



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

## Message from CCFoPH President

Purses for Nurses is going to be an exciting event this year, with our Spook-tacular Fundraiser! Decorations and food will be fabulous, as well as the purse-filled auction items.



Coos County Friends of Public Health is able to raise money to help those in need because of the generous donations of businesses and individuals who contribute cash, auction items, and time. And of course, our Guests who attend.

I look forward to seeing you at the event!

*Frances Smith*



**Sat, Oct 27**  
**2:00-4:00 pm**

See page 4 for details  
About our SPOOK-TACULAR  
fundraiser event for  
Coos County  
Friends of Public Health

## Smoke-Free Parks for Children

Congratulations to the City of North Bend for joining the growing number of places in Coos County providing smoke-free areas for our children and families to play. North Bend City Parks play areas recently installed new no-smoking signs requesting no smoking in the play areas.

This initiative began with one courageous parent starting a petition to ban smoking in North Bend park areas designated for children. The petition gathered more than 300 signatures in a few short weeks.



Local surveys conducted by Coos Health & Wellness have shown that Coos County residents agree it is important to protect children and youth from secondhand smoke in outdoor areas. Children can experience asthma attacks and breathing difficulty with even limited exposure.

Tobacco-free public places improve the quality of life for our residents and visitors. They create family-friendly environments that prevent youth from starting to use tobacco. They also create an environment that supports those who are trying to quit using tobacco products, or for those who have quit to remain tobacco-free.

Other smoke-free parks include Bandon City Parks, Coos Bay City Parks, Coos County Parks and Oregon State Parks.

If you would like to become involved in helping to create tobacco-free spaces, please contact Katrinka McReynolds, 541-267-6766. If you use tobacco and want to quit you can contact 1-800-Quit-Now 1-800-784-8669) or go to [www.quitnow.net](http://www.quitnow.net).

## STDs on the Rise in Coos County

By Florence Pourtal-Stevens, Public Health Administrator

Sexually transmitted diseases (STDs) are on the rise in Coos County, following a similar trend in Oregon and nationally. The three main STDs of concern are chlamydia, gonorrhea and syphilis.

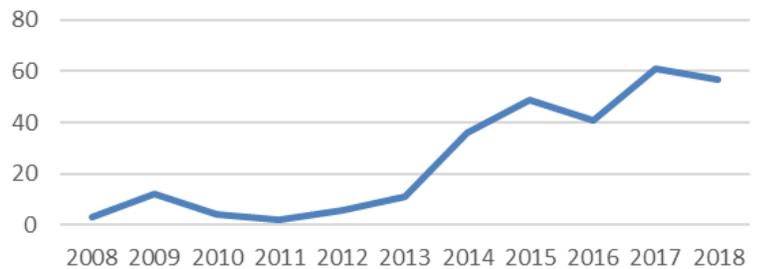
Chlamydia is the most prevalent STD nationwide and in Coos County, with 1,704 cases reported to the health department in the past 10 years. Untreated chlamydia can cause pelvic inflammatory disease (PID) and infertility or tubal pregnancy. Chlamydia is most prevalent in the 10 to 29 year-old category, and females are more disproportionately impacted than men.

Gonorrhea cases reported in the county over the past 10 years total 282. For gonorrhea reports, the trend is clearly going up at an alarming rate. The number of cases reported in 2018 is 57 so far, 19 times the number of cases reported to the health department in 2008. The age range most impacted by the disease is the 20 to 39 year-old group.

Gonorrhea can cause serious complications for women. These include pelvic inflammatory disease, which sometimes leads to infertility or tubal pregnancy. Untreated gonorrhea during pregnancy can cause premature delivery.

The numbers of cases displayed in this graph are likely

### Gonorrhea Trend Coos County 2008-2018



under-representing the breadth of the issue in our community, as these numbers represent positive STD cases that have been reported to the local health department.

A reported case means that an individual sought medical care or reproductive health services, was screened for STDs, and their positive lab result was reported to the health department.

In order to try to curb these trends, the health department is starting a conversation with the education system and the school districts in our county to ensure that adequate sexual education is provided to students, and that they have access to free condoms.

