

# Chisago County Public Health 2007 Annual Report Summary

## County Board Presentation May 28, 2008

Protecting the health of the public is a fundamental governmental responsibility. The responsibility is put into action through local public health efforts to prevent, promote and protect the health of populations. This Annual Report Summary provides a snapshot of 2007 services provided in 6 areas of public health responsibility.

### I. Prevent the Spread of Infectious Disease

#### Immunization Activities

Chisago County Public Health Department offers immunizations in a variety of settings. Two clinics held each month are a collaborative effort with Fairview Lakes North Branch Clinic and Fairview Lakes Wyoming Clinic. Something new offered in 2007 were two all day “Getting Ready for School” shot clinics. These were held at the North Branch office with a total of 21 students attending.

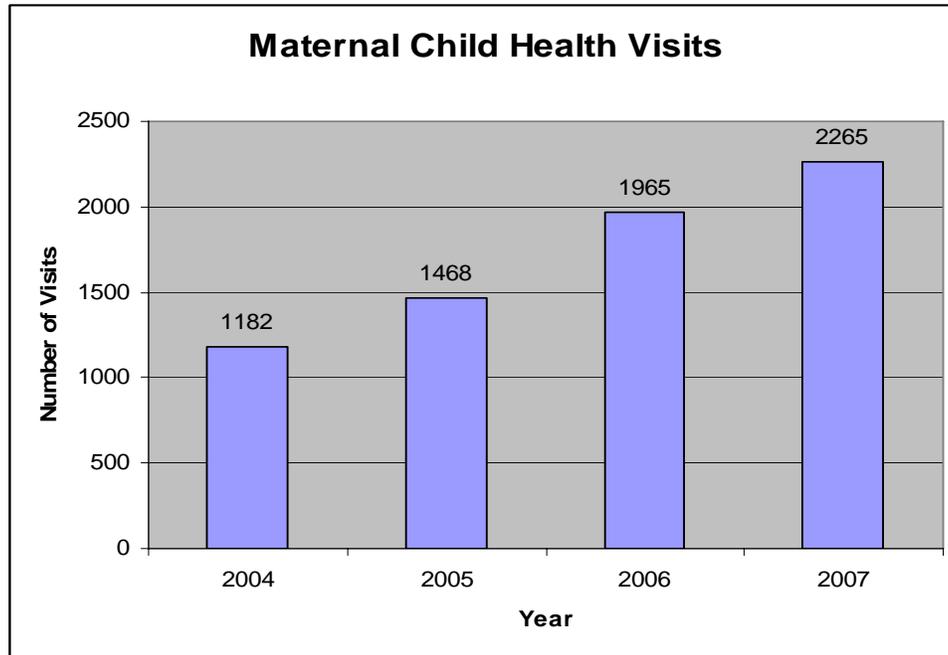
Influenza clinics were held at 20 different sites with a final count of **666 Flu shots** and **19 Pneumonia shots**.

#### Monthly Immunization Clinic Sites in 2007

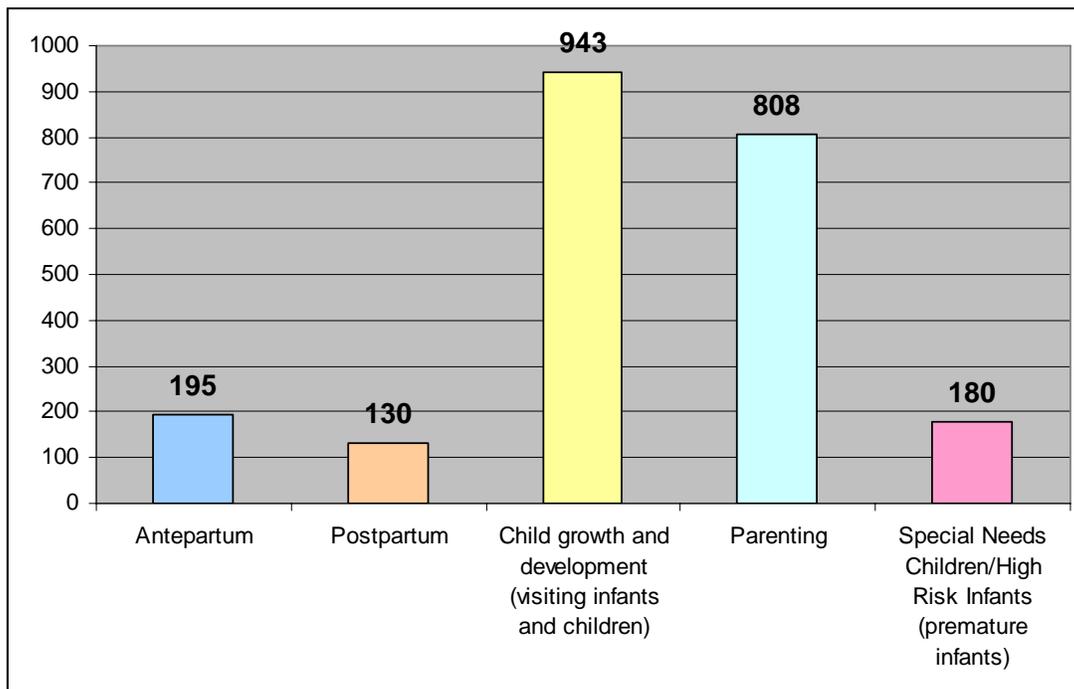
Location	# People Attended
North Branch	72
Wyoming	64
Center City WIC	13
Rush City WIC	21
Health Department Walk-ins	51
Unduplicated report of Number Served by Chisago County Public Health in 2007 Minnesota Immunization Information Connection	<b>316</b>

