Prevent. Promote. Protect.

Report To
The Community

2017 Report To
The Community
Scott County Public Health

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Scott County Public Health is focused on improving health for our entire community. As such, this report provides an overview of the programs and services that work to promote the health of all of our residents. It includes highlights of work that contributed to making Scott County a healthy, safe and livable community.

What many of us don’t know is that our social and economic environment is probably the most important influence on our health. We do know that eating well and staying fit are good for our health. We also know that things like smoking, drinking too much alcohol, poor diet and being inactive are harmful to our health. Things like education, housing, transportation, working conditions, enough money, clean drinking water and a good start in life are some of the social determinants of health or factors that affect our health throughout our lives.

The wide range of services we offer promote health while also preventing illness and injury. We know that encouraging positive health behaviors while also addressing social and economic barriers to health today will lead to improved health, fewer sick days taken and reduced health care costs in the future. Modifying risk behaviors will ultimately help people live longer healthier lives and keep health care costs down. Additional support can be provided by shaping policies, system changes and environments which make health choices the easier choices. Achieving significant changes demands that we meet people where they are, so we can give them the resources they need to overcome the real barriers to achieving optimal health.

I wish to thank the Scott County Board of Commissioners and the Public Health Staff who work tirelessly to improve the community’s health. Together we can achieve our vision of a safe, healthy, livable community.

Lisa Brodsky, MPH
Public Health Director

The Community Health Improvement Plan includes goals, each of which are supported by objectives and are implemented through strategies monitored over time. The three top health issues identified from the current Community Health Assessment are:

- Chronic Disease Prevention: Through Healthy Eating and Physical Activity
- Identifying At Risk Infants and Toddlers: Healthy Development
- Mental Health: Healthy Communities

The Scott County Healthcare Systems Collaborative (SCHSC) collaborates as health care leaders to maintain and improve the health of the residents of Scott County. Members have included public and private health care agencies, health plans, schools, and other community partners. The SCHSC meets monthly and receives updates on three priority areas, makes recommendations on next steps and identifies gaps progress on:

- Identifying At Risk Infants and Toddlers: Healthy Development
- Mental Health: Healthy Communities
- Health Care Access

The Health Matters Community Health Leadership Team (CLT) provides input regarding the development, implementation, and evaluation of the Statewide Health Improvement Partnership (SHIP) in Scott County. It guides SHIP’s mission to implement policy, systems, and environmental change around obesity prevention and tobacco use and control. The Team consists of members that have the ability to affect policy, speak on behalf of the organization they represent, or be considered an expert in the areas related to SHIP work. The CLT meets every other month and hears updates and provides input on two priority areas:

- Chronic Disease Prevention: Through Healthy Eating and Physical Activity
- Health Care Access

Work on the next Community Health Assessment is in process with a goal to have new priority areas identified by December of 2018.
### Prevention Programs

#### Child and Teen Checkups

<table>
<thead>
<tr>
<th>Children Enrolled in the Program</th>
<th>12,542</th>
</tr>
</thead>
</table>

#### Scott County Immunization Clinic

<table>
<thead>
<tr>
<th>People Received</th>
<th>201</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Immunizations</th>
<th>837</th>
</tr>
</thead>
</table>

#### Family Home Visiting

<table>
<thead>
<tr>
<th>Visits to Parents &amp; Children</th>
<th>1,559</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>People Received Flu Shots</th>
<th>575</th>
</tr>
</thead>
</table>

#### Family Home Visiting Programs

- **Flu Shots**: 837
- **EHDI Referrals**: 16
- **Birth Defects Referrals**: 30

**In 2017,** Scott County Public Health Nurses made 1,559 visits to 219 parents and children. Family Home Visiting programs play an important part in helping families and children succeed. Scott County provides two different home visiting programs.

Visits are available to families who are interested in learning more about health, parenting, and child development. Visits can start during pregnancy or soon after the baby is born and continue as long as the parents.
In addition to Family Home Visiting, Public Health Nurse Judy also works with the Early Hearing Detection and Birth Defects program. In May, a father contacted Judy about his daughter who was born many weeks before her due date. The baby, "Mary," was in the hospital for over 2 months and had just been discharged home. "Mary" was in the hospital for over 2 months and had just been discharged home. The father said he was glad to have "Mary" home, but added it was very stressful. In addition to caring for a medically fragile baby, the father was worried about medical bills and paying for her very expensive medication. Judy worked with the financial department, and helped get the family insurance that also covered the medication. "Mary’s’’ dad was so grateful for the extra help, saying "There are so many worries about caring for our child at home. It was a relief paying for the expensive medication wasn’t one of them.”

Children with poor oral health are three times more likely to miss school due to dental pain.

