

IN GOOD HEALTH

APRIL 2011

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LIVINGSTON COUNTY HEALTH CENTER
YOUR LOCAL LINK TO PUBLIC HEALTH

VISIT US AT: www.livcohealthcenter.com OR CALL 660-646-5506

Prevent. Promote. Protect.

What is Public Health?

IMPACTING YOUR LIFE DAY IN AND DAY OUT

What do restaurant inspections, immunization clinics, seat belt laws, birth certificates, emergency response, and clean air and water have in common?

They are all duties or services that fall under the broad umbrella of public health, a protective system that stretches from community to international levels. While Americans have public health to thank for innumerable advances leading to healthier, longer lives, few people understand its importance – or even know it exists.

Although America's public health system is envied and emulated worldwide, the average person is likely to stare blankly when asked about the value of public health.

Defining public health isn't simple. Overall, it addresses the health and well-being of the community or public – rather than the individual. It does so by preventing disease, injury and premature death as well as responding to public or environmental emergencies and promoting community health.

So, thanks to an excellent public health system, Americans can drink tap water without getting sick. They can breathe air that's relatively free of harmful pollutants. They don't worry about catching measles, cholera, diphtheria, malaria, tuberculosis or many other infectious diseases, which still kill thousands of people in countries that lack effective public health systems.

Public health also advanced helmet laws, seat belt laws, workplace safety programs and smoking cessation efforts. It promotes community health by teaching people to manage chronic diseases and encouraging healthy diets and exercise.

It's both the early warning system and the counterattack force when pandemic diseases, or bioterrorism threaten. It researches health and safety issues and proposes ways to better address them.

In short, public health affects everyone, every day by addressing the health of the community at large!

Source: Colorado Health Foundation

ADULT BLOOD DRAW CLINIC

April 27th

7:00-10:00 A.M.

800 ADAM DRIVE

CBC/Chem Profile-\$25

Liver Enzymes, Complete Cholesterol (Lipid) Profile, Thyroid Function, Blood Sugar, Complete Blood Count

PSA- \$8

Prostate Cancer Marker for Men Recommended around age 50 or Periodically During Treatment

Hemoglobin A1C-\$7

Long Term Blood Sugar Profile Recommended for Those Already Diagnosed With Diabetes

Vitamin D- \$10


Current research Links Vitamin D deficiency as a Factor in the Development of Several Health Conditions.

All tests require fasting the night before.

For more info, call
646-5506



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THE POTENTIAL FOR INJURY IS ALL AROUND US. EACH YEAR, NEARLY 150 THOUSAND PEOPLE DIE FROM INJURIES AND 30 MILLION ARE HURT BAD ENOUGH TO GO TO THE ER. THE GOOD NEWS IS MANY INJURIES CAN BE PREVENTED.

NATIONAL PUBLIC HEALTH WEEK APRIL 4-10

SAFETY IS NO ACCIDENT: LIVE INJURY FREE

Injuries are not "accidents", and we can prevent them from happening. Taking actions such as **wearing a seatbelt**, properly installing and using **child safety seats**, **wearing a helmet** and storing **cleaning supplies in locked cabinets** are important ways to **proactively promote safety** and prevent injuries.

During **National Public Health Week 2011**, the **American Public Health Association (APHA)** needs your help to educate Americans that "**Safety is No Accident.**" Together, we can help **Americans live injury-free** in all areas of life: **at work, at home, at play, in your community and anywhere people are on the move.** We all need to **do our part to prevent injuries and violence** in our communities. Join us as **we work together to create a safer and healthier nation.**

You can **protect yourself, your family and community** by taking action, both big and small, to prevent injury. **Here are just a few examples:**

At home...

- * Assess your home for **potential hazards such as poor lighting and uneven surfaces** to prevent falls.
- * **Install smoke alarms and carbon monoxide detectors** in your home.
- * Establish a **plan for how you would evacuate** from your home in the event of an emergency.
- * Store **cleaning supplies and medicines and firearms in locked cabinets** out of the reach of children.
- * Check your hot water heater and adjust the thermostat to 120 degrees Fahrenheit or lower to avoid burns.

It only takes a moment for an injury to happen – a fall on a stair, a moment's glance away from the road, a biking or sports-related injury, a medication mix-up. But it also takes just a moment to protect against injuries and make communities safer.

