

# LEARN AS YOU GO

Brought to you by Lucas County Public Health ph# 641-774-4312

10/4/2023 Vol. 14

Lucas County Public Health is offering a diabetes prevention program called Prevent T2, a program that is scientifically proven and created by the Centers for Disease Control and Prevention (CDC). This is a program dedicated to you that helps you establish a healthy lifestyle that can delay and even prevent the onset of diabetes. Not only does this program help you with healthy eating habits and exercise, but this program also helps you conquer road blocks to getting healthy by addressing the negative effects of stress, challenges, and other factors that create and mold your lifestyle. Are you considered pre-diabetic? Are you ready to get healthy? Are you ready to prevent type 2 diabetes? If your answer is yes, please call Lucas County Public Health at #641-774-4312 for further details and to get signed up for the class! Or just stop by our office at 123 S Grand Street Chariton, IA 50049 to get signed up. Will be starting a class soon...  
– Alicia M. Lynch, RN, and Mary Grismore, RN

## Trick or Treat Safety Tips from Parents and Children First of Lucas County

### TRICK or TREAT SMARTS:

- Eat only factory wrapped candy.
- Do not allow children to chew on glow sticks. Glow stick liquid can be minimally toxic in small amounts.
- Practice safe medicine storage. Children confusing medicine with candy can make Halloween go from spooky to scary.
- Prepare your child: flashlight, reflective tape, or strips to costumes, and an emergency contact card for in case they get lost.
- Do NOT wear decorative contact lenses without a prescription.



When a person is dependent on (or is addicted to) nicotine and stops using it, their body and brain must get used to not having nicotine. This can result in *temporary* symptoms of nicotine withdrawal. People might keep using tobacco products, like vapes, to try to make these symptoms feel better. Nicotine withdrawal symptoms: irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, craving nicotine.

Youth might turn to vaping to deal with stress or anxiety. This can create a cycle of nicotine addiction, which can also be a source of stress. Youth vaping and cigarette use has been linked to mental health symptoms, such as depression. For more information, check out [www.cdc.gov](http://www.cdc.gov).

Trick or Treat  
ON THE CHARITON SQUARE  
SATURDAY, OCTOBER 28TH  
10:00 AM - 12:00 PM

A poster for a 'Trick or Treat' event. It features a large jack-o'-lantern with a smiling face, surrounded by several smaller pumpkins and orange and yellow candy corn. The text is in a mix of red and black fonts. A small logo for 'CITY OF CHARITON MAIN STREET' is in the top right corner.

City of Chariton's Beggar's Night  
Saturday, October 28, 2023  
5:00 - 8:00 pm

A poster for 'City of Chariton's Beggar's Night'. It features a large, glowing orange full moon in the background, with a black silhouette of a tree and a small house with a lit window. Several jack-o'-lanterns are scattered in the foreground. The text is in a mix of black and red fonts.

In 2022, about  
**1 IN 10 YOUTH**  
used e-cigarettes  
in the past month.

Learn more: [CDC.gov/tobacco/features](http://CDC.gov/tobacco/features)

CDC  
CDC.gov/vaping

An infographic on a white grid background. It features several hand-drawn icons: a swirl, a leaf, a triangle, an open book, a cloud with rain, a camera, and a small plant. The text is written in a casual, hand-drawn style. A blue banner at the bottom contains the text 'Learn more: CDC.gov/tobacco/features'. The CDC logo and 'CDC.gov/vaping' are in the bottom right corner.