Preteens and HPV

January was Cervical Health Awareness Month, and Lafayette County Health Department wants you to know that there’s a lot you can do to prevent cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity. About 79 million Americans currently have HPV, but many people with HPV don’t know they are infected. HPV is also a major cause of cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

The good news?
The CDC recommends all boys and girls get HPV vaccine at age 11 or 12. The vaccine produces a stronger immune response when taken during the preteen years. For this reason, up until age 14, only two doses of the vaccine is required. Young women and men can get the vaccine up to age 26, but for those 15 and older, a full three-dose series is needed.

While vaccination rates among girls and young women are still low (as of 2010, only 49% of girls between the ages of 13 and 17 had received at least one dose of the vaccine, and only 32% completed all three doses), rates of infection with strains of HPV covered by the vaccines have dropped significantly. Researchers comparing HPV infection rates among females ages 14-19 in years before (2003-2006) and after (2007-2010) the first HPV vaccine became available found a 56% drop in infection rates for the HPV types covered by the vaccine.

Tested in thousands of people in many countries, both vaccines have proven to be safe and well tolerated; the most common side effect has been soreness at the injection site.

Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, Lafayette County Health Department encourages:

- Women to start getting regular Pap tests at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn’t get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine

Danielle Steger, R.N., B.S.N.
LCHD Public Health Nurse

https://www.cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm; http://www.ncco-online.org/hpv-vaccines/; https://healthfinder.gov/nho/JanuaryToolkit.aspx
We are happy to bring back our newsletter! We have had many changes over the past year with a new director and the closure of Lafayette County Home Care. Our department is taking our focus strictly to Public Health and is committed to making Lafayette County a safe and healthy place to live.

Looking back to September, our 12th Rural Safety Day event was held at the Lafayette County Fairgrounds for all 4th and 5th grade students of our county. This event was historically planned and implemented by the health department but this time, with the creation of our Rural Safety Coalition, the event was organized with the assistance of local government agencies and private businesses. The inclusion of these groups allowed for us to get fresh ideas and make this event bigger and better. With an outpouring of donations and volunteer presenters and workers, we were able to put on a very successful event.

The Kick Off consisted of a K9 presentation by the Lafayette County Sheriff's Department and City of Darlington Police Department. It was a big hit. The rest of the day, the children made their way through 9 breakout sessions. Those sessions were Electrical Safety – Scenic Rivers Energy Coop, Power Take Off (PTO) Safety – Southwest Technical College, Animal Safety – Center Hill Vet and Lafayette County Health Department, Grain Safety – Shullsburg Fire Department, Fire Safety – Darlington Fire Department, Seatbelt Safety – John Legault, retired State Patrolman, Weather Safety – National Weather Service of Milwaukee-Sullivan, Water Safety - DNR and ATV/UTV Safety – Lafayette County Sherriff's Department and DNR. With higher than state average injury related deaths, increase in recreational use of ATV/UTV and a large agriculture base in Lafayette County, it remains a priority to educate our youth with the goal of preventing injury and death.

Looking ahead, Lafayette County Board of Supervisors approved the addition of a Water Testing program for private well owners of Lafayette County. Lafayette County Health Department will be leading this event with the assistance of UW-Stevens Point's Center for Watershed Science and Education. We will use UW-Stevens Point's laboratory, mapping capabilities and expertise for this project. This will be a multiyear data collecting event. The amount of years it takes to complete the collection will depend on the number of water samples we can send to UW-Stevens Point per year. This year we are able to send 150 water samples. Townships have been selected and sampling will take place in July. The program is completely voluntary and the Health Department cannot require or enforce this program. Those who participate will have discounted pricing and the assistance of Health Department employees to ensure accurate testing.

While we have data related to our public water systems, we do not have significant data related to our private water systems. This data collection is very important to understanding how our soils, geology, pollutants and storm water damage, among many other things, affect our water. Water quality impacts many water resources that humans use such as drinking water and recreational water. We hope those of you who are offered this program over the years strongly consider participating. Clean and safe water is and always has been a Public Health concern. We look forward to working with you throughout this project.

