

National Rural Health Day

2011

Celebrating the Power of Rural!



rural spotlight

In this issue:

Staying healthy during the winter may seem challenging. The colder weather leads to more time indoors and the closing of Farmers' Markets. In this publication you will learn about food safety, diabetes, preventing the flu, building healthy meals, and how knowing your family's medical history can prevent some chronic diseases.

Missouri Celebrates First National Rural Health Day

Through the work of the National Organization of State Offices of Rural Health, the first National Rural Health Day was celebrated on November 17, 2011. The goal of National Rural Health Day is to increase awareness of rural health-related issues and highlight the value of living and working in rural communities.

Approximately 62 million people – one in five Americans – live in rural areas. In Missouri, 2.22 million citizens – 37 percent of the population – reside in rural areas, and approximately 89.4 percent of the land mass is considered rural. These community-minded people possess a selfless, “can do” spirit that has helped our country grow and thrive.

Health care, like so many other things in rural Missouri, focuses on relationships – health care providers get to know the

people they care for. They are also typically the economic foundation of their communities. Rural Missouri's primary care services are mainly provided through a network of 68 rural hospitals, 365 certified rural health clinics and nearly 180 federally qualified community-based health care delivery sites.

Rural health care providers are sources of innovation and resourcefulness that are able to reach beyond geographical boundaries and deliver quality care. For example, Ste. Genevieve County Health Department started an initiative to implement and support a medical waste disposal program for county residents. The program would keep medical waste out of the landfill, from being improperly disposed and causing harm or potential illness to others. Tri-Learn-a-Thon

continued on page 4

this issue includes:

Food Safety Tips

2011 - 2012 Flu Season

Biennial Rural Health Report

Diabetes

Family History

MyPlate to Healthy Eating

E-card

Recipe

A publication of the
Missouri Department
of Health
and Senior Services



Food Safety

1. Clean:

Wash hands and surfaces often

2. Separate:

Don't Cross Contaminate

3. Cook:

Cook to the right temperature

4. Chill:

Refrigerate promptly



Food Safety Tips for the Holidays

With the holiday season in full swing, Missourians will gather for a wide variety of family meals, office parties, community banquets and other events where food will be a main attraction. While these events are central to holiday celebration, if the food is not handled safely, there is an increased risk for foodborne illness.

"Food is and has always been such an important part of gatherings, whether they are family Christmas dinners, holiday office lunches, or Super Bowl parties with friends," said Missouri Department of Health and Senior Services director Margaret Donnelly. "We want to make sure people know the proper steps to take to celebrate safely."

Symptoms of foodborne illness are vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after contaminated food or drinks are consumed. Symptoms can last a few hours or a few days and usually go away without medical treatment. Foodborne illness can also be severe and even life-threatening. Those most at risk include older adults, infants and young children, pregnant women, people with HIV/AIDS, cancer or any condition that weakens their immune system, people who take medicines that suppress the immune system, for example, some medicines for rheumatoid arthritis.

"The holidays should be remembered for the good time that everyone had, not for an illness that could have been prevented," said Donnelly.

The following basic food safety tips can help prevent a holiday celebration from turning into a trip to the hospital.

Holiday Food Safety Tips

- **Clean** — Wash hands and surfaces often. When preparing food, wash hands thoroughly by scrubbing them with soap and warm water for 15 seconds. Keep food preparation surfaces clean, as well, by washing with warm soapy water.

- **Separate** — Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other foods. After cutting raw meats, wash cutting boards, utensils and countertops with hot, soapy water. These items can be sanitized using a solution of 1 tablespoon of ordinary liquid chlorine bleach in 1 gallon of water after washing and rinsing.
- **Cook** — Cook foods to proper temperatures to assure that bacteria present in raw foods, which can cause food-borne illness, are eliminated in the cooking process. A chart for guidance on minimum cooking temperatures for foods from the USDA can be found at www.foodsafety.gov/keep/charts/mintemp.html.
- **Keep Hot Foods Hot** --- When serving, use chafing dishes, crock pots and warming trays to keep hot food hot. Use a food thermometer to make sure the internal temperature of the food is 135° F or higher and stir the food frequently to maintain a uniform temperature.
- **Keep Cold Foods Cold** -- Store cold foods in the refrigerator until serving time. On the buffet table, place plates or bowls of cold food on ice. If food has been sitting out at room temperature for more than two hours, throw it out. After two hours, bacteria can easily multiply and cause food-borne illness.

