



Louisa County Public Health November Newsletter 2024



November is Diabetes Awareness Month! World Diabetes Day (WDD) is celebrated globally on November 14 to raise awareness about both Type 1 and Type 2 diabetes.

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk if they make healthy changes. Examples of healthy changes include eating healthy, getting more physical activity, and losing weight.

For more ways to decrease your risk for diabetes or to make healthy choices if you already have diabetes, check out [Diabetes.org](https://www.diabetes.org).

Healthy People, Health Communities

Let us help you or someone you love take care of their health.

Skilled Nursing Visits

- Medication Management
- Chronic Disease Management
- Diabetes Care
- Wound Care & More

Home Care Aide Services

- Personal Care/Bathing

Housekeeping Services

- Vacuum/dust/sweep/mop
- Meal preparation
- Laundry/in town errands

In office Services

- Blood Pressures/blood draws
- Administer Mental Health Medications

Healthy People, Healthy Communities Services are designed to help our community members with select home/office services at an affordable rate. Our services are partially funded by **Community Foundation of Louisa County** and **Milestones**. We thank them for their generous funding that allows us to continue to offer the following services in Louisa County.

ADULT VACCINES AVAILABLE

- Flu
- High Dose Flu (65yr and over)
- Pneumonia
- Shingles

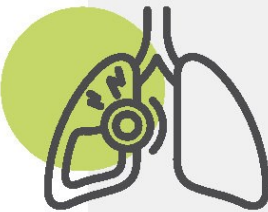


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This November, ask your healthcare provider about pneumonia prevention for children in your family who are younger than 5 and adults who are 65 or older. These groups are at greater risk of getting seriously ill from pneumonia. Learn more at: hhs.iowa.gov/immunization/ask-me

Did You Know These 6 Things about Pneumonia?



Pneumonia is an infection of the lungs.

More than 41,000 people died from pneumonia in the United States in 2022.

Pneumonia affects millions of people worldwide each year.

Young children and older adults can get very sick from pneumonia.



Vaccines are safe **and protect against serious diseases.**



The following groups are at increased risk for pneumonia:

- All children younger than 5
- All adults 65 and older
- Children and adults ages 5-64 with conditions that increase their risk of complications from pneumonia