

When it comes to lead poisoning, we cannot be too careful with our children. Lead poisoning is a condition caused by swallowing or inhaling lead. Young children, under six years of age, face the greatest risks from lead poisoning because their bodies absorb lead more easily than adults do. Since young children put everything in their mouths, the likelihood that they will ingest dust containing lead from their environment is greater than older children and adults. They may be exposed to lead at home, school, daycare or even playgrounds.

At low levels, the effects of lead poisoning may not be obvious. However low levels of lead may lead to:

- Brain & nervous system damage
- Stunted growth
- Damaged hearing
- Lowered IQ scores
- Learning difficulties.

At very high levels, lead may cause:

- Coma
- Convulsions
- Death

Symptoms of lead poisoning may be mistaken for the flu or other illnesses. Symptoms include: Stomachache and cramps; irritability; fatigue; frequent vomiting; constipation; headache; sleep disorders and poor appetite. If more lead builds up, you may notice: clumsiness; weakness; or loss of recently learned skills.

It is easier to prevent lead poisoning than to treat it. Because the symptoms aren't obvious, it is important to get your child tested and know how to lower your child's risks. The level of lead in your child's blood can be measured. And, early detection means early intervention—and less damage.

CCPHC will begin offering capillary lead testing by appointment starting September 1, 2007. Call 882-2626 for more information.

The US Consumer Product Safety Commission recently issued a recall involving Mattel's "Sarge" die cast toy cars and for Fisher-Price involving 83 different toys with product names under Sesame Street, Dora the Explorer, and other children's toys. The surface paints on the toys could contain excessive levels of lead. The recall involved various figures and toys that were sold at retail stores from April 2007 through August 2007 and were sold alone or as part of sets.

To access pictures of all 83 toys, see the US Consumer Product Safety Website at: <http://www.cpsc.gov>.

CCPHC encourage everyone to check this out. Our employees have found several toys in this list that affect our families.

Caption describing picture or graphic.

**N E W L E A D P O I S O N I N G P R E V E N T I O N
S E R V I C E S A T C C P H C
S P E C I A L P O I N T S O F I N T E R E S T :**

- CCPHC will offer lead testing beginning September 1st.
- 83 toys were recalled from Fisher Price for lead paint—check the website to see if you have them in your home.
- Protect yourself from West Nile Virus with the right repellent!

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R E C E N T T O Y R E C A L L S I N V O L V I N G L E A D
P A I N T
C O O P E R C O U N T Y P U B L I C H E A L T H
C E N T E R

Public Health News

August 2007

Volume 1, Issue 1

Grandma called it roughage, we call it fiber, and it is one of the many reasons to move to a whole food, plant based diet.

Fiber in our diet comes from whole grains, nuts, seeds, fruits and vegetables. Beans (legumes) are the highest fiber containing plants per 1/2 cup serving.

Fiber can keep you full, keep you regular, bind cholesterol and fat, provide food for healthful gut bacteria, and make you chew your food – important for preventing ulcers. Whole foods, of course, provide more than fiber—vitamins, minerals and antioxidants round out the bounty.

The current dietary guidelines recommend 9-13 servings of fruits and vegetables a day. That's 4½ to 6½ cups per day. The health benefits will kick in at 7-10 fruit and vegetable servings a day, which may be a more attainable goal. In case you didn't notice, "5 A Day" is no longer the recommendation.

Change is never easy, even when your health is the prize. Ask anyone who's quit smoking. But if you take it slow, you will give your taste buds time to change and your jaw muscles time to strengthen. You will be surprised at how far you can go when you, both, take it seriously and still have fun with it.

Set a goal for change and just focus on that change until it becomes a habit, for example:

- I will eat 3 non-starchy vegetables a day (raw or cooked, 3 different or all the same)

- I will try one new vegetable a month.
 - I will try one new vegetarian recipe a month –with or without added meat.
 - I will eat one bean meal per week. (includes chili and ham & beans, as well as dips or spreads)
 - I will eat at least 2 servings of fruit a day –fresh, canned or dried. (dried fruit are a low cost, easy to store and tasty option.
1. Add raw nuts and seeds to vegetable dishes at the end of cooking or just before serving salads. Raw is best for quality fat, but if that's too great a leap, use lightly dry roasted, no salt added. This adds texture as well as nutrition to vegetable dishes.
 2. Go through vegetarian and vegan cookbooks. Libraries offer a smorgasbord of vegetable based cuisines to choose from. Read through just to see how meals are put together and how food is seasoned.
 3. Prepare recipes that appeal to you. You can add any meat, fish, or cheese to any recipe. After all ham and beans could be considered a vegetarian stew with ham added.
 4. Season with small amounts of condiments with strong flavors. For example: salsa, BBQ sauce, catsup, spicy mustards, marinades, strong flavored cheeses, and different bottled sauces such as peanut sauce.
 5. Swap ideas and recipes with a friend
 6. Invite people for a vegetable based pot luck.

