

Public Health News Briefs

January-February 2010

New Year's Health Resolutions - San Juan Basin Health Can Help!
Learn More in this Newsletter

- Test your Home for Radon
- Check your Heart Health
- Quit Tobacco
- Limit your Distracted Driving
- Handle Food More Safely
- Increase your Self-Esteem

January is National Radon Awareness Month - Workshops Offered

Long-term exposure to radon - a colorless, odorless, tasteless radioactive gas - is the most frequent cause of lung cancer in non-smokers and the second leading cause of lung cancer in smokers. Locally, about 2/3 homes tested in 2008 had radon levels high enough to warrant mitigation recommendation. There are reduction techniques that work in virtually any home. Marion Schaub, radon program coordinator for San Juan Basin Health says January and February are the best times to test here because homes are closed up tighter then. "Testing is easy to do," Schaub notes, "and it's the only sure way to tell whether or not your home is affected by radon." San Juan Basin Health and Colorado State Extension Office are offering free radon presentations throughout Southwest Colorado again this year. Individuals attending also receive free test kits.

People can also get kits at local hardware stores. Discount coupons are available at www.coloradoradon.info. The website includes a public information video, a list of certified contractors and resources. People can also call the Colorado Department of Public Health and Environment's Radon Hotline at 1-800-846-3986.

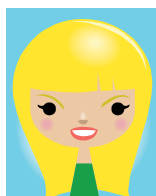
Date	Location	Time
Tuesday, January 12	LaPlata County Fairgrounds	12:00 noon
Saturday, January 16	LaPlata County Fairgrounds	1:00 pm
Thursday, January 21	Bayfield Public Library	6.00 pm
Thursday, February 11	Fairgrounds	10:00 am
Thursday, February 18	Ignacio (TBD)	
Tuesday, February 25	LaPlata County Fairgrounds	5:30 pm

New Girls Group Introduced --- Starts January 5th

A new Girls Group is being offered for high school girls beginning Tuesday, January 5th. Using a combination of Girls Circle and Young Women's Lives curricula, Darlene Clayton from Alternative Horizons and Kendra Gallegos Reichle from San Juan Basin Health Department will be offering a **10 week group for high school girls** starting **January 5th**. This group will cover such issues as self-esteem, body image, healthy relationships, assertiveness, diversity, and more.

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This new girls' group will take place on Tuesdays from 4 to 5:30pm at Durango Joe's on College Drive. **Snacks and Fun Provided!!** *Questions? Want to sign up?* Contact Darlene Clayton at outreach@alternativehorizons.org or 970-403-1574.



Healthy Resolutions – Heart Healthy Solutions

Free Heart Healthy Solutions Screenings take just 15 minutes and no fasting is necessary. You get your Heart Healthy score (cholesterol levels, triglycerides, blood sugar/glucose, blood pressure, body mass index) with recommendations. Colorado Heart Healthy Solutions is a program of San Juan Basin Health Department, funded through the Colorado Prevention Center and Colorado Department of Public Health and Environment.

Screenings are offered every Tuesday at the Health Department by appointment and at community screenings held around the county. There will be community screenings on Monday, January 11th from 11 a.m. to 2 p.m. at the Pine River Library in Bayfield and Monday, January 25th from 8:30 a.m. to 11 a.m. at the Women's Resource Center in Durango. Please call the Pine River Library to make an appointment for the January 11th screening and 247-5702 to schedule an appointment for any Tuesday at San Juan Basin Health. Call JoJo at 749-9604 for more information.

Free Screenings for Senior Citizens Continue in 2010

The Senior Outreach program continues to provide free screenings to our senior citizens. Our nurse tests blood pressure, temperature, heart rate, oxygen level, and blood glucose level. All take place from 11 a.m. to 12 noon. Anyone 60 years or older can receive a free nursing visit at home by calling the Senior Outreach Nurse Tracy Davis, R.N. at 749-4007.

Second Thursday of each Month at the Durango/La Plata County Senior Center
(January 14, February 11, March 11)

Third Thursday of each month in Ignacio at the Ignacio Senior Center
(January 21, February 18, March 18)

First Friday of each Month in Bayfield at Pine River Valley Senior Center in Bayfield
(January 8 due to New Year holiday, February 5, March 5)

Food Safety Trainings for 2010

San Juan Basin Health Department offers on-going training for local food establishment staff and managers to help in keeping retail food safe for our community. This year, seven courses will be offered. Private classes are also available. Please call Marian at 247-5702, ext 223. The first Food Protection class this year will be offered on Tuesday, January 10 from 8 to 12 noon at San Juan Basin Health's Training Center. This four hour class is designed for food service employees and as a refresher class for managers. For more info or to RSVP, call 247-5702, ext. 223. For a complete list of scheduled classes and ServSafe trainings, visit our website at: www.sjbhd.org.

