



CITY OF MANCHESTER HEALTH DEPARTMENT

MONTHLY BULLETIN – FEBRUARY 2008



Chronic Disease Prevention & Neighborhood Health Division

Mayor Frank C. Guinta Proclaims 2009 the Year of the Heart *Keeping Manchester Healthy One Beat at a Time*

Heart disease is the leading cause of death among Manchester residents, accounting for 34% of all Manchester deaths. Contributory risk factors including obesity, lack of physical activity, poor nutrition and tobacco use are at high levels in the City, affecting residents of all ages. The prevalence of obesity has been steadily increasing with 28% of Manchester adults age 18 and older are obese as defined by body mass index. This is nearly double the Healthy People 2010 Objective of 15%. The increasing prevalence of obesity can be best defined by an energy imbalance resulting from the consumption of high density foods with limited engagement in leisure time physical activity. In Manchester, over 50% of residents do not meet physical activity recommendations, including 11% of residents getting no moderate or vigorous physical activity at all. Furthermore, nearly 26% of adults and 17% of high school students report that they are current smokers.

In response to this growing concern, Mayor Frank C. Guinta has proclaimed 2009 the Year of the Heart: *Keeping Manchester Healthy One Beat at a Time*. Over the course of 2009, the Manchester Health Department (MHD) will be collaborating with various community partners among our coalition groups to promote and organize heart healthy events and campaigns for Manchester residents. In honor of American Heart Health Month, the MHD is partnering with the American Heart Association to organize a 'Love Your Heart' event on February 14th from 11:00 am-3:00 pm at the Mall of New Hampshire. The event will provide educational displays and important information about heart health check-ups, raffle prize opportunities and live entertainment. Please consider supporting this worthy cause by wearing red and joining us at the 'Love Your Heart' event!

Know Your Numbers – An important step in the prevention of heart disease is screening for the major risk factors. These numbers can help you and your doctor determine your risks and mark the progress you are making toward a healthier heart. For more information and to complete the American Heart Association's Go Red Heart CheckUp, please visit www.goredforwomen.org.

Risk Factor	My Number	Recommended
Blood Pressure		Less than 120/80 mmHg
Total Cholesterol		Less than 200 mg/dL
Fasting Blood Glucose		Less than 100 mg/dL
Triglycerides		Less than 150 mg/dL
Body Mass Index		Less than 25 Kg/m ²
Cigarettes Per Day		Zero cigarettes
Waist Circumference		Less than 35 Inches
Minutes of Exercise Per Day		30 minutes

*If you are unable to fill in all of the blanks, consider scheduling a visit with your doctor.

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 Children's Dental Health Month

February marks the 60th anniversary of the American Dental Association's annual event that focuses attention on the importance of oral health. The campaign is intended to promote a life of good health through oral health hygiene and regular dental care.

Oral Health has been a program of the Manchester Health Department for many years - through teaching tooth brushing and screening for oral disease as well through programs enabling low income children to receive cleanings, fluoride treatments and sealants. Dental Hygienists, School Nurses, and Health Educators have assured that all elementary school children receive oral health education. CMC's Poisson Dental Facility has provided a dental home to children referred from a variety of Manchester agencies, and recently started an out-reach program at Dartmouth-Hitchcock Medical Center. Easter Seals NH currently collaborates with the Health Department in offering a comprehensive dental program to low income Manchester school children who do not have dentists. For further information on the campaign and related materials, go to: <http://www.ada.org/prof/events/featured/ncdhm.asp>

Environmental Health & Public Health Preparedness Division

Peanut Butter Recall

The Environmental Health Division has been closely monitoring the nationwide outbreak of Salmonella Typhimurium associated with peanut butter produced by the Peanut Company of America. As of February 13th, more than 600 people in 44 states have been sickened by contaminated peanut products. This illness has sickened 13 New Hampshire residents, which includes Manchester residents. The Manchester Health Department has been working closely with State and Federal agencies as well as industry to assure that recalled items are not offered for sale.

The Health Department has posted information about this ongoing outbreak on its webpage which contains links to the over 2000 affected food items. The following is a link to this search tool:

<http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>

School Health Division

Lending a Hand to Help Our School Nurses

Every day, school nurses are met with students needing breakfast, snacks, drinks, clothing, and toiletries. The employees of the Health Department continued the Holiday tradition of "adopting the school nurses" by purchasing a variety of these articles. At the January Health Department staff meeting, tables were filled with jackets, hats, mittens, underwear and socks, juice boxes, crackers, and fruit bars, soap, shampoo, chapstick, and the myriad of other items that school nurses need to help a child through the school day. Each nurse went "shopping" and bolstered her supply of these essentials. The School Health Division greatly appreciates the support of their Health Department colleagues!

Monthly Spotlight

Medical Director Becomes Board Certified

Congratulations to Laurie Forlano, DO, MPH, Medical Director at the Manchester Health Department for becoming Board Certified in General Preventive Medicine and Public Health.

FOR MORE INFORMATION

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