At work...

- * Understand and **follow all workplace safety regulations** and best practices. Go beyond **the minimum required by the Occupational Safety and Health Administration.**

- * Create **safe work environments by identifying and fixing workplace hazards** such as unstable surfaces and malfunctioning vehicles.

- * Promote workplace safety by offering **tips on your company bulletin board, website or newsletter.**

At play...

- * **Wear a helmet** and other properly fitted protective gear.

- * **Monitor children while they are at play** to ensure safety.

- * **Drink plenty of water** to avoid becoming dehydrated.

On the move...

- Wear a **seat belt on every trip**, no matter how short.
- Make sure children are **buckled up in a car seat, booster seat or seat belt**, whichever is appropriate for your child's age.
- Wear a **helmet and reflective gear when on a bike, skateboard, scooter or other motor vehicle** to avoid injuries.
- Avoid texting, eating, using the phone or grooming while driving.**

- Be a **designated driver.** Don't drink and drive, **let others drink and drive**, or **get into a vehicle with someone who has been drinking.**

- Avoiding **driving while you are tired.**

In your community...

- Work with school leaders to implement **school violence and bullying programs.**

- Keep **weapons in a locked and safe place**, away from children.

- Be a caring adult in the life of young person.

- Call the **police or local child protective services if you suspect an older adult has abused or a child neglected.**

There is much more you can do to prevent injuries beyond these actions. Raise **awareness of safety and injury prevention within your community** during **National Public Health Week.** You can **help make your home and community a safer place** to live.

Source: American Public Health Association



**Safety is NO Accident:
Live Injury-Free**

National Public Health Week
April 4-10, 2011 • www.nphw.org

KEEPING KIDS SAFE

HEALTH CENTER COORDINATES ANNUAL SPORTS PHYSICAL CLINICS FOR STUDENT ATHLETES IN THE COUNTY



In cooperation with local doctors, nurse practitioners and schools, the health center is conducting sports physical clinics this spring at all county schools. The sports physical exam helps determine whether it's safe for you to participate in a particular sport, and is required by the state each year.

This service allows kids to get the required exam at their own school at no out of pocket cost to the parent.



TEXTCASTER EMERGENCY ALERT

Get important public safety information and general updates from Livingston County & City of Chillicothe sent as email and text messages to your cell phone, wireless PDA or pager.

- * Emergency Information
- * Public Safety Alerts
- * School Notifications

Sign-up is easy... and it's free! Just go through the simple 2-step sign-up process and select the agencies you wish to receive information from and other information desired.

Look for the Textcaster logo on the webpages of Livingston County, City of Chillicothe, Chillicothe School District and Health Center to sign up for the alerts you are interested in.



ETHAN DAVIS & MORGAN BURCHETT

FOOD, FUN & FITNESS!

Annual event for preschool age kids set for Thursday, May 5th from 4:30-6:30 p.m. at the Jenkins Expo Center

The Livingston County Obesity Prevention Project, a group whose aim is to empower parents to teach their children to make healthy lifestyle choices in the areas of nutrition and physical activity, will host the "Food, Fun & Fitness Festival" this past May.

The group used the annual Parents as Teachers Spring Expo and built on it, adding booths from area businesses and organizations each focusing on good nutrition and physical activity.

Since PAT funding was severely cut this year, the group is pooling resources to continue the event, which has had a huge turnout in both previous years. Several local organizations participate and kids enjoy activities like milk mustache pictures, storytelling, snacks, exercise demonstrations, developmental games and giveaways.

This effort is a great example of how public health works within its existing community structure to provide positive health interventions that can make a lifetime difference.



OBESITY PREVENTION PROJECT

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CAR SEAT SAFETY



The Livingston County Health Center now has **three staff members that are trained and certified as Car Seat Safety Technicians**. All families are **welcome to call our office and make an appointment for a safety seat inspection** on an existing car seat. Please **allow at least one hour** for the appointment.



