



Welcome February!

40 days until Spring – but who's counting?

Fun Facts for February:

- According to History.com, the first valentine was sent in 1415, by a French medieval duke named Charles to his wife while he was imprisoned at the Tower of London.
- Ulysses S. Grant, the 18th US president, received a \$20 speeding ticket for riding his horse and buggy too fast on a street in Washington, D.C.
- Groundhogs whistle at their potential mates!

Notable Dates in February:

2/2/24 – Groundhog Day

2/2/24 – National Wear Red Day

2/7/24 – National Black HIV/AIDS Awareness
Day

2/7/24 – National Girls & Women in
Sports Day

2/19/24 – President's Day

February 2024

*Public Health
Nurse
Newsletter*



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*Serving the towns of Belchertown, Pelham, and
Ware*

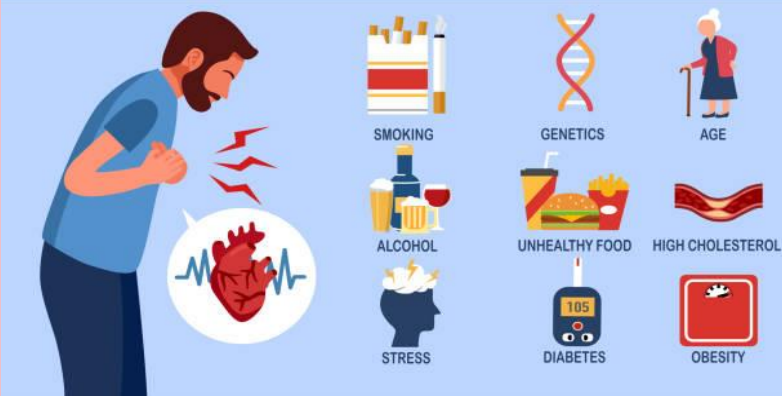




President Lyndon B. Johnson established American Heart Month under Presidential Proclamation 3566 in December 1963 -- ten days after Congress issued a joint resolution that the president must issue an annual proclamation.

He announced February 1964 as the first annual American Heart Month. In his remarks, he urged "the people of the United States to give heed to the nationwide problem of the heart and blood-vessel diseases, and to support the programs required to bring about its solution."

HEART DISEASE RISK FACTORS

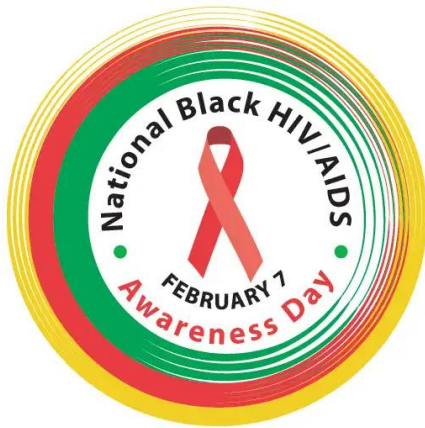


3 Steps to Decrease Your Risk:

1. **Don't skip yearly physicals.** Screening for cholesterol, high blood pressure, and diabetes are crucial to minimizing cardiovascular disease risk.
2. **Make healthy lifestyle changes.** Healthy diet and increased activity have a positive effect on cardiovascular health.
3. **Know your genetic risk.** Talk about your family's medical history to know what genetic factors may affect you and talk to your provider about how to mitigate those risks.

HEART ATTACK SYMPTOMS





Resources for everyone:

To find HIV services near you,
please visit:

<https://locator.hiv.gov/>

For a free HIV self-test delivered
discreetly to your home address,
please visit:

<https://takemehome.org/>

For sexual and reproductive
health services locally, please
visit:

<https://www.tapestryhealth.org/sexual-reproductive-health/>

National Black HIV/AIDS Awareness Day, February 7, 2024, is an opportunity to increase HIV education, testing, community involvement, and treatment among Black communities. First observed in 1999, it is a day to

This year's theme is *"Engage, Educate, Empower: Uniting to End HIV/AIDS in Black Communities"*.

- **Engage:** Discussing ways to better involve the black community in HIV/AIDS prevention and treatment efforts. This can include outreach programs, community partnerships, and utilizing local leaders and influencers to promote HIV testing and destigmatize the conversation around HIV/AIDS.
- **Educate:** Focusing on improving HIV/AIDS education among black youth and adults. This could cover the latest research, treatment options, understanding of PrEP and PEP medications, and debunking myths that contribute to stigma and discrimination.
- **Empower:** Highlighting success stories and strategies that have effectively empowered black individuals living with HIV/AIDS. Empowerment can be through advocacy, policy change, access to care, and support systems.

