

Trempealeau County Health Department 2016 Annual Report

Trempealeau County
Health Department

95 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

STAFF

Cheryl (Sherry) Rhoda
Director/Health Officer

Barbara Barczak
Public Health Nurse

Jessica Olson
Public Health Nurse

Jennifer Comeau
Public Health Specialist

Sam Flatland
Environmental Health Specialist

Haleigh Strokel
W.I.C. Dietician Supervisor

Dora Schieffer
Nutrition Assistant

Carol Bawek
Financial Coordinator



Medical Advisor
Dr. Joanne Selkurt

Board of Health Members

Tim Zeglin- Chairperson
Beth Killian V. Chairperson
Pamela Nelson - Secretary
Richard Miller
Richard Frey
Dr. J. Selkurt
Dr. Wm. Baxa
Richard Sacia

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

WIC (Women, Infants, Children)



2016 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 their caseload.

This goal was not met in 2016, participation averaged 83.7% of contracted caseload. The Trempealeau County WIC program hired a new WIC Nutrition Coordinator in August 2016. Since then the WIC program has been able to continuously increase participation in the program despite statewide participation decreasing. December 2016 had the highest caseload since March 2016.

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 nutrition risk. This mission is carried out by providing nutritious foods to supplement diet, person-centered nutrition education and referrals to health care, dental services, immunizations and other social services within the community.

Breastfeeding Peer Counseling Program

Trempealeau County WIC recognizes and promotes breastfeeding as the optimal source of nutrition for infants. The Breastfeeding Peer Counseling Program provides women with breastfeeding support. The peer counselor offers services via telephone and during clinic appointments. To better support Trempealeau county's WIC clients, the WIC Nutrition Coordinator will be taking the Certified Lactation Counselor course in 2017. Breastfeeding incidence for Trempealeau County WIC participants in 2016 was 78.3%, which is above the WI State incidence of 72.8%.

Percentage of infants exclusively breastfed in 2016:

	<u>Trempealeau County</u>	<u>Statewide Comparison</u>
1 month	48.2%	39.2%
3 months	28.9%	28.2%
6 months	23.0%	11.6%



Haleigh Storkel, RD.
Dora Zetina, Nutrition Assistant

Chronic Health Conditions

Evidenced-based workshops from Stanford University in 2016 were offered.

“Healthy Living with Diabetes” partnering with Gundersen Clinic . 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 2016 in partnership with Tri-County Gundersen Hospital in Whitehall. It follows the same format as the diabetes workshop. Attendees reported benefit from the educational workshop.

Home Care Service

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

Participant's receiving WIC can also receive Farmer's Market vouchers which help them increase their consumption of fresh fruits and vegetables and also helps increase local farmer's income. Increased intake of fruits and vegetable can decrease risk of developing many chronic disease, such as heart disease, diabetes, and certain cancers.

Farmer's Market vouchers are issued in the Summer and Fall months and can be used at local approved farmer's market stands.

Total Financial Benefit to Trempealeau Co. Farmer's in 2016 = **\$1,855**

Health Benefits of Fruit & Vegetable Intake:

Fresh fruits and vegetables and eating a variety of colors decreases risk of developing chronic diseases.



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

Maternal/Child Health

2016 Goal: Preventing suicide. The suicide rate for Trempealeau County residents is higher than the state average. There is also a shortage of mental health providers. Barb Barczak became a certified to present QPR (Question, Persuade, Refer), a suicide prevention tool. Barb presented to GET School Dist. Teachers. Outreach events included: Arcadia Bike Rodeo and Safety Day, Dairy Breakfast, Ashley Family Picnic , NAMI Health Fair and Veterans Expressing Themselves event.

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. Review of 4 deaths in 2016.

Environmental Health

Public Facility Inspections: The Department of Health Services and the Department of Agriculture Trade and Consumer Protection contract 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 2016, the Trempealeau County Health Department licensed:



318 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 County 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. 38 complaints were received and followed-up.

Drinking Water and Air Quality

The Health Department has provided water sampling services and conducted water 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 bacterially unsafe and a total of 4 systems have continuous elevated nitrate levels. Systems with bacterially 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 31 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 15 schools within 7 schools districts. Students eligible to receive the dental sealants are those in 2nd, 4th, 6th and 8th grade who do not have a dental home, qualify for free or reduced lunch, and are uninsured or have Badger Care insurance. In 2016 -2017; 2,146 students screened. Screened and educated 910 students, provided Fluoride varnish 909 students, and placed sealants on 1,029 students. In the 3rd, 5th, 7th and 9th grade, we also saw 586 students for screening, education and fluoride varnish, placing a total of 1,565 additional fluoride varnishes.

