



# Lafayette County Health Department

A community of safe,  
prepared and healthy  
people

1st Quarter Report  
March 31, 2011

## WOMEN'S HEART HEALTH AWARENESS



The 14th Annual Lafayette County "Heart to Heart: The Heart Truth"® Health Forum for Women was held on March 10th at United Methodist Church in Lexington. More than 200 women were in attendance for this health event.

The women were given the opportunity to participate in a number of free health screenings which included cholesterol, B.P., blood sugar, bone density, body fat/BMI, skin cancer, glaucoma, and balance assessment. Melanie Beal, FNP, conducted skin cancer screenings and answered questions related to women's risk for cancer. LPN students from Lex La-Ray Vo-Tech school assisted with several of the screenings.

The women were also able to visit several health exhibits offered by various organizations, agencies and area hospitals that participated in the forum. They were provided a heart-healthy meal for dinner.

Area medical professionals presented workshops on a variety of health topics at 5:30 & 6:30pm. Dr. Marla Tobin shared "Seven Steps to a Healthier Heart"; Dr Willis Kephart discussed "Vitamin D and Your Health"; Jackie Hamilton, FNP presented "Reducing Risk for Diabetes"; and Tanja Findley, FNP highlighted how "You Can be 40+ and Fit."

The Health Forum concluded with a "Heart to Heart" fashion show moderated by Meryl Lin McKean, Fox 4 Health Reporter. Local women shared how heart disease had touched their life or someone in their family. The women modeled new spring outfits from several local retail businesses. Students from the Fashion

Merchandising Class from Lexington High School created the slide show which ran throughout the fashion show.

The program was funded



"Heart to Heart: The Heart Truth"® Fashion models

through generous contributions from local businesses/organizations and MU Extension HEED grant.

Event Sponsors included: Lafayette County Health Department, University of Missouri Extension, Lafayette Regional Health Center, American Heart Association, Rodgers-Lafayette Dental & Health Center, Higginsville Habilitation Center, Health Care Coalition of Lafayette County and I-70 Community Hospital.



Public Health  
Prevent. Promote. Protect.



### Presentations at Daycares/Preschools

The Lafayette County Health Department staff visits child care facilities in the county to present educational health programs to the children. The purpose of this program is to increase children's awareness of health issues.

We presented a healthy heart program this quarter

reaching 155  
individuals.

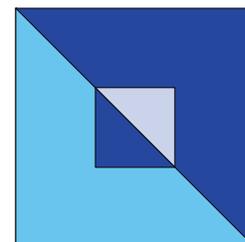


### Programs/services

- Environmental Health
- Communicable Disease
- Immunizations/Education
- School activities
- Emergency Preparedness
- Vital Records—  
birth/death certificates



LCHD Staff goes "Red" in support of National Wear Red Day, Friday, February 4, one way for individuals to show support of women's heart health awareness.



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**Social Innovation for Missouri Grant**

The Lafayette County Health Department will be able to expand and enhance tobacco prevention and cessation programs in schools and work places, and influence tobacco policy across the county thanks to a grant that was recently awarded to the Health Care Coalition of Lafayette County to implement the *Lafayette County, Live Healthy Live Well* project.



LCHD will also be working closely with the University of Missouri Extension to support their efforts under the grant to address obesity through promoting healthier eating habits and encouraging healthy activity throughout the county.



Tobacco use contributes to heart disease and stroke, which are the number 1 and 2 killers of

Lafayette county residents according to the most



recent data from the Missouri Department of Health and Senior Services.

This project is an example of taking health data, identifying areas in need of improvement, and implementing a community wide plan for improvement focused on preventing illness.

**Worksite wellness screenings**

The Health Care Coalition of Lafayette County (HCC) has initiated a worksite wellness program for local businesses. The program "Wellness Works" has an interactive web based fitness tool which helps participants to set goals, monitor progress, and receive helpful reminders to stay on task.

Prior to using the fitness tool, participants receive a health screening which includes height,



weight, BMI, waist circumference, blood pressure, lipid panel and glucose testing. HCC contracts with Lafayette County Health

Department to provide the health screenings for participating businesses. The collaboration of the HCC and LCHD for the worksite wellness screenings is one of many efforts taking place in Lafayette County to promote healthier lifestyles in our community.

**LCHD & PN Program**

The Lafayette County Health Department and the Lex La-Ray Technical Practical Nursing Program work together to benefit residents of Lafayette County.