February is National Teen Dating Violence Awareness and Prevention Month (TDVAM).

1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults. Almost half (43%) of women in U.S. colleges report experiencing abusive or violent dating behaviors.

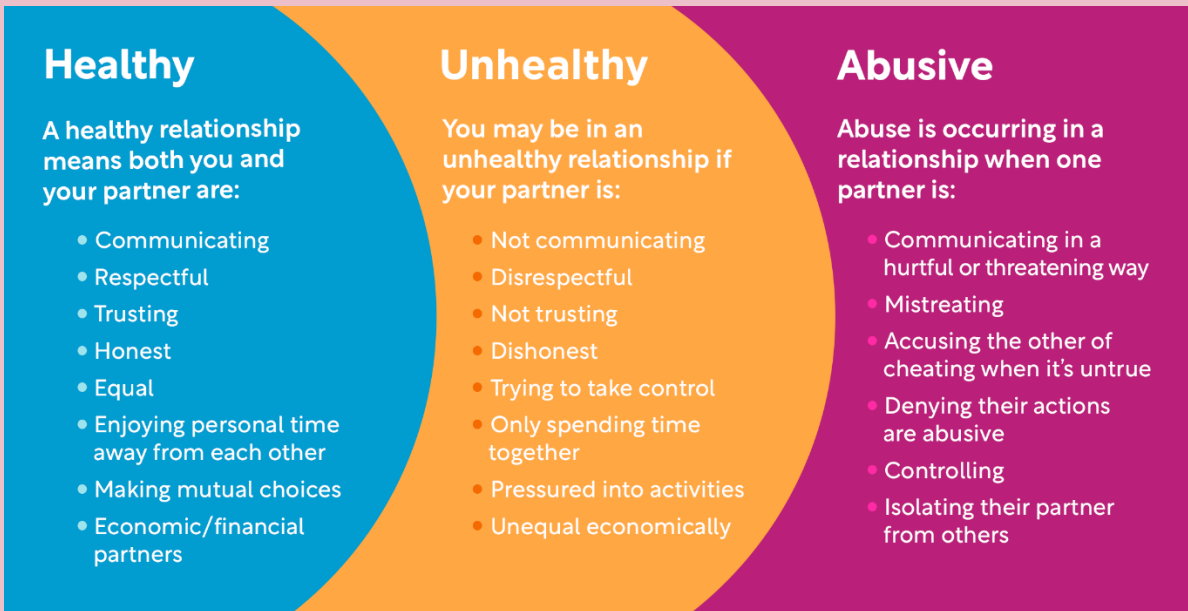
You are not alone - help is available!

- Call (866) 331-9474
- Text Loveisrespect to 22522
- Chat Live at Loveisrespect.org
- Center for Women and Community
 - Amherst: 888-337-0800

Teen Dating Violence



Awareness
Month



Myth

Versus

Fact

<i>Myth</i>	<i>Versus</i>	<i>Fact</i>
<i>It can't happen to me.</i>		More than 1 in 10 young adults experience physical violence in their dating relationships.
<i>Teen dating violence isn't really that serious</i>		<ul style="list-style-type: none"> • 1 in 5 teen girls and 1 in 7 teen boys report abuse by their intimate partner between ages 11 and 17 • 60% of rapes reported to rape crisis centers are committed by acquaintances, with most victims aged 16-24
<i>Men cannot be a victim of dating violence</i>		<ul style="list-style-type: none"> • In 2021, about 1 in 14 male high school students report experiencing physical dating violence in the last year (CDC, 2023) • In 2021, about 1 in 26 male high school students report having experienced sexual dating violence in the last year. (CDC, 2023)
<i>Dating violence only occurs in heterosexual relationships.</i>		<ul style="list-style-type: none"> • According to the CDC (2023), in 2021 nearly 1 in 4 LGBTQ+ students experienced sexual violence. • According to the 2015 Transgender Survey, 54% of transgender and nonbinary people experience intimate partner violence in their lifetimes.
<i>If a person stays in an abusive relationship, it must not really be that bad</i>		People stay for several reasons – fear, confusion, loss of self-confidence, not recognizing abusive behavior, belief that the abuser needs their help or will change, shame, and others.