

**Jefferson County****Public Health**  
Prevent. Promote. Protect.

# Central Oregon Public Health Monthly Update

## January 26, 2024

### Let's fight food waste together!

Deschutes County Environmental Health is working to reduce food waste in our community. Reducing food waste protects the environment, helps people, and saves money! Food waste is responsible for more than 10% of greenhouse gas emissions—more than the whole aviation industry. We waste 2.8 billion tons of food annually, while 828 million people go hungry every day. And wasting food costs us \$1.2 trillion dollars each year.

The **Too Good To Go** app lets businesses reduce their food waste and earn back money on stock that would have been thrown away. It helps consumers find great deals on foods from their favorite bakeries, markets, and restaurants in a time when food costs are soaring. As an added bonus for businesses, 76% of customers who discover a store through **Too Good To Go** will often return as full-paying customers.

**How it works:** Businesses list surplus food on the app. Users pick it up!

**What it costs:** Signing up for the app is **free** for users and businesses. Once businesses start selling the surplus food, there is an annual fee and small per bag commission.

**Get involved:** Other parts of Oregon have high levels of participation in the **Too Good To Go app**, but it hasn't taken hold in Central Oregon yet. Join today, sign up for a Surprise Bag, and encourage your favorite businesses to sign up, too!

**Who uses Too Good To Go?**

65,991 bakeries across 17 countries sell their surplus food to new, local customers.

86.6 million people use the app.

90% of surplus food is sold within 5 hours.

50 million meals have been saved by restaurants.

11,604 active businesses are on the platform.

**Too Good To Go** is the world's largest app marketplace for surplus food.

## Opioid Overdose Prevention

Oregon, like the rest of the country, is seeing an increase in opioid misuse, overdose, and fatalities. While progress has been made in reducing misuse and overdoses linked to prescription opioids, there has been a rise in fentanyl-related overdoses and overdoses from non-opioid drugs (like methamphetamine) which are often combined with opioids. Almost half of opioid-related deaths in Oregon involve multiple drugs and/or alcohol.

The good news is there are things we can do as individuals, families, and as a community to **prevent** and **respond** to overdoses in order to save lives.

In Deschutes County in 2022, more than 100 lives were saved by people who administered naloxone (Narcan) to someone experiencing an overdose. 97% of those bystanders (including friends, family members and strangers) provided either rescue breathing or CPR as part of their response to an overdose.

Visit [Deschutes.org/StopOverdose](https://Deschutes.org/StopOverdose) to learn more.

**Recognizing and responding to an overdose can save a life.** Here are some signs and symptoms of an overdose to look for:

- Small, constricted “pinpoint” pupils
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin, especially in lips and nails

**Get Free Naloxone/Narcan:** Naloxone is a life-saving medication that can reverse an overdose from opioids—including heroin, fentanyl, and prescription opioid medications—when given in time. Naloxone is easy to use and small to carry.

- [Visit a pharmacy that carries naloxone:](#) Nasal Narcan is now available over the counter at many pharmacies
- **Attend an event in Deschutes County through the Harm Reduction Program:** FREE Narcan is available to those at high risk for

having or witnessing an overdose. To access, please attend one of the events listed [here](#).

**Get Support:** If you or someone you care about is struggling with drug or alcohol use, here are some resources that can help:

- Drug and Alcohol Helpline: (800) 923-4357 or Text: 'Recovery Now' to 839863.
- **Crisis Services:** Contact the crisis line by dialing 988 or (541)322-7500 x9 or calling (800) 875-7364 (toll free). The Stabilization Center at 63311 NE Jamison Street Bend, OR 97703 is a walk-in location open 24 hours a day, 7 days a week.
- Youth Crisis line: (877) 968-8491 Text: 'teen2teen' to 839863.
- **Mental Health Care Services:** (541) 322-7500 to schedule an initial appointment with the Access Team to access counseling, substance use treatment, peer support services, and more.

## School Exclusions

An important deadline is coming up on February 21 for families in Oregon with children in school or childcare. Oregon State law requires all children in public and private schools, preschools, Head Start programs, and certified childcare facilities to have up to date documentation (or exemptions) for certain vaccines that help prevent many serious illnesses. The vaccine type, number of doses, and dose scheduling depends on the child's age and time between vaccinations.

The importance of vaccinations is playing out in real time in our neighboring state of Washington, where there have been three lab-confirmed cases and three epidemiologically linked cases of measles amongst unvaccinated adults, one of a few outbreaks we've seen in the US in the past year. Health experts have determined that "**lagging vaccination rates**" are likely the cause. Though most people recover from a measles infection, it can lead to serious complications such as hearing loss, pneumonia, encephalitis and even death, and is highly contagious. Those most susceptible to measles infection include children, unvaccinated and at-risk individuals.

Oregon Health Authority (OHA) **publishes** vaccination rates by county annually after Exclusion Day; the most recent data from February of 2023 shows that up-to-date vaccination rates of Deschutes County's younger than school age (19 months – 5 years) and school age (Kindergarten – 12th grade) children are behind vaccination rates in both Crook and Jefferson counties.

Parents whose children are not current on their required immunizations should have already or will soon receive a mailed letter with information

on the specific immunizations their child is missing. Failure to meet the Oregon state requirements by the Feb. 21 deadline will result in students being excluded from school until their immunizations are up to date. Those seeking immunizations for their children should contact their health care provider, their local School Based Health Center, or their local public health department to schedule an appointment. Pharmacies may be an option for children 7 years and older.

