



rural spotlight

Summer sun brings summer fun. Whether you are swimming, hiking or grilling, there are ways to make your summer safer. This issue contains tips that will help keep you safe and feeling great while checking out all Missouri has to offer.

Fun at Missouri State Parks

Missouri state parks offer a vast array of options for family or individual adventures. Attractions include hiking, biking, swimming, fishing and tours of historic sites. There are 85 state parks and historic sites in Missouri with more than 200,000 acres available to the public. Terrain includes deep forests, glades, prairies and blue streams and lakes.

If you are planning a day trip, there are more than 2,000 picnic sites to enjoy the outdoors while having a meal in nature. Many are along the well-known 225-mile Katy Trail State Park, which hosts around 17 million people every year. Different parks offer different opportunity. Swim at Johnson's Shut-Ins State Park, otherwise known as Mother Nature's water park or enjoy the serenity of Mark Twain State Park. Bennett Springs, Montauk and Roaring River State Parks are known as some

of the premier trout fishing sites in the country.

Search by region or attraction on the Missouri Department of Natural Resources website at www.mostateparks.com/find-a-park.

The Department of Conservation designates June 11-12, 2011, a statewide free fishing weekend. Missouri residents and non-residents can fish without state permits (all other fishing regulations remain in effect). Anglers who fish the trout parks are not required to purchase a daily tag. To find information about fishing permits, seasons and regulations, visit www.mdc.mo.gov/fishing.

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Summer Food Service Program

When school is out for the summer, some Missouri children lose access to their primary source of healthy meals -- the school lunch. The Summer Food Service Program (SFSP), administered by the Missouri Department of Health and Senior Services, helps fill that gap.

The SFSP reimburses communities that prepare and serve the required meals to eligible children from birth through age 18. The program also provides meals to eligible disabled adults who have participated in school programs. The SFSP works with community organizations and local school districts to provide meals that meet nutritional guidelines. The program reduces the possibility of participants suffering from health problems caused by poor nutrition. It also enhances their learning capacities when the students return to school.

Successful programs have expanded throughout the state. Two examples include programs in Sedalia and Worth County. In Sedalia, the Salvation Army worked with churches and other local groups to serve more than 14,000 meals in 25 locations last summer. The Second Harvest Community Food Bank in St. Joseph expanded to Worth County in the summer of 2010, serving 29 meals each day to eligible children.

You can find an SFSP program near you by checking the interactive map at this website: http://gis.dhss.mo.gov/Website/AGS_summerFood/summerFood.html.



Keeping Children Safe

Summer is a time for children to catch up on fun activities. For parents, it may be a time of concern with leaving older children home alone. Basic safety tips should be followed if children will be home alone, participating in activities with others or using a computer.

Home safety tips children should know are:

- Never open the door to a stranger and keep all the doors locked.
- Emergency contact information, including how to dial 911.
- Your schedule and the best number to reach you.
- Their address and phone number, in addition to having the information posted in an easy to access location.
- Where to locate a first aid kit, flashlight and other supplies.
- Fire safety rules and evacuation procedure.
- Where to go in case of severe weather.

Safety Tips When Hanging Out with Friends:

- Know your children's friends and where they live.
- Talk to your children about the importance of staying in a group.
- Strangers can look like ordinary, friendly people. They can be a man or a woman or even someone your child has seen before. If your child does not know the person, they are a stranger.
- Tell your child to trust their instincts. If they feel uneasy or scared, encourage them to tell you about it.
- Make sure they know to never go anywhere with or take anything from a stranger.
- When approached by a stranger, run away and yell as loud as possible.

Children will spend a lot of time on the computer. Whether playing games or keeping in touch with friends, computer safety should not be overlooked.

- Keep the computer in a common area of the house.
- Know your children's passwords.
- Make sure they friend you or follow you on Facebook or other social media site.
- Schedule computer time.
- Talk to children about the dangers of contacting strangers online or providing information.



CHOOSING THE RIGHT *Insect Repellent*

Mosquitoes and ticks enjoy a summer treat just as much as you do. The problem is their favorite treat is you. That is why it is important to have some form of protection when outdoors, to keep the pests away. You have options depending on what you are wearing and how long you will be outside.

If you are going to be outdoors or in the woods for extended periods, the Missouri Department of Health and Senior Services along with the Centers for Disease Control and Prevention recommend the insect repellent permethrin, designed for application to clothing and not to skin. Treat your clothing before you pack for your next hike, camping trip or outdoor adventure. Choose a sheltered area outdoors to make spray applications to your clothes. Pre-treated clothing and equipment can provide protection against mosquitoes and ticks through multiple washings. Do not use permethrin on your skin.

If you have exposed skin, use an EPA-registered repellent that will help you avoid bites of disease-carrying ticks and mosquitoes. If you choose creams or lotions, apply 15 to 20 minutes before going outdoors. Sprays work as soon as you apply them. The most important ingredient is DEET. In areas where both ticks and mosquitoes are a concern, a product with 20 percent to 50 percent DEET will give the best well-rounded protection with the higher percentage allowing a longer length of protection. The

American Academy of Pediatrics recommends repellents containing up to 30 percent DEET be used on children over two months old. Remember if you sweat a lot or swim, you may need to apply the repellent more often. Read your product's label for full instructions.

