

Healthy Otsego

Otsego County
Health Department
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September is National Fruit and Veggie – More Matters Month

10 Ways to Fit Fruits and Vegetables into Your Budget
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Fruits and vegetables can fit into any budget. With careful planning, smart shopping, proper storage and quick, easy food preparation techniques, family meals can always include fruits and vegetables. Don't throw that leftover corn on the cob away. Instead, cut it off the cob and use it in making your next vegetable stir fry or have it for lunch tomorrow. Leftover vegetables also make great snacks. These are just several ways to use vegetables to stretch your food dollar in these tight times.

Here are some tips for adding more fruits and veggies into your meals:

1. Look for the many bargains in the produce sections of the grocery as well as in the canned, frozen and juice aisles. Check for specials on fresh, frozen, canned or dried fruit and vegetables in local store ads.
2. Consider in-season produce that may be less expensive. Shop at local farmer's markets or at local grocery stores.
3. Buy whole fruits and vegetables instead of pre-cut or pre-packaged forms which tend to be more expensive. You can then cut and bag what you need yourself saving money.
4. Store fresh produce properly as soon as you get home from shopping. Careful storage saves nutrients and minimizes waste.
5. Try switching less expensive vegetables with meat in your recipes. Serve "vegetable stew with beef" instead of "beef stew with vegetables."
6. Stock up on frozen, canned, dried and 100% juice when they are on sale. These are healthy options to fresh produce with a longer shelf life.
7. Plan for leftovers. Use leftover fruits and vegetables at other meals or in casseroles, sauces and soups. Freeze them for use later.
8. Learn basic food math. Taking time to make a food budget before grocery shopping can make food buying easier. Simple food math can help you decide if the watermelon or the bunch of grapes is a better buy. Use the "unit pricing" when comparing different sizes.

...See **"Fruit and Veggies"** continued on page 4

The mission of the Otsego County Health Department is to work in partnership with the community to improve and protect the health and well-being of all residents of Otsego County through health education, disease control and prevention, and public health preparedness.

"A Time to Remember. A Time to Prepare"

Did you know that...

- September is National Preparedness Month
- September 2011 marks the tenth anniversary of the 9/11 terrorism attacks
- Preparedness is an individual responsibility and that we all need to be as self-reliant as possible.

A Time to Remember

A disaster can occur at any time, in any community and without warning. One of the best possible ways to honor the memory of those whose lives were lost on 9/11 is to ensure that we as individuals, families, and communities prepare ourselves to respond and recover from all types of emergencies.

A Time to Prepare

Being prepared for all types of emergencies is crucial. We could be faced with a natural disaster, disease outbreak, or an act of terrorism. Your personal preparedness and your response as local citizens are essential to saving lives and recovering from such events.

It is important to prepare now! Don't Wait! Act Now! Families may not be together when an emergency happens and you may not have access to cell phone, gas stations, grocery stores, electricity or other things that you are used to having day to day.

What can you do? Join us in 4 simple steps!

Get a kit-Include basic supplies (food, water, cash, first aid kit, radio, flashlight, blankets, clothes, hygiene supplies...) and unique needs (prescriptions, formula, diapers, toys, assistive devices/batteries, medical records, picture of pet, pet collar, ID tag, leash/harness, pet crate) for your family and pets for three days.

Prepare at least two kits: one for home; a smaller portable kit to take with you if you have to leave; and if possible, kits for your office or car

Make a plan-Develop and practice your plan. Determine evacuation routes and safe rooms when evacuation is inappropriate. Out-of-Town Contact – In an emergency it might be easier to make a phone call out of town; designate a contact out-of-town to relay information for your family. Meeting Places – Choose two places to meet: one in the neighborhood; one outside the neighborhood

...See **"A Time to Remember"** continued on page 2

Head Lice

What are head lice and where are they most commonly found?

