APRIL 2024

Spring has sprung!

This season, we're embracing the spirit of renewal, growth, and vitality, and we invite you to join us in celebrating the beauty of our community and the great outdoors.

There's no better time to explore the nature that Dodge County has to offer. Our parks boast breathtaking scenery, tranquil trails, and endless opportunities for outdoor recreation. Whether you're strolling along the shores of Beaver Dam Lake, picnicking in Fox Lake Park, or hiking through the picturesque landscapes of Horicon Marsh, there's something for everyone to enjoy. Consider grabbing your sneakers and dusting off your bike to get your heart pumping and your muscles moving as you embrace the longer, brighter days ahead.

Spring is also a time of renewal and connection, and there's no better way to celebrate than by spending time with family, friends, and neighbors. Whether you're hosting a backyard barbecue, joining a community sports league, or simply taking a leisurely stroll through town, prioritizing your connections with others can improve your mental health, your eating and physical activity habits, and your overall quality of life.

Let's seize the opportunity to embrace new adventures, forge meaningful connections, and prioritize our health and happiness. From all of us at Dodge County Public Health, we wish you a season filled with joy, vitality, and endless possibilities.

Happy Spring, Dodge County!

Sincerely,

Roman Mullen
Roman Mullen, MS, REHS
Public Health Officer

Newsletter Highlights

MEET OUR TEAM

COMMUNICABLE DISEASE

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PUBLIC HEALTH NURSING

WOMEN, INFANTS & CHILDREN

DODGE COUNTY
WISCONSIN

Scan QR code to receive our newsletters via email!

Meet Our Team!

Roman Mullen — Public Health Officer

Public Health Services

Matthew Bartol — Emergency Preparedness Coordinator
Trisha Bradley — Public Health Strategist - AmeriCorps
Cassie Fissell — Public Health Nurse
Bobbi Gehring — Public Health Nurse
Olivia Gerritson — Community Health Educator
Karen Greenwald — Public Health Nurse
Lina Rooney — Public Health Nurse
Julie Schmidt — Fiscal Assistant

Women, Infants, & Children (WIC) Program

Isabel Carbajal — Breastfeeding Peer Counselor
Destiny Goldman — Breastfeeding Peer Counselor
Sara Gray — WIC Program Director
Marvella Puga — WIC/Public Health Technician
Ashley Young — WIC Nutritionist

Communicable Disease Highlight

What are Communicable Diseases?

Communicable diseases are illnesses that spread from one person to another, from an animal to a person, or from a surface or a food. Diseases can commonly be transmitted through: direct contact with a sick person, respiratory droplets spread from a sick person sneezing or coughing, and contact with blood or other body fluids.

This quarter's highlighted Communicable Disease is... ## Syphilis

Syphilis is an infection caused by bacteria. Most often, it spreads through sexual contact. The disease starts as a sore that's often painless and typically appears on the genitals, rectum or mouth. Syphilis spreads from person to person through direct contact with these sores. It also can be passed to a baby during pregnancy and childbirth and sometimes through breastfeeding.

After the infection happens, syphilis bacteria can stay in the body for many years without causing symptoms. But the infection can become active again. Without treatment, syphilis can damage the heart, brain or other organs.

Early syphilis can be cured, sometimes with a single shot of medicine called penicillin. That's why it's key to get a health care checkup as soon as you notice any symptoms of syphilis. All pregnant people should get tested for syphilis at their first prenatal checkup too.

REQUEST A FREE STI TEST KIT

Dodge County Public Health has partnered with "Let's Get Checked" to offer FREE STI test kits that can be delivered to your home. Privacy and convenience matter. These test kits provide you with a discreet and accessible way to take control of your sexual health without leaving the comfort of your home.

Scan QR code to request your STI Test Kit!

Step Into Spring by Increasing Physical Activity

There are four basic categories of exercise and physical activity: endurance, strength, balance, and flexibility. Each type of activity offers different benefits, and doing some form of exercise from each will yield the best results. Mixing it up also helps to reduce boredom and the risk of injury.

