



Fort Riley Public Health Department

Public Health Newsletter, September 2023

September is Suicide Awareness.

The second leading cause of death in the U.S. for those aged 10-34 is suicide.

In 2020, there was one suicide approximately every 11 minutes.

From the years 2006 to 2021, suicide was the second leading cause of death for U.S. Soldiers.

The Department of Public Health would like to take this opportunity to promote the **Suicide and Crisis Lifeline**; a free, confidential phone service for those in distress. The Lifeline network is made up of over 200 crisis centers staffed with counselors trained to listen, provide support, and connect to resources when appropriate. Call or text 988 to speak with a professional.



To learn more, visit <https://988lifeline.org/current-events/the-lifeline-and-988/>.

"We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness."

24 hours per day, 7 days a week, call or text 988.

servicios de texto y chat de 988 Lifeline ya están disponibles en español.

Contact Us:

Caldwell Clinic:

785-239-7323

Health Director:

785-239-7042

Group Practice Manager:

785-239-7344

Environmental Health:

785-239-7516

Industrial Hygiene:

785-239-4054

Occupational Health:

785-239-3592

Public Health Nursing:

785-239-9874

Army Wellness Center:

785-239-9355

WIC:

785-240-7571

Army Hearing Program:

785-239-3810

Staff Spotlight:



This month we will also like to recognize and welcome;
-Heather Myers , MAJ Tua, Carolyn Athorp, & CPT Coffeen



Health Observances for the month of Sept

- Suicide Prevention Month



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September is National Food Safety and Suicide Awareness!

Improperly cooked, stored, and contaminated food is a leading cause of illness not only in the United States but overseas as well. Here on Ft. Riley, eateries follow the strict guidance of the Tri-Service Food Code. The Department of Public Health's Environmental Health team inspects each eatery on Fort Riley. The type of facility and the population served determine the frequency of inspection. All DFACs are inspected monthly, whereas most of the AAFES restaurants are inspected every three months on an unannounced basis. Off post establishments are inspected annually. Environmental health also teaches ServSafe Managers training and provides food handlers cards to groups wishing to prepare and serve food on Ft. Riley. When it comes to food, most safety precautions are common sense. In order to best prevent foodborne illness the following time and temperature controls should be followed (whether cooking for yourself or others).

Food	Minimum Temperature and Holding temp at the specified temperature
<ul style="list-style-type: none"> Cooked Fruits and Vegetables 	135°F (57°C); 15 Seconds
<ul style="list-style-type: none"> Raw Eggs (prepared for immediate service) Commercially Raised Game Animals and Exotic Species of Game Animals Fish, Pork cutlets/chops, and Meat not otherwise specified in this chart 	145°F (63°C); 15 Seconds
<ul style="list-style-type: none"> Pork Roast 	145°F (63°C); 4 Minutes
<ul style="list-style-type: none"> Raw Eggs (not prepared for immediate service e.g., scrambled bulk, quiche, pre-cracked or "pooled") Comminuted Commercially Raised Game Animals and Exotic Species of Game Animals Comminuted Fish and Meats Injected Meats 	158°F (70°C); <1 Second, or 155°F (68°C); 15 Seconds, or 150°F (66°C); 1 Minute, or 145°F (63°C); 3 minutes
<ul style="list-style-type: none"> Poultry Baluts Stuffed Fish; Stuffed Meat Stuffed Pasta Stuffed Poultry Stuffed Ratites Stuffing Containing Fish, Meat, Poultry, or Ratites Wild Game Animals 	165°F (74°C); 15 Seconds
Food Cooked in a Microwave oven	165°F (74°C); Hold for 2 minutes after removing from microwave oven

*Tri-Service Food Code Table F-1 Summarized from TSFC 3-401.11

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To serve/cook food for your local SFRG or community events you must have, at a minimum, food handlers training. The training is found at the following website, follow the directions and email or bring your completion certificate to public health to receive a food handler's card which is good for one year. <https://irwin.tricare.mil/Health-Services/Preventive-Care/Public-Health/Environmental-Health>

Staff Spotlight:

This month we recognize this hard working behind the scene team of Environmental Health! This team has had numerous staff changes, learning curves, mandatory classes and whatever else is thrown their way, they have continued to stay the mission!! We see you team!!! Congratulations CPT Nuessle, SPC Delorme, Doug Kneisl and Robert Omann.

Health Observances for the month of Sept

- Suicide Prevention Month

Located in the Caldwell Clinic Building
7665 Normandy Drive