



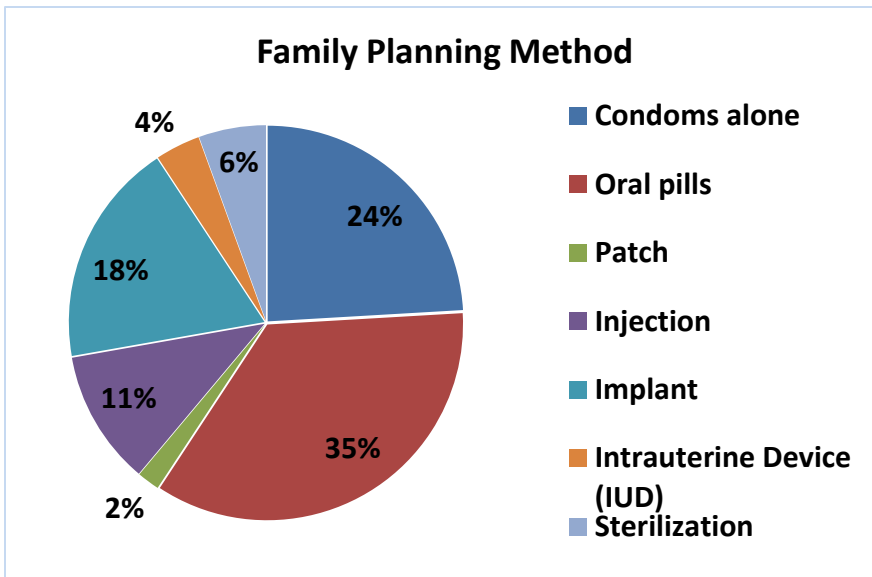
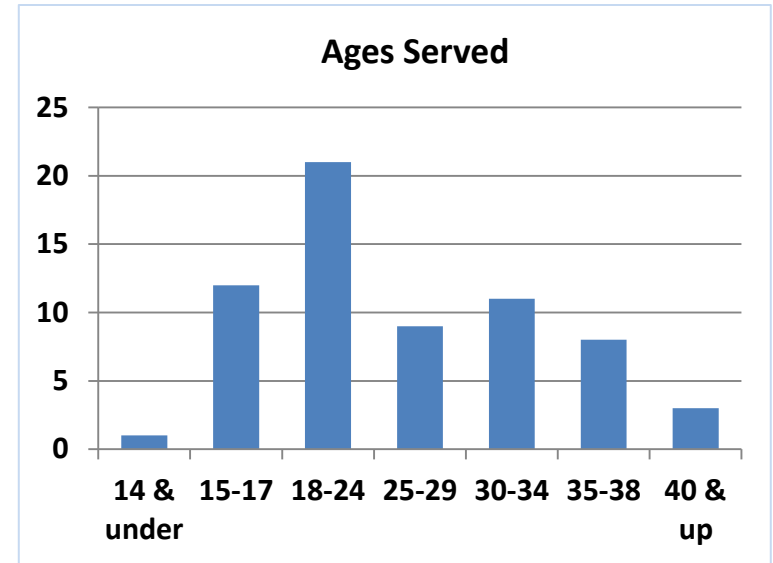
Public Health
Prevent. Promote. Protect.

Mower County Public Health 2016 Annual Report



Family Planning Community Clinic

In 2016, The Open Door Clinic changed its name to the Family Planning Community Clinic. The Family Planning Community Clinic offers services for those who are uninsured or underinsured and seeking reproductive health services. Services include annual exams including pap smears, birth control, STI testing and treatment, along with counseling and education. For the first time, the clinic held a STI testing day at Riverland community college as part of Minnesota STI Testing Day. 11 people were screened for chlamydia and gonorrhea.



9 educational/outreach events • 242 people reached

34 Chlamydia tests • 1 positive

4600 condoms distributed

Family Home Visiting

Healthy Families America: Healthy Families America is a nationally recognized, evidenced-based home visiting model designed to connect expectant parents, and parents of newborns, with parenting and child development assistance in their homes. HFA is designed to work with overburdened families who have histories of trauma, substance abuse issues, and other risk factors. Services begin prenatally or right after the birth of a baby and are offered voluntarily and intensively for up to five years after the birth of the baby. Mower County began the program in 2012 and became nationally accredited in 2016.

Healthy Beginnings: Healthy Beginning visits are available to all parents living in Mower County. Nurses make home visits to parents within a few days of birth. The nurses provide information about caring for an infant and the new mother, as well as support for new parents, assistance with questions about breast or bottle feeding, baby care, infant development, and mom's recovery.

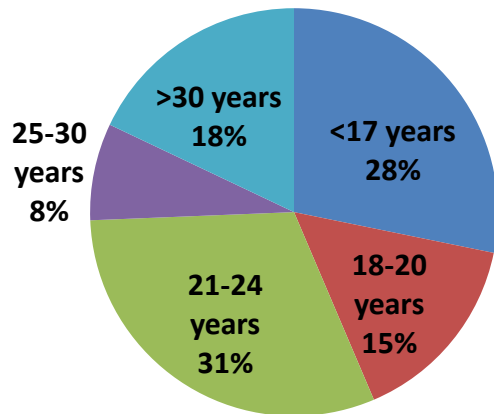
Maternal Child Health: MCH provides prenatal education and counseling for at risk, low-income pregnant women. The goal of the program is to prevent premature deliveries and/or low birth weight babies. Monitoring, education, and referral to other community resources are provided at the visits.



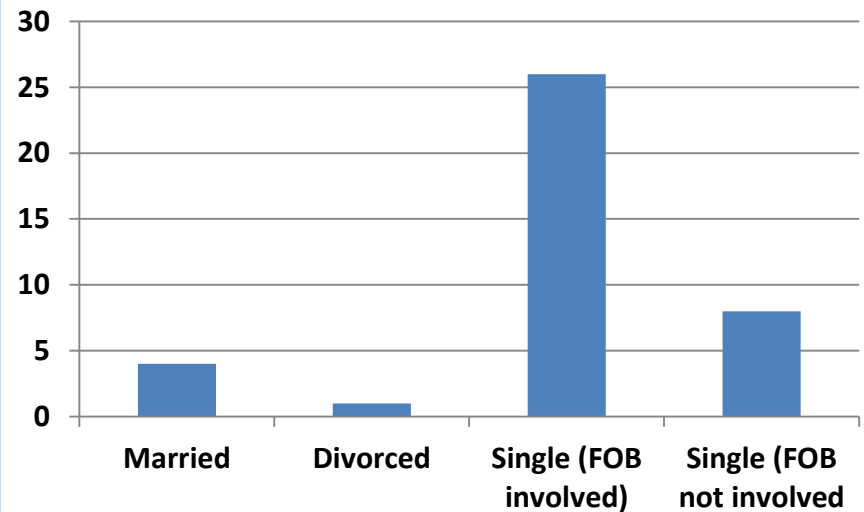
Healthy Families America

In 2016, 39 families participated in the Healthy Families America program. Typically families are seen on a weekly basis for an average of 9 months to a year. Visits are gradually tapered off to every two weeks, followed by monthly, then quarterly.

