



St. Charles County Department of Community Health and the Environment

Health E-News

SEPTEMBER 2006

1650 BOONE'S LICK ROAD, ST. CHARLES, MO 63301
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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



September is National Cholesterol Education Month!

Know your cholesterol numbers - Know your risk - Give yourself some TLC

High blood cholesterol can affect anyone. It's a serious condition that increases the risk for heart disease, the number one killer of Americans—women and men. The higher your blood cholesterol level, the greater your risk.

Fortunately, if you have high blood cholesterol, there are steps you can take to lower it and protect your health. A new booklet from The National Heart, Lung, and Blood Institute will show you how to take action by following the "TLC Program" for reducing high blood cholesterol. TLC stands for Therapeutic Lifestyle Changes, a three-part program that uses diet, physical activity, and weight management. To view this booklet online and find more information on this program, visit http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.htm

Breakfast **IS** the most important meal of the day!

Why not make these yummy muffins ahead of time, freeze them and defrost one in the microwave in the morning for a healthy, quick breakfast the whole family will love!



Apple Raisin Muffins

Ingredients:

- 1 1/2 cup flour
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup buttermilk
- 3 tablespoon vegetable oil
- 1/4 cup brown sugar
- 1 egg
- 1/2 cup peeled apples
- 1/2 cup golden raisins

Instructions:

- Preheat the oven to 400°F (200°C).
- Grease a 12-cup muffin pan.
- In a medium bowl, combine the flour, baking powder, baking soda, cinnamon, and salt.
- In a large bowl, stir together the buttermilk, oil, brown sugar, and egg. Stir in the flour mixture until just combined. Do not overmix.
- Stir in the apples and raisins (if using).
- Divide the batter evenly among the prepared muffin cups, filling them about two-thirds full. Bake for 12 to 15 minutes, or until a wooden pick inserted in the center of a muffin comes out clean. Cool on a rack for 5 minutes. Remove to the rack to cool completely.

From the Director

(This month's From the Director article features a guest author, Humane Services Division Director, Theresa Williams.)

Why Pet Licensing Is Important To You

By Theresa Williams

The Pet Adoption Center has various programs designed to help both animals and people. We are constantly looking for ways to better serve the community and help more animals. One very positive change we have made in the last few months is the introduction of the "Differential Licensing" program. Previously, licenses for all dogs and cats cost the same, regardless of whether the animal was altered or unaltered.

Please continue reading this article online at www.scchealth.org

Surfing the web?

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

Check out these websites for more info on public health!

Smart Ways to Live Well
www.prevention.com

National Mental Health Association
www.nmha.org

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Cleaning? Let Us Help!



The end of summer is drawing near and now is a perfect time to clean out the garage or basement. Please keep in mind that many of the items you are about to toss in the trash can - can be recycled!

While your municipality or trash hauler may pick up recyclables, we also operate two drop-off centers to complement these curbside collections. St. Charles County recycling centers gather valued recyclable materials from across the St. Louis region and efficiently process these materials for shipment to brokers. The material you recycle becomes raw material for various processors across the country and throughout the world!

St. Charles County Division of Environmental Services makes it easy for you to recycle your items by offering two convenient locations:

Recycle Works West
2110 E. Pitman Avenue
Wentzville, MO 63385
(636) 949-7415 **and**
Recycle Works Central
60 Triad South Drive
St. Charles, MO 63304
(636) 949-7415

The household chemical collection at Recycle Works Central has been temporarily postponed. St. Charles County Division of Environmental Services is not scheduling any collection appointments, but is placing residents on a waiting list so these residents can be contacted when collections resume.

Please visit us online at www.scchealth.org/es for more information.



Consumer Product Safety Commission



Back-To-School Safety Checklist



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.

- 1. 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 3 inches to prevent catching in car and school bus doors or getting caught on playground equipment. 
- 2. Loops on Window Blind Cords --** Cut the loop and attach separate tassels to prevent entanglement and strangulation in window blind cords. One child a month strangles and dies in the loop of a window blind cord. Keep cords out of children's reach. Install cord stops to prevent formation of loop in inner cord.
- 3. Bike Helmets --** Buy a helmet that meets one of the safety standards (U.S. CPSC, Snell, ANSI, ASTM, or Canadian), and insist that your children wear the helmet each time they ride their bike. 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. 
- 4. 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.
- 5. 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.
- 6. Recalled Products --** Schools, daycare providers and parents can receive recall information free by calling the CPSC hotline 1-800-638-2772.

Bridging the Gap in Emergency Communications



There was a time when incident commanders might have been forced to manage an emergency's critical response with plans spread over the hood or front seat of a vehicle while simultaneously attempting to coordinate with responders, dispatch centers and other agencies using a hand-held radio.

Since the purchase of the St. Charles County Division of Emergency Management's mobile Interagency Command Center, or "ICC", emergency responders have another option. The mobile command center can manage computer communications, weather monitoring and a host of command and coordination capabilities which provides a much more efficient public safety response with critical resources together in one location.

At the request of an incident commander from any public safety agency in St. Charles County, the vehicle can be deployed to provide:

- A ten-kilowatt generator to operate internal systems
- Eighteen roof-mounted antennas linked to six workstations
- Four workstations for digital public safety communications
- Two workstations for amateur radio communications
- One database workstation on a local computer network
- Satellite dish communications
- Telephone and fax capabilities
- A weather monitoring station



The ICC has been deployed at the request of law enforcement and fire protection agencies across the county to provide operational communications for events ranging from the presidential visit, to the Olympic swim trials to multiple alarm fires. The ICC was also used to provide mutual aid support for Lincoln County law enforcement during a high profile missing persons search.

Like other organizations across the country, local emergency responders constantly search for, test and share solutions to emergency response and communication problems. The ICC has been used to test plans in response exercises such as the St. Charles County Health Department's Strategic National Stockpile exercise. The ICC was also used in an exercise which tested communications between different levels of government, and included participation from the Missouri National Guard, the Missouri Department of Transportation and even the Sacramento, CA Police Department.

Future plans for the ICC include a surveillance camera upgrade that will not only allow incident commanders to monitor the scene of an incident, but also transmit those images to other coordinating operations centers during large-scale multi-agency responses. As the challenges of emergency response grow and change, the Interagency Command Center will continue to provide options for safer, more efficient emergency response for responders and residents.

Test Your Nutrition Know-How

Q. Does stress affect your child's eating habits?

A. Yes! Children under high stress tend to eat twice as much fatty food as children experiencing moderate stress.

Why not try carrot sticks and low-fat dip instead of French fries and ketchup.

