



Working for Healthy Communities

Central Utah Public Health Department

Winter 2011 Newsletter

www.centralutahpublichealth.com



Inside this issue:

Employee Spotlight	2
2011 Mini-Grants	3
Foodborne Illness	2
Bucket List Project	3
Hanksville School	4
Chronic Diseases	4

“Play Well, Eat Well, Live Well”

Nebo View Elementary



Clay Vegetable Sculptures

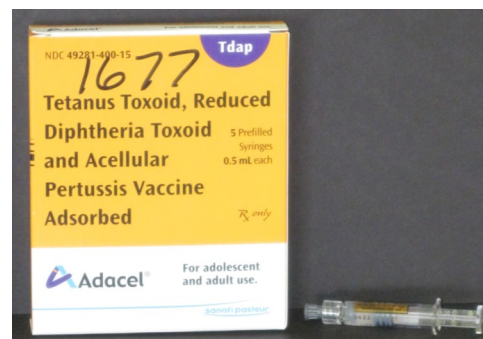
2010 Milestones

- Central Utah Public Health Department staff issued **1200** more birth certificates in 2010 than in 2009.
- Early Intervention services increased from serving **65** children a month in 2009 to **76** children a month in 2010.
- Total number of immunizations given in 2010 - **13,920**.
- Approximately **2,614** people received WIC services in 2010.
- **148** new car seats were given out and installed by CPS Technicians in conjunction with Central & Great Basin Safe Kids in 2010.
- Children’s Special Health Services served approximately **145** children.
- Environmental staff did **534** food establishment inspections in 2010.

New Programs & Tdap Vaccine

People of all ages come to our clinics for various reasons, but they have one thing in common, a desire to live a healthy life. Whether it’s a shingles shot for the elderly, WIC packets for children under the age of five, or family planning services for young couples, we consider it a privilege to provide these services to our local residents. Some of the new grants our agency is now providing include prevention education services for asthma, poisoning, arthritis and cancer.

Many adults and older children are currently visiting our clinics to get the Tdap (Tetanus, Diphtheria, & Pertussis) vaccine due to concerns about Pertussis (Whooping Cough) in Utah. We would like to encourage more adults to get this vaccine. Pertussis can cause very serious illness in younger children but also causes illness in older children and adults. The Tdap vaccine has only been available since 2005 and is the first vaccine for teens and adults that protects against all three diseases. It is currently being offered at all of our clinics.



Employee Spotlight: Linda Stephenson

Job Title: Registered Nurse/ Millard County

Family status: Linda, her husband Stacey, her daughter Emily and their two dogs live in Scipio.

Favorite thing to do: Plan and take trips.

Five things she can't live without: Lucky charms, her car, laptop, cell phone and Disneyland.

Three things she is the most thankful for: My life, my friends, family & my job.

Favorite quote: “Some of life’s greatest pleasures come from serving others.”



2011 Tobacco Mini Grants

The Tobacco Prevention and Control program at Central Utah Public Health recently awarded tobacco prevention mini-grants in the amount of \$500.00 to Delta and Piute High schools. All of the public high schools in our six-county area had the opportunity to apply for this funding and awards were determined through the application process. Funding will be used to purchase tobacco prevention education materials to increase student’s awareness of the harmful effects of all tobacco products. Kim Cropper, the Governor’s Youth Council advisor who will be overseeing the mini-grant for Delta High School states, “I am very concerned about the widespread use of smokeless tobacco by our male students. These students desperately need to be educated on what smokeless tobacco can do to you.”

Data compiled by the Utah Department of Health from 2009 statistics indicates that tobacco use in Central Utah is higher than the average state use rate. Statistics nationwide clearly demonstrate that while smoking is decreasing, the use of alternative forms of tobacco is increasing. Nancy Brown, CEO from the American Heart Association states, “No tobacco product is safe to consume. The health hazards associated with tobacco use are well documented and a recent American Heart Association policy statement indicates smokeless tobacco products increase the risk of fatal heart attack, fatal stroke and certain cancers.”

In the past, prevention programs have focused on smoking reduction due to the dangers of secondhand smoke. Yet high school students who chew tobacco may be more prevalent than those who smoke. It is easier to hide smokeless tobacco in the schools and it appears to be more socially acceptable. Hence, we are very pleased to provide this funding to two of our high schools that will be addressing the smokeless tobacco issue head on.

