

BPH

Bloomington Public Health Quarterly Report ■

For the City of Edina

October – December 2010

BPH

BPH Quarterly Activities in Edina ■

The work of Public Health is defined by six areas of responsibility. This report utilizes the areas of public health responsibility to organize details of activities conducted in Bloomington, Edina and Richfield. Activities in the following areas are described in this report:

- Assure an adequate public health infrastructure
- Promote healthy communities and healthy behaviors
- Assure the quality and accessibility to health services
- Prevent the spread of infectious diseases
- Prepare for and respond to disasters and assist communities in recovery

A special section highlighting the activities of SHIP (Statewide Health Improvement Program) has been added under “Promote healthy communities and healthy behaviors.”

■ ASSURE AN ADEQUATE PUBLIC HEALTH INFRASTRUCTURE

- **Presented the Public Health Annual Report and overview of contracted services to the Edina Community Health Committee.**

■ PROMOTE HEALTHY COMMUNITIES AND HEALTHY BEHAVIORS

- **Presented recommendations on a new Healthy Communities Initiative to a joint meeting of the Bloomington, Edina and Richfield Mayors and City Managers.**
- **Addressed the following topics at monthly Senior Clinics:**
 - October** **Eye disorders:** Six major disorders and Vision Loss Resources free services
 - November** **Sleep:** Differences as you age and tips for getting to sleep
 - December** **2010 review:** 2010 topics and positive trends of the decade
- **Presented at the Minnesota Annual Alcohol, Tobacco, and Other Drug Conference on how prevention coalitions can build capacity.** The presentation based on experiences learned from the Tri City Partners coalition was entitled *Building Coalition Structure – How Can We Work Smarter?*

- **Conducted an online survey in the three cities regarding perceptions of youth health and alcohol use.** Findings will be used for program plans to prevent youth alcohol and other drug use in the three cities. The survey is also an assessment of current perceptions for evaluation of youth alcohol prevention grant programs.
- **Co-sponsored the Shutting Off the Tap to Teens and Young Adults Conference that was held at Bloomington Civic Plaza.** Youth and adults participating in the conference numbered 133. They learned tools for reducing underage drinking through environmental strategies.
- **Provided an educational presentation to 60 childcare professionals regarding community resources for them and the families they work with.** The presentation focused on resources available through Bloomington Public Health.

SHIP (STATEWIDE HEALTH IMPROVEMENT PROGRAM)

- **Organized, with school principals and parent volunteers, participation in International Walk and Bike to School Day.** The event's purpose was to emphasize the importance of physical activity for children and encourage more biking and walking to school. Schools participating this year increased to nine from one last year. The total number of students participating from six schools in Bloomington and Edina was 275. The grand total including students from three Richfield schools is much higher, but the exact number is unknown.
- **Trained professionals from licensed preschools and childcare centers to help children learn to eat more fruits and vegetables.** One training provided resources and instruction in the successful LANA (Learning About Nutrition through Activities) curriculum. A second training taught professionals how to teach others to use the LANA curriculum and will reach about six hundred families. A total of 42 childcare and preschool sites have been trained to use the curriculum at the completion of these trainings. These sites are using best practices daily to increase children's exposure to a variety of healthy foods.
- **Worked with area clinics to implement ICSI (Institute for Clinical Systems Improvement) best practice health care guidelines.** The guidelines are for prevention, diagnosis, treatment and management of obesity and tobacco use – the primary risk factors of chronic disease. Bloomington Natural Care Center at Northwestern Health Sciences University began piloting the guidelines. Bloomington Lake and Southdale Internal Medicine, P.A., clinics are in earlier stages of the process.
- **Attended a conference to learn strategies for creating healthier school environments.** SHIP school liaisons from the three cities attended with 20 school representatives including staff and parents from Bloomington and Edina. SHIP funded attendance at this conference to provide a catalyst for moving initiatives forward that create healthier school environments.
- **Held Active Living workshops to engage residents and city leaders in creating active environments within the cities.** Over 50 Bloomington, Edina and Richfield residents and city staff members including elected leaders and those instrumental in city design

attended. They began work on plans to promote “Complete Streets” policies that incorporate needs of all users.

- **Trained staff members from 12 preschools and childcare centers to add more physical activity to their curriculums.** The preschool and childcare staffs will reach 870 more children in the three cities bringing the total number of children impacted by the training to 2200 and growing.
- **Planned, with Principal Hodne and interested parents, additional “Walk to School Day” events in the upcoming school year for Highlands Elementary School.** Planning resulted from parents interested in promoting walking and biking to school year-round. Plans included parent-led walking groups on December 9, 2010 and January 13, 2011.
- **Created walking routes and maps for Fairview Southdale Hospital employees.** They were created for the Energize at Work initiative to promote opportunities for physical activity at worksites.

■ ASSURE THE QUALITY AND ACCESSIBILITY TO HEALTH SERVICES

- **Followed-up on 12 new senior and vulnerable adult referrals.** Referrals were for garbage houses (3), chronic disease management issues (2), dysfunctional relationships (2), psychosocial issues (2), mental illness (1), dementia (1) and a fall (1). Public Health Nurses (PHNs) conducted in-home assessments and arranged resources to help clients live safely and independently in their homes.

