

Central Utah Public Health Department Fall Newsletter



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It Takes More Than a Village

One of our top priorities at Central Utah Public Health Department is preparing public health staff to provide efficient, effective assistance in a timely manner in the event a disaster occurs in our six-county area. In an effort to put this training into action, Central Utah Public Health Department has conducted and continues to conduct mass flu shot clinics. These clinics are designed to provide our staff experience in managing a mass flu shot clinic if a pandemic flu breaks out. The clinics began in Juab County, Millard County, and Wayne counties on October 3rd and will continue in Sevier, Piute and Sanpete counties throughout the month of November. Our initial clinics on October 3rd were very well organized. The model used to operate the clinic comes from the training our staff received at the Homeland Security's Center for Domestic Preparedness in Anniston, Alabama. Flu shot recipients were very positive about the clinic on October 3rd. Our records indicate that clients were able to obtain the flu shot within approximately 10 minutes from the time they arrived at the clinic. One elderly gentleman in Delta stated, "I thought I would be in here for hours but this is really fast."



Cold and Flu Season is Here

Flu Shots Now Available!

This is just one way that staff members are applying the skills they learned during their one week stay at the Domestic Preparedness training. In addition to receiving critical information on responding to a pandemic flu, staff also listened as Jessica Cummins, (CO-Commander of the Emergency Response Team that responded to the Oklahoma City Bombing), related her experiences and recommendations on coping with a manmade disaster. They also participated in exercises that involved nerve agents and learned to decontaminate as well as to be decontaminated. Staff feedback indicates that it was an excellent training. They report that their comprehension of the critical role they would play in a disaster has improved immensely as a result of this training.

What is Genomics?

Genomics is the study of all your genes including interactions of those genes with each other and with the environment. Studying your family's health history can actually save your life by providing you the opportunity to take preventative measures against diseases that are prevalent in your family history. Heart disease, asthma, diabetes, and cancer are just a few examples of diseases that are caused by genetic and environmental factors. Other diseases that are less life threatening but certainly serious might include macular degeneration of your eyes, arthritis, osteoporosis, and many others. If you are interested in documenting your family's health history, family health history toolkits and family tree forms will be distributed through our health education department free of cost at the following locations:

Circleville Clinic (145 W Main St., Circleville) **Delta Family Medicine (140 S White Sage Ave, Delta)**
Wayne Medical Clinic (80 S Hwy 95, Hanksville) **Central Valley Medical Clinic (48 W 1500 N, Nephi)**
Manti Family Practice (159 N Main St. Manti) **Family Specialty Clinic (70 E 1000 N, Richfield)**



WIC to the Rescue

As more and more Americans feel the crunch of the current economic crisis, parents with young children are turning to WIC to provide nutritious food for their children. Fortunately, the healthiness of our country's children need not be compromised despite harsh economic times. Not only do WIC clients receive food vouchers, they also receive education on various subjects such as nutrition, child safety, smart shopping, cooking, and infant breastfeeding. Classes are taught by public health nurses who are knowledgeable and compassionate. Survival tips are priceless to an exhausted parent who is coping with sleepless nights, diaper rash, colic, runny noses, etc. Because having a fussy baby is a real challenge, WIC helps new mothers face these challenges with confidence.

WIC Recipes

Breakfast Burritos

1-1/3 cups cooked black beans, mashed with 1 tsp canola oil
 4 corn tortillas
 2 tbsp red onion chopped
 1/2 cup fresh tomatoes, chopped
 1/2 cup salsa
 4 tblsp plain, nonfat yogurt
 2 tbsp cilantro chopped

Preparation

Mix beans with onion and tomatoes. Microwave tortillas between two sheets of damp white paper towels on high for 15 seconds. Divide bean mixture between the tortillas. Fold each tortilla to enclose the filling. Place on microwave—safe dish and spoon salsa over each burrito. Microwave on high for 15 seconds and serve topped with yogurt and cilantro.

Our Most Precious Asset



Injury Prevention's "Ride Aware" Campaign

As gas prices soar, the use of motorcycles and bicycles increases. Although they are a cheaper form of transportation they are also much more dangerous. Utah Highway Safety has launched a new "Ride Aware" campaign and Central Utah Public Health Department's injury prevention staff is working hard to increase motorists' awareness of other forms of transportation. Many local counties are also promoting awareness of bicyclists with the new 'Share the Road' signage. These signs are designed to encourage motorists to show courtesy and caution around bicyclists. In 2005, Utah legislators passed a law requiring motorists to maintain a three foot distance from bicyclists. One of our goals is to increase awareness of this law.



Signage in Millard County



Ride Aware Incentives

Youth Tobacco Sales Decrease

Central Utah Public Health Department recognizes tobacco retailers across the six-county area for their outstanding efforts to decrease youth access to tobacco. The Tobacco Compliance Program works with undercover youth who attempt to purchase tobacco. If they are sold tobacco, the clerk may receive a criminal charge and the store owners are ordered to pay a civil fine.

