

Lafayette County Health Department

A community of safe,
prepared and healthy
people

4th Quarter Report
December 31, 2011

LCHD to Offer WIC Outreach

There is good news for mothers in Lafayette County who may need assistance providing healthy food and a balanced diet for their young families. The Women, Infants and Children (WIC) program is expanding. Lafayette County Health Department (LCHD) has been awarded a subcontract with Rodgers-Lafayette Health Center (RLHC) to do outreach WIC services in Waverly and Concordia. A REACH Foundation study (2011), reported the population living at 100% of poverty in Lafayette County had increased 40% between 2000 and 2008, suggesting that there are families in need that the present outreach clinics offered by Rodgers-Lafayette Health Center may not serve. The new partnership will expand services to those communities. In addition, LCHD will be able to offer some appointments at their office in Lexington to complement hours offered by RLHC. LCHD Outreach clinics will start in January. The WIC program provides healthy food and nutrition counseling 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 beneficial programs

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. There is no cost for the service. To be eligible, families must meet income guidelines and be in need of nutritional education. WIC appointments are offered at the following locations:

Rodgers Lafayette Health Center
811A S. Business Hwy13 Lexington, MO 64067
Tuesdays 8am-5pm Wednesdays 8am-12pm

Outreach Clinics:
Higginsville-Salem United Church of Christ
Odessa – First United Methodist Church

Lafayette Co. Health Dept.
547 S. Business Hwy 13 Lexington MO 64067
Mondays 1pm – 4pm Wednesdays 1pm – 4pm

Outreach Clinics:
Waverly – Victory Christian Fellowship
Concordia – Bethel United Church of Christ

To find out more or to schedule a WIC appointment call LCHD at (660) 259-4371 and choose option 2.



Public Health
Prevent. Promote. Protect.



Child Care Health Consultation

The Lafayette County Health Department Child Care Health 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.

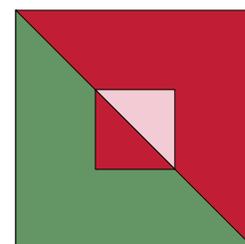
Programs presented this quarter were "Germs are Not for Sharing" and "Saving Smiles".



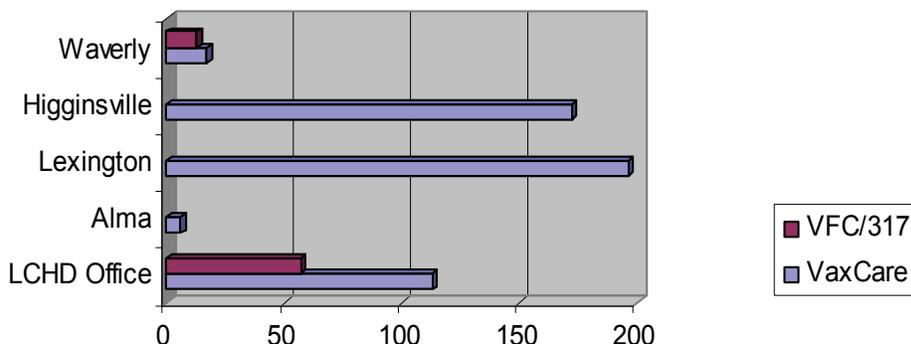
This month's presentations reached 148 children

Programs/services

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



Oct.- Dec. 2011 Administered Flu Vaccine



	LCHD Office	Alma	Lexington	Higginsville	Waverly
VFC/317	57	6	196	172	13
VaxCare	113	6	196	172	17

Savings Smiles

Savings Smiles 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

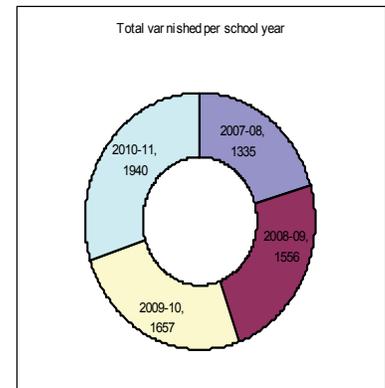
be pain, lowered self-esteem, lack of desire to eat and malnutrition, and inability to learn and develop properly.

The goals of Saving Smiles 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. **716 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.

