



JANUARY 2025

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Cervical Health Awareness Month
National Birth Defects Awareness
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Spotlighting Elder Loneliness
National Glaucoma Awareness
Month

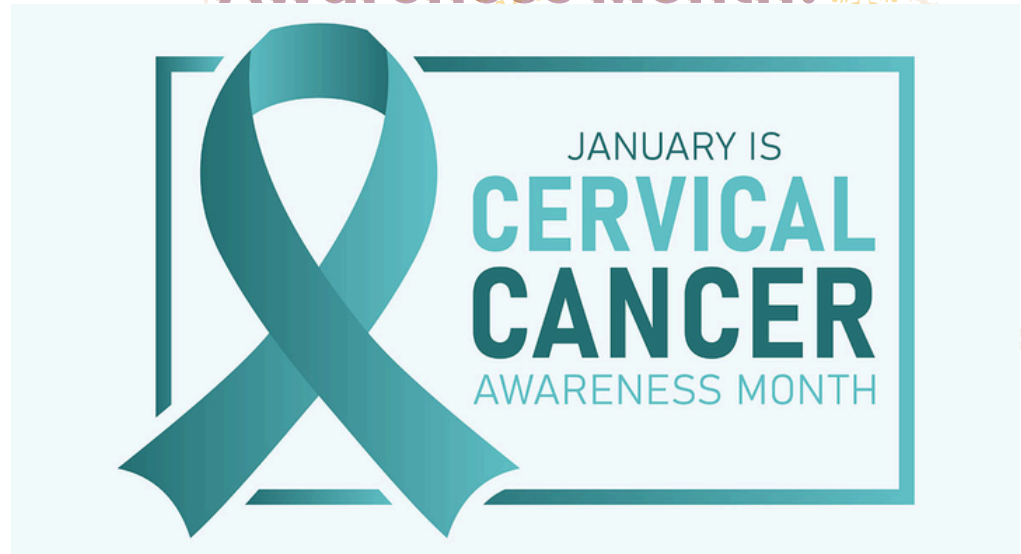
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Keeping Up With New Year's Eve
Resolutions
Healthy Eating Tips

ATTENTION

We are currently accepting
submissions for our next newsletter!
Please send in your submissions no
later than the 15th of each month.
For more information, please e-mail:
Mary.Aquino@flhealth.gov

**January is Cervical Health
Awareness Month!**



This month highlights the importance of cervical cancer screening and HPV vaccination. Cervical cancer is highly preventable through Pap smears and the HPV vaccine. Women aged 21–65 year old are encouraged to stay up-to-date with cervical cancer screenings. Early detection makes a big difference! The HPV vaccine is a powerful tool that protects against the types of HPV most likely to cause cervical cancer. Take a step toward a healthier future by scheduling your screening today. Learn more at cdc.gov.



**National
Birth Defects
Awareness
Month**

Every 4.5 minutes, a baby is born with a condition affecting their body's structure or function. While not all birth defects can be prevented, early identification and intervention help children access the care and resources they need to thrive. A strong community of support fosters understanding, inclusion, and acceptance, helping individuals of all abilities participate fully in life. Together, we can create a place where everyone feels they belong.

Spotlighting Elder Loneliness

STAY CONNECTED FOR BETTER HEALTH

Staying connected as we age improves mental and physical well-being, yet many older adults face loneliness with serious health impacts.

- **Health Risks:** Loneliness is linked to increased risks of dementia, depression, and cardiovascular disease, with health effects similar to smoking or obesity.
- **Key Challenges:** Limited mobility, loss of loved ones, and fewer opportunities for social engagement contribute to feelings of isolation.
- **Community Solutions:** Programs like senior centers, volunteering opportunities, and phone check-ins can foster connection and combat loneliness.

Let's come together to ensure our elders feel connected, supported, and valued.



HOW YOU CAN HELP:

- Encourage older family members and neighbors to participate in local activities.
- Advocate for community spaces designed to include older adults.
- Promote awareness of this issue within your networks.

For more information and resources, visit the National Institute on Aging at <https://www.nia.nih.gov/health/loneliness-and-social-isolation/loneliness-and-social-isolation-tips-staying-connected>



PROTECT YOUR VISION: WHAT YOU NEED TO KNOW ABOUT GLAUCOMA

- Glaucoma is caused by fluid buildup in the eye, increasing pressure that can lead to vision loss or blindness. Often, there are no early symptoms—50% of people with glaucoma don't know they have it.
- Anyone can get glaucoma, but all people over age 60 are at higher risk.

NEXT STEPS:

- **Get Checked:** A comprehensive eye exam is essential for early detection.
- **Act Early:** Treatments like eye drops, medication, or surgery can reduce pressure and prevent vision loss.

Source: <https://www.cdc.gov/vision-health/about-eye-disorders/glaucoma.html>



National Glaucoma Awareness Month

Happy New Year!






Keeping Up With New Year's Eve Resolutions

- ✓ **Choose Specific Goals:** Instead of saying, "I'll exercise more," try "I'll ride my bike for 20 minutes after school on Mondays, Wednesdays, and Fridays."
- ✓ **Start Small:** Begin with easy steps. For example, if you want to read more, start with 10 minutes before bedtime.
- ✓ **Write It Down:** Keep a chart or journal to track your progress. Seeing your achievements can boost your confidence.
- ✓ **Tell Someone:** Share your goals with a friend or family member. They can encourage you and help you stay on track.

**Remember, the key is to have fun and keep trying.
You can do it!**



Healthy Eating Tips

- **Add More Fiber:** Enjoy plenty of fruits, veggies, whole grains, nuts, and seeds to keep you full and energized. 
- **Boost Calcium and Vitamin D:** Strengthen bones with dairy, leafy greens, and fish like salmon or sardines. 
- **Cut Back on Added Sugars, Fats, and Salt:** Choose fresh foods to keep your heart and body strong. 
- **Mix Up Your Proteins:** Include lean meats, seafood, eggs, beans, soy, nuts, and seeds for variety and balance. 
- **Stay Hydrated:** Drink water or low-calorie beverages to feel refreshed and stay healthy. 

Source: <https://www.cdc.gov/nutrition/features/healthy-eating-tips.html>

