

# Child and Teen Checkups

## 2018 Parent Newsletters



### Spring, 2018

#### Inside This Issue:

- Distracted driving
- Mercury warning for skin products
- Eat healthy on a budget
- Featured recipe - cinnamon apple pork chops

### Summer, 2018

#### Inside This Issue:

- Summer Fun
  - Sun safety
  - Water safety
  - Bugs and Bites
  - Stormy Weather
- Summer Library Programs
- Picnic Recipe Basics

### Fall, 2018

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- Growing Healthy Kids - doctor visits by age
- Early Childhood Screening
- Prevention is the best medicine for the flu
- Squash basics

### Winter, 2018

#### Inside This Issue:

- Vaping and E-cigarette use among teens
- Back To Sleep
- Healthy Teeth
- Winter fun foods

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- Mercury warning for skin products
- Eat healthy on a budget
- Featured recipe

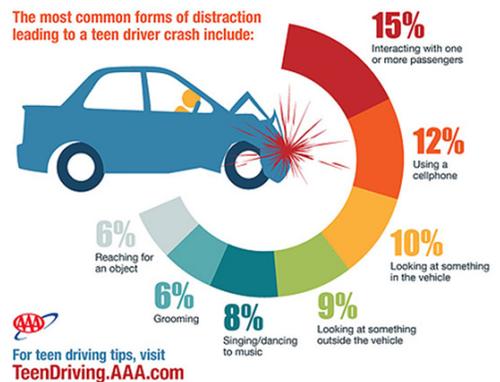
**Scott County  
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Distracted Driving affects everyone on the road. Whether you are a seasoned driver or just starting, it is easy to become distracted while behind the wheel. A study done by the American Auto Association found distracted driving plays a part in 16% of all fatal crashes. Distractions happen both on the inside and outside of the car. While we don't have a lot of control over what is happening outside of the car, we can control what is happening inside. The Office of Traffic Safety (OTS) offers these tips to limit your distractions:

- Cell phones — turn off cell phones, or place them out of reach to avoid the urge to dial or answer or ask a passenger to assist.
- Music and other controls — pre-program favorite radio stations for easy access. Set play lists before starting to drive. Adjust mirrors and temperature controls before traveling, or ask a passenger to assist.
- Navigation — designate a passenger to serve as a co-pilot to help with directions. If driving alone, map out directions before you leave, and pull over if you need to look at a map.

**6 OUT OF 10** teen crashes involve driver distraction.



Continued on page 2



The U.S. Food and Drug Administration (FDA) has issued a warning stating Mercury has been found in several skin products. These products are made in other countries and sold in the United States. These are lotions that are advertised as skin lighteners and anti-aging treatments.

Mercury is poisonous and can cause serious health problems. Mercury is most dangerous to unborn babies, infants and children.

If you are using skin lightening cream with any of these ingredients, STOP using the product.



**Drug Facts  
Ingredients**  
Mercury - also known as Calomel  
Mercuric  
Mercurous  
Mercurio

If there is no ingredient label, stop using it. When getting rid of these products, please do not throw them in the garbage. The mercury can harm others if it goes into the garbage. Take the products to a household hazardous waste site.

Scott County's Household Hazardous Waste site address is 588 Country Trail E, Jordan.

A sample of products with mercury. Go to [www.scottcountymn.gov](http://www.scottcountymn.gov) Public Health for more products.



Limit your distractions while driving: (Continued from page 1)

- Eating and drinking — try to avoid eating and drinking while driving. If you feel you need to eat, stay away from messy foods, and be sure food and drinks are secured.
- Children — teach children the importance of good behavior in a vehicle. If you have to care for a child while driving, be sure to pull off the road first.
- Passengers — drivers should ask passengers not to distract them. Passengers should say something if they see that the driver is distracted.
- Callers—When making or receiving a call, ask if the other person is driving. If so, ask them to talk when they are done driving.



