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# In Good Health

*A quarterly publication of the Jackson County Department of Public Health*

APRIL- JUNE 2018

## APRIL 2-8<sup>TH</sup> IS PUBLIC HEALTH WEEK

National Public Health Week, celebrated during the first full week in April, is a time to celebrate the achievements of public health as well as become part of a growing movement to create the healthiest nation in one generation. Join the Jackson County Department of Public Health as we honor our employees and take strides to help our community become happy, healthy, and high functioning.

During this week, consider one of the following ways to celebrate public health:

- **Thank a public health employee.** We work diligently every day to make our community healthier. Swing by the Health Department to give us a shout out!
- If you don't already, **consider using services provided at the Health Department.** We offer a variety of services including Clinical, Laboratory, Nutrition, Health Education, Environmental Health, and more. Learn more about what we do here: <http://health.jacksonnc.org/>
- If you are passionate about a public health topic, get involved in the conversation! Let our leaders and stakeholders know what is important to you and the ones you love. One way you can **let your voice be heard** is by getting involved in the Community Health Assessment. Call 828-587-8238 to learn more about this opportunity.
- Remember that public health and personal health are closely related. **Take time to take care of yourself** whether that means adding more fruits and vegetables to your diet, going on a long walk during your lunch break, or simply taking time to slow down and recharge.

For more information on National Public Health Week, visit <http://www.nphw.org/>.

### NPHW DAILY THEMES

#### April 2: Behavioral Health

Advocate for and promote well-being by focusing on improving access to mental and behavioral health services.

#### April 3: Communicable Diseases

Learn about ways to prevent disease transmission and take steps to prevent disease such as wash your hands, know your HIV status, provide comprehensive sexual health education in schools, and more.

#### April 4: Environmental Health

Help to protect and maintain a healthy planet by reducing our collective carbon emissions footprint, protecting our national resources, transitioning to renewable energies, etc.

#### April 5: Injury & Violence Prevention

Learn about the effects of injury and violence on health. Increase funding of programs that reduce and prevent community violence. Support policies that save those struggling with addiction.

#### April 6: Ensuring the Right to Health

Advocate for everyone's right to a healthy life. Know that everyone deserves an opportunity to live a life free from preventable disease and disability. The places where we live, learn, work, worship, and play should promote health and not threaten it.

# JCDPH in the Community

A large part of public health is just that—work with the public, with our people, in our community. The Jackson County Department of Public Health has a great outreach team who works to be present at many community events, sharing information about our agency and helping our community receive the services they need. Below are some highlights of just a few of our most recent outreach events:

In **early 2018**, the Child Fatality Prevention Team merged with the Community Child Protection Team. This team seeks to identify and reduce child abuse, neglect, and fatalities through recommendations, trainings, and promotion of prevention education. For questions about the work of the Team, call 828-587-8225.

The Environmental Health Section held the first Septic Installers Meeting on **February 14<sup>th</sup>** at Southwestern Community College. This event was a huge success as over 150 participants attended from across the region and

received CEUs. The Section hopes to make this meeting an annual event.

On **February 19<sup>th</sup>**, County Commissioners voted in favor of making all county buildings smoke-free. This new ordinance states that all buildings either owned or rented by Jackson County will be smoke-free both inside and in areas “near or close to” the building. Way to go, County Commissioners, for taking steps to improve the health of our community!

On **March 23<sup>rd</sup>**, Jackson County Clinical and Lab staff offered an Annual Health Screening to the employees of the Town of Sylva. This Annual Health Screening provided employees with basic health information as well as tips on how to improve their health behaviors.

The 9<sup>th</sup> Annual Healthy Living Festival was held on **March 24<sup>th</sup>** to great success. Over 50 vendors attended as well as 228 attendees. Activities at the Festival included free screenings, wellness information, interactive booths, giveaways, door prizes, and more. A big thanks to all who made the event such a great success.



*Septic installers from across the region attend the first Septic Installers Meeting coordinated by Jackson Co. Environmental Health*

**Don't forget to check out JCDPH's Community Calendar! Just visit <http://health.jacksonnc.org> and click on "Calendar."**

Like us on Facebook! <https://www.facebook.com/JacksonCountyDepartmentofPublicHealth/>

## Epi-News—Hepatitis B

### What is Hepatitis B?

Hepatitis B is a liver infection caused by the Hepatitis B virus (HBV). Infection with HBV can be lifelong and can cause cirrhosis, liver cancer, liver failure, and death. Since 2014, there has been an increase in the number of acute HBV cases statewide—especially in Western North Carolina—driven in large part by increases in injection drug use in our region.

### Who is At Risk?

Those at increased risk for becoming infected with HBV include infants born to infected mothers, sex partners of infected persons, men who have sex with men, injection drug users, and healthcare workers at risk for occupational exposure.

### Signs & Symptoms

- Fever

- Fatigue
- Loss of appetite
- Nausea & vomiting
- Dark urine
- Joint pain
- Jaundice

### How it Spreads

HBV is a bloodborne pathogen that can be spread through sex with an infected partner, injection drug use that involves shared equipment, birth to an infected mother, needlesticks, or sharing items such as razors or toothbrushes with an infected person.

### How Can I Get Screened?

Currently, the Health Department offers free screening for HBV for those that qualify.