More information about food safety can be found at www.foodsafety.gov/ or by contacting your local public health agency.

For more food safety information, watch the Missouri Department of Health and Senior Services podcast at health.mo.gov/information/podcasts.php and the U.S. Food and Drug Administration's video at www.fda.gov/Food/ResourcesForYou/Consumers/ucm188807.htm.

Missouri Prepares to Tackle the Flu

Even healthy people can get the flu and it can be serious. Flu season has officially started and as the cold weather sets in and more people stay indoors, the risk of getting the flu increases.

“If you haven’t received your flu vaccination yet, I encourage you to get it,” said Margaret Donnelly, director of the Missouri Department of Health and Senior Services. “The flu vaccine is the best protection against the flu.”

Everyone 6 months and older should receive the flu vaccine.

People at high risk from flu complications.

Pregnant women are one of the groups of people who are at a higher risk for severe illness caused by the flu. Existing evidence shows that seasonal flu vaccination for pregnant women is safe and benefits not only the mother, but also the infant, and even the fetus (the baby before birth). Maternal flu vaccination has been shown to reduce rates of prematurity, low birth weight and flu-related hospitalization of infants, especially those less than 6 months of age.

Babies younger than 6 months are too young to get the flu vaccine, but are at higher risk for complications and death from flu. For children younger than 5 years of age and those with chronic health conditions, like asthma and diabetes, getting the flu vaccine is important to avoid serious flu complications like pneumonia, which can lead to hospitalization and even death. About 20,000 children younger than 5 years old are hospitalized each year from flu complications. Because of this, it is important that all people who provide care to babies and young children get vaccinated to help ensure that they don’t spread the infection.

Adults over the age of 65 and adults with a chronic health condition such as diabetes, heart or lung disease, or have known risk factors associated with your racial or ethnic group, are also at high risk for flu complications. The challenges of managing the long term health conditions and pre-existing risk factors puts people who have these illnesses at higher risk of getting life-threatening complications from the flu.

Spread of the flu

The flu can be easily spread from person to person by coughing, sneezing and touching surfaces or objects that have been contaminated by the flu virus then touching the mouth, eyes and/or nose.



Order this poster and other flu material at:
[health.mo.gov/living/healthcondiseases/
communicable/influenza/tacklethefluform.php](http://health.mo.gov/living/healthcondiseases/communicable/influenza/tacklethefluform.php)

“Washing your hands is also a critical part of preventing the spread of the flu,” said Donnelly.

Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may experience vomiting and diarrhea.

Donnelly added that the flu vaccine cannot give you the flu. Flu vaccines contain killed or weakened viruses that cannot cause illness. If someone experiences flu-like symptoms soon after getting vaccinated, it can mean you may have already been exposed to the flu or other illness like the flu before being vaccinated.

“The flu vaccine is readily available in all communities,” said Donnelly. “It can help protect you from getting the flu and can protect family and friends around you.

To find a flu vaccine location near you go to mo.gov. To order materials on the flu go to health.mo.gov/living/healthcondiseases/communicable/influenza.



Tips to Prevent the Flu

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing, or cough into your shirt sleeve at the bend of your elbow. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

National Rural Health Day continued from page 1

was a project born out of discussions between several members of the Albany R-III Elementary School staff and the Outreach Coordinator at Northwest Medical Center. Participating children were challenged in three ways. 1) to learn that reading is fun and essential to grow our minds; 2) to learn that running and exercise is fun and is necessary for good health; and 3) to learn that helping others is fun and is the best reward of all.

Rural does not necessarily mean “remote” – diverse economic, cultural and recreational opportunities abound in rural Missouri. Rural communities are a wonderful place to live and work. They provide Missouri with a wealth of worthwhile products and services (farm commodities, clean energy, tourism/recreation). Missouri ranks second in the nation in the number of farms, with 107,825 and in the top 10 among the nation for four of the five agricultural exports. These exports include soybeans and products, live animals and meat, cotton and lint, and rice.

To view more information about National Rural Health Day, go to health.mo.gov/living/families/ruralhealth/index.php.

