



SCOTT COUNTY HEALTH DEPARTMENT

VOLUME 2, ISSUE 3

PUBLIC HEALTH CONNECTION

MAY AND JUNE 2009

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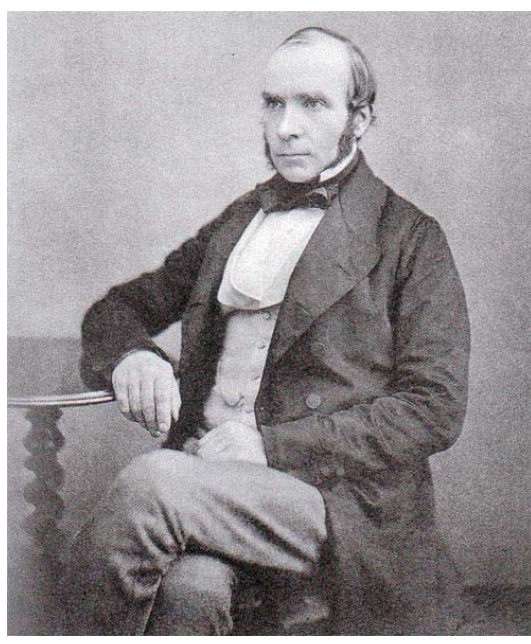
SPECIAL POINTS OF INTEREST

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It's All in the Water

Water...what does that have to do with public health? Well, actually a lot of things!

You might even say that public health started with water. Have you ever heard of John Snow? He is considered to be the father of modern epidemiology. He figured out that cholera was being spread through a contaminated water well pump. Snow's discovery helped to stop the spread of cholera in London and started a new way of thinking.



John Snow

Water is connected to public health in so many ways. For example, look at a typical day. You wake up in the morning and you brush your teeth. The water from the faucet contains fluoride which protects your teeth. You take a shower to

cleanse your body. When you decide to make breakfast, remember that it is important to wash your hands first before preparing your food.



Next, you head to the public pool, which has been inspected by the local health department.

Last summer, Iowa experienced extensive flooding. Public health departments across the state worked to educate the public on what they should do and assisted with cleanup efforts.



Water is related to public health in other ways, too, such as water well and septic inspections, restaurant inspections, swimming pool inspections, and much more.



Public health may not be something that you think about when you think of water, or other common things such as eating, however public health is around us whether you know it or not.



WALK THIS WAY

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

As the weather heats up, more and more children will be walking to school. In the United States, pedestrian injury is the second leading cause of injury-related death for children ages 5 to 14, claiming the lives of 669 children in 2001. In 2002, nearly 43,300 children were treated in emergency rooms for pedestrian-related injuries.

Safe Kids Worldwide and program sponsor FedEx created Safe Kids "Walk This

Way" to bring national and local attention to pedestrian safety issues. The goal of the initiative is to help to prevent pedestrian-related injury to children.

Safe Kids and FedEx partner in more than 150 cities to host walk to school events. In the United States, these events take place on International Walk to School Day. Safe Kids "Walk This Way" also leads year-round school safety committees to improve pedestrian

environments for students.

To find out more information about the Safe Kids "Walk This Way" program, contact your Quad Cities Safe Kids representative, Keene Hart, at 309-792-4890 or hartk@genesishealth.com.



SWIMMING POOL SAFETY TIPS

NOTE FROM ENVIRONMENTAL AND CLINICAL HEALTH SERVICE AREAS

As we look forward to summer fun there are several things that you can do to keep your family safe at swimming pools.

Prevent Recreational Water Illnesses (RWI's)

RWI's are diseases that are spread by having contact with contaminated water from swimming pools, lakes, and rivers. The most common symptom of a RWI is diarrhea.

The following activities can keep RWI germs out of the pool.

- Do not go in the water if you are sick, especially if you have diarrhea. You can spread germs in the water and make other people sick. This is especially true for kids in diapers.
- Take kids on frequent bathroom breaks and check diapers often.
- Change diapers in the bathroom and not at poolside.
- Wash hands with soap and water after using the toilet and changing diapers.
- Do not swallow the pool water. In fact, avoid getting water in your mouth.

For more healthy swimming information go to the Center for Disease Control and Prevention Healthy Swimming Web site at <http://www.cdc.gov/healthyswimming/>.

Reduce the Risk of Pool Drownings

Multiple barriers and constant supervision are essential for protecting young children.

- Fences and walls should be at least 4 ft. high and completely surround the pool.
- Gates should be self-closing and self-latching. Latches should be out of the reach of small children.
- If the house forms one side of the barrier, doors leading from the house to the pool should have alarms that sound when doors open.
- For above-ground pools, steps and ladders should be secured or removed when the pool is not in use.
- Pool water should be clean and clear. Never use a pool if you cannot clearly see any painted stripes and the pool bottom.

