



# rural spotlight

## In this issue:

During the summertime most anyone can enjoy fresh fruits or vegetables on a daily basis. But, as summer ends and we enter the fall and winter months, some may think continuing to eat healthy and staying well becomes more of a challenge. While eating in-season produce can save money on groceries, you can still enjoy fresh fruits and vegetables year round. The key is buying them during peak seasons. In this publication, read about ways to improve eating habits, preventative steps to avoid the flu, screenings to stay healthy, new rules for child care providers and tips to keeping afterschool snacks healthy.

## Getting Ready for Back to School

A new school year is underway. Along with making sure children are up-to-date on their immunizations, parents and guardians should schedule their children for sports physicals and/or annual preventive checkups.

To avoid getting hurt or sick on the field, court, and track, teens need to be prepared. That preparation starts with seeing a health care provider for a sports physical to make sure their bodies are ready for the season ahead. A sports physical, also known as a pre-participation physical examination, is a check-up to assess a teen's health and fitness as it relates to a sport. It is not the same as a regular physical. During the sports physical, the health care provider looks for any diseases or

injuries that could make it unsafe to participate in sports.

Routine checkups, sometimes called well-child visits, usually occur each year from ages 6 through 10, and continue into the teen years. During the checkup, the doctor will:

- Measure the child's weight and height. These measurements are plotted on a growth chart and are compared to previous and later markings to make sure the child is growing as expected.
- Check the child's body mass index, blood pressure, hearing and vision, and examines the child for any visible problems.
- Provide needed immunizations.

*continued on page 5*

## this issue includes:

2011 - 2012 Flu Season

Health Care Services

New Child Care Regulations

Farmer's Market

Breast Cancer Awareness

Healthy After School Snacks

Healthy Recipe for Summer

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of Health  
and Senior Services

## Preventing Sick Days

Taking 3 easy steps to stop the spread of germs will prevent illnesses that can be harmful like the flu. The first and foremost best protection from the flu is the flu vaccine. The 2011-2012 vaccine will protect against the influenza A H3N2 virus, influenza B virus and the H1N1 virus that emerged in 2009.

“Getting a flu shot every year not only protects you, but it protects those around you, especially young children and the elderly who are at high risk for serious flu complications,” said Margaret Donnelly, director of the Missouri Department of Health and Senior Services (DHSS). “Everyone 6 months of age and older should get a flu vaccine.”

Frequent hand washing also prevents the spread of the flu and other illnesses at home, school and work. When washing hands, use warm, soapy water and rub vigorously for at least 20 seconds -- about the amount of time it takes to sing “Happy Birthday.” Get soap in between your fingers, cover the entire palm and wash all the way down to the wrist on both sides. Try to avoid using your clean hands to touch the faucet or doorknob. Use a paper towel if available.

Staying home or keeping your children home and taking antiviral medications, if prescribed by your healthcare provider, is one more important step in preventing the spread of the flu.

Educating our children and others about the steps they can take to stay healthy this flu season is the key to preventing sick days. DHSS has “Whack” the flu educational materials available which are fun, and free to all schools and childcare centers. To learn more about the flu and “Whack” educational tools visit [health.mo.gov](http://health.mo.gov).

### Take 3 steps to prevent the flu

1. Get your flu shot
2. Take everyday precautions to stop the spread of germs.
3. Take antiviral drugs if your doctor prescribes them.

The 2011-2012 vaccine will protect against three strains of flu. Everyone 6 months of age and older should get a flu vaccine as soon as the 2011-2012 vaccines are available. For more information on the flu visit the DHSS website at [health.mo.gov](http://health.mo.gov). Guidance for medical and public health professionals can be found at [health.mo.gov/emergencies/ert/med/seasonal.php](http://health.mo.gov/emergencies/ert/med/seasonal.php).