Dental care continues to be a need for C&TC participants. In 2017, the Scott County C&TC Coordinator formed a collaboration with local dentists to address this health issue. The collaboration met to discuss the Medical Assistance reimbursement rates and ways to increase the number of dentists available to C&TC members. During this time, additional dental offices opened their doors for C&TC members. C&TC staff are hopeful that the increased access to dental care will help C&TC children get the care they need on a regular basis.

The Scott County Child and Teen Checkups (C&TC) program believes prevention is the best medicine. Child and Teen Checkups is a free benefit to all people ages 0-20 on Medical Assistance. The program works with parents and children to increase the number of preventative wellness checkups. Program staff focus on reaching out to new members and providing reminders to families when it is time for a child’s checkup. In 2017, 12,542 people between the ages of 0-20 were enrolled in the C&TC program. C&TC staff spent the past year focusing on sending out welcome and introduction letters, making introduction calls, and attending community health events. The topics of these health events range from a teen health game to dental information.

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The family had private nursing care in the home but Judy felt he still sounded overwhelmed. The father said he was glad to have “Mary” home, but added it was very stressful. In addition to caring for a medically fragile baby, the father was worried about medical bills and paying for her very expensive medication. Judy worked with the financial department, and helped get the family insurance that also covered the medication. “Mary’s” dad was so grateful for the extra help, saying “There are so many worries about caring for our child at home. It was a relief paying for the expensive medication wasn’t one of them.”

**Health is all in the Wellness**

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**Family Health**

**Public Health Reduces Stress**

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Immunizations

Through a federal program, Scott County Public Health is able to give the immunizations to families for free. Families who come to the clinic are welcome to provide a small donation to Public Health, but it is not required.

There are four different age ranges when immunizations are required to attend school and educational programs.

Children going to daycare or early childhood programs need to have eight different immunizations, some with multiple doses. It is important these immunizations begin after birth to give children the best defense against disease.

Kindergartners need to be seen for just a couple doses of immunizations they have already started.

Once children start elementary school there are just a few immunizations needed.

Teens going into 7th grade will finish off their school required shots - until they start college.

Immunizations are vital for health. Are your kids are up to date?

Despite the severity of the virus, flu shots were still successful in preventing or at least weakening the illness. Scott County Public Health made it a priority to educate and vaccinate residents. In addition to the 137 community members that received flu shots, 438 Scott County employees and family members were also immunized. Public Health worked with the Scott County’s Employee Relations department to hold three different flu clinics. The clinics were held in September and October and open to staff and their families.

Immunization Clinic Numbers in 2017

- 129 Children received immunizations
- 119 Children were Uninsured
- 92% of children seen were uninsured
- In 2017, about 93% of children in Scott County were immunized by Kindergarten entrance
- That is -2% from 2016

Public Health provides immunizations to children and adults who are uninsured and under-insured through the Immunization and Walk-In Clinics. In 2017, the Immunization Clinic helped many children get their immunizations in time to start school. For people who are uninsured these immunizations could cost hundreds of dollars at Prevention Programs - Immunization clinics

Beating the Flu One Shot At A Time

Flu Clinics
Statewide Health Improvement Partnership (SHIP) is actively working with 41 partner sites to implement activities that expand opportunities and access to healthy eating, active living and tobacco-free living.

In 2017, SHIP was busy working on the strategies set by the Community Leadership Team. The picture on this page shows answers residents provided during the 2017 Community Engagement activities. SHIP met with residents throughout the county to learn what healthy eating meant to them. Overall, residents felt that Scott County had an abundance of food options but too many were unhealthy. Residents also shared their interest in community gardens and other low-cost healthy options. The information provided at these activities will be used to inform the 2040 Comprehensive Plan.

**SHIP Strategies for All Scott County Residents**
- Healthy eating in schools & communities
- Active living in schools & communities
- Worksite wellness
- Tobacco point of sale
- Clinic-Community linkages
**SHIP News**

**Worksite Wellness staff** introduced a new model in 2017. Employers interested in creating policy, system and environmental (PSE) changes to improve employee’s health joined in a worksite wellness group. The group met quarterly with other worksites to discuss and create best practices. This new strategy connected SHIP with 10 new worksites, or about 3,500 people. SHIP staff assisted 10 worksites by increasing access to healthy eating and seven worksites by improving breastfeeding support and facilities like the sit-stand station pictured below.

**Tobacco Free Kids campaign** teaches students the dangers of tobacco use. SHIP led 66 Center for Advanced Professional Studies (CAPS) students from Shakopee, Prior Lake, and Lakeville through tobacco training. During the training, the students learned how tobacco affects health, big tobacco marketing tactics, product details, and what local programs are doing to cut down the number of places selling tobacco to youth. These students will continue to serve as peer advocates and be part of annual Tobacco Education Compliance Checks.

