

Lafayette County Health Department

A community of safe,
prepared and healthy
people

3rd Quarter Report
September 30, 2011

Prepared for 2011-12 Influenza Season

For the 2011-12 seasonal flu campaign, LCHD will be under a contract with VaxCare, a preventive health service provider specializing in immunization services. VaxCare is responsible for furnishing the vaccine and supplies, and for billing clients. LCHD staff will administer the vaccinations.

Through this arrangement, clients will find some insurance plans accepted, as VaxCare is able to bill plans that the Health Department can not. Plans accepted by VaxCare are: Aetna, Humana, Medicare Part B, Medicare Railroad, and United Mine Workers

of America (UMWA). Visa and MasterCard (both credit and debit) are accepted as well as checks, and cash. Another benefit of using VaxCare is that high dose vaccine for persons 65 and older, and intranasal mist will both be available. LCHD will continue to provide Vaccine for Children (VFC) influenza vaccine through regular clinics. VFC is sponsored by the CDC to offer a limited supply of vaccinations (including influenza) for eligible low income and uninsured children age 6 months to 18 years. Influenza (the flu) is a contagious respiratory illness caused by influ-

enza virus. It can cause mild to severe illness, and at times can lead to death. Older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting **vaccinated** each year. By getting a flu shot you can protect yourself from influenza and may also avoid spreading influenza to others, including those at high risk for serious illness. For the upcoming flu season, the Centers for Disease Control (CDC) recommends all persons greater than 6 months of age be vac-



Public Health
Prevent. Promote. Protect.



Presentations at Daycares/Preschools

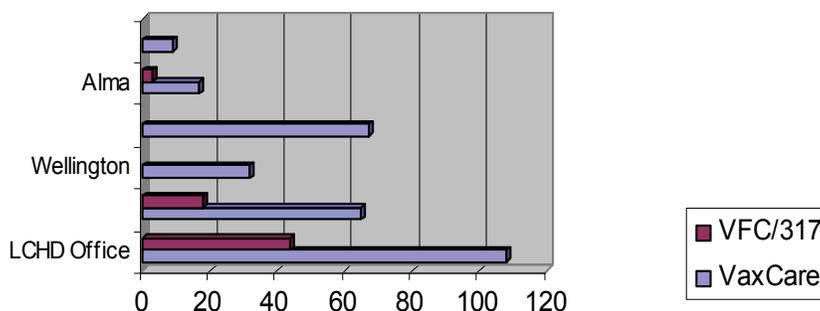
The Lafayette County Health Department staff visits child care facilities in the county to present educational health programs to the children. The purpose of this program is to increase children's awareness of health issues.

Programs presented this quarter were on handwashing and saving smiles.

reaching 299
individuals.



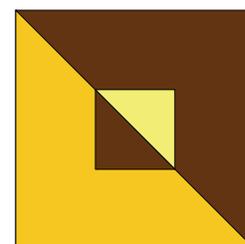
Sept. 2011 Administered Flu Vaccine



	LCHD Office	Concordia	Wellington	Odessa	Alma	Lexington
VFC/317	44	18			3	
VaxCare	108	65	32	67	17	9

Programs/services

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



Savings Smiles

Savings Smiles (SS) is a program to reduce the amount of tooth decay in the children of Lafayette County. It is a Missouri Oral Health Preventive Services Program which is a community-based approach to prevention of oral disease.

The program in Lafayette County is organized by personnel at LCHD with the support and assistance of county dentists, hygienists, school nurses and many volunteers. Some supplies for the program are provided by the Missouri Department of Health & Senior Services.

Oral disease is the #1 childhood disease. It is five times more common than asthma, if left untreated, the effects of oral disease on children may

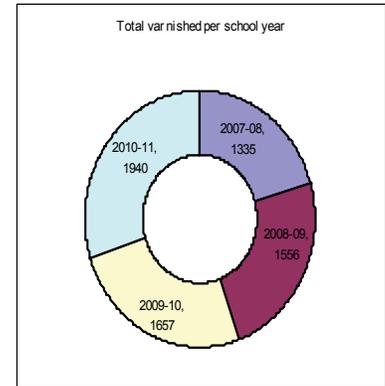
be pain, lowered self-esteem, lack of desire to eat and malnutrition, and inability to learn and develop properly.

The goals of SS are:

- To evaluate and protect the oral health of Lafayette County school children.
- To implement educational and prevention strategies.
- To initiate referrals for service to those with unmet dental needs.
- To provide a yearly opportunity for an oral exam

Schools participating in the Saving Smiles program are Lafayette County C-I, Immanuel Lutheran School, Lexington R-V, Wellington/Napoleon R-

IX, St. Paul's Lutheran School, Trinity Lutheran, Santa Fe R-X and Concordia R-2. **667 students were screened and provided the first fluoride varnish application this quarter.**



Freedom From Smoking

The Lafayette County 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 Coalition of Lafayette County.

LCHD is offering the *Freedom From Smoking* course to local work places as part of the tobacco cessation program. The Lutheran Good Shepherd Home was the first business to offer the course to their employees. Eleven employees took advantage of

this opportunity. The SIM grant provides workbooks and a reimbursement of up to \$60 for Nicotine Replacement Therapy (NRT) or co-pays for a physician visit to discuss NRT.

