



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

June 1st-7th CPR/AED awareness week
June 3rd-Food Truck Festival 10-4pm
June 15th Diabetes Class 5pm CCHC
June 23rd- close early at 1pm for training
June 24th- CPR class at CCHC



CAR SEAT
SAFETY
MATTERS

STAY TUNED FOR A NEW SERVICE OFFERED BY
CCHC AROUND SEPT. 2023

BACK TO SCHOOL

FAIR

AUGUST 4TH 9AM-12PM

- FREE PHYSICALS
- VACCINATIONS FOR SCHOOL
- CAR SEAT SAFETY CHECKS
- FREE HAIR CUTS
- AND MORE!

PLEASE VIEW OUR WEBSITE
BELOW TO BE DIRECTED TO OUR
COMMUNITY'S HEALTH
ASSESSMENT

<https://cartercountyhealth.org/wp-content/uploads/2022/10/Region-G-Health-Assessment-EF-2022.pdf>



OUR SERVICES

Women's wellness exams
Pregnancy testing/counseling
STD/STI testing and treatment
WIC services
Health education
Covid testing
Immunizations (including covid+flu)
Food Service Inspections
Vital Records



CARTER COUNTY
H E A L T H C E N T E R

*HAVE YOU VISITED US
RECENTLY?*

*FILL OUT OUR
CUSTOMER
SATISFACTION
SURVEY BY COPY AND
PASTING THE
WEBSITE BELOW
INTO YOUR BROWSER*



[*https://forms.gle/8AAeAFs*](https://forms.gle/8AAeAFs)
[*oeoGMJ49N9*](#)

*THE CARTER COUNTY HEALTH
CENTER ALONG WITH THE
CARTER COUNTY EMERGENCY
MANAGEMENT AGENCY IS
DEVELOPING A REGISTRY OF
INDIVIDUALS WITH SPECIAL
HEALTHCARE NEEDS WHO MAY
REQUIRE SPECIAL ASSISTANCE
IN THE EVENT OF A DISASTER
SUCH AS A TORNADO, SEVERE
STORM, FLOOD OR
EARTHQUAKE.*

*COMPLETE THE SURVEY BY
COPY AND PASTING THE
WEBSITE BELOW INTO YOUR
BROWSER*

[*https://forms.gle/8kx4yjlw*](https://forms.gle/8kx4yjlw)
[*sBYMbgJbD8*](#)

Healthy Living



The obesity rate in Carter County stands at 40%.



1 in 10 Carter County residents have been diagnosed with diabetes.

Are you aware of the health status of Carter County residents?

With high rates of chronic disease, Carter County's life expectancy rate is 6 years lower than the national average.

POOR or FAIR HEALTH  **18%**

ADULT SMOKING  **25%**

PHYSICAL INACTIVITY  **29%**



Together, we can take the first step towards lowering these statistics!



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Maternal Child Health

Encompasses women's health and well-being during pregnancy, childbirth, and postpartum, as well as their children's development from infancy to adolescence.



1

Childhood Obesity

This negatively impacts a child's physical, emotional, and social well-being.



2

Health Screenings

These can identify health issues before they become more serious and help save lives.



3

Low Birth Weight

The percentage of infants born in Carter County at a low birth weight has continued to increase since 2017.



4

Access to Prenatal Care

This helps to reduce the risk of pregnancy complications. Only 74% of mothers received adequate prenatal care in our region in 2019.



CARTER COUNTY
HEALTH CENTER

BUILDING A HEALTHIER COMMUNITY

OUR TOP 3 PRIORITIES

HEALTHY LIVING

By addressing the factors that contribute to obesity, hypertension, high cholesterol, and heart disease, we can create a healthier community and reduce the burden of chronic disease.



MATERNAL CHILD HEALTH

With a focus on maternal child health, we aim to reduce childhood obesity rates, increase preventative care visits and health screenings for women, and improve access to prenatal care.



OPIOID MISUSE

Our priority is to reduce the harm caused by opioids by addressing issues such as neonatal abstinence syndrome and the spread of blood-borne diseases, while emphasizing overdose prevention.



JOIN US AND MAKE A DIFFERENCE!

