

November 2016

Marion County

Marion County Health Department

118 Cross Creek Blvd., Salem, IL
62881618.548.3878

1013 N. Poplar St., Centralia, IL
62801618.532.6518

www.marioncountyhealthdept.org

Health Bulletin

The Mission of the Marion County Health Department is to improve the quality of life through preventing disease and preventative health



Public Health
Prevention. Promotion. Protection.



Prepare to quit smoking during the **Great American Smokeout** on **November 17**.

If you're a smoker, quitting can be the single most important step you take to protect your health and the health of your loved ones. Smoking causes immediate damage to your body, and it threatens your future with increased risks for cancer, heart attack, lung disease, and early death. Many people have probably urged you to quit smoking already, but we all know that quitting can be hard. Just as every journey begins with a single step, so, too, does quitting.

That's where the American Cancer Society's Great American Smokeout can help. This event takes place on November 17 and encour-

ages smokers to quit or to use the day to make a quit plan. Free help is available at 1-800-QUIT-NOW (1-800-784-8669) and at 1-855-DE`JELO-YA (1-855-335-3569) (for Spanish speakers).

When you quit smoking during the Great American Smokeout, you have the support of many other people across the nation. And you're taking an important step towards a healthier life.

Five Ways to Get Ready to Quit Smoking

Quitting smoking can be hard, so a good plan can help you get past symptoms of withdrawal. Five steps can help.

1. Set a quit date. Choose the Great American Smokeout or another quit day within the next 2 weeks.
2. Tell your family and friends about your quit plan. Share your quit date with the important people in your life and ask for support. Try Smokefree TEXT (<http://smokefree.gov/smokefreetxt>) for 24/7 help on your mobile phone.
3. Be prepared for challenges. The urge to smoke is short - usually only 3 to 5 minutes. Surprised? Those moments can feel intense.

Even one puff can feed a craving and make it stronger. Before your quit day, write down healthy ways to cope. For example: Drink water, take a walk or ride your bike, listen to a favorite song or play a game or call or text a friend.

4. Remove cigarettes and other tobacco from your home, car, and workplace. Throw away your cigarettes, matches, lighters, and ashtrays. Clean and freshen your car, home, and workplace. Old cigarette odors can cause cravings.
5. Talk to your pharmacist, doctor, or Quitline coach about quit options. Nicotine patches, gum, or other approved quit medication can help with cravings.

You Can Do It!

Your first quit day may come as a pleasant surprise to you. Making the decision to quit helps you realize and appreciate your own determination! You have the strength it takes to quit smoking forever!



Marion County Board of Health

Elizabeth Franczyk, MD Mike Morton, RPh Paula Strother, RN
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 Stan Morrison, DDS Tom Turner, MS Creighton Engel, DC, MS

Marion County

September 2016 Statistics

Clinics

Blood Pressure/Blood Sugar Clinics7
Persons served: Blood Pressure..... 9
Persons served: Blood Sugar 2
Paternity Testing Clinics3
Number tested.....7

Immunizations

Number of Clinics 7
No. of adults 54
No. of adults immunized..... 25
No. of peditrics172
No. of peditrics immunized 365
Total of vaccines administered 390

Children's Immunizations

Pediarix.....14
Pediatric Flu 33
Hib 27
Prevnar 26
Rotavirus 8
Hep A 26
Dtap.....15
MMR 29
Tdap 34
Hepatitis B 2
Varicella37
Kinrix15
Gardasil 20
Meningitis..... 67
Pentacel..... 0
IPV (Polio)10
Td 2

Adult Immunizations

Hepatitis A 2
Hepatitis B1
Flu291
Meningitis..... 0
MMR 3
Pneumonia 23 5
TD..... 2
Tdap 9
Typhoid.....1
Varicella17
Yellow Fever 0
Zostavax7
Prevnar 13..... 27

Nursing

Active WIC1037
Prenatal Clients139

Nursing Continued...

Infant Clients 255
Child Clients 68
Number of Visits..... 247
Prenatal 45
Postpartum41
Infant Visits88
Child Visits..... 73
SIDS Investigations 0
APORS Investigations 3
Health Works Active Case Load..... 59
WIC Clients receiving Education..127
WSSM / WIC Education 105
Internet WIC Education.....13

Communicable Disease Investigations

Chickenpox 0
Cryptosporidiosis 0
Hepatitis B 0
Hepatitis C 3
Histoplasmosis 0
HIV/AIDS Cases Investigated 0
HIV Test.....1
Salmonellosis.....1
Streptococcal Infections (Group A) .0
Whooping Cough (Pertussis) 0

Sexually Transmitted Disease

Chlamydia 11
Gonorrhea1
Syphilis..... 0

TB (Tuberculosis)

Tests Administered..... 35
New Prophylactic Patients..... 0
New Investigations 2
New Active Cases 0

Drug Testing

5-Panel Regulated Urine Test 0
9-Panel Non-Regulated Urine Test .0
5-Panel Hair Test.....0

Screenings

Lead 34
Hemoglobins 103
ASQ Developmental Screenings..... 76
Depression Screenings 52
EPSDT'S 32
Flouride Varnish (Oral Health)..... 26
Number of Vision Tested..... 0
Number of Hearing Tested.....1
OAE Hearing Tested 0

Lab Draws

Private Pay
Salem Office 35
Centralia Office22
Total Private Pay Lab Draws..... 57
Quest Lab Draws
Salem Office0
Centralia Office0
Total Quest Lab Draws0

Environmental Health

Food

Routine Inspections.....28
Follow-up Inspections 1
Complaint Inspections 3
Temporary Inspections 17
Pre-Operational Inspections2
Emergency Incident Inspections0
Number of Permits Issued62

Sewage

Routine Inspections.....4
Complaint Inspections 2
Realty Inspections 0
Sewage Systems Installed.....4
Number of Permits Issued 6

Water

New System Inspections.....0
Existing Water Well Inspections.....0
Realty Inspections 0
Complaint Inspections 0
Water Wells Sealed0

Closed Loop Wells

Closed Loop Well Inspections 1
Systems Inspected 1
Number of Permits Issued 1

Tanning

Routine Inspections..... 1
Follow-up Inspections0
Complaint Inspections0

Body Art

Routine Inspections..... 1
Follow-up Inspections0
Complaint Inspections0

Miscellaneous

Animal Bites.....0
Pregnancy Tests0