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Plan to Quit Tobacco

Setting a “quit date” as part of a plan to quit smoking that is shared with family and friends leads to a better success rate with the perennially popular New Year’s resolution. MyQuitPath.com, a new state online resource, can help smokers who are getting ready to quit and those who are ready now. Smokers can find the resource that’s right for them among seven different linked sites. MyQuitPath.com also has an innovative online text messaging quitting tool and proven strategies for creating personal quit plans for quitting smoking or chew tobacco. Individuals can still come into San Juan Basin Health for a free Quit Kit and/or call the Colorado Quitline at 1-800-QUIT-NOW to get free, one-on-one support from a personalized quit coach.

Cigarette smoking remains the leading cause of premature, preventable deaths in Colorado. People who stop smoking can see immediate health benefits. Within 20 minutes after quitting, a smoker’s heart rate and blood pressure drops and in as little as two weeks after quitting, a smoker’s circulation and lung functions improve.

Distracted Driving~Focus on Your Drive

The Injury Prevention Coalition of San Juan Basin Health Department was recently awarded a \$5000 grant from State Farm Insurance for its “Focus on Your Drive: Arrive Alive” campaign to reduce distracted driving. Local State Farm agent Ken Willyard and Office Manager Ruth Vetter are Coalition members, and were instrumental in attaining the grant.

This local campaign seeks to increase public awareness about what constitutes distracted driving, its impacts, and what individuals can do to reduce it. *Focus on Your Drive: Arrive Alive* also offers community education opportunities for groups, worksites and youth. To schedule a free presentation, please call Brandi at 385-1675. For other information about this campaign, its dvd, or the Injury Prevention Coalition, please call Pattie at 247-5702, ext. 228.

H1N1 and Seasonal Flu Shots

H1N1 flu vaccine is available at City Market and Walgreens. San Juan Basin Health is providing H1N1 flu shots and nasal flumist by appointment only at our Monday Immunization Clinics. This service is primarily intended to serve those children needing a 2nd dose of the vaccine or those individuals who are not able to pay the administrative fee for the same product at the local pharmacies (which are charging a nominal fee to administer the product).

We will also continue to provide seasonal flu vaccine for anyone who wants it Mondays from 10:30 – 5:30 by appointment only. The cost is \$25. **It is not too late to vaccinate!**

San Juan Basin Health Vaccinated Over 600 People at the Durango Mall

Special thanks to the Durango Mall for partnering with San Juan Basin Health in holding its first H1N1 Clinic that was open to the general public. The location was great and all went smoothly for everyone. Our nurses vaccinated over 600 individuals in less than 4 hours.

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WIC Breastfeeding Peer Counseling Program to start in March 2010

San Juan Basin Health's WIC (Women, Infants, and Children) program is looking for women interested in being breastfeeding peer counselors. Individuals will be compensated for their time starting at \$10 an hour. Ideally, the person would be a current or previous WIC client with breastfeeding experience and enthusiasm for breast-feeding. Additionally, WIC is looking for women with excellent communication and organizational skills who are bilingual in Spanish and English. The majority of the work will be from home with some in-office training and meetings required. For more information contact: Betzi Murphy M.S., R.D. 247-5702, ext 210.

Nurse-Family Partnership Program Graduated 27 Women in 2009

Nurse Family Partnership had a successful year in 2009, graduating 27 women. Recently Program Director, Jane Henson-Inda, met La Plata County Commissioner Joelle Riddle for a Nurse-Family Partnership visit at a client's home. Commissioner Riddle got to watch a Nurse Home Visit in action – weighing and measuring the baby, and an activity with the client. The client shared with Riddle her successes and challenges as well as how the program visits have been helpful. Riddle enjoyed the visit and is very supportive of the program.

Immunization Opportunity

Our Immunization Program received a grant to provide pneumonia vaccine and Tdap vaccines to individuals at the low cost of \$14.70 each dose. A recent change in guidelines now enables individuals with increased risk factors to **obtain a pneumonia vaccine before age 65**. We encourage individuals to consult with their physician regarding their need for a pneumonia or tetanus, diphtheria, acellular pertussis (Tdap) vaccine or to call and speak to an immunization nurse if they have questions (247-5702).

Employment Opportunities

Please check our website www.sjbhd.org for up-to-date job opportunities.

Contact Information for Public Health News Briefs:

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