



CITY OF MANCHESTER HEALTH DEPARTMENT MONTHLY BULLETIN – OCTOBER 2010



Chronic Disease Prevention & Neighborhood Health Division



1 OUT OF 8 WOMEN WILL DEVELOP BREAST CANCER AT SOME TIME IN THEIR LIVES

Between 2003 to 2007, 388 women in Manchester were diagnosed with breast cancer and 89 women died from the disease. During this same period, over 4% of these cases were diagnosed at a late stage (NHDHHS). With the exception of skin cancer, breast cancer is the most common cancer among women nationally. The NH Breast Cancer Coalition sites that nearly 90% of women who develop breast cancer do not have a family history (i.e. mother or sister) of the disease.

As of November 2009, the U.S. Preventive Services Task Force (USPSTF) recommends that women aged 50 to 74 receive mammograms every other year. The National Cancer Institute suggests that women over 40 also need to consider their individual benefits and risks and discuss them with their health care provider before making decisions as to when to start screening mammography and how often to get them. As of 2008, 7.4% or an estimated 1200 Manchester women aged 51 and older, reported receiving a mammogram more than two years ago or not at all (NHDHHS).

The NH Department of Health and Human Services *“Let No Woman Be Overlooked”* Program provides free breast and cervical cancer screenings to women age 18-64 who have no health insurance OR have insurance that does not pay for screening tests and have family incomes at or below 250% of the Federal Poverty Level. For more information, please visit the NHDHHS Breast and Cervical Program website at <http://www.dhhs.nh.gov/dphs/cdpc/bccp/index.htm> or call 1-800-852-3345 x 4931.

Community Health Division

FLU SEASON IS APPROACHING - TAKE TIME TO GET A FLU VACCINE!

The Manchester Health Department and the Centers for Disease Control and Prevention (CDC) recommend an annual flu vaccine as the first and most important step in the prevention of influenza. Routine vaccination is the safest and most effective way to maintain good health and avoid spreading influenza to others. The 2010-2011 flu vaccine will protect against 2009 H1N1 and two other influenza viruses.

This year CDC recommends that everyone 6 months of age and older should be vaccinated on an annual basis. Protection of persons at higher risk for flu-related complications should continue to be a focus of vaccination efforts. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions and people 65 years and older. Vaccination is also important for health care workers, and those who live with or care for individuals at high risk for complications from flu.

The Manchester Health Department will be providing flu shot clinics throughout the fall and winter months. Vaccination continues to be our best weapon in the prevention of flu and helps to maintain the health of our community. Please call 624-6466 for more information.

MISSION STATEMENT

To improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.

2010 WORLD'S CHAMPIONSHIP CHILI COOK-OFF



The Environmental Health Division routinely conducts inspections for all restaurants, markets and permanent food service facilities. The Environmental Health Specialists also inspect all seasonal (outdoor concessions), mobile (hot dog carts and canteen trucks) and temporary food service events (festivals, carnivals and outdoor cooking activities). Conducting these inspections helps assure that food safety standards are being met in settings which are not designed for daily use.

The Manchester Health Department's Environmental Health Division had an active role in the planning and execution of the 2010 World Championship Chili Cook-Off.

The following is a synopsis of the Division's activities before and during the Cook-off:

- Consulted with other local health departments which had hosted the event to gauge the staffing needs and to determine previous food safety expectations communicated to the contestants.
- Developed a 2 page checklist and food safety resource guide for contestants and vendors. This was sent to the International Chili Society for distribution to all contestants.
- Inspected 13 local food service food vendors prior to opening each day.
- There were 395 inspections conducted by 6 different environmental health staff members during the weekend. Each chili cook-off contestant was visited during preparation and cooking and all inspections were completed well in advance of the official start of the competition each day.
- The Division staff assured that each contestant had access to hand washing facilities, an equipment sanitizing station and gray water disposal, as well as food from approved sources and the ability to maintain cooking and holding temperatures during the event.

Only with a professional, competent staff were we able to meet the challenges of this unique event.

School Health Division

THE NEW YEAR IN SCHOOL HEALTH

Students have historically moved from one school to another, but there has been a definite increase in this transiency this year. Our student population has increased to 16,341, an increase of the size of a small school. Students have moved into the city as well as changing schools within the city. The school nurses have been busier than usual this year as they are reviewing health records making sure students are up to date with their immunizations. This year, a challenge in the school health offices has been in securing those records due to the transient population. We have had a larger than usual number of exclusions, both from entrance to school for having no immunization record at all to a 30-day exclusion for incomplete immunization records. The Immunization Clinics at the Health Department are valuable in providing students access to immunizations allowing them to return to school.

Students with chronic health conditions and those needing daily medication have been a priority. The school nurses participate on Special Education Individual Education Plan teams as well as 504 teams developing care plans addressing a child's specific health issues. These plans describe health related care for children during the school day, and may include administering medications, developing emergency protocols, and performing specific procedures.

As always, the school nurses are available to all students and parents, making sure every child is in school and ready to learn!

FOR MORE INFORMATION

Visit our website at <http://www.manchesternh.gov/CityGov/HLT/Home.html>, or call 624-6466