

Jefferson County Department of Health & Environment Services

Adult Health Clinic - is a well-clinic and provides adults 18 years of age and up with physical exams, STD screening, blood pressure, cholesterol and wellness education. This clinic does not provide "sick care". Call 303-239-7078

Heart Wise - a program designed to help 40 to 64 year old women reduce their risk of heart disease. Call 303-239-7092

Cancer Screening & Diagnosis - Cervical and Breast cancer screening service for women 40 to 64. Please call for eligibility - 303-239-7078.

Quit Smoking Resources - programs and classes designed for success in stopping tobacco use. Call 303-275-7555

Immunization Clinics - JCDHE offers immunizations for adults and children to protect against life threatening diseases. Call to make an appointment - 303-232-6301.

Family Planning - birth control and reproductive services for teens, men and women. Call 303-239-7078

STD Clinic - testing and treatment for sexually transmitted disease. HIV testing and counseling also available. Call 303-239-7078

Nutrition Services - The Nutrition Education and Counseling Program works with Jefferson County residents to improve their nutrition knowledge and increase their ability to make better food choices. Call 303-239-7160.

Public Health...Everyday, Everywhere, Everyone

Jefferson County Department of Health & Environment Locations

Arvada
6303 Wadsworth Bypass, Arvada, CO 80003
303-239-7500

Lakewood
260 S. Kipling Street, Lakewood, CO 80226
303-232-6301

Edgewater
1981 B Sheridan Boulevard, Edgewater, CO 80214
303-239-9580

Golden
1801 19th Street, Golden, CO 80401
303-271-5700

<http://health.jeffco.us>

October 2007

Adapted from information provided by the Centers for Disease Control and Prevention.

Prevention For Your Health



Public Health...Everyday, Everywhere, Everyone

Jefferson County Department of Health & Environment
303-232-6301
<http://health.jeffco.us>

Tips for a Healthy Life



Get Routine Exams and Screenings

Sometimes they're once a year. Other times they're more or less often. Based on your age, health history, lifestyle, and other important issues, you and your health care provider can determine how often you need to be examined and screened for certain diseases and conditions. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases, and cancers of the skin, prostate, and colon. When problems are found early, your chances for treatment and cure are better. Routine exams and screenings can help save lives.



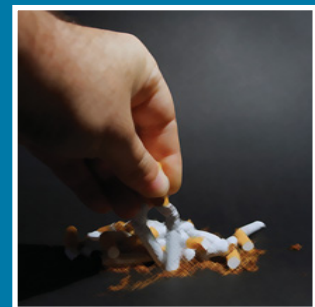
Eat Healthy

"An apple a day keeps the doctor away." There's more truth to this saying than we once thought. What you eat and drink and what you don't eat and drink can definitely make a difference to your health. Eating five or more servings of fruits and vegetables a day and less saturated fat can help improve your health and may reduce the risk of cancer and other chronic diseases. Have a balanced diet, and watch how much you eat.



Active Living

More than 50 percent of American men and women do not get enough physical activity to provide health benefits. For adults, thirty minutes of moderate physical activity on most, preferably all, days of the week is recommended. It doesn't take a lot of time or money, but it does take commitment. Start slowly, work up to a satisfactory level, and don't overdo it. You can develop one routine, or you can do something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking, or jogging.



Be Smoke-Free

Health concerns associated with smoking include cancer and lung disease. Smoking triples the risk of dying from heart disease among those who are middle-aged. Second-hand smoke - smoke that you inhale when others smoke - also affects your health. If you smoke, quit today! Helplines, counseling, medications, and other forms of support are available to help you quit.



Maintain a Healthy Weight

Obesity is at an all time high in the United States, and the epidemic may be getting worse. Those who are overweight or obese have increased risks for diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke. Eat better, get regular exercise, and see your health care provider about any health concerns to make sure you are on the right track to staying healthy.

Get Appropriate Vaccinations

They're not just for kids. Adults need them too. Some vaccinations are for everyone. Others are recommended if you work in certain jobs, have certain lifestyles, travel to certain places, or have certain health conditions. Protect yourself from illness and disease by keeping up with your vaccinations.



Manage Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. What's your stress level today? Protect your mental and physical health by engaging in activities that help you manage your stress at work and at home.



Know Yourself and Your Risks

Your parents and ancestors help determine some of who you are. Your habits, work and home environments, and lifestyle also help to define your health and your risks. You may be at an increased risk for certain diseases or conditions because of what you do, where you work, and how you play. Being healthy means doing some homework, knowing yourself, and knowing what's best for you... because you are one of a kind.



Be Safe - Protect Yourself

What comes to mind when you think about safety and protecting yourself? Is it fastening seat belts, applying sunscreen, wearing helmets, or having smoke detectors? It's all of these and more. It's everything from washing your hands to watching your relationships. Did you know that men at work die most frequently from motor vehicle incidents, machine-related injuries, homicides, and falls? Take steps to protect yourself and others wherever you are.



Be Good to Yourself

Health is not merely the absence of disease; it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Take steps to balance work, home, and play. Pay attention to your health, and make healthy living a part of your life.

