



Partnering for Public Health

Department receives award for collaboration efforts

Protecting and enhancing the health of all members of our community is a primary mission of the St. Charles County Department of Community Health and the Environment. However, this task could not be accomplished without developing and nurturing partnerships throughout St. Charles County and the bi-state region. This month, Crider Health Center recognized the department's efforts in that area with the 2009 Heroes Health Partnership award.

"The Department of Community Health and the Environment touches the life of nearly every person in St. Charles County through its programs and services," said director Gil Copley. "The Heroes Health Partnership award highlights our success in collaborating with organizations such as Crider Health Center to ensure that St. Charles County continues to be a healthy place to live, work, and play."

"The health department has a



The Department of Community Health and the Environment was presented with the Health Partnership Award during a ceremony on March 28

comprehensive outlook on health care in the community," said Steve Martinez, vice president of development and marketing at Crider Health Center. "There are a number of things that the department and Crider Health Center work together on, and it's a good partnership for us."

This was the 20th year for the Heroes awards, which also recognize individuals and organizations in the areas of professional leadership, government leadership, volunteer leadership, corporate leadership, and lifetime achievement.

In the nomination for the award, the Department of Community Health and the Environment was noted for its efforts to investigate and contain disease outbreaks in St. Charles County through community surveillance. The department also received praise for forming alliances throughout the St. Louis metro region to prepare for and respond to potential disasters.

From the Director



Gil Copley

We spend many days a year developing and updating preparedness plans. Public Health has more than its share of plans. In addition to being part of the overall planning for the county or the city, the health department must plan for those events that are uniquely related to public health. This includes plans for response to bioterrorism, pandemic influenza, and general disasters. Bioterrorism and pandemic influenza are strongly associated with public health response. However, all manmade or natural disasters have some public health response element included. Whether it is ensuring temporary shelter sanitation, checking on restaurants after a power outage or assisting in the placement of special needs citizens, public health will be called upon.

So, public health has a lot of plans but will they work? That question is answered, at least as well as it can be short of a disaster, by exercising the plan.

To read the rest of this article, click on [From the Director](#)



National Public Health Week is April 6-12

Building the Foundation for a Healthy America

Despite our best efforts, Americans are not as healthy as they should be. Although we spend more on health care than any other country, the health system is failing and our nation is falling behind in many important measures of what it means to be healthy.

For example:

- U.S. life expectancy has reached a record high of 78.1 years but still ranks 46th - behind Japan and most of Europe, as well as countries such as South Korea and Jordan.

- A baby born in the United States is more likely to die before its first birthday than a child born in almost any other developed country.

- The U.S. ranks in the top ten of countries that have the most people with HIV/AIDS.

And the list goes on. Despite the dramatic progress achieved through a century of public health advancements - the elimination of polio, fluoridation of drinking water and seatbelt laws - our nation's health falls far short of its potential. Our progress has stalled, and we have reached a point where we must examine our health system and the foundation upon which it stands.

We have the potential to greatly improve our population's health in the future. By recommitting ourselves to support our nation's public health system, we can build on the successes of the past and establish the solid founda-



tion needed for a healthy nation. To this end, National Public Health Week (NPHW) 2009 will serve as the launch of the American Public Health Association's (APHA) new campaign - Building the Foundation for a Healthy America.

This theme will guide efforts during NPHW and beyond to focus on ensuring that core public health principles such as preventing disease and promoting health are the foundation upon which our nation's current dialogue about health reform is built.

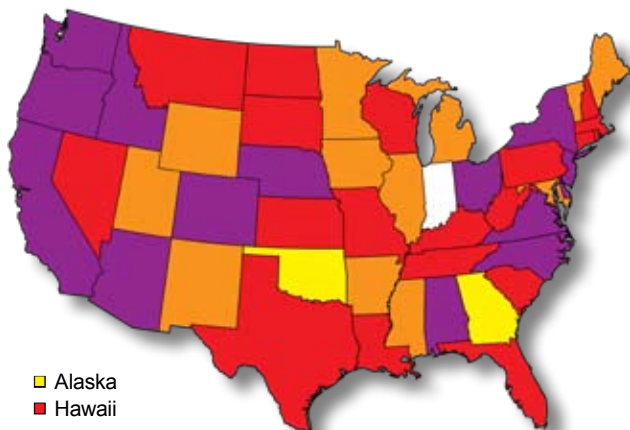
Our nation's health is an important issue among policy-makers and we must make it clear that there can be no successful health reform without the support of a strong public health infrastructure.

