



# The Englewood Health Watch El Observador de Salud de Englewood

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### National Hunger Awareness Day: June 5th

In many ways, America is the land of plenty, but for 1 in 6 Americans, hunger is a reality. Many people believe that the problems associated with hunger are confined to small pockets of society, certain areas of the country, or certain neighborhoods, but the reality is much different. Right now, millions of Americans are struggling with hunger. We all know or are in contact with people affected by hunger, even though we might not be aware of it. These are often hard-working adults, children and seniors who simply cannot make ends meet and are forced to go without food for several meals, or even days. Most of us simply have no idea. It's time to educate ourselves about the causes of hunger in America.

<http://feedingamerica.org/faces-of-hunger/hunger-101.aspx>

#### *The Working-Poor*

One of the most common misconceptions is the assumption that if someone is hungry, that means they do not have a job and are living on the streets. What most people don't understand is that anyone can experience hunger. It is a silent epidemic that affects more than 49 million Americans.

According to the US Census Bureau, in 2008, 19 million people lived in working-poor families. This translates into nearly 9% of all American families living below 100 % of poverty have at least one family member working. <http://feedingamerica.org/faces-of-hunger/hunger-101/working-poor.aspx>

#### *How we can make a Difference*

One of the most important ways you can get involved is by joining programs, such as Feeding America, and becoming a hunger relief advocate. Advocates are crucial to the fight against hunger. They communicate with their friends, social contacts and legislators about hunger issues and the need for a solution to hunger. Advocates help achieve effective actions and bring about true change.

### August is National Immunization Awareness Month

Immunization is critical to maintaining health and preventing life-threatening diseases among people of all ages and cultures throughout the US. Each year in the US, tens of thousands of people die because of vaccine-preventable diseases or their complications, and even more experience pain, suffering and disability.

This month calls attention to the importance of infant, child, adolescent and adult immunization and seeks to reduce disparities in vaccine use while maintaining public trust in its value and safety. National Immunization Awareness Month promotional materials are available. For info: Centers for Disease Control and Prevention, 1600 Clifton Rd, Atlanta, GA 30333.

Phone: (800) CDC-INFO.

Web: [www.cdc.gov/vaccines/events/niam/default.htm](http://www.cdc.gov/vaccines/events/niam/default.htm)

### High Blood Pressure and Stroke

Blood pressure is determined by the amount of blood the heart pumps and the resistance to blood flow in the arteries. **High blood pressure** may go unsuspected/asymptomatic for years; that is why it is often called the "silent killer". Uncontrolled high blood pressure may lead to heart attack and stroke. Currently, 74.5 million Americans live with high blood pressure.

#### *Symptoms*

Most people have no signs or symptoms even if the pressure readings are very high. Symptoms usually translate to dull headaches, dizzy spells, anxiety, palpitation, and some people may complain of nosebleeds.

#### *Causes*

**Primary (90% to 95%):** There is no identified cause. It is called essential hypertension.

**Secondary (5% to 10%):** It has many different causes: kidney abnormalities, tumor of the adrenal gland, pregnancy, heart defects, etc. It can also be a side effect of medications: birth control pills, cold remedies, decongestants, over-the-counter pain relievers, prescription drugs, illegal drugs, and amphetamines.

#### *Risk Factors*

**Age:** men over 45 and women over 55 - risk increases with age

**Race:** African Americans have the highest prevalence

**Family history:** high blood pressure runs in families

**Obesity:** people with a BMI of 30.0 or more have a higher risk

**Lack of physical activity:** increases the risk of being overweight

**High salt intake:** causes the body to retain water

**Drinking too much alcohol:** causes the body to release hormones that increase blood flow and heart rate and thus causing a rise in blood pressure

**Smoking:** chemicals in tobacco damage the lining of the artery walls and cause them to narrow, increasing the blood pressure

**Stress:** can cause an increase in food intake, tobacco use, and alcohol consumption

#### *Complications*

Hardening and thickening of the arteries (atherosclerosis), aneurysm (weakening and bulging of blood vessels), heart failure (thickening of the heart muscle), trouble with memory and understanding, and stroke.

**Stroke** is an interruption of the blood supply to a part of the brain which deprives the brain tissue of oxygen and nutrients. It is a medical emergency, and prompt treatment is crucial to minimize damage and potential complications.

The symptoms are very alarming: trouble with walking, speaking, and seeing; paralysis or numbness on one side of the body, sudden and severe headache.

Stroke usually gives no warning. However, one possible sign is a transient ischemic attack (TIA), which is a temporary interruption of the blood flow to a part of the brain. The signs and symptoms are the same as for a stroke, but they last a shorter period of time, minutes up to 24 hours, and then disappear.

Prevention is the best of remedies for both high blood pressure and stroke. Knowing your family history, your risk factors, and adopting a healthier lifestyle are best steps to prevent these diseases.