School Outreach

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



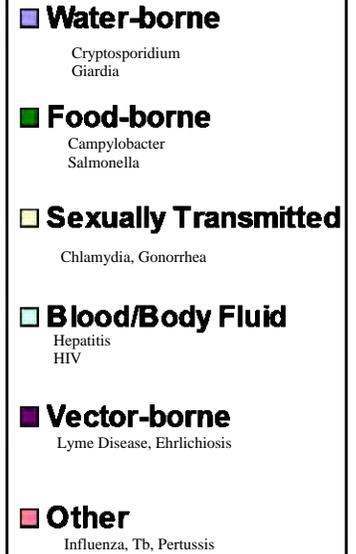
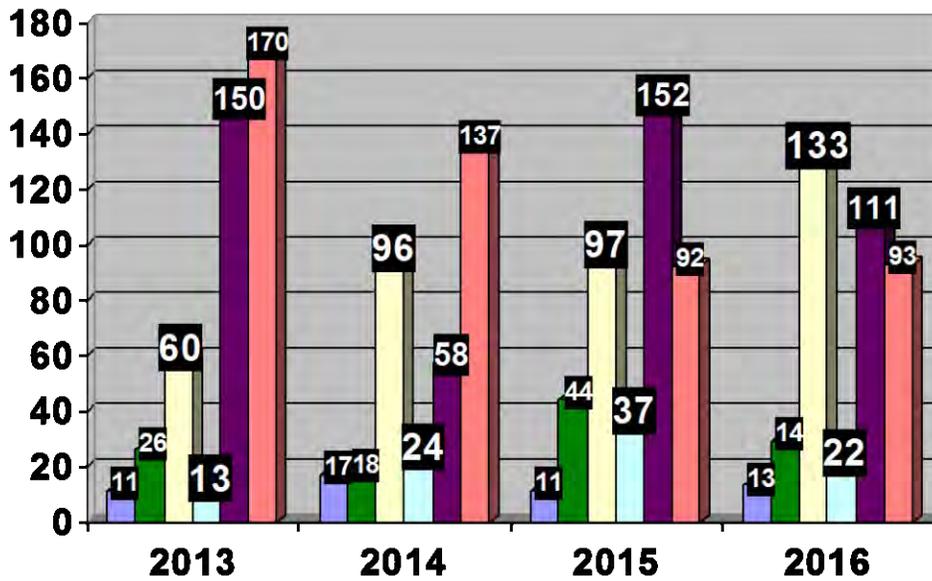
Child Development Days, special immunization clinics, DPI Inspections for food handling, Communicable disease outbreak investigation, attendance of Alliance For Youth Meetings, collaboration of health issues in school settings.

Lead Poisoning Prevention

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

Environmental Health Division and Public Health Nurse work together in the Lead Program to both evaluate children with elevated blood lead levels to determine the source of exposure in their environment. Our sanitarian and a nurse 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 are met. Sam Flatland recently completed the 3 primary courses to become a lead inspector. They are Lead sampling, Inspection and Hazard investigations. Certification will be earned in 2017.

Communicable Diseases



Wisconsin Overview of Zika—2016

Zika virus is spread to people primarily through the bite of an infected Aedes species mosquito. The infection during pregnancy can cause microcephaly and other severe brain defects. WI does not have the mosquito vectors that transmit Zika virus, but mosquito-borne illnesses such as West Nile Virus, Eastern Equine Encephalitis, Jamestown Canyon, and La Crosse Encephalitis, do occur in the state. 8 cases of Zika were investigated in 2016. All were related to travel in Zika endemic areas.

Immunizations

2016 Goal: 68% of children living in the Trempealeau County will complete their primary immunizations by 24 months of age.

Immunization rate for children ages 24 months for 2016 was 72%. 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 - 2016 - 414

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 2016 there have been 51 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. Jen Comeau received her rabies investigation certification.

Seasonal Flu

The health department administered all Quadrivalent Influenza vaccine this year. The strains of flu included are: Flu Strain A/(California) (H1N1), Flu Strain A/(Hong Kong) (H3N2), Flu Strain B/(Brisbane) and Flu Strain B/(Phuket). 498 doses were given at the school setting as well as the Health department.

Medical Advisor Dr. J. Selkurt



Wisconsin Well Woman Program

2016 Goal: Refer to Eau Claire City-County Health Department

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.

2016 activities:

- * 6 Cribs distributed along with Safe Sleep material.
- * 23 Car Seats were distributed to families in 2016
In addition to 6 families receiving education only.
- * 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

2016 Goal: Let's take care of each Other.

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 the following topics: Cyber Bullying, Nutrition, Domestic Violence, Drugs, Kindness and QPR Question, Persuasion and Response)



Tobacco Services

2016 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 Ron Kind on behalf of 7C's Tobacco Coalition in the courthouse. This was a valuable opportunity for our agency to update him on our activities in schools regarding inclusion of other tobacco products (including e-cigarettes) within the school's policies.

This represents and asserts the role of the Public Health coalition in ongoing education and prevention efforts.



Notes from the Director/Health Officer

Remembering the year.

2016, another interesting and challenging year from staff turn-over to learning and preparing for new communicable diseases like 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 educated 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 outbreak. We continue to build our public health infrastructure, thereby providing stabilization of the department and the community we serve to ensure we fulfill our mission to promote and improve the quality of life and health of all people in Trempealeau County.

"Sherry"



Public Health Infrastructure

On June 22, 2016, the health department participated in a Volunteer Reception Center Exercise as part of our preparedness activities. The health department has a small grant that helps the department prepare for natural disasters and other types of emergencies. The focus this year is on managing volunteers and in Mass Casualty care.

Participants in the exercise were: Sherry Rhoda, Jessica Olson and Barb Barczak.



Private Wells/Safe Drinking Water

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. We encourage property owners to recognize annual testing of their well water to ensure their water is safe to consume. The Trempealeau County Board of Supervisors, Department of Land Management, University of Wisconsin-Extension and the Health Department have been working together to provide decreased cost to the private well owner for well water testing. The number of Wells tested was 175. 51.5% of the samples were at the "Natural background Level".

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. These tests were offered at a reduced rate. This collaboration will discontinue as of 2017. The data of these results will be available at Land Management Department.

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. Acceptable levels of arsenic is 0.010 mg/l or below. Only 2 samples exceeded that level. One result was between 0.05 mg/l. It was recommended the individual would test again in a year.

Trempealeau County Health



Haleigh Storkel
Jennifer Comeau



Department Spotlight

Board of Health



Mr. Timothy Zeglin
Chairman