

Public Health Matters



Points of interest:

- Product recalls affecting Arizona now posted on HealthELinks.com. Click on the link at the top of the home page.
- We have been trapping mosquitoes for testing and have no positive West Nile Virus results yet for Mohave County.
- Mohave County has no confirmed cases of Salmonella from the tomato/pepper recall.
- Nursing attended the 15th Annual KRMC Kid's Day Health Fair. We provided shot record reviews and immunized approximately 50 children.

April - June, 2008

Medical Reserve Corps Receive President's Volunteer Service Award



The Medical Reserve Corps (MRC) has been awarded the Presidential Volunteer Service Gold Award due to the time, dedication, and support of the MRC volunteers during 2007. The award was presented by the President's Council on Service and Civic Participation. President George W. Bush established the award in 2003 to recognize individuals, families and groups for volunteer service. Groups need 1,000 hours of volunteer service to be able to apply for the award.

Certificates and pins were presented to the MRC volunteers at appreciation meetings in Kingman on April 1, in Bullhead City on April 16, and in Lake Havasu City on April 17. A letter from Jean Case, Council Chair, stated that, "This award recognizes your dedication to volunteer service and signifies that you have served your community and your country with distinction."

The MRC has teams in Bullhead City, Kingman and Lake Havasu City and are supervised by Volunteer Coordinator, Paul Pitts. According to Paul, "Mohave County MRC volunteers donated a total of 2,100 hours during 2007. We qualified to receive the Gold award as a single unit."

The Mohave County MRC teams have monthly trainings to prepare for emergencies and engage in countywide exercises. The volunteers train for possible disease outbreaks where they may be asked to augment the Health Department teams. For information about volunteering with the MRC, call Paul at 928-718-4964.

Inside this issue:

"UB the 'Rent' Contest Winner	2
Healthy Swimming	2
WIC Assistance	3
Nutrition & Health Promotion Goals and Awards	3
Immunization Award	3
Epidemiology Update	4
Public Health Assessment	4

"I am extremely proud that our outstanding volunteers are being honored for all of their hard work with this President's Volunteer Service Award."

Paul Pitts
Volunteer Coordinator



Kingman



Bullhead City



Lake Havasu City

"UB the 'Rent" Video Winner



The Partnership for a Drug-Free America, Arizona Affiliate created a video competition for teens statewide to express themselves on issues like drinking and drugs. Teens created a short video with powerful messages to parents ("UB THE 'RENT"). The public voted on three finalists and the grand prize winner was Anthony Whitehurst, a student from Mohave Accelerated in Bullhead City. Anthony's video, "You Should Have Told Us", showcased 5 teens telling their parents that they should have talked with them about drugs and peer pressure and what happened to them when they didn't. You can see Anthony's winning video at www.ubtherent.org

The Mohave County Department of Public Health, BHHS Legacy Foundation, and The Partnership For Drug Free America joined forces and formed an alliance in February 2007. The Drug Free Mohave Alliance is a community drug prevention program whose mission is to provide, promote and sustain effective drug awareness and education efforts for people of all ages and populations throughout all Mohave communities. Our success relies on community participation and promotional assistance from a variety of media.

According to Carol Smith Carter, Community Health Educator, "Anthony and his team did a perfect job creating the right message for parents. Parents need to educate themselves about drugs and then communicate with their kids. Parents do make a difference when they talk routinely with their kids about drugs. In fact, parents can reduce their kids risk of substance abuse up to 50%." Make a difference today...talk with your kids. To learn more contact Drug Free Mohave Alliance at 928-716-0027.

"A lot of people think that if they can smell chlorine, things are good. That's not so. There should be little or no odor of chlorine. If there is an odor, it means there is either too much chlorine or the chemicals are not balanced."

