

SHERBURNE COUNTY PUBLIC HEALTH



Public Health
Prevent. Promote. Protect.

2010 ANNUAL REPORT



Sherburne County Public Health
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We are proud to present the 2010 annual report for the Sherburne County Public Health Department. It was a year of transition, as we thoughtfully helped plan the merging of Public Health and Social Services, with the goal of becoming one Health & Human Services Department in 2011. Public Health staff actively participated in planning and preparing for the restructuring by participating in various work groups and meetings. Though much time was spent on restructuring activities, due to the dedication of the Public Health staff, we were able to maintain the integrity of our programs and quality of services to the community. In keeping with our mission statement, we continued to “protect and promote the health of Sherburne County residents” by providing quality population-based services in a “cost effective and cost efficient manner”.

This report highlights a few of our activities and services provided based on the six essential areas of public health responsibility.

Assure an Adequate Local Public Health Infrastructure

This area of public health responsibility describes aspects of the public health infrastructure that are essential to a well-functioning public health system.- including assessment, planning, and policy activities that enhance the overall health of communities.

One of the most basic principles of public health is the focus on the health needs of populations. The overall mission is to promote, protect and maintain the health of the *community as a whole*. Public health’s historical role has been monitoring the health status of the population and promoting health policy through action and advocacy. This is critical when social, economic, environmental and physical determinants for health pose significant threats to population health. Responsibilities for health promotion and protection are shared with the Minnesota Department of Health as outlined in Minnesota Statute 145A. Local Public Health works in tandem with the Minnesota Department of Health to fulfill public health responsibilities. The system has proven over time to be an efficient and effective model of assessing community needs, designing appropriate program to meet local needs, and directing limited resources.



Promote Healthy Behaviors and Healthy Communities

This area of public health responsibility addresses the promotion of positive health behaviors and the prevention of adverse health behaviors - in all populations across the lifespan. It also includes activities that enhance the overall health of communities.

Family Health Services

Public Health provided services to a broad array of family health clients. Prenatal and postpartum appointments/visits included education related to a variety of topics to promote a healthy pregnancy, plan for labor and birth, infant care and feeding, emotional support, and referrals to community resources. Education and support was provided to parents related to health and wellness, age appropriate expectations and development of positive relationships with their children. Nursing interventions included assessment, health teaching, consultation, counseling, screening, service coordination, advocacy, referral and follow-up.



- 99 home appointments to 35 prenatal clients
- 74 home appointments to 51 postpartum clients
- 163 home appointments to 101 children with special health care needs
- 146 home appointments to 42 parenting clients
- 97 home appointments to 56 children for growth and development
- 341 telephone visits with clients (calls lasting 15 minutes or longer)

Follow Along Program

A developmental and social-emotional tracking program that helps parents know if their child is playing, talking, growing, moving, and acting like other children the same age and identifies children in need of early intervention.



- 674 children between the ages of 4 through 48 months were on the program
- 73% questionnaire return rate, with a pass rate of 90%
- 25 children were referred for early intervention assessment; 11 qualified for Early Childhood Special Education services

Child Passenger Safety (CPS) Program



- 200 car seats distributed
- 19 car seats were checked; 1 seat was replaced
- 180 car seats were checked in conjunction with the St. Cloud Area CPS collaborative; 1 seat replaced
- 8 classes conducted for 124 child care and foster care providers



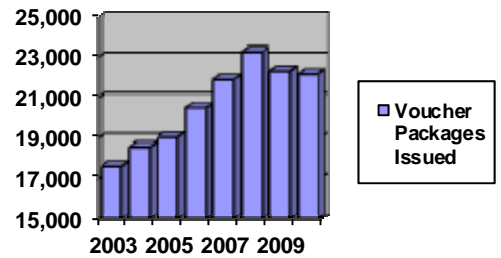
In the last five years (2005-2009) in Minnesota, only 42 percent of all 4-7 year olds involved in crashes were properly restrained in a child seat or booster seat. Poor seat belt fit can contribute to serious injury, ejection and death in traffic crashes. (MN Dept. of Public Safety Office of Traffic Safety)

WIC (Women, Infants and Children) Nutrition Program

For every \$1 invested in WIC services for pregnant women, there is a savings of \$1.92 to \$4.21 in medical assistance (MA) funds for a mother and her newborn.

