



We're Number One, And Two

For the third consecutive year, a national study ranked St. Charles County among Missouri's healthiest counties. Unveiled by the Robert Wood Johnson Foundation and the University of Wisconsin's Population Health Institute, the report placed St. Charles County first in Missouri in "Health Outcomes" and second in "Health Factors."

"We are pleased that the people and organizations within St. Charles County are again recognized nationally for their commitments to maintaining healthy lifestyles," Department Director Gil Copley said. "Along with confirming the fact that St. Charles County enjoys a flourishing population, these rankings show proof that partnerships formed to enhance our county's health are successful."

Coupled with the tremendous population growth shown by the 2010 Census, these rankings further the notion that St. Charles County is an excellent location to raise a family or start a business. With a premature death rate that is both below the Missouri and national benchmarks, St. Charles County rates first in Missouri in Mortality and 12th in Morbidity to top the state's Health Outcomes list. Placing first in the state for high graduation rates and fourth in medical care led to the second-place ranking in the Health Factors category.

The rankings are based on the most recent public

data from vital statistics and government health surveys. Statistics measured include premature deaths (those who die from preventable diseases before the age of 75), obesity rates, binge drinking, smoking, access to healthy foods, unemployment, high school graduation rates, pollution, access to primary care providers and self-assessed health status. The "Health Outcomes" are a representation of the health of a community, with rankings determined by how long people live (mortality) and how healthy people feel (morbidity). The "Health Factors" are what influences the health of the community, and these rankings are based on the community's health behaviors, clinical care, social and economic conditions and physical environment.

Although St. Charles County does rank highly within Missouri, there is a great deal that can be done to maintain the ranking and improve on the results. For example, department staff has begun collaborating with area hospitals to conduct community health assessments. The Immunization Clinic provides vaccinations for area children to prevent the spread of communicable diseases. The Health Education and nursing staffs promote healthy lifestyles and community improvement by conducting instructional classes, hands-on trainings and community outreach on a wide range of health topics for children and adults.



From the Director



Gil Copley

Over the last month, there has been an ongoing investigation of a serious illness outbreak in mid-Missouri that appears to be related to the consumption of raw milk. To date, 12 cases are confirmed. One of those cases, a 2 year-old child, has been hospitalized for several weeks and is suffering from hemolytic uremic syndrome (HUS), a life threatening condition that also frequently causes kidney failure. The disease organism in all of these cases is *E Coli O157:H7*. The farm identified as the probable source of the outbreak has stopped selling raw milk products. The investigation by the Missouri Department of Health and Senior Services is ongoing. It seems that once again we are demonstrating a truth that has been known by the public health and medical communities for more than a century — raw milk is potentially hazardous and potentially deadly.

Several years ago, the Missouri legislature passed a bill that allows dairy farmers to sell raw milk directly to consumers either at the dairy farm or by delivery to established customers. This was a huge step backward for public health and food safety in Missouri.....

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Manage Temps for Safe Summer Meals

Warmer weather and longer evenings lead to the return of grilling season in our area. Nothing beats the smoky flavor of foods cooked on a grill, but it's important to follow proper food handling techniques to make sure the only thing guests take home is leftovers.

Safe Minimum Internal Temperature Chart

Hamburger/Ground Beef	160°F
Fresh Beef	145°F
Poultry	165°F
Fresh Pork	160°F
Fresh, raw ham	160°F
Precooked ham	140°F
Fish	145°F
Eggs and egg dishes/ice cream	160°F
Leftovers/casseroles	165°F

An estimated 76 million cases of food borne illness occur each year in the United States. The most common of these are caused by the bacteria *Campylobacter*, *Salmonella* and *E. coli O157:H7*, and by a group of viruses called *calicivirus*, also known as the Norwalk and Norwalk-like viruses. Common symptoms include nausea, vomiting, abdominal cramps and diarrhea.

To prevent these diseases from ruining your next outdoor get-together, follow these simple suggestions. The first rule is to keep things clean - wash hands before and after handling foods, and clean surfaces before preparing food on them. Be sure to separate items to avoid cross-contamination during the preparation process by putting cooked meat on a clean platter, instead of using the one that held the raw meat. When you're grilling, use a thermometer to ensure that you cook meat and poultry thoroughly (see inset box for internal temperature minimums). Whether you're cooking in the backyard or on a picnic, always keep cold foods cold and hot foods hot.

