



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

## Message from CCFoPH President



Summer is going by quickly and soon the board will be discussing our fall/winter fundraising event. Our focus this year is to provide support for families through the **Babies First** program. Through this program, skilled public health nurses assess the needs of children, teach parenting skills, and provide other in-home assistance to address the health needs of at-risk children and their parents/caregivers.

When asked about participation in our fundraising events, two-thirds of our members who responded to our recent survey said they liked attending the *Purses for Nurses* fundraising auction, and about 50% liked the on-line raffle. Our Odyssey race seemed to be more popular with non-members. (See *Odyssey article, pg 2*)

The Board would like to hear your ideas. If you enjoy getting together with a fun group who likes to plan events, please join us! You can reach me at [ccfoph@gmail.com](mailto:ccfoph@gmail.com).

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!

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## Summer BBQs and Cancer

By Stephanie Polizzi, MPH, RDN

It's time to start planning our summer barbecues and cookouts. It is customary to serve burgers and hot dogs, especially with kids.

**It is also time to remind our residents that cancer is the #1 cause of death in Coos County.**

You may not realize these two topics are closely related. Processed meats, including hot dogs, lunch meats, sausage, pepperoni, ham and bacon have been classified as carcinogens.

**That's right, the hot dogs you feed your children have been shown to cause cancer.**

In 2018, the International Agency for Research on Cancer, in collaboration with the World Health Organization, announced that processed meats are carcinogens, in the same category as tobacco and asbestos. The report showed as little as one serving of processed meat, for example, one hot dog per week, increases risk of cancer. The committee also announced that red meats like burgers and steak, are probable carcinogens.

**To make matters worse, it's not just the foods but how we cook them that increases risk for cancer.**



Photo source: Shutterstock



Cooking at high temperatures, like frying, grilling or BBQing, increases carcinogenic compounds like PAHs (*Poly Aromatic Hydrocarbons*) and HCAs (*Heterocyclic Amines*). Barbecues with open flames are considered the worst of the high-temperature cooking methods.

And if that isn't enough to scare you into making healthy choices, consider that this report only looked at cancer.

*Continued on page 3*

## Coos Odyssey 2022: A Successful Fundraiser

By Frances Smith

Coos Odyssey virtual race, our most recent fundraising event, had the goal of supporting WIC nutrition education services for families, while encouraging fitness activities. This idea was recommended by Molly Ford, a founding board member of CCFoPH. Tom Orsi, our Vice President, mapped the virtual route of 216 miles through points of interest and cities throughout Coos County, and Alissa Pruess, board member, developed the logo and design for the t-shirt.

Many activities were counted for the race-cycling, yoga, swimming, dancing, gardening, even vacuuming. Thirty minutes of sustained activity equaled one mile. Fifty eight participants logged a total of 12,670 miles.

Most participants belonged to a team, and some team members continued to log their miles after reaching the finish line, until the race site was closed. Everyone who participated in Odyssey is considered a winner because of the health benefits of regular exercise, which averaged 2 miles or more per day!

Team **Drop the Beet** (pictured above right) logged the most miles: 3,177. **South Coast Striders** Team (9 members) finished in **2<sup>nd</sup> place** with 3,148 miles, and **To Infinity and Beyond!** Team (7 members) finished in **3<sup>rd</sup> place** with 2,124 miles.



Team **Drop the Beet**: Elizabeth Vinyard, Rosa Atencio-Le, Michael Le, Kallie Mill and Ryan Mill. Not pictured: Celeste Le, Clayton Willett, Stephanie Polizzi and Lisa Hermann.

welcome



**Cynthia Rodriguez** recently came on board with Coos Health & Wellness as the new Public Health Emergency Preparedness Manager. Prior to this position she was working with the COVID-19 Team doing investigations and helping with the response.

Cynthia was born and raised in Coos Bay, attended Marshfield High School, and went on to earn her bachelor's degree in Public Health at Oregon State University. She is currently getting to know all of our community partners, reviewing emergency evacuation policies and grants, and completing Incident Command Structure trainings.

She will join the Coos Health & Wellness Safety Committee, learning their role and projects they are working on to increase safety for everyone at Coos Health & Wellness. Cynthia says, "I'm excited for this new journey, and it has been great getting to know all these amazing individuals within Coos Health & Wellness and in the community."

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**Debra Richardson** is a new employee in the Public Health Communicable Disease Prevention Services.