Age at Enrollment

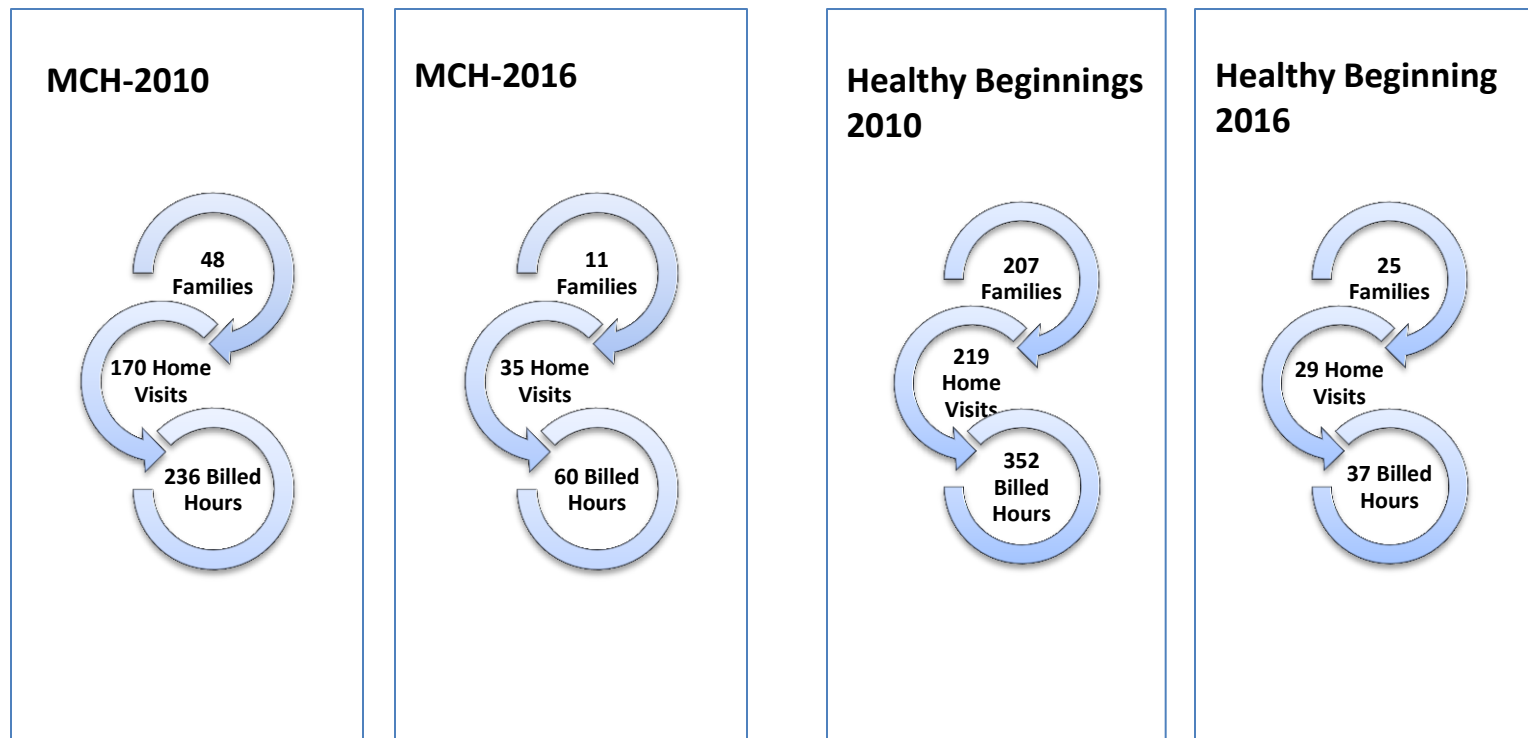


Marital Status



Maternal Child Health & Healthy Beginnings

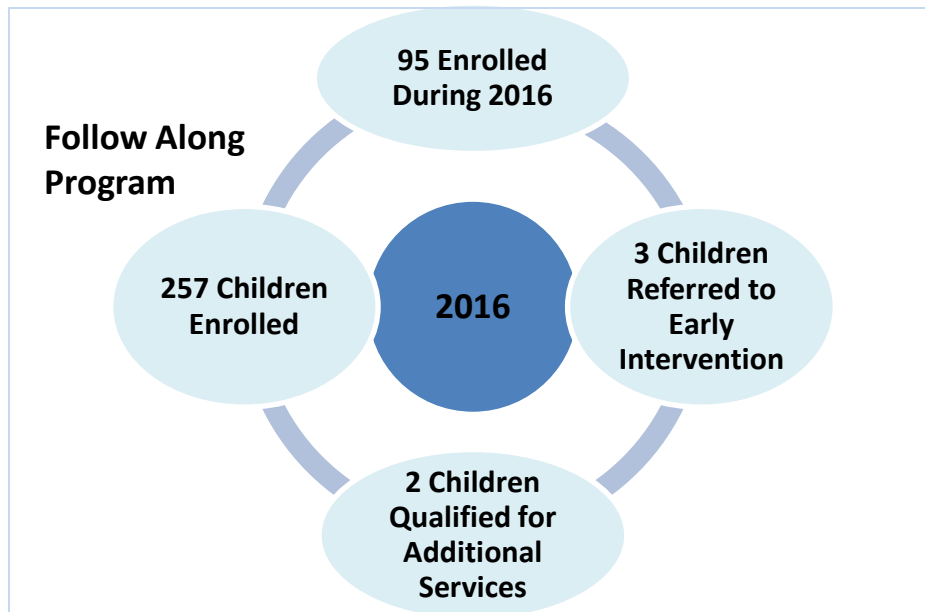
With the launch of the Health Families America program, the number of MCH and Healthy Beginnings visits decreased. This decrease is due to making more visits to fewer families for a longer period of time under HFA.



Follow Along Program, EHDI/BD

Follow Along Program: The Follow Along Program is a program that helps parents learn about their child's health and development. The program helps parents find out if their child is hearing, moving, seeing, playing, talking, learning, and acting normally as the child reaches different ages. The program is available to all parents living in Mower County and is free to participate in.

