



Promote Healthy Relationships To Prevent Violence

A study by the Centers for Disease Control and Prevention noted that nearly 1 in 5 women in the United States have been raped at some point in their lives and that more than half of those victims were assaulted by an intimate partner.

During February's Teen Dating Violence Awareness month, we seek ways to prevent this problem from growing and offer resources to assist those who have been harmed. Dating violence is one type of intimate partner violence that occurs between those in a close relationship and covers four main categories — physical, emotional, sexual and stalking.

Dating violence can have a lasting negative effect, resulting in physical and mental pains. Physical harms reported to medical professionals include gastrointestinal disorders, sexually transmitted diseases and reproductive complications. Teens that are victims of dating violence also report mental issues such as trust complications, depression, poor schoolwork, eating disorders and an increased risk of binge drinking, substance abuse and suicide. Those who suffer this trauma in their school years are also at higher risk for additional victimization later in life.

To help promote positive relationships and to prevent dating violence, the CDC has initiated the Dating Matters™ program throughout the United States. Geared toward middle school and high school students to teach healthy behaviors early in life, the program aims to promote respect.

Another way to lessen the prevalence of dating violence is to recognize risk factors. Numerous studies have shown that those prone to harming their partners are more aggressive and depressed than normal. Other factors include alcohol and drug usage, exposure to friends or loved ones who've experienced violence



against others, a lack of parental supervision and a belief that dating violence is acceptable.

If you or someone you know is the victim of intimate relationship violence, the Division of Public Health's STD Prevention and Treatment program can provide assistance. Staff can recommend resources available here in St. Charles County and throughout the Metropolitan Area. For more information on the services available through this STD Prevention and Treatment program, please call (636) 949-7401.

Information in this article was contributed by the CDC.

PUBLIC HEALTH CALENDAR

Our staff and regional partners offer educational programs and informational meetings to help members of the community live healthier lives. Here's a sample of events occurring this month:

- Feb. 9 - **Babysitter's Training** - Red Cross St. Charles County Service Center (in St. Peters) - 8:30 a.m. - cost \$85 (Please click link for class registration.)
- Feb. 11 - **Free Bone Density Screening** presented by Progress West HealthCare Center (2 Progress Point Pkwy in O'Fallon) - 4 to 6 p.m. (Please call 636-344-CARE to register.)
- Feb. 12 - **Free Mammogram/Breast Screenings** presented by Mercy - Sts. Joachim and Ann Care Service (4116 McClay Rd in St. Charles) - please call 314-251-6300 to register
- Feb. 21 - **"Basic Food Safety Training"** - Health Department Conference Room - 2 p.m. (Please complete and return the linked application to register.)
- Feb. 22 - **Parenting 101** (infant, child and parental safety) - Health Department Conference Room - 11:30 a.m. - Please call 636-949-7400, ext 6255 to register.



TAKE HEART TO PREVENT CARDIOVASCULAR DISEASE

To draw attention to the fact that cardiovascular disease is the #1 cause of death in the United States, each February we recognize American Heart Month.

Cardiovascular disease is a broad term used to describe a range of issues that affect your heart, including diseases of blood vessels (such as coronary artery diseases), heart rhythm problems, heart infections and congenital heart defects.

Caused by an obstruction in the blood vessels supplying the heart, the classic heart attack symptoms are chest discomfort (a strong pressure or squeezing sensation); pain in the arms, abdomen or neck; shortness of breath; cold sweats; nausea; and light-headedness. It's interesting to note that women are more likely to experience a burning sensation in the chest and nausea, which is why women often mistake a heart attack for indigestion and miss early warning signs that could lead to more effective treatment.

Another deadly cardiovascular system ailment is stroke, which occurs when the blood supply to the brain is cut off. Common stroke symptoms are sudden weakness or numbness in the face, arm, or leg on one side of the



body; sudden loss of vision; sudden confusion or inability to speak; severe headaches; and unexplained dizziness. As with a possible heart attack, anyone suffering any of these symptoms should seek immediate medical attention.

Maintaining a healthy diet and lifestyle are the best ways to prevent and fight heart disease. In addition, it is important to know your risk factors and your numbers — blood pressure, glucose and cholesterol — so that you can work to decrease the potential for harm. Heart disease risk factors can include your age, gender, family history,

smoking, poor diet, high blood pressure, high cholesterol, diabetes, physical inactivity, high stress and poor hygiene.