As we begin this journey, we must all be part of the solution. It's our job to speak up and share first-hand experiences about the challenges and opportunities we face in creating a healthy nation.

As we strive toward this goal, each of us has a role to play. We must continually strive for improvement in addressing the public health challenges in our communities. We must tell our stories and help our families, friends, neighbors, co-workers and leaders better understand the importance of public health to a successful health system.

Flu Activity Update

CDC report for the week ending March 28, 2009.
Follow [this link](#) for the latest map.



□ No Activity/No Report ■ Sporadic ■ Local ■ Regional ■ Widespread

Join us for the 8th Annual

Earth Day Extravaganza!



Friday, April 17
10 a.m. to 1 p.m.

St. Charles County
Executive Bldg.
100 N. Third St.

Move More!

Editor's Note: This article is another from the series Live Like Your Life Depends On It, a new public education campaign from the Live Well Message Alliance and the Missouri Department of Health and Senior Services.

Did you ever have a coach, PE teacher, or drill sergeant tell you to "move it"? While that admonition might only be a distant, bad memory, the message is still actually on target for your health.

Regular physical activity can reduce chronic diseases, such as heart disease, stroke, and diabetes. Being physically active can help you keep up with your busy family, as well as helping you do the things you want to do into your "golden years."

But you might be thinking, "I don't have the time or money to go to the gym!" Don't worry. There are plenty of activities you can incorporate into your regular routine that don't require a club membership. Taking a brisk walk, bicycling around the neighborhood, or other simple activities can help you get the minimum of 30 minutes of moderate physical activity most days of the week. If your busy schedule doesn't allow 30 minutes in a row, you can even cut it up into three, 10-minute sessions a day.

Physical activity can benefit everyone, and it's never too late to start. Be sure to choose an activity that's right for you, because something that injures or bores you. To make sure you're ready, it's a good idea to check with your health care provider before starting a workout routine.

It's your *move!*



Bunnies, Chicks, and Kids



Easter brings to mind brightly colored eggs and baskets full of candy. These traditions are enjoyable for children and adults alike. However, there are some Easter traditions you should avoid.

Baby animals, including chicks and bunnies, are sometimes given as gifts or put on display at this time of year. Because they are so soft and cute, many people do not realize the potential dangers. Young birds often carry harmful bacteria called Salmonella. Each spring, a number of children become infected with Salmonella after receiving a chick or duckling for Easter. And while baby bunnies are cuddly and cute, eventually they grow into adult rabbits that all too often are neglected or abandoned.

Instead of buying the child in your life a chick or bunny for Easter, take them to a petting zoo or farm where they can interact with these animals in a more suitable environment.



New Threat: Pistachios Recalled

Just as the dust was settling from a nationwide peanut recall, consumers now have to check their cupboards for another potentially tainted nut product.

Setton Pistachio of Terra Bella has recalled two million pounds of pistachios due to potential contamination with Salmonella. As with the earlier peanut recall, most of the affected nuts were sold to wholesale customers who used the pistachios in their products. However, the Food and Drug Administration (FDA) says the pistachio contamination is not linked to the tainted peanut product recall.

Consumers should not eat pistachios or products containing pistachios until they check the [FDA product recall list](#). Among the brands affected are Archer Farms (Target) and Flavor Tree (Whole Foods). If consumers do have an affected product, they should return it to the place of purchase for a full refund. In addition, Setton has established a toll free number, 888-228-3717, for consumers to call for further information.

Salmonella can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Healthy persons infected with Salmonella often experience fever, diarrhea (which may be bloody), nausea, vomiting and abdominal pain. In rare circumstances, infection with Salmonella can result in the organism getting into the bloodstream and producing more severe illnesses. Anyone who becomes ill after eating pistachios or pistachio-containing products should seek medical attention.



Photo Gallery: Pet Adoption Center Joins in Cottleville St. Patrick's Celebration

