



Friends of Public Health

APRIL 2023



Editor: Stephanie Polizzi

Promoting the health of Coos County through enhancement of local public health services

Message from the CCFoPH President

Have you noticed that drinking a glass of wine is no longer touted by health experts as good for your health? See the article on page 2 about recommendations for alcohol use.

Sometimes it seems that health experts are flip-flopping on their advice. I recently saw an interview with Anthony Fauci on PBS where he defended the changes in the directives and advice for dealing with COVID that had been promulgated by the CDC and our government. He essentially stated that decisions are based on scientific data, and data is collected over time and can also be reassessed, leading to new insights.

I'm also reading a book, *Thinking Fast and Slow*, by Daniel Kahneman, which is a fascinating read on how our minds work to make decisions—*fast* decisions made by our intuition and opinions (which are heavily influenced by what we have seen on TV and Facebook), and *slow* decisions, which are based on thoughtful processing and use of data.

It's a good reminder that having reliable data is essential for public health decision making, which does affect all of us!

Frances Smith
CCFoPH President

Join us!

CCFoPH Board meets monthly
on the 3rd Tue of the month,
4:00 to 5:30 pm virtually via Zoom platform

Contact Us!

Coos County Friends of Public Health
PO Box 203, Coos Bay, OR 97420
541-269-9340
CCFoPH@gmail.com
www.ccfoph.org



Coquille Tribal Community Fund Grant Award to CCFoPH



L to R: Anthony Arton, Public Health Director; Margaret Simpson, CEO of Coquille Economic Development Corporation; Melissa Cribbins, former Coos County Commissioner; Frances Smith, CCFoPH; Brenda Meade, Chairperson of the Coquille Indian Tribe

The Coquille Tribal Community Fund awarded a **\$10,000 grant** to CCFoPH on February 2nd to help restart the **Babies First** program which is provided by public health nurses at Coos Health & Wellness.

The program, which had to be discontinued during the pandemic, is a parent education program provided in the home to families with children from birth to age 5 years, and children with special health needs up to age 21 years.

The Coquille Indian Tribe established its Community Fund to share the proceeds of the Mill Casino-Hotel with organizations that benefit southwestern Oregon residents. The fund seeks to strengthen the community by improving opportunities and lives throughout the region.

Grants are awarded in seven areas of focus: education, public safety, arts and culture, environment, historic preservation, health, and problem gaming. This year the Fund awarded a total of \$815,000 to 121 organizations.



*Super Stars
Recognition Luncheon*
Thursday, May 18
11:30 – 1:00 p.m.
Black Market Gourmet

Modernization of Public Health What Does it Mean?

Anthony Arton,
Public Health Director



Funding for public health at the state and federal level has long been inadequate and inconsistent, surging when there is a pandemic, but dropping again when the crisis is past.

In recognition that all people need basic public protections critical to their health and wellbeing, public health “modernization” funds have been provided by the government at the federal and state level to modernize and improve public health infrastructure and services. Coos County receives approximately \$200,000 annually to help support the goals of modernization.

These dollars are changing local public health in a number of important ways. One change is the research and implementation of new technologies to improve public health surveillance and response.

Implementing electronic health records, artificial intelligence and other digital tools will help track and respond to disease outbreaks. This will help with a more rapid response, potentially preventing the spread of infectious diseases.

Another important change is the increased focus on data analytics and evidence-based decision-making. With the increase of use in electronic records, many Oregon public health departments are now able to capture more data to identify health disparities and target interventions to high-risk populations. This will allow for more efficient use of resources and a greater impact on overall health outcomes.

Public health modernization dollars are also being used to strengthen partnerships and collaboration between our local public health department and other stakeholders. For example, Coos Health and Wellness continues to conduct outreach and partner with community-based organizations, and other local agencies/governments to address social determinants of health and improve overall health outcomes.

This collaborative approach allows for a more comprehensive and coordinated approach to public health in our local community. Examples of activities are working in collaboration with Advanced Health on Community Health Improvement Plans, or forming committees/task forces to address local needs such as the Syphilis Task Force.

Finally, public health modernization dollars are being used to build the workforce capacity of Oregon public health departments. This includes training and professional development opportunities for staff, as well as recruitment and retention efforts to attract and retain talented individuals in the field.

By building a strong and capable workforce, local public health departments are better equipped to meet the evolving needs of their communities and address new and emerging public health threats.



