



Public Health
Prevent. Promote. Protect.

Platte County Health Department

Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 3, ISSUE 11

NOVEMBER 9, 2016

SPECIAL POINTS OF INTEREST:

- Prevent food-borne illness at your holiday meal this year by following 4 easy steps
- Learn what PCHD's new Vaccine Coordinator can do to help you
- Find out how the YMCA's [Diabetes Prevention Program](#) can help Platte County adults at risk for diabetes
- Flu is here and hitting Platte County teens

INSIDE THIS ISSUE:

Spotlight PCHD 2
Vaccine Coordinator

YMCA Diabetes 2
Prevention Program

Flu Report 3

October 4
CD Report

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

Have a Healthy Holiday Meal!

What's the worst thing about preparing a Thanksgiving meal? No it's not the time constraints, and no it's not the amount of dishes you have, it's the idea that foodborne illness could be present. Every year "roughly **1 in 6 Americans** (or 48 million people) gets sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases".¹ There are four easy steps you can take to prevent the guests at your holiday meal from adding to these statistics.²⁻³

1. Make sure all your **surfaces are clean**. If you are using a cutting board, clean the board and knife with **hot soapy water**. If you end up cutting something on the kitchen counter top make sure the surface is clean of chemicals and wiped down with **warm water** when finished. Don't forget to also **wash your hands** for 20 seconds with soap and warm water before and after handling food.
2. Next, make sure to always keep your **food separated**. If juices of raw meat come in contact with other food, particularly food that you plan to eat raw or uncooked, then it puts you at higher risk of catching a foodborne illness.
3. After separating the food, make sure you **cook the food to the proper temperature**.⁴ When you are preparing for your feast, make sure you use a thermometer to ensure that your foods are fully cooked before serving.
4. Lastly and most importantly, when you are done eating your wonderful meal, make sure you **promptly refrigerate the items that need refrigerating**. Your **food should only sit out for two hours** at the max, after which the food could go bad and should be thrown out. This is an important step because bacteria can grow rapidly at room temperature, and if you choose to not refrigerate your foods, then you stand a higher chance of getting a foodborne illness.

Remember, after you refrigerate your leftovers, only **keep the food in your refrigerator for up to four days**. Freeze any leftovers you want to save longer. By following these steps, you can help keep your holiday worry free from foodborne illness!

be food safe.



clean. separate.
cook. chill.

www.befoodsafe.org

Cooking a turkey this Thanksgiving? Get some [food safety tips](#)⁵ here!



Turkey Thawing Chart⁶

Turkey Size	In Refrigerator (About 24 hours for every 4-5 lbs.)	In Cold Water (About 30 minutes per lb.)
4 to 12 lbs	1 to 3 days	2 to 6 hours
12 to 16 lbs	3 to 4 days	6 to 8 hours
16 to 20 lbs	4 to 5 days	8 to 10 hours
20 to 24 lbs	5 to 6 days	10 to 12 hours

Spotlight PCHD



Spotlight on Vaccine Coordinator

For this month's spotlight, we have a message from Neila, PCHD's new Vaccine Coordinator, about how she can assist you!

I am the Vaccine Coordinator for the Platte County Health Department. I have been a Registered Nurse here for 3 years in the Walk-In Clinic and am now available in a **new role that can help you:**

- Answer questions about the **VFC program** and **vaccines available in our clinic.**
- Assist in planning and implementing **off-site clinics.**
- Address your concerns regarding **immunizations and catch-up schedules** for school aged children.
- Explain any **new school laws** that

govern how immunizations are administered based on Missouri State law.

- Discuss **vaccines for international travel** and any updates for your travel safety.

I am available in Parkville M-F 8-4:30 and also assist in the walk-in clinic when needed, where our full-time RN's provide shots for travel, child and adult immunizations, STD testing, and TB testing.

