



# Tuscarawas County Health Department

2017 Quarter Report to  
the District Advisory  
Council

Volume 1; Issue 3

[www.tchdnow.org](http://www.tchdnow.org)

## TUSCARAWAS COUNTY HEALTH DEPARTMENT'S SUPPLEMENTAL NUTRITIONAL PROGRAM FOR WOMEN, INFANTS AND CHILDREN (WIC)

WIC is the special supplemental nutrition program for women, infants and children. WIC helps income eligible pregnant and breastfeeding women as well as infants and children up to five years of age who are at risk for health problems due to inadequate nutrition.

The program improves pregnancy outcomes by providing or referring to support services necessary for full-term pregnancies and reducing infant mortality by reducing the number of low birth weight babies.

WIC provides nutrition education, breastfeeding education and support; supplemental, highly nutritious foods such as cereal, eggs, milk, wholegrain foods, fruit, vegetables, and iron-fortified infant formula. WIC also provides referrals to prenatal and

pediatric healthcare and other maternal and child health service programs.

WIC offers a "Breastfeeding Warm Line" where breastfeeding mothers and moms-to-be can get support. You can contact your "Warm Line" at (330) 401-4445 anytime.

One of the WIC program's 2017 TCHD Performance Measures is to increase the breastfeeding initiation rate of infants who are on the program. In 2016 the rate was 57% and the goal for 2017 is 60%. Therefore, the WIC staff works to promote and support breastfeeding in our community daily to achieve this goal. One way we accomplish this is through contact with clients.

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### • • • District Advisory Council Meeting to Be Held • • •

There will be a District Advisory Council meeting on Monday, November 6, 2017 in the large conference room at the Tuscarawas County Health Department at 2pm. The purpose of this meeting is to appoint a new board of health member to serve in a vacant at-large position. Please plan to attend. If you have any questions please contact Katie Seward at [director@tchdnow.org](mailto:director@tchdnow.org) or 330-343-5555 x164.

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The Breastfeeding Peer Helpers speak with over 250 women each month in person or by phone. In addition staff participates in local events. On July 29th WIC had an informational booth at the Community Baby Shower for pregnant women and new moms. August was Breastfeeding Awareness Month. The WIC Breastfeeding Program staff planned and coordinated the 5th Annual Big Latch On event at Tuscora Park with the

Breastfeeding Coalition of Tuscarawas County. One hundred sixty-eight people attended the event with 48 women participating in the official latch. The following were available to attendees: Cribs for Kids program, Buckeye Babywears information, cloth diapers information, and car seat safety checks. There were raffles, refreshments, and a photo booth as well. The staff will continue their breastfeeding efforts to promote, educate, and support breastfeeding with a fall event.

## Communicable Diseases Cases Reported to Tuscarawas County Health Department\*

July 1, 2017 – September 30, 2017

	Number of Cases 3 <sup>rd</sup> Quarter	YTD Cases
<b>Chlamydia</b>	43	146
<b>Gonorrhea</b>	6	13
<b>Campylobacteriosis</b>	4	11
<b>Chronic Hep C</b>	4	14
<b>Cryptosporidiosis</b>	1	1
<b>Varicella</b>	0	2
<b>TB</b>	0	2
<b>Lyme Disease</b>	1	2
<b>Strep Pneumonia</b>	0	2
<b>Hospitalized Influenza</b>	0	30
<b>Streptococcal (A)</b>	0	3
<b>Giardia</b>	1	5
<b>Pertussis</b>	1	2
<b>Salmonella</b>	2	7
<b>Yersiniosis</b>	1	3

*\*\* Numbers are subject to change based on case confirmations*

# Frequently Asked Questions about the 2017-2018 Influenza Season

*Obtained from the Centers for Disease Control and Prevention*

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

## **What's new this flu season?**

- The recommendation to not use the nasal spray flu vaccine (LAIV) was renewed for the 2017-2018 season. Only injectable flu shots are recommended for use again this season.
- Flu vaccines have been updated to better match circulating viruses (the influenza A(H1N1) component was updated).
- Pregnant women may receive any licensed, recommended, and age-appropriate flu vaccine.
- The age recommendation for "Flulaval Quadrivalent" has been changed from 3 years old and older to 6 months and older to be consistent with FDA-approved labeling.

## **What flu vaccines are recommended this season?**

This season, only injectable flu vaccines (flu shots) are recommended. Some flu shots protect against three flu viruses and some protect against four flu viruses.

## **What viruses will the 2017-2018 flu vaccines protect against?**

The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. For 2017-2018, three-component vaccines are recommended to contain:

- an A/Michigan/45/2015 (H1N1)pdm09-like virus (updated)
- an A/Hong Kong/4801/2014 (H3N2)-like virus
- a B/Brisbane/60/2008-like (B/Victoria lineage) virus

Quadrivalent (four-component) vaccines, which protect against a second lineage of B viruses, are recommended to be produced using the same viruses recommended for the trivalent vaccines, as well as a B/Phuket/3073/2013-like (B/Yamagata lineage) virus.

## QUICK TIP



Flu shots are now available at the health department.

Monday – Friday  
8am -4pm. No appointment necessary.

We also offer high-dose influenza and pneumonia vaccines.