Healthy Regards,

Annie Timmerman RN, BSN
Health Officer/Director
Around 2.5 billion work days are lost due to illness every year with an estimated fall in productivity of $1 trillion. By improving the health of the nation, people's lives will improve and the country will continue to prosper.

Through health education, health awareness campaigns can reduce the effects and consequences of many health conditions and diseases by preventing their onset or tackling any symptoms or issues early on. This year's focus is Healthiest Nation 2030 – Together we can make America the healthiest nation in one generation. Lafayette County Health Department (LCHD) is joining the APHA's 1 Billion Steps Challenge January 9-April 9, 2017!

Help us take 1 Billion Steps!
Walking is one of the easiest ways to improve your health — and it's more fun if we do it together. That's why Lafayette County Health Department is participating in APHA's 1 Billion Steps Challenge. Our team already has 825,342 steps! But we still have a long way to go. It's not too late to join the LCHD team. Join today! https://stridekick.app.link/join-challenge?id=56788

There are so many great reasons to take a walk:

- Spend quality time with family, friends or dogs.
- Clear your mind, listen to music and de-stress.
- Get co-workers out of the office and brainstorm new ideas.
- Every walk can be an adventure.
- Meet people – it's surprising how many neighbors you meet on a walk.
- Discover new businesses in your area.
- It's good for your heart, your blood pressure, your weight, your bones, your mind…

Share your favorite reasons to enjoy walking at #1BillionSteps and be inspired by others. And don't forget to get your friends and family to join the challenge. We all need more fun, healthy habits!

To ensure everyone has a chance at a long and healthy life, we can partner across public and private sectors to ensure decisions are made with people's health in mind, we can build healthier communities and eventually, the healthiest nation. But we need your help to get there.

Join us in observing National Public Health Week April 3-9, 2017 and become part of a growing movement to create the healthiest nation in one generation. We'll celebrate the power of prevention, advocate for healthy and fair policies, and champion the role of a strong public health system.

We will culminate National Public Health Week by partnering with the Dora Ritter Wellness Center Bunny Hop Run/Walk on Saturday April 15, 2017. We will be handing out pedometers to the first 15 registered participants! For more information on this fabulous fundraiser, please check out the following website: http://www.darlingtonwi.org/Wellness_Home.html
What is influenza?

Influenza, or “the flu,” is a contagious respiratory illness caused by the influenza virus - it attacks your nose, throat, and lungs. Those flu-like symptoms you hear about include fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches. Certain age groups, such as young children and older adults, have a higher risk for being seriously affected by the virus. The best way to prevent serious flu complications is to get vaccinated each year!

It’s not too late to vaccinate!

Why should I vaccinate?

Vaccinations not only protect you, but it protects those around you. What if you do develop the flu and you go to visit grandpa. If grandpa didn’t get his vaccination he has a greater risk of developing the flu as well. If you did get the vaccination, you don’t have to worry about giving your grandpa the flu even if he didn’t get the vaccination. This idea is called “herd immunity.”

Isn’t flu season over?

Although you may think flu season is over, the peak of flu season has not hit us yet! So no, it’s not too late to vaccinate! The following graph provided by the CDC shows that since October 6th, 2016 (shown as 201640, week 40 of 2016) the rate of positive test results for influenza continues to increase well into January 2017.

Not only are the number of positive test results increasing, but the number of hospitalizations are increasing as well. The flu might not be a big deal for a healthy adult, but it can be very dangerous for the young children and older adults in the community.

If I’m over 65, why do I need a high dose vaccine?

A high dose vaccine contains four times the amount of antigens than the regular dose vaccine. The more antigens, the more protection the body will create in response. This is good for older adults (those 65 and older) because your immune system is weaker than a younger individual.

