

AUGUST HEALTH BULLETIN



The month of August is designated as National Wellness Month, a time to focus on reducing stress, creating healthier habits, and making self-care more of a priority. With everything life throws at us, it can be easy to put taking care of yourself on the back burner, but we want to remind you that self-care is a necessity.

Ways you can celebrate by putting yourself first

Screen-time Break

- set a timer
- set daily usage limits for yourself
- make certain areas of your home tech-free zones
- avoid using screens before bed

Stay Hydrated

set a goal amount for yourself everyday and aim to reach that daily

Become Organized

make your environment more peaceful and less cluttered

Add Something New to Your Routine

incorporate something new into your daily routine, like making a smoothie, exercising or taking a few minutes when you wake up to practice mindfulness

Focus on the Positives

reflect on the positives of the day. Nothing that has a positive impact on your day is too small!

Set Realistic Goals

don't overwhelm yourself trying to make several changes at once; look at your work/life balance and see what changes are realistic for you

Celebrate All Wins

acknowledge and celebrate that you crossed something off your mental to-do list!



Marion County Board of Health

Mike Morton, RPh
Kendra Taylor, DNP, RN
Tom Turner, MS

Paula Strother, RN
Keith Kessler, BS, JD
Michael Douglas, DVM

Matthew Stedelin, MD
Kyle Clark, DMD
Victoria Codispoti, MD

Marion County

June 2026 Statistics

Clinics

Blood Pressure	
Persons Served.....	16

Paternity Testing Clinics	1
Number of Persons Tested	1

Immunizations

Number of Clinics	7
No. of adults.....	29
No. of adults immz. adm	11
No. of pediatrics	81
No. of pediatrics immz. adm.....	182
Total of vaccines administered....	193

Children's Immunizations

Pediarix.....	29
Pediatric Flu.....	0
Hib.....	35
Pneumococcal.....	33
Rotavirus	17
Hep A.....	10
Dtap.....	8
MMR	4
Tdap.....	9
Hepatitis B.....	1
Varicella	3
Kinrix.....	3
Gardasil	5
Meningitis	22
ProQuad.....	3
IPV (Polio).....	0
Td	0
Men. B	0
Nirsevimab/RSV.....	0
COVID-19.....	0

Adult Immunizations

Hepatitis A	0
Hepatitis B.....	2
Flu	0
Men. B.	0
Meningitis	0
MMR.....	1
Pneumonia 23.....	0
TD	1
Tdap	5
Typhoid	0
Varicella	0
Yellow Fever	1
Pevnar 20.....	0
Shingrix	1
RSV	0
COVID-19	0

Maternal Child Health (MCH)

Maternal Health Encounters	372
WIC Caseload	1,071
WIC Clients receiving Education...	155
WSSM/WIC Education	37
Internet WIC Education.....	47
Individual Education	18
Phone Education	53
Lead	37
Hemoglobins.....	80
ASQ Developmental Screenings....	48
Depression Screenings	27
EPST'S	38
Flouride Varnish (Oral Health)	52
Number of Vision Tested	1
Number of Hearing Tested	2
Pregnancy Tests.....	2

Better Birth Outcomes-Comprehensive

APORS Investigations	4
Healthworks Caseload.....	59

Communicable Disease Investigations

Animal Bites.....	13
Chickenpox	0
Cryptosporidiosis.....	0
Hepatitis B	5
Hepatitis C	2
Histoplasmosis	0
HIV/AIDS Cases Investigated	0
HIV Test	6
Salmonellosis	0
Streptococcal Infections (Group A) ..	0
Whooping Cough (Pertussis).....	0

Sexually Transmitted Disease

Chlamydia	12
Gonorrhea	7
Syphilis	0

TB (Tuberculosis)

Tests Administered.....	27
New LTBI	3
New Suspect TB Investigations	0
New Active Cases	0

Lab Draws

Private Pay	
Salem Office	45
Centralia Office	30
Total Private Pay Lab Draws	75

Environmental Health

Food

Routine Inspections	49
Follow-up Inspections.....	28
Complaint Inspections	2
Temporary Inspections	3
Pre-Operational Inspections	1
Emergency Incident Inspections....	0
Number of Food Permits Issued ...	21
Category Changes.....	1
Closed Food Establishments.....	3
Cottage Food Permits Issued	1

Sewage

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

Water

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

Closed Loop Wells

Closed Loop Well Inspections	0
Systems Installed	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

FIT Test

Female.....	0
Male.....	0



1-866-QUIT YES (784-8937)