



Older Adults—Increasingly At Risk For Falls

Casey Johnson, RN

More than one third of adults, aged 65 and older, fall in the United States every year. Among older adults, falls are the leading cause of injury related deaths. In 2005, 15,800 people, 65 and older, died from injuries related to unintentional falls. Twenty to 30% of people who fall suffer from moderate to severe injuries such as bruises, hip fractures, or head injuries.

These injuries can make it hard to get around and limit independent living. Some things that can be modified to increase safety include:

- Improve lighting
- Remove throw rugs, loose carpeting, obstacles, and tripping hazards
- Using assistive devices such as grab bars in the bathroom, shower chairs, handheld shower, and stool risers are very helpful for safety in the bathroom.
- Install handrails for all stairways
- Get vision checked
- Check with you doctor to see if any medications can be reduced or eliminated
- Begin and maintain a routine activity such as walking, stair climbing and strength and balance exercises
- Use common sense: Don't go out in snowy or icy weather. (Doctors appointments can be rescheduled, church will still be there, the hairdresser will understand.)

For more information on older adults and the risk of falling, visit the Center for Disease Control (CDC) website at:

www.cdc.gov/gov/ncipc/factsheets/adultfalls.htm

or call Casey Johnson, RN or Kim Wiemholt, RN at the Cooper County Public Health Center: 660- 882- 2626.

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Special points of interest:

- *Gardasil Program extended until June 2009*
- *Prevent Neural Tube Defects by Taking Folic Acid Supplements before you plan to conceive.*
- *WIC Program Awarded \$50,400 for 2009*

Missouri Foundation For Health Gardasil Vaccine Program Extended until June 2009

Kim Wiemholt, RN

Cooper County Public Health Center has participated in the Missouri Foundation For Health (MFFH) Gardasil Vaccine Program since January 2008 as a collaborating agency with Columbia Family Health Center. The contract period was to end in December 2008, but has been extended until June 2009.

This program made Gardasil vaccine available to females 9-26 years of age who were not eligible for the Vaccine For Children (VFC) vaccine. VFC eligibility includes children, from birth to 18 years of age, who meet at least one of the following criteria:

- Medicaid eligible
- Uninsured
- American Indian or Alaska Native
- Underinsured (Federally Qualified Health Clinics and Rural Health Clinics only)

This meant women who were underinsured or who had a substantial co-pay or deductible or coinsurance, who were unable to pay, would not be vaccinated. Thanks to the MFFH Gardasil Vaccine Program, these women will still have the opportunity to receive their Gardasil vaccine through June of 2009.

The vaccine is a three dose series. The second dose is administered two months after the first dose, and the third dose is administered 6 months after the initial dose. For women who start the vaccine series close to the end of the contract period, we will try to order enough vaccine to cover them completing the series.

If you are a female between 9 and 26 years of age, who's insurance will not cover the vaccine, you are not VFC eligible, or your part of the co-pay would prohibit you from receiving this vaccine, please don't miss out on this opportunity. We also have Gardasil vaccine available for VFC eligible clients age 9-18 years of age.

Contact us at 660-882-2626 to schedule an appointment or for more information regarding the vaccine.

Gardasil—The Only Vaccine That Guards Against HPV Diseases

There are many types of Human Papilloma Viruses (HPV). About 30 of these have been linked to diseases of the genitals. If a woman becomes infected and does not clear the virus on her own, some of the high-risk types of HPV may cause abnormal cells to develop in the lining of the cervix that can turn precancerous and eventually lead to cancer. Other low-risk types may cause genital warts or noncancerous changes in the cervix.

Gardasil protects against 4 types of HPV that have been most frequently linked to cervical cancer and non-cancerous changes in the cervix—Types 6, 11, 16, and 18.

Approximately 74% or 6 million of the new cases of HPV that occurs each year, is diagnosed in females aged 15 to 24 years.

In order to get the most protection from the vaccine, the best time to get vaccinated is before a person becomes sexually active. That is why the vaccine has been licensed for girls as young as 9 years of age. If a person has already been exposed or diagnosed with one type of HPV, they may still get protection from the other types of HPV in the vaccine. So, the recommendation would still be to get vaccinated.

“An Ounce of Prevention” Addressing Birth Defects Related to Folic Acid, Alcohol and Tobacco

Kim Wiemholt RN

I would like to take this opportunity to thank the FACS teachers, Pamela Gibb and Sharon Nave, and the school nurses Vicki Friedrich and Cindy Waller at Bunceton and Pilot Grove Schools for working with us and the Sinclair School of Nursing to present the Ounce of Prevention program in their schools. This program was created through a grant from March of Dimes and Southern MO Regional Genetics services in Collaboration with the MO Teratogen Information Service and MU Extension.

