REPORT TO THE COMMUNITY

Renville County Public Health 2015
SHOW US THE DATA

Renville County Public Health Services uses data to help us make the best decisions about how to protect the health of our community.

To assess health needs in Renville County, our staff continually evaluates local health data - everything from smoking and obesity rates to adverse childhood experiences and health inequalities. We use data to improve the effectiveness of public health programs and to influence policy decisions (both locally and on a state level) that improve the health of the population.

Knowing what the research shows about program effectiveness also helps us make better decisions on how to spend funds.

This annual report provides examples of how data and research guide our work and help us achieve the primary goals of our strategic plan.

The Kandiyohi-Renville Community Health Board (K-R CHB) leads efforts to promote a healthy and safe community, to prevent illness, disease and injury, and to protect and enhance the health of those who live, work, learn and play in our counties.

2015 AT A GLANCE

- 272 infants and children received 1,187 home visits. These visits included:
  - prenatal visits and visits to newborns
  - family home visits for parenting
  - high lead blood levels follow up
  - helping families with children with developmental delays
  - follow up of perinatal Hepatitis B, Early Hearing Detection and Birth Defects Information System,
  - breastfeeding support,
  - mental health.
- 7 home visiting nursing staff were trained in Growing Great Kids, an evidence based curriculum.
- The Women, Infants and Children (WIC) program saw an average of 354 participants per month.
- 339 children from age 0 to 3 years participated in the Follow Along program.
- Immunized 880 children and adults with seasonal flu vaccinations, primarily at school located clinics.
- Provided over 1,600 hours of school health services to BLHS, BOLD, Cedar Mountain and St. Mary’s schools.
- Renville County experienced a significant outbreak of Avian Influenza in local poultry flocks. While this virus was not transmitted to humans, it had a huge impact on the health and welfare of community members.
- Public Health worked with local and regional hospitals, clinics, long term care facilities, emergency management, EMS, law enforcement, human services, mental health, and other community supports to plan and respond to emergency events.
- On November 1st, 2014, SHIP 4.0 began in every county across the state of Minnesota.
- 287 food, pool and lodging establishments were licensed in Kandiyohi-Renville. Of the total establishments licensed, 55 were lodgings, 41 were mobile home park/ recreational camping, and 16 establishments had at least one pool. The remaining 175 were licensed only as food.
- 301 special event permits were issued, 402 inspections were completed. 9 public health nuisance complaints were received, of those, 2 required enforcement action.
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- The County Sheriff and Jail administration along with Public Health made the difficult decision to bring an end to our long time relationship with Jail Health. As of Dec. 1, 2015, a private company, MEnd, began providing all of the jail medical services.
- We saw jail inmates with more complicated medical problems, with a significant increase in mental illness, and chemical dependency needs.
- Renville County updated their Youth Tobacco Ordinance: elimination of sampling rooms, set $2.10 price per single cigar, and added seller education.
- 2,388 home care nurse visits were made to 100 clients with the goal for independence and keeping people in the community as long as possible. In addition, Home Health Aides provided 1,708 visits for personal care. Contracted therapists made 218 visits in homes throughout Renville County.
- Renville County is a member of PrimeWest, a county owned medical assistance program. Nurses had 1,951 encounters with 268 clients, helping them manage their health and social needs. In addition, 219 assessments were made in conjunction with social workers.
In Minnesota, Public Health responsibilities are shared between state and local governments as specified in the Local Public Health Act (Chapter 145A) and can best be described as a partnership.

Forty-nine locally-governed Community Health Boards (CHB) oversee local health departments that work in tandem with the Minnesota Department of Health (MDH) to fulfill public health responsibilities. Kandiyohi and Renville are joined as a Community Health Board.

This interlocking, statewide system is a critical component of an effective response to public health threats as well as efforts to improve the health of Minnesotans. Funding for local public health is a mix of local, state and federal funds as well as fees and reimbursements. In Minnesota, an annual state general fund appropriation, local tax levy and federal dollars combined results in $43.54 million dollars which provides the foundation for the local public health system.

This partnership, known as the Community Health Services (CHS) system, enables state and local governments to combine resources to serve public health needs in an efficient, cost-effective way. It is fundamental to the success of Minnesota’s public health system because it is the infrastructure for nearly all public health efforts in Minnesota. The system is structured to be flexible so it can meet the different needs of communities around the state and promote direct and timely communications between state and local health departments. The CHS system relies on shared goals and a desire to work together to improve the lives of all Minnesotans. This partnership is the basis of Minnesota’s public health system—one entity cannot function without the other.

