



Public Health
Prevent. Promote. Protect.
Barton County Health Department

Laboratory
Services

Services We
Provide



Being Mindful

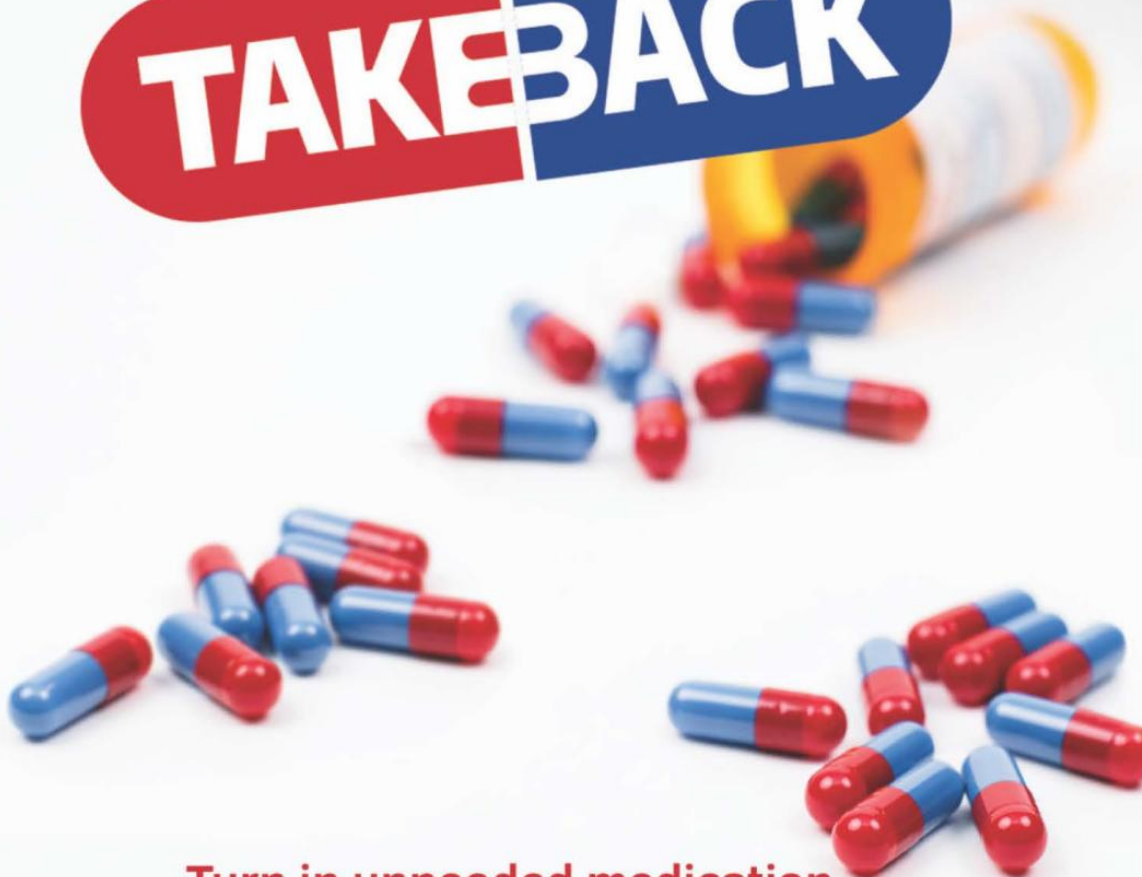


The concept of mindfulness is simple, but becoming a more mindful person requires commitment and practice. Here are some tips to help you get started:

- Take some deep breaths. Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- Enjoy a stroll. As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- Practice mindful eating. Be aware of taste, textures and flavors in each bite, and listen to your body when you are hungry and full.
- Find mindfulness resources in your local community, including yoga and meditation classes, mindfulness-based stress reduction programs and books.

 <h1 style="text-align: center;">APRIL</h1> 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07 APRIL FOOL'S DAY!
08	09 NATIONAL PUBLIC HEALTH WEEK	CENTERING AND CELEBRATING CULTURES IN HEALTH APRIL 3-9, 2023			14	15
16 <i>Happy Easter</i>	17	18	19 Breastfeeding Support Group @ 1:30PM Barton County Comm'r Meeting	20	21	22 DEA NATIONAL TAKEBACK
23	24	25	26 MEETING Barton County Commissioners Meeting 9:00AM	27	28	29
30	31					

DEA NATIONAL ^{Rx} TAKEBACK



Turn in unneeded medication
for safe disposal.

