

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Cervical Cancer Awareness Month

January is Cervical Cancer Awareness Month, and it is a good time to learn how to protect your health. According to the Ohio Department of Health, nearly 500 women in Ohio are diagnosed with cervical cancer each year. However, prevention and early detection are key when it comes to cervical cancer, and there are resources available to help. Cervical cancer is one of the most preventable cancers, and early care saves lives. This month, consider calling a clinic to schedule a cervical cancer screening, asking your healthcare provider about the human papillomavirus (HPV) vaccine, and checking with your insurance company or local health department such as the Noble County Health Department for low-cost screening and vaccination options. We also encourage you to talk with family and friends about the importance of getting screened. Taking these simple steps can make a lasting difference in protecting your health and the health of those you care about. While most people clear the virus on their own with little to no symptoms, some people do not. These persistent HPV infections carry an increased risk of developing certain types of cancers, including cervical cancer. Vaccination before exposure to the virus and regular screenings are important tools to reduce cervical cancer rates in Ohio.

The most important action is screening. People with a cervix should get regular Pap tests or HPV tests because these tests can find changes before cancer starts. Doctors recommend started screening at age 21 and continuing as advised by a health care provider. Another strong action step is the HPV vaccine. The vaccine helps prevent most cervical cancers and works best when given at ages 9 to 12 but teens and young adults can still benefit. This month you can call a clinic to schedule a screening ask a doctor about the HPV vaccine check your insurance or local health department, like the Noble County Health Department, for low cost options and talk with family and friends about getting tested. Early care saves lives and cervical cancer is one of the most preventable cancers. This information is supported by the Centers for Disease Control and Prevention, the World Health Organization, and the American Cancer Society. Understanding that early detection is the key to survival, the Ohio Department of Health's Breast and Cervical Cancer Project (BCCP) can help all women navigate cancer screenings. BCCP is available through the Noble County Health Department and offers no-cost cervical and breast cancer screenings and diagnostic testing to qualified participants. BCCP is also a resource for women through their Patient Navigation Program. This program helps guide women through the healthcare system, find providers and community resources, and answer questions about scheduling appointments, using insurance, and more. For more information about the Ohio BCCP or to see if you qualify for no-cost screenings, call 800-236-6253 or the Noble County Health Department at 740-732-4958.



January 2026
Issue

January 1st– New
Year's Day

January 19th– MLK
Jr. Day

Let your
smile change
the world but
don't let the
world change
your smile.

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Need a Mammogram?

According to the Center for Disease Control and Prevention (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. Mammograms are a routine screening covered by most health insurance programs. If you are worried about the cost or don't have health insurance the Breast and Cervical Cancer Project (BCCP) may be able to help. BCCP is a grant out of the Noble County Health Department. To see if you qualify call 1-800-236-6253. The James Mammography Unit comes to the Health Department's top parking lot a couple times a year. To schedule an appointment, call the Health Department at 732-4958 and ask for BCCP.

For more health
information contact:
**NOBLE COUNTY
HEALTH
DEPARTMENT**
740-732-4958
www.noblecohd.org

Stalking Awareness

January is Stalking Awareness Month and it is a time to learn how to stay safe and help others. Stalking is when someone repeatedly follows watches contacts or threatens another person in a way that causes fear. It can happen to anyone and often comes from someone the person knows like a former partner friend or coworker. Stalking can include unwanted texts calls messages showing up at places tracking online activity or spreading rumors. If you or someone you know is being stalked there are actions you can take right now: save messages and screenshots, write down dates and places, tell a trusted adult friend or teacher, and contact local help services. If you feel in danger call emergency services. You can also contact: National Domestic Violence Hotline – Call **1-800-799-7233 (SAFE)** or TTY **1-800-787-3224** for confidential support available 24 hours a day 7 days a week. Stalking Resource Center / National Center for Victims of Crime – Call **1-202-467-8700** for information and resources about stalking. VictimConnect Resource Center – Call **1-855-484-2846 (855-4-VICTIM)** for referrals to local stalking and crime victim services.

If you are in **immediate danger**, call **911** right away to get police or emergency medical help.

Stalking is serious and early help can prevent harm. This information is supported by the Centers for Disease Control and Prevention, the National Stalking Resource Center, and SPARC- Stalking Prevention, Awareness, and Resource Center.



Blood Donor Month

January is Blood Donor Awareness Month in the United States. This month reminds people how important it is to give blood to help others who are sick or hurt. Every year in January, doctors and blood centers ask people to donate because winter weather and holidays make fewer people give blood but hospitals still need it.

Why Blood Donation Matters

Blood cannot be made in a lab. It only comes from real people who give it for free. One donation of blood can help up to three people stay alive. People need blood for many reasons like car accidents, cancer treatment, and serious surgery. Someone in the United States needs blood every few seconds according to blooddonor.org. If there is not enough blood, doctors might not be able to help all the people who need it.