NATIONAL PUBLIC HEALTH WEEK Apr 3-9
Centering and Celebrating Cultures in Health.
See how you can make a difference [here](#).

Eugene and Marlaina Johnston Charitable Foundation, Inc awards \$5,000 to CCFoPH

The Friends are grateful to have been awarded \$5,000 in January for the **Babies First** home visiting program.

This foundation, located in Coos Bay, was created in 2012 to support charitable organizations that are aligned with their mission. The projects they fund provide education, nutrition, or assistance related to the health and well-being of humans, and also the care and shelter of animals.

April is Alcohol Awareness Month

Drinking is associated with a number of health problems, and can make chronic health problems worse. Research has also shown that alcohol misuse increases the risk of liver disease, cardiovascular diseases, depression, and stomach bleeding, as well as cancers of the breast, oral cavity, esophagus, larynx, pharynx, liver, colon, and rectum.

People who misuse alcohol may also have problems managing conditions such as diabetes, high blood pressure, pain, and sleep disorders. And people who misuse alcohol are more likely to engage in unsafe sexual behavior, putting themselves and others at risk for sexually transmitted infections and unintentional pregnancies.

The USDA Dietary Guidelines for Americans says **if you don't drink, don't start for any reason**. People who should not drink at all are those who are (or might be) pregnant, under the legal age for drinking, have certain medical conditions or are taking certain medications, or unable to control the amount they drink.

To minimize health risks from drinking alcohol, the recommended limits are:

Men: 2 drinks or less per day
Women: 1 drink or less per day

The definitions of “one drink”:

Beer: 12 ounces
Wine: 5 ounces
Distilled spirits: 1.5 ounces

From the National Institutes of Health – *Rethinking Drinking*

Syphilis on the rise in Coos County!

Debra Richardson, Public Health Nurse, Coos Health & Wellness

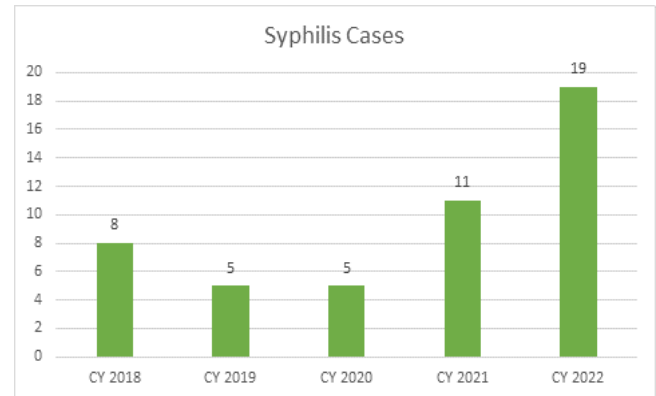
In the first 3 months of 2023, there have been **21 confirmed cases of syphilis in Coos County**. This compares to 19 for the whole year in 2022, which was also a significant increase for our county. There is no profile that fits all cases, which span a range of ages and other demographics. In past decades, Coos County would have only 1 or 2 cases a year.

Syphilis is a potentially dangerous sexually transmitted infection (STI) that can be effectively treated when diagnosed in a timely manner. However, if not appropriately treated, it can result in significant health issues later in life, including neurological issues, blindness and loss of hearing. In pregnancy, it may have devastating neurological effects on the unborn child, with an increased chance of miscarriage and stillbirth.

Syphilis is a more complex STI that requires two types of testing for appropriate diagnosis and is inconsistent in symptom presentation, making diagnosis and treatment complicated. Many medical providers have had little exposure to this STI in their practice in recent years, making it more challenging to identify and treat.

Coos County, like the rest of Oregon and many areas of the United States, is experiencing a surge in syphilis cases not seen in decades.

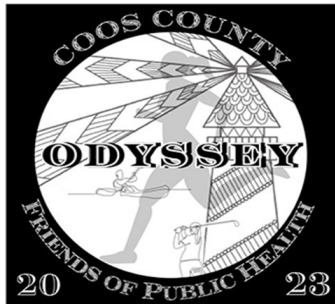
Because of the challenges related to managing syphilis, Coos Health and Wellness is collaborating with area providers and the Oregon Health Authority to develop a protocol to standardize testing, diagnosis and treatment, in order to provide more efficient and effective treatment for patients in our county.



The increase of syphilis cases in our community is a concerning public health issue, but there are strategies that can be implemented to combat the spread of the infection.

