

# Harnett County Health Department



Harnett County Health Department is working with the Dunn Housing Authority to provide education sessions to promote wellness and healthy lifestyles in the community. Scan the QR code to take a short survey to help us determine what sessions to offer.



**Stop Guessing, Start Testing:** Did you know that the only way to know for sure that you are infected with HIV is to get tested? Knowing your status is the most important step in stopping HIV and keeping you and your partner healthy. Everyone between the ages of 13 and 64 should get tested for HIV at least once. For more information call 910-814-6195 or visit our website at [www.harnett.org/health](http://www.harnett.org/health). Harnett County Health Department provides free HIV testing. To make an appointment call 910-893-7550.



**Resolutions for a Healthy New Year:** Make 2024 your healthiest year yet. The following tips will help you jump-start your New Year's resolutions:

- **Make Healthy Food Choices.** A healthy eating plan should include fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products, lean meats, and is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.
- **Move More, Sit Less.** Strive for at least 150 minutes of moderate intensity aerobic activity (i.e. brisk walking) per week
- **Be smoke free**North Carolina has a Tobacco Use Quitline at 1-800-QUIT-NOW (1-800-784-8669).
- **Get enough sleep.** Insufficient sleep is associated with a number of chronic diseases and conditions—such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.