

BULLETIN

A QUARTERLY PUBLICATION OF THE SAN LUIS OBISPO COUNTY PUBLIC HEALTH DEPARTMENT

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HEALTH OFFICER NOTES

Penny Borenstein, M.D., M.P.H.



WAKE UP! It's Time to Make Sleep a Priority

Sleep is sometimes given a low priority when contending with busy schedules and lifestyles. Many of us, including myself, have made this a habit, perhaps out of a misplaced sense of duty or a lack of awareness about the importance of sleep. That needs to change. All of us need to make sleep a priority and not the thing we do only after everything else is done.

More than 35 percent of adults in the U.S. report getting fewer than the minimum 7 hours of sleep during a 24-hour period and almost 70 percent of high school students report getting fewer than 8 hours of sleep on an average week night, according to the 2009 [Behavioral Risk Factor Surveillance System](#) and the national [Youth Risk Behavior Surveillance Survey](#).

Insufficient sleep, unlike other health risk factors such as smoking, excessive alcohol consumption, obesity, and physical inactivity, has historically received much less attention in the public health and clinical settings. Yet research

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Public Health
Prevent. Promote. Protect.

INTERESTED IN HEALTH ISSUES?

Health Commission meetings are held on the second Monday of each month at 6:00 p.m. at the Board of Supervisors Chambers, County Government Center, 1055 Monterey Street, downtown SLO.

The public is encouraged to attend, listen and participate in discussions about local health related issues. You may also watch the meetings live on cable channel 21.



shows that getting enough quality sleep is vital for mental health, physical health, quality of life, and even safety.

Recommended Amount of Sleep by Age Group
Newborns 16–18 hours a day
Preschool-aged children 11–12 hours a day
School-aged children At least 10 hours a day
Teens 9–10 hours a day
Adults 7–8 hours a day

The damage from sleep deficiency can occur in an instant, such as a car crash, or it can harm us over time. Sleeping less than 7 hours per day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke, and psychiatric disorders such as depression and anxiety, high-risk behavior, and even suicide. People who are sleep deficient have a slower reaction time, take more risks and make more mistakes.

The risk for not getting sufficient sleep is higher for some, including people who work shifts outside normal daylight hours, people with chronic or acute pain and adolescents. Insufficient sleep is associated with an increased risk of unintentional injuries, especially among high school students. The CDC analyzed data from the national Youth Risk Behavior Surveys and the findings suggest high school students with insufficient sleep were more likely to engage in injury-related risk behavior, such as infrequent seatbelt use, riding with a driver who had been drinking, drinking and driving, and texting while driving.

Sleep deficiency is not only harmful at an individual level, but it also can cause large-scale damage. Sleep deficiency has played a role in human errors linked to tragic accidents, such as the nuclear reactor meltdowns at Three Mile Island and Chernobyl, the grounding of the Exxon Valdez oil tanker, and the NASA Challenger shuttle explosion.

Despite the fact that at least 40 million Americans report having sleep problems, more than 60 percent of adults have never been asked about the quality of their sleep by a healthcare provider, and fewer than 20 percent ever initiated

a discussion about it, according to the [National Sleep Foundation survey: Sleep In America](#).

As one of the most crucial, yet most overlooked, indicators of overall health, it is important that healthcare providers begin an ongoing dialogue with their patients about sleep. Healthcare providers should routinely assess patients' sleep patterns, discuss any sleep-related problems and educate patients about the importance of sleep to their health. Foremost, all of us need to make getting enough sleep a priority and practice good sleep habits.

You can learn more about sleep and how to improve the quality of your sleep from the National Sleep Foundation at <https://sleep.org/>, the American Academy of Sleep Medicine at <http://www.sleepeducation.org/>, and from the CDC at <http://www.cdc.gov/sleep/index.html>.

Thank you for your attention,

How Sleepy Are You?

The Epworth Sleepiness Scale tests your general level of sleepiness. Choose the most appropriate number for each situation:

- 0 = no chance of dozing
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g a theater or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
Total your points	

Check your total score to learn your level of sleepiness:

- More than 6 points — you are sleepy.
- More than 10 points — you are very sleepy.
- More than 16 points — you are dangerously sleepy.
- If your score doesn't improve after 2 weeks of 7-8 hours of sleep a night, it is recommended that you consult your doctor.