The head louse is a parasitic insect. Head lice and head lice nits are found almost exclusively on the scalp, particularly around and behind the ears and near the neckline at the back of the head. Head lice or head lice nits sometimes are found on the eyelashes or eyebrows but this is uncommon. Head lice hold tightly to hair with hook-like claws at the end of each of their six legs. Head lice nits are cemented firmly to the hair shaft and can be difficult to remove even after the nymphs hatch and empty casings remain.

What do head lice look like?

Head lice have three forms: the egg (also called a nit), the nymph, and the adult.

Egg/Nit: Nits are lice eggs laid by the adult female head louse at the base of the hair shaft nearest the scalp. Nits are firmly attached to the hair shaft and are oval-shaped and very small (about the size of a knot in thread) and hard to see. Nits often appear yellow or white although live nits sometimes appear to be the same color as the hair of the infested person. Nits are often confused with dandruff, scabs, or hair spray droplets. Head lice nits usually take about 8-9 days to hatch. Eggs that are likely to hatch are usually located no more than ¼ inch from the base of the hair shaft. Nits located further than ¼ inch from the base of hair shaft may very well be already hatched, non-viable nits, or empty nits or casings. This is difficult to distinguish with the naked eye.



Nymph: A nymph is an immature louse that hatches from the nit. A nymph looks like an adult head louse, but is smaller. To live, a nymph must feed on blood. Nymphs mature into adults about 9-12 days after hatching from the nit.



Adult: The fully grown and developed adult louse is about the size of a sesame seed, has six legs, and is tan to grayish-white in color. Adult head lice may look darker in persons with dark hair than in persons with light hair. To survive, adult head lice must feed on blood. An adult head louse can live about 30 days on a person's head but will die within one or two days if it falls off a person. Adult female head lice are usually larger than males.



What are the signs and symptoms of head lice infestation?

- Tickling feeling of something moving in the hair.
- Itching, caused by an allergic reaction to the bites of the head louse.
- Irritability and difficulty sleeping; head lice are most active in the dark.
- Sores on the head caused by scratching. These sores can sometimes become infected with bacteria found on the person's skin.

...See "Head Lice" continued on next column

Who is at risk for getting head lice?

Head-to-head contact with an already infested person is the most common way to get head lice. Head-to-head contact is common during play at school, at home, and elsewhere (sports activities, playground, slumber parties, camp). Head lice can be spread by sharing clothing or belongings. This happens when lice crawl, or nits attached to shed hair hatch, and get on the shared clothing or belongings. Examples include: sharing clothing (hats, scarves, coats, sports uniforms) or articles (hair ribbons, barrettes, combs, brushes, towels, stuffed animals) recently worn or used by an infested person; or lying on a bed, couch, pillow, or carpet that has recently been in contact with an infested person. Dogs, cats, and other pets do not play a role in the spread of head lice.

How is head lice infestation diagnosed?

The diagnosis of a head lice infestation is best made by finding a live nymph or adult louse on the scalp or hair of a person. Because nymphs and adult lice are very small, move quickly, and avoid light, they can be difficult to find. Use of a magnifying lens and a fine-toothed comb may be helpful to find live lice. If crawling lice are not seen, finding nits firmly attached within a ¼ inch of base of the hair shafts strongly suggests, but does not confirm, that a person is infested and should be treated. Nits that are attached more than ¼ inch from the base of the hair shaft are almost always dead or already hatched. Nits are often confused with other things found in the hair such as dandruff, hair spray droplets, and dirt particles. If no live nymphs or adult lice are seen, and the only nits found are more than ¼-inch from the scalp, the infestation is probably old and no longer active and does not need to be treated. If you are not sure if a person has head lice, the diagnosis should be made by their health care provider.

How is head lice infestation treated?

