

JULY 2011

IN GOOD HEALTH

LIVINGSTON COUNTY
HEALTH CENTER
YOUR LOCAL LINK TO PUBLIC HEALTH

REGAN HOPPE



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

Prevent. Promote. Protect.

Have a Safe Summer!

MORE TIME OUTDOORS MEANS NEW WAYS TO STAY SAFE

The return of **warmer temperatures** brings thoughts of **freedom, relaxation, exploration, and being closer to nature.** Whether you're relaxing in the **backyard, turning up your garden, enjoying the pool,** or exploring the **great outdoors,** there are **ways to help keep you and your family healthy** this summer.

While you're **outside** enjoying the weather, **remember to protect your pets** too. Keeping **healthy pets will help keep you and your family healthy.** Children can get **roundworm and hookworm** from **soil contaminated by pet feces (stool),** so **make sure that puppies and kittens are seen by a veterinarian and dewormed.** Protect **family pets** from ticks and fleas by **keeping them on a flea and tick control program.**

Prevent skin cancer. Avoid being outdoors during the midday if the sun is intense, **use sunscreen with at least SPF 15, cover up with clothing, wear a brimmed hat, and wear sunglasses** that block UVA and UVB rays. Be aware of the **signs of heat stress.**

Nothing says summer like the smoky **flavor of foods cooked out** on the grill. Whether you're cooking out in the **backyard or on a picnic,** always **keep cold foods cold and hot foods hot.** When you're finished eating, refrigerate **leftovers promptly.** For **more tips on summer food safety,** read the article inside this newsletter.

Because **summer weather is so unpredictable,** you may be **unprepared when severe weather hits.** When **severe weather hits unexpectedly, the risk of injury and death increases,** so **planning ahead** makes sense. **Prepare** family members for the **possibility of severe weather.** Tell them **where to seek shelter as soon as they are aware** of an approaching storm.

Pay attention to weather alerts and storm sirens and **sign up for textcaster** on our website livcohealthcenter.com to **get emergency notifications by text.** Talk about and practice an **emergency plan** and **make sure you have supplies like batteries, candles and a lighter or matches, food that doesn't need cooked and first aid supplies.**

ADULT BLOOD DRAW CLINIC

Wednesday,

July 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
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RAISING THE BAR FOR KIDS' HEALTH

PROGRAM
COMBATS OBESITY
BY ENCOURAGING
HEALTHIER
MENUS



DROWNING DANGER

We all want to **keep our children safe and secure** and help them **live to their full potential**. Knowing **how to prevent leading causes of child injury, like drowning**, is a step toward this goal.

When most of us are enjoying time at the pool or beach, **injuries aren't the first thing on our minds**. Yet, **drownings are the leading cause of injury death for young children ages 1 to 4**, and **three children die every day** as a result of drowning.

Thankfully, **parents can play a key role in protecting the children** they love from drowning.

Prevention Tips

Fence it off. Install a **four-sided isolation fence**, with self-closing and self-latching gates, around **backyard swimming pools**. This can help **keep children away from the area when a parent cannot supervise** them. Pool fences should **completely separate the house and play area** from the pool.

Make life jackets a "must." Make sure **kids wear life jackets** in and around natural **bodies of water**, such as lakes or the ocean, **even if they know how to swim**.

Learn CPR. Learn **cardiopulmonary resuscitation (CPR)** and get **recertified every two years**. CPR can **help a child stay alive with little or no brain damage**.

Be on the look out. Supervise **young children at all times around bathtubs, swimming pools, and natural bodies of water**. **Adults watching kids** near water should **avoid distracting activities like playing cards, reading books, or talking or texting on the phone**.

Source: Centers for Disease Control

As part of the goals of our **Maternal Child Health Program**, **Coordinator Mary Taylor** has been **visiting daycares** to encourage them to become a **Missouri Eat Smart Childcare**.

The **Eat Smart Guidelines** are a **set of nutrition related standards** that are recommended for **child care centers and homes**.

These guidelines were **written to help child care providers** create a **food and nutrition environment that will ultimately improve the health** of kids.