VINCE PIERUCCI JOINS EMS DIVISION

The Public Health Department recently welcomed Vince Pierucci as the new Emergency Medical Services (EMS) Division Manager. In this role, Mr. Pierucci is responsible for leadership and administrative oversight of the division's two components--the local EMS Agency and the Public Health Emergency Preparedness Program. Mr. Pierucci will serve as the Director for the County's EMS Agency, which provides guidance, oversight and coordination of the countywide EMS system inclusive of the various EMS provider organizations throughout the county. He also manages the Public Health Emergency Preparedness Program, which ensures that our local first responders and health care system are prepared to effectively respond to all public health hazards, including infectious diseases, natural disasters, and biological, chemical, and radiological events.

As Health Officer Dr. Penny Borenstein said, "Vince comes to us well prepared for this important job." He most recently served as Kern County's Senior EMS Coordinator and Regional Disaster Medical Health Specialist for the state's Office of Emergency Services Region V. In addition, Mr. Pierucci has a 20-year tenure as a licensed paramedic which he has applied in various leadership settings.

Dr. Borenstein said, "I think everyone will find Vince to be a personable and level-headed person who will be a very capable leader and an effective collaborator on behalf of the County." Mr. Pierucci lives with his wife and son and is excited to join both the Public Health Department and the SLO community.



Vince Pierucci and his family enjoying the SLO life.

WELL OWNER'S CHECKLIST

As a private well owner, there are steps you can take to make sure that your water is safe to use. These simple steps will help protect your health and your water well system:

- Environmental Health Services recommends conducting an initial water quality test for Primary Drinking Water Standards along with a well maintenance check. The U.S. Environmental Protection Agency recommends well owners test annually for total coliform bacteria and nitrate, unless the initial test indicates other contaminants of concern. If your well is near a landfill or other industrial/commercial businesses such as machine shops, dry cleaners, gas stations, or automobile repair shops, you should also test for volatile organic compounds (VOC's), metals, total dissolved solids (TDS) and petroleum hydrocarbons. It is also important to have your well tested whenever you suspect contamination or notice a change in taste, odor, or appearance of your water.
- Keep hazardous chemicals, such as paint, fertilizer, pesticides, and motor oil far away from your well.
- Periodically check the well cap on top of the casing (well) to ensure it is in good repair. Take care in working around your well. A damaged casing could jeopardize the sanitary protection of your well. Also routinely check water connections and your storage system, if applicable.
- Always maintain proper separation between your well and buildings, waste systems or chemical storage facilities. Your professional contractor knows the rules.
- Don't allow back-siphonage. When mixing pesticides, fertilizers, or other chemicals, don't put the hose inside the tank or container.
- When landscaping, keep the top of your well at least one foot above the ground. Slope the ground away from your well for proper drainage. Don't pile soil, leaves or other materials around your well.
- Always use licensed or certified water well drillers and pump installers when a well is constructed, a pump is installed, or the system is serviced.
- Keep your well records in a safe place. These include the construction report, as well as annual water well system maintenance and water quality testing results.
- When your well has come to the end of its serviceable life (usually 20+ years), have a qualified water well contractor decommission it after constructing your new system.

Protect your home against MOSQUITOES

Mosquitoes develop in water that stands for more than five days. To reduce the mosquito population around your home and property, eliminate all standing water and debris. Here are some spots where water can collect or where poor maintenance can cause problems.

- 

1
Pool cover that collects water; neglected swimming pool or child's wading pool
- 

2
Birdbath (change water weekly) and garden pond (stock with fish)
- 

3
Any toy, garden equipment, or container that can hold water
- 

4
Flat roof with standing water
- 

5
Clogged rain gutter (home and street)



- 

6
Trash and old tires; Drill drain holes in bottom of tire swings
- 

7
Tree rot hole, hollow stump, or rain puddle
- 

8
Missing, damaged, or improperly installed screens
- 

9
Uncovered boat or boat cover that collects water
- 

10
Leaky faucet or pet bowl (change water daily)

Graphic courtesy of South Carolina Department of Health & Environmental Control, www.scdhec.gov

IS YOUR CHILD SAFE?

What common product has a nationwide misuse rate of 72%? Cell phones? Maybe dental floss? Unfortunately, the answer is...CAR SEATS!

Every year San Luis Obispo County Injury Prevention experiences this phenomenon first hand. Funded annually since 2011 by a grant from the California Office of Traffic Safety, Injury Prevention has checked over 1,000 seats and distributed over 800 child safety seats to families in need. Here are 3 tips on how to install a child safety seat correctly.

