

November 2024

Health Officer's Update

Hello all!

We are slowly transitioning from Fall and preparing for winter 2024. Here's another reminder to protect yourself and your family from the respiratory illnesses that will be circulating at this time of year. I want to encourage you (again) to get your flu shot and COVID-19 booster as soon as you can. You can get them together and save some time. Anyone over 75, or over 60 with increased risk of severe RSV, should also get the RSV vaccine if you haven't already. If you recently had COVID consider waiting 3 months before getting the updated shot to maximize vaccine effectiveness.

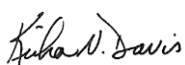
In November we're also recognizing the following:

- **Diabetes Awareness Month** to raise awareness about diabetes, its impact on individuals and communities, and the importance of prevention, early detection, and effective management. The month-long observance helps to shine a spotlight on diabetes, Type 1, Type 2, and gestational diabetes. Diabetes has become a major health issue, affecting millions of people worldwide. In the U.S. alone, over 37 million people are living with diabetes, and it does not just affect the person living with the disease, but also their families and communities. During this month we acknowledge day-to-day challenges of diabetes, and the need for improved access to care and support networks.
- **World Children's Day (November 20)** is dedicated to promoting children's rights, improving their welfare, and recognizing the challenges they face. This is an opportunity for individuals, organizations, and governments to come together to raise awareness about the needs of children, advocate for policies that benefit children, and work toward creating communities where every child can grow up healthy, safe, and with access to education and opportunities. We use this day to draw attention to urgent issues like the effects of climate change on children, access to quality education and safe spaces, and the mental health crisis facing many young people.
- **International Day for the Elimination of Violence against Women** is observed annually on November 25 to raise awareness about the pervasive issue of violence against women and girls worldwide, and to call for action to eliminate this violence. Approximately 1 in 3 women worldwide have experienced physical or sexual violence, underscoring the urgent need for action. Women who experience violence are less likely to have the same opportunities for education, employment, and health as their male counterparts. Reducing violence is a crucial step toward achieving equality between women and men.

I also implore you to, during this election season, to take a pause and to perhaps turn off the constant media feed occasionally. This can help in the management of election stress- once you have completed your constitutional right to vote- that's all you can do. I thank you for exercising your right to vote and encourage you to also protect your mental health.

Finally, in the spirit of Thanksgiving, I want to encourage you take a moment to give thanks- you made it this far! Moreover, **Public Health Thank You Day** is the Monday before Thanksgiving. It is a day set aside to express gratitude and appreciation for the efforts of public health professionals who work tirelessly to improve the health and well-being of communities. The day is meant to recognize and honor the contributions of public health workers and to highlight their essential role in safeguarding public health. I want to encourage us to take a moment to reflect on the work that our local public health officials do to improve lives and protect our community.

I personally extend thanks and appreciation to all who are committed to making our community a healthier, happier place to live, work, and play!



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