

BPH

Bloomington Public Health Quarterly Report ■

For the City of Edina

April – June 2011

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.”

■ PROMOTE HEALTHY COMMUNITIES AND HEALTHY BEHAVIORS

- **Addressed the following topics at monthly Senior Clinics:**

April	File of Life: Health emergency information form (<i>May topic in Edina</i>)
May	Hypertension: Prevention strategies and medications (<i>April topic in Edina</i>)
June	Pain: How to discuss it with your doctor

- **Conducted the *Together We Stand* campaign to promote widespread support for safe prom, graduation and summer celebrations.** This year police chiefs from Bloomington, Edina and Richfield appealed to the community in an open letter to join the campaign. Two campaign ads were also created to convey the important role adults play in supporting youth to remain alcohol-free. Asked faith communities and organizations to display one of the ads. Bloomington, Edina and Richfield high schools distributed an ad specific to families with graduating seniors.
- **Expanded influence of the *Together We Stand* campaign by recruiting hotels and motels to participate.** A Bloomington Public Health staff member met with managers of 22 area hotels/motels. She asked them to display the *Together We Stand* posters and postcards during prom and graduation events. She also successfully recruited five

managers to work on a pilot project to draft a hotel/motel policy restricting underage alcohol use.

- **Promoted two Hennepin County medicine collection events to raise awareness of and discourage teen prescription drug abuse.** Unwanted, expired and unused medications in the home pose safety and health threats including abuse or poisoning. Improper disposal also causes environmental concerns. Collected medications were properly incinerated.
- **Assured students followed sanitation best practices when they prepared for their bake sale.** Public Health Nurses who are South Education Center Alternative School nurses consulted with City Environmental Health staff to obtain guidelines for bake sales occurring within a school community. One Nurse demonstrated the guidelines to the students.
- **Worked with South Education Center Alternative School students to prepare for and win first place in the grains category in First Lady Michelle Obama’s “Recipes for Healthy Kids Competition.”** A Public Health Nurse who is also the school’s nurse was part of this team that included students, staff and community members. The award qualified them to advance to the final competition for first place overall.
- **Provided information about hosting safe celebrations and the *Together We Stand* campaign in an interview on the community cable access show, *In Edina*.**
- **Sponsored a parent workshop about using adolescent brain research information to prevent underage alcohol, tobacco and other drug use.** Dr. Ken Winters explained the significant brain development that takes place in adolescents and why they are prone to make poor decisions and are at an elevated risk to the effects of alcohol. The workshop was sponsored along with Edina Schools, Edina Chemical Health Partners and the Tri-City Partners Coalition for Healthy Youth and Communities.
- **Created an Edina-specific *Life File* form along with Senior Center and Fire Department staffs for paramedics to use in health emergencies.** Promoted the form at the May Senior Clinic and added it to the City’s website for download. The form should be completed and put it in an envelope placed on the refrigerator door where paramedics will find it.

SHIP (STATEWIDE HEALTH IMPROVEMENT PROGRAM)

- **Awarded start-up funds for 8 community gardens to make fresh produce easier to obtain by residents in need of the health benefits.** Recipient organizations must reach out to those in need to grow the garden and/or donate 20 percent of what is grown to food shelves or similar organizations. Collaborated with Gardening Matters to administer the grants and provide ongoing technical assistance as gardens get started. Gardening Matters is a local non-profit dedicated to supporting sustainable, long-lasting, community gardens in Minnesota.
- **Held three workshops to help make new community gardens successful.** To build the capacity of funded organizations in creating successful, sustainable gardens, SHIP staff partnered with Gardening Matters to provide information on designing the garden site,

recruiting volunteers and planting the garden. Eighty-four people attended the three workshops.

- **Implemented an evidence-based quality improvement process to increase effectiveness of the healthy eating in childcare initiative.** The process is helping to reach the goal of childcare and preschool facilities adopting policies that support healthy eating. At the start of the initiative, only 22% of facilities planned to adopt a policy to support healthy eating. After applying the quality improvement process and strengthening a policy component to the initiative, 73% of facilities planned to adopt such a policy.
- **Affected healthier eating and increased physical activity for children at 27 child care centers and preschools.** Through ongoing SHIP assistance and guidance, these sites have adopted and implemented nutrition and physical activity policies. Many more have made practice changes and are working toward adopting policies that reflect those changes.
- **Collaborated with WIC staff to increase use of farmers markets by WIC participants.** Used quality improvement tools to identify barriers to using WIC farmers market vouchers and find ways to turn the low redemption rate around.
- **Provided support for Walk and Bike to School Day at two schools.** SHIP supported Walk and Bike to School Day to promote more physical activity for children.
- **Worked with Southdale Internal Medicine staff to implement a prevention approach to chronic disease.** Dr. Sofia Ali, SHIP medical consultant, trained clinic staff how to empower and motivate patients to improve nutrition and increase physical activity. The approach will improve patients' health and lower health care costs.
- **Assisted Fairview Southdale Hospital to adopt guidelines that help employees obtain the recommended 30 minutes daily of physical activity.** The guidelines provide parameters for walking meetings and tips for physical activity breaks during the workday.
- **Conducted a physical activity and walkability assessment at the accounting firm Abdo, Eick and Meyers, LLP of Edina.** The firm's Wellness Committee used the results to implement policies and changes that allow more physical activity at work. SHIP staff created personalized walking maps for their use.
- **Worked with Edina Public Schools to include regular physical activity and healthy snacks in the Before and After School Programs.** There will now be 15 minutes of physical activity in all Before and After School Program sessions. SHIP helped plan and implement the policy change by providing equipment and materials for a variety of physical activities. SHIP also provided lists and nutrition tools for selecting healthy snacks for students.
- **Provided financial support and assistance to the Edina Transportation Commission for developing a *Living Streets Policy/Plan*.** This initial assistance enabled the Commission to engage other experts in further policy/plan development. This activity is in part a result of the SHIP Active Living Workshop Series held in late 2010.