Get outside and get moving! Outdoor physical activity not only boosts physical health but also invigorates the mind and uplifts the spirit. Here are a few examples to inspire you this spring:

Endurance:
Endurance activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness.

- Brisk walking or jogging
- Yard work
- Dancing

Strength:
These exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to carry out everyday activities.

- Lifting weights
- Using a resistance band
- Using your own body weight

Balance:
These exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance.

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

Flexibility:
Performing these exercises stretch your muscles and help your body stay limber. Being flexible gives you more freedom of movement.

- Shoulder and upper arm stretches
- Calf stretch
- Yoga

Visit Beautiful Dodge County Parks this Spring!

Did you know that Dodge County is home to five county parks: Astico, Derge, Harnischfeger, Ledge and Nitschke Mounds. And three hiking/biking trails: Wild Goose State Trail, Gold Star Memorial Trail and Glacial River Trail.

Each park offers a variety of activities for families and individuals from walking the trails, to biking, canoeing/kayaking or disc golf, as well as opportunities to explore the rich history of our county. Watch on Facebook for our weekly series *Every Trail Leads Somewhere!*

Emergency Preparedness

Severe Wisconsin Weather

Dodge County has experienced its fair share of severe weather events in the past, reminding us of the importance of being prepared. Thunderstorms can bring heavy rainfall, lightning, strong winds, and even hail, leading to power outages and property damage. Additionally, tornadoes can strike with little warning, causing widespread destruction in their path. Moreover, melting snow and rainfall can increase the risk of flooding, posing threats to homes, roads, and bridges.

Having a well-thought-out emergency plan can make all the difference when severe weather strikes. Here are some essential steps to consider:

1. Stay updated with weather forecasts through local news channels, weather apps, or NOAA weather radio. Being aware of potential risks allows you to take proactive measures.
2. Ensure that everyone in your household knows how to communicate during an emergency. Designate a meeting place and establish a method for staying in touch if family members are separated.
3. Assemble an emergency kit containing essential supplies such as non-perishable food, water, medications, flashlights, batteries, first aid supplies, and important documents. Don't forget about supplies for your pets, if applicable.
4. Take measures to reinforce your home against severe weather. Trim trees and bushes, secure outdoor furniture and objects, and consider installing storm shutters or reinforcing doors and windows.
5. Identify safe locations within your home where you can take shelter during a tornado or severe thunderstorm. Basements or interior rooms on the lowest level of your home are typically the safest options.

Remember that you are not alone in preparing for severe weather. Dodge County offers various resources to help residents stay safe during emergencies. Stay connected with the Dodge County Emergency Management and sign up for emergency alerts to receive timely notifications about severe weather threats in your area.

Scan the QR code to check out Dodge County's Emergency Management Website for more information!

Smoking's Impact on Women's Health

People who smoke are more likely to have certain health issues and get certain diseases compared to those who don't smoke. Some health issues are immediate, while others develop over time. Below are some harmful health effects of smoking that are especially important for women to be aware of.

Reproductive Issues:

Women who smoke are more likely than women who don't smoke to:

- Have more irregular or painful periods.
- Have low estrogen levels, which can lead to mood swings, fatigue, and vaginal dryness.
- Go through menopause at a younger age
- Have trouble getting pregnant

Cardiovascular Issues:

People who smoke have an increased risk of heart disease. For people under the age of 50, most cases of heart disease are related to smoking.

- Women smokers over the age of 35 have a slightly greater risk of dying from heart disease compared to men who smoke.

Cancer:

People who smoke have an increased risk of many cancers, such as lung, pancreatic, kidney, liver, throat, bladder, and colorectal cancers.

- Smoking is associated with an increased risk of cervical cancer.
- Smoking causes most lung cancer deaths in women and men. More women die from lung cancer than any other cancer, including breast cancer.

Respiratory Issues:

Smokers are more likely than nonsmokers to get chronic obstructive pulmonary disease (COPD). This disease makes it hard to breathe, and it gets worse over time.

