

# April 2024

118 Cross Creek Blvd., Salem, IL 62881  
618-548.3878  
1013 N. Poplar St., Centralia, IL 62801  
618-532.6518  
www.marioncountyhealthdept.org

## 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 maintenance.



## National Walking Day is April 3rd!

Research has shown that walking at a lively pace at least 150 minutes a week can help you:

- Think better, feel better and sleep better.
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Increase your energy and stamina.
- Improve your mental and emotional well-being and reduce risk of depression.
- Improve memory and reduce your risk of dementia.
- Boost bone strength and reduce your risk of osteoporosis.
- Prevent weight gain.



150 minutes sounds like a lot, remember that even short activity sessions can be added up over the week to reach this goal. And it's easy to fit in a few minutes of walking several times a day.



## STRESS & STRAIN: BODY & BRAIN

Worries about work, money, health care and staying safe in the COVID-pandemic — as well as broader issues like discrimination and climate change — can pile on the stress.

If you're feeling overwhelmed, try these ways to notch down your stress yourself. Also ask for help or a referral from your health care team on ways to lower your stress.



### WHY IT MATTERS

Simply put, stress can kill. People with high levels of chronic stress or psychological distress are more likely to die of various causes, research shows, including of heart disease and stroke.

Chronic stress is also linked to anxiety disorders and major depression. And stress can underlie other problems, such as irritability, sleep disruption, headaches, changes in appetite, gut discomfort and reduced fertility.

### TRY THESE STRESS-BUSTERS

Fight stress by focusing on your physical and mental health.



**Get out of the house:**  
Take a walk in nature and enjoy the sights and sounds.



**Sleep tight:** Set a regular bedtime and wakeup routine and turn off or dim electronic screens as bedtime approaches.



**Use your network:**  
Reach out and connect regularly with family and friends.



**Put your mind to it:** Explore mindfulness, a type of meditation that focuses your attention on your present experiences without interpretation or judgment.



**Lean on a furry friend:**  
Pets may help reduce physiological reactions to stress.



**Work it out:** Regular physical activity — a recommended 150 minutes of moderate activity, 75 minutes of vigorous activity, or a mix of both weekly — can relieve tension, anxiety and depression and give you an immediate exercise "high."

For more tips on the mind-heart-body connection, visit [heart.org/BeWell](https://heart.org/BeWell).

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# Marion County Board of Health

Mike Morton, RPh  
Kendra Taylor, DNP, RN  
Kyle Clark, DMD

Paula Strother, RN  
Keith Kessler, BS, JD  
Tom Turner, MS

Matthew Stedelin, MD  
Creighton Engel, DC, MS  
Seth Hahs, MD

Marion County

## February 2024 Statistics

<p><b>Clinics</b></p> <p><b>Blood Pressure</b> Persons served: Blood Pressure .....4</p> <p><b>Paternity Testing Clinics</b> ..... 1 Number of Persons Tested ..... 15</p> <p><b>Immunizations</b></p> <p><b>Number of Clinics</b>.....7 No. of adults . .....36 No. of adults immz. adm ..... 30 No. of peditrics .....33 No. of peditrics immz. adm ..... 71 Total of vaccines administered..... 101</p> <p><b>Children's Immunizations</b></p> <p>Pediarix.....3 Pediatric Flu ..... 1 Hib .....7 Pneumococcal .....7 Rotavirus .....3 Hep A.....8 Dtap .....3 MMR.....4 Tdap.....3 Hepatitis B.....4 Varicella.....5 Kinrix .....3 Gardasil .....2 Meningitis .....3 ProQuad .....6 IPV (Polio).....6 Td ..... 0 Men. B.....0 Nirsevimab/RSV.....1 COVID-19.....2</p> <p><b>Adult Immunizations</b></p> <p>Hepatitis A ..... 1 Hepatitis B .....2 Flu .....7 Men. B ..... 0 Meningitis ..... 0 MMR.....2 Pneumonia 23 ..... 0 TD.....1 Tdap.....2 Typhoid.....2 Varicella.....2 Yellow Fever ..... 0 Pevnar 20..... 1 Shingrix.....5 RSV.....3 COVID-19.....2</p>	<p><b>Maternal Child Health (MCH)</b></p> <p><b>Maternal Health Encounters</b> ..... 472</p> <p><b>WIC Caseload</b> ..... 1,205 WIC Clients receiving Education..160 WSSM / WIC Education .....48 Internet WIC Education ..... 2 Individual WIC Education ..... 23 Phone Education ..... 87 Lead.....42 Hemoglobins .....141 ASQ Developmental Screenings .... 77 Depression Screenings ..... 54 EPSDT'S .....53 Flouride Varnish (Oral Health).....52 Number of Vision Tested ..... 0 Number of Hearing Tested ..... 0 Pregnancy Tests ..... 0</p> <p><b>Family Case Management</b></p> <p>APORS Investigations ..... 6 Healthworks Caseload..... 64</p> <p><b>Communicable Disease Investigations</b></p> <p>Animal Bites.....2 Chickenpox ..... 0 Cryptosporidiosis ..... 0 Hepatitis B ..... 2 Hepatitis C ..... 7 Histoplasmosis ..... 0 HIV/AIDS Cases Investigated .....1 HIV Test .....1 Salmonellosis ..... 0 Streptococcal Infections (Group A) . 0 Whooping Cough (Pertussis) ..... 0</p> <p><b>Sexually Transmitted Disease</b></p> <p>Chlamydia ..... 11 Gonorrhea ..... 2 Syphilis..... 0</p> <p><b>TB (Tuberculosis)</b></p> <p>Tests Administered.....14 New LTBI.....1 New Suspect TB Investiagations.....0 New Active Cases ..... 0</p> <p><b>Lab Draws</b></p> <p><b>Private Pay</b></p> <p>Salem Office .....51 Centralia Office .....31 Total Private Pay Lab Draws ..... 82</p>	<p><b>Quest Lab Draws</b></p> <p>Salem Office.....0 Centralia Office .....3 Total Quest Lab Draws .....3</p> <p><b>Environmental Health</b></p> <p><b>Food</b></p> <p>Routine Inspections..... 31 Follow-up Inspections ..... 7 Complaint Inspections .....2 Temporary Inspections .....0 Pre-Operational Inspections .....0 Emergency Incident Inspections .....0 Number of Permits Issued ..... 14</p> <p><b>Sewage</b></p> <p>Routine Inspections..... 4 Complaint Inspections .....0 Realty Inspections .....0 Sewage Systems Installed.....4 Number of Permits Issued .....4</p> <p><b>Water</b></p> <p>New System Inspections.....0 Existing Water Well Inspections.....0 Realty Inspections .....0 Complaint Inspections .....0 Water Wells Sealed .....0 Number of Permits Issued.....0</p> <p><b>Closed Loop Wells</b></p> <p>Closed Loop Well Inspections .....0 Systems Installed .....0 Number of Permits Issued .....0</p> <p><b>Tanning</b></p> <p>Routine Inspections.....0 Follow-up Inspections .....0 Complaint Inspections .....0</p> <p><b>Body Art</b></p> <p>Routine Inspections.....0 Follow-up Inspections .....0 Complaint Inspections .....0</p> <p><b>FIT Test</b></p> <p>Female.....0                      Male.....0</p>
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