

PUBLIC HEALTH NEWS

APRIL 2009

SPORTS EYE SAFETY NEWS RELEASE

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SPECIAL POINTS OF INTEREST:

- **Free Workshop—Chronic Disease Self-Management program gives people the skills they need to manage their chronic conditions and lead a more active life. (See page 2)**

Boonville, MO — From major league stadiums to small-town courts, America's favorite pastimes make great memories for many. But for more than 40,000 athletes, those memories are ruined by eye injuries, the vast majority of which were preventable.

In recognition of April's designation as Sports Eye Safety Month, the American Academy of Ophthalmology and Eye doctors across the nation urge all athletes to wear appropriate protective eyewear.

"Athletes need to choose protective eyewear because eye injuries can be devastating—not just career ending, but life changing. Eye injuries are one of the leading causes of visual impairment in children", said Dr. Jeffrey Birdsong, optometrist practicing in Boonville. Children can end up with injuries ranging from abrasions of the cornea and bruises of the lids to internal eye injuries such as retinal detachments and internal bleeding.

Unfortunately, some of these athletes end up with permanent vision loss and blindness.

Athletes can now choose from various types of sturdy, lightweight, effective and fashionable eyewear. And when they have polycarbonate lenses and have been properly fitted by an eye care professional, eyewear does not hinder performance and can prevent 90 percent of sports eye injuries.

Basketball, football, hockey and baseball aren't the only sports that contribute to the thousands of eye injuries suffered each year. Soccer, tennis, golf and water sports also are dangerous to the eyes. Each of these sports require a different type of protective eyewear, so see an eye M.D. or other eye care professional for eyewear appropriate for your sport.

The long term benefits of playing sports are clear, but sports are the leading cause of eye injuries in children. Most sporting leagues don't require their young athletes to wear eye protection, yet when they do, the occurrence of eye injuries is greatly reduced. So, until mandatory eye protection comes to your child's sporting league, its up to you to lobby for and protect your young athlete.

Some professionals, including NBA All-Star Kareem Abdul-Jabbar and NFL Hall of Famer Eric Dickerson, have already gotten the message—sports eye protection doesn't hinder performance, it protects eyes and careers.

It's a fact! If you play sports, you can get hurt. Whatever your game, whatever your age, protect your eyes with appropriate protective eyewear.

For more information or an appointment, contact:

Jeff D. Birdsong, O.D. at 660-882-2444.



CHRONIC DISEASE SELF MANAGEMENT PROGRAM

Cooper County Public Health Center will be presenting the Chronic Disease Self-Management Program (CDSMP) beginning May 6, 2009 at Boonslick Senior Center. The program was developed at the Stanford Patient Education Center. This workshop is given two hours, once a week, for six weeks. People with different chronic health problems attend the program together. Workshops are facilitated from a highly-detailed manual by two trained leaders, one or both of whom are peers with a chronic health condition themselves. Subjects covered include:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Making informed treatment decisions

It is the process in which CDSMP is taught, that makes it effective. Sessions are highly participative, where mutual support and success builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. The program is especially helpful for people who have more than one chronic condition, as it gives them skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

This is a free workshop. To enroll in the class or for more information, contact Kim at the Cooper County Public Health Center 660-882-2626. See the following table for class dates and times:

DATE	TIME
MAY 6, 2009	1:00–3:00 P.M.
MAY 13, 2009	1:00–3:00 P.M.
MAY 20, 2009	1:00–3:00 P.M.
MAY 27, 2009	1:00–3:00 P.M.
JUNE 3, 2009	1:00–3:00 P.M.
June 10, 2009	1:00–3:00 P.M.

“Engaging in regular physical activity can help reduce arthritis pain and improve joint function, which in turn can help people with heart disease get more active and better manage both conditions”, said Chad Helmick, MD, a CDC medical epidemiologist.



**MISSOURI ORGAN DONOR PROGRAM—REVISED
UNIFORM ANATOMICAL GIFT ACT (UAGA)**

The Missouri Department of Health and Senior Services, Virginia Beatty, planner for the Missouri Organ Donor Program has asked us to share the following information within our community:

The Revised Uniform Anatomical Gift Act (UAGA) was passed during the 2008 Missouri legislative session and signed into law on July 10, 2008. The effective date was August 28, 2008. The revised Act clarifies wording that was in the 1968 Act which was intended for individuals to be able to donate by signing a donor card or the back of their driver’s license, but the language was not strong enough to be legally binding. Consent from a donor’s next of kin was still necessary. The UAGA Act of 2008 focuses on the right of a living person to direct his or her anatomical gifts (organs and tissues) after death. The new language makes an individual’s decision legally valid and can be used as the sole consent necessary to fulfill the deceased’s wishes. The law and the registry are now first-person consent which makes the decision of the donor final unless revoked in

a manner provided by law. The individual’s decision will be honored and family consent is no longer required.

More details about the UAGA can be found online at:

www.dhss.mo.gov/OrganDonor/FAQs.html.

If you have additional questions about registering your decision or the first-person consent organ and tissue donor registry, please call toll-free 888-497-4564. Remember, share your decision to be or not to be a donor with family, friends, etc. If you choose to be a donor, please consider registering your decision at : www.missouriorgandonor.com



“Share your decision to be or not to be a donor with family, friends, etc. If you choose to be a donor, please register your decision”.

INTERNAL FOOD COOKING TEMPERATURES—WHY DOES IT MATTER? BY SUE WILMAN, ENVIRONMENTAL HEALTH SPECIALIST

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause food-borne illness. Using a food thermometer, which measures the internal temperature of cooked meat, poultry and egg dishes, will ensure that the food is cooked to a safe internal temperature.

It is especially important to cook ground meat to at least 160° F . The grinding process can spread harmful bacteria throughout the ground meat. Use a food thermometer to check the internal temperature of your burgers as color is not a reliable indicator of doneness.

Food	Internal Temperature
Roast/ Steaks	145° F
Poultry	165° F—minimum internal temperature
Ground Meat	160° F
Eggs	Cook until yolk & white are firm. Never use recipes where eggs remain raw.
Fish	145° F or until fish is opaque & flakes easily with a fork.



Millions of cases of food-borne illness occur each year. Most could have been prevented. Proper cooking kills bacteria.

We're on the Web!

COOPER COUNTY PUBLIC HEALTH CENTER

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Public Health
 Prevent. Promote. Protect.

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 PREVENT...PROMOTE...PROTECT**

MISSOURI WIC INCOME GUIDELINES

The following Missouri WIC Income Guidelines will be in effect from April 1, 2009 through March 31, 2010. The monthly income guidelines are based on family size.

FAMILY SIZE	MONTHLY INCOME
1	\$1,670
2	\$2,247
3	\$2,823
4	\$3,400
5	\$3,976
6	\$4,553
7	\$5,130
8	\$5,706
9	\$6,283
10	\$6,859
11	\$7,436
12	\$8,013
13	\$8,589
14	\$9,166
15	\$9,742

Pregnant women are counted as two family members. Income guidelines are based on 185% of poverty level. This institution is an equal opportunity provider.

WIC is a part-time program offered by appointment on Monday, Tuesday, and Wednesday from 9:00 a.m. to 5 p.m. To schedule an appointment or for the complete table of income guidelines, contact Dorothy Draffen at 660-882-2626.



Missouri WIC Program

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to the:

USDA, Director

Office of Civil Rights

1400 Independence Avenue SW

Washington, DC 20250-9410

Or call (800) 795-3272 (voice) or

(202) 82-6382 (TTY). USDA is an equal opportunity provider and employer."