## Health Plan Contacts

### Blue Plus Advantage

- ◇ (651) 662-5545
- ◇ Dental help (651) 406-5907
- ◇ Toll-free (800) 711-9862

### Health Partners

- ◇ (952) 967-7998
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### UCare

- ◇ (612) 676-3200
- ◇ Dental help (651) 768-1415
- ◇ Toll-Free (800) 203-7225

### Portico Healthnet

- Health insurance enrollment assistance
- ◇ (651) 489-2273



## Eating Healthy on a Budget

A healthy body starts with healthy eating. One way to keep your family eating healthy is to plan your meals. Making a plan before heading to the store can help you get organized, save money, and choose healthy options. Some tips for creating a weekly menu and grocery list:

- See what you already have. Look to see what you have in the house and decide if you can use those ingredients in a meal. Using items you already have in the house can save money and prevent wasting food.
- Create a list of recipes to try. Having a list of healthy recipes can make meal planning easier and get food when they are good deals.
- Think about your schedule. Plan easy meals on days you don't have a lot of time. Save recipes that take longer for days off. You also can prepare meals in advance to heat and serve on your busy days.
- Plan to use leftovers. Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy, and save you time preparing another meal.

## Featured Recipe

### Cinnamon Apple Pork Chops

#### Ingredients

- 2 tablespoons butter, divided
- 4 boneless pork loin chops (4 oz. each)
- 3 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 4 medium tart apples, thinly sliced
- 2 tablespoons chopped pecan



#### Directions

In a large skillet, heat 1 tablespoon butter over medium heat. Add pork chops; cook 4-5 minutes on each side or until a thermometer reads 145°. In a small bowl, mix brown sugar, cinnamon, nutmeg and salt. Remove chops; keep warm. Add apples, pecans, brown sugar mixture and remaining butter to pan; cook and stir until apples are tender. Serve with chops. Makes 4 servings.

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## Summer Fun!

Once summer finally comes to Minnesota everyone tries to soak up as much summer fun as possible.

Swimming, hikes, picnics, and outdoor games are all great

ways to celebrate the season. While these activities are loaded with health benefits, there are also some safety risks to keep in mind.

### Sun safety

It is true that a little of the sun's golden rays are good for you. When skin is exposed to sun, the body makes Vitamin D, which helps the body absorb calcium and make stronger bones. But, being in the sun too long, without any protective sunscreen can cause skin damage, eye damage and skin cancer. Our skin contains a chemical called Melanin that protects the skin from being damaged by the UV rays. Skin damage, or sunburn, will begin once the amount of UV rays are greater than the Melanin in the skin. While people with darker skin tones have higher levels of Melanin to protect their skin, everyone needs to use sunscreen to protect their skin from damage when out in the sun.

The American Academy of Dermatology (AAD) recommends everyone — regardless of their skin tone - wear sunscreen with an SPF of 30 or higher. The sunscreen should also be water-resistant and broad-spectrum, meaning it protects skin from both UVA and UVB rays. Sunscreen works best when it is applied in large amounts and often.

(KidsHealth Summer Safety)



### Water safety

Taking a dip in the lake or pool is one of the greatest ways to cool off during the hot summer months. It is important for parents to keep a close eye on kids when playing in any depth of water. It is also important to

drink plenty of water. You may not feel as thirsty when in the water but you can still become dehydrated while swimming.

#### Inside This Issue:

##### Summer Fun

- Sun safety
- Water safety
- Bugs and Bites
- Stormy Weather

##### Summer Library Programs

##### Picnic Recipe Basics

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If your family plans to enjoy the water from a boat, don't forget the life jackets. All children under 10 are required to wear a Coast Guard approved life jacket when on a boat.

