



Bell County Public Health District

www.bellcountyhealth.org

Phone: 254-773-4457

Twitter: @BellCountyPUBH

Facebook: Bell County Public Health District

FOR IMMEDIATE RELEASE

September 1, 2017

Bell County, Texas—The Bell County Public Health District has several pieces of information of which we would like the public to be aware for the month of September.

The Bell County Public Health District clinics in Temple and Killeen are making some changes to their schedule that will be effective the 1st of October. Please visit the Bell County Public Health District website (www.bellcountyhealth.org) and select either the Temple or Killeen Clinic under Clinical Services to see the updated clinic schedules.

The WIC program has temporarily relocated their Fort Hood Clinic to their Killeen Clinic at 111 Santa Fe Plaza. For clients wishing to check the status of their next appointment, call 254-532-8680 or 254-526-2033. The Fort Hood Clinic is set to relocate to the former Darnall Hospital location sometime in November, but there is currently no set date for when the Fort Hood clinic will be back up and running. The Health District will be keeping the public updated via our Facebook and Twitter pages as information becomes available.

The Health District also wishes to remind the community that September is National Obesity Awareness Month. One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, Bell County Public Health District encourages your family to make healthy changes together.

Get active outside:

- Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.



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Taking small steps as a family can help your child stay at a healthy weight.

Last, but certainly not least the Health District would also like to remind residents in Bell County that September is Preparedness Month. With Hurricane Harvey having had such a devastating impact to other parts of Texas the importance of preparedness is very apparent. For Preparedness Month Ready.gov reminds us that "Disasters don't plan ahead. You can." For tips on preparing for disasters large and small please take a look at resources such as:

- www.texasprepares.org
- www.ready.gov
- Emergency.cdc.gov

For more information about anything as it pertains to services or questions about community health please visit our website at www.bellcountyhealth.org, check out our Facebook and Twitter pages for information or call the Health District at 254-773-4457.