

August 2009

Marion County
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Marion County Health Bulletin

The Mission of the Marion County Health Department is to improve the quality of life through preventing disease and preventative health maintenance.



Breastfeeding: A Vital Emergency Response. Are You Ready?

August has been designated as World Breastfeeding Month in order to recognize the efforts of the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).

August 1-7, 2009, was set aside as World Breastfeeding Week. The theme for this year is "Breastfeeding: A Vital Emergency Response. Are you ready?"



Breastfeed for 6 months. You may help reduce your child's risk for childhood obesity.

Recent studies show babies may be less likely to develop childhood obesity when exclusively breastfed for six months. Call 800-994-WOMAN or visit www.4woman.gov to learn more. Or talk to your health-care provider.

Babies were born to be breastfed.

We are accustomed to uninterrupted water, gas and electricity and seldom consider the consequences when these services are not available. During a disaster or an emergency when these services are interrupted for extended periods of time, breastfeeding becomes the most convenient and safe way to feed a baby.

Children are the most vulnerable in emergencies – child mortality can soar from 2 to 70 times higher than average due to diarrhea, respiratory illness and malnutrition.

Breastfeeding is a life saving intervention and protection is greatest for the youngest infants. Even in non-emergency settings, non-breastfed babies under two months of age are six times more likely to die.

Emergencies can happen anywhere in the world. Emergencies destroy what is "normal", leaving caregivers struggling to cope and infants vulnerable to disease and death.

During emergencies, mothers need active support to continue or re-establish breastfeeding.

Emergency preparedness is vital. Supporting breastfeeding in non-emergency settings will strengthen mothers' capacity to cope in an emergency. (Information taken from worldbreastfeedingweek.org)

Everyone needs to know that the quality of breastmilk could never be duplicated and there is no comparison. Such as comparing gold with fools gold – the two may look similar, but they're nothing alike.

Legislation has been passed protecting the right of a mother to breastfeed in public. Employment laws, jury duty and family laws have also been put into place to protect a mother and baby's nursing relationship.

In 2005, the American Academy of Pediatrics issued a statement on breastfeeding and the use of human milk recommending that an infant be exclusively breastfed for the first six months of life and then for at least another six months in addition to other foods.

Due to the overwhelming evidence that formula feeding increases a baby's chances of developing allergies, eczema, pneumonia, diarrhea, diabetes and some juvenile cancers, babies who were breastfed for at least six months were shown to be healthier, physically and emotionally, and cognitively. IQ tests show that babies who were breastfed test an average of 11 points higher than artificially fed babies (formula).

One of the ways that the Marion County Health Department and an increasing number of other health departments are supporting breastfeeding is by receiving state funding for a breastfeeding peer counselor program.

The Marion County Health Department regularly offers breastfeeding classes, one-on-one counseling appointments and hospital and home visits with Rose Straeter, the Health Department's Breastfeeding Peer Counselor/Lactation Consultant.

To celebrate World Breastfeeding Week the Marion County Health Department is distributing prizes to clients through a drawing.



Rose Straeter, IBCLC
Marion County Health
Department's Breastfeeding
Peer Counselor

Elizabeth Franczyk, MD
Richard Haney
Pamela Hawkins, RN

Stan Morrison, DDS
Mike Morton, RPh
Aziz Rahman, MD

Matt Stedelin, MD
Paula Strothers, RN
Tom Turner



Fight the Bite

The following are steps you can take to prevent the mosquito-borne illness:

- Avoid mosquito bites: use insect repellent when outdoors, especially from dusk to dawn. Look for EPA-labeled products containing active ingredients, such as DEET, Picaridin, or oil of lemon eucalyptus. Apply more repellent, according to label instructions, if mosquitoes start to bite.
- Mosquito-proof homes: fix or install window and door screens and cover or eliminate empty containers with standing water where mosquitoes can lay eggs.
- Help your community: report dead birds to help track WNV and support community-based mosquito control programs (548-3878).

West Nile Virus Facts:

- West Nile Virus (WNV) activity often does not peak until September.
- WNV can cause serious neurological illnesses, such as meningitis and encephalitis.

You and your family can stay healthy by using simple, proven strategies to protect yourselves. Only YOU can fight the bite!

Clinics & Gatherings

Blood Sugar/Pressure Clinics:
Salem Office: Mondays, 8-9am
Centralia Office: Wednesdays, 8-9am

Immunization Clinics:
Salem Office: Mondays, 9-5
Centralia Office: Wednesdays, 9-5

Cholesterol & Lab Clinic:
~Please call for an appointment.~

HIV & STD Testing:
~Please call for an appointment.~

Visit www.marioncountyhealthdept.org for a complete listing of events.

July 2009 Statistics

Clinics

Blood Pressure / Blood Sugar Clinics	11
Persons served: Blood Pressure	39
Persons served: Blood Sugar	24
Cholesterol Screening	
Number of persons served	3
Lead Screening	
Number of persons tested	86
Paternity Testing Clinics	1
Number tested	6
HIV Test.....	2

Immunizations

Number of Clinics.....	9
No. of persons immunized.....	250
Total vaccines administered.....	444
Children's Immunizations	
Pediatric Flu.....	0
Hepatitis A.....	20
Adult Immunizations	
Hepatitis A (number started)	2
Hepatitis B (number started)	10
Flu	0
Meningitis.....	43
MMR.....	2
Pneumonia	0
TD.....	15
Typhoid	6
Yellow Fever	2
Zostavax	1
Other Immunization	
Gardasil (number started)	10
Varicella.....	46

Nursing

Family Case Management	
Pregnancy Testing	2
Positive	1
Negative.....	1
Prenatal Clients	180
Infant & Child Clients.....	532
Number of Visits	282
Prenatal	72
Postpartum	39
Infant Visits.....	149
Child Visits	22
SIDS Investigations.....	0
APORS Investigations	10
Health Works Active Case Load	57
Active WIC.....	1427
WIC Clients receiving education	343
Vision & Hearing	
Number Vision Tested	3
Number Hearing Tested.....	3
Number Vision Referrals.....	0
Number Hearing Referrals.....	0

Nursing (continued)

Communicable Disease Investigations	
Chickenpox.....	0
Cholera	0
Hepatitis B (carrier)	1
Hepatitis C (carrier)	4
Malaria	0
Salmonellosis	0
Strep Pneumoniae.....	0
Whooping Cough (Pertussis).....	0
Sexually Transmitted Disease	
Chlamydia.....	11
Gonorrhea	0
Syphilis	0
Tuberculosis	
Tests Administered	89
New Prophylactic Patients	2
New Investigations	0
New Active Cases	0

Environmental Health

Food	
Routine Inspections.....	32
Follow-up Inspections	4
Complaint Inspections	1
Temporary Inspections	17
Pre-Operational Inspections	4
Emergency Incident Inspections	0
Number of Permits Issued	38
Sewage	
Routine Inspections.....	15
Complaint Inspections	7
Realty Inspections	1
Sewage Systems Installed	14
Number of Permits Issued	18
Water	
New System Inspections.....	1
Existing Water Well Inspections.....	1
Realty Inspections	0
Complaint Inspections	0
Water Wells Sealed	0
Number of Permits Issued	0
Tanning	
Routine Inspections.....	1
Follow-up Inspections	0
Complaint	0
Miscellaneous	
Animal Bites	4