### **School Based Health Center Information**

Children from birth to 18 years can be seen, and services will not be denied for insurance coverage or ability to pay. Those living in Jefferson and Crook Counties and the cities of Bend, Redmond, and Sisters can schedule School Based Health Center appointments in their area by calling (541) 383-3005; residents of La Pine should call (541) 536-0400 to make an appointment at the La Pine School Based Health Center.

For more information on Oregon's immunization requirements for each grade, please visit Oregon Health Authority's [Required Shots for School and Children's Facilities webpage](#).

For questions regarding immunization requirements for school, please call the Deschutes County School Law Information line at: (541) 322-7451.

## **National Radon Action Month Follow Up**

The state of Oregon is offering a way to test your home for radon gas! A limited number of Radon Test Kits are available for some locations in the state by request from the Oregon Environmental Public Health Program. See if your zip code is eligible [here](#). Individuals requesting the radon test kit should email [radon.program@odhsoha.oregon.gov](mailto:radon.program@odhsoha.oregon.gov) with the following information:

*First and Last Name:*

*Email Address:*

*Home Address:*

*Mailing Address (if different from home):*

The State of Oregon Radon Program Coordinator will receive the email and send the information to AirChek (which provides the test kits). AirChek will then mail the test kit to the mailing address provided. The person performing the test will deploy it following the included instructions, send it back to AirChek using pre-paid postage and will receive their results in 2-3 weeks.

**Video:** <https://youtu.be/7kczfD-yLul>

Read more about the Radon risk level in Oregon [here](#).

## New North County Campus Opens in Redmond

On Friday, Jan. 12, Deschutes County opened its new North County campus in Redmond. The campus, which is located at 236 and 244 Kingwood, houses a variety of Deschutes County services, including Behavioral Health, Public Health and Veterans' Services. County services will be offered alongside co-located primary care services provided by Mosaic Community Health.

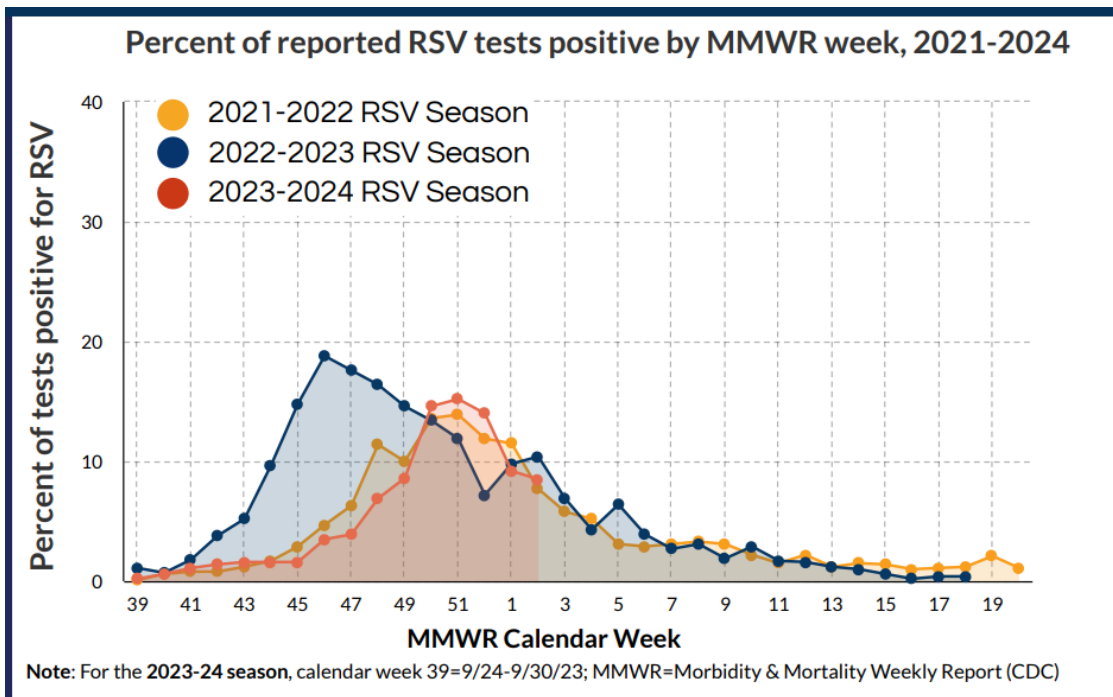
Community partners and County staff gathered for a grand opening ceremony to celebrate the opening of the new campus and offer public tours.

The County's decision to invest in a new North County campus came as a direct response to the growing population and needs of the Redmond and surrounding community. It also provides much needed space for many Health Services programs that were outgrowing the space they previously occupied.

We would like to extend our heartfelt thanks to everyone who helped get the campus up and running.

## Central Oregon Respiratory Surveillance Reports

Over the last month, overall respiratory illness indicators show that illness is increasing.



**RSV is following a pattern consistent** with previous seasons, exhibiting declines in the percentage of positive tests and lower numbers of hospitalizations compared to both flu and Covid-19.

**Flu indicators show slight declines** from previous weeks but may increase into February when flu typically peaks in Central Oregon. This pattern was disrupted by Covid-19 mitigation and behavior change in the past several years.

**Covid-19 remains** the leading respiratory illness causing people to seek emergency care locally. The percent positive tests are increasing since mid-December, but still well below peaks seen in previous seasons.

### Public Health Resources:

- Central Oregon public health web resources:
  - [Crook County](#)
  - [Deschutes County](#)
  - [Jefferson County](#)

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