

The Health of Lincoln County

A community health indicator report



2008





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November 14, 2008

The Lincoln County Health Department has a mission to protect and promote the health of the people of Lincoln County. This is done through the provision of many services, which you may or may not know you receive. Our main partners to achieve this mission within our community are Lincoln Hospital and the Odessa Memorial Healthcare Center. This partnership was formalized through the creation of the Lincoln County Public Health Coalition in 1993 to better utilize community resources to improve the health status of our communities. We also work with many other community partners who play a critical role in promoting our health in Lincoln County.

This Community Health Indicator report is one effort being employed to monitor the health status of Lincoln County. We continually work to assess health data and morbidity and mortality rates. However, according to the World Health Organization: "Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease and infirmity." These indicators reflect factors that contribute to the health of the residents of Lincoln County.

This report represents the first effort to track indicators in our community to monitor social and physical well-being. The indicators being tracked were selected through a collaborative process with our healthcare community partners and citizens of Lincoln County. They represent basic lifestyle habits and conditions that impact our health as a community. This report establishes a baseline that will be reassessed every three years to evaluate our improvements or setbacks in trends. As a community, we can monitor these trends, evaluate policy decisions, and integrate best practices to make improvements in our social systems as a tool to improve our health status.

I would like to thank our partners who have worked to make this report possible, and to the staff of the Health Department for developing it. And a special thanks to Danita Hammond, our Assessment Coordinator who put this all together. We hope that you will find this report helpful in understanding the impacts on the health of the citizens of Lincoln County.

Sincerely,

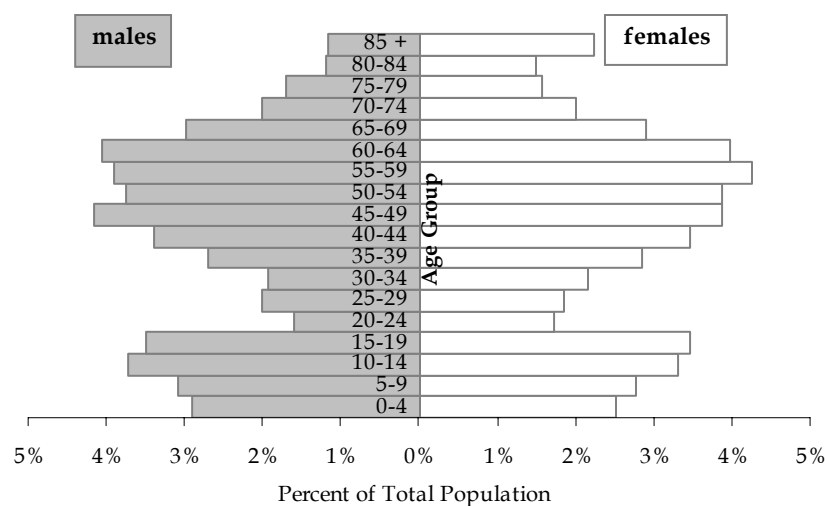
Ed Dzedzy, R.S.
Administrator

Who We Are

Demographics

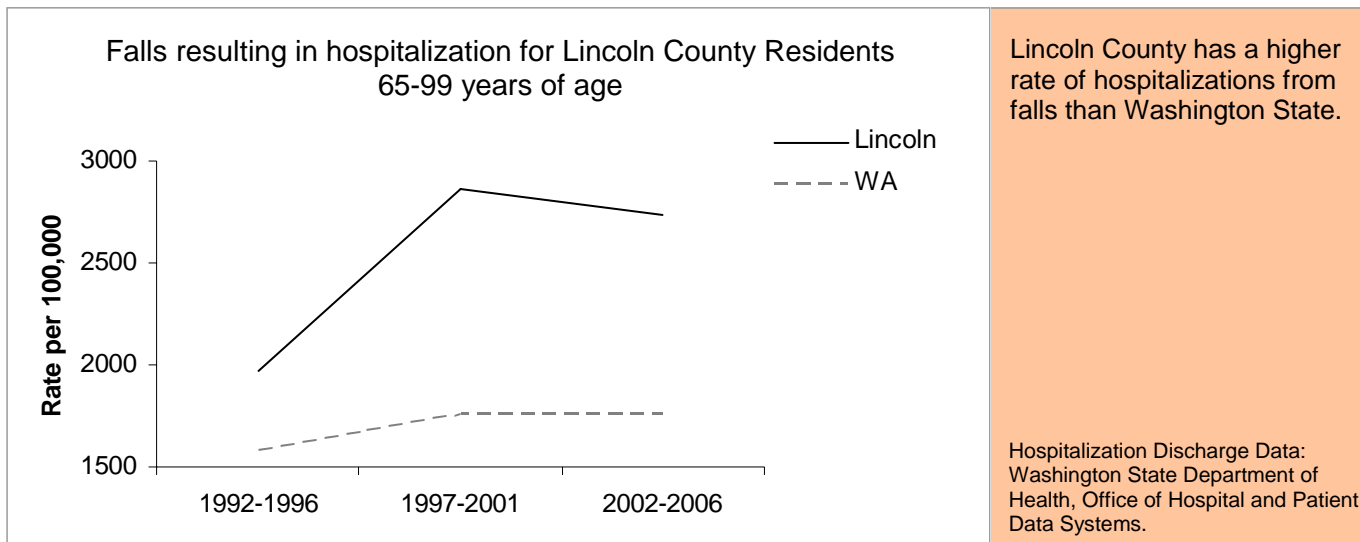
	Lincoln County	Washington
People		
Population (2006 estimate)	10,376	6,395,798
Persons under 5 years old (percent 2006)	4.5%	6.4%
Persons under 18 years old (percent 2006)	21.1%	23.9%
Persons 65 years old and over (percent 2006)	20.5%	11.5%
High school graduates (percent of persons age 25+, 2000)	86.5%	87.1%
Bachelor's degree or higher (percent of persons age 25+, 2000)	18.8%	27.7%
Unemployment Rate 2007 (those who are ready, willing and able)	5.2	4.5
Median household income (2005)	\$38,685	\$49,372
Children		
Children enrolled in the free or reduced school lunch program	42%	38%
Children ages 5-17 in families in poverty (2005)	16%	14%
Geography		
Land area (2000, square miles)	2311	66,544
Persons per square mile (2000)	4.4	88.6

**Population by Age Group and Gender,
Lincoln County, 2007**



Indicator: Falls Resulting in Hospitalizations

Injury



What you can do to prevent falls

Begin a regular exercise program

It's one of the most important ways to lower your chances of falling. Exercises that improve balance and coordination are the most helpful.

Have your health care provider review your medicines

As you get older the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

Have your vision checked

Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition that limits your vision. Poor vision can increase your chance of falling.

Make your home safer

About half of all falls happen at home. Be sure to remove things you might trip over. Secure rugs to the floor with double sided tape. Make sure stairs are well lit. These are just a few things you can do to help make your home safer - be sure to customize this list to your own home and needs.



