

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Men's Health Month: Small Changes, Big Difference

Many men spend their time working, helping others, and getting things done. Because of that, it can be easy to put personal health at the bottom of the list. However, taking care of your health is one of the best investments you can make for yourself and your loved ones.

Heart disease remains one of the leading health concerns for men across Ohio. High blood pressure, excess weight, smoking, and a lack of physical activity can all increase the risk of serious health problems. According to Ohio health data, obesity rates remain high throughout the state, increasing the risk for heart disease and type 2 diabetes per the Ohio Department of Health.

One advantage of living in southeastern Ohio is the abundance of outdoor spaces. Whether it is walking a local trail, fishing at a nearby pond or lake, working in the yard, or spending time outdoors with family, there are many opportunities to stay active. The Centers for Disease Control and Prevention (CDC) recommends that adults get at least 150 minutes of moderate physical activity each week.

Nutrition also plays an important role in overall health. Many men rely on quick meals and convenience foods when life gets busy. While there is nothing wrong with enjoying favorite comfort foods, adding more fruits, vegetables, lean proteins, and water to your daily routine can improve health over time. Even simple changes, such as replacing a sugary drink with water or adding a serving of vegetables to dinner, can make a difference.

Physical health is important, but mental health matters too. Financial concerns, work demands, and family responsibilities can sometimes feel overwhelming. Many men have been taught to keep their feelings to themselves, but talking about stress is a sign of strength, not weakness. If you are feeling overwhelmed, anxious, or down for more than a few weeks, consider speaking with a healthcare provider or trusted friend. Mental health is just as important as physical health.

Preventive care is another key part of staying healthy. Regular checkups can help identify health concerns before they become serious problems. Blood pressure checks, cholesterol testing, diabetes screenings, and discussions about cancer screenings can all help men stay healthy as they age. Many serious health conditions can be treated more effectively when they are found early.

The Noble County Health Department is hosting a Men's Health clinic during the month of June. Check out the flyer on page 3 for more information.

Good health does not happen overnight. It is built one choice at a time.



Need a Mammogram?

According to the center for Disease Control (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Service Task Force recommends that average risk women who are 50-74 years old should have a screening mammogram every two years. Mammograms are 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 may be able to help. To see if you qualify call 1-800-236-6253. The Ohio State University Mammography mobile van will be at the Noble County Health Department on June 16th. To schedule an appointment, call the Noble County Health Department at 740-732-4958.

June Issue
2026

June 14th -
Flag Day

June 19th -
Juneteenth

June 21st -
Father's Day
First Day of Summer

Remember to
apply sunscreen!

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

Tick Bite Prevention

As the weather warms up in southeastern Ohio, more people are spending time outdoors. While hiking, fishing, gardening, and yard work are great ways to enjoy the season, they also increase the chance of tick bites.

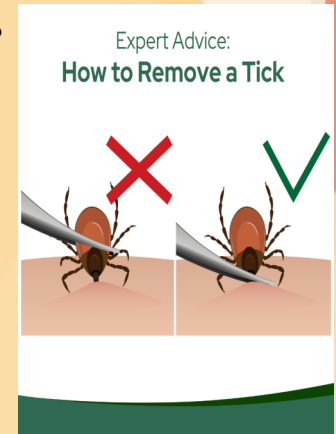
Health experts report that tick populations and Lyme disease cases have been rising across Ohio in recent years.

Ticks live in grassy, brushy, and wooded areas and can carry diseases such as Lyme disease. The Centers for Disease Control and Prevention (CDC) states that Lyme disease is spread through the bite of an infected deer tick. Other infections can also occur from tick bites, making prevention important.

To reduce your risk, wear long pants, use insect repellent, and avoid walking through tall grass. After spending time outdoors, check your body carefully for ticks, especially behind the knees, around the waist, under the arms, and along the hairline. Showering soon after coming indoors may help remove ticks before they attach.

Pets can also bring ticks into the home, so check dogs and cats regularly and talk with your veterinarian about tick prevention products.