(National Association of WIC Directors)

- 3,282 WIC participants served
- \$1,152,796.99 in vouchers were issued from Sherburne County WIC clinics
- \$1,176,564.78 in vouchers were redeemed at Sherburne County retailers



93.2% of respondents taking the WIC program survey rated the Sherburne County WIC Program as Excellent. "Great program and very friendly and helpful staff", comment from WIC participant.

Physical Activity and Nutrition

The Statewide Health Improvement Program (SHIP) strives to help Minnesotans live longer, better, healthier lives by preventing the chronic disease risk factors of physical inactivity, poor nutrition and tobacco use and exposure. SHIP operates across settings where people live, work, learn, play and receive health care. In Sherburne County the interventions worked on include:

- Implement policies and practices that create active schools by increasing opportunities for non-motorized transportation and access to school recreation facilities.
- Implement policies and practices that create active communities by increasing opportunities for non-motorized transportation and access to community recreation facilities.
- Implement policies and practices that support physical activity in licensed child care and pre-school settings.
- Implement policies and practices that support healthy eating in licensed child care and pre-school settings.
- Implement a comprehensive employee wellness initiative that provides health assessment with follow-up coaching; ongoing health education; and has policies and environment supports that promote healthy weight and healthy behaviors.
- Implement breastfeeding practices in maternity care that provides prenatal, birth and postpartum services.

Statewide Health Improvement Program

**Making the
HEALTHY Choice
the EASY Choice!**



"With sustained funding, SHIP could move as much as 10% of the adult population into a normal weight category and as much as 6% of the adult population into a non-smoking category by 2015. Reductions in risk factors could result in an estimated potential savings of \$1.9 billion, or 3.8% of projected health care spending without reform". (Minnesota Department of Health)

Alcohol, Tobacco and Other Drug Prevention and Control

- 109 alcohol compliance checks were conducted with 3 sales
- 80 tobacco compliance checks were conducted with 6 sales
- 1,150 letters were sent before prom and graduation to the parent/guardian of 12th grade students regarding alcohol. The letters are co-signed by the High School Principal, City Police Chief, County Sheriff, County Attorney and Public Health Official.
- As part of the SHIP grant project worked with Smoke Free Communities to implement voluntary smoke-free housing policies in multi-unit housing.

Child & Teen Checkup Outreach Program

6,682 children eligible for medical and dental outreach services

- 1,266 phone calls and 7,414 letters
- 22 assists with C&TC Screening
- 56 assists with referral follow-up
- 3 assists with dental
- 208 assists with other



Group Education

- 32 presentations conducted in the areas of preconception, STD/STI risk reduction improved pregnancy outcome and labor and birth with 754 participants
- 66 presentations conducted in the areas of general health promotion, injury prevention, nutrition, tobacco, adolescent health, and other health promotion topics with 1844 participants

Prevent the Spread of Infectious Disease

This area of responsibility focuses on infectious diseases that are spread person to person, not diseases that are initially transmitted through the environment, such as food, water, vectors and/or animals. It also includes public health department activities to detect acute and communicable diseases, assure the reporting of communicable diseases, prevent the transmission of disease (including immunizations), and implement control measures during communicable disease outbreaks.

Communicable Disease Follow-Up

- 208 home appointments to 13 clients related to Tuberculosis
- 3 cases of Perinatal Hepatitis B

Child Care Health Consultation

- 73 consultations were provided to 6 child care centers



Tattoo Licensing

- 6 tattoo establishments were inspected and licensed

The State enacted Minnesota Statute 146B which established a regulation system for technicians and establishments performing body art procedures. This Statute was more comprehensive than the existing Sherburne County Tattooing Ordinance so the recommendation to the County Board to revoke the local ORD-007 effective December 31, 2010 was approved.