Renville County Public Health Services (RCPHS) is a local governmental health department. RCPHS is responsible to the residents of Renville County and to MDH in its activities. The Public Health staff is comprised of public health nurses, a licensed practical nurse, a dietitian, health educators, sanitarians, financial and support staff.

In 2015, Kandiyohi-Renville Community Health Board submitted the required four planning documents to MDH: Community Assessment, Strategic Plan, Quality Improvement Plan and Community Health Improvement Plan. Throughout the year, implementation of some of the strategies began, including a joint QI project, education on performance management and assessing the CHB’s capacity to move forward with accreditation.

If you would like to view the Kandiyohi-Renville Community Health Report and five year plan or the 2015 RCPHS Annual Report, please visit http://www.renvillecountymn.com/ and click on Public Health Department "Local Health Data"
Local Public Health activities are based on the Essential Local Public Health Activities Framework lists a set of activities that all local public health departments in Minnesota are expected to be able to perform.

**Assure an Adequate Local Public Health Infrastructure:** Maintain the basic foundational capacities to a well-functioning public health system that includes data analysis and utilization; health planning; partnership development and community mobilization; policy development, analysis, and decision support; communication; and public health research, evaluation, and quality improvement.

**Promote Healthy Communities and Healthy Behaviors:** Improve health in a population, such as investing in healthy families; engaging communities to change policies, systems, or environments to promote positive health or prevent adverse health; providing information and education about healthy communities or population health status; and addressing issues of health equity, health disparities, and the social determinants to health.

**Prevent the Spread of Infectious Diseases:** Preventing diseases that are caused by infectious agents through detecting acute infectious diseases, ensuring the reporting of infectious diseases, preventing the transmission of infectious diseases, and implementing control measures during infectious disease outbreaks.

**Protect Against Environmental Health Hazards:** Addressing aspects of the environment that pose risks to human health, such as monitoring air and water quality; developing policies and programs to reduce exposure to environmental health risks and promote healthy environments; and identifying and mitigating environmental risks such as food and waterborne diseases, radiation, occupational health hazards, and public health nuisances.

**Prepare and Respond to Emergencies:** Prepare public health departments to respond to events and incidents and assist communities in recovery, such as providing leadership for public health preparedness activities with a community; developing, exercising, and periodically reviewing response plans for public health threats; and developing and maintaining a system of public health workforce readiness, deployment, and response.

**Assure Health Services:** Assessing the availability of health-related services and health care providers in local communities, identifying gaps and barriers in services; convening community partners to improve community health systems; and providing services identified as priorities by the local assessment and planning process.

**HOW HEALTHY ARE THE PEOPLE IN RENVILLE COUNTY?**
Infrastructure is the basic framework of a system or organization. Organizational capacity refers to the infrastructure upon which public health activities are built. The Minnesota Department of Health requires that every five years, CHBs conduct an assessment of their community and develop planning documents. The results of the community health assessment lead to the identification of the top 10 health concerns and problems. Kandiyohi-Renville CHB assessment and plans were completed in 2014 and submitted to MDH in 2015. Throughout the past year, implementation of the plans began which resulted in training for staff and consensus building among the two agencies. The plans were useful in providing guidance and structure as decisions were made to assure that the agency and community moves forward toward a healthier future.

To carry out public health responsibilities, Community Health Boards (CHBs) must have a governance structure and trained culturally competent and culturally sensitive staff. RCPHS strives to meet cultural diverse needs and has access to additional interpretive services as needed.

Public Health agencies have a responsibility to promote and maintain a competent workforce. Mentoring of the upcoming public health workforce is an important part of maintaining the infrastructure of the public health system. RCPHS works with nursing and other health-related college level programs to provide public health student experiences. Most students are from Ridgewater, although SDSU and St. Scholastica students also were mentored. The Agency also had the opportunity to begin working with students from the MANE nursing program, a new Bachelor of Science in Nursing program offered in our community through Ridgewater College.
Community can be defined by geography, or as groups of individuals or organizations that share common values, beliefs, social and cultural experiences and purposes. Public Health provides services to expectant mothers who are at-risk for complications during pregnancy or delivery. Some risk factors could be age, being single, using drugs, poor weight gain, infections, history of early babies, or mental health issues. In 2015, 92 pregnant women received home visits. The goal is to keep the mother healthy and enhance the birth of a healthy baby.