The Freedom from Smoking consists of eight sessions over a seven-week period focusing on overcoming the physical addiction to nicotine and breaking the smoking habit. The course gives individuals lots of ideas on how to quit and stay quit. The course focuses on the following elements:

- Assertive communication
- Coping Skills

- Proper use of smoking cessation medications
- Building and maintaining motivation
- Nicotine addiction
- Physical activity
- Recovery and grief
- Relapse prevention
- Self-monitoring
- Social support
- Stress management
- Weight management

Presentations at Senior Centers-

Each month a nurse from LCHD visits the Senior Centers in the County to present information on different health issues— for this quarter the subjects were:



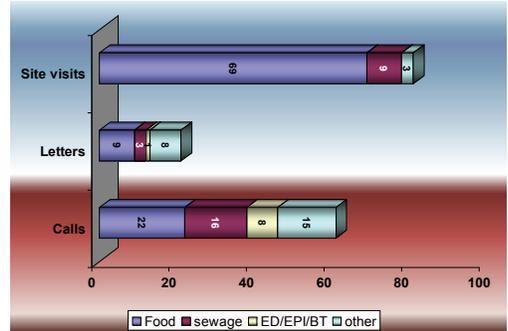
July	Beat The Heat	56 participants
August	Arthritis Awareness	112 participants
	Basic Aid Training	31 participants
September	Active Aging	71 participants

Protecting the County

The word “environmental” in terms of Public Health means our own human environment where we live, work, learn and play. Illness prevention occurs 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 provided to food service workers and daycare providers. Assis-

tance, 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.



Communicable Disease Investigation

A communicable disease outbreak investigation began the last week of July. The Lafayette County Health Department received several reports of illness. Subsequent investigations indicated a local pool to be the common source. The local swimming pool was notified and voluntarily shocked the pool pending results from the investigation for further recommendations. After receiving laboratory confirmation of a case of *Cryptosporidium*, LCHD asked that the swimming pool voluntarily close to follow



CDC guidelines for hyperchlorinating the pool as a precaution.

The exposure period of ill people was July 18 to August 1st. and a total of 27 probable cases and 13 laboratory confirmed cases were identified. No new illness onsets were reported after hyperchlorination, and the pool closed for the season August 12.

Cryptosporidiosis (krip-toe-spo-ri-d-e-o-sis) is a diarrheal illness caused by

a microscopic parasite, *Cryptosporidium parvum*. The disease is often called “Crypto.” This illness is often associated with recreational waters (pools, lakes, etc). It is resistant to normal levels of chlorine and conditions for growth were ideal in the extremely hot weather experienced in Missouri the last 2 weeks of July. Several similar outbreaks occurred around the same time in the Kansas City Metro region.

LCHD in the Community



The 1st Veggie “500” Race was held on August 17th at the Farmer’s Market as part of the Lexington Community Fair. All cars had to be made of vegetables. They were raced down a pine-wood derby track. LCHD participated with an entry made of squash, bell peppers and salsa peppers. The races were fun for everyone. At the end of the competition the LCHD entry took 1st place! Thanks to Carolyn Boland, RN, for representing LCHD in this fun and ‘healthy-habit’ encouraging event.



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Second Quarter Report

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Public Health affects everyone!

We're on the web
www.lafayettecountyhealth.org

Staff Spotlight



Glenda Bertz, RN, has worked for the Lafayette County Health Department for four years. Prior to LCHD, She has been employed as a medical/surgical nurse at various area hospitals, and worked as a charge nurse and MDS Coordinator at Golden Living Center in Odessa, MO.

Glenda's duties include assisting with clinic: immunizations, lab draws, TB skin tests, and preventive screenings. She also assists with school programs such as TAR

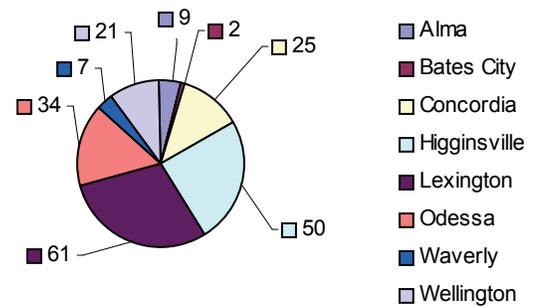
WARS (tobacco education/prevention for 4th and 5th grade students), Basic Aid Training for 4th grade students, and Not on Tobacco – a cessation program for teens. She is involved in piloting the first SWAG (Students With a Goal) training which will take place in October. Students from three area schools will learn ways to be student advocates for smoke free communities. Glenda is certified as an instructor for Babysitter Training through the American Red Cross. She provides community education at each of the four senior centers in Lafayette County once a month.

Glenda enjoys her work as a public health nurse. "This job really combines my two degrees of Education and Nursing." Public Health is all about educating communities to make better choices to prevent chronic disease and promote healthier living. "I am more aware of the choices I make for myself and my family too."

Glenda has been married to Shawn Bertz for 12 years. They live east of Odessa with their two children Amber and Alex.

Reaching the Community

Community Visits for 2nd Quarter



- 55 TB tests given/read
- 52 Venipunctures for Lab work
- 9 Medication set-ups
- 11 Diabetic nail care
- 168 Immunizations
- 287 birth/death certificates done
- 19 news releases on health issues
- 27 Communicable Disease investigations
- 90 Referrals to other agencies

Immunization clinics, screening dates, meeting dates sent to Cable Stations and Chamber of Commerce for newsletter.

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) —(coming soon) 	<ul style="list-style-type: none"> Rodgers-Lafayette Federally Qualified Health Center; MO Dept of Health and Senior Services

