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Douglas County Health & Social Services
621 W. Madrone
Roseburg, OR 97470
541.440.3500
www.co.douglas.or.us/health

October

2008

Health

matters

ASSISTING PEOPLE IN DOUGLAS COUNTY TO BE HEALTHY, INDEPENDENT, AND SAFE

Anyone who smokes will tell you, it's hard to quit. Most smokers want to quit and try every year. Employers can encourage employees who smoke to use January 1, 2009 as a date to quit smoking. Encourage them to call the Oregon Tobacco Quit Line at 1-800-QUIT NOW (800-784-8669).

Oregon's New Smokefree Workplace Law

In June 2007, the Oregon legislature passed a law making the Oregon Smokefree Workplace Law even stronger. The new law, which becomes effective on January 1, 2009, will expand the number of indoor workplaces that are required to be smoke-free. The new law will also prohibit smoking within 10 feet of entrances, exits, windows that open, and ventilation intakes of workplaces or public places.

What workplaces will be affected under the new law?

Under the new law, smoking will be prohibited in most public places and workplaces with few exceptions. Workplaces and public places that must be smokefree include but are not limited to:

- Bars and taverns, including bar areas of restaurants
- Bowling centers
- Bingo halls
- Private and fraternal organizations

- Employee break rooms
- Restaurants
- Private offices and commercial office buildings
- Retail and wholesale establishments
- Manufacturing plants and mills
- Truck stops
- Child and adult day-care
- Assisted living facilities
- Movies theaters and indoor entertainment venues
- Hotels and motels (Exception: up to 25% of guest rooms may be designated as smoking rooms by the owner or entity in charge)
- Work vehicles that are not operated exclusively by one employee

Any business or organization that has one or more employees or is ever open to the public must prohibit smoking in the workplace and within 10 feet of all entrances, exits, windows and air intake vents.



What can businesses do to comply?

- Employers can make sure their employees and customers are informed of the law.
- Post "No Smoking within 10 feet" signs at all building entrances and exits
- Remove all ashtrays and receptacles from your workplace and from within 10 feet of your entrances and exits.

Employers can also encourage their employees who smoke to use January 1, 2009 as a date to quit smoking. The Oregon Tobacco Quit Line provides free, confidential quit help to all Oregonians, 1-800-QUIT-NOW (1-800-784-8669). Or, call 541-440-3563 to request a list of local and online resources.

Where can I get more information?

For more information about the new law and the rules, visit the Oregon Tobacco Prevention & Education website at www.oregon.gov/DHS/ph/tobacco/.

HEALTH CENTER
621 W. Madrone
Roseburg OR 97470
541.440.3500

NORTH COUNTY OFFICE
316 W. A Avenue
Drain OR 97435
541.836.7311

SOUTH COUNTY OFFICE
247 North Main
Canyonville OR 97417
541.839.4495

WEST COUNTY OFFICE
680 Fir Avenue
Reedsport OR 97467
541.271.4835

MENTAL HEALTH CRISIS 541.440.3532
TOLL-FREE 800.234.0985
SENIORS & DISABILITIES 541.440.3580
DISEASE CONTROL 541.440.3571

Who Should Get Vaccinated this Flu Season

The single best way to protect against the flu is to get vaccinated each year.

Influenza vaccine is recommended for anyone who wants to reduce the likelihood of becoming ill with influenza or spreading influenza to others. However, the CDC and the Advisory Committee on Immunization Practices (ACIP) recommend that some people get vaccinated each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications.

People recommended for vaccination during the 2008-09 flu season are:

All children 6 months and older and all older adults:

1. All children from 6 months through 18 years of age.
2. Anyone 50 years of age or older.

Anyone at risk of complications from flu, or more likely to require medical care:

1. Women who will be pregnant during influenza season.
2. Anyone with long-term health problems:
 - heart disease
 - kidney disease
 - liver disease
 - lung disease
 - metabolic disease, such as diabetes, asthma - anemia, and other blood disorders
3. Anyone with a weakened immune system due to:
 - HIV/AIDS or other diseases affecting the immune system
 - long-term treatment with drugs such as steroids
 - cancer treatment with x-rays or drugs
4. Anyone with certain muscle or nerve disorders (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.
5. Anyone 6 months through 18 years of age on long-term aspirin treatment (they could develop Reye Syndrome if they got influenza).
6. Residents of nursing homes and other chronic-care facilities.

Anyone who lives with or cares for people at high risk for flu-related complications:

1. Health care providers
2. Household contacts and caregivers of children from birth up to 5 years of age
3. Household contacts and caregivers of:
 - people 50 years and older, or
 - anyone with medical conditions that put them at higher risk for severe complications from influenza.

