



# PUBLIC HEALTH CONNECTION

NOVEMBER/DECEMBER 2010

## Looking at Scott County for the Health of It!

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### SPECIAL POINTS OF INTEREST

- Senior Falls Prevention
- Mapping it out in Scott County
- Looking out for Pertussis
- Area Health Education Center
- The Great American Smokeout®
- 2010 Flu Shot

Scott County Health Department (SCHD) is in the process of looking at the health of Scott County. In other words, the SCHD is completing a Community Needs Assessment and Health Improvement Plan (CHNA-HIP). The CHNA-HIP is a report on a community's health needs and what will be done about them.

Finding out the health needs and priorities in a community is a core function of public health. When health needs are identified through community discussion, the entire community benefits. This information is valuable when looking for support and funding as we plan ways to make the community healthier. Results of the community needs assessment are made available to the community.

#### We need your help!

No community discussion is complete without the community. We need you to tell us what you think the health needs are in Scott County.



#### Help us by taking this survey!

Think about that one problem or issue that, if fixed, would make the biggest impact on the health of your family and friends. Now, share that problem with us by taking this survey!

You may take the survey by clicking on the link to our Web site: [www.scottcountyiowa.com/health](http://www.scottcountyiowa.com/health) and following the directions to the survey.

The survey is short; only seven questions. The Scott County Health Department has been researching the needs of our community. Some of these needs have been included in the survey. The first question asks you to pick three needs that are most important to you. If a need that you are thinking of has not been listed, pick "other" and type in your need in the second question. The rest of the questions of the survey simply help us get a better picture of our community. The survey is anonymous and can be completed through the month of November.

Thank you for your help. Your input will help us complete this important needs assessment process!

**We want to know what YOU think the health needs are of the community. Please take a few minutes to fill out this survey. Your response will help us plan ways to make our community healthier.**

[www.scottcountyiowa.com/health](http://www.scottcountyiowa.com/health)

Press Ctrl and click the link or copy and paste the link to your web browser

## SENIOR FALLS PREVENTION

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

Did you know that falls are the leading cause of injury related death for Iowans age 65 and older, and the leading cause of injury hospitalizations and emergency visits in Iowa? The good news is that injuries from falls are usually preventable!

Research has shown that making older adults aware of how to prevent falls not only decreases injuries, but also saves dollars.

Here are some tips for seniors to prevent falls:

- Take your time—get out of chairs slowly. Sit for a moment before getting out of bed.
- Wear sturdy, well-fitting shoes with low heels and non-slip soles.
- See an eye specialist once a year. Poor vision can increase your chances of falling.
- Be aware that some medications have side effects that can cause dizziness.
- Increase physical activity—regular exercise increases balance and strength.



*Falls are the leading cause of injury death for Iowans age 65 and older.*

## MAPPING IT OUT IN SCOTT COUNTY

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA

The Scott County Health Department (SCHD) is using Scott County's geographic information system (GIS) to capture, analyze, and display information in several programs.

GIS is a tool that is used by health department staff in emergency planning. GIS shows staff where important buildings are such as schools and shelters as well as where emergency sirens are

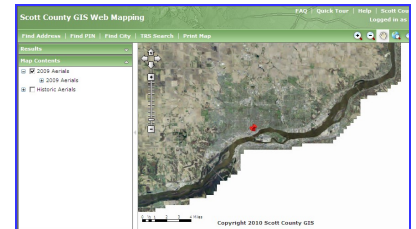
located. During emergencies, this technology also helps to identify areas of need. When floods occur, maps showing affected areas help health officials deliver supplies and services more efficiently.

Environmental health staff use mobile GIS while doing inspections of wells and septic systems. With portable global positioning system (GPS) units, actual

locations of well and septic systems are recorded. This information allows staff to easily locate buried pipes and tanks at a later date.

GIS provides maps which show the location of all restaurants and grocery stores inspected by the SCHD.

In many ways GIS has helped public health better serve the community.



## LOOKING OUT FOR PERTUSSIS

NOTE FROM CLINICAL HEALTH SERVICE AREA

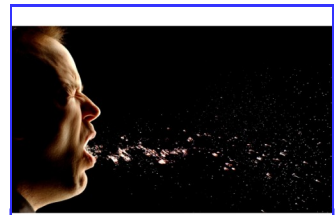
Pertussis (whooping cough) is a respiratory illness caused by bacteria. Pertussis is spread through the air when infected people cough or sneeze. Common symptoms of Pertussis in very young children include a long series of coughs followed by a "whooping" noise. In older children and adults, the illness may

begin with an upper respiratory illness that starts with cold-like symptoms and an irritating cough that becomes more severe over one to two weeks.

In October 2010, Scott county was declared a Pertussis outbreak area. This means that the number of cases of Pertussis is more than normally expected.

During an outbreak anyone experiencing Pertussis symptoms should see a doctor for testing and treatment.

