

September 2017

Marion County Health Department

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Marion County

# Health Bulletin

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



## National Childhood Obesity Month

About 1 of every 5 (17%) children in the United States has obesity and certain groups of children are more affected than others. While there is no single or simple solution, National Childhood Obesity



Overweight children are far more likely to become overweight adults than are children who maintain normal weight through adolescence

ADAM.

Awareness Month provides an opportunity for learning about ways to prevent and address this serious health concern.

### Childhood obesity is a major public health problem.

- Children who have obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems, including diabetes and increased risk of certain cancers.
- Children who have obesity face more bullying and stigma.
- Childhood obesity is influenced by many factors. For some children and families factors include too much time spent in sedentary activities such as

television viewing; a lack of bedtime routine leading to too little sleep; a lack of community places to get adequate physical activity; easy access to inexpensive, high calorie snacks and beverages; and/or a lack of access to affordable, healthier foods.

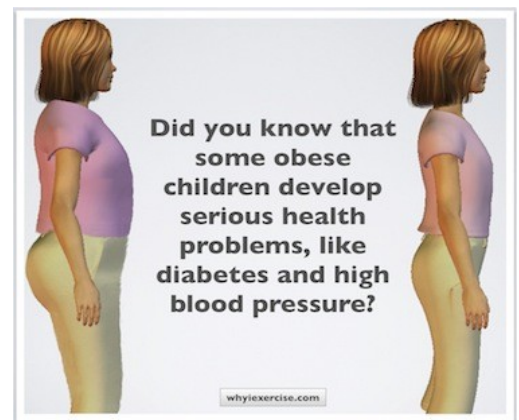
### There are ways parents can help prevent obesity and support healthy growth in children.

- To help ensure that children have a healthy weight, energy balance is important. To achieve this balance, parents can make sure children get adequate sleep, follow recommendations on daily screen time, take part in regular physical activity, and eat the right amount of calories.
- Parents can substitute higher nutrient, lower calorie foods such as fruit and vegetables ([www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html](http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html)) in place of foods with higher-calorie ingredients, such as added sugars and solid fats.
- Parents can serve children fruit and vegetables at meals and as snacks.
- Parents can ensure access to water as a no-calorie alternative to sugar-sweetened beverages.

### Addressing obesity can start in the home, but also requires the support of communities.

- We can all take part in the effort to encourage more children to be physically active and eat a healthy diet.
- The federal government is currently helping low-income families get affordable, nutritious foods through programs such as Supplemental Nutrition Program for Women, Infants, and Children (WIC) and the Child and Adult Care Feeding Program (CACFP). **The Marion County Health Department offers the WIC Program to eligible clients in Marion and surrounding counties.**

Working together, states, communities, schools, child care providers, and parents can help make healthier food, beverages, and physical activity the easy choice for children and adolescents to help prevent childhood obesity.



# Marion County Board of Health

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## July 2017 Statistics

### Clinics

<b>Blood Pressure/Blood Sugar Clinics</b> ... 9
Persons served: Blood Pressure..... 8
Persons served: Blood Sugar .....12
<b>Paternity Testing Clinics</b> ..... 4
Number tested.....15

### Immunizations

<b>Number of Clinics</b> ..... 9
No. of adults ..... 55
No. of adults immunized..... 34
No. of pediatrics . .....156
No. of pediatrics immunized ..... 309
Total of vaccines administered .... 343

#### Children's Immunizations

Pediarix..... 17
Pediatric Flu ..... 0
Hib ..... 33
Prevnar ..... 20
Rotavirus ..... 17
Hep A ..... 27
Dtap..... 34
MMR..... 21
Tdap ..... 22
Hepatitis B..... 0
Varicella ..... 22
Kinrix ..... 6
Gardasil ..... 21
Meningitis..... 16
Pentacel..... 0
IPV (Polio) ..... 18
Td ..... 0

#### Adult Immunizations

Hepatitis A ..... 4
Hepatitis B ..... 4
Flu ..... 0
Meningitis..... 0
MMR..... 0
Pneumonia 23 ..... 1
TD..... 0
Tdap ..... 22
Typhoid..... 1
Varicella ..... 1
Yellow Fever ..... 1
Zostavax ..... 0
Prevnar 13..... 1

### Nursing

<b>Active WIC</b> ..... 1022
Prenatal Clients .....122

### Nursing Continued...

Infant Clients ..... 241
Child Clients ..... 71
Number of Visits..... 270
Prenatal ..... 41
Postpartum ..... 51
Infant Visits ..... 96
Child Visits..... 82
SIDS Investigations ..... 0
APORS Investigations ..... 8
Health Works Active Case Load..... 53
WIC Clients receiving Education.. 110
WSSM / WIC Education ..... 79
Internet WIC Education..... 7

### Communicable Disease Investigations

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

### Sexually Transmitted Disease

Chlamydia ..... 12
Gonorrhea ..... 1
Syphilis..... 0

### TB (Tuberculosis)

Tests Administered..... 42
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 . 2
5-Panel Hair Test..... 0

### Screenings

Lead ..... 47
Hemoglobins ..... 112
ASQ Developmental Screenings..... 76
Depression Screenings ..... 67
EPSDT'S ..... 50
Flouride Varnish (Oral Health)..... 44
Number of Vision Tested..... 1
Number of Hearing Tested..... 8
OAE Hearing Tested ..... 0

### Lab Draws

<b>Private Pay</b>
Salem Office ..... 46
Centralia Office ..... 27
Total Private Pay Lab Draws..... 73
<b>Quest Lab Draws</b>
Salem Office ..... 3
Centralia Office ..... 5
Total Quest Lab Draws ..... 8

### Environmental Health

#### Food

Routine Inspections..... 27
Follow-up Inspections ..... 5
Complaint Inspections ..... 2
Temporary Inspections ..... 11
Pre-Operational Inspections ..... 0
Emergency Incident Inspections ..... 1
Number of Permits Issued ..... 23

#### Sewage

Routine Inspections..... 3
Complaint Inspections ..... 2
Realty Inspections ..... 2
Sewage Systems Installed..... 2
Number of Permits Issued ..... 8

#### Water

New System Inspections..... 0
Existing Water Well Inspections..... 1
Realty Inspections ..... 0
Complaint Inspections ..... 1
Water Wells Sealed ..... 0

#### Closed Loop Wells

Closed Loop Well Inspections ..... 0
Systems Inspected ..... 0
Number of Permits Issued ..... 0

#### Tanning

Routine Inspections..... 0
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 ..... 0