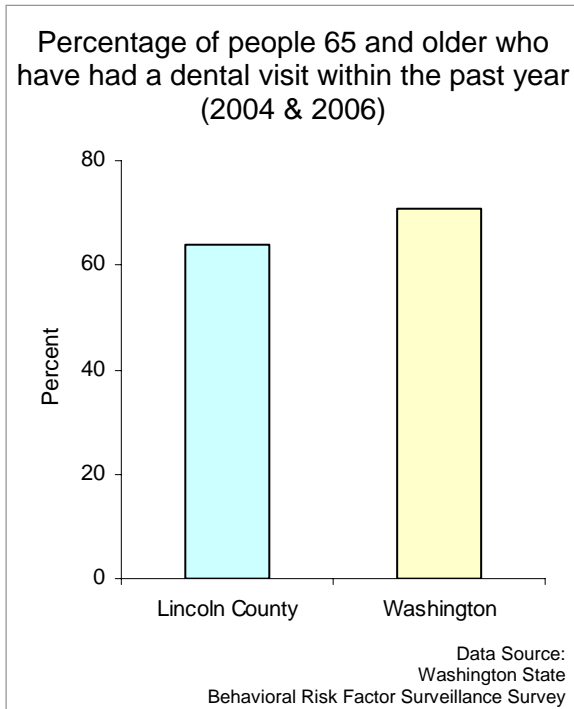
Unintentional falls are a threat to the lives, independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone in this population dies as a result of their injuries.

Information From
Centers for Disease Control and Prevention

Information From
Centers for Disease Control and Prevention
www.cdc.gov

Indicator: Oral Health

Access



The percent of Lincoln County residents, 65 and older, who have seen a dentist in the past year is consistent to the Washington State's percentage rate.

If you need help finding dental care call the Lincoln County Health Department's Oral Health Program at 509-725-1001

Teeth vary in size, shape and their location in the jaws. These differences enable teeth to work together to help you chew, speak and smile. They also help give your face its shape and form. With proper care and regular dental visits, it is possible to reach adulthood without experiencing tooth decay. Good oral hygiene is a step toward a healthier life. The older you get, the more decisions you will get to make - some of these decisions will affect whether your smile is healthy and attractive. Brushing and flossing daily, eating a balanced diet and limiting snacks, and regular visits to your dentist will help you maintain a healthy smile.

Given that recent research suggests potential links between the bacteria that cause periodontal (gum) disease and systemic diseases, prevention of periodontal disease is an important step in maintaining overall health.

The importance of regular dental check-ups cannot be overemphasized. In addition to checking your teeth, your dentist looks also for signs of diseases such as oral cancer. Alert your dentist to any sores, swelling or discoloration that you find on your tongue, lips, cheek, throat, jawbone, or palate. Because the majority of oral cancers occur in people older than 45, dental checkups are increasingly important to detect cancerous lesions in early, more easily treatable stages.

Information From
American Dental Association
www.ada.org

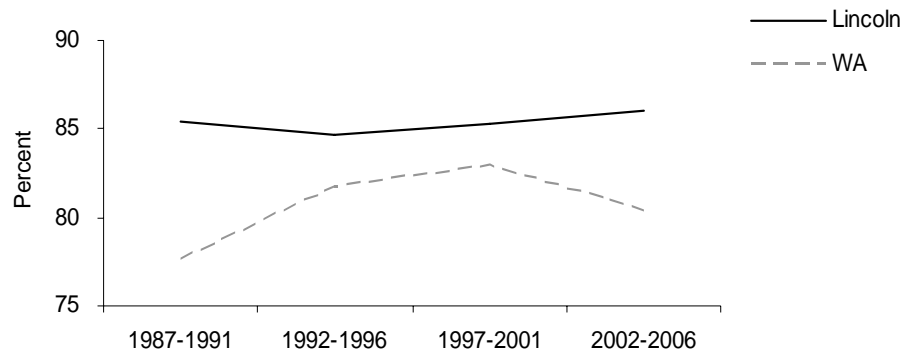


Indicator: Prenatal Care

Lincoln County has had a very consistent percentage of women who receive prenatal care in their first trimester of pregnancy.

Data Source:
Birth Certificate Data:
Washington State Department of
Health, Center for Health Statistics

Percentage of women who received prenatal care in their first trimester of pregnancy



Getting early and regular prenatal care is one of the best ways to promote a healthy pregnancy. Prenatal care is more than just health care: it often includes education and counseling about how to handle different aspects of pregnancy, such as nutrition and physical activity, what to expect from the birth itself, and basic skills for caring for your infant.

Prenatal visits also give you and your family a chance to talk about any questions or concerns you have related to your pregnancy, birth, or parenthood.

Many health care providers recommend that a woman who is only thinking about getting pregnant see a health care provider about preconception health. There are steps she can take to reduce the risk of certain problems.

Information From
National Institutes of Health



Planning for pregnancy

The following list is for anyone thinking about becoming pregnant. Answer these questions with your health care provider before trying to get pregnant.

What type of birth control have you been using?

Are your vaccinations current?

Do you have any chronic medical conditions?

Are you taking any medications or supplements?

Are you at risk of a sexually transmitted disease?

Do you have a family history of any specific medical conditions?

How old are you?

Have you been pregnant before?

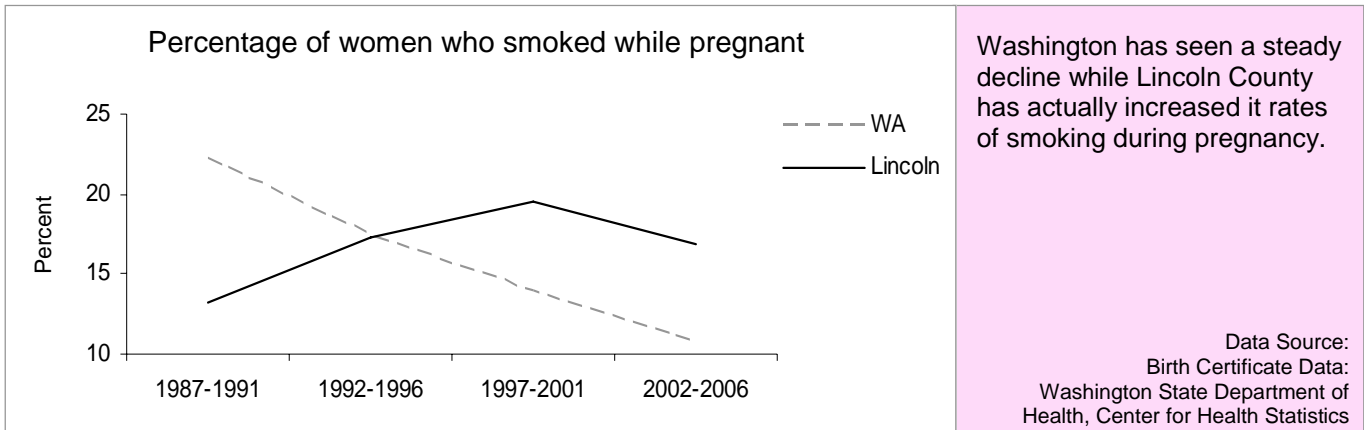
Would your current lifestyle support a healthy lifestyle?

What about your partner's lifestyle?

Information From
Mayo Clinic
<http://www.mayoclinic.com/health/preconception/HQ01251>

Indicator: Women who Smoked while Pregnant

Behavior



Smoking during pregnancy is associated with many adverse outcomes for children, such as premature birth, low birth weight, intrauterine growth retardation, stillbirth and infant mortality, as well as negative consequences for child health and development. Infants whose mothers smoke during pregnancy are three times more likely to die from Sudden Infant Death Syndrome as are babies whose mothers do not smoke during pregnancy. Children born to mothers who smoked while pregnant have a higher risk of developing childhood asthma. In addition, maternal smoking during pregnancy is a risk factor for being overweight in early childhood.