Source: CDC & MayoClinic

### ESPECIALLY FOR RETAIL FOOD ESTABLISHMENTS

#### How to Chill Out this Summer

Spring is already here and, before you know it, summer is right around the corner. This means fun in the sun, and high temperatures. This is the best season for picnics, barbecues and family get-togethers outside. Making sure your

refrigeration systems are operating sufficiently is more important now than ever.

There are a number of different things that can contribute to someone acquiring a food borne illness. Hand washing, safe cooking temperatures, cold and hot holding temperatures, proper methods of reheating and cooling are risk factors that, if performed and practiced improperly, are the most common factors resulting in food borne illness and are stressed during routine retail food establishment inspections.

Remember that cold foods must be held at 41 ° F or below. Proper refrigeration is very important in the prevention of food borne illness. Here are some helpful hints on how to keep food cold and electric bills low:

- \* Keep condenser housings, coils, and condensers free of dust accumulation in order to ensure optimum operating efficiency.
- \* Check door gaskets for flexibility and proper fitting. Remember, any gasket which is cracked or stiff should be replaced. Gaskets should make firm contact around the entire perimeter of the door. The purpose of gaskets is to insulate the unit so that the cold air stays in and the warm air stays out.
- \* Have an accurate thermometer for each refrigerator and freezer. Make sure these are checked daily to ensure that refrigerators are kept at 41 ° F or below, and freezers are kept at 0 ° F or below.
- \* Do not overstock shelves or line them with paper cardboard. This creates uneven cooling in the unit.
- \* Have the units serviced on a regular basis (if needed).

Remember that routine maintenance performed now can save you hundreds of dollars in costly repairs and wasted energy in the future. Summer is a great time of year, so enjoy it but remember: chill out.

### **Planning a special event for family and friends or for the residents of Englewood?**

If the sale of food is part of your plans, a temporary food license is required Health Department. Many foods that are prepared require that one of our inspectors perform an on-site inspection and approve the temporary license. Please remember that at least five days' notice is required for all temporary food license applications.

### **2010 Biannual Pet Census**

Starting June 10th, the Englewood Health Department will be conducting a State-mandated pet census. This entails workers going door-to-door throughout all four wards of the City collecting information regarding residents' ownership of dogs and cats. State and local law requires that all cats and dogs, seven months and older, be vaccinated against rabies and licensed within the municipality where they live. Proper licensing and vaccinating helps to prevent the spread of rabies, a lethal viral disease. For more information please contact Matt Traudt, Public Health Investigator, at (201)871-6517

### **June Is Men's Health Month**

Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Alarming statistics show that men's health is at great risk. On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis. Research shows that:

- \* Men do not see physicians for a physical exam nearly as often as women
- \* Men are dying of the top causes of death at higher rates than women
- \* Men are more likely to be uninsured than women
- \* Approximately 30,000 men in the U.S. die each year from prostate cancer

Many men avoid going to the doctor. Maybe you're not comfortable talking about your health concerns, or maybe you feel okay and simply don't see a reason to see your doctor. But, if you are a man, it is important for you to

make preventative visits to your doctor. Celebrate Men's Health Month by scheduling a yearly check up with your physician today!

### **Swimming Pool Safety and Small Children**

Every year, about 260 children under the age of 5 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 can avoid the tragedy of a child drowning:

- \* *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.*
- \* *If you leave the pool area, take the child with you.*
- \* *Always have a "designated child watcher".*
- \* *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 too. Have a safe summer season, and let's keep those children safe around the backyard pool.

### **Take Precaution When Using Insect Repellents**

The Englewood Health Department recommends the following precautions when using insect repellents to protect yourself and your children from mosquitoes and ticks:

- \* *Apply repellents only to exposed skin and/or clothing as directed on the product label. Do not use under clothing.*
- \* *Never use repellents over cuts, wounds or irritated skin.*
- \* *Do not apply to eyes or mouth, and apply sparingly around ears. When using sprays, do not spray directly on face. Spray on hands first, and then apply to face.*
- \* *Do not allow children to handle the product. When using on children, apply to your own hands first, and then put it on the child. You may not want to apply to children's hands.*
- \* *Use just enough repellent to cover exposed skin and/or clothing. Heavy application and saturation are generally unnecessary for effectiveness. If biting insects do not respond to a thin film of repellent, then apply a bit more.*
- \* *After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Also, wash treated clothing before wearing again. This precaution may vary with different repellents, so check the label.*

If you or your child gets a rash or other bad reaction from an insect repellent, stop using it, wash the repellent off with mild soap and water, and call a local poison control center for further guidance. If you go to the doctor because of the repellent, take the repellent with you to show the doctor.

It should also be noted that the label for products containing oil of lemon eucalyptus specifies that they should not be used on children under the age of three years. Other than the precautions above, the Englewood Health Department does not recommend any additional precautions for using repellents on children or on pregnant or lactating women.

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