

Health Matters

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Fruits and Veggies...More Really Does Matter

New guidelines stress the move to a more plant-based diet, specifically **instructing Americans to fill half their plates with fruits and vegetables**. They also emphasize limiting added sugars and solid fats in the diet, and slashed the maximum recommendation for sodium from less than 2,300 mg to 1,500 mg per day. The new dietary guidelines policy document points out that **most Americans of all ages consume too few fruits and vegetables and too many added sugars and solid fats**. Every five (5) years,

USDA and HHS examine the latest developments in nutritional science and release a new version of their



Dietary Guidelines for Americans. This is done to keep them current with new developments in nutritional science. The guidelines serve as the basis for federal

food and nutrition programs like the USDA school breakfast and lunch programs.

The Fruits & Veggies-More Matters website also suggests filling half your plate with fruits and vegetables at every meal or snack as a way of simplifying the process of making sure you're eating enough.

Source: Produce for Better Health Foundation

Healthy Options for After-School Snacks

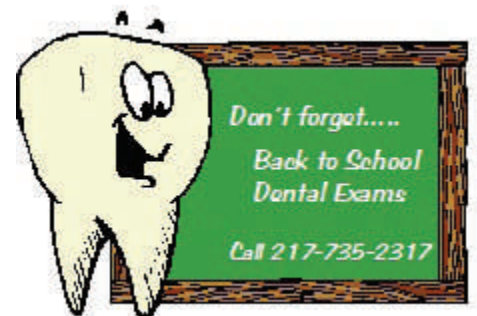
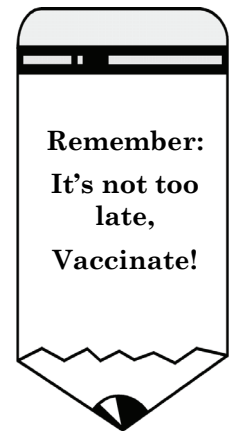
By: Colleen Feece, M.A., Health Educator

Most kids come home from schools looking for a quick snack to hold them over until dinner. However it's important that the snack they're eating is nourishing, but still leaves room for dinner. The first thing to consider is your child's schedule on a normal weekday. When do they eat lunch every day? What and how much do they eat? Are they currently in an after-school program that serves a snack? This will help better determine the right snack and portion.

Talk to your child about snacks they like; then come up with a list of healthy options together, being sure to include many fruits and vegetables. When children are involved in making healthy food choices, they are more likely to eat them.

Remember kids are more likely to eat food that's handy. Help by making snacks visible and ready-to-eat at home. Try snacks such as: celery with peanut butter and raisins, hard boiled eggs topped with cheese, fruit kabobs, fruit smoothies, whole grain crackers topped with cheese and pear slices, or a quesadilla made with a whole-wheat tortilla, low fat cheese, and salsa.

Easy to pack snacks might include: trail mix, nuts, low-sugar whole grain cereal, whole grain pretzels, fresh/dried fruit, and cut up vegetables.



Dangers of Poisonous Plants

By: Mary Anderson, B.S.N., R.N., Public Health Nurse



Poisonous plants are an outdoor threat. When the oil of poison ivy, poison oak, and poison sumac comes in contact with the skin, an allergic reaction occurs. The amount of oil, urushiol, can be very small for a rash to develop – a portion equal to a grain of table salt.

The plants can be found anywhere. Places include roadsides, forests, fields, parks and even your backyard.

Poison ivy is common in this area. Be on the look-out for a hairy ropelike vine with three shiny green leaves. These leaves turn red in the fall. The leaves bud from one small stem.

Exposure can occur three ways. One may have direct contact with the plant. Indirect contact may occur by touching clothes, tools, or livestock that have urushiol on them. Particles may be spread through the air by burning and thus inhaled. 80% to 90% of those who are exposed will develop a rash. Some people find relief from over-the-counter topical medical preparations.

If the poisonous plants are burned and the smoke inhaled, immediate medical attention may be required because the allergens inhaled could cause lung irritation.

Symptoms include a red rash which can occur a few days after contact, bumps, weeping blisters, itching and swelling. You may have patches of these on your body.

Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching and blistering. Do not apply to broken skin, such as open blisters. Oatmeal baths and antihistamines may relieve itching. If you have trouble breathing following exposure, go to the emergency room or phone 911.

By remembering the old saying, “Leaves of three, let it be,” you can avoid poisonous plants and the misery associated with them.