(Tobacco-Related Data 2010/Central Ut Public Health Dept. / <http://www.tobaccofreeutah.org>)

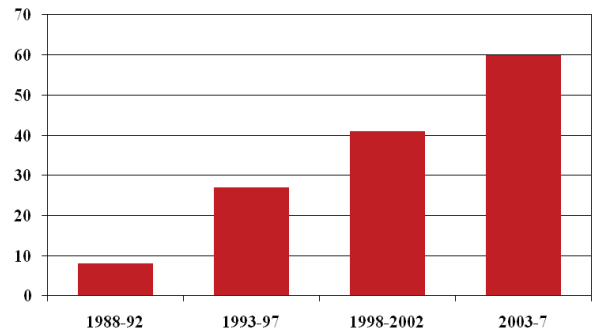
Foodborne Illnesses

Foodborne illness is any illness resulting from the consumption of contaminated food: pathogenic bacteria, viruses, or parasites that contaminate food, rather than chemical or natural toxins. Foodborne illnesses affect tens of millions of people every year and kill thousands. Reducing illness by just 1% would prevent 500,000 Americans from getting sick each year.

Current Food Safety Challenges: Changes in our food production and supply; changes in the environment leading to food contamination; new and emerging germs, toxins and antibiotic resistance; new and different contaminated foods such as bagged spinach, cookie dough and peanut butter.

http://www.cdc.gov/foodsafety/resources/CDCandFoodSafety_121410.pdf

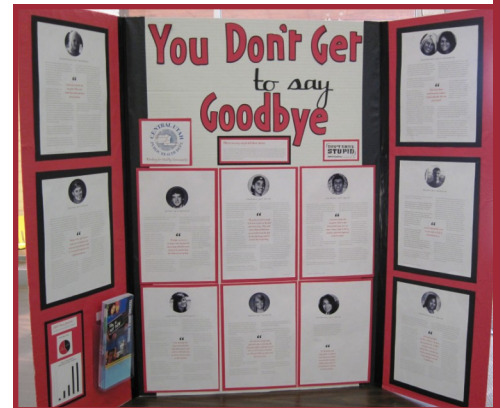
Multi-state foodborne outbreaks, 1988-2007



The Bucket List Project

In an effort to reduce teen vehicle crashes, our injury prevention department developed a district wide project to encourage high school students to practice good driving behaviors. In essence, the purpose of this project, “The Bucket List Project”, is to encourage teenagers to think about how their driving habits could affect their future. Materials for this project are currently being distributed to all of the public high schools and several private schools in our six county health district.

Each school receives a kit that contains the following: ‘Don’t Drive Stupid’ display board with stories of teens who were killed in car crashes in 2009, mirror with vinyl lettering that says “Always wears a seat belt?” and “Never texts and drives?”, bucket with a hole in the lid, bucket list entry slips, morning announcements, lunch room table tents promoting good driving habits, a metal ‘No texting and Driving’ sign, and a CD promoting seatbelt use. There are five different messages on our bucket list entry slips. For example, one entry states: “I always wear my seatbelt so I can live to:_____”. The teens fill in the blanks and then drop their entries in the bucket. Each week five entries are chosen to be read during the morning announcements along with a safe driving tip and at the end of the week one entry is drawn to receive a prize. Students and school staff have been very receptive to the project. Many schools have donated more prizes and have parents involved as well.



Overall, our teen driving program continues to grow each year. We have been able to get more high schools involved this year and are able to get the word out to more teens every year.



Hanksville Elementary's Gold Medal School Program

Hanksville Elementary school is located in what is considered to be the western gateway to Hite, Glen Canyon and Lake Powell. This unique school of 39 students ranging from age preschool to sixth grade was named the October Gold Medal School of the Month. Students have been participating in the Gold Medal Schools program for 5 years and are currently working towards earning their Platinum Focus award.



Students that participate in the Gold Medal Schools program are required to walk a mile every week. Miles are then tabulated every month to see how close they are getting to achieving their yearly walking goal. Hanksville students walked to Mexico to earn their bronze medal; Madagascar for the silver medal; and Africa for the Gold Medal. Last year they walked to Beijing, China for their first Platinum award. Their goal for the Platinum Focus level is to focus on mental health issues along with maintaining their wellness goals from previous years.

Students, parents and school staff look forward to Fridays which is the day, Corri Robinson, the PE Specialist, gets the students moving with creative, fun and motivating activities. The Gold Medal Schools, school coordinator, Jan Hunt, is also the lunch room manager at the school. She makes sure the students and staff are eating healthy and learning about the nutrients in the foods they eat.



Living Well with Chronic Conditions

Recently, several staff members of Central Utah Public Health Department were trained to teach a six-week course that teaches ways to live a healthy life with chronic conditions, such as asthma, diabetes, heart disease, arthritis, and many more. The program, developed by researchers at Stanford University, is offered worldwide and Central is among the first areas to offer it in Utah.

The course begins with general information about chronic diseases and how they affect us, then teaches excellent ways to manage these symptoms. This includes muscle relaxation, breathing exercises, communication skills, exercise habits, proper nutrition, managing pain, and making an action plan. For example, an individual with arthritis may learn small exercises that increase mobility, while an individual with asthma will benefit from learning different breathing techniques.

The course is free. Each participant who attends all six courses gets a completion certificate and an extension grabber. Everyone is welcome to attend. The course is currently offered at North Sevier Senior Center, Richfield Senior Center, and Monroe Senior Center.

