

# Public Health News

Cooper County Public Health Center

Volume I, Issue I

## Special points of interest:

- Happy New Year from the staff and board members of Cooper County Public Health Center!
- American Red Cross is asking for Monetary Donations and the Gift of Life (Blood Donations) for Haiti victims. Please donate generously.
- Food Service Classes presented by Cooper County Public Health Center – Make sure your food service staff know how to protect the public by using safe food handling techniques.

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## The Importance of Maintaining a Healthy Weight

If you are like me, my ‘New Years Resolution’ usually involves losing weight and vowing to exercise. I usually do okay on the diet part, for awhile, before I gradually slip back into my old eating habits. The exercise part, however, seems to be more difficult to start with any sort of regularity. So, I ask myself, is worrying about it and doing it really worth the effort? The answer is absolutely, yes. Extra weight can put you at higher risk for developing the following health problems: type 2 diabetes, heart disease, high blood pressure, some types of cancer, sleep apnea, osteoarthritis, gall-bladder disease, liver disease, and irregular menstrual periods.



**Including a wide variety of different colored fruits and vegetables in your diet will help you to achieve or maintain a healthy weight.**

According to the Weight-Control Information Network (WIN) “it is estimated that 66 percent of adults in the US are considered overweight or obese. How do we know if we fit into one of these categories? There are two simple measures that provide useful estimates of overweight, obesity and body fat distribution: body mass index (BMI) and waist circumference. BMI measures your weight in relation to your height. It is closely associated with measures of body fat. You can calculate your body fat using this formula:

$$\text{BMI} = \frac{\text{weight (pounds)} \times 703}{\text{Height squared (inches}^2\text{)}}$$

For example for someone who is 5 feet, 7 inches tall and weighs 220 pounds, the calculation would look like this:

$$\text{BMI} = \frac{220 \text{ pounds} \times 703}{67 \text{ in.} \times 67 \text{ in.}} = \frac{154660}{4489} = 34.45$$

A BMI of 18.5 to 24.9 is considered to be in the healthy range. A person with a BMI of 25 to 29.9 is considered overweight, and a person with a BMI of 30 or more is considered obese.” (If you don’t want to do all the math you can go to [www.mypyramid.gov](http://www.mypyramid.gov) to the BMI calculator and it will do the math for you.)

Waist circumference measurements over 35 inches, for women, and over 40 inches, for men, are at an increased risk for developing chronic diseases such as heart disease, high blood pressure and type 2 diabetes because of where their fat is located.

So, what should you do if your BMI or waist measurement is too high? The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) recommends “looking into healthy ways to improve your eating and physical activity habits if your **BMI** is between **25 and 30** and you are otherwise healthy. Talk to your health care provider about losing weight if your **BMI is above 30** or your **waist measurement is over 35 inches** (women) and **40 inches** (men), and you have two or more of the health problems listed above or a family history of heart disease or diabetes.

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## National Blood Donor Month



January is National Blood Donor Month. The American Red Cross is encouraging people to donate blood this month.

The American Red Cross is sending blood as well as emergency supplies to Haiti. The Boone County Chapter is also the Chapter for Cooper County. Red Cross is currently taking appointments for those interested in donating blood. There are several blood drives scheduled. If you are interested in donating blood, please call 1-800-GIVE-LIFE for an available clinic appointment time and locations.

The Red Cross is receiving many calls for donations of household items and volunteers willing to go to Haiti. At this time, however, the Red Cross is saying that the best way to help is by making a monetary donation. You can do this by going online to the American Red Cross International Response Fund at: [www.redcross.org](http://www.redcross.org). You can specify that you would like your donation to go to the Haiti Relief effort. Or, you can donate to the American Red Cross Mobile Effort. It's as easy as sending a text message. You may make a \$10 donation by sending the text message "HAITI" TO 90999 from your mobile phone.

Please be generous and help in this time of need.

**Call the American Red Cross @ 1-800-GIVE LIFE To schedule an appointment.**

## Missouri Foundation for Health (MFFH)—Gardasil Grant Ended

*“Cooper County Public Health Center administered 146 doses of Gardasil Vaccine through the MFFH Grant—a \$16,800 savings for Cooper County women.”*

The Missouri Foundation For Health Grant, that provided the Gardasil Vaccine to protect young women and girls, ages 9 to 26, from 4 of the high-risk types of the Human Papilloma Virus, has ended. Since January of 2008, Cooper County Public Health Center has administered 146 doses of this vaccine. At an estimated \$350 for the 3 dose series of vaccine, we were able to save underinsured women in Cooper County around \$16,800. We still have some doses on hand and will work to finish the 3 dose series with the people we have already started. We will, however, not be starting any new people that are underinsured. This does not effect people that are eligible for the Vaccine For Children Program (VFC) Gardasil vaccine. Anyone who is between the ages of 9 and 18 than is uninsured or has Medicaid will still qualify to receive the VFC Gardasil vaccine.

If you have any questions or need to schedule an appointment, please call the office at 660-882-2626. We will strive to finish the series for those people that started it with us.

## Learn Proper Food Handling Techniques in Our Food Service Classes



Proper food handling, at home, and especially in any food service establishment, is extremely important in ensuring the safety of Cooper County citizens from food-borne illness. Our environmental health specialist, Sue Wilman, will be holding safe food handling classes on the following dates in 2010: April 5th—Supervisor Class;

April 19th – Basic Class; October 4—Supervisor Class; October 18th—Basic Class

If your organization or place of business cannot attend on one of these dates, please contact Sue at 660-882-2626 to schedule a class for your employees.

All classes will be held here at the Cooper County Public Health Center in the Basement Conference room. Classes start at 3:00 p.m. We are now located at: 17040 Klinton Dr., Boonville, MO 65233 (by Mid City Lumber).

Please help to keep Cooper County's food service safe by ensuring your staff are fully trained and competent

**Keep Cooper County Healthy. Make sure all of your restaurant employees or food service workers have been trained in proper food handling.**



**Public Health**  
Prevent. Promote. Protect.

Cooper County Public  
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