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Lafayette County Health Department

A community of safe, prepared and healthy people

First Quarter Report

March 31, 2012

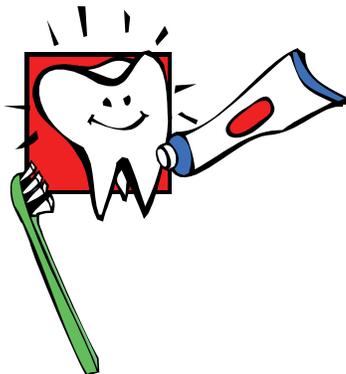
SAVING SMILES.....Health Promotion



On January 5th, 2012, The REACH Healthcare Foundation announced program grant awards totaling \$1,228,654 to 14 organizations in the

Foundation's six-county service area. The grants align with the Foundation's five-year strategic focus on expanded access to health coverage and care, and increased quality of health services for uninsured and medically underserved people. Lafayette County Health Department was one of the 14 organizations selected from a pool of 34 applicants. LCHD will receive an award of \$25,357 to support the Saving Smiles oral health program. Savings Smiles is a continuation of services begun to address rural population barriers to oral health care. The program started in 2006 with funding from the Missouri Department of Health and Senior Services. When that funding was discontinued, the program was maintained with Rural Health Outreach Grant funds until 2009. Upon expiration of RHOG funds, LCHD has tried to sustain the program with agency funds, but in light of the cumulative effects of dwindling grant funds and cuts to federal and state support, the program was at risk of being discontinued. The REACH foundation grant award will allow the program to continue for the upcoming fiscal year.

Saving Smiles is a preventive health program, offered to all students enrolled in Lafayette County public schools (grades pre-K through 4th) and parochial schools (through 6th) with parental consent to participate. The Program Coordinator is Martha McReynolds, RN, Public Health Nurse for LCHD. Ms. McReynolds oversees the services and supports that are provided through dental professionals who have generously volunteered their time to complete an annual standardized oral health screening of the children. Oral health education, a toothbrush, and tooth paste are provided to all children in the program. Fluoride varnish treatments are applied in two stages: one in the fall and the second at 4-6 months after the first. The program offers structure for services to high risk populations with unmet dental needs. The level of participation has steadily increased since the beginning of the program, from 62% in 2006-07, to 73% during the 2011-12 school term. This represents 1,382 children receiving services of the total number in the target population (1,894).



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PROMOTING HEALTH...

Child Care Health Consultation

Under the Child Care Health Consultation contract with Missouri Dept. of Health and Senior Services, a health department consultant 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.



Programs presented this quarter were on poison prevention, healthy heart and getting a shot. [This quarter presentations reached 496 children.](#)

Programs/services

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



Public Health
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Community Education—Health Promotion & Disease Prevention

SIM ACTIVITIES

The Health Department has been able to expand and enhance tobacco prevention and cessation programs in local schools and worksites. This opportunity is being provided through the Social Innovation of Missouri (SIM) grant awarded to the Health Care Collaborative of Rural Missouri (formerly Health Care Coalition of Lafayette County)



Generations Café
Higginville



The Mixing Bowl
Odessa



Creemee Freeze
Concordia



Maria's
Lexington



Wellington-Napoleon School
Wellington

Students with a Goal (S.W.A.G.)



S.W.A.G is a student advocacy group for tobacco free communities. It focuses on developing leadership skills so youth can actively participate in community policy change activities that lead to reduction in smoking and secondhand smoke exposure. Odessa High School, Lafayette C-1 and Lexington High School are participating this year.

Each school developed an action plan with activities to do in their communities throughout the school year. Examples: letters to KMZU radio station; Assisted in handing out joined Tobacco Free Missouri as members; tobacco free messages on facebook page; met activities included students signing banner to link fence “Hang tuff, Don’t puff”.



the Editor; Public Service Announcement aired on “Thank you for not smoking” signs to restaurants; met with city council members one on one; posted with peers to talk about S.W.A.G. Kick Butts Day “Stand against tobacco” and cup message in chain

“Tobacco use continues to be the leading cause of preventable disease and death in the United States. These students truly care about the health of their community and future generations. It is exciting to see these students advocating for a tobacco free Missouri,” said Glenda Bertz, RN, Public Health Nurse, LCHD.

