

July
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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 maintenance.



Synthetic food dyes: A rainbow of risks

Many of the most commonly used food colors are synthetic petroleum-derived chemicals that do not occur in nature. These synthetic dyes often substitute for real, nutritious ingredients, such as fruits and vegetables, and are often used to make junk foods more attractive, especially those manufactured for and marketed to children. “Synthetic dyes” includes the following dyes and any approved lakes produced therefrom: Blue 1, Blue 2, Green 3, Red 3, Red 40, Yellow 5, and Yellow 6.

More foods contain synthetic dyes than you’d think! According to the USDA Branded Foods Database, more than 36,000 American food products contain Red 40, and more than 8,000 foods sold in the US contain carcinogenic Red 3. Unfortunately you can’t identify foods that contain dyes simply by looking at colors alone. The only way to reliably identify—and fully avoid—dyed foods is by reading the ingredient lists on package labels. Synthetic dyes, if present, must be listed by name on ingredient lists in almost all foods, although there is some slight flexibility in how they are listed. Blue 1, for example, may appear as FD&C Blue 1, Blue #1, or Blue No.1. But other color additives like titanium dioxide, which potentially damages DNA when eaten, can just be listed as “artificial color” or “color added.”

For years, we’ve known that Yellow 5, Red 40, and other synthetic, petroleum-based



food dyes cause hyperactivity and other behavioral problems in children. For that reason, the Center for Science in the Public Interest (CSPI) has urged the Food and Drug Administration to ban those dyes. The FDA has recognized Red 3 as cancer-causing (a carcinogen), despite this recognition, in 1990 Red 3 was banned from use only in cosmetics and topical drugs—not for food use. California has passed AB418, a bill banning Red 3, potassium bromate, brominated vegetable oil (BVO), and propylparaben. These additives are linked to increased risk of cancer and reproductive issues. If AB418 is signed into law by Governor Gavin Newsom, it will be in effect January 1, 2027.

Unfortunately, avoiding harmful food additives is a burden that falls to the consumer when the agencies that govern our food system fail to act. CSPI recommends avoiding all synthetic food colorings, as well as titanium dioxide. The best line of defense is the ingredients list of any food product, which you should check for any additives you’ve chosen to avoid. Focus on eating nutritious whole foods that are naturally dye-free.

Marion County Board of Health

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Marion County

May 2024 Statistics

<p>Clinics</p> <p>Blood Pressure Persons served: Blood Pressure 0</p> <p>Paternity Testing Clinics2 Number of Persons Tested6</p> <p>Immunizations</p> <p>Number of Clinics.....8 No. of adults33 No. of adults immz. adm 21 No. of peditrics35 No. of peditrics immz. adm52 Total of vaccines administered.....73</p> <p>Children's Immunizations</p> <p>Pediarix.....5 Pediatric Flu 0 Hib5 Pneumococcal4 Rotavirus2 Hep A.....7 Dtap3 MMR.....5 Tdap.....1 Hepatitis B..... 0 Varicella.....7 Kinrix2 Gardasil 0 Meningitis4 ProQuad2 IPV (Polio).....4 Td 0 Men. B.....0 Nirsevimab/RSV.....0 COVID-19.....1</p> <p>Adult Immunizations</p> <p>Hepatitis A2 Hepatitis B3 Flu 1 Men. B 0 Meningitis 0 MMR.....4 Pneumonia 23 0 TD.....1 Tdap.....6 Typhoid..... 0 Varicella.....2 Yellow Fever 0 Prenar 20..... 0 Shingrix.....2 RSV.....0 COVID-19.....0</p>	<p>Maternal Child Health (MCH)</p> <p>Maternal Health Encounters 445</p> <p>WIC Caseload 1,225 WIC Clients receiving Education..189 WSSM / WIC Education 49 Internet WIC Education 5 Individual WIC Education 30 Phone Education 105 Lead.....46 Hemoglobins 115 ASQ Developmental Screenings71 Depression Screenings 45 EPSDT'S41 Flouride Varnish (Oral Health).....51 Number of Vision Tested 0 Number of Hearing Tested 0 Pregnancy Tests 0</p> <p>Family Case Management</p> <p>APORS Investigations 6 Healthworks Caseload.....61</p> <p>Communicable Disease Investigations</p> <p>Animal Bites.....4 Chickenpox1 Cryptosporidiosis 0 Hepatitis B 0 Hepatitis C 3 Histoplasmosis 0 HIV/AIDS Cases Investigated 0 HIV Test 4 Salmonellosis 0 Streptococcal Infections (Group A) . 0 Whooping Cough (Pertussis) 0</p> <p>Sexually Transmitted Disease</p> <p>Chlamydia13 Gonorrhea 2 Syphilis..... 0</p> <p>TB (Tuberculosis)</p> <p>Tests Administered..... 18 New LTBI..... 0 New Suspect TB Investiagations.....0 New Active Cases1</p> <p>Lab Draws</p> <p>Private Pay Salem Office 71 Centralia Office 27 Total Private Pay Lab Draws 98</p>	<p>Quest Lab Draws</p> <p>Salem Office..... 1 Centralia Office 1 Total Quest Lab Draws 2</p> <p>Environmental Health</p> <p>Food Routine Inspections.....49 Follow-up Inspections 3 Complaint Inspections2 Temporary Inspections4 Pre-Operational Inspections3 Emergency Incident Inspections0 Number of Permits Issued22</p> <p>Sewage Routine Inspections..... 2 Complaint Inspections 1 Realty Inspections0 Sewage Systems Installed..... 2 Number of Permits Issued 3</p> <p>Water New System Inspections.....0 Existing Water Well Inspections.....0 Realty Inspections0 Complaint Inspections0 Water Wells Sealed0 Number of Permits Issued.....0</p> <p>Closed Loop Wells Closed Loop Well Inspections0 Systems Installed0 Number of Permits Issued0</p> <p>Tanning Routine Inspections.....0 Follow-up Inspections0 Complaint Inspections0</p> <p>Body Art Routine Inspections.....0 Follow-up Inspections0 Complaint Inspections0</p> <p>FIT Test Female.....0 Male.....0</p>
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