Public Health Points

Safe Sleep Practices for Infants Can Prevent SIDS

In just the first half of 2014, seven infants younger than one year of age have died in sleep-related situations in York County. According to York County Coroner Pam Gay this number is more than the annual totals for the past 10 years, when the most deaths totaled six.

The York County Coroner's Office, York County Cribs for Kids, Safe Kids Pennsylvania, and the Pennsylvania Chapter of the American Academy of Pediatrics are partnering to raise awareness about safe sleep practices for infants.

Since the 'Back to Sleep' campaign started 20 years ago, the number of healthy infant deaths has seen a dramatic decrease. Remembering the **ABC**'s of sleep positioning – I sleep **A**lone on my **B**ack and in my **C**rib – can help reduce SIDS (Sudden Infant Death Syndrome). Some other safe habits include: No exposure to second-hand smoke, No over-bundling or over-heating the infant, and Nothing in the crib except the baby.

Another preventable risk factor contributing to infants dying unnecessarily is an infant sleeping in the same bed or on the couch with an adult or other children. When babies are in the same bed as an adult or other children, they are at increased risk for being suffocated/smothered by the older person, by loose bedding or by entrapment. This co-sleeping situation places the infant at an increased risk of a sudden unexpected death.

Both nationally and in Pennsylvania, local Child Death Review Teams see repeatedly examples of infant deaths due to an unsafe sleeping environment. The scientific literature clearly shows that it is unsafe for an infant to sleep with another sibling or parent in an adult bed or on the couch. In York County the Cribs for Kids Program will provide a free crib to a family without one. A parent needing a safe crib for their newborn should call the local Cribs Request Line – 717-812-7427.

For more information on SIDS and safe sleep practices you can visit the following sites:
www.health.state.pa.us/pasids and http://www.nichd.nih.gov/SIDS/

Reportable Conditions 2014 York, PA

Reported Cases	May 2014	Cum.
Animal Bites	12	54
Chlamydia	42	216
Gonorrhea	8	59
Hepatitis B	0	3
Hepatitis C	6	36
HIV Infection	1	6
Influenza Type A	0	46
Influenza Type B	6	14
Influenza, Not Specified	0	1
Invasive Group A Beta-Strep Disease	0	2
Lyme Disease	3	3
Respiratory Syncytial Virus (RSV) Infection	0	30
Varicella	0	1
Total Case Reports	**78**	**471**

Tips for Summer Time Fun and Safety

Follow the tips below for a healthy and safe summer:

Plan healthy meals, snacks, and drinks by adapting favorite recipes to "lighter" healthier options by substituting reduced fat, sugar free or lower calorie ingredients.

Eat safely - Reduce the chance of foodborne bacteria. Cook meat, poultry and eggs thoroughly; separate foods from one another to avoid cross-contamination; chill food promptly; clean hands often and wash produce before eating; report suspected foodborne illnesses to your local public health department.

Be safe - Drink plenty of fluids, avoid heat-related illness, wear appropriate safety gear for your activity. Practice sun safety by using sunscreen and wearing wide brimmed hats. Follow safety rules in and around water. Wear seatbelts no matter how far you are traveling. Avoid drinking and driving – have a designated driver.

Be active - Plan activities such as walking, hiking, dancing, tennis, bocce ball, tag, and kickball. Provide activities that all age groups can enjoy safely.

Living Well With Chronic Conditions

The York City Bureau of Health is partnering with the YMCA of York and York County to provide a six-session, peer-taught health education workshop for persons with chronic conditions. Community members are invited to pre-register for this **FREE** workshop, which will be held for 2 hours once a week for six weeks. The program is geared towards adults with a chronic conditions, caregivers and their family members. Participants of this evidence-based workshop series will learn how to set goals and make step-by-step plans designed to improve their health.

The first session will be held on Tuesday, July 29th, from 1 to 3 p.m. at the YMCA of York, 90 N. Newberry St., York, PA 17401. The Chronic Disease Self-Management Program aims to help individuals take day-to-day responsibility for their care and increase skills necessary for individuals to manage their diseases and work effectively with their healthcare provider. Participants of the program will learn program-solving and decision-making skills which enable them to confront the ever-challenging changes of living with a chronic illness. Topics that will be addressed include diet, exercise, medication management, cognitive symptom management, problem solving, relaxation, communicating with healthcare providers, and dealing with difficult emotions. The sessions are facilitated by two leaders, one or both of whom are trained peers who themselves have a chronic condition.

Chronic disease is the principal cause of disability and the major reason for seeking healthcare. Chronic disease accounts for over 70% of all healthcare expenditures. Almost 75% of people aged 65 years and older have at least one chronic illness, and about 50% of people aged 65 years and older have two chronic illnesses.

Physicians are encouraged to refer eligible patients to the program as well. For more information or to pre-register for the program, please call Shaun Underkoffler, Community Health Program Coordinator for the York City Bureau of Health, at 854-5090.

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