

SW REGION COMMUNITY HEALTH CORNER

A Monthly Newsletter by K-State Research and Extension, the Immunize Kansas Coalition and local partners supporting women's wellness

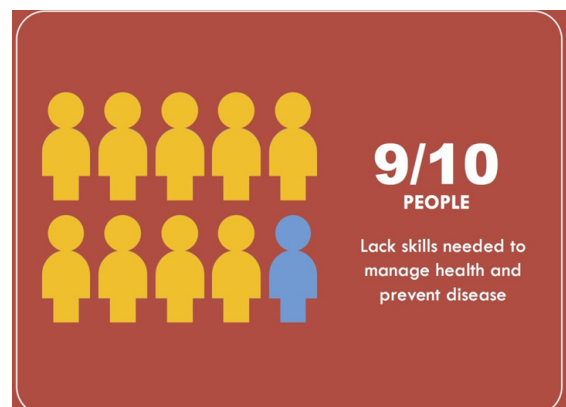


Women are a Family's Health Promoter

Women are leaders of health for their families and communities. For example, mothers are often the first to recognize when their children are not feeling well and know the best ways to prevent family illnesses. Also, the majority of women have jobs. For those fortunate enough, those jobs have essential benefits like health insurance, family and sick leave, and wellness programs.

Women sometimes don't prioritize their own well-being and delay check-ups that can prevent chronic conditions. That's why K-State Research and Extension and partners provide the SW Region Community Health Corner newsletter.

Each monthly newsletter will contain information about women's health, immunization, and how to improve health literacy. Health Literacy means building skills like reading medicine labels and consent forms, understanding instructions given by health providers, and understanding blood pressure readings, coping with stress and seeking health for all. Women use health literacy skills to communicate health needs and make health decisions to ensure her well-being and that of her family.



Vaccination

How do vaccinations work, and why are they important?

Did you know that vaccines have been around for over 200 years? In 1796 the first vaccine was made to stop a disease called Smallpox. Since then, scientists have worked hard to create new vaccines to keep us healthy and safe.

Vaccines work by tricking our body into thinking we have been exposed to a germ. To do this, scientists take a dead, weakened, or harmless part of a germ and introduce it into our bodies. Our body reacts to the harmless germ by alerting our immune system to an intruder. Then, our immune system sends fighter cells to attack the intruder. During the attack, our body learns to recognize the germ so the next time it enters our body, we do not get sick. This process is called [Acquired Immunity](#).

When you get vaccinated, you not only help yourself, you protect everyone around you, Especially those who have weakened immune systems. This protection is called [Herd Immunity](#). It occurs when the germ can't get to a vulnerable person because so many people around that person are vaccinated.

Vaccination works much like an umbrella that offers protection from getting wet in a rainstorm. Though you might get a bit of sprinkle here or there, an umbrella keeps you from getting drenched. A vaccination works similarly for protection against viruses.

Thanks to Justin Goodno, Barber County Agriculture and Natural Resources, for sharing this analogy.

Find a vaccine near you:

Search [vaccines.gov](https://www.vaccines.gov)

Text your ZIP code at **438829**

Call **1-800-232-0233**



Social Determinants of Health



Where Does Health Come From

Is health more than just how I feel physically?

Did you know that your health depends on more than just how you feel physically? Overall, health combines genetics, cultural beliefs and behaviors, and community dynamics. When all these factors affect well-being, they are called determinants of health.

Five areas represent the determinants of health, one of which is access to quality education. Did you know that a mother's level of education is important? This is true because college-educated mothers generally have higher birth weights and are healthier. Having a healthy start to life can help children do better in school later in life!

Access to transportation can also affect health and well-being. UNIDOSUS.org reported that 21% of the country's 16.6 million students enrolled in undergraduate programs are Latino. Unfortunately, many Latino college students don't have access to personal transportation. In fact, Latino students are half as likely to have a car when compared to white students. That lack of transportation contributes to lower college completion. Latino students listed "transportation problems" as a reason for leaving their college program at a 19% higher rate than non-Latinos. Local solutions can include car-pool networks for students; however, working with many partners to find answers is the best way to improve everyone's access to a college education.

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