



Working for Healthy Communities

Central Utah Public Health Department



Spring 2009 Newsletter

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Favorite Photos in Central Utah



Dog on Roof in Eureka after a snow storm



Bougainvillea Plant at Red Cliffs Elementary (Nephi)



**Celebrating
National Infant
Immunization Week
April 27— May 1 '09
Delta Office**

New Programs and Changes in 2009

Environmental Department:

- Businesses that provide permanent makeup and tanning bed services are now required to be inspected and permitted. Tanning Bed (Yearly Permit : \$75.00); Permanent Makeup (\$200.00 initial permit; \$170 yearly permit; \$25.00 tech permit)
- Food Handler's Classes now available online. This class can be accessed by going to centralutahpublichealth.com or statefoodsafety.com. (Cost: \$21.00)

WIC Department:

- Changes in the food packets reflect the new recommendations in 'My Pyramid' for a healthy diet . These changes resulted in the addition of cash value vouchers for fresh fruits and vegetables. In addition, more support is available for breastfeeding mothers and other options have been added to appeal to the different cultures of WIC recipients.

Cancer Program:

- As of May 1st, the "BeWise" Program is available to women between the ages of 50—64. This program includes the following free services: Blood Pressure Test, Cholesterol Test, Sugar/Glucose Test, Voucher for a Free Mammogram, Clinical Breast Exam, Pap Test, Pelvic Exam and Treatment referral.

Pandemic Flu Emergency Preparedness

The staff at Central Utah Public Health Department have been preparing for the possibility of a pandemic flu for several years. Emergency supplies including masks, gowns, gloves, syringes, and sanitizing supplies have been distributed to each of our eight offices. Public health nurses have been trained on using antivirals such as Tamiflu and Relenza. Mock exercises have been conducted to train staff on how to provide efficient and effective services for large numbers of people. Community partners have also been involved in these preparations. Each area has a trained emergency response team as well as facilities designated to serve local citizens. Health care providers throughout the six county area have received emergency preparedness training through national organizations such as the Center for Disease Control and Homeland Security. And lastly, the recent outbreak of the Novel H1N1 Influenza virus has provided our staff an opportunity to assess the effectiveness of the flow of information through our communication systems which is so critical during a disaster. These efforts will continue to be a top priority in our agency.

Update from our Director, Bruce Costa PhD. Re: Public Health Funding

“For years local health department officials have been questioning the amount of money the Utah State Health Department has received as grants from the Centers for Disease Control (CDC) and what portion of this money is actually passed through to local health departments. The 2009 legislature passed Senate Bill 21. This bill requires state health departments to negotiate with local health departments whenever a grant is being awarded to the state health department especially if it will have a financial impact on local health departments such as the Central Utah Public Health Department. It is the hope of local public health department officials that this process will release additional resources to local health departments.

The current legislation establishes a process whereby three local health officers from local health departments throughout the state and three high ranking officials at the state health department will discuss the grants that are being passed down to the state health department. This governance committee will then determine the amount of funding that will be passed to local health departments according to the work load and deliverables being requested as the result of the grant. Success of this governance process will depend on patience, hard work, and a willingness to guide this process forward. Utah is the very first state to establish this type of agreement between local and state health departments. State and local health departments throughout the United States are watching, with a curious eye, to evaluate the success of this process.

2009 Truth From Youth Anti-Tobacco Advertising Contest

Once again, the Truth from Youth Anti-Tobacco Advertising Contest was a great success in Central Utah. Participation in the six county area was phenomenal. Central Utah’s health district had 2408 entries which was the highest number of entries in the state. Central Utah Public Health Department’s Tobacco Prevention Program awards prizes to each participating elementary school in each county within our six county health district. The class with the most participation in each elementary school receives a \$100 cash prize. An individual winner in each school also receives an award with anti-tobacco incentives and a \$25.00 prize goes to one student in each county. We recognize and express our appreciation to all of the 4th and 5th grade teachers for their support and willingness to participate.

We had several impressive posters this year. Bailey Miller, our school winner from Delta North Elementary, stated that, “Making the posters made me realize that people don’t really want to be around you if you smoke and it’s really bad for your lungs.”

We also had two winners from our area that placed on the state level. Both of these youth are from Koosherem Elementary School. Whitney Lewis won second place in the TV Ad category and Mason Torgersen won 3rd place in the Billboard Category.