We are currently searching for funding to **purchase a limited amount of car seats** for families who **can't afford a car seat or have a seat that is not safe to use**. **Inspection of installation and instruction are required.**

COUNTY HEALTH RANKINGS

The **County Health Rankings**—the first set of reports to **rank the overall health of every county** in all 50 states

Each county is **ranked within the state on how healthy people are** and how long they live. They also are **ranked on key factors that affect health** such as: **smoking, obesity, binge drinking, access to primary care providers, rates of high school graduation, rates of violent crime, air pollution levels, liquor store density, unemployment rates and number of children living in poverty.**

The online Rankings, available at www.countyhealthrankings.org, include **snapshots of U.S. counties with a color-coded map** that compares each county's overall health with other counties in each of the 50 states.

Each **county's rank reveals a pattern of strengths and weaknesses.**

For more information, visit www.countyhealthrankings.org.



BONUS FOR BABIES

Preventive Services Program offered through Missouri Department of Health

Immunizations for kids is one of the **most popular services** the health center offers. Kids (and adults) are **required to be immunized** against **several killer diseases** before they get to school age, and beyond.

We **don't charge for vaccinations at our health center**, and **offer immunizations that aren't currently required** by law. Many of our vaccines are provided through the **Vaccine for Children Program**.

This is a **major benefit for families**. The **cost to vaccinate a child from 2 months through 4 years old is \$1,173.69**. That's the **cost of the vaccine alone, not including cost of the nurses paid to do it, or the clerks paid to document shots given, etc.**

Our office is also pretty much the **only place to get vaccinated in Livingston County**, our **local doctors refer patients** to us to get their children immunized. Just **another benefit of your local public health agency.**

PNEUMONIA VACCINATION

People **age 65 and older** are **at high risk** for developing **pneumococcal pneumonia**.

You can now **receive an pneumonia vaccination** at the health center, either **billed to Medicare or for an out of pocket cost of \$50**.

Call **646-5506** to reserve your dose.





OFFICIAL REGISTRAR

The Health Center is responsible for registering all deaths in the county.

Certified copies of Missouri Birth and Death Certificates can printed at our office for a nominal fee.

Birth records are available dating back to 1920.

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USE THEM OR LOSE THEM



Each day about 2000 U.S. workers have a **job-related eye injury** that requires **medical treatment**. The majority of these injuries result from **small particles or objects striking or abrading the eye**. Examples include **metal slivers, wood chips, dust, and cement chips that are ejected by tools, wind blown, or fall from above** a worker. Some of these objects, such as **nails, staples, or slivers of wood or metal penetrate the eyeball and result in a permanent loss of vision**.

Always remember to wear **safety glasses** if you work in an environment **where you will be exposed to debris** that could damage your eye. It **only takes one unprotected event** to cost you your vision.



ASTHMA PROGRAM

New program funded by American Recovery & Reinvestment Act.

The **Childcare Asthma Quality Improvement program** targets **families of children of all ages with asthma in the child care setting**, or children **birth to five years of age not currently in a child care program**. Services include **asthma consultation for daycares & families and non-regulatory Indoor Air Quality assessments to child care facilities to test air quality and provide education on indoor asthma trigger identification and reduction**.

Susan Rice, RN will provide **phone or face-to-face consultation** with families who have a child with asthma, or a **group situation containing at least one child with asthma**. She will **educate parents and caregivers on symptoms, triggers and medications** used to treat asthma using the ABC or **"Acting on Behalf of my Child to Control Asthma"** program created by the **University of Missouri Children's Hospital**.

Richard Smith, Environmental Public Health Specialist, will conduct **on-site indoor air quality assessments to licensed and unlicensed child care sites**. He can also **provide suggestions for improvement on indoor air quality to the provider**.

If you would like **more information** about either of these services, please call **the health center at 646-5506** and ask to speak to **Susan, Richard or Sherry Weldon, Administrator**.



WIC PROGRAM...

The health center is the local **Women, Infants and Children, or WIC** provider.

The program seeks to **improve the health of low- and moderate-income families by providing access to nutritious foods and helping to develop healthy habits**. The program is **provided at no cost to eligible mothers, babies and children**.

"Good nutrition is essential to giving babies a healthy start in life," said Margaret Donnelly, director of the Missouri Department of Health and Senior Services. **"Providing nutritious food and health information to pregnant women, as well as mothers of infants and young children, helps women make healthier choices for themselves and their families."**

WIC services are provided by 118 local agencies, mostly county and city health departments, at 250 locations throughout Missouri.