Rural Health Report Released

The Department of Health and Senior Services, Office of Primary Care and Rural Health has released the 2010-2011 Missouri Office of Rural Health Biennial Report. The report provides a snapshot of rural communities; including economic and health care delivery challenges, health care delivery systems, and health determinants for Missourians. A snapshot of health resources, activities and programs provided by the Office is also included in this publication.

View the report at health.mo.gov/living/families/ruralhealth/publications.php.



Are You at Risk for **Diabetes?**

Diabetes mellitus, often referred to simply as diabetes, is a chronic disease. It occurs when the pancreas does not produce insulin, or when the body cannot effectively use insulin. Insulin helps to regulate the blood sugar level. Elevated blood sugar is a common effect of uncontrolled diabetes and over time seriously damages many organs of the body, especially the nerves and blood vessels. Statewide, the problem is getting worse, nearly one in ten Missouri Adults has diabetes. If trends continue by 2050 one in three adults will have some type.

There are different types of diabetes.

- **Type 1 diabetes** occurs when the pancreas cannot produce insulin. Without insulin, this type rapidly becomes fatal. Type 1 was previously called insulin-dependent or juvenile-onset diabetes. Symptoms of type 1 diabetes may occur suddenly.
- **Type 2 diabetes** develops when the body cannot effectively use insulin. It was formerly called non-insulin-dependent or adult-onset diabetes. Its symptoms are often less marked. Thus, type 2 may be diagnosed several years after onset, when complications have already arisen.
- **Gestational diabetes** is a form of glucose intolerance during pregnancy, and is usually diagnosed through prenatal screening, rather than reported symptoms. Women who have had gestational diabetes are more likely to develop type 2 diabetes later in life.
- **Pre-diabetes** is a condition in which individuals have blood sugar levels higher than normal but not high enough yet to be considered diabetes. People with pre-diabetes are at high risk of developing type 2 diabetes.

