

Community Services Connections

Cervical Cancer Awareness Month

January is Cervical Health Awareness Month, and Toledo-Lucas County Health Department wants you to know that there's a lot you can do to prevent cervical cancer!

HPV (human papillomavirus) is the most common sexually transmitted disease. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

- HPV can be prevented by the HPV vaccine.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, TLCHD encourages:

- Women to start getting regular Pap tests at age 21
- Women to get the HPV vaccine before age 27
- Parents to make sure their pre-teens get the HPV vaccine at age 11 or 12
- Men to get the HPV vaccine if you are under age 22

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you.

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Looking for more healthy tips and health information?

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WINTER LESSONS: HOW TO WALK ON ICE



EXTREME WEATHER HOME DEFENSE: SEVERE COLD

	FREEZING PIPES	Open sink-cabinet doors to let warm air in. Wrap exposed pipes. Disconnect hoses.
	BURST PIPES	Know where your water shut-off valve is so you can turn it off quickly.
	POWER OUTAGES	Check your emergency kit for working batteries, lights, and a radio.

Healthy Tips for 2015

Whatever your situation, see your health care provider and find out how you can live a safer and healthier life. Here are a few general tips for a safe and healthy life:

- Find health resources to help you achieve your New Year's goals.
- Protect yourself from injury or disease by wearing a helmet, sunscreen, or insect repellent when necessary.
- Make an appointment for a check-up, vaccination, or screening.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Learn health tips that take 5 minutes or less.

Healthy You:

- Make healthy food choices. Grab a healthy snack such as fruit, nuts, or low-fat cheese.
- Be active. Try simple things such as taking the stairs instead of the elevator. Be active for at least 2½ hours a week. Children and adolescents should get at least 1 hour of physical activity each day.

- Find out more about the benefits of regular physical activity. Sometimes getting started is the hardest part. Learn what counts as aerobic exercise.
- Be smoke-free. If you are ready to quit, call 1-800-QUIT-NOW for free counseling. Need inspiration? Check out Tips from Former Smokers.
- Get enough sleep. Remember that sleep is a necessity, not a luxury.
- Learn more about healthy living.
- Learn about the new Health Insurance Marketplace to find insurance to fit your budget and needs. For information: 1-800-318-2596 or healthcare.gov.

Healthy Family:

- Learn how to be healthy before, during, and after pregnancy.
- Reduce auto-related injuries by using seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.
- Learn positive parenting tips to keep teens safe on the road.
- Develop and enforce rules about acceptable and safe behaviors using electronic media.



- Lower the risk of foodborne illness as you prepare meals for your family.
- Serve healthy meals and snacks.
- Encourage and support physical activity.
- Gather and share family health history.
- Be a healthy caregiver.
- Encourage family members to get check-ups and screenings. Make sure they know where to go for care if they do not have health insurance.
- Get pets vaccinated and keep pets healthy.
- Add the 5 Minutes or Less for Health widget to your website to get new health tips each week.
- Visit the Parent Portal to find a wealth of information from CDC about everything from safety at home to developmental milestones.

New Year's Soup

"Black-eyed peas for luck, and collard greens for money - this New Year's soup is healthy, tasty, and bound to bring a great year!"

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, crushed
- 1 small onion, chopped
- 2 carrots, peeled and sliced
- 3 leaves collard greens, coarsely chopped
- 1 (14.5 ounce) can vegetable broth
- 1 (15 ounce) can black-eyed peas, rinsed and drained
- 1/2 cup quinoa
- 1 cup water
- 1 tablespoon cider vinegar, or to taste
- salt and ground black pepper to taste

Directions:

1. Heat olive oil in a soup pot over medium heat; cook and stir garlic until it begins to brown, about 3 minutes. Add onion and carrots. Cook and stir until carrots begin to brown and onion becomes translucent, 7 to 8 minutes. Cook and stir collard greens into onion mixture until wilted, about 5 minutes.
2. Pour vegetable broth and black-eyed peas into vegetables, bring to a boil, and reduce heat to low. Cover and simmer soup until vegetables are softened, 20 to 25 minutes.
3. While soup is simmering, mix quinoa and water in a saucepan, bring to a boil, and reduce heat to low. Cover and simmer until the water has absorbed into the quinoa, about 10 minutes. Stir cooked quinoa into soup and simmer until collard greens are tender, about 10 more minutes. Stir cider vinegar into soup to taste and season with salt and black pepper.

