

Monroe County Health Department

“Growing Healthy Families...Together”

Window of Health

New Year—New Name—And The News Just Keeps On Coming!!

Our first edition of the Monroe County Health Department Newsletter was a huge success. Thanks to all of you who contacted us with comments and suggestions. We listened and we will continue to publish what we believe is important to the health and well-being of the citizens of Monroe County. In the fall, we conducted a contest to “name the newsletter” at the Health Department and Dyshel Thompson’s entry of “Window of Health” was the winner. Please continue to let us know how we may better serve our community and have a safe and healthy winter.

Rebecca Tandy
Director

Have You Had Your Pneumococcal Vaccine?

Pneumococcal disease is a serious disease that can lead to illness and death. Each year in the United States, pneumococcal disease kills more people than all other vaccine-preventable diseases combined. There are certain people that are at greater risk for pneumococcal disease. These include people 65 and older, the very young, and people with special health problems such as alcoholism, heart or lung disease, kidney failure, diabetes, HIV infection, or certain types of cancer.

Pneumococcal disease can lead to serious infections of the lungs (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis). People with the special health problems mentioned above are highly likely to die from any of these diseases. It is very important that any of the above mentioned, and anyone that may have increased risks, obtain a pneumococcal vaccine. The pneumococcal polysaccharide vaccine (PPV) protects against 23 types of pneumococcal bacteria. Please call the Monroe County Health Department today to find out more about the pneumococcal vaccine and to make an appointment.

Jill Ford, RN, BSN

Fluoride Varnish For Monroe County Children

In a recent survey of Kentucky’s children, ages 2 to 4 years, nearly half were afflicted with Early Childhood Caries (ECC), formerly called Baby Bottle Tooth Decay. Kentucky’s KIDS SMILE oral health program is aimed at reducing this very high incidence and prevalence of ECC. The KIDS SMILE program provides free fluoride varnish to children ages 0 through 5 years.

Fluoride varnish is absorbed by the tooth enamel and strengthens the enamel to provide additional resistance to decay. The fluoride varnish is applied once every 6 months and parental consent is required.

The Monroe County Health Department has recently begun visiting local schools and applying fluoride varnish to children in pre-school and head start classes. The health department plans to visit each of the local elementary schools and the local daycares as well. Appointments can also be scheduled at the health department for fluoride varnish.

February is National Children’s Dental Health Month—celebrate by calling and scheduling your child an appointment today!

Jill Ford, RN, BSN

VOLUME 2, NUMBER 1

JANUARY, 2006

Inside this issue:

5-A-Day For Better Health	2
Folic Acid For All Women	2
Bird Flu Basics	3
Winter Driving	3
Flu Vaccine Update	3
Food Inspections	4
Cancer Coalition	4
Second hand smoke	4
Inhalant Usage	4

Begin Your New Year Smoke Free!

The Monroe County Health Department will host a Cooper/Clayton Smoking Cessation Program beginning on Monday, January 9, 2006 and will continue for 12 weeks. The method used to give up tobacco in this program is a combination of nicotine replacement therapy (patch or gum), education, and a support group. Participants must pre register and attend all 13 classes. Classes will meet each Monday at 3 PM at the Monroe County Health Department. There is no cost for the class and the Monroe County Kentucky Agency for Substance Abuse Policy (KY-ASAP) will pay for half the cost of nicotine replacement (patch or gum) for the first 10 pre-registered participants in each class. Leave your name and phone number with a clerk or Dyshel Thompson at 487-6782.



Harold Kelley

5—A—DAY FOR BETTER HEALTH

The produce for Better health Foundation and the National Cancer Institute recommend eating 5 or more servings of fruits and vegetables every day for better health. Choosing a nutrient-dense diet is one of the most important choices you can make to maintain a healthy lifestyle. Fruits and vegetables are low in calories, fat, and sodium, and are good sources of fiber, folate, potassium, vitamin A, and vitamin C. A growing number of Americans are conquering their between-meal-hunger by snacking healthier. The key is choosing fruits and vegetables, an easy way to get 5 A Day.

