



**Public Health**  
Prevent. Promote. Protect.  
Platte County Health Department

# Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 3, ISSUE 12

DECEMBER 14, 2016

## SPECIAL POINTS OF INTEREST:

- Don't let yourself or your family get too stressed out this holiday season! Get some tips to manage stress
- Spotlight PCHD! Read a message from Candis Desselle, PCHD's new QMHP
- Find stats about poverty and education in Platte County residents
- Flu rates are still low this season

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For more information or questions about Epi Update, contact Erin Sanders, PCHD Epidemiology Specialist at: (816) 858-2412

## Make Time for Your Mental Health

For many people, the holiday season can bring increased feelings of stress that add to already stressful lives. 8 out of 10 Americans surveyed in 2008 anticipated stress during the holidays, while 24% of adults already report extreme stress during non-holiday times.<sup>1,2</sup> Depression, grief, seasonal affective disorder, and other painful or negative feelings may also affect mental health during the holiday season.<sup>1</sup> Use this holiday season as an opportunity to prioritize your mental health:<sup>2-6</sup>

- **Take time for yourself** – Treat yourself to a break and something that brings you joy when you are stressed out, such as a massage, a long walk, or reading a good book.
- **Set realistic expectations** – Be prepared to say no to activities or gifts that overwhelm your schedule or budget. In addition, don't forget that no day is perfect and sometimes things go wrong. Often unexpected mishaps result in the most memorable experiences.
- **Connect socially** – Reach out to friends, family, and loved ones. Take time to volunteer or do something nice for someone else.
- **Stick to a healthy routine** – Don't forget to exercise, eat healthy snacks, and get plenty of sleep even during the holidays.
- **Ask for help** – Seek support from a close friend or family member during times of stress, and don't be afraid to talk to a mental health professional if you need help.

Even after the holidays are over, find ways to keep managing your stress and take care of your mental health all year long. Mental health was identified as one of the top 3 key health priorities in Platte County in the [2015 Community Health Assessment](#).<sup>7</sup>

### Find more information:

Get tips for coping with stress and taking care of your mental health through these links from the [CDC](#)<sup>3</sup>, [APA](#)<sup>2</sup>, [Mental Health America](#)<sup>4</sup>, and the [Mayo Clinic](#)<sup>5</sup>.

**Kids are affected by holiday stress too!** Parents can find tips on managing family stress during the holiday season at [www.apa.org/helpcenter/parents-holiday.aspx](http://www.apa.org/helpcenter/parents-holiday.aspx).<sup>6</sup>

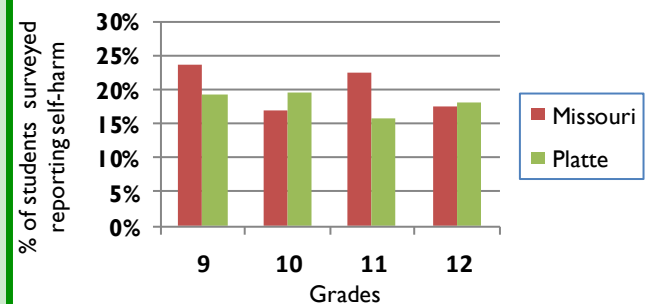


**Don't forget the kids:** Kids of all ages can also be affected by stress and mental health issues. In 2014, more U.S. **children aged 10-14 died from suicide** than from motor vehicle accidents.<sup>8</sup> Here is some info from the 2016 **Missouri Student Survey** about the mental health of high school students in Platte County:<sup>9</sup>

**14.2%** of 9th-12th grade students surveyed in Platte County reported feeling **hopeless about the future** often or always in the last 30 days.

**9.2%** of 9th-12th grade students surveyed in Platte County reported making a **plan to commit suicide** in the past year.

**High school students in Platte County and Missouri who reported attempting to harm themselves (in a deliberate, but not suicidal way), Missouri Student Survey, 2016<sup>9</sup>**



## Spotlight PCHD

# Spotlight on Mental Health Care

For this month's spotlight, we have a message from Candis, who is in a brand new position at the Platte County Health Department as a Community Based Licensed Qualified Mental Health Professional. Learn more about how she is helping PCHD and the community!

I am the Qualified Mental Health Professional for the Platte County Health Department, a satellite office for Tri-County Mental Health Services (TCMHS). I have been a Licensed Professional Counselor for the past 5 years and working for TCMHS for the past 2 years. I am now available in a new role that can help:

- ◆ Assess PCHD patients for eligibility for mental health services
- ◆ Maintain a therapy caseload that are specifically patients of PCHD
- ◆ Assist PCHD staff with a trauma informed training initiative.