HEALTHY RECIPES

Each month, we'll take a traditional recipe and offer a healthy alternative. This time, we're continuing this page's theme with a quick and easy barbecue recipe.

Barbecue Pulled Pork

Recipe makes four servings. One 4 oz serving contains 230 calories, eight grams of fat (0 grams saturated fat), 482 mg of sodium, 13 grams of carbohydrates, 65 milligrams of cholesterol and 25 grams of protein.

Ingredients

1 pound boneless pork tenderloin
 1/2 teaspoon black pepper
 1/4 teaspoon red pepper flakes
 1 tablespoon canola oil
 1 cup diced onion
 2 cloves garlic, minced
 1/2 cup barbecue sauce
 1/4 cup catsup
 1/4 cup water
 1 teaspoon vinegar

Steps:

1. Heat oven to 350 F. Sear the whole tenderloin on all sides in a hot, non-stick skillet. Remove from the heat and season meat with pepper and red pepper flakes.
2. Cover tenderloin with foil and bake in oven for 25 minutes. Heat the oil in a medium saucepan. Sauté the onion and garlic in the oil for five minutes.
3. Add the barbecue sauce, catsup, water and vinegar to the onion mixture. Simmer for 10 minutes.
4. Remove pork from the oven and shred using two forks. Add shredded pork to the sauce and mix to coat with sauce.
5. Serve on favorite bun (optional).

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

Participate, Get Poultry

The first 500 participants in the health department's **Drive-Through POD exercise on Thursday, June 28** will receive a sandwich and gift bag courtesy of Chick-Fil-A. Individuals and groups interested in serving as patients in this exercise that tests the department's ability to respond to a biological emergency should call Joe Morin (636-949-7554) before June 15.

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

What Does Community Health Do For You?

Humane Services Helps You By Caring for Our Pets

The [Division of Humane Services](#) shelters and adopts animals, educates pet owners, provides animal control services and investigates cruelty or neglect cases and quarantines biting animals. To ensure proper treatment of animals and to protect St. Charles County residents, the division is responsible for enforcing the County's [Animal Control Ordinance](#). The division has placed more than 25,000 animals in loving homes since opening its Pet Adoption Center in 1999.

The Pet Adoption Center provides housing for dozens of dogs, cats and other adoptable pets, a veterinary clinic to assist lost pets and stray animals and the division's administrative offices. The facility operates from 10 a.m. to 5 p.m., Monday through Friday (except holidays and special occasions), with late hours offered on Wednesdays



from 10 a.m. to 6:30 p.m. In addition, the Pet Adoption Center is open from 10 a.m. to 4 p.m., on Saturdays.

The Animal Control program assists and protects residents from nuisance or dangerous dogs and cats.

It requires an owner or keeper of animals to properly control them. It also requires dogs and cats be vaccinated against the rabies virus, and that the vaccination be registered with the Division of Humane Services. In addition, the ordinance prohibits the keeping or owning of certain species of dangerous exotic animals and reptiles.

The ordinance also protects animals from inhumane treatment by requiring adequate shelter, food and water. It has provisions for penalties for injuring, abandoning or overworking an animal and for failure to provide adequate control.

HELP US FIND A HOME

The Pet Adoption Center (at 4850 Mid Rivers Mall Drive) has completed more than 25,000 successful pet adoptions since opening in November 1999.

If your family is seeking to add a dog, cat, puppy or kitten this year, click this ad or call them today at



(636) 949-PETS.



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Beware - Bugs May Be Biting This Spring, Summer

Last winter's warmer weather and the early onset of spring offered us a break from heavy snows and icy conditions. However, due the unseasonably warm conditions, we may now experience an increase in the number of insects active this spring and summer.

The typical icy winter slows the development of ticks, mosquitoes and other biting insects, but the warmer temperatures in March and April this year may have allowed them an earlier start.

The Division of Environmental Health and Protection will do its part to help control the mosquito population in the county, but we need your help to protect your family and your pets. In addition to our regular spraying to reduce adult populations and injecting larvacide in



areas where eggs are laid, you can minimize the development of mosquitoes by removing areas of standing water in your yard. The best way to discourage biting is to use an insect repellent with DEET whenever you go outside.

