

Public Health News Briefs



May-June 2010

National Women's Health Week May 9-15

In honor of National Women's Health Week, May 9 - 15, Lasso Tobacco Coalition in partnership with the Durango Women's Resource Center is promoting a new website to help women stop smoking: women.smokefree.gov. This website focuses on topics of quitting that interest women, has experts to talk to and will send you free resources. To promote the website, the Lasso Tobacco Coalition will give away free lip balm, nail files and picture frame magnets to all interested women. For more information, contact Char at 247-5702, ext. 227

Seeds of Hope

Promoviendo La Salud in conducting a fund-raiser to provide its low income clients with prescription medicines. It's hard enough living with a chronic disease like diabetes or hypertension. Now imagine not being able to afford the prescription medications you need to manage your illness. This spring, Promoviendo La Salud staff are addressing this need with their Seeds of Hope campaign. Buy a package of three wildflower seed mixes for \$4 and help a low-income client purchase their prescription medications. For more information, or to purchase seeds, contact Domenica at 799-0216 or dames@sjbhd.org.

EMS Day in the Park

EMS Day in the Park will take place on Saturday, May 22 from 10 a.m. to 4 p.m. at Santa Rita Park. It's a fun way for all ages to learn about injury prevention. There will be free information and giveaways.

Tobacco Free Parks - Community Survey

The Torch Club at Boys and Girls Club of La Plata County is helping collect Tobacco Surveys concerning whether Parks and Trails should be tobacco-free. The Torch Club chose Tobacco-Free Parks and Trails theme for its work with the *Get Real!* Coalition. Seven Torch Club members just returned from the *Get Real!* Coalition Conference held May 1st in Pueblo. The Torch Club will continue its work on Tobacco-Free Parks and Trails. So far, results show 88% of our community supports tobacco-free parks.

Lasso Tobacco Coalition meeting Wednesday, May 26th

The Lasso Tobacco Coalition will meet Wednesday, May 26th from 11:30 to 1:00 p.m. in the Columbine Room at San Juan Basin Health Department. To RSVP, please call Char at 247-5702, ext. 227.

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Peer Counseling: Making a Difference for WIC Families

The local WIC program will complete the training of our new "Breastfeeding Peer Counselors" by the end of May. These women will be contacting our WIC clients in order to:

- *Serve as a model for breastfeeding.
- *Establish a connection with the family.
- *Help mothers prevent and manage common concerns with breastfeeding and/or refer to lactation specialist if needed.
- *Provide ongoing encouragement to help mother meet her breastfeeding goals.
- *Link them to breastfeeding help beyond the usual 8-to-5 services.
- *Fill the gap in services immediately after hospital discharge for seamless continuity of care.

For more information, call 247-5702, ext. 210.

Strengthening Clean Indoor Air Law

Lasso Tobacco Coalition is conducting its final assessment interviews of citizens and community leaders to assess Durango's Readiness to Strengthen the Colorado Clean Indoor Air Act (CCIAA). Strong, comprehensive, and effective smoke-free public place and workplace laws prohibit smoking in all workplaces and public places, and are considered by the Centers for Disease Control and Prevention to be priority Best Practice strategies. The CCIAA is not considered a comprehensive law because not all workplaces or public places are covered by the intended protections in the law. In addition to limiting the health impact of the law, exemptions and lack of clarity in the language of the CCIAA have made areas of the law difficult to interpret, comply with, and enforce.

For more information, call Caleb at 247-5702, ext. 236 or come to the next Lasso Tobacco Coalition meeting where interviews results will be shared. The meeting will be held on May 26th at San Juan Basin Health Department, Columbine Room from 11:30 a.m. to 1:00 p.m.

Free Screenings for Senior Citizens

The Senior Outreach program continues to provide free screenings to our senior citizens. Our nurse tests blood pressure, temperature, heart rate, oxygen level, and blood glucose level. All take place from 11 a.m. to 12 noon. Anyone 60 years or older can receive a free nursing visit at home by calling the Senior Outreach Nurse Brenda Isgar, R.N. at 749-4007.

Second Thursday of each month in Durango at the La Plata County Senior Center
(May 13, June 10, July 8)

Third Thursday of each month in Ignacio at the Ignacio Senior Center
(May 20, June 17, July 15)

First Friday of each month in Bayfield at Pine River Valley Senior Center
(May 7, June 4, July 9th -due to Fourth of July holiday weekend)

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Supporting Local Businesses Maintain Smoke-Free Entrances

The Positive Perimeters Pointers Menu is designed to provide businesses and organizations with support to encourage the implementation of a 15-foot smoke-free area around their entryways. The suggestions are meant to help reinforce the smoke-free entry perimeter law of 15-feet that is a piece of legislation included in the Colorado Clean Indoor Air Act. Smoking near entryways inevitably leads to smoke entering buildings that would otherwise be smoke-free. Keeping entryways as a smoke-free environment assists in strengthening clean indoor air. The 'menu' is meant as a useful tool for all interested organizations and businesses who would like to address this issue.

Heart Healthy Solutions Making a Difference

Since July 1, 2010, the Heart Healthy Solutions program has screened nearly 500 adults in La Plata County for cardiovascular disease risk. 66% of participants screened have learned that they are moderate to high risk for at least one risk factor, such as cholesterol, blood pressure, obesity or other lifestyle variables. These participants all receive referrals to lifestyle programs, medical care or other resources and are encouraged to retest at a later date. So far, the data shows that people returning for retests have shown a reduction in several important risk factors, including total cholesterol, LDL, and blood pressure. Knowing your numbers makes a difference! For more information on this statewide program, visit: www.hearthealthysolution.org. The program is funded by Colorado Prevention Center with local support from Healthy Lifestyles La Plata.

Employment Opportunities

Please check our website www.sjbhd.org for up-to-date job opportunities.

Contact Information for Public Health News Briefs:

Jane Looney, San Juan Basin Health Department
247-5702, ext.1605 * jlooney@sjbhd.org