

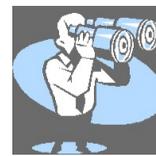


# The Englewood Health Watch

## El Observador de Salud de Englewood

a Newsletter Published by the Englewood Department of Health

Nelson Xavier Cruz, MS, MBA  
Director, Health Services / Health Officer



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#### Enjoy a Safe and Healthy Barbeque Season

Summer and fall are the most popular times for barbequing – a great way to enjoy food and cook it in a healthier way than frying. However, there are some dangers associated with cooking and eating outdoors. This article will introduce you to E. Coli, also known as Escherichia coli, ways to avoid an E. Coli infection, its symptoms and good management practices.

E. coli is a bacterium found in the gut of all warm-blooded animals, including humans. Most often, infectious E. Coli is associated with beef products, especially hamburgers. Steaks and other whole cuts of beef are generally considered safe to cook medium-rare unless they are pinned or injected with flavor. Whole cuts generally have the pathogenic bacteria, like E. Coli, on the outside of the meat. The danger comes when pinning, injecting and/or grinding is done to process meat, introducing the external bacteria into the inside as it pierces or grinds the muscle.

When barbequing, follow these simple guidelines to avoid an E. Coli infection, among other food-borne illnesses:

- \* Defrost meat in the fridge 24 hrs ahead of time or run under cold water to defrost - do not leave out at room temp to defrost as this promotes bacterial growth in the meat.
- \* Keep meat and cheese in the fridge or freezer until you are ready to cook it; only bring out what you plan to cook at that moment.
- \* Use one plate for the uncooked meat and another for the cooked meat
- \* Any time you touch an uncooked burger, wash your hands before touching anything else that is cooking/cooked
- \* Use separate utensils to handle raw and cooked meats
- \* Purchase a thin-probed thermometer so you can monitor the temperature of the meats
- \* Cook ALL burgers being served to children and seniors to 155°F; only then is the beef burger “well done”
- \* If food is being left out, throw it out after 2 hours

**Symptoms:** E. Coli infection symptoms are normally the following: within 1-6 days the person will get severe stomach cramping and tenderness, diarrhea that starts out watery but becomes bloody over time, and nausea and vomiting. These symptoms usually disappear in healthy adolescents and adults in a week's time. However, symptoms may persist for 2-14 days accompanied by bloody diarrhea. This can lead to kidney failure, known as HUS (Hemolytic Uremic Syndrome) and is especially dangerous and even fatal in children and the elderly.

E. coli is very preventable if you take the proper steps. Make sure to defrost meat properly and keep it cold until it is time to cook it. Be mindful of cross contamination from utensils, hands, plates, etc. Be aware of hand washing; wash after touching raw meat and before handling utensils and cooked product. Take temperatures of the meat just after it's been taken off the grill to make sure it was cooked to 155° at the center; this kills the E. coli bacteria. Finally, if food is left out at room temperature, throw it out after 2 hours to ensure your and your guests' safety. If symptoms do arise, contact your physician, especially if they are noticed in children, as more serious complications may occur.

If you follow these simple tips, your family and friends will have a happy, healthy and safe barbeque season. Enjoy!

#### National Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

- \* Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.
- \* Hispanic women have fewer mammograms than Caucasian women and African American women.
- \* Women below poverty level are less likely to have had a mammogram within the past two years than women at higher incomes.
- \* Mammography use has increased for all groups except American Indians and Alaska Natives.

For more information about NBCAM, please visit [www.nbcam.org](http://www.nbcam.org). For additional information, please call: American Cancer Society, (800) 227-2345, National Cancer Institute (NCI), (800) 4-CANCER, Y-ME National Breast Cancer Organization, (800) 221-2141.

#### NJ Influenza Vaccine Mandate: 8:57-4.19

**Purpose:** To establish minimum requirements for attendance in NJ schools that protects each individual child and promotes herd immunity.

**Applicability:** Children ages 6 through 59 months of age attending any licensed child-care center or preschool facility on or after September 1, 2008 shall annually receive at least one dose of influenza vaccine between September 1 and December 31 of each year.

**Why Require Flu Vaccine?** Influenza continues to be a significant cause of vaccine-preventable death in children. School aged children are the age group most likely to contract and spread influenza. Children play a significant role in transmitting influenza to family members and classmates.

The State plans to enforce the **December 31, 2009 deadline** by excluding all unvaccinated children from daycare/preschool until the end of the flu season March 31, 2010.

Resources: Montana, B. (2009, July 13). Vaccine Preventable Diseases: Evidence and Strategies to Protect Our Communities. PowerPoint lecture presented in the Conference Center, University Hall, 7th floor, Montclair State University campus.

[http://www.state.nj.us/health/cd/documents/vaccine\\_qa.pdf](http://www.state.nj.us/health/cd/documents/vaccine_qa.pdf)

#### Celiac Disease

Celiac disease, also known as sprue or gluten-sensitive enteropathy, is a digestive and autoimmune condition. The disease is triggered by the consumption of the protein gluten found in some grains like wheat, barley, and rye. The lining of the small intestine is made of tiny, hair-like projections called villi that absorb vitamins, minerals, and other nutrients from the food we eat.