In order to address the impact that birth defects have on a community, it is important to educate and hopefully impact the lifestyle of young men and women before they become sexually active. The number of students who report sexual activity increases with age and each grade in school. According to the Program, “there is a critical window of time for taking folic acid if it is to have any effect on the developing fetus. For folic acid to have a protective effect on the developing fetus, it must be in the mother's body at the time of conception and during the time of neural tube formation. The neural tube is completely formed by

day 28 of the pregnancy. In the US, about half of all pregnancies are unplanned. Among teens up to 95 percent of pregnancies are unplanned; among women over 40, 75 percent of pregnancies are unplanned. Since the majority of pregnancies are unplanned, and many women do not know that they are pregnant for 4-6 weeks, the window of opportunity to affect neural tube closure is missed if a woman begins taking folic acid after she learns that she is pregnant. For these reasons it is important to take folic acid daily so that it is present in the mother's body at the time of conception.”

Key messages promoted through this program and the March of Dimes include: plan for pregnancy by seeing a health care provider before pregnancy; take .4mg of folic acid daily before conception to reduce the risk of neural tube defects; see a doctor for early and regular prenatal care; eat a nutritious well-balanced diet; and don't smoke, drink, or use drugs - even over-the-counter drugs- during pregnancy.

MAINTAINING A HEALTHY WEIGHT—Good Health Now And For The Rest Of Your Life

Live Like Your Life Depends On It Campaign

If you've noticed your weight increasing as you get older, you're not alone. It's not uncommon to gain a few pounds as you age. So if the number on the scale starts to rise, cut back on the calories you consume every day by making healthier food choices, and increase the amount of physical activity you are getting. It's true that one of the most important things you can do for your health and well-being is maintain a healthy weight.

Health experts say it's best to avoid pills or supplements that promise to dissolve away extra pounds. Those methods usually don't work well for most people. Making small gradual lifestyle changes is the most effective and healthiest way to lose those extra pounds and maintain a healthy weight.

There is a right number of calories for you to eat each day. This number depends on your age, activity level, and whether you are trying to gain, maintain, or lose weight. You can cut calories without eating less nutritious food. The key is to eat foods that will fill you up without eating a large amount of calories. Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

Becoming a healthier you isn't just about eating healthy—it's also about physical activity. Regular physical activity is impor-

tant for your overall health and fitness. It also helps you control body weight by increasing the calories you expend each day.

- Be physically active, at a moderate intensity for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.

If you are uncertain about how much you should weigh, you can find out by figuring your Body Mass Index (BMI), which is calculated based on your height and weight. Your health care provider can figure your BMI for you or you can do it yourself by using the BMI calculator from the national Centers for Disease Control and Prevention (CDC) at:

www.cdc.gov/nccdphp/dnpa/bmi/index.htm

Losing a few pounds, if necessary, and keeping your weight at a healthy level will pay off in good health now and for the rest of your life.

More information about maintaining a healthy weight can be found at:

www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for?everyone/healthy_weight/index.htm.

Cooper County Public Health Center Food Handling/Safety Classes

Food handling/safety classes will be held on the following dates in 2009. All classes start promptly at 3:00 p.m. and will be held at the Cooper County Public Health Center—located at 606 East Spring Street in Boonville. Seating is limited. Please call 660-882-2626 to make reservations. The following schedule will be posted on our web site at: www.coopercountypublichealth.com.



What's wrong with this picture? Learn proper food storage and handling practices to prevent cross contamination and illness with Sue.

SUPERVISOR	BASIC
March 9	March 30
May 4	May 18
July 13	July 27
September 14	September 21
November 16	November 30



Public Health
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Women, Infants, and Children (WIC) Program for 2009

Dorothy Draffen

The Cooper County Public Health Center has signed a contract with the Missouri Department of Health and Senior Services to continue to provide WIC services for federal fiscal year 2009. Under the terms of the contract, the Cooper County Public Health Center will be awarded \$50,400, which will allow us to serve 395 persons eligible for WIC every month. This is an increase of 70 persons per month from the 2008 contract.

The WIC program serves women, infants, and children with nutritional supplements and education. Services are provided on a non-discriminatory basis.

WIC serves:

- Women who are breastfeeding, pregnant, or whose pregnancy recently ended.
- Infants under 12 months old.
- Children under 5 years old.

What can you get from WIC?

• Checks to buy foods to keep you healthy.	3	\$2,714
• Nutrition and health education to help you and your children eat well and be healthy.	4	\$3,269
• Personal counseling about nutrition.	5	\$3,824
• Support and help with breastfeeding.	6	\$4,379
• Referrals to other health programs for you and your family.	7	\$4,934
To get WIC, you need to:	8	\$5,489
• Meet income guidelines.	9	\$6,044
• Have a need for improved nutrition.	10	\$6,599
	11	\$7,154
	12	\$7,709

Monthly Income Guidelines are based on family size. The current guidelines are through March 31, 2009:

<u>Family Size</u>	<u>Income</u>
1	\$1,604
2	\$2,159

WIC is a part-time program offered by appointment on Monday, Tuesday, and Wednesdays from 9 a.m. to 5 p.m. To schedule an appointment or for more information contact Dorothy Draffen at 660-882-2626.