These include education and awareness campaigns for the public and medical providers, expanded access to appropriated testing and treatment, partner notification and tracing, use of condoms and other barrier methods, and collaboration between healthcare providers and public health agencies.

By working together to implement these strategies, we can help prevent the spread of syphilis and other STIs and improve the overall health of our communities.



Odyssey 2023 is continuing through the month of April, and 72 participants are exercising to log 216 miles (or more!) on the virtual roads around Coos County.

This project is serving a dual purpose, a motivation for exercise, and also fund-raising for the *Nurses' Purse*. The *Nurses' Purse* is a discretionary fund which can be accessed by public health

nurses at Coos Health & Wellness to help families in need with essentials such as food, winter clothing, infant care, and payment of medical bills for the uninsured. The relatively small assistance from this fund can help families overcome what seem to be insurmountable obstacles to their health and wellbeing. The value of the services and items distributed from this fund in 2022 was **\$16,145, and the purse is now almost empty!**

Many thanks to the Odyssey participants for their participation and donations. Not a participant? **Anyone can make a contribution to CCFoPH to help replenish this "purse" through the donation button on our website: ccfoph.org.**

Frances Smith

"We are all much healthier than we were 20 years ago, but mentally, we're falling apart."

The World Health Organization now estimates that 1 out of 5 people on the planet is clinically depressed."

~ Stephen Petranek

Food and Mood

Nutrition plays a vital role in thinking, behavior, learning, memory and emotions. The chemical structure of foods can affect cognition, influence mood and alter physical states.

Foods linked to depression include high intake of saturated fat, refined carbohydrates, sodas and snacks, and low intake of vegetables and fruits.

This diet pattern leads to an imbalance of gut microbes. Considering 70% of the feel good hormone, serotonin, is made in the gut, adopting a diet high in plant foods and low in fat and processed foods can be good for your mood.

Stephanie Polizzi



Healthy Bytes Initiative

APRIL food of the Month: GRAPEFRUIT

Grapefruit is a tropical citrus that comes in dark red, ruby red and white varieties. Besides providing 64% of the RDI for vitamin C, grapefruit contains other antioxidants like beta-carotene and lutein to protect eyes and brain, and lycopene for the prevention of prostate cancer.

Grapefruit also contains potassium and magnesium which protect against heart disease. Citric acid in grapefruit may help prevent the formation of kidney stones.

Be advised grapefruit may block the enzyme necessary for the breakdown of some medications, including statins, allergy medications and immunosuppressants. See your provider if you are taking medications before adding grapefruit to your diet.

Choose fresh whole fruit over juice. Slice in half and cut out flesh, or peel and eat sections. Add to salad, cereal or smoothies.

For recipes and more go to
<https://advancedhealth.com/healthy-bytes-initiative>
or
<https://extension.oregonstate.edu/coos/healthy-families-communities>

Stephanie Polizzi, RDN
OSU Extension Family & Community Health

UPcoming EVENTS

Free Nutrition Presentations

Presented by OSU Extension Family & Community Health
To receive fliers for these and other nutrition events, contact
stephanie.polizzi@oregonstate.edu

- ♦ **Mon Apr 10: *The Sweet Seduction of Chocolate*** class and tasting. Coquille SDA Better Living Center 6– 8 pm, \$10. Pre-registration required: <https://beav.es/Syn>. Registration closes 4/5/23
- ♦ **Thu Apr 27: *Fatal Attraction*** live webinar online via Zoom, 10-11 am PST. Learn the health impacts of excess added sugars in the diet. Join online here: <https://beav.es/SMN>



SAVE THE DATE!

Thursday May 18 11:30 – 1:00 pm
for the
Super Stars Recognition Luncheon
at **Black Market Gourmet**

We invite you to join CCFoPH! We want to keep our numbers strong to support Public Health services in our community. If you have questions or want more information about membership, contact CCFoPH email at ccfoph@gmail.com or visit www.ccfoph.org. Fill out the form and send payment to PO Box 203, Coos Bay, OR 97420.

Name: _____ Email: _____
Address: _____ City: _____ State/Zip: _____
Phone: (h) _____ (w) _____ (cell) _____ Fax: _____
The best way to reach me is: _____

Membership Levels: \$25/yr Individual \$50/yr Business \$50/yr Supporting Friend \$100/yr Sustaining Friend

I wish to donate: \$_____ in support of CCFoPH. _____ I wish my donation to remain anonymous.

CCFoPH is a Non-Profit 501c3 and your membership dues and donations are tax deductible to the full extent of the law.