Health care providers may also recommend a yearly flu vaccination for:

1. People who provide essential community services
2. People living in dormitories, correctional facilities, or under other crowded conditions, to prevent outbreaks
3. People at high risk of influenza complications who travel to the Southern hemisphere between April and September, or to the tropics or in organized tourist groups at any time.

Please call 541-440-3500 for information about upcoming community flu clinics provided by Douglas County Public Health. Walk-in flu shots will be offered at the County Health Department offices beginning October 22, 2008.

Flu shots are \$30.00. Pneumonia shots are \$45.00. Medicare Part B, Medicare Part B Managed Care, Pacific Source, and Oregon Health Plan will be accepted.

HOW FLU SPREADS

Person to Person



The main way that flu viruses are spread is from person to person in respiratory droplets of coughs and sneezes. Flu viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose before washing their hands. More information is available online at www.cdc.gov.

Douglas County Communicable Disease Summary *

Reported Cases	2007	2008
Campylobacteriosis	8	12
Chlamydia	121	142
Giardiasis	4	15
Gonorrhea	3	1
Hepatitis A	0	1
Hepatitis B Acute	3	1
Hepatitis B Chronic	2	6
Hepatitis C Chronic	219	198
HIV	1	10
Meningitis	0	2
Pertussis	0	0
Salmonellosis	8	12
Tuberculosis	0	0

*2007 data are for Jan-Dec; 2008 data are through Sep; only selected data from the Oregon Office of Disease Prevention and Epidemiology are presented. The increase in Chronic Hep C is due to new reporting requirements, which became effective in 2005.

Arsenic in Douglas County Wells

Some areas of Douglas County have high levels of naturally-occurring arsenic in the groundwater. Private well-owners should test their wells for arsenic to make sure their water is safe to drink.

A recent study in the Sutherlin, Oakland and Yoncalla areas found high levels of naturally-occurring arsenic in groundwater wells. Some wells had arsenic levels above the safe drinking water standard of 10 parts per billion (ppb). This is a concern for private well owners who could be exposed to unsafe levels of arsenic in well-water used for drinking and cooking. Public water systems in these areas are not affected.

Drinking water contaminated with high levels of arsenic can put your health at risk. Some health effects from long-term exposure to arsenic include:

- Thickening and discoloration of the skin
- Diabetes, high blood pressure, and disorders of the heart, lung, liver, immune, nervous, and gastrointestinal systems
- Cancer of the bladder, lungs, skin, kidney, nasal passages, liver, and prostate

Children are especially susceptible to the effects of arsenic due to their smaller size, and developing bodies and brains.

What You Can Do

Get your well tested.

Accredited laboratories throughout the state provide well water testing for private well

owners. For a list of accredited laboratories in Oregon, call the Department of Human Services Laboratory Accreditation Program at 503-693-4122 or visit: oregon.gov/DHS/ph/orelap/docs/acclab.pdf.

Use caution above 10 ppb.

Oregon Public Health officials recommend that you not use water with more than 10 ppb (or 0.010 mg/L) of arsenic for drinking or cooking. Boiling your water will not remove arsenic. Bottled water is a safe choice, and there are several treatment methods that can remove arsenic from water. Any system you select should be certified by a recognized, third-party testing organization that meets strict testing protocols established by the American National Standards Institute and NSF International.

Get informed.

More information about the Sutherlin Arsenic Study and well water testing is available online at www.oregon.gov/DHS/ph/shine/sutherlinsite.shtml. You may also contact the Douglas County Environmental Health at 541-440-3578, or the Oregon Department of Human Services at 971-673-1213.

Contributed by Sujata Joshi, MSPH, Oregon Department of Human Services, Public Health Division, Environmental Health Assessment Program

**DON'T JUST HOPE FOR
SAFE WELL WATER**

GET TESTED



RESOURCES

**Oregon Drinking
Water Program**

www.oregon.gov/DHS/ph/dwp/

CDC Water Safety

www.cdc.gov/ncidod/dpd/healthywater/

Preventing Childhood Cavities

Every day in Oregon, 5,000 school age children are in need of urgent dental care due to pain and infection from tooth decay. According to the 2007 Oregon Smile Survey, tooth decay is the most common childhood disease, affecting 5 times more children than asthma. While there is no single solution to the problem of tooth decay, education can help to reduce tooth decay and improve children's oral health.

