



Central Utah Public Health Department 2010 Winter Newsletter



Working for Healthy Communities

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H1N1 Novel Flu Vaccine Update

The H1N1 Novel Flu Vaccine is now available to the general public. There is currently no shortage of the vaccine and we are encouraging vaccination for all ages. Vaccines can be obtained during our regularly scheduled immunization clinics and appointments can be made at the clinics depending on availability of nursing staff. Approximately, 20,000 people in the six county area have already received the H1N1 vaccine. Pandemic flu experts, recommend vaccinating as many people as possible. They expect a third wave of the virus sometime this spring or summer. Keiji Fukuda, special advisor to the WHO director general on pandemic influenza states, "It's better to get vaccinated now instead of getting the disease later."

Pandemic viruses last much longer than one year. They can last for 10 to 20 years or even 30 years. As the number of H1N1 cases decreases it's tempting to think that the pandemic's over. That wishful thinking can lead to complacency. We expect the H1N1 virus to follow the pattern of previous pandemics, meaning it will be among us for some time. Influenza Epidemiologist, Dr. Danuta Skowronski, states, "The way I see it basically people have two choices in general: Get immunized or get infected, because this virus isn't going anywhere, it's ours now."

Approximately fifty five million Americans became sick with the H1N1 swine flu virus between April and mid-December of 2009. Eleven thousand of those fifty five million people died from the disease. As of December 31st, 2009, roughly sixty one million people had received the H1N1 vaccine. According to the Center of Disease Control vaccination remains the best way to prevent influenza infection and influenza-related deaths.

"The Key to Staying Tobacco Free is to Never Start"



Randalynn Waddingham &
Mrs. Poulsen, (6th Grade Art
Teacher)
Delta Middle School
Most Creative Key Ring
Winner

One of the goals of our Tobacco Prevention and Control Program at Central Utah Public Health Department is to decrease the number of youth who start using tobacco each year. As a follow up to the yearly statewide "Truth From Youth Anti-Tobacco Advertising Contest" for 4th and 5th graders, our health district sponsored a key ring art contest for 6th graders. The theme of the contest was: "The Key to Staying Tobacco Free is to Never Start". Every sixth grade class in the six county area received key rings in October for their students to decorate. Several schools in our area chose to participate and each school had at least one winner. Four regional winners were awarded a \$25.00 prize in the following categories:

- Most Creative: Randa Lynne Waddingham, Delta Middle School
- Best Message: Mackay Butler, Fairview Elementary
- Best Artwork: Harlee Tucker, Fairview Elementary
- Most Original: Camri Ludvigson, Ephraim Middle School

For more information on services we provide, please visit our website at centralutahpublichealth.com

Booster Seat Law Update

The booster seat law passed in 2008 requiring children under age 8 to be restrained in a booster seat is effectively increasing booster seat usage in Utah. That means fewer children suffered injuries and/or were killed in motor vehicle crashes this past year. The Utah Highway Safety Office Report indicates that booster seat use increased from 35.1% to 45.7% after the passage of the booster seat legislation in 2008. The booster seat law increased child safety seat use among all ages as follows: 4-year-olds by 9%; 5-year-olds by 24%; 6-year-olds by 87%; 7-year-olds by 105%; 8-year-olds by 91%.

Despite the age requirement in the law, many children 8 and older still need to use a booster seat. In order to determine whether a child needs a booster seat have the child sit in the backseat with their bottom and back against the vehicle's seat back. If the child's knees don't bend at the seat's edge that child still needs a booster seat.

If you have any questions about booster seats or other car seat restraints, Central Utah Public Health Department has three trained car seat technicians available to answer those questions. We also provide car seats at a discounted rate to assist families with limited income resources. The Department of Highway Safety and several local law enforcement agencies also have trained car seat technicians available to assist local residents. Central Utah Safe Kids and Great Basin Safe Kids Chapters have provided car seat checks in the following cities in Central Utah: Fillmore, Delta, Nephi, Eureka, Ephraim, Gunnison, Salina, Richfield, Monroe, Fairview, Mt. Pleasant, Hanksville, Loa, Circleville, and Bicknell. Car seats can also be checked at the local health departments.



Nephi City had two car seats checks in 2009. One in May at the Mt. Nebo Grocery Store & one in July during the Ute Stampede Celebration's Baby Contest.