**Born Learning** signs and activities give residents something to talk about while playing with their kids. In 2017, SHIP purchased two English and Spanish sets of the signs and activities through the United Way. These will be used at community spaces, such as parks, libraries, and the Readmobile. Born Learning helps parents, caregivers and communities create quality engagement opportunities when out on a stroll or visiting a local playground. Born Learning equips communities to focus on both parents and policymakers. Resources for families and caregivers provide easy to understand and useful information and activities. These activities promote early development, while encouraging conversation between parents and community leaders.

**Shakopee’s Schoolyard Garden Chickens**

In the spring of 2017, Shakopee High School students made a formal request to add a chicken coop to their schoolyard gardens. SHIP provided the materials to purchase a coop and the Shakopee Mdewakanton Sioux Community provided chickens. Students take turns managing the coop and it has been very successful thus far!

The chickens provide endless possibilities when it comes to agriculture, gardening and educational opportunities for the high school. The addition of the coop created a foundation for a new program at the high school. This program works with the Special Education Department to teach students about farm to table and the environmental ethics program at the school. The students regularly visit the chickens and are growing food in the greenhouse to feed them in the spring.

New learning opportunities continue to be created at the high school with the incorporation of the coop and will support farm to school efforts at the high school in the future!
Follow Along Program is a voluntary screening program for children ages 0-3 years. The program has been in Scott County for 20 years. Follow Along helps parents track how their child is growing and lets them know if their child is playing, talking, growing, moving and behaving like other children the same age.

Screening tools (the ASQ-3 and ASQ-SE2) are sent to parents in the form of a survey. Public Health staff use the answers parents provide to identify any concerns. If there is a concern, a Public Health nurse then helps parents find resources to help their child get back on track.

In 2017, several improvements were made to the program. Parents are now able to enroll in the program on-line versus the standard paper application that was used. Also, the screening tools sent out to parents now have return postage, making it easier for the parents to return the completed document. Additionally, the educational materials provided to parents were updated and given a fresh look. Additional marketing updates include participation in a childcare provider training held last fall, and new partnerships with school district staff to coordinate referrals for children.

Access to Healthy Foods continues to be a priority for Scott County SHIP. Five strategies (Farmers Market, Food Shelves, Healthy Food Retail, Community and School-Based Agriculture) help make the healthy choice the easy choice for all residents.

Backstretch Gardens
In 2017 the 80 bed garden next to Canterbury Park, supplied 500 pounds of fresh fruits and vegetables to WIC and food shelf clients. In an effort to reach more families, SHIP teamed up with the Shakopee High School Center for Advanced Professional Studies (CAPS) to create marketing tools for the 2018 season.

Power Of Produce (POP) Club connects children and seniors with farmers markets. POP Club was created by the U of M Extension and gives $2 tokens to youth and seniors to spend on fruits and vegetables.

FOLLOW ALONG

<table>
<thead>
<tr>
<th>Active Participants in 2017</th>
<th>650</th>
</tr>
</thead>
<tbody>
<tr>
<td>New enrollments in 2017</td>
<td>189</td>
</tr>
<tr>
<td>Phone calls with families because of questions</td>
<td>139</td>
</tr>
<tr>
<td>Children referred to school or community resources</td>
<td>59</td>
</tr>
</tbody>
</table>
Where does good health start?

www.scottcountymn.gov
Public Health provides many services to help residents live healthy worry-free lives. In 2017 the Walk-in clinic saw over 230 residents about their health concerns. The Walk-in clinic also provided an opportunity to give over 300 immunizations to residents who could not attend the bi-monthly Monday Immunization clinic. In addition, the Walk-in clinic provides a chance for Mobile Clinic patients to stop by and see the nurse if they have any follow-up question from their visit. The nurse-run
Improving Health - One Person At A Time

A client, “Barb” came to the Mobile Clinic one day last October. “Barb” told staff she had recently moved to the area and did not have insurance yet. She also told clinic staff she was recently diagnosed with diabetes and complained that she was not feeling well. Clinic staff discovered “Barb” had lost an unhealthy amount of weight because of her high blood sugars. Staff assessed her and found that her blood sugar was near 600, almost six times higher than normal. Staff became concerned for “Barb’s” immediate health as blood sugars that high can lead to a diabetic coma and death, so they sent her directly to the Emergency Room. During later visits to the Mobile Clinic staff worked with her and were able to get her blood sugars under control. One month after she was rushed to the Emergency Room, her blood sugars were normal. “Barb” was able to get insurance and now has a primary clinic.

