



ALLEN COUNTY COMBINED HEALTH DISTRICT NEWSLETTER

---January/February 2008---

At a glance facts:

Year to Date Statistics
(As of December 31, 2007)

- **Immunizations given: 15,295**
- **Child Health Clinic visits: 1,202**
- **Family Planning Program visits: 5,936**
- **HIV Tests given: 1,116**
- **Tuberculosis Tests given: 1,695**
- **Reportable Communicable Diseases: 937 total**
 - 0 cases of Class A1 diseases**
Diseases of major public health concern needing immediate response, e.g. human rabies, meningococcal disease
 - 58 cases of Class A2 diseases**
Diseases of public health concern needing timely response, e.g. E. Coli 0157:H7, West Nile Virus, TB
 - 686 cases of Class A3 diseases**
Diseases of significant public health concern, e.g. STD's, Food Borne illnesses
 - 69 cases of Class B diseases**
Diseases tracked for trending purposes, e.g. influenza (flu), chicken pox
 - 124 cases of Class C diseases**
Diseases of concern when seen in multiples, e.g. scabies and staph infections
- **Number of births filed: 2,730**
- **Number of deaths filed: 1,384**
- **WIC Supplemental Nutrition Program monthly average caseload: 3,854**
- **Environmental Division Field Inspections: 9,157**

Breast and Cervical Cancer Project

The Ohio Breast & Cervical Cancer Project was designed to assist women over the age of 40 who have lower incomes and no insurance coverage to obtain a yearly clinical breast exam, mammogram, and Pap smear. This is important because finding cancer at an early stage greatly improves the chances of successful treatment.

The Allen County Health Department receives funding through this program to provide The Women's Preventive Healthcare Project (WPHCP) in Allen, Auglaize, Hancock, Hardin, Putnam, Mercer, and Van Wert counties. As part of the Ohio project, we provide the opportunity for local women to obtain some of the cancer screening tests that they otherwise could not afford. Screening for cancer refers to tests and examinations used to detect the disease in women who do not have any symptoms. Some screening tests used for early detection of breast cancer include mammography and clinical breast exam. We contract with local hospitals and other healthcare providers to perform the screenings.

Referrals are made to WPHCP by our contracted service providers and by word of mouth. Clients call our office and we gather basic information over the phone and then send enrollment forms to them in the mail. Once a client returns the paperwork and is determined eligible for the program, we schedule appointments and notify her of the dates and times. WPHCP arranges screening for approximately 650 clients per year from all seven of the counties we serve.

Once a client has been seen by the medical provider and has had a mammogram, the WPHCP case manager will notify the woman of the results and place her on a recall list for the next year's screening. If the client has an abnormal result our case manager will help her navigate through the medical system for follow up care. If a client is diagnosed with cancer, the case manager will assist her with Medicaid enrollment to ensure treatment options are obtained.

For more information on how you or someone you know can obtain no cost early cancer screenings call the Women's Preventive Healthcare Project at 419-224-4500 or 1800-901-9727.

Protect Yourself

Choosing smart snacks can help you feel good and help you reduce your risk for diseases like cancer, heart disease, and diabetes.

Smart snacks include fruits and vegetables, whole grains like air popped popcorn, low-fat rye or multi-grain crackers, and low fat milk and milk products.





February: American Heart Month

The Allen County Health Department has one of 17 Cardiovascular Health Grants in Ohio through the Ohio Department of Health. The purpose of these grants is to increase the number of heart healthy communities in high need areas in the state.

The Allen County Heart Health Coalition is working to lower the risk of heart disease and stroke in Allen County by helping Allen County residents to:

- Be more active,
- Eat smart, and
- Be tobacco free.

The programs of the heart health project focus on four different settings:

- **Worksite Wellness** - The Allen County Worksite Wellness Group meets four times a year. Any business or agency in Allen County is invited to attend the quarterly meetings. Meetings are usually held at the United Way Conference Room, 616 E. Collett St., Lima, Ohio.
- **Schools** – We provide resources so parent groups and teachers can help promote student wellness. We support staff wellness programs as a way for staff to model healthy behaviors for students.
- **Health care professionals** – We assist healthcare professionals by providing resources and trainings. Examples include blood pressure measurement programs to improve the accuracy of readings and easy-to-read patient education materials.
- **Community** – Stroke awareness, the Garden Share pilot project and Taking Control health tips are just some of the awareness activities we provide for Allen County residents.

If you would like information about any of these activities, contact:

Shelly or Monica at 419-228-4457.



Make a clean break from illness.



WASH YOUR HANDS!!

Handwashing is the best way to stop the spread of germs.

Wash your hands after:

- (and before) Handling food or eating.
- Using the bathroom.
- Changing diapers.
- Sneezing, blowing your nose or coughing.
- Touching a cut or open sore.
- Playing outside.
- Petting animals.

Here's how:

1. Wet your hands with warm, running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds (how long it takes to sing Happy Birthday two times).
3. Rinse. When paper towels are available, use them to dry hands.
4. Turn off water with a paper towel before throwing it away.

Available on our website!



Provided by the Allen County Health Department.
219 E. Market Street, Lima, OH 45801 419-228-4457
www.allencountyhealthdepartment.org

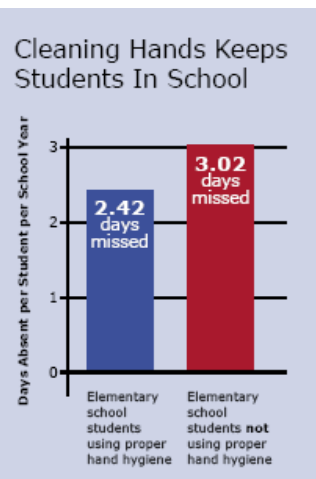
It's that sickly season...

Are you washing your hands the right way? What about your family and co-workers?

Part of our job at the Health Department is public education to promote good health and prevent illness. This handwashing poster, available to download from our website, explains when and how to wash your hands. Click on the poster above to access your own copy, or go to: www.allencountyhealthdepartment.org and follow the links to the handwashing page. Hang the poster near your sinks and in your bathrooms as a reminder for all.

Handwashing is the number one way to prevent the spread of germs.

- Nearly 22 million schools days are lost each year to the common cold alone. However, when children practice healthy habits, they miss fewer days of school.



Sources: CDC and Am J Infect Control 2000;28:340-6



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Protecting the Health of Allen County