Debra grew up in East Africa, attended Baylor University and has lived all over the US, settling in Coos Bay 7 years ago. She enjoyed working in pandemic response prior to working in the clinic setting. Married for 32 years, she says, "I somehow managed to raise 2 wonderful young men." Her husband is a youth pastor and their lives have been filled with the energy and angst of teenagers for their entire adult lives, but they wouldn't have it any other way.

Nothing gives her more joy than empowering people to be healthy physically, emotionally and spiritually. Her role as Public Health Nurse is filled with opportunities for this, and she enjoys working in communicable disease prevention on both an individual and community level. She loves collaborating with area health care providers to ensure patients get the care they need, which often requires thinking outside the box and creatively finding ways to meet needs of our most at-risk and often transient populations.



**Dancing Racers** team, L to R: Carla Faganello, Carol Foster, Stephanie Spinella, Linda Bell and Frances Smith

The **Dancing Racers** Team (pictured above) (11 members) came in 4<sup>th</sup> place and raised the most donations from individuals with **\$772.50**. Susie Hutchinson, a **Dancing Racers** team member (not pictured), was the first racer to complete the 216 mile route.

The proceeds from Coos Odyssey 2022 including entry fees, sponsorships, and donations totaled **\$7,236.91**

A check was presented at the Recognition Lunch to Coos Health and Wellness to support nutrition education for the WIC program.

## Reproductive Health Services Are Protected in Oregon Law

By Frances Smith

The Supreme Court's recent decision, which overturned Roe vs. Wade, delegated to the states the authority to legislate abortion services. In 2017, the Oregon Legislature passed The Reproductive Health Equity Act (RHEA) which protected an individual's right by law to receive an abortion, as well as a health care provider's right to provide an abortion.

The RHEA also expanded access to reproductive health services, especially for low-income individuals.

- ◆ Oregon **private health insurance plans** provide reproductive health and related preventive services, such as contraceptives, with no co-pays or deductibles; abortion services are provided with no out-of-pocket costs.
- ◆ **Services were expanded to serve low-income immigrant women** who would have been eligible except for their immigration status, e.g., undocumented individuals, those with Deferred Action for Childhood Arrivals (DACA) status, and lawful permanent residents of less than five years. Full medical coverage was extended for 60-days postpartum to immigrant women enrolled in the state's prenatal Medicaid program, Citizen Alien Waived Emergent Medical (CAWEM) Plus.

### Reproductive health services available under RHEA include:

- ◆ Contraception, and contraceptive-related services, including counseling;
- ◆ Voluntary sterilization, including vasectomies for men;
- ◆ Screening for pregnancy, sexually-transmitted infections (STIs) breast and cervical cancers, genetic cancer risk factors;
- ◆ Counseling on tobacco use, STIs, and relationship safety, and abortion services.



### Where are services available under this program?

Services which are **free** to low-income individuals can be found at health departments, Planned Parenthood, federally qualified health centers, and rural health clinics. There are 3 types of certified clinics, and the availability of clinics and services offered, are not available in all Oregon counties.

**CCare clinics** provide birth control services to U.S. citizens or people with an immigration status that does not prevent them from enrolling in the Oregon Health Plan (Medicaid). In Coos County, there are two CCare clinics, Waterfall Community Health Center [www.wfall.org](http://www.wfall.org) and Coast Community Health Center [www.coastcommunityhealth.org](http://www.coastcommunityhealth.org)

**Note:** Coos Health & Wellness no longer provides birth control services, but does provide services for sexually transmitted infections  
[www.cooshealthandwellness.org/public-health/clinical-services](http://www.cooshealthandwellness.org/public-health/clinical-services)

**RHCare** clinics provide reproductive health services to all people. (Available in Eugene & Roseburg)

**AbortionCare** clinics provide abortion services to people who are not eligible for Medicaid because of their immigration status. (Available in Eugene)

RHCare, CCare, and AbortionCare clinics also serve people with OHP, private insurance, and people who are uninsured.

For more detailed information on RHEA, also called HB 3391, see the Oregon Health Authority's website:

[www.oregon.gov/oha/ph/healthypeoplefamilies/reproductivesexualhealth](http://www.oregon.gov/oha/ph/healthypeoplefamilies/reproductivesexualhealth)

## Summer BBQs and Cancer (con't)

It is also well documented that processed and red meats have been linked to increased risk for heart disease, stroke, high cholesterol, high blood pressure and type 2 diabetes.

Now that you know that some of our most beloved, All-American foods cause cancer, are you still planning hot dogs and burgers for your next cookout? Consider other options like a taco bar where kids and adults fill their taco shells with beans, onions, red pepper, lettuce, cabbage and top with fresh salsa and guacamole? Or grill portabella mushrooms instead of burgers.

