

Dickinson-Iron District Health Department

THE PUBLIC HEALTH PRESS



Health Health Disease
~Protection * Education * Prevention~

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Our Mission

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



Be Smart. Keep Foods Apart Don't Cross-Contaminate

(By Wade Dishaw, Sanitarian)

When it comes to safe food handling, everything that comes in contact with food including other food and food contact surfaces must be kept clean **at all times. Food that is mishandled can lead to foodborne illness.**

Ready-to-eat food is food that is edible without washing, cooking, or additional preparation by the consumer and that is reasonably expected to be consumed in that format. Cross-contamination is the transfer of harmful bacteria from raw animal foods to ready-to-eat foods. If they are not handled properly cutting boards, utensils, and other food contact surfaces could be big sources of cross-contamination. This is especially true when handling raw meat, poultry, and seafood. It is important to keep their juices away from all ready-to-eat foods. By following these simple steps when shopping at the grocery store all the way to storing your leftovers, you can prevent cross-contamination and reduce the risk of foodborne illness:

Step 1: When shopping and packaging, separate raw meat, poultry, and seafood from other foods. Place these foods in separate plastic bags to prevent any juices from contaminating other foods.

Step 2: When refrigerating foods, place the raw animal foods in separate containers or sealed plastic bags to prevent their juices from dripping onto other foods. Store eggs in their original carton and refrigerate as soon as possible. Store all of these raw animal foods on the bottom shelf in the fridge.

Step 3: When preparing foods, **wash your hands** and food contact surfaces often. Harmful bacteria can spread throughout the kitchen and contaminate cutting boards, utensils, and counter tops. To prevent this, you should wash hands with soap and warm water for 20 seconds before and after handling food, after using the bathroom, changing diapers, or handling pets. Use hot, soapy water and clean cloths to wipe up kitchen surfaces or spills. Wash cutting boards, dishes, and counter tops with hot, soapy water after preparing each food item and before you move onto prepping the next food item. A solution of 50ppm unscented, liquid chlorine bleach may be used to sanitize surfaces and utensils and minimize bacteria growth. This is the equivalent of one tablespoon chlorine bleach per gallon of water.

Step 4: To assure clean cutting boards, if possible, use one cutting board for ready-to-eat foods such as lettuce and another cutting board for your raw animal foods. Once your cutting board becomes excessively worn or has developed hard to clean grooves, it needs to be replaced. These grooves cannot be properly cleaned and sanitized and may harbor harmful bacteria.

Step 5: When marinating food make sure you keep it at proper refrigeration temperature and **not room temperature**. Marinade that was used to marinate raw animal foods should not be re-used on ready-to-eat foods.

Step 6: When serving any ready-to-eat foods, always use a clean plate and never place cooked food on the same plate or cutting board that previously held raw animal foods.

Step 7: When taking care of leftovers refrigerate or freeze foods within 2 hours or sooner in clean, shallow, and covered containers to prevent the growth of harmful bacteria.

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Balancing Calories and Optimizing Fats

(Source: American Dietetic Association)

Fats and oils are essential to a nutritious diet. They play an important role in the foods we eat—from enhancing flavor, texture, moistness, and overall meal satisfaction, to providing healthful heart benefits. Fats and oils are also a key part of the diet and a cornerstone of proper growth and development.

For decades, the conventional wisdom has been that low-fat diets are the best approach for reducing weight and lowering the risk of coronary heart disease. As a result, many people have become confused about fats and their role in a healthy diet. In fact, according to a recent survey from the International Food Information Council Foundation, three out of four people do not believe that fats can be healthy.

It's important to understand that the types of fats we choose are as important as the amount of fats we eat. Categorizing fats as either “more desirable” or “less desirable” can make it easier to choose more healthful foods.

Fats and Health: An Essential Connection

More desirable fats, including polyunsaturated and monounsaturated fats:

- Supply the body with energy
- Provide essential fatty acids such as omega-3 polyunsaturated fat and omega-6 polyunsaturated fat
- Serve as carriers for the absorption of the fat-soluble vitamins A, D, E and K.

Polyunsaturated and monounsaturated fats are found in vegetable oils such as olive, canola, and soybean oils. Omega-3 polyunsaturated fat is also found in seafood

The 2005 Dietary Guidelines for Americans recommend keeping total fat between 20 to 35 percent of total calories; polyunsaturated and monounsaturated fats should be the primary sources of dietary fat.

like fish and shellfish. Replacing saturated fats with polyunsaturated fats may help maintain heart health.

Limiting the Impact of Less Desirable Fats

The less desirable fats—saturated fat and trans fat—are the primary culprits that create negative associations about fats and poor health, particularly heart health.

Saturated fats are solid or nearly solid at room tempera-

ture. All animal fats (meat, poultry and dairy) contain saturated fat. These fats can raise blood cholesterol levels, increasing the risk of heart disease. The Dietary Guidelines recommend that saturated fats be kept below 10 percent of total calories in the diet.

Trans fats are also naturally present in meat and dairy products, though in small amounts. Most trans fats are created through a manufacturing process that turns oils into a solid fat. Trans fats “behave” like saturated fats, remaining solid at room temperature. Trans fats may raise LDL (bad) cholesterol levels while decreasing HDL (good) cholesterol, which together can increase the risk of heart disease. There is no recommended daily allowance for trans fats because the body does not need them. It is best to either avoid foods with trans fats or choose foods that are low in trans fats.

