

APRIL 2010

## WHAT'S INSIDE

Spring is Just  
Around the Corner

Farmers Market  
Locations

Chemical  
Dependency  
Assessment Changes

Living Healthy in  
Washington County

Protecting Your-  
self from Ticks

Mental Health  
Update

## Spring is Just Around the Corner - Planting Time for Fresh Fruit & Vegetables

Community supported agriculture. Farmer's markets. Farm to school programs. Community and family gardens. What do all of these have in common? They are sources for locally grown foods that improve access to nutritious fruit and vegetables for everyone in the community.

**Community Supported Agriculture (CSA)** provide residents with local, fresh produce and often utilize natural methods to grow healthy, nutritious fresh vegetables, fruit, and other commodities while protecting the environment. CSA farms provide a weekly delivery of sustainably grown produce to consumers during the growing season (approximately June to October). Those consumers, in turn, pay a subscription fee and become members of those farms. CSA operations provide more than just food; they offer ways for consumers to become involved in the community that supports the farm. There are several CSAs in and around Washington County that provide delivery or pick-up locations for their produce. There are even opportunities to work on the farm as well. Subscriptions are often sold out by early spring and vegetable lovers are encouraged to reserve their shares early. The Land Stewardship Project's *Twin Cities Region CSA Farm Directory* can help consumers find the farm that's right for them. For a free copy, visit [www.landstewardshipproject.org/csa.html](http://www.landstewardshipproject.org/csa.html) or call 612-722-6377.



**Farmers' market** products are renowned for being locally grown and very fresh. They allow farmers to pick produce at the peak of flavor, preserve the nutritional content of fresh produce, and get it to the consumer's table in a shorter time. Farmers' markets often feature produce grown naturally or organically, meats that are raised humanely on pasture, handmade farmstead cheeses, eggs and poultry from free-range fowl, as well as heirloom produce. The markets help farmers stay in business while preserving natural resources and prices are usually reasonable. According to the American Farmland Trust, sustainable farms conserve soil and water, provide a habitat for wildlife and help maintain important social ties, linking people in a mutually rewarding experience. (See page 3 for Farmer's Market locations in Washington County.)

CONTINUED ON NEXT PAGE

## Spring is Just Around the Corner - (cont'd)

**Farm to School Programs** bring healthy food from local farms to school children. The program can teach students about the path of food from farm to table, and teaches healthy eating habits that can last a lifetime. At the same time, use of local produce in school meals provides a new market for farmers in the area, and offers sustainability to the family farm. Lead agencies and staff from the National Farm to School Organization provide free training and technical assistance, information services, networking, and support for policy, media and marketing activities. Farm to School is a comprehensive program that includes fresh foods in the school



along with waste management programs like composting, and experiential education opportunities such as planting school gardens, cooking demonstrations and farm tours.

<http://www.farmentoschool.org/aboutus.php>

**Community Gardens** are a great way to meet neighbors while growing fresh produce. Gardens combat hunger by providing land for people to grow their own food and often enough produce to share with others. This can leave more cash on hand for other necessities. Children in the neighborhood can learn about gardening and become involved at an early age. Children are more likely to eat the

vegetables they have grown themselves and begin to develop healthy eating habits. The community garden is an informal classroom where people of all ages share their resources and expertise, have fun and get exercise all at the same time. Community gardens are also in the unique position to distribute fresh produce to a local food shelf, sharing nutritious foods to those in need. <http://www.gardeningmatters.org/index.html>

These examples offer new opportunities for buying fresh produce as part of the environmental changes that are supported by “Living Healthy in Washington County,” a local initiative and part of the Statewide Health Improvement Program (SHIP). The goal is to create or expand local resources that increase access to fresh fruit and vegetables for everyone in the county, regardless of where they live.

For more information on SHIP in Washington County, contact the Department of Public Health and Environment at 651-430-6655.



## Farmers' Markets in Washington County, MN

### Bayport

Perro Park, corner of Highway 95 and 3<sup>rd</sup> Avenue  
Mondays 3:00-7:00 pm, June - October

### Cottage Grove

Cottage Grove Square Mall  
Tuesdays, 2:00-6:00 pm, June 27 - September 26

### Cottage Grove

United Church of Christ, 7008 Lamar Avenue South  
Thursdays, 3:30-6:30 pm, June 17 - October 14

### Forest Lake

Forest Lake Lakeside Park, Downtown,  
(east of Broadway and Highway 61)  
Tuesdays, 5:00-8:00 pm, June - September

### Hastings

Westview Mall, Highway 55 and Pleasant Drive South  
Tuesdays and Saturdays 8:00 am-1:00 pm,  
June - October

### Hugo

Church of St. John the Baptist parking lot,  
14383 Forest Lake Blvd. North  
Thursdays, 2:30-6:30 pm, June - October

### Marine

Park in Downtown  
Saturdays, 9:00-12:00 noon

### Stillwater Farmers' Market

3rd and Pine Streets  
Saturdays 7:30-11:30 a.m. June - October

### Stillwater Township

Township Hall, junction of Highway 95 and 55  
Wednesdays 3:00-8:00pm, June - October

### White Bear Lake Farmers' Market

Washington Avenue, White Bear Lake  
Fridays 8:00 am-1:00 pm, last Friday in June  
through the last Friday in October.