Smoking during pregnancy may indicate that a woman is not taking a healthy approach to childbearing and, thus, may be associated with later problem behaviors for the child. For example, smoking by the mother during pregnancy has been associated with substance abuse and criminal behavior in both male and female children when they reach adulthood.

Information From
Child Trends Data Bank

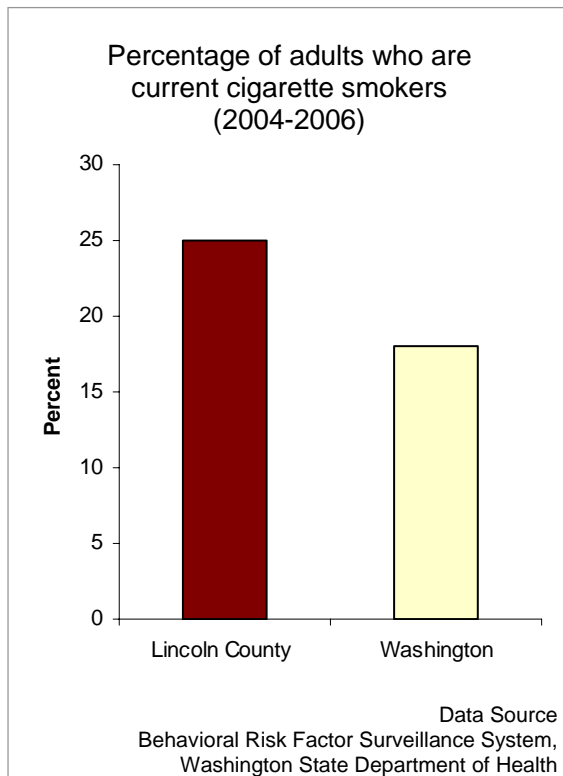
Quit services are free for pregnant women. No health insurance is required.

If you're pregnant or just had a baby, call **1-800-QUIT-NOW** (784-8669) for free one-on-one counseling. You don't have to do it alone.

The quit line may also provide a free supply of nicotine replacement therapy, such as nicotine patches or gum, as appropriate.



Indicator: Smoking



Lincoln County has had a higher smoking rate of adult smoking than Washington State over the last few years (2004-2006). The most recent data shows Lincoln County may be closing that gap. The Health Department will follow Lincoln County's rates over the next few years to see if the smoking rates are actually decreasing.

The list of tobacco related health effects is long and ranges from cavities to heart disease. Washington State and Lincoln County offer many options for quitting tobacco to their residents.

Here are some options if you are looking to quit or know someone who is:

Washington State Tobacco Quit Line 1-800-QUIT-NOW

The quit line offers counseling, nicotine replacement and referrals to those who call. It's designed to help those who are 18 years of age and older and is available to all Washington State residents regardless of insurance status.

Your Health Care Provider

It's your health care provider's job to help make the transition from smoking to non-smoking easier. Talk to your health care provider before you quit to see what options might work for you. There are prescription medications that are available and some should be started before you quit. Your health care provider may also recommend a local support group or website to check out. Your health care provider will also be able to assist you while quitting if you have side effects like headaches or constipation.

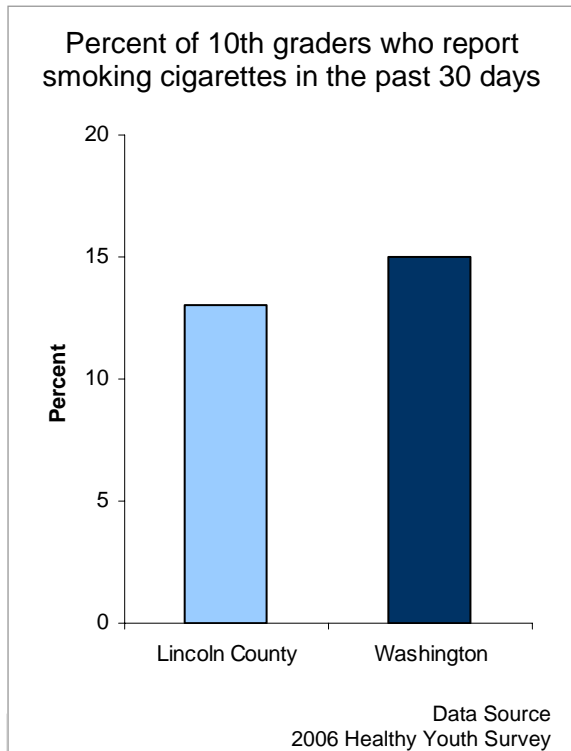
Lincoln County Health Department 509-725-1001

The Health Department offers cessation support groups, quitting resources and youth diversion classes all with a trained tobacco cessation specialist.



Indicator: Youth Smoking

Behavior



Lincoln County and Washington State have about the same percentage of 10th grade students who reported smoking in the past 30 days. If youth can reach age 21 without smoking, they will probably be smoke-free for life.

Factors associated with youth tobacco use include:

- Low socioeconomic status
- Use and approval of tobacco use by peers or siblings
- Smoking by parents or guardians
- Accessibility
- Availability and price of tobacco products
- A perception that tobacco use is normative
- Lack of parental support or involvement
- Low levels of academic achievement
- Lower self-image or self-esteem
- Belief in functional benefits of tobacco use
- Lack of self-efficacy to refuse offers of tobacco

Information From
Centers for Disease Control and Prevention

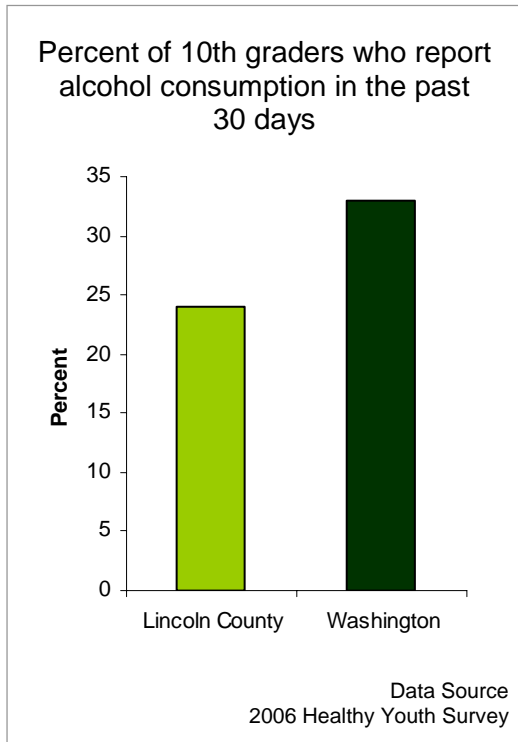
How to Help Your Teen Quit Smoking

- Say you care, without being critical
- Find out why and how much your teen smokes
- Only your teen can decide to quit smoking
- Ask your teen, "Do you want to quit?"
- Offer encouragement
- Help your teen think positively, do not shame or blame
- If your teen does not want to quit now, don't give up
- Support your teen-but don't support smoking
- Set a good example
- Call your local health department for assistance

Information From
"Help Your Teen Quit Smoking, A Guide for Parents"
Journey Works Publishing



Indicator: Youth Alcohol Use



Although it may look like Lincoln County has a lower 10th grade alcohol consumption percentage, we are unable to make this statement. Because of Lincoln County's small numbers, the data is not as precise as the numbers for Washington State. We can say Lincoln County youth are not much different than the rest of the state's youth when it comes to alcohol consumption.

