

Ready?

Planning and drilling for preparedness and response is constantly on Lorain County General Health District's agenda. The Katrina Relief efforts, County Fair and mass flu immunization clinics gave staff an opportunity to put preparedness skills and knowledge to use in a practical way.

Five Health District nurses traveled to New Orleans in February 2006 to help provide health services to residents displaced by Hurricane Katrina in late summer 2005. The nurses helped with triage, flu shots, clinic set-up and much more. New ideas and techniques for mass clinics were learned and skills already learned were put to the test while helping the survivors of the disaster.



Staff put their understanding of the incident command system and MARCS radio operations to test at the County Fair. In addition to the standard inspection of food service operations, the Health District staffed indoor and outdoor booths. The booths focused on Health District Services and how families can "Be Ready" for any emergency. Child immunizations and blood pressure checks were provided at scheduled times and hand sanitizer dispensers were installed and serviced in the animal barns.

For the past several years, the entire Health District staff has put incident command and preparedness drill skills to the test when providing mass flu clinics to the community; 2006 was no exception. On one day, the Health District staff with the assistance of a large group of volunteers provided mass flu clinics at 5 locations. Locations included Midview High School, Amherst Steele High School, Avon High School, Firelands Elementary School and the Lorain County JVS. On a separate evening, mass flu clinics were held at the North Ridgeville Middle School and the New Russia Township Hall.

Fortunately there have not been major "disasters" in the County, but Health District staff will continue to prepare and drill in case the situation should occur.

Power Outage and Food Safety

If the power is out for less than 2 hours, then the food in your refrigerator and freezer will be safe to consume. While the power is out, keep the refrigerator and freezer doors closed as much as possible to keep food cold longer. If the power is out for longer than 2 hours, follow the guidelines below:

- For the Freezer section: A freezer that is half full will hold food safely for up to 24 hours. A full freezer will hold food safely for 48 hours. Do not open the freezer door if you can avoid it.
- For the Refrigerated section: Pack milk, other dairy products, meat, fish, eggs, gravy, and spoilable leftovers into a cooler surrounded by ice. Inexpensive styrofoam coolers are fine for this purpose.
- Use a digital quick-response thermometer to check the temperature of your food right before you cook or eat it. Throw away any food that has a temperature of more than 40 degrees Fahrenheit.



For guidelines on refreezing food when the power comes back on, visit the Food Safety and Inspection Service's page on [Food Safety in an Emergency](#).

The following resources provide additional information on preparing for emergencies and determining if your food is safe after a power outage:

- [Food Safety After a Power Outage, American Red Cross](#)
Provides tips on safely storing your food and a chart to help you determine if your food is still safe.
- [Keeping Food Safe in an Emergency, United States Department of Agriculture](#)
Fact sheet and FAQs on food and water safety including guidance on when to discard perishable foods.
- [Being Prepared, American Red Cross](#)
Comprehensive site on preparing for emergencies including power outages.
- [Food Safety Office, CDC](#) - Comprehensive food safety information.

RETIRED 2006 Thank you all for your dedicated service! RETIRED 2006

Polly Struhaar, R.N., Public Health Nurse, retired January, 2006, after 27 years of service to Lorain County. During those years Polly held many positions including: Home Health Care Program Intake Nurse, Home Living Assistance Services Coordinator, Coordinated School Health facilitator, BCMH nurse, and school nurse.

John Keressi, Jr., Esq., retired August, 2006, after 15 years of service as Legal Council for the Health District. John worked out of the Assistant Prosecutor's office and assisted with the administration of personnel policies, environmental health policies and regulations; as well as other legal issues.

Natalie Dague, Accounts Specialist, retired May, 2006, Natalie served in several different roles over her 28 years with the Health District. She worked in Vital Statistics, as a receptionist, and as support staff for other programs. As an Accounts Specialist, she was responsible for payroll, accounts payable and grants management.

Amy Duell, R.N., Public Health Nurse, retired November, 2006, after 13 years of service to Lorain County. Amy's roles at the Health District included: Home Living Assistance Services Coordinator, school nurse, breast cancer outreach worker, home health care nurse, and Arthritis Program Facilitator.