### Woodbury

Central Park/YMCA lot on Radio Drive,  
8595 Central Park Place  
Sundays 8:00-1:00 pm, June - October

### Woodbury

City Walk parking lot,  
corner of Woodbury Drive and Hudson Road  
Wednesdays 3:30-6:30 pm, July - October

## Washington County Community Services Streamlines Chemical Dependency Evaluations

The process for accessing alcohol and other drug abuse health assessments (also known as a Rule 25 Assessment) in Washington County changed on January 1, 2010. An individual who is interested in receiving chemical dependency treatment can call Washington County Community Services which will provide an intake screening for Rule 25 Assessments.

Once an intake screening is completed by Community Services, the individual may then choose from a list of providers who are available to conduct a full chemical dependency assessment. The Rule 25 Assessment consists of a drug use assessment and a determination of the need for treatment. Once the assessment is conducted, the Washington County Chemical Health Placement Team will review and refer the individual to the appropriate treatment program based on the Rule 25 Assessment and eligibility for Consolidated Chemical Dependency Treatment Fund.

For additional information on alcohol and drug abuse health assessments and resources in Washington County, call the Washington County Chemical Health Intake phone number 651-430-6561 or go to:

[http://www.co.washington.mn.us/info\\_for\\_residents/community\\_services/alcohol\\_and\\_drug\\_abuse\\_services/](http://www.co.washington.mn.us/info_for_residents/community_services/alcohol_and_drug_abuse_services/)

## Living Healthy in Washington County

What does “Living Healthy” look and feel like? For many people it is fitting some sort of physical activity into the day – not necessarily going to the gym or training for a marathon. It could be walking to school; biking to work or the bus stop; walking the dog after a long day of sitting at a computer; or biking or walking to a local destination such as a restaurant or grocery store instead of driving.

“Living Healthy” for other people might mean eating right; not because they have to but because healthy foods are within reach – in schools, at work and community functions - while the unhealthy foods are less prominent. Maybe it is taking off a few pounds and noticing that the aches and pains are gone or that blood pressure readings are almost normal again. For some, “Living Healthy” is about quitting tobacco or avoiding tobacco exposure.

The Washington County Department of Public Health and Environment has partnered with key leaders from healthcare, schools, communities and worksites throughout Washington County to bring “Living Healthy” closer to the places where people live, learn, work and play. The goal is to make the healthy choice an easy one so that “Living Healthy” will feel natural and normal, not difficult or forced. Watch for more information on “Living Healthy in Washington County” opportunities in your community.



Living Healthy in Washington County initiatives are made possible through funding from the Statewide Health Improvement Program (SHIP) of the Minnesota Department of Health. For more information, visit <http://www.health.state.mn.us/healthreform/ship>.

## Protect Yourself from Tick Bites

Gardening, camping, hiking, just playing outdoors – these are all great warm weather activities, but don't forget about the ticks that may be in the same environment.

Washington County and Western Wisconsin are high risk areas for tick-borne disease. These diseases are carried by the blacklegged (or deer) tick, which can be found in brushy and wooded areas anytime from thaw to hard freeze. Blacklegged ticks are much smaller than the common wood tick, making them harder to see on the skin. Because they need humid conditions to survive, blacklegged ticks are not commonly found in lawns and open areas. However, if these areas come up against woods or brush, they may be found along the borders.

There are three main tick-borne diseases found in this area:

**Lyme Disease** is the most common, with 73 cases reported in Washington County in 2008. Symptoms first begin 3-30 days after the tick bite and can include fever, muscle and joint pain, fatigue and a “bull's-eye” rash. Although the rash is sometimes thought to be the tell-tale sign of Lyme Disease, 20-40% of patients will not exhibit one. Later symptoms include stiffness, weakness, and nervous system effects.

**Human Anaplasmosis** is a disease first recognized in this area in 1993, with numbers gradually rising across the state. In 2008 Washington County reported 7 cases. Patients typically exhibit flu-like symptoms 1-3 weeks

## Protect Yourself from Tick Bites - (cont'd)

after the bite. These symptoms can include fever, chills, and head and muscle aches. This disease can be fatal if untreated, especially in individuals with weakened immune systems.

