



Public Health
Prevent. Promote. Protect.

AUDRAIN COUNTY HEALTH DEPARTMENT

**PUBLIC
HEALTH
AND
YOU!**

*Public Health:
Better Health.
Better Missouri.*

Volume 5, Issue 16

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PUBLIC HEALTH :

Saves Lives. Saves Money. Is All Around Us.

BY SANDRA HEWLETT, MS, APRN, AOCN, FACHE, ADMINISTRATOR

Each Year:

1. Our water: Every \$1.00 invested in fluoridated water = \$40.00 saved in dental care.
 2. When residents drive their car: Every \$1.00 invested in a child safety seat = a \$42.00 return in avoided medical costs.
 3. When your children are at school: Every \$1.00 invested in early education & quality care saves about \$132.00 in future costs.
 4. When county residents are at work: Every \$1.00 invested in an effective workplace safety program can save about \$4 - 6 in avoided illnesses, injuries and fatalities.
 5. When we get the community moving: Every \$1.00 invested in biking/walking can return benefits up to \$11.80.
 6. Every \$1.00 invested in food/nutrition education = \$10.00 in reduced health costs.
 7. Childhood immunizations save \$9.9 million in direct healthcare costs, 33,000 lives, and prevents 14 million cases of disease.
 8. When we promote non-smoking: For every \$1.00 spent on providing tobacco cessation programs, the potential ROI is \$1.26 million. In fact, in one year, the U.S. could save \$711 million.
 9. If 10% of adults walked regularly, we'd avoid \$5.6 billion in heart disease costs.
- Public health is predicated on a return on investment (ROI). If we all take small meaningful steps to adopt and promote healthy lifestyle behaviors, the ROI for Audrain County will be a healthier, happier, and more fit population. We can begin to improve Audrain County's community health profile by making individual changes to improve our own health and lifestyle behaviors.

The *modifiable* health and lifestyle behaviors that we CAN change include:

- * Cigarette smoking, including cigars, e-cigarettes, chewing tobacco, or pipes.
- * Physical inactivity.
- * Excessive alcohol consumption.
- * Illegal drug and/or narcotic use.
- * Abuse of over-the-counter medications.
- * Overweight, obesity and eating unhealthily.

Create your own personal ROI by modifying lifestyle habits that are under your control. For assistance with any of the above changes, please call the ACHD at 573-581-1332.

WE WOULD LIKE YOU TO MEET RANDY



Randy is a graduate of the Mexico Senior High School and the Hannibal LaGrange University. He has held the position of Environmental Public Health Specialist III at the Audrain County Health Department for over four years.

Randy's wife, Carol, is also a graduate of Mexico Senior High School and is the Audrain County Care Coordinator with the Senior Center.

Randy and Carol's son, Tony, teaches at Mexico Senior High School and is a wrestling coach at the Mexico Middle School. Tony's wife, Erin, works as a counselor at the MD of Corrections.

They have 2 grandsons, Christian and Cameron Senor, which are elementary students in Columbia, Missouri.

**Meet Randy Senor
and his wife, Carol.**

Randy enjoys playing golf, listening to classical music and fishing with his grandsons.

ACHD AWARDED GRANT FOR CAR SEATS

BY BRANDI MEYER, LPN

Audrain County Health Department (ACHD) has been awarded a grant through the French Foundation to provide car seats to those in need in Audrain County. Several ACHD employees have been trained through the Safe Kids national program as car seat technicians. If you are in need of a new car seat, the eligibility criteria include:

- Be an Audrain County resident. You MUST show proof of a valid driver's license or photo ID.
- You must be the child's parent or legal guardian.
- You must fall into the financial guidelines of 185% of poverty, by proof of your most recent tax returns or by proof of income from everyone in the household.



If you already have a car seat, you can have your car seat or booster seat safety check done by Audrain County Health Department. For an appointment or if you have questions, please feel free to call us at: 573-581-1332.

OUR NEW WEBSITE...

Check out our newly refreshed website at: www.audraincountyhealth.org !

FOOD SAFETY FOR OLDER ADULTS**BY SARAH PALMER,
SUPPORT STAFF****A need-to-know guide for those 65 years of age and older**

Food safety is important for everyone but it's especially important for older adults (65 years of age and older). The U.S. Department of Agriculture's Food Safety and Inspection and the U.S. Department of Health and Human Services' Food and Drug Administration have prepared a booklet called "Food Safety for Older Adults a need-to-know guide for 65 years of age and older". Audrain County Health Department is pleased to have this booklet on hand for anyone who might need a copy for reference. The booklet contains some vital information about eating at home, making wise food choices, food product dating, and tips for transporting food. This booklet goes into detail on the major pathogens, their symptoms and impact they can have on you. It also outlines the four basic steps to food safety: clean, separate, cook and chill. It contains some clip out cards that you can carry with you. This booklet is very informative, helpful and designed to keep you safe whether you're traveling or staying at home. You can also find this at: [http://www.fda.gov/downloads/Food/Foodborne Illness Contaminants/UCM312790.pdf](http://www.fda.gov/downloads/Food/Foodborne%20Illness%20Contaminants/UCM312790.pdf)

**ACHD LAUNCHES NEW SAFE CRIB PROGRAM****BY KERRY PATTON, LPN**

It's important to create a safe sleep environment for your baby. Because babies spend much of their time sleeping, the nursery should be the safest room in the house. ACHD is starting a new Safe Crib program through Safe Cribs for Missouri.

Clients who request a crib must be a Missouri resident and be eligible for WIC, Missouri Medicaid, or have an income level that is less than 185% of the federal poverty level. Client must be at least 35 weeks gestation or post-partum. If post-partum, the infant should be less than 3 months of old. Each client will participate in two individual safe sleep education sessions provided by the ACHD, which follow the 2011 American Academy of Pediatrics Recommendations for a Safe Infant Sleeping Environment.

Cribs will only be provided to parents who do not have a full size or portable crib for their infant. This program is for clients as their last resort of obtaining a crib. The program is not intended to supplement cribs already in the home. Parents who have a safety concern about their current crib should follow Consumer Product Safety Commission recommendations at www.cpsc.gov. Contact Kerry Patton for more information at 573-581-1332.



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Public Health
Prevent. Promote. Protect.

The Mission of ACHD:
To protect and promote the public health and community well being of the residents of Audrain County.

The Audrain County Health Department is for everyone in our community.
Office hours: Monday through Friday, 8 am - 4 pm
Our services include: Blood Pressure Screening, WIC, Foot Clinic, Immunizations, STI, Pregnancy, and TB Skin testing, Birth and Death Certificates, Environmental Public Health services, and much more.



FOOT CLINIC **BY LAWANAH GILLETTE, RN**

The foot clinic will be offered more often to expand according to the need of the community. If you or a loved one is having trouble providing your own foot/nail care safely, please call the Health Department to obtain an appointment. The cost is \$20.00.

The care includes an assessment of the foot for such things as circulation, nail condition, and skin integrity. We can assist those with thick nails, callous, and other conditions that make foot care a challenge. If during that assessment there is an issue found we will refer to a physician.

There are several diseases that make foot care especially important such as Diabetes and Peripheral Vascular Disease. As we age we can have swelling in the feet or begin to lose sensation with contributing disease processes. It is important not to go barefoot due to the chance of trauma with ambulation. Drying between the toes and wearing good fitting shoes that are wide enough is essential. If you notice dry skin apply moisture cream at night before bed.

I look forward to serving the community with this important service.

