

Public Health News

C O O P E R C O U N T Y P U B L I C H E A L T H C E N T E R

SPECIAL POINTS OF INTEREST:

- 95 percent of new breast cancer deaths occurred in women aged 40 and older.
- Happy Halloween from the staff at Cooper County Public Health Center!

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BREAST CANCER AWARENESS MONTH

Traditionally, October is Breast Cancer Awareness Month. A time set aside to remind everyone that early detection saves lives—Get regular breast and cervical cancer screenings.

According to the Department of Health and Senior Services (DHSS), excluding all cancers of the skin, breast cancer is the most common cancer among women in Missouri. It accounts for nearly one-third of all cancers diagnosed in women. The American Cancer society 2008 estimate of breast cancer deaths for Missouri women is 890. As a state, Missouri is ranked 14th in the nation for breast cancer diagnosis and breast cancer deaths.

However, breast cancers can be successfully treated if they are found early. The steps to good breast health for women as recommended by the American Cancer society are:

- At age 20: learn and do breast self-exams monthly.
- At age 20-39: have clinical breast exams every three years, along with monthly breast-self exams.
- At age 40: have clinical breast exams every year, along with monthly self- exams.
- At age 40 and above: start having annual mammograms, and continue with annual clinical breast exams and monthly breast self exams.

deaths occurred in women aged 40 and older. At this time there is no guaranteed way to prevent breast cancer from women who are at average risk, which is why screening via mammography and clinical breast examination is so important. Mammography can detect breast cancer about two years earlier and at a smaller, more treatable size, often before physical symptoms develop. However, many women have found a lump during a monthly breast self-exam, which leads them to further testing. All three steps to good breast health: monthly breast self-exams, clinical breast exams and mammography, have an important place in early detections of breast cancer.



At age 40 and above, start having annual mammograms

The risk of developing breast cancer increases with age. Nationally, 95 percent of new breast cancer cases and 97 percent of breast cancer

HALLOWEEN SAFETY TIPS FROM THE FOOD AND DRUG ADMINISTRATION (FDA)

The Food and Drug Administration (FDA) has published tips for parents concerning the safety of Halloween treats. The FDA recommends:

- Children shouldn't snack while they're out trick-or-treating. They should wait until they get home and parents have had a chance to inspect the goodies. To help prevent children from munching, give them a snack or light meal before they go—don't send them out on an empty stomach.
- Tell children not to accept—and especially, not to eat—anything that isn't commercially wrapped.
- When children bring their treats home, discard any home-made candy or baked goods. Parents of

young children should also remove any choking hazards such as gum, peanuts, hard candies or small toys.

- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. Juice or cider that has not been treated will say so on the label.



Make sure that the label of any juice or cider says that it has been pasteurized. This helps to destroy harmful bacteria.

HEALTHIER ALTERNATIVES TO OFFER TRICK-OR-TREATERS

The Missouri Department of Health and Senior Services is offering some ideas for healthier alternatives to the usual trick-or-treat fare.

Traditional Halloween treats are filled with sugar and, many times, have a high fat content—both add up to extra calories. The customary candy contributes to tooth decay as well as obesity, which can lead to type 2 diabetes, orthopedic concerns and other health problems.

In Missouri, the percentage of children who are overweight is on the rise and is higher than the national average. More than 14 percent of middle school students and more than 13 percent of high school stu-

dents are overweight.

“With a little planning, it's not difficult to take a healthier approach to trick-or-treating,” said Donna Mehrle, coordinator of the state health department's Nutrition and Physical Activity Programs to Prevent Obesity and Other Chronic Diseases. “You can offer something other than candy and still be part of the fun on Halloween.”

Trick-or-Treat ideas for a healthier Halloween include individually packaged:

- Raisins (regular or chocolate covered)
- Animal crackers
- Pretzels

- Crackers and Cheese packets
- Mozzarella string cheese
- Instant hot cocoa mix
- Single-serving boxes of cereal
- Single-serving packages of microwave popcorn
- 100 percent juice boxes
- Granola bars
- Sugar-free gum

These treats are low in sugar and fat, and some provided vitamins, minerals and fiber. But not all treats handed out on Halloween have to be food or drink. Some non-edible alternatives include:

- Halloween stickers
- Small toys
- Barrettes
- Plastic rings
- Pencils, erasers, or rulers

When trick-or-treaters arrive home with their bags full of candy, parents can help control the amount of sugar and fat their child consumes by:

- Rationing out the candy in appropriate amounts
- Set up a “trick-or-treat trading post” where children can trade their candy for prizes, such as toys or an activity with a parent or a night out at a favorite place to eat.

Have a safe and Happy Halloween !

