



Get a Kit, Make a Plan, Be Informed

National Preparedness Month is underway

Adapted from DHS

More than 1,700 national, regional, state, and local organizations are taking part in National Preparedness Month 2007. This event, organized by the Department of Homeland Security (DHS), is observed every September. During National Preparedness Month, DHS encourages Americans to prepare for all types of emergencies in their homes, businesses, schools, and communities. DHS promotes individual emergency preparedness through the Ready Campaign and the department's Citizen Corps Program. In Missouri, the Department of Health and Senior Services promotes citizen preparedness through Ready in 3.

For the first time, National Preparedness Month is focusing on different areas of emergency preparedness.

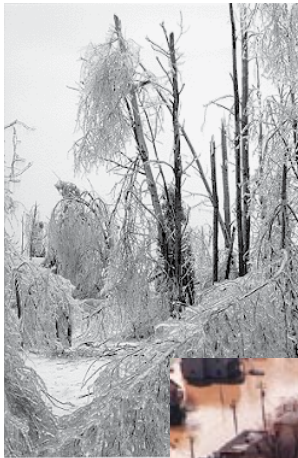
September 1-8 Preparedness at school

September 9-15 Business preparedness

September 16-22 Multi-cultural preparedness

September 23-30 Home and family preparedness, including pets, older Americans, and individuals with disabilities and special needs

Although significant progress has been made, there is still a long way to go to ensure that everyone is prepared. A recent national survey found that 66 percent of Americans believe it is "very important" for individuals to prepare. In addition, 54 percent report having taken some steps to prepare.



Whether it's a winter storm, flood, tornado, or another type of disaster, everyone needs to be prepared.



The state of Missouri is taking steps to help residents prepare through the Ready in 3 program. This program, developed by the Department of Health and Senior Services, explains the importance of preparedness, how to assemble an emergency kit, and what to do if disaster strikes. For more information, visit www.dhss.mo.gov/Ready_in_3. There, you can learn more about the program, download fact sheets, and even order free Ready in 3 educational materials.

For information about preparedness presentations for community groups, schools, or other organizations, call the St. Charles County Department of Community Health and the Environment at (636) 949-7400.

From the Director



Gil Copley

The rush for "back to school" shots is over for this fall. The thousands of students needing immunizations for school entry descend on doctor's offices and health departments beginning in July like bees swarming to their hive. Procrastination is human nature and the important thing is that the kids get their needed immunizations. Illness and death from vaccine-preventable diseases remain at very low levels in the United States, a feat accomplished by aggressive immunization requirements in children and youth.

Two weeks ago, I visited my doctor for an annual checkup. As he reviewed my medical chart, he looked up and said, "You are due for a tetanus shot." I was surprised. It seemed like only yesterday that I had been vaccinated. In fact, it had been almost ten years. How time passes. It was definitely "my turn."

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





LEFT An upgraded entrance greets customers at Recycle Works West in Wentzville.



RIGHT Martin Reddick, the supervisor at Recycle Works West, stands next to bales of recyclable plastic that are ready for further processing.



St. Charles County Receives Grant for Recycling Upgrades

You may have noticed that Recycle Works West, located at 2110 East Pitman Avenue in Wentzville, is looking a bit different these days. St. Charles County has completed upgrades of the site's aesthetics and landscaping. Phase two of the recycling center's upgrades will be completed over the next two years and expand the service area available to customers.

As part of these upgrades, a \$90,000 grant from the St. Louis Jefferson Solid Waste Management District will help fund compactor/baling equipment to process recyclables such as plastics, paper, and cardboard. By more efficiently handling our recyclables, we can decrease manpower and time, while increasing the revenue received from these materials over time.

In 2006, St. Charles County Government recycled over 1.5 million pounds of material at Recycle Works. Since the first recycling center opened in 1990, nearly 25 million pounds of material have been kept out of landfills. To learn more about recycling options in St. Charles County, visit www.scchealth.org/es.

Back to School Safety Checklist

September is here, and school is back in session. While many injuries happen in summer, attention to safety is important all year. When you drop off your child at school, use this checklist to make sure these hidden hazards aren't waiting to cause injury or death.

Drawstrings on Jackets and Sweatshirts There should be no drawstrings on hoods or around the neck. Drawstrings at the waist or bottom of jackets should extend no more than three inches to prevent catching in car and school bus doors or getting caught on playground equipment.

