



PUBLIC HEALTH CONNECTION

APRIL 2008

INSIDE THIS ISSUE

PUBLIC HEALTH SAFETY NOTE	2
ENVIRONMENTAL HEALTH NOTE	2
CLINICAL SERVICES NOTE	2
COMMUNITY PARTNER SPOTLIGHT	3
COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES NOTE	3
COMMON CONFUSIONS	3
CALENDAR	4

SPECIAL POINTS OF INTEREST

- **Stand Your Ground Program (2)**
- **Earth Day (2)**
- **The Flu Season Continues (2)**
- **Scott County WIC Program (3)**
- **Kick Butts Day (3)**
- **Cold Vs. Flu (3)**

THE SCOTT COUNTY HEALTH DEPARTMENT ROLLS OUT NEW LOGO

The Scott County Health Department is rolling out a new logo during National Public Health Week by joining forces with the National Association of County and City Health Officials (NACCHO) in the campaign to give public health a nationally recognizable identity. The new logo conveys public health's mission to "prevent, promote and protect" as a universal standard. When people see the new public health shield/logo, we hope they will think beyond restaurant inspections, well water testing, and vaccinations for children.

There are several well-known logos and symbols throughout our country in regards to public service entities. There is immediate recognition in our communities of what these

logos represent, such as police, firefighters, and medical personnel. Although these public service entity's familiar symbols are in the public's eye everyday, like these services, public health has always been there, working quietly behind the scenes to offer similar community health services. For example, public health works everyday in preventing disease and injury, protecting people from threats to their health and the health of their community, as well as promoting healthy environments and behaviors.



Lawrence Barker, Director of the Scott County Health Department, commented, "It is our goal to make public health in Scott County visible and understood by all. We hope that people will begin to recognize this symbol and connect it with the important role public health plays to prevent, protect, and promote health."

Because it is Public Health Month, we want to draw special attention to our efforts to make public health more visible throughout the country. Please log on to our Web site, www.scottcountyiowa.com/health, every week in April to see how public health prevents, promotes, and protects the health of our community.

ANNOUNCING THE NEW AND IMPROVED...

Newsletter! As you may have noticed, the Scott County Health Department has a new look and name to our newsletter. We will continue to have new issues each month. Limited numbers of printed copies of the newsletter will continue to be available at the local libraries, hospitals, and in

the waiting room of the Health Department. It is also available on our website, www.scottcountyiowa.com/health, and on our website you may add yourself to our listserv to receive the newsletter via e-mail each month as well as copies of all press releases.

If you have suggestions of what you would like to see in our newsletter or would like your community program to be featured in it, please send an e-mail to health@scottcountyiowa.com. We hope you enjoy our new and improved newsletter! Happy reading!

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA: STAND YOUR GROUND

There is an exciting new program that the Health Department is participating in called "Stand Your Ground". The program is the work of BraatenHealth, Generations Area Agency on Aging, Genesis Visiting Nurse Association (VNA) and Hospice, Trinity Visiting Nurse and Homecare Association and the Scott County Health Department. It is designed to empower senior adults to

protect themselves from falls. The initial "Stand Your Ground" workshop was held at Brookside Apartments on February 26, 2008. Dr. Camilla Frederick spoke on behalf of the Scott County Medical Examiner's Office, while physical therapists from both Genesis and Trinity VNAs were on hand to educate residents on making their home environments safe and what durable

medical equipment would best suit their needs. BraatenHealth also participated and allowed residents to test their balance and stability on their *trueBalance* machine. A computer print out was given to each participant to tell them at what percentage they are at risk for a fall. The next workshop will be held at the Center for Active Seniors, Inc. (CASI) on April 16, 2008.

STAND
your ground

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA: CELEBRATE EARTH DAY!

Since 1970, people have been celebrating Earth Day around the globe. This is the time to celebrate all of the progress we have made to protect our environment and create new visions for improvement. It is a time to unite and work together to protect our planet from further destruction.

The Quad Cities Earth Week Coalition has organized the

fifth annual Earth Week Fair to be held on April 18 and 19 at the QCCA Expo Center in Rock Island. Admission is free of charge. Friday's events are for area third to sixth grade classes and are held from 9-11 a.m. or 12-2 p.m. Saturdays events are held from 10-4 p.m. for Boy Scouts, Girl Scouts, and the general public. Visit the Quad Cities Earth Week

Coalition's Web site at www.qcearthweek.org to find out information and to register. Click on the "events" tab to learn about additional opportunities.

Visit www.earthday.gov to learn more about Earth Day and what you can do to help our planet. Together we can make a difference!

Join Us in
Celebrating
Earth Day
April 22!