## II. Promote Healthy Communities and Healthy Behaviors

### MATERNAL CHILD HEALTH PROGRAM



Client visits increased 13 percent from 2006 to 2007. Parenting visits include assessment and evaluation and education about pregnancy, and information to promote effective parenting skills and healthy lifestyles. The child growth and development category includes visiting families to assess physical, cognitive, and motor development. The special needs children are those identified as being developmentally delayed and are considered high risk. These high risk infants and children have been identified by hospitals, clinics, schools, and Chisago County Public Health Programs such as Women, Infant, Child, Follow-Along, and Child and Teen Check-ups.



In 2007, the WIC Program served 1830 individuals, representing an increase of 200 individuals. Three quarters of WIC program participants are infants and children under age 5. The average monthly caseload was 940 participants. Participants receive nutrition education on a quarterly basis.

The value of WIC food voucher individuals received in December 2007 totaled \$57,775. The \$37,605 was redeemed at Chisago County Stores (which is \$6,000 more than December 2006). Tighter food budgets affect family's ability to prepare balanced meals that include more produce and low fat meats. Obesity prevention in children age 2-5 continues to be a focus. As of December 2007, approximately 10% of our children were overweight (BMI 85-95%). Many parents made positive changes in offering less juice and high fat milk and more water for thirst. Structured eating and family meals are encouraged to promote better eating habits and decreased eating or drinking on demand.

Successful breastfeeding continues to be a goal that can provide long-term health benefits. As of December 2007, 78% of women were breastfeeding after delivery. This is primarily due to a team effort with our MCH nurses who teach women how to breastfeed prenatally and provide early postpartum follow-up. We are working together to help women breastfeed longer.

### **Health Promotion/Health Education**

Promoting healthy lifestyles and behaviors was a key ingredient in 2007 events such as the Women's Health Conference, the Chisago County Fair, National Night Out, the Baby Expo and the Relay for Life. Over 300 women attended this year's Women's Health Conference. Education was provided to schools, local groups and businesses about such topics as methamphetamine, tobacco, chronic disease, nutrition and physical activity.

Public health staff chair the Meth Task Force Committee and Chisago County Tobacco Education Coalition. This year the Tobacco Education Coalition worked to support the legislative effort to pass the Freedom to Breathe Act which went into effect on October 1<sup>st</sup>.

One hundred and thirty nine people participated in "Change for Schools", an organized walk/run/bike event that promotes physical activity while raising funds for health promotion and wellness related initiatives. This annual event is an example of the partnerships as critical ingredients to promoting healthy lifestyles and behaviors. Change for Schools was a joint effort with Fairview Regional Health Services and the North Branch School District. Other school activities included 220 Rush City elementary students participating in hand washing education. Forty four people attended the Suicide Prevention lunch forum organized to educate and provide awareness to the community. Three hundred and four Chisago Lakes 10<sup>th</sup> graders participated in the depression screening that was sponsored by the Suicide Prevention Coalition. Chisago Lakes High School and Middle School educated 2030 students on the Yellow Ribbon Suicide Prevention program. Nine car seats were distributed through UCARE and 20 seats were provided through a car seat safety grant from the Minnesota Department of Public Safety. Sudden Infant Death Syndrome and Shaken Baby trainings were provided for 92 daycare and foster care providers. The health educators are the lead staff for the Employee Wellness Committee. This committee provides various activities throughout the year to promote healthy lifestyles such as the Lunch and Learn, Poker Walk and featured speakers.

