

NEWS RELEASE

March 3, 2017

For Immediate Release

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Know Your Numbers through SWNPHD Screening

Southwest Nebraska Public Health Department (SWNPHD) wants you to “Know Your Numbers” through health screenings. “It is very important to find out your health numbers for cholesterol, blood pressure, Body Mass Index and glucose (blood sugars),” explains Public Health Nurse Melissa Propp, RN. “By knowing your numbers you can make the right choices to reduce your risk for heart disease, diabetes and other chronic illnesses.”

SWNPHD is providing health screenings through finger pricks that provide the results within ten minutes of the testing on a Cholestech machine. Staff will also conduct measurements of height, weight, BMI and blood pressure. Through a grant with the Nebraska Department of Health and Human Services, SWNPHD will be offering screenings for individuals age 19 and above. Call to schedule an individual screening in McCook at 308-345-4223 or Imperial at 308-882-4269.

Heart disease and diabetes are among the most common, costly and preventable chronic diseases of all health problems in Nebraska. According to the Nebraska Department of Health and Human Services 2011 Chronic Diseases report:

- About 1 in 4 Nebraska adults have been diagnosed with high blood pressure.
- Approximately 1 in 4 Nebraska adults have not had a blood cholesterol test within the past 5 years.
- Among NE adults who have been tested for blood cholesterol, more than 1 in 3 have been diagnosed with high blood cholesterol.
- Nearly 1 in 10 Nebraska adults have been diagnosed with diabetes.
- Among Nebraska adults, diabetes is about seven times more likely among those who are obese compared to those of normal weight.

For more information on programs at SWNPHD view our website at www.swhealth.ne.gov. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby’s and 501 Broadway, Imperial – 5th Street entrance.

You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

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