The important thing is that you are informed and can now make better decisions about what to feed yourself and your family this summer barbecue season. For more information on how foods can contribute to, prevent or even reverse chronic disease, go to: <https://extension.oregonstate.edu/coos/healthy-families-communities> or contact Registered Dietitian Nutritionist stephanie.polizzi@oregonstate.edu



Try a portabella mushroom "burger" instead!

## Super Stars Honored by Coos County Friends of Public Health

By Tom Orsi, Vice President of CCFoPH

The Coos County Friends of Public Health honored Public Health Super Stars on Tuesday, May 10 at their 14<sup>th</sup> Annual Recognition Luncheon. The awards were presented to individuals and groups who have shown outstanding dedication to improving health in Coos County.

The first two people recognized were people from Coos County's history. Coos County had the FIRST public health department in Oregon starting in September, 1922. That means that Coos Health & Wellness is celebrating its 100<sup>th</sup> year as a county public health department. **Elizabeth Campbell Bickford, RN** and **Everett Mingus, MD** were instrumental in getting the health department established in September of 1922.

**Pam de Jong** played the role of Elizabeth Campbell Bickford, who was the county health nurse, telling the attendees how she travelled by boat, horse, and log train to all of the towns and over 90 schools throughout the county.



Eric Gleason Left with Anthony Arton, Public Health Director

**Eric Gleason** played the role of Dr. Everett Mingus, the County Health Officer who solicited the funding to help pay for the establishment of the health department in 1922. He told us about health conditions and challenges with quarantine efforts.

The award presentation to the historical characters was followed by recognition of groups and individuals who provided outstanding assistance in response to the COVID-19 pandemic.

The **Coquille Indian Tribe** was recognized for having delivered 7,000 vaccines to the broad Coos County. The Coquille tribe had access to vaccines before other groups, and drew from its culture of potlatch to share those vaccines with the broad Coos County Community. Tribal chair, **Brenda Meade**, accepted the award on behalf of the tribe.



**Bay Cities Ambulance** was recognized for their role in our COVID response by providing community rapid testing in various locations in Coos County, and for handling vaccines in long term care facilities and seniors at their residences. They also provided an ambulance and responders at the covid vaccine clinics.

**Daisy Zimmerman** accepted the award for Bay Cities Ambulance.



The **Coos Bay Fire Department** was recognized for providing their fire station as a venue for drive through vaccine clinics, and for their assistance with intake and registration. Their facilities provided an ideal setting for these clinics. Fire chief **Mark Anderson** accepted the award.

The next group of awards went to individuals who provided COVID response assistance as volunteers for the Medical Reserve Corps or as employees of Coos Health & Wellness.

**Reneé Menkens** (left) and **Kat Burgess** are Medical Reserve Corps volunteers who were key to making the drive through vaccine clinics work in multiple Coos County locations, and aboard ship for over 300 foreign sailors. They were recognized for their extensive contributions to Public Health, even beyond the COVID response.



**Lena Hawtin**, (front center) from Coos Health & Wellness, was recognized for her work at the vaccine clinics as well as for her role in managing the COVID vaccine for the county and helping to supervise and assist the COVID investigations and contact tracing.



**Becky Fairhurst** (left, back row) and **Kelsey Orr** (right, back row) were recognized for their accomplishments in contact tracing to slow the spread of the pandemic. They put in long hours investigating cases and were frequently mentioned by the Oregon Health Authority as some of the best investigators in Oregon. They were also recognized for volunteering at the vaccination clinics.

Other 'Super Stars' were recognized for their 'non-pandemic' contributions to Public Health.



**John Lemos** was recognized for his work at the Kids HOPE center. He volunteered hours of his time in helping accomplish the center's mission of reducing child abuse through community awareness, intervention, and to provide support for healing and victim justice. HOPE is an acronym for "Healing, Outreach, Prevention, and Education." John also is a volunteer co-facilitator in the Kid's HOPE Center's Darkness to Light curriculum.

More Superstars page 5

## Super Stars Honored (con't)

**Stephanie Polizzi**, of the OSU Extension Family & Community Health was applauded for her tireless efforts to improve nutrition for people living in Coos County. Stephanie leads a nutrition education crusade that starts with extensive research to support educational material (which she also creates), and then concludes with the implementation of the training, including training certified health coaches to extend the nutrition outreach. Stephanie is also the chair of the Coos County Food and Nutrition Group.