What children eat and how **they experience their meals and snacks** have a **big impact on their future eating habits** and weight.

Children who are **given more healthy foods such as fruits and vegetables during early childhood** are **more likely to continue eating these foods** as they get older. **Child care providers play an important role** in developing these habits.

Kids learn eating habits early on, so childcare providers are in the perfect position to make a healthy impact.

The Guidelines **recommend menu improvements** including:

- **More whole grains**
- **More fruits and vegetables**
- **Less processed foods**
- **Lower fat milk**
- **Fewer sweets**
- **More variety of foods.**

If providers deem the **application process too difficult**, they can **choose to do a portion** of the paperwork and become a **Livingston County Eat Smart Childcare**.

As part of that commitment, Mary will be **training providers** in the **"I Am Moving, I Am Learning"** physical activity program for kids.

In the future, the health center **plans to work with after school programs** to improve their health as well.

Source: Missouri Department of Health & Senior Services



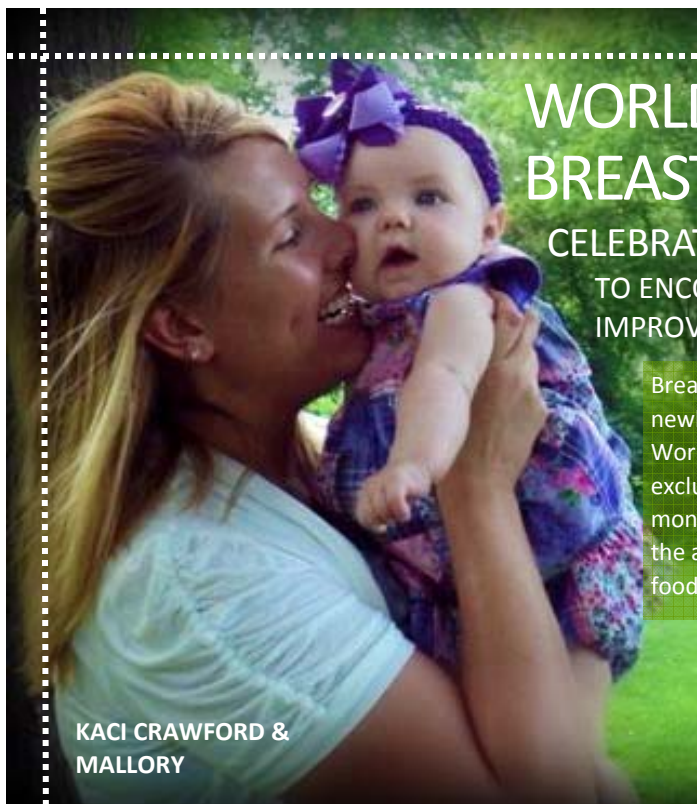
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WORLD BREASTFEEDING WEEK

CELEBRATED AUGUST 1-7

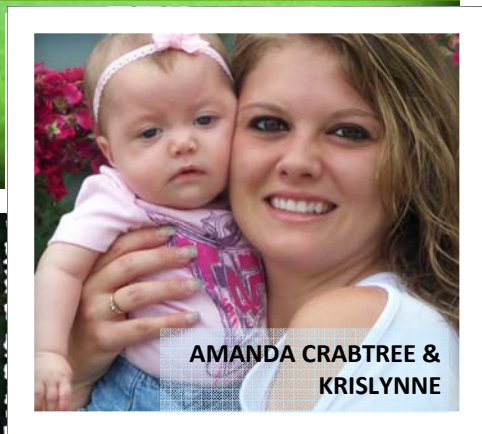
TO ENCOURAGE BREASTFEEDING AND IMPROVE THE HEALTH OF BABIES

Breastfeeding is the best way to provide newborns with the nutrients they need. World Health Organization recommends exclusive breastfeeding until a baby is six months old, and continued breastfeeding with the addition of nutritious complementary foods for up to two years or beyond.

