



# THE PUBLIC HEALTH CONNECTION

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## 2009 Annual Report Highlights



The full 2009 Annual Health Services report will be available April 2010, go to [www.clintonhealth.org](http://www.clintonhealth.org)

### Maternal Child Services

The Clinton County MOMS program enrolled 365 prenatal women in 2009. Approximately 91% of the woman started early prenatal care during the first trimester. Many of these women have no insurance coverage when their pregnancy is discovered and may delay prenatal care. It is important to know that women deemed eligible to receive Medicaid benefits are able to have bills paid for the three months prior to their date of enrollment. For this reason women and obstetricians should not delay prenatal care.

The MOMS program saw 24 low birth weight infants in 2009. There was an increase in the number of women who smoked and gave birth to a low birth weight infant. New data collected this year did indicate that many of the women who smoked quit or cut down on smoking while pregnant. The postpartum visit provides an opportunity for health care professionals to assist non-smoking women in providing a smoke free environment for themselves and their infants. Other new data included babies weighing greater than 9 pounds and the risk indicators which included pre-pregnancy weight, gestational diabetes, maternal age and birthweight. Adequate dental care remains a problem for prenatal women. In 2009, 30% of the MOMS prenatal women,

had seen a dentist within the last year compared to 17% at the postpartum visit in 2008. Better education regarding oral care during the prenatal period may have helped increase this percentage. The need for dentists in the area who accept new patients and Medicaid is still a concern.

### Communicable Disease

- A 50% increase in the number of Lyme Disease cases reported in 2009. Investigations reveal most cases involved out of county travel to Lyme endemic areas of hunters & other outdoor enthusiasts.
- Acute Hepatitis A case occurred in the special needs population, resulting in prophylactic vaccination of over 100 individuals.

### TB

- One case of active TB was diagnosed in Clinton County in 2009. Investigation showed contact between the identified individual and an active TB disease case from 2007. All contacts were negative for disease. Twenty cases of latent TB infection were diagnosed.

### STI

- The number of Chlamydia infections reported in Clinton County in 2009 was 203, which was 67 more cases than reported in 2008.

### Immunization Program

- CCHD gave 6649 doses of seasonal flu vaccine this season, an increase of 1070 from 2008. As of March 1, 2010, 9508 H1N1 vaccinations had been given by CCHD.

## Announcements and Upcoming Events

Tuesday, May 18, 2010



### EXPLORE ~ Healthy Women Healthy Babies: Exploring Health Topics Affecting Young Families.

Topics to include: Epigenetics, Fetal Alcohol Spectrum Disorder, Oral Health during Pregnancy and Neonatal Ethics.

For registration information, contact Kate Chilton @564-3054 or visit [www.plattsburghcas.com](http://www.plattsburghcas.com)

SAVE THE DATE

Thursday, April 29, 2010

### Children's Happy Health Day: Pediatric Health Outreach and Education Opportunity

For: children 5 years old & under  
Where: Town of Black Brook Offices - Ausable Forks, NY  
For more information call 565-4848

### Partner Nurse Program

The CCHD Partner Nurse program provides local pediatric and family practice groups with up-to-date information regarding a variety of seasonal and current public health issues. By following the "5 Strands of Public Health" as a guide, the plan is to provide primary prevention messages on immunizations, nutrition, safety, development and life style choices. To receive more information, please call 565-4848.

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## Medical Reserve Corps



Since its inception in 2007, the Clinton County Medical Reserve Corps has grown to include 36 active members. The purpose of CCMRC is to provide trained, available medical professionals to assist local public health staff during emergencies, disasters and pandemics. MRC members enjoy the opportunity to help keep their community safe and healthy. This year, many CCMRC volunteers came together to help the Health Department conduct numerous H1N1 mass vaccination clinics to protect county members against the virus. If you have a desire to help keep your county healthy and safe please consider joining today. Go to [www.clintoncounty.gov](http://www.clintoncounty.gov) and click on the link at the bottom of the page to join now! For questions please call 565-4848.

### Amanda's Law: CO Monitors

On February 22, 2010, under "Amanda's Law," all new and existing one and two-family homes, multifamily homes and rentals with a fuel-burning appliance, system, or attached garage are required to install carbon monoxide detectors. Carbon monoxide is the leading cause of accidental poisoning deaths within the U.S. The Healthy Neighborhoods Program is designed to improve the personal health, safety, and environmental living conditions of Clinton County residents. **FREE** safety products are offered, including carbon monoxide detectors, and are available to those who are income eligible. For more information or to set up an appointment, please call 565-4993 or visit the web at [www.clintonhealth.org](http://www.clintonhealth.org).

Clinton County does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, or disability in employment or the provision of services.

## NYS Quitline Continues to Provide Services

The New York State Smokers' Quitline continues to assist individuals who would like to break loose from an addiction to tobacco products. Nicotine replacement products are available for those who are ready to quit. Quitline coaches are equipped to help patients in various stages of readiness and a wide assortment of information can be accessed by phone or on-line.

Although funding to the NYS Tobacco Control Program has been reduced, the Quitline remains active. Individuals can still receive a two week starter kit of nicotine patches, gum or lozenges. One benefit that has been discontinued (as of August '09) is the additional four week supply of Nicotine Replacement Therapy that Medicaid and uninsured patients had been able to access through the Quitline. Please note that a Medicaid patient, who has received NRT from the Quitline, can get two additional courses of treatment through Medicaid, with a physician's order.

The "Fax to Quit" option is recommended for providers and is also available to non-providers such as WIC and other programs. Faxing a referral promotes better follow-through and is more likely to create a successful link between a tobacco user and the Quitline. Other options for tobacco users include web-based access to services including a relatively new "Live Chat" feature.

While service provision is still strong at the Quitline, media campaigns to promote Quitline services have been affected by funding reductions. It is more important than ever to actively promote this valuable resource through your practice or program. Promotional materials and additional information about the Quitline's services can be found at [www.nysmokefree.com](http://www.nysmokefree.com) or by calling 1-866-NY-QUITS (1-866-697-8487).

## SIDS Associated with Low Serotonin Levels



Sudden Infant Death Syndrome (SIDS) is the unexplained death of an infant under one year of age and is the third leading cause of infant death. In 2006, this accounted for over 2,300 infant deaths. Researchers have found that infants who have died of SIDS had lower levels of serotonin in their brain stems than in infants that died of other causes. Serotonin is a chemical that, in addition to regulating mood, regulates breathing and blood pressure.

Typically, three factors are present in a SIDS death. The infant has an underlying vulnerability (low serotonin level), is under one year of age, and has an external stressor or risk factor, such as sleeping face down or being exposed to cigarette smoke.

In 1994, the National Institute of Child Health and Human Development (NICHD) began the Back to Sleep campaign recommending that all infants sleep on their backs to ensure the infant is getting enough oxygen. Since this time, SIDS has decreased by more than 50 percent.

Researchers would like to develop a blood or tissue test that will measure infants' levels of serotonin to identify those at a higher risk for SIDS, in hopes of being able to prevent more deaths.

For the complete article:

<http://www.nih.gov/news/health/feb2010/nichd-02.htm>

For more information on reducing the risk of SIDS:

[http://www.nichd.nih.gov/health/topics/Sudden\\_Infant\\_Death\\_Syndrome.cfm](http://www.nichd.nih.gov/health/topics/Sudden_Infant_Death_Syndrome.cfm)