If you find a tick attached to your skin, remove it promptly with fine tipped tweezers by pulling straight upward. According to the CDC, removing a tick within 24 hours can greatly reduce the risk of Lyme disease. Watch for symptoms such as fever, fatigue, headache, muscle aches, or a rash, and contact your healthcare provider if they occur. A few simple precautions can help you enjoy the outdoors safely all season long.



National Safety Month

June is National Safety Month, a time to focus on preventing injuries at work, at home, and in our communities. According to the National Safety Council, preventable injuries are a leading cause of death in the United States. Many of these injuries can be avoided by making safe choices each day. Taking a few extra minutes to think about safety can help protect you, your family, and your coworkers.

One of the easiest ways to stay safe is to pay attention to your surroundings. At work, follow safety procedures, wear required protective equipment, and report hazards when you see them. At home, keep walkways clear of clutter, test smoke alarms regularly, and store medications and cleaning products out of reach of children.

Summer also brings more travel. Always wear a seatbelt, avoid distracted driving, and never drive under the influence of alcohol or drugs. The National Highway Traffic Safety Administration reports that seatbelts are one of the most effective ways to reduce serious injuries and save lives in motor vehicle crashes.

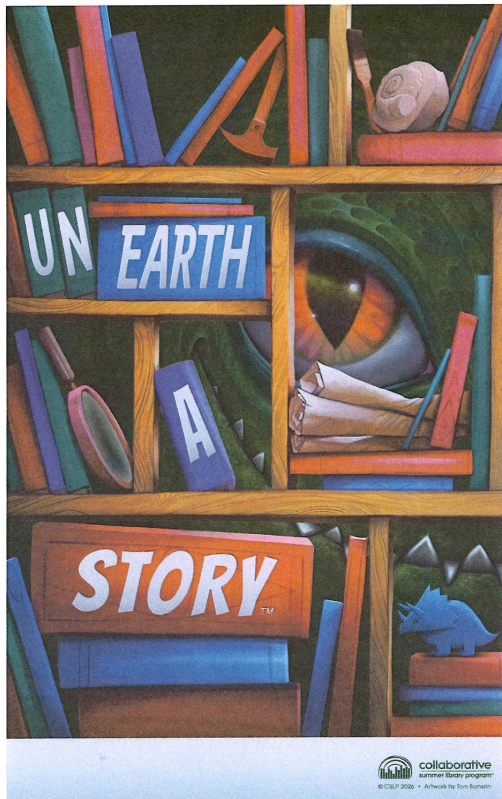
Outdoor safety is also important this time of year. Stay hydrated when working outside, wear sunscreen, and take breaks in the shade during hot weather. If you are spending time outside, check for ticks when you return home and follow recommended tick bite prevention practices. National Safety Month is a reminder that small actions can make a big difference.

Family Health & Fitness Day

Family Health and Fitness Day is June 13 and is a great reminder that staying healthy can be simple, fun, and affordable. Healthy habits are easier to build when the whole family joins in. According to the Centers for Disease Control and Prevention, regular physical activity helps children and adults stay healthy, improve their mood, and reduce the risk of many chronic diseases. The best part is that being active does not have to cost money.

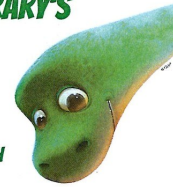
Families can take a walk around the neighborhood, play tag in the yard, ride bikes, throw a ball, visit a local park, or go on a nature scavenger hunt. Other simple ideas include walking the dog, gardening together, flying a kite, dancing to music in the living room, or having a family stretching session. Even a short walk after dinner can help everyone move more and spend quality time together. Healthy eating can be a family activity too. Let children help wash fruits and vegetables, make healthy snacks, or plan a family meal. The United States Department of Agriculture recommends making fruits and vegetables a regular part of family meals.

Family Health and Fitness Day is about finding fun ways to move, eat well, and enjoy time together. Small activities done as a family can lead to healthy habits that last for years.



collaborative
summer library program
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**CALDWELL PUBLIC LIBRARY'S
SUMMER READING
PROGRAM**
JUNE 8TH TO JULY 10TH
FOR AGES BIRTH TO 15



**PARENTS/GRANDPARENTS CAN SIGN UP
THEIR CHILD AT THE LIBRARY
STARTING JUNE 8TH.
QUESTIONS? CALL THE LIBRARY AT
740-732-4506.**



**COME DIG INTO SOME
FUN THIS SUMMER!**

REAL MEN GET CHECKED.