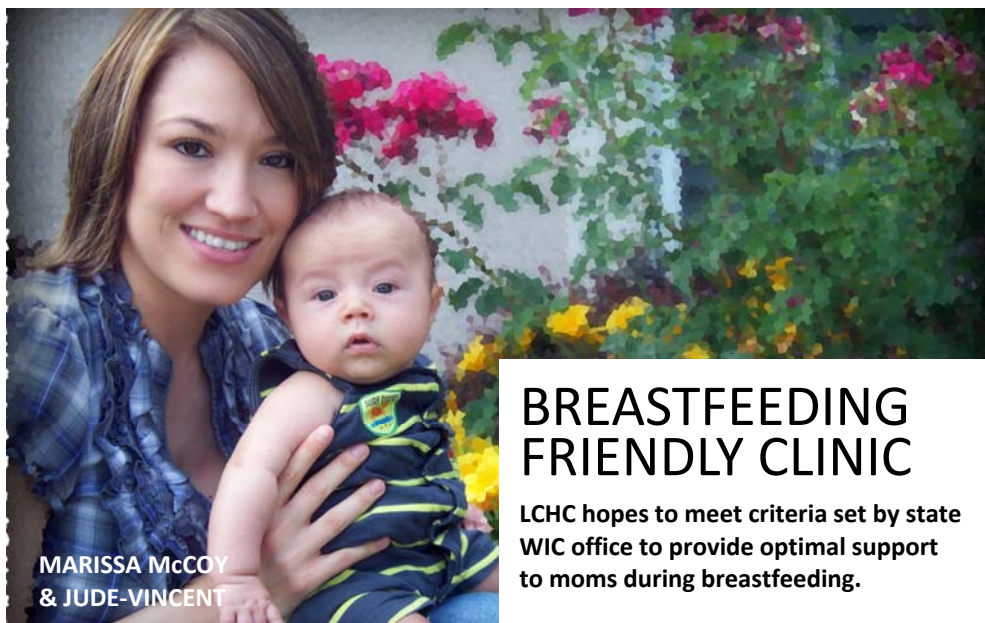


KACI CRAWFORD & MALLORY

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AMANDA CRABTREE & KRISLYNNE



MARISSA McCOY & JUDE-VINCENT

BREASTFEEDING FRIENDLY CLINIC

LCHC hopes to meet criteria set by state WIC office to provide optimal support to moms during breastfeeding.

The health center has applied to be deemed a "Breastfeeding Friendly" clinic by the state WIC office. In order to receive the designation, our agency has to meet certain criteria to be eligible for additional funding to support breastfeeding mothers.

Certified Breastfeeding Educator Anita Perry is organizing the effort to enhance current services to meet the new criteria. The purpose of offering the funding to local WIC providers is to encourage agencies to implement evidence-based breastfeeding strategies and provide an optimal level of support to new moms.

LCHC can re-apply each year in order to validate that our site continues to meet the criteria and obtain funding provided by this special grant program.

The extra funding will be used for additional staff time, including that of our new Breastfeeding Peer Counselor Rachel Snider.

PEER COUNSELOR GRANT RENEWED

Certified Breastfeeding Educator Rachel Snider serves as the health center's Breastfeeding Peer Counselor.

As a Breastfeeding Peer Counselor, Rachel provides personal support and education to mothers to ensure the best chance of a successful breastfeeding experience.

Her position is made possible through a special supplemental grant from the Missouri WIC (Women, Infants and Children) program. The health center is pleased to announce this grant has been renewed.

The health center also offers a monthly Breastfeeding Support Group on the second Tuesday of each month at 5:30, and a monthly Breastfeeding News publication distributed to breastfeeding and pregnant moms.

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PET FOOD & SALMONELLA RISK



Dry pet food and treats often contain germs, such as *Salmonella*. It is important to know how to properly handle and store pet food.

