



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

Go Red For Women

National Wear Red For Women Day.

Friday, February 5, 2010

Go Red For Women is the American Heart Association's nationwide campaign to raise awareness of cardiovascular disease and give women the knowledge and motivation to take charge of their health.

Heart Disease and Stroke

Facts About Women

Heart Disease and stroke are the #1 and #3 killers of women over the age of 25.

Cardiovascular disease kills approximately 450,000 women each year, about one every minute.

One in three women will die from cardiovascular disease.

Heart disease is largely preventable. In fact, 80 percent of cardiac events in women may be prevented if women make the right choices for their hearts.

February 5th is National Wear Red Day for Women.

Join the millions across America who will be wearing red to show their support for women and the fight against heart disease.

COLD WEATHER SAFETY TIPS

Check daily on elderly friends, relatives and neighbors who live alone.

The elderly and very young should stay indoors as much as possible. Offer to shop for elderly friends and relatives. Just like in the summer with heat, it takes some time to get acclimated to cold weather.

Wear layered clothing outdoors for better protection from the cold. Wear a cap to prevent rapid heat loss from an uncovered head.



Cover exposed skin to prevent frostbite.

While indoors, try to keep at least one room heated to 70 degrees. This is especially important for the elderly and small children to prevent hypothermia.

Avoid drinking alcoholic beverages.

Eat high energy foods along with warm beverages and soup.

Sleep warm with extra blankets, a warm cap, socks and layered clothing.

Avoid fatigue and exhaustion during cold weather.

Overexertion, such as shoveling snow or pushing a car, can strain your heart.

Carry extra clothing, blankets and high energy snacks, such as cereal or candy bars in your car for protection if your car stalls. Keep the gas tank near full to prevent icing. Don't travel alone.

Be careful when using fireplaces, stoves or space heaters to stay warm. Carbon monoxide poisoning and home fires are very real winter hazards. For answers to any questions about using space heaters or any other heating method to stay warm, please call your local fire department.

RESTAURANT AND GROCERY STORE INSPECTIONS

One of the larger programs conducted by the Environmental Health Division is to inspect the sanitation and food handling practices in all restaurants and grocery stores in Warren County, as is required by Chapter 3717 of the Ohio Administrative Code. Our environmental staff inspects all aspects of the food operation including food sources, storage practices, personnel health and cleanliness, hot and cold food holding temperatures, plumbing, lighting, etc. Follow-up inspections are scheduled as necessary to insure compliance with the Ohio Uniform Food Safety Code. Operation inspection frequency is based on the type of operation and

the risk that the operation poses to the public's health, with those operations in a higher risk category being inspected twice as often as those whose operational practices pose less of a risk. In 2009, our staff licensed 1347 food operation in Warren County. We conducted a total of 5188 inspections (includes re-inspections) of those operations last year. This number includes inspections we conducted on temporary food operations at festivals and the Warren County Fair and on certain types of vending machines though out



the County. This program is conducted so that when you take your family out to eat at a local restaurant you can have some assurance that the food being served to you is not going to make you or your family ill. If you have any questions concerning the Food Safety Program or on a specific restaurant or grocery in Warren County, please contact the Environmental Health Division, Warren County Combined Health District, at 513-695-1220, 937-425-1220, or 513-925-1220.

TIPS FOR BETTER ORAL HEALTH

Your mouth is a report card for overall health -- taking proper care of it will help you look and feel your best. Poor oral health can lead to bad breath, cavities, and gingivitis. More importantly, serious infections, if left untreated, can enter the bloodstream and compromise otherwise healthy vital organs. Periodontal disease has been linked to cardiovascular disease, osteoporosis, diabetes and low-birth weight newborns. In addition, dental-related illness can diminish quality of life. Sufferers from oral health complications may face restricted food choices and poor nutrition, and experience self-consciousness that limits social interaction and communication. Good brushing and flossing habits are imperative to strong oral health, however, regular dental checkups are important to preventing



and treating more serious oral infections. Think your mouth isn't that important to your overall well-being? Think again.

You can help prevent tooth and gum diseases with a few simple steps:

1. Visit your dentist regularly.
2. Brush your teeth well twice a day.
3. Use a soft-bristled toothbrush.
4. Use a toothpaste containing fluoride.
5. Clean between your teeth with floss.
6. Stop smoking.
7. Maintain a balanced and healthy diet.

For information regarding the health departments Oral Health Referral Program please call 513-695-2475, 513-925-2475, 513-261-2475, or 937-425-2475.

H1N1 Flu Vaccination Update

The Warren County Combined Health District is still offering FREE H1N1 Vaccine to all Ohioans.

To schedule an appointment please call 513-695-1229 or for more information on clinic dates and time visit our website at www.co.warren.oh.us/health



DATING OF FOOD PRODUCTS-WHAT DO THEY MEAN?

Most people believe that the expiration date on a given food product means that if that product is used after the date stamp on the product, it is unsafe to eat or drink. In fact, there are actually three types of dates, which you may encounter on a food product, those being "Use-by", "Sell-buy", or "Best if Used-by". A "Use-by" date is the last date recommended to use the product for best quality. A "Sell-by" date is the last date for a store to display the product for sale for best quality. A "Best if Used-by" date is used to help the consumer know when to use the product for best quality. These dates are all determined by the manufacturer of the product and not by any Federal, State, or Local Health Agency. Even if you have a product at home that is past one of the dates above, it does not mean that the prod-



uct should be immediately thrown away. It does mean that if you use the product after that date, the product may not be at its peak quality. If you remember the following rules, you can protect yourself from possible problems with the product:

- * Purchase the product before the package date expires and examine discounted or damaged goods.
- * If the product is perishable, take the food home immediately and if the packaging indicates, refrigerate it immediately.
- * Verify with a thermometer that your refrigerator is 41 degrees or below.
- * If you cannot use the product within a couple days, freeze it. Frozen foods kept continuously frozen are indefinitely safe, though with time you will lose quality.

- * Follow all handling instructions on the product.

The best rule to remember when dealing with food products is "When in Doubt, Throw it Out". For more information on food products and product dating, contact the Environmental Health Division, Warren County Combined Health District, at 513-695-1220, 513-261-1220, or 937-425-1220.

The offices of the Warren County Combined Health District will be closed February 15th in observance of President's Day.