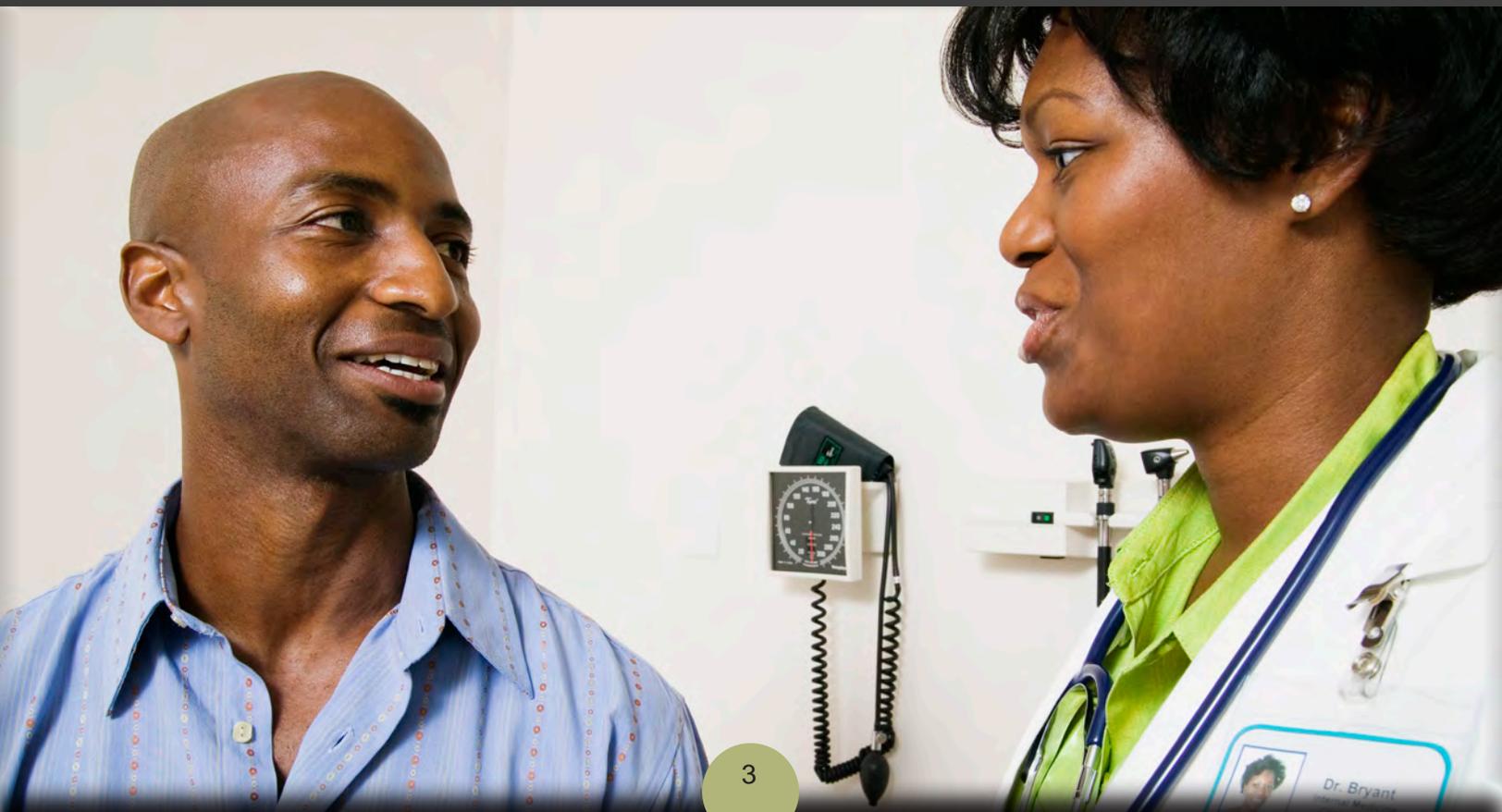
# Locating Health Care Services

Medical services may be accessed at certified Rural Health Clinics (RHCs) or Community Health Centers, also referred to as Federally Qualified Health Centers (FQHCs). A RHC is a clinic established in a rural area to address the inadequate supply of doctors, nurses and other health practitioners. A Community Health Center is designated by the federal government to provide high quality health care to the underserved and uninsured.