New Year's Traditions

In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers often enjoy meals and snacks thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes—symbolizing their hopes for the months ahead—right before midnight. In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Other customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular "Auld Lang Syne" in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot (They would reportedly vow to pay off debts and return borrowed farm equipment.)

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds. Various towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops of items ranging from pickles (Dillsburg, Pennsylvania) to possums (Tallapoosa, Georgia) at midnight on New Year's Eve.



CDC's Disease Detectives Respond to the 2014 Ebola Outbreak

In early July, Inger Damon, M.D., Ph.D., was in Colorado, training at altitude for an extreme 17.1-mile run. But at the end of that month, she found herself running a much more difficult marathon.

Not that her planned entry in September's Imogene Pass Run -- a grueling trek that climbs over 5,300 feet to the 13,114-foot Imogene Pass and descends into Telluride -- wouldn't have been a challenge. But on July 30, she was named Incident Manager to head the Ebola response at CDC's Emergency Operations Center (EOC). Since then she's had just four days off.

Inger's previous experience as head of CDC's poxvirus and rabies branch, and recent experience as the Director of the Division of High Consequence Pathogens and Pathology steeped her in the science of virus epidemics and responding to situations of uncertain risk, but the size and urgency of the Ebola response meant a greatly expanded leadership role.

"I've had to learn how to step back and take a higher level view, to get more skilled at delegating and learning from others," she said. "My job as incident manager is to gather information on all the many different aspects of the Ebola epidemic, identify gaps and needs, and provide continuity and leadership from this seat."



Captain Inger Damon, M.D., Ph.D.,
Ebola Response Team Incident Commander

A major bottleneck in the Ebola response had been the shortage of health care workers trained to staff Ebola treatment units where people with Ebola infection might be safely isolated and treated. One day, while discussing this frustrating situation with Stuart Nichol, the Chief Scientific Officer for the response, they came up with the idea of a CDC training course to augment MSF Ebola care training efforts. That idea grew into the Preparing Healthcare Workers to Work in Ebola Treatment Units (ETU) in Africa training course, held in Anniston, Alabama, which opened on October 6 and by the end of 2014 graduated 333 volunteers heading for West Africa.

"It grew out of a conversation we had one weekend about how can we get more American physicians and nurses overseas to help with Ebola care in West Africa and what would it require," Inger said. "It's just been incredible to see something come from an idea that's a conversation one weekend to something where over 200 people who have taken this training course already have gone overseas to do the work."

An even larger educational undertaking has been the training CDC supports in West Africa.

"We're teaching people about Ebola, doing community outreach, providing health training to both community and health care workers. We're teaching the basics of case identification, case management, contact tracing, how to set up surveillance, make sure surveillance works, and using data management systems." CDC has provided training in the fundamentals of infection control for the health system, and worked with numerous partner organizations. The work CDC has done is comprehensive, and responsive to an outbreak of unprecedented size."

Now that all this work has begun to bend the curve of the Ebola epidemic, Inger has begun to think about the Ebola endgame.

