

September 2009

Marion County
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marioncountyhealthdept.org

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.



Public Health
Prevent. Promote. Protect.

Fruits and Vegetables for Improved Health

We all desire to have good health, and are willing to make changes to improve our health. One healthy step is to simply add more fruits and vegetables in our daily diets. This step is significant enough that in August 2009, the WIC (Women, Infants and Children) Program made improvements to benefit the health of clients by adding fruits and vegetables. WIC clients now receive monthly fruit and vegetable food instruments (coupons) according to their particular category. These instruments can be used for fresh, canned or frozen fruits and vegetables.



Did you know ...

Banana trees are not trees. The banana plant is a giant herb.

What are some Health Benefits?

In addition to an overall healthy diet, eating a diet rich in fruits and vegetables may:

- reduce the risk for stroke and other cardiovascular diseases.
- reduce risk for Type 2 Diabetes
- help protect against certain cancers, such as mouth, stomach, and colon-rectum
- reduce the risk of coronary heart disease
- helps maintain a healthy weight

Our bodies need vitamins and minerals to grow and stay healthy. Fruits and vegetables provide many vital nutrients including, but not limited to, dietary fiber, potassium, folic acid, and vitamins A, B, and C.

Adding fruits and vegetables with a wide variety of color provides optimum health benefits. Eating fruits and vegetables in season renders peak flavor and saves money.

Tips to Add More Fruits and Vegetables to Meals and Snacks

- Put fresh or frozen berries into your cereal or oatmeal.
- add your favorite vegetable to an omelet: try mushroom, spinach and onion
- load up a turkey or ham sandwich with greens, tomatoes, onions, and other vegetables
- Add lots of veggies as toppings on pizza, in spaghetti sauces, and in chili
- Stir-fry broccoli, carrots, and pea pods and serve over brown rice
- add your favorite berries to low-fat yogurt
- use low-sodium chicken stock with lots of veggies for a homemade vegetable soup
- try adding orange sections or strawberries in your veggie salad

Try serving fruits and vegetables during meals, or as a quick snack. Be creative by adding more fruits and vegetables in your diet every day.

There is still wisdom in the old adage, "an apple a day helps keep the doctor away"!



Did you know ...

Carrots are not always orange and can also be found in purple, white, red or yellow. Carrots were the first vegetable to be canned commercially.

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Volunteers Needed for Public Health Emergencies

The Marion County Health Department is a non-profit agency whose mission is to protect the health of Marion County citizens.

In our mission to protect the public's health, we are looking for volunteers to work along side of the Health Department staff in the event of a public health emergency.

We are looking for non-first responders and individuals who are not already obligated as an emergency volunteer with any other agency.

Volunteers from all walks of life will be used to provide manpower and knowledge.

Volunteers will serve their community in a time of need, receive training and first responder benefits and play an essential role in Marion County's Public Health Emergency Response.

If you, or you know of someone who is interested in acting as a volunteer for a Public Health Emergency, simply call 548-3878 and say, "I want to become a volunteer", or visit www.marioncountyhealthdept.org and click on the "volunteer" tab.

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.

August 2009 Statistics

Clinics

Blood Pressure / Blood Sugar Clinics	9
Persons served: Blood Pressure	37
Persons served: Blood Sugar	24
Cholesterol Screening	
Number of persons served	0
Lead Screening	
Number of persons tested	102
Paternity Testing Clinics	1
Number tested	3
HIV Test.....	6

Immunizations

Number of Clinics.....	9
No. of persons immunized.....	472
Total vaccines administered.....	612
Children's Immunizations	
Pediatric Flu.....	0
Hepatitis A	17
Adult Immunizations	
Hepatitis A (number started)	10
Hepatitis B (number started)	5
Flu	0
Meningitis.....	71
MMR.....	3
Pneumonia	1
TD.....	17
Typhoid	2
Yellow Fever	0
Zostavax	0
Other Immunizations	
Gardasil (number started)	22
Varicella.....	93

Nursing

Family Case Management	
Pregnancy Testing	3
Positive	2
Negative.....	1
Prenatal Clients	173
Infant & Child Clients.....	514
Number of Visits	263
Prenatal	84
Postpartum	37
Infant Visits.....	127
Child Visits	15
SIDS Investigations.....	0
APORS Investigations	2
Health Works Active Case Load	53
Active WIC.....	1415
WIC Clients receiving education	328
Vision & Hearing	
Number Vision Tested	0
Number Hearing Tested.....	0
Number Vision Referrals.....	0
Number Hearing Referrals.....	0

Nursing (continued)

Communicable Disease Investigations	
Chickenpox.....	0
Cholera	0
Hepatitis B (carrier)	1
Hepatitis C (carrier)	0
Malaria	0
Salmonellosis	1
Strep Pneumoniae.....	0
Whooping Cough (Pertussis).....	0
Sexually Transmitted Disease	
Chlamydia.....	5
Gonorrhea	4
Syphilis	0
Tuberculosis	
Tests Administered	152
New Prophylactic Patients	0
New Investigations	1
New Active Cases	0

Environmental Health

Food	
Routine Inspections.....	47
Follow-up Inspections	3
Complaint Inspections	2
Temporary Inspections	18
Pre-Operational Inspections	2
Emergency Incident Inspections	0
Number of Permits Issued	30
Sewage	
Routine Inspections.....	12
Complaint Inspections	4
Realty Inspections	0
Sewage Systems Installed	12
Number of Permits Issued	8
Water	
New System Inspections.....	0
Existing Water Well Inspections.....	0
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	2