Youth who drink alcohol are more likely to experience

- School problems, such as higher absence and poor or failing grades.
- Social problems, such as fighting and lack of participation in youth activities.
- Legal problems, such as arrest for driving or physically hurting someone while drunk.
- Physical problems, such as hangovers or illnesses.
- Unwanted, unplanned, and unprotected sexual activity.
- Disruption of normal growth and sexual development.
- Physical and sexual assault.
- Higher risk for suicide and homicide.
- Alcohol-related car crashes and other unintentional injuries, such as burns, falls, and drowning.
- Memory problems.
- Abuse of other drugs.
- Changes in brain development that may have life-long effects.
- Death from alcohol poisoning.

In general, the risk of youth experiencing these problems is greater for those who binge drink than for those who do not binge drink.

Youth who start drinking before age 15 years are five times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21 years.



Information From
Centers for Disease Control and Prevention
www.cdc.gov/alcohol/quickstats/underage_drinking.htm

Indicator: Adults who Report Binge Drinking

- This indicator looks at the percent of adults age 18 or older who report binge drinking on at least 1 occasion in the past 30 days.
- Binge drinking is a common pattern of excessive alcohol use in the United States. The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours. Most people who binge drink are not alcohol dependent.

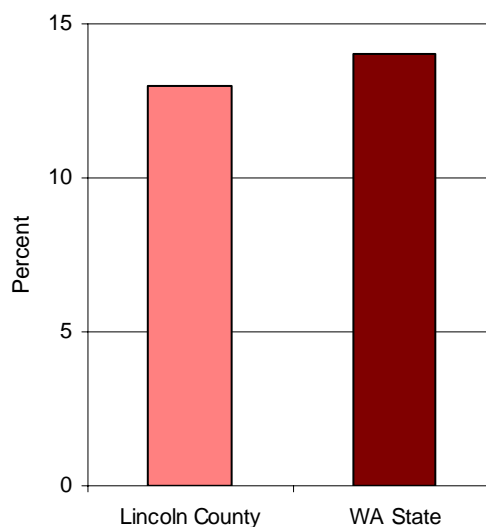
Health Problems Associated with Binge Drinking

- Unintentional injuries (car crashes, falls, burns, drowning, etc.)
- Intentional injuries (firearm injuries, sexual assault, domestic violence, etc.)
- Alcohol poisoning
- Sexually transmitted disease
- Unintended pregnancy
- High blood pressure, stroke and other cardiovascular diseases
- Liver disease
- Neurological damage
- Sexual dysfunction
- Poor control of diabetes

If you need help or know someone who does call the Lincoln County Alcohol and Drug Center at 509-725-2111



Percent of Adults who Reported Binge Drinking



Behavioral Risk Factor Surveillance System,
Center for Health Statistics,
Washington State Department of Health

The percent of adults who report binge drinking in Lincoln County is approximately 13%. This is consistent with Washington State's rate of 14%.

Indicator: Motor Vehicle Accidents

Be aware of what distracts you

Don't touch that dial

Adjust seat positions, climate controls, sounds systems, and other devices before you leave or while the vehicle is stopped. Use presets for radio and climate control, or have your passenger adjust them.

Stop to eat or drink

Drive through windows and giant cup holders make it tempting to have a meal while driving, but it's safer when you stop to eat or drink. If you can't avoid eating while driving, at least steer clear of messy foods.

Pull over to a safe place to use your cell phone

Cell phones can be a great resource for getting help or reporting trouble. But using them while driving can be distracting. Be sure to pull off the road in a safe place to talk, text or email or just wait until you arrive at your destination.

Plan Ahead

Read maps, check traffic and/or preset GPS unit before you leave, so you will be prepared for your journey.

Don't multitask and drive

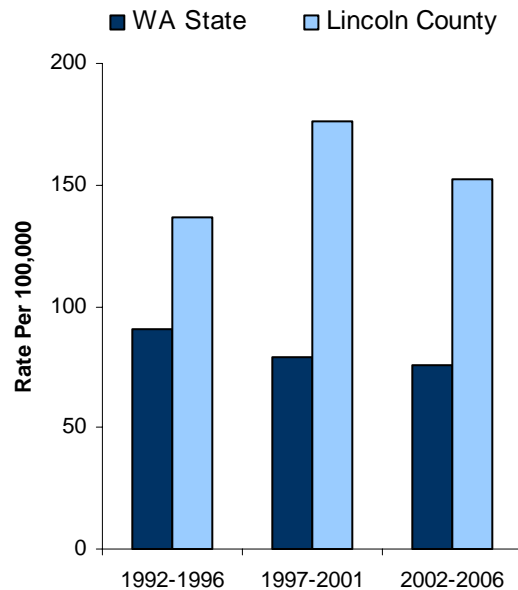
Don't use the vehicles mirrors for personal grooming when the vehicle is in motion. Don't try to read or write while driving. Just Drive.

Pull over to care for children

Change the baby, feed the kids, and buckle them into their vehicle seats before you leave. If you need to attend to them pull over in a safe place to tend to them.

Information From
The AAA Foundation
www.aaafoundation.org/pdf/DistractedDrivingBrochure.pdf

Hospitalizations due to motor vehicle accidents in Lincoln County



Hospitalization Discharge Data:
Washington State Department of Health,

Things you can do to be safer on the road:

- Avoid distractions; cell phones, ipods, eating, etc.
- Have a designated driver, don't drive after drinking alcohol
- Don't drive when you are tired
- Obey the posted speed limit
- Make sure your vehicle is safe and in working order
- Use car seats and/or booster seats for children
- Always wear your seat belt



Indicator: Physical Activity

Recommended Physical Guidelines

Adults

For important health benefits adults need at least: 2 1/2 hours of moderate intensity aerobic activity such as brisk walking every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Youth

Aerobic Activity

Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking or vigorous-intensity aerobic activity on at least 3 days per week.

Muscle Strengthening

Include muscle strengthening activities such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.

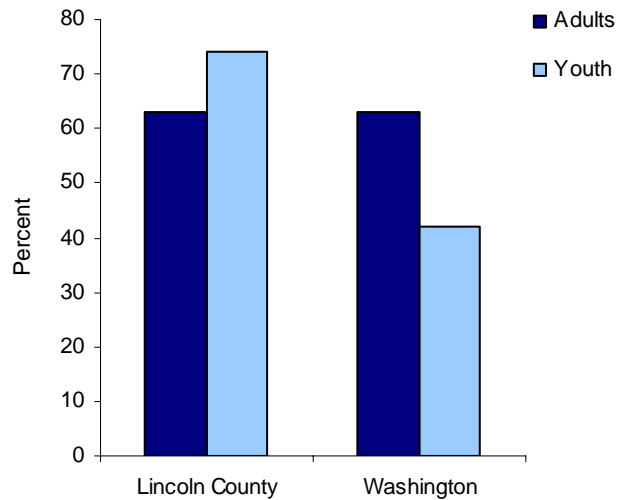
Bone Strengthening

Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

Information From
Centers for Disease Control and Prevention
www.cdc.gov/physicalactivity



Percentage of youth and adults who report being physically active



Data Source:
Healthy Youth Survey
Behavioral Risk Factor Surveillance Survey

Physical Activity In Your Daily Life

At Home

- Do house work yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. A riding mower doesn't count. Rake leaves, prune, dig and pick up trash.
- Walk or bike to the corner store instead of driving. Saves gas too.

