

Public Health News

National Public Health Week

SAN ■ JUAN ■ BASIN
HEALTH
DEPARTMENT

San Juan Basin Health
Department
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**Safety is *NO* Accident:
*Live Injury-Free***

National Public Health Week
April 4-10, 2011 • www.nphw.org

**This year's National Public Health
Week FOCUS is on Injury Prevention.**

It only takes a moment for an injury to happen – a fall on a stair, a moment's glance from the road, a biking or sports-related injury, a medication mix-up. But it also takes just a moment to protect against injuries and make communities safer. Each year, nearly 150,000 people die from injuries, and almost 30 million people are injured seriously enough to go to the emergency room.

Injuries are not “accidents”, and we can prevent them from happening. Taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing a helmet and storing cleaning supplies in locked cabinets are important ways to proactively promote safety and prevent injuries.

San Juan Basin Health Department will be celebrating National Public Health Week 2011 with information and events educating community members that “Safety is No Accident”. Together, we can live injury-free: at work, at home, at play, and in our community.

Join us in working to create a safer and healthier nation.

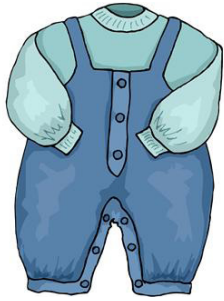
NATIONAL PUBLIC HEALTH WEEK - *Safety is NO Accident* Local Events

Wednesday, April 6: TRAFFIC INJURY PREVENTION presentation on Distracted Driving and Seatbelt Use for teens at Animas High School

Thursday, April 7: FALLS PREVENTION SAFETY talk at noon, La Plata Senior Center

Saturday, April 9: CARSEAT SAFETY CHECK 10 to 1 p.m. at La Plata County Fairgrounds

Falls are #1 preventable cause of injuries among all ages. Public health works to educate the public about injury prevention and partner with local groups in providing programs to decrease its causes.



WIC and WeeCycle April 2-3

WIC will be at the WEECYCLE baby expo on April 2nd and 3rd in the LaPlata County Fairgrounds Exhibition hall. We will have a table with information on the Breastfeeding Peer Counselor program, the WIC program and other programs offered at San Juan Basin Health. Additionally, one of our peer breastfeeding counselors will be asking for donations for a “care package” that will be offered to moms who sign up for the WIC Breastfeeding Peer Counselor Program



9Health Fairs - La Plata and Archuleta Counties

9Health Fairs will take place: on April 2 in Durango at Escalante Middle School from 7 a.m. to noon; April 2 in Pagosa Springs at the Pagosa High School from 7 a.m. to noon; April 16 in Ignacio at Sky Ute Casino from 7 a.m. to 11 a.m. and April 30th at Bayfield Elementary School from 7 a.m. to noon.



Home Health Services in 90th Percentile

San Juan Basin Health Department’s Home Health agency recently received congratulations for providing a high level quality of care to its home health patients from the Home Health Quality Improvement (HHQI) National Campaign. The HHQI rated our Home Health agency in the 90th percentile nationally for Acute Care Hospitalization and Oral Medication Management. *“We’re proud that our home health nurses are helping clients manage their medications more safely and effectively while positively impacting the acute hospitalization rate,”* said Holly Andersen, Home Health Manager. For more information about San Juan Basin Health Department’s Home Health services, please call Holly at 335-2061 or visit: www.sjbhd.org/home-health.



Food Protection Class - March 7

There will be a Food Safety class on Monday, March 7 from 1 p.m. to 5 p.m. at San Juan Basin Health’s training room. This class is designed for food service employees and as a refresher class for managers. Certificates issued based on demonstration of knowledge. The cost is \$40. For more information or to register, please call 335-2075. For a full list of Food Safety classes offered, visit: sjbhd.org/food-safety-trainings.



ServSafe Class - April 4-7

A ServSafe Course will be offered April 4 through 7 from 8:00 a.m. to 12 noon at San Juan Basin Health Department’s training room. The cost is \$150 (all textbooks, materials and 5 year certification test is included.) Sponsored by the National Restaurant Association, this course is designed for professional food service management. Advance registration is required so that textbooks and materials can be ordered. To register or for more information, please call Marian at 335-2075.

Preventing Injuries Saves \$

Injuries account for 12% of medical care spending, totalling as much as \$69 billion a year. (*Reducing the Burden of Injury: Advancing Prevention and Treatment*, 1999; Bonnie R., Rulco C., Liverman C.; Washington D.C.: National Academy Press)



Smile Makers Screened 20% More Students This Year

Southwest Smile Makers completed its screenings in the public schools for this school year. They visited all 9R, Ignacio, Bayfield, Pagosa, and Silverton elementary schools. The hygienist saw 628 kids and placed 784 dental sealants in conjunction with the SEALS program. This was an increase of 20% more kids this year than last year. Dental cavities is the most common chronic childhood disease - 5 times as common as asthma, 7 times as hay fever.

NEW Dental Days in PAGOSA: 1st and 3rd Wednesdays of each month by appointment only. Please call Peggy at 264-2409 ext. 213 for more information or to schedule an appointment.

Radon Presentations in March-April

Come to a one hour presentation and get free radon test kits for your home. Learn the what, when, where and how of Radon testing.

Bayfield Library on March 3rd at 7 p.m.