**NUTRITION CORNER – JAN COHEN
NUTRITIONIST**

SETTING GOALS FOR DIETARY CHANGES
HINTS FOR ADDING VEGGIES TO YOUR DIET

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Remember—Flavor is important! You won't stick to your changes, if it doesn't taste good.

PUBLIC HEALTH NEWS

There are so many different insect repellents to choose from. How do I know which ones will offer the best protection? The Center for Disease Control (CDC) recommends repellents that have met the CDC's standard of having EPA registration. These products have been tested for efficacy and potential effects on human beings and the environment. This means that "the EPA does not expect the product to cause unreasonable adverse effects to human health or the environment." There are two EPA recommended products currently available in the US that provide longer-lasting protection than others: DEET (N,N-diethyl-m-toluamide) and Picaridin (KBR 3023).

Oil of lemon eucalyptus, also EPA registered, was found to provide similar protection to repellents with low concentrations of DEET. If you are going to be outdoors for:

- 1-2 hours: choose a product containing <10% DEET or <10% picaridin.
- 2-4 hours: ~ 15% DEET; ~ 15% Picaridin/KBR 3023; or ~ 30% oil of lemon eucalyptus/PMD
- 5-8 hours: ~ 20%-50% DEET.

Mosquitoes develop in slow-moving or stagnant water. Around the home, these places can include tree cavities, rain barrels, fish ponds birdbaths, wading pools, old tires, tin cans, clogged gutters, and catch basins—anything that will hold a small amount of water for a few days.

Mosquitoes can develop from egg to adult in 10-14 days. So, it is important to empty water containers frequently. If standing water can't be eliminated, there are treatments designed to control mosquito larvae and pupae. Specially designed oils that do not allow larvae and pupae to breathe can also be applied to the water. These

products are available from mosquito control supply companies.

Adult mosquitoes like to rest in cool, dark, damp and protected locations during the day. Keeping shrubs and bushes near your house trimmed and grass and weeds under control will help reduce the areas where adults can hide.

**WEST NILE VIRUS
HOW DO I CHOOSE AN INSECT
REPELLENT?
REDUCING THE MOSQUITO POPULATION
AROUND YOUR HOME**

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VOLUME 1, ISSUE 1

Enjoy the outdoors, but remember to protect yourself from mosquitoes — use your repellent!

Caption describing picture or graphic.

West Nile Virus (WNV) was first documented in the United States in 1999. Since then it has spread rapidly across the country into all 48 continental states, Canada and Mexico. WNV is maintained in nature through a complex life cycle involving wild birds and mosquitoes.

Approximately 80% of the people infected with WNV have no symptoms. The remaining 20% of infected people have symptoms that may include fever, headache, tiredness, and body aches. Rarely, the virus can cause meningitis or encephalitis. Those at higher risk for developing serious illness are the elderly and those with lowered immune systems.

The best ways to reduce your risk of contracting WNV are to protect yourself from mosquito bites and reduce the number of mosquitoes living and breeding near your home. Use insect repellents to prevent mosquitoes from biting through clothing; wear long -sleeved shirts and long pants when you're outdoors; Repair holes in screens to keep mosquitoes outdoors.

Mosquitoes are usually out from dusk to dawn!

Over 120 countries world wide participated in activities to help educate the public on the benefits of breast feeding during World Breastfeeding week, August 1-7.

The benefits for both mom and baby are numerous. For baby, the greatest benefit is that breast milk is the perfect food. Breast milk contains the perfect proportions of fat, water, protein, and carbohydrates for human growth and development. It also contains antibodies to help protect babies from disease. Babies who are breast fed exclusively for 6 months are less likely to develop ear infections, diarrhea, and respiratory illnesses. Breast fed babies also have lower rates of Sudden Infant Death Syndrome, diabetes, certain types of cancer, obesity, high cholesterol and asthma. Nursing also creates a bond between baby and mom as well as a sense of security for the baby.

Moms benefit from breastfeeding as well. Nursing mothers tend to lose those extra pregnancy pounds easier since nursing uses extra calories. Nursing stimulates the uterus to contract and return to it's pre-pregnancy size sooner. Studies indicate an association between breastfeeding and lower risks of breast and ovarian cancer, type II diabetes, and possibly osteoporosis after menopause. Breastfeeding saves time and money. There are no bottles to wash and sterilize, no formula to buy, measure, and mix. It may also save you up to \$1600 the first year of baby's life.

