



Jefferson County



Public Health
Prevent. Promote. Protect.

Central Oregon Public Health Monthly Update February 23, 2024

NATIONAL POISON PREVENTION WEEK 2024

National Poison Prevention Week | March 17-23, 2024



POISON HELP
1-800-222-1222

WHEN THE UNEXPECTED HAPPENS

Poison Help is Here for You.

#NPPW24

National Poison Prevention Week is March 17-23. This year's theme is *"When the unexpected happens, Poison Help is here for you 24/7."* Poison Help is a hotline and website that is available 24/7/365 at no cost to you. It is an amazing resource! Whether you have general questions or an emergency, Poison Help can help answer your questions and direct you to the help you need. You can call Poison Help with questions for medications, cleaning products, insect bites, food poisoning, and liquid nicotine, just to name a few! On average, there are 6,700 calls daily in the U.S. To Poison Help, and there have been 2,420,456 calls to Poison Help in the U.S. in the past 12 months.

Poisons are found in many places in our daily lives. They can be inhaled, swallowed, or accidentally end up in our eyes or on our skin. Serious

poisonings don't always have early signs. Do not wait for symptoms to develop. Here are a few of the questions you might have about poisons:

- My child ate some bait I put in the garage to kill mice. What can I do?
- My family got sick after a BBQ at the lake last year. What can we do to prevent this from happening again?
- How often should I be disinfecting "high touch" surfaces?
- I found a wild mushroom that I'm not 100% sure is safe. If I cook it, will it remove the toxins?
- Is it safe to have the kids help clean and disinfect our home?
- What are the risks of making a hydrogen peroxide solution at home to use as a disinfectant?
- My child drank some tiki torch lamp oil. What do I do now?
- How long should I worry about the snakebite I got at the lake?
- My child ate the glow stick gel on the 4th of July. Is that poisonous?
- How can I help my elderly relative keep better track of their medications?

What about food poisoning?

If you suspect food poisoning, seek medical help if symptoms are severe. Consider reporting it in order to prevent others from getting sick. You can report possible food poisoning to your local Environmental Health Office via phone or online.

- For Crook County, report by calling (541) 447-5165
- For Deschutes County, report by calling 541-317-3114, or online at "[Report a Public Health Concern](#)".
- For Jefferson County, report by calling (541) 475-4456
- You can also report nationally at iwaspoisoned.com

Test your Knowledge of Poisons in the Home!

A majority of poisonings occur in the home. The best protection against poisonings is to make sure your house is poison proof. Learn about some potential poisons in each room of the house by participating in America's Poison Centers' interactive online [Poison Escape Room](#).

Websites:

- www.poisonhelp.org
- [Disinfectant Safety during the COVID-19 Pandemic \(aapcc.org\)](http://aapcc.org)
- [Report Food Poisoning Now. Protect Others. \(iwaspoisoned.com\)](http://iwaspoisoned.com)
- [Poison Escape Room \(google.com\)](http://google.com)

Loneliness and Isolation – You are NOT Alone



In May of 2023, the US Surgeon General of the United States released a [public health advisory](#) on the "epidemic of loneliness and isolation" in the United States. COVID-19 restrictions brought this epidemic to light, but several respected public health and medical establishments such as the World Health Organization, the CDC, and the National Academies of Sciences, Engineering and Medicine sounded the alarm about loneliness and isolation as a public health issue years before the pandemic. In fact, in 2018, only 16% of Americans said they felt connected to their local community.

Loneliness and social isolation have been linked to an increased risk of mental health conditions such as depression and anxiety, addiction, and suicidality and self-harm, but they have also been linked to an increased risk of *physical* health conditions like heart disease, stroke, type 2 diabetes, dementia and earlier death.

The reasons for this epidemic of loneliness and social isolation are numerous and complex, and addressing it takes a multi-faceted approach. The Surgeon General's advisory describes a framework for a National Strategy to Advance Social Connection, but there are also [some things that you can do](#) (right now!) if you want to improve your connection to your community and decrease loneliness and social isolation.

