

Trempealeau County Health Department 2015 Annual Report

Trempealeau County
Health Department

94 Years of Prevention

Trempealeau County Health Department



Mission Statement

Healthy People

The mission of the Trempealeau County Health Department is to promote and improve the quality of life and health of all people in Trempealeau County through community assessment and surveillance, disaster planning and disease prevention and health promotion, in the areas of nursing, environmental health, and nutrition.

In Healthy Communities

Medical Advisor
Dr. Joanne Selkurt

STAFF

Cheryl (Sherry) Rhoda
Director/Health Officer

Barbara Barczak
Public Health Nurse

Jessica Olson
Public Health Nurse

Jennifer Hanson
Public Health Specialist

Sam Flatland
Environmental Health Specialist

Catherine Dempsey
W.I.C. Dietician Supervisor

Dora Schieffer
Nutrition Assistant

Carol Bawek
Financial Manager



Board of Health Members

George Brandt- Chairperson
Wade Britzius V. Chairperson
Pamela Nelson - Secretary
Tim Zieglien
Charles Walek
Dr. J. Selkurt
Dr. Wm. Baxa
Sally Miller

Adequate and Appropriate Nutrition/Overweight, Obesity, Lack of physical Activity

WIC (Women, Infants, Children)



2015 Goal: In order to enhance nutritional knowledge and improve the overall health and well being of the Trempealeau County Citizens, the Trempealeau County WIC Project will maintain an average participation that is at least 97% of the contracted case-load.

WIC was established as a permanent program in 1974 to safeguard the health of low-income women, infants, and children up to age five who are at nutritional risk. This mission is carried out by providing nutritious foods to supplement diets, to provide person-centered nutrition education and make referrals to health care, dental services, immunizations and other social services offered throughout the community. (Source: USDA.gov)

Breastfeeding Peer Counseling Program

Trempealeau County WIC recognizes and promotes breastfeeding as the optimal source of nutrition for infants. The Breastfeeding Peer Counseling Program at Trempealeau County provides women with breastfeeding support and guides them to fully understand the benefits of breastfeeding for themselves and infants. Trempealeau County's Breastfeeding Peer Counselor offers services via telephone, office appointments and at all outreach clinics throughout the County. WIC mothers who breastfeed also receive:

- A higher level of priority for program certification;
- A greater quantity and variety of foods than mothers who do not breastfeed;
- A longer certification period than non-breastfeeding mothers;
- One-to-one support through peer counselors and breastfeeding experts; and
- Breast pumps and other aids to help support the initiation and continuation of breastfeeding. Breastfeeding incidence for 2015 in Trempealeau County was 76.3%, above the WI State incidence of 72.5%.

Percentage of infants exclusively breastfed in 2015:



	<u>Trempealeau County</u>	<u>Statewide Comparison</u>
1 month	57.3%	38.7%
3 months	45.5%	27.2%
6 months	20.3%	12.4%

Chronic Health Conditions

Evidenced-based workshops from Stanford University in 2015 were offered.

“Healthy Living with Diabetes” partnering with Mayo Clinic in Osseo. Attendees met for 6 sessions (2 ½ hour per session) to learn about chronic conditions in general with a focus on diabetes. Attendees reported improved knowledge.

“Living Well with Chronic Conditions” was offered in the fall of 2015 in partnership with Tri-County Gundersen Hospital in Whitehall. Unfortunately, we were not able to get the minimum number of people registered and the workshop was cancelled.

Home Care Service

A Contract with Western Wisconsin Cares allows us to set-up and monitor medications in the home setting. Approximately **\$2,090** in generated revenue. Services provided are: Medication set-up, dressing changes, toe nail care, and blood pressure screening. Adult health assessments can be performed on a self pay basis.

Farmers Market Nutrition Program

Participants on the WIC Program increase their consumption of fresh fruits and vegetables and strengthen awareness of Farmer's Markets, which in turn helps farmer's increase their income. Farmer's Market checks are issued in addition to the WIC checks in the Summer/Fall months to use at local approved Farmer's Market stands for a wide variety of locally grown fruits and vegetables.

Total Financial Benefit to Trempealeau Co. Farmer's in 2015 = **\$1,326**

Health Benefits of Fruit & Vegetable Intake:

Decreases risk of developing chronic diseases such as cancer, diabetes, heart disease, and obesity.



The use of checks used at Farmer's Markets is increasing.

