



# WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



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## NEWS & INFORMATION

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Health Commissioner

[www.wcchd.com](http://www.wcchd.com)

### Temporary Food Service License

Remember that if you are going to be operating a temporary food sales booth at one of the local festivals you need to secure a license from the Warren County Health Department at least 48 hours before the festival event.

License fees this year are \$46.00 per event for commercial operations and \$23.00 per event for non-profit groups.

An event is up to 5 consecutive days in length.

If you have any questions regarding temporary food licenses, please call 513-695-1220 or visit [www.wcchd.com](http://www.wcchd.com)

### Colorectal Cancer Awareness

March is Colorectal Cancer Awareness Month and the perfect time to get screened if you're over the age of 50. Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States.

Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is



highly preventable, by getting screened beginning at age 50.

Getting tested can literally prevent cancer before it starts. Testing can identify problems and find growths before they become cancer. And if colon cancer is found early, you have a good chance of beating it with treatment.

You can reduce your risk

of colorectal cancer by eating a healthy diet, maintaining an appropriate body weight, limiting consumption of alcohol and high-fat foods, and becoming more physically active. But of course, don't forget to get tested for colon cancer!

If you are 50 or older, talk to your doctor about getting tested. For more information, contact the American Cancer Society at 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org).

### Tips on Being a More Active Family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. The following are tips to add more activity to your family's busy schedule:

1. **Set specific activity times.** Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.
2. **Turn off the TV.** Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an ac-

tive family game, dance to favorite music, or go for a walk.

3. **Use what is available.** Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

4. **Treat the family with fun physical activity**

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

5. **Include work around the house.** Involve the kids in yard work and other active chores

around the house. Have them help you with raking, weeding, planting, or vacuuming.

6. **Include other families.**

Invite others to join your family activities. This is a great way for

you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the

YMCA, or join a recreational club.

For more ideas on increasing family activity visit [www.choosemyplate.gov](http://www.choosemyplate.gov)



## Spring Time—Pollen in the Air

As temperatures slowly warm, our local trees and plants prepare for their own annual rite of spring: pollination. As part of plants' reproductive cycle, pollen is used for transferring male genetic material from the plant to the female reproductive structure of the plant. This allows fertilization to take place so the plant can continue to grow. Like all living organisms, seed plants have a single goal: to pass their genetic information on to the next generation.

Pollen is dispersed by insects



and wind, with the latter increasing the amount of allergens in the air. Consequently, those who suffer from allergies may have more

prevalent symptoms on windy days and those that immediately follow.

As a public service, the Southwest Ohio

Air Quality Agency collects, counts, and reports pollen levels, from mid-February to mid-November, depending upon the weather. The Agency details which plants and/or trees are producing the highest amount of pollen for that particular 24-hour collection

period. Residents may find these daily pollen (and mold) counts on the Southwest Ohio Air Quality Agency website at [SouthwestOhioAir.org](http://SouthwestOhioAir.org), as well as its [Facebook](#) and [Twitter](#) accounts.

Typically, pollen levels do not become problematic until April or May, when trees such as hickories, pine, oak, and walnuts are peaking in pollen production. Those who are symptomatic may find it helpful to track the pollen count along with their symptoms to provide an idea of which plants they may be allergic to. Residents should consult their health-care professional for advice on how to manage their symptoms.

## Starting a Compost Pile

Composting is both a practical and easy way to handle yard wastes. It is cheaper than bagging these wastes and paying to have them removed.

Leaves, grass clippings, sawdust, wood ashes, fruit and vegetable peelings, egg shells, and coffee grounds are all excellent compost "raw materials". **Do not add** dog droppings, cat litter box wastes, bones, fatty food scraps such as cheese, meats, or cooking oils. These types of wastes will attract pests (rodents, flies), create a greater potential for odors, and they are extremely slow to decompose into compost. A properly

constructed and maintained compost pile will not create an odor nor attract pests.

Do your part to recycle your food scraps and yard wastes. Your flowers and trees will benefit from the addition of compost to the soil and you will be doing your part to reduce the amount of waste going to sanitary landfills.

There are numerous "How To" books in your local library on composting or you can contact the Warren County Health Department for a free brochure on backyard composting at 513-695-1220 or visit our website at

[www.wcchd.com/downloads/134/compost-guide.pdf](http://www.wcchd.com/downloads/134/compost-guide.pdf)



## Reminder to Spring Forward:

*Daylight Savings Time Begins Sunday March 12th.*

When you're moving your clocks forward this year, make sure to change the batteries in your **smoke alarms** and **carbon monoxide (CO) alarms**, too!