To find out if you qualify, **CALL 646-5506.**



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BACK TO SCHOOL



If you have a student in Livingston County, mark your calendar for Tuesday, July 26th from 3:30 to 6:30 p.m. The Livingston County Obesity Prevention Project is again sponsoring the Back to School Bonanza, an event that provides school supplies and health information at no cost to county residents.

The group is asking parents to pre-register their student before the event, more details to come.

ANTIBIOTIC RESISTANCE

What's the harm in taking antibiotics anytime? Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic.

These resistant bacteria are stronger and harder to kill. They can stay in your body and can cause severe illnesses that cannot be cured with antibiotics. A cure for resistant bacteria may require stronger treatment – and possibly a stay in the hospital.

To avoid the threat of antibiotic-resistant infections, the Centers for Disease Control and Prevention (CDC) recommends that you avoid taking unnecessary antibiotics.

Do not demand antibiotics or other medications when a doctor says they are not needed.

Do not take medications prescribed for someone else. Taking the wrong medicine can delay correct treatment or allow germs to become resistant to the treatment and multiply.

If your doctor prescribes medication for you or your child:

Do not skip doses.

Do not save any medications for the next time you or your child gets sick.

Take medications as directed. Always follow your doctor's instructions.

Source: Centers for Disease Control

EARTHQUAKE RESPONSE

Chillicothe will be part of the nationwide Earthquake Response Exercise on May 19th.

Chillicothe Emergency Services will be one of three sites in Region H setting up an Emergency Operations Center to simulate our response in case of an earthquake from the New Madrid Fault zone.



IT'S YOUR TIME!

National Women's Health Week May 8-14

Make Your Health Your Top Priority!



National Women's Health Week empowers women to make their health a top priority. It also encourages them to take steps to improve their physical and mental health and lower their risks of certain diseases. Those steps include:

- Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week.
- Eating a nutritious diet.
- Visiting a health care professional to receive regular checkups and preventive screenings.
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt.
- Paying attention to mental health, including getting enough sleep and managing stress.

Take advantage of our Blood Draw Clinic on Wednesday, April 27th to get started on your path to wellness!



NEW FOOD SAFETY LAW

President Obama signed the FDA **Food Safety Modernization Act** into law on January 4, 2011. Here's a quick look at some of the provisions in the new law:

Issuing recalls: For the first time, **FDA will have the authority to order a recall** of food products. Up to now, **with the exception of infant formula, the FDA has had to rely on food manufacturers and distributors to recall food voluntarily.**

Conducting inspections: The law calls for **more frequent inspections and for those inspections to be based on risk.** Foods and facilities that **pose a greater risk** to food safety will get the most attention.

Importing food: The law provides **significant enhancements to FDA's ability to oversee food produced in foreign countries and imported** into the United States. Also, FDA has the authority to prevent a food from entering this country if the facility has refused U.S. inspection.

Preventing problems: Food facilities must have a **written plan that spells out the possible problems** that could affect the safety of their products. The plan would **outline steps that the facility would take to help prevent those problems** from occurring.

Focusing on science and risk: The law **establishes science-based standards for the safe production and harvesting of fruits and vegetables.** This is an important step forward. These standards will consider **both natural and man-made risks** to the safety of fresh produce.

Respecting the role of small businesses and farms: The law also provides some flexibility, such as **exemptions from the produce safety standards for small farms that sell directly to consumers at a roadside stand or farmer's market** as well as through a **community supported agriculture program (CSA).**

Source: www.foodsafety.gov

PEST OR PUBLIC HEALTH THREAT?



Because of resistance and chemical contamination issues, the health center is now offering families alternative methods of getting rid of head lice, rather than handing out pesticides.

"Head Lice," just those two little words can **send most parents and teachers into fear and eventual tears.** It can be very upsetting when the school nurse or teacher calls to say that **head lice was found** on your child's head. First thing you can do, is to take a deep breath and remember that **head lice is not a life threatening illness,** it is of course a **nuisance** and can be **difficult to treat.**

The **main lice symptoms and signs are an itchy scalp and a rash** on your child's neck from the bites of the lice.

These **bites can become infected, and may appear red or crusty,** and may lead to your child developing **swollen lymph glands** in his neck.

