



JULY 2011

WHAT'S INSIDE

Summer
Safety

Back to School
Immunizations

Breastfeeding
Update

Eat Well Work Well

ChooseMyPlate.gov

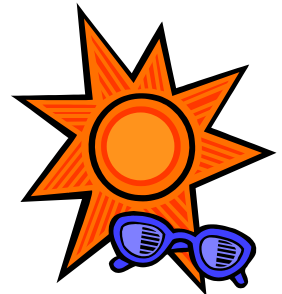
Mini Farmers
Market at
Government Center

Strokes: Know
How to Act
"FAST"

September: Suicide
Prevention Month

Summer Safety Means *More* Fun in the Sun

With summer finally here and with so many fun activity options available, safety might end up on the back burner. However, the U.S. Consumer Product Safety Commission (CPSC) warns that summer is the time of year consumers are most likely to be injured. A quick safety check can help prevent any mishaps before the fun begins.



Sun, heat, and water safety are important for everyone:

- Use sunscreen on sunny or cloudy days with an SPF of 30 or greater, with UVA and UVB protection. Reapply every two hours and after water play or sweating and include a hat and sun glasses.
- For long periods of outside activity, make sure there is plenty of water on hand, and cool off in the shade occasionally to prevent heat stress. Wear clothing that is light colored and light weight.
- If water is involved, life jackets are essential. Keep a close eye on children around water, even if they've had swimming lessons. Never swim alone; even good swimmers can run into trouble.
- Be aware of the dangers of boating when under the influence of alcohol, drugs, and some prescription medications.

Biking, skating, and all-terrain vehicles are made for summer. One of the best ways to stay safe during these activities is to wear a helmet and other safety gear. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.

Check the home playground too. Falls cause 60 percent of playground injuries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Summer also means yard work. When mowing, keep small children out of the yard, and turn the mower off if children enter the area.

Picnics may also be a summer tradition. Food safety becomes an issue when the temperature heats up because bacteria, whether in food or in the air, grow faster in warmer weather. Do not just worry about the potato salad or egg dishes; be careful with all foods in hot weather.

- Wash hands well and often with soap and water, especially after using the bathroom and before cooking or eating.

Summer Safety - (cont'd)

- Wash surfaces when cooking, keep raw food separate from cooked food, marinate food in the refrigerator, cook food thoroughly, and refrigerate or freeze food promptly.
- The FDA suggests never leaving food out for more than one hour when the temperature is above 90° F. When below 90° F, do not leave food out for more than two hours.
- Place cold food in a cooler with plenty of ice or commercial freezing gels. Cold food should be held at or below 40° F and the cooler should be stored in shade. Hot food should be wrapped well, placed in an insulated container, and kept at or above 140° F. The bottom line - keep hot foods hot and cold foods cold.



Keeping yourself and the family safe during the summer months means more fun for all!

For more summer safety information:

American Academy of Pediatrics: <http://www.aap.org/advocacy/releases/summertips.cfm>

Consumer Product Safety Commission: <http://www.cpsc.gov/cpscpub/prerel/prhtml02/02182.html>

Back to School Immunizations

The summer is moving pretty fast, which means fall is just around the corner, and with that brings parents getting their kids ready for another school year. Now is a good time for parents to make sure their children's immunizations are up to date—especially for children entering kindergarten or 7th grade. As a reminder, the school immunization law requires children to have immunizations against Diphtheria/Tetanus/Pertussis, Polio, Hepatitis B, Measles/Mumps/Rubella, and Varicella (chicken pox), or documented proof from a medical provider showing a history of chicken pox disease. Also, although not required for school, it is a good idea to recommend and/or provide education for parents of teenagers regarding the meningitis, HPV (human papillomavirus), and Hepatitis A vaccines.



Children who have medical insurance that covers the cost of immunizations should obtain them from their child's medical provider. Some retail store clinics also offer certain immunizations to school-age children. Children who do not have medical insurance, or whose insurance does not cover the cost of immunizations, may be eligible to receive them at a reduced cost from the public health department. For more information on these clinics please call Washington County Department of Public Health & Environment at 651-430-6655 or visit our website at http://www.co.washington.mn.us/info_for_residents/public_health/immunizations/.

Breastfeeding: Healthy from the Start Update

The Breastfeeding Coalition (BFC) in Washington County has been active this year with members from Allina Clinics, Fairview Lakes Medical Center, Lakeview Hospital, La Leche League, Washington County Department of Public Health and Environment, Woodwinds Hospital, and Women, Infants and Children (WIC). The coalition's mission is to promote, support, and protect breastfeeding through education, outreach, and collaboration within our community. The coalition vision is "a community where breastfeeding is the norm and where families are supported and empowered to achieve their breastfeeding goals". Efforts over the last year included:



- The *Breastfeeding Healthy from the Start* Conference in April which trained 141 participants from 35 area hospitals, clinics and organizations;
- Development and distribution of the *Washington County Breastfeeding Resource List*, a comprehensive guide of resources for county moms and babies. For a downloadable copy go to: <http://www.livinghealthywc.org/images/WCBreastfeeding.pdf>;
- Three local hospitals serving the county are working toward Baby Friendly Hospital Initiative certification. This certification focuses on developing policies and routines that provide a supportive environment to benefit families who choose to breastfeed.

For more information on the Breastfeeding Coalition, call the Washington County Department of Public Health and Environment 651-430-6655.