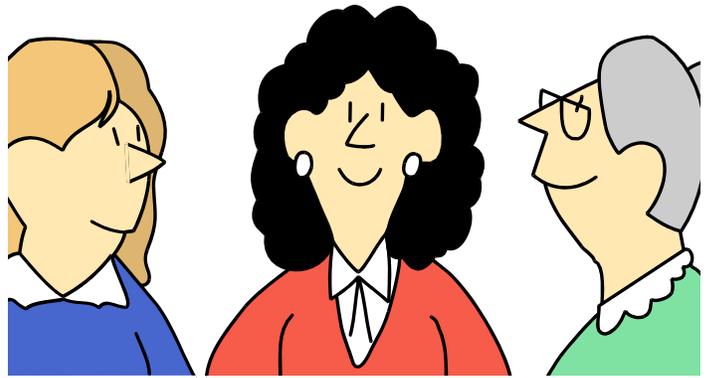
The division does not spray for ticks in our community, so it's important that you are vigilant in checking for these insects whenever you come in from the outside. And, since they can't check themselves, be sure to thoroughly examine your pets as well. Common places for ticks to be found are under the arms, in and around ears, in and around hair, around the waist and other warm, dark areas. If you need to [remove the tick](#), be sure to do so completely and as quickly as possible.

Women, “It’s Your Time” To Protect Your Health

The 13th annual National Women’s Health Week kicks off on Mother’s Day. Running May 13-19, the theme for this year is “It’s Your Time.” National Women’s Health Week empowers women to make their health a top priority.

It also encourages women to take the following steps to improve their physical and mental health and lower their risks of certain diseases. Here are some things to remember:

- Visit a health care professional to receive regular checkups and preventive screenings. Prevention is key to living long and living well. Getting preventive screenings and immunizations are among the most important things you can do for yourself. Make an appointment today!
- Get active. An active lifestyle can lower your risk of early death from a variety of causes. Regular activity can help prevent unhealthy weight gain and also help with weight loss, when combined with lower calorie intake. It can also improve your cardiorespiratory and muscular fitness.
- Eat healthy. A poor diet can have an injurious impact on health, causing a myriad of deficiency diseases and health-threatening conditions. Make your nutrition a priority by becoming familiar with the U.S. Dietary Guidelines for women and by applying these recommendations to your diet.
- Pay attention to your mental health, including getting enough sleep and managing stress.



Many people who have mental health conditions consider their signs and symptoms a normal part of life or avoid treatment out of shame or fear. If you’re concerned about your mental health, don’t hesitate to seek advice.

- Avoid unhealthy behaviors, such as smoking and not wearing a seat belt or bicycle helmet. We cannot control our biological risk factors for disease nor is it always possible to change the environmental ones; however we can modify our behavior. Much of our overall health status is determined by the decisions we make every day, so make healthy ones!

For more information on Women’s Health, please visit the [Centers for Disease Control and Prevention](http://www.cdc.gov/ncbddd/womenandprevention).

StormAware Warns Missourians of Severe Weather

The Missouri State Emergency Management Agency (SEMA) has launched a new website to help inform and prepare Missourians for severe weather. The site, <http://stormaware.mo.gov/>, includes detailed videos on how to take shelter in specific types of buildings, important information about tornado sirens and weather alert radios, and links to severe weather texting services that can alert people across Missouri to upcoming severe weather.

“We think Missouri StormAware will be a valuable tool to educate all Missourians about the steps they can take to help protect themselves from dangerous severe weather,” SEMA Director Paul D. Parmenter said. “We’re providing very specific information about the safest places in different types of buildings, pointing out the limitations of tornado sirens that people should be aware of, and directing Missourians to text messaging systems that provide severe storm warnings.”

The StormAware site shows how to find the safest shelter in a home and the steps mobile home residents

should take as soon as they move in to their residences. There’s also information for sheltering in schools, places of worship and other large gathering places. A video on tornado sirens and how they are used explains that they are designed to alert only people who are outdoors. Another video features a National Weather Service meteorologist who explains the importance of weather alert radios.

An important feature of the StormAware site allows users to find text messaging services in their area that will allow them to get automatic text alerts whenever a severe storm warning is issued in their area. The services are free, but normal text

messaging rates will apply.

“We will also be adding additional content and we hope that Missourians will visit, sign up for text messaging alerts in their area, refer friends and relatives to the site and then check back periodically to learn more about being StormAware,” Parmenter said.