The two worked together in October 2010 to provide a vaccination clinic for the City of Higginsville employees. The PN Students performed cholesterol checks, flu shots, TB skin tests and several other immunizations. "As one of the student's first clinical experiences it was a great opportunity for them to practice their "bedside manner" and perform injections." commented Winnie Anderson, RN, Practical Nurse Program Coordinator.

We also worked together on the Saving Smiles project at Santa Fe Elementary School in Waverly and McQuerry Elementary School in Odessa. "The nursing students had a great time with their young patients. Many were amazed at the desperate need of dental health care for several of the kids they worked with that day." said Mrs. Anderson

March 10<sup>th</sup> was the Heart-to-Heart forum. The PN students measured weight, figured body mass index, and performed fingersticks for glucose and cholesterol checks. "The organization and efficiency of the Health Department nurses is always amazing." observed Mrs. Ander-

son

Every week a student spends 2 days at the Lafayette County Health Department where they observe immunizations, public presentations, planning meetings, restaurant visits and lots of public teaching.

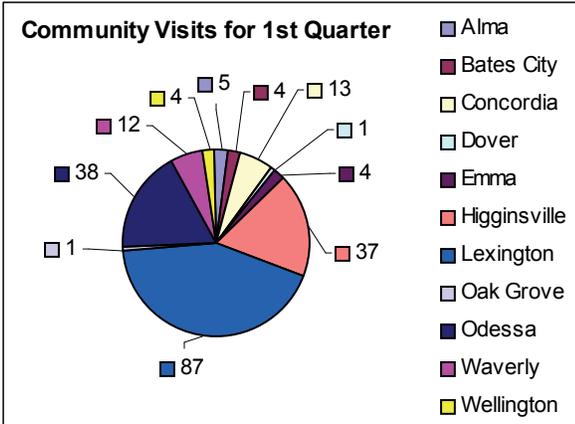
"By working together the Practical Nursing students gain a better understanding of the multitalented Health Department nurses and their great benefit to the County. Many of the students have expressed an interest in pursuing a career in Public Health after having spent time with these wonderful people," noted Mrs. Anderson



LCHD staff & PN students at Heart to Heart Forum



## Reaching the Community



- 190 TB tests given/read
- 36 Venipunctures for Lab work
- 17 Medication set-ups
- 21 Diabetic nail care
- 197 Immunizations
- 374 birth/death certificates done
- 10 news releases on health issues
- 25 Communicable Disease investigations
- 265 Referrals to other agencies Immunization clinics, screening dates, meeting dates sent to Cable Stations and Chamber of Commerce for newsletter.

### “Saving Smiles”

The Lafayette County Health Department staff provides a fluoride varnish program called “Saving Smiles” to all Lafayette County schools who wish to participate. Tooth decay is a common preventable disease seen in children. Cavities in baby and permanent teeth can cause pain preventing children from eating, speaking, sleeping, and learning properly. Fluoride varnish is a 5% sodium fluoride coating painted on the teeth to help prevent new cavities and may help stop small cavities that have already started.



The staff of LCHD and community volunteers apply 2 varnish applications of fluoride with one in the fall and one in the spring. A

dentist also screens the children in the fall for any dental problems and makes referrals for further dental follow-up as needed. Through funds from a previous contract with DHSS, gas cards are available to parents who take their children to the dentist. A receipt is required to show proof of visit.

Schools participating in the Saving Smiles program are Lafayette County C-1, Immanuel Lutheran School, Lexington R-V, Odessa R-VII, Wellington/Napoleon R-IX, St. Paul’s Lutheran School, Trinity Lutheran, Santa Fe R-X and Concordia R-2. For each school visited, every child

receives a bag containing toothpaste, toothbrush and floss regardless of participation in the varnishing.

The program is provided in collaboration with Lafayette County Health Department, Missouri Department of Health and Senior Services, and local dental providers.



449 students were provided a second

varnish application of fluoride this quarter

### Protecting the County

The word “environmental” in terms of Public Health means our own human environment where we live, work, learn and play. We prevent illness through education, assistance, investigation, and inspections of the things we interact with in our own environment: food, water, air (indoor and out), sewage and waste, germs, pests, and toxic substances.

Education is given to food service workers and daycare providers. Assistance, in the form of information and site visits, is given to individuals with private water supplies and with health issues in the home

and workplace. Investigations are conducted on complaints, communicable disease incidents and outbreaks. Inspections are performed on restaurants, retail food stores, school cafeterias, daycares, lodging, and individual sewage systems.