### WE CAN Project Strives to Reduce Cancer Deaths in Coos County



**WE CAN**  
Wellness Education  
for Cancer Nutrition

The 2018 Community Health Assessment has revealed that cancer is the number one cause of death of Coos County residents. The Healthy Eating Active Living (HEAL) subcommittee of Coos County's Community Health Improvement Plan wants to help OSU Extension Family & Community Health (FCH) reduce cancer deaths in Coos County by improving nutrition.

OSU Extension FCH has applied for grant funds from the Oregon Health and Science University Knight Cancer Institute Community Program for funds to

survey health professionals and cancer survivor patients around the county to determine gaps in nutrition resources.

The goal of the survey process is to inform the development of one or more intervention strategies that will help medical professionals make sound nutrition recommendations to cancer patients, and help patients to adopt healthy eating habits.

The WE CAN project (Wellness Education for Cancer Nutrition) will be advised by members of the HEAL committee.

OSU Extension hopes to know in November if funds will be awarded in February.

*An ounce of public health is worth a pound of healthcare.*

## Bay Area Health District Grant for Coos County Friends of Public Health

Coos County Friends of Public Health was pleased to receive a \$5,000 grant from the **Bay Area Health District Community Foundation** at a luncheon, May 30<sup>th</sup>, at the Coos History Museum. This is the 4<sup>th</sup> year that CCFoPH has been selected as a grant recipient.

The funds from the foundation will help to address the health needs of an estimated 50 persons through services provided at the Coos Health & Wellness Public Health Clinic.

The grant will help to pay for reproductive health services and exams, immunizations and diagnosis and treatment of sexually transmitted infections. For example, a woman may have a health problem identified through breast cancer screening and have no way to pay for a follow-up exam, or may need additional tests after a bad report.

Some women who are at high risk for breast cancer because of family history find that their insurance will not cover a mammogram because of age limitations.

Some teens turn to the Coos Health & Wellness Public Health Clinic for treatment of sensitive conditions, because of confidentiality concerns. Resources are particularly lacking to treat young, single men who need treatment for sexual health infections.

The funds will also provide transportation vouchers for families and/or individuals who could not otherwise



*Frances Smith, President of CCFoPH with Barbara Bauder, Chief Development Officer, Bay Area Hospital*

access the health care services they need.

CCFoPH shares in Bay Area Hospital's mission of "Improving the Health of Our Community Every Day" by working to enhance local public health services. We are grateful for this grant award that will help to provide services to people in need.

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 Anita Hale at the CCFoPH email at [ccfoph@gmail.com](mailto:ccfoph@gmail.com) or visit [www.ccfoph.org](http://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 Dues for:   \$20/yr Individual                      \$30/yr Family                      \$50/yr Business

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.*

***We appreciate your support!***



**purses for nurses!**

*Please join us*

*for a Spook-tacular Fundraiser*

*Sat October 27*  
*2:00-4:00 pm*

*St Monica Catholic Church*  
*357 South 6th St, Coos Bay*

*Pre-sale Tickets \$30.00*

**Reservations Required 541-266-6804**  
**Costumes optional!**



*Please*  
**RSVP**

**purses for nurses!**

by October 24, 2018

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Please provide an email address for confirmation:  
\_\_\_\_\_

Ticket prices

\$240 _____	Table of 8 Seats
\$30 _____	Individual Ticket
\$ _____	For _____ # tickets

In lieu of attending donation:  
\$ \_\_\_\_\_  
*(100% Tax Deductible!)*

Proceeds will go for family health services at Coos Health & Wellness, making a difference in the lives of those who are financially challenged.



Examples include:

- ◆ Health exams not covered by insurance
- ◆ Taxi fare to a medical appointment
- ◆ Items to help provide care for a new baby

Please make checks payable to CCFoPH.  
Return RSVP and payment to:  
Coos County Friends of Public Health  
PO Box 203, Coos Bay, OR 97420

**Seating is limited.**  
**Reservations are required.**  
**Call 541-266-6804**

The Coos County Friends of Public Health is a 501(c)3 organization which relies on community support to provide services to those in need.  
Tax ID #26-1799802

