



Public Health
Prevent. Promote. Protect.

Nutritional Environment Measures Surveys are taking place at participating restaurants!

The Scott County Health Department is pleased to offer a Nutritional Environment Measures Surveys (NEMS) to worksites, restaurants, and stores. The Nutritional Environment Measures Survey was developed to evaluate nutrition environments, which are places where individuals make nutrition or dietary choices. Therefore, nutrition environments can be grocery stores, restaurants, and vending machines. NEMS is a survey to observationally measure how healthy each of these environments are. There are different surveys depending on what nutrition environment is being evaluated. NEMS-R evaluates restaurants, NEMS-V evaluates vending machines, and NEMS-S evaluates grocery and convenience stores.



NEMS-R looks at certain things such as: availability of healthy foods, facilitators to encourage healthy eating, barriers, marketing, and pricing. Healthy entrées and salads are also evaluated. Entrées are assumed to be unhealthy unless nutrition information is provided or the menu makes notation of it as a healthy option. It cannot be considered healthy solely off a description of the entree because food provided at restaurants is quite often served in large portions or prepared with added fat.



If you want to eat healthier during your next restaurant experience, here are four simple NEMS-R pointers:

- 1) Stick to zero calorie beverages, such as water or diet pop.
- 2) Avoid salads with two or more bad toppings, such as avocado, guacamole, cheese, eggs, nuts, pesto, sour cream, bacon, croutons,

olives, or high fat lunch meat.

- 3) Avoid anything fried or with cheese and/or red meat as a main ingredient.
- 4) Substitute fries for a salad, fruit, or vegetable.



Be an informed consumer, and ask your server!

Do you offer 1% low-fat, skim or non-fat milk? Do you offer 100% fruit juice? Does your fruit have added sugars? How are your vegetables prepared? Do you offer baked chips? Do you offer 100% wheat or whole grain bread? Do you offer low-fat or fat free salad dressings? Being more informed on how meals are prepared at your favorite restaurants will help you make better informed nutrition choices.

If you are interested in learning more about NEMS-R, please contact the Health Department at 563-326-8618 or e-mail health@scottcountyiowa.com.

Rabies Reminders

Rabies is a deadly virus that is spread by exposure to an infected animal. All warm-blooded animals, including humans, can get rabies. The rabies virus is passed from the infected animal's saliva through a person's broken skin when a bite occurs or there is contact with the eyes, nose, or mouth. All domestic animals (such as dogs, cats, horses and cattle) can be infected. Rodents (such as squirrels, hamsters, and mice) and rabbits very rarely get rabies. In Iowa, wild animals (especially skunks and bats) most often get rabies. Bat exposures are special cases. If a bat is found in a room with a person who cannot say "I know I was not bitten," that person may have been exposed to rabies. This would include persons who awoken to find a bat in the room. Bats have tiny teeth and bites may go unnoticed. Bats are active in the fall as they seek shelter when the weather cools. For information on bat proofing your home see <http://www.cdc.gov/rabies/bats/management/index.html>

What to do for animal bites or bat exposures: wash the area with soap and water, call animal control (563-388-6655) and contact your doctor for wound care instructions. Find out if you need a tetanus update.



How to prevent rabies: Vaccinate pets and don't let them run loose. Teach your children to avoid wild and unfamiliar animals.



MARK YOUR CALENDAR!

- *Scott County Health Department will be closed Monday, September 1, 2014 in observation of Labor Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, September 18, 2014.*

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.

SCOTT COUNTY HEALTH DEPARTMENT

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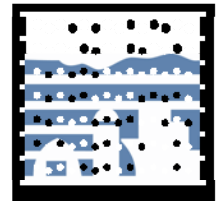
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