Most RHCs provide services to anyone, regardless of insurance, Medicare or Medicaid and/or provide services on a sliding fee scale, although it is not a requirement. FQHCs also provide services to anyone regardless of insurance coverage, Medicare or Medicaid, and offer a sliding fee scale based on family size and income. FQHCs cannot deny services to anyone based on ability to pay. Both RHCs and FQHCs must be located in areas that are designated or certified by the Secretary of the Department of Health and Human Services as Health Professional Shortage Areas or Medically Underserved Areas.

All RHCs must provide basic outpatient primary care, emergency care for life-threatening conditions regardless of cost and basic lab services. FQHCs provide the similar services as RHCs in addition some provide, directly or by formal arrangement, more comprehensive services. Those services include diagnostic lab and radiology services, pharmaceutical services, behavioral and oral healthcare services, hospital and specialty care arrangements, after-hours care, case management, transportation and interpretive services.

To assist individuals with locating health care facilities, the Missouri Department of Health and Senior Services, Office of Primary Care and Rural Health, has added new features to the resource map of Missouri health care facilities. The map has three categories: certified rural health clinics, federally qualified health centers and hospitals. Individuals are able to search by zip code, city or county. The site provides location and contact information for each facility. Individuals can print the map and overlay different health care facilities to see all the certified rural health clinics, federally qualified health centers and hospitals in the selected area. To view the map, go to [http://gis.dhss.mo.gov/Website/AGS\\_healthFacility/healthFacility.html](http://gis.dhss.mo.gov/Website/AGS_healthFacility/healthFacility.html).



# Missouri Passes New Rules for Child Care Facilities



To provide a safer environment for children in care, Missouri passed new rules for child care facilities. The new rules pertain to safe sleep position for infants, first aid and CPR training, tuberculosis (TB) testing requirements and disaster emergency preparedness for family child care homes, group homes and child care centers.

In an effort to protect infants from SIDS, all children under the age of 12 months of age must be placed on their backs to sleep, and their heads are to remain uncovered during sleep. This rule became effective on July 30, 2011.

Also effective July 30, 2011, are amendments requiring at least one staff member be on site with current CPR and first aid certification to ensure a greater safety for children in child care. This will help assure that child care providers are adequately trained to handle medical emergencies of the children in their care. The first aid/CPR training may count toward annual clock hour training requirements. The training shall be certified by a nationally recognized organization such as the American Red Cross, American Heart Association or an equivalent certification and approved by the Missouri Department of Health and Senior Services.

Effective October 30, 2011, child care providers will no longer be required to have an annual TB test. The requirements will now be that when a person first starts to work, s/he will be required to have a health care provider complete the Risk Assessment for Tuberculosis form, or have a 2-step tuberculin skin test. After this initial evaluation, they will not be required to have additional tests, unless they have had contact with someone who has an active case of TB.

New rules relating to disaster emergency preparedness requirements are effective October 30, 2011. In Trust for America's Health (TFAH) report, *Ready or Not? Protecting the Public from Diseases, Disasters, and Bioterrorism*, Missouri scored a seven out of ten on key indicators

for emergency health preparedness. One of the key indicators that Missouri lacked was a state requirement that all licensed child care facilities have a multi-hazard written evacuation and relocation plan. The current rules require drills for emergency and fire which is not adequate planning in the event of a major calamity, such as the tornadoes that tore through Joplin and Sedalia this spring. The disaster emergency preparedness rules will clarify the types of disaster drills, such as a possible lock down, flood, chemical spill, exposure to carbon monoxide, power failure, a kidnapping or missing child for which child care facilities need to prepare. The rules will also require child care facilities have a written emergency plan. The Missouri Department of Health and Senior Services' Section for Child Care Regulation has designed an emergency preparedness training that includes step-by-step instructions to create a plan designed specifically for your facility. To locate a training near you, go the Missouri Workshop Calendar at [www.mocccrtrainingcalendar.org/index.cfm?go=interface:calendar.month](http://www.mocccrtrainingcalendar.org/index.cfm?go=interface:calendar.month).