Anti-Smoking Laws Reduce Heart Attacks

Although there is no national smoking ban in the United States, twenty seven of the fifty states in America have passed no-smoking ordinances. Seven of those twenty seven states, including Utah, have banned smoking in bars and private clubs. The institute of Medicine reported in October of 2009 that public smoking bans have cut exposure to secondhand smoke, which has contributed to a reduction in heart attacks and heart disease. The evidence is overwhelmingly clear. For example, an Indiana University study found that after a countywide smoking ban was implemented, hospital admissions for such heart attacks dropped 70% for non-smokers but not for smokers, which indicates the difference is the reduction in secondhand smoke exposure. A Mississippi State University study released in December shows a 27% decrease in heart attacks among Starkville residents since the city passed its no-smoking ordinance in 2006. Furthermore, the Center for Disease Control did a study in Pueblo Colorado which showed that the hospitalized cases for heart attacks dropped 41 percent in the three years after the ban of workplace smoking took affect. All over the country, studies confirm the effectiveness of no-smoking ordinances and the need to continue support for anti-tobacco prevention campaigns. Cities in Central Utah with no smoking ordinances include: Richfield, Delta, Nephi, Monroe, Ephraim, Fairview, Fountain Green, Gunnison and Moroni.



To protect local residents from second hand smoke exposure, all of our 8 offices have outdoor "Thank You for Not Smoking" signage near entryways.

Fairview Elementary School

December's Gold Medal School of the Month

The statewide Gold Medal School's Program named Fairview Elementary as the 'Gold Medal School of the Month' for December. Fairview Elementary has been participating in the Gold Medal Schools program for two years. They are currently earning their silver medal. As part of the silver level criteria, a new staff wellness program, called the '110% Exercise Challenge' began on December 1st. This program is 110 school days long. During this time, staff members record their minutes of exercise each week. The minutes are tracked on the Gold Medal Schools Bulletin Board and the winner of this challenge receives a 'free day' with a substitute teacher provided.

The student's walking goal this year is to walk to China. Every week the students fill out a tracking sheet and on Monday miles are calculated. The two classes that walk the most miles get to have a 'Golden Shoe' in their classroom for the week. All students who walk two miles during the week get to have their name put in a drawing. Names are then chosen to pick a prize from a Golden Bucket. On October 23rd, 180 students participated in the 'Walk to School Day'. Bus students were dropped off 1/4 mile from the school so they could walk with the other students. When they reached the school grounds they were given a Green Ribbon safety wrist band.

The students at Fairview Elementary school also have a brand-new playground this year which they refer to as the Miracle Playground. Many volunteers worked together to make this happen. The volunteers assisted in fund-raising, preparing the ground and building the playground. Students helped with fundraising by bringing in their extra change. This project exemplifies Fairview City's great community support for promoting physical activity.





Tattoo & Permanent Make-up Risks:

- * Infections
 - * Allergic Reactions
 - * Blood Borne- Illnesses
 - * Keloid formation
- Getting vaccinated is one way of reducing the risk of contracting blood borne illnesses.



Tanning beds and tanning lamps may more than double the risk of cancer.

Body Art Establishments & Tanning Bed Regulations

As of May 3, 2007, all body art establishments in the Central Utah Health District were required to obtain an operator's permit from their local health department. In order to obtain the permit several requirements have to be met, including the following: establishments must have at least 45 square feet of space, accessibility to hot and cold running water, and adequate ventilation. They must also follow sanitation procedures and be free of vermin, insects and rodents. Record keeping is mandatory and must include clientele's names, what body art procedures were performed and which operator performed them. These records are to be kept for a minimum period of 7 years. In addition, all operators must be at least 18 years old. Minors are not allowed to receive tattoos without proof of parental or guardian presence and consent. Operators are also required to refuse service to anyone who is under the influence of alcohol

Tanning bed operators are required to provide information to each patron on the potentially negative health effects related to ultraviolet exposure. This includes information on the increased risk of skin cancer; skin thinning and premature aging, risk of tanning too frequently and over exposure, and an explanation of ultraviolet-A and ultraviolet-B light's effect on the body.

Visible Warning signs must be posted at Tanning Bed Establishments as follows:

Wear eye protection to prevent blindness;

Talk to your doctor if you are pregnant or use oral contraceptives;

Some cosmetics or medicines may make you burn easily- talk to your doctor;

Frequent or lengthy exposure may cause skin cancer or other severe skin damage;

You should wait 48 HRS between tanning sessions.

Tanning bed patrons younger than 18 years old cannot use the tanning facilities without a written consent form by their parents.