FACTS TO KNOW:

- 30% and as many as 70% of all cancer deaths are diet related.
- People who eat 5 or more servings of fruits and vegetables daily have ½ the risk of developing cancer than those who only eat one or two servings a day.

- Nearly \$250 billion are spent each year on health-care costs due to diet-related disease—diets that are too high fat and too low in fruits and vegetables.
- Fruits and vegetables are important not only in reducing the risk of developing certain types of cancer, but also in reducing the risk of heart disease, diabetes, stroke, obesity, and birth defects.
- Americans are still not eating the minimum number of servings of fruits and vegetables each day for better health and children eat even less.

To make an appointment with a nutritionist or for more information contact the health department at (270) 487-6782.

Check out 5-Day on the web at www.5aday.org or at www.monroecohd.com.

—Dyshel Thompson, Health Educator



FOLIC ACID NOW

FOLIC ACID, ALL WOMEN, EVERY DAY!

Folic acid is a B vitamin that can be found in some foods and vitamins. If women have enough of it in their bodies before pregnancy, this vitamin can prevent up to 70 percent of birth defects of the baby's brain and spine. Getting enough takes a small effort. But it makes a big difference.

Folic acid has been added to some foods such as enriched breads, pastas, cereals, and rice. Check the labels. Some cereals have 100 percent of the folic acid you need. In addition, it is always important to eat a well-balanced diet with plenty of fruits and vegetables.

An easy way to be sure you're getting enough folic acid is to take a vitamin with folic acid in it. Almost every multivitamin has all the folic acid you need.

About half of all pregnancies are not planned. That's why you should take enough folic acid every day if there's any chance you could get pregnant. Because by the time you know you're pregnant, your baby's brain and spine are already formed.

FOLIC ACID 400 micrograms (or 1.4 milligrams). All Women Who Are Pregnant Every Day!

For more information on folic acid and planning a healthy pregnancy, please call your local health department at 487-6782.

Information provided by CDC at:

www.cdc.gov/ncbddd/folicacid

1-888-232-5929

January is National Birth Defects Prevention Month!

Jill Ford, RN, BSN

March Is
National
Nutrition Month
Celebrate
5-A-Day
The Color
Way!!

Bird Flu Basics

As flu season approaches, there's been a lot of talk about bird flu. Bird (avian) flu is an influenza virus type A that normally infects birds, but can also infect pigs and other animals. Wild birds, the natural hosts, normally don't get sick from this virus, but domestic animals such as chickens and turkeys can be severely affected severely. Humans, meanwhile, can be infected with influenza types A, B, and C.

Genetic changes and sharing can occur under certain circumstances such as in crowded conditions where poultry, pigs, and people live in close quarters. This change can allow a virus to become much more infectious to humans and more easily transmitted from person to person. And this is where a "pandemic" comes in: it's a worldwide outbreak of a new influenza A virus between humans, while epidemics tend to be seasonal, involving viruses that already exist.

The avian flu's jump to humans was first detected in 1997, although all the human deaths reported so far (about 60 since 2003) have been due to transmission from animals to humans. There has been more concern recently because the virus has been detected in migratory birds which can't be caught and killed - and which may carry the virus to Europe and Africa within the next two migratory seasons.

The consensus is that although it's possible an avian flu epidemic may occur, no one can

predict if it will take place in weeks or years. It all depends on when that genetic shift (from birds to humans) takes place.

There has been no detection of this virus in the U.S. It is possible for travelers to be infected, but most of the cases in humans have been in those with closer contact to birds than a casual traveler has. Since the infection occurs via fecal-oral route, to reduce your risk while traveling, avoid bird markets, zoos, and areas in parks, etc. with high concentrations of bird feces.

Countries that are the most vulnerable to this flu are Indonesia, Vietnam, and Cambodia, due to their high concentration of bird markets. Other areas involved are Thailand, China (south and north), Tibet, Russia, Kazakhstan, and Mongolia.

