



Public Health
Prevent. Promote. Protect.

AUDRAIN COUNTY HEALTH DEPARTMENT

**PUBLIC
HEALTH
AND
YOU!**

*Public Health:
Better Health.
Better Missouri.*

Volume 6, Issue 18

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INFANT - CHILD SAFETY: A PUBLIC HEALTH PRIORITY

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

In May, the Audrain County Health Department (ACHD) analyzed the composite findings of their 2015 Audrain County Community Health Needs Assessment (CHNA). One critical area of concern was unintentional infant and child injuries. Key Audrain County pediatric safety findings included:

1. The need for increased infant/child car seat access, use, and installation checkpoints; only 10% of survey respondents routinely used a car seat.
2. The need for infant sleep education and cribs that meet federal Consumer Product Safety Commission standards.
3. Audrain County is a targeted lead testing county per the Missouri Department of Health & Senior Services, and availability for lead testing was not in place at ACHD. Audrain County has a high percentage of pre - 1978 housing construction, when lead-based paints were the standard. This places infants, children, and families at risk for lead poisoning exposure.
4. An increased need for infant nursery or child room safety assessments.
5. Nascent adoption of child safety helmet use when bicycling, skateboarding, or roller skating.
6. A domestic violence rate that places mothers, infants and children at potential risk
7. A growing pediatric population living in poverty (29%, U.S. Census Bureau), validating the increasing client caseload in the Women, Infants and Children (WIC) Nutrition Assistance program
8. Sexually transmitted infection (STI) rates (per 100,000) that exceeded peer, state, and national median averages for gonorrhea (129.1), chlamydia (512.4), HPV, and HIV (154.4).
9. A need for updated STI and HIV/Aids education programs in Audrain County middle schools and high schools.

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10. An adolescent birth rate of 49.6 per 1,000 - exceeding both the U.S. and Healthy People 2020 national target of 36.2%.

11. Child (ages 1 - 14 injury ER visits, exceed the State norm.

As a result, the ACHD's Strategic Plan and Community Health Improvement Plan (CHIP) address the CHNA results by adding the following new child and infant safety programs:

- Car Seat program;
- Safe crib and nursery assessment program
- Bicycle helmet program
- Lead testing program
- Safe at Home program to help protect victims of domestic violence and their children.
- Increase WIC community education and promotion
- A public health-developed STI curriculum and STI education in a growing number of Audrain County public schools

Therefore, the theme of the first edition of our 2016 ACHD newsletter focuses on the needs of the infants and children in our county. In public health, the health and safety of our children is our first priority. We hope you will enjoy learning about the many new programs we've added at ACHD to protect our kids. Have a safe and happy new year!

WE WOULD LIKE TO INTRODUCE YOU TO DOROTHY

Hello! My name is Dorothy Schafer. I have been working at Audrain County Health Department since January 2011. I am the receptionist at the front desk, managing vital records, and part of the clerical support staff.

I was born and raised in Martinsburg. I have been married to my husband, Alvin, for 37 years. We purchased the family farm in 1985 and that is where we built a new home 4 years ago. When I am not working at the health department, you will find me helping Alvin on the farm with the planting and harvesting. I also enjoy making felt and sequin Christmas stockings.

We have two adult children. Daniel is married to Sarah. They live in Benton City and have two little girls: Olivia (age 8) and Alexis (age 4). Our daughter, Julie, lives in North Liberty, Iowa with Alonzo and her two little girls: Elyse (age 6) and Ariyah (age 2).

Alvin and I enjoy eating out and being with our family. When we are together with the four little girls there is lots of laughter and giggles.



Traffic crashes can happen to anyone at any time. The best way to protect your children is to have them properly restrained in a child safety seat. As of August 28th, 2006, Missouri Law requires all children under the age of eight to be in appropriate child safety seat or booster seat. Missouri Law requires:

- Children less than 4 years old or less than 40 pounds to be in an appropriate child safety seat. Children less than 2 should be kept rear facing (read car seat manual for weight requirements)
- Children ages 4 through 7 years of age who weigh at least 40 pounds must be in an appropriate child safety seat or booster seat unless they are 80 pounds or 4'9" tall.
- Children 8 and over or weighing at least 80 pounds or at least 4'9" tall are required to be secured by a safety belt or booster seat appropriate for that child.



Audrain County Health Department has five certified car seat technicians available to see if your car seat is safe for your child and if it is installed correctly. Please call 573-581-1332 for an appointment. Your child's safety is our number one concern.

CREATING A SAFE HOME NURSERY

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. The Audrain County Health Department (ACHD), through Safe Cribs for Missouri program, will provide a safe new crib for those in need who meet eligibility criteria.

Initial infant safety education is done at the time the crib is given. Follow-up education is then conducted in the home 4 - 6 weeks after a client receives a crib. This is done to reinforce and assess compliance with safe infant sleep practices.

Education on fire safety for babies and toddlers is provided. An evaluation is done to assess if there are smoke alarms in the hallway of and inside the nursery. If not, the ACHD will contact the American Red Cross who will provide and install one at no charge to the family. Safety outlet plugs are provided by ACHD for the nursery, if needed.



