

Central Utah Public Health Department



Flu Vaccine Has Arrived

The flu vaccine has arrived and is currently available to the general public. The 2010–2011 flu vaccine protects against three different flu viruses: an H3N2 virus, an influenza B virus and the H1N1 virus. Populations most at risk include: elderly people, young children and people with certain health conditions, such as asthma, chronic lung disease, heart disease, blood disorders, metabolic disorders and people with weakened immune systems. Vaccination is also strongly recommended for pregnant women. The flu virus can cause severe illness in pregnant women and creates a greater risk for serious problems with the unborn child such as premature labor and delivery.

The yearly flu virus is unpredictable and its severity can vary widely from one season to the next depending on many things, including: which flu viruses are spreading, how much flu vaccine is available, when vaccine is available and how many people get vaccinated. Flu viruses change constantly so it is not unusual for a new flu virus strain to appear each year. One of the most frequently asked questions regarding the flu vaccine is, “Can the flu vaccine cause flu-like symptoms?” The answer is, “No”. The influenza viruses contained in a flu vaccine are inactivated. The viruses are killed in the process of making the vaccine. The most common side effect from the flu shot is soreness at the spot where the shot was given, which usually lasts less than two days.

*CUPHD
nurses gave
1006 Flu
Shots in Sep-
tember.*

Inside this Issue:	
Waste Water Grants	2
Services for Infants & tots	2
Tobacco Free Recreation sites	3
Don't Drive Stupid Contest	4
Centralutahpublichealth.com	4

“Walk To School Day” - Nebo View Elementary



Waste Water Repair or Replacement Grants

The Utah Division of Water Quality currently has grants available for low or fixed income homeowners to repair or replace waste water systems. These grants are also available to businesses, corporations, associations, and government agencies. They are intended to address critical water quality needs, protect human health, improve environmental conditions that affect the waters of the state, provide environmental education, and provide incentives for project implementation, pollution studies, and to augment other funding sources.

The waste water grants do not have to be repaid and can be used for matching funds for 319 grants, SRF loans, ARDL, etc. Environmental services staff report that two individuals in our six-county health district recently received grants to assist with repairing and/or replacing their waste water systems. Applications for this grant can be found at the Utah Division of Water Quality website located at <http://www.waterquality.utah.gov/>. The funding assistance application link can be found on the right hand side of the homepage. Go to the [Onsite Wastewater System Repair/Replacement](#) link and click on application forms. For more information about waste water systems please contact Central Utah Public Health at 435-896-5451.

Serving Central Utah's Little Ones

Central Utah Public Health Department offers a wide assortment of preventative health services for the infant and toddler population. Our goal is to prevent illness and promote wellness with this incredibly delightful population. Immunizations and a healthy diet are the first line of defense against sickness. Eligible children between the ages of zero and five can obtain WIC services which, in addition to providing food vouchers will track the child's development. If a problem is identified the child will be referred to our nutritionist and/or the Early Intervention Program and Children's Special Health services. Immunizations are highly encouraged for this age group. Research has shown that immunizations have proven to be one of the most effective means of reducing death and disability as a result of serious infections.

Our nurses also make newborn baby home visits for clients on Medicaid to assist mothers in their own homes. In addition, we have certified child car seat inspectors on staff who are available to ensure car seat restraints are properly installed. Another great service we offer is a breastfeeding peer counselor who provides ongoing support for breastfeeding mothers. Breastfeeding is encouraged with all of our new mothers.. Besides containing all the vitamins and nutrients a baby needs, breast milk is packed with disease-fighting substances that protect babies from illness.



Breastfeeding lowers the risk of childhood cancers

One study found the risk of childhood cancer in formula-fed children was 2-8 times that of long-term breastfed children.





Every year, roughly 35,000 people die from coronary heart disease caused by exposure to other people's smoke.

Tobacco-Free Recreation Sites

The Tobacco Prevention and Control Program at Central Utah Public Health is pleased to announce that two private recreational businesses in Sevier County have adopted smoke-free policies. Mid-state Skating Rink which is located at 285 West 100 South in Elsinore and the Red Hills BMX RaceTrack located at 528 West 600 North in Richfield. Both organizations are forerunners in adopting smoke free policies in the private recreation arena. Smoking is prohibited on the entire site for both of these facilities, including indoor and outdoor areas. The owners of these facilities, Roger and Michelle Brazell, Red Hills BMX, and Justin Leavitt, Mid State Skating Rink, chose to establish these policies to protect patrons from the harmful effects of secondhand smoke. Secondhand smoke contains over 4000 chemicals, 200 of which are known to be poisonous and 60 of which have been identified as cancer causing. Secondhand smoke is harmful to anyone who inhales it and creates an immediate risk for people with respiratory illness, heart disease and asthma.

As the parents of a six year old boy with asthma, the owners of the BMX RaceTrack understand the harmful effects of secondhand smoke. Michelle Brazell states, "We didn't know who would be next to our son in a race; we had to make the facility smoke-free to protect him." Through efforts like these, we have seen a reduction in the number of people who are exposed to secondhand smoke and expect to see a reduction in the number of new youth smokers in the future. We would like to applaud these efforts and encourage more organizations to follow their example. Both of these companies received mini-grants from the Tobacco Prevention and Control Program for purchasing signage to assist with compliance issues.

For more information about the availability of tobacco prevention mini-grants, please contact Valyn Leavitt in our Richfield Office at (435) 896-5451 ext. 341 or Pam Goodrich in our Delta Office at (435) 864-3612



Smoke-Free Signage at entrance of Mid-State Skating Rink.



Smoke-Free Signage on the track at Red Hills



Zero Fatalities ‘Don’t Drive Stupid’ Contest

Once again the Zero Fatalities organization in Utah is sponsoring a “Don’t Drive Stupid” contest with a prize of \$1,000 dollars to the High School who put the most effort into increasing safe driving habits and decreasing fatalities. The teen population has been targeted for intervention due to their high rate of car crashes. The high schools in our health district that are currently enrolled in the contest include: Juab High School, Delta High School, Millard High School, Wayne High School, South Sevier High School and North Sevier High School. Once a high school enrolls in the contest they receive a ‘Don’t Drive Stupid’ kit from the Zero Fatalities program that contains t-shirts, incentives, and seatbelt pledge cards. Last year, Millard High School’s Governor’s Youth Council Club won the \$1,000 for the 2A school category.



Delta High School
Governor’s Youth Council

In order to assess the rate of teen seatbelt use, injury prevention staff conduct ongoing seatbelt surveys. The results of seatbelt surveys taken this fall at six different high schools in our health district range from 15% to 65% use. These figures confirm a strong need for intervention. The high schools enrolled in the contest have active Governor’s Youth Council clubs that provide ongoing injury prevention activities in the schools. Other clubs, including athletics, have been recruited to help as well. For instance, the cheerleaders at Millard High School made up a cheer they perform at athletic events to promote seatbelt use. In addition, school staff are working diligently to improve the rate of seatbelt use. The principal at Juab High School has even offered the students an extra 15 minutes for lunch and ice cream if they get a 90% seatbelt use rate. With all these impressive efforts, we predict great success.

www.centralutahpublichealth.com

Answers to frequently asked questions can be found on our website:

- **Link to the food handler’s online class as well as information on dates and class times at each of our eight offices.**
- **Information on applying for a birth certificate and a downloadable application form in both Spanish and English.**
- **Immunizations & current flu shot availability.**
- **Emergency preparedness information including a downloadable home tool kit.**
- **Eligibility requirements for the WIC program.**