"We're beginning to see the impact of some of these interventions," she says. "I think it's most evident now in Liberia; I think it's been evident for a while in Guinea. And we really are thinking about the next stage -- where we've plateaued in terms of new cases we can now think about how to

Country	Total Cases	Lab Confirmed Cases	Total Deaths
Guinea	2776	2477	1786
Liberia	8166	3118	3496
Sierra Leone	10030	7759	2977
Total	20972	13354	8259
<i>*as of 1/9/15</i>			





1 in 3 motor vehicle deaths caused by drinking and driving

THE FULL IMPACT OF MOTOR VEHICLE CRASHES

For every 1 person killed in a motor vehicle crash



8 people were hospitalized



100 people were treated and released from the ED



Motor Vehicle Crash Injuries: Costly but Preventable

More than 2.5 million Americans went to the emergency department (ED)—and nearly 200,000 were then hospitalized—for crash injuries in 2012. On average, each crash-related ED visit costs about \$3,300 and each hospitalization costs about \$57,000 over a person's lifetime. The best way to keep people safe and reduce medical costs is to prevent crashes from happening in the first place. But if a crash does occur, many injuries can still be avoided through the use of proven interventions. More can be done at every level to prevent crashes and reduce injuries, but state-level changes are especially effective.

- Buckle children in age- and size-appropriate car seats, booster seats, and seat belts. Those 12 and under should be buckled in the back seat.
- Choose not to drive after drinking alcohol or using drugs, and help others do the same.
- Know your state's GDL laws and consider using tools like parent-teen driving agreements, if you are the parent of a teen.

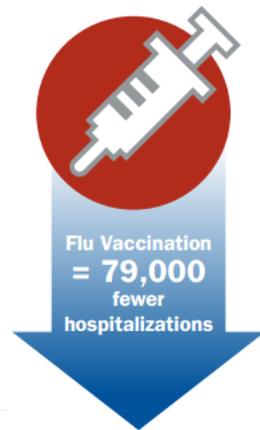
Everyone can:

- Use seat belts on every trip, no matter how short. Make sure passengers buckle up too.

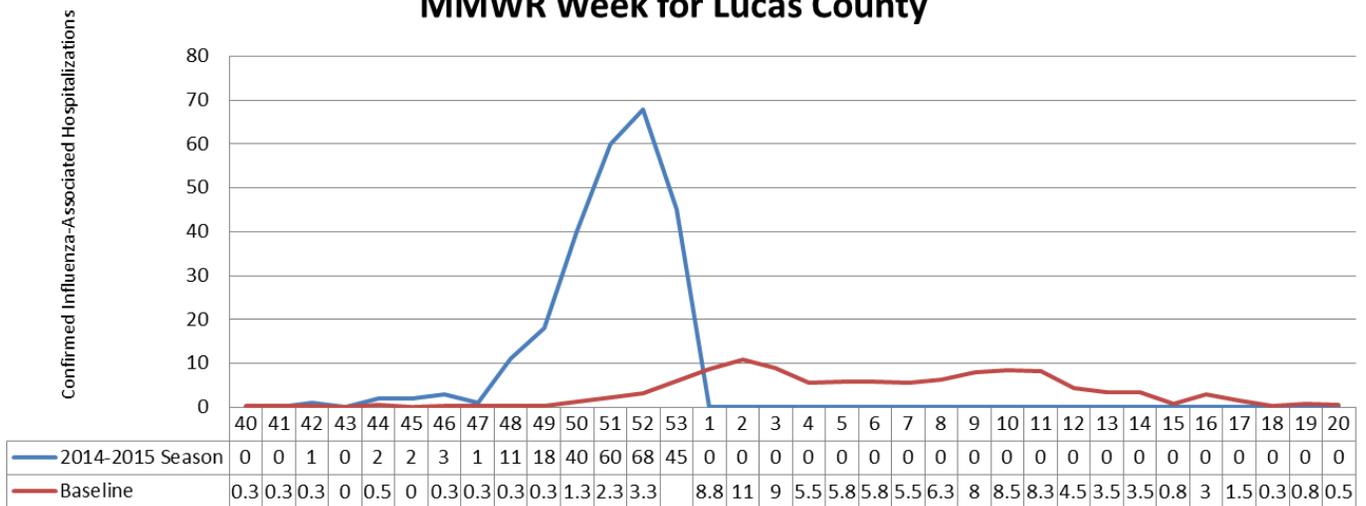
The Flu and You

As of January 9, 2015, Lucas County has had **270** confirmed Influenza-associated Hospitalizations for the 2014-2015 flu season.