Tobacco Handler's Classes are offered to train clerks about underage tobacco retail, proper procedure for verifying age, and the consequences of selling tobacco to underage youth. This year, the overall sell rate was 7%, a decrease from years past. The following stores had zero sales to an undercover youth this year:

<u>Sanpete County</u>	<u>Juab County</u>		<u>Wayne County</u>	<u>Sevier County</u>
Kent's Foods	Nephi 7-11	Duane's Foodtown	Stan's Chevron	Cedar Ridge Station
Walmart	Mt. Nebo Thriftway	Wagon's West RV Park	Bull Mountain Market	TNT Trail Riders
Ephraim Maverik	Bert's Main St. Conoco	Eagle's Landing	Derrel's Chevron	Grass Valley Merc
Fairview Walker's	Chilly's Chevron	Scipio Stop	Country Café	Monroe Sunmart
Fred & Audrey's	Nephi Walker's	Miller's Texaco	Royal's Foodtown	Crisp Grocery
Fairview Market	Fast Gas	Miller's Phillips 66	Ellet Distributing	Barret Market Inc.
Manti Top Stop	Nephi Flying J	Fillmore Maverik	Blackburn Autobody	K Mart
Manti Jubilee	Sunmart Texaco	Meadow Texaco	Go West Travel Center	Richfield Express
Denton Fuel	Sunmart Chevron	Bob Nafus Service	Wonderland Texaco	Lakeside Resort
Bestway Chevron	V & G's Gas & Goodies	<u>Piute County</u>	Chuck Wagon General	Richfield Walmart
Terrel's Thriftway	Carpenter's Station	Junction General	Hollow Mountain	Fishlake Lodge
Mt. Pleasant Maverik	Mona Outpost	Junction Tri-Mart		Richfield Premium Oil
Spring City Service	Country Junction	Stan's Merc Inc.		Scenic Quik Stop
Palisade Super Service	<u>Millard County</u>	The Station		Maverik #247
Centerfield Walker's	Hinckley Service	Tug's One Stop		Don's Sinclair
	Delta Drug & Gifts	Otter Creek Store		
		Antimony Mercantile		



Immunizations Offer Peace of Mind

Vaccinations are the most effective way to control the spread of disease. It is always easier to prevent a disease than to treat it. Sadly, some parents contend that immunizations cause illnesses such as autism. Clearly, there is no substantiated evidence that immunizations cause autism. The New York Times published an article on September 9th, 2008 indicating that the original authors of a study published in the British Medical Journal that indicated immunizations may cause autism was invalid. The results of the study cannot and have not been replicated. Researchers from the Columbia University, Massachusetts General Hospital have tried and failed to replicate the findings in the original study. In fact, three of the authors of the original study are defending themselves before a 'fitness to practice' panel in London on charges related to their autism research. Those unvaccinated children are now vulnerable to contract communicable diseases. Regrettably, the number of measles cases is on the rise. More people had measles infections in the first seven months of this year than during any comparable period since 1996. There is also great concern over the rise of pertussis cases. Reports of pertussis have increased more than 100% during 2004-2007 compared to 2000—2003. We cannot afford to be complacent about immunizations. Choosing not to immunize not only places ourselves and our children at risk, it increases the risk of all children contracting a communicable disease.

Immunizations Currently Offered at Central Utah Public Health

Hepatitis: Hep A (children 2 doses, adults 2 doses)

Hep B (children 3 doses, adults 3 doses)

Measles, Mumps and Rubella

MMR (children 2 doses, adults born after 1956 one dose)

MMRV (MMR and Chicken Pox, 12 years or younger)

Meningococcal (recommended for children 11—18 years of age one dose, or to age 55 at risk of contracting the disease.)

Varicella (Chicken Pox) (children 2 doses, 13 yrs of age and older 2 doses)

Tetanus, Diphtheria, Pertussis

Tdap-(7th grade booster, 11—18 yrs old one dose, recommended adult substitute one Tdap for one Td)

DTap (school age children 5 doses)

Td (adults 19—64 one booster dose needed every 10 years can be used for children 7 or older if they did not get 3 three doses of any DTP, DTap, DT.)

Gardasil(HPV) (Recommended for girls 11—12 years of age or 13—26 years of age who did not receive it when they were younger.)

Pneumonia (Usually 1 dose, children 10 years old and younger may get 2nd dose after the 1st dose every 5 years, a 2nd dose is also recommended for people who got their 1st dose under the age of 65.)

Hib (Hib disease causes meningitis in children - 4 doses, 1st dose recommended at 2 months)

Rotavirus (Rotavirus causes severe diarrhea in young children, 3 doses, 1st dose recommended at 2 months)

Typhoid (Recommended for travelers to parts of the world where typhoid is common, one dose)

Shingles (Zostavax) (Recommended for 60 years of age and older, one dose)