

February 2018

Marion County

Marion County Health Department

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www.marioncountyhealthdept.org

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



Health Bulletin

Did you make a New Year's Resolution to be healthier in 2018? Are you eating more fruits and vegetables? Are you exercising?

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? **Let's begin by defining what a healthy eating plan is.**

According to the Dietary Guidelines For Americans 2015-2020, a healthy eating plan: **1)** Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk products. **2)** Includes lean meats, poultry, fish, beans, eggs, and nuts. **3)** Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. **4)** Stays within your daily calorie needs.

The Benefits of Physical Activity: Regular physical activity is one of the most important things you can do for your health. It can help; **1)** Control your weight. **2)** Reduce your risk of cardiovascular disease. **3)** Reduce your risk for type 2 diabetes and metabolic syndrome. **4)** Reduce your risk of some cancers. **5)** Strengthen your bones and muscles. **6)** Improve your mental health and mood. **7)** Improve your ability to do daily activities and prevent falls, if you're an older adult. **8)** Increase your chances of living longer.

It's also important to monitor your health with annual lab testing. The health department is offering a *discounted lab test for the month of February.*



The Marion County Health Department *for the month of February*, is offering a discounted **GHP3** (This test includes: CMP, Complete Blood Count; CMP, Comprehensive Metabolic Profile; TSH, Thyroid Stimulating Hormone; and T4 Total) for **\$35**

The GHP3 is a fasting lab test.

Call:

Salem Office at 618-548-3878 -or-

Centralia Office at 618-532-6518

to make an appointment for your lab draw.



Marion County Board of Health

Elizabeth Franczyk, MD Mike Morton, RPh Paula Strother, RN
 Richard Haney, BS, MS, EDS Aziz Rahman, MD Keith Kessler, BS, JD
 Stan Morrison, DDS Tom Turner, MS Creighton Engel, DC, MS

Marion County

December 2017 Statistics

Clinics

| |
|--|
| Blood Pressure/Blood Sugar Clinics7 |
| Persons served: Blood Pressure.....7 |
| Persons served: Blood Sugar14 |
| Paternity Testing Clinics4 |
| Number tested.....18 |

Immunizations

| |
|--|
| Number of Clinics 6 |
| No. of adults37 |
| No. of adults immunized..... 26 |
| No. of pediatrics116 |
| No. of pediatrics immunized174 |
| Total of vaccines administered200 |

Children's Immunizations

| |
|------------------------|
| Pediarix.....13 |
| Pediatric Flu 66 |
| Hib 26 |
| Prevnar 26 |
| Rotavirus 8 |
| Hep A 20 |
| Dtap.....15 |
| MMR.....15 |
| Tdap..... 6 |
| Hepatitis B..... 0 |
| Varicella15 |
| Kinrix 1 |
| Gardasil13 |
| Meningitis..... 9 |
| Pentacel..... 0 |
| IPV (Polio)7 |
| Td 0 |

Adult Immunizations

| |
|----------------------|
| Hepatitis A 2 |
| Hepatitis B 0 |
| Flu 44 |
| Meningitis..... 0 |
| MMR..... 2 |
| Pneumonia 2312 |
| TD..... 0 |
| Tdap19 |
| Typhoid..... 3 |
| Varicella 0 |
| Yellow Fever 0 |
| Zostavax 0 |
| Prevnar 13.....7 |

Nursing

| |
|-----------------------------|
| Active WIC 968 |
| Prenatal Clients 115 |

Nursing Continued...

| |
|---------------------------------------|
| Infant Clients 245 |
| Child Clients 79 |
| Number of Visits.....226 |
| Prenatal 43 |
| Postpartum38 |
| Infant Visits91 |
| Child Visits.....54 |
| SIDS Investigations 0 |
| APORS Investigations 4 |
| Health Works Active Case Load..... 57 |
| WIC Clients receiving Education . 138 |
| WSSM / WIC Education 108 |
| Internet WIC Education.....12 |

Communicable Disease Investigations

| |
|--|
| Chickenpox 0 |
| Cryptosporidiosis 0 |
| Hepatitis B 0 |
| Hepatitis C 5 |
| Histoplasmosis 0 |
| HIV/AIDS Cases Investigated 0 |
| HIV Test..... 3 |
| Salmonellosis.....1 |
| Streptococcal Infections (Group A) . 0 |
| Whooping Cough (Pertussis) 0 |

Sexually Transmitted Disease

| |
|-------------------|
| Chlamydia 7 |
| Gonorrhea1 |
| Syphilis..... 0 |

TB (Tuberculosis)

| |
|-----------------------------------|
| Tests Administered..... 26 |
| New Prophylactic Patients 0 |
| New Investigations1 |
| New Active Cases..... 0 |

Drug Testing

| |
|--|
| 5-Panel Hair Drug Test1 |
| 9-Panel Non-Regulated Urine Test . 0 |
| 5-Panel Hair Test w/ Exp.Opiates1 |

Screenings

| |
|---------------------------------------|
| Lead 30 |
| Hemoglobins91 |
| ASQ Developmental Screenings.....58 |
| Depression Screenings61 |
| EPSDT'S30 |
| Flouride Varnish (Oral Health).....19 |
| Number of Vision Tested..... 0 |
| Number of Hearing Tested..... 2 |
| OAE Hearing Tested1 |

FIT Test

| | |
|--------------|------------|
| Female.....8 | Male.....5 |
|--------------|------------|

Lab Draws

| |
|-------------------------------------|
| Private Pay |
| Salem Office 31 |
| Centralia Office20 |
| Total Private Pay Lab Draws..... 51 |
| Quest Lab Draws |
| Salem Office 5 |
| Centralia Office4 |
| Total Quest Lab Draws9 |

Environmental Health

Food

| |
|--|
| Routine Inspections.....20 |
| Follow-up Inspections 4 |
| Complaint Inspections 0 |
| Temporary Inspections 0 |
| Pre-Operational Inspections 1 |
| Emergency Incident Inspections 0 |
| Number of Permits Issued 15 |

Sewage

| |
|----------------------------------|
| Routine Inspections..... 1 |
| Complaint Inspections 1 |
| Realty Inspections 0 |
| Sewage Systems Installed..... 1 |
| Number of Permits Issued 3 |

Water

| |
|--|
| New System Inspections..... 0 |
| Existing Water Well Inspections..... 0 |
| Realty Inspections 0 |
| Complaint Inspections 0 |
| Water Wells Sealed 0 |
| Number of Permits Issued.....1 |

Closed Loop Wells

| |
|--------------------------------------|
| Closed Loop Well Inspections 0 |
| Systems Installed 0 |
| Number of Permits Issued 0 |

Tanning

| |
|-------------------------------|
| Routine Inspections..... 2 |
| Follow-up Inspections 0 |
| Complaint Inspections 0 |

Body Art

| |
|-------------------------------|
| Routine Inspections..... 0 |
| Follow-up Inspections 0 |
| Complaint Inspections 0 |

Miscellaneous

| |
|-------------------------|
| Animal Bites 0 |
| Pregnancy Tests 1 |