Ideas for social connectedness in Central Oregon:

- [Bend Parks and Recreation](#): hosts several opportunities for social connection, including exercise, social activities, outings and classes. Offerings range from a class offered one time to several weeks.
- [Bend Senior Services Center](#): provides weekday lunches (Wednesday – Friday) and a community room, along with other resources and opportunities to connect.
- [Caring Connections](#): is a Council on Aging program that matches a volunteer with an older adult for weekly phone calls or in-person visits. This no-cost program is an opportunity to meet someone new, discover common interests and feel more connected to the community.
- [Council on Aging of Central Oregon](#): 1036 NE 5th Street Bend, Phone: 541-678-5483
- [Bend Senior Center](#): 1600 SE Reed Market Road Bend, Phone: 541-388-1133. Offers several exercise classes, social activities and enrichment classes. as well as scheduled times for book clubs, crafting, board games and puzzles, and more.
- [Redmond Senior Center](#): 325 NW Dogwood Avenue Redmond, Phone: 541-548-6325
- [La Pine Activity Center](#): 16450 Victory Way La Pine, Phone: 541-536-6237
- [Sisters Park and Recreation District](#) 1750 W McKinney Butte Road Sisters 541-549-2091
- [Jefferson County Senior Center](#): 860 SW Madison Street Madras, Phone: 541-475-1148
- [Crooked River Ranch Senior Center](#): Old Ranch House Road CRR, Phone: 541-504-8236
- [Warm Springs Senior Center](#): 2331 High Lookee Street Warm Springs, Phone: 541-553-3313
- [Prineville Senior Center Charitable Trust](#): 180 NE Belknap Street Prineville, Phone: 541-447-6844

Of note: Crisis Services are available for *anyone* in immediate need by calling or texting the Suicide and Crisis Lifeline at 988. You can also chat online at 988lifeline.org. English and Spanish speaking counselors are available 24/7. The Stabilization Center is available 24/7 in Deschutes County for children and adults in need of short-term mental health crisis assessment and stabilization not requiring acute medical interventions or long term residential care. Find them at **63311 NE Jamison St, Bend, OR 97703** or call the crisis line at **541-322-7500 ext 9**.

Free Private Well Water Sampling



Private well owners are invited to apply for free water testing! Surveys show that 67% of well owners believe their well water is safe without any evidence to support it. You can protect your family's health by having your well water tested.

**The property must be located within Deschutes County. Not in Deschutes County? You can still test your own well water!*

Visit the Deschutes County Environmental Health website at <https://www.deschutes.org/health/page/environmental-health> or email us at privatewellsafety@deschutes.org to learn more and sign up for free water sampling. You can also call us at **541-317-3114**



HEALTH SERVICES
PUBLIC HEALTH

What's in YOUR well water?

Did you know:

Approximately 23% of Oregonians (400,000 people) rely on 350,000 private wells for drinking water

17,000 private wells in Deschutes County Serve over 35,000 people



20% of private wells test **positive** for Coliform bacteria

Oregonians are **only** required to test their well water when selling a property with a well. There are **no** additional testing or maintenance requirements for private wells.

When was the last time your well water was tested?

The CDC recommends testing your private well at least once per year for Coliform bacteria and nitrates.