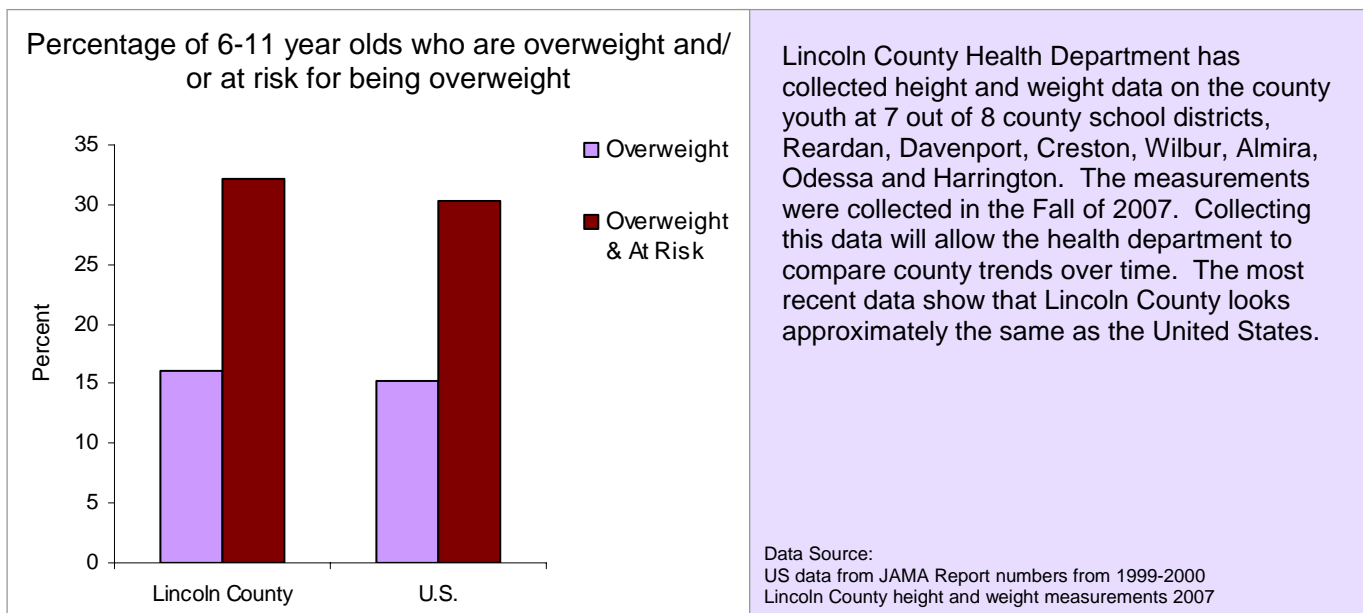
At Play

- When golfing, walk instead of using a cart.
- Play singles tennis instead of doubles.
- Plan family outings and vacations that include physical activity.

These are just a few ideas; see what you and your family can come up with on your own.

Indicator: 6-11 year olds who are Overweight or At Risk

Behavior



The U.S. is seeing a disturbing trend; its citizens are becoming increasingly obese and suffering deadly consequences as a result. Obesity has become the second leading cause of preventable death, only behind tobacco use. In Washington State, obesity is linked to four chronic diseases: cancer, cardiovascular disease, chronic lower respiratory disease and diabetes. In children, the risk of developing chronic diseases such as asthma, heart disease, bone and joint disorders, mental health/emotional problems and type 2 diabetes is rising. These diseases are typically thought of as adult issues. Unfortunately, they have not discriminated against the youth of our county, state and nation. Childhood obesity not only compromises children's health but also can effect their well-being and may affect their performance in school. Early intervention is a must, since it becomes increasingly difficult to curb the path of obesity the longer it continues.

Resources

Washington State Department of Health
www.doh.wa.gov

Centers for Disease Control and Prevention
www.cdc.gov

Washington Health Foundation
www.whf.org

Lincoln County Health Department's
"The Health of Lincoln County's Children"
Report



Indicator: WIC Moms who Breastfed

Behavior

- 83% of Lincoln County WIC clients initiated breastfeeding
- 67% of Lincoln County WIC clients breastfed for one month or more

2002-2007 WIC data



Benefits of Breastfeeding

For Baby

- Breast milk is the most complete form of nutrition for infants. A mother's milk has just the right amount of fat, sugar, water, and protein that is needed for a baby's growth and development.
- Breastfed infants grow exactly the way they should. They tend to gain less unnecessary weight and to be leaner. This may result in being less overweight later in life.
- Breastfed babies score higher on IQ tests, especially babies who were pre-mature.

For Mom

- Nursing uses up extra calories, making it easier to lose the pounds of pregnancy. It also helps the uterus to get back to its original size.
- Breastfeeding lowers the risk of breast and ovarian cancers, and possibly the risk of hip fractures and osteoporosis after menopause.
- Breastfeeding can help a mother to bond with her baby. Physical contact is important to newborns and can help them feel more secure, warm and comforted.

"Providing infants with human milk gives them the most complete nutrition possible. Human milk provides the optimal mix of nutrients and antibodies necessary for each baby to thrive. Scientific studies have shown that breastfed children have fewer and less serious illnesses and allergies than those who never receive breast milk, including reduced risk of Sudden Infant Death Syndrome and less childhood cancer and diabetes. Research also shows that breastfed babies have higher IQs as well as better brain and nervous system development."

Cunningham, A et al. J Pediatr 1991; 118(5):659-66
Lucas, A. et al. Lancet 1992; 33:261-62
From La Leche League International

Resources

Lincoln County Health Department
509-725-1001 or www.co.lincoln.wa.us/health

WIC
www.doh.wa.gov/cfh/WIC

La Leche League
www.llli.org

Breastfeeding Materials
www.breastfeeding.com

Indicator: Diabetes

Diabetes prevention is proven, possible, and powerful. Studies show that people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight. You can do it by eating healthier and getting 30 minutes of physical activity 5 days a week. In other words: you don't have to knock yourself out to prevent diabetes. The key is: **small steps that lead to big rewards.**

Move More

Plan to get at least 30 minutes of physical activity 5 days each week to help you lose weight. You can do this in small ways throughout the day. If you have not been active, talk to your doctor and start slowly to build up to your goal.

Make Healthy Food Choices

Choose foods that are low in fat, sugar, and calories to help you lose weight. Limit portion sizes.

Start Your Game Plan to Prevent Diabetes

The key to losing weight and preventing diabetes is to make long term changes that work for you everyday.

Find Out if You are At Risk

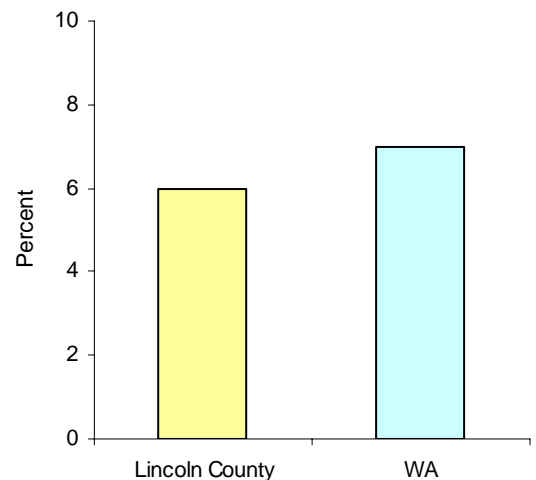
Talk to your health care provider to find out if you might be at risk for diabetes.