Early Hearing Detection & Intervention, Birth Defects: Mower County Public Health has a contract with Minnesota Department of Health to follow up on children referred by the state who have potential newborn hearing loss or are diagnosed with a condition identified by the state Children and Youth with Special Health Needs Program. The goal of the program is to have a Public Health Nurse make a face to face contact with the family and connect the family to identified resources. All interventions completed by the Public Health Nurse are documented and relayed back to MDH. 10 referrals for follow up were received in 2016.



2016 EHDI/BD Referrals

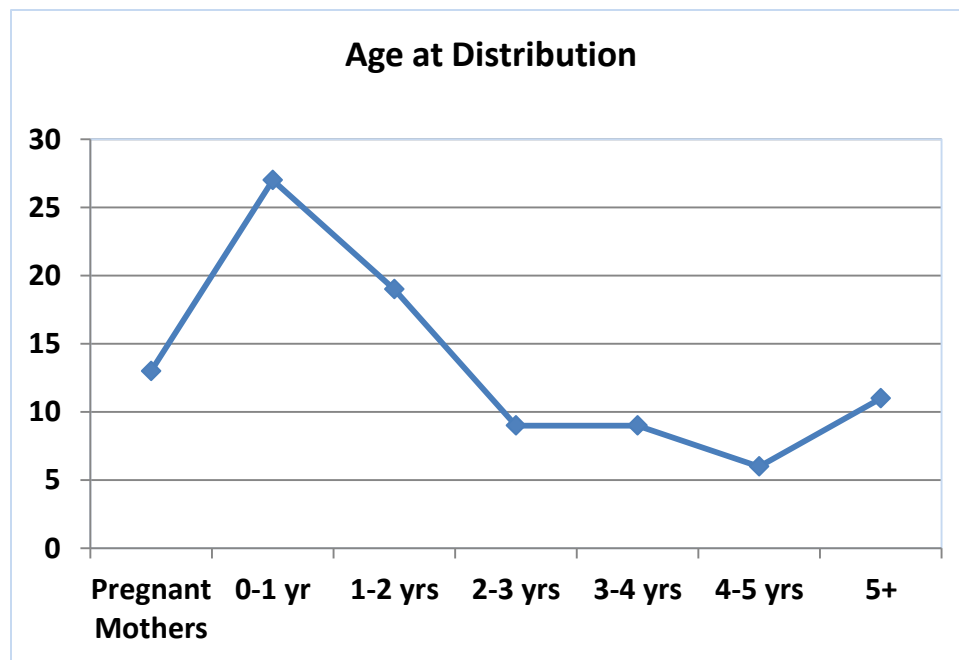
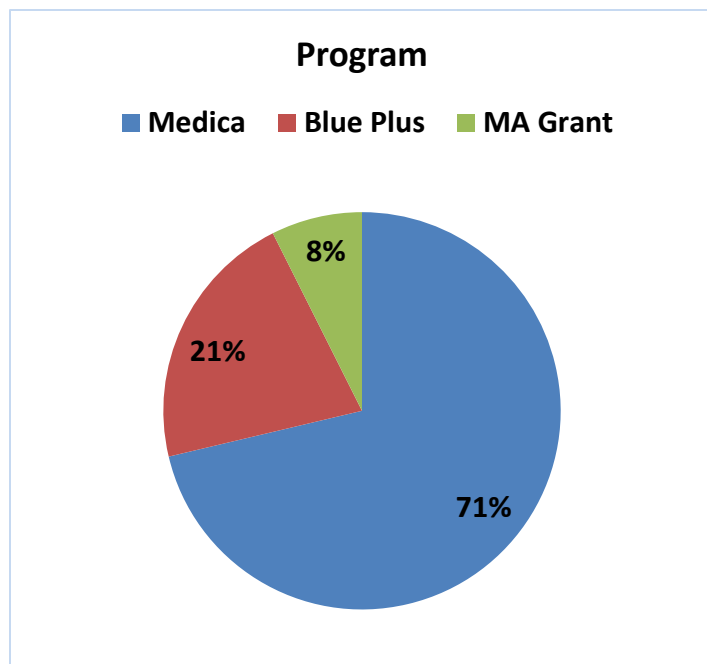
1 Child Referred for Hearing Loss

1 Child Referred for Hearing Rescreen

9 Children Referred for Birth Defect

Car Seat Clinic

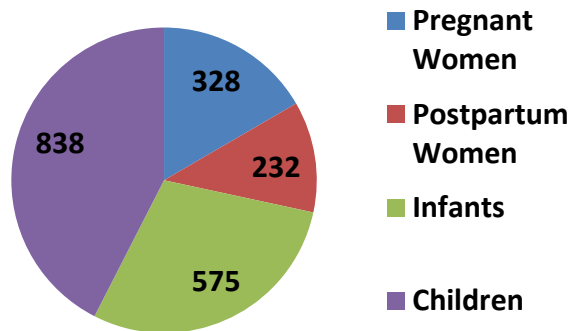
Mower County has several different car seat programs for clients who need assistance obtaining a car seat. These programs offer convertible seats, forward-facing/combo seats, and booster seats. None of the programs offer infant-only seats. Mower County contracts with Blue Plus and Medica to provide seats for their members on Medical Assistance. In addition, Mower County receives a few seats through a Minnesota State grant for those who are on straight medical assistance and meet income guidelines. In 2016, 77 seats were given out through Medica, 23 were given out through Blue Plus, and 8 MA grant seats were given.



WIC

WIC is a nutrition and breastfeeding program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition, and stay healthy. Certified WIC staff provide nutrition education and counseling, nutritious foods, and referrals to health and other social services. In 2016, the state of Minnesota served 188,036 participants. Mower County served 1,973.