For more information on the new rules for child care providers visit [health.mo.gov/safety/childcare/pdf/summer2011.pdf](http://health.mo.gov/safety/childcare/pdf/summer2011.pdf).

## New Requirements for Cribs

As of June 28, 2011, all cribs sold in the United States must meet new federal requirements for overall crib safety. The new rules, which apply to full-size and non full-size cribs, prohibit the manufacture or sale of traditional drop-side rail cribs, strengthen crib slats and mattress supports, improve the quality of hardware and require more rigorous testing.

Beginning December 28, 2012, any crib provided by child care facilities and family child care homes must meet the new standards.

For a list of questions and answers go to [www.cpsc.gov/onsafety/2011/06/the-new-crib-standard-questions-and-answers](http://www.cpsc.gov/onsafety/2011/06/the-new-crib-standard-questions-and-answers).



# Eating Well Close to Home

Parents and doctors know eating healthy is important in maintaining a healthy lifestyle and something that should be taught at a young age. Yet, 80 percent of Missouri's children and adults do not eat enough fruits and vegetables. Increasing access to fresh, flavorful, locally grown foods can help children have healthier diets.

That is why Missouri Farm to School and Missouri Farm to Institution are partnering with schools, farmers, workplaces and other groups to increase everyone's access to fresh, healthy food.

"Eating locally grown foods helps children," says Missouri Farm to Institution Coordinator Lorin Fahrmeier, "but it also helps family farmers and communities. By buying locally grown foods, we keep more of those dollars in our own communities."

Interested in eating more local? Here are some tips for eating more foods grown close to home:

- Missouri has over 140 farmers' markets. Find yours at [agebb.missouri.edu/fmktidir](http://agebb.missouri.edu/fmktidir).
- Ask your usual grocery store manager if the store carries any locally grown produce. Many stores offer it but do not always post a sign, telling shoppers.
- See if the cafeteria in your child's school or your workplace offers any foods grown nearby. If not, ask if the cafeteria could offer one locally grown item over the next year. Apples and watermelons are popular choices and easy to serve.

- Want to start your own locally grown food menu? Figure out what works for you. Timing, staffing and what is in season are questions to consider.
- Connect with a farmer or food vendor early on and let them know that you want to buy locally grown.
- Learn more about it. Find out more about what other communities are doing at [MoFarmtoInstitution.missouri.edu](http://MoFarmtoInstitution.missouri.edu).

## *Back to school* continued from page 1

- Briefly assess your child's language skills and hearing and also perhaps his or her social skills and other developmental issues.
- Observe how parents and the child interact to assess emotional and social development.
- Ask or answer questions to alleviate health concerns and provide specific health or prevention information.

Routine checkups can reassure parents about the child's health, growth, development, or well-being. It may help to go with a prepared list of questions.

Sometimes it may be appropriate to have your child spend part of the visit alone with the doctor. This can give your child a chance to talk about issues that he or she has difficulty discussing in front of you.