Saturday, April 22

10 a.m. – 2 p.m.

East Side Of Barton County Courthouse
Keep them safe. Clean them out. Take them back.

Visit DEATakeBack.com for a collection site near you.

DOG BITES

BY THE NUMBERS

Alcohol screening and brief intervention can help prevent or reduce alcohol exposure during pregnancy.



80%

of pregnant people were asked about recent alcohol use at their last healthcare visit.



Only 16%

who reported current drinking were advised to quit or reduce their alcohol use.

We can do more to address barriers to implementing alcohol screening and brief intervention during pregnancy.

Luong J, Board A, Gordin L, et al. Alcohol Use, Screening, and Brief Intervention Among Pregnant Persons – 24 U.S. Jurisdictions, 2017 and 2019. MMWR Morbidity and Mortality Weekly Report 2023;72:55-62

CDC researchers found that 80% of people who were pregnant were asked about alcohol use; however, only 16% of those who self-reported drinking within the past 30 days were advised to quit or reduce their use. These findings highlight missed opportunities to integrate alcohol screening and brief intervention (SBI) in practice, utilize strategies to address recognized barriers (e.g., improving reimbursement for alcohol SBI), and help reduce alcohol use during pregnancy.

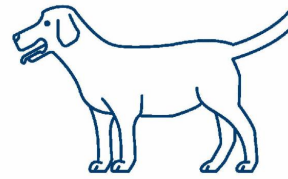
More Information

5 Things You Should Know about Drinking Alcohol during Pregnancy

1. Alcohol use during pregnancy can cause miscarriage, stillbirth, and a range of lifelong physical, behavioral, and intellectual disabilities. These disabilities are known as fetal alcohol spectrum disorders, or FASDs. People with FASDs can have learning disabilities, hyperactivity, difficulty with attention, speech and language delays, low IQ, and poor reasoning and judgment skills. They can also have problems with their organs, including the heart and kidneys.
2. There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant. All drinks with alcohol can affect a baby's growth and development and cause FASDs. A 5-ounce glass of red or white wine has the same amount of alcohol as a 12-ounce can of beer or a 1.5-ounce shot of straight liquor.
3. There is no safe time for alcohol use during pregnancy. Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she is pregnant. Most

83M - 88M DOGS

in the United States



45% of homes have at least 1 dog

4.5M PEOPLE

bitten by dogs each year

Top 10 states reporting dog bites in 2021



CHILDREN

are the most common victims of dog bites and are far more likely to be severely injured



Pillars of dog bite prevention

1. Responsible pet ownership
2. Education
3. Avoiding risky situations

WHAT'S THE COST?

Insurers paid out

\$881M

in liability claims related to dog bites and other dog-related injuries in 2021



Average cost for dog bite insurance claims in 2021 was

\$49,025

Over the past decade (2012-2021), State Farm has paid over \$1.1 BILLION for dog-related injury claims.



ANY DOG CAN BITE

Educate yourself, your children and others about dog bite prevention.

avma.org/dogbiteprevention



American Veterinary Medical Association. Pet Ownership and Demographics Sourcebook 2020-2021 edition. 2021. U.S. Centers for Disease Control and Prevention. Dog bite prevention web pages. Insurance Information Institute and State Farm Insurance. 2022.

More Information

women will not know they are pregnant for up to 4 to 6 weeks.

4. Alcohol use during pregnancy remains high. Nearly 1 in 7 pregnant people in the United States reports alcohol use in the past 30 days. And about 1 in 20 pregnant people in the United States reports binge drinking in the past 30 days (having four or more drinks at one time).
5. Fetal Alcohol Spectrum Disorders (FASDs) are preventable. FASDs are preventable if a baby is not exposed to alcohol before birth.

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman

**Barton County
Public Health**



Spring has officially arrived! April is a great month to get outside, get moving and freshen up your spaces. I encourage you to explore and to engage in new opportunities to improve your physical and mental health!

