

1/9/13



American Public Health Association
800 I Street, NW • Washington, DC 20001-3710
(202) 777-APHA • Fax: (202) 777-2534
comments@apha.org • <http://www.apha.org>

10 Essential Public Health Services

The ten essential public health services provide the framework for the NPHPSP. Because the strength of a public health system rests on its capacity to effectively deliver the ten Essential Public Health Services, the NPHPSP instruments health systems assess how well they perform the following:

1. **Monitor** health status to identify community health problems.
2. **Diagnose and investigate** health problems and health hazards in the community.
3. **Inform, educate, and empower** people about health issues.
4. **Mobilize** community partnerships to identify and solve health problems.
5. **Develop policies and plans** that support individual and community health efforts.
6. **Enforce** laws and regulations that protect health and ensure safety.
7. **Link** people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. **Assure** a competent public health and personal healthcare workforce.
9. **Evaluate** effectiveness, accessibility, and quality of personal and population-based health services.
10. **Research** for new insights and innovative solutions to health problems.

Related Links

2013 © American Public Health Association

1/9/13

Tri-County Environmental Health Consortium

Food for Thought

January is National Radon Action Month

Special points of Interest:

- Wisconsin Dept of Health Services
Food Safety & Recreational Licensing
<http://dhs.wisconsin.gov/fsrl/index.htm>
Phone: 608-266-2835
- WI Dept of Agriculture, Trade & Consumer Protection
Div of Food Safety
<http://datcp.state.wi.us/core/food/food.jsp>
- Tri-County Environmental Health
Phone: 920-787-6590
- WI Restaurant Assoc.
www.wirestaurant.org
Phone: 608-270-9950
- Tavern League of WI
www.tlw.org/
Phone: 608-270-8591

Free Test Kits at Local Health Departments

Radon is the second leading cause of lung cancer in the US and the leading cause among non-smokers. You can't see, smell, or taste radon, but it may be a problem in your home and only smoking causes more lung cancer deaths every year. About 2,900 of these deaths occur among people who have never smoked. If you smoke and your home has high radon levels, your risk of lung cancer greatly increases.

Radon comes from the natural radioactive breakdown of uranium in soil, rock, and water and gets into the air you breathe. It can

accumulate to high levels in any type of building. But you and your family are likely to get your greatest exposure at home, because that's where you spend most of your time.

Testing is the only way to know if you and your family are at risk from radon. It is recommended that you test in the lowest lived-in level of your home. Winter is the best time to test, because your windows and doors are typically closed. Testing is inexpensive and easy – it should only take a few minutes of your time. Free test kits are available year round at your local health department if you are a resident of Portage,

Waushara, Green Lake, or Marquette Counties. Kits are also available at most hardware stores for around \$20. Protect your family and test your home.

There are simple ways to fix a radon problem that are not costly. Even very high levels of radon can be reduced to acceptable levels. For more information regarding radon or testing, call the Radon Information Center in Waushara County at 920-787-6590 or your local health department. You may also visit the Wisconsin Radon Information site at www.lowradon.org.

Recalls in Food Retail

Periodically, on the news, we hear about products that have been listed as recalled. This could be for various reasons including possible contamination, malfunctioning processing equipment, missed ingredients on the label or even issues during transport. While these occurrences are quite rare for any given company, it can pay to have a plan in place.

If your facility

sells foods wholesale, here are a few recommendations that could make a potential recall process easier. Keep track of your contacts. This can include those who you sell bulk product to, WI Dept. of Ag, WI DHS, and your health inspector. Have a list of their preferred methods of contact and update it regularly. If there is an occurrence, having a statement prepared will allow you to focus on other details.

It is beneficial to have identifiable lots with defined parameters, for example, between cleanings, and keep records of those lots. The smaller the lot size the better, since it is preferable to recall fewer items. Depending on the nature of the recall, it may also be important to keep track of where left over product goes, ie. farm feed, donations etc.

Even though recalls don't happen often, implementing these few steps will ensure you are prepared.

