Our Mission

"To assure the highest possible level of health for the people of the communities we serve."

Inside this issue:

Concussion Care Belongs at the Top of Every Youth Sports Playbook

Are You Living with Hepatitis C?

Recognizing National Immunization Awareness Month (NIAM)

HIV: Test Your Way, Do it Today

Thirty-seven years ago, on June 5, 1981, the Centers for Disease Control (CDC) published the first mention of what later became known as HIV. We view this anniversary with sadness, for the nearly 30 million people worldwide who have lost their lives to the epidemic. Another 34 million currently live with HIV.

Each year, on June 27, the Centers for Disease Control and Prevention (CDC), AIDS.gov, and other national and local entities across the country organize National HIV Testing Day. This unique initiative sends the message, "Test Your Way, Do it Today," to those at risk from HIV. National HIV Testing Day was launched in 1995 by the National Association of People with AIDS (NAPWA) in response to the growing number of HIV infections in communities of color and other heavily impacted communities.

Nearly 1.1 million people are living with HIV in the U.S., and one in seven doesn’t know they are infected. Young people, are the most likely to be unaware of their HIV infection. CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care. Some people are more at risk of getting HIV than others and should be tested at least once a year. Sexually active gay and bisexual men may benefit from more frequent testing (for example, every 3 to 6 months). HIV testing is a critical first step in taking control and responsibility over one's health.

According to CDC data released in 2016, an estimated 39,782 Americans were diagnosed with HIV infection in the U.S., down from 49,000. In that same year, an estimated 18,160 people were diagnosed with AIDS. Since the epidemic began in the early 1980’s, 1,232,246 people in the U.S. have been diagnosed with AIDS, and an estimated 12,333 people with an AIDS diagnosis died in 2014.

NAPWA realizes that lack of access to treatment and care along with social stigma can make living with HIV difficult. With early diagnosis, individuals will know their HIV status, in turn, allowing them to seek appropriate treatment and care.

Locally, the Health Department offers HIV testing and counseling services. Testing is anonymous and confidential. HIV testing can be completed with a simple finger poke and results will be available within 20 minutes. To learn more or to make an appointment, call the Health Department at 774-1868 or 265-9913.
Concussion Care Belongs at the Top of Every Youth Sports Playbook

Every three minutes a child in the U.S. is treated for a sports-related concussion. Don't think it's just football players – or boys – who bang their heads. In sports in which girls and boys participate, girls suffer a higher percentage of concussions, according to a 2013 Game Changers report by Safe Kids Worldwide. Safe Kids analyzed sports-related emergency room injury data for children ages 6 to 19 in 2011 and 2012 in 14 sports, including basketball, cheerleading, football and soccer. Here are some of the findings:

- 12% of all emergency room visits involved a concussion (163,670)
- In basketball incidents, 11.5% of girls and 7.2% of boys were diagnosed with concussions
- In soccer, 17.1% of girls and 12.4% of boys suffered concussions

The reason girls appear to be at higher risk remains unexplained. "We are still looking into it, trying to see if there are really genetic differences, differences in play, or differences in biomechanics, but we don't have that link yet," said sports medicine physician Kathryn Ackerman in a USA Today article. An estimated 1.6 to 3.8 million athletes annually suffer concussion, according to the Centers for Disease Control and Prevention. Often, cases are underreported and undiagnosed. A study by the American Academy of Pediatrics shows the number of sports-related concussions is highest in high school athletes, but they are significant and on the rise in younger athletes. Most concussions occur during games, not practices. Few result in loss of consciousness. Protect The Brain breaks down sports concussion facts for all age groups:

- 10% of all contact-sport athletes sustain concussions yearly
- Football injuries associated with the brain occur at a rate of one in every 5.5 games
- 5% of soccer players sustain brain injuries
- The head is involved in more baseball injuries than any other body part; almost half of injuries involve a child's head, face, mouth or eyes
- An athlete who sustains concussion is 4-6 times more likely to sustain a second concussion

Heady Stuff: Life Lessons and Warning Signs

If your child gets hit on the head, do not assume he just had his bell rung, or she was just dinged. Concussions are very serious and always require medical attention. Signs and symptoms of concussion include: confusion, forgetfulness, glassy eyes, disorientation, clumsiness or poor balance, slowed speech, and changes in mood, behavior or personality.

Research indicates most children and teens who have a concussion feel better within a couple of weeks. However, for some, symptoms may last for months or longer and can lead to short- and long-term problems affecting how they think, act, learn and feel. Following a concussion, athletes of all ages are advised to undergo a series of steps before returning to play: rest, then light exercise and sport-specific training. Only then should they be cleared to resume contact drills. Make sure all coaches know how to recognize the signs of a concussion and have a plan in case of emergency. Safe Kids offers this resource to teach coaches what they need to know.

Sometimes the Cost of Winning is Too High . . . From sports, children learn values they carry throughout their lives, including discipline, teamwork and how to handle winning and losing. A few bumps and bruises are to be expected, but head injuries should never be ignored.

For more information, please visit https://www.nsc.org/home-safety/safety-topics/child-safety/concussions.
Are You Living with Hepatitis C?

Find the missing millions

55 million people across the world don’t know they are living with hepatitis C. Unless detected and treated it can cause liver disease, cirrhosis and liver cancer.

FindTheMissingMillions Get tested.

#findthemissingmillions World Hepatitis Day – 28 July 2018 #worldhepatitisday

To learn more about Hepatitis C, please call the Health Department at 774-1868 or 265-9913
Recognizing National Immunization Awareness Month (NIAM)

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

NIAM is sponsored by the National Public Health Information Coalition (NPHIC). For more information on the observance, visit NPHIC's [NIAM website](#).

Please call the Health Department to learn more about immunizations and to get you and your family up-to-date! Call 774-1868 or 265-9913.