



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



NO. 295
July 2010

NEWS & INFORMATION

Duane Stansbury, R.S., M.P.H
Health Commissioner

The Jewish Hospital Mobile Mammography van will be at the Warren County Combined Health District

Make your
appointment now
for your yearly
mammogram.

The Jewish
Hospital Mobile
Mammography
van will be at
416 S. East St.,
Lebanon

on Thursday,
August 5, 2010.

To schedule your
appointment
please call 513
-686-3300.

Financial assis-
tance is available
by calling 513

OHIO YOUTH SURVEY

During the 2008-2009 school year, 18 public junior and senior high schools in Clinton and Warren Counties administered the Ohio Youth Survey to 6th-12th graders. This survey included questions on attitudes, activities, assets, and risk-taking. A total of 7,969 students responded. Of these, 3,345 were Clinton County students and 4,624 were War-



ren County students. The project was collaboratively managed by Mental Health Recovery Services of Warren/Clinton Counties (MHRS) and the Family & Children First Councils (FCFC) for Warren County and Clinton County respectively. MHRS and the FCFCs have access to county-wide data for the purposes of drawing community level conclusions and for planning prevention programming. MHRS and

the FCFCs have begun to produce a series of Informational Briefs regarding statistically significant findings. It is hoped this information will be used to bring awareness and prevention to the forefront by pointing out concerns for the community and by identifying specific strategies parents and adults can take to produce a change. For more information or to view the Information Briefs please visit www.mhrsonline.org/ohioyouthsurvey.

DANGERS OF CELL PHONE USE WHILE DRIVING

An estimated 28 percent of all traffic crashes – or 1.6 million each year – are caused by drivers using cell phones. Cell phone use has increased dramatically during the last 15 years. Reportedly, an estimated 11 percent of drivers are talking on cell phones at any point of the day. Numerous studies have demonstrated how the use of cell phones and other wireless devices while driving pose a significant safety risk to motorists, their passengers and others on the road. In fact, scientific studies have shown that cell phone use while driving increases by four times the

risk of being in a crash. Studies have compared the risk of slower reaction times caused by cell phone use to those of driving with a blood alcohol content of .08, which would constitute a drunk driving violation in all 50 states. Researchers have also found that hands-free devices do not remove this risk because they do not reduce the distraction associated with a cell phone conversation. Studies show that the

lack of attention during a cell phone conversation is similar for both handheld and hands-free devices. The National Safety Council is encouraging everyone to help reverse this alarming trend. Even if you aren't using your phone while driving, it's important to be aware of others who are and to drive defensively.

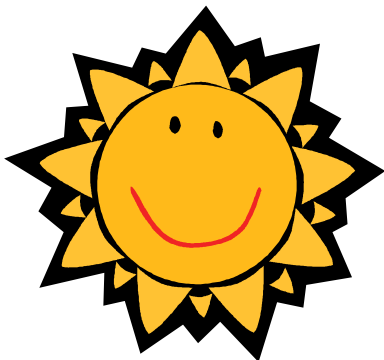


**THE WARREN COUNTY COMBINED HEALTH DISTRICT WILL BE CLOSED ON
MONDAY, JULY 5th.**



HEAT CAN BE HAZARDOUS TO YOUR HEALTH

As we move into the hotter months of the year, it is time again to consider the heat and the health effects it can have on you and your family. Any time the heat index is higher than 90 degrees you need to take precautions to prevent heat-related illnesses, such as heat exhaustion and heat stroke. Above normal temperatures present a serious health concern to all; however, at greater risk for heat-related illnesses are infants and children up to four years of age, people 65 years of age or older, people who are overweight, people with certain medical conditions such as heart disease, asthma, people participating in strenuous outdoor activities in hot weather, and those who consume alcohol. The body normally cools itself by sweat-



ing. With extremely hot conditions and high humidity, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Very high body temperatures can

lead to the development of damage to vital organs, such as the kidneys. The best defense in preventing heat-related illnesses is prevention. To prevent heat-related illnesses:

1. Dress appropriately for the heat. Wear light-weight, light-colored, loose fitting cloth-

ing. Wear a wide-brimmed hat or carry an umbrella.

2. Drink plenty of fluids. Take frequent water or juice breaks throughout the day even if you aren't thirsty. Avoid alcohol or caffeinated drinks which prevent the body from

cooling itself.

3.

When possible, stay in air-conditioned areas. Electric fans alone will not prevent heat-related illnesses. If air conditioning is unavailable, visit a shopping mall, library, or friend or family member who has air conditioning available.

4. Limit strenuous outdoor activities. Stay indoors as much as possible when temperatures rise. Limit outdoor activities to the coolest part of the day before 8 a.m. and after sunset.

5. Check on elderly relatives or neighbors daily.

6. Keep pets indoors and keep water bowls filled. Remember pets don't sweat, so they can easily become overheated when temperatures rise. When walking your dog, keep in mind the sidewalks and blacktops can burn the pads of their paws. Instead walk your dog in the grass or a dirt path. NEVER leave your pets in your car during hot, summer temperatures.

FOOD LICENSES 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 Health Department 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 \$30.00 per event for commercial, for-profit organizations and \$15.00 for non-commercial, non-profit organizations.



Each license is good for a single event, maximum 5 days in length, except for the County Fair where the license is good for the entire length of the fair.

An individual or organization are allowed to obtain up to 10 temporary licenses for 10 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 Health Department Office, 416 South East Street, Lebanon. The questionnaire and application are also on the Health Department Website at www.co.warren.oh.us/health/forms/34a.pdf. 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.

ATV Injuries to Children Increasing

Injuries from all-terrain vehicles (ATVs) are increasing, especially among children. Safe Kids Greater Dayton, the American Academy of Pediatrics and the American Academy of Orthopedic Surgeons warn parents that no child younger than 16 years should operate an ATV of any size—including youth ATVs. ATVs are difficult to operate and children do not have the emotional maturity and physical skills to drive or ride safely. Although children make up just 15% of ATV riders, they account for 27-40% of the 150,000 ATV injuries reported each year. They also compromise 28% of deaths from ATVs. Rollovers, collisions, and ejections involving ATVs can cause instant fatal head injuries as well as serious non fatal injuries to the head, spinal cord, and abdomen.

(Information from the *Growing Together* Newsletter from The Children's Medical Center of Dayton)