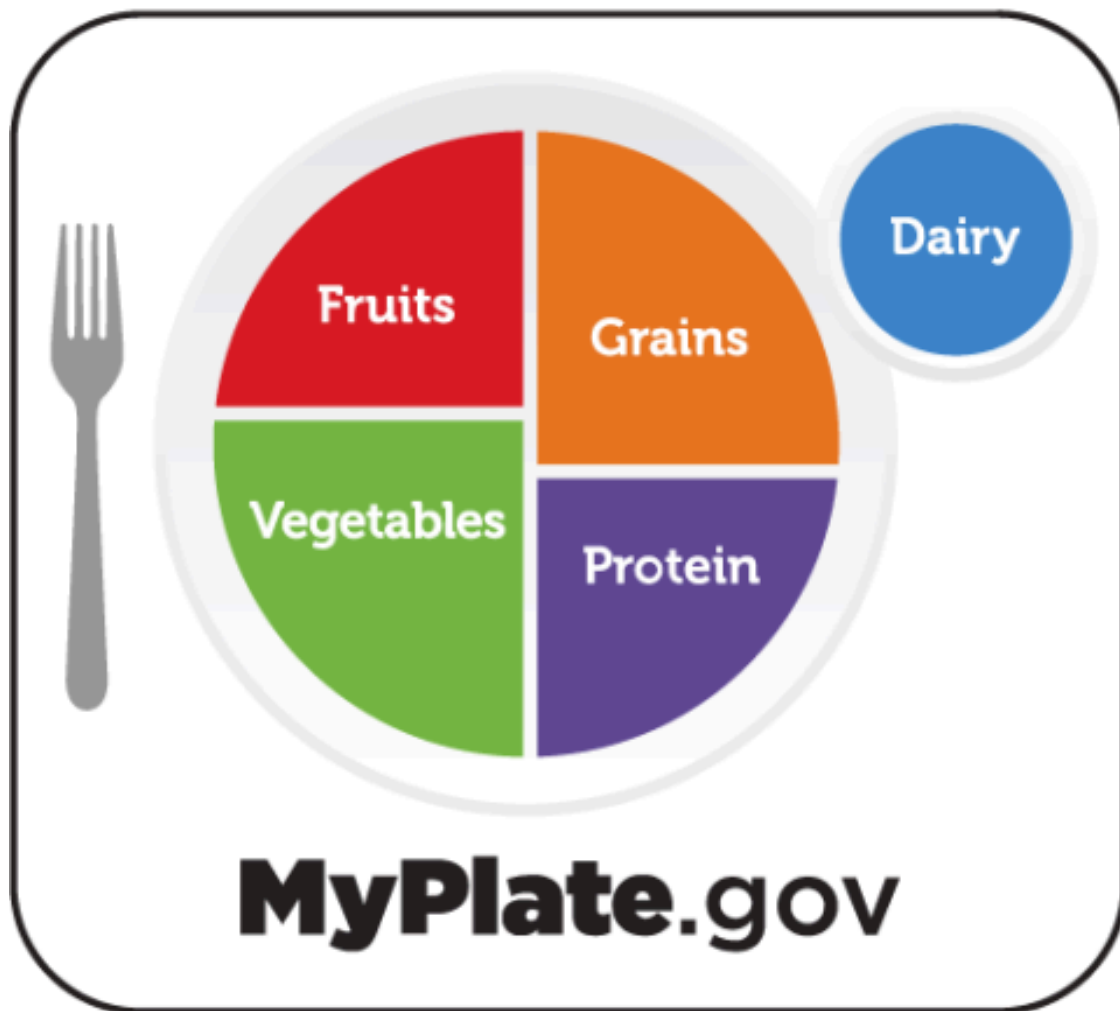
Well water that looks clear and smells good can still contain harmful bacteria, parasites, and viruses.



The **only** way to know if your drinking water is safe is by having it **tested at a certified laboratory.**

You may be eligible for free well water testing. For more information visit <https://www.deschutes.org/health/page/drinking-water-awareness-private-wells> call 541-317-3114, or email privatewellsafety@deschutes.org

March is National Nutrition Month



March is National Nutrition Month, which is a great time to raise awareness about the important role of nutrition in preventing chronic diseases like pre-diabetes. Pre-diabetes happens when your blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes. Studies show that lifestyle modifications, including good nutrition, are more effective at reversing pre-diabetes than medication.

Did you know that 1 in 3 people in the United States has pre-diabetes? Pre-diabetes can be a warning sign that you may develop type 2 diabetes if you do not make lifestyle changes. There are several tests to determine if you have pre-diabetes. One common test is the Hemoglobin A1c test, which checks your average blood sugar level over the past three months. Another test is the fasting blood glucose test, which measures your blood sugar level after you have not eaten for a while.

Certain risk factors can make you more likely to get pre-diabetes:

- Obesity
- Not getting enough exercise
- Poor nutrition
- Having family members with diabetes

- Age over 45 years
- African-Americans, Hispanics, Native Americans and Asian-Americans are at higher risk

The good news is that pre-diabetes can be reversible. A program called the National Diabetes Prevention Program (NDPP) was established in 2010 to help people prevent or delay type 2 diabetes. The NDPP revealed that modest lifestyle changes can be more successful at reversing pre-diabetes than medications like metformin. Participants who lost 5-7% of their body weight and added 150 minutes of exercise per week cut their risk of developing type 2 diabetes by up to 58% (71% for people over 60 years old). Participants who were given metformin reduced their risk of developing type 2 diabetes by 31%. The NDPP shows us that a healthy lifestyle is the best medicine when it comes to preventing pre-diabetes and type 2 diabetes.

The National Diabetes Prevention Program (NDPP) recommends incorporating modest lifestyle changes, including weight loss of 5-7% and at least 150 minutes of physical activity per week, to significantly reduce the risk of developing type 2 diabetes among individuals with pre-diabetes.