(MN Department of Natural Resources)

## Bugs and Bites

Pesky ticks and mosquitos can make it harder to enjoy the great outdoors. Insect repellents that contain DEET can help keep your family bite-free. While DEET is safe for children to use, there are still some safety tips to keep in mind. Use a repellent that is between 10-30% DEET (look for N,N-diethyl-m-toluamide on the label). The repellent should only be applied once a day and should not be used on babies younger than 2 months. The repellent can be sprayed on clothes and bare skin, but avoid the face or hands. Avoid using sunscreens with DEET. Sunscreen needs to be re-applied often and DEET should only be applied once a day. (KidsHealth Summer Safety)

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- ◇ Toll-Free (800) 203-7225

### Scott County MNSure help

- ◇ (952) 496- 8088

### Portico Healthnet - health insurance enrollment assistance

- ◇ (651) 489-2273



## Stormy Weather

Summer storms can come up quickly. If you are out and a storm sneaks up, be calm and follow these simple safety tips:

- When thunder roars – go indoors or find a safe shelter to wait out the storm.
- After you see lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Wait about 30 minutes after the last clap of thunder before returning outside for activities.
- Pay attention to all alerts and warnings.

(CDC.gov lightening safety)

## Featured Recipe

### Picnic Basics



#### Sandwich Rolls

Spread ham and cheese or another favorite filling on a square tortilla then roll up and slice into little sandwich rolls.



#### Cheese Shapes

Use a cookie cutter to create fun to eat cheese snacks



#### Fruit Kabobs

Put your favorite fruits on a stick for a sweet treat.

Free fun and learning  
for you and  
your little  
ones with...



Visit us Mondays at  
CAP Agency from 10am-2pm  
starting June 18  
Visit [www.scottlib.org/Readmobile](http://www.scottlib.org/Readmobile)  
for more information



Visit [bit.ly/SCLSTEM](http://bit.ly/SCLSTEM)  
for event information

## summer SPOTLIGHT

Summer reading events  
and activities  
May 24-August 11  
Visit [www.scottlib.org/SRP](http://www.scottlib.org/SRP)

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## Growing Healthy Kids

As children grow their bodies change. That is why it is important to have kids get



medical and dental care on time.



When a baby is born, some of the mother's antibodies

are passed onto the babies immune system. This helps baby fight off some germs that can make them sick. The stronger a person's immune system is, the less likely they are to get sick. An adults immune system is much stronger than a babies, but breastfeeding and vaccinations can give baby a boost to be healthier. Doctor's start immunizations right after birth so children get the best

defense against disease.

Babies should see their doctor after birth, and again at 2, 4, 6, and 9, 12, 15, 18, 24 and 30 months. When a child turns 1 year old, they should start seeing their dentist for preventative care, and continue going every 6 months.



Children starting daycare or early childhood programs need to have eight different immunizations, some with multiple doses. Starting at age 3, kids should see their doctor every year. During these visits, pre-schoolers will have a blood-lead test and fluoride varnish applied. Young children should continue seeing their dentist every 6 months for preventative care.

It is important for Kindergarteners to see their doctor. During the visit, the doctor will give in-depth hearing and vision screenings and finish the immunizations they started.



As children make their way through elementary school, yearly doctor visits will make sure they start getting the remaining immunizations they need.

### Inside This Issue:

- Growing Healthy Kids - doctor visits by age
- Early Childhood Screening
- Prevention is the best medicine for the flu
- Squash basics

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School-age kids should also see their dentist every 6 months to prevent pain and missed school days.



Teens and young adults who see their

doctor every year are more likely to get the best protection from diseases like Meningitis, Pertussis, and cancers caused by Human Papillomavirus Infections (HPV). During teen visits the doctor will also do a mental health screening and talk about sexually transmitted diseases. Bi-annual dental visits help keep teeth healthy.

**Age 3? Time to Screen!**  
3 años? Hora de evaluar!

#### FACT!

Early Childhood Screening is a process that supports children being ready for kindergarten.

#### HECHO!

La evaluación de niños a la edad temprana para prescolar, es un proceso que apoya la preparación para kindergarten.



The early childhood years are an important time for learning and growth.

Early childhood screening supports children's readiness for kindergarten and promotes health and development.

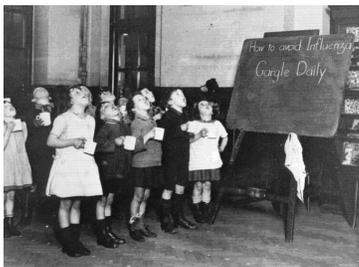
#### DID YOU KNOW?