Follow these tips to help prevent an infection with *Salmonella* from handling dry pet food and treats:

- Purchase products (canned or bagged) with no visible signs of damage to the packaging, such as dents, tears, or discolorations.
- Washing hands is the most important step to prevent illness. Wash your hands for 20 seconds with water and soap right after handling pet food and treats, and especially before preparing, serving or eating food, drinks or preparing baby bottles
- Preferably, people should feed their pet in areas other than the kitchen.
- Wash pet food bowls, dishes and scooping utensils with soap and hot water regularly. Avoid washing these items in the kitchen sink or bathtubs to prevent cross-contamination. In households where there is no alternative, the sink area should be adequately sanitized after these items have been cleaned and removed.
- Infants should not be bathed in kitchen sinks because of the risk of cross-contamination.
- Do not use the pet's feeding bowl as a scooping utensil – use a clean, dedicated scoop, spoon, or cup.
- Pet food should not be handled or stored in areas where food for humans is prepared.
- If possible, store dry pet food in its original bag inside a clean, dedicated plastic container with a lid, keeping the top of the bag folded or closed.
- Promptly refrigerate or discard unused, leftover wet pet food and containers (e.g., cans, pouches). Refrigerating foods quickly prevents the growth of most harmful bacteria. Refrigerators should be set at 40 degrees F. The accuracy of the setting should be checked occasionally with a refrigerator thermometer.
- Dry pet food and pet treats should be stored in a cool, dry place under 80° F.

Source: Centers for Disease Control

HOT DOG DAYS OF SUMMER

Americans sure love hot dogs. The over 7 billion eaten during the average summer would stretch from Chicago to Frankfurt, Germany 125 times.

#1: Make sure to cook hot dogs thoroughly to avoid getting listeria, a nasty food poisoning. Never eat hot dogs raw, especially if you're pregnant.

#2: Cut hot dogs lengthwise or into very small pieces before giving them to children to prevent a choking hazard.



Source: Missouri Department of Health and Senior Services



BEWARE OF BUGS

Warmer temperatures aren't just attractive to people, but to mosquitoes, ticks, and fleas. Mosquitoes can transmit West Nile virus; ticks can transmit Lyme disease and other serious infections; and fleas can transmit plague.

To prevent these illnesses, use an appropriate insect and tick repellent and apply it properly. Prime mosquito-biting hours are usually dusk to dawn, but ticks are out at all times. Young ticks are so small that they can be difficult to see, but both young and adult ticks hungrily look to animals and sometimes people to bite.

To keep ticks at a distance, avoid tick-infested areas (especially places with leaf-litter and high grasses) and use repellent containing 20% DEET. You can also treat clothing with the repellent, Permethrin, (which protects through several washings) or purchase clothing that is pre-treated with Permethrin. Always follow the directions on repellent packaging.

After coming indoors, shower as soon as possible and check your body for ticks. Make sure that your children also bathe or shower and get checked for ticks.

Wash and tumble dry your clothing and check your pets for ticks. If you find an attached tick, don't panic, ticks are easy to remove with a pair of fine-tipped tweezers. Consult your healthcare provider if you develop a rash, fever, body aches, or fatigue in the 1-3 weeks following a bite. It could be any number of illnesses.

Pesticides, vegetation-free play areas, and landscaping techniques for tick-free zones can also help limit your exposure to ticks and other insects.

Source: Centers for Disease Control

GRILLIN' & CHILLIN'

FOODBORNE ILLNESS INCREASES IN THE SUMMER DUE TO WARMER TEMPS AND MORE ACTIVITIES OUTSIDE. FIND OUT HOW TO KEEP YOUR COOKOUTS SAFE!

Bacteria are present throughout the environment in soil, air, water, and in the bodies of people and animals. These microorganisms grow faster in the warm summer months.

Given the right circumstances, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.

Follow these basic tips to keep your family safe from food poisoning:

Always clean, separate, cook and chill to ensure a pleasant cookout for all.

Wash your hands with warm water and soap for at least 20 seconds before and after handling food.

Always marinate foods in the refrigerator, not on the counter or outdoors. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.

When grilling foods, preheat the coals on your grill for 20 or 30 minutes, or until the coals are lightly coated with ash.

If you partially cook food in the microwave, oven or stove to reduce grilling time, do so immediately before the food goes on the hot grill.

When it's time to cook the food, cook it to a safe internal temperature. Use a food thermometer to be sure.