**Participation by Category-
Mower County**

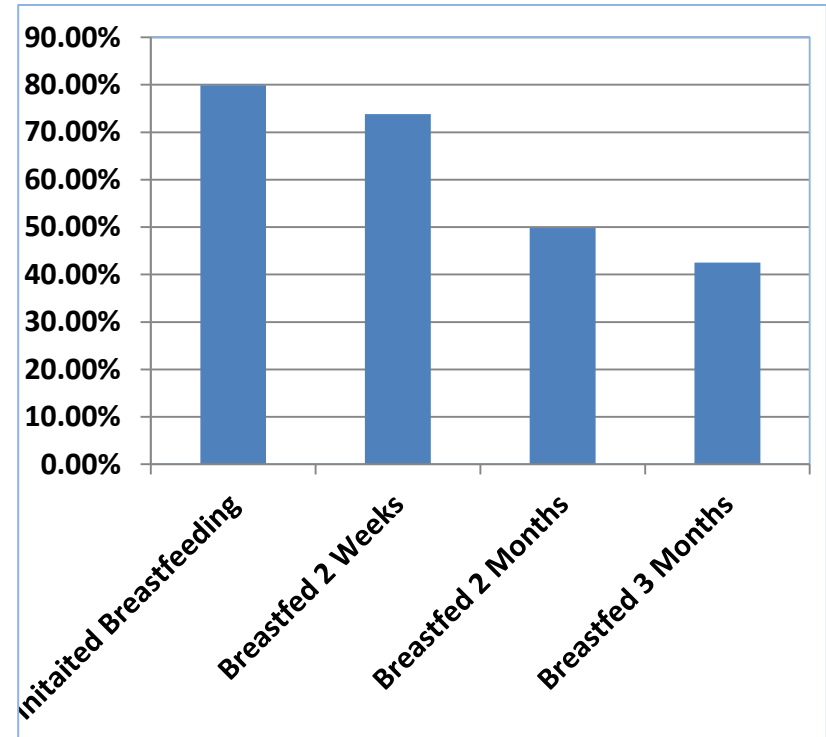
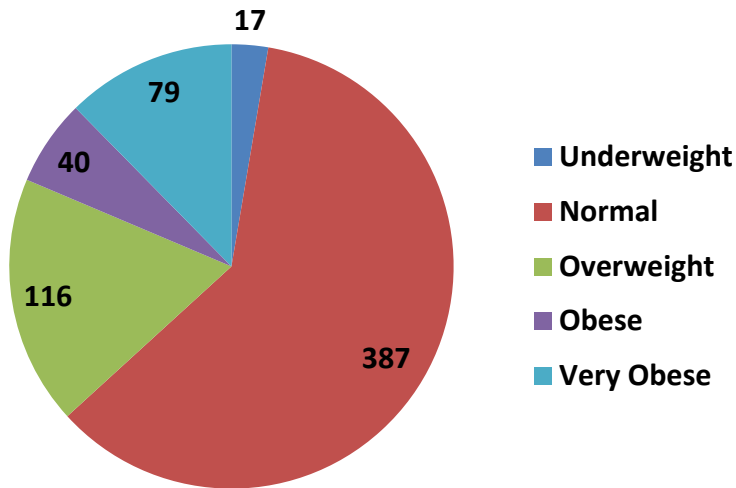


Race/Ethnicity	Minnesota	Mower County
Amer. Indian	3.1%	-
Asian	9.8%	12.1%
Black/Afr. American	23.2%	11.4%
White	40.4%	40.8%
> 1 Race	6.8%	3.9%
Hispanic, All Races	16.6%	31.6%

WIC

WIC staff continually work to enhance breastfeeding promotion and support services by promoting and supporting exclusive breastfeeding and responding to questions and providing individualized breastfeeding counseling to pregnant and new mothers.

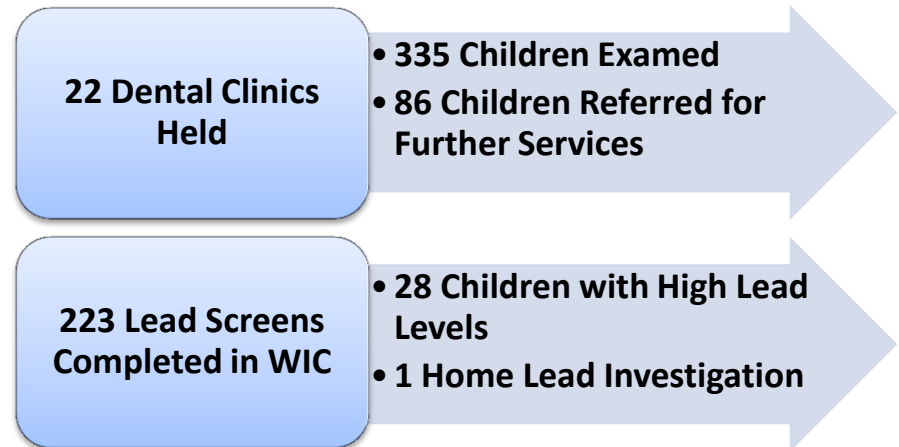
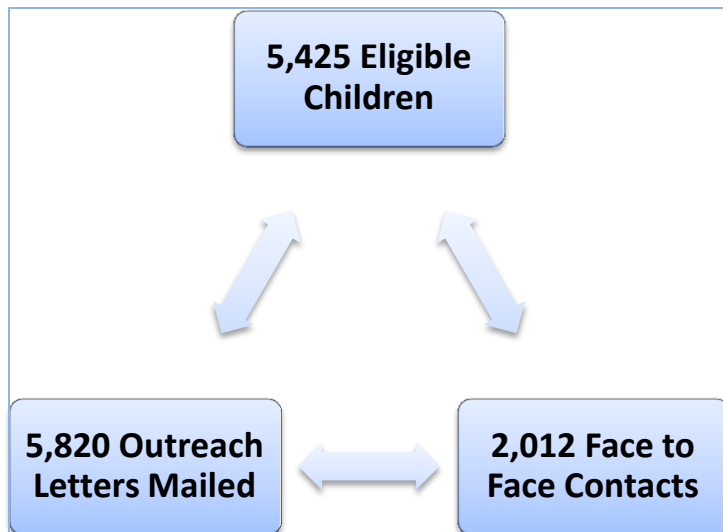
Weight Status Children 2-5 Years



WIC promotes healthy weight through individualized nutrition assessments and counseling, monitoring appropriate weight gain and growth, discouraging use of sweetened drinks, encouraging families to be physically active, and providing referrals to community nutrition and physical activity resources.

Child & Teen Checkups

Child and Teen Checkups (C&TC) is the name for Minnesota's Early and Periodic Screening, Diagnosis, and Treatment program. C&TC is a comprehensive child health program provided to children and teens (newborn through age 20 years) enrolled in Medical Assistance or MinnesotaCare. The purpose of the program is to reduce the impact of childhood health problems by identifying, diagnosing, and treating health problems early, and to encourage the development of good health habits.



Long Term Care

Elderly Waiver- The Elderly Waiver program provides home and community-based services for people who need the level of care provided in a nursing home but who choose to live in the community. You must qualify for Medical Assistance to be eligible for Elderly Waiver services.

Alternative Care- The Alternative Care (AC) program provides home and community-based services to people who need nursing home level of care but choose to live in the community. The Alternative Care program provides many of the same services as the Elderly Waiver program. Alternative Care is for people with low income and assets who are not eligible for Medical Assistance.

Essential Community Supports- The Essential Community Supports program provides certain services to those 65 and older living in the community and meeting certain eligibility rules. It is designed for people who do not need the level of care provided in a nursing home. You may qualify for up to \$424 a month for services and supports.

Managed Care Organizations- DHS contracts with managed care organizations (MCO's) to provide health care to eligible people and provides programs to specific populations. Through these contracts, DHS pays the MCO a monthly fee to provide these services covered by these contracts. Mower County offers two managed health care programs under Medical Assistance for special populations.

