



Fort Riley Public Health Department

“Protecting the Health of Our Community”

Public Health Newsletter

February 2026

National Cancer Prevention Month

Your Health is in Your Hands: This February, during National Cancer Prevention Month, we want to remind you that you have the power to reduce your cancer risk.

While not all cancers are preventable, studies show that simple lifestyle choices can make a huge difference. You can take control of your health and build a healthier future, starting today.

Here are proven strategies to lower your risk:

- ➔ **Avoiding tobacco is the single most important thing you can do to prevent cancer.**
- ➔ **A diet rich in fruits and vegetables, combined with regular physical activity, helps you maintain a healthy weight and lowers your risk**
- ➔ **Reducing alcohol consumption and protecting your skin from UV rays are simple yet effective ways to protect yourself.**
- ➔ **Vaccinations like the HPV vaccine prevent cancer-causing viruses, and regular screenings can detect cancer early when it's most treatable.**

CANCER SCREENING RECOMMENDATIONS

Age 25-39	Age 40-49	Age 50+
<p>Cervical cancer screening recommended for people with a cervix beginning at age 25*.</p> <p>* Cervical cancer screening can also begin at age 21.</p> <p>Sources: American Cancer Society U.S. Preventive Services Task Force</p>	<p>Breast cancer screening recommended beginning at age 45, with the option to begin at age 40.</p> <p>Cervical cancer screening recommended for people with a cervix.</p> <p>Colorectal cancer screening recommended for everyone beginning at age 45.</p> <p>At age 45, African Americans should discuss prostate cancer screening with a doctor.</p>	<p>Breast cancer screening recommended.</p> <p>Cervical cancer screening recommended.</p> <p>Colorectal cancer screening recommended.</p> <p>People who currently smoke or formerly smoked should discuss lung cancer screening with a doctor.</p> <p>Discussing prostate cancer screening with a doctor recommended.</p>

Contact Us:

Caldwell Clinic:
7665 Normandy Drive
785-239-7323
785-239-7042

Environmental Health:
785-239-7516

Industrial Hygiene:
785-239-4054

Occupational Health:
785-239-3592

Public Health Nursing:
785-239-7323

AFWC:
785-239-9355

Army Hearing Program:
785-239-3549

Future Health Observances

★ **March— Nutrition Month**

★ **April— Alcohol Awareness Month**

★ **May— Skin Cancer Awareness month**



2025-2026 Flu Vaccine Campaign

Tell Us How We Did! Please take a moment to scan the QR code and take a survey to give us feedback on our performance with the recent flu vaccine campaign.



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- Public Health Nursing:**
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- AFWC:**
785-239-9355
- Army Hearing Program:**
785-239-3549

FEBRUARY IS NATIONAL HEART MONTH

Love your heart!
Visit the American
College of Cardiology
to learn about heart
healthy habits:



DONATE
BLOOD
SAVE LIVES

WORLD BLOOD DONOR MONTH

Every 3 seconds in the U.S.
someone needs a blood
transfusion

The American Journal of
Epidemiology reports that
blood donors are 88% less
likely to suffer a heart
attack

MORE INFO:

785-239-7323

SCHEDULE TO DONATE
WITH THE RED CROSS



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Check out the upcoming Public Health Community Outreach Events:

- American Heart Month (2/20/26 1430-1600 PX)**
- National Nutrition Month (3/20/26 1430-1600 PX)**