

SPRING 2008  
Volume 8, Issue 1

# Lafayette County Health Department

## SPECIAL INTEREST ARTICLES:

- Public Health  
\*Public Health Week  
\*County Report Card
- Home Care/Hospice  
\*Special feature in RJ  
\*HATS  
\*Community presentation opportunities

## ANNOUNCEMENTS:

### ***New Staff:***

Help us welcome ☺

**MARIAN OLSON**, new Hospice Nurse & **ANNIE TIMMERMAN**, new Home Care Nurse

- **Darlington Dental Clinic set to begin construction in April!**
- **We also want to recognize the special staff we have in honor of Administrative Professional's Day in April, Nurses' Day in May and CNA week in June.**  
**THANKS TO ALL OF YOU & ALL YOU DO☺**

## Public Health

*Debbie Siegenthaler, RN MSN - Director/Health Officer*

### What's Happening in Public Health?

#### **Public Health Week: April 7<sup>th</sup> – 13<sup>th</sup> 2008**

Annually the public health community recognizes the work of public health and the strives made to improve the health of the public. This year's PH week theme is "Climate Change: Our Health in the Balance". The focus this year is for communities and individuals to understand the impacts and consequences that climate change has on human health. Global warming could be one of the top challenges facing the public health community as it presents huge challenges for the earth's future. Scientists from around the globe have stated that the climate IS changing and human activity is to blame. Greenhouse gases – mainly from fossil fuels burned in our cars, the power plants that bring us energy and the industries that manufacture our goods and produce our foods – are causing the temperatures on Earth to increase. These changes to the climate affect human health around the world. According to the World Health Organization, climate change from 1961 to 1990 may have already caused 150,000 deaths. These deaths are attributed to affects global warming has on the air we breathe and the food available for us to eat. It affects our drinking water and the spread of diseases. There is growing recognition that we must act and must act NOW. Many of the choices individuals should make for the sake of their health—and for their communities --- are the same choices that benefit the health of the planet.

#### ***So what can you do to improve the health of the planet?***

1. Educate yourself about the connection between climate change and health.
2. Help you and your community **go green** --- adopt as many good practices as possible to reduce your contribution to climate change.

**REDUCE, REUSE and RECYCLE**

## How Healthy is Lafayette County? – Report Card/Ranking

There are big differences in the health of Wisconsin communities. Each year the Wisconsin Public Health and Health Policy Institute release a report called the Wisconsin County Health SNAPSHOT. This is a “health check-up” of all 72 counties by UW Medical School faculty and staff. The report evaluates the health status of each county. To measure the current health of counties the rankings are based on two major areas: the rate of premature death (before the age of 75) and how people assess their own health. The rankings also consider factors that contribute to health: socio-economic factors such as education and poverty; health behavior such as smoking, binge drinking and overweight; and health care such as health insurance and the physical environment such as air quality.

Lafayette County was ranked 34<sup>th</sup> overall in health outcomes for 2007 (compared to past rankings of 41<sup>st</sup> in 2003, 21<sup>st</sup> in 2004, 26<sup>th</sup> in 2005, and 32<sup>nd</sup> in 2006).

What we should take away from this health “report card” is that we have jumped all over the place in our health outcome ranking since 2003. While we saw improvement in 2004 and 2005, we also dropped significantly in 2006 and have dropped further to our current 34<sup>th</sup> ranking. “We have worked diligently across all the issues but some economic issues are beyond the scope of the health department”, comments, Debbie Siegenthaler – Health Dept Director. “Particularly in the issues of health care access and dental care access, we fall short. Other weaknesses include mammography screening rates, housing with lead poisoning risk and motor vehicle crashes. We obviously have room for improvement and there is never room for complacency. Communities, like individuals, are either moving forward and making progress or falling back; a community cannot stand still”. We do have certain strengths in areas such as air quality and certain health behaviors.

The Lafayette County Health Department completed its 5 year Health Needs Assessment in 2004 and will be due to repeat that process in 2009. The 2004 Needs Assessment found notable health issues that included: 1) lung cancer mortality rates 2) heart disease mortality rates 3) lack of oral health access 4) suicide rates 5) diabetes mortality rates, and 6) rates of uninsured individuals. All six of which were higher than either, or both, the southern Wisconsin county regional, or statewide rates.

The Lafayette County Health Department prioritized the recommendations through a survey tool designed to gain the community’s perceptions of needs and priorities. The table below provides the rank order of the top three priorities.

Rank order of priorities		
Recommendation area	Total # in the top three priorities	% of areas prioritized
Elderly health needs	133	31.4%
Healthy lifestyle promotion	128	30.3%
Improve access to care	75	17.7%
Environmental health	66	15.6%
Suicide Prevention	37	8.7%

Based on the data collected the top three priority areas identified by the community include:

- 1) Health needs of the elderly
- 2) Healthy lifestyle promotion
- 3) Improving access to care

We are lucky in Lafayette County to have a County Board and Board of Health that are willing to invest in the public’s health and enable our department to work on these priority issues. These are issues our Health Department and Board of Health will continue to focus attention on. The 2009 Health Needs Assessment will once again involve a similar process with new health priorities. Lafayette County issues don’t vary widely from the needs across the state and nation. In fact, they very much mirror initiatives set forth by the Federal and State Health Plans; *Healthy People 2010* and *Healthiest Wisconsin 2010*.