It is best for your child to be screened at age 3.

#### ¿Sabías?

Lo mejor para su hijo/hija es sea evaluado a los 3 años.

## Prevention is the best medicine!



It is hard to believe that 100 years ago, there was a deadly flu that killed over 50 million people around the world. Closer to home, the flu took about 675,000 American lives and almost 12,000 Minnesotans. The 1918 pandemic flu was caused by the H1N1 virus. This flu claimed so many lives because of the lack of vaccines and the types treatments available at that time. Back in 1918, treatment basically meant keeping sick people away from others, encouraging hand washing, and limiting public gatherings.

Since the 1918 flu, research and treatment has vastly improved. In 1930, scientists first proved the flu was caused by a virus, and not a bacterium. In 1960, the U.S. Public Health Service recommended flu vaccinations every year.



Despite all we have learned, the flu is still a threat to people. New viruses continue to pop up and spread easily. In April 2009 a new flu virus called “novel A H1N1” appeared and started the first flu pandemic in almost 30 years. During the 2009 flu season, there were 1,824 Minnesotans hospitalized due to H1N1 and over 284,000 people around the world died.\*



While new flu viruses continue to appear, researchers are also tracking them and making vaccines to fight them. Each year researchers around the world study flu viruses to see which ones are most likely to spread and make people sick. The top three to four viruses are then combined to make a seasonal flu vaccine. This allows each flu vaccine to provide the best prevention for that flu season. This constant updating is why everyone 6 months of age and over should get a flu vaccine every year. The flu season calendar is different every year, but flu activity usually begins in October and peaks between December and February. It takes about two weeks for our bodies to have the full protection of the flu vaccine, so we recommend getting a flu shot by the end of October. However, it is never too late to get a flu vaccine. \*\*

\*Read more about the history of the 1918 Flu Pandemic by Jayme Carlson and Alexa Rundquist in the [August/September Scott County Scene](#).

\*\*Flu information provided by [Centers for Disease Control and Prevention website](#)

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Portico Healthnet - health

- insurance enrollment assistance
- ◇ (651) 489-2273



### A GUIDE TO WINTER SQUASH

Fall is a perfect time to enjoy sweet and flavorful winter squash. There are many different shapes and sizes to choose from, but all make a nutritious and delicious treat. A simple way to roast squash is to cut the gourd in half, remove seeds and place in a pan with cut side down. Add butter, brown sugar and seasonings for a fuller flavor.



*Acorn squash* moist, sweet, tender flesh. They are good for roasting, baking, steaming, mashing, and sauteeing.



*Butternut squash* is the sweetest winter squash. It roasts and sautees quickly and provides a smooth puree



*Delicata squash* is sweet and nutty with a corn flavor. Roast with butter or stuff and bake.



*Kabocha squash* is sweet with a slightly nutty flavor. Roast it with a bit of butter or oil and salt.



*Spaghetti squash* when cooked has noodle-like strands that are slightly sweet. Eat with butter and salt or use as rice noddles.



*Sweet dumpling squash* is starchy with a slight corn flavor. Perfect for stuffing and roasting.



*Turban squash* has a mild floury texture that works well in soups. Use roasted bottoms as soup bowls.



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## Are your children breathing easy?

The vaping and e-cigarette storm has hit Minnesota and Scott County schools hard. While tobacco use by teens has decreased, the number of young people who use e-cigarettes is sky-rocketing. E-cigarettes, also known as “e-cigs, e-hookahs, mods, vape pens, vapes, tank systems, Juuls, and Sourin Drops”, come in all shapes and sizes. The devices use “e-liquid” or “pods” that when activated by heat creates an aerosol. The aerosol mist is inhaled, allowing chemicals to travel to the lungs, brain, and organs. Similar to cigarette smoking, the smoke is then exhaled in a “vape cloud”. While the aerosol does not have many of the 7,000 toxic chemicals found in cigarettes, it does have dangerous chemicals. All “pods” and most “e-liquid” contain Nicotine, which can have damaging effects on a growing brain. Nicotine can actually re-wire your child’s brain to need Nicotine in order to function in school or at work.