Taking these steps is a great way to get started.

Information From
National Diabetes Education Program
www.yourdiabetesinfo.org



Percentage of people who have been told by a doctor that they have diabetes (2004-2006 age 18 or older)



Data Source:
Behavioral Risk Factor Surveillance Survey

Approximately 6% of Lincoln County adults have been told by a doctor that they have diabetes.

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

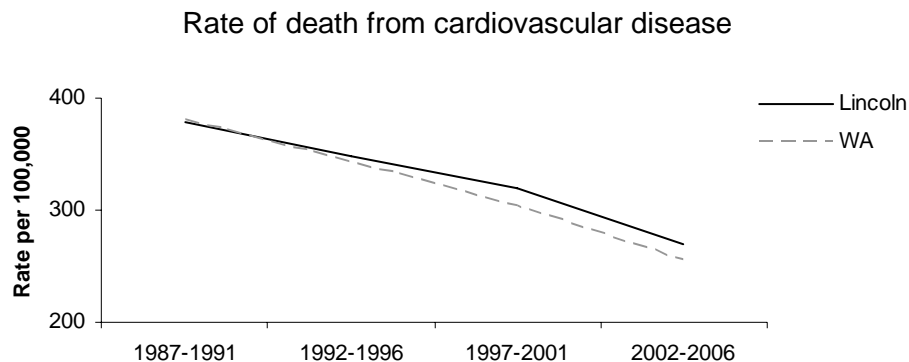
Type 1 diabetes accounts for 5 to 10 percent of all diagnosed cases of diabetes.

Type 2 diabetes accounts for 90 to 95 percent of all diagnosed cases of diabetes. Type 2 diabetes is increasingly being diagnosed in children and adolescents.

Indicator: Cardiovascular Disease

Lincoln County and Washington State have seen a downward trend in death due to cardiovascular disease over the past 20 years.

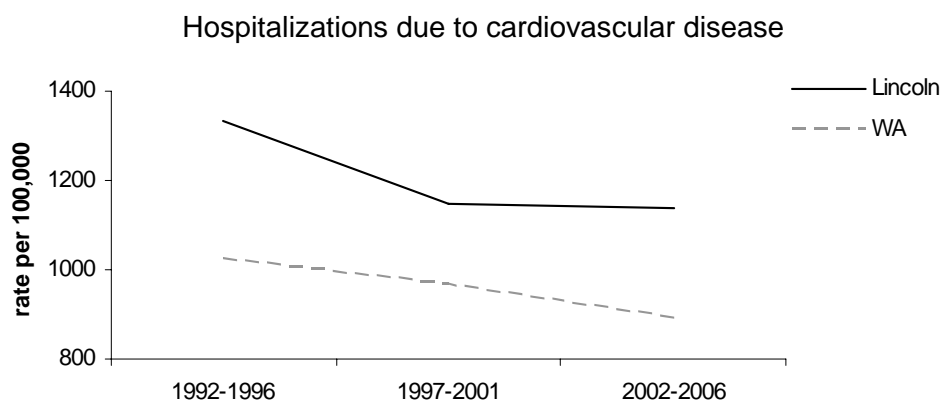
Death Certificate Data:
Washington State Department of Health, Center for Health Statistics.



Heart disease is the leading cause of death in Lincoln County and the United States and is a major cause of disability. Almost 700,000 people die of heart disease in the U.S. each year. That is about 29% of all U.S. deaths. Heart disease is a term that includes several more specific heart conditions. The most common heart disease in the United States is coronary heart disease, which can lead to heart attack. The risk of coronary heart disease can be reduced by taking steps to prevent and control those adverse factors that put people at greater risk for heart disease and heart attack.

Simple steps everyone can take to reduce their risk of heart disease

- Prevent and control high cholesterol
- Prevent and control high blood pressure
- Prevent and control diabetes
- No Tobacco
- Moderate alcohol use
- Maintain a healthy weight
- Regular physical activity
- Diet and nutrition



Lincoln County had a small drop in hospitalizations due to cardiovascular disease but the rate has been level for the past 10 years.

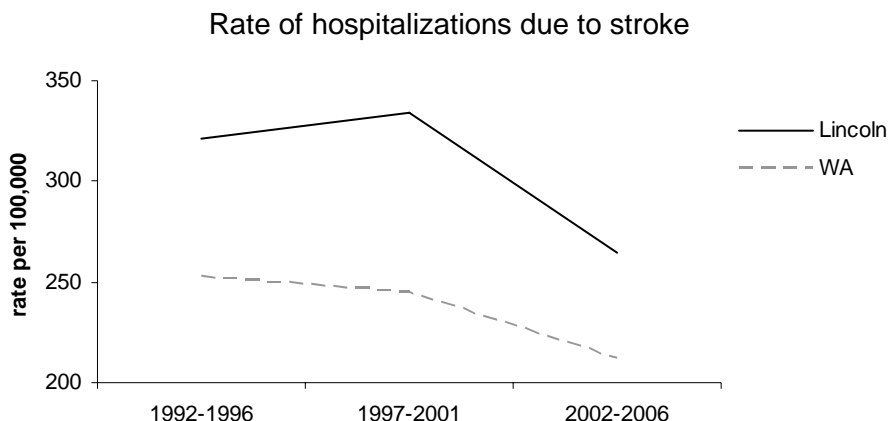
Hospitalization Discharge Data:
Washington State Department of Health,
Office of Hospital and Patient Data Systems.

Indicator: Hospitalizations due to Stroke

Chronic Disease

Lincoln County has a higher rate of hospitalizations from stroke than Washington State. Although our numbers look to be decreasing we do not have data to show this drop is significant.

Hospitalization Discharge Data: Washington State Department of Health, Office of Hospital and Patient Data Systems.



All people can take steps to lower their risk for stroke, whether they have had a stroke or not. Things you can do to lower the risk of stroke include:

- Prevent and control high blood pressure
- Prevent and control diabetes
- No tobacco
- Treat atrial fibrillation
- Prevent and control high cholesterol
- Moderate alcohol use
- Maintain a healthy weight
- Diet and nutrition
- Genetic Risk Factors
- Exercise

Many of the recommendations for preventing stroke are the same recommendations for preventing cardiovascular disease and other illnesses.

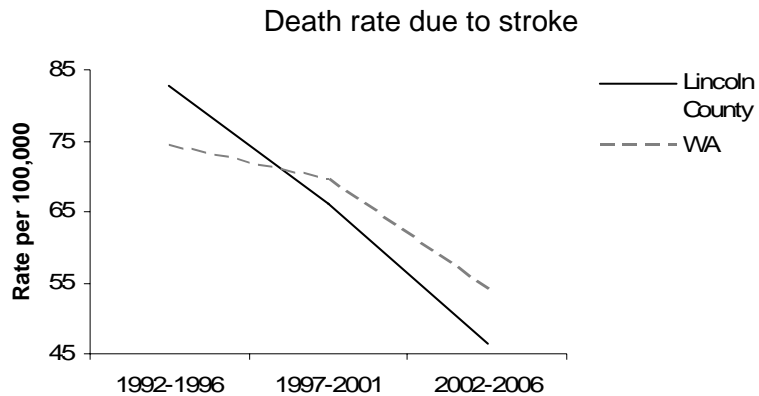
Information From
Centers for Disease Control and Prevention



Indicator: Death due to Stroke

Washington State has had a dramatic drop in deaths due to stroke. It appears that Lincoln County is also seeing a decline in deaths due to stroke but we are unable to draw clear conclusions from the numbers because the data overlaps from year to year.