The time of day you are outdoors can make a difference. Most mosquitoes in the United States that transmit diseases bite from dusk to dawn. So be especially diligent about applying protection at night.

To find more information about insect protection or to search for a repellent that is right for you look online at

<http://cfpub.epa.gov/oppref/insect/> and

www.cdc.gov/ncidod/dvbid/westnile/RepellentUpdates.htm/.

DO NOT LET THE *Bed Bugs Bite*

The old saying, "Sleep tight, don't let the bed bugs bite" has gained new popularity since the number of bed bug cases is on the rise. When traveling with your family and after you return, keep these things in mind to make sure you are aware if an infestation hits home.

Bed bugs are soft-bodied, flat-shaped, brown to rusty-red colored insects, which feed on blood, but are not known to transmit disease. Bites are often painless but may become large, itchy welts. Although bed bugs are most often found associated with locations where humans sleep, they are expert hitchhikers and may be inadvertently transported on clothing, backpacks or other belongings.

Should you find bed bugs, consider contacting a professional exterminator. Because of pesticide resistance and their hardy, secretive nature, it is very difficult for consumers to manage a bed bug infestation by themselves. The Missouri Department of Agriculture maintains a list of licensed pesticide applicators. Locate the list at <http://www.kellysolutions.com/MO/Applicators/index.asp>.

If you choose to treat your own home for bed bugs, ensure the safety and health of your family and pets by reading, understanding, and following the product label directions. For assistance in choosing an appropriate pesticide, contact the local University of Missouri Cooperative Extension office: <http://extension.missouri.edu/directory/Places.aspx>.

THUNDERSTORM SAFETY

What child, young or old, has not enjoyed a run in the rain? It is tempting to do during a summer shower. However, it is safer to be inside when the rain is accompanied by thunder and lightning. Watch the sky for other warnings of a near-by thunderstorm; darkening skies, wind gusts and lightning flashes. It is important to know the difference between a thunderstorm watch or a warning. A watch means severe weather is possible. A warning means it is already happening and you need to take action. Listen to the radio or television during severe weather to know if your area is under a severe weather watch or warning. If there is lightning, go inside a building or a vehicle with the windows closed. If you are in a vehicle, do not touch metal or other surfaces that conduct electricity. In a building, avoid using landline phones or electrical equipment. Do not take a bath or shower. Stay away from windows, doors and stay off porches. The National Weather Service recommends you stay inside for 30 minutes after you hear the last thunder clap.

Ways to reduce your risk of being struck by lightning if you are unable to make it indoors or to a vehicle include: avoiding high ground, water, tall trees or trees that stand alone and metal fences. If possible, avoid picnic shelters, dugouts and sheds. If you must take shelter on the ground, crouch down on your knees and bend forward placing your hands on your knees. If you are in a group, spread out. To learn more about severe weather safety, go to www.weather.gov/safety.php.



Outdoor Water Safety

Families are heading outdoors to enjoy Missouri's beautiful lakes and rivers. Swimming, water-skiing and other outdoor water sports are great exercise and a lot of fun. It is easy to throw caution to the wind, especially with activities you do often.

Here are a few safety tips, whether you are on a camping trip, a river float, or just out fishing in the family farm pond.

- Always take a companion when you go swimming outdoors and let someone know where you will be.
- Never leave a child unattended near water; whether a small stream, lake or river.
- Never swim or operate a boat or other watercraft if you have been drinking.
- Before you go out on the water, check the weather forecast to make sure no storms are coming.
- If you see lightning, seek shelter away from the open water, large trees or metal objects.
- Never dive into bodies of water where you do not know the depth.
- Jump in feet first to avoid a head or neck injury.
- Make sure you, and everyone else with you, wear an approved life jacket or personal flotation device while on board a boat.

Swimmer's Ear

Extended time in the water may cause a painful condition called swimmer's ear, an irritation or inflammation of the ear canal and outer ear. Bacteria get a chance to grow when water stays in the ear canal and washes away the protective coating of earwax. A lot of swimming can wash away the wax protection and lead to wet conditions in the ear canal. Bacteria grow and the ear canal gets red and swollen.

The condition often causes ear pain, which may get worse when the outer ear is pulled. Drainage from the ear, itching in the ear canal, and hearing loss are other indications. Even touching or bumping the outside of the ear can hurt.

A common source of the infection is increased moisture trapped in the ear canal from baths, showers, swimming or moist environments. Another factor that may contribute to swimmer's ear is contact with excessive bacteria present in hot tubs or polluted water. If you have symptoms of swimmer's ear, see your doctor. You may need an eardrop with antibiotics for treatment.