### Inside This Issue:

- Vaping and E-cigarette use among teens
- Back To Sleep
- Healthy Teeth
- Winter fun foods

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### Who's Vaping in Minnesota?

**17.4%**

11th graders

**9.3%**

9th graders

## Vaping & Nicotine



### in Scott County

**18.2%**

11th graders

**9.6%**

9th graders

**25.9% Of All  
Minnesota  
Students Have  
Tried Vaping**

### Nicotine Is Found In Almost All E-liquids And In All Nicotine Salts

Smokers absorb  
1-2 mg. of  
nicotine per  
cigarette



1 teaspoon of  
12 mg. e-liquid  
is equal to  
about 60  
cigarettes



1 pod of  
nicotine salts  
is equal to  
about 20  
cigarettes



When nicotine is absorbed by growing brains, it can become harder to concentrate or remember things.



E-cigarette vapors affect the lungs immune system and can make it harder to breath.

Other chemicals found in vaping aerosol include formaldehyde and heavy metals like lead.

All “pods” and “e-liquids” have some flavoring agent in them. These flavors have chemicals that can irritate airways, making it difficult to breath. One such chemical is diacetyl, which is known to cause a serious lung condition called bronchiolitis obliterans or “popcorn lung”.

The nickname was created when workers at a microwave popcorn factory were found to have more respiratory issues than normal. Popcorn companies stopped using diacetyl in flavoring, but it is still used in many vaping products.

## Back To Sleep

Every year, over 50 healthy Minnesota babies die of sleep-related unintentional injuries. These injuries happen when baby



is sleeping in unsafe conditions such as in an adult bed or on a sofa with parents or older children. To keep baby safe, follow these seven guidelines:

- 1 Baby always sleeps in a safety-approved crib
- 2 Baby always sleeps on back
- 3 Nothing in the sleep area
- 4 Baby's face is uncovered
- 5 No smoking around baby
- 6 Do not over-dress or overheat
- 7 Firm mattress with tight fitting sheet

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Health insurance enrollment assistance  
◇ (651) 489-2273

### Scott County Dental Offices:

- Open Door Dental in Jordan (952) 492-6342 accepts MA's BluePlus and Ucare
- Dental Associates of Savage (952) 440-2292 accepts all MA plans
- Children's Dental Services (612) 746-1530 accepts all MA plans
- True North in Shakopee (952) 403-5149 accepts MA's BluePlus, Ucare and Health Partners

**Still looking for a dentist?** Each health plan offers dental help

## Show off your Smile!

How much do you know about dental health? Here are some frequently asked questions we get about dental care:



every six months.

### Why does my child need to be seen by the dentist so often?

When your child has their teeth cleaned by a hygienist every six months, they often have fewer cavities and less pain.

### How much does it cost to go to the dentist?

Dental cleanings are paid by your MA program. There are out of pocket costs for treatment for cavities or other needs.

### How often can my child go to the dentist?

The Child and Teen Checkups plan pays for kids to see their dentist

**Winter Fun Foods!** Who says you can't play with your food? Below are some winter snack ideas that are not only healthy - but fun!

Hard boiled egg snowmen with carrot hat and nose, clove eyes and buttons, and parsley arms



Sliced strawberry and banana candy cane



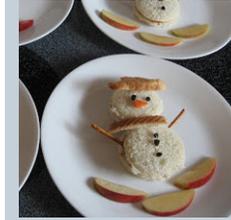
Laughing cow cheese reindeer with pretzel antlers, raisin eyes and olive nose



Green grape Mr. Grinch with banana and strawberry hat



Peanut butter and jelly sandwich snowman with pretzel arms and crust hat and scarf



Clementine snowman with Oreo and Kiss hat and cinnamon stick arms



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