Rachel Patterson
Environmental Health
Manager

Healthy Swimming

Recreational Water Illness Prevention Week took place May 19 - 25, 2008. According to the Centers for Disease Control and Prevention (CDC), germs on and in swimmers' bodies end up in the water and can make other people sick. The Environmental Health Division inspects public and semipublic pools. Public community pools are inspected once a month when they are operational. Rachel Patterson stated that, "Our priority is that swimming pools are kept clean and members of the public know to not go in pools when they are ill. If someone has had diarrhea or vomiting, he or she should not go in the pool." CDC recommendations include:

- Don't swallow pool water or get it in your mouth
- Shower before swimming
- Wash your hands after using the toilet or changing diapers
- Take children on bathroom breaks or change diapers often
- Change diapers in a bathroom, not at poolside
- Do not swim when you have diarrhea or are sick

WIC Can Help During These Tough Financial Times

As both the price of food and gas increase faster than we thought possible, more and more families are looking for ways to provide healthy foods for their children. WIC, the supplemental program for Women, Infants and Children, is one source of assistance for pregnant and postpartum women, infants, and children under age 5. Along with a wealth of nutrition information and health referrals, WIC provides a supplemental food package which includes that all important health drink - milk.

With offices in Kingman, Lake Havasu City, and Bullhead City, our staff is here to help. Participants must meet very generous income guidelines; a family of four can earn up to \$3,268 per month. Call the office closest to you to see if you qualify:

Kingman	928-753-0716
Lake Havasu	928-453-0716
Bullhead	928-758-0722



Nutrition and Health Promotion Goals and Awards

The Community Nutrition Program funded the Five-A-Day/Fruit and Veggies More Matters nutrition education program in Mohave County. This year, the program met its goal by providing the education program to 1,869 contacts in low income schools in Mohave County. This program provided interactive classes designed to address the increasing rates of obesity and overweight among children and to focus on increasing consumption of fruits and vegetables for children and their families. Unfortunately, funding for this program was not included in the state's FY 09 budget so we won't be able to continue with it in Mohave County.

The Physical Activity Program completed the 11th year of Promoting Lifetime Activity for Youth in Mohave County schools. This program is available to all 4th – 8th graders and our staff reached 2,032 students and 78 teachers in 18 schools this year. Students who participate in the program are eligible to earn the Presidents Active Lifestyle Award. This year, 21% of participating students in Mohave County earned the award.

Immunization Award Received

On April 23rd, Mary Karsgor was presented with the Arizona Big Shot Award at the The Arizona Partnership on Immunizations (TAPI) annual awards dinner. This award is given to individuals working for immunization programs in Arizona who go above and beyond to ensure that children through two years of age are up-to-date and as current as possible on all recommended vaccines.



Diana Septon,
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We're on the web:
www.HealthELinks.com

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Epidemiology Update

Communicable Disease Reporting

Arizona's communicable disease rules were revised and became effective on April 1, 2008. These rules require health care providers and institutions to report cases of communicable disease to their local health department. The following changes were made to the list of reportable conditions:

- **Chagas disease** (American trypanosomiasis) and **influenza-associated mortality in a child** have been added as diseases reportable by health care providers or institutions.
- **VRE** (Vancomycin-resistant *Enterococcus* spp.) has been removed from the list of diseases reportable by health care providers or institutions.

A copy of the newest reportable diseases list is available at:
www.azdhs.gov/phs/oids/hcp_rpt.htm

Norovirus Investigation

The Nursing Division received a number of reports of gastrointestinal illness in the Bullhead City area and conducted a disease investigation. According to Christine Bronston, Nursing Services Manager, confirmation was received from the Arizona Department of Health Services of Norovirus. The illness appeared to be transmitted person-to-person, not from a specific site or one-time event. Norovirus tends to have a sudden onset of diarrhea, nausea and vomiting. Rarely it is accompanied by a low-grade fever. Then it leaves quickly, usually within 24 to 48 hours. The best protection against Norovirus is something we continually stress; wash your hands! Make sure you wash your hands often and thoroughly with soap and warm water for at least 20 seconds. Log on to www.HealthELinks.com for more information on Norovirus and handwashing.

Public Health System Assessment Continues

The Mohave County Department of Public Health continued the process of completing an assessment of the public health system in Mohave County. A meeting was held in Kingman on April 26, 2008 and participants completed six of the ten sections of the assessment. The remaining sections will be completed after summer breaks are over. The draft report from the Bullhead City assessment is completed and will be posted on www.HealthELinks.com as soon as it is finalized.



Opening Session



Voting Process