The work done by these young leaders is timely and important. Almost 20 percent of all deaths in the United States are caused by tobacco. In Missouri, more than 23 percent of adults smoke, according to the 2007 County Level Study done by the Missouri Department of Health and Senior Services. A continued dialogue on the harms of tobacco, as well as strategies for prevention and control, may help reduce these statistics. Students attended a Youth Advocacy Event in Jefferson City on March 28th and met with legislators about issues important to youth (including tobacco).



Tar Wars



5th grade students at Wellington-Napoleon School District participated in a Tar Wars poster contest.

Tar Wars is a tobacco free education program for 4th and 5th grade students presented by the LCHD. During the classroom presentation, students engage in a series of six activities designed to: increase their knowledge of the short-term effects of tobacco use, complete with image-based consequences that illustrate the costs of using tobacco and ways they could better spend their money; help them identify reasons why people use tobacco; and prompt them to think critically about tobacco advertising and how the tobacco industry markets their products to youth. A Tar Wars poster contest was offered to local schools; four out of the five schools have completed the contest.

The posters created by students reinforce the message of the benefits of living a tobacco free lifestyle. Classes also received a \$100 gift certificate to be used in their classroom to promote healthy lifestyles. Awards were made possible by the Lafayette County Live Healthy Live Well Alliance, funded by the Social

Innovation for Missouri grant.

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EMERGENCY PREPAREDNESS



Each year, program staff from the Missouri Department of Health and Senior Services (MDHSS) evaluates the local public health agencies' emergency preparedness plans and ability to respond to public health emergencies within their jurisdiction. This year, in addition to MDHSS staff, regional preparedness staff from the Kansas City Health Department and a representative from the Centers for Disease Control (via telephone conference) assisted with the assessment.

Following a 26 page format, the LCHD preparedness planner responded to questions to assure that the LCHD plan meets CDC requirements for City Readiness Initiative rapid dispensing measures if warranted by the type of emergency. Even though Lafayette County is a smaller rural county, requirements are the same as for larger, more urban public health departments. With fewer staff and limited financial resources, the challenge to accomplish this is enormous. In spite of these circumstances, a score of at least 80% is necessary to continue to receive the funds provided by the CDC to enhance public health emergency response readiness. This year's assessment was conducted on February 2, 2012 and LCHD should receive the final score within the next few weeks.

Here is just a sample from the 26 pages of items that are evaluated during the review:

- Community partners involved in planning process
- Specific plans for placing orders for medications from the federal Medical Countermeasures program
- Volunteer recruitment, training, management
- Completion of required drills and exercises to test plans and procedures
- Inventory of available equipment, supplies, and communications devices
- Capability for emergency back up generator for continuity of operations



This annual assessment is a very intense and thorough examination of preparedness plans and response capabilities. Regardless of the score awarded, the citizens of the county should feel reassured knowing that as a result of this program, the best effort has been given to develop plans, forge partnerships, and expand equipment and communications resources to manage a public health emergency should one arise.

Community Education—Health Promotion & Disease Prevention continued



The annual Lafayette County "Health Forum for Women" was held on March 8th at New Horizon Presbyterian Church in Odessa. Approximately 180 women were in attendance for this health event. The program theme, "Heart to Heart—Helping Put the Pieces Together" supports the on-going national campaign to raise awareness among women about their risk for heart disease. The event included free health screenings, exhibits, a light heart-healthy meal, door prizes and speakers. PN students from Lex La-Ray Vo-Tech school assisted with several of the screenings.

Area medical professionals presented workshops on a variety of health topics at 5 & 6 pm. Dr Marla Tobin shared "Seven Steps to a Healthier Heart"; Dr. Willis Kephart discussed "Healthy Transitions—Pre-menopause & Menopause"; Dr. Michelle Dew focused on "Vitamin D, What's all the Hype"; Theresa Presley presented "Don't Let Stress Get You Down!";

and Brian Colby brought the latest on "Women's Health in Time of Healthcare Reform."

Keynote speaker, Dr. Steve Ball, from the University of Missouri, presented "Strong Hearts, Strong Bodies, Strong Minds." He shared insight regarding what kind and how much physical activity do we need, how to get started and stay motivated to move. In addition, Carolyn Long, KCTV5 News anchor shared a personal "Heart to Heart Message" to the women.

