

Health Matters

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FALL



What is Public Health?



Public Health
Prevent • Promote • Protect

By Mark Hilliard, MPH, CHES, Public Health Administrator

Eighty-eight years ago a highly respected public health figure by the name of C.E.A. Winslow defined public health as “the science and art of preventing disease, prolonging life and promoting health and efficiency through organized community effort...”

There have been many other attempts to define public health over the years, but none have been as highly accepted as this. So what does this mean?

A national work group was assembled by the U.S. Public Health Service in 1994 in an attempt to develop a consensus statement of what public health is and does in language understandable to both those inside and outside the field of public health. What they came up with is known as “The Ten Essential Services of Public Health.” Their work can be summed up like this.

Public Health...

- Prevents epidemics and the spread of disease
- Protects against environmental hazards
- Prevents injuries
- Promotes and encourages healthy behaviors
- Responds to disasters and assists communities in recovery
- Assures the quality and accessibility of health services



Essential Public Health Services

- Monitor health status to identify community health problems
- Diagnose and investigate health problems and health hazards in the community
- Inform, educate, and empower people about health issues
- Mobilize community partnerships to identify and solve health problems
- Develop policies and plans that support individual and community health efforts
- Enforce laws and regulations that protect health and ensure safety
- Link people with needed personal health services and assure the provision of health care when otherwise unavailable
- Assure a competent public health and personal health care workforce
- Evaluate effectiveness, accessibility, and quality of personal and population-based (community) services
- Participate in research for new insights and innovative solutions to health problems

If public health professionals were asked to give a one word synonym for *public health*, it would most certainly be “Prevention.” Prevention implies actions that are taken to reduce or eliminate the possibility of something happening or in hopes of minimizing the damage that may occur if it does happen. In public health circles it is often said that “when public health does its job, nothing happens.” Despite this lack of recognition, prevention (public health) has been remarkably successful and appears to have great potential for the future too. Public health’s prevention efforts are responsible for 25 years of the nearly 30-year improvement in life expectancy at birth in this country since 1900. That’s prevention or rather public health at work.

Watch for our media campaign “THIS IS PUBLIC HEALTH” in this and future issues of this newsletter and throughout the community.

Source: *Public Health: What It Is and How It Works* by Bernard J. Turnock

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Mark Your Calendars

Osteoporosis Screenings \$5
By Appointment only
Sept. 30, Oct. 28, Nov. 25
8:30-11:30 am

Nutrition class by
Dr. Dan Freesmeier
First Monday of each month
at 6:00 pm

FREE exercise classes by Jan
Dickerson, Fitness Balance
Every Tuesday
at 4:30 pm

Diabetic Support Group
Last Monday of each month
at 4:00 pm

Call the Logan County
Health Department for more
information at
(217) 735-2317.



Get Prepared for National Preparedness Month

By: Shana Bean, BS, Emergency Response Coordinator

A disaster can strike at anytime, anywhere.

A disaster can force you to be confined to your home or can force you to evacuate your area. If a disaster were to strike our area would you be prepared? What about your friends and family? September is National Preparedness Month and we are urging you to take action and prepare yourself. Take these four steps to help better prepare yourself and the ones you care about.

GET A KIT: When preparing your emergency supply kit it is important to think about the basics we need for survival. Here are some items to include in a basic emergency supply kit. It is important to have enough of each item for at least a three day period.

- Water: One gallon per person per day
- Whistle: Used as a signal to get help
- Food: Non-perishable items
- Flashlight: Include extra batteries
- Battery operated radio
- Wrench or pliers to turn off utilities
- Dust Mask: Helps filter contaminated air
- Local maps
- Duct tape
- Can opener
- Moist towelettes
- Garbage bag
- First Aid Kit
- Weather radio



What's Lurking in Your Food?

By: Mary Anderson, RN, BSN, Public Health Nurse/Communicable Disease

During the summer months we have read and heard reports of salmonella. Salmonella bacteria cause much of the food poisoning in the world, including an estimated four million cases of salmonella in the United States each year. In Illinois about 1,500 to 2,500 cases of this foodborne illness are reported yearly.

