

February 2022 Newsletter

Coalition for a Healthy
Appling County

Insights for this Month

This month's newsletter for the Coalition for a Healthy Appling County (CHAC) focuses on the health observance of the month, American Heart Month and raising awareness surrounding the COVID-19 vaccination. CHAC is dedicated to impacting the Appling County community by ensuring access to healthcare, improving access to resources, engaging in strong collaborative alliances, and developing a universal message to communicate health to all generations of Appling County.

Tackling COVID-19 Together

Here are some things you can do to eliminate the spread:



COVID-19 vaccine registration hotline for
the Southeast Health District: 1-855-473-4374
or visit their website: <https://www.sehdph.org/>

Upcoming CHAC Events

- **Free Fit Fun Tai Chi Class**

This event will be held at the Senior Center February 15th at 10:00AM and will be taught by Jennifer Crosby with the Altamaha Area on Aging Agency. This is a FREE event!

- **Upcoming 5k Event**

CHAC plans to host a "National Crime Victims' Rights Awareness" 5k on April 30th! If CHAC partners would like to be added to the planning committee for this event or be a sponsor, please reach out to Olivia Davis via email: olivia.hiersdavis@sharehealthsega.org to get involved!

Interested in volunteering with CHAC?

The public is encouraged to get involved with this community effort. If you are interested in getting involved in CHAC, ask one of our community partners or contact our Program coordinator, Olivia Davis, via email: olivia.hiersdavis@sharehealthsega.org

Quick, Healthy & Easy Recipe of the Month: Heart Shaped Valentine Vegetable Pizza!



INGREDIENTS

- 1 tube ready to bake pizza crust (13.8 oz)
- 1 cup spinach dip
- 1/2 cup broccoli (chopped small)
- 1/2 cup diced red peppers
- 1/2 cup shoestring carrots

DIRECTIONS

- Preheat oven to 425 and line a baking sheet with parchment paper.
- Unroll the pizza dough and use a rolling pin to even out the thickness. Use a large heart cookie cutter and cut a heart shape out of the dough.
- Bake for 5-7 minutes or until bottom of crust begins to turn golden. Let cool completely.
- Top each heart crust with about 2 tablespoons of spinach dip and the broccoli, carrots and red peppers or any other topping you may like. *Enjoy!*

Find COVID-19 Vaccines or Boosters Near You

- Find a COVID-19 vaccine or booster: Search vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.
- Ask your doctor, pharmacist, or community health center if they provide vaccines.
- Check your local pharmacy's website to see if vaccination appointments are available. Find out which pharmacies are participating in the **Federal Retail Pharmacy Program** here: <https://www.cdc.gov/vaccines/covid-19/retail-pharmacy-program/participating-pharmacies.html>



COVID-19 Vaccination Myth:

"COVID-19 vaccines cause fertility and other reproductive issues."

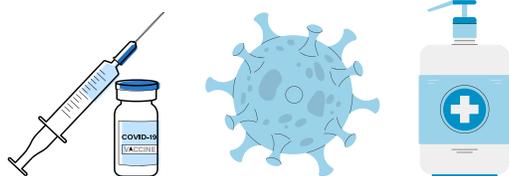
Here's the FACT:

There is no evidence that any of the COVID-19 vaccines cause fertility problems in women or men.

There is no evidence that any vaccines, including COVID-19 vaccines, can cause female or male fertility problems. There is no evidence that vaccine ingredients or antibodies developed following COVID-19 vaccination will cause any problems with becoming pregnant in the future. Similarly, there is no evidence that the COVID-19 vaccine affects puberty.

Professional medical organizations serving people of reproductive age, including adolescents, emphasize that there is no evidence that COVID-19 vaccination causes a loss of fertility. These organizations also recommend COVID-19 vaccination for both men and women who want to have a baby in the future. (CDC, 2022)

Learn more about COVID-19 vaccination and fertility here, <https://www.cdc.gov/coronavirus/2019ncov/vaccines/planning-for-pregnancy.html>



COVID-19 Vaccination, Safe, Easy, Free!

What You Need to Know

- COVID-19 vaccines are available for everyone ages 5 years and older at no cost.
- Vaccines were paid for with taxpayer dollars and will be given free of charge to all people living in the United States, regardless of insurance or immigration status.
- COVID-19 vaccination is an important tool to help stop the pandemic. (CDC, 2022)

February Health Observance: *American Heart Month*

February is American Heart Month. This month's featured health observance is important for raising awareness about heart disease and ways to prevent it.

- Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States.
- In 2019, more than half a million deaths in the United States had hypertension as a primary or contributing cause.

By living a healthy lifestyle (eating plenty of fruits and vegetables, exercising regularly, drinking more water, getting enough sleep, etc.), you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack (CDC, 2019). From 2013-2017, 34% of all deaths among Appling County residents were due to cardiovascular disease, making it the leading cause of death in the county. Appling County's mortality rate for heart disease was 121.6/100,000 compared to 99.8/100,000 for the entire state of Georgia. Black residents have higher rates of heart disease than White residents.

For more information regarding American Heart Health Month, please visit <https://www.nhlbi.nih.gov/education/americanheart-month>.