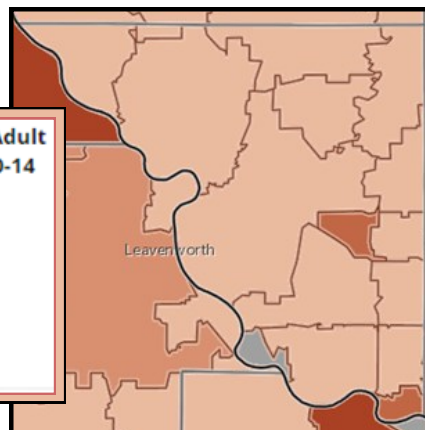
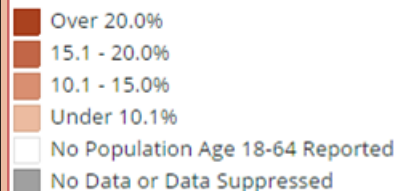
I am available at PCHD's Parkville location Mondays and Wednesdays-Fridays from 8 am-4:30 pm. I will be at PCHD's Platte City location on the 2nd and 4th Tuesdays of the month. I am at TCMHS on the 1st and 3rd Tuesdays of the month.

Thank you. Please call if I can help in any way at (816) 587-5998, Ext 214.

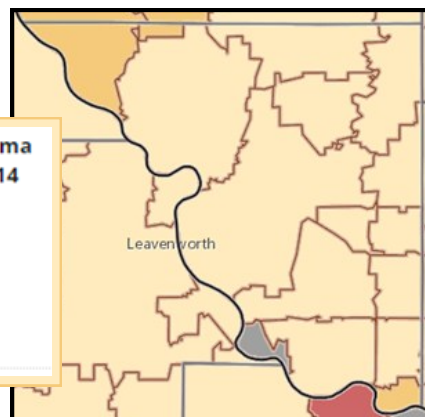
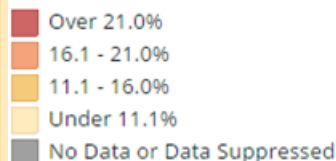
Sincerely,  
Candis Desselle, LPC

## Poverty & Education in Platte Co.

Population Below the Poverty Level, Adult (Age 18-64), Percent by ZCTA, ACS 2010-14



Population with No High School Diploma (Age 18+), Percent by ZCTA, ACS 2010-14



For the [2015 Community Health Assessment](#), the Platte County Health Department collected information on hundreds of topics, including demographics like education and poverty. Through this assessment, it was found that **8.5% of residents in our community were living under the poverty level.**<sup>7</sup> For comparison, the national and statewide averages were nearly 16%. Additionally, about **4% of Platte County adults were found to have less than a high school diploma**, which is also much lower than the national rate of 13%.<sup>7</sup> However, **many residents of Platte County are still affected by these issues.** The maps to the left show the percentage of our population below poverty level and the percent of residents with less than a high school level education by zip code.<sup>10</sup>

For more information about how education and poverty can affect health, see the 2015 Community Health Assessment available on our website at: <http://plattecountyhealthdept.com/docview.aspx?docid=43518>

# Platte County Influenza Report

Platte County 2016-17 Reported Influenza Cases								
10/30/2016-12/3/2016		Epi Week					Total	STD*
Age Group	Type	44	45	46	47	48		(40-48)
0 - 1	Type A						0	0
	Type B					1	1	1
	Type A or B						0	0
2 - 4	Type A						0	0
	Type B						0	0
	Type A or B						0	0
5 - 14	Type A						0	0
	Type B						0	0
	Type A or B						0	0
15 - 24	Type A						0	9
	Type B						0	0
	Type A or B						0	0
25 - 49	Type A						0	0
	Type B						0	0
	Type A or B						0	0
50 - 64	Type A						0	0
	Type B			2			2	3
	Type A or B						0	0
65 +	Type A						0	0
	Type B						0	0
	Type A or B						0	0

**Flu totals<sup>†</sup>**

Weeks 44-48:

A	0
B	3
A or B	0

\*Season to date:

