

CENTRAL UTAH PUBLIC HEALTH DEPARTMENT

A WORD FROM OUR HEALTH OFFICER

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The Central Utah Public Health Department (CUPHD) is one of twelve local health departments in the State of Utah. We cover six counties and over thirteen thousand square miles with approximately seventy seven thousand people. Our mission is to provide public health services to all our citizens wherever they live in our district. Because the area is so large, providing services is a daunting task and one that takes constant vigilance and hard work.



The CUPHD is governed by a thirteen member board of health, who are appointed by the commissioners from each one of the six counties. The board of health is committed to the citizens of each and every county. We continue to provide the following services, Women infant children (WIC), immunizations, communicable disease investigations, public health preparedness and many

more. The CUPHD has officially passed an Electronic Smoking Device Regulation. The purpose of this regulation is to protect the public health, safety, and welfare of residents and employees by establishing practices and provisions for the sale of Electronic Smoking Devices and E-Liquid; and the safe preparation and handling of E-Liquid components in the Central District.

We encourage you to visit any one of our offices; we have offices in each one of our counties. Please visit our website www.centalutahpublichealth.com.

HOW SWEET IT IS TO BE VACCINATED



In addition to the many vaccines given out at our clinics, senior citizen centers, schools and businesses, Central Utah Public Health staff also had a great turn out for our four "Drive Through Flu Shot Clinics". These clinics are literally what they imply, people can drive through an open building and get the flu vaccine while they are sitting in their cars. Clinics took place in Richfield, Nephi, Mt. Pleasant and Junction. The total number of people vaccinated at these events was a staggering **808**. The staff at Central Utah Public Health would like to thank all of the agencies that partner with us to make these clinics possible and a special thanks to the 44 volunteers that assisted at the clinics.

Name: Valyn Leavitt

Job Title: Health Educator

How long have you worked at CHPD? 13 years Which office? Richfield Office

Family Status: Married to Darwin Leavitt, 4 children, 3 boys and one girl, 13 grandchildren and 2 great grand children.

Where did you grow up? Venice Utah

How do you typically spend your leisure time? I love to be outdoors.

working in the yard or going camping, boating, or 4-wheeling.

What are 5 things you “can’t live without?” I cannot live without ALL of my family, my church, my job, my friends, and the combination of popcorn and diet coke.

What are the three things you are most thankful for? My Savior, my family, my friends.

What is your favorite quote? “God grant me the serenity to accept the things I cannot change.”



A Run to Remember



Approximately 250 people participated in the “Run to Remember” 5K on November 8th in Delta. This yearly event is held in memory of Michael Lefevre who was tragically killed in a car crash in 2010. Family, friends and many community partners sponsor this event in an effort to emphasize how important it is to wear your seatbelt. Prior to the run, Laren Lefevre, and Eric Jessen, father of Jesse Jessen who was also killed in a car crash, spoke to participants about the need to wear seatbelts at all times. Both of these newly licensed drivers were ejected from their vehicle and subsequently hit by their own car when their vehicles rolled. Laren and Eric’s message is simple, “We don’t want any other families to have to go through the pain we’ve been through due to the loss of a loved one.” They implore community members to buckle up. Participants signed seatbelt pledges and received a t-shirt to remind them to “Buckle Up”. Increasing seatbelt use in rural Utah has always been a challenge. It’s important to remember that most crash fatalities occur within 25 miles of home and at speeds of less than 40 mph.

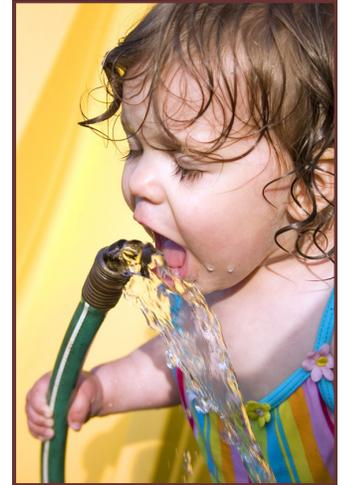


The best investment we can make as taxpayers is funding preventative health care. These primary prevention programs save money by decreasing disease and illness which we all know can result in tragedy and overwhelming medical expenses. These essential programs fund preventative interventions that have historically reduced the prevalence of disease dramatically.