Death Certificate Data:
Washington State Department of Health,
Center for Health Statistics



A stroke, or cerebrovascular accident, occurs when the blood supply to the brain is cut off (an ischemic stroke) or when a blood vessel bursts (a hemorrhagic stroke). Without oxygen, brain cells begin to die. Death or permanent disability can result. High blood pressure, smoking, and having had a previous stroke or heart attack increase a person's chances of having a stroke. With timely treatment, the risk of death and disability from stroke can be lowered. It is very important to know the symptoms of a stroke and act right away.

The National Institute of Neurological Disorders and Stroke notes these five major signs of stroke:

- Sudden numbness or weakness of the face, arms, or legs.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, or loss of balance or coordination.
- Sudden severe headache with no known cause.

All of the major symptoms of stroke appear suddenly, and often there is more than one symptom at the same time.

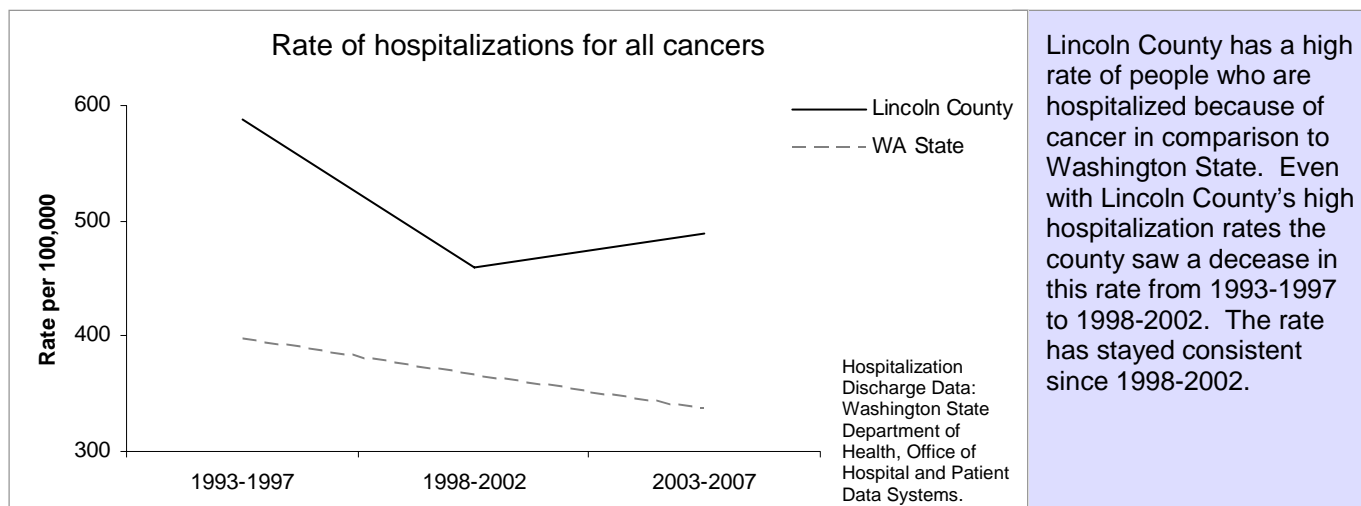
If you think someone is having a stroke, you should call 9-1-1 or emergency medical services immediately. Receiving immediate treatment is critical in lowering the risk of disability and even death.

Centers for Disease Control; Division of Heart Disease and Stroke Prevention,
National Center for Chronic Disease Prevention and Health Promotion.
www.cdc.gov/stroke/signs_symptoms.htm



Indicator: Hospitalizations due to Cancer

Chronic Disease



Lincoln County has a high rate of people who are hospitalized because of cancer in comparison to Washington State. Even with Lincoln County's high hospitalization rates the county saw a decrease in this rate from 1993-1997 to 1998-2002. The rate has stayed consistent since 1998-2002.

What you can do to help reduce your chances of developing cancer.

Maintain a healthy weight throughout life.

- Balance calorie intake with physical activity.
- Avoid excessive weight gain throughout life.
- Achieve and maintain a healthy weight if currently overweight or obese.

Adopt a physically active lifestyle.

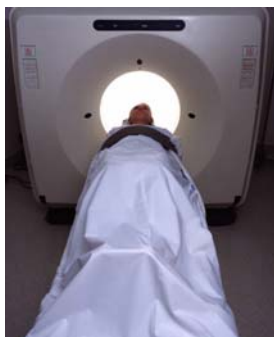
- Adults: Engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity are preferable.
- Children and adolescents: Engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

Eat a healthy diet, with an emphasis on plant sources.

- Choose foods and drinks in amounts that help achieve and maintain a healthy weight.
- Eat 5 or more servings of a variety of vegetables and fruit every day.
- Choose whole grains over processed (refined) grains.
- Limit intake of processed and red meats.

If you drink alcoholic beverages, limit your intake.

- Drink no more than 1 drink per day for women or 2 per day for men.



Information from the American Cancer Society cancer.org
Prevention and Early Detection: At a Glance-Nutrition and physical Activity

5 leading cancers with hospitalizations in Lincoln County from 2003-2007

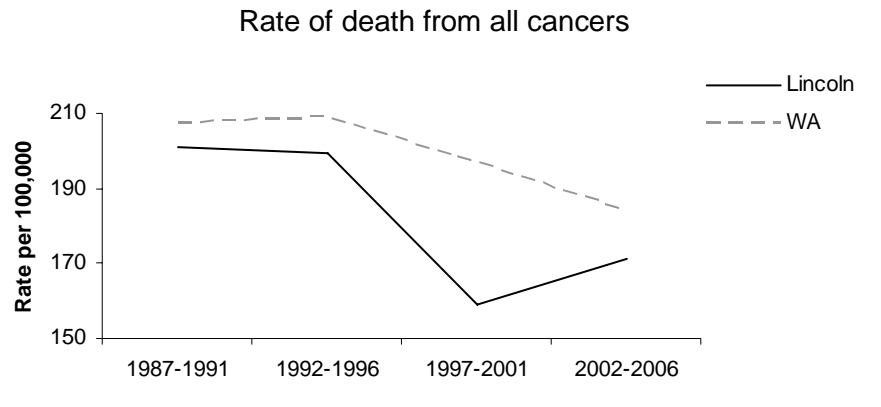
- Prostate
- Respiratory
- Colorectal
- Breast
- Circulatory

Indicator: Death due to Cancer

Chronic Disease

Lincoln County did see a dip in the death rates for cancers during the combined years of 97-01. Overall Lincoln County's rates have stayed consistent, while Washington State has seen a steady decline in cancer deaths.

Death Certificate Data: Washington State Department of Health, Center for Health Statistics.