Pertussis may be prevented through routine immunization. Other ways to prevent it is by covering your mouth when you cough, staying away from others when they are coughing, and



*Contact your family's doctor about the vaccines available to prevent Pertussis.*

washing your hands frequently.

If you or a family member have Pertussis, it is important to stay home and stay away from others until you have completed five days of antibiotics and you or your family member are no longer contagious.

## AREA HEALTH EDUCATION CENTER (AHEC)

**COMMUNITY PARTNER SPOTLIGHT:  
HUMANE SOCIETY OF SCOTT COUNTY**

The University of Iowa's Area Health Education Center's primary mission is to enhance access to quality health care in Iowa. AHEC accomplishes this mission by practicing a philosophy of "growing our own" health care professionals through age appropriate education and experience beginning in elementary school. AHEC also facilitates the placement of professional students in rural areas throughout

southern Iowa. Scott County is served by the Southeast Iowa AHEC office located in Davenport. The Southeast Iowa office coordinates educational programs including Exploring Health Care Professions, Health Careers Adventure Camp, and the Health Careers Pipeline Program. Through these programs, St. Ambrose University collaborates with JB Young Intermediate School to create interest in

health care careers among under represented populations. The Southeast Iowa AHEC office is located at Genesis Family Medical Residency, 1345 W Central Park, Davenport. To learn more about UI AHEC please call 563-421-4463 or visit [www.uiowa-ahec.org](http://www.uiowa-ahec.org)



*"Growing our own" health care professionals in Iowa*

## GREAT AMERICAN SMOKEOUT®

**NOTE FROM COMMUNITY RELATIONS,  
INFORMATION AND PLANNING SERVICES**

Thursday, November 18 is the date set for the 2010 Great American Smokeout®. The event encourages smokers to quit for a day in hopes that they can remain smoke-free for good. The Tobacco-Free QC Coalition provides the following tips for smokers preparing for their quit day:

**Remove any temptations**

- Make sure to get rid of

all your tobacco products (from your car, house, etc.).

- Get rid of all reminders (ashtrays, lighters, etc.).
- Schedule a stress-free day, if you can.

**Change your usual routine**

- Drive a different route to work.
- Do not sit in your usual spots.

**Coping with the urge to smoke**

- Realize the urge will go away in a few minutes.
- Do deep-breathing exercises.
- Think about some aspect of tobacco use that is negative to you.
- Leave the scene of the urge for a few minutes, if possible.

No matter when smokers

quit, there are always benefits. Remember, you are not alone in quitting. Help is available. Quitline Iowa, 1-800 QUIT NOW, offers individualized counseling to help smokers. Assistance is also available locally at Genesis Pulmonary Rehab—(563) 421-1769, and Trinity MyNurse—(309) 779-2000. For more tips on quitting, visit

[www.tobaccofreeqc.com](http://www.tobaccofreeqc.com).

## 2010 FLU SHOT

**COMMON CONFUSIONS:  
SETTING THE RECORD STRAIGHT**

Now is an excellent time to get a flu vaccine. This season, everyone six months and older should get vaccinated, even if they got a seasonal or 2009 H1N1 vaccine last season. The 2010-2011 flu vaccine has been updated to protect against the flu viruses that CDC expects will cause the most illness in the United

States this season. The vaccine will provide protection against the virus that causes the H1N1 flu. Unlike last season, you will only need to get one flu shot to be covered from both the seasonal flu and the H1N1 flu.

Getting your flu vaccine is the best way to stop the spread of flu. Contact your doctor to

ask about getting your flu shot today!

To learn more about stopping the spread of flu and the flu shot, visit the Iowa Department of Public Health's "The Flu Ends with You" Web page at

[www.TheFluEndsWithUlowa.com](http://www.TheFluEndsWithUlowa.com).



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**MARK YOUR CALENDAR!**

- Veterans Day, November 11, 2010. *County offices will be closed*
- Scott County Board of Health Meeting  
Thursday, November 18, 2010; 12:00-1:00 p.m.  
*Open to the Public. Location: Scott County Administrative Center, Board Room-1st Floor*
- Thanksgiving Holiday, November 25-26, 2010. *County Offices will be closed*
- Scott County Board of Health Meeting  
Thursday, December 16, 2010; 12:00-1:00 p.m.  
*Open to the Public. Location: Scott County Administrative Center, Board Room-1st Floor*
- Christmas Eve and Christmas Day Observance, December 23 and 24, 2010. *County offices will be closed*
- New Year's Day Observance, December 31, 2010. *County offices will be closed*

**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.



If you would like to receive this newsletter electronically, please add your name to our e-mail list on our Web site, [www.scottcountyiowa.com/health](http://www.scottcountyiowa.com/health). To remove your name from our mailing list, please e-mail [health@scottcountyiowa.com](mailto:health@scottcountyiowa.com) or call 563-326-8618.



**Public Health**  
Prevent. Promote. Protect.