Source: Centers for Disease Control and Prevention

September is National Preparedness Month

Take action now to make sure your family, neighborhood and community are ready for emergencies and disasters of all types:

- ✓ Put together an emergency supply kit
- ✓ Make a family emergency plan
- ✓ Be prepared to help your neighbor
- ✓ Work as a team to keep everyone safe

To learn more about how you can prepare for emergencies visit ready.gov or call 1-800-BE-READY, TTY 1-800-462-7585

Ready

NATIONAL PREPAREDNESS MONTH
September 2011 | ready.gov

FEMA citizen corps

**A Time to Remember.
A Time to Prepare.**

Join the Logan County Medical Reserve Corps !

The Logan County MRC is recruiting medical and non-medical volunteers.

For more information, contact the MRC Coordinator at 217-735-2317 or sbean@lcdph.org.



THE FACTS ON RADON

- Radon is the second leading cause of lung cancer in the United States.
- Any home has the potential to contain unsafe levels of radon and Logan County is in a high-risk zone.
- Testing is the only way to determine if your home is safe from radon.
- Radon test kits are available at the Logan County Department of Public Health for only \$5.00.

For more information contact us at 217-735-2317, or info@lcdph.org



Canning Tips for Beginners

Home canning lets you preserve the summer fruits and vegetables you grew in your garden or bought at the farmers market. The National Center for Home Food Preservation offers these tips for beginners:

1. Choose proper ingredients including unblemished produce that's not overly ripe. When recipes call for salt, use only canning and pickling salts.
2. Use jars and lids specifically designed for canning. Always use new lids; you may re-use jar rings.
3. Check all jars for chips and cracks before processing.
4. Use modern, research-tested recipes created anytime after the year 2000 and follow them exactly. The Logan County Extension Office is a great source for reliable recipes.

Select the proper method - use boiling water canners only for fruits, tomatoes and pickles since the temperature of boiling water is sufficient to kill bacteria in these high acid foods. Pressure canning safely preserves low-acid vegetables and meats.

Questions about canning, freezing, or drying foods? Visit the National Center for Home Food Preservation at:

<http://www.uga.edu/nchfp/> Source: *National Center for Home Food Preservation*



Happy Harvest: Farm Safety for Kids

By: Colleen Feece, M.A., Health Educator



Farms are exciting places for kids, but they really need to know how to be safe and prevent injuries. According to the National Safety Council, farming is one of America's most hazardous jobs. Kids ages 10 to 14 are at high risk for injury, most often due to taking on a task they aren't quite ready to handle. Young children should not operate farm machinery. This includes trucks, tractors, threshers, mowers, and ATV's.

When around large farm animals, children need to be taught to stay calm, move slowly, avoid sudden movements, and not to scream or run around them. Poisons, chemicals and fertilizers also pose a threat and need to be closed and stored where little ones can't reach them. Barns or storage areas tend to make kids curious to explore, but left unsupervised it's easy to fall from ladders, or loft areas. These areas should be locked when adults are not present. Children should also be warned not to ride on a grain wagon, or enter a silo or grain bin, as it is easy to become trapped by flowing grain.

In the event of a farm related illness or injury always keep a first aid kit nearby, as well as emergency phone numbers such as 9-1-1, and the Illinois Poison Control Center 1-800-222-1222 posted for kids and adults to see.

Sources: *Nemours-Kids Health*, and *Farm Safety 4 Just Kids*

Illinois Breast & Cervical Cancer Program

Breast cancer is the most common cancer in women but it can be successfully treated when it is found in the early stages.

Cervical Cancer is also treatable in the early stages and can often be found in the precancerous stage.

REGULAR SCREENINGS ARE IMPORTANT!

We Offer Free:

Mammograms
Pap Tests
Breast Exams



Eligibility Requirements:

1. Women 35-64 years of age
2. Without Insurance
3. Symptomatic younger women may qualify

For more details call
1-800-269-4019 or 217-735-2317
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Illinois Department of Public Health



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We're on the Web!
Check us out at:
www.lcdph.org

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**RECOMMENDED IMMUNIZATION SCHEDULE FOR
INFANTS AND CHILDREN**

Recommended Age	Vaccine
Birth	Hep B
2 Months	*Pediarix, HIB, Pneumococcal 13, Rotavirus
4 Months	*Pediarix, HIB, Pneumococcal 13, Rotavirus
6 Months	*Pediarix, HIB, Pneumococcal 13, HIB
12 Months	MMR, Varicella, Pneumococcal 13
15 Months	DTaP, HIB
4-6 years old	****Kinrix, MMR, Varicella**
9-26 years old	***Gardasil (3 dose schedule)
11 years of age and older	Meningitis (Menactra)
14-16 years (Td every 10 years after)	Tdap

*Pediarix is a combination of DTaP, IPV, and Hep B vaccines.

**Not needed if the child has already had the chicken pox disease.

***Offered at LCDPH from 9-20 years old.

****Kinrix is a combination of DTaP and IPV.

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