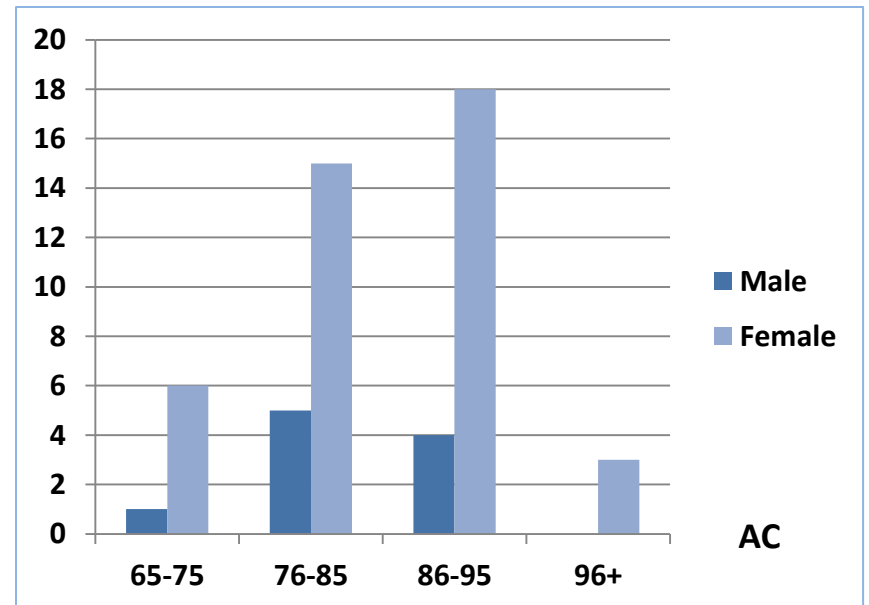
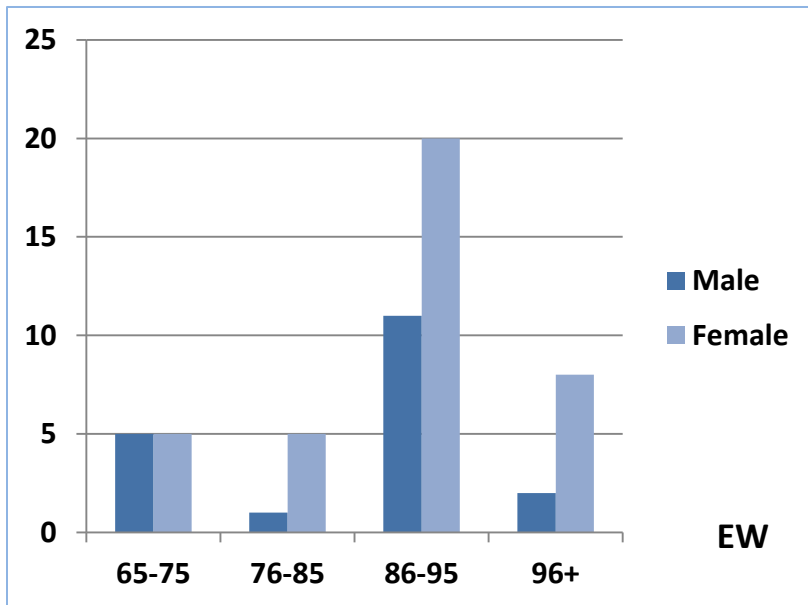
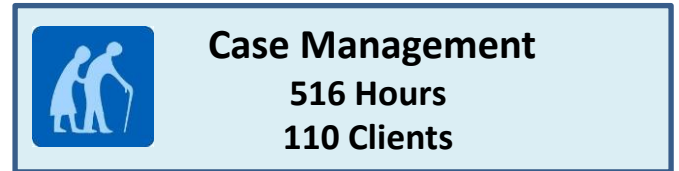
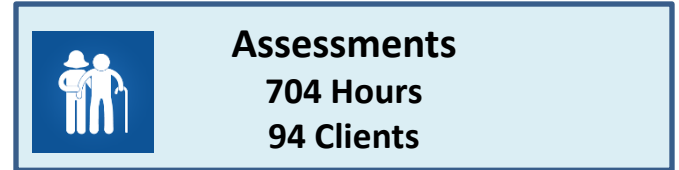
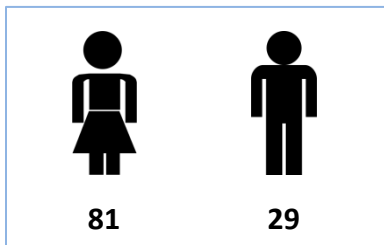
MSC+- Minnesota Senior Care Plus (MSC+) is a mandatory prepaid Medical Assistance program for people age 65 years and older.

MSHO- Minnesota Senior Health Options (MSHO) is a voluntary Minnesota health care program for people age 65 years and older who are enrolled in Medical Assistance and Medicare Parts A and B.

Care Coordination/Case Management- Nurses and Social Workers help clients access needed services, assure continuity of care, coordinate the service plan and monitor the delivery of services provided. The goal is to assist clients to remain safe and as independent as possible in the community setting.

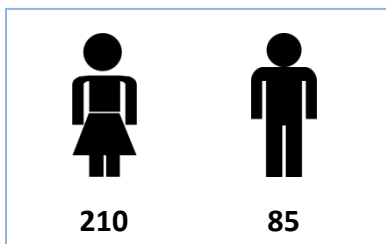
Elderly Waiver & Alternative Care

In April, 2016 the AC and EW programs switched their documentation to PHDoc. The statistics provided are for the months of April-Dec. 110 adults were open to either Elderly Waiver or Alternative Care services. Of those served, 74% were females and 26% were males. Essential Care Services served 4 adults in 2016.



MSHO

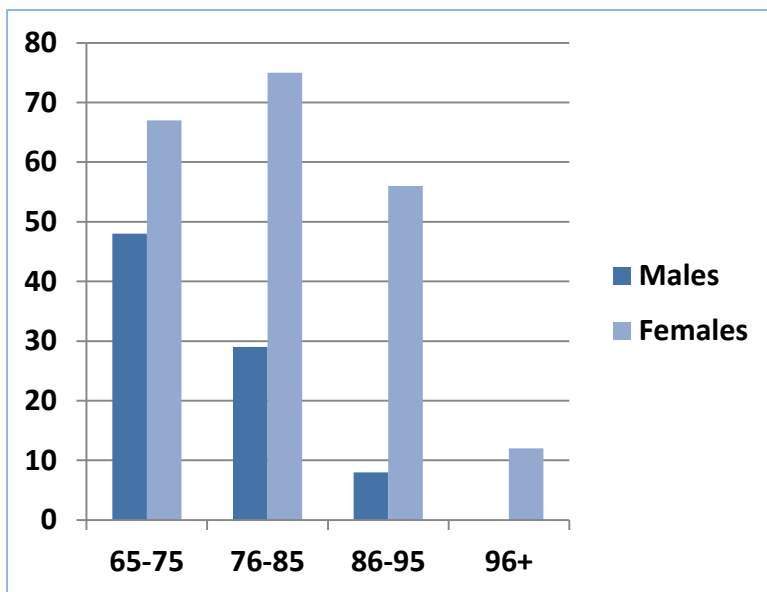
Mower County contracts with Blue Plus, Medica, and Ucare to provide MSHO and MSC+ services in the county. 295 adults were served by the MSHO program in 2016. Of those served, 71% were females and 29% were males.