Thank you. **Please call if I can help in any way (816) 587-5998.**

Sincerely,

Neila Osborn, RN-BSN
Vaccine Coordinator
Platte County Health Department

Diabetes Prevention Program

November is **National Diabetes Awareness Month** and as a leading community-based charity committed to improving America's health, the YMCA of Greater Kansas City is encouraging people in Platte County to understand their risks for prediabetes and type 2 diabetes and what steps to take to prevent the disease through programs like the YMCA's Diabetes Prevention Program.

The YMCA's **Diabetes Prevention Program is an innovative lifestyle modification program** that helps adults with prediabetes reduce their risk for developing type 2 diabetes. It uses a **CDC-approved curriculum** in

which a trained lifestyle coach helps participants learn tactics for healthy eating, physical activity, and other lifestyle changes over the course of a year.

Facilitated in a group setting, the YMCA's Diabetes Prevention Program helps participants **lose 5-7% of their body weight and increase their physical activity to 150 minutes per week** through moderate physical activity equivalent to brisk walking. Programs like the YMCA's Diabetes Prevention Program have been shown to **prevent or delay new cases of type 2 diabetes by 58 percent** and as much as 71 percent in adults over the age of 60. Participants in the YMCA's Diabetes Prevention Program have reported seeing **positive changes** not only in themselves, but in their family as well.

YMCA's Diabetes Prevention Program is **open to ALL individuals** through the Y regardless of their insurance status or their Y membership status. To find out more about the YMCA's Diabetes Prevention Program visit www.KansasCityYMCA.org/diabetes.⁷ Please contact Domonique-Bell@KansasCityYMCA.org or call 816-285-8055 to register.



1 OUT OF **3** U.S. ADULTS HAS **PREDIABETES,** ONLY **11%** KNOW THEY HAVE IT.

Without weight loss and moderate physical activity, **15 to 30 percent of people with prediabetes** will develop type 2 diabetes **within 5 years.**

A blood test by a health care provider can confirm prediabetes. Learn more about your risk for type 2 diabetes at ymca.net/diabetes.

DID YOU KNOW?

1 in 10 Platte County adults have diabetes⁸

Over 500

Platte County adults are diagnosed with diabetes every year⁸

Platte County Influenza Report

Platte County 2015-16 Reported Influenza Cases							
10/2/16—10/29/16		Epi Week				Total	STD*
Age Group	Type	40	41	42	43		40-43
0 - 1	Type A					0	0
	Type B					0	0
	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		5	4		9	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			1		1	1
	Type A or B					0	0
65 +	Type A					0	0
	Type B					0	0
	Type A or B					0	0

Flu totals[†]

Weeks: 40-43

A	9
B	1
A or B	0

*Season to date:

A	9
B	1
A or B	0

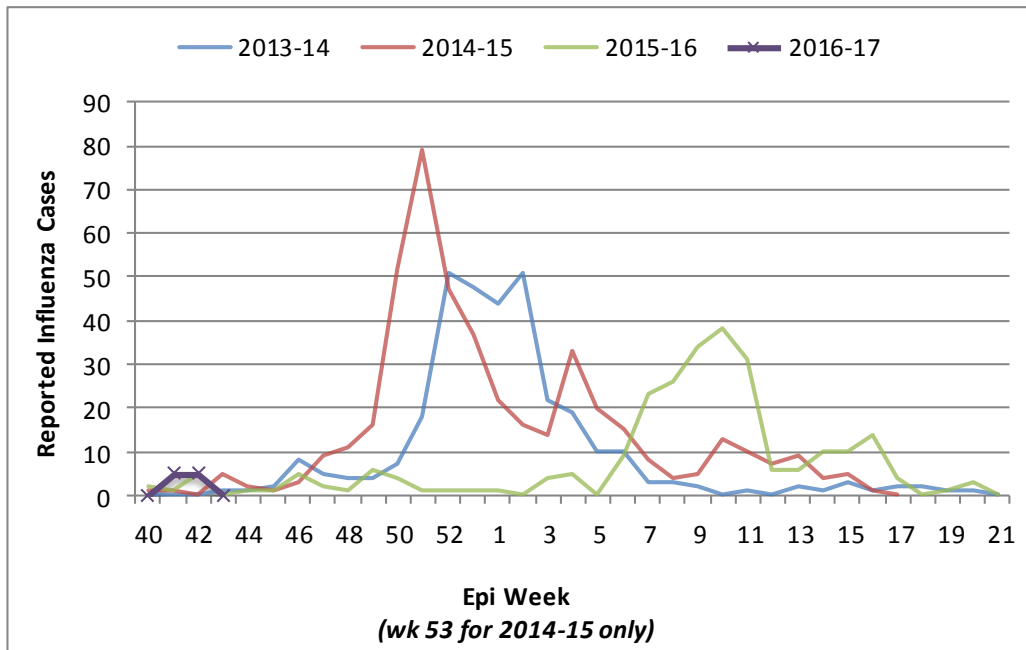
[†] Reflect total reports received as of 11/7/16