Helping preschool age children to develop good dental health habits—before the eruption of secondary teeth—is one way to help prevent dental decay later in life. With funding from the Dental Foundation of Oregon and the Umpqua Dental Society, Douglas County Public Health developed and presented an easy-to-deliver Shining Smiles dental education toolkit to eleven Douglas County preschools, the Babies First! Program, and Healthy Start. The Shining Smiles toolkits included toothbrushes, a lesson plan, brushing charts, tips for parents, and a fun Finn-Z-Fish dental education puppet. Each of the preschools and programs receiving the toolkits pledged to provide dental education as part of their regular program activities.

The 2007 Oregon Smile Survey recommends four key community-based preventive measures that have been proven effective in reducing tooth decay—community water fluoridation, early childhood decay prevention programs, dental sealants programs, and fluoride supplement programs. The full report is available online at www.oregon.gov/DHS/ph/oralhealth/docs/smile_2007.pdf.

Cavities are 100% preventable, and education at an early age can help prevent cavities later on.



Making All the Difference

"A little consideration, a little thought for others, makes all the difference." Winnie the Pooh

People have never expected more from Public Health than they do today. Whether a health threat like pandemic flu or chronic conditions like diabetes, the problems that Public Health must address are increasing in complexity and scope. With sharp reductions in funding over the past few years, however, Public Health programs across Oregon have had to reduce and eliminate services that the public has come to expect.

Many public health issues receive little or no dedicated funding source for local outreach, including dental health, chronic disease prevention, and child injury prevention. Efforts to address these issues are often folded into funded or mandated programs like Family Planning, Maternity Case Management, and WIC. *Community support, however, has made all the difference* in our ability to provide services and conduct community-based outreach to promote the health and safety of our community.

Healthy Smiles — Medical Teams International, Umpqua Dental Society, the Dental Foundation of Oregon, and volunteer dentists, dental assistants, and hygienists have brought urgent care and healthier smiles to many uninsured and under-insured children and adults in Douglas County.



Child Passenger Safety — Oregon Department of Transportation, the Alliance for Community Traffic Safety, and K-Mart have provided ongoing support to help us provide low-cost safety seats and education to families who are unable to afford

the cost of a new seat.

Safety on Wheels — This year's Gear Up for Safety campaign encouraged elementary and middle schoolers (and their parents) to wear a helmet and other safety gear when riding on wheels. With major support from local State Farm Insurance agents, the Douglas County Traffic Safety Commission, and Fred Meyer, we were able to distribute educational materials and helmets to local law enforcement, and to conduct a contest for a new bike and helmet in each of Douglas County's 14 middle schools.



Pregnancy & Infant Health — A common goal of the Douglas County Maternity Case Management and Prenatal Care is to improve the health of pregnant women and their infants. With a grant from the March of Dimes of Oregon, we have begun Baby & Me Tobacco Free, a project to help pregnant women quit smoking and stay quit after the birth of their baby. Since August, 8 pregnant women have quit smoking, and 2 of the 8 have given birth and have remained smokefree.

While the future of these Public Health outreach efforts is uncertain, we would like to take this opportunity to thank to the individuals, businesses, and agencies that have given a little consideration, a little thought for others to make a difference in the health of our community.

How We Care for Our Children

"There can be no keener revelation of a society's soul than the way in which it treats its children." Nelson Mandela

The ideal result of pregnancy is birth without complications, the delivery of a healthy infant, and a new life in a positive environment that supports the physical and emotional needs of the woman, infant, and family. Douglas County's Maternal & Child Health Programs provide nurse home visit care for uninsured and underinsured pregnant women and children to help them achieve this ideal health outcome. Public Health Nurses provide targeted home visit services through:

- **Maternity Case Management** — a comprehensive nurse home visit program that provides screening and support to pregnant women who may be at risk of problems during pregnancy or childbirth.
- **Babies First!** — a nurse home visit program for families with children age 0-5 who are at risk for poor health and development outcomes.
- **CaCoon** — a nurse home visit and school-based program that provides support to families with children and young adults (birth to age 21) who have complex health conditions, such as cleft lip/palate, spinal bifida, cerebral palsy, and other special health needs.

To learn more about the Maternal & Child Health Program or to make a referral, contact Natalie at 541-440-3539 or visit us online at www.co.douglas.or.us/health/PH/parentchild.asp.

Healthy Start Has Moved



Healthy Start is a non-medical, home visit program for first time parents. The program promotes positive parenting, healthy child growth, and family resiliency.

Contact your Healthy Start Family Support Worker at:

Family Development Center
300 Jerry's Drive
Roseburg, OR 97470
541-492-1656

Be a Child Passenger Safety Tech for Your Community

Proper safety seat and seat belt use is the most important thing you can do to protect your family while traveling.