Assessments

831 Hours

214 Clients



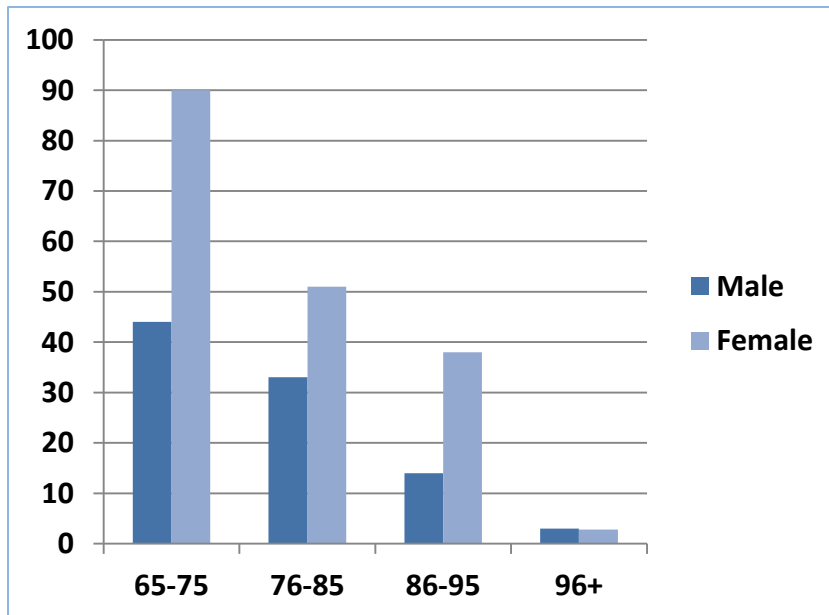
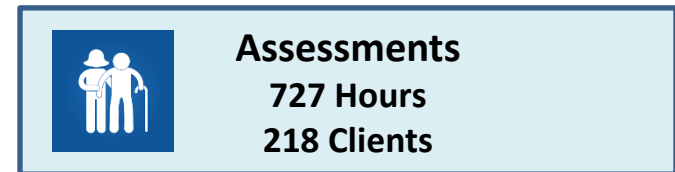
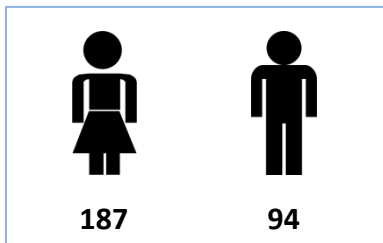
Case Management

3,075 Hours

271 Clients

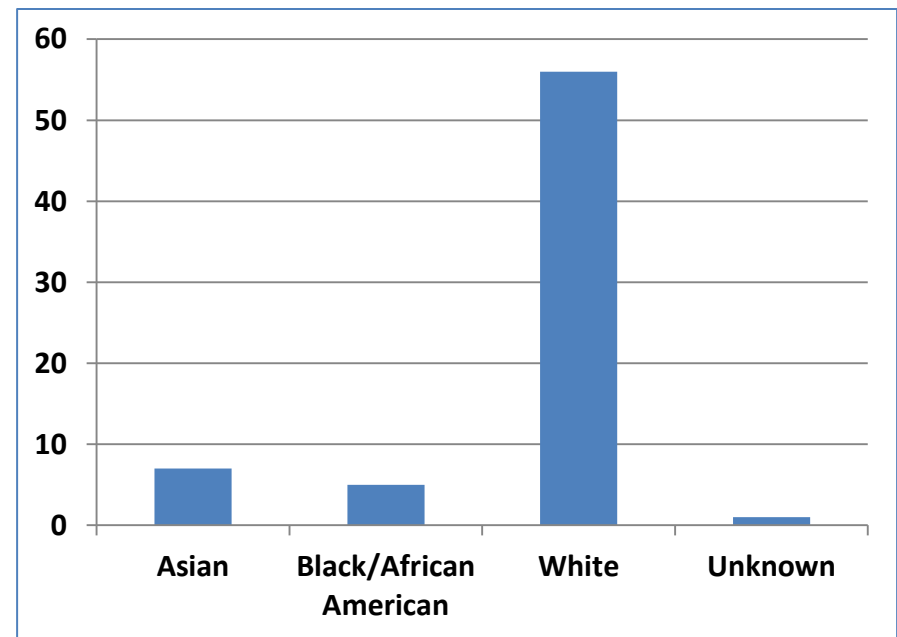
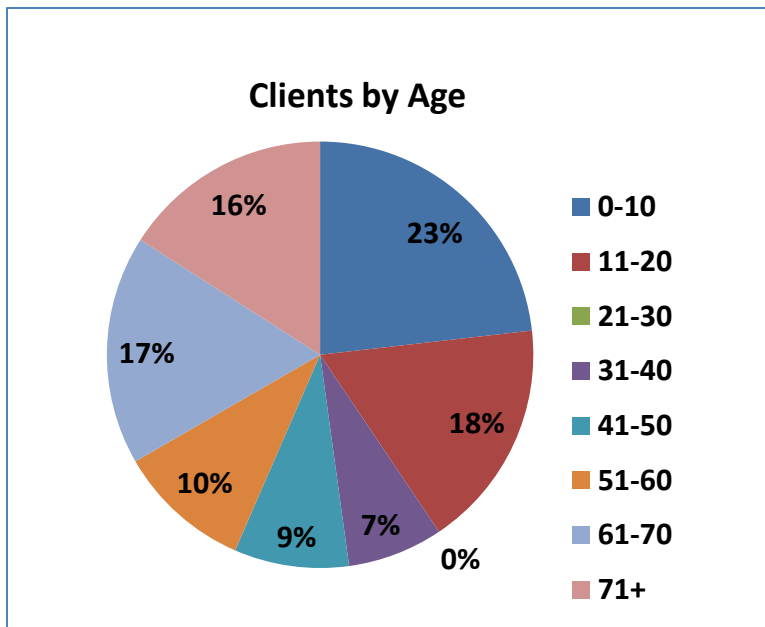
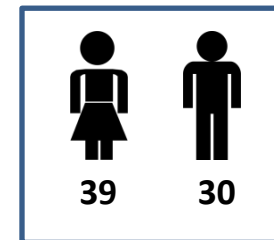
MSC+

6.5 FTE nurses and social workers work in the MSHO & MSC+ programs providing care coordination and assessments. 281 adults were served by the MSC+ program in 2016. Of those served, 67% were females and 33% were males.



