

# Healthy Community Coalitions

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## What do Healthy Community Coalitions do?

- Identify local issues that affect health and quality of life, then
- Implement proven programs to better the community and the lives of people who live and work there

## Steps in Creating a Potent Healthy Community Coalition

- Identify a community champion
- Recruit members with a passion
- Review area data
- Decide on focus area
- Determine goals, objectives, and actions
- Implement plan
- Evaluate progress

## Who can join a Healthy Community Coalition?

- Anyone who wants to improve the health and quality of life in their community
- No special skills are necessary!

## Healthy Community Coalition Projects

- Weight loss education and contests
- Flu shot clinics
- Bicycle safety/race events
- Neighborhood cleanups
- Walking groups
- Pedestrian safety
- Reading programs

## Healthy Community Coalition *Philosophies*

- Self-determination = buy-in = success
- Inclusion, not exclusion – value diverse thinking
- The solution to a community's health challenges exist within that community.

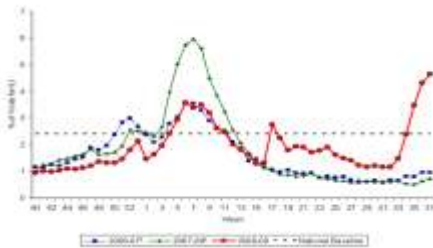
# Influenza A

2009/2010  
Winter Season

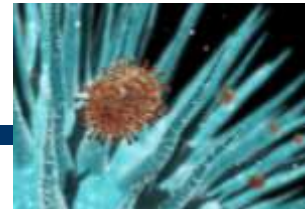
## United States



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- ILI is increasing.
- Deaths are within the bounds of what is expected.
- 26 states are reporting widespread influenza activity.
- Almost all viruses are novel H1N1.
- Viruses remain similar to the viruses chosen for the vaccine.
- Viruses remain susceptible to Tamiflu and Relenza.

## Salt Lake County

- ILI is increasing but it is still below the outbreak threshold.
- 12 hospitalized cases.
- 0 deaths.
- All specimens tested at UPHL were Novel H1N1.



## Novel H1N1 Vaccine

- High risk groups:
    - People 6 months through 24 years of age 458,368
    - People who live with or care for children younger than 6 months of age 18,980
    - Pregnant women 19,030
    - Healthcare and emergency services personnel 14,235
    - People aged 25 through 64 years who have health conditions associated with higher risk of complications from influenza 167,000
- TOTAL: 677,613**

## Novel H1N1 Vaccine *cont...*

- Attenuated live (intranasal) and inactivated (shots) formulations will be available.
- One shot ages >10, two shots ages <10.
- Approximately 10,000 doses of intranasal spray mid-October.
- Approximately 150,000 doses of both formulations at the beginning of November.
- Approximately 500,000 doses total by the end of 2009.

## Are You Prepared?

- Ensure you have the proper supplies.
- Talk to your employer about sick policies.
- Know the best way to reach your provider by phone, including after hours.
- Know what symptoms to look for when ill.
- Make plans for alternate child care.
- Know how to limit the spread of H1N1 in your home.



## What To Do If You Get Flu-Like Symptoms

- Wash your hands/use sanitizers.
- Cover your coughs/sneezes.
- Stay home and avoid contact with other persons.
- If high-risk, call your provider.
- If symptoms severe, go to a hospital right away.

## Resources

- Information resources include:
  - H1N1 Email Alerts: <http://www.slvhealth.org/cfm/h1n1alert/index.cfm>
  - SLVHD H1N1 website: <http://www.slvhealth.org/h1n1>
  - Twitter feed for real-time updates: <http://www.twitter.com/slvhealthdept>
  - Facebook page: <http://www.facebook.com/slvhealthdept>
- Comprehensive planning resources for businesses and families are available at: <http://slvhealth.org/h1n1> and [www.flu.gov](http://www.flu.gov)
  - Information for Employers: <http://www.slvhealth.org/h1n1/employers.html>
  - Educational Toolkit: <http://www.slvhealth.org/h1n1/Toolkit.html>
  - **Are You Prepared?** <http://www.slvhealth.org/h1n1/bePrepared.html>
  - Toolkit for Schools: <http://slvhealth.org/h1n1/school.html>

## Questions ?

# Sexual Health and Youth

Salt Lake Valley Health Department



Sexual Health is an important part of our well being

Sexual Health is directly related to emotional, physical and spiritual well being.