Treat the infested person(s) requires using an over-the-counter (OTC) or prescription medication. Follow these treatment steps:

1. Before applying treatment, it may be helpful to remove clothing that can become wet or stained during treatment.
2. Apply lice medicine, also called pediculicide, according to the instructions contained in the box or printed on the label. If the infested person has very long hair (longer than shoulder length), it may be necessary to use a second bottle. Pay special attention to instructions on the label or in the box regarding how long the medication should be left on the hair and how it should be washed out.

WARNING:

1. Do not use a combination shampoo/conditioner, or conditioner before using lice medicine. Do not re-wash the hair for 1-2 days after the lice medicine is removed.

Source: Centers for Disease Control and Prevention

...continued from page 1 "A Time to Remember"

Be Informed-School and Work Plans – Learn about the emergency plans at your workplace and at your children's schools. Know which emergencies are likely in your community. Learn about emergency plans in your communities.

Become involved-Volunteers will be needed in the event of an emergency. When an emergency happens; wouldn't it be great to know that help is available? We can't do it alone but we can as a team working together to support our communities. Please take a moment now and consider joining a volunteer organization.

<http://www.otsegocounty.com/depts/vol/>

National Lead Poisoning Prevention Week



- Keep the area where your children play as dust-free and clean as possible.
- Ask your doctor to test your young children for lead even if they seem healthy.
- Be a good neighbor. Spread the word about EPA's new lead-safe renovation rule.
- Report chipped or cracked paint to your landlord if you live in an older home built before 1978.
- Make sure your children do not chew on painted surfaces, such as toys or window sills.
- Learn about and avoid toys that contain lead.

Source: Centers for Disease Control and Prevention

September is Fall Prevention Month

One in three adults 65 and over falls. Falls can lead to moderate or severe injuries that can include head trauma or hip fractures and can lead to death. Falls are preventable. Look around your home and evaluate what types of items could cause falls.

Older adults can take several steps to protect their independence and reduce their chances of falling.

They can:

- Exercise regularly. It's important that the exercises focus on increasing leg strength and improving balance. Tai Chi programs are especially good.
- Ask their doctor or pharmacist to review their medicines—both prescription and over-the-counter—to reduce side effects and interactions that may cause dizziness or drowsiness.
- Have their eyes checked by an eye doctor at least once a year and update their eyeglasses to maximize their vision.
- Use non-slip mats in shower or bath.
- Make their homes safer by reducing tripping hazards, adding grab bars and railings, and improving the lighting in their homes.
- Remove small throw rugs
- Wear shoes that give good support and have non-slip soles.
- Put items within reach so that you will not have to use a step stool.

Additional ways to lower hip fracture risk include:

- Getting adequate calcium and vitamin D in your diet
- Undertaking a program of weight bearing exercise.
- Get screened and treated for osteoporosis.

Source:Acti-Kare

Preparedness Advice for Back to School!



Back to school also means getting back to basics when thinking about preparedness. Since school is opening soon, it seems like a good idea to talk about how to help your kids be prepared.

It is important to remember that age-appropriate preparation is a must. With younger children, you'll want to focus on the basics, and not overwhelm them with detail or terrify them. On the other hand, high school students should be able to understand more complex planning and be responsible for maintaining some basic supplies.

You know your children the best, so consider what's appropriate and help them be prepared accordingly, starting with these tips:

Define an "emergency" and how to identify them: Start with letting the child know what emergency situations are, and then how to act accordingly. Teach your children the basics of how to deal with the emergencies they're most likely to face (e.g., fires, tornadoes, earthquakes, etc.).

Listening for appropriate guidance: Be sure that your children look to the proper authorities (teacher, principal, fire fighters, police, etc.) and follow their direction to make it safely through the immediate disaster. (This may seem contrary to the whole idea of "self-reliance," but children — especially younger ones — don't have all the necessary self-reliant skills yet.)

Memorize contact information: Children need to know the basics of how to reach their parents (i.e., full names, home address, and phone number[s]). They should also have the name and phone number for a trusted out-of-the-area contact with who they can leave a message for you.