Notable this Month:

The first flu cases for this season were reported the week of **10/9/16**. Flu reporting remained low as usual for this time of year, with a total of 10 flu cases reported in the month of October.

Influenza A was predominant in October. All flu A cases reported in Platte County residents this season to date have been in teenagers between the **ages of 15-18**.

Reported Influenza Cases in Platte County residents, by Epidemiological week, past 3 influenza seasons and 2016-17 season-to-date[†]



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.

Flu remained low in Platte County during the month of October

Communicable Disease Report

Notable this month:

Animal bite reporting and tuberculosis reporting were slightly above average for the month of October. Overall, reporting was average for the month of October but remains above average YTD*.

Reportable Diseases October 2016		YTD*						5 YR AVG†
		2016	2015	2014	2013	2012	2011	
Animal Bites	6	51	53	26	30	29	31	34
Gastrointestinal Diseases	3	53	52	19	36	27	39	35
Hepatitis	8	72	84	48	67	75	60	67
STD	4	77	41	53	25	88	32	48
Tuberculosis	7	44	25	33	57	44	38	39
Other	6	109	64	103	71	114	47	80
TOTAL	34	406	319	282	286	377	247	302

*Year-to-date (counts reflect total cases January through October 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>

References

1. CDC. Burden of Foodborne Illness: Findings. Jul 15, 2016. Retrieved 2016, Oct 27 from <http://www.cdc.gov/foodborneburden/2011-foodborne-estimates.html>
2. FDA. Holiday Food Safety. Dec 15, 2015. Retrieved 2016, Oct 27 from <http://www.fda.gov/food/foodborneillnesscontaminants/buystoreervesafefood/ucm188807.htm>
3. CDC. Food Safety Smarts. Sep 2, 2016. Retrieved 2016, Oct 27 from <http://www.cdc.gov/features/food-safety-smarts/index.html>
4. Foodsafety.gov. Safe Minimum Cooking Temperatures. Retrieved 2016, Nov 2 from <https://www.foodsafety.gov/keep/charts/mintemp.html>
5. CDC. Food Safety Tips for your Holiday Turkey. Nov 24, 2015. Retrieved 2016, Nov 2 from <http://www.cdc.gov/Features/TurkeyTime/>
6. Foodsafety.gov. Turkey Thawing Chart. Retrieved 2016, Nov 2 from <https://www.foodsafety.gov/keep/charts/turkeythawingchart.html>
7. YMCA of Greater Kansas City. YMCA's Diabetes Prevention Program. Retrieved 2016, Nov 1 from <https://www.kansascityymca.org/programs/chronic-disease/diabetes-prevention>
8. CDC. Diabetes Atlas. May 16, 2016. Retrieved 2016, Nov 1 from <http://www.cdc.gov/diabetes/atlas/countydata/atlas.html>

Platte County Health Department

North

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

South

1201 East Street
Parkville, MO 64152
(816)587-5998
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*

Find us online at:

plattecountyhealthdept.com

Facebook
Like Us

Twitter

Our Blog