"Dedication is not what others expect of you, it is what you can give to others."



Protecting Our Water

Water quality is an issue that is often taken for granted in the United States. However, protecting our water supply so that it is safe to drink requires much work on the part of many individuals and organizations, including the Lorain County Board of Health and the Lorain County General Health District environmental health staff and the Ohio Department of Health.

Among the threats to our water supply are home sewage systems that do not work correctly. The State of Ohio has worked for many months to update the Household Sewage Treatment System (HSTS) rules that became effective January 1, 2007. Existing systems are not directly affected unless they are failing and need to be replaced. The best thing a homeowner can do is to properly operate and maintain their current HSTS by routinely pumping it out and keeping any motors or pumps running. New home construction in non-sewered areas will be most affected. Detailed soil analysis will be required for each lot. New homes will be prohibited from draining straight to a ditch or stream. Replacement systems will follow an Ohio EPA permitting process which will include annual wastewater sampling and mandatory system maintenance. Annual operation permits will be required for all new systems.

The new rules also require that sewage system pumpers, installers and service providers be bonded. In addition, they are required to pass a written exam and complete yearly education and training. The Household Sewage Treatment System rules are an effort to improve the performance of sewage systems across Ohio, keeping our water safe and thus protecting public health and the environment. More information and the new rules can be viewed on our website at www.loraincountyhealth.com.

Movement for Every Body!

"We are what we repeatedly do." —Aristotle



There is good news for all Americans. Scientific evidence shows that physical activity done at a moderate-intensity level can produce health benefits (USDHHS, 1996). If people have been sedentary, they can improve their health and well-being with regular, moderate levels of activity each day.

Many Americans, for whom the term "exercise" brings up negative images and emotions, can celebrate the good news by setting a new personal goal; achieving and enjoying the benefits of a regularly active lifestyle that includes a variety of activities.

- Adults should engage in moderate-intensity physical activities for at least 30 minutes on 5 or more days of the week. - Centers for Disease Control and Prevention/American College of Sports Medicine
- Walking is a fun, easy, and affordable way to meet this goal. Try Lorain County Walks and take it one step at a time, literally! Go to www.loraincounty.com/walks for more information.
- The Health District is also involved in a 16 hour exercise program for persons with arthritis. For more information, call the Health District.

Remember it's never too late to start a more active lifestyle. No matter how old you are, how unfit you feel, or how long you've been inactive, research shows that adding physical activity into your daily life can make you healthier and improve your quality of life.

Health Education Statistics '06

Registered Lorain County Walks Participants: 2,945
Community & Professional Education Presentations/
Workshops/Displays: 165
Number of participants: 5,525
Topics include:

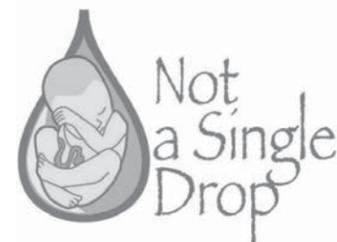
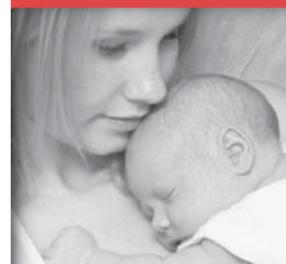
- Arthritis
- Food Safety
- Home Safety
- Lorain County Walks
- Child Passenger Safety
- Communicable Disease
- Breast Cancer Awareness
- Breast & Infant Feeding
- Lead Poisoning Prevention
- Coordinated School Health
- Fetal Alcohol Spectrum Disorder





Lorain County Safe Community Coalition
Conducted through the
Lorain County General Health District
Preventing Injury through Community Action
www.loraincountysafecommunity.com

DID YOU KNOW...



Fetal Alcohol Spectrum Disorder (FASD) is a 100% preventable birth defect. There is no time during pregnancy when it is safe to drink alcohol.