# Breast Cancer Awareness

## October is Breast Cancer Awareness

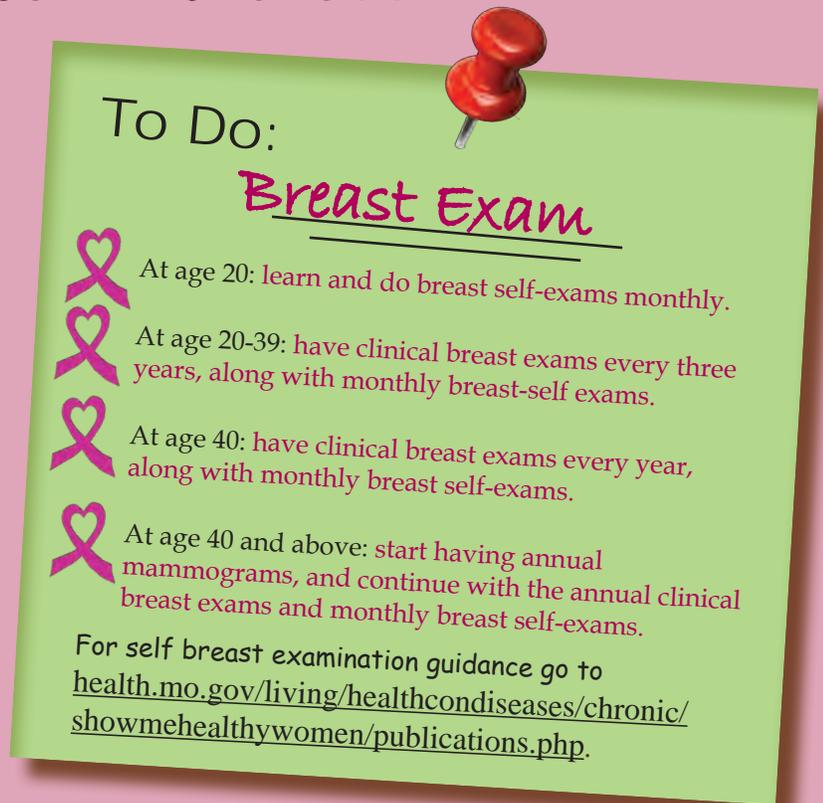
The month of October is a great reminder to schedule your mammogram with your physician. Excluding cancer of the skin, breast cancer is the most common cancer among women. If detected early, nearly all breast cancers can be treated successfully. When detected in the earliest stages, the cure rate is 97 percent.

Breast cancer is mostly found in women, but it can also be found in men. Breast cancer diagnosis and breast cancer deaths increases with age. Ninety-five percent of new cases and 97 percent of breast cancer deaths occur in women aged 40 and older.

At this time, there is no guaranteed way to prevent breast cancer for women who are at average risk, which is why screening by mammography, clinic breast examination and breast self-examination is so important.

A breast self-exam is recommended monthly and takes only a few minutes to complete. Routine breast self-examination can save your life. Most breast lumps are found by women themselves or their partners. Most lumps in the breast are not cancer. Any lump or change should be checked by a doctor. To find out how to perform a breast self-exam, visit [health.mo.gov/living/healthcondiseases/chronic/showmehealthywomen/publications.php](http://health.mo.gov/living/healthcondiseases/chronic/showmehealthywomen/publications.php).

Show Me Healthy Women (SMHW) is a free breast and cervical cancer screening program for the state of Missouri. To qualify for a free breast and/or cervical cancer screening, women must meet certain age, income, and insurance guidelines. There are approximately 180 facilities throughout the state that provide these free cancer screenings. To find out if you qualify and for a list of providers in your area, contact the SMHW program at 573-522-2840. You can also obtain the information by visiting [health.mo.gov/living/healthcondiseases/chronic/showmehealthywomen/index.php](http://health.mo.gov/living/healthcondiseases/chronic/showmehealthywomen/index.php) and clicking on the "Eligibility" tab.



**To Do:**  
**Breast Exam**

- At age 20: **learn and do breast self-exams monthly.**
- At age 20-39: **have clinical breast exams every three years, along with monthly breast-self exams.**
- At age 40: **have clinical breast exams every year, along with monthly breast self-exams.**
- At age 40 and above: **start having annual mammograms, and continue with the annual clinical breast exams and monthly breast self-exams.**

For self breast examination guidance go to [health.mo.gov/living/healthcondiseases/chronic/showmehealthywomen/publications.php](http://health.mo.gov/living/healthcondiseases/chronic/showmehealthywomen/publications.php).