- Women are more likely than men to develop severe COPD at younger ages.
- Each year, more women than men die from COPD

FIRST BREATH

First Breath is Wisconsin's free program to help people make positive changes to their tobacco, alcohol and substance abuse during pregnancy and beyond.

First Breath Offers:

- Support for pregnant and postpartum moms to help stop or cut down on tobacco, alcohol, or other substance use
- Individualized quit plan
- Gifts for participation
- Monthly check-ins

Please call Dodge County Public Health at 920-386-3670 or visit wwhf.org to enroll

Women, Infants, & Children (WIC)

WIC: Farmers Market Nutrition Program

The Farmers Market Nutrition Program (FMNP) connects members of WIC (Special Supplemental Program for Women, Infants, and Children) with Wisconsin farmers.

WIC members get a check to spend at farmers markets. About 1,000 farmers are part of the program.
To apply for WIC FMNP, call 920-386-3680.

Who can join WIC FMNP?
To join WIC FMNP, you must be part of WIC and one of the following:

1. Pregnant
2. Postpartum (Just had a baby)
3. A child at least 9 months old

What do WIC members get through FMNP?

1. Five $6.00 checks that total $30 for each growing season to buy fresh fruits, vegetables, and herbs grown in (or near) Wisconsin.
2. Education and tips for using fresh, local produce.
3. A list of farmers markets and farmstands where you can use your checks.

PEANUT BUTTER-BANANA OATMEAL COOKIES

Use your WIC benefits to try out this delicious and easy treat!

- 2 cups rolled oats
- ¼ cup raisins (WIC)
- 1-2 Tbs. chia seeds, optional
- ¼ tsp. salt
- 3 bananas, mashed (WIC)
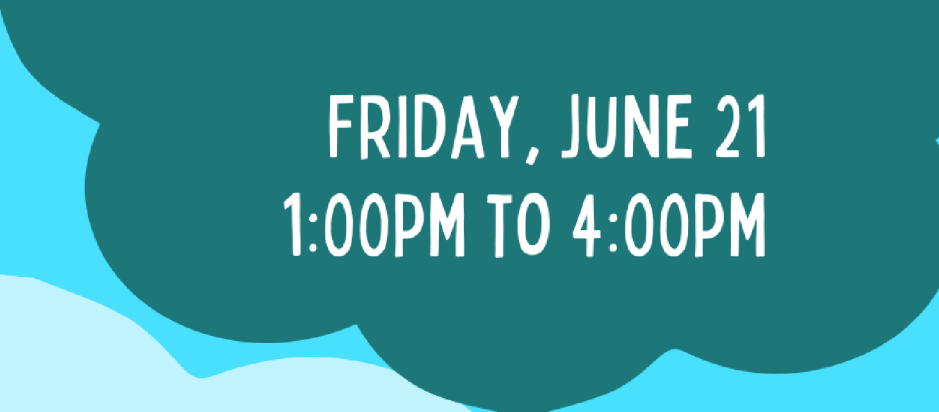- ½ cup peanut butter (WIC)

1. Preheat oven to 350 degrees F and line baking sheet with parchment paper.
2. In a large mixing bowl, add oats, mashed banana, peanut butter, salt and chia seeds, if using. Mix well.
3. Fold in raisins and mix again until well combined.
4. Roll dough into balls and flatten slightly with your hands. Place on baking sheet and bake for 10 minutes.
5. Remove cookies and let cool on baking sheet for at least 10 minutes.

FREE ENTRY

FRIDAY, JUNE 21
1:00PM TO 4:00PM

JOIN US FOR OUR 2024

FAMILY FEST!

PRESENTED BY DODGE COUNTY WIC
AND PUBLIC HEALTH

BEAVER DAM HIGH SCHOOL FIELD HOUSE

500 GOULD ST.
BEAVER DAM, WI 53916

FUN FOR THE WHOLE FAMILY
ACTIVITIES • DIAPER EXCHANGE •
COMMUNITY RESOURCES

SCAN QR CODE TO RSVP!
WALK-INS WELCOME

This institution is an equal opportunity provider

WIC