

# Just for the Health of It

Warren County Public Health Newsletter January 2023

## Suicide Hotline Number Change

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

**The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.**

The Lifeline's network of over 200 crisis centers has been in operation since 2005, and has been proven to be effective. It's the counselors at these local crisis centers who answer the contacts the Lifeline receives every day. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

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## Health Events

Watch out for our new episodes on the Just for the Health of It podcast! We will be interviewing all sorts of different people this month! From gambling, to dental health and even to mental health, you know we will have you covered on all of the best public health topics. Make sure to subscribe to our YouTube channel so you never miss another video again!



Warren County  
Public Health

# Cervical Cancer/HPV Vaccines

*January is National Cervical Cancer Awareness Month. Cervical Cancer is a very easily treatable and preventable disease if caught early enough. This is why the routine screenings and exams are necessary for both men and women. Read on to learn more about the HPV vaccine and Cervical Cancer*

HPV or the Human Papillomavirus is a sexually transmitted infection that can cause cancer later in life. HPV is the most commonly transmitted sexual disease in the United States and according to the CDC “almost **EVERYONE** will be exposed to HPV in their lifetime”.

- More than 42 million Americans are currently infected with HPV types that cause disease.
- About 13 million Americans, including teens, become infected each year.

HPV is spread through intimate skin-to-skin contact. You can get HPV by having vaginal, anal, or oral sex with someone who has the virus, even if they don't have signs or symptoms.

HPV can cause cancers of the:

- Cervix, vagina, and vulva in women
- Penis in men
- Anus in both men and women
- Back of the throat, including the base of the tongue and tonsils (oropharynx), in both men and women

**Cancer usually takes years, even decades, to develop after a person gets HPV.** There is no way to know who will develop cancer or other health problems from HPV. People with weakened immune systems (like people living with HIV/AIDS) may be less able to fight off (clear) HPV infections, and more likely to develop health problems caused by HPV.

**HPV vaccination can prevent over 90% of cancers caused by HPV, as well as anal, vaginal, cervical, and vulvar**

**precancers** (abnormal cells that can lead to cancer).

That's why HPV vaccines work best when given at age 11–12 years, before contact with the HPV virus.

Everyone through age 26 years should get HPV vaccine if they were not fully vaccinated already.

HPV vaccination is **not** recommended **for** everyone older than age 26 years. Some adults age 27 through 45 years who were not already vaccinated might choose to get HPV vaccine after speaking with their doctor about their risk for new HPV infections and possible benefits of vaccination for them.

HPV vaccination of adults provides less benefit, because more people in this age range were exposed to HPV already.

HPV vaccination is preventing cancer-causing infections and precancers

HPV infections and cervical precancers (abnormal cells on the cervix that can lead to cancer) have dropped since 2006, when HPV vaccines were first used in the United States. Among teen girls, infections with HPV types that cause most HPV cancers and genital warts have dropped 88 percent. Among young adult women, infections with HPV types that cause most HPV cancers and genital warts have dropped 81 percent.

Among vaccinated women, the percentage of cervical precancers caused by the HPV types most often linked to cervical cancer has dropped by 40 percent.

# New Year's Resolutions

*2023 is officially here and you may be asking yourself, "What should I do now?" Below are a list of ideas for some New Year's Resolutions and ways for you to stay on top of them this year! Read on to see how you can be the person you always wanted to be!*

With 2023 arriving, we are all probably busy making new year's resolutions. New Years' Resolution involves developing new habits, and give it time to form as part of your routine for the rest of the year and longer. Healthy eating, exercise, weight reduction, and good investments are always on the list. Some resolutions that could support good health and wellbeing including mental health are:

**Get restful sleep** – sleep is so important. It helps your body recover and it also helps keep your mind healthy

**Work out to feel good**, – not be thinner . Working out to lose weight is not a bad goal but put a goal on how much you want to lose and give yourself a timeframe. You'll feel that being much more attainable than just saying "I want to be skinny/healthy/whatever"

**Walk once a day**, every day – at least for 20 minutes will work wonders for your mind and body.

**Eat healthier most days** – 80% healthy food, 20% not so healthy food philosophy. As much as we would like to eat healthy food all the time, its just not realistic sometimes. That's okay. Don't beat yourself up over it and move on with your day.

**Give gratitude everyday** – empower your mind with positivity.

**Learn to cook a new meal every week**– experiment with your taste buds and your skills.

**Read more** – books, audiobooks, articles. Reading expands your horizons and mind too.

**Practice mindfulness**– been in the moment reduces stress. Try mindfulness for yourself. Start with mediation or relaxation/ yoga.

**Enroll in courses** to gain more knowledge and to learn new skills or improve your current ones

**Travel someplace you have never been**– take a break and make time for yourself.

**Do one thing you have always wanted to do**– horseback riding, flying a plane, sky diving, or something crazier.

**Reduce social media usage**–turn off your phone one night a week

**Give back to the community** – through donations, volunteering, and doing random acts of kindness.

**Listen to music everyday**– music can boost your mood so make some time for it now.

**Get a plant** – it will make you feel happier, and it's good for your health too. Start your flower or vegetable garden this spring indoors for summer blooms and fresh produce

**Lower your plastic usage**– reusable bags are here, and help save our oceans from been polluted, hurting animals and destroying the earth.

**Do your laundry**– avoid laundry build up. Yes, it's a little work, but you will feel fantastic with a clean set of clothes.

# Recipe of the Month!

## Winter Squash and Black Bean Chicken

Yields 6 servings / serving size 1 ½ cups

### Ingredients:

1 tbsp. canola oil  
6 cups cubed butternut or Hubbard squash  
1 cup sliced carrots  
1/2 cup onion  
3 tbsp. chili powder  
1/4 tsp. ground cayenne pepper  
2 cloves garlic, minced  
28 oz. can stewed low salt tomatoes  
1 cup water  
15 oz. can low-sodium black beans, drained  
1/4 cup fresh cilantro, chopped (optional)

### Directions:

In a large pot, heat oil over medium high heat. Add squash and cook, stirring occasionally, until golden. Remove squash from pot and set aside.

Return empty pot to stove. Sauté carrots and onion until well browned, stirring occasionally to prevent burning. Stir in chili powder, cumin, cayenne pepper and garlic. Cook one minute, stirring well.

Add tomatoes with their liquid and the 1 cup water. Bring to a boil over high heat. Reduce to low heat. Cover and simmer 15 minutes, stirring occasionally with a spoon to break up tomatoes.

Stir in squash and black beans. Raise heat and bring it to a boil. Lower heat, cover and simmer 15 minutes, or until squash is tender and chili thickens. Stir in cilantro, if desired, and serve.