Public Health Nurses make visits to all newborns to inform families about services available to them. Names are obtained for all registered births. Ongoing home visits are made with any parent who can benefit from teaching and support on issues like how to provide a good home environment, children’s growth and development, discipline, feeding or sleeping problems, and any other concerns the parent has. In 2015, nurses made visits to 215 families with 272 children served. Home visits totaled 1,187. Incredible Year classes (12 week sessions) were held once during the year.

Renville County collaborated with twenty counties to offer the Nurse-Family Partnership (NFP) program. NFP is an evidence-based home visiting program that helps transform the lives of first time pregnant women. Visits begin during pregnancy and continue through the child’s second birthday. 14 first-time mothers were served in Renville County in 2015 through NFP. The program has consistent results: improved prenatal health, fewer childhood injuries, fewer subsequent pregnancies, increased maternal employment and improved school readiness. Renville County serves as the billing agent for this twenty county collaborative.

Public Health takes all new referrals from parents, schools, day cares, doctors, etc. for children birth to age six that may have a special need based on a health, education, or social assessment. A nurse assists the family with obtaining tests for their child and coordinates services and resources to meet their child’s special needs. In 2015, 42 children were served to support parents and coordinate services for the children.

The Women, Infants and Children (WIC) Nutrition Program provides nutrition education and specific foods to pregnant and breast-feeding women, infants, and children to age five. Based on a health assessment, specific food prescriptions are given to improve and maintain health. Referrals are made when problems are found. In 2015, an average of 354 participants were served each month through Renville County’s program. Statistical outcomes show significant higher birth weights for babies whose mothers were receiving WIC education and foods for more than three months.

BOLD, Cedar Mountain, Buffalo Lake-Hector-Stewart, and St. Mary’s schools in Renville County contract with Public Health for over 1,600 hours of school health services. Nurses do standardized screening with follow-up throughout the school year. In 2015, children were screened for vision, hearing, blood pressure, and scoliosis. Health records are maintained for each child. The school nurse is involved in the development of the Individualized Health Plan for school children with health concerns. Health education and counseling is also provided to the school.
Car seat education is available for county residents, either through one-on-one education or through group classes that are offered throughout the year. In 2015, car seats and education were provided to parents of 131 children. This education includes checking car seats for proper installation. Education was provided to 28 foster care and childcare providers.

The Follow Along program provides an opportunity for young children and their families to access a wide variety of services and early childhood programs and promotes and supports parents’ understanding of their child’s health, development and learning. About every 4 months, the parent completes and mails in a brief questionnaire which is used to identify potential health, developmental, or social-emotional concerns in infants and young children. 339 children from age 0 to 3 years participated in the Follow Along program.

Renville Alliance for the Prevention of Alcohol and Drugs (RAPAD) continued its work as a drug free coalition. In September of 2015, RAPAD received another 5-year federal Drug Free Communities grant. Accomplishments in 2015 include updating the Renville County Youth Tobacco Ordinance with a community committee, continuation of partnership for the prescription drop box, national and regional trainings of youth, parents, and community members, local youth group leadership, targeting strategies to decrease flavored tobacco and marijuana use, and creation of online training for tobacco retailers.

On November 1st, 2014, Statewide Health Improvement Program (SHIP) 4.0 began in every county across the state of Minnesota. The purpose of the SHIP grant is to reduce obesity rates and tobacco use and exposure by investing in local solutions for better health. 2015 SHIP highlights in Renville County are:

- 11% of Sacred Heart was involved in their community garden during their first year of planning, planting, and harvesting.
- All of Heartland Head Start centers increased their access to health through classroom physical activity equipment and water dispensers.
- A new busing and walking system was created for B.O.L.D. Bird Island Elementary School, impacting all 350 students.
- Renville County Hospital and Clinic adopted a food philosophy for their kitchen with health being the center.
- All 10 parks in the City of Olivia are now smoke-free, e-cigarette free, and tobacco free.
- Both Olivia and Bird Island passed a Complete Streets Policy. This means that during the construction phase, all mode of transportation are considered –biking, walking, etc.
- Renville County updated their Tobacco Ordinance: elimination of pharmacy tobacco sale and sampling rooms, increase administration penalty, set price per cigar $2.10, seller education requirement, and thousand feet proximity from youth facilities.
Controlling communicable or infectious diseases is perhaps the oldest and most fundamental public health responsibility. For decades, it was the primary responsibility of local Boards of Health and, in fact, the main reason for their creation. Infectious disease prevention and control (DP&C) in Minnesota includes activities of detecting acute and communicable diseases, developing and implementing prevention of disease transmission, and implementing control measures during outbreaks. RCPHS works together with MDH and local medical providers to prevent the spread of a variety of diseases in the community. RCPHS gave 880 seasonal flu vaccinations, primarily at school located vaccination clinics.