Immunization

- 1610 immunizations were provided to 1223 people (15 adult immunization clinic, 223 Kids Clinic, 80 seasonal influenza through Kids Clinic and 905 H1N1)
- American Recovery Reinvestment Act (ARRA) immunization grant funds were an important step in addressing critical gaps in immunization services, capacity, and infrastructure. ARRA funded the following:
 - Tdap "cocooning" project: to provide Tdap vaccinations to adults surrounding newborn infants. Available for those un- and underinsured adults in the community (see ad below)
 - Post-secondary student project: to provide various vaccines (HPV, Hep B, MCV4 and/or influenza) to un-and underinsured adults that are enrolling/enrolled in post-secondary education
 - Purchase of a new vaccine storage unit (refrigerator)

Parents - Protect your baby from Pertussis (whooping cough)

Babies aren't born with protection against pertussis - it takes several doses of pertussis vaccine given over the first 1 ½ years of life for them to be protected.

Until your baby is protected by its own pertussis vaccinations, it's important to make sure that the people who spend time with the baby are vaccinated against pertussis.

Sherburne County Public Health
1-800-433-5237

Make sure the people close to your baby are vaccinated
(preferably before the baby is born or as soon as possible)

Who spends time with your baby?
Mom
Dad
Sisters
Brothers
Aunts
Uncles
Cousins
Grandparents
Babysitters
Family friends
Childcare Providers

Check with your Doctor or Public Health about pertussis vaccination

Children should receive 4 doses of pertussis vaccine in the first 1 ½ years of life and a booster before kindergarten. Adolescents and adults under 65 years of age should also have a pertussis booster shot.

Protect Against Environmental Health Hazards

This area of responsibility addresses aspects of the environment that pose risks to human health (broadly defined as any risk emerging from the environment), but does not include injuries. This area also summarizes activities that identify and mitigate environmental risks, including foodborne and waterborne disease and public health nuisances.

Public Health Nuisance

- 7 public health nuisance complaints investigated
 - 3 Garbage/Junk Houses
 - 1 Improper sewage disposal (investigated by the County Zoning Dept.)
 - 2 Other
 - 1 Clandestine drug lab

Radon

- 221 radon test kits sold
- 38% of the tests results were at or above 4 pCi/L (pico Curies per Liter), which is the level that the Environmental Protection Agency recommends that homes be fixed



Prepare For and Respond to Disasters, and Assist Communities in Recovery

This area of responsibility addresses activities that prepare public health to respond to disasters and assist communities in responding to and recovering from disasters. This does not include emergency medical services

H1N1

Our preparedness plans and response activities with the continuation of the H1N1 outbreak from 2009 continued into early 2010.

- 2 community vaccination clinics conducted
- 2,390 doses of vaccine transferred to local health care providers, long term care facilities, pharmacies and the Minnesota Correctional Facility



Minnesota Responds Medical Reserve Corps (MRC)

- 90 volunteers registered with Sherburne County Public Health
- 14 hours donated by MN Responds MRC volunteers for H1N1 vaccination clinics

Health Alert Network (HAN)

Minnesota's Health Alert Network is a system to get critical information to health professionals and others. It is used to alert partners of disease outbreaks, vaccine shortages, health-related terrorism, and public health aspects of state-wide disasters.

- 26 alerts were acknowledged in ≤1 hour and forwarded to appropriate local partners

Assure the Quality and Accessibility of Health Services

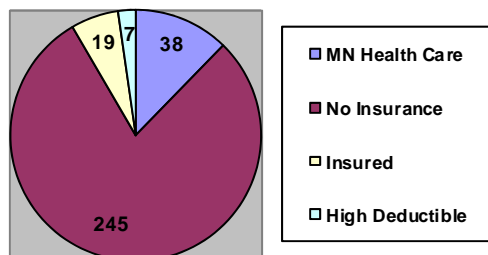
This area of responsibility assesses health care capacity and access to health care. It also addresses identification and reduction of barriers to health services. It describes public health activities to fill health care gaps, reduce barriers and link people to needed services. This includes direct care services such as emergency medical services, correctional health, health care services, and hospice care/hospice services

Kids Clinic

Screenings for growth, development, blood pressure, anemia, blood lead, vision and hearing. Visits also include a physical assessment, immunizations, dental varnishing, and counseling regarding nutrition, safety and development.



Kids Clinic Health Insurance Status



- 310 children received screening services
- 21 children referred for diagnosis and treatment

Home and Community Based Services

Screenings and assessments were conducted with the intent to promote community living and independence by providing appropriate health care and support services based on individual needs.