The Child Safety Seat Resource Center is accepting applications for a Standardized Child Passenger Safety Technical Training course in Roseburg. The Roseburg course requires candidates to apply to the Child Safety Seat Resource Center for prior acceptance. Candidates will be notified upon acceptance and assisted with the online registration for certification with Safe Kids Worldwide.

This course attendance is limited to 20 and includes in-classroom lecture, hands on exercises and a check up-event. The Registration Fee is \$60.00. Lunch is provided. The course is funded, in part, by a grant from the ODOT Transportation Safety Division.

Successful completion of the Standardized Child Passenger Safety Technical Training results in certification as a Child Passenger

Safety Technician through Safe Kids Worldwide. This certification is for two years. The responsibilities of a Child Passenger Safety (CPS) Technician, as defined by the Standardized Child Passenger Safety Training include:

- Completion of the standardized training
- Commitment to conduct, participate in and supervise child passenger safety programs
- Act as a community resource
- Attend on-going training
- Participate in a minimum of **two public check up events** throughout the year



APPLICATION DEADLINE: October 27, 2008
COURSE LOCATION: Douglas County Fire District #2
1290 NE Cedar St. Roseburg, OR
COURSE DATES: November 3 – 6, 2008
COURSE TIME: 8:30 am to 5:30 pm

Participants are required to take part in a check-up event on November 6 from 9:00 am to 1:00 pm at the same location.

For more information or to receive an application and statement of intent to attend, contact:
Sandy Holt
ACTS Oregon
8059 SW Cirrus Dr.
Beaverton, OR 97008
1-800-772-1315 or sandyh@actsoregon.org

Child Passenger Safety Law Protects Oregon's Children

Oregon drivers look to the law in deciding how to properly restrain and protect children in motor vehicles. When children are properly restrained using a seat belt or child passenger safety seat, the risk of it significantly decreases the severity of injuries and number of fatalities that occur in a crash.

Oregon's child passenger safety seat law requires:

- Infants must ride rear facing until they are one year old and twenty pounds. Before children can ride forward facing, they must meet both of these benchmarks.
- Once a child has reached a minimum of forty pounds they must be properly secured in a booster seat until they are eight years old or taller than four feet nine inches.
- After a child is age eight or older or at least four feet nine inches they must be secured properly with the safety belt system.

- Children over one year old and between twenty and forty pounds must be properly secured with a forward facing child restraint up to a minimum of forty pounds or the upper weight limit of the seat.



If you have questions about the Oregon's child passenger safety seat law, contact ACTS Oregon Child Safety Seat Resource Center at 800-772-1315. Information about Child Passenger Safety education in Douglas County is available online at www.co.douglas.or.us/health/PH/childseats.asp.

Source: ACTS Oregon — www.childsafetyseat.org

Assisting People to be Healthy, Independent, and Safe

Douglas County Health and Social Services
621 W. Madrone, Room 360
Roseburg, Oregon 97470

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From Farm to Family

“Going to the farmers’ market means my children see food in a whole different way.” WIC participant



This year, Oregon WIC and local farmers are celebrating 10 years of teamwork to improve the health of Oregon’s children and families. With surging food costs, it is difficult for many lower income families

to buy fresh produce. WIC—the special supplemental Nutrition Program for Women, Infants and Children—continues to work with local farmers to improve access to wholesome, local fruits and vegetables through a Farm Direct Program.

Local farmers provide the produce, and WIC provides client education on how to help improve their family’s health through a nutritionally balanced diet. Each summer, WIC clients receive Farm Direct checks to spend at authorized farmers’

markets, farm produce stands, and up-pick sites.

This year, over 26,000 WIC families throughout Oregon will receive \$20 worth of Farm Direct checks with approximately 500 farmers’ participating at 89 farmers’ markets and 91 roadside stands statewide. Over the past year, the WIC program served 2,135 families and brought over \$14,000 in revenue to local farmers and over \$2 million to local grocery stores.

WIC authorized farmers’ markets & farm stands

Glengarry Fruitlands
James Orchard
Jones Farms
Kruse’s Farm Market
Mary’s Garden
Norm Lehne Gardens & Orchards
Peerless Produce, LLC
Sugartree Farms
The Berry Patch
Umpqua Valley Farmers Market

WIC authorized grocery stores

Albertsons
Bob’s Market
Fred Meyer
Glenway Superstore
Hometown Foods
Idlewild Trading Post
LaGrander’s Market
Price ‘n Pride
Ray’s
Rite Aid
Safeway
Sherm’s Thunderbird Market
South County Market
Southgate Market & Deli
Yoncalla Food Center

For more information about WIC,
call 541-440-3516 or online at
www.co.douglas.or.us/health/PH/wic.asp