In 2015, RCPHS was notified of 1 case of Pertussis. In Renville County influenza and invasive strep pneumoniae were reported at a higher rate per 100,000 people than the state. We also had a higher rate of hospitalizations related to influenza.

The Minnesota Immunization Information Connection (MIIC) is a statewide system that stores electronic immunization records. MIIC makes keeping track of vaccinations easier and helps ensure Minnesotans get the right vaccines at the right time. Public Health enters current and historical immunization information into the system, and supports local providers to do the same.

Latent Tuberculosis Infection (LTBI) management is a significant part of the DP&C program. Public Health staff worked with 8 newly diagnosed latent TB cases. There were 3 active tuberculosis cases which required daily medication monitoring in 2015.

Public Health continues to serve as the "entry point" for newly arriving refugees and other immigrants to our county. We spend time initially with families to gather appropriate health and immunization information from prior locations. We assist refugees with connections to area resources in an effort to ensure a smooth transition. New refugee and immigrant arrivals are screened for tuberculosis and are referred to area providers for health exams and immunizations.

Most dental cavities are caused by a strain of bacteria (streptococcus mutans) that thrives by producing acid. To prevent dental caries and strengthen enamel, 314 children received fluoride varnish on their teeth along with a simple oral exam. Referrals and coordination were provided to dentists.
PROTECT AGAINST ENVIRONMENTAL HEALTH HAZARDS

**Environmental health** activities fall into five areas: Clean Air, Clean Water and Sanitation, Safe Food, Healthy Communities, and Preparation for Disasters. The Environmental Health Program is governed by the K–R CHB. Our program has two full time registered sanitarians who carry out Environmental Health Program duties.

The K-R CHB Environmental Health program licenses and inspects food, beverage, and lodging establishments, manufactured home parks, campgrounds, pools, and spas. The CHB responds to public health nuisance complaints. Both counties license tobacco retailers and conduct retailer tobacco compliance checks. Staff provides education to owners and managers of establishments and consults with the community on issues such as methamphetamine lab clean up, water, lead, mold, radon and other environmental health issues.

A total of 287 Food, Pool and Lodging (FPL) establishments were licensed in 2015. 203 of those establishments are in Kandiyohi County and 84 of them are in Renville County. Of the total licensed establishments, 55 were licensed as Lodging, 41 were licensed as Mobile Home Parks/Recreational Camping and 16 were licensed for at least one pool. The remainder, 175, were licensed only as food establishments. 225 food vending machine licenses were issued (Kandiyohi County only). 301 special event permits were issued.

402 inspections were completed with a total of 759 violations. The average number of critical violations per inspection was .90. Our program places a strong emphasis on education when working with our area establishments in efforts to prevent food or waterborne outbreaks. We also provide an informative quarterly newsletter to all licensed food establishments. There were no Food/Waterborne illness outbreaks in 2015.

Bed bug infestation has been an emerging and significant problem in our communities. The most effective way to control bed bugs is through a combination of chemical measures and heat treatments applied by a Pest Management Professional. Unfortunately, those services can be costly. This is a significant problem and we are seeking out ways to involve community leaders to identify ways we might work together to solve this problem.

Radon is the most critical air quality issue in Minnesota, especially in homes and living spaces. In Minnesota, 1 of every 3 homes has radon levels that pose a significant health threat. Kandiyohi and Renville Counties are both designated as Zone 1 (the highest radon potential). We offer radon kits for pick up in our office whenever they are made available to us through the Minnesota Department of Health (MDH).
Preparation and response to a disaster can make all the difference to a community in need. Minnesota’s local public health system must be prepared to respond to disasters and assist communities in recovering from disasters. Whether the event is a flood, tornado, infectious disease, or manmade disaster such as terrorism, public health issues are inherent. The essential local activities in this area revolve around public health preparedness and planning to respond to disasters. The critical importance of these public health responsibilities has been highlighted during the past few years, and they are an area of intense focus at this time.

Renville County’s most essential preparedness work is with our local hospital, clinics, long term care facilities, emergency management, EMS, law enforcement, human services, mental health, and other community supports. Relationships and trust continue to develop so that we are prepared to respond to local events. Health Alert Messages are forwarded to key providers regarding health threats locally, statewide, or nationally. Renville County also belongs to the Southwest Emergency Preparedness Team (SWEPT), which is comprised of 16 southwest counties working together to plan a coordinated response to events or disaster that would overwhelm any one agency or county’s ability to respond.