**Alissa Pruess** was recognized for her work in several areas. She has studied and developed plans for addressing the health needs of homeless mothers and children. She has also developed resources to support reproductive health. Her

research helped identify health gaps and needs, and she has created tools to fill those gaps. Recently she designed *The Coos Sex Talk Website* ([thecoossextalk.org](http://thecoossextalk.org)) to make reliable and accurate sex education available to the community. Alissa is also active in other areas, and is the new president of the Zonta Club of the Coos Bay Area.

**Barbara Van Slyke** was recognized for being the driving force behind the establishment of the Waterfall Clinic. As a nurse at Bay Area Hospital, she realized that there was no neighborhood health clinic for low income or homeless people in Coos County. She started by treating patients at a table at the Gospel Mission in Empire, and that care grew into the Waterfall Clinic. Barbara served on their board until 2014, and continued nursing at the Bay Area Cancer Center until 2020.



More than 80 people attended the recognition celebration at the Black Market Gourmet.

The Coos County Friends of Public Health's mission is to promote public health in Coos County through enhancement of local public health services. Activities include fundraising, education, advocacy, and volunteering.

## Healthy Bytes Initiative

### July Peaches



### August Endive

*July & August Healthy Bytes Initiative materials were created by OSU Extension dietetic intern, Brittany Whiteman, MPH, Oakwood University*

There's nothing like a fresh peach to wake up your summer tastebuds and they're good for you, too. They are high in vitamin C and beta-carotene for fighting aging and dangerous free radicals. Potassium in peaches helps lower blood pressure and the fiber can help control blood sugar levels and aid in weight management.

Endive is a unique leafy green that comes in two varieties, curly and broad leaf. The curly variety is called endive or *frisee* and the broad leaf is referred to as escarole. Both types have a slightly bitter taste, making them a great salad addition pairing with sweet dressings. Like other leafy greens, endive is a good source of beta-carotene, folate, calcium and vitamins C and K. It also contains polyphenol antioxidants which help keep your heart healthy.



Try this summer salad recipe using both endive greens and peaches from [www.cuisineathome.com](http://www.cuisineathome.com)!

#### Salad ingredients:

8 cups torn, curly endive  
1 cups thinly sliced peaches  
1/4 cup sliced almonds, walnuts or your favorite nut, roasted

Salt and pepper to taste.

#### Dressing ingredients:

2 Tbsp olive oil  
1 Tbsp vinegar  
1 Tbsp fresh lemon juice  
1 Tbsp minced shallots  
1 tsp honey  
1 tsp Dijon mustard

**We cannot separate the health of the individual  
from the health of the community,  
from the health of the world.**

~PATCH ADAMS

**UPcoming EVENTS**

**COVID RATES STILL HIGH IN COOS**

In **Coos County**, community level is **High**. Here are the recommendations per CDC:



1. Wear a mask indoors in public.
2. Stay up to date with COVID-19 vaccines.
3. Get tested if you have symptoms.
4. Additional precautions may be needed for people at high risk for severe illness.

**Testing**

Every county library (9 total) has a supply of the at-home test kits. Two boxes (4 tests total) are available free.

Tests can also be ordered for free and delivered to your home by going to:

[COVID.gov/tests](https://www.covid.gov/tests) - Free at-home COVID-19 tests

Other testing centers can be found at:

[Coronavirus \(COVID-19\) Testing HHS.gov](https://www.hhs.gov/coronavirus) or [Free COVID-19 testing sites in Oregon : Oregon Health News](https://www.oregon.gov/health/Free-COVID-19-testing-sites-in-Oregon)



**CH&W at Coos Co Fair**

Coos Health & Wellness will be at Coos County Fair, July 26-30, Tuesday through Saturday. Stop by their booth in the Clarno Building for information about services offered by CHW.

A lactation station will be provided, where mothers can feed and change their babies. Also, fairgoers can fill out a survey about alcohol, tobacco, and other drugs, and have a chance to win gift cards and an activity basket.



**Check out CCFoPH on FACEBOOK**

Our Facebook page highlights the Healthy Bytes Initiative, helpful monthly nutrition information and interesting public health events happening around our community.

It's easy to like us. Just search *Coos County Friends of Public Health*. Click like and follow!



**Mon Aug 8, 6:30 pm  
SAY NO TO DISEASE**

Presented by Stephanie Polizzi, MPH, RDN of OSU Extension

Learn how nitric oxide (NO) from whole foods lowers blood pressure, improves blood flow and circulation. Come at 6 pm for a plant-based potluck. Coquille SDA Fellowship Hall, 1051 N Cedar Pt Rd, Coquille

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](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 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.

**We appreciate your support!**