AVOIDING ANIMAL BITES & RABIES



Being outside means you are more likely to be exposed to Missouri's diverse wildlife. These encounters can be great from a distance, but close-up can be dangerous. One of the primary dangers with wildlife is rabies, a viral infection caused by contact with animal saliva. It is especially common in raccoons, skunks, bats and foxes--all native to Missouri. The rabies virus infects the central nervous system and brain, which can eventually kill its victims. Its early symptoms are similar to those caused by other illnesses, including headaches, fever and general weakness. It soon progresses to cause hallucinations, insomnia, partial paralysis and other more serious symptoms.

Follow these tips to avoid being bitten.

- Never touch unfamiliar or wild animals. Enjoy wild animals from afar.
- Avoid direct contact with stray animals. Stray cats and dogs may not be vaccinated against rabies.
- Never adopt wild animals or bring them into the home.
- Do not try to nurse sick animals to health. Ask an adult to call an animal control officer or animal rescue group for help with the sick animal.
- Make sure trash cans and pet foods are secured so they do not attract wild animals.
- Do not disturb an animal sleeping, eating or caring for young.

If you are bitten by a wild animal, wash the wound immediately and thoroughly with soap and water for 10 to 15 minutes. Consult with a physician, who will check the tetanus immunization status, determine if antibiotic treatment is needed for bacterial infection, determine if other medical procedures are necessary, such as sutures in the case of disfiguring wounds, and have a rabies risk assessment performed. For additional information about rabies, go to www.health.mo.gov/living/healthconditions/communicable/rabies/index.php.

Spotlight ON AWARENESS

Migraine, allergy, tension, hunger, caffeine, arthritis... these are just a few of the most common types of headache. June is National Headache Awareness Month, which is a good time to answer some questions to find out what might be causing your pain. If you have the following symptoms, speak with your doctor about treatment options:

- You have more than the occasional headache
- Your headaches are severe or come on quickly
- Your headaches interfere with your normal, daily life activities
- You find yourself taking pain relievers more than two days a week
- You take over-the-counter medications for headache relief but the recommended dosage is not adequate
- Coughing, sneezing, bending over or exercise causes headaches
- You have headaches that began, and continue, after a head injury or other trauma

The National Headache Foundation works to educate sufferers through research and online tools. Visit their website at <http://www.headaches.org>.

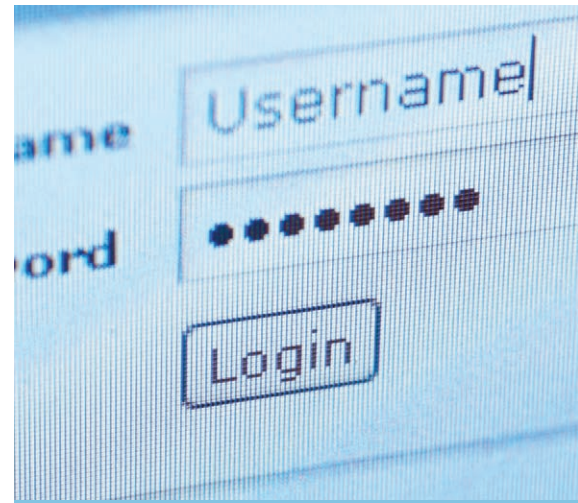


Exercise:

Break Time Workout



No time for a 30 minute walk while working? Break it into three 10 minutes segments; once in the morning, once at lunch time and once in the afternoon. At the end of the work day, you will have walked 30 minutes.



KIDS HEALTH TIP

Protect Your Passwords

Even youth are in danger of having someone try to steal their identity. One way to prevent identify theft is to protect your passwords. Follow these tips:

1. Never give your password to anyone, except your parents, not even a friend.
2. Change your password every few weeks.
3. Try to remember your password in your head instead of writing it down. Use a password that would be difficult for someone else to guess, but easy for you to remember.
4. Do not respond if you get an email request for your password, even if it looks like it is from a reliable source.



Correcting Health Myths

HEALTH MYTH: The healthiest diet is fat-free.

FACT: Some people believe that the healthiest diet is a fat-free diet. Not true say experts. Fat helps transport vitamins A, D, E and K to tissues throughout the body. Healthy fats can keep hormones in check. The Centers for Disease Control and Prevention says fat should account for no more than 20 to 35 percent of a person's total daily calories.

For questions or comments about this publication, please contact
the Missouri Department of Health and Senior Services,

Center of Health Equity

Office of Primary Care and Rural Health at 800-891-7415



Lean BBQ Pork Chops

4 lean loin pork chops, trim the fat off
1/3 cup tomato sauce
1 tbsp cider vinegar

1 tbsp brown sugar
2 tbsp Worcestershire sauce
1 tbsp chili powder

Directions:

Combine tomato sauce, vinegar, brown sugar, Worcestershire sauce and chili powder. Place pork chops in a large resealable plastic bag. Pour combined ingredients into bag and cover chops with it. Marinate for 4-6 hours.

Preheat the grill. Spray the grill with cooking spray before heating. Place marinated chops on the grill and cook until done, about 5 minutes each side.

Keeping barbeque tasty is easy. Keeping it healthy is a little harder. But chicken is not your only healthy option. Lean cuts of pork chops can be just as healthy as poultry. Try this pork recipe with a tangy flavor.

A HEALTHY
RECIPE FOR

Summer