Inside this Issue:

- Restaurant Energy Conservation 2
- Public Health and Social Media 2
- Temporary Food Stands 3
- Food Allergens 3
- Proposed Wisconsin Food Code Changes 4

Restaurant Energy Conservation

Food facilities require a great deal of power to operate, typically more than any other commercial building. Being aware of energy usage will give owners the knowledge to help save money on utility bills. There are multiple tactics that can be employed to reduce energy consumption. Frequent cleaning of condenser coils on refrigeration units will allow these appliances to work more effectively and use less power. Checking seals and gaskets on refrigerator and freezer doors will also help to cut down on energy usage. Leaky equipment means lost energy, which means higher bills. Energy Star® qualified appliances use about 30% less energy than standard models. Improved insulation along with high efficiency motors and condensers allow

these units to function at peak performance. Composting foods can be a good way to reduce waste. Recycling has always been recognized as a way to lessen your carbon foot print and saving aluminum cans will provide a little extra change for your pocket. Replace old light bulbs with compact fluorescent lights. CFLs produce light differently than tradition bulbs reducing energy and heat production. Remember lights in food preparation and storage areas always need to be shatter proof or properly shielded. Something as simple as turning down your thermostat every night while the building is not in use can greatly reduce energy costs. NEVER turn thermostats below 55° F. Using high effi-

ciency or low flow pre-wash spray nozzles is another way to reduce water consumption and is as easy as removing the old nozzle to attach the new one. Monitoring pressure gauges on dish machines will tell you if the machine is using excess water. Always check machine data plates to ensure they are running consistently with what the manufacture recommends. Thinking of replacing the television in the dining room or bar area? Energy Star® rated televisions cut electric usage between 20-40% depending on size and model. All of these methods can help to reduce energy costs in your facility. The EPA's Energy Star Portfolio Manager® allows users to track energy and water usage for individual or multiple building owners. More information and other energy saving tips can be found at <http://www.energystar.gov/>.

Public Health and Social Media

Foodborne outbreaks (FBOs) have been getting more and more media attention over the last couple years. Increased numbers of people getting ill from food products has led to investigations in processing plants, restaurants, and retail facilities. The CDC estimates that roughly 1 in 6 Americans (or 48 million people) get sick each year from a foodborne illness. In the past decade, multi-state outbreaks have also risen. Tainted peanut butter; sprouts and spinach contaminated with E. coli; and outbreaks of Norovirus have all gained nationwide media coverage in the past months. So what can be attributed to seem-

ingly increasing outbreaks? Food safety concepts are nothing new. Better surveillance, tracking and public awareness may be some explanations. Social media allows for us to transmit information with the press of a button. Many health departments have made inspection reports available online. Social media and restaurant review forums have given users the ability to review numerous facilities before making a choice of where to dine. The state of Ohio has initiated a surveillance program with multiple health departments to help them track foodborne outbreaks and illnesses. Sacramento County's

Environmental Health Unit in California has designed an app to enable users to review inspection reports from their smart phones. Quick response bar codes have been added to on-site inspection placards so one can scan the image with their phones and see reports. The National Outbreak Reporting System (NORS) created by the CDC is another interactive program that allows users to look at outbreaks ranging from 1998-2008. This program also includes the food implicated with the outbreak along with information about the source of contamination. All of these tools allow for public health officials to evaluate and develop strategies to help prevent FBOs.

Temporary Food Stands

The time to prepare for temporary food stands is quickly approaching, and the Health Department wants you to be prepared. Over the course of the last year a few changes have been made. Here is an overview of the adjustments made; to help the transition go smoothly.

In years past we have offered food safety classes for Special Organizations that are running temporary food stand operations. (This is not the same as the Certified Food Managers training obtained for a restaurant license.) This year we are opening this training opportunity to those who are operating for-profit food stands. Those taking advantage of this training opportunity

will also be offered a reduction in their temporary license fee.