In one case, a woman in her 90’s who had no family to look after her needed a safety evaluation. Her physician referred her after she had several falls. The client was suspicious of the nurse’s visit at first. She became more trusting after telling the nurse her story – especially once she realized the nurse was not trying to sell anything. The Nurse provided practical ideas, resources and helped her start her Advance Directive. Since she has no family, the nurse will continue to check in with her.

■ PREVENT THE SPREAD OF INFECTIOUS DISEASES

- Conducted a community flu vaccination clinic where staff administered vaccine to 156 individuals of which 14% were uninsured.

**■ PREPARE FOR AND RESPOND TO DISASTERS
AND ASSIST COMMUNITIES IN RECOVERY**

- Conducted focus groups with Community Based Organizations regarding the content for a comprehensive, emergency preparedness toolkit tailored for their use.
- Presented the public health role in emergency preparedness to 10 Bethel Nursing Students.
- Participated in the Medical Reserve Corps Conference in which the Bloomington-Edina-Richfield Public Health Volunteers (MRC/CERT) became an official unit.

BPH Staff Involvement in Community Groups

Edina ■

EDINA

Edina Community Council
Edina Chemical Health Partners
Edina Partners for Early Education
Edina Professionals Serving Seniors
Edina Resource Center
Edina Senior Center Advisory Council
Family Center Advisory Committee
Help Me Grow South Hennepin (formerly known as SHIELD)

REGIONAL WORKGROUPS

Emergency Preparedness

Community Outreach
Cities Readiness Initiative Steering Committee
Emergency and Community Health Outreach Advisory Committee
Hennepin County Public Health Emergency Preparedness Advisory Committee
Metro Health Alert Network Coordinators
Metro Mass Dispensing
Metro Medical Reserve Corp / Minnesota Responds
Metro Pharmaceutical Cache
Metropolitan Medical Response System Special Needs Sheltering Task Force
Public Health Emergency Coordinators
Regional Exercise

Health Promotion and Planning

Hennepin County Advisory Board of Health Tri-City Partners
Tri-City Partners

Family Health

South Hennepin Interagency Early Intervention Governance Committee
(includes Edina, Bloomington, Richfield and Eden Prairie School Districts)



BPH Quarterly Numbers Report for Edina ■

2010 PROGRAMS AND SERVICES

These numbers are a count of people served each quarter. Some people receive the same service and are counted in more than one quarter.

■ HEALTH PROMOTION

Community health presentations	<i># of adults</i>	117	115	234	223
School educational presentations	<i># of students</i>	495	0	0	0
SHIP presentations	<i># of attendees</i>	25	31	13	66

■ ADULT AND SENIOR SERVICES

Senior health receives referrals from police, senior outreach, social services, environmental health and other community agencies for vulnerable adults and falls.

Individual clients served	<i># of clients</i>	12	14	5	14
Public Health Nurse visits	<i># of individual nursing visits</i>	10	10	4	8
Service coordination	<i># of calls and case conferences</i>	25	18	7	18
Senior hearing screening	<i># of participants</i>	16	6	16	7
Senior Community Public Health Nurse Clinics	<i># of clients</i>	75	103	140	166
	<i># of consultations</i>	118	124	130	108
Health education presentations	<i># of participants</i>	0	27	0	0

■ FAMILY HEALTH SERVICES

Maternal and Child Health PHN home-visiting

	<i># of families</i>	28	22	24	22
	<i># of clients</i>	50	42	48	41
	<i># of visits</i>	126	106	85	75
Car seats	<i># referrals</i>	0	0	2	4
SHIELD	<i># of children</i>	15	18	18	17
Police reports reviewed for follow-up	<i># of families</i>	16	5	15	47
South Vista	<i># of pregnant and/or parenting adolescents</i>	1	1	1	1
Follow Along clients	<i># of children enrolled</i>	29	30	29	27
Child-care consultations	<i># of centers / # of visits made</i>	3/9	3/9	3/8	3/9
High-risk birth certificate referrals follow-up	<i># of babies</i>	32	47	20	51

	Q1	Q2	Q3	Q4
Community health presentations	117	115	234	223
School educational presentations	495	0	0	0
SHIP presentations	25	31	13	66
Individual clients served	12	14	5	14
Public Health Nurse visits	10	10	4	8
Service coordination	25	18	7	18
Senior hearing screening	16	6	16	7
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■ CLINIC SERVICES

		Q1	Q2	Q3	Q4
Women, Infants and Children (WIC)	<i># of clients(unduplicated)</i>	204	218	210	209
Health Risk Assessment Clinic	<i># of clients</i>	6	4	6	4
Sage Screening Program	<i># of clients</i>	6	7	14	13
SagePlus Cardiovascular Screening	<i># of clients</i>	2	3	5	8
Immunization Clinic	<i># of adult clients</i>	1	3	2	7
	<i># of immunizations</i>	1	3	5	9
Immunization Clinic	<i># of children</i>	1	2	11	4
	<i># of immunizations</i>	2	9	26	5
Flu shots - seasonal	<i># of clients</i>	13	0	80	905
Flu shots - H1N1	<i># of immunizations</i>	233	0	NA	NA
Head Start early childhood screenings	<i># of children screened</i>	NA	0	2	4
Intake calls & drop-in visits	<i># of contacts</i>	25	29	20	7
Perinatal Hepatitis B	<i># of clients</i>	1	0	0	2
Reportable disease follow-up / consultations	<i># of contacts</i>	12	10	14	17