

JUNE 2016

CATAWBA
COUNTY Public
Health

PUBLIC Health

MONTHLY UPDATE

**What
to do
about
rabies**

PAGE 4

**Men's
health
hits
home**

PAGE 3

**Market
hits new
records**

PAGE 2

Read more about
what we're doing
online





Market growth

Three weeks are now in the books for the annual Public Health Farmers Market. So far, attendance has been higher than ever before.

WEEK THREE RECAP

- » 324 customers
- » 6 farmers
- » \$996 in WIC vouchers redeemed

WEEK TWO RECAP

- » 405 customers (200 in the first hour)
- » 5 farmers
- » \$1,356 in WIC vouchers redeemed (new record high)

WEEK ONE RECAP

- » 241 customers
- » 3 farmers
- » \$576 in WIC vouchers redeemed



ONLINE

See more photos from the farmers market on Facebook at <https://www.facebook.com/catawbacountypublichealth/>



CATCHING ON

In our first week of survey results, market-goers cited coming before, roadside signs, WIC clinic, word of mouth and the new farmers market flyer, driving by, and social media as their top ways of finding out about the market.

Men's health often overlooked

June is a great month to take a look at health issues that affect men in our community. The month is National Men's Health Month and includes National Men's Health Week from June 13-19.

Men's health is of special concern because, according to Medline, part of the National Institutes of Health, men are more likely to smoke, drink, make risky and unhealthy choices, and put off regular medical care. That puts men at a higher risk for developing serious chronic conditions.

Heart disease, cancer, injuries, stroke, chronic lower respiratory disease and suicide are the top causes of death for men, according to the Centers for Disease Control and Prevention. In many cases, these problems are preventable. For men interested in improving their overall health and reducing their chances of developing chronic conditions, there are some basic steps you can take:

- » Adopt a healthier diet with more fruits and vegetables
- » Move more
- » Eliminate tobacco products
- » Get enough sleep
- » Manage stress and seek treatment for depression
- » Protect your skin
- » Complete preventive screenings

Cancer is a big concern for some men. Every year, cancer claims the lives of more than 300,000 men in the United States, according to the CDC. The most common kinds of cancer among men in the U.S.

are skin cancer, prostate cancer, lung cancer and colorectal cancer. Prostate cancer is typically slow growing and may not cause problems for patients. According to the CDC, 26,866 men died from colorectal cancer, which can be detected in screenings that begin at age 50. Testicular cancer can affect males of any age, although about half of cases are in young men between the ages of 20 and 34.

In addition to screenings for colorectal cancer and self-exams for testicular cancer, the human papillomavirus (HPV) vaccine can also help prevent anal cancer and genital warts for boys and young men. The vaccine can be given between the ages of 11 and 26, according to the CDC. The HPV vaccine is available at Catawba County Public Health. Call 828-695-5800 to make an appointment.

Another problem that can affect men of all ages is the effect of sexually transmitted infections (often called STDs). This can include the big ones, HIV and AIDS, along with hepatitis, chlamydia, gonorrhea, syphilis, herpes and more. Men have a choice of a urine screen for gonorrhea and chlamydia for \$43, or can opt for the standard swab method, which is free at Catawba County Public Health. All tests are confidential. If results come back positive, treatment is also provided. To make an appointment for testing, call 828-695-4445.



Schools take home health honors

A total of 37 elementary, middle and high schools from Catawba County are being recognized for creating healthy environments through Catawba County Public Health's Healthy Schools Recognition Program.

Although the Healthy Schools Recognition Program has been in place for six years, this is the first time schools had the opportunity to reach more strenuous achievement goals through the program. This year, there were three recognition tiers – 18 schools met first-tier requirements, five reached the second tier, and 14 took home top health honors. All total, there were five more schools that met goals this year over last.

"Schools were striving to continue the healthy climate and were encouraged to do extra things to go above and beyond," said Jennifer Lindsay, School Health Supervisor for Catawba County Public Health. "Many schools rose to the challenge and worked toward adding more active time and offering more healthy food and drink options inside the school and at school events."

The Healthy Schools Recognition Program has helped support healthier school environments for students in public and private schools across the county. Coordinated by Catawba County Public Health's School Health nurses, the program encourages healthy nutrition and physical activity policies that help create healthier environments in schools. Public and private schools serving students in kindergarten through 12th grade are invited to participate on a voluntary basis. Participating schools receive technical assistance throughout the year and are evaluated annually.

