

MAY 2010

Special points of interest:

- **Diabetes Conversation Starter Training or Conversation Map Group Training available by appointment. Call Kim at 660-882-2626**
- **Sue Wilman—is now a certified breastfeeding educator**

Inside this issue:

WI C Program— Certified New Breast- feeding Educator	2
Hepatitis C Awareness Month	2
Sue's Corner—Food Protection for Consumers in Missouri	3

Public Health News

Diabetes Education Offered at Cooper County Public Health

Kim Wiemholt, Nurse Manager of the Cooper County Public Health Center, has recently completed the Diabetes Conversation Map Tools and the Conversation Starter Training. This program was created by Healthy Interactions in collaboration with the American Diabetes Association.

Since her training, Kim has completed five Conversation Starter Sessions, which are one-on-one sessions with the client. The Conversation Starter education tool is designed to:

- Improve patient engagement
- Advance diabetes self-management education
- Optimize diabetes care outcomes.

This program allows the patient to do most of the talking while covering specific educational topics. Kim states that she “believes this a very powerful teaching tool. The Conversation Starter tools are scripted so that they cover all of the basics of diabetes education. The ques-

tions asked really help the client to think about how they feel about their diagnosis; express any fears that they have; and gives them a safe environment to ask questions. The tools help them to recognize patterns in their blood sugar readings and to associate other factors such as food choices or changes in their health and stress level, that can have an effect on their blood sugars. It gives them the tools that they need to manage their diabetes. It helps the patient to realize that they are part of an important team, including their physician and dietician. After all, if they are not a willing participant in managing their disease, they are not going to manage it well. And, that is what leads to the chronic health conditions such as blindness, kidney and heart disease, and amputations that are often associated with diabetes”.

The Conversation Map education tools were designed and launched in 2007. The purpose of the Conversation Maps is to engage small groups of people with diabetes in an open and engaging discussion about their disease.

While part of the purpose of all the Maps is to educate participants about some of the basics of diabetes, the sessions will allow participants to ask questions about what they are most interested in learning. The sessions also enable participants to learn from the knowledge and experiences of one another—people in a similar situation. This can be a very valuable way for adults to learn, and ultimately change their behaviors (become better self-managers of their diabetes). There are five conversation Maps and one for gestational diabetes.

If you are interested in the individual Conversation Starter sessions or getting a small group together for the Conversation Map group sessions, you may contact Kim Wiemholt at 660-882-2626. The sessions are offered, free of charge, by appointment.



Cooper County Public Health Center and the WIC program offer support to our breastfeeding mothers.

“Families who would benefit the most from breastfeeding, breastfeed less often.”



Hepatitis C, an infectious disease of the liver, is the number one cause of liver cancer and cirrhosis.

WIC Breastfeeding Coordinator, Sue Wilman, Awarded Certification as Breastfeeding Educator

Sue Wilman of the Cooper County Public health Center recently completed a three day workshop on clinical breastfeeding assistance at the Columbia Regional Hospital in Columbia, Missouri. The conference was sponsored by the University of Missouri Health System and Lactation Consultant Services. In addition to participating in the workshop, which addresses the normal course of lactation, she completed an assessment and problem solving practicum and an examination addressing unusual circumstances and common challenges with breastfeeding. She was awarded certification as a breastfeeding educator. Certification is an added credential that recognizes increased clinical competence in the field of breastfeeding assistance.

Today, most mothers breastfeed. Employed mothers, mothers at home, mothers of premature or ill infants, and mothers in a variety of special situations choose breast-

feeding because of its numerous benefits.

Scientific investigations have recently identified significant benefits of breastfeeding which include increased intelligence, protection against childhood infections, diabetes, and liver disease, certain types of cancers, allergies, immune system disorders, and sudden infant death syndrome. Mothers who breastfeed have a reduced incidence of breast cancer and osteoporosis.

Mothers often explain that they initiate breastfeeding because of the benefits for their baby, but they continue breastfeeding because they enjoy a special closeness with their breastfed babies.

As breastfeeding becomes more popular, mothers look to health care providers for assistance. Traditional mother-to-daughter teaching and assistance is less available since there is a generation of grandmothers who primarily bottle-fed their babies. In-

creased geographic mobility among extended families further decreases assistance available to new mothers.

The conference was developed and presented by Debi Leslie Bocar, RN PhD. Dr. Bocar, a certified lactation consultant, noted that families who would benefit the most from breastfeeding, breastfeed less often. She shared strategies to encourage mothers to breastfeed and assist them in a variety of special family circumstances.

“Practical assistance from knowledgeable health care providers is critical to get breastfeeding off to a good start. Experts must also be available for telephone assistance, home healthcare, and outpatient consultations to assist mothers to overcome common challenges during the first few weeks,” emphasized Dr. Bocar. Certified Breastfeeding Educators are qualified to assist families to meet their breastfeeding goals.

May 10th is Hepatitis C Awareness Day

Hepatitis C is an infectious disease of the liver. According to the National Institute of Allergy and Infectious Diseases, It is estimated that 4 million people in the U. S. have chronic Hepatitis C.

Most people with acute or chronic Hepatitis C have few, if any symptoms and are not even aware that they are infected. If symptoms are present, they may include: dark urine, fatigue, jaundice, loss of

appetite, abdominal pain, and nausea or vomiting.

People who may be at risk for Hepatitis C include:

- People who had blood transfusions before 1992
- People receiving dialysis
- Having intimate contact with anyone infected with HCV
- Health care workers exposed

to HCV

- Current or former injection-drug users
- People with abnormal liver tests
- People who are HIV positive

Talk with your doctor if you think you may have any of these risk factors. People who detect the disease early and get into treatment will have the best outcomes.



Public Health
Prevent. Promote. Protect.

COOPERCOUNTY PUBLIC
HEALTH CENTER

17040 Klinton Dr.
Boonville, MO 65233

Phone: 660-882-2626
Fax: 660-882-2586
Email: cooperco@lpha.mopublic.org
Website: www.coopercountypublichealth.com



“In accordance with Federal law and USDA Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To File a complaint of discrimination, write to:

USDA Director

Office of Civil Rights

1400 Independence Ave. SW

Washington, DC 20250-9410

Or call (800)795-3272 (voice) or

(202) 82-6382 (TTY)

USDA is an equal opportunity employer.”

Sue's Corner—Food Protection For Consumers in Missouri



**Missouri Rule
19 CSR 20-1.025 governs
Sanitation of Food Estab-
lishments**

The Missouri Code of Regulations allows for local jurisdictions to establish more stringent rules than the 1999 Food Code. But, they may NOT establish rules weaker than the 1999 Food Code. The State of Missouri Department of Health and Senior Services (DHSS) provides oversight to all jurisdictions who inspect food. Basically, DHSS inspects the inspector for quality assurance. Adherence to either the 1999 Food Code or the local food code, if there is one established, is monitored. If a monitoring of the local food inspector is found to be

non-compliant, the DHSS Environmental staff has the obligation to intervene on behalf of the citizens until such time as quality assurance and food safety has been re-established by the local inspector. This applies to all Cities and Counties within the State of Missouri.

Authority is derived from the following: The Missouri Code of Regulations defines the Department of Health and Senior Services Division 20 Environmental Health and Communicable Disease Prevention as the governing agency responsible for seeing through Chapter 1. Food

Protection 19 CSR 20-1.025 Sanitation of Food Establishments.

Cooper County Public Health Center inspections for May are currently on our website at:

www.coopercountypublichealth.com

Questions concerning food inspections may be directed to our environmental health specialist, Sue Wilman at 660-882-2626.