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 tobacco free. 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:

October Flu Clinics held

November National Family Caregiver's Month 128 participants

December Spread the Word, Not the Germs 123 participants



Protecting the County

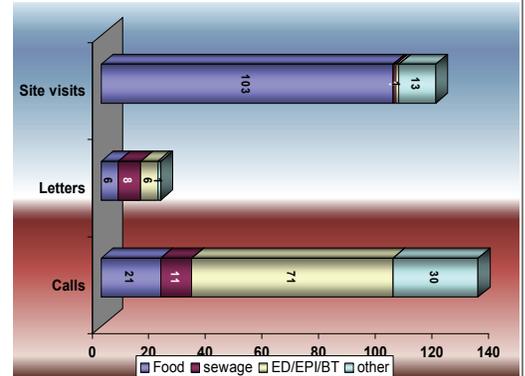


Tom Emerson, EPHS III, performing an inspection.

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. 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.



Rabies Presentation

Lafayette County Health Department and the Missouri Department of Health and Senior Services hosted “Biting Back: How Public Health and Law Enforcement Work Together to Prevent Rabies,” on December 14 at the LCHD office.

Rabies remains a significant threat throughout the United States. Across Missouri, the rabies virus is present in bats, skunks, and other animals year-round. Dozens of rabid animals are de-

tected each year in our state, and hundreds of persons undergo the anti-rabies series of shots annually. This presentation covered basic concepts of rabies transmission and prevention, legal options related to animal quarantine and testing, and how public



health and law enforcement work together to help protect the public from this disease.

The program was presented by Dr. Howard Pue, State Public Health Veterinarian, DHSS. Public health officials, allied health professionals, law enforcement, animal control personnel, veterinarians, and policy-makers were invited.

LCHD in the Community



The 1st Scarecrow contest was held in conjunction with the annual Apples, Arts and Antiques Festival held in October in Lexington. The scarecrows, put together by local groups, individuals and businesses, adorned the light poles in downtown Lexington for two weeks. Individuals could “vote” for their favorite scarecrow. LCHD participated with their entry “Healthy Harold” in Health Promotions.

OPAA Health Fair held in Lexington on October 11th. LCHD presented Hand washing and Oral Health-Saving Smiles information. “Elliott”, LCHD immunization mascot, visited with the participants and even got his blood pressure checked.



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Fourth Quarter Report

Lafayette County Health Department
547 South Business Highway 13
Lexington, MO 64067

Phone: 660-259-4371
Fax: 660-259-6250

Public Health affects everyone!

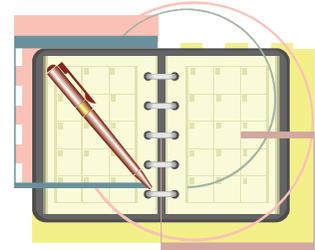
We're on the web
www.lafayettecountyhealth.org

Staff Spotlight



Cindy Schneider, Administrative Assistant, has worked for the Lafayette County Health Department since April of 2008. Prior to working at LCHD, Cindy was employed for 11 years as a staff accountant in Kansas City. She is a graduate of Park University with a Bachelor's Degree in Finance and an Associate's Degree in Social Psychology.

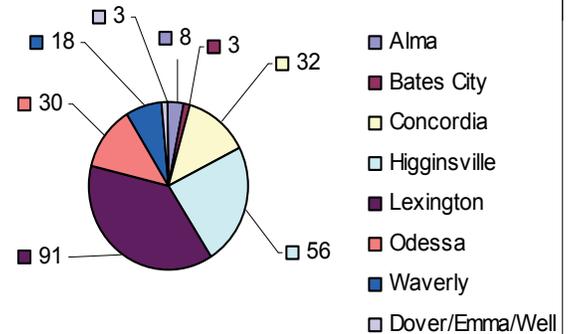
Cindy's duties include supervision of office support and program staff, scheduling, monitoring and maintaining agency contracts, performing basic information technology maintenance, human resource duties, and medical supply ordering.



Cindy has lived in Lafayette County for 4 years. She is married to Eric Schneider of Corder. They have one son, Tommy.

Reaching the Community

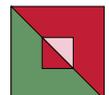
Community Visits for 4th Quarter



Office Activities

- 31 TB tests given/read
- 35 Venipunctures for Lab work
- 10 Medication set-ups
- 10 Diabetic nail care
- 114 Immunizations
- 218 birth/death certificates issued
- 9 news releases on health issued
- 76 Communicable Disease investigations
- 98 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
<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 in January 2010) 	<ul style="list-style-type: none"> • Rodgers-Lafayette Federally Qualified Health Center; MO Dept of Health and Senior Services