## Signs and Symptoms

- The most common sign of breast cancer is a new lump or mass.
- A mass that is painless, hard and has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft or rounded. For this reason, it is important that any new mass, lump or breast change is checked by a health care professional with experience in diagnosing breast diseases.
- Other possible signs of breast cancer include:
  - Swelling of all or part of a breast (even if no distinct lump is felt)
  - Skin irritation or dimpling
  - Breast or nipple pain
  - Nipple retraction (turning inward)
  - Redness, scaliness or thickening of the nipple or breast skin
  - A nipple discharge other than breast milk
- Sometimes breast cancer can spread to underarm lymph nodes and cause a lump or swelling there, even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be reported to your doctor.

Source: American Cancer Society



# Food Safety Tips for After School Snacking

After a day of reading, writing and arithmetic, children head to the kitchen to find something to munch on before dinner. But the kitchen is not always the safest place. As parents you can teach your children four simple tips to keep your family safe from bacteria getting into your food. And always remember to keep after school snacks healthy!

These tips of food handling, cooking, and storage are essential to prevent foodborne illness.

- Clean: Wash hands and surfaces often.
- Separate: Don't cross-contaminate.
- Cook to the right temperature.
- Chill: Refrigerate promptly.

"As children and parents prepare after school snacks, they should be aware of the bacteria that can get into their food and possibly make them sick," said Margaret Donnelly, director of the Missouri Department of Health and Senior Services. "Simple steps such as keeping books, book bags and sporting equipment off of food preparation and eating services can reduce the spread of germs that can be transferred to the food you eat."

One in six Americans will get sick from food poisoning. The U.S. Department of Agriculture (USDA) released tips outlining food safety measures to keep after school snacks safe and healthy. For tips on food safety go to [www.fsis.usda.gov/News\\_&\\_Events/NR\\_081811\\_01/index.asp](http://www.fsis.usda.gov/News_&_Events/NR_081811_01/index.asp). For recommendations of keeping snacks healthy go to [www.healthiergeneration.org/parents.aspx?id=1622](http://www.healthiergeneration.org/parents.aspx?id=1622), [www.mealsmatter.org/Healthy-Kids/Kid-Friendly-Recipes/healthy-snacks.aspx](http://www.mealsmatter.org/Healthy-Kids/Kid-Friendly-Recipes/healthy-snacks.aspx) and [www.healthykidsmo.org/community/index.php](http://www.healthykidsmo.org/community/index.php).

# A Survey for Better Health



Improve the health of rural Missourians by completing a short survey about health, wellness and safety. The Rural Spotlight newsletter is a quarterly publication that provides easy to use tips promoting healthy eating, physical activity, child safety, stress management and other various wellness information.

Taking five minutes to complete this survey can improve health information and resources for Missourians!

Take the survey now at  
[www.health.mo.gov/RuralSpotlight](http://www.health.mo.gov/RuralSpotlight)



Missouri Department of  
Health and Senior Services  
[www.health.mo.gov](http://www.health.mo.gov)

# Lunge 101

- Lower straight down.
- Knee should be behind toes.
- Land on heel. (Be able to wiggle toes.)



# A Healthy Recipe for Summer

## Cucumber and Tomato Country Salad

Serves 4

### Ingredients

- 4 ripe medium-sized tomatoes
- 3 medium cucumbers
- ½ medium onion
- ¼ cup white vinegar
- 2 tablespoons granulated sugar
- ¼ teaspoon ground pepper
- ¼ cup crushed ice or cubes

### Directions

1. Cut tomatoes into ¾-inch cubes and place in serving bowl.
2. Remove part of the cucumber peel in lengthwise strips. Cut each cucumber into quarters, lengthwise, and then remove extra coarse seeds, if any; cut into ¾-inch cubes.
3. Cut onion into uniform sized cubes and combine with all vegetables.
4. Mix remaining ingredients, pour over vegetable cubes, and toss well to dissolve sugar.
5. Allow to stand for 15 minutes or more to marinate.
6. Serve chilled.

*Adapted from [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)*