This program is not intended to supplement cribs already in the home. Finally, any parents who have a safety question about their current crib should review the Consumer Product Safety Commission recommendations at www.cpsc.gov. We invite you to contact Kerry Patton @ 573-581-1332 for more information.

PEDIATRIC LEAD EXPOSURE PREVENTION**BY BECKY WIEBERG, RN**

Lead poisoning is entirely preventable. The key is stopping children from coming into contact with lead. Lead poisoning can affect nearly every system of the body. Because lead poisoning often occurs with no obvious symptoms, it frequently goes unrecognized.

You can lower your child's risk of lead poisoning by:

- Frequent handwashing
- Keeping your home clean
- Testing and follow up
- Making good food choices

Lead dust may be swallowed when children put objects (toys, foods, etc.) or their fingers into their mouths. Always have children wash their hands and face before eating, drinking, sleeping, and after play. Encourage them not to put their hands into their mouths. Wash children's toys, bottles, and pacifiers often.

Homes built before 1978 may contain lead paint. When this paint is flaking or chipping, a child may eat the chips. Even if the paint is not chipping, the dust created by the friction of opening windows and doors produces enough lead for a child to ingest.

It is important for children to be tested for lead poisoning. A simple blood test is the only way to know if a child has an elevated blood lead level. Children under the age of 6 are at greatest risk for lead poisoning. Ask your doctor or health care provider to test your child. Or you may visit us at the health department for lead testing. Call us at 573-581-1332 for details.

ARRIVE ALIVE...WEAR A SEAT BELT**BY BRANDI MEYER, LPN**

Every 14 seconds, an adult in the United States is treated in an emergency department for crash-related injuries. Wearing a seatbelt cuts your risk of being injured or dying in a car crash in half. Yet, about 1 in 7 adults do not wear a seat belt on every trip, according to the CDC. Research shows that children whose parents buckle up are much more likely to buckle up themselves. You are your child's greatest influence.

It is not only important to wear your seatbelt, but it is important to make sure you are wearing your seatbelt correctly. The lap belt should be worn low and snug across the hips. The shoulder belt should lay across the chest, and adjusted according to the vehicles owner manual. Never place the shoulder belt under your arm or behind your back.

Chapter 307 of the Missouri revised Statutes requires all adults riding in the front seat of a car, pickup truck, sport utility vehicle or van to wear safety belts. Children ages 8 through 15 must always wear safety belts.

**NEVER LEAVE A CHILD ALONE INSIDE A VEHICLE...NOT EVEN A MINUTE
BY CAROL STUART, SUPPORT STAFF**

Studies conducted in 2002 found that temperatures inside enclosed cars rose 20 degrees in just 10 minutes. Cracking the windows or not parking in direct sunlight does not make a car significantly cooler. Heat Stroke deaths have occurred even when a vehicle was parked in the shade. Heat stroke, which often occurs within minutes, can lead to permanent disability or death.

Children and pets are more susceptible and at higher risk for heat relative illness and injury than adults because their bodies make more heat relative to their size and their abilities to cool through sweating are not as developed as adults. As a result, just a few minutes can be extremely dangerous– even fatal for a small child. All Audrain County drivers should never leave an infant, child, or a pet enclosed in a vehicle to avoid this tragedy.

Heat stroke begins when the body passes 104 degrees. This overwhelms the brain temperature control, causing symptoms such as dizziness, disorientation, agitation, confusion, sluggishness, seizure, loss or consciousness, and /or death.

The Audrain County Health Department (ACHD) now has an Emergency Break Glass & Seatbelt Cutter Policy. The purpose is to ensure the safe removal of an infant, child, or pet left unattended in an automobile.



Left alone in a vehicle, even a short time, a child is in danger of heat stroke, injury, abduction or death.

VEHICLES CAN HEAT TO DANGEROUS LEVELS IN A MATTER OF MINUTES!

OUTSIDE TEMPERATURE

75° F

75° F

85° F

85° F

85° F

100° F

TEMPERATURE IN A CAR

100° F in 10 minutes

120° F in 30 minutes

90° F in 5 minutes

100° F in 7 - 10 minutes

120° F in 30 minutes

140° F in 15 minutes

Statistics: www.babyinback.com/stats.php

**AUDRAIN
COUNTY HEALTH
DEPARTMENT**

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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.



SAFE AT HOME

BY DOROTHY SCHAFFER, SUPPORT STAFF

The office of the Secretary of State has developed a program for the state of Missouri called "Safe at Home". This program was developed to assist survivors of domestic violence, sexual assault, stalking or rape victims in their efforts to stay safe. This program provides a substitute address so survivors can keep their physical location confidential on new records.

Audrain County Health Department (ACHD) adopted this program and has three staff members that are state-certified in assisting in enrolling and help ensure their safety.

If you have any questions or need assistance please call the ACHD at 573-581-1332.

Address Confidentiality Program

safe at home
Jason Kander • Secretary Of State