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○ ISSUE 1 | ○ VOLUME 10 | ○ 2010 March/April/May

Health focus

LAFAYETTE COUNTY HEALTH DEPARTMENT

Teaching Nutrition

By. Annie Timmerman, RN BSN Public Health Nurse

March is National Nutrition Month. This year the American Dietetic Association is encouraging adults to be good role models and teach healthy eating habits to children. The goal is to raise children who not only make the right nutrition choices, but who also enjoy healthy eating. In honor of National Nutrition Month, the Lafayette County Health Department would like to encourage our residents to take part in this mission.

Begin by taking a look at your current diet. Most of us will find that we are not getting enough fruits and vegetables. To figure out what types of foods you should be eating and how many calories you need to achieve a healthy weight you can visit www.mypyramid.gov. This website contains food pyramids for children, adults and nursing mothers, along with many helpful tools.

There are several ways parents can promote healthy eating. The first is to offer your children a wide variety of foods as early as possible, as it becomes more difficult to introduce and accept new foods when you are older. Children will try most anything when they are introduced at a

young age. Children of all ages love to be involved in meal planning and preparation. Allow your children to accompany you to the local farmers market or grocery store. Encourage them to pick out healthy food that they have never tried. They are more likely to try a food that they actually picked out.

In addition to trying food that they picked out, they are also more likely to try a food they helped you make. Give them the opportunity to do as much as they are capable of and want to when preparing a meal. They are not only more likely to eat that food; they are also learning a valuable life skill by taking part in the kitchen. As parents and adults we need to set an example by eating the foods that we are encouraging our young children to eat. This nutrition habit will help create a healthy relationship with food for ourselves and our children. Ultimately by helping your children become healthy eaters, you can make yourself a healthier individual as well. Just remember, you never know what you might like until you try it!

To access more information on improving the health and nutrition of our nation, visit the American Dietetic Association at www.eatright.org.



The following recipe is an example of a healthy Snack

Popcorn Delight

- 3 c popped fat-free unsalted popcorn
- 1 Tbs sliced almonds
- 2 Tbs raisins or other dried fruit
- (such as cranberries, apricots or dates)
- ½ tsp ground cinnamon
- 1 tsp sugar

In a medium bowl, combine the ingredients and toss well.

Recipe makes 1 Serving

Nutrition Facts per Serving:

Calories: 230 Fat:7g Saturated Fat: 1g
Trans fat: 0 Cholesterol: 0mg sodium: 274 mg
Carbohydrates: 30g Fiber: 6g Protein: 6g

Recipe provided courtesy of John Wiley & Sons, from Expect the Best: Your Guide to Healthy Eating Before, During & After Pregnancy by American Dietetic Association

Home Care Patient Spotlight

63 year old **GARY HITTENMILLER**, lives in Shullsburg with his wife Sandy. Gary has been a patient of the Lafayette County Health Department's Home Care program for nearly 11 months.

Gary currently has a Registered Nurse visit him in his home once per week. Following his doctor's orders, Gary's nurse organizes his weekly medications for him, checks his cardiac status, and does an assessment on his overall health.

In addition to the Registered nurse that visits Gary, he has a Home Health Aide come three times per Week. The home health aides help him with his bath, and to get him ready for the day.

Overall Gary says the best things the nurses have done for him is to

help him get his medications set up and to give him information about his health.

Gary is a United States Veteran as well. He served his country in the Vietnam war as a member of the U.S. Army.

In his free time, Gary is a handyman. He enjoys "tinkering" and fixing things at his home. Another of his favorite things to do is to go for long walk outside when the weather is nice. Gary is also an avid NASCAR fan.

When asked if he would recommend other people to utilize the Home Care program, Gary replied, "yes, very much so!" He said that anyone that needs help, the Home Care program is the "place to go."



"The Program is Unbelievable!"

Gary Hittenmiller – Home Care Patient

FREQUENTLY ASKED QUESTIONS ABOUT HOME CARE & PERSONAL CARE

- **Who is Eligible for Services for Home Care or Personal Care?**
Anyone who has a need for skilled-nursing or therapy functions may be eligible for **Home Care**. For our agency to "adopt" a patient as our own, we need to have a referral from the patient's physician. One of our nurses or the doctor can help guide you through the process if you think that Home Care may be an option for you or your loved one.

For **Personal Care**, any person with a need for general aide care (such as bathing & dressing) may be eligible for our services. There are many programs available within our county that help people qualify for Personal Care Services. Please call our office if you have questions.
- **Does my insurance, Medicare, MA, or Medicaid cover Home Care?**
It depends on the service. Some skilled home health services may be covered. We will work with you to find out what is covered in advance.

- **How much does it cost to have them come to my house?**

The out-of-pocket cost for our services depends on your financial situation. Medicare/Medicaid may help to cover some expenses with "skilled nursing" visits. Otherwise, our rates are subject to the sliding scale rates based on our patient's income. Each individual's situation is different, so please call our office for more information.

- **What sorts of things will the Nurses and Aides do?**

Skilled Nursing activities that may be provided by a Registered Nurse include:

- *Management & Evaluation of Care Plan
- *Injections
- *Urinary Catheters (care & set-up)
- *Ostomy Care
- * IV Care & Setup
- *OT/PT Services Available
- *Other Services that are seen as appropriate
- *Wound Care
- *Bladder & Bowel Training
- *Supervision of Oral Medications
- *Blood drawing for lab tests
- *Education & instruction regarding continuing care

Personal Care Services May Include:

- *Assisting with bathing, dressing, feeding, weighing, back rubs & shampoos
- *Occasionally laundry, trash removal & meal preparation can be done
- *Changing Bed linens
- *Cleaning around catheter site
- *Client Transfers (i.e. bed-to-chair)
- *Helping to maintain a safe environment for clients
- *Measuring intake & output
- *Testing Vitals (temp, pulse, respiration & blood pressure)

Questions? Call Us or Visit Us on the Web.