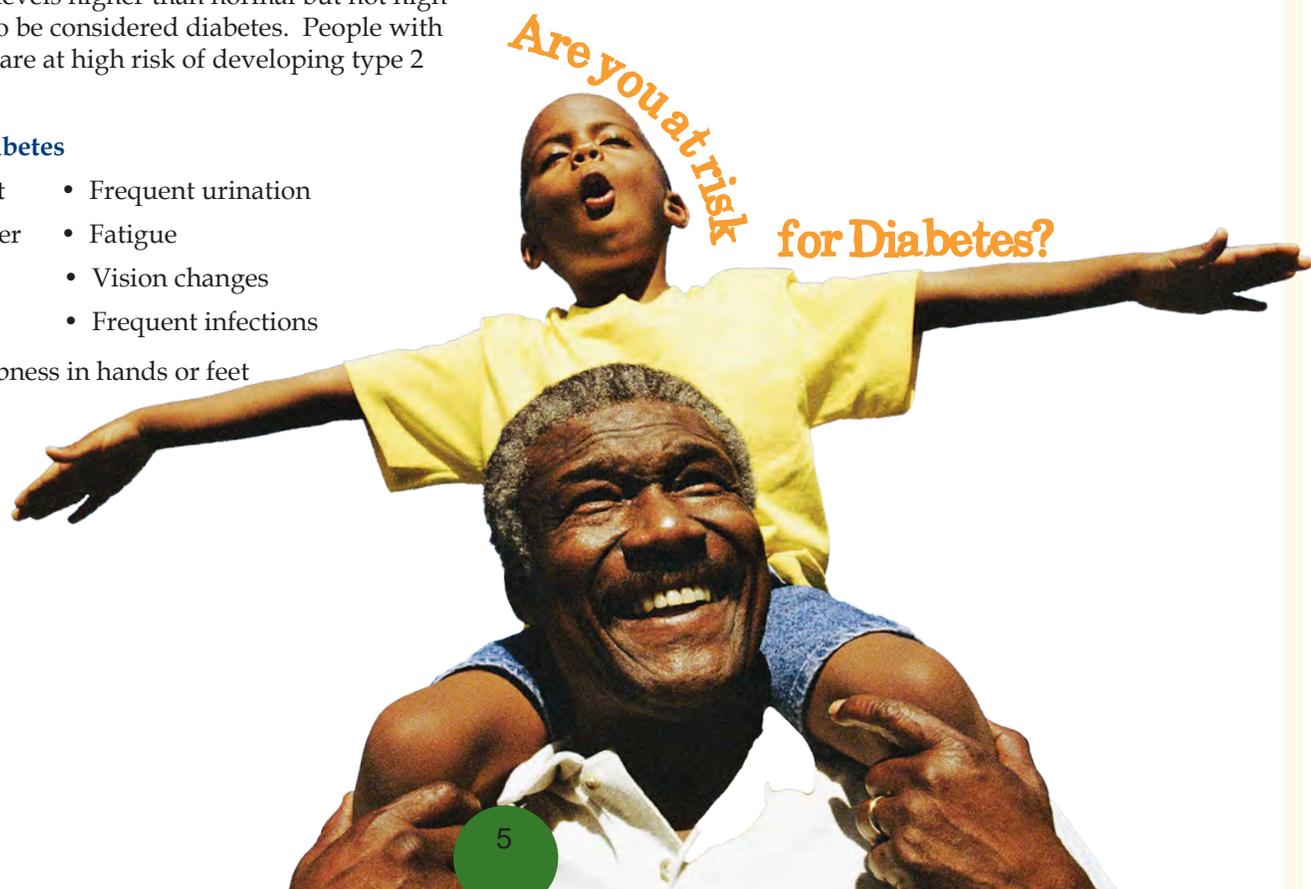
Symptoms of Diabetes

- Excessive thirst
- Constant hunger
- Weight loss
- Very dry skin
- Tingling/numbness in hands or feet
- Frequent urination
- Fatigue
- Vision changes
- Frequent infections

If you have symptoms of diabetes make sure you are tested for the disease at least annually. Choosing a healthy lifestyle and using prescribed medication can largely prevent or delay the onset of type 2 diabetes. Individuals should reduce the fat amount in foods, and eat more fiber rich foods, vegetables and fruits; increase physical activity to moderate intensity, at least 30 minutes on most days; keep body weight normal (body mass index, 18.5 – 24.9); and follow doctor's instructions.

Diabetes can lead to serious medical problems if left untreated including blindness, nerve disorders, kidney failure, heart disease, stroke, diarrhea, foot ulcers, amputation and/or teeth loss. Diabetes cannot be cured, but proper treatment can delay or prevent development of diabetes and its complications. Treatment must be comprehensive and individually specific; the key is to keep blood glucose levels as near normal as possible. While controlling blood sugar tends to dominate the care of type 1 diabetes, the management of type 2 diabetes must also include treating associated conditions (high cholesterol, etc.) and screening for/managing complications (eye disease, etc.). Good management should last for life and follow the Standards of Care.

Additional information is available at www.health.mo.gov/living/healthcondiseases/chronic/diabetes/.





Knowing Your Family History Can Better Your Health

The holidays are a good time for sharing traditions and stories from past generations, but they can also be good for sharing your family's medical history. Knowing your family's medical history is an important part to maintaining your own health.

When recording your family's medical history, it is important to record both sides of the family and immediate and extended family history. It is helpful to go back at least three generations. Relatives that should be included are you, children, siblings, parents, grandparents, aunts and uncles and nieces and nephews. For each of these relatives, record major medical conditions causes of death, age when the disease was diagnosed and age at death, ethnic background, and lifestyle factors such as heavy smoking, alcohol consumption, exercise habits, and diet. If you do not know the cause of death, you can order a death certificate. In some cases the death certificate may not indicate the immediate cause of death and will not list contributing factors.

Once the information is recorded, it should be kept in a safe place, updated often and shared with other family members and your physician. Recording your family history can help assess risks for common diseases, influence early disease detection, and target prevention strategies.

"Reviewing your family's medical history with your physician helps you to be an active partner in your health

and care," said Margaret Donnelly, director of the Missouri Department of Health and Senior Services.

Your physician can use your family's medical history to determine your risk for disease based on the number of family members with the disease, age when diagnosed and how you are related to the family member. He/she can then order additional tests and recommend lifestyle changes to help you maintain your health.

"Family history is considered one of the most important risk factors in chronic diseases such as heart disease, stroke, diabetes, cancer, depression, and psychiatric disorders," said Donnelly. "Knowing if these diseases are part of your family's medical history can help motivate you to make lifestyle changes now and can help reduce your risk of certain diseases."

While visiting with your family members this holiday season, take a few moments to discuss your family's medical history. The Department of Health and Senior Services has developed a video about recording health histories. "How to Complete a Family Health History" and additional materials to help families record their own health histories can be found at the Bureau of Genetics and Healthy Childhood's website at health.mo.gov/living/families/genetics/familyhistory/index.php/. A Spanish version of "My Family Health Portrait" is available at the same website.