2015 planning activities included:
- plan development
- identifying resources
- working together to exercise and test the plan
With special focus on:
- mass Care
- sheltering
- hospital’s Medical Surge
- Continuity of Operations Plans (COOP)
- Ebola outbreak precipitated funding for Isolation and Quarantine planning

The Medical Reserve Corps is a national network of local groups of volunteers committed to improving the public health, emergency response, and resiliency of their communities. Currently, RCPHS has 104 MRC volunteers.
Assuring the quality and accessibility of health services has long been a prime goal of public health. Local health departments need to periodically assess the health care capacity of their communities. This assessment includes the quality of services provided and the accessibility to those health services, informing people of the assessment results and linking people to needed services.

Birth Defects Information System (BDIS): Agency nurses received 3 referrals from MDH on infants born in our county with any one of the identified conditions and contact families to assist them with connections to community resources.

RCPHS provides outreach activities for Child and Teen Checkups (C&TC), helping families connect with medical and dental providers, as well as other programs and services in the county. C&TC is a comprehensive child health program provided to children and teens from newborn through the age of 20 who are enrolled in a Minnesota Health Care Program. Renville County as well as state of Minnesota had a participation ratio of 71% for 2014. (National ratio goal is 80%).

Protecting children from exposure to lead is important to lifelong good health. Even low levels of lead in blood have been shown to affect IQ, ability to pay attention, and academic achievement. In 2015, 120 children received a blood lead test at Public Health. High levels are referred for more testing and treatment at a medical center. MDH also notifies RCPHS of high blood levels as reported by medical providers. Home inspections, teaching and follow-up with families is provided.

Renville County is aging, with those over 65 years accounting for almost 20% of Renville County’s population. There are also many other residents that have chronic physical or mental diseases. Research has shown that properly managing chronic diseases improves quality of life, and decreases health care expenditures for taxpayers. Renville County administers a county-owned public payer program through PrimeWest Health to provide a quality, accessible and cost-effective health plan. Case management is provided to target groups, such as elderly, those in nursing homes, those with special needs such as mental illness or chemical dependency, complex health issues and pregnant women. Preventive and primary care is emphasized. Consultation and monitoring is provided to assure the best care possible. In 2015, 1,951 visits were made to 268 clients to provide case management.
Often home care services allow people to return or remain at home while recovering from or living with an illness. Home care serves all ages and all disabilities and illnesses. To get started, a doctor, nurse, friend, relative, or individual calls Public Health. A person receiving home care will be seen by a nurse who will supervise and provide care as directed by the doctor. These services may include monitoring a health problem, getting needed medical equipment and supplies, instructing the person and family on medications, meal plans, dressing changes, or lifestyle changes caused by illness or aging.

While some of the persons served are acutely ill, the majority of persons served have chronic health conditions. They need support services to remain in their homes and communities, saving taxpayers money by preventing or delaying nursing home placement. In 2015, nurses made 2,388 home visits. Contracted Physical Therapists made 218 home visits. Home Health Aides helped people with personal care such as bathing, shampoo, exercises, meals, laundry, and light housekeeping. In 2015, Home Health Aides made 1,708 home visits to Renville County residents.

Staff are trained and certified as MNChoices assessors. Nurses, often in conjunction with a social worker, assess client needs and levels for services for a variety of placements and services in the community: home care, nursing homes, adult foster care, assisted living, personal care assistant and traumatic brains injury services. A total of 219 consultations and screenings were provided in 2015.

From January to December 2015 the Renville County Jail contracted with Public Health for inmate nursing care. In 2015, the average daily jail census was 69. 325 inmates were seen for complete health assessments, 447 sick calls, and 328 follow-up appointments. A total of 1,010 nursing contacts were made with the inmates. Inmates often have chronic diseases such as diabetes, high blood pressure or mental illness. Alcohol, tobacco, and other drug addictions are common. Transitioning inmates between facilities or back to living in the community is important. As of December 1, 2015, a private company, MEnd, began providing all of the Jail Medical services for Renville County.

**Year Financial Summary**

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<th>2015 Public Health Revenues</th>
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- **5% Fees**
- **16% Levy**
- **4% CHS Subsidy**
- **10% Contracts**
- **29% Insurances**
- **36% Grants**

**Public Health Expenditures**