

Local

Voluntary sports physicals program expands at EOMA

• **BAKER RANKS 30 OUT OF 33 COUNTIES IN OREGON FOR HEALTH AND LIFESPAN**

BY DAVID CONN
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Changes are needed in the traditional “sports physicals” program for adolescents.

That was the contention of a group of volunteer health care providers who met Tuesday afternoon in Baker City to discuss an expanded “sports physicals” program designed to address all health care needs of adolescents in the community.

The narrow focus of traditional health care exams, intended to evaluate athletes for sports participation, does not address many of the health issues that research shows are very important, according to Dr. William Irvine, MD.

“There are many medical conditions and at-risk behaviors that can have a dramatic effect on a teen’s future,” Dr. Irvine said, “such as depression and suicide, development of an addiction, or an unplanned pregnancy.”

Therefore, this year’s health care volunteers will expand “sports physicals” into a more comprehensive adolescent visit to include such topics as general physical health, mental health, substance abuse and dental health.

Dr. Irvine emphasized that examinations are not limited to athletes, but available to all students entering the 7th, 9th and 11th grades. There is no charge for the exams. “Our primary goal for these exams is to provide better comprehensive health care for adolescents in our community,” he said.

Here is what an adolescent can expect during the comprehensive visit. The visit will be station-based, meaning that the student will move from one provider station to the next. Physical health: a discussion regarding body weight, exercise, diet and a thorough musculoskeletal exam.

Immunizations: a review of each student’s immunization history and recommended vaccines.

Medical health: a discussion regarding the student’s medical history, violence and injury prevention, oral health, and a thorough medical examination.

Mental and behavioral health: screening for depression, anxiety and substance abuse including drugs, tobacco and alcohol. There is no formal sexual health included in this year’s visit. “Hopefully sexual health will be something we’ll do a better job of addressing next year,” Dr. Irvine said.

Students who participate in the exam will also be evaluated for participation in sports activities.

This is a voluntary program. Parents or guardians may bring their student to

the comprehensive visits, but they are under no obligation to do so.

The comprehensive adolescent visits will be offered from 5 to 7 p.m. On: August 3rd for 7th graders, girls starting at 5 p.m., boys starting at 6 p.m.; August 4rd for 9th graders, girls starting at 5 p.m., boys starting at 6 p.m.; and August 5rd for 11th graders, girls starting at 5 p.m., boys starting at 6 p.m.

The visits will be provided at the offices of St. Luke’s Eastern Oregon Medical Associates, 3950 17th St., Baker City, Oregon. For more information call 541-523-1001.

The various health care providers decided to make changes to “sports physicals” because important health issues are not being addressed, said Dr. Irvine. “Overall health in Baker County is not good.”

According to Oregon Health Authority, overall health in Baker County was ranked 30th out of 33 counties in the state based on health and life span.

Baker County has one of the highest rates of smoking for adults in the entire state, said Dr. Irvine, and the county has the highest rate of smoking among pregnant women.

As for alcohol abuse, Baker County is above the state average for heavy use of alcohol, and the rate of binge use of alcohol among women is twice the state average. “Significantly,” Dr. Irvine said, “more people die in Baker County from alcohol-related illness



Photo Courtesy of St. Luke’s.

Dr. William Irvine, MD says the overall health in Baker County is not good.

than the state average.”

According to the Oregon Health Authority, 21 percent of 8th graders and 34 percent of 11th graders drank alcohol in the last 30 days.

The suicide rate in Baker County is higher than the state average. A person in Baker County is almost twice as likely to die from suicide, according to Oregon Health Authority.

In 2013, Baker County was ranked 6th in the pregnancy rate for 18-19 year olds, 5th for 15-19 year olds and 3rd for 15-17 year olds. Baker County’s tobacco use rate among pregnant women is 6th out of 36 counties.

“These health issues start in adolescence,” Dr Irvine said. “This is the best time to intervene early. That’s why providers in our community aren’t comfortable just doing the minimum sports physical any longer.”