Your chances for minimizing and even preventing heart disease can be improved by making certain lifestyle changes, so this February take these healthy tips to heart:

- ♥ Increase Activity
- ♥ Eat Better
- ♥ Manage Blood Pressure
- ♥ Lose Weight
- ♥ Stop Smoking
- ♥ Control Cholesterol

HEALTHY RECIPES

Each month, we take a traditional recipe and offer a healthier alternative. This time, we'll help kick off your Mardi Gras festivities.

Quick Chicken Creole

Recipe makes eight servings. One serving contains 190 calories, four grams of fat, 36 mg of cholesterol, 373 mg of sodium, 23 grams of carbohydrates and 16 grams of protein.

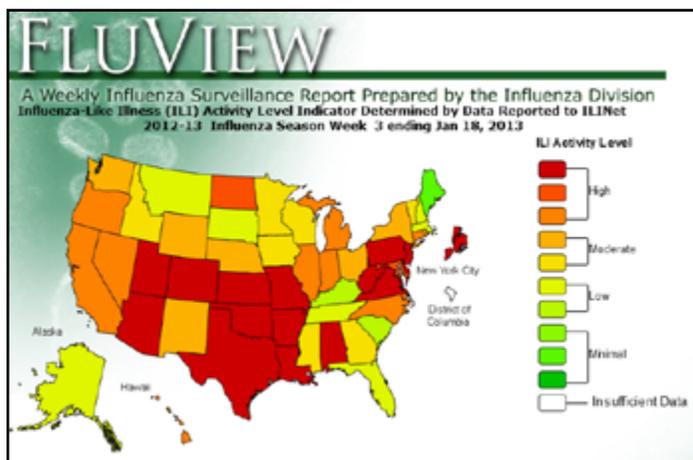
Ingredients

- 1 Tbsp canola oil
- 4 medium boneless, skinless chicken breast halves (cut into strips)
- 1 14-oz can tomatoes (undrained)
- 1 8-oz can tomato sauce
- 1 1/2 cups chopped green bell pepper
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1 Tbsp basil
- 1 Tbsp minced parsley
- 1/4 tsp red pepper flakes
- 2 2/3 cups steamed rice

Steps:

1. Heat oil in large skillet and saute chicken strips for approximately five minutes on each side.
2. Add remaining ingredients (except rice) and simmer for 20 minutes.
3. Serve chicken mixture over 1/3 cup of rice per plate.

(Recipe courtesy of *The New Soul Food Cookbook for People with Diabetes* by Fabiola Gaines and Roniece Weaver)



Helpful Phone Numbers

Division of Public Health (636) 949-7400	WIC (636) 949-7402
Immunizations (636) 949-1857	Recycle Works Central (636) 949-1800
Vital Records (636) 949-7558	Recycle Works West (636) 949-1800
Health Education and STD Clinic (636) 949-7401	Division of Humane Services Pet Adoption Center (636) 949-7387
Division of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347

Setting Gold Standards in Food Safety

The Department of Community Health and the Environment recently announced its **24 Carrot Gold Food Safety Excellence Award** winners for 2012. Presented by the Division of Environmental Health and Protection, the 24 Carrot Gold awards recognize seven local eateries that demonstrated excellence in food safety, sanitation and successful employee education during the past year.

To be eligible for consideration, recipients of the 24 Carrot Gold awards cannot have any critical violations during the last 12 months, and no more than six non-critical violations over the same period. In addition, at least 90 percent of the food facility managers at the establishment must possess valid food safety certification. The facility must also have a valid St. Charles County Food Establishment Permit and be in good standing with the department.

To help customers recognize establishments' food service ratings, the department has placed a QR code on 2013 establishment permit stickers. Posted at entry doors, drive-thru windows or other convenient locations, customers can now use smart phones to scan these codes and view the

establishment's ratings. Alternatively, customers may visit www.scchealth.org, and click on "**KNOW THE SCORE**" to view these ratings. The division inspects all food service establishments in St. Charles County, except those located within the City of St. Peters (which conducts its own inspections).

The department chose the following as
24 CARROT GOLD FOOD SAFETY EXCELLENCE AWARD
winners in 2012:

- ARBY'S ROAST BEEF** – St. Charles
- CENTER POINTE HOSPITAL** – Weldon Spring
- EL AGAVE MEXICAN RESTAURANT** – Wentzville
- FLIK INTERNATIONAL CORPORATION** (at MasterCard Worldwide offices)
- HAPPY WOK** – O'Fallon
- MR. FUEL/ARO SYSTEMS, INC.** – Foristell
- TEXAS ROADHOUSE** – O'Fallon



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Alzheimer's Disease Affects Us All

It is believed that as many as five million Americans suffer from Alzheimer's disease, which is one of the top ten leading causes of death in our country. Typically presenting after a person turns 60 years of age, the disease impacts brain function and affects daily activities by disrupting areas that control thought, memory, behavior and language.