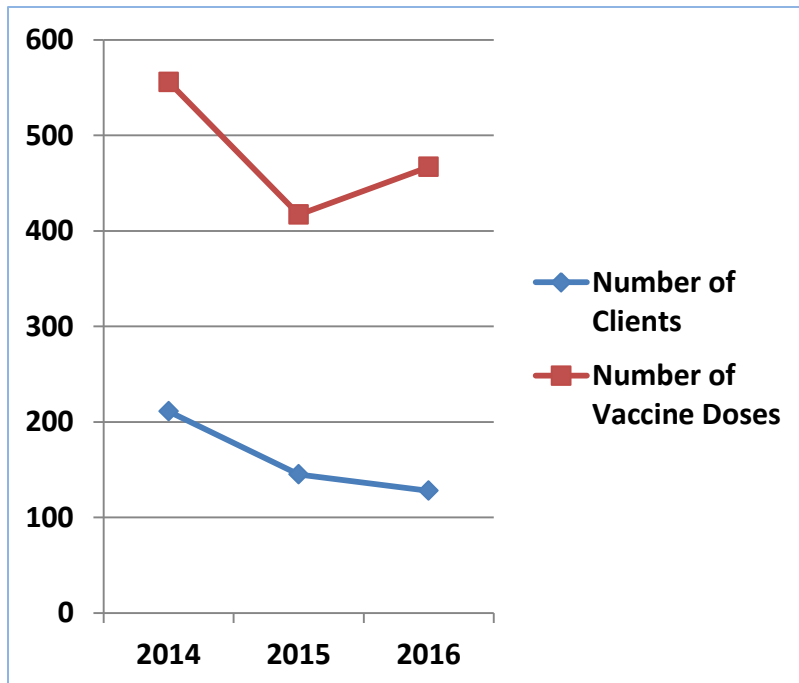
PCA Screenings

Personal care assistance (PCA) services provide assistance and support for persons with disabilities, living independently in the community. This includes the elderly and others with special health needs. PCA services are provided in the recipient's home or in the community when normal life activities take him/her outside the home. In 2016, 69 people were assessed for PCA services.



Immunizations

Mower County Public Health offers the Minnesota Vaccines for Children (MnVFC) program. MnVFC offers free or low cost shots for children 18 years of age and younger who qualify. Clinics are held on the first Thursday of the month from 3:00-4:30. Over the past few years, the clinic has seen a reduction in the number of children who qualify. This is believed to be due to the increase in insurance coverage. In 2016, 128 children received vaccines.

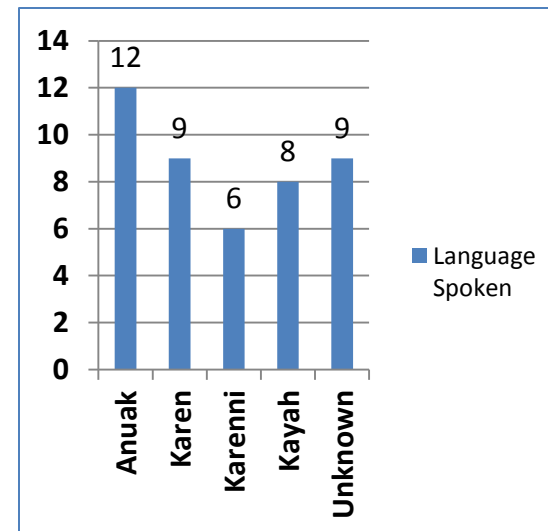
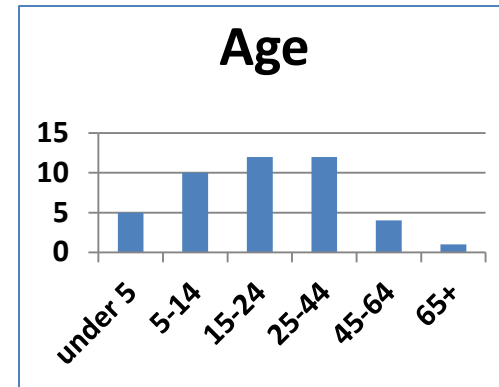


Vaccine	Doses
Comvax	7
DTaP	42
Flumist	1
Gardasil	7
Hep B	58
Hep A	36
Hib	7
Influenza	29
IPV	60
Menactra	39
MMR	48
Prevnar 13	14
Rotavirus	2
Td	7
Tdap	41
Varicella	69

Refugee Health Program

Mower County's Refugee Health Program coordinates and refers new refugees arriving to the county to a primary care provider for their refugee health assessment. The key purpose of the refugee health screening is to identify and treat health problems which may interfere with the refugee's resettlement. The refugee health assessment includes:

- Health History
- Physical Exam
- Immunization assessment and update
- Tuberculosis screening
- Hepatitis B screening and vaccination
- Intestinal parasites screening
- Sexually transmitted infections screening
- Malaria screening
- Lead screening for children ages 16 and younger
- Assessment and referral for other health problems

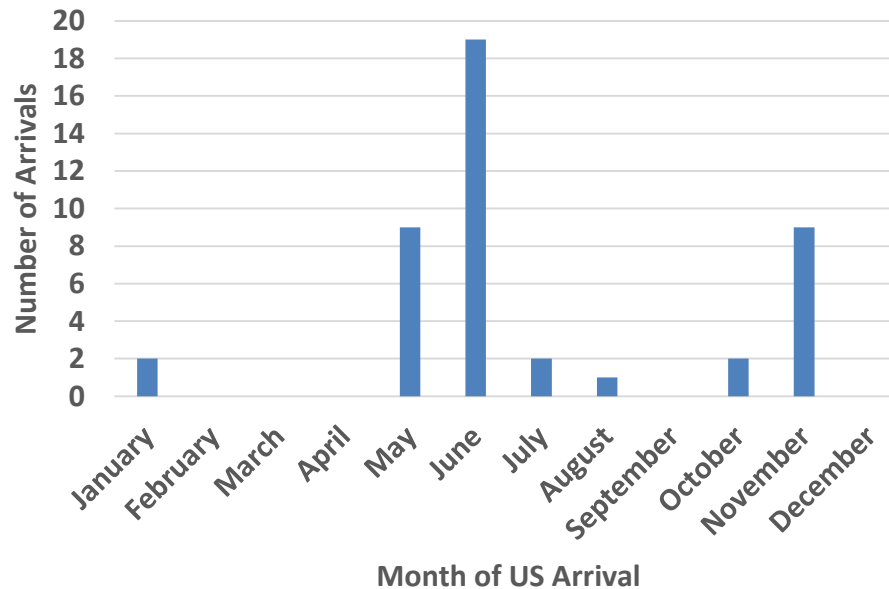


Refugee Health Program



Primary refugees are refugees who are initially resettled in Minnesota. Refugees include refugees, asylees, entrants/parolees, victims of human trafficking and Amerasians. In 2016, there were 44 new primary refugee arrivals in Mower County.