Biker dies on way to local Hells Canyon Motorcycle Rally

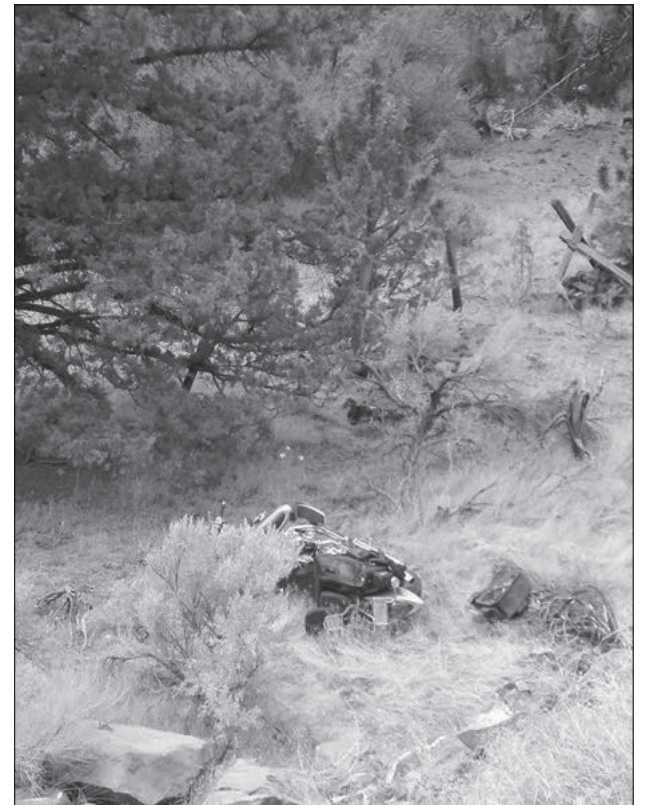


Photo Courtesy of OSP.

Evidence of a crash was minimal at the scene of the accident.

On July 9, 2015 at around 10:00 p.m., Grant County 911 and the Oregon State Police received the report of an overdue/missing motorcyclist that had been traveling from Bend to Baker City. Law enforcement personnel conducted area checks on HWY 26 but were unsuccessful in locating the motorcyclist during the night.

According to Sergeant Tom Hutchison, on July 10, 2015 around 9:00 a.m., an OSP Trooper on patrol located the missing motorcyclist deceased on HWY 26 near milepost 93 in Wheeler County.

Preliminary information is that a 2007 Yamaha motorcycle operated by Michael C. Denmark, age 64, of Bend was traveling eastbound on HWY 26, when for unknown reasons left the roadway. The motorcycle traveled a short distance on the gravel shoulder before dropping off a steep embankment and coming to rest at the bottom. The location Denmark was found was not easily seen by passing motorists and evidence of the crash was minimal.

All survive head-on collision on Hwy. 20 outside Vale

• **DRIVER DISTRACTED BY RADIO**

On July 13, 2015 at approximately 12:52 p.m., OSP Troopers responded to a head-on motor vehicle crash on US 20 at milepost 240 (six miles west of Vale).

According to Lieutenant Mark Duncan, preliminary information revealed that a 2005 Chrysler Sebring was traveling eastbound on HWY 20 near milepost 240 when the operator, a seventeen year old female, of Ontario, was distracted with her vehicle’s radio when entering sweeping curve.

The juvenile’s vehicle crossed into the oncoming lane and struck a 2013 Volkswagon Passat head-on.

The operator of the VW, Scott Henderson, age 56, of Waupin, WI and his passenger, Faye Henderson, age 54, of Waupin, WI were injured and transported to a local hospital for treatment.

The juvenile driver of the Chrysler was also taken to a local hospital for treatment.

Highway 20 was closed for about two hours during the investigation.

All parties are believed to be wearing their seatbelts.

OSP was assisted by



Photo Courtesy of OSP.

Miraculously, everyone involved in a head-on collision near Vale survived.

the Oregon Department of Transportation, Vale Ambulance, Treasure Valley

Paramedics, and the Vale Fire Department.

The investigation is still

continuing and more information will be released when it is available.

Special exhibit at Oregon Trail

A special exhibit at the National Historic Oregon Trail Interpretive Center examines the material culture - the “stuff” - that pioneers carried on their journeys west. “Cargo for a Continental Crossing” is open through Oct. 13 of this year, and helps visitors consider how we choose possessions and supplies for any of life’s journeys by looking closely at the pioneer Oregon Trail experience.

Western history fans and those with Oregon Trail pioneer ancestors will be especially interested in the variety of authentic artifacts from the trail era on display. Some are earlier versions of camping equipment still used today, showing the progression of technology. Other items are unfamiliar, but reflect the lifestyle and needs of a five month, slow moving journey in rustic conditions 170 years ago. The exhibit includes maps, images, text panels and activities to help visitors think about what we consider essential, and what material culture tells us about people and society.

The exhibit is in the Flagstaff Gallery within the Interpretive Center. Live presentations, films, and activities related to the exhibit are scheduled in the Leo Adler Theater. Located east of Baker City, Oregon. Take Exit 302 from I-84 onto Oregon Highway 86 and proceed five miles. The Center is open from 9 a.m. to 6 p.m. daily.

RANDOM ACTS OF KINDNESS

Each week The Baker County Press will include a list—all anonymous, of course—of the good deeds and random acts of kindness people from around the area have witnessed. To include something you’ve seen or experienced, email News@TheBakerCountyPress.com with “Random Acts

of Kindness” in the subject line. We’ll be sure to include your story.

• I watched a lady in a blue skirt run over and help up a little boy who’d tripped and fallen on the sidewalk. You could tell they didn’t know each other, but she helped anyway.