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www.lafayettecountyhealthdepartment.org

2010 County Health Rankings Released:

Lafayette County Ranks 34th

County Health Rankings Report Gives Wisconsin Residents a County-by-County Snapshot of How Multiple Factors Can Influence Their Health

Ozaukee County has the healthiest residents in Wisconsin and Menominee County is the least healthy county in the state, according to a new report released today by the University of Wisconsin Population Health Institute & the Robert Wood Johnson Foundation. The *County Health Rankings* have ranked the health of Wisconsin counties annually since 2003.

This year, the *Rankings* were expanded to rank the overall health of the counties in all 50 states by using a standard formula to measure how healthy people are & how long they live.

Wisconsin's five healthiest counties are Ozaukee, St. Croix, Washington, Waukesha, and Portage. The five counties in the poorest health are Menominee, Milwaukee, Marquette, Jackson, and Adams. The healthiest of Wisconsin's 72 counties are largely suburban counties near the city of Milwaukee and on the border with the Minneapolis-St. Paul metropolitan area; the least healthy counties are primarily located in rural areas of central and northern Wisconsin with the exception of Milwaukee County, the state's most urban county in the southeast.

"This report shows us that there are big differences in overall health across Wisconsin's counties, due to many factors,

ranging from individual behavior to quality of health care, to education and jobs, to access to healthy foods, and to quality of the air," says Dr. Patrick Remington, associate dean for public health, University of Wisconsin School of Medicine and Public Health.

Lafayette County ranks #34 overall in the rankings. Specifically, the county ranks # 53 in health factors and # 34 in health outcomes. Lafayette County ranks in the top half of all counties in health outcomes with strong ratings in quality of life indicators such as environment; issues such as safe air and safe water supply. The rate of communicable disease and teen pregnancy is more favorable than the state as well. Lafayette County has a strong education system and 98% high school graduation rate. Lafayette County ranks less favorably in areas such as the percentage of those uninsured (18% vs. a state rate of 10%), as well as access to care issues. We also are challenged by a very high motor vehicle crash death rate (27 vs. 16). Health behaviors such as physical inactivity and those reporting poor health is another weakness and as a result the obesity rate in Lafayette County is 30% (vs. a state rate of 25%).



Debbie Siegenthaler, Director

"My hope for Lafayette County is that residents live a better and longer life. The *County Health Rankings* raise awareness in communities about the many factors that we must address in order to make this hope a reality," says Debbie Siegenthaler, Director – Lafayette County Health Department. "The release of the rankings comes simultaneous to our Community Health Needs Assessment process that is occurring on the county level. We are awaiting the results of the community survey results as well as stakeholder interviews to determine our top three local priorities", added Siegenthaler. The online report, available at www.countyhealthrankings.org, includes a snapshot of each county in Wisconsin with a color-coded map comparing each county's overall health ranking. Researchers used five measures to assess the level of overall health or "health outcomes" for each county: the rate of people dying before age 75, the percent of people who report being in fair or poor health, the numbers of days people report being in poor physical and poor mental health, & the rate of low-birth weight infants.

The University of Wisconsin's Remington says that "It's easier for people to lead a healthy lifestyle when they live in a healthy community – such as one that has expanded early childhood education, enacted smoke-free laws, increased access to healthier foods, or created more opportunities for physical activity. We hope this report can mobilize community leaders to learn what is making their residents unhealthy and take action to invest in programs & policy changes that improve health," Remington adds.

Thanks to Everyone Who Attended the H1N1 Clinics This Year!! They Were a Huge Success!



IF YOU OR YOUR CHILD STILL NEED THE H1N1 VACCINE, PLEASE CALL OUR OFFICE FOR TIMES AVAILABLE (608) 776-4985

Focus on our Employees

HOME CARE NURSE:

DANIELLE STEGER, RN, BSN

The Health Department's newest staff member is Home Care Nurse DANIELLE STEGER. Danielle joined the Home Care team in April of 2009, and has impressed everyone she has had contact with so far.

Danielle recently graduated with her Bachelor of Science Degree from the University of Dubuque. Prior to going to school at UD, Danielle attended Northeast Iowa Community College in Peosta, IA for nursing. She comes to the Health Department with experience from the Lafayette Manor as she worked there for seven years. Danielle's time at the manor has given her the experience and bed-side manor that we cherish in a Home Care Nurse.

Danielle currently visits patients in Shullsburg, Leadmine and Benton. She thinks that "being able to see where the patient is actually coming from, and how they are living really makes a big difference in determining what kind of care they need." She has shown that getting to know your patients, and showing a genuine interest in their lives helps their recovery go more quickly and smoothly.

When she is not working, Danielle can most likely be found riding her horses with friends and family. Growing up in Shullsburg, she has loved horses since she was a little girl. She will surely pass her passion for animals on to her son, Wyatt. Danielle has enjoyed her time here at the Health Department so far. She would like to encourage the residents of Lafayette County to inquire about the Home Care or Personal Care programs if you think a Family member could benefit from our services.



"STAY FIT"
Tip of the Quarter

"Couch Kicks"

1. Stand facing the couch with one of the couch arms in front of you.
2. Bend forward, supporting your weight on the arm of the couch.
3. Keep your head down so that you do not put stress on your neck muscles.
4. Kick your right leg back so the bottom of your foot is parallel to the ceiling (or as high as you feel comfortable going), then bring it back down to the floor.
5. Do 15 repetitions on each leg. If you are doing this correctly you should feel it in your thigh and butt.



**Lafayette County
Health Department**

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