Check out these highlights in April:

- Earth Day April 22 – This annual celebration is an opportunity to raise awareness and advocate for change around the issues most impacting our planet....and celebrate Mother Earth's beauty! Activities to consider.... clean up litter, plant trees, compost your food scraps, use fewer plastic water bottles, and spend time outdoors....
- National Prescription Drug Take Back Day April 22 – In partnership with Barton County Sheriff's Office, the Barton County Health Department staff and Barton County Sheriff's Office staff will provide a collection site at 1400 Kansas Street, Great Bend, KS, from 10 am-2 pm. Since 2016, 2,925.4 pounds of old, unwanted, or expired drugs have been collected in Barton County and destroyed because of this collaboration. See additional information in this newsletter.
- Renovation – We continue converting two restrooms into one bathroom w/ shower and laundry accommodation for decontamination purposes. We are nearing completion! Check out the photos in this newsletter.
- Public Health Week April 3-9 – During the first full week of April each year, the American Public Health Association brings together communities across the United States to observe National Public Health Week. This is a time to recognize the contributions of public health and highlight issues important to improving our nation. Your local public health team is passionate about making our community a more equitable, safe, and healthy place to live! Take opportunities to get to know the staff and the resources available.
- Job Openings – Check out our job openings in this newsletter. We invite you to join our

team to ensure favorable conditions for everyone to be healthy!

- Advisory Committee Openings – Be a public health advocate! Consider applying for one of two open positions on our current committee. (Find the link to the application in this newsletter.) This committee meets monthly to access programs, share local area needs, become familiar with funding sources, offer input on service improvements, be aware of legislation affecting public health concerns, etc.

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call
@ 620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!

AKTION Club delivers blankets for New Moms



Lime-Honey Fruit Salad

- 1 tsp cornstarch
- ¼ cup lime juice
- ¼ cup honey
- ½ tsp poppy seeds



3 medium gala apples, cubed
2 medium pears, cubed
2 cup seedless red grapes
2 cups seedless green grapes

In a small microwave-safe bowl, combine cornstarch and lime juice until smooth. Microwave, uncovered, on high for 20 seconds; stir. Cook 15 seconds longer; stir. Stir in honey and poppy seeds. In a large bowl, combine the apples, pears, and grapes. Pour dressing over fruit; toss to coat. Cover and refrigerate overnight.

Nutrition Facts $\frac{3}{4}$ cup: 96 calories, 0 fat, 0 cholesterol, 2 mg sodium, 25 g carbohydrate (21g sugars, 2 g fiber), 1 g protein.

Bathroom Renovation Nearing Completion



GET YOUR LIFE BACK



**MY LIFE
MY QUIT**

QUIT VAPING NOW

Learn
More



Your reason to quit gets bigger every day.

Did you know the Kansas Tobacco Quitline has a special, free program for pregnant moms?

Pregnancy & Post-Partum Quit Program

- \$30 Mastercard gift card mailed to your house after each coaching call completed- *Limited time only!*
- Up to 5 coaching calls during pregnancy and 4 coaching calls post-partum.
- Resources designed specifically to help pregnant moms quit.

For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).



BCHD HEALTH ADVISORY COMMITTEE

BARTON COUNTY IS ACCEPTING APPLICATIONS FOR TWO FULL TERMS ON BARTON COUNTY HEALTH ADVISORY COMMITTEE UNTIL THE POSITIONS ARE FILLED.



The Health Advisory Committee shall provide guidance, recommendations, and assistance to the Barton County Health Department staff.

Membership requirements may include allied health or the animal health field. The uncompensated position's term is December 31, 2025.

Return the signed application to the Human Resource's Office:

by mail to: 1400 Main, Room 107,

Great Bend, KS 67530

or scan and email

to dwatson@bartoncounty.org

Application

WE ARE
HIRING
JOIN OUR TEAM

Open Positions

Public Health Registered Nurse

Public Health LPN



SEND YOUR APPLICATION TO :



BKaiser@bartoncounty.org



[Full Job Descriptions](#)

[Application](#)

Barton County Health Department

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[Contact Us](#)



Public Health
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Barton County Health Department

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Sent by ksigler@bartoncounty.org in collaboration
with



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