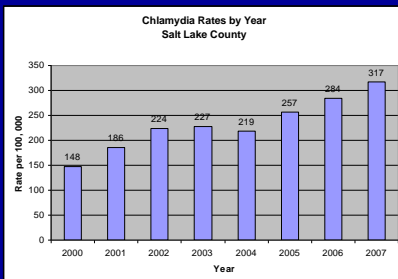
Poor Sexual Health can lead to Disease

## Reportable STD's

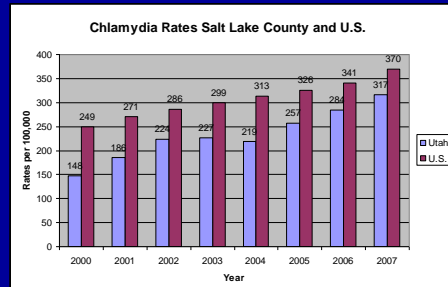
- Chlamydia – most common reportable infectious disease in U.S., Utah & SLC
  - Gonorrhea
  - Syphilis
  - HIV

Sexual Health Information should include information on all STD's

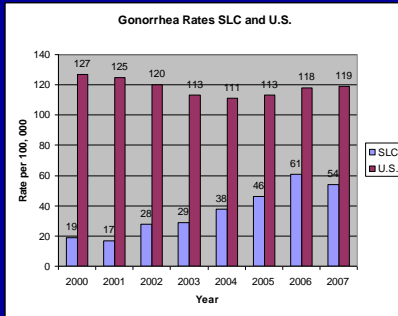
## Disease Rates (Salt Lake County)



## Comparative Data



# Gonorrhea Rates



# Gonorrhea

- Utah had the fastest growing increase in rate of Gonorrhea infection for several years
- Nationally, there has been a rise in cases of drug resistant Gonorrhea. There is currently only one remaining class of antibiotics left to fight gonorrhea: cephalosporins.

2003 Salt Lake County Chlamydia – Total (Crude)



2004 Salt Lake County Chlamydia – Total (Crude)



2005 Salt Lake County Chlamydia – Total (Crude)



2006 Salt Lake County Chlamydia – Total (Crude)



## Facts

- According to the CDC, 19 million Americans catch an STD every year. Half of these infections are in people aged 15 to 24.
- The CDC received reports of more than 1 million Chlamydia infections in 2006, up from 2005. CDC experts believe that the actual infection rate is closer to 3 million.

## Screening Recommendations

- The CDC recommends annual Chlamydia screening for all sexually active females 25 and under and for women older than 25 with risk factors such as a new sex partner or multiple partners.

## The Power of Screening

- In 2007, the overall rate of chlamydial infection in the United States among women (543.6 cases per 100,000 females) was almost three times the rate among men (190.0 cases per 100,000 males), reflecting the large number of women screened for this disease.

## Re-Infection

- Chlamydia and Gonorrhea are treatable infections.
- According to the CDC, up to 25% of women treated for Chlamydia get re-infected within three to six months.

## Physical Consequences of having an STD

- Infertility
- Complications with pregnancy
- Heart Conditions
- Arthritis
- Baby's born to an untreated mother can develop eye infections, pneumonia, meningitis

## Why are Rates increasing?

- Increases in Screening
- Increases in Reporting
- Increases in Morbidity – according to the CDC, one in four teenagers nationwide has an STD.

## Why are there increases in Morbidity?

- Media – increased sexual content
- Technology
- Changes in Social Construct
  - More acceptable to be sexually active
  - More acceptable to have multiple partners
- Inaccurate information is being given
  - Friends
  - Common myths

## We Have identified a problem.

How do we best work to solve it?

## Together!

Community must include partnerships!

- Family
- School
- Medical providers
- Media
- Businesses
- Community Leaders

Right now youth are getting mixed messages because the community cannot agree on Sexual Health related issues.

## What is Currently Being Done

- Media Campaign –
  - Catch the Answers
  - Mailings to medical providers
  - Educational Presentations
    - SLVHD Parent/Teen Discussion groups
- House Bill Proposal by Rep. Hemingway
  - School Education

## Parent/Teen Discussion

- Teens are looking for guidance from parents even if they do not act like it.
- According to the National Campaign to Prevent Teen Pregnancy, teens rank parents as the number one influence on their sexual decisions.

## Start Talking

- Develop a plan
- Practice
- Be open
- Be age appropriate
- Don't assume
- Don't be afraid to look for guidance
- Talk about emotions
  - “Postponing”

Keep Talking!

Resource Page for Parents

[HTTP://WWW.4PARENTS.GOV/PSA/OUTREACHCENTER/](http://www.4parents.gov/psa/outreachcenter/)

[HTTP://WWW.CDC.GOV/PRC/PDF/WORK-SITE-PARENTING-PROGRAM-PROMOTES.PDF](http://www.cdc.gov/prc/pdf/work-site-parenting-program-promotes.pdf)

Suggestions, Comments,  
Questions