### **When should I get vaccinated?**

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so make plans to get vaccinated early in the fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

### **When will flu activity begin and when will it peak?**

The timing of flu is very unpredictable and can vary in different parts of the country and from season to season. Seasonal flu viruses can be detected year-round; however, seasonal flu activity often begins as early as October and November and can continue to occur as late as May. Flu activity most commonly peaks in the United States between December and February.

### **How many people get sick with flu every year?**

CDC estimates that flu has resulted in between 9.2 million and 35.6 million illnesses each year in the United States since 2010.

### **How many people are hospitalized from flu every year?**

CDC estimates the total number of flu-associated hospitalizations in the United States. Since 2010, CDC estimates that flu has resulted in between 140,000 and 710,000 hospitalizations each year.

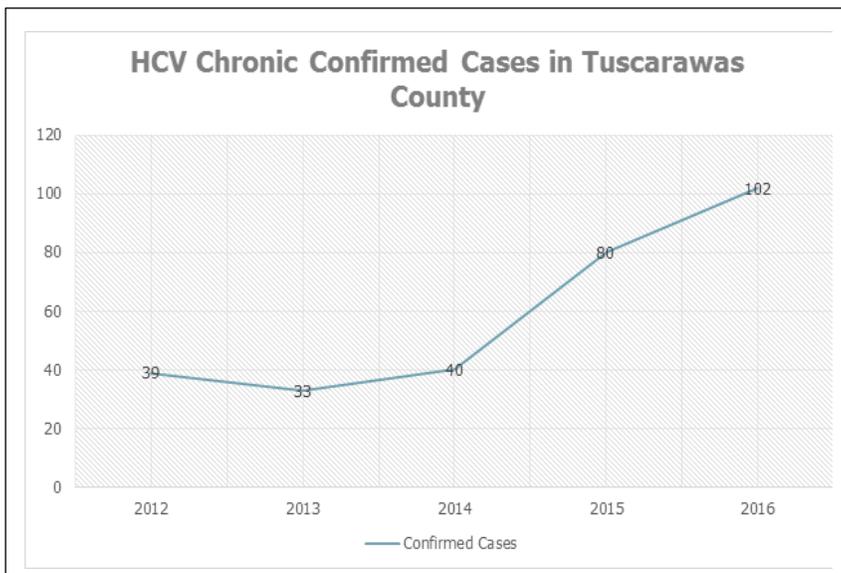
### **How many people die from flu each year?**

While flu deaths in children must be reported to CDC, flu deaths in adults are not nationally notifiable. CDC estimates that from 2010-2011 to 2013-2014, influenza-associated deaths in the United States ranged from a low of 12,000 (during 2011-2012) to a high of 56,000 (during 2012-2013).



## Hepatitis C Numbers on the Rise in Tuscarawas County

Hepatitis C is an infectious disease caused by the hepatitis C virus, which is sometimes referred to as HCV. HCV primarily affects the liver. In the early stages of the infection people often have mild or no symptoms at all. However in over 75% of persons infected the virus continues to the chronic phase which will eventually lead to symptoms such as abdominal pain, fever, dark urine, fatigue or yellow skin. Over many years chronic HCV often leads to liver disease and cirrhosis of the liver. Additionally, liver failure or liver cancer may develop. HCV spreads primarily through blood-to-blood contact. This contact may occur due to poorly sterilized medical equipment, needle stick injuries, or IV drug use. Tattooing is associated with increased risk of HCV. This is due to improperly sterilized equipment or contamination of the dye. It can also be spread from a mother to a baby during birth. Sexual transmission of hepatitis C is uncommon. **Baby boomers or persons born between 1945-1965 are 5 times more likely to have hepatitis C.** Per the Centers for Disease Control (CDC) the reason that 3 in 4 people with HCV were born between 1945-1965 is not completely understood. However it is assumed that these persons were more likely to have become infected in the 1960s-1980s when transmission of HCV was highest. **If you were born during these years it is recommended that you are tested for HCV.** There is currently no vaccine against hepatitis C.



In 2014 Tuscarawas County had 40 new cases of HCV reported, however in 2015 the number increased to 80 cases. In 2016, the number of HCV confirmed cases in Tuscarawas County again increased to 102.

HCV is not spread by sneezing, hugging, coughing, sharing utensils or drinking glasses. However all persons should take appropriate precautions to avoid any blood-to-blood contact with others. If you know someone who has HCV avoid sharing personal items such as toothbrushes or razors.

# Tuscarawas County Scrap Tire Clean Up Day



**Saturday,  
October 28, 2017  
9:00 am until FULL  
Lawrence  
Township  
Garage**

## Drop Off Information

- Free drop off for any Tuscarawas County resident, no businesses
- Must present a valid photo ID; must disclose the origin location of the tires
- Unlimited number accepted, no semi or tractor tires, no rims
- Will have assistance for unloading

**Drop off unlimited number of residential scrap tires at  
10867 Industrial Parkway NW, Bolivar, OH 44612;  
FREE disposal**



**Sponsored by  
Tuscarawas County Health Department &  
Stark-Tuscarawas-Wayne Joint Solid Waste Management  
District**

**Made possible through Ohio EPA  
grant funding**

**Questions? Call (330) 343-5550 or email [director@tchdnow.org](mailto:director@tchdnow.org)**