

County drops into low-risk category for COVID-19

The Columbia Press

Clatsop County will remain at “low-risk” for coronavirus until at least June 17, according to new state protocols.

There were 10 new COVID-19 cases during the two-week reporting period that ended June 5.

Under the low-risk designation, restaurants, gyms and theaters can operate at 50 percent capacity, and churches at 75 percent of capacity.

Restrictions imposed under the risk-level metric, as well as most requirements for masking and social distancing, will be lifted statewide once 70 percent of the population age 16 and over receives at least one dose of a COVID-19 vaccine, Gov. Kate Brown has vowed. Counties can stay under low-risk protocols once they’ve reached a vaccination rate of 65 percent.

As of Wednesday, Clatsop County had vaccinated 20,034 people, or 61.1 percent of the eligible population (ages 16 and older). To reach the goal of 65 percent, just 1,268 more people need to be vaccinated.

CALLING ALL TEENS

An online presentation targeting young people who may have questions about the vaccine can be viewed on Clatsop County’s Facebook page.

The presentation includes a discussion with Dr. Shimi Sharief of the Oregon Health Authority and provides information and answers about vaccination safety, efficacy and related topics.

200,000 CASES

The state has passed the 200,000 mark in confirmed and presumptive cases of COVID-19.

“This milestone is a grim reminder that, while case counts are decreasing statewide in large part due to vaccina-

tion, there remains a risk of COVID-19 in Oregon, especially for those who are not yet vaccinated,” Health Authority Director Patrick Allen said.

The most effective tool to end the pandemic is vaccinations, he said. While the people who are fully vaccinated are well protected, the pandemic is far from over.

Oregon residents 12 and older now are eligible to receive the vaccine.

VACCINE CLINICS

Seven vaccine clinics are scheduled in Clatsop County through July 1.

Saturday, June 12: 10 a.m. to 1 p.m. at Old Seaside High School, 1901 N. Holladay Drive. This is a second-dose Pfizer clinic for ages 12 to 17 and immediate family members only.

Tuesday, June 15: 5 to 7 p.m. at Old Seaside High School. Available are first and second doses of the Moderna vaccine for ages 18 and older.

Thursday, June 17: 5 to 7 p.m. at the Clatsop County Fairgrounds, 92937 Walluski Loop. Available are first and second doses of the Moderna vaccine for ages 18 and older.

Tuesday, June 22: 5 to 7 p.m. at Old Seaside High School. Available are first and second doses of the Moderna vaccine for ages 18 and older.

Thursday, June 24: 5 to 7 p.m. at Clatsop County Fairgrounds. Available are first and second doses of the Moderna vaccine for ages 18 and older.

Tuesday, June 29: 5 to 7 p.m. at Old Seaside High School. Available are first and second doses of the Moderna vaccine for ages 18 and older.

Thursday, July 1: 5 to 7 p.m. at Clatsop County Fairgrounds. Available are first and second doses of the Moderna vaccine for ages 18 and older.

Here’s to Your Health

by Arna Vanebo with Felicia Struve



Prediabetes is warning to start healthy habits

You know that moment when you’re driving and the traffic light turns yellow?

You’ve got two choices: Keep your foot on the gas pedal and risk disaster, or slow to a stop and enjoy the song on the radio.

Getting a diagnosis of prediabetes is like that.

If your blood sugar levels are high, but not high enough to be considered Type 2 diabetes, your doctor may tell you that you have prediabetes. When you hear that news, you have a choice. You can stay on a path that may lead to Type 2 diabetes, and all the potential complications that come with it. Or you can use the news as a catalyst for making healthy changes in your life.

Who’s at risk for prediabetes?

Prediabetes typically does not cause symptoms, so it might go undetected. You may want to talk to your health care provider about being tested if:

You’re overweight.

You’re at least 45 years old.

Your parent or sibling has Type 2 diabetes.

You are physically active fewer than three times a week.

You gave birth to a baby that weighed more than 9 pounds.

You had gestational diabetes (diabetes during pregnancy).

TURN IT AROUND

Building new healthy habits can drop your blood sugar levels to the normal range and significantly lower your risk of developing type 2 diabetes, heart disease and

stroke. And it’s easier than you might think.

According to the Centers for Disease Control, you can reduce your risk by losing 7 percent of your body weight through healthy eating and increasing your activity to at least 150 minutes a week.

Research shows that people with prediabetes can cut their risk of developing Type 2 diabetes by more than half by taking part in a structured lifestyle change program.

DIABETES

PREVENTION PROGRAM

Columbia Memorial Hospital’s new Diabetes Prevention Program starts July 14. The program is CDC-recognized and based on research. It is focused on healthy eating and physical activity.

You are eligible for this program if you:

Have been diagnosed with

prediabetes based on a blood test completed in the last year,

Are a woman and have been diagnosed with gestational diabetes during pregnancy, or

Have a positive screening for prediabetes based on the CDC Prediabetes Screening Test.

This lifestyle-change program will be offered online and in-person. The first year-long cohort won’t be billed for the classes, so this is a good time to take advantage of working to improve your overall health and well-being.

Please contact me with any questions at 503-338-7592.

Arna Vanebo is a registered dietitian at Columbia Memorial Hospital. Here’s to Your Health is brought to you by CMH.

Comments sought on local land trust

Public comments are sought on the North Coast Land Conservancy’s application for accreditation renewal.

The land trust accreditation program recognizes land conservation organizations that meet national quality standards for protecting im-

portant natural places and working lands forever.

To learn more or submit a comment, visit landtrustaccreditation.org or email comments to info@landtrustaccreditation.org.

Comments are due by July 2.

Special columns in The Columbia Press

Every week: Senior Moments with Emma Edwards

Week 1: Financial Focus with Adam Miller

Week 2: Here’s to Your Health from CMH

Week 3: Off the Shelf by Kelly Knudsen

Final week: Mayor’s Message by Henry Balensifer