COOPER COUNTY PUBLIC HEALTH CENTER
WILL PROMOTE THE NEW STATEWIDE
CAMPAIGN TO PREVENT CHRONIC DISEASE

The Cooper County Public Health Center is partnering with the Missouri Department of Health and Senior Services and dozens of other health-related groups across the state to urge Missourians to make healthy lifestyle choices to prevent and control chronic diseases including heart disease, stroke, and diabetes.

The public education campaign, "Live Like Your Life Depends On It" targets people over 45 years of age and older and encourages them to participate in regular physical activity, eat healthy, avoid using tobacco and get recommended health screenings to reduce their chances of developing a chronic disease.

Cooper County Public Health Center will help promote this educational campaign by placing newsletter

articles from the campaign into our newsletters.

Nearly seven out of 10 deaths in Missouri are caused by chronic disease. Risk factors for developing a chronic disease include high blood pressure, high blood cholesterol, tobacco use, physical inactivity, overweight and obesity, and eating less than five fruits or vegetables daily. The campaign messages provide specific actions to not only reduce risks, but also promote early detection and chronic disease management.

The Live Like Your Life Depends On It campaign was developed by the Live Well Message Alliance, a group of health-related organizations throughout the state, including the Missouri Department of Health and Senior Services.

In order to help ease the burden of Chronic Disease in Cooper County,

Melanie Hein, Administrator and Kim Wiemholt, RN have taken a Leader Training for a Chronic Disease Self-Management Workshop. The program was developed at the Stanford University Patient Education Research Center. We hope to offer the classes sometime after the first of the year. The classes are open to anyone who has a chronic illness or family members of those who suffer with a chronic illness.

Anyone interested in attending classes should call the health center at 660-882-2626 to put their name on the waiting list or for more information. We will schedule a class when we have enough individuals interested in attending.



ENVIRONMENTAL PUBLIC
HEALTH INSPECTIONS BY
SUE WILMAN

Have you ever wondered what goes on during a health inspection at your favorite restaurant? What has to go wrong to get a 'bad' report? Each month I will cover different items that I look for when doing an inspection.

During an inspection, both critical and non-critical risk factors are observed. **Critical** items are those that are more likely to contribute to food contamination, illness, or an environmental hazard. Critical violations are expected to be corrected as quickly as possible. Because **non-critical** violations are less likely to contribute to food contamination, more time is usually given for correction.

Critical violation—#22-401.11 Eating, Tasting, Drinking, or Tobacco Use. Facilities found in non-compliance with this item usually have allowed their employees to eat or drink while preparing or serving food. Disease causing organisms are easily transferred from mouth to hand to food and equipment. Drinks are allowed only if they are in containers with lids and straws to prevent spilling and possible contamination of food, equipment, and the employee's hands. Food service workers should have a separate, designated area for eating, drinking, and smoking. Before returning to work, employees should wash their hands thoroughly.

If you have any questions about any of the risk factors I cover, please feel free to call me at 660-882-2626. Look for my next article on "Proper Storage of Food".

WE'RE ON THE WEB!



Public Health
Prevent. Promote. Protect.

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**NOTICE TO ALL
FOOD ESTABLISHMENTS IN COOPER COUNTY**

The Missouri State Auditors office performs audits on all government funds paid for contract services. Therefore, they will be monitoring the Missouri Department of Senior Services, and the local public health agencies contracted with them, for quality assurance performance related to health inspections.

The process shall be as follows. You will have your routine inspection by our office. At a later time an inspector will arrive to review your facility. They will have a copy of your latest inspection report. They will be looking to see if our inspector is enforcing the 1999 Missouri Food Code. What that means for the retail food establishment is that you need to be in compliance with the Food Code. There will be an expectation that you are making a good faith effort to be in compliance.

Daycare inspections have been monitored in this manner for several years now. Where we have the most concern

is, if you have been in non-compliance on the same issue repeatedly. If you are found to be in non-compliance your place of business may be referred to the Missouri Department of Health for review. The Cooper Co County Public Health Center shall also forward your inspection report to licensing agencies such as the County of Cooper and the Liquor License division of the State of Missouri.

I strongly recommend that you review your latest inspection report. If you cannot find it please contact our office for another copy. If you have been cited for an item and it has not been corrected in a reasonable amount of time, this could be an issue for all parties concerned. These monitoring visits will be random and our office will have no voice in when or who will be inspected. Please give the State Auditor's Office your full cooperation.

We also like to remind you that food service education classes are free to both employees and management. The class

schedule is available at our website <http://coopercountypublichealth.com/>.

The 1999 Missouri Food Code is on line @ <http://www.dhss.mo.gov/FoodCode/> and is available in hard copy form, for free, at the Cooper County Public Health Center.

Per the Sunshine Law of the State of Missouri all records related to food service, daycare, lodging and wastewater are all open records and available by request. If hard copies are requested there may be a charged imposed for copying.

Thank you for your cooperation and time in this matter. The Cooper County Public Health Center supports healthy business that is vital to our community.