

Central Utah Public Health Department Spring Newsletter 2011



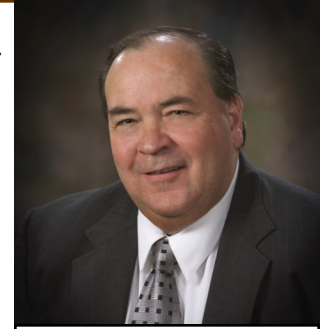
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A Word from our Director

Central Utah Public Health Department (CUPHD) continues to offer even more services to the citizens of the six county area. Just in the last few years we have added programs such as the Regional Healthcare Preparedness Program, Central Smiles Program, Physical Activity, Nutrition, and Obesity Prevention Program, Arthritis Program, Asthma Program, Be Wise Program, Hospital Infectious Disease Program, Breast and Cervical Cancer Program, Tanning Bed Sanitation Program, Body Arts Program, Screening Program for Senior Citizens and a few more. We have also seen an increase in the Vital Statistics program, Cancer Screening Program, Early Intervention Program, as well as an increase in the number of volunteers in the Medical Reserve Core. Coordinating all of these programs and services while taking on the H1N1 flu season and administering the day-to-day responsibilities of the department keeps us busy. As you can see, CUPHD is dedicated to the health and safety of our citizens in Wayne, Piute, Sevier, Millard, Sanpete, and Juab counties. I would like to acknowledge the efforts of our community partners such as the hospitals, emergency response community, schools and the employees of CUPHD for making public health a success in Central Utah.



Bruce Costa Ph.D.M.S.L.E.H.S



Mikyla Bagley from Greenwich and Bryce Christensen from Koosherem won 2nd place in the statewide 2011 'Truth From Youth Anti-Tobacco Advertising Contest' (Television Ad

Breast Cancer Prevention /Awareness

Central Utah Public Health Department recently received a grant to promote breast cancer prevention and awareness. Christi Nichols provided these services out of our Nephi Office with overwhelming success having over 200 women participate. The grant funded mammograms for women between the ages of 40–64. To promote mammograms, Christi partnered with local hospitals to host 'Pink Parties'. Several community members voluntarily provided massages, pedicures, and waxing during these parties while women came in for mammograms. This program is now completed but it was a remarkable, life saving program.



Pampering Volunteers from Plaza Shears in Delta at the Delta Community Hospital 'Pink Party'

"Thank You Christi!"

Employee Spotlight

Name: John Vercoe

Job Title: Environmental Health Director

How long have you worked for CUPHD? 8 years

Family Status: Married, I have three sons and a (2 mo old) granddaughter.

Where did you grow up at? Almond Corners, North Carolina

How do you typically spend your leisure time?: What leisure time?

What are 5 things you can't live without? The gospel, my family, my swiss army Knife, my mini-mag lite and the Second Amendment.

What are the three things you are most thankful for? My family, my church and my home.

What is your favorite quote: "Be Prepared" (-Baden Powell)