The Temporary Food Stand Safety course will now be offered online as well. Read the informational packet, print off and fill out the test and mail into the Health Department for grading. Temporary Food Stand applications and the Food Safety Course can be found at: <http://www.wausharacountypublichealth.com/Food-Program.html>

Certificates will be awarded to those who attend the course, or pass the online test. These certificates will be valid for 5 years, and someone who has certification must be present at the stand during all hours of operation. In

order to receive the licensing discount, someone from the organization must complete the free training each year. We recommend that this be a different person each year to increase the number of trained helpers.

Restaurant owners holding temporary food events in their business's name will not be charged a temporary license fee, and are not required to attend the temporary food safety course. With that said, all temporary operations are required to fill out an application, as well as make provisions for hand-washing, proper food temps and sanitation. If inspected, a \$40 inspection fee will be due at that time.

The website listed above has a comprehensive explanation of the Temporary Food Program. If any questions arise, please contact the Health Department.

Food Allergens

Food allergies are a growing public health concern. More and more people seem to be developing allergies to certain foods. Milk, eggs, soy, wheat, shellfish, peanuts, fish and tree nuts are recognized as the eight major food allergens. Some of these allergies dissipate as people get older; however, research has shown that currently it takes longer to develop tolerance than it did in the past. Proteins in food are the cause of allergies. The body does not recognize these proteins and activates the immune system to fight them off. After the first incident of exposure the immune system is weakened and subsequent exposures are more severe. Anaphylaxis is the whole body reaction to a chemical. Symptoms can develop within seconds to a couple of minutes and include: difficulty breathing, abdominal pain, swelling of the face, coughing, itchiness, and reddening of the skin. Anaphylaxis is an emergency condition that requires immediate medical attention. Allergic reactions generally take place when an individual ingests a food product and is unaware of the ingredients or cross contamination has

occurred. Always being knowledgeable of sub-ingredients in products is extremely important to prevent cross contamination of foods and to provide consumers with accurate ingredient information. Here are some common instances of food allergens. Many bakery items contain some form of milk. Slicers that are used for both meats and cheeses can also be a gateway for cross contamination of equipment. Peanut allergies account for the highest rates among children. Using separate scoops when dispensing different flavors of ice cream will prevent possible contamination from one flavor to another. Egg washes are commonly used to batter meats that will be deep fried and pastas usually contain some type of egg product. Flu vaccines are grown on egg embryos and can have trace amounts of egg proteins. Ask your doctor before receiving a flu shot if you or your child has an allergy to eggs. Wheat is the primary grain grown in the United States and is used in a variety of foods. Wheat allergies are often confused with celiac disease which is a digestive disorder relating to gluten. Most children will outgrow wheat

allergies, but celiac disease is a lifelong battle. Many companies offer gluten free products to help with this challenging diet. Soy is another major ingredient in foods, which is why having ingredient information available is important. Fish and shellfish allergies are ones that people generally cannot outgrow. Salad dressings sometime contain fish products. Asian foods often utilize fish and oyster sauces in their dishes. Some people's conditions can be so severe that even touching fish or inhaling steam from cooking can cause a reaction. Tree nuts are not the same as peanuts although many of these products are manufactured in the same processing facility. Walnuts, almonds, hazelnuts, cashews, and pistachios are some types that fall into this family. Tree nuts are the most common cause of fatal and near fatal incidents. Keeping separate utensils for different tasks and thoroughly washing them in between uses can help prevent cross contamination of foods. Proper storage and separation of foods will also help prevent cross contamination. More hidden sources of food allergens can be found at http://www.ciaprochef.com/foodallergies/sources_of_trouble.html.