A	9
B	4
A or B	13

<sup>†</sup> Reflect total reports received as of 12/13/16

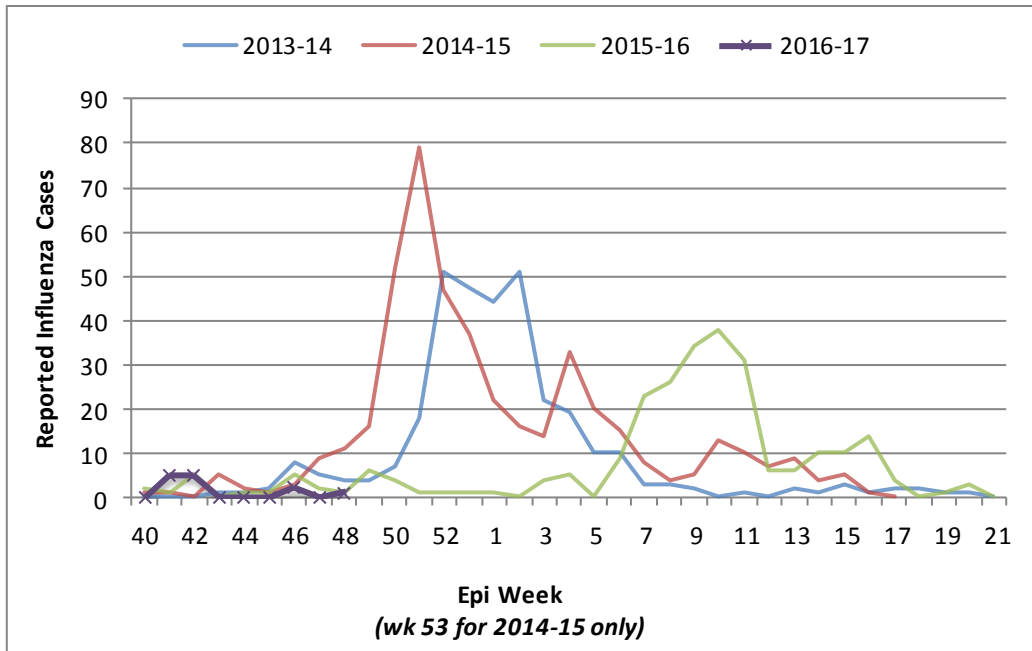
**Notable this Month:**

Flu rates in Platte County were low throughout the month of November, with only 3 influenza B cases reported in Platte County residents over a 5 week period.

Overall, the total number of flu cases reported in Platte County season to date is lower than has been seen over the past 3 flu seasons for the same time period.

**Don't forget** to fax your flu reports **weekly** to PCHD at 816-858-2087. Click [HERE](#) or call 816-858-2412 for a copy of the reporting form.

**Reported Influenza Cases in Platte County residents, by Epidemiological week, past 3 influenza seasons and 2015-16 season-to-date<sup>†</sup>**



# Communicable Disease Report

**Notable this month:** Animal bite and gastrointestinal disease reporting were above average in the month of November. Gastrointestinal diseases reported to PCHD in November include 2 cases of Campylobacteriosis and 1 case of Cryptosporidiosis.

Overall, reporting was higher than average for the month of November, and continues to be high YTD\*.

Reportable Diseases November 2016		YTD*						5 YR AVG†
		2016	2015	2014	2013	2012	2011	
Animal Bites	5	56	56	27	31	32	33	36
Gastrointestinal Diseases	6	59	57	20	40	27	39	37
Hepatitis	7	79	89	57	76	79	69	74
STD	4	81	46	60	25	96	32	52
Tuberculosis	2	46	27	37	60	50	41	43
Other	11	120	70	106	76	119	52	85
<b>TOTAL</b>	<b>35</b>	<b>441</b>	<b>345</b>	<b>307</b>	<b>308</b>	<b>403</b>	<b>266</b>	<b>326</b>

\*Year-to-date (counts reflect total cases January through November of the given year)

† Five year average is of YTD counts for years 2011-2015.

Please note that categories are grouped communicable diseases or conditions, most of which are mandatory by law to report (see links below). Totals reported for each category represent total number of reports and inquiries to the health department, not total number of cases.

Categories: Animal bites category includes any type of bite. Gastrointestinal Disease category includes all reportable GI diseases. Hepatitis category could include chronic or acute infections of Hepatitis A, B or C. Sexually Transmitted Disease category includes all reportable STDs other than Hepatitis. Tuberculosis category includes all reports, calls/inquiries, requests for previous records, etc., regarding active or latent cases of TB. Other category includes reports or inquiries regarding individual diseases that do not fit previous categories.

List of Reportable Diseases & Conditions: <http://health.mo.gov/living/healthcondiseases/communicable/communicabledisease/pdf/reportablediseaselist2.pdf>

Rules of Department of Health and Senior Services - Division 20—Division of Community and Public Health Chapter 20—Communicable Diseases: <http://s1.sos.mo.gov/cmsimages/adrules/csr/current/19csr/19c20-20.pdf>

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9. Missouri Department of Mental Health. Missouri Behavioral Health Data: Missouri Student Survey. Retrieved 2016, Dec 6 from <https://seow.dmh.mo.gov/DetailSearch.aspx>
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## Platte County Health Department

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Platte City, MO 64079  
(816)858-2412  
Fax (816)858-2087

### South

1201 East Street  
Parkville, MO 64152  
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Fax (816)587-6028

## Services Provided

- Disease Surveillance
- Emergency Preparedness
- Environmental Health
  - *Restaurant & Septic Inspections*
- Health Education
- Special Deliveries Program
- Women, Infants & Children (WIC)
- Vital Records
  - *Birth & Death Certificates*
- Family Healthcare Clinic
  - *Physician*
  - *Nurse Practitioner*
- Walk-In Clinic
  - *Adult/Child /Travel Vaccinations*
  - *HIV/STD Testing*
  - *Pregnancy Testing*

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