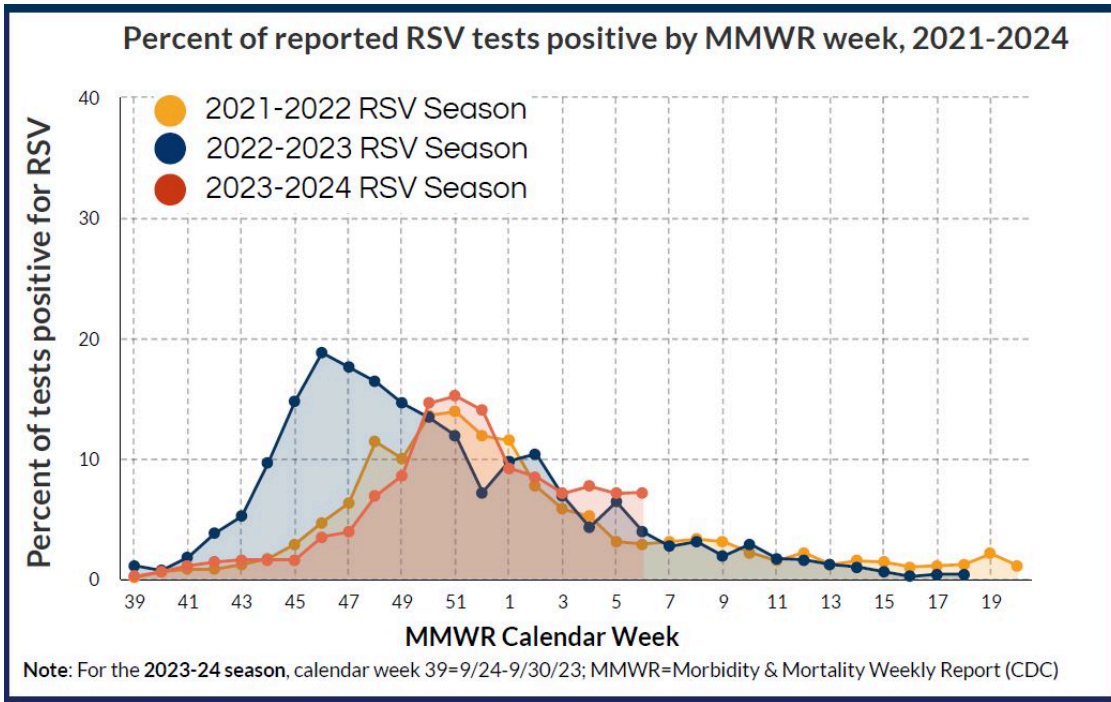
MyPlate is a visual guide created by the USDA to help illustrate to Americans the components of a healthy diet. It divides a plate into sections for fruits, vegetables, grains, and proteins, emphasizing portion control and variety. Visit [MyPlate.gov](https://www.MyPlate.gov) for more information about nutrition and healthy eating.

Incorporate 150 minutes of physical activity weekly by breaking it into smaller sessions throughout the day. Choose activities you enjoy- like walking, dancing, or biking. Add movement into daily tasks like taking stairs or stretching during TV time. Schedule exercise as you would any appointment and make it a habit. Invite friends or family to join for added motivation. Set achievable goals and slowly increase the intensity. Set a goal of 150 minutes of activity a week but remember that even small amounts of activity contribute to better health and well-being.

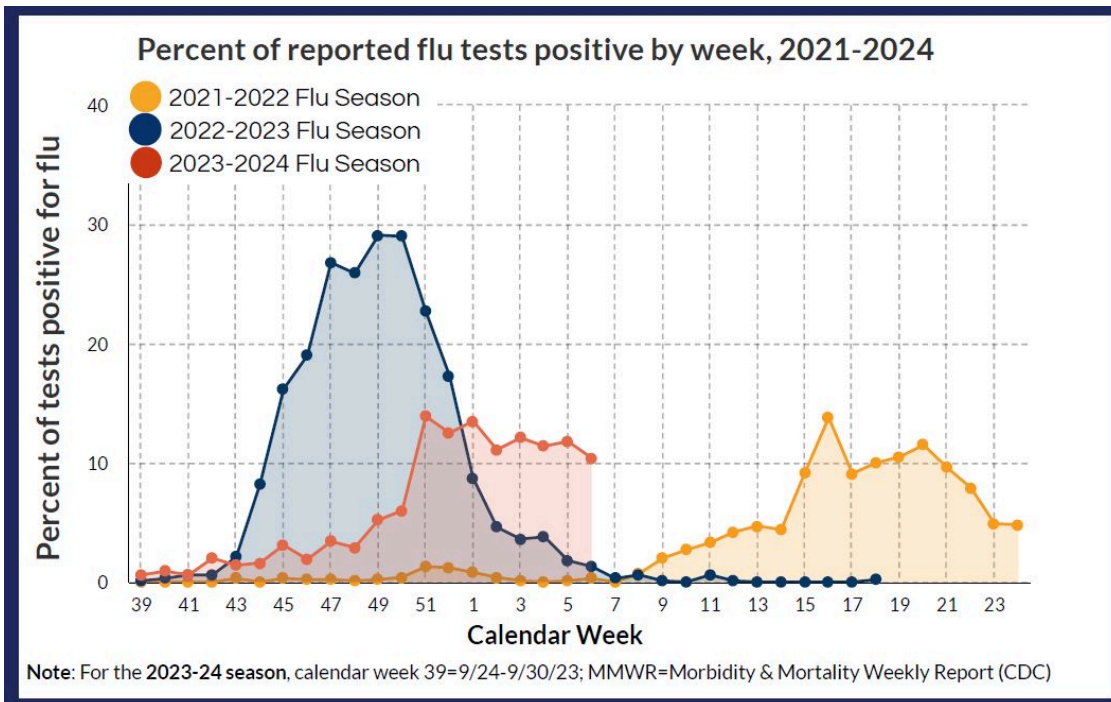
If you think you might have pre-diabetes or want to learn more, talk to your family and your doctor. Take charge of your health. The sooner you know if you have pre-diabetes, the sooner you can make changes to your life to slow or stop the progression.