John teaching Food
Handler's Class

2011 Truth From Youth Anti-Tobacco Advertising Contest Photos



Mrs. Beck's Class
Mona Elementary



Mrs. Underwood's Class
Eureka Elementary



Mrs. Morgan's Class
Nebo View Elementary



Mrs. Lisonbee's Class
Delta Elementary



Mrs. Painter's Class
Red Cliff's Elementary



Mr. Pace's Class
Filmore Elementary



Megan
Wright

Juab
County
Winner



Brinklie
Sentker

Millard
County
Winner

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Haley Pratt Delta Elementary	Kylee Lynn Mona Elementary	Megan Welburn Nebo View Elementary	Madison Prince Eureka Elementary	Isaac Mepherson Red Cliffs Elementary	Beau Sylvester, Valyn Leavitt, Tanner Kennedy Oscarson Elementary	Brinlee Stevens & Aimee Davenport Fillmore Elementary School
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Central Utah’s 4th and 5th grade students submitted 1754 ads to Utah’s 2011 Truth From Youth Anti-Tobacco Advertising Contest. We were very impressed by our 4th and 5th grade student’s insightful perspective about the harmful effects of tobacco products. Haley Pratt, our school winner from Delta North Elementary, states that she was inspired by her father teaching her that “actions have consequences”. Many of the entries clearly indicate student’s understanding of the effect tobacco products have on physical appearance. They feature before and after tobacco use pictures that emphasizes problems with skin wrinkling, yellowing fingers, dental problems, etc. Several of the entries this year also have a tobacco extinction theme which we hope indicates that this new generation recognizes the possibility of a tobacco free world. We really appreciate the 4th and 5th grade teachers who take the time to teach these youth about healthy lifestyles .

Each year Central Utah Public Health Department offer’s a \$100 class prize to the class in each elementary school in our district that submits the most entries. We also choose one county winner for each of the six counties in our area as well as a school winner from each elementary school. Once the entries have been judged locally, they are then sent on to the statewide contest. This year we had two youth in our health district that won prizes on the state level. Mikyla Bagley from Greenwich and Bryce Christensen from Koosherem took second place in the television ad category.

Utah Tobacco Quitline 1-800-QUITNOW

Environmental Services

At Central Utah Public Health Department, ensuring our communities are environmentally safe is one of our topmost concerns. Our environmental safety team provides numerous services that promote community wellness. These services include: food safety, solid waste and sanitation safety, air and water quality assurance, used oil recycling and hazardous & toxic materials. During the 2010 fiscal year, our environmental staff conducted 534 food establishment inspections. distributed 836 food handlers permits, and gave out 183 new waste water permits . In the water quality arena they completed 48 pool inspections, and 32 spa inspections. They also investigated 59 food safety related complaints and 3 pool related complaints.

When is it safe to move a child out of a booster seat?

When your child reaches 4 feet 9 inches and 80 to 100 pounds, use the Safety Belt Fit Test to determine if the child is big enough to use the adult seat belt without a booster. Use the Safety Belt Fit Test on every child under 13.

Safety Belt Fit Test

- Have your child sit in a back seat with their bottom and back against the vehicle's seat back. Do the child's knees bend at the seat's edge? If yes, go on. If not, the child must stay in a booster seat.
- Buckle the seat belt. Does the lap belt stay low on the hips? If yes, go on. If it rests on the soft part of the stomach, the child must stay in a booster seat.
- Look at the shoulder belt. Does it lay on the collarbone and shoulder? If yes, go on. If it is on the face or neck, the child must remain in a booster seat.
NEVER put the shoulder belt under the child's arm or behind the child's back. Do not allow children to play with the shoulder portion of a seat belt. Treat it like any cord.
- Can the child maintain the correct seating position with the shoulder belt on the shoulder and the lap belt low across the hips? If yes, the child has passed the Safety Belt Fit Test. If no, the child should return to a booster seat and re-test in a month.

For more information check out the new booster website at boosttil8.org.



Rayne Bishop reigning over the booster seat castle . Unless you are taller than this castle you still need a booster seat.

Living with Asthma

Over twenty million people nationwide are diagnosed with some type of asthma. And yet experts estimate that millions of more people have asthma and are still undiagnosed. Symptoms include wheezing, breathlessness, coughing and chest tightness. Asthma can be controlled by taking medicine and avoiding triggers that can set off an asthma attack. Many things can trigger asthma attacks such as allergens infections, exercise, changes in the weather and exposure to airway irritants such as tobacco smoke.

You can control your asthma by staying away from things that trigger an attack , knowing the warning signs of an attack and following the advice of your doctor. When you control your asthma:

You won't have to go to the hospital.

You won't have to miss work or school.

You will sleep better

You won't have symptoms such as coughing or wheezing.



Merck Pharmaceutical's representatives presentation at the Central Utah Asthma Coalition Meeting