Finally, breastfeeding benefits society. Health care costs are lower because breastfed babies usually need fewer sick care visits, prescriptions, and hospitalizations. Breastfeeding moms miss less work because their babies are sick less often. There is also less trash produced since there are not formula cans and bottle supplies to throw away.

The WIC program encourages and supports all moms who want to breastfeed. For more information or breastfeeding questions, please contact Sue Wilman at 660-882-2626.

Cooper County Public Health Department

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<http://coopercountypublichealth.com>

We would like to thank the Bobber restaurant and 87 diner for hosting our Basic and Advanced Food Service classes. We have had really good participation in these classes, which shows an eagerness of our food establishments to provide the best quality service to our community. Our next Basic Food Service class will be held at the 87 diner on Tuesday, September 11th at 3:30 pm and is open to the public. Advanced reservation is not required.

You may contact Sue Wilman here at the Health Center with any questions you may have regarding the classes. She may be reached at 660-882-2626.

**COOPER COUNTY PUBLIC HEALTH CENTER
AUGUST IS BREASTFEEDING AWARENESS
MONTH**

Public Health Makes Life Better

WE'RE ON THE WEB!
Caption describing picture or graphic.
Public Health Makes

VOLUME 1, ISSUE 1
Eat a variety of

fruits and

vegetables!

Beans are the highest fiber containing plants per ½ cup serving.

In areas where both mosquitoes and ticks are a concern 20-50% DEET may offer the best, well-rounded protection.

The American Academy of Pediatrics has recommended that repellents containing up to 30% DEET can be used on children over 2 months of age. Permethrin should only be used to treat clothing and equipment—not used on skin.

The Women, Infants, and Children program (WIC) days for the month of September are as follows:

- 5th and 6th—Certification and Recertification
- 12th—Certification and Recertification
- 13th—Nutrition Education
- 19th—Certification and Recertification
- 20th Nutrition Education
- 24th Make-up Day

The following income guidelines became effective April 1, 2007 and will remain in effect until March 31, 2008. These guidelines are based on income and size of the household:

- 1: \$1,575
- 2: \$2,111
- 3: \$2,648
- 4: \$3,184

- 5: \$3,721
- 6: \$4,257
- 7: \$4,794
-
-

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

W I C C E R T I F I C A T I O N D A Y S F O R S E P T E M B E R I N S I D E S T O R Y H E A D L I N E

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“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Caption describing picture or graphic.

According to MO Department of Health and Senior Services (DHSS), since Memorial Day, in Missouri there have been 1300 emergency room, physician, and first aid visits related to heat illness. There have been 16 deaths related to the heat—with 13 of them since the beginning of August.

As school sports programs have already begun their practices, it is important to remember these safety tips from DHSS to avoid heat-related illness:

1. Schedule practices early in the day or late in the evening—before 9 am and after 6pm. If possible, practice in an air-conditioned building during the hottest weather.
2. Acclimatize participants to the heat. Start with shorter practices and build up over time.
3. Provide drinks—cool water, sports drinks, fruit juice. **Avoid beverages with caffeine and avoid extremely cold beverages. This can cause severe stomach cramps.**
4. Drink fluids every 20 minutes during practice as well as before and after exercise.
5. Drink before you feel thirsty. By the time you're thirsty, you're starting to dehydrate.
6. Provide shaded areas to rest in with circulating air.
7. Give athletes time out of helmets and pads every 30 minutes.
8. Never let children use salt tablets unless directed by a physician.
9. Use the buddy system—partner up participants. Make sure your partner is doing ok and vice versa. The same goes for the coaching or instructional staff. Everyone has a buddy.
10. Know the symptoms of heat illness:
 - Heavy sweating
 - Chills
 - Nausea
 - Incoherence

- Fatigue/tiredness
- Weakness
- Muscle cramps
- Rapid pulse
- Visual disturbance
- Throbbing headache
- Dizziness
- Cool, moist or pale skin in the early stages.

Anyone experiencing any of the symptoms listed above should be taken out of practice immediately and taken to an air-conditioned or shady place and given cool drinks.

If anyone exhibits the following symptoms, call 911 immediately:

- Vomiting
- Fainting
- Rapid, weak pulse
- Rapid shallow breathing
- Confusion or decreased alertness
- Red, hot, dry skin

Extra precautions must be taken while practicing in the heat!

H O W T O A V O I D H E A T - R E L A T E D I L L N E S S T I P S F O R S C H O O L A T H L E T I C A N D B A N D P R O G R A M S

- 8: \$5,330
- 9: \$5,867
- 10: \$6,403
- 11: \$6,940
- 12: \$7,476
- 13: \$8,013
- 14: \$8,549
- 15: \$9,086
- 16: \$9,622

For each additional family member after 16, add \$537
Per month.