Durango at the LaPlata County Fairgrounds: March 16th at 5 p.m. (Pine Room), March 22 at 6:30 p.m. (Animas Room) and March 29th at 3 p.m. (Pine Room).

Learn what to do if your radon test was high - how to mitigate your home. Learn the in and outs and the easy fix!

Thursday, April 14 at 6:00 p.m. LaPlata County Fairgrounds, Pine Rm.

It takes just one hour, one test to have peace of mind. Sponsored by San Juan Basin Health Department and Colorado State Extension Office.



Grant Received to Increase Health Insurance Outreach

San Juan Basin Health received a grant from Colorado Healthcare Policy and Financing for outreaching to families and helping them sign up for Medicaid or CHP+. The Outreach Worker will go to where the people are: work places, childcare centers, physician's offices, libraries, homes. This grant will enable more people to have access to preventive and primary care services.

Lasso Tobacco Coalition Meets March 24

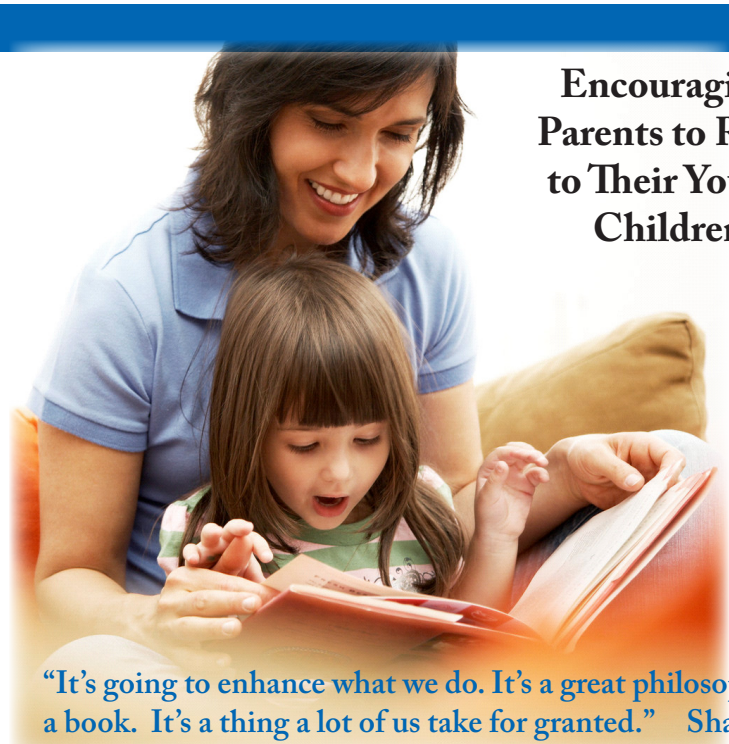
The public is welcome to attend the next Lasso Tobacco Coalition meeting on Thursday, March 24th at 11:30 in San Juan Basin Health's main conference room. Topics include discussion of local stakeholders in the current tobacco policy work. Lunch is provided. RSVP to Teal at teal@sjbhd.org or 335-2049.



Board of Health Meets 4th Thursday of Month

The next monthly Board of Health meetings are on Thursday, March 24 and April 28 at 2 p.m. Both meetings will be at San Juan Basin Health Department's Durango office, 281 Sawyer Drive in Bodo Park. The public is welcome to attend.





Encouraging Parents to Read to Their Young Children

Nurse-Family Partnership's REACH OUT and READ

Nurse-Family Partnership (NFP) just received our first order of books from Reach Out and Read. We will be giving free books to our first time mom's. This program was started in the 1980's by pediatricians who have done research with hands on learning with parents and children. When giving books to parents, we actually role model reading and motivate them by illustrating how important reading is to learning. It also provides the child quality time with their parents. Our NFP nurses encourage moms to read to their unborn child to create bonding and attachment from the beginning.

"It's going to enhance what we do. It's a great philosophy: every child has an opportunity to own a book. It's a thing a lot of us take for granted." Shalley Parmenter, Nurse-Family Partnership

Staff Changes

Char Day has left the Health Department for a new position with Americans for Non-Smokers Rights. Over her 17 years, Char helped the Lasso Tobacco Coalition grow and achieve many significant accomplishments in our community. Roseann Kotzleb brings stellar breadth and depth of experience as Tobacco/Celebrating Community Norms program coordinator. She's been the executive director at Alternative Horizons since 2002, and served that agency since 1990 in various capacities: assistant director, a crisis line advocate, board and committee member. Roseann has served on a variety of coalitions including the state of Colorado coalition against domestic violence and the local violence prevention coalition. We look forward to welcoming Roseann on March 14 and wish Char the best in her new position.

Free Screenings for Seniors



The Senior Outreach program nurse tests blood pressure, temperature, heart rate, oxygen level, and blood glucose level. Anyone 60 years or older can receive a free nursing visit at home by calling the Senior Outreach at 749-4007.

Bayfield 11 a.m. to noon at the Pine River Valley Senior Center:
First Friday of each month (March 4, April 1)

Durango 11 a.m. to noon at the La Plata County Senior Center:
Second Thursday of each month (March 10, April 14)

Ignacio 11 a.m. to noon at the Ignacio Senior Center:
Third Thursday of each month (March 17, April 21)

Employment Opportunities

Please check our website www.sjbhd.org for the most current employment opportunities. Just click on employment in the top menu.

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