



**CITY OF MANCHESTER HEALTH DEPARTMENT
MONTHLY BULLETIN – AUGUST 2010**



Public Health
Prevent. Promote. Protect.

Chronic Disease Prevention & Neighborhood Health Division

**Smoking During Pregnancy
and Neighborhood Health**

The Centers for Disease Control and Prevention reports that smoking before and during pregnancy is the single most preventable cause of illness and death among mothers and infants. In Manchester, nearly one in five mothers reported smoking during their pregnancies in 2007. In addition, analysis by neighborhood has shown great variation throughout the City, with the most elevated rates presenting in both West Side and East Side Center City census tracts.

The Healthy New Hampshire 2010 Target is to “reduce the percentage of pregnant women who report smoking cigarettes to no more than 10%”.

FUTURE GENERATIONS AT RISK		
	CITY OF MANCHESTER	2014 GOAL
Women of Childbearing Age (18-44 Years) Who Are Current Smokers, 2007-8 NH BRFSS	35.5%	30.0%
Mothers Who Report Smoking During Pregnancy, 2007 Vital Records	19.0%	15.0%
Mothers Enrolled in Medicaid Who Report Smoking During Pregnancy, 2007 Medicaid Office	34.0%	30.0%
Mothers Not Enrolled in Medicaid Who Report Smoking During Pregnancy, 2007 Medicaid Office	9.6%	5.0%

SOURCE: Office of Health Statistics and Data Management, Bureau of Data and Systems Management, and Office of Medicaid, NHDHHS

**A PUBLIC HEALTH THREAT
TO INFANTS AND CHILDREN ...**

Babies born to women who smoke during pregnancy:

- ✓ Have about 30% higher odds of being born prematurely
- ✓ Are more likely to be born with low birth weight
- ✓ Are 1.4 to 3.0 times more likely to die of Sudden Infant Death Syndrome (SIDS)

Children who are exposed to secondhand smoke are at an increased risk for:

- ✓ Bronchitis
- ✓ Pneumonia
- ✓ Ear infections
- ✓ Severe asthma
- ✓ Respiratory symptoms
- ✓ Slowed lung growth



In 2010, the City of Manchester Health Department received funding support from the New Hampshire Department of Health and Human Service’s Tobacco Prevention and Control Program to develop and pilot a targeted tobacco treatment intervention for expectant mothers and women of childbearing age, especially those living with low-income or Medicaid assistance. The pilot will provide both individual and group counseling with a Certified Tobacco Treatment Specialist, cotinine testing for compliance and “healthy baby” incentives for motivation.

For more information, please contact Brita Nettleton, MPH, CHES, Tobacco Prevention Coordinator at bnettleton@manchesternh.gov or (603) 628-6003 ext. 317.

MISSION STATEMENT

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

Community Health Division

National Immunization Awareness Month (NIAM)

August is National Immunization Awareness Month. While the overall goal of NIAM is to increase awareness about immunizations across the life span, the Manchester Health Department is focusing efforts on adult immunizations. Our efforts in the past raised the percentage of children who had received the recommended vaccines by the age of two from 48% in 1993/94 to 84% in 2008/09. However, adult rates have lagged far behind. For example, the national goal for flu vaccine coverage is 90%. According to the NH Immunization Program, only 42% of adults received a flu vaccine during the 2007-2008 flu season.



The same 90% goal applies to other adult vaccines. The Health Department is now promoting the Tdap vaccine: tetanus, diphtheria, and acellular pertussis. The Advisory Committee on Immunization Practices has recommended that all adults under 65 receive one dose of pertussis vaccine with their tetanus booster (the Tdap vaccine).

Commonly known as “whooping cough”, pertussis causes mild illness in adults but may cause serious illness and even death in infants. Infants are not fully protected against pertussis until at least six months of age. Working with hospitals, physician practices, the media and other community agencies, the Manchester Health Department is promoting Tdap to prevent the morbidity and mortality associated with pertussis.

Environmental Health & Public Health Preparedness Division

Summer is going strong and the Manchester Health Department’s Environmental Health Division wants to remind everyone to keep food safety in mind when cooking and storing foods outside. Here are a few tips:

Hot Foods:

- Cook all foods thoroughly. Chicken and Turkey should be cooked to 165⁰ F. Ground Beef and Pork should be cooked to 160⁰ F. Steak, ribs and fish should all be cooked to at least 145⁰ F.
- Those residents with existing medical conditions, pregnant women, the very young and elderly should be especially vigilant in cooking their foods thoroughly.
- Raw meats, poultry and fish should be stored on separate plates by type of food and cooked foods should never be placed on plates where raw foods were kept.

Cold Foods:

- Cold foods like potato salad, sandwiches, cut fruits especially melons and cut vegetables and salads should be kept on ice or in a cooler.
- Ice that is used for keeping foods cold, such as meats and poultry, should not be used in beverages.
- Foods left outside should be consumed within 2 hours and should not be re-served.
 - If it is 90⁰ F or warmer, then use a 1 hour limit.

All Foods:

- Use separate utensils for each type of food.
- Wash all raw fruits and vegetable before serving.



FOR MORE INFORMATION

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