Maternal/Child Health

2015 Goal: Safe Sleep and Strategy to Support a Child Death Review Team

MCH Families contacted **50**

22 Carseats Child Passenger

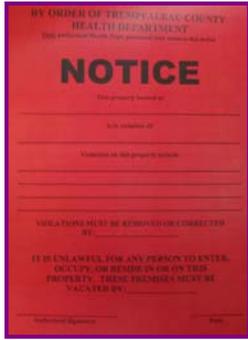
The Trempealeau County Health Department has one staff member who is a certified Carseat Inspector, Barb Barczak, PHN

Child Death Review (CDR)

The agency has been a member of the county's Child Death Review team since its formation in 2009. Members are health, law, human services, emergency management, and courts. Child deaths are reviewed to determine ways to prevent future deaths. Public education is the primary focus. The health department's safe sleep education program grew out of a CDR meeting. Barb Barczak, PHN is part of the review team.

Environmental Health

Public Facility Inspections: The Department of Health Services and the Department of Agriculture Trade and Consumer Protection contracts with the Trempealeau County Health Department to perform restaurant, retail, lodging, water recreation, body art and campground licensing and inspection services. These environmental health inspections are a core public health function that exist as an integral part of communicable disease outbreak prevention. In 2015, the Trempealeau County Health Department licensed



294 public facilities and inspected 18 schools and opened 10 new facilities.

Human Health Hazards: Our agency also enforces the Human Health Hazard (HHH) Ordinance, which gives the Health Officer the authority to issue orders based on violations of the ordinance. A human health hazard means a substance, activity or condition that is known to have the potential to cause acute or chronic illness, injury, or death if exposure to the substance, activity or condition is not abated. When a HHH is found to exist, property investigation, written correspondence and case management can be extensive and time intensive. 19 complaints were received and followed-up.

Drinking Water and Air Quality

The Health Department has provided water sampling services and conducted system inspections for the Transient Non-Community (TNC) water systems of Trempealeau County since 2004. A contract with the DNR binds the Department to the strict water sampling requirements for public facilities utilizing private wells. 48 systems meet this criteria. Annually, staff from the Department collect water samples for bacteria and nitrate analysis. On average, 2-4 water systems prove to be bacteriologically unsafe and a total of 4 systems have continuous elevated nitrate levels. Systems with bacteriologically unsafe water are issued “Boil Water” notices and are required to chlorinate their systems. Elevated nitrate levels require posting of warning signs at all water outlets within the facility for public awareness of the hazard. Elevated nitrate levels are a concern for expectant mothers and infants under the age of 6 months, the greatest risk for “Blue Baby Syndrome”- a potentially deadly condition.

Radon

Indoor Air Quality: A total of 21 indoor air quality kits (including radon tests) were distributed to the public. With 4 pC/L being the maximum safe Radon level, our results showed 12 homes with elevated Radon levels. Home owners with levels over 4 pC/L were notified and educated on proper mitigation procedures.

School Programs

School Based Dental Program

Healthy Smiles for Trempealeau County is a dental sealant program that provides free services on-site at the 7 district elementary schools. A registered dental hygienist applies dental sealants to the permanent 6 and 12 year molars. The sealants help to prevent cavities by covering the chewing surfaces of the teeth, and keeps food and germs out. Students eligible to receive the dental sealants are those in 2nd, 3rd, and 6th grade who do not have a dental home, qualify for free or reduced lunch, and are uninsured or have BadgerCare insurance. In 2015 -2016 993 students screened. Screened and educated 662 students, Fluoride varnish 620 students, and placed sealants on 250 students.

School Outreach

The Trempealeau County Health Department has collaborated with the County’s School Districts throughout the year. Issues addressed were as follows:



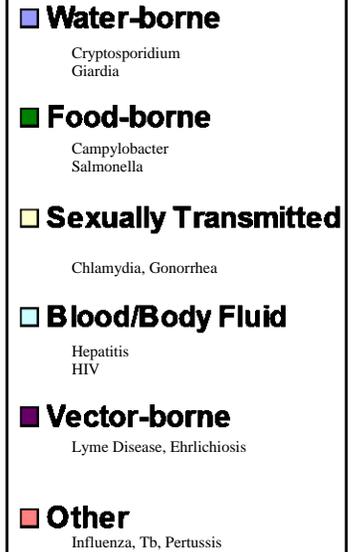
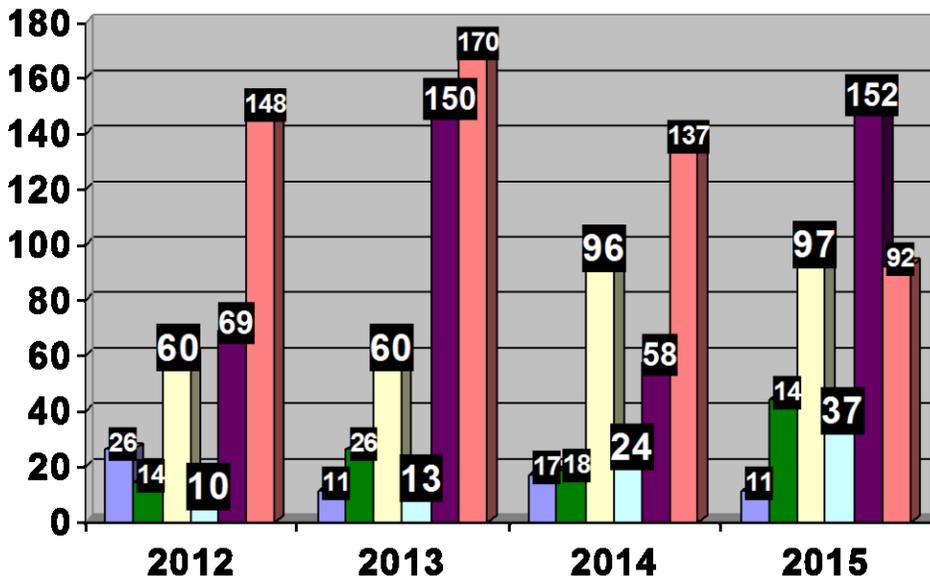
Child Development Days, On-site immunization clinics, DPI Inspections for food handling, Communicable disease outbreak investigation, attendance of Alliance For Youth Meetings, collaboration of health issues in school settings.

