

# Public Health News

## Happy Fall and Back to School!

SAN ■ JUAN ■ BASIN  
**HEALTH**  
 DEPARTMENT

San Juan Basin Health  
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### Dental Care in the Schools

San Juan Basin Health's dental program, Southwest Smile Makers, is happy to provide dental services at La Plata and Archuleta elementary schools again this year. We seek to make good dental care as easy, affordable and convenient to families as possible. A healthy mouth (teeth and gums) means a healthy body and children have been shown to do better in school and miss less days. Southwest Smile Makers is proud to be able to offer parents the opportunity to have their child receive FREE preventative dental services right in their own school during the school day.

- Dental screening with referral to dentist is needed
- Dental fluoride application
- Oral hygiene education (i.e. good brushing, etc.)
- Sealants

Parents can contact their school nurse or Southwest Smile Makers for more information. Look for a packet to be sent home with more information and consent forms. You can reach Southwest Smile Makers at 385-4480.

### RADON Riverview Neighborhood Community Meeting on October 25

High levels of radon have been detected in homes in the Riverview neighborhood. Radon is the second leading cause of lung cancer. There will be a Riverview Community informational meeting on Tuesday, October 25 at 6:30 pm at Riverview Elementary School. San Juan Basin Health Department and Colorado State Extension office representatives will be there to present information and free radon home test kits. Some things that homeowners can do if they find high levels in their home are relatively easy and are also good for energy efficiency as well. For more information, call Marian at 335-2055 or visit [coloradoradon.info](http://coloradoradon.info).

### Radon Poster Contest for Students

Colorado students are invited to put their creative talents to work promoting awareness of radon, an odorless, colorless radioactive gas that is the second leading cause of lung cancer. The U.S. Environmental Protection Agency is sponsoring a radon poster contest for students ages 9-14. Members of a sponsoring club, such as a scouting organization or 4-H club also are eligible. There is no entry fee and the deadline is October 31. State winners and runners-up will be entered in the national contest. National winners will receive award plaques and gift cards in the amount of \$1,000 for first place, \$600 for second, \$400 for third. The winning posters will be reproduced and distributed nationally to promote radon awareness. More information about contest entries can be found at [www.coloradoradon.info](http://www.coloradoradon.info).

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## Screening for Latino Adults on September 15

Promoviendo La Salud is providing a free screening for Latino adults on Thursday, September 15 from 9:30 am to noon at Tacos Nayarit (2477 Main Ave. ). Screening includes: blood pressure, weight, height, BMI, blood test for cholesterol and blood sugar.



## Adventure Race Helps Fund Suicide Prevention

The Second Wind Scramble, a new adventure race geared toward youth, moderate, and experienced athletes, is set for September 17th at Durango Mountain Resort. The race benefits the Second Wind Fund of Four Corners Colorado (SWFFCC), a local non-profit organization dedicated to decreasing the incidence of teen suicide nationally by removing financial and social barriers to treatment for at-risk youth. Participants have the choice of competing in three different level courses (kids', 5K, and 10K). There will also be informational booths for suicide awareness and prevention. Registration is available online at [www.active.com/running/durango-co/second-wind-scramble-2011](http://www.active.com/running/durango-co/second-wind-scramble-2011). More information at [secondwind4corners.org](http://secondwind4corners.org) or by call Lillian at 970-946- 9586.



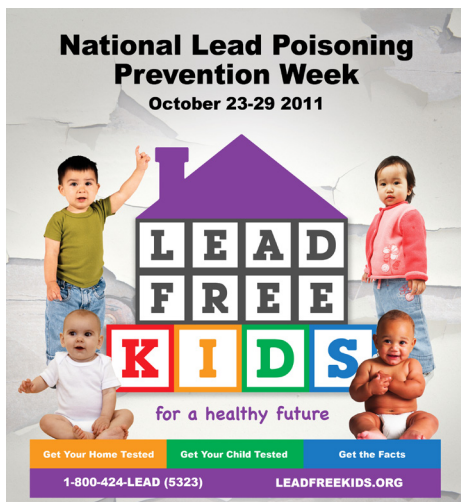
## Food Protection Class - October 18

There will be a Food Safety class on Tuesday, October 18 from 1 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 335-2055. For a full list of Food Safety classes offered, visit: [sjbhd.org/food-safety-trainings](http://sjbhd.org/food-safety-trainings).



## Regional Training for Youth October 23

The third regional training of youth facing health challenges is scheduled for Sunday, October 23rd beginning at 1 p.m.. High school youth from La Plata, Montezuma, Dolores, San Juan and Archuleta counties are invited to participate in this peer mentor training. Trained youth are then available to meet with other young people from the region to offer peer support and share information. Youth trained last year included those facing: diabetes, epilepsy, cancer, paralysis, hearing loss, ADHD, Aspergers and organ transplant. Youth with these or other chronic health issues are encouraged to apply to attend this free training. Call 749-9607 to refer an interested youth or for more information.