Event sponsors included: Lafayette County Health Department, University of Missouri Extension, Lafayette Regional Health Center, Rodgers-Lafayette Dental & Health Center, Health Care Collaborative of Rural Missouri, and I-70 Community Hospital



"Funding for this project was made possible in part by the Department of Health and Human Services (HHS) Office on Women's Health. The views expressed in written materials or publications and by speakers and moderators at HHS co-sponsored conferences, do not necessarily reflect the official policies of the U.S. Department of Health and Human Services; nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government."

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First Quarter Report

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Public Health affects everyone!



LCHD PROGRAMS	COLLABORATING WITH/OR FUNDED BY
<ul style="list-style-type: none"> Social Innovation for Missouri (SIM) Tobacco Prevention and Control 	<ul style="list-style-type: none"> Health Care Coalition of Lafayette County; University of Missouri Extension; Missouri Foundation for Health; Greater Kansas City Health Care Foundation; Blue Cross Blue Shield
<ul style="list-style-type: none"> Basic-Aid Training and Babysitter Class 	<ul style="list-style-type: none"> American Red Cross, County School Districts
<ul style="list-style-type: none"> Saving Smiles Oral Health Preventive Services 	<ul style="list-style-type: none"> Missouri Department of Health & Senior Services, County School Districts, Lafayette County Dental Providers
<ul style="list-style-type: none"> Enhanced Wellness Enhanced Fitness 	<ul style="list-style-type: none"> District III Area on Aging
<ul style="list-style-type: none"> Annual Women's Health Forum 	<ul style="list-style-type: none"> Lafayette County Communities and Agencies
<ul style="list-style-type: none"> Women Infants & Children (WIC) 	<ul style="list-style-type: none"> Rodgers-Lafayette Federally Qualified Health Center; MO Dept of Health and Senior Services

LCHD Staff

Employees were recognized in January for reaching years-of-service anniversary milestones. The recognition program was begun in December of 2010 to commemorate 5 year benchmarks as employees reach them.



LCHD Staff goes "Red" in support of National Wear Red Day

Front row: Carolyn Boland, RN, 30 yrs; Yolanda Carrillo, Account Clerk, 5yrs (2008); Glenda Bertz, RN, 5 yrs

Middle row: Nola Martz, Administrator; Donna Oetting, Health Program Representative, 5yrs (2008); Carol Wells, General Office Assistant, 25yrs; Cynthia Schneider, Administrative Assistant

Back row: Tom Emerson, Environmental Health Specialist, 20 yrs; Martha McReynolds, RN, 5 yrs (2011); Rod Kirchhoff, Emergency Planner, 5 yrs (2010), ; Kristin Buford, Health Program Representative, 5 yrs

"We are fortunate to have these experienced employees in our Public Health workforce, as well as enjoying a low turnover of staff," says Nola Martz, Administrator. "Many times public health agencies aren't so lucky."

The mission of the Health Department is to empower people to develop safe and healthy lifestyles. As an agency committed to continuing a standard of performance, the agency has maintained voluntary Accreditation at the Primary Level since being awarded in 2006.

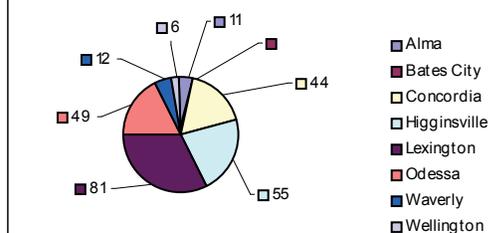
WIC—Health Promotion & Prevention

The Women, Infants and Children, or "WIC" program has expanded. Lafayette County Health Department was awarded a subcontract with Rodgers Lafayette to do outreach WIC services in Lafayette County. Demand for the WIC program has been increasing over the years, and the partnership will help accommodate that growth. Under the expansion, LCHD will conduct outreach in Concordia and Waverly. The WIC program provides healthy food and nutrition to women and their children. Benefits of the WIC program include:

- support and help with breastfeeding
- personal counseling and nutrition information
- supplemental foods
- referrals to other health programs that could benefit a family

Mothers may qualify for WIC services if they are pregnant, breastfeeding or have an infant younger than 12 months of age, or a child or children under the age of 5. LCHD began seeing clients in January and participation visits by end of February was 65. For a schedule of the new outreach clinics, contact LCHD at 660-259-4371, and select option 2.

Community Visits for First Quarter



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