NOTE FROM CLINICAL HEALTH SERVICE AREA: THE FLU SEASON CONTINUES

The flu season is still here. The good news is that it is not too late to get a flu shot. The Iowa Department of Public Health has said that some families have been hit more than once by different flu bugs this year. So, even if you have been unfortunate to have had the flu, there is a

chance you could get it again. This year's flu vaccine provides about forty percent protection against the most common flu strains that are being reported. Already, more than 220 people in Iowa have been admitted to the hospital and there have been three deaths in children

due to flu-related illnesses.

Visit www.idph.state.ia.us to learn more about the flu.

And remember...hand washing is one of the best things you can do to stay healthy!



*There Is Still Time To
Get Your Flu Shot!*

COMMUNITY PARTNER SPOTLIGHT: SCOTT COUNTY WIC

Have you heard about the WIC program? WIC stands for Women, Infants, and Children. The Scott County WIC program provides nutrition education, mini health checkups, referrals to other community and/or medical services, plus monthly food vouchers for qualifying women, infants and children living in Iowa. Each month, the Scott County

WIC program serves over 4,200 women, infants, and children. To qualify for Scott County WIC, you must live in Iowa, meet income guidelines or have a Medicaid/state medical waiver. WIC is for pregnant, breastfeeding, postpartum women, infants, and children under the age of five. WIC does not affect food stamps or Medicaid status.

To become a WIC client, call today for an appointment!

Edgerton Women's
Health Center
1510 E. Rusholme Street
Davenport, Iowa 52803
563-359-6635

WIC at Friendly House
1221 Myrtle Street
Davenport, Iowa 52804
563-322-1105



*WIC Serves Women,
Infants and Children.*

NOTE FROM COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES: KICK BUTTS DAY—APRIL 2, 2008

You may be asking yourself, what is Kick Butts Day? Well, it is a national day of activism designed for youth to stand out, speak up, and seize control in the fight against tobacco. They do this by raising awareness about tobacco and how it harms our health and also how Big Tobacco targets children. The youth also work to support strong tobacco control policies. This year

marks the thirteenth annual Kick Butts Day.

In addition to Kick Butts Day, throughout the year local Iowa JEL (Just Eliminate Lies) teens participate in a variety of activities to educate others by telling them the truths about Big Tobacco and changing their attitudes. They do this through a variety of ways, including visiting the Iowa State Capital and

meeting with the legislators, decorating a tobacco-themed tree for the Festival of Trees, and a variety of other activities.

You can learn more about Kick Butts Day by visiting www.kickbuttsday.org. To learn more about JEL visit www.jeliowa.org.

COMMON CONFUSIONS: SETTING THE RECORD STRAIGHT —COLD VS. FLU

Many people wonder what the difference is between a cold and the flu. The flu and the cold are both respiratory illness but are caused by different kinds of viruses. Both can cause similar flu-like symptoms and it may be difficult to tell them apart.

The flu is typically worse than the common cold and can

include body aches, fever, extreme tiredness, and a dry cough. People with colds might have a runny or stuffy nose, whereas the flu may lead to pneumonia, bacterial infections, or hospitalizations.

The flu usually first appears in the late fall or early winter in the United States. This

year the flu season has lasted longer than usual. It can be spread from a sick person to others by sneezing or coughing. Usually an individual will start to show symptoms within one to five days after exposure and most times it lasts for two to seven days.

**Celebrate
Kick
Butts
Day
April 2!**



Is it a cold or the flu?

We are on the Web!

www.scottcountyiowa.com/health

SCOTT COUNTY HEALTH DEPARTMENT

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Public Health
Prevent. Promote. Protect.

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

MARK YOUR CALENDAR!

- Tuesday, April 1; Scott County Wellness Trek Begins
For Scott County Employees and Their Families
- Tuesday, April 1 and Wednesday, April 2; Iowa Public Health Conference
Location: Ames, Iowa
- Wednesday, April 2; Kick Butts Day
- Wednesday, April 9, 6:30-8:30 p.m.; Playground Safety Training
For Child Care Providers; Location: Community Action of Eastern Iowa
- Thursday, April 17, 12:00-1:00 p.m.; Scott County Board of Health Meeting
Open to the Public; Location: Scott County Administrative Center, Board Room-1st Floor
- Tuesday, April 22; Earth Day
- Wednesday, May 7, 6:30-8:30 p.m.; Iowa's Immunization Law and You
For Child Care Centers and Preschools; Location: Community Action of Eastern Iowa
- Monday, May 19, 6:30-9:00 p.m.; ChildNet Module 7—Germs: Yours, Mine, and Ours
For Child Care Providers; Location: Community Action of Eastern Iowa

To remove your name from our mailing list, please e-mail health@scottcountyiowa.com or call 563-326-8618