- Drownings occur in seconds and in silence. Keep an eye on children at all times. If a child is missing, always look in the pool first. Keep rescue equipment and a phone next to the pool.

For more information about accident prevention go to Safe Kids Web site at

<http://www.usa.safekids.org/>

Prevent Entrapment

The suction from swimming pool and wading pool drains can trap bathers under water causing serious injury or death. Never use a pool with a broken or missing drain cover. Report the problem to the pool manager.

All drain covers now sold in the United States must have a marking (VGB 2008) that certifies it meets anti-entrapment standards according to the Virginia Graeme Baker Pool and Spa Safety Act. For more information on the Virginia Graeme Baker Act go to <http://www.cpsc.gov>.



Keep Your Family Safe at the Pool This Summer!

IS YOUR WATER FLUORIDATED?

SPOTLIGHT:

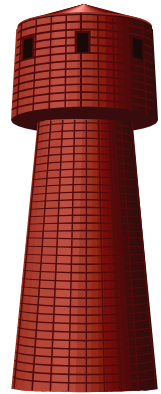
Community water fluoridation prevents tooth decay safely and effectively. The Centers for Disease Control and Prevention identifies it as one of ten great public health achievements of the twentieth century. The American Dental Association has been in favor of

fluoridating community water supplies since 1950.

Many community water supplies are fluoridated, some naturally and others that have added fluoride. However, there are still many community water supplies that are not fluoridated to a recommended level. You

may be wondering if the water in your neighborhood is fluoridated.

To find out, visit The Iowa Water Fluoridation Database at http://www.idph.state.ia.us/hpcdp/fluoride_search.asp and select your county or region.



PUBLIC HEALTH MONTH IN REVIEW

NOTE FROM COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES

The Scott County Health Department kicked off Public Health Month with the recognition of National Public Health Week, April 6 through April 12. Taking its cue from the American Public Health Association's theme of "Building a Foundation for a Healthy America", Scott County Health Department extended its campaign "Building a Foundation for a Healthy Scott County" throughout the month of April.

Soon visitors to the Scott County Health Department's Web site will find dynamic changes. Video clips will feature some of the ways in which the Scott County Health Department works every day to improve the health of Scott County and its residents.

"Many people do not

understand what public health means, what it does," said Larry Barker, director of the Scott County Health Department. "We want everyone to recognize that public health is about protecting us from injury, encouraging us to live healthier, responding to disasters, providing clean drinking water, and learning more about the spread of disease so that we can prevent many people from becoming sick."

By demonstrating how public health is the foundation for healthy communities, the Scott County Health Department hopes residents will see the need for building a stronger public health system and support efforts to make this happen. In Iowa, as in many other states, public health officials are working to modernize the

public health system by setting standards to provide a minimum level of public health services for everyone.

To learn more about public health in Scott County, visit the Scott County Health Department Web site at www.scottcountyiowa.com/health. To learn more about the state's efforts to modernize the public health system, visit the Public Health Modernization Initiative Web site at www.idph.state.ia.us/mphi.

Building a
Foundation
For a
Healthy
Scott
County.

IS FLUORIDATED WATER BETTER?

COMMON CONFUSIONS:
SETTING THE RECORD STRAIGHT

The next time you have a choice between fluoridated water and non-fluoridated water, think about this.

Fluoridated water is an easy way to prevent dental decay. In fact, water fluoridation can reduce the amount of decay in children's teeth by as much as sixty percent!

It is safe to drink fluoridated water and it is cost-effective because it saves money on

dental treatment needs.

Fluoridating water is also cost effective for communities. According to the American Dental Association, it is estimated that every dollar invested in community water fluoridation saves \$38 in dental treatment costs.

Not only is community water fluoridation cost effective, but it benefits everyone!

For more information visit http://www.cdc.gov/Fluoridation/pdf/natures_way.pdf and http://www.cdc.gov/fluoridation/fact_sheets/bottled_water.htm.



SCOTT COUNTY HEALTH DEPARTMENT

Scott County Administrative Center, 4th Floor
600 West 4th Street
Davenport, Iowa 52801-1030

Phone: 563-326-8618

Fax: 563-326-8774

E-mail: health@scottcountyiowa.com

Web site: www.scottcountyiowa.com/health

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!

- Thursday, May 21, 2009; 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
- Thursday, June 18, 2009; 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
- July 8, 2009.; 10:00-3:00 p.m.; Youth Fest
Open to the Public; Location: Fejervary Park; For more information, contact the Davenport Parks and Recreation Department at 563.326.7812.



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Public Health
Prevent. Promote. Protect.