To earn the Healthy Schools designation, schools were required to have a School Wellness Council and serve fresh fruits and vegetables at least three times per week at lunch, as well as offer water in the cafeteria for

students to drink. All K-8th-grade schools provided opportunities for 30 minutes of physical activity each day, and fundraisers tried to avoid non-healthy foods. Vending, store and concession areas provided healthy options lower in fat, salt and sugar at these schools.

Eighteen schools were able to complete these tasks to earn the Healthy Schools designation: Newton-Conover High, Discovery High, North Newton Elementary, South Newton Elementary/ACT, Oakwood



Elementary, Longview Elementary, Hickory Career and Arts Magnet, Blackburn Elementary, Bunker Hill High, Challenger High, Fred T. Foard High, Maiden Middle, Maiden High, Webb A. Murray Elementary, Snow Creek Elementary, St. Stephens High, Startown Elementary and Montessori at Sandy Ford.

Five schools, Oxford Elementary, Mountain View Elementary, Ca-

tawba Elementary, Northview Middle and Viewmont Elementary, all met second-tier requirements. These schools offered additional physical activity opportunities and avoided unhealthy foods in fundraisers. The schools' vending, store and concession areas provided healthy options lower in fat, salt and sugar.

Fourteen schools, Shuford Elementary, Jenkins Elementary, Southwest Elementary, Grandview Middle, Hickory High School, Balls Creek Elementary, Banoak Elementary, Claremont Elementary, Clyde Campbell Elementary, Lyle Creek Elementary, Maiden Elementary, Sherrills Ford Elementary, St. Stephens Elementary and Tuttle Elementary, all earned the highest level of Healthy Schools designation. On top of meeting goals for the other designation levels, these schools encouraged physical activity outside of the normal school day, and met stricter recommendations for avoiding unhealthy foods in fundraisers, and vending, store and concession areas and provided additional healthy options lower in fat, salt and sugar.

RABIES

Controlling human risk

Rabies can be spread through a variety of mammals. Some might be surprising.



MAIDEN – This month, Catawba County Animal Services declared a late May fox attack as 2016’s first confirmed case of rabies in the county. A fox bit the legs of a child at a family picnic, then ran off when the family began screaming. It began to circle back, and a family member killed the fox. The remains were sent to the N.C. Public Health Laboratory in Raleigh, where it tested it positive for rabies.

A goal of public health is to control the human risk of exposure and offer prophylaxis to people who have potentially been exposed to the deadly virus, which attacks the nervous system of its victims.



After a bite, wash the wound with soap and water for 15 minutes.

Call Catawba County

Animal Services at

828-465-8228. If

after hours, call 911

and ask for animal

control.



Go to the emergency room for evaluation.

A communicable disease nurse from Catawba County Public Health will contact you to keep you informed.

Can an exposed person be treated?

YES. If a person may have been exposed to rabies, a treatment called PEP (post-exposure rabies prophylaxis) will be recommended. It consists of a series of shots over a period of time. **FOR HUMANS**, symptoms develop 3-8 weeks after exposure. Once they start, the disease is usually fatal.



Preventing exposure

Rabies is spread when an infected animal’s saliva or nervous system tissue comes in contact with a break in the skin. An example of this would be through a bite.

HOW TO PREVENT BITES

- » Make sure your pets’ rabies vaccination is up to date. It’s the law for owners of cats, dogs and ferrets.
- » Don’t let your pets interact with stray or wild animals.
- » Don’t interact with wild animals by feeding or handling them.
- » Prevent wild animals from entering your home.
- » Teach children about rabies at www.cdc.gov/rabiesandkids/.

SYMPTOMS IN ANIMALS

- » Loss of appetite
- » Irritability and unusual aggression, lack of fear and restlessness
- » Dilated pupils
- » Seizures, trembling and unsteadiness
- » Difficulty swallowing, drooling or foaming at the mouth

Go to www.catawbacountync.gov/animal/rabies.asp for local information
Find out more at www.cdc.gov/rabies/

HAVE YOU SEEN A BAT INDOORS? If you woke up with a bat in your room or suspect you have been bitten, contact Animal Services and your medical provider. Take the same precautions if you see a bat in a room with a child, or with an elderly, mentally impaired or intoxicated person. Bats’ small teeth can make a bite difficult to spot. It can even be mistaken for pin pricks or a scratch.