■ ASSURE THE QUALITY AND ACCESSIBILITY TO HEALTH SERVICES

- **Followed-up on 12 new senior and vulnerable adult referrals.** Public Health Nurses (PHNs) conducted in-home assessments and arranged resources to help clients live safely and independently in their homes. Referrals were as follows:
 - Mental health concerns – 5
 - Chronic disease management – 3
 - Unsanitary dwelling – 1
 - Fall – 1
 - Dementia – 1
 - Dysfunctional relationships – 1

In one case, Police referred a man with multiple sclerosis whom others misjudged as drunk. They called the police when it appeared he would be driving drunk. The Public Health Nurse made a home visit to discuss his driving risks and inform him of community transportation and grocery delivery services. As a result, he was willing to relinquish his driver's license. The Nurse also enlisted help from Environmental Health because of a strong odor in his home. It turned out both of his toilets needed repair, and he got them replaced the next day. In the end, the man admitted that he was embarrassed and appreciated the Nurse's kind manner in helping him accept what needed to be done.

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

- Prepared for mass dispensing with the Technical Assistance Review Assessment of our Cities Readiness Initiative/Strategic National Stockpile plans. Minnesota Department of Health led the assessment.
- Recruited 13 residents to give emergency medical assistance in the new Medical Reserve Corps program.
- Conducted a faith-based emergency preparedness workshop with representatives from four faith-based organizations.
- Discussed partnership opportunities, in the event of a public health emergency response, with two faith-based organizations individually.
- Increased emergency response capabilities with commitment from four faith-based organizations and long term care facilities to distribute medication to their members and patients when needed.

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)
Edina Community Council

KEY REGIONAL WORKGROUPS

Emergency Preparedness

Cities Readiness Initiative Coordinating 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
Public Health Emergency Coordinators
Regional Exercise
Metro Public Information Officers

Health Promotion and Planning

Hennepin County Advisory Board of Health
Tri-City Partners

Family Health

Metro Alliance for Healthy Families (Bloomington)
South Hennepin Interagency Early Intervention Governance Committee
(includes Bloomington, Edina, Richfield and Eden Prairie School Districts)



BPH Quarterly Numbers Report for Edina ■

2011 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>	68	150		
School educational presentations	<i># of students</i>	0	572		
SHIP presentations	<i># of attendees</i>	41	31		

■ 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	12		
Public Health Nurse visits	<i># of individual nursing visits</i>	10	4		
Service coordination	<i># of calls and case conferences</i>	13	13		
Senior hearing screening	<i># of participants</i>	9	3		
Senior Community Public Health Nurse Clinics	<i># of clients</i>	83	117		
	<i># of consultations</i>	129	110		
Health education presentations	<i># of participants</i>	8	0		

■ FAMILY HEALTH SERVICES

Maternal and Child Health PHN home-visiting

	<i># of families</i>	16	26		
	<i># of clients</i>	29	49		
	<i># of visits</i>	58	86		
Car seats	<i># referrals</i>	0	2		
Help Me Grow	<i># of children</i>	11	17		
Police reports reviewed for follow-up	<i># of families</i>	34	28		
South Vista	<i># of pregnant and/or parenting adolescents</i>	2	1		
Follow Along clients	<i># of children enrolled</i>	25	27		
Child-care consultations	<i># of centers</i>	3	3		
	<i># of visits made</i>	9	9		
High-risk birth certificate referrals follow-up	<i># of babies</i>	41	62		

	Q1	Q2	Q3	Q4
Community health presentations	68	150		
School educational presentations	0	572		
SHIP presentations	41	31		
Individual clients served	12	12		
Public Health Nurse visits	10	4		
Service coordination	13	13		
Senior hearing screening	9	3		
Senior Community Public Health Nurse Clinics	83	117		
	129	110		
Health education presentations	8	0		
Maternal and Child Health PHN home-visiting				
	16	26		
	29	49		
	58	86		
Car seats	0	2		
Help Me Grow	11	17		
Police reports reviewed for follow-up	34	28		
South Vista	2	1		
Follow Along clients	25	27		
Child-care consultations	3	3		
	9	9		
High-risk birth certificate referrals follow-up	41	62		

■ **CLINIC SERVICES**

		Q1	Q2	Q3	Q4
Women, Infants and Children (WIC)	<i># of clients(unduplicated)</i>	545	543		
Health Risk Assessment Clinic	<i># of clients</i>	2	2		
Sage Screening Program	<i># of clients</i>	17	13		
SagePlus Cardiovascular Screening	<i># of clients</i>	8	8		
Immunization Clinic	<i># of adult clients</i>	1	1		
	<i># of immunizations</i>	1	1		
Immunization Clinic	<i># of children</i>	5	1		
	<i># of immunizations</i>	15	3		
Flu shots - seasonal	<i># of clients</i>	47	0		
Head Start early childhood screenings	<i># of children screened</i>	0	0		
Intake calls & drop-in visits	<i># of contacts</i>	13	20		
Perinatal Hepatitis B	<i># of clients</i>	1	0		
Reportable disease follow-up / consultations	<i># of contacts</i>	15	13		