The graph below illustrates the current confirmed Influenza-Associated Hospitalizations compared to baseline, which is a four year average excluding the 2009 pandemic year.



2014-2015 Confirmed Influenza-Associated Hospitalizations by MMWR Week for Lucas County



Reducing Sodium in Children's Diets

About 9 in 10 US children eat more sodium than recommended. Most sodium is in the form of salt, as a part of processed foods. A high sodium diet can lead to high blood pressure. About 1 in 6 children ages 8-17 years has raised blood pressure. High blood pressure is a major risk factor for heart disease and stroke. Lowering sodium in children's diets today can help prevent heart disease tomorrow, especially for those who are overweight. The taste for salt is established through diet at a young age. Parents and caregivers can help lower sodium by influencing the way foods are produced, sold, prepared, and served.

As a parent and caregiver, you can:

- Model healthy eating for your children by having a diet rich in fruits and vegetables without added sodium.
- Compare Nutrition Facts labels to choose the lowest sodium option before you buy.
- Ask your grocery manager to provide more low sodium options of your family's favorite foods.



1 in 6

1 in 6 children has raised blood pressure, which can be lowered in part by a healthy diet, including less sodium.

10 sources of sodium in children's diets

About 43% of sodium eaten by children comes from just 10 common food types:

- Pizza
- Bread/rolls
- Cold cuts/cured meats
- Savory snacks
- Sandwiches
- Cheese
- Chicken patties/nuggets, etc.
- Pasta mixed dishes
- Mexican mixed dishes
- Soups



SOURCE: What we eat in America, National Health and Nutrition Examination Survey, United States, 2009–2010.

Low Sodium Quick Tips Here are 3 reminders...



At the Store

- ◊ Read nutrition labels to compare products and choose the lowest sodium option.
- ◊ Use more naturally low sodium foods, like fruits and vegetables without added salt, for cooking at home.
- ◊ Out of options? Ask your local grocer to stock low sodium choices of the foods you buy.



At School

- ◊ Support healthy sodium standards for snacks and meals in the cafeteria and school events.



At Restaurants and Fast Food Eateries

- ◊ Before you order ask for nutrition facts, then select a lower sodium choice.
- ◊ When you order, ask that no salt be added to your food when cooking.

SOURCE: CDC Vital Signs, Sept. 2014 www.cdc.gov/vitalsigns



Tina Stokes (left) and April Snelling (right)

Staff Spotlight

Congratulations to Tina Stokes and April Snelling for graduating from the L.E.A.D program- Leaders Emerging and Developing. These two were expected to attend a meeting one Friday every month for a year, homework assignments, and group projects. Tina and April were nominated for the county leadership program. Graduation ceremony was Monday, January 6th during the County Commissioners meeting. Way to go!!



January 2015

ment. If you or your organization has events that you would like added to this event calendar or if you have questions regarding an event date/time/location, please contact Mahjida Steffin at steffinm@co.lucas.oh.us or 419-213-4218.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Birth Defects Prevention Month Cervical Health Awareness Month Glaucoma Awareness Month National Blood Donor Month Thyroid Awareness Month				1 New Year's Day	2	3
4 Trivia Day	5	6	7	8	9	10 National Cut Your Energy Costs Day
Home Office Safety and Security Week						
11	12 National Clean Off Your Desk Day	13	14	15 Get to Know Your Customers Day	16	17
18	19 Martin Luther King Day	20	21	22	23 Planning "P" Training in Putnam County Lucas County Integrated Healthcare Planning Meeting (8a-12p)	24
25	26	27	28 HSEEP Training in Cincinnati	29	30	31