For instance:

1- **Clean water and flushing toilets** (1st defender against disease)

Central Utah Public Health Department's environmental program provides water testing and waste water system inspections. Both of these services are essential to ensure our water is not contaminated and that waste is properly disposed of.

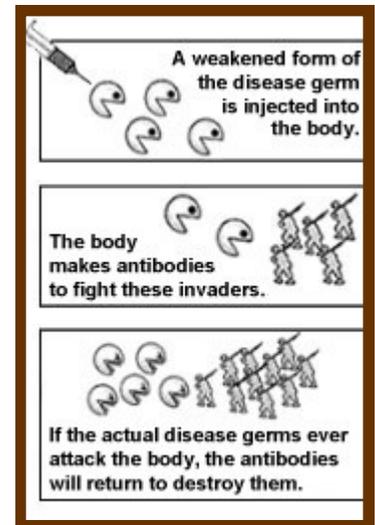


2- **Vaccinations: Protecting Individuals and Communities**

Public health officials agree that after clean water and flushing toilets, vaccinating is the best way to prevent disease. The benefits of vaccinating are two-fold, they protect individuals and communities by preventing widespread disease. The Center for Disease Control explains how vaccines work as follows:

"Vaccines help develop immunity by imitating an infection, but this "imitation" infection does not cause illness. It does, however, cause the immune system to develop the same response as it does to a real infection so the body can recognize and fight the vaccine-preventable disease in the future. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity."

-Center for Disease control www.cdc.gov, "How Vaccines Prevent Disease"



3- **WIC: Decreasing Infant Mortality and Improving Health Care for Mother's and Children Ages 0-5 .**

The WIC program plays a significant role in promoting healthy birth outcomes by providing nutrition education, supplemental foods, breastfeeding support and referrals to other medical services.

The Income Guidelines to Qualify for WIC can be found at www.health.utah.gov/wic/apply.html

Prenatal WIC participation is associated with lower infant mortality rates.

WIC prenatal care benefits reduce the rate of low birth-weight babies by 25 % and very low birth-weight babies by 44.5%.

WIC participants are more likely to receive adequate prenatal care.



The holidays are upon us and that means holiday traveling. In an effort to remind our community residents to buckle up, our health promotion staff launched a grocery bag campaign. All of the third graders in our six counties had an opportunity to decorate a grocery sack with a buckle up message on it. The grocery bags were then delivered to the local grocery stores to be given out to customers during the holidays. We are delighted with the creativity and artistic skills of our third graders. One of our favorite messages had a picture of a child restrained in a car with this message “No More Owies”. Buckle up and be prepared for bad weather. Winter equipment essentials: shovel, jumper cables, tow and tire chains, properly inflated spare and jack, toolkit and a bag of salt.

The Utah Tobacco Quitline (**1.800.QUITNOW**) Online access **waytoquit.org**

Questions? Visit our Website at www.centralutahpublichealthdept.com

What information do you need to bring to your first WIC appointment?

A complete list can be found on our website under the WIC link located on the left hand side under Quick Links .

Do you need to get your food handlers card? Our website will give you information on how to take the class online and the services we offer in our clinic including information on operating permits and an online permit application.

Need a certified copy of your birth certificate? An online birth certificate application and information on applicable fees can be found under the vital records link.

Are you prepared for an emergency? You can find a complete 72 hour emergency kit checklist on our website under the emergency planning link.

What diseases are required by Utah law to be reported to the health department ? A detailed list is available on our communicable diseases link.

Are you installing your child’s car seat correctly? Information about our car seat safety program can be found by clicking on the Car Seat link on the left hand side under Quick Links.

Do you need to apply for a Waste Water Permit? For more information about our solid waste program click on the solid waste link at the top of our homepage.



Yes, we do have the cutest patients on the planet.