

# Public Health Matters



July - September, 2008

## Points of interest:

- MCDPH will not be conducting community flu clinics this year - see page 3.
- According to the CDC, scientists estimate up to 80% of all infections are transmitted by our hands. Germs can live on almost anything - from doorknobs, to animals, even food. **Handwashing** may be the single most important thing you can do to help stop the spread of infection and stay healthy.
- Wash your hands often with soap and water. You should wash them for 20 seconds - the time it takes to sing Happy Birthday twice. If you aren't near soap and water, use an alcohol based hand sanitizer.

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## TXT2Quit - Pilot Program Debuts

The Mohave County Tobacco Use Prevention Program (McTUPP) began a text message cessation program in July. According to Susan Williams, Program Coordinator, "We were trying to find a way to market 18 to 24 year olds, who are a high-risk group of new smokers. In today's technology, young people text a lot. This is a means to reach them." The drive to find a program like this started when a School Resource Officer approached Lauren Weber, Community Health Educator, looking for a tool to reach students suspended for smoking. Research led Susan and Lauren to Health-phone Solutions out of Seattle and New Zealand. They worked with them to begin a pilot program in Mohave County called Stop smoking Over Mobile Phone (STOMP).

According to Lauren, a student has the choice to avoid a suspension by signing up for this program. This is also an alternative to attending cessation classes which were cut due to reduced grant funding. The new service creates a text message smoking cessation program based on the person's demographics and smoking cessation information. It automatically sends smoking cessation messages to participants, processes their responses, and sends another message. The service even allows individuals to set time periods when messages are not sent.

The program starts with pre-quit messages and then goes to the next phase. Individuals choose a quit day and they will get intensive messages - five to six a day. Students enrolled in the program have to quit smoking by the end of their program. In order to know that students are paying attention to the messages, Lauren stated that students "will receive poll questions that they must respond to them. If they don't respond, they don't get credit with the SRO's (School Resource Officers)."

This program is targeting youths from 18 to 24 years old and will be available to worksites where young people are employed (i.e.: beauty salons, retail stores and the local community college). Susan stated that, "This reaches right out to the younger generation of which text messaging is a big part of their lives." Individuals interested in registering for the 26-week program should contact our office at 928-453-0734 or toll free at 888-454-4924 option 3.



## Mosquito Fogging in Mohave Valley

The Environmental Health Division continued the West Nile Virus (WNV) surveillance program this year. Mosquitoes are trapped and sent to the State Lab for testing. Although we haven't had any test positive for WNV, we did see a dramatic increase in the number of mosquitoes trapped in the Mohave Valley area in July. According to Rachel Patterson, Environmental Health Manager, the division received over 50 mosquito complaints in a two week period compared to one complaint in the prior month. Since the division does not receive funding for mosquito abatement, the Board of Supervisors approved \$2625 for fogging in the Mohave Valley area. Baron Pest Control conducted the fogging with a Pyrethrin spray which is an insecticide derived from chrysanthemum flowers.



***“Although no mosquito samples have returned positive for West Nile Virus, we do know that the virus is endemic in Arizona and has shown up in Mohave County in prior years, both in mosquito samples and in humans.”***

Rachel Patterson  
Environmental Health  
Manager

Trapping occurred in seven locations prior to and after the fogging. Five of the locations showed a reduction in the number trapped and two showed the same number trapped.

	Before*	After*
	150	25
	175	50
	100	10
	50	50
	25	25
	150	30
	175	2

## Recalls posted on HealthELinks.com

Links to U.S. Food and Drug Administration recalls are now being posted on our website: [www.HealthELinks.com](http://www.HealthELinks.com). Log on to the home page and click on Food/Product Recall Information under Quick Links. Not every recall will be posted on our website, you will mainly find food products with health or safety concerns.



## Board of Health

The Mohave County Department of Public Health would like to thank Supervisor Pete Byers and Kingman Councilwoman Janet Watson for their service on the Mohave County Board of Health. Supervisor Byers has served as the Board of Health Chairman for his eight years in office and Councilwoman Watson has served on the Board for two years. Both have provided invaluable support and guidance to the department and will be missed at the end of their terms on the Board.