\* For more information or to get a copy of the report card for Lafayette County, please contact the Lafayette County Health Department at 776-4895



## Home Care & Hospice

Kristie Lueck RN, BSN

### Lafayette County Home Care News

Watch for upcoming articles in the Republican Journal related to the services offered by the Health Department. The first in the series will feature the Home Care program. We plan to highlight the skilled care and independent assessment ability required for caring for people in their homes. The focus of home care is to help patients and their caregivers take responsibility for their care and recovery, at the level they are able to do.

We view home care services as a sort of “safety net” for people being able to maximize their time in their own homes. Patients are being discharged from the hospital “quicker and sicker” than ever before; skilled assessment and care procedures can prevent complications. Condition monitoring, personal care by the aide, therapy, and medication management can all help to delay nursing home placement. More information about home care services will be featured in the newspaper.

**SPECIAL ANNOUNCEMENTS:** We are thrilled to announce that we have filled our home care nurse vacancy. Annie Timmerman will be starting with us in May and we are excited to welcome her to our Agency! Welcome Aboard Annie☺ We also want to mention that Marian Olson is our new Hospice Nurse and we are equally as thrilled to have her with us. Marian started with us in November! It is wonderful to again be at 100% staff.

### Lafayette County Hospice News

**HATS AVAILABLE ----** The Health Department, Hospice program is able to provide hats and scarves for people who have hair loss related to cancer treatment. A group called “HATS”, which stands for “Hats are to Support”, uses donated fabrics to create head coverings of varying styles and colors. Based in the Mazomanie area but with ties to Darlington, the women have donated several hats so far. Any county resident is welcome to use these hats or scarves.

**COMMUNITY PRESENTATIONS ----** Hospice staff is prepared to speak to community groups on a variety of grief-related topics. Grief support groups are usually attended by loved ones of people who have died, but many other people are affected as well.

Speakers regarding the following topics are available:

*Non-death Losses*

*How to Help Someone Else (such as a friend or coworker who has experienced a loss)*

*Holidays and Special Days*

*Anticipatory Grief*

*Public Tragedy*

*Cultural Differences*

*Loss of a Pet*

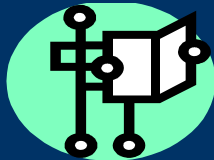
*Miscarriage*

*“Am I Going Crazy?” / Stress*

*Death & Dying*

*Grief & Recovery after Suicide*

**\*Community groups may contact Kristie Lueck, RN,  
at the Health Department to arrange for a speaker.**



# 2008 HEALTH DAY SCHEDULE

THE NURSES WILL BE AVAILABLE TO DO HEALTH SCREENING, BLOOD PRESSURE, IMMUNIZATIONS, CHOLESTEROL SCREENING, FOOT CARE (BY APPOINTMENT ONLY) AND HEALTH COUNSELING.

## CHARGES ARE AS FOLLOWS:

**\$15.00 immunization registration fee/donation**

**\$20.00 foot care**

**\$20.00 cholesterol**

**\$ 8.00 blood sugar**

**\$ 5.00 blood pressure (suggested donation)**

## Clinic Sites & Times:

<b>ARGYLE EMS BUILDING</b>	<b>9:00 to 12 noon</b>	<b>BLANCHARDVILLE SR. APT.</b>	<b>1:00 to 2:00 pm</b>
<b>BELMONT COMMUNITY BLDG.</b>	<b>10:30 to 12 noon</b>	<b>DARLINGTON HEALTH DEPT.</b>	<b>8:30 to 12 noon</b>
<b>BENTON SENIOR APT.</b>	<b>9:00 to 10:00 am</b>	<b>SHULLSBURG SENIOR APT.</b>	<b>9:00 to 12 noon</b>

## Clinic Dates:

Tuesday April 1	Shullsburg	Tuesday, Oct 7	Shullsburg
Tuesday April 8	Argyle/Blanchardville	Tuesday, Oct 14	Argyle/Blanchardville
Tuesday April 15	Benton/Belmont	Tuesday, Oct 21	Benton/Belmont
Tuesday April 22	Darlington	Tuesday, Oct 28	Darlington

### **\* LATE OCT/EARLY NOV -- BIG Kick-off Flu clinic, TBA**

#### NOV HEALTH DAYS ARE FLU CLINICS ONLY

Tuesday, June 3	Shullsburg	Tuesday, Nov 4	Shullsburg
Tuesday, June 10	Argyle/Blanchardville	Wednesday, Nov 13	Argyle/Blanchardville
Tuesday, June 17	Benton/Belmont	Tuesday, Nov 18	Benton/Belmont
Tuesday, June 24	Darlington	Tuesday, Nov 25	South Wayne/Gratiot (site and time TBA)

\* Flu shots will also be given each Tues and Thur afternoon (1-4pm) in the month of Nov at the LCHD in D'ton

Tuesday, August 5	Shullsburg	Tuesday, Dec 2	Shullsburg
Tuesday, August 12	Argyle/Blanchardville	Tuesday, Dec 9	Argyle/Blanchardville
Tuesday, August 19	Benton/Belmont	Tuesday, Dec 16	Benton/Belmont
Tuesday, August 26	Darlington	Wednesday, Dec 23	Darlington