If you can't prevent cancer, the next best thing you can do to protect your health is to detect it early. Recognizing symptoms, getting regular check-ups, and performing self-exams are just a few ways you can do this.

Recommended Cancer Screenings

Breast Cancer

- Mammograms are the best way to detect breast cancer early when it is easier to treat. Having regular mammograms can lower the risk of dying from breast cancer. For women 40 years or older, be sure to have a screening mammogram every one or two years.
- Clinical breast exams and monthly self breast exams are used to check for lumps, changes in size or shape of the breast or any other changes in the breasts or underarm.

Cervical Cancer

- Pap tests are one of the most reliable and effective cancer screening tests available. Women should start getting a regular Pap test at age 21 or within three years of the first time you have sex-which ever happens first.
- HPV vaccine for females aged 9-26 to prevent cervical cancer. Remember that even with the vaccine a women still needs to schedule routine Pap tests.

Colorectal Cancer

- Screening tests for colorectal cancer can find precancerous polyps, so that they can be removed before they turn into cancer. These tests can also find colorectal cancer early, when treatment works best. People 50 and older should be screened in regular intervals. Some people may need to be tested earlier, be sure to talk with your doctor to find out your screening needs.

Leading cancers resulting in death in Lincoln County from 2002-2006

Lung
Circulatory*
Prostate
Pancreas
Breast

Information From
CDC.gov Preventative Cancer Screening and Vaccination



Indicator: Influenza and Pneumonia

Communicable Disease



The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help prevent respiratory illness like the flu.

Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick

If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands

Washing your hands often will help protect you from germs.

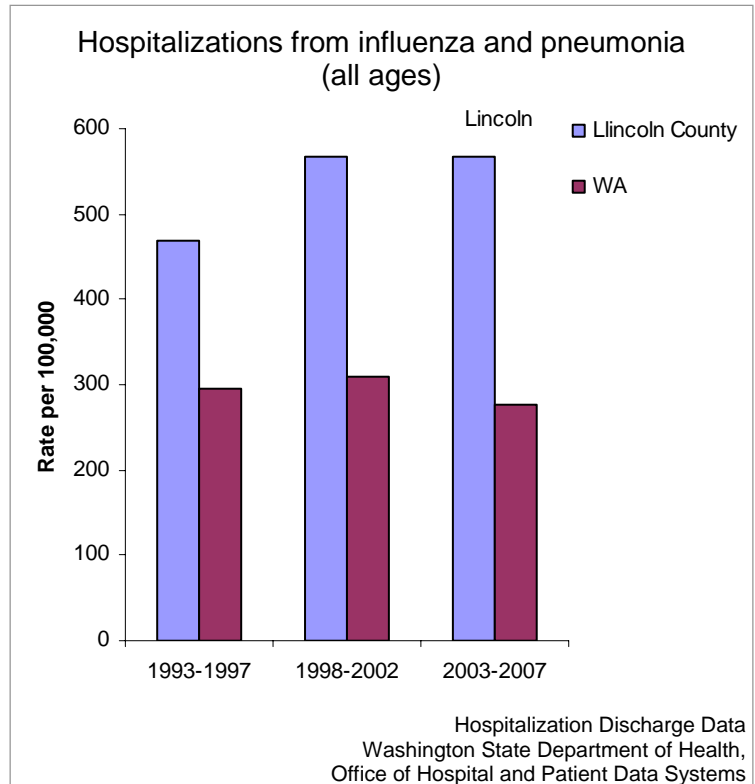
Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Practice good health habits

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Information from the Centers for Disease Control and Prevention, www.cdc.gov/flu/protect/habits.htm



Recommended Vaccinations to Prevent the Flu and Pneumonia

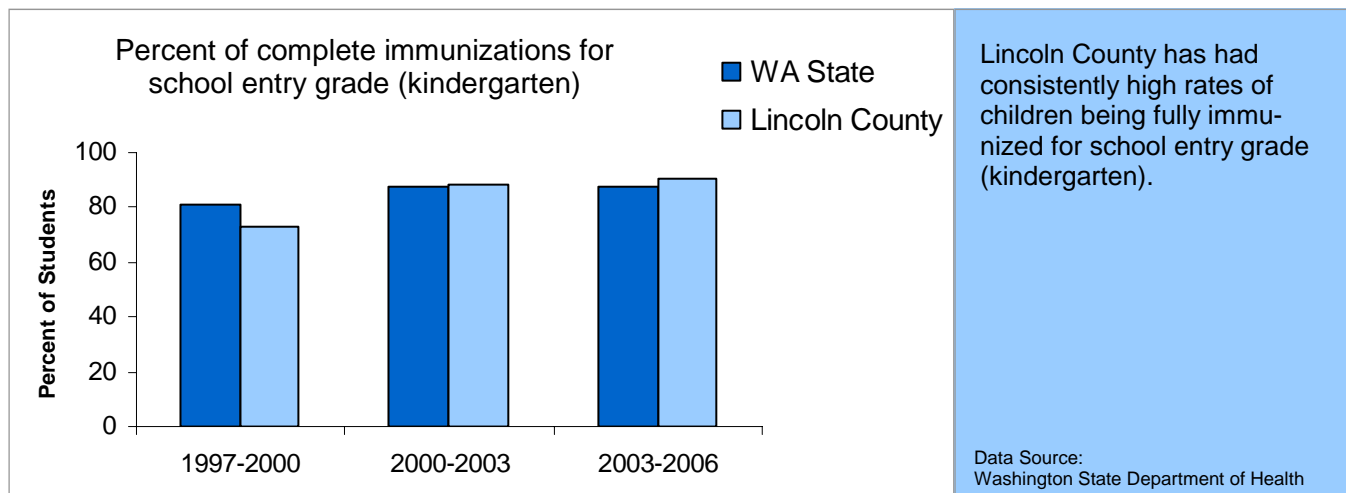
- Annual flu shot
- One time pneumonia vaccine for those who are 65 years or older

About 75% of Lincoln County residents 65 years of age and older received flu shots during 2004-2006.

Data Source:
Behavioral Risk Factor Surveillance System

Indicator: Immunizations for School Entry Grade

Communicable Disease



Why you should immunize your child:

To prevent common but serious illnesses

Some diseases, like pertussis (whooping cough), flu, varicella (chicken pox) and rotavirus, are very common in the U.S. Choosing not to vaccinate is a choice to risk getting or spreading a serious and sometimes deadly disease.

To prevent diseases that still exist

Some diseases, like measles and mumps, still occur in the U.S. at low levels. If fewer people are immunized against these diseases, outbreaks can occur.

To prevent diseases that are common in other parts of the world

Although some diseases, like polio, are rare or do not exist in the U.S., they are still common in other parts of the world. They are only a plane ride away.

To protect others in your family and community

By immunizing your child, you also protect those who:

- Have weak immune systems
- Cannot get shots because of a medical condition or because they are too young or too old
- Are not fully immunized

Immunizations are available at:

North Basin Medical Clinics:

Reardan Office: 509-796-2737
Davenport Office: 509-725-7501
Wilbur Office: 509-647-5321

Odessa Memorial Healthcare Center:
509-982-2614

Lincoln County Health Department:
509-725-1001



Information From
"Immunizations, Birth through 6 years: A guide to protecting your child"
Washington State Department of Health



Lincoln County Health Department
90 Nichols St
Davenport, WA 99122
509-725-1001
www.co.lincoln.wa.us

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