Proposed Wisconsin Food Code Changes

The State of Wisconsin is currently operating under the US Food and Drug Administration's 2005 Food Code. The State is in the process of adopting most of the FDA's 2009 Food Code. Tri-County introduced this topic in the last newsletter, and the adoption process is still on-going. We now anticipate that adoption will be complete by July, 2013. We will notify licensed facilities when this occurs. Important changes proposed for the new Wisconsin Food Code include:

Chapter 1 – Definitions

- The term Potentially Hazardous Foods (PHF) will be replaced with Time/Temperature Control for Safety (TCS) Foods.
- Cut leafy greens and cut fresh tomatoes will be considered TCS foods that will require a 7-day datemark and cold holding at or below 41 degrees F. To clarify "cut leafy greens": spinach and leaf lettuce with cut stems will require time/temperature control, but if they are attached to a stalk, they will not. Cut leafy greens do not include herbs, i.e., cilantro or parsley.
- The term Critical violations will be replaced with Priority and Priority Foundation items. A Priority item is an action or procedure that prevents, eliminates or reduces hazards that cause food borne illnesses (i.e. proper hand washing). A Priority Foundation item is a provision that supports the compliance of Priority items (i.e. properly stocked hand washing sink).

Chapter 2 – Management and Personnel

- The Person in Charge must ensure that all employees are properly trained in food allergy awareness. The food allergens employees must know are: milk, eggs, fin-fish, shellfish, tree nuts, wheat, peanuts and soybeans.
- Norovirus will be added to the list of diagnosed food borne illnesses in which an employee must not be allowed to come to work.
- Prewash sinks in new or extensively remodeled establishments and those establishments with a change of ownership will no longer be allowed to be used as a hand washing sink.

Chapter 3 – Food

- Frozen, commercially processed and

packaged raw animal foods can be stored in a freezer with frozen Ready to Eat (RTE) food.

- The process of non-continuous cooking of raw animal foods will be allowed but will require a written approved plan by the regulatory agency.
- Children's menu items that contain ground meats cannot be served in a raw or undercooked form.
- New date marking exemptions. Commercially prepared deli salads (e.g. chicken, pasta or potato salads), cultured dairy products (e.g. yogurt, sour cream or buttermilk) and preserved fish products (e.g. pickled herring, dry or salted cod, and other acidified fish products) no longer have to be discarded within 7 days after opening.
- Mechanically tenderized meat will be added to the list of foods that must be cooked to an internal temperature of 155 degrees F. Mechanically tenderized means manipulated with blades, pins, needles or other mechanical penetrations. Mechanically tenderized does not include injecting with a solution.
- Packaging food using a reduced oxygen packaging (ROP) method will be allowed with an approved variance. Contact your local sanitarian if you are interested in using ROP.
- Fish eggs that have been removed from the skein and rinsed will be exempt from freezing for parasite destruction.

Chapter 4—Equipment, Utensils and Linens

- Rinsing equipment and utensils after sanitizing will be allowed, but only when specific parameters are met.

Chapter 5 – Water, Plumbing and Waste

- Toilets and urinals may no longer be used as a "mop sink" in a restaurant. The cleaning of mops and disposal of mop water must be done in a separate service sink or curbed facility equipped with a drain.

Chapter 6 – Physical Facilities

- A hand drying device that employs an air-knife system delivering high velocity, pressurized air at ambient temperatures will be an acceptable way to dry hands.

- Insects, rodents and other pests shall be controlled to ELIMINATE their presence on premise. This is a change from "minimizing" the presence of pests on premise.

Chapter 7 – Poisonous or Toxic Materials

- Ozone will be approved as a way to sanitize fruits and vegetables and extend shelf life, as long as the unit is ANSI approved and it is applied in accordance with the manufacturers guidance and recommendations.

Cheese Curd Changes

- Wisconsin currently allows for the sale of unrefrigerated cheese curds on the day they are produced, as long as they are discarded at the end of the day. The proposed change extends the time to 24 hours from the time of production if both the date and time of production are labeled on each package.
- Cheese curds that are repackaged other than at the dairy plant where they are produced will require 7-day date marking.

Juice Processing Changes

- Prepackaged juice sold at a retail facility where it was processed must have a specific warning label indicating the product has not been pasteurized.
- If a retail facility is interested in processing and selling juice, contact your local sanitarian to discuss labeling and other requirements.

Tri-County Environmental Health Consortium

230 W. Park Street

PO Box 837

Wautoma, WI 54982

Phone: 920/787-6590

Fax: 920/787-6511

E-mail:

jaymes.parkstreet@co.waushara.wi.us