9. Be creative with your fruits and vegetables. Try different ways of serving fruits and vegetables to get the most out of your purchase. Apples are delicious served fresh, baked or added to salads. Chopped vegetables can be included in omelets, sauces and casseroles.

10. Use fruits and vegetables as snacks. Have them available as "grab and go" items in the refrigerator. Add these foods to your shopping list instead of snack foods, desserts and soft drinks that are high in sugar and have very little nutritional value.

A homemade salsa is a great way to use many of the late summer vegetables and fruits available. Be creative and make your own recipe using your garden favorites. Salsa makes a quick, nutritious snack when served with whole grain chips and crackers as well as a condiment for vegetables and meats. Use the following recipe to get you started.

Homemade Salsa

15 minutes, serves 6

1 cup fresh or canned tomatoes, diced

½ cup corn kernels, fresh, frozen or canned

½ cup onion, diced

1 Tbsp (or less) jalapeno peppers chopped or ½ cup green pepper

2 Tbsp lime or lemon juice

2 cloves fresh garlic, finely diced

- 1) Combine all of the above ingredients
- 2) Serve with low-fat baked tortilla (corn) chips, or fresh veggies, cut up.

Source: Food, Family & Fun: A Seasonal Guide to Healthy Eating

For more information check out the University's website, Eat Smart, Be Fit at www.eatsmart.umd.edu

Did you know that...

The Otsego County Department of Health immunization program now has online scheduling. This allows you the freedom to at your convenience go online and schedule your appointments. Please schedule your appointment for your upcoming vaccination needs; whether it is the school entrance vaccines or your annual influenza vaccination. Please visit us at www.otsegocounty.com and click on this button to make your appointment.



UPCOMING HEALTH EVENTS

Immunization Clinics: You must pre-register online www.otsegocounty.com prior to the clinic date. Children receiving immunizations must bring shot records.

All immunization clinics are 1:00 to 3:00 pm.

- 09/06/11 Oneonta Clinic
- 09/12/11 Cooperstown
- 09/19/11 Oneonta Clinic
- 09/26/11 Cooperstown
- 10/03/11 Oneonta Clinic
- 10/11/11 Cooperstown
- 10/17/11 Oneonta Clinic
- 10/24/11 Cooperstown

Free Rabies Clinics: All pets must be controlled by their owner. Dogs should be on a leash, cats and ferrets should be in a pillow case or carrying case

- 09/06/11 Cherry Valley Town Barn 6-8pm Dr Fassett
- 09/22/11 Burlington town Barn 6-8pm Dr Lea
- 10/12/11 Otego Fire Dept 6-8pm Dr Puritz

Free Car Seat Check: 3 out of 4 car seats are not installed properly. To find out if yours is correct attend the following event. For more information contact Kathy Chase 607-547-7595

- 09/24/11 AAA, 195 Oneida St., Oneonta NY Saturday 9:00am – 12:00pm

**Child Passenger Safety Week September 18 – 24
Car Seat Check Event**

Each year thousands of children are tragically injured and killed in automobile accidents. Many parents don't realize that their children aren't properly restrained in their car. Statistics indicate that 3 out of 4 car seats are improperly used? Make sure your child is safe. Get your car seat checked.

Certified child passenger safety technicians will be available to provide education and hands-on instruction on installing car seats and booster seats from 9am to Noon, Saturday, September 24th, AAA, New York located at 195 Oneida St in Oneonta. Please bring the instruction manual for your child's safety seat and your vehicle instructional manual.

Additionally, the Otsego County Health Department and AAA have a permanent fitting station where parents can call to make an appointment to have their seats checked by a certified child passenger safety technician on staff. Expectant parents should make an appointment to install their seat properly at least 3 weeks before their due date. For information please contact Kathy Chase 607-547-4230. This event is sponsored by the Otsego County Health Dept. and Sheriff's Dept., Otsego County Safe Kids, AAA New York and the NYS Governor's Traffic Safety Committee.

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