## Lead Poisoning Prevention Week ~ October 23-29

EPA observes National Lead Poisoning Prevention Week to focus on the importance of educating parents and children about the dangerous health effects of lead exposure, especially lead paint hazards in housing. This year's National Lead Poisoning Prevention Week theme, "Lead-Free Kids for a Healthy Future," underscores the importance of the many ways parents can reduce a child's exposure to lead and prevent its serious health effects. Simple Things You Can Do To Help Protect Your Family Get Your Home Tested. Ask for a lead inspection before you buy a home built before 1978. Get Your Child Tested. Ask your doctor to test your young children for lead even if they seem healthy. Get the Facts. More information about preventing childhood lead poisoning is available at [www.leadfreekids.org](http://www.leadfreekids.org)

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## ServSafe Class ~ November 1 - 2

A ServSafe Course will be offered November 1-2 from 8:00 a.m. to 5 p.m. each day 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 335-2055.



## Warning Candy-Like Cigarettes a New Threat

From cartoons to candy-like products – the tobacco industry targets Colorado kids again. RJ Reynolds, the company that gave us the Joe Camel cartoon character to sell cigarettes, is testing candy-like tobacco products in Colorado and North Carolina. There are three types of these dissolvable products that resemble candy and contain tobacco: orbs, sticks and strips.

San Juan Basin Health's Community Prevention Organizer surveyed 9 stores in La Plata County on August 15 and did not find any of these products. We will continue to monitor their availability in our community and provide information to community groups about this new threat to our youth. For more information, email: [teal@sjbhd.org](mailto:teal@sjbhd.org) or call 335-2049.

## Promoviendo La Salud Receives Grant

Promoviendo la Salud has just received a \$75,000 grant from Caring for Colorado. This is the program's second year of funding from this statewide, non-profit health foundation. The grant will assist in continuing services and education to the Latino community in La Plata and Archuleta counties. The funding will be used to educate how to prevent chronic disease, provide low-cost health screenings and teach individuals with chronic disease how to monitor and improve their health. For more information, call Karen Forest at 335-2044 or visit [sjbhd.org/promoviendo-la-salud](http://sjbhd.org/promoviendo-la-salud).

**CARING for COLORADO Foundation**  
A HEALTH GRANTMAKER



## MORE Colorado Families Qualify for CHP+

CHP+, a form of public insurance, is now available to more Colorado families. For example, a family of four earning \$55,000 can qualify for this very low cost health insurance for children and for pregnant women.

An outreach coordinator is available to answer questions and walk individuals through the CHP+ application process. Please call Eileen if you'd like to schedule her to come to your business, agency, housing complex or school. You can reach her at 335-2022.

## Board of Health Meets 4th Thursday of Month

The next monthly Board of Health meeting is on Thursday, September 29, at 2 p.m. at San Juan Basin Health Department's Durango office, 281 Sawyer Drive in Bodo Park. The public is welcome to attend.



## Colorado is National Leader!



Colorado once again is a national leader in the percentage of teens receiving the tetanus, diphtheria and pertussis (Tdap) vaccination, according to CDC's 2010 National Immunization Survey for Teens. At 86 percent, Colorado was behind only New Hampshire in the percentage of teens receiving the Tdap vaccine. The survey also found increases in Colorado for teens protected against meningococcal disease and human papillomavirus (HPV). CDC officials are very concerned about HPV immunization rates nationally, because they are lagging behind other vaccination rates. The HPV vaccine prevents cervical cancer. To view a copy of the survey, go to [www.cdc.gov/mmwr](http://www.cdc.gov/mmwr).

San Juan Basin Health provides low cost vaccines to children under the age of 18 thanks to Colorado's Vaccines for Children Program. Call 247-5702 to schedule an appointment in Durango or 264-2409 in Pagosa Springs.

## Flu Season - Clinics and Materials

**San Juan Basin Health will be offering flu clinics again this year as well as its annual Boo to Flu event on Saturday, October 29th. Please look for details later in September on our website at [sjbhd.org](http://sjbhd.org) or through publicity in the media.**

The Colorado Department of Public Health and Environment (CDPHE) has launched a new campaign to educate health care workers and their patients regarding the importance of immunizations. As in past years, the campaign will focus on flu immunizations. This year CDPHE is adding Tdap and pneumonia immunization information to the campaign and offering educational materials to Colorado health care providers at no charge. These materials were created around a campaign called "Do Something Easy Today." The free educational materials include a flyer, a poster, a counter-top display, and a flu clinic sign-up sheet. To order materials, visit [www.CDPHE.thinkbigsolutions.com](http://www.CDPHE.thinkbigsolutions.com).

## Free Screenings for Seniors



The Senior Outreach program nurse tests blood pressure, blood sugar, oxygen saturation level, heart rate and temperature. 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 (September 2, October 7)

**Durango** 11 a.m. to noon at the La Plata County Senior Center:  
Second Thursday of each month (September 8, October 13)

**Ignacio** 11 a.m. to noon at the Ignacio Senior Center:  
Third Thursday of each month (September 15, October 20)

## Employment Opportunities

Please check our website [www.sjbhd.org](http://www.sjbhd.org) for the most current employment opportunities. Just click on employment in the top menu.

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VISIT US ONLINE : [www.sjbhd.org](http://www.sjbhd.org)

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