MyPlate: Your Guide to Healthier Eating

Make room on your table for MyPlate, the new generation icon for building healthy meals. The new icon, which replaces MyPyramid, translates the 2010 US Dietary Guidelines for American's into this simple graphic which shows us how much of our meal should come from the main five food groups—fruits, vegetables, grains, protein and dairy.

This simplified icon makes it easier to see proper portions, and to understand how to have a balance and nutritious meal. One half of your plate should be filled with fruits and vegetables, with whole grains and lean protein on the other half, according to the U.S. Department of Agriculture. Low-fat dairy on the side, such as a cup of skim milk or yogurt, is also suggested.

The central message of the plate is “Eat more of a plant-based diet.” When $\frac{3}{4}$ of your plate is filled with fruits, vegetables and wholesome whole grains, it will be difficult to get too much saturated fat, added sugars or sodium. And, at the same time, you should get a boost of nutrition from the fiber, vitamins, minerals and antioxidants packed into plant-based foods and lean protein.

Here are key messages to go along with ChooseMyPlate.

Balance Calories

- Enjoy your food, but eat less.
- Enjoy Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

Foods to Reduce

Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers. Drink water instead of sugary drinks.

If the new plate helps boost the amount of fruits and veggies Americans eat, that could be the single biggest step to improve nation’s health. For more information about MyPlate go to www.choosemyplate.gov.



Make Over Your Meal with MyPlate

Here is how to make over a typical fast food meal to make a balanced meal using MyPlate.

Before MyPlate:

Hamburger on Bun
French Fries
Soda

After MyPlate

Hamburger on Whole Wheat Bun
Steamed Broccoli or Side Salad
Apple Slices
Skim Milk

Send an E-card with a click of a button!

The Missouri Department of Health and Senior Services has created E-cards that can be personalized with your own health message. Sending DHSS Health E-Cards is a quick, easy way to share important health messages with your email contacts. Simply click on the E-card link at health.mo.gov/ecard/index.php.

WHACK the FLU!

Take three steps to prevent the flu:

- 1** Get your flu shot.
- 2** Cover your cough or sneeze.
- 3** Wash your hands.

Click here for more WHACK the FLU resources and the latest information on the 2011-2012 flu.

Missouri Department of Health and Senior Services
www.health.mo.gov

Health Tip for the Holidays

Keep from over indulging on the high calorie treats often served at holiday events by having a protein-packed healthy snack before heading out. Great choices include raw vegetables with hummus, apple slices with peanut butter, unsalted nuts, low fat cheese or yogurt, a hardboiled egg, or other healthy choice.

Missouri Department of Health and Senior Services
Office of Primary Care and Rural Health
PO Box 570
Jefferson City, MO 65102

Amazon Bean Soup with Winter Squash and Greens

Ingredients

1 tablespoon butter
4 cloves garlic, minced, or 2 teaspoons minced garlic
2 carrots, chopped
1 medium onion, chopped
6 cups reduced-sodium chicken broth
3 pounds winter squash peeled and diced (about 6 cups)
1 plum tomato, chopped
¼ teaspoon crushed red pepper
¼ teaspoon salt
1/8 teaspoon freshly ground black pepper
2 15-ounce cans pinto or other canned beans, drained and rinsed
10 ounces spinach, stemmed, and coarsely chopped
1 lime, cut into wedges – optional

Directions

Melt butter in a Dutch oven (or thickwalled, usually cast iron cooking pot with tight-fitting lid) over medium-high heat. Add garlic, carrots, and onion and cook, stirring occasionally, until the vegetables are tender and lightly browned, 5 to 7 minutes. Add broth and scrape up any browned bits with a wooden spoon. Add squash, tomato, crushed red pepper, salt, and pepper and bring to a boil. Reduce heat to a simmer and cook until the squash is very soft and almost breaking apart, about 20 minutes.

Transfer 3 cups of the soup to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the pureed soup to the pot. Stir in beans and spinach and cook over medium heat until the beans are heated through and the spinach is wilted, about 5 minutes. Serve with lime wedges.

Adapted from <http://blogs.extension.iastate.edu/wellness/category/recipe/>

Winter

