

January 2025

Health Officer's Update

Happy New Year!

As we step into January 2025, I want to take a moment to thank each one of you for being part of this vibrant, caring community. This new year offers us a fresh opportunity to focus on our health and well-being, to set new goals, and to make lasting positive changes in our lives.

In the spirit of renewal, I'd like to share an insightful quote from Dr. Martin Luther King Jr., who said:

"Of all the forms of inequality, injustice in health is the most shocking and inhumane."

These words remind us of the importance of equitable access to health, and how we must work together to overcome the barriers that prevent us from leading our healthiest lives. We all deserve to feel our best, and that starts with taking charge of our health in meaningful ways.

A new year often comes with new resolutions to be healthy. Any day is a good day to get a fresh start. So, I'm sharing my top 5 health tips for getting and staying healthy. You can also watch/listen to me share these tips on the [What's Happening MoCo Podcast](#). Below is the abbreviated version:

1. **Commit to Regular Health Check-Ups:** Schedule those important doctor's visits and screenings. Prevention and early detection are key to maintaining good health.
2. **Make Time for Movement:** Whether it's taking a walk, joining a fitness class, or simply stretching each day, incorporating physical activity into your routine will improve both your body and mind.
3. **Nourish Your Body:** Take a step toward healthier eating habits by incorporating more fruits, vegetables, and whole foods into your meals. Small changes can have a big impact!
4. **Prioritize Mental Health:** Practice mindfulness, meditation, or simply take time for yourself. Mental health is just as important as physical health.
5. **Support One Another:** A strong community is built on support and care for one another. Check in with neighbors, offer a helping hand, and share health tips that have worked for you.

Last month I shared my Year in Review with highlights from 2024. Here I am sharing a video from the Maryland Department of Health's 2024 [Year in Review](#) of notable achievements at the State level. And I love this listing of the top [22 Public Health Accomplishments in 2024](#).

Looking ahead to 2025...

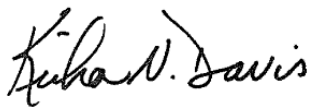
I am excited to continue working collaboratively with our community and State partners to achieve health outcomes to benefit our county and Maryland as a whole. There are several new initiatives including the [State Health Improvement Plan](#)- Building a Healthier Maryland, the State Health Equity Plan, and the [AHEAD Model](#) implementation work all of which include a focus on improving health outcomes across Maryland. Montgomery County as the most populous county in Maryland has a big role to play in helping achieve these outcomes.

Additionally, we will:

- Continue to provide strong core public health- immunizations, disease control, restaurant and pool inspections, school health, etc. All of the things, often unseen, that support healthy communities.
- Renewed focus on eliminating maternal health disparities.
- Improve clinical efficiency in our county run clinics.
- Increase communication with our community of healthcare professionals.

Together, we can tackle health inequalities by empowering ourselves and each other. Let's make this year one where we focus not only on our personal well-being but also on the health of our community!

Wishing you and your families a happy, healthy, and prosperous New Year! Let's take charge of our health, together! I look forward to continuing our collaborative work in 2025 as we remain committed to making our community a healthier, happier place to live, work, and play!



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