Going Beyond Olive Oil

For some time, the Mediterranean diet – known for being rich in olive oil and high in monounsaturated fats—has been regarded as a healthy and desirable way to eat. But it's not just olive oil that deserves the spotlight for healthy oils and fats. Canola, peanut, sunflower and soybean oil also contain the more desirable fats essential to maintaining a healthy diet. Many of these oils are in products that were once considered less than healthy. For example, mayonnaise is now made from oils like soybean and canola oil. Mayonnaise that is low in saturated fat, has no trans fat, and contains omega-3 and omega-6 polyunsaturated fats can be part of a healthy, balanced diet.



Striking the Right Balance

Two out of three Americans are overweight, so it's no surprise that watching calories is top-of-mind for many people. But be careful not to cut out potentially healthful foods from your diet. It's important to select foods wisely to lower calories while still meeting the recommendations for polyunsaturated and monounsaturated fats. Eliminating or reducing your intake of saturated and trans fats can be challenging. However, making healthy choices doesn't mean you must eliminate your favorite foods or ingredients entirely. Start by reading the Nutrition Facts panel on food labels. Check the calories, total fat, saturated fat and trans fat per serving. Replace less desirable fats with polyunsaturated and monounsaturated fats by looking for products that have been made from oils such as canola, olive, sunflower, and soybean oils rather than butter, lard, or partially hydrogenated oils.

PUBLIC HEALTH

Public health addresses the health of the whole population, as compared to medical health care, which focuses on treatment of the individual ailment. According to the Institute of Medicine, the mission of public health is defined as "fulfilling society's interest in assuring conditions in which people can be healthy."

- ◆ Public Health is always working to promote healthy lifestyles
- ◆ Public Health is always working to protect families and communities
- ◆ Public Health is always working to eliminate health disparities
- ◆ Public Health is always working for a healthier economy
- ◆ Public Health is always working to guard and protect against threat



10 Great Public Health Achievements (1900-1999)

Vaccination has resulted in the eradication or control of diseases such as smallpox, polio, and diphtheria.

Motor Vehicle Safety has reduced fatal injuries through improvements in engineering, highway and behavior.

Safer workplaces have resulted in a 40% reduction in fatal occupational injuries through greater knowledge of risks and control of exposure.

Control of infectious diseases has resulted from cleaner drinking water and improved sanitation the first half of the century, as well as the discovery of antibiotics.

Decline in deaths from heart disease and stroke the second half of the century have resulted from risk factor reduction (e.g., smoking, high blood pressure) coupled with improved access to early detection and treatment.

Safer and healthier foods have resulted from less microbial contamination and better nutritional content early in the century; food fortification programs

have nearly eliminated major nutritional deficiency diseases in the U.S.

Healthier mothers and babies have resulted from better hygiene and nutrition, access to healthcare and technologic advances. Since 1900, infant and maternal mortality has decreased by 90%.

Family planning and contraceptive services have allowed for greater planning of childbirth and a reduction in sexually transmitted diseases.

Fluoridation of drinking water benefits children and adults by preventing tooth decay and reducing tooth loss, regardless of access to care or socioeconomic status.

Recognition of tobacco as a health hazard has resulted in changes in social norms to prevent onset of smoking and promote cessation. Since the U.S. Surgeon General's report in 1964 on the risks of smoking, the prevalence among adults has decreased.

HIV/STDs

HIV

- About one million people are infected with HIV in the U.S. Approximately one-quarter do not know they are infected, underscoring the need to expand opportunities for HIV testing.
- Approximately 16,000 people in Michigan are living with HIV/AIDS.
- Michigan health department staff annually perform about 55,000 HIV tests and provide counseling and referral services for about 800 HIV-infected persons and about 400 of their sexual partners and/or needle-sharing partners.

Sexually Transmitted Diseases (STDs)

- One in four Americans contract a STD in their lifetime; more than 15 million are infected each year.
- Michigan rates for Chlamydia, gonorrhea, and syphilis are higher than national rates.
- Local health departments annually process about 40,000 cases of Chlamydia, 17,000 cases of gonorrhea, and 200 cases of infectious syphilis.

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HIV/STDs Cont.

(Cont. from page 3)

WHAT YOU SHOULD KNOW:

- ◆ Because there is no cure for HIV/AIDS, infection is a concern for all people. Young women are the fastest growing group of people infected with HIV/AIDS.
- ◆ HIV infection is spread through contact with body fluids, including blood, semen, and breast milk.
- ◆ With treatment, HIV infected mothers rarely pass the infection on to their babies.
- ◆ People with a pre-existing STD have a three-fold to five-fold risk of acquiring HIV/AIDS.
- ◆ Diagnosis and treatment targets not only the person diagnosed with HIV or a STD, but also people who may have been exposed to an infection.

- ◆ Although treatable, Chlamydia, gonorrhea, and syphilis can have no symptoms, resulting in serious problems such as pelvic inflammatory disease, sterility, and in some cases, premature death.
- ◆ The highly confidential nature of HIV Counseling & Testing and STD Testing allows clients to seek treatment and honestly divulge information about their sexual and/or needle-sharing partners, helping to break the chain of transmission.

STD checks are conducted weekly in the Dickinson County office and twice a month in the Iron County office. HIV checks are conducted twice a month in both offices. Please call the health department to find out times available and to make an appointment.

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