Person-to-person transmission of salmonella occurs when a carrier's feces, unwashed from his or her hands, contaminates food during preparation or through direct contact with another person. Usually the illness comes from food contaminated with animal feces found on or in raw meats, eggs, fish and shellfish and, most commonly, in poultry. Salmonella also may be found in raw milk or in milk that is contaminated after pasteurization. The bacteria also may be carried by pets — birds, fish, dogs, cats and turtles.

A person may contract salmonella many times in his or her life and not always recognize it. Often it is mistaken for the "stomach flu." Symptoms, which last from 24 hours to 12 days, include headache, muscle aches, diarrhea, vomiting, rumblings in the bowels, chills, fever, nausea and dehydration. They usually appear 6 to 72 hours after ingestion. Carriers have no symptoms.

Most cases of salmonella are not treated with antibiotics. Fluids are recommended to prevent dehydration and pain relievers and fever reducers may make the person more comfortable.

People are far more likely to contract salmonella at home than in a restaurant, so be sure to handle food safely. Salmonella are killed when food is thoroughly cooked. This means cooking ground beef to at least 155 degrees and making sure **all** food is cooked properly.

MAKE A PLAN: Your family may not be together when disaster strikes so make a plan so that your family may reconnect.

- Agree on an out of town contact. Make sure everyone is aware of who the person is and what their phone number is. Also, make sure that each person will have money or a calling card to make a call.

- Agree on a meeting area if it is possible.

- Be aware of emergency plans at places where your family spends time. This can include work, school, etc.

BE INFORMED: Talk with emergency personnel in your community to learn about disasters that could occur in your area and appropriate ways to respond to the different disasters. It is also important to learn about emergency plans that have been established within your state or local community.

GET INVOLVED: Help prepare your community for a disaster. Everyone can play a role to help keep our community secure in case of a disaster. To learn more about how you can better prepare your community, contact your local Medical Reserve Corps at (217) 735-2317.

For more information on National Preparedness Month, contact Shana Bean, Emergency Response Coordinator, at the Logan County Health Department at (217)735-2317.

Source: U.S. Department of Homeland Security



Defrost frozen food in the refrigerator or microwave. Refrigerator temperatures should be kept colder than 40 degrees. Rinse poultry in cold water before cooking. Avoid raw milk, raw hamburger meat and raw eggs (many recipes, such as those for homemade ice cream, call for eggs with no subsequent cooking; substitute pasteurized eggs in these recipes). Food contaminated with salmonella may look, smell and taste normal. Because fruits and vegetables have now been identified as a source of salmonella, it is important that these food items be thoroughly washed in running water before they are eaten.

Wash utensils and wooden cutting boards thoroughly with hot, soapy water. Use an acrylic board that can go in the dishwasher. Rub down or spray wooden boards with a solution of one ounce bleach to one gallon water and allow to air dry. Cutting boards for raw meat and poultry should not be used for cheese, raw vegetables and other foods that will not be cooked before being served.

To prevent the spread of salmonella, wash hands thoroughly after using the bathroom and before handling food. Do not allow an infected person to handle food or work in the kitchen.

Once a case of salmonella has been identified through lab testing, it is the responsibility of public health investigators to determine the source of the infection. One untreated person can spread the disease to many others thus leading to an outbreak of disease.

Source: Illinois Department of Public Health HEALTHBEAT



Back-to-School Bullying

By: Laurie McPherson, B.S., Health Educator



Bullying is a very serious situation and not something to be taken lightly. Bullying is often considered to just be a part of growing up. Research shows that bullying is common among children. It is often a vicious and cruel, early form of aggressive, violent behavior that can include:

- Name-calling, threats or teasing
- Saying mean things
- Playing mean or embarrassing jokes or tricks
- Never letting someone join activities (ignoring)
- Physical violence
- Stealing



About 16 percent of students in the United States are involved. Of those, seven percent are the bullies and nine percent are the targets of the bullies. The problem is simple: By 24 years-of-age, 60 percent of bullies have criminal records. In comparison to other children, bullies grow up to have more arrests for drunk driving, domestic violence and child abuse. Children who are bullied tend to have higher rates of depression, anxiety, post-traumatic stress, substance abuse, and suicides. When these victims become adults they still show signs of low self-esteem and depression, and may even have mental disorders!

