

MARCH 2009

PUBLIC HEALTH PROACTIVE
AND PREVENTIVE HEALTH

TO LAST A LIFETIME



To protect and improve the health of the community, you've got to start at the beginning of a lifespan and continue throughout.

The following listing of services reflects just some of the many ways our agency promotes health throughout a lifetime.

PREGNANCY TESTING to ensure mothers have early confirmation to prevent pregnancy complications.

TEMPORARY MEDICAID to assist mothers in obtaining medical care for their pregnancy as soon as possible.

BIRTH CERTIFICATES to provide identification after a person arrives in this world.

IMMUNIZATIONS to protect vulnerable infants, young children and adults from debilitating diseases.

WIC PROGRAM to provide families with nutrition education and supplemental food vouchers to make sure kids have the best start.

BREASTFEEDING SUPPORT to encourage mothers to breastfeed their babies to provide the ideal nutrition.

BRIGHT BEGINNINGS To provide education and support for the prenatal and post partum family.

CHILD CARE HEALTH CONSULTATION to ensure daycare providers have support and education to provide the best care for children.

DENTAL VARNISH PROGRAM to protect young teeth and avoid costly dental care for families.

LEAD TESTING to prevent disability from exposure to lead.

OBESITY PREVENTION PROJECT to create interventions in the community educating parents and children about combating obesity.

SCHOOL HEALTH SERVICES such as screenings and health education to ensure our kids are on track.

SPORTS PHYSICALS to help ensure student athletes can participate safely.

TUBERCULOSIS TESTING to detect, treat and prevent the spread of this dangerous disease.

ADULT WELLNESS CLINICS to provide affordable routine blood testing so residents can take a proactive step in maintaining their health.

HEALTH EDUCATION programs to educate the public on healthy behaviors to prevent disease, injury and disability.

DOG BITE INVESTIGATIONS to assist in animal control and prevent rabies.

"Health care is vital to all of us some of the time, but public health is vital to all of us all of the time."

– C. Everett Koop

Public health services span a lifetime, providing services before birth and through death.

COMMUNITY WELLNESS COMMITTEE to lead a community coalition designed to identify gaps in health care and act to provide interventions in our county.

IT'S A NEW DAY! WELLNESS PROGRAM to give adults the tools and support needed to make lasting lifestyle changes to improve their quality of life.

DIABETES EDUCATION so people living with diabetes can make the necessary changes to manage their condition, before complications arise.

BLOOD PRESSURE CHECKS to give clients a convenient way to monitor their condition.

DISEASE INVESTIGATIONS to minimize disease outbreaks, monitor trends in diseases reported and educate those involved to stop the spread and protect the community at large.

RESTAURANT INSPECTIONS to ensure the safety of the food we eat in restaurants, schools and more.

TRUCK WRECK INSPECTIONS to guarantee that tainted food doesn't wind up in our grocery stores.

DEATH CERTIFICATES to provide legal documentation of one's demise.



Clockwise from far left:
 Alvina Benskin,
 Clara Brown, Roxanna
 McCracken, Susan Rice, Sheila
 Clark, Richard Smith, Sherry
 Weldon, Brenda Buck,
 Lee Ann Moffatt, Anita Perry,
 Ann Hoppe & Mary Taylor

By the Numbers...

These are only a sampling of the numbers served through various public health services in 2009.

186 HOME VISITS for Adult Med Set-up/Toenail Care, Infant Check-Ups & Positive Lead Test Home Visits

434 BLOOD PRESSURE CHECKS through walk-ins and clinics.

113 PREGNANCY TESTS through walk-ins and clinics.

287 TB TESTS for employment eligibility.

1197 BIRTH CERTIFICATES provided for identification and drivers license requirements.

1021 DEATH CERTIFICATES for family and legal requirements.

3595 CLIENTS IMMUNIZED through walk-ins and clinics.

290 ROUTINE BLOOD DRAWS through adult wellness clinics.

82 CHOLESTEROL & BLOOD SUGAR TESTS through appointment.

67 DIABETICS EDUCATED & COUNSELED.

248 DISEASE INVESTIGATIONS conducted.

262 LEAD TESTS for children.

2692 WIC APPOINTMENTS conducted through clinics.

70 RESIDENTS COMPLETING "It's A New Day!" Wellness program.

100 BOOSTER SEATS given out.

205 FAMILIES REACHED through the Obesity Prevention Project.

91 BREASTFEEDING CONSULTATIONS to new moms.

286 CHILD CARE HEALTH CONSULTATIONS for providers & kids.

177 SANITATION INSPECTIONS of restaurants, taverns, motels, daycares, schools, convenience stores, jail, warehouse, temporary food vendors, and grocery stores.

