



MANCHESTER HEALTH DEPARTMENT MONTHLY REPORT SUMMARY, FEBRUARY 2007

CHRONIC DISEASE PREVENTION

PROGRAM LISTING:

Arbovirus Surveillance & Control

Chronic Disease Prevention

Communicable Disease Control

Community Epidemiology

Dental Health

Environmental Planning and Pollution Control

Food Protection

HIV Prevention

Immunizations

Institutional Inspections

Lead Poisoning Prevention

Public Health Investigations

Public Health Preparedness

Refugee Health

School Health

Sexually Transmitted Disease Control

Tuberculosis Control

Water Quality

Youth Health Promotion

Summary of Programs: Chronic diseases, such as heart disease, stroke, and diabetes, characterize the top five leading causes of death in the City of Manchester. Heart disease is the number one cause of death for Manchester residents. Despite representing only 9% of the state's total population, the City of Manchester accounts for nearly 12% of all deaths due to heart disease in the State of New Hampshire. A common thread among chronic diseases, such as heart disease and asthma, is that they are largely preventable through behavior modification and environmental interventions. Accordingly, there are many steps individuals can take to reduce their risk factors associated with most chronic diseases, such as not smoking, getting more physical activity, and making healthier food choices. The chronic disease prevention initiatives of the Community Epidemiology and Disease Prevention Division aim to address these risk factors for disease by promoting healthy lifestyle changes that will reduce the frequency of chronic diseases among Manchester residents.

Heart Disease: Through a collaborative partnership with the American Heart Association, Catholic Medical Center, Dartmouth Hitchcock-Manchester, and Elliot Hospital, the Passport to Cardiovascular Health Challenge has been developed to help participants reduce their risk factors for heart disease. It is the goal of the Challenge Planning Committee to extend the model of this program to the business community and the Manchester community-at-large in the near future.

Asthma: Nationally, New England States have a higher prevalence of asthma. If managed properly, asthmatics should never require emergency inpatient hospital care for issues related to asthma. The City of Manchester has higher rates of inpatient hospital discharges due to asthma than the rest of the State of New Hampshire with 158 inpatient discharges in 2004 versus 76 inpatient discharges respectively. Funded by the New England Environmental Protection Agency, the Multilingual Asthma Education and Outreach Program provides home-based asthma education and case management services for families with children who have persistent, moderate to severe asthma. This program aims to reduce emergency room visits, hospitalizations, and school days missed due to uncontrolled asthma.

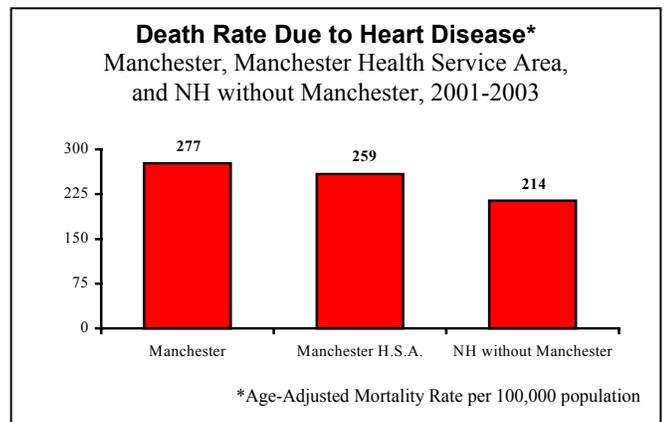
Cancer: Cancer is the second leading cause of death for Manchester residents. The City of Manchester accounts for nearly 9% of all deaths due to cancer in the State of New Hampshire. The Manchester Crusade Against Cancer was formed to develop initiatives and interventions targeted at reducing the incidence of cancer among Manchester residents. Since its inception in 2005, over 10 community partners have joined the Crusade. Based on preventability and higher rates of mortality among Manchester residents, the Manchester Crusade Against Cancer targets its efforts at Breast, Lung, and Colorectal Cancer.

Summary of Activities:

- Development of the Passport to Cardiovascular Health Challenge to reduce risk factors associated with heart disease, such as physical inactivity and poor nutrition; over 100 City Employees participated in a pilot offering resulting in significant improvements in health screening measurements and healthy behavior changes.
- Partnership with the American Heart Association, Catholic Medical Center, Dartmouth Hitchcock-Manchester, and Elliot Hospital to provide local business with the tools and resources they need to establish worksite wellness programs for their employees.
- Nearly 25 Manchester families have benefited from home-based asthma services through the Multilingual Asthma Education and Outreach Program; an additional 15-20 families will be provided services in 2007.
- Educational displays of cancer-related resources and services for Manchester residents and City Employees, and development of systems-level interventions, such as a healthcare provider reminder system for smoking cessation.

Program Notes and Trends:

The City of Manchester accounts for nearly 13% of all deaths due to diabetes in the State of New Hampshire. Manchester has higher rates of inpatient hospital discharges due to diabetes than the rest of the State of New Hampshire with 138 inpatient discharges in 2004 versus 108 inpatient discharges respectively. Based on this identified need, it is the goal of the Division of Community Epidemiology and Disease Prevention to investigate existing diabetes prevention efforts in the community, and partner with local organizations to develop and implement interventions targeted at the prevention of



diabetes among
Manchester residents.

COMMUNITY ACTIVITIES

Manchester Health Department Employee of the Year

Jaime Hoebeke, BS, CHES, has been selected as the 2006 Manchester Health Department Employee of the Year. Jaime was nominated and selected by her peers for her outstanding work with the NH Institute for Local Public Health Practice, the Passport to Cardiovascular Health Program, the Manchester Crusade Against Cancer, and numerous other local and state-wide public health projects.

Manchester Weed & Seed Recognition

Manchester, New Hampshire, was one of three Weed & Seed sites from across the country (along with Charleston, SC and Atlanta, GA) that was selected to present on their successes at this year's annual Weed & Seed Conference.

Retirement of Irene Coulon & Terry Tolman

The Health Department wants to recognize Irene Coulon and Terry Tolman for their dedicated 27 years to the community as the Health Department's Dental Hygienists and wish them well in their retirement.

DISEASE NOTES

Public Health Advisory: Norovirus

Over the past two months, both the City of Manchester and State of New Hampshire have experienced numerous outbreaks of Norovirus associated with schools, child care centers and long-term care facilities.

Noroviruses are a group of viruses that cause gastrointestinal illness. Norovirus is highly communicable and is spread through person-to-person contact, consumption of contaminated food and water, airborne droplets of vomit and contact with contaminated surfaces.

The most common symptoms of Norovirus include nausea, vomiting, stomach cramps and diarrhea. Recovery usually occurs in 1-2 days. No specific treatment is available; however, it is important to increase fluid intake to avoid dehydration.

There is no vaccine to prevent Norovirus; however, there are several precautions individuals should take:

- Good handwashing is the most important means to prevent transmission.
- Cook all shellfish thoroughly before eating.
- Wash raw vegetables before eating.
- Dispose of sewage in a sanitary manner.
- Ill food handlers and health care workers should stay home from work if they have symptoms of Norovirus

FOR MORE INFORMATION

Visit our website at <http://www.manchesternh.gov/CityGov/HLT/Home.html>, or call 624-646