

WHAT THE HEALTH!?

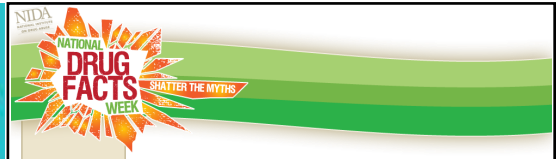
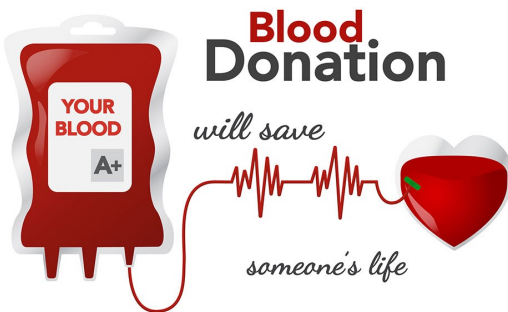
Blood Donation Facts and Statistics

- * 4.5 million American need blood transfusions each year
- * Someone needs blood every 2 seconds
- * 43,000 pints of donated blood are used each day in the U.S. and Canada
- * About 1 in 7 people entering a hospital need blood
- * You can donate blood every 8 weeks
- * One pint of blood can save up to 3 lives
- * Shortages of all blood types happen during the summer and winter holidays



Organ Wait List in the United States

Heart	4,000
Lungs	1,400
Kidney	100,000
Liver	14,000
Intestines	250
Pancreas	900



Tioga County Teens Substance Use

Substance Use	Tioga County	US
Lifetime Use of Alcohol	49.2%	41.9%
30 Day Use of Alcohol	24.2%	19.8%
Lifetime Use of Marijuana	21.3%	28.6%
30 Day Use of Marijuana	11.9%	13.7%
Lifetime Use of E-Cigarettes	23.1%	26.6%
30 Day Use of E-Cigarettes	12.8%	9.9%
Lifetime Use of Heroin	1.2%	0.6%
30 Day Use of Heroin	0.6%	0.2%

Data is from the 2017 PNA survey conducted with Tioga County 8th, 10th, and 12th grade students. For more information, check out Tioga County ASAP on Facebook!



Prevent Cancer –Vaccinate for HPV!

HPV is a common virus that infects teens and adults.



80%

of people will get an HPV infection in their lifetime.

HPV vaccination works.

71%

Infections with HPV types that cause most HPV cancers and genital warts have **dropped 71 percent** among teen girls.

JANUARY IS NATIONAL



ACTION MONTH

Test Your Home. Protect Your Health.

Radon is a colorless, odorless, and invisible gas that is produced by the natural decay of uranium that is found in nearly all soils. It is a health hazard when there are elevated levels of it in your home. Exposure to radon over long periods of time can lead to lung cancer. Radon is the second leading cause of lung cancer in the United States behind smoking, killing around 21,000 Americans each year.

What can you do?

Have a test done to see if your home has elevated levels of radon. Call Tioga County Public Health (687-8600) to schedule your appointment to have a free radon test done through the Healthy Neighborhoods Program!



January 2019