Crying Can't Hurt a Baby, But Shaking Can

Shaking a baby can lead to Shaken Baby Syndrome, a form of child abuse affecting between 1,200 and 1,600 children each year. About 25% to 30% of infant victims die from their injuries (National Center on Shaken Baby Syndrome 2005).

During 2006, the Health District worked together with the Lorain County Prosecutor's Office, the Lorain County Chiefs' Law Enforcement Association and Lorain County Community College to sponsor a continuing education seminar for **first responders and medical personnel**. The seminar focused on the recognition of signs of possible shaken baby syndrome and the improvement of documentation of possible shaken baby syndrome cases. Speakers for the seminar were Paul Matus, M. D., Lorain County Coroner and Lorain County General Health District Medical Director and Laura Swansinger, Assistant Prosecutor from the Lorain County Prosecutor's office.

A Shaken Baby awareness campaign was conducted at the Cobblestone Cinema to reach parents and caregivers of babies and small children regarding the serious consequences of shaking children. The public service announcement sponsored by the Health District and Prosecutor's office was shown on the screen at least 18,300 times.

Ohio Smoking Ban



Ohio voters passed Issue 5 on Nov. 7, 2006, creating Ohio's indoor smoking ban under a new chapter of the Ohio Revised Code (ORC) effective Dec. 7, 2006. This new law requires "public places" and "places of employment" prohibit smoking as of that date.

These businesses and organizations must also post "No Smoking" signs that contain the telephone # 1-866-559-OHIO (6446) for reporting violations. They must also remove ashtrays and other smoking receptacles.

10 Leading Causes of Death in Lorain County

Heart Disease	700	Unintentional Injury	83
Cancer (all sites)	654	Alzheimers	71
Chronic Lower Respiratory Diseases	160	Nephritis	46
Stroke	133	Hypertension	39
Diabetes	88	Septicemia	36

*2004 preliminary data ODH

"The victory is not always to the swift, but to those who keep moving."

FEEL BETTER, LOOK BETTER, DECREASE STRESS, INCREASE ENERGY & HAVE FUN
JOIN **LORAIN COUNTY WALKS!!** www.loraincounty.com/walks

Health Commissioner's Message...

The passage of the Public Health Law of 1893 determined that each Township, Village, and City were to be considered a separate health district. Each health district was to determine how it would organize and manage public health issues. The 1917 smallpox epidemic and the worldwide influenza epidemic of 1917-1918 clearly demonstrated that the above structure was inadequate to control communicable diseases.

The State Legislature recognized the problem and in April of 1919, Representative Hughes of Lorain introduced the legislation that recognized the need to restructure public health in Ohio. Senator J. N. Stone of Oberlin guided the bill known as the Hughes-Griswold Act through the legislature establishing local Health Districts.

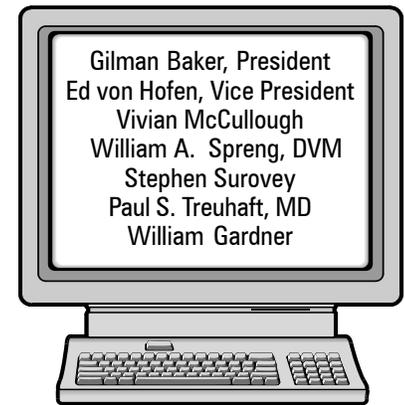
Many of the leading causes of premature death in the early 1900's were related to infectious and childhood diseases, poor sanitation and nutrition. Public Health agencies lead the efforts to eliminate or control these diseases and conditions to increase the life expectancy from 45 to over 76 years today. Researchers have credited 25 of these additional years of life expectancy to the prevention of diseases through safe food and water supplies, sanitation, nutrition, vaccines, and antibiotics. However, during the past century, the use of tobacco and other life style behaviors introduced additional chronic diseases and conditions to the point that Cancer and Heart diseases are the leading causes of death in the United States. The passage of the Smoke Free Ohio initiative in November was a large step on the part of the public to take control of second hand smoke, a major contributor to death and disability in Ohio and Lorain County.