Head lice **don't spread any diseases** and don't usually **cause any other symptoms.**

What can you do if head lice have been found on your child's head? First of all, you can call the **Livingston County Health Center** for some **friendly advice on how to treat** this little problem. You can choose between a **couple of treatment options.**

The first option is to use a medicated head lice shampoo or cream rinse. Be sure to **thoroughly read the instructions, do not wash the treated head for at least 24 to 48 hours and retreat in 7 to 10 days.** If you don't follow instructions, you **may not get rid of the problem and be forced to re-treat.** The **shampoo does contain pesticide,** so it's **not advisable to use frequently.**

The second option is the wet combing treatment. Wash the head with **regular shampoo** then put on **LOTS of ordinary hair conditioner.** Take the hair in very fine sections with a **fine tooth comb and comb out the lice.** You will need to do the **treatment every four days until you are free of lice.**

With both treatments it is **advisable to pick out the nits** and to **wash and dry the bedding and clothing in a hot water and dry on the hottest setting.** Remember, head lice like clean heads better than dirty heads and they don't jump or fly.

The **health center no longer has medicated head lice shampoo to give** to those who have head lice. But we **can instruct you on the best treatment option** for you and your child.

Source: Centers for Disease Control

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PLAY IT SAFE, PLAY IT SMART

Each year, more **deaths occur due to flooding** than from **any other severe weather related hazard**.

The Centers for Disease Control report that **over half of all flood-related drownings occur** when a **vehicle is driven into hazardous flood water**.

Most **flood-related deaths and injuries could be avoided** if people who come upon **areas covered with water** followed this simple advice: **Turn Around Don't Drown®**.

The reason that so **many people drown** during flooding is because **few of them realize the incredible power of water**.

More than **half of all flood-related deaths result from vehicles being swept downstream**. Remember, **flash flooding can take only a few minutes** to a few hours to develop.

Be prepared to **take detours and adjust your route** due to road closures if there is standing water. As little as **six inches of water can knock over an adult and two feet may cause you to lose control of your vehicle**-even if you're in a pickup or an SUV.

Flood water **may be much deeper than it appears** as the **roadbed may be washed out**. Be **especially cautious at night** when it is harder to recognize flood dangers.

Play it smart, play it safe. Whether driving or walking, **any time you come to a flooded road, Turn Around Don't Drown®**

Source: National Weather Service



SMALL STAFF BIG RESULTS...

A **unique trait of rural public health departments** is the **small core group of staff members who provide a variety of services** in overlapping areas.

The Livingston County Health Center has **15 employees total, five of whom are hired on a part-time basis**.

This core staff provides the **same type of services as larger county health departments**, just in **smaller numbers, reflecting our lower population**.

This means we are a **do-it-yourself operation** when it comes to delivering public health services to our county. **None of our programs, such as WIC, are contracted out to other agencies, as they are in larger cities**.

The Health Center employs four **Registered Nurses** and one **Licensed Practical Nurse** who are assigned to **various programs**, instead of just one. All of our nurses work **Immunization Clinics, WIC Clinics, Adult Wellness Clinics, Blood Pressure Clinics**, provide **Preventive Health Testing** and perform other nursing services such as B-12 shots on our Walk-In Tuesdays.

The nurses are also **more specifically assigned** as coordinators to various areas of public health such as **Communicable Disease, Breastfeeding Support, Diabetes Education, Child Care Health Consultation and Maternal Child Health**.

Other staff, such as office support assistants and public information staff have duties designed to enhance all existing programs.

So, as you can see, **rural counties like Livingston are getting a lot for a little in the form of a small but mighty staff of public health professionals**.

ALVINA BENSKIN, LPN RETIRES AFTER 16 YEARS

Our staff will be one less this month when **Alvina Benskin retires after 16 years** at the health center.

Alvina came to the health center after **working at Hedrick Medical Center, for a local doctor and a local veterinarian**.

Alvina has worked with all **health center programs, specializing in Adult Health Care and WIC**.

She will be greatly missed by our staff and clients!

**YOUR LOCAL LINK TO PUBLIC HEALTH
LIVINGSTON COUNTY HEALTH CENTER**

The Health Center is an equal opportunity provider.