- 1. Lock the retractor:** Make sure you fully extend the seat belt to put the retractor in the locking mode so that the seat will not move while the car is moving.
- 2. Have less than 1-inch of movement at the belt path:** Grab the seat at the belt path and give it a firm shake; if the seat moves more than 1-inch it is too loose.
- 3. The Pinch Test:** Pinch the straps on the harness to determine if they are too loose. If you can pinch fabric in between your fingers, it is too loose.

For more information on car seat safety, call 781-4494. Stay safe out there!



San Luis Obispo County Car Seat Technician demonstrating how to secure a child safety seat.

SAN LUIS OBISPO COUNTY REPORTED CASES OF SELECTED COMMUNICABLE DISEASES

DISEASE	YEAR 2015					YEAR 2016				
	Jan-Mar	Apr-Jun	Jul-Sep	Oct-Dec	Total Cases	Jan-Mar	Apr-Jun	Jul-Sep	Oct-Dec	Year to Date
AIDS/HIV	1 4	1 2	1 5	0 5	3 16	1 0	0 7			1 7
Campylobacteriosis	12	15	30	17	74	14	15			29
Chlamydial Infections	291	230	259	292	1072	291	255			546
Coccidioidomycosis	14	9	11	17	51	35	26			61
Cryptosporidiosis	0	1	3	1	5	4	0			4
E. Coli	5	3	4	0	12	2	1			3
Giardiasis	4	2	5	4	15	5	1			6
Gonorrhea	28	31	33	73	165	53	54			107
Hepatitis A	0	0	0	0	0	0	0			0
Hepatitis B (Chronic)	3	2	10	4	19	6	8			14
Hepatitis C (Community)	50	64	84	45	243	66	54			120
Hepatitis C (Correctional)	42	36	39	31	148	38	33			71
Lyme Disease	1	1	1	1	4	2	0			2
Measles (Rubeola)	0	0	0	0	0	0	0			0
Meningitis (Bacterial)	1	2	1	0	4	1	0			1
Meningitis (Viral)	4	4	5	9	22	4	3			7
MRSA	0	0	0	0	0	0	0			0
Pertussis	4	7	5	5	21	8	11			19
Rubella	0	0	0	0	0	0	0			0
Salmonellosis	11	13	13	8	45	7	7			14
Shigellosis	1	1	1	6	9	1	0			1
Syphilis (Primary/Secondary)	1	1	4	3	9	4	1			5
Tuberculosis	0	0	0	2	2	0	0			0

Case counts reflect those reported diseases that meet case definitions as established by the California Department of Public Health. Cases reported by health care providers that do not meet the case definitions are not included in case counts. All cases are for San Luis Obispo County residents only. Persons who do not list this county as their primary residence and are reported as having a communicable disease are reported in their primary county of residence. Case counts may change over time, as cases currently under investigation are resolved they are added to the totals. More information is available online at www.SLOpublichealth.org.



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Email us at SLOpublichealth@co.slo.ca.us to subscribe, unsubscribe, or send us your suggestions.

NEWER, FASTER, BETTER

The Public Health Laboratory performs clinical, environmental, food, and animal testing services for a variety of clients; however, the Laboratory is also responsible for performing specialized testing services and launching a fast response in the event of a public health emergency. In order to continue to meet those responsibilities and to improve every-day efficiencies, the Public Health Laboratory recently added three state-of-the-art testing systems.

The GeneXpert® is a benchtop robot that performs an automated DNA extraction and a molecular amplification test for *Mycobacterium tuberculosis* (TB) in just two hours. Before the GeneXpert®, one of our microbiologists had to spend five to six hours performing benchtop manipulations to get a result. Now the same microbiologist is performing other tests, while the GeneXpert® does the work.

The QIAcube® is a robotic machine that automatically extracts DNA or RNA from up to 12 specimens simultaneously, thereby freeing up skilled technicians to prepare the next step in the PCR process. Before the QIAcube®, a potential surge of pandemic influenza specimens could have exceeded the Laboratory's processing capacity.

The FilmArray® system performs molecular testing and processes the popular Respiratory Virus PCR Panel and the Gastrointestinal Pathogen PCR Panel. This new system reduced what was once a two-day process down to just one hour!

Laboratory Director, Dr. James Beebe, said that "because the Public Health Laboratory is on the front line when health risks emerge, our staff must be highly-experienced professionals and the equipment state-of-the-art."

For information about the Public Health Laboratory and our testing services, please visit www.SLOpublichealth.org/Lab or call 805-781-5507.



GeneXpert®



QIAcube®



FilmArray®