

HEALTHY LIVING

AN ADVERTISING SUPPLEMENT PRODUCED BY
PENINSULA DAILY NEWS & SEQUIM GAZETTE

DEALING WITH PET WASTE THE RIGHT WAY

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... AND MORE

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HEALTHY LIVING

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on the cover

<< Louis the dachshund explores the mouth of the Elwha River, just west of Port Angeles. Learn what you need to know about your pup's poo before you head out on a trail. photo by Michael Dashiell.

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Articles & submissions

We're always on the lookout for article ideas to include in our quarterly *Healthy Living* publication. If you have an idea for a story, please let us know.

Professionals in their field are invited to contribute informative and educational articles or columns for consideration in *Healthy Living*.

Send articles, columns and photos (jpgs at 200 dpi minimum) to special sections editor Laura Foster at lfoster@peninsuladailynews.com.

We cannot guarantee publication due to space and content considerations. If your submission is accepted, we reserve the right to edit it.

Submitted articles are the opinions and beliefs of the contributing writer and in no way represent an endorsement by *Healthy Living*, *Peninsula Daily News* or *Sequim Gazette*.



Peninsula Home Fund has been an annual tradition for 30 years.

Through their donations, our readers give a helping hand to some of the most vulnerable members of our North Olympic Peninsula community.

Every penny of the funds we raise goes directly to aid infants, families and seniors through nonprofit OlyCAP — Olympic Community Action Programs — the No. 1 emergency care agency in Jefferson and Clallam counties.

Read the *Peninsula Daily News* for ongoing coverage on the people who get a 'hand up, not a handout' from the Home Fund.

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Contributions are fully IRS tax-deductible. 100 percent of your caring donation goes to Olympic Community Action Programs to help children, seniors and families in Clallam and Jefferson Counties. Written acknowledgment will be mailed to donors by Jan. 31, 2019. Questions? Call 360-417-3500.

DEALING WITH DOG WASTE

How to protect family, pets and environment

STORY AND PHOTO SUBMITTED BY WSU
JEFFERSON/CLALLAM COUNTY EXTENSION

People love dogs! They provide comfort, decrease stress and love to go for walks with you.

It's estimated there are 72 million dogs in the U.S.

Guess how much waste all of these pets produce?

Using a conservative estimate, more than 8 billion pounds a year.

That's a lot of poop.

According to the American Veterinary Medical Association, there are an estimated over 1.6 million dogs in Washington, and just over 1 million of them live in the Puget Sound area, which includes Clallam, Jefferson, Island, King, Kitsap, Mason, Pierce, San Juan, Skagit, Snohomish, Thurston and Whatcom counties.

Using a conservative estimate for the Puget Sound area, of a third of a pound of feces each day per dog, more than 183 tons of dog waste are generated daily.

That's an astounding 66,795 tons of waste per year just in the Puget Sound region.

Here in Clallam and Jefferson counties, our 23,744 dogs produce four tons of waste a day.

BACTERIA & VIRUSES

Aside from being smelly and unsightly, dog waste also can be a health hazard, containing disease-causing organisms and viruses that make people and pets sick.

A dog might not even look or act sick and still carry harmful bacteria or parasites.

Most human illnesses from pet waste are caused when tiny amounts of fecal matter accidentally reach the mouth.

Children and pets are especially at risk because they play on the ground and frequently put their hands or paws in their mouths.

Fecal material also can be accidentally swallowed while swimming in water that looks clean but is polluted, or by eating shellfish that has been contaminated by dog waste left on a beach or washed in with storm-water runoff.

Fresh dog droppings can contain harmful bacteria and parasites that are immediately infectious to people.

Freshly deposited dog droppings that



Above: Charlie pauses during a walk at Port Williams in Sequim. Be sure to always carry bags for when your dog needs to go No. 2.

Below: Part of Clallam County Code 23.03.070 states that "pet owners are responsible for cleaning up all pet waste from all park lands and beaches and placing it into an approved waste disposal container or otherwise removing it from park lands." photos by Leslie Wright

contain harmful bacteria and parasites, such as Salmonella, Campylobacter and Giardia cysts, are immediately infectious to people.

But you might be surprised to learn that older, dried-out or disintegrated dog waste is more likely to contain harmful parasite eggs.

That's because parasite eggs, if present in your dog's stool, often take up to two weeks to become infectious.

Once they hatch, they can remain the soil for months — and even years — posing a threat to your pets and children.

For example, hookworms take six to 12 days to become infectious and can survive up to three to four weeks in the environment.

Pet waste also can pollute our water.

