



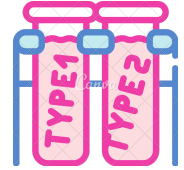
# Warren County Health District

News and Information  
warrenhd.com

Duane Stansbury, M.P.H  
Health Commissioner

NO. 436  
November 2022

## Diabetes Awareness Month



November is Diabetes Awareness Month. Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). 37.3 million adults are living with some form of diabetes, and 96 million adults are considered to have prediabetes. Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help.

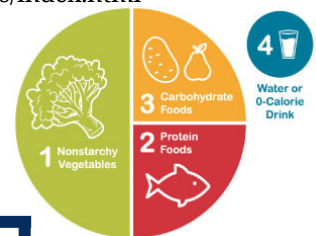


In the United States, 96 million adults—more than 1 in 3—have prediabetes. More than 8 in 10 of them don't know they have it. With prediabetes, blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis. If someone is prediabetic, it can be found in a simple blood sugar test at their doctor's office, or they can come to a health department, such as WCHD. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. If you have prediabetes, a CDC-recognized lifestyle change program can help you take healthy steps to reverse it.

Any diabetic can benefit from a well rounded diet. The ADA recommends following the Diabetes Plate Method, where you will fill a 9 inch plate with half of the plate being non-starchy vegetables, one quarter of the plate of protein foods, and the last quarter of the plate with carbohydrate foods. To finish off your plate, add a glass of water or a 0 calorie drink.

To learn more about diabetes, be sure to visit the following websites:

<https://diabetes.org/diabetes>  
<https://www.cdc.gov/diabetes/index.html>

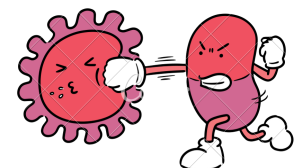


## World Antimicrobial Awareness Week

November 18-24th is World Antimicrobial Resistance Week. Antimicrobial resistance (AMR) occurs when bacteria, viruses, fungi and parasites change over time and no longer respond to medicines, making infections harder to treat and increasing the risk of disease spread, severe illness and death. As a result of drug resistance, antibiotics and other antimicrobial medicines become ineffective and infections become increasingly difficult or impossible to treat.

- To prevent and control the spread of antibiotic resistance, individuals can:
- Only use antibiotics when prescribed by a certified health professional.
- Never demand antibiotics if your health worker says you don't need them.
- Always follow your health worker's advice when using antibiotics.
- Never share or use leftover antibiotics.

Prevent infections by regularly washing hands, preparing food hygienically, avoiding close contact with sick people, practicing safer sex, and keeping vaccinations up to date.





# RSV

Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States.

RSV can spread when:

- An infected person coughs or sneezes
- You get virus droplets from a cough or sneeze in your eyes, nose, or mouth
- You touch a surface that has the virus on it, like a doorknob, and then touch your face before washing your hands
- You have direct contact with the virus, like kissing the face of a child with RSV

People infected with RSV are usually contagious for 3 to 8 days. However, some infants, and people with weakened immune systems, can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks. Children are often exposed to and infected with RSV outside the home, such as in school or child-care centers. They can then transmit the virus to other members of the family. The CDC is reporting an increase in RSV cases currently.



WCHD will be closed on **November 11** for **Veteran's Day** and **November 24-25** for **Thanksgiving**

## Holiday Food Prep Safety

With the holiday season quickly approaching, it is very important to follow proper food handling protocols to prevent foodborne illnesses such as salmonella. When preparing foods, be sure to follow these tips to help reduce your risk!

- **Keep foods separated.** Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
- **Thaw your turkey safely.** Thaw turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.
- **Keep food out of the “danger zone.”** Bacteria can grow rapidly in the danger zone between 40°F and 140°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours (1 hour if food is exposed to temperatures above 90°F, such as in a hot car). The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.

- **Cook food thoroughly.** Meat, chicken, turkey, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to a safe internal temperature. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill. See the below chart for the internal temperature that various meats and fish should be cooked to. WCHD will have FREE food thermometers available, this holiday season. Please call 513-695-3126 if you are interested.

### SAFE MINIMUM INTERNAL TEMPERATURES

as measured with a food thermometer



Food Type	Internal Temperature
Beef, Pork, Veal, and Lamb (chops, roasts, steaks)	145°F with a 3-minute rest time
Ground Meat	160°F
Ham, uncooked (fresh or smoked)	145°F with a 3-minute rest time
Ham, fully cooked (to reheat)	140°F
Poultry (ground, parts, whole, and stuffing)	165°F
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
Fin Fish	145°F or flesh is opaque & separates easily with fork
Shrimp, Lobster, and Crabs	Flesh pearly & opaque
Clams, Oysters, and Mussels	Shells open during cooking
Scallops	Flesh is milky white or opaque and firm
Leftovers and Casseroles	165°F