**Babesiosis** is caused by microscopic single-celled organism called protozoa. Symptoms are also typically flu-like. This disease can range from limiting to serious, with serious cases much more likely in health compromised individuals. Washington County reported no cases in 2008, but has in previous years.

A tick must remain attached to its host for 24-48 hours to transmit disease. The peak feeding time for these ticks is May through July, leading to the peak onset of disease symptoms in June through August. Fortunately there are several tactics you can use to prevent tick bites and reduce your risk of tick-borne diseases:

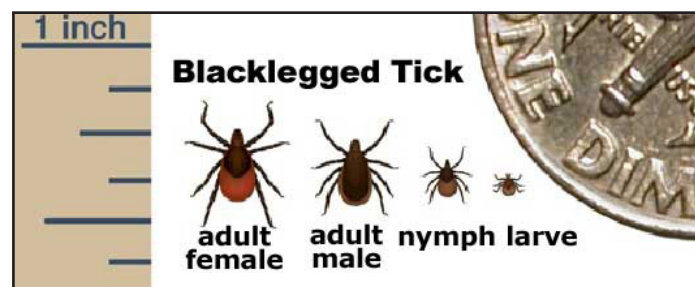
**Use a repellent with DEET** (on skin or clothing) **or permethrin** (on clothing) and wear long sleeves, long pants and socks. Products containing permethrin can be used to treat boots, clothing and camping gear which can remain protective through several washings. Repellents containing 20% or more DEET can be applied to the skin, and they can protect for several hours. **Always follow product instructions!** Parents should apply this product to their children, avoiding the hands, eyes, and mouth.

**Wear light-colored clothing**, which allows you to see ticks crawling on your clothing.

**Tuck your pant legs into your socks** so that ticks cannot crawl up inside of your pant legs. Some ticks can crawl down into shoes and are small enough to crawl through most socks.

**Avoid tick-infested areas.** Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. Always walk in the center of trails, in order to avoid ticks.

**Perform daily tick checks.** Check your body and clothing for ticks after being outdoors, even in your own yard. Also make sure to check your children and pets for ticks.



*Picture is enlarged to show detail*

Source: <http://www.cdc.gov/Features/StopTicks/> accessed 3/16/10.

**For more information, go to:**

Washington County Website:

[http://www.co.washington.mn.us/client\\_files/documents/phe/DPC/DPC-Ticks.pdf](http://www.co.washington.mn.us/client_files/documents/phe/DPC/DPC-Ticks.pdf)

MDH Tick-Transmitted Disease Information for Health Professionals:

<http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/index.html>

**Washington County  
Department of  
Public Health and  
Environment**

14949 62<sup>nd</sup> St N  
PO Box 6  
Stillwater, MN 55082-0006

Phone:  
651-430-6655

Fax:  
651-430-6730

TTY:  
651-430-6246

For Subscription Information  
Contact us at:  
651-430-6655

E-Mail:  
[PHE@co.washington.mn.us](mailto:PHE@co.washington.mn.us)

WEB:  
<http://www.co.washington.mn.us/>

**NOTE FROM THE  
EDITOR:**

You are receiving  
Washington County's  
HealthWave Newsletter by  
request.

If you have any questions  
regarding your subscription  
or want to receive e-mail  
reminders when a new issue  
is released, please e-mail:

[PHE@co.washington.mn.us](mailto:PHE@co.washington.mn.us)

Include "Healthwave" in the  
subject line.

Equal Employment Opportunity  
/Affirmative Action

## May is Mental Health Month

Good mental health, just like physical health, is essential for everyone. An estimated 50 million Americans experience a mental disorder in any given year and only one-fourth of them actually receive services. Besides challenges in accessing mental health care, another reason that people do not receive services is because of the stigma around mental health.

Stigma is a very real problem for people who have a mental illness. Based on stereotypes, stigma is a negative judgment based on a personal trait — in this case, having a mental health condition. It was once a common perception that having a mental illness was due to some kind of personal weakness. We now know that mental health disorders have a biological basis and can be treated like any other health condition.

Similar to other diseases, mental health disorders can be successfully treated and progress is being made to remove the stigma of mental illness. The National Alliance on Mental Illness and Team Washington County are making positive steps to combat stigma. Team Washington County raised \$3,500 and had 51 registered walkers for the 2009 NAMIWALK. Funds raised will support Washington County NAMI programs such as education and support groups for people and their families who experience a mental disorder.

### Resources:

- Mental Health America (2010 Mental Health Month: Live Your Life Well): <http://www.mentalhealthamerica.net/go/may>
- National Alliance on Mental Illness: [www.nami.org](http://www.nami.org)
- U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration: [www.whatadifference.samhsa.gov/](http://www.whatadifference.samhsa.gov/)



**Team Washington County NAMIWALK 2009 participants**