The Lorain County General Health District continues to respond to the major public health problems of the past while developing the capacities to protect the public in the future. We realize that we could not function without the support and effort of the Health District residents. Currently, additional infectious diseases, such as Avian "Bird Flu" are threatening and emerging in our environment. The Lorain County General Health District will continue with your support to prepare and respond to these diseases. Please continue to support and help the Lorain County General Health District provide a strong public health system "For the Health of All of Us."

Kenneth G. Pearce, M.P.H., Health Commissioner



Lorain County Board of Health Members



Gilman Baker, President
Ed von Hofen, Vice President
Vivian McCullough
William A. Spreng, DVM
Stephen Surovey
Paul S. Treuhaft, MD
William Gardner

NURSING STATS 2006

Visits/assessments/screenings:

Senior Health Clinic	2,538
Child Health Clinic	619
Blood Pressure Clinic	1,142
Public Health Nursing	711
Children with Medical Handicaps	311
Newborn/Child	221
Fetal Alcohol Spectrum Disorder	37
School Nursing	3,124
Preschool	591
W.I.C. Certification & Recertification	13,636

Immunizations

Adult	1,743
Child	1,630
Flu	8,463

FINANCIALS 2006

Receipts

1. Taxes	\$2,345,665
2. Intergov't- Federal	\$911,020
3. Intergov't - State	\$571,907
4. Immunizations	\$135,054
5. Inspection fees	\$107,830
6. Other receipts	\$45,978
7. Other fees	\$243,635
8. Contractual Services	\$379,780
9. State Subsidy	\$40,936
10. Licenses	\$326,481
11. Refunds	\$110,954
12. BCMH	\$36,984
Total	\$5,256,224

Disbursements

1. Salaries/ Benefits	\$4,190,659
2. Travel	\$93,350
3. Office Supplies	\$43,511
4. Medical Supplies	\$197,980
5. Equipment	\$122,279
6. Contract Serv./Repair	\$265,667
7. Distribution to State	\$202,048
8. Other Expenditures	\$431,767
Total	\$5,547,261

COMMUNICABLE Diseases Stats '06

DISEASE	TOTAL
Campylobacter	18
Chlamydia	104
Cryptosporidiosis	5
E. Coli	2
Giardia	14
Gonorrhea	35
Hepatitis A	0
Hepatitis B	7
Hepatitis C	66
Legionnaire	4
Listeria	0
Lyme Disease	2
Meningitis (bacterial)	2
Meningitis (viral)	5
Pertussis	3
Salmonella	21
Shigella	2
Streptococcus, Group A	1
Streptococcus Pneumonia	10
Syphilis	9
West Nile Virus	0
Varicella	102

ENVIRONMENTAL Health Statistics 06

Public Sewage System Inspections	436
Public Sewage System Consultations	648
Household Sewage System Inspections	1,995
Household Sewage System Consultations	4,367
Household Sewage System Completed	195
Manufactured Home Park Inspections & Consultations	88
Camp & Park Inspections & Consultations	36
School Inspections & Consultations	166
Swimming Area Inspections & Consultations	312
Swimming Area Samples	23
Nuisance Inspections	255
Nuisance Consultations	676
Food Service Inspections	1,672
Food Service Consultations	1,134
Retail Food Inspections	459
Retail Food Consultations	277
Vending Machine Inspections	71
Vending Machine Consultations	46
Rabies Investigations	245
Public Water Inspections & Consultations	17
Public Water Samples	10
Household Water Inspections	25
Household Water Consultations	95
Household Water Samples	19
Solid Waste Inspections and Consultations	273

BIRTH & DEATH CERTIFICATES

- ✓ Call or visit the Lorain County General Health District
- ✓ Lorain County, except for the city of Lorain

Also available on-line @ www.vitalchek.com

- ✓ additional fee
- ✓ credit card only
- ✓ UPS Delivery

ELYRIA BIRTHS & DEATHS NOW AT COUNTY HEALTH DISTRICT

As of May 2006, births and deaths occurring in Elyria are recorded and filed at the County Health District. This change came as a result of the closing of the Elyria City Health District's Vital Statistics.

All Lorain County birth and death records except those occurring in the city of Lorain are now filed at the Lorain County General Health District.