



CITY OF MANCHESTER HEALTH DEPARTMENT
MONTHLY BULLETIN – SEPTEMBER 2010



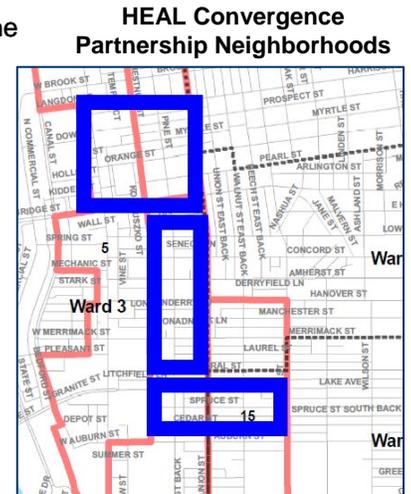
Public Health
 Prevent. Promote. Protect.

Chronic Disease Prevention & Neighborhood Health Division

Healthy Eating and Active Living In Manchester ... One Neighborhood at a Time

In November of 2009, the Manchester Health Department, in collaboration with the HNH*foundation*, received a grant award of \$90,000 from the National Healthy Eating Active Living (HEAL) Convergence Partnership to implement policy and environmental changes in the center city that support improved access to nutrition and opportunities for increased physical activity. The outcomes of the project are to work in partnership *with the community* to conduct built and food environment assessments in Census Tracts 5, 6, 14 and 15, develop community action plans to address concerns from the assessment findings, and select/implement at least one strategy in the built environment AND the food environment within the targeted neighborhoods.

To date, HEAL Committee Members have surveyed 150 residents living within these Census Tracts at block parties, community events, and door to door to learn about goals and concerns for their neighborhoods. In addition, Neighborhood Walkability Assessments have been completed to create GIS maps indicating street segment areas in need of improvement. Finally, neighborhood profiles have been completed using sociodemographic and pedestrian accident data. During this project year, the assessment findings will be utilized by the HEAL Policy Committee to identify major built environment recommendations that will be highlighted in Community Action Plans by neighborhood area. Major findings from the resident surveys include:



Social Environment	
40%	Of residents disagree with the statement "People in my neighborhood usually help each other out."
38%	Of residents almost never run into or talk with their neighbors
20%	Of residents do not feel comfortable calling police to report suspicious activity or criminal behavior in their neighborhood
Active Living in Neighborhoods	
31%	Of residents strongly agree with the statement "My neighborhood is easy and pleasant to walk in"
44%	Of residents do not own a car
76%	Of residents walk regularly to a convenience store or corner market
36%	Of residents feel they are in fair or poor health
Safety in Neighborhoods	
87%	Of residents feel safe walking in their neighborhood during the day
45%	Of residents feel safe walking in their neighborhood at night
62%	Of women do not feel safe walking in their neighborhood at night

For more information about the HEAL Convergence Partnership in Manchester, please contact Jaime Hoebeke at (603) 628-6003 ext. 355 or jhoebeke@manchesternh.gov

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

“Take 3” Actions to Fight the Flu

Flu is a serious contagious disease that can lead to hospitalization and even death. In 2009–2010, a novel flu virus, 2009 H1N1, spread worldwide causing the first flu pandemic in many years. Although flu viruses are unpredictable, the CDC expects the 2009 H1N1 virus to circulate during this upcoming season along with other seasonal flu viruses.

CDC and the Manchester Health Department recommend the following actions to protect yourself and others from the flu:

1. **Take time to get a flu vaccine.**
 - CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
 - The 2010-2011 flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus.
 - Everyone 6 months of age and older should get vaccinated against the flu.
2. **Take everyday preventive actions to stop the spread of germs.**
 - Cover your nose and mouth with a tissue when you cough or sneeze.
 - Wash your hands often with soap and water or use an alcohol-based hand rub.
 - Avoid touching your eyes, nose and mouth.
 - Avoid close contact with sick people.
 - If you are sick with a flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone (without the use of a fever-reducing medicine).
 - While sick, limit contact with others as much as possible.
3. **Take flu antiviral drugs if your doctor prescribes them.**
 - If you get the flu, antiviral drugs can treat your illness.
 - Antiviral drugs may shorten the time you are sick and may prevent serious flu complications.
 - It's very important that antiviral drugs be used early...within the first two days of illness.

Environmental Health & Public Health Preparedness Division

September is ***National Preparedness Month*** and the MHD wants to remind people of the importance of being prepared for all kinds of emergencies. While Hurricane Earl didn't amount to much in New Hampshire, the state has received two Presidentially Declared Disasters during the past year including the wind storm during the last weekend in February, and a series of heavy rainstorms in the following weeks which caused flooding in a number of southern New Hampshire communities. The windstorm caused damage totaling \$9.36 million. The flooding caused \$2.58 million in damage.

We can't stop windstorms, floods or other types of disasters, but we can and should be prepared for them. ReadyNH was designed to provide New Hampshire residents and visitors with useful and specific information to prepare for emergencies. Please visit <http://www.nh.gov/readynh/resources/index.htm> and click on the “Families” tab to learn more about how you can keep your family safe by developing an emergency plan.

School Health Division

Back to School in Manchester

16,356 students started a new school year on September 2 in Manchester. The school health offices have been preparing health folders for new students and updating health records of returning students. Immunization records must be submitted at the time of registration in order for any student to enter school. A student whose immunization record is incomplete may start school but is given thirty days to meet the requirements of the State of New Hampshire RSA 200:38-1. Parents whose children need of immunizations should contact their child's primary care providers or visit one of the immunization clinics held at the Health Department. Students entering Kindergarten, sixth grade and ninth grade are also required to submit a report of a physical examination. Any parent with concerns about their child's health is encouraged to contact their school nurse.

FOR MORE INFORMATION

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