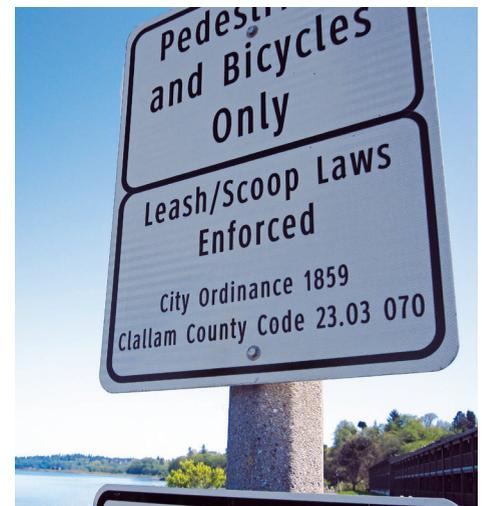
When it rains, storm water runoff transports pollutants, including pet waste from upland areas to local waterways.

Pet waste contains nutrients such as nitrogen and phosphorus, which act as fertilizer for algae and other plants growing in water.

Too much growth reduces oxygen levels in the water, as well as raises the acidity, harming fish and other aquatic life.

Bacteria and other pathogens can contaminate shellfish, which feed by filtering the water.

People who eat shellfish harvested from the area can become sick.



WASTE continued on Page 11 >>

Pet Waste Estimates for Puget Sound Counties

SCOOP IT, BAG IT, TRASH IT

But there's good news!
It's easy to prevent all these problems.

All you have to do is scoop the poop, bag it and put it in the trash.

Any sturdy plastic bag will do. Just be sure to scoop it right away, even in your own backyard. And always put in the trash. There isn't a dog poop fairy who will pick it up for you if you leave it behind.

It's especially important to pick up any waste on the beach or riverbanks, as well as near ditches or storm drains — anywhere that can get to water to prevent pollution.

Going for walk? Be sure to bring several bags. You can offer a bag to someone who forgot theirs or even consider picking up waste left behind by others and lead by example in taking care of our water, parks and natural areas.

You and your dog will be heros!

To learn more about handling pet waste, visit bit.ly/WSUpetwaste.

WSU County Extension programs connect the people and communities of Clallam and Jefferson counties with the knowledge base of Washington State University to promote quality of life and advance economic well-being through fostering inquiry, learning and the application of research.

County	Human population	Households	Dog Households	Number of dogs	Daily		Monthly		Annual	
					Waste – lbs	tons	Waste – lbs	tons	Waste – lbs	tons
Clallam	74,570	28,681	10,468	16,750	5,527	3	165,821	83	2,017,486	1009
Island	82,636	31,783	11,601	18,561	6,125	3	183,757	92	2,235,711	1118
Jefferson	31,139	11,977	4,371	6,994	2,308	1	69,244	35	842,463	421
King	2,149,970	826,912	301,823	482,916	159,362	80	4,780,872	2,390	58,167,273	29084
Kitsap	264,811	101,850	37,175	59,481	19,629	10	588,858	294	7,164,441	3582
Mason	62,198	23,922	8,732	13,971	4,610	2	138,309	69	1,682,762	841
Pierce	861,312	331,274	120,915	193,464	63,843	32	1,915,293	958	23,302,730	11651
San Juan	16,339	6,284	2,294	3,670	1,211	1	36,333	18	442,050	221
Skagit	123,681	47,570	17,363	27,781	9,168	5	275,028	138	3,346,180	1673
Snohomish	787,620	302,931	110,570	176,912	58,381	29	1,751,425	876	21,308,999	10654
Thurston	275,222	105,855	38,637	61,819	20,400	10	612,009	306	7,446,110	3723
Whatcom	216,800	83,385	30,435	48,697	16,070	8	482,096	241	5,865,507	2933
All Puget Sound	4,946,298	1,902,422	694,384	1,111,015	366,635	183	10,999,045	5,500	133,821,712	66911
Washington	7,288,000		1,023,123	1,636,997	540,209	270	16,206,270	8,103	197,176,289	98588
United States	323,127,513	124,279,813	45,362,132	72,579,411	23,951,206	11,976	718,536,165	359,268	8,742,190,008	4,371,095

Based on 0.33 lbs of waste per dog

Population estimates (July 1 2016) – U.S. Census Bureau – www.census.gov/quickfacts/

Dog ownership estimates – American Veterinary Medical Association – <https://www.avma.org/KB/Resources/Statistics/Pages/US-pet-ownership-calculator.aspx>

Compiled by WSU Jefferson County Extension

MORE TIPS FOR DEALING WITH DOG WASTE

Biodegradable bags are not necessary.

Once in the landfill the plastic may not ever decompose, even if it is biodegradable.

Prevent your dog from pooping near water or a storm drain or ditch.

If you can't, it's extra important to pick up any waste that can get to water.

Leave no trace.

If there is no trash can, take the bag home. Never leave bags by the side of the trail or toss them into the woods. This just creates two kinds of pollution: pet waste and plastic waste.

Bring an extra bag.

Offer a bag to someone who forgot theirs and consider picking up waste left behind by others. Lead by example in taking care of our parks and natural areas.



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