



For more information:

ANNE-MARIE HAFEMAN
Public Affairs and Marketing
603-663-2984

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ELLIOT HEALTH SYSTEM & MANCHESTER HEALTH DEPARTMENT
INTRODUCE “THE DOCTOR’S NOTE”

Collaboration Responsive to Community Need for Increased Health Education for Families

MANCHESTER, NH: Elliot Health System and the City of Manchester Health Department today announced plans to introduce “The Doctor’s Note,” a series of health education materials designed to encourage healthy decision-making and proactive health management among Manchester families. This collaboration emerged in response to the 2019 Greater Manchester Community Health Needs Assessment, which identified the need to reach children and young adults with health information to inform choices and reduce risks of preventable disease and behavioral health challenges.

“The quantitative and qualitative data in our assessment revealed the opportunity to engage families with relevant and practical health information related to many health issues most prevalent in our community,” says Anna Thomas, MPH, Public Health Director for the City of Manchester Health Department. “With ‘The Doctor’s Note,’ our goal is to begin to share brief bits of information that will compel interest and engage parents and caregivers with tools and resources to help them reduce their family’s risk for illness and challenges that can complicate and change their lives.”

The first issue of “The Doctor’s Note” is responsive to the emerging health crisis due to “vaping,” a habit that many youth and adults believe to be a safer alternative to smoking, which is also among the health priorities surfaced by the Needs Assessment.

Authored by Dr. Holly Mintz, a board-certified pediatrician and the Chief Medical Officer for Ambulatory Services at Elliot Health System, “The Dangers of Vaping” explains the profoundly harmful yet “silent” impact vaping has on the brain and body.

“Our goal with editions of ‘The Doctor’s Note’ is to provide the type of relevant information about health issues to provoke attention that encourages families to think about their choices or seek information or support from resources that can empower them to make good decisions” says Dr. Mintz. “We are coming at this fully aware of the social, family and personal pressures that confront youth on a daily basis, hopefully with just the right amount of education to encourage parents and caregivers to think about what they can do or do differently to improve their child’s physical and mental well-being.”

Future issues of *The Doctor’s Note* will address topics including social media use, texting and driving, and depression.

About Elliot Health System, a member of SolutionHealth - Elliot Health System is a non-profit organization serving the healthcare needs of the community since 1890. The largest provider of comprehensive healthcare services in Southern New Hampshire, Elliot Hospital, a 296-bed acute care facility and the first community hospital in the state, serves as the cornerstone of the health system. Elliot is home to Manchester’s designated Level II Regional Trauma Center, Elliot Breast Health Center, Elliot Urgent Care, a Level 3 Newborn Intensive Care Unit, Elliot Medical Group, Elliot Regional Cancer Center, Elliot Senior Health Center, Visiting Nurse Association of Manchester and Southern New Hampshire, 1-Day Surgery Center, Elliot Memory & Mobility Center, NH Arthritis Center, Elliot Retail Pharmacy, Elliot Medical Centers in Bedford, Londonderry, Hooksett, and The Elliot at River’s Edge.

For more information about any of Elliot’s services, call 669-5300 or visit www.elliithospital.org.

About Manchester Health Department - Established in 1885, the City of Manchester Health Department is an innovative and proactive local health department grounded in the principles and application of the core public health functions. Its mission is “to improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats” with an aim to work both across its Branches and with other community partners to improve the public’s health. The four branches include *Neighborhood and Family Health, Infectious Disease, Environmental Health and Emergency Preparedness, and School Health*, which consists of all the School Nurses in the Manchester School District. For more information, visit www.manchesternh.gov/health.

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