

Public Health Newsletter

MARION COUNTY



Marion County Public Health

October is Breast Cancer Awareness Month!

Each year, according to the Iowa Cancer Registry, there are about 232 new cancers diagnosed in Marion County. Female breast cancer is the #1 top cancer in Marion County followed by Prostate, Lung, Colorectal, and Melanoma.

Women ages 40-74 should screen with a mammogram every 2 years since early stages are easier to treat and have a higher survival rate.

How can you reduce your risk for cancer?

~40% of cancers in the US are attributable to modifiable risk factors (i.e., smoking, alcohol, diet, infections, etc.)



Do not smoke or use any form of tobacco. Make your home smoke-free.



Enjoy a healthy diet



Avoid too much sun, use sun protection



Limit alcohol consumption



Be physically active



Vaccinate against Hepatitis B and HPV



Reduce indoor and outdoor air pollution (including radon)



Decrease excess body weight



Get the appropriate cancer screenings for you!



The Iowa Care For Yourself program provides free breast & cervical cancer screenings to Iowans between 21 and 64 years of age. If you earn less than 250% of the Federal Poverty Level, you would qualify.

Marion County Programs/Services

- Care for Yourself
- Communicable Disease Follow up
- Environmental Health
- Foot Care Clinics
- General Assistance
- Immunizations
- Preparedness (Emergency Response)
- Private Well Grants
- Senior Meals
- Tobacco Cessation

Community Education

- CPR/First Aid Classes
- Dementia Friends Sessions
- Narcan Training
- Stop the Bleed Course



DONATE BLOOD GIVE TOMORROW

Marion County Public Health Blood Drive

Monday, October 6th

12:30 pm - 4:30 pm

2003 N Lincoln St Knoxville, IA 50138



Sign up to
donate!



Blood Drive

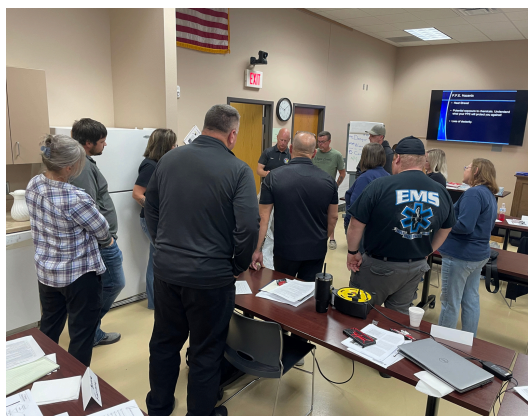
October is a time when we come together to raise awareness and support those impacted by breast cancer. What many don't realize is that blood donation plays a vital role in cancer treatment. By donating blood this month, you're doing more than honoring Breast Cancer Awareness Month — you're giving patients the strength and hope they need to keep going.

Marion County Public Health's Preparedness and Response Coordinators hosted the Hospital Hazmat 1st Receiver's Train the Trainer class in September. Over 30 participants from the 11 county region attended.

This course brought together Hospitals, Public Health agencies, EMS and EMA's, and they learned how to help each other respond quickly to a chemical or an all-hazards event.

In rural areas where response may be delayed or there is a lack of trained staff, this course gives everyone the tools necessary to train their local partners and be prepared to assist each other in protecting patients, staff, and infrastructure. It also helps facilities meet the state and federal requirements for accreditation.

Participants had hands on opportunities to put on decontamination suits, utilize powered air-purifying respirators (PAPR), and practice safe donning and doffing techniques.



Marion County Public Health Department
2003 North Lincoln Street - PO Box 152
Knoxville, Iowa 50138
P: (641) 828-2238 F: (641) 842-3442
Email: publichealth@marioncountyiowa.gov
Website: www.marionph.org
Follow us on: [Facebook](#)



Employee Spotlight

Rae King is the Service Area 1C Hospital Preparedness Program/ Readiness & Response Coordinator at Marion County Public Health. She works closely with healthcare partners to strengthen emergency operations and preparedness across the region.

Rae has worked at Marion County Public Health for almost 5 years.

One of the most meaningful aspects of her work is engaging with hospital staff who carry the weight of emergency preparedness & response responsibilities. Often, the most valuable support she says she can offer is simply listening—providing space for them to voice concerns, even when those concerns extend beyond the immediate scope of preparedness.

This year, she is especially committed to helping critical access hospitals in our service area establish sustainable hazmat decontamination programs. In our rural, industrially active communities, it is not a question of if but when a contaminated patient will arrive at the hospital doors.

SPECIAL EVENTS

Board of Health Meeting
Marion County Public Health Training Room
Tuesday, October 21, 2025 @ 5:00pm



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