How to Donate Blood

Find a nearby blood center, hospital, or Red Cross drive. You can make an appointment online on the Red Cross blood donation website or by using the Red Cross Blood Donor App. Bring your photo ID to the appointment.

Five Actions You Can Take This Month

1. Make an appointment to give blood this January.
2. Tell a friend or family member why blood donation matters.
3. Share a story or photo online about why you give blood.
4. Learn when and where blood drives are happening near you.
5. Encourage your school or workplace to host a blood drive.



Irresistible Garlic Parmesan Chicken

Nothing beats coming home to the smell of garlic and parmesan filling your kitchen – especially when dinner cooked itself while you were busy living life! That's the magic of this Garlic Parmesan Crockpot Chicken and Potatoes recipe. Add a fresh side to it like a simple salad or steamed broccoli. Add a biscuit or roll to help "wipe up" the remaining goodness on your plate. The flavors get better overnight. Shred leftovers into quesadillas or pasta – they reheat like a dream.

Ingredients

4 boneless, skinless chicken breasts • 1.5 lbs baby potatoes, halved • 1/2 cup grated parmesan cheese • 4 cloves garlic, minced • 1 tsp dried oregano • 1 tsp dried basil • 1/2 tsp salt • 1/4 tsp black pepper • 1/4 cup olive oil • 1/4 cup chopped fresh parsley

Instructions

1. Place chicken breasts and potatoes in the crockpot.
2. In a bowl, mix parmesan, garlic, oregano, basil, salt, pepper, and olive oil.
3. Pour the mixture over the chicken and potatoes.
4. Cover and cook on low for 6 hours or high for 3 hours.
5. Sprinkle with fresh parsley before serving.



Winter Travel Safety

Winter weather in Ohio can make roads icy and hard to drive on. Snow, ice, and cold can make cars slide, slow down traffic, and cause crashes. It is very important to be ready before you travel in winter so you and your family stay safe. The Ohio Department of Transportation (ODOT) wants to remind drivers to slow down and stay informed about road conditions.

Before you get in your car, look at the weather forecast and road reports. ODOT provides two ways for free to get up to date road reports at OHGO.com or the OHGO app. Planning ahead helps you know when roads are clear and safe to drive.

Drive Carefully on Snow or Ice

Winter roads can be slippery. National Highway Traffic Safety Administration (NHTSA) says to slow down and give extra space between your car and others, because it takes longer to stop on snow and ice. Increasing your following distance gives you more time to brake safely. Do not crowd or pass a snowplow. Snowplows clear routes slowly and need space to work. Stay at least a safe distance behind them so you do not get in an accident.

Prepare Your Vehicle Before You Go

Before you travel, make sure your car is ready for winter:

- Check your tire pressure and tread. Cold air can lower tire pressure.
- Fill your gas tank or charge your electric vehicle battery so you don't run out of fuel/ or battery power.
- Check lights, brakes, windshield wipers, and windshield washer fluid.
- Clear all snow and ice from your windows, lights, and mirrors before driving.

Follow These Simple Rules Every Time

- Wear your seat belt.
- Do not drive distracted or under the influence of alcohol or drugs.
- Slow down in snowy or icy conditions.
- Stay alert for black ice, especially on bridges and shady spots.

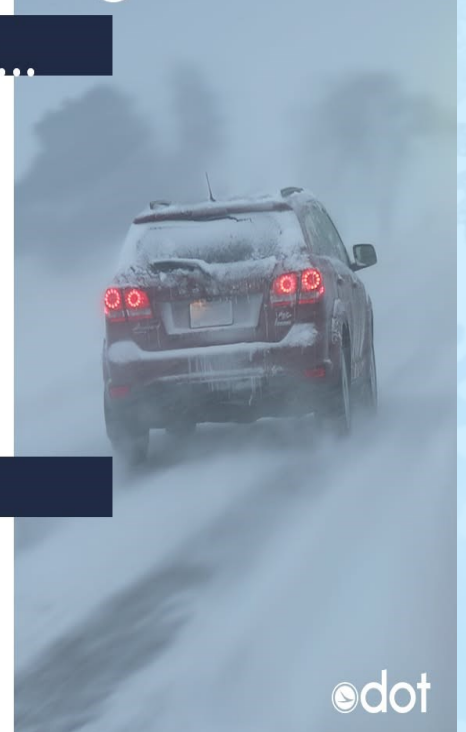
GET PREPARED FOR SNOW AND ICE winter driving checklist

BEFORE YOU GO...

- ☒ Clear snow & ice
- ☒ Test all lights
- ☒ Check tire pressure
- ☒ Check tire tread
- ☒ Test battery
- ☒ Replace wipers
- ☒ Check fluid levels
- ☒ Fill gas tank

ON THE ROAD...

- ☒ Turn off cruise control
- ☒ Turn on headlights
- ☒ Maintain safe speed
- ☒ Allow extra space



Have an upcoming event?

If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or Samantha.Hesson@noblecohd.org.

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