



CITY OF MANCHESTER HEALTH DEPARTMENT

MONTHLY BULLETIN – MAY 2008

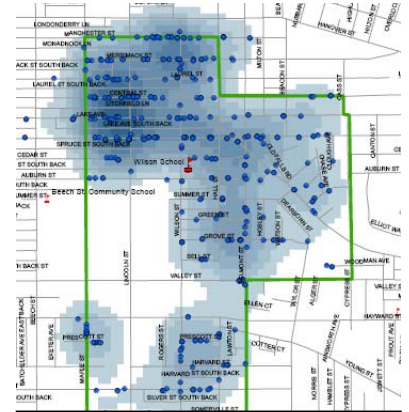


Public Health
Prevent. Promote. Protect.

Chronic Disease Prevention & Neighborhood Health Division

SAFE ROUTES TO SCHOOL PROGRAM

Safe Routes to School (SRTS) is a national program to increase the number of students who choose to walk to and from school each day. The program utilizes a 5 Es framework to achieve this goal. It includes Evaluation, Education, Encouragement, Enforcement, and Engineering. Education strategies aim to evaluate the current travel patterns of students and assess the environmental conditions of the school zone area, such as traffic volume/speed and the availability of sidewalks. Education and Encouragement activities are focused on promoting the health benefits of walking and organizing health events in the school setting to provide opportunities for increased activity among students. Strategies under Enforcement include collaborations with law enforcement to increase presence during school arrival and departure times, and to enforce speed violations/regulations and parking restrictions. Lastly, Engineering includes actual structural improvements, such as new/repared sidewalks or crosswalks in major intersections, to improve pedestrian safety.



Density Map of where students live in relation to the Wilson School to help identify safe walking routes.

The Health Department on behalf of the Safe Routes to School Task Force for Henry Wilson Elementary School has applied for a SRTS Grant through the NH Department of Transportation. If funded, a travel plan will be developed which will provide a concrete strategy to encourage and support an increased number of students walking to school.

Community Health Division

ADOLESCENT IMMUNIZATIONS

The Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that pre-teens receive several vaccines at their 11 or 12 year old check-up. The recommendations include:

CLINICS

The Manchester Health Department provides immunizations for children and adolescents during the following clinic times:

- Monday: 1:30-3:30 pm
- Tuesday: 9:00-11:30 am
- Wednesday: 9:00-11:30 am
- 2nd, 3rd & 4th Thursday of each month: 4:00-6:00 pm

Tetanus-diphtheria-acellular pertussis (Tdap): A single Tdap booster is now recommended in place of the tetanus and diphtheria (TD) vaccine. This provides additional protection against pertussis (whooping cough).

Meningococcal Conjugate Vaccine (MCV4): Meningococcal disease is an acute, serious illness caused by the bacterium *Neisseria meningitidis*. The New Hampshire Immunization Program currently recommends meningococcal vaccine for 11-12 year old children, freshmen in high school and those entering college.

Human papillomavirus (HPV): Human papillomavirus is the most common sexually transmitted infection in the United States and is involved etiologically in 90% of cervical cancers. The New Hampshire Immunization Program recommends the HPV vaccine for females 11-18 years of age.

Influenza: The Advisory Committee on Immunization Practices recently recommended that flu vaccine be provided to all healthy children up to 18 years of age during the upcoming 2008/09 season.

MISSION STATEMENT

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

Environmental Health & Public Health Preparedness Division



ACUTE CARE CENTER

For the past several years, the Health Department in conjunction with our hospitals, first responders, neighboring towns and community partners have been planning for the potential of an influenza pandemic. One component of these efforts has been planning for establishing an Acute Care Center (ACC). An Acute Care Center is an in-patient, health care surge facility that is established in a community-based location to provide limited medical care in an emergency that overwhelms the local medical infrastructure.

On April 21 & 22, an exercise was conducted at which time an Acute Care Center (ACC) was set up at McLaughlin Middle School. The goal of the exercise was to orient participants to the working conditions of an ACC as well as to review and revise the region's Medical Surge Plan.

2007 PUBLIC HEALTH EXCELLENCE AWARDS FOR FOOD SAFETY

The Manchester Board of Health presented the following food service establishments with the 2007 Public Health Excellence Award for Food Safety: Ahh Some Gourmet Coffee #900; Easter Seals; Edible Arrangements; Hackett Hill Healthcare; Hillcrest Terrace; Mount Carmel Rehabilitation & Nursing Center; Rita Mae's LLC; SpringHill Suites by Marriott; Subway Restaurant (1000 Elm Street); TGI Friday's; Trinity High School; The Yard Restaurant.

School Health Division

GET MOVING MANCHESTER

Get Moving Manchester is a four week program sponsored by the Manchester Health Department and the Manchester School Department which promotes healthy eating habits and physical activity. This year the focus was on "5-2-1-0", encouraging students and families to eat 5 or more fruits and vegetables, limiting TV and computer screen time to 2 hours or less, exercising 1 hour and drinking zero beverages with sugar and more drinks of water, milk, and 100% fruit juice. Students earned points by eating fruits, vegetables and milk products and for avoiding television and computer games during the school week. Parents were involved in homework activities and were encouraged to eat healthy and exercise with their children.

The program completed its sixth year with more than 8,100 students in grades K through 6 participating. The Get Moving Manchester trophy was awarded to McLaughlin Middle School for having the most students participating. Jump ropes, bowling passes and other prizes were provided by several community organizations such as Hood, Catholic Medical Center, Elliot Hospital, New England Dairy and Food Council, New Hampshire Healthy Schools Coalition, Fischer Cats, and the American Cancer Society.

Monthly Spotlight

AMERICAN HEART ASSOCIATION FIT FRIENDLY COMPANY:

The Manchester Health Department has been recognized as a "Start! Fit Friendly Company" by the American Heart Association. This competitive award was given in recognition of the efforts by Health Department staff to eat healthier, exercise more and lead an overall healthier lifestyle.



FOR MORE INFORMATION

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