What should you do if your child is bullied?

- Children should be told to first try to ignore bullies. A bully may give up if they don't get attention.
- Encourage children to tell an adult if ignoring a bully doesn't work. Everyone has a right to safety.
- Help your child learn self-confidence. It is so important that your child feels proud of who they are and secure with themselves. This will prevent them from being bullied and even from being a potential bully.

- It might be beneficial to pair your child with a confident, maybe older, child as a role model and even for protection.
- Encourage your child to make friends, and participate in activities with others. It would be good if your child had a friend with him/her to walk to the bus, through the halls of school, sit by at lunch, and so on. Bullies will be less likely to pick on someone that is in a group or at least not alone.

Make your child feel comfortable talking to you about bullying. Don't dismiss their concerns. Let them know you support them, and work on the problem together. It is very hard for a victim to do something to stop the problem.

- Talk to the child's teachers. Don't call the parents of the bully. Let the school handle the problem.

What if your child is the bully or bystander?

- Find out why your child is bullying. Maybe there is a self-confidence problem.
- Explain why bullying is wrong by trying to get your child to understand what the victim feels like.
- Show your child how to play with other children without the bullying. Praise them when they accomplish this.
- Parents can also help by controlling their own behavior and making it clear how inappropriate bullying really is.
- Talk to your school, maybe the school counselor about programs that help children who bully.
- Tell your children to never join in and help someone bully others. They should try to help their peers in those situations, even by just reporting it.

Source: Coalition for Children, INC.

Leaf Burning...Up in Smoke

By: Matt Ringenberg, MPH, LEHP, Director of Environmental Health

According to state law, *landscape waste*, defined as leaves, grass, tree limbs, and other materials accumulated as the result of the care of lawns, shrubbery, vines and trees, can be burned with the following restrictions:

- Leaves may be burned only on the premises on which they are produced.
- Local governments may prohibit the open burning of landscape waste.
- Local governments may regulate burning by specific times and/or weather conditions during which open burning may occur.

However, open burning of landscape waste can cause damage to the environment and to public health. Smoke from burning landscape contains high concentrations of carbon monoxide, carcinogens, smog-forming pollutants, and particulate matter that can seriously affect people with breathing conditions, such as asthma. Some environmentally friendly alternatives to landscape burning include chipping, shredding, mulching and composting yard waste.

Please note that state law strictly prohibits burning garbage and other refuse materials. Before burning landscape waste, be sure to contact your local municipality to inquire about any additional requirements or burning bans.

Source: Illinois Environmental Protection Agency



**We're on the Web!
Check us out at...**
www.logancountyhealth.org

**Health Department
Satellite Clinics**

Christian Village Congregate Building

- 2nd Monday: 10:00-11:00 a.m.

Logan Court High-Rise

- 2nd Wednesday: 10:30-11:30 a.m.

Friendship Manor/Odd Fellows

- 2nd Friday: 10:00-11:00 a.m.



Public Health
Prevent · Promote · Protect

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Courtesy of Maternal Child Health/
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**RECOMMENDED IMMUNIZATION SCHEDULE
FOR INFANTS AND CHILDREN**

Recommended Age	Vaccine
Birth	Hep B
2 Months	*Pediarix, HIB, Pneumococcal 7, Rotavirus
4 Months	*Pediarix, HIB, Pneumococcal 7, Rotavirus
6 Months	*Pediarix, Pneumococcal 7, HIB, Rotavirus
12 Months	MMR, Varicella, Pneumococcal 7
15 Months	DTaP, HIB***
4-6 years old	DTaP, IPV, MMR, Varicella**
9-26 years old	Gardasil (3 dose schedule)
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 chickenpox disease.

***Shortage of vaccine- deferred at this time.

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