Sanpete County Winner
Kallie Anderson, Madison Larson
Miriam Galecki & Valyn Leavitt



Fairview Elementary
Shiann Johnson & Valyn Leavitt



Yolanda Gomez Juab County	Lakota Monson Red Cliffs Elementary	Ethan Olpin Nebo View Elementary	Bailey Miller Delta North Elementary	Diana Aleman Millard County Winner	Abby Mcphail Fillmore Elementary	Katelyn Jeffrey Delta South Elementary
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Mrs. Painter Red Cliffs Elementary	Mrs. Beck Mona Elementary	Mrs. Morgan Nebo View Elementary	Mrs. Lisonbee Delta North	Mrs. Beckstrand Fillmore Elementary

Utah Quitline 1.888.567.TRUTH

			
Sarah Peterson Eureka Elementary	Kadi Mckeachie Mona Elementary	Sean Cazier & Valyn Leavitt Spring City Elementary	Caitlin Edmonds Mt. Pleasant Elementary



			
Ms. Roundy Delta South Elementary	Mrs. Underwood Eureka Elementary	Gunnison High School's GYC's Presentations for the TRUTH Campaign	

All Bars and Clubs Now Subject to the Utah Indoor Clean Air Act

As of January 1st, 2009 all taverns, including private bars and clubs, are required to comply with the Utah Indoor Clean Air Act. The Utah Tobacco Prevention and Control program provided bar and club owners throughout the state with napkins and posters to remind patrons of this change. All bars and clubs in the six county area have effectively transitioned to a smoke-free working place. The owner of the Salt Creek Lounge in Nephi, decided to go smoke free in November rather than waiting for the January deadline. In order to assist bar and club owners in implementing the Utah Indoor Clean Air Act a detailed business guide is available online at tobaccofreeutah.org. This guide provides examples of required signage and a toolkit for developing tobacco free policies. The Utah Indoor Clean Air Act, Statute and Rule can also be found on this website as well as information on the latest amendments. Anyone wishing to report a violation of the Utah Indoor Clean Air Act can contact our Richfield office at 435-896-5451.

Injury Prevention's 'Spot the Tot' Program

520 Utah children ages 0-9 have been injured by automobiles in residential driveways (237), apartment parking lots (84), business/other parking lots (149), school parking lots (37) and other private property locations (13). Large vehicles such as a SUV, truck or van were involved approximately 47% of the time.

Summer is here, finally! The nicer weather means kids are moving outside. Especially at this time please be aware of children being outside, and in and around motor vehicles.

To keep Children safe around vehicles follow these easy steps:

- * Teach Children not to play in, under, or around vehicles.
- * Take time to walk around your vehicle before moving it.
- * Adjust driver's seat as high as needed to clearly see out the back window.
- * Roll down your windows to hear children.
- * Before driving, check the street, and driveway area around your vehicle. (Drivers of SUVs and trucks should be extra careful.)
- * Supervise children when a driver is leaving home--Spot the Tot!



Walk Around Your Vehicle Before Moving it.



Record Your Family's Health History at Your Next Family Reunion

Summer is almost upon us and for many people family reunion planning starts now. Give your grandkids the gift of knowledge that could save or improve their lives dramatically by recording your family's health history. The staff at Central Utah Public Health Department would like to encourage local residents to utilize the family health history toolkits that are available for free at the following medical clinics: Delta Family Medicine; Central Valley Medical Center; Circleville Clinic; Wayne Clinic; Manti Family Practice; Crimin and Brown; and Ilene Jackson. This toolkit contains a booklet with information on how to record your family's health history as well as a large family tree chart to record information on. Each kit also includes a blueberry or strawberry scented pencil.

Why is it important to record your family's health history?

When illnesses or diseases occur it is usually a combination of nurture, our lifestyle habits such as eating, smoking, exercising, etc, and nature, our genetic makeup. We can't control the genes we are given but we can control our lifestyle. Knowing if there are any repeated patterns of diseases in your family provides you the opportunity to engage in preventative health care that may counteract your predisposition towards a disease.

The following questions can help get you started:

- 1- Are there any health problems that are known to run in our family, or that close relatives have been told are genetic? If so what are these conditions?
- 2- Is there anyone in the family who had cancer, heart disease, or other adult-onset health problems at an early age, such as between 20—50?
- 3- Have any relatives had extreme or unexpected reactions to medications?
- 4- Have there been any early deaths in the family, including stillbirths, infant deaths, multiple miscarriages or shortened lifespan.