I’m vaccinated, what else can I do?

Wash your hands! Cover your cough! Avoid touching your eyes, nose, and mouth. Clean surfaces like kitchen counters and door handles. And when possible, stay away from those who are sick.

Article written by the Edgewood Nursing Students

It's estimated that 80 million American adults have some type of cardiovascular disease. In Lafayette County heart disease is the #1 cause of death! In the United States, the most common type of heart disease is coronary artery disease, which can lead to a heart attack. You can greatly reduce your risk through lifestyle changes and, in some cases, medication. While some risk factors cannot be changed, such as genetics, here are the ones you can control!

**Blood Pressure**

**DID U KNOW?** About 69% of first-time heart attack victims have blood pressure higher than 140/90.

High blood pressure increases your heart’s workload, causing it to enlarge and weaken over time. Reducing your blood pressure by 12-13 point can reduce your risk for coronary heart disease by 21%. Overall, it will reduce your risk of death from cardiovascular disease by 13%.

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**Smoking**

**DID U KNOW?** 70% higher risk of death for smokers from heart disease than nonsmokers. 8% of Lafayette County adult residents smoke.

Nonsmokers living with smokers have an estimated 25% higher risk of dying from a heart attack and suffering a stroke. Smoking increases blood pressure, hardens the arteries and increases the tendency for blood to clot, which increases risk of a heart attack or stroke. Also, nicotine raises blood pressure, and carbon monoxide reduces the amount of oxygen that blood can carry.

Make a plan to quit smoking. Write down why you want to quit. Tell friends and family you are quitting and remove all cigarettes from your life. Talk to your doctor for help such as nicotine replacement products. If at first you don't succeed, try and try again!

**Cholesterol**

**DID U KNOW?** 45% of adults in the U.S. are at or above recommended level of 200 milligrams of cholesterol per deciliter of blood.

When there’s too much cholesterol in your blood, it builds up inside artery walls causing them to harden. This restricts the flow of blood and oxygen to your heart. To lower your cholesterol you should avoid saturated fat, eat more fiber, fish and vegetables, and increase your exercise. Also, check with your doctor to see if you may need a cholesterol-lowering drug.

**#’s to look for:**

- Less than 200 mg/dL of cholesterol is desirable.
- 200-239 is borderline high.
- 240 mg/dL doubles the risk of a heart attack.

**Diabetes**

**DID U KNOW?** About 45% of deaths among people with diabetes are attributed to heart disease or stroke. 17.8% of hospitalizations in Lafayette County are diabetes related.

Diabetes increases your risk for heart attack or stroke by at least double. It can cause your blood vessels to narrow or clog, increasing the risk of a heart attack. Monitor and control other risk factors for heart disease. Improving your diet, losing weight, quitting smoking, exercising and taking medications can make a big difference.

**Weight**

31% of Lafayette County Residents are obese.

Your waist circumferences is a good indicator of abdominal fat, a predictor for developing risk factors for heart disease. Incidences of risk factors are more likely for waist measurements over 40 inches for men and 35 inches for women. Body mass index, which is a commonly used measure of relative height & weight, helps determine risk of obesity-related diseases. Maintain a healthy weight.

Set goals, increase physical activity and use portion control.

**Diet**

Eating more than five servings of fruit & veggies each day has been shown to reduce risk for heart disease by 17%.

If your diet is full of high-fat, sugary and salt-laden foods, it can contribute to weight gain, raise blood pressure and increase cholesterol levels - all of which are risk factors for heart disease. A universal reduction of 3 grams of salt a day would lead to 22% fewer death from heart disease.

**Inactivity**

18% of Lafayette County residents aged 20 & up reported no leisure time physical activity.

A sedentary lifestyle is one of the top risk factors for heart disease. If you don’t exercise regularly, you are 1.5 times more likely to develop heart disease. Exercise strengthens your heart and cardiovascular system, lowers blood pressure, controls your weight and decreases your cholesterol level.