Lead Poisoning Prevention

Goal : Resident of Trempealeau Co. will receive lead poisoning prevention and intervention services.

Environmental Health Division and P.H. Nursing work together in the Lead Program to both evaluate children with elevated blood lead levels to determine the source of exposure in their environment. A sanitarian and PHN conduct a joint visit to the child's residence. Wipe and paint chip samples are collected and sent to the Wisconsin State Lab of Hygiene for lead testing. If samples exceed the EPA stands for the various types of surfaces, orders are issued to property owners to correct the lead hazard. Clearance tests are done to make sure the EPA Standards. In 2015, a risk assessment was conducted and 1 clearance investigation was conducted on the repeat risk assessment property- 10 wipe samples were collected.

Communicable Diseases



Wisconsin Overview of Ebola—2014-15

DHS has monitored a total of **176** individuals and all have passed the 21-day incubation period for Ebola and no longer require monitoring. None live in Trempealeau Co.

The WI Dept. of Health Service no longer recommends clinicians screen patients for travel from Liberia, Guinea, or Sierra Leone, but because travel history is an essential tool for rapidly identifying potential communicable diseases, it should remain a component of all health histories.

Immunizations

2015 Goal: 75% of children served by the Trempealeau County Health Department Immunization Program who will be 24-35 months of age on December 31, 2015 will complete their primary immunizations by 24 months of age.

Immunization rate for children ages 24 months for 2015 was **64%**. **68%** were late/make up immunizations. The role of the Health Department is to track and assure immunizations are provided to the appropriate population in order to prevent the spread of communicable diseases such as; pertussis, measles, diphtheria, influenza, tetanus etc. Schools and child care providers send a compliance report each year by the 40th school day.

Non flu Immunizations provided in - 2015 - **439**

Rabies

Rabies is a fatal viral infection of the central nervous system of warm-blooded animals, including humans. It is usually transmitted through the bite of an animal that has the virus. In 2015 there have been **42** reported animal bites in Trempealeau County. Wisconsin law requires that any dog or cat which bites a person be quarantined for ten days so it can be observed for signs of rabies. If an unvaccinated dog or cat bites a person, the unvaccinated dog or cat must be delivered to an isolation facility for a 10- day observation period. It is very important to keep your animals up to date on all vaccinations. The owner of the animal is responsible for expenses incurred in connection with the rabies quarantine.

Seasonal Flu

With the Flu Season starting later this year, H1N1 flu strain was included in this year's seasonal flu shot and 2015 H1N1/Seasonal flu doses given in the community—**482**. H1N1 flu predominates flu illness this year

This included immunizations performed at the department, schools, businesses.

Medical Advisor Dr. J. Selkurt



Wisconsin Well Woman Program

2015 Goal:

As of July 2015, the Department of Health Services no longer provided grant funding to the Health Department for coordination and case management of the Wisconsin Well Woman Program. This Program provided eligible Trempealeau County women between the ages of 45 to 64 with screenings services for cervical and breast cancer. Enrollment for these screening services was provided locally at the Trempealeau County Health Department since 1994. Approximately 20 individual cases were transferred to the new coordinating/case management agency. Now the enrollment services will be provided for by the Eau Claire City-County Health Department. The coordinator's name is Jacqueline Krumenauer and she may be contacted at 715-839-4732.

Cancer Outreach

Remember to get your cancer screenings done at your physical exam.

Talk to your doctor about which screening and/or screenings you should have based on your age and health history.

Early detection is the best protection. Early detection offers you more options regarding your health.



