

Rural Spotlight

4th Quarter



The Month of October is:

National Breast Cancer Awareness Month

Breast cancer is a group of diseases that affects breast tissue. Both women and men can get breast cancer, though it is much more common in women. Other than skin cancer, breast cancer is the most common cancer among women in the United States, accounts for one-third of all cancers diagnosed in Missouri, and is the leading cause of cancer deaths in women after lung cancer. Nearly all breast cancers can be treated successfully if detected in the earliest stages, with the cure rate being 97 percent.



Some women are at higher risk for breast cancer due to personal or family medical history, but the biggest risk of a breast cancer diagnosis is being a woman and getting older. Ninety-five percent of new cases and 97 percent of breast cancer deaths occur in women aged 40 and older.

That is why screening by mammography, clinic breast examination, and breast self-examination, is so important to find breast cancer early, which can lower the risk of deaths.

For information, please visit the [American Cancer Society's](#) website, or for more information and data statistics the [Missouri Department of Health & Senior Service's](#) website, or visit the [Centers for Disease Control and Prevention.](#)



Quarterly Highlight

Delta States Rural Development Network Grant

CONGRATULATIONS to two Missouri communities for receiving the US Department of Health and Human Service's (HHS), Delta States Rural Development Network Grant Program funding grant.

The Delta States Rural Development Network Grant Program (Delta) grants were awarded to 12 rural communities in the eight Delta States focusing on topics such as diabetes, cardiovascular diseases, obesity, and acute ischemic stroke.

Each grantee will receive up to \$945,000/year for a three-year project period in order to address unmet local health needs and prevalent health disparities in Delta communities. Delta Program projects provide an opportunity to address a broad range of challenges unique to rural communities by emphasizing efforts around chronic diseases and focusing on population health. With Federal Office of Rural Health Program's, these organizations will work towards being sustainable beyond the three-year project period, achieving long-term outcomes such as demonstrating an improvement in health status and showing a reduction in unnecessary emergency department encounters due to chronic disease. These funded organizations are helping to change how health care is being delivered in rural communities.

The two Missouri communities are:

- **Big Springs Medical Association, Inc.,**
d/b/a Missouri Highlands Health Care - Ellington, MO
- **Mississippi County Health Department** - Charleston, MO

Celebrate!



*Make every day
a rural health
day!*

If you, your staff, a rural health facility or hospital in your Community, have received an award or recognition for a job well done; we would love to highlight their accomplishments in our Rural Spotlight Newsletter.

Please contact:

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Upcoming Observances

October

Domestic Violence Awareness Month

Eye Injury Prevention Month

Health Literacy Month

National Bullying Prevention Month

National Dental Hygiene Month

National Down Syndrome

Awareness Month

National Physical Therapy Month

Sudden Infant Death Syndrome (SIDS) Awareness Month

2 - 8 Mental Illness Awareness Week

5 International Walk to School Day

12 - 20 Bone and Joint Health Action Week

16 - 22 International Infection Prevention Week

16 World Food Day

17 - 21 National Health

Education Week

22 International Stuttering Awareness Day

November

American Diabetes Month

Bladder Health Month

COPD Awareness Month

Diabetic Eye Disease Month

Lung Cancer Awareness Month

National Alzheimer's Disease Awareness Month

National Family Caregivers Month

National Healthy Skin Month

National Hospice Palliative Care Month

National Stomach Cancer Awareness Month

17-National Rural Health Day

19 Great American Smokeout

19 International Survivors of Suicide Day

24 National Family Health History Day

December

Safe Toys and Gifts Month

1 World AIDS Day

4 - 12 National Influenza Vaccination Week

4 - 10 National Handwashing