We all have a role to play in creating a healthier Carter County. Together, we can make a lasting impact. Learn more at

www.cartercountyhealth.org



CARTER COUNTY
HEALTH CENTER

*TO THE LEFT ARE OUR
THREE TOP PRIORITIES
TO IMPROVE THE
HEALTH IN OUR
COMMUNITY
DECIDED BY THE
REGION G PUBLIC
HEALTH
COLLABORATIVE*



*PLEASE FIND THE LINK TO
THE COMMUNITY HEALTH
ASSESSMENT ON PAGE ONE
THAT WAS UTILIZED IN THIS
DECISION MAKING PROCESS*





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OPIOID MISUSE

Opioid misuse can cause a range of serious, negative health effects, including death.

Use during pregnancy can lead to neonatal abstinence syndrome and preterm birth.

Access to naloxone, medication-assisted treatment, and harm reduction services can reduce overdoses.

Opioid misuse can increase the rate of bloodborne diseases like HIV and Hepatitis C among people who inject the drug.



CARTER COUNTY
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*NARCAN IS
AVAILABLE FOR
FREE HERE AT THE
CARTER COUNTY
HEALTH CENTER*





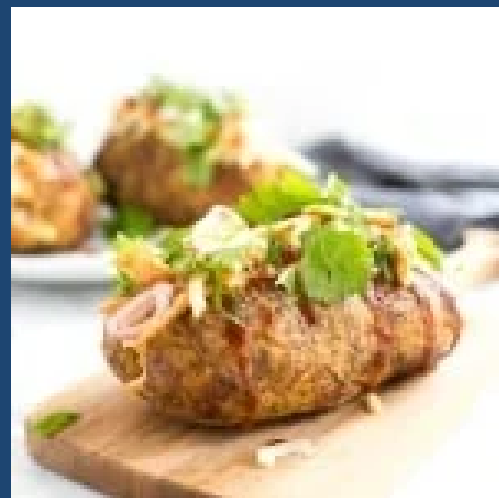
CARTER COUNTY

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Recipe of the Month

BBQ CHICKEN STUFFED BAKED POTATOES

- 4 LARGE BAKING POTATOES
- 3 TABLESPOONS OLIVE OIL, DIVIDED
- SALT AND GROUND BLACK PEPPER
- 2 BONE-IN SKIN-ON CHICKEN BREASTS (OR 1 ROTISSERIE CHICKEN)
- ¼ CUP BBQ SAUCE, PLUS MORE FOR GARNISH
- 1 CUP GRUYERE CHEESE, GRATED
- 2 SHALLOTS, THINLY SLICED
- ½ CUP CILANTRO
- 2 SCALLIONS, THINLY SLICED



DIRECTIONS

1. *PREHEAT OVEN TO 425 F.*
2. *SCRUB POTATOES CLEAN, THEN POKE ALL OVER WITH A FORK OR KNIFE. POUR ABOUT ½ TABLESPOON OLIVE OIL ON EACH POTATO AND SPRINKLE LIBERALLY WITH SALT AND PEPPER.*
3. *WRAP EACH POTATO COMPLETELY IN ALUMINUM FOIL AND PLACE POTATOES DIRECTLY ON RACK IN LOWER ⅓ OF OVEN. COOK FOR 1 HOUR UNTIL POTATOES ARE CRISPY ON THE OUTSIDE AND FLUFFY ON THE INSIDE.*
4. *WHILE POTATOES ARE BAKING, PLACE CHICKEN ON A PARCHMENT-LINED BAKING SHEET. DRIZZLE WITH 1 TABLESPOON OF OLIVE OIL AND SEASON WITH SALT AND PEPPER.*
5. *ROAST ON OVEN RACK IN UPPER ⅓ OF OVEN FOR 45 MINUTES OR UNTIL JUICES RUN CLEAR AND CHICKEN IS COOKED THROUGH. SET ASIDE AND LET COOL.*
6. *REMOVE SKIN FROM CHICKEN BREASTS (OR ROTISSERIE CHICKEN) AND DISCARD. SHRED THE MEAT AND PLACE IN A SMALL BOWL. ADD BBQ SAUCE AND TOSS TO COMBINE.*
7. *CUT EACH POTATO IN HALF LENGTHWISE AND SEASON WITH A LITTLE SALT AND PEPPER. TOP WITH BBQ CHICKEN, SHREDDED CHEESE, SHALLOTS, CILANTRO, AND SCALLIONS. POUR A LITTLE EXTRA BBQ SAUCE ON TOP AND SERVE.*