Resources

Baby Friendly Hospital Initiative (BFHI):

<http://www.livinghealthywc.org/images/BreastfeedingBFHI.pdf>

Living Healthy in Washington County website Breastfeeding page:

<http://www.livinghealthywc.org/Breastfeeding.html>

World Breastfeeding Week: <http://worldbreastfeedingweek.org/>

WIC Efforts Result in 80% of Moms Choosing to Breastfeed

The Women, Infants and Children (WIC) program has been refining their breastfeeding education efforts which have resulted in nearly 80% of WIC moms choosing to initiate breastfeeding. Efforts include: staff training, breastfeeding classes at all three WIC clinics, and a new phone calling program that encourages breastfeeding to expectant moms, as well as follow up calls to breastfeeding moms shortly after their baby arrives. WIC will continue its efforts in order to achieve the Healthy People 2020 goal of 81.9% breastfeeding initiation rates.

Eat Well Work Well

Employers have a unique opportunity to influence the health of their employees by providing healthy food options at work. Most working individuals eat at least one meal or snack at work every day. The newly updated Eat Well Work Well website at www.eatwellworkwell.org offers many worksite nutrition resources including:

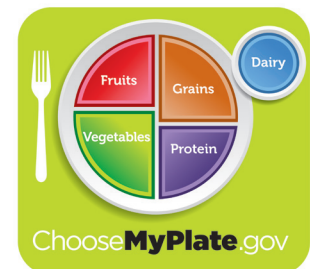
- Healthy vending tools
- Cafeteria resources
- Healthy food suggestions for meetings and events
- Corporate gardens – a new twist to promote eating fruits and vegetables to employees and the community
- Mini farmers market – tips for success
- Community Supported Agriculture – “the how to’s” for promoting connections to locally grown produce



New Website and Resources at www.ChooseMyPlate.gov

Choose**MyPlate**.gov features practical information and tips to help Americans eat healthier and includes resources for schools and health professionals. Ten Tips Nutrition Education Series under tips and resources includes colorful handouts on a variety of nutrition topics. Choose**MyPlate** features the following messages to help consumers focus on key behaviors:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.



Choose**MyPlate**.gov includes much of the consumer and professional information formerly found on MyPyramid.gov or other food pyramid materials.

Mini Farmers Market at Washington County Government Center

The Washington County Government Center is hosting a mini farmers market this year, thanks in part to funding from the Statewide Health Improvement Program (SHIP). Washington County employees and community members alike will be able to enjoy access to fresh, locally grown fruits and vegetables from mid July through September.

Dates &

Times: Tuesdays, July 12 – September 27, 2011
from 3:00 – 6:00 p.m.

Location: Washington County Government Center,
Public Parking Lot A (off of Oxboro
Avenue near 60th Street North)



The market is open to the public! For more information, contact Washington County Department of Public Health and Environment at 651-430-6655.

Strokes: Know How to Act “FAST”

Strokes are the third leading cause of death in individuals over the age of 65 in Washington County¹ and, according to the American Stroke Association, are the leading cause of adult disability in the United States. Getting immediate help for those who are experiencing a stroke is crucial, as advanced treatment options may reduce long-term disability for the most common type of stroke.

Act “FAST” and call 911 immediately at any sign of a stroke. “FAST” stands for:



Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

Time: If you observe any of these signs, call 9-1-1 immediately.

For more information, click on:

American Stroke Association: www.strokeassociation.org

Minnesota Stroke Association: www.strokemn.org

National Stroke Association: www.stroke.org

¹ Source: Minnesota Department of Health, Center for Health Statistics

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

14949 62nd St N
Room 450
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

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,
please e-mail:

PHE@co.washington.mn.us

Include "Healthwave" in the
subject line.

Equal Employment Opportunity
/Affirmative Action

September is Suicide Prevention Awareness Month

Ninety percent of suicides are associated with a treatable mental illness or chemical use disorder. Suicide is now understood as a preventable public health problem—it is rarely random or inevitable. In 2007 in Minnesota, 571 people died from suicide, compared with 118 who were homicide victims. There is a clear need to identify high risk populations, reduce known risk factors, and build on strengths and assets in individuals and communities.¹

Washington County Department of Public Health and Environment has supported teen depression awareness and suicide prevention efforts since 2001 through Teen Health Fund (THF) in five communities. THF support activities such as: depression screenings; suicide prevention lifeline training for students and school staff; community education events; and peer helper programs such as "Girl Talk". THF collaborates with the Suicide Prevention Collaborative (SPC) which is based in Woodbury. The SPC is active in promoting community awareness through development of a website, community education, and a 5k fundraiser. For more information or how to get involved in local prevention initiatives, go to:

Washington County Teen Health Fund: 651-430-6655
http://www.co.washington.mn.us/_asset/0dwx6j/FHL-MentalWell.pdf

Suicide Prevention Collaborative East Metro Area: 612-616-2607
www.suicidepreventioncollaborativemn.org

Washington County Youth - live healthy, live happy: www.wacy.org

For additional information on suicide prevention, go to:

Washington County Mental Health Crisis: 651-777-5222

Suicide Prevention Lifeline: 1-800-273-8255

Mental Health America: www.mentalhealthamerica.net

Suicide Awareness Voices of Education: www.save.org

The Trevor Project: www.thetrevorproject.org

¹ Minnesota Department of Health Suicide Prevention Fact Sheet 2011 <http://www.health.state.mn.us/divs/cfh/connect/index.cfm?article=suicideprevention.factsheet>