- 266 Personal Care Assessments (PCA)
- 171 Long Term Care Consultations (LTCC)
- 138 Community Alternatives for Disabled Individuals (CADI)
- 31 Community Alternative Care (CAC) screenings



NACo Prescription Drug Discount Program

Sherburne County completed its first full year of offering a free discount card program to help its residents pay for the high cost of prescription drugs. This program is a joint effort with the National Association of Counties (NACo). The free cards give an average 22% discount on commonly prescribed pharmacy drugs. Fourteen pharmacies in Sherburne County are participating in this program. There is no cost to the County, County taxpayers, or consumers to participate. Caremark negotiates the discounts directly with participating pharmacies.

- 405 people used the card
- \$8,777.30 price savings for all prescriptions filled with the card



Mobile Dental Clinic

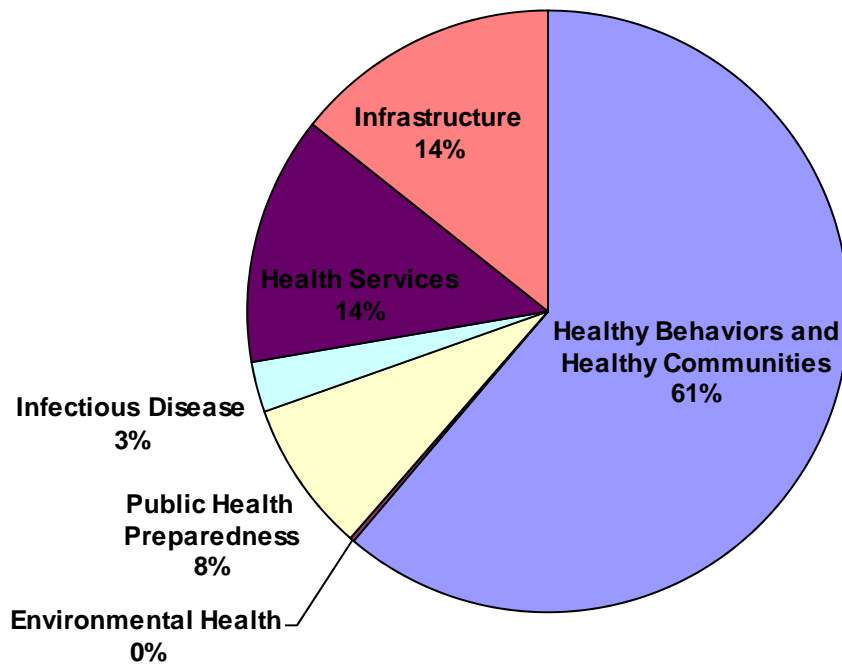
In April, 2010 we started our partnership with the Ronald McDonald House Charities-Upper Midwest to provide cost-effective, high-quality dental care to underserved children and pregnant women in Minnesota. This includes individuals up to age 21 and pregnant women who lack dental insurance or who are enrolled in any of the state's public assistance programs. The mobile unit provided 12 clinics at the Sherburne County Government Center.

- 122 patients served
- \$44,444 total value in services provided



Staffing

Full-Time Equivalents Spent in Each Area of Responsibility



Sherburne County Board of Health

Larry Farber, Rachel Leonard, Ewald Peterson, John Riebel, Felix Schmiesing Jr.

Public Health Manager

Brian Bensen

Interim CHS Administrator

Kathy Landwehr

Medical Consultant

Dr. Bryant Beehler

Volunteers

Minnesota Responds MRC and Retired Senior Volunteer Program (RSVP)

A special thanks to the Public Health staff that carried out all of the work in this report, and more...



Bev Beckstrand
Noelle Burmis
Cindy Chase
Jodie Dhooge
Julie Edinger
Marcia Engvall
Kristy Heying
Matt Jackson

Gail Kuzel
Kathy Landwehr
Mark Lees
Beth O'Brien
Lori O'Connell-Hein
Connie Reed
Jess Rengstorf
Kristen Sanders
Pat Seavert

Tammy Seifert
Gloria Sorem
Debra Swanson
Mary Teppo
Pam Weitalla
Mei Chun Yeh
Mary Zelenak
Kara Zoller

