



# WARREN COUNTY COMBINED HEALTH DISTRICT

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Health Commissioner

## NEWS & INFORMATION

### 10 REASONS TO STOP SMOKING

1. Live longer and better!
2. Breathe easier and cough less—you will have more stamina and energy after you quit
3. Cut your risk of heart attack in half within the first year of quitting
4. Reduce your risk of erectile dysfunction due to poor circulation
5. Reduce your risk for certain cancers
6. Get fewer colds and reduce your risk of getting flu or pneumonia
7. Set a good example
8. Stop having to find a place to smoke at work or out in public
9. Have a better sense of taste and smell—you will have a brighter smile and fewer wrinkles
10. Save money—smoking a pack a day costs about \$100 a month and \$1350 a year!!



There is nothing like a good picnic with lots of good food and friends. The most important thing to remember is the safety of the food. It is important to always prepare and store the food safely. Following these few simple steps will help ensure a great picnic:

- \* As always, wash your hands and the surface area
- \* Cook food in plenty of time to chill completely in the refrigerator or make sure to keep it hot
- \* Have enough coolers with ice or ice packs to store perishable foods. Keep food at 41° F



- \* Don't put the cooler in the trunk of the car; put it in the air conditioned car
- \* Keep the cooler in the shade and keep the lid closed
- \* Put drinks in a separate cooler so the cooler containing the food won't constantly be opened
- \* Make sure you have plenty of safe drinking water. Don't forget to bring water for cleaning and preparation
- \* Pack raw meat, poultry or seafood on the bottom of the cooler to prevent them from dripping on other foods
- \* Take-out food, such as fried chicken, should be eaten within two hours of pick up
- \* When taking food off the grill, make sure to use a clean platter and not the one which held the raw meat
- \* Don't leave perishable food out for more than two hours. Put the food back in the cooler as soon as you are done eating
- \* Don't keep leftovers from the picnic. Most likely the food has been out more than two hours

There is nothing more American than picnics with friends and family—so remember these few ideas to have a great picnic. For more information contact the Environmental Health Division, at 513-695-1220, 513-261-1220, 513-925-1220 or 937-425-1220.

### SWIMMING POOL SAFETY AND SMALL CHILDREN

Every year about 260 children under the age of five drown in backyard swimming pools. Too often we hear the grieving parent state "I only looked away for a few seconds!" Unfortunately, just a few seconds is all it takes for a child to drown. Please follow these safety tips and perhaps we all can decrease the number of children who perish in backyard pools:

- Know where your children are at all times.
- Use an approved barrier to separate the pool from the house. Fences should be at least 4-feet high.



- Never allow a child to be alone near a pool or any water source.
  - Have life-saving devices near the pool, such as a pole/hook or a floatation device.
  - Always have a phone near the pool.
  - Keep large objects such as tables, chairs, toys, and ladders away from the pool fence.
  - Always have a "designated child watcher"
  - If you leave the pool area, take the child with you.
  - If a child is missing, always look first in the swimming pool. Seconds count!
  - Just because your child knows how to swim, they are not drown-proof.
  - Never use floatation devices as a substitute for direct supervision.
- Make sure that the entrances into the pool are not only latched but locked to.
- Have a safe summer season and let's keep those children safe around the backyard pool.

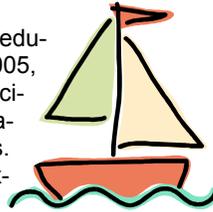
## BOATING SAFETY

Summer is fast approaching and everyone is ready to get out and enjoy the warm sunshine. More than 70,000,000 Americans enjoy recreational boating each year. Boating related fatalities have decreased due to more people wearing life jackets or personal floatation devices. In 2005, 3,451 people were injured and 697 died in boating incidents. Among those who drowned 87% were not wearing a life jacket. The North American Safe Boating Campaign is trying to raise awareness and ensure that everyone on a boat is wearing a life jacket. Here are some tips to help prevent boat injuries and deaths.

1. Wear your life jacket while boating.
2. Avoid alcoholic beverages while boat-

ing—alcohol affects judgment, vision, balance and coordination. In about one-quarter of boating fatalities, alcohol was a factor.

3. Complete a boating education course—in 2005, more than 40% of incidents involved operator-controlled factors. Unsafe speeds, inexperience, recklessness and carelessness were causes of accidents.
4. Participate in the Vessel Safety Check Program—a free public service provided by the U.S. Coast Guard and U.S. Power Squadron Volunteer



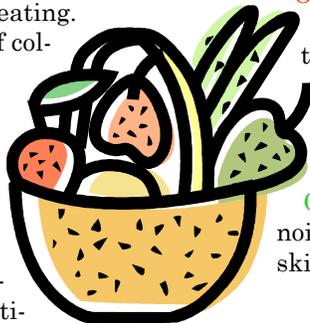
Organization that promotes boating safety. For more information on the VSC Program, visit their web site: [www.vesselsafetycheck.org](http://www.vesselsafetycheck.org).

5. Be aware of the risk of Carbon Monoxide (CO) poisoning—CO is an odorless, colorless, poisonous gas. To avoid CO poisoning, be aware of the risk, use CO detectors, install and maintain equipment and ensure sufficient ventilation.

(Article from Centers for Disease Control and Prevention.)

## EAT THE COLORS OF THE RAINBOW

What is on your plate? Is the food full of color? Take a look and check it out. The more color on your plate the more nutrients you are eating. Eating a variety of colors will help you take care of your body with the vitamins and minerals it needs.



**RED**—rich in lycopene—a potent antioxidant, which may protect cells from damage that could

lead to cancer. Ex: Pink Grapefruit, Tomatoes and Watermelon.

**ORANGE/YELLOW**—rich in beta carotene—an antioxidant important for vision, reproduction, bones and more. Ex: Carrots, Pumpkins and Sweet Potatoes.

**GREEN**—rich in lutein—a carotenoid known for benefits for eyes and skin. Ex: Broccoli, Peas and Spinach.

**BLUE/PURPLE**—rich in antioxidants—may protect cells from damage

that could lead to cancer. Ex: Blueberries, Eggplant and Grapes.

**WHITE**—rich in allicin—a powerful antibacterial and antifungal linked to blood vessel health. Ex: Bananas, Potatoes and Turnips.

For more information on nutrition, please contact Kathy Dickey the Nutritionist at the Warren County Combined Health District at 513.695.1477, 513.261.1477, 513.925.1477 or 937.425.1477

## FOOD LISCENSES AT FESTIVALS AND FAIRS

Each year there are numerous festivals as well as the County Fair where organizations and individuals will set up temporary food booths. These temporary food operations must be licensed based on the type of food that they are serving and the type of organization that is operating the food booth. You must secure a license to operate your temporary food booth from the Warren County Combined Health District at least 48 hours prior to the event. License fees are based on profit and non-profit organizations with this year's fees being set at \$15.00 per event for commercial, for-profit organizations and half that or \$7.50 for non-

commercial, non-profit organizations.



Each license is good for a single event, maximum five days in length, except for the County Fair where the license is good for the entire length of the fair. An individual or organiza-

tions are allowed to obtain up to ten temporary licenses for ten separate events each year. You can obtain information on the requirements to set up a

food booth, the required questionnaire on the booth and event, and the license application at the Warren County Combined Health District, 416 South East Street, Lebanon, Ohio. The questionnaire and application are also on the Health Department Website at [www.co.warren.oh.us/health](http://www.co.warren.oh.us/health). If you have any questions regarding temporary food operations please contact the Environmental Health Division, Warren County Combined Health District at 513-695-1220, 513-261-1220, 513-925-1220 or 937-425-1220.