Scientists have not determined the cause of Alzheimer's, so a cure and treatment to stop its progression are not established. However, medical professionals have developed ways to slow the worsening of dementia and improve the quality of life for both patients and their caregivers. The **ALZHEIMER'S ASSOCIATION** offers suggestive drug and non-drug treatments that can help with both cognitive and behavioral changes common to those suffering from the disease.

Although the exact cause has not been determined, there is research available that identifies several risk factors that increase the chances for development of

the disease. The most common risk factors — age, family history and genetics — cannot be influenced, but studies have shown that there are things you can do. Minimizing head trauma is beneficial, as a link between serious head injuries and the development of Alzheimer's has been found.

In addition, establishing healthy behaviors, eating nutritious diets and minimizing heart disease have been found to be beneficial to brain health throughout your life.

For more information or to become involved in Alzheimer's disease programs here in our area, please call 314-432-3422.



Are You Prepared For The ShakeOut?

Recognizing Missouri's position along the New Madrid Seismic Zone, the state participated in The Great Central U.S. ShakeOut on February 7 to simulate a large earthquake in our region. To learn how you can participate in this annual event, please visit

<http://www.shakeout.org/centralus/>.

While organizations are rehearsing their roles, it's also a good time to determine if you know what to do in the event of a natural disaster or other emergency and have made preparations to protect yourself, your family, and your business?



Experts suggest the most effective way for protecting oneself during an earthquake is to follow the "Drop, Cover, and Hold On" technique. The first step is to **DROP** to the ground in the closest and safest location you can find. Second, take **COVER** under a desk, table or other sturdy object. After this, a person should **HOLD ON** to the object while protecting your face and head until the shaking stops. This technique is recommended to protect from injury caused by falling debris and toppling objects and is further explained at <http://www.dropcoverholdon.org/>.

Planning for disaster can be as achieved by being **READY IN 3** (three simple steps designed to prepare yourself, your family and your business for whatever emergencies may come). First, create a plan that is understood by all members of your family or work staff. This plan should determine how or where you would get together and should consider at least two scenarios (staying home or leaving the area). Step two involves preparing an emergency kit to provide necessities. The kit should be portable and contain basic needs like food and water for all members, as well as a radio and first aid kit. Third, listen for updated information. In preparing this step, please consider options that remain usable in the event of power loss by the community.

For information on hosting a presentation detailing how your organization can prepare for disasters, please call Doug at 636-949-7400.

- **Create a plan**
- **Prepare a kit**
- **Listen for information**

www.sccchealth.org

Spaying/Neutering Decreases Overpopulation, Improves Pet Health

Nearly 70,000 puppies and kittens are born every day in the United States. By spaying and neutering, responsible owners do their part to control overpopulation and to limit the number of unwanted animals. To recognize the benefits, the last Tuesday in February (Feb. 26 this year) is declared World Spay Day.

Mating cycles are different for male and female animals and last different lengths for dogs and cats. Male dogs and cats are capable of breeding at approximately six months of age and may display aggressive behaviors after reaching maturity, unless they are neutered. Female dogs experience a "heat" cycle every six months (depending upon the dog) that can last up to three weeks. Female cats come into heat every two to three weeks during the breeding season (typically March



through September in our area).

While spaying and neutering are major surgeries, these commonly performed procedures have a low incidence of complications. Using general anesthesia and medications to minimize pain, the surgery usually heals within a few days. Typically, the only complication is that the owner will need to keep their pet calm for a few days until the incision heals.

Studies show that surgical sterilization enhances a pet's health and quality of life. Dogs and cats are shown to be better behaved, do not "mark" their territory and are less likely to roam the neighborhood. In addition, spayed and neutered pets live longer and have fewer incidences of cancers.

All dogs and cats adopted through the St. Charles County Pet Adoption Center are spayed or neutered, but this process can also be performed on other unaltered pets through a local veterinarian. For information on adopting a pet or questions on the spaying/neutering process, please call the Pet Adoption Center at (636) 949-PETS (7387).