The first annual Chisago Lakes Area Safety Camp took place in August for 70 area 3<sup>rd</sup> and 4<sup>th</sup> graders. The Safety Camp is another example of a successful partnership with Chisago Lakes Community Education, Chisago County Sheriff's Office, Lakes Area Police Department, Lakes Region EMS, Lindstrom Fire Department, Fairview Lakes Health Services, and St. Croix Regional Medical Center.

### III. Protect Against Environmental Health Hazards

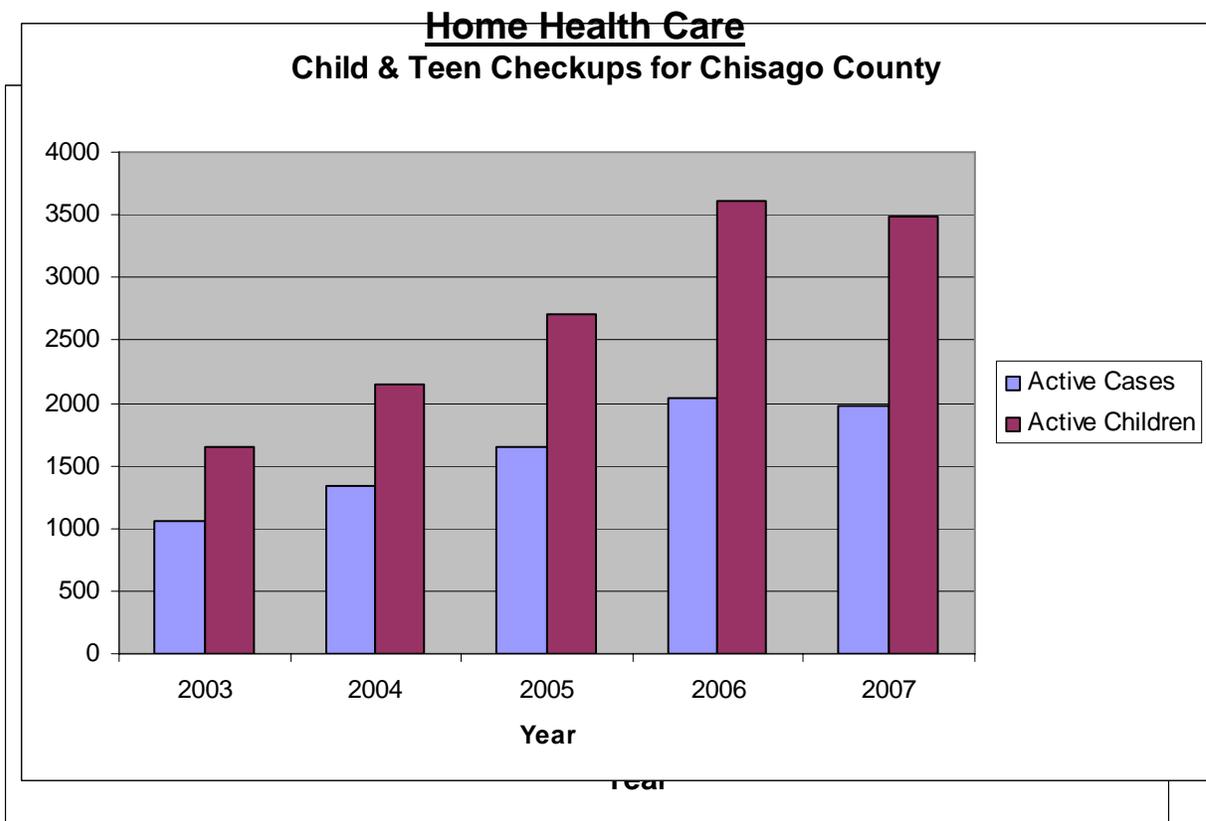
This is area of responsibility where the primary role of Public Health is to assure that aspects of the environment that pose risks to human health are addressed by the Environmental Services Department of Chisago County. Public Health provides community education and outreach efforts in the area of lead screening, radon testing, public health nuisance abatement, and air contamination due to second hand smoke.