Bike Helmets Buy a helmet that meets one of the safety standards (CPSC, Snell, ANSI, ASTM, or Canadian), and insist that your children wear the helmet at all times while biking. About 900 people, including more than 200 children, are killed annually in bicycle-related incidents, and about 60 percent of these deaths involve a head injury. More than 500,000 people are treated annually in U.S. hospital emergency rooms for bicycle-related injuries. Research indicates that a helmet can reduce the risk of head injury by up to 85 percent.

Soccer Goals Make sure that the school anchors the soccer goals into the ground so that the soccer goal will not tip over and crush a child.

Playgrounds Check the surfaces around playground equipment at schools and parks to make sure there is a 12-inch depth of wood chips, mulch, sand, or pea gravel, or mats made of safety-tested rubber or fiber material to prevent head injury when a child falls. Each year, more than 200,000 children go to U.S. hospital emergency rooms with injuries associated with playground equipment. Most injuries occur when a child falls from the equipment onto the ground.

Recalled Products Schools, daycare providers, and parents can receive recall information for free by calling the Consumer Product Safety Commission (CPSC) hotline at 1-800-638-2772. Recall and product safety information is also available on the CPSC website at www.cpsc.gov.

Coming in October...

Pandemic flu is nothing to sneeze at. We'll tell you how you can prepare for this looming threat with "Ready in 3."



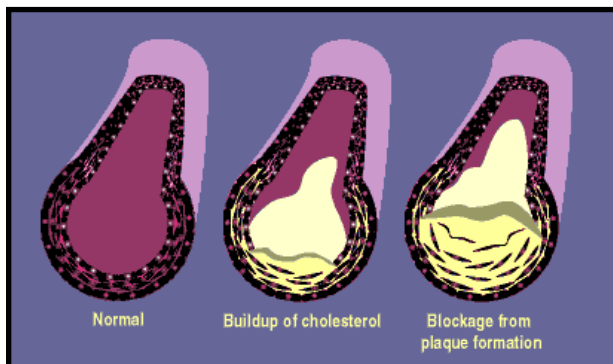
September is National Cholesterol Education Month

The Plague of Plaque

Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease, the number one killer of men and women in the United States. Each year, more than a million Americans have heart attacks, and about a half-million people die from heart disease.

When there is too much cholesterol in your blood, it builds up on the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. If your heart doesn't get enough oxygen, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. The only way to find out is to have your cholesterol level checked. Everyone age 20 and older should have their cholesterol measured at least once every five years. It is best to have a blood test called a "lipoprotein profile" to find out your cholesterol numbers. This blood test is done after a nine- to twelve-hour fast and gives information about your total cholesterol level, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides, another form of fat in your blood.



When present in excessive amounts, cholesterol can injure blood vessels and cause heart attacks and strokes. Graphic courtesy Food and Drug Administration

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels. If your total cholesterol number is 200 or more or if your HDL is less than 40, you will need to have a lipoprotein profile done.

There are other steps you can take to reduce your risk of heart disease.

- Have a discussion with your health care provider about your

risk for heart disease.

- Learn how to read a food label, and choose foods that are low in saturated fat, trans fat, and cholesterol.
- If you have high blood cholesterol, take steps to lower your cholesterol with therapeutic lifestyle changes.
- Calculate your body mass index (BMI) with the [BMI Calculator](#) and see how your weight measures up.
- Participate in moderate physical activity for at least 30 minutes on most (preferably all) days of the week.
- Don't smoke. If you do, contact your health care provider to discuss ways they can help you to quit.

The professional health educators of the St. Charles County Department of Community Health and the Environment are available for classes on heart health. For more information, call (636) 949-7900 extension 4244.

Helpful Phone Numbers		
Division of Public Health	WIC	636-949-7402
Health Education	636-949-7400	Division of Environmental Services
Vital Records	636-949-7401	Recycling Services
STD Prevention/Treatment	636-949-7558	636-949-7415
Environmental Public Health Program	636-949-7401	Division of Humane Services
	636-949-1800	Animal Control
		636-949-7387
		636-949-7347

Find a New Friend

St. Charles County
Pet Adoption Center
(636) 949-PETS

LOST

LOVE HANDLES

Last seen before taking stairs instead of escalator.

Take a small step to get healthy. Get started at www.smallstep.gov

Ad Council.org www.smallstep.gov