

HEALTHY COMMUNITIES AND HEALTHY BEHAVIORS

Activities at the system, community or individual level to promote healthy behaviors and healthy communities. These activities engage the community, are based on community assessment and are evidenced based.

Outcomes and Activities

- Todd and Wadena Public Health continue to participate with Cass County Public Health in a Rural Health Outreach Grant. This grant provides a risk assessment for women that address their risk for depression, violence, alcohol, tobacco and other drugs and need for family planning. It is for women of childbearing age.
- Child Car Seat education and clinics continue to grow and expand. Grants continue to be obtained to help offset the purchase of car seats and booster seats for uninsured and low-income families. Health plans reimburse public health for individual and group education to their enrollees. Morrison County conducted its sixth high school Seat Belt Challenge. Local schools developed teams that educate their schools on seat belt safety and conduct a count of seat belt use. Morrison County received a Towards Zero Death Grant in 2009. This grant enables the county to work on reducing car crashes and increasing safe driving.
- Women's, Infants & Children (WIC) continue participation in all three counties. In October of 2008, eligibility for WIC was changed. There was an expectation of a decrease in the case load. Because of the current economic change, it was unclear what would happen with participation throughout 2009. Participation dropped very little in 2009 with caseloads staying steady throughout the year. Morrison and Wadena Counties continue to offer blood lead draws to children during their WIC visits. Morrison County Public Health has been working with a grant from the CentraCare Foundation on whole grain education and child fitness.
- Public Health Nurses provide visits to families for pregnancy, postpartum, parenting and child health in clinic visits and in their homes. Family Home visiting programs were partially funded through TANF dollars.
- Staff provide child health screening, school health, senior health screening, cholesterol screening, pregnancy prevention, education and services, mental health identification of need and referral, and health education in relation to health behaviors such as nutrition, physical activity, tobacco, injury prevention and alcohol and other drug use.
- Public Health collaborated with a variety of interagency groups: Todd-Wadena Healthy Connections, Horizon Health Faith in Action, Healthy Communities Collaborative (HCC) of Morrison County, Family Services Collaborative and Interagency Early Intervention Committee. Participation with these groups allow interagency communication, assessment, resource development, referral and grant planning.

- Public Health works collaboratively with community coalitions to address the issues of Alcohol, Tobacco and other Drugs. Morrison and Wadena Counties both received five year grants from DHS to establish community coalitions, provide prevention education and implement environmental strategies. The goal is to reduce alcohol and other drug use by youth. Morrison County has started a second coalition similar to the one in the eastern half of their county. This second coalition Stand Up 4 U is to move this work out across the county. Wadena County also received a Drug Free Communities (DFC) Grant to continue and expand their alcohol prevention efforts.
- The Board of Health received a Statewide Health Improvement Grant (SHIP) to focus on tobacco use and anti-obesity prevention efforts. Community Leadership teams were formed in every county and interventions were chosen.
- Dental Varnishing is currently being done in all three counties. Dental Varnishing helps fight dental caries for children.