

# Central Utah Public Health Department

## Message from our Health Officer



*Working for Healthy Communities*

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The Central Utah Public Health Department (CUPHD) provides services to low income families as well as services to the entire community and visitors of the Central District. We are dedicated to everyone regardless of their social economic status. Every person is welcome to take advantage of our services any time of day five days a week...you do not need an appointment, just drop in and we will be happy to serve you.



Public health is there from the time you wake up and brush your teeth and until you go to bed. The water you use to brush your teeth is safe to drink because of the CUPHD. When you eat at a restaurant public health is there. Our services also include birth and death certificates, immunizations, cancer screening, smoking cessation programs, wastewater permits, and more. We work very hard to provide a standard of living that is one of the highest in the world. Once again we would like to invite you to visit us at any one of our eight offices throughout the district.



## Flu Vaccine “Drive by Shootings”



Central Utah Public Health and local EMS staff conducted Flu “Shoot-Out Clinics” in both Richfield and Nephi at the local EMS buildings. In addition to vaccinating over 500 people for the flu, this experience was a great way for staff and other partners to practice mass vaccination clinics.

Flu shots are still available in all of our eight offices throughout the six county health district.

Visit us at: [Centralutahpublichealth.com](http://Centralutahpublichealth.com)



# Employee Spotlight

Name: Franki Newton

Job Title: Community Health Tech

How long have you worked at CUPHD? 11 years in the Juab County Office

Family Status: Gary (husband) , Shannon, Justin, Casey & Dana, Kaytie (children), Brayden, Brody, Mashayla , Trey & Wylee (grandchildren).

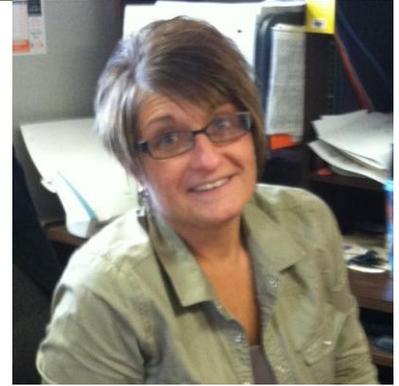
Where did you grow up at: Mona

How do you typically spend your leisure time? Home with my grandkids and working another job.

Name 5 things you can't live without? My family, job, home, support of my family and cold Pepsi.

What are the three things you are most thankful for: family, home and job

What is your favorite quote? "Just roll with it".



# Make a Better Choice

The foods you eat can be your worst enemy or your best friend. Make healthy choices daily.

## Suggestions for Better Health

### Instead of:

Double patty burger with cheese, bacon, and mayo

Fried Chicken Sandwich

Fried Fish Sandwich

Milkshake

Nachos w/ refried beans

High fat meat: tuna salad  
beef, ham , and bacon

### Healthier choice:

Single patty burger without mayo and cheese

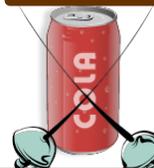
Grilled Chicken Sandwich

Veggie Burger

Yogurt Parfait

Veggie & Bean Burrito

Low-fat meat : lean ham or  
roast, and chicken breast



The Junk Food Busters have arrived.

Alex Bronson & Erik Bronson



## Ephraim Elementary 'Walk to School Day'

Snow College Cheerleaders and their mascot, the Snow Badger, cheer students on at their annual walk to school day. Cheer leaders distributed healthy breakfast treats of yogurt and bananas to students as they arrived.

## Stay Informed During Emergencies

When the Clay Springs fire threatened the town of Oak City in 2012, one resident stated she had no idea there was an evacuation order. Fortunately, a caring friend went to her home to inform her of the evacuation order. In situations like this it is essential that family members have a preplanned method of staying informed.

The Center for Disease Control recommends the following steps to be informed:

- **Understand what risks affect your area. Learn about your community's warning system (e.g., sirens) and find out if your local emergency management uses a website, text messaging, or even Twitter. (CDC participates in the Twitter Alerts program)**
- **Make sure everyone in your family knows how to use text messaging. In an emergency, if phone lines are down, texting may be the best way to communicate.**
- **For your home, purchase a NOAA emergency alert radio, which turns itself on to warn you when an emergency alert is issued.**
- **Develop a family communication plan. Know how to contact each other, and where to meet if phone lines are jammed.**

<http://blogs.cdc.gov/publichealthmatters/2013/09/do-1-thing-be-informed/>

# E-Cigarette Concerns



Although the number of youth using cigarettes in the United States continues to decrease, the use of e-cigarettes by youth has doubled in the past two years. Due to this increase, the Center for Disease Control expresses concern that e-cigarettes may become the new gateway drug for youth. Although tobacco companies are prohibited from selling flavored cigarettes, e-cigarettes come in a broad array of flavors, such as bubblegum, cherry, and chocolate. The potential risk of getting kids hooked on nicotine for life is alarming. Not surprisingly, some people use e-cigarette devices to smoke other substances. Since there is no odor emitted from an e-cigarette, marijuana users say they can smoke pot without anyone ever knowing it.

One of the myths circulating about e-cigarettes is a belief that e-cigarettes are a cessation device. However, unlike other nicotine replacement products such as nicorette, the FDA has not approved e-cigarettes for therapeutic use. In fact, tobacco companies cannot legally market e-cigarettes as a cessation device. There is no apparent evidence that e-cigarettes are effective for cessation. In fact, most people who use e-cigarettes continue to use regular cigarettes and become dual tobacco users.

## Extreme Nutrition

According to the World Health Organization, breastfeeding is an unequalled way of providing ideal food for the healthy growth of infants. Unlike formula, human milk meets the specific needs of human babies and changes as the baby grows to offer the best combination of nutrients that make it easy for a baby to digest and use.

### Benefits of Breastfeeding

- Increased resistance to infections
- Earlier development of the infant immune system
- Decreased risk of ear infections
- Decreased risk of diarrhea
- Decreased risk of SIDS (Sudden Infant Death Syndrome)
- Baby is less likely to be hospitalized due to serious illness
- Family savings of several hundred dollars when the cost of breastfeeding is compared to the cost of using artificial formula
- Reduced health care costs since breast fed babies usually require fewer sick care visits, prescriptions, and hospitalizations
- Breast milk is always available at the right temperature and doesn't require mixing.



A Happy, Breastfed Baby

***WIC clinics are breastfeeding friendly and staffed with trained breastfeeding counselors.***