Country	2016
Burma	25
Ethiopia	17
Sudan	2
Total	44

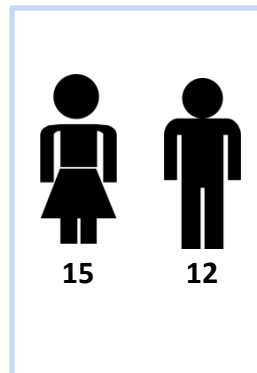
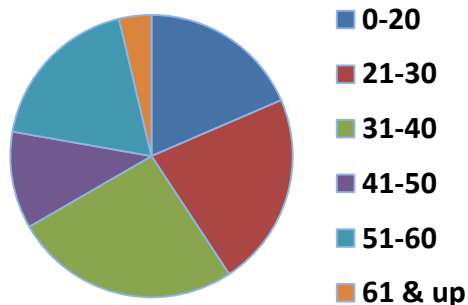


Latent Tuberculosis Infection

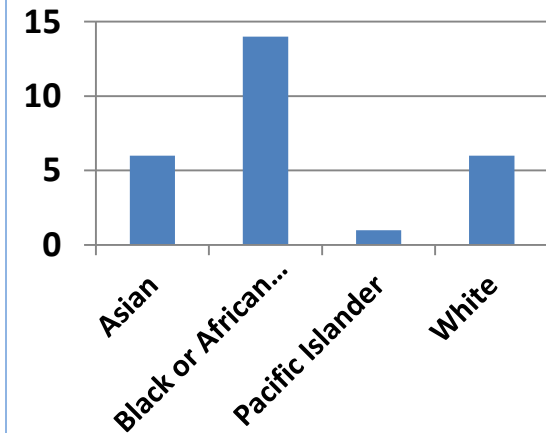
TB bacteria can live in the body without making you sick. This is called latent tuberculosis infection (LTBI). In most people who breathe in TB bacteria and become infected, the body is able to fight the bacteria to stop them from growing. People with latent TB infection are not infectious and cannot spread TB bacteria to others.

After diagnosis of latent TB infection, the person may accept antibiotic treatment through Mower County Public Health for a prescribed time. Each LTBI client has a monthly clinic visit to be screened for side effects to medication and to receive the next 30 day supply of medications. In 2016, 27 clients received treatment through Mower County Public Health.

Latent TB Client Age

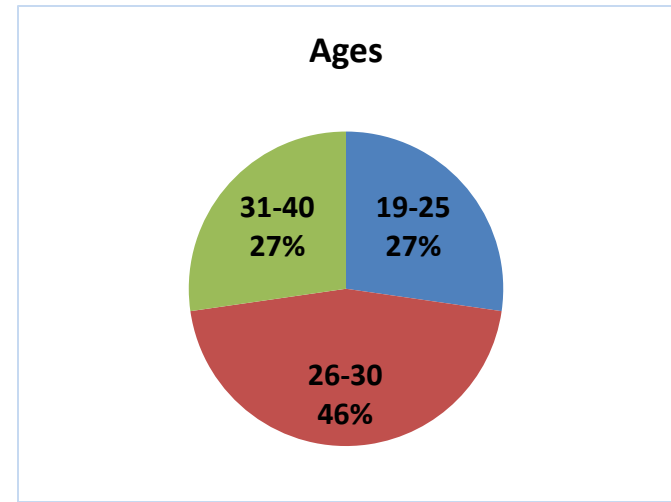
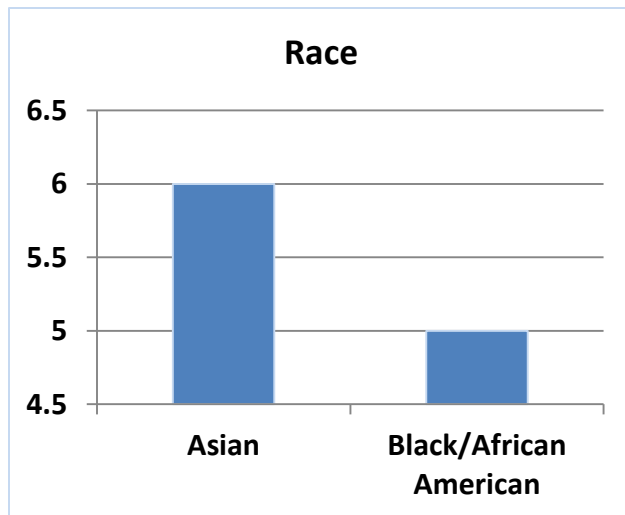


Latent TB Clients by Race



Perinatal Hepatitis B

The purpose of the Perinatal Hepatitis B program is to identify pregnant women who are chronic Hepatitis B carriers so that the newborn infant can be properly treated to prevent transmission of the virus. Pregnant women are contacted by a PHN to explain the purpose of the program, educate the client about diagnosis, identify household contacts that may also be at risk of transmission and in need of testing or vaccination, and refer the woman to specialized care to monitor and treat her chronic Hepatitis B condition. After delivery, the infant is followed to ensure receipt of the HBIG treatment and 3 doses of Hepatitis B vaccine over 6 months followed by serology to test for immunity. In 2016, 11 families were followed by the Perinatal Hepatitis B program.



Languages Spoken

Anuak
Amharic
Karen
Karenni
Burmese
Vietnamese
English as second language

SHIP

Healthy communities create opportunities for all Minnesotans to live longer, healthier lives. Across the state, communities are working together through the Statewide Health Improvement Partnership (SHIP) to expand opportunities for active living, healthy eating and tobacco-free living. Mower County SHIP partnered with schools, workplaces, health care, and communities during 2016. Mower County SHIP worked on the following projects;

- Austin Farmer's Market
- Austin's Farmer Marketplace
- Brownsdale Garden Spot Market
- Sacred Heart Care Center raised garden beds
- Austin's Red Bike project
- Bike Friendly Community
- Motivational Interviewing for Healthcare workers
- Banfield hydration stations
- Smoke Free Housing

Making a difference!