Symptoms of bird flu in humans have ranged from typical flu-like symptoms (fever, cough, sore throat, muscle aches) to eye infections and pneumonia. If you feel you've been exposed, there are a couple of treatment recommendations available today that you may want to discuss with your doctor. Until these are tested in a pandemic, however, their true efficacy is unknown. There are **currently no vaccines available**, but many companies are working on them.

For more information check the Center For Disease Control website at: www.cdc.gov/flu/pandemic.htm

Submitted

FLU VACCINE UPDATE

The health department administered over 1,000 doses of flu vaccine during the months of October and November. Two dedicated flu clinics were held 10/10/05 and 11/07/05 and an offsite clinic was held 11/15/05. The health department was successful because of the assistance of the local media, hospital and physicians. We appreciate the community's patience and understanding of initially vaccinating the high-risk population per CDC's recommendation. *Our community is more prepared working together than individually.*



Winter Driving

The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving.

BEFORE winter driving have a mechanic check the following items on your car: battery, antifreeze, wipers and windshield washer fluid, ignition system, thermostat, lights, flashing hazard lights, exhaust system, heater, brakes, defroster, oil level (if necessary, replace existing oil with winter grade oil or SAE 10w/30 weight variety).

Install good winter tires. Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions.

Keep a windshield scraper and small broom for ice and snow removal. Maintain at least a half tank of gas during the winter season. Plan long trips carefully. Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during daylight and, if possible, take at least one other person. Dress warmly. Wear layers of loose-fitting, layered, light-

weight clothing. Carry food and water. Store a supply of high energy "munchies" and several bottles of water. Contact your local law enforcement for more information on winter driving.

FEMA

**JANUARY IS RADON
AWARENESS MONTH**
**STOP BY THE HEALTH
DEPARTMENT FOR A FREE
TEST KIT.**

MONROE COUNTY
HEALTH DEPARTMENT

MONROE FOOD ESTABLISHMENT INSPECTION RESULTS COMING TO THE WEB

452 East 4th Street
P.O. Box 247
Tompkinsville, KY 42167

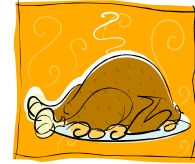
Phone: 270-487-6782
Fax: 270-487-5457

*"Growing Healthy
Families ... Together"*

www.monroecohd.com

Jason Holland, Environmentalist for the Monroe County Health Department recently announced that beginning in the spring of 2006, the inspection ratings for food establishments will be posted on the Monroe County Health Department website (www.monroecohd.com). All food establishments in Monroe County are inspected semi-annually using the required state checklist, and after each inspection given a rating as to how they scored. A food

establishment is defined as any food service (restaurant) or retail market (grocery or convenient store). The spring edition of "Window of Health" will have more information on this service.



Inhalant Usage:

Recently health department staff were educated on the dangers of inhalant use in young children. Many adolescents are not aware of the dangers of sniffing glue, gases or sprays. If anyone would like additional information please visit www.inhalants.org or contact the health department at 487-6782.

Second Hand Smoke:

Monroe County KY-ASAP Board funded an air quality study in 6 establishments located in Monroe County. The findings were presented to community partners in November 2005. Please visit the health department website www.monroecohd.com for further details or contact Dyshel Thompson, Health Educator.

A note from Betty Ford, RN

Would you like to do something positive for women's health? Can you think of someone you know whose life has been touched by breast cancer? Consider becoming a member of the Monroe County Cancer Coalition. Funding from the Kentucky Women's Cancer Screening Program allows us the opportunity to meet and discuss women's needs in our community - with the main focus being breast cancer and ways to encourage women to get the screenings they need to stay healthy. Our meetings are held quarterly at the Health Department and we now have more than 25 members. Bring a friend along. Everyone is welcome. Call me with questions. Hope you will consider becoming a part of this worthy organization!

Monroe County Health Department

452 East 4th Street

P.O. Box 247

Tompkinsville, KY 42167