### Prevention

The best way to help prevent HBV is to get vaccinated. In NC, all infants are required to receive immunization against HBV at birth. In addition to newborns, the vaccine is recommended for people in high-risk settings or those engaging in high-risk behaviors. Currently, the Health Department offers Twinrix, a combination Hepatitis A and B vaccine for free to those that qualify. JCDPH also offers Hepatitis A and B vaccines separately.

**Questions about whether or not you should get screened or vaccinated? Call the Health Department's General Clinic Nurse for more information at 828-587-8232.**

## REGULARLY AVAILABLE SERVICES

### Adult Health

By appointment only

### Car Seat Checks

Thursdays: By appointment only

### Cashiers Clinic

WIC: 3<sup>rd</sup> Thursday of the month: 9AM-12 PM & 1PM- 4 PM

Other: By appointment only

### Communicable Disease

Monday-Friday, 8 AM-5 PM, Walk-ins welcome

### Cullowhee Community Garden Workdays

Wednesdays: 3 PM- dark

Saturdays: 8 AM- 12 PM

### Employee Health Clinic

Monday-Friday, 8-11:30 AM, 1-4:30 PM

### Free Community Blood Pressure Clinics

Community Table: 2<sup>nd</sup> & 4<sup>th</sup> Tues, 4-6 PM

Sylva Senior Center; 2<sup>nd</sup> Tues, 9-11:30 AM

Thrift Shop: 3<sup>rd</sup> Tues, 10-12 PM

Cashiers Senior Center: 4<sup>th</sup> Tues, 10-11:30 AM

### General Clinic

Mondays, Wednesdays, Fridays, 8 AM-4:30 PM

### Immunizations/Vaccinations

Monday, Wednesday, Friday, 8 AM-4:30 PM

### Injury & Substance Abuse Prevention Action Team Meeting

Last Wednesday of the month: 3 PM

### Healthy for Life Action Team

4<sup>th</sup> Thursday of the month: 1 PM

### Laboratory Services

Monday-Friday, 8 AM-4:30 PM, Walk-ins welcome

### Sexual Health

Monday-Friday, 8 AM-4:30 PM

### Teen Health

Monday-Friday, 8 AM-4:30 PM

### Regular WIC Hours

Monday-Friday, 8 AM-5 PM

### WIC Late Clinic

2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month: 5-6 PM

### Women's Health, Family Planning & Maternal Health

By appointment only

# Upcoming Programs and Events

## SERVICE SPOTLIGHT

**Are you building or remodeling a new food establishment in Jackson County? Don't forget to coordinate with Environmental Health's Food, Lodging, and Institutions staff. FLI staff will help by completing a plan review. The emphasis of this review is on food preparation, food handling procedures, and the equipment used to support these operations. FLI staff work with Permitting & Code Enforcement to help you open your establishment in a timely manner.**

**Call 828-587-8250 or -8253 or visit <http://health.jacksonnc.org/plan-review> for more information.**

Free Nutrition Classes started back up at the Health Department on February 5<sup>th</sup>. The agency will continue to host **free classes every Monday from February 5<sup>th</sup> through May 21<sup>st</sup> at 5:30 PM.** Classes will range in topic to include nutrition, physical activity, diabetes prevention, and healthy heart. Call 828-587-8289 to register today.

Don't forget—**Open Enrollment** is right around the corner! The Health Department will be providing all county staff with their annual health screenings in May. Look for more information from Jackson County Human Resources in the upcoming weeks.

With the weather warming up, consider adopting a plot at or volunteering with the Cullowhee Community Garden. The Cullowhee Community Garden is a donation based garden that grows fresh produce without the use of pesticides or fertilizers. Half of all produce grown is donated in honor of food relief.

**Volunteer Days are held every Wednesday from 3 PM until dark and every Saturday morning from 8 AM-12 PM.**

Join us at **Greening Up the Mountains on April 28<sup>th</sup>** for Safe Kids Day. Safe Kids Jackson County will be present, sharing information on water safety, hot car safety, car seat safety, and more. For more information, call 828-587-8227.

The **Jackson County Bike Rodeo will take place on May 5<sup>th</sup> from 9 AM-12 PM at the Recreation Center in Cullowhee.** Children will be invited to participate in various stations—helmet inspections, learning to ride, beginner bike skills course, and advanced bike skills course. For more information, call 828-293-3053.

**Bike Day at Fairview Elementary will take place on May 9<sup>th</sup>** during Health Classes. Students will learn bike skills, be fitted for helmets, and have fun. For more information, call 828-587-8226.



Annually, JCDPH staff are required to complete trainings to ensure that we are able to serve you to the best of our abilities.

**On Tuesday, April 3<sup>rd</sup>, the Health Department will be closed so that staff can complete these required trainings.**

Thank you as we work to improve our skills, knowledge, and provide the best service and care to our local community.

All services will resume on Wednesday, April 4<sup>th</sup> at 8 AM. Please call 828-586-8994 for questions.

## Section Recognition

Travis Monteith, Registered Environmental Health Specialist with the Environmental Health Section, has been elected as the president of the Mountain Environmental Health District. In his work, Travis leads quarterly meetings of the district, coordinates educational opportunities, and shares other pertinent information. The Mountain Environmental Health District covers counties from Statesville west. Congrats, Travis! The Jackson County Department of Public Health is proud to call you one of ours.



The mission of the Jackson County Department of Public Health is to enhance, promote, and protect the health of all Jackson County residents with an overall effort to enhance their health status through prevention and education.