#### Presentations at

##### Senior Centers-

Each month a nurse goes to the Senior Centers in the County for presentation on different health issues—for this quarter the subjects were:



January—Thyroid Awareness

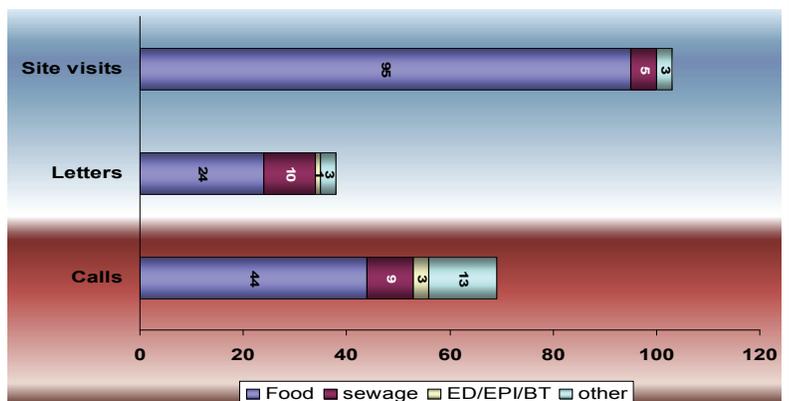
58 participants

February—Heart Truth

132 participants

March—Patient Safety Awareness

88 participants



**A community of safe,  
prepared and healthy people**

**First Quarter Report**

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**We're on the web**  
[www.lafayettecountyhealth.org](http://www.lafayettecountyhealth.org)

## History of Services—LCHD 2006

One of the cornerstones of population-based public health practice is community assessment. As needs are identified that could negatively impact the health of populations, programs and services offered by local public health agencies may be adjusted to address these needs.

Two programs initiated in 2006 were “Jump into Action”- a team taught school-based nutrition & physical education program to help students make healthful food/activity choices and “Matter of Balance” program -designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

LCHD received Primary Accreditation through Missouri Institute Community Health in September. Delores Structemeyer, an original member of the Board of Trustees, resigned after 25 years of service; Peggy Singh was appointed to fulfill the unexpired term. Pandemic Flu disaster exercise, table top version, was staged; persons representing city, county and state agencies participated.

Lafayette County Health Department has been serving residents of Lafayette County since 1953.

## Staff Spotlight



Rod Kirchoff joined LCHD in January, 2005 as an Emergency Response Planner after retiring from the position of Paramedic/Director of Higginsville EMS, a position he held for 25 years. Prior to that, Mr. Kirchoff worked as a surgical nurse at Western Missouri Medical Center in Warrensburg, Missouri.

Rod retired from 23 years in the military working as a Navy Corpsman. He was deployed during Desert Storm to help man a 500 bed MASH unit.

Rod's duties as emergency planner are to make sure Lafayette County Health Department is prepared to respond to public health emergencies within our county. These could include disease as well as terrorist's type of responses. He works closely with the other health care providers and emergency managers within the county to ensure all of our plans fit together and we all provide the best and most efficient response possible.

Rod and his wife of almost 40 years reside in Higginsville. They have 2 grown sons.

LCHD PROGRAMS	COLLABORATING WITH/OR FUNDED BY
<ul style="list-style-type: none"> <li>Building Tools for Young Parents</li> </ul>	<ul style="list-style-type: none"> <li>Children's Trust Fund, County School Districts Parents As Teachers, United Way, Extension Homemakers</li> </ul>
<ul style="list-style-type: none"> <li>Basic-Aid Training and Babysitter Class</li> </ul>	<ul style="list-style-type: none"> <li>American Red Cross, County School Districts</li> </ul>
<ul style="list-style-type: none"> <li>Saving Smiles Oral Health Preventive Services</li> </ul>	<ul style="list-style-type: none"> <li>Missouri Department of Health &amp; Senior Services, County School Districts, Lafayette County Dental Providers</li> </ul>
<ul style="list-style-type: none"> <li>Enhanced Wellness</li> <li>Enhanced Fitness</li> </ul>	<ul style="list-style-type: none"> <li>District III Area on Aging</li> </ul>
<ul style="list-style-type: none"> <li>Teen Outreach Program</li> </ul>	<ul style="list-style-type: none"> <li>Missouri Department of Health &amp; Senior Services, County School Districts</li> </ul>
<ul style="list-style-type: none"> <li>Annual Women's Health Forum</li> </ul>	<ul style="list-style-type: none"> <li>Lafayette County Communities and Agencies</li> </ul>