The role of the immune system is to protect the body from foreign entities. When people with the disease consume foods containing gluten, the immune system forms antibodies to gluten that attack the lining of the small intestine. The villi are damaged and the person cannot absorb nutrients (malabsorption) and become malnourished. Many organs, such as liver, bones,

brain, are deprived of vital nourishment which leads to other illnesses and stunted growth in children.

### Causes of Celiac Disease

The exact cause is unknown. It is often inherited. The disease sometimes emerges after trauma, infection, physical injury, pregnancy, severe stress or surgery.

### Symptoms

Digestive: intermittent diarrhea, abdominal bloating, pain, gas, foul-smelling pale stools, weight loss.

General: skin rash, anemia, osteoporosis, stunted growth in children, joint and bone pain, seizures, nerve damage (tingling sensations in the legs), sores in the mouth, irregular menstrual periods.

### Treatment

There is no cure. The disease is managed through changes in the diet. Once gluten is removed, the inflammation of the small intestine will subside and he/she may start feeling better in just a few days. Vitamins and mineral supplements are recommended to correct those deficiencies. However, complete healing may take several months.

Avoiding gluten is essential. That means all the foods or ingredients made with wheat, barley, and rye. Buckwheat and quinoa are gluten free, but they may be cross-contaminated during harvesting and processing. Many foods are allowed in a gluten-free diet: meats, fish, poultry, fruits, vegetables, rice, potatoes, gluten-free flours (rice, corn, soy, potato).

### Prevention/Coping

- \* Read food labels. Call the manufacturer if you cannot tell that a food contains gluten.
- \* Do not be afraid to eat out: select places that specialized in the kind of foods you can eat and be a repeat customer.
- \* Seek out others with celiac disease. Join a support group.
- \* Seek guidance: talk to a dietitian, a health care professional who specializes in food and nutrition.

### A special thanks to all the participants in GET FIT ENGLEWOOD!

GFE's 2008 third place winner, Geneva Warrick, returned to take 1<sup>st</sup> Place by walking 38,612 steps. Beverly Johnson also returned this year, and claimed 2<sup>nd</sup> Place with 20,397 steps. Newcomer Leila Cunningham took 3<sup>rd</sup> Place by walking 19,676 steps.

Congratulations to each of them, and to those who helped make our program a success.

### Teenage Pregnancy and Substance Abuse

According to the CDC, Alcohol use by teens is a major public health problem. Alcohol is the most commonly used and abused drug among youth in the United States. Although drinking under the age of 21 is illegal, people aged 12 to 20 years old drink 20% of all alcohol consumed in the United States. More than 90% of this consumption occurs during binge drinking. On average, underage drinkers consume more drinks per drinking occasion than adult drinkers. In 2005, there were more than 145,000 emergency room visits by youth 12 to 20 years of age for injuries and other conditions linked to alcohol.

Today, teen mothers are less likely to complete high school and are, therefore, more likely to live in poverty. Reasons for this stem from lack of career opportunities due to failure to complete high school and the time constraints levied on them from premature parenthood. Incidences of teen pregnancy increase while under the influence of drugs and alcohol.

Pregnant teens aged 15-19 years are less likely to receive prenatal care and gain the appropriate weight, causing low birth weight, premature birth, mental retardation, blindness, deafness, or bleeding in the brain of the baby. Teen mothers are more likely to smoke and drink during pregnancy than pregnant women aged 20 years or older.

According to CDC, a total of 435,427 infants in 2006 were born to mothers aged 15-19 years, a birth rate of 41.9 live births per 1,000 women in this age group. More than 80% of these births were unintended, meaning they occurred sooner than desired or were not wanted at all. The rate was 83 among Hispanics (twice the overall rate), 63.7 among non-Hispanic blacks (although blacks have a slightly higher teen pregnancy rate than Hispanics), 54.7 among American Indian or Alaska Natives, and 26.6 among non-Hispanic whites.

Major disparities exist in pregnancy, birth, sexually transmitted diseases (STDs), and HIV. Among females aged 13-24, the main route of HIV/AIDS transmission is through heterosexual contact in 85% of cases. It is the responsibility of the Reach and Teach Youth Health Educator to reach out to teens and provide them with the appropriate resources about the effects of underage drinking on their bodies, social life, career opportunities, financial future, and personal goals. Understanding the risks involved in having sex while under the influence of drugs and/or alcohol is also one step in the prevention of teen pregnancy.

The Department of Health is dedicated to producing a quality newsletter with information that is timely and valuable to our readers, in English and Spanish. To this end, we have decided to publish this newsletter on a quarterly basis, in an effort to contain our costs and to continue to provide the same quality. We are, again, asking for YOUR help. If you have computer access, and can view our newsletter either on our web site or receive it personally via email, we urge you to do so. A response form has been provided below **IF YOU WISH TO CONTINUE TO RECEIVE THIS NEWSLETTER BY MAIL ONLY**. Otherwise, we ask that you contact our newsletter coordinator at [dgreene@cityofenglewood.org](mailto:dgreene@cityofenglewood.org) to be added to the email list, or simply visit our web site at [www.cityofenglewood.org/health.html](http://www.cityofenglewood.org/health.html) **PAPER COPIES WILL BE MADE AVAILABLE at City Hall and the Library.**

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