

# The Missouri Behavioral Risk Factor Surveillance System (BRFSS)



Conducted annually conducted by CDC, and can easily be found online. The survey measures behavioral risks of adults age 18 and older to

determine information on health issues

**Data Surveillance Systems and Statistical Reports can be located at:**  
[http://health.mo.gov/data/brfss/2010\\_BRFSS\\_Key\\_Findings\\_Report.pdf](http://health.mo.gov/data/brfss/2010_BRFSS_Key_Findings_Report.pdf)

Other data resources are also listed on this page.

<http://www.dhss.mo.gov/DataAndStatisticalReports/index.html>

BRFSS data is used to identify emerging health problems, and establish health objectives. In 2010, 5,429 adults were interviewed January through December by the Health and Behavioral Risk Group. The 2010 BRFSS revealed in general, a consistent finding throughout the study that an adult's annual household income had a direct relationship for poorer health and people engaged in health risk behavior, and

also were less likely to receive needed emotional support.

## New Employee

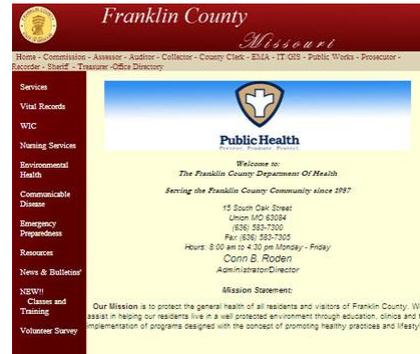
**Erin Choate, RN** started recently at FCHD. She also works at Mercy Hospital, St. Louis in intensive care. She is a graduate of the University of Missouri in Columbia with a Bachelors. She has extensive nursing skills and a wonderful personality. Please welcome her!



## A New Web Site

<http://www.franklinmo.org/>

Information concerning Nursing Services, Vital Records, WIC Women's Infants and Children's program, Environmental Issues, Emergency Preparedness, can now all be found online. Be sure to check out our new web site you will find the latest news, food recalls and other information.



Franklin County Department of Health  
15 South Oak  
Union, MO 63084

Are your children up to date on vaccinations and flu shots?

September, 2011



**REGISTER TO BE A VOLUNTEER FOR PUBLIC HEALTH EMERGENCIES**  
Contact: [Halej1@lpha.mopublic.org](mailto:Halej1@lpha.mopublic.org)  
636-583-7310

Franklin County  
Department of Health  
15 South Oak Street  
Union, MO 63084

636-583-7300  
636-583-7305 (Fax)  
Website: [franklinmo.org](http://franklinmo.org)

Report suspected biological or chemical terrorism immediately by calling the Missouri Department of Health and Senior Services Center for Emergency Response or Terrorism at:  
**1-800-392-0272**  
**24 hours a day**

## Watch out for Ticks!



Rocky Mountain spotted fever (RMSF) is a tick-borne disease caused by the bacterium **Rickettsia**. This organism is a cause of potentially fatal human illness in North America, and is transmitted to humans by the bite of infected tick species.

**Symptoms include: Fever, Myalgia, Chills and rashes.**

**Avoiding Tick Bites** - While it's good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months when ticks are most active.

- Avoid Direct contact
- Avoid wooded and bushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Use repellents with 20% or more DEET (N, N-diethyl-m-toluamide) on the exposed skin for protection that lasts up to several hours. Always follow product instructions.
- Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain **Permethrin** on clothing.

## FREE Ham Radio training

a six week course scheduled for November and December 2011. **SIGN UP NOW!**

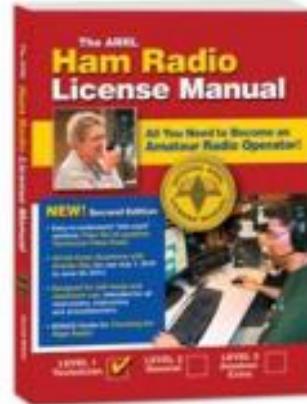
**Keith Wilson**, is a Ham radio operator, technician and Emergency Responder, will be teaching the class. Let us know what the best time is for your schedule.

The class and book are free and will take only one or two hours a week during the day or evening. You'll be sure to pass the exam and have a radio license in no time.

### **Objective:**

**Practice Exam Software and ARRL Exam Review CD-ROM for Windows.**

Register by calling: **Jeanette Hale**  
636-583-7310 or  
email: [halej1@lpha.mopublic.org](mailto:halej1@lpha.mopublic.org)



## Beat the Flu

**Annual Flu Vaccine Is Here:  
Beginning September 19, 2011  
at the Health Department -  
15 South Oak - Union, MO 636-583-7300**

Walk-Ins are welcome. Prescription is needed for children less than six years of age and pregnant women.

## The WIC Program

is providing classes for nurses, physicians, nutritionists, lactation consultants, social workers, or anyone who supports and promotes breastfeeding in their work with moms and babies

### **Objectives to identify the following:**

- Benefits of breastfeeding
- Resources to support evidence based breastfeeding
- Hospital practices that support breastfeeding.
- Describe challenges
- Set goals and increase breastfeeding.



### **Diane Bibb, MSN, RN, IBCLC**

a Clinical Educator and Lactation Consultant from Hannibal Regional Hospital in Missouri. She has been a Lactation Consultant for 17 years, and approximately 25 years caring for and supporting breastfeeding families.

Diane has a Bachelor of Science in Nursing (1982) and Masters of Science in Nursing (2004) from the University of Missouri – Columbia.

For more information and to Register - Contact:  
**Angie Hittson, RN**  
636-583-7312

### **Registration Required**

**October 13, 2011**

**SSM St. Clare Health Center  
Fenton, MO**

**Morning Session - 9:00am to 1:00pm  
Afternoon & Evening Session  
3:00-7:00pm  
(Registration by October 3<sup>th</sup> 2011)**

**November 1, 2011**

**St. John's Hospital  
Washington MO**

**Morning Session - 8:00am to  
11:00am  
(Registration by October 10, 2011)**

**November 1, 2011**

**MO Baptist  
Sullivan – MO**

**Evening Session - 6:00pm to 8:00pm  
(Registration by October 10<sup>th</sup> 2011)**

**November 10, 2011**

**St. Anthony's Medical Center  
St. Louis, MO**

**Morning Session - 8:00am-10:00am  
Evening Session - 4:00pm to 6:00pm  
(Registration by October 17<sup>th</sup> 2011)**