MEN'S HEALTH MONTH

— JUNE —

YOU MAINTAIN YOUR CAR. DON'T FORGET TO MAINTAIN YOURSELF.

Noble County Residents Only

FREE PSA
(PROSTATE SCREENING BLOOD TEST)
FOR ALL MEN AGE 50 & UP

THE FIRST 20 MEN
WILL ALSO RECEIVE A **FREE HGB A1C**
(BLOOD SUGAR TEST)

PREVENTIVE CARE CAN CATCH PROBLEMS EARLY—WHEN TREATMENT WORKS BEST.

EARLY DETECTION CAN SAVE LIVES.

REGULAR SCREENINGS HELP YOU STAY AHEAD.

STRONG MEN TAKE CARE OF THEMSELVES.

QUALITY CARE CLOSE TO HOME.

TAKE CONTROL OF YOUR HEALTH. YOUR FAMILY DEPENDS ON YOU.

CALL TO SCHEDULE OR WALK IN!
740-732-4958

CONVENIENT HOURS
MONDAY: 7AM – 6PM
TUESDAY – FRIDAY: 7AM – 4PM

NOBLE COUNTY HEALTH DEPARTMENT

STRONG. HEALTHY. NOBLE COUNTY.

Noble County
Board of Developmental Disabilities

Popsicles & Play!

2026 Event Dates & Locations

Monday, June 15 • 11AM-12PM 📍 Wolf Run Campgrounds

Monday, June 22 • 1PM-2PM
📍 Legendary Adventure Zone in Belle Valley
El Occupational Therapist Vicki Gilmore will be present to play and talk about sensory needs and behaviors

Friday, July 10 • 11AM-12PM
📍 Dexter City Park

Thursday, July 23 • 1PM-2PM
📍 Summerfield Playground

Friday, August 14 • 1PM-2PM
📍 Happy Trails Play Zone in Caldwell

All Ages Welcome

Bring your family, friends, and neighbors — everyone is invited to join the fun.

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

“This Institution is an Equal Opportunity/Provider.”

Check out one of these three great opportunities to get a FREE sports physical.

SHENANDOAH SPORTS PHYSICAL CLINIC

GET IT WHILE IT'S FREE!

PHYSICALS ARE FOR ALL SPORTS, EVERY SEASON, FALL THROUGH SPRING!

All forms must be completed and signed before appointment!

TUESDAY
JULY 21ST
12:00PM - 6:00PM

@ SHENANDOAH HIGH SCHOOL

MANDATORY DRUG TESTING GRADES 9 - 12

Appointment Required
740-732-4958

NOBLE COUNTY HEALTH DEPARTMENT

PHAB

COMPLETED OHSAA PHYSICAL FORM REQUIRED

ALL VACCINES ARE AVAILABLE DURING THE VISIT AND BILLED AS APPROPRIATE. IF UNDER THE AGE OF 18, WRITTEN PARENTAL CONSENT IS REQUIRED.

NOBLE COUNTY HEALTH DEPARTMENT

SPORTS PHYSICAL CLINIC

GET IT WHILE IT'S FREE!

All forms must be completed and signed before appointment!

MONDAY
JULY 27TH
2:00PM - 6:00PM

@ NCHD DOWNSTAIRS ENTRANCE

PHYSICALS ARE FOR ALL SPORTS, EVERY SEASON, FALL THROUGH SPRING!

Appointment Required
740-732-4958

NOBLE COUNTY HEALTH DEPARTMENT

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CALDWELL

SPORTS PHYSICAL CLINIC

GET IT WHILE IT'S FREE!

NEW LOCATION!

All forms must be completed and signed before appointment!

TUESDAY
JULY 28TH
1:00PM - 6:00PM

@ CALDWELL ELEMENTARY SCHOOL

PHYSICALS ARE FOR ALL SPORTS, EVERY SEASON, FALL THROUGH SPRING!

Appointment Required
740-732-4958

NOBLE COUNTY HEALTH DEPARTMENT

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