- o Beef, veal and lamb steaks and roasts: 145 °F for medium rare, 160 °F for medium, and 170 °F for well done.
- o Ground pork and ground beef: 160 °F.
- o Poultry: to at least 165 °F.
- o Fin fish: 145 °F or until the flesh is opaque and separates easily with a fork.
- o Shrimp, lobster and crabs: The meat should be pearly and opaque.
- o Clams, oysters and mussels: Until the shells are open.

Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs. Be sure to have on hand plenty of clean utensils and platters.

Grilled food can be kept hot until served by moving it to the side of the grill rack, away from the coals.

Food left out of refrigeration for more than 2 hours may not be safe to eat. Above 90 °F, food should not be left out over 1 hour. Play it safe; put leftover perishables back on ice once you finish eating so they do not spoil or become unsafe to eat.

Source: USDA



HANG UP & DRIVE!

The popularity of mobile devices has had some unintended and even dangerous consequences. We now know that mobile communications are linked to a significant increase in distracted driving, resulting in injury and loss of life.

Distracted driving is driving while doing another activity that takes your attention away from driving; these activities can increase the chance of a motor vehicle crash.

Each day, more than 16 people are killed and more than 1,300 people are injured in crashes involving a distracted driver.

There are three main types of distraction:

- **Visual**—taking your eyes off the road;
- **Manual**—taking your hands off the wheel; and
- **Cognitive**—taking your mind off what you are doing.

The National Highway Traffic Safety Administration reported in 2008 that driver distraction was the cause of 16 percent of all fatal crashes -- 5,800 people killed -- and 21 percent of crashes resulting in an injury -- 515,000 people wounded.

Distracted driving activities include things like using a cell phone, texting, eating, drinking, and talking with passengers. Using in-vehicle technologies (such as navigation systems) and portable communication devices can also be sources of distraction. While any of these distractions can endanger the driver and others, texting while driving is especially dangerous because it combines all three types of distraction.

Source: CDC and Federal Communications Commission



CUTE BUT COMMUNICABLE

RACOONS & OTHER VARMINTS CAN ALSO CARRY DISEASES LIKE DISTEMPER & RABIES

Back Off, You Flea-Bitten Varmints!

Seal up, trap up, and clean up to prevent infestation.

As you're clearing out clutter, fill any gaps or holes inside and outside your home. Eliminate or seal varmint food sources such as pet food, bird feeders, and garbage cans. Elevate hay, woodpiles, and garbage cans at least 1 foot off the ground, and trim grass and shrubbery within 100 feet of your home.

In the yard, remove any items that may collect standing water, such as buckets, old tires, and toys. Mosquitoes can breed in them in just days. Reduce the number of ticks around your home by removing leaf litter, brush and woodpiles around your house and at the edge of your yard. By clearing trees and brush in your yard, you can reduce the likelihood that deer, rodents, scavengers and ticks will live there. Replace or repair torn window screens to keep bugs out of the house.

Gardening is a great outdoor activity for people of all ages. Stay safe and healthy as you grab your tools and head outside. Wear gloves, use safety gear when handling equipment and chemicals, protect yourself from the sun, and use insect

repellent. Also watch out for extreme heat and know your limitations. Always wash produce thoroughly before eating.

A sandbox is fun place for you and young children to play, but know that a cat sees that sandbox as a litter box. So, keep the sandbox covered to protect young children from toxoplasmosis, a parasite that people can get from contaminated cat feces (stool).

Pollens and air pollutants can be triggers for allergic reactions and asthma. Some experiences include nasal and sinus allergies and hives. Asthma can cause recurrent symptoms such as wheezing, chest tightness, shortness of breath and coughing. Stay healthy by properly taking any prescription or over-the-counter allergy medicine and having and following an asthma action plan. Wearing a protective nose and mouth mask, or even sunglasses or protective eyewear, while doing yard work could help to avoid the triggers that cause allergy and asthma complications.

Source: Centers for Disease Control

YOUR LOCAL LINK TO PUBLIC HEALTH
LIVINGSTON COUNTY HEALTH CENTER

The Health Center is an equal opportunity provider.