Central Oregon Respiratory Surveillance Reports

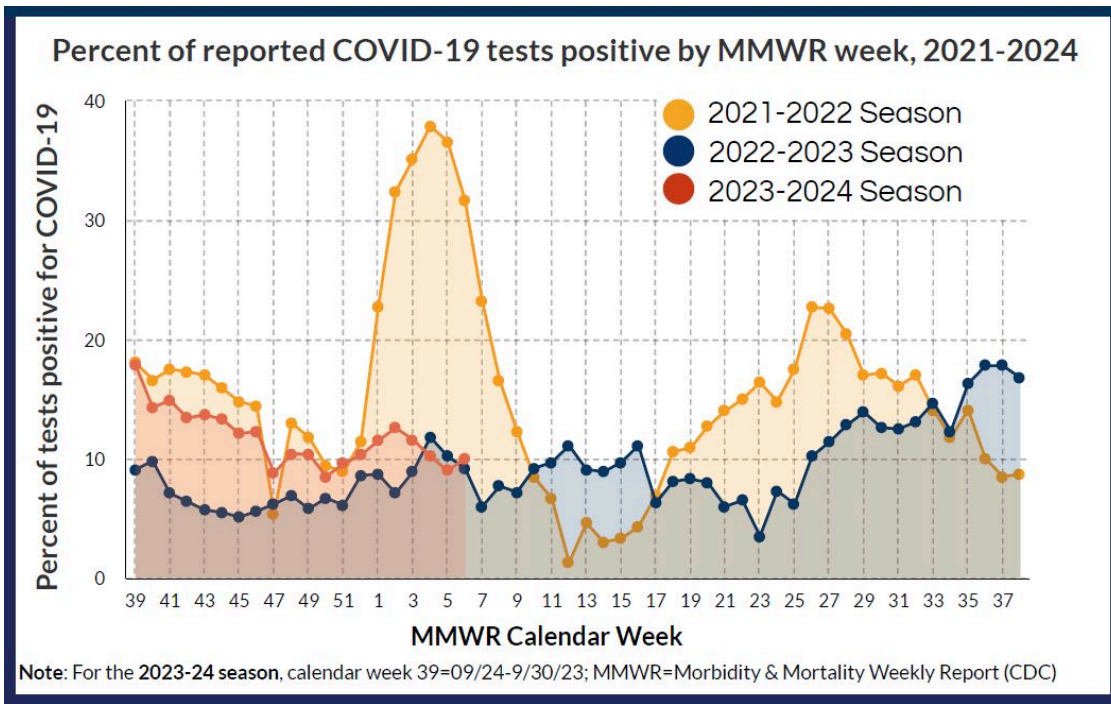
Over the last month, overall respiratory illness indicators show that respiratory illness that is locally monitored is plateauing.



RSV is following a pattern slightly higher than previous seasons, but exhibiting declines in the percentage of positive tests and lower numbers of hospitalizations compared to both flu and Covid-19.



Flu indicators show a plateau pattern over the past few weeks with no significant decline from the end of December.



Covid-19 remains the leading respiratory illness causing people to seek emergency care locally. The percent positive tests decrease from mid-December to the first week in February but increased slightly last week.

Public Health Resources:

- Central Oregon public health web resources:
 - [Crook County](#)
 - [Deschutes County](#)
 - [Jefferson County](#)

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