### IV. Prepare for and Respond to Disasters and Assist Communities in Recovery

In 2007 several exercises were conducted to improve preparedness for disasters including an exercise designed to test the activation procedures and the use of the communications systems and equipment within the Emergency Operations Center. Another exercise was the Pandemic Influenza Table Top exercise which included participants outside the county. The purpose of the exercise was to determine essential personnel numbers and supplies and set priorities for distribution of the limited amount of prophylaxis and PPE. Public health also participated in discussion with regional partners in St. Cloud to help establish and discuss the protocols and systems about how to call for aid in the event of a disaster. With leadership from Public Health, the Chisago County Public Health Preparedness Advisory Board meets on a regular basis to develop and prepare for a wide array of disaster responses.

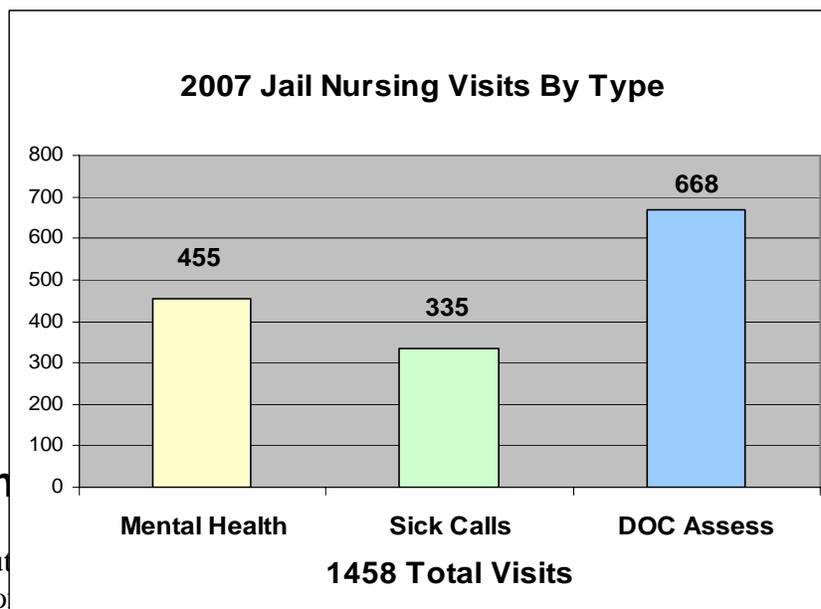
### V. Assure the Quality and Accessibility of Health Services

Child and Teen Checkups is a program that works to assure that families on Medical Assistance receive health care and well child checkups through their primary physician or Chisago County Public Health Clinics.



## Correctional Health

Public Health contracts with the Chisago County Sheriffs Department Jail Division to provide jail nursing services. All 2317 inmates booked in Chisago County Jail in 2007 were assessed by a nurse. In addition to assessment visits, mental health, sick calls and DOC assessments were completed. Sick calls were completed for a variety of medical conditions such as hypertension, diabetes, teeth, seizure disorders, antepartum, and muscle aches. Mental health visits were for signs and symptoms of mental illness. Department of Corrections (DOC) assess includes the number of nursing physicals completed as required by the department of corrections for inmates that stay longer than 14 days and or have a serious and persistent medical condition.



### VI. Assure an

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As required by statute each of the 6 areas of

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Health Commission to more accurately describe the role of the Commission in establishing local priorities, advocating for public health programs and services, and determining the mechanisms to address local public health priorities. An annual Planning Performance Measurement Reporting System (PPMRS) report for Chisago County was submitted including expenditures, staffing, and data reports for the 6 areas of Public Health Responsibility.

### **2007 Total Expenditures by Area of Public Health Responsibility**

Area of Responsibility	Total Expenditure
Assure an Adequate Infrastructure	\$313,464
Promote Healthy Communities and Behaviors	\$832,376
Prevent the Spread of Infectious Disease	\$49,783
Protect Against Environmental Health Hazards	\$120,120
Prepare for and Respond to Disasters	\$83,776

Assure Quality and Access of Health Services	\$1,305,956
TOTAL	\$2,705,475

Includes all funding sources: State General Funds, Federal Title V, Federal TANF, Medicaid, Medicare, Private Insurance, Local Tax, Client Fees, Other non client fees, Other State funds, Other Federal Funds