...and the list goes on!

SMALL STAFF BIG RESULTS...

Rural Health Department Staff Wear Many Different Hats in Providing Services to Their Populations

A unique trait of rural public health departments is the small core group of staff members who provide a variety of services in overlapping areas.

The Livingston County Health Center has 15 employees total, five of whom are hired on a part-time basis.

One part-time employee's salary is fully paid by a grant and another is shared with a neighboring county's local public health department.

This core staff provides the same type of services as larger county health departments, just in smaller numbers, reflecting our lower population.

This means we are a do-it-yourself operation when it comes to delivering public health services to our county. None of our programs, such as WIC, are contracted out to other agencies, as they are in larger cities..

The Health Center employs four Registered Nurses and one Licensed

Practical Nurse who are assigned to various programs, instead of just one.

All of our nurses work Immunization Clinics, WIC Clinics, Adult Wellness Clinics, Blood Pressure Clinics, provide Preventive Health Testing and perform other walk in duties like providing lice shampoo.

The nurses are also more specifically assigned as coordinators to various areas of public health such as Communicable Disease, Breastfeeding Support, Diabetes Education, Child Care Health Consultation and Maternal Child Health.

Other staff, such as office support assistants and public information staff have duties designed to enhance all existing programs.

So, as you can see, rural counties like Livingston are getting a lot for a little in the form of a small but mighty staff of public health professionals.





"Achoo! And Thus Begins An Epidemic"
Denmark, 1930s

PUBLIC HEALTH MILESTONES

"Disease Control" is one of ten major milestones sited as the **Greatest Public Health Achievements** since 1900.

In 2009, **Livingston County Health Center** was given the charge of **servicing at the front lines of the H1N1 outbreak** at the county level.

Our staff did **surveillance of the spread of H1N1** in our county, **visited daycares and schools to educate** about **prevention measures** and **conducted mass immunization clinics** to protect our public through a **blanket approach**.

Our staff also **organized** a mass media campaign to **educate the public on the status of the disease and encourage and instill prevention behaviors**.

The **Health Center also partnered with local pharmacies** to distribute **antiviral medications** for **uninsured residents** affected by the flu.

This type of **immediate disease response** on a local level is essential to preventing a major outbreak nationwide and worldwide.

We are public health, this is what we do.

Vintage Poster Source: National Library of Medicine, Circa 1930

LOCAL EXAMPLES OF PUBLIC HEALTH INTERVENTIONS

PUBLIC HEALTH IN ACTION



Ten Essential Public Health Services:

- Monitor health status to identify community health problems.
- Diagnose and investigate health problems and health hazards in the community.
- Inform, educate, and empower people about health issues.
- Mobilize community partnerships to identify and solve health problems.
- Develop policies and plans that support individual and community health efforts.
- Enforce laws and regulations that protect health and ensure safety.
- Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
- Assure a competent public health and personal healthcare workforce.
- Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
- Research for new insights and innovative solutions to health problems.

Every health department across the nation addresses these ten priorities, Livingston County Health Center is no different.

Communicable Disease surveillance and investigation has always been a **core part of diagnosing and investigating health problems** and the service with which most people associate public health.

Here is an **example of response to a recent threat** in our county:

Following the report of a child testing positive for **cryptosporidium**, our **Communicable Disease Coordinator** began an **investigation** of the case in our county, and all persons involved.

Public health serves as a protector and overseer of the nation's health.

"The three legs of the public health stool have always been the biological, the environmental and the social."

-Sir Liam Donaldson

Education about the illness was provided to the family of the child and follow-up on treatment.

Our **Child Care Health Consultant** visited with the daycare provider and provided education about preventing spread of the disease. Parents at the daycare were given information about the disease and encouraged to watch for symptoms.

Contacts of the child were identified and alerted to the possibility they might have been exposed.

One family had visited a **water park in South Dakota**, which had the **potential to either be a source of the parasite or now be contaminated**. Our **Communicable**

Disease Coordinator contacted the **local health department** to alert them to the threat.

Some individuals involved submitted stool samples to the **Department of Health State Lab** after experiencing symptoms.

Our **Public Health Environmental Sanitarian** visited **local swimming pools** and suggested they **follow the protocol for removal of this type of parasite**, as a precaution.

As you can see, the **public health response to threats to our community's health** are prompt, comprehensive and far-reaching. While our efforts are not loudly praised, we are the **first line of defense for our population** and the steps we take **protect the health of the nation at large**.