The Board of Health meets quarterly and rotates meetings between Kingman, Bullhead and Lake Havasu. The meetings are generally held on the first Wednesday of the scheduled month from 5:30 - 7:30pm. All meetings are open to the public.

## Mohave County Fair

Health Department Staff and Medical Reserve Corps (MRC) volunteers manned the department booth at the Mohave County Fair. Altogether, 180 hours of service was provided by staff and volunteers. They distributed information on emergency preparedness, health and wellness, stop smoking, and environmental health issues along with information about the MRC volunteer program.



## Havasu Stick 'Em

The Third Annual Havasu Stick 'Em, was held on July 26<sup>th</sup> at the Lake Havasu Community Aquatic Center. This was a family event presented by the Rotary clubs of Lake Havasu City, Kiwanis and Local Benefactors in association with the Mohave County Department of Public Health.



Eight Medical Reserve Corps members assisted health department staff. Some MRC members assisted in the immunizations clinic and others staffed our Health Department MRC booth. 200 Children were seen at the clinic and provided numerous vaccinations each. MRC members distributed materials from our health promotions section as well as a wide variety of emergency and disaster preparedness materials for all ages.

## Flu Clinics

In recent years, the number of organizations providing flu vaccine has increased throughout Mohave County. As the local public health department, our role is to assess available resources and determine if additional services are needed. This year, there are a number of providers offering flu vaccines at grocery stores, pharmacies, and other locations throughout Mohave County. Therefore, we are not providing community based clinics; our efforts will be focused on the high risk population and we will continue to offer pneumonia vaccine from our Public Health Nursing offices.



For information on who is offering flu vaccinations and the dates and times of the clinics, visit [www.HealthELinks.com](http://www.HealthELinks.com).

**MOHAVE COUNTY  
DEPARTMENT OF  
PUBLIC HEALTH**

700 W. Beale Street  
PO Box 7000  
Kingman, AZ

2001 College Drive  
Lake Havasu City, AZ

1222 & 1130 Hancock Road  
Bullhead City, AZ

Main Phone Line 928-753-0743

**We're on the web:  
[www.HealthELinks.com](http://www.HealthELinks.com)**

Edited by Jennifer McNally



## Restaurant Closures

Strombolis Restaurant was closed in September after a routine inspection found general insanitary conditions and a mouse and cockroach infestation that resulted in an "Unacceptable" rating. During the inspection, dead rodents, rodent droppings, and live cockroaches were observed. According to Jeremy Stutler, Environmental Health Supervisor, these issues had come about since the last inspection that was conducted in January. In order to reopen, the restaurant had to correct their deficiencies including: remove all pests by a certified pest control company; remove of all dead pests and droppings by deep cleaning the floors, walls, equipment, linens, shelving and utensils; repair of all holes, cracks, crevices, missing or broken floor and wall tiles; replace floor covering where missing; replace door seals, and repair and replace storage room door. A follow up inspection was conducted and resulted in a "Needs Improvement" rating which allowed them to reopen.

ABC Buffet was also closed after an inspection that found repeat violations, cockroach infestation and general insanitary conditions that resulted in an "Unacceptable" rating. During the inspection, live and dead cockroaches and ants were found. The inspection also found raw meat not segregated from ready to eat foods and spoiled rice. In order to reopen, the restaurant had to correct their deficiencies including: remove of all pests by certified pest control company; remove of all dead pests and droppings by deep cleaning floors, walls, equipment, linens, shelving and utensils; repair of all holes, cracks, crevices, missing or broken floor and wall tiles; replace floor covering where missing; replace door seals, repair and replace storage room door; ensure all windows and doors prevent the entry of pests; remove any unused equipment and debris from exterior to prevent the harboring of pests. There were some violations found since the last inspection in June. However, most of these violations were repeat critical violations on which the closure was based. A follow up inspection was conducted and found they had remodeled their bathrooms (although not required to do so to reopen) and their violations corrected which allowed them to reopen.

ABC



Strombolis

