



**CITY OF MANCHESTER HEALTH DEPARTMENT
MONTHLY BULLETIN – OCTOBER 2009**



Public Health
Prevent. Promote. Protect.

Chronic Disease Prevention & Neighborhood Health Division

Tobacco use continues to be the number one cause of preventable death in the United States. Smoking has been directly linked to an increased risk of cancer, heart disease, and COPD. In Manchester, there is a significantly higher proportion of adults age 18 to 64 who are currently smoking (32.8%) as compared the Rest of New Hampshire (22.1%). Furthermore, smoking rates vary statistically by income. For example, 37% of Manchester adults age 18 and older with an income less than \$25,000 reported that they smoke compared to only 15.7% for those in the same age cohort with an income at or above \$75,000 annually. In 2009, the average price for a pack of cigarettes nationwide was roughly \$5.14.

The City of Manchester Health Department, in collaboration with community partners, will be concentrating its efforts in the months ahead to promote smoke-free environments and neighborhoods, access to cessation services and the prevention of the initiation of tobacco use among expectant mothers and youth.

If you, or someone you love, is looking to quit, please contact the NH Smokers’ Helpline at 1-800-Try-To-Stop or visit their website at www.trytostoph.org

City of Manchester Tobacco Use	% of Population
Mothers Smoking During Pregnancy	20.1%
High School Students	16.6%
Women Age 18 Years and Older	26.1%
Men Age 18 Years and Older	23.6%
Adults Age 18-34 Years	30.5%
Adults Age 35-44 Years	33.9%
Adults Age 45-54 Years	22.7%
Adults Age 55-64 Years	17.0%
Adults Age 65 Years and Older	10.8%
Residents with Incomes <\$25,000	37.0%
Residents with Incomes \$25,000-\$34,999	33.3%
Residents with Incomes \$35,000-\$49,999	22.9%
Residents with Incomes \$50,000-\$74,999	17.1%
Residents with Incomes \$75,000	15.7%

*SOURCE: 2006 Birth Data, NHDHHS
2007 Youth Risk Behavior Survey, Makin It Happen Coalition
2005-7 NH Behavioral Risk Factor Surveillance System, NHDHHS
Tobacco Free Kids*

School Health Division

SCHOOL BASED FLU SURVEILLANCE

While our school nurses been busy treating students who have entered the doors with the usual playground injuries and stomach aches, they have also increased their surveillance activities for students coming in with influenza like illness (ILI). This year, the Health Department in conjunction with the Manchester School District is participating in a state-wide flu surveillance system by where daily visits to the health offices for influenza like illness (ILI) as well as overall school attendance are tracked. These rates are then compared with last year’s rate, enabling us to detect any sudden increase in rates of illness. Finally, the school nurses are actively educating students and staff about the importance of cough etiquette, hand washing and staying home when ill as measures to keep everyone healthy during this flu season.

MISSION STATEMENT

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

FOOD SAFETY SEMINAR



The Manchester Health Department's Environmental Health Division will be hosting its *Food Safety Seminar* on Wednesday, October 21, 2009, from 9:00-11:00 a.m. and 2:00-4:00 p.m. This 2-hour class is designed to review important concepts in food safety practice for food service workers and the general public.

Please contact the Environmental Health Division for registration information at 624-6466 x311.

As always, this training is offered free of charge at the Manchester Health Department located at 1528 Elm Street (rear entrance).

Community Health Division

10 TIPS ON PREVENTING THE FLU AND STAYING HEALTHY

1. If you are ill, stay home from work or school until you have no fever for at least 24 hours, without the use of fever reducing medication.
2. Wash your hands frequently with soap and hot water for 20 seconds or use an alcohol-based (>60 % alcohol) hand gel.
3. Cover your mouth and nose with tissue when you cough or sneeze, *or* cough or sneeze into your upper sleeve, not your hands.
4. Place your used tissue in the waste basket.
5. Clean your hands after coughing or sneezing.
6. Avoid close contact with individuals who are ill, remaining at least 6 feet away.
7. Avoid sharing eating utensils.
8. Eat a healthy diet, drink plenty of fluids, exercise and get plenty of sleep.
9. Wash frequently touched objects, such as door handles, kitchen and bathroom surfaces, drinking fountains, and phone receivers, with a household disinfectant.
10. Receive a flu shot, when vaccine is available.



FOR MORE INFORMATION

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