



CATAWBA COUNTY

3070 11th Ave. Dr. SE - Hickory, NC 28602 - (828) 695-5800 - Fax (828) 695-4410 - TDD (828) 695-5155

Public Health

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Catawba County Public Health Encourages Women to Have a Lifetime of Good Health

In the hustle and bustle of everyday life, many women are often so busy taking care of family and friends that they neglect their own health. Catawba County Public Health is educating women on the importance of taking care of themselves so that they may lead a long and healthy life.

There are preventative measures that women should take throughout their lifetime such as mammograms, colonoscopies, and pap tests that can help detect diseases while they are treatable.

According to the Centers for Disease Control and Prevention 2008 Behavioral Risk Factor Surveillance System, 81.3% of women in Catawba County over the age of 40 reported having a mammogram within the past two years and 89.4% of women over the age of 18 reported having a pap test in the past three years.

“These are great statistics. We are pleased to see that so many women have had these preventive tests, but we would love to see that number rise to 100%,” explained Sarah Lawson, Clinical Health Services Nursing Supervisor at Catawba County Public Health.

Catawba County Public Health provides cervical and breast cancer screening, including lab work and a complete physical examination consisting of a pap test, and a clinical breast exam which includes instruction on how to perform a self breast examination, to women ages 40-64 who qualify financially for the Breast Cervical Cancer Control Program (BCCCP). Women who qualify will also be scheduled for a mammogram on the Catawba Valley Medical Center Mobile Truck.

Women are also encouraged to practice these healthy guidelines:

- Get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week.
- Eat a nutritious diet with fresh fruit, vegetables, and whole grains.
- Avoid risky behaviors, such as smoking and limit alcohol consumption.
- Always wear a seatbelt and sunscreen.
- Wash your hands and avoid people who are sick.
- Pay attention to mental health, including managing stress and balancing work, home and play.
- Get 7-9 hours of sleep each night. Make sure kids get more, based on their age.

To learn more about women’s health services provided by Catawba County Public Health or to see if you



“Leading the Way to a Healthier Community”

www.catawbacountync.gov/phealth





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are eligible for BCCCP, please visit www.catawbacountync.gov/phealth or call 828-695-5800.

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