



St. Charles County Department of Community Health and the Environment

Health E-News

JANUARY 2006

1650 BOONE'S LICK ROAD, ST. CHARLES, MO 63301
COMHEALTH@SAINTCHARLESCOUNTY.ORG

PHONE 636-949-7400
WWW.SCCHEALTH.ORG

Helpful Phone Numbers

Division of Public Health
636-949-7400

Health Education
636-949-7401

Vital Records
636-949-7558

STD Prevention/Treatment
636-949-7401

Environmental Health
636-949-7404

WIC
(Women Infants Children)
636-949-7402

Division of Emergency
Management
636-949-3023

Division of Environmental
Services
Recycling Services
636-949-7415

Division of Humane
Services
636-949-7387 (PETS)

Animal Control
636-949-7347

January is...

Cervical Health
Awareness Month

National Blood Donor
Month

See page 2 for a list
of informational
websites!



Oh Christmas Tree! Oh Christmas Tree!

Don't forget to recycle your tree after the holidays! You can drop off your Christmas tree for free until January 28th at the following locations. Just remove the tree stand, tinsel, lights and plastic bag or tree cover. Trees are mulched for park areas or are used as fish habitat. *Free mulch may be available.

St. Charles

Busch Conservation Area—Lake 33, East parking lot, Hwy. D, 63304

Lake St. Louis

*Public Works—2550 Lake St. Louis Blvd., 63367
(Monday-Friday 7am – 3:30pm)

Wentzville

*Quail Ridge Park—5501 Quail Ridge Parkway, 63385
(seven days a week 8am – 5pm)

St. Peters

Laurel Park—Upper parking lot off McClay Valley Blvd., 63376
St. Peters Earth Centre—115 Ecology Drive, 63376 (Mon-Sat 7:30am – 5:30pm;
Sun 12am – 4pm)
St. Peters Golf and Recreation Center, Salt Lick Road and Hwy. 70, 63376

Non-foil gift boxes and wrapping paper are recyclable at Recycle Works West, 2110 E. Pitman Avenue in Wentzville, or Recycle Works Central, 60 Triad South Drive in St. Peters. Recycling centers are open Monday through Saturday, 8:30am to 4:30pm. For more information please call 636-949-7415.

DID YOU KNOW?

Over 4,600
Christmas trees
were collected
in the 2005
collection effort!

Childhood Obesity: A Growing Trend

1 in 3 kids born in 2000 will contract Type 2 diabetes in their lifetime.

An obese 6-year-old is 50% more likely to be obese as an adult;
an obese adolescent has a 70% chance of staying obese as an adult.

Obese children are three times more likely to suffer from high blood pressure.

Tips for Healthier Kids

Introduce new fruits and veggies regularly to encourage a taste for variety.

Engage kids in gardening, to teach them how healthy foods grow.

Help children prepare well-balanced meals in the kitchen.

For more tips on healthy eating for children AND adults
visit www.dolenutrition.com



Surfing the web?



We're on the Web!
www.scchealth.org

Check out these websites for more info on public health!

National Cervical Cancer Coalition
www.nccc-online.org
American Association of Blood Banks
www.aabb.org

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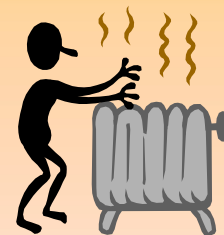
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Receiving duplicate newsletters? [Let us know.](#)

Heat Your Home Safely

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions and remember these safety tips:



- Use fireplace, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Do not burn paper in a fireplace.
- Ensure adequate ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use—don't substitute.
- Do not place a space heater within 3 feet of anything that may catch on fire, such as drapes, furniture, or bedding, and never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.
- If your space heater has a damaged electrical cord or produces sparks, do not use it.
- Store a multipurpose, dry-chemical fire extinguisher near the area to be heated.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector and never using generators, grills, camp stoves, or similar devices indoors.

FROM THE DIRECTOR

By Gil Copley



CRISIS COMMUNICATIONS

As I write this month's column, the tragic misunderstanding in West Virginia is still unfolding. Initial joyous reports of 12 surviving miners quickly were replaced by the sad news that only one had actually survived. At the moment, information is indicating that the erroneous information reached the families when individuals, overwhelmed by what they thought was the best possible news, used personal cell phones to communicate prematurely with family members. This picture may change as more information becomes available. Nonetheless, it illustrates the complexity of communications during a crisis situation.

Continue reading this article online at www.scchealth.org

Looking for a new friend?

The Pet Adoption Center is the purrfect place to start! To see a few of the animals available for adoption, follow this link to our page at Petfinder.com

The pictures are available through Petfinder.com, which we partner with to find homes for animals. This link will go directly to the section of their site that hosts images of animals we have at the Pet Adoption Center. We upload new images frequently so check back often!

The St. Charles County Pet Adoption Center serves St. Charles County through sheltering and adopting animals, providing owner education, animal control services and investigation of incidents involving animal cruelty and neglect. Visit the St. Charles County Pet Adoption Center at 4850 Mid Rivers Mall Drive, just 3 miles south of Mid Rivers Mall, Monday through Saturday 10am-5pm. For more information call 636-949-PETS (7387)