Car seat Program

This program currently provides car seats to families at wholesale cost or a small donation fee is accepted for those who are unable to afford a car seat.

2015 activities:

- * 6 Car Seat inspections
- * 18 Car Seats were distributed to families in 2015
Kids/parents received education
- * Collaboration with Head Start to provide car seat information at Child Development days.
- * Collaboration with WIC for referrals.
- * Collaboration with Human Services for referrals.



Fluoride Program

This program has been in existence since 1993. Families who do not have access to fluoridated community water supply and have less than 0.3mg/l of natural fluoride in their drinking water qualify.

Currently 5 children are receiving Fluoride. Dosage is dependent upon age of child and water test results. Eligible ages are 6 months to 16 years.

Underage Drinking Use and Exposure

2015 Goal: Educate parents and community on healthy choices

Trempealeau County Alliance For Youth

The Mission Statement for the Trempealeau Co. Alliance For Youth is: "To develop and maintain partnerships which will maximize human and financial resources to: encourage positive and healthy life styles; prevent alcohol, tobacco and other drug use; and to prevent violence."

Monthly meetings at the Courthouse were attended by various agencies to collaborate on strategies to address AODA issues in our youth. April is recognized as prevention month. All of

Trempealeau County's 7th & 8th graders are invited to attend the Your Life Your Move Day to listen to guest speakers addressing issues that are a high risk for Trempealeau Counties youth. In 2015 guest speaker was Ms. Wisconsin and Mr. Olson. The TCAFY Coalition also applied for the Drug Free Communities Grant. Better luck next year.



Tobacco Services

2015 Goals: Outreach and Education to key local and state leaders; coalition building through recruitment and training of individuals.

On Sept. 7th, Ms. Barczak, PHN met with Senator Vinehout on behalf of 7C's Tobacco Coalition at Phoenix Park, Eau Claire. This was a valuable opportunity for our agency to present and discuss the negative impact of tobacco in our community with our representative and assert the role of the Public Health coalition in ongoing education and prevention efforts.



Notes from the Director/Health Officer

Remembering the year.

2015, well another interesting and challenging year from staff turn-over to learning and preparing for new communicable diseases like, Ebola, Avian Flu and Zika Virus. We have formed new collaborative partnerships with local businesses to meet the needs of the public. We have started collecting ground water well data, a baseline to provide information to determine any trends in our ground water which may cause health effects. We educate ourselves and the public regarding new health issues that occur within the state. We are a mobile society so we need to be prepared and familiar with any disease that may cross our borders or we may bring back across our borders. We continue to practice preparedness techniques and hone our skills to better serve our community in the event of a natural disaster or devastating illness. We continue to build our public health infrastructure thereby providing stabilization of the department and the community we serve ensuring we fulfill our mission to promote and improve the quality of life and health of all people in Trempealeau County.

"Sherry"



Public Health Infrastructure

With Prevention grant funding the Health Department continues to work on its public health infrastructure.

Work force development and Quality Improvement are steps for a strong infrastructure facilitating moving forward to voluntary accreditation.

Voluntary accreditation is standardizing public health practice.



Environmental Health

The environment in which we live is very important to our health and wellbeing including our ground and surface water sources. Water provides life and is life sustaining for all creatures including us. With the changes to our county's topography ground and surface water may be affected. The incident with Flint, Michigan shows us the importance of a clean drinking water source. We encourage property owners to recognize annual testing of their well water to ensure our water is safe for us to consume. The Trempealeau County Board of Supervisors, Department of Land Management, University of Wisconsin-Extension and the Health Department have and are working together to provide decreased cost to the private well owner for well water testing.

Based on this collaboration tests for the Homeowner's Package testing for bacteria, pH, conductivity, alkalinity, hardness, nitrates, chloride and corrosivity costs \$14.50 per sample and the Metals Package testing arsenic, calcium, copper, magnesium, manganese, potassium, sodium, total sulfur and zinc costs \$13.50 per sample. Originally these tests cost \$49.00 and \$45.00 respectively.

The collaborative partners are creating a database to determine if any trends may occur in our well water. The Health Department is also part of a grant project with La Crosse County looking at arsenic levels in well water. High levels of arsenic in our well water may predispose individuals to a number of chronic illnesses including Cancer and Diabetes. Safe drinking water is a public health initiative and responsibility to measure the potential effects on the health of the population.

Trempealeau County Health

Department Spotlight



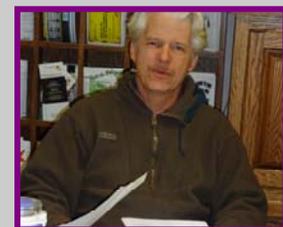
Sam Flatland, R.S.

Welcome!

PUBLIC HEALTH
Saves Lives.
Saves Money.



Board of Health



Mr. George Brandt
Chairman