Scott County

- 99 uninsured people were seen
- 55% of patients were seen due to an acute illness

Mobile Clinic

- 45% of patients were seen due to a chronic illness
- 33% of the clients with chronic illnesses were referred to primary care

In 2017, the Mobile Clinic saw about 30% more clients than they did in 2016. The clinic provides care for uninsured or underinsured residents of Scott County. Over half of the clinic visits were related to an acute illness, such as ear infection or flu. People who come to the clinic for chronic health issues, such as diabetes or high blood pressure are initially treated but are often referred to a primary clinic for consistent ongoing care. Clinic staff also provide ongoing assistance to clients by sharing resources and helping them navigate through the health care application process. The Mobile Clinic is a valuable resource for people who may not be able to get medical care anywhere else.

The Mobile Clinic is made possible due to a partnership between Scott County Public Health and the Shakopee Mdewakanton Sioux Community (SMSC). This partnership enables the clinic to go directly to those in need by traveling to various locations within Scott County every two to three weeks. The clinic staff include Dr. Michael Wilcox, Public Health Nurse Brittany, and Community Health Worker Alicia.

One of the Mobile Clinic nurse’s roles is to do health assessments at the Juvenile Alternative Facility (JAF) in Jordan. The nurse completes initial exams and also meets with the young adults upon request. During one of the nurse’s regular visits, she noticed a teen, “Joe” seemed sick. The nurse examined ‘Joe’ and discovered he was clammy, lethargic, and had a fever. The nurse quickly relayed this information to the staff at JAF. He was able to get into the clinic the same day and was given medication to help him get better. Without the nurse there for consultation, it would have taken “Joe” longer to get into the clinic for relief.
The Scott County Public Health Emergency Preparedness (EP) grant was tasked with a mission to involve people in an educational setting. The setting could be anything from childcare to a university. After weighing the options, Scott County chose childcare settings for several reasons. First, they believed they could reach more people by offering the training to the 320 licensed in home daycares in Scott County. Second, they felt childcare settings would reach both rural and urban areas. Thirdly, they felt the childcare providers would be able to spread their information by sharing it with their children and their families.

EP staff worked with Scott County Childcare Licensing to determine what the providers would want and the best way to go about sharing the information. EP staff then partnered with the Scott County Library system to develop educational resources bags based off the Library’s “Take Home Play Kits”.

The reviews of the event were outstanding. 90% of the participants felt the training was very good to excellent, and many have requested additional trainings.

5 Objectives of the Childcare Training

1. Provide information and resources about the Follow Along Program

2. Provide education resource and training on emergency preparedness activities to share with family members

3. Provide education on preparedness planning, risks, and resources in Scott County

4. Provide information on upcoming events in Scott County and ways to prepare

5. Provide awareness of “If you See Something, Say something” campaign and the importance of reporting suspicious activity

Scott County MRC Volunteers Make a Difference! The Scott County Medical Reserve Corps (MRC) is a group of dedicated health and other service professionals who work to strengthen our community. Take a look at what they all do!

Public Health Joins Night to Unite.
The Night to Unite event, formerly called National Night Out is an annual event that takes place the first Tuesday of August. In 2017 Public Health partnered with several communities to provide various Public Health materials at the festivities. Bags were assembled and given to partnering Police Departments to hand out at registered parties. The items provided included reusable shopping bags, Public Health publications, bike reflectors, and information on community resources. Public Health nursing students also attended events in Shakopee and Savage to conduct healthy surveys. At the end of the events, Public Health was able to reach out to over 3,100 people.
Outreach and Partnerships

Project Community Connect 489 Clinic Visitors
120 Child and Teen Checkups Visitors
50 Car Seat Visitors

MOFAS Baby Shower 60+ Guests
Attended the Night Out For Moms and Babies Event

Camp Esperanza
300 Student Contacts

140+ Participants at the Health Matters Event
150 Head Start Student Contacts

Health Education Highlights

Health Education is one of the main duties of Public Health. Scott County Public Health provides education when working one on one with clients and when participating in community activities. In 2017, Public Health staff participated in over 40 community activities, including Future Leaders and Project Community Connect. Being part of these community events helps Public Health reach more people and make more connections.
In October 2017, the Scott County Health Care System Collaborative hosted a community event to ask residents the barriers they run into when looking for health care. In addition to asking for possible hurdles, participants were asked to give suggestions on how to address these barriers. With funding from the SHIP, St. Francis Regional Medical Center (Allina), and Mayo Clinic Health Systems New Prague the Collaborative invited Marnita’s Table to lead a discussion around health care access.

Marnita’s Table is a non-profit organization that strives to increase equality and decrease differences. The group uses Intentional Social Interaction (“IZI”) to help people achieve equity and inclusion. Marnita’s Table does this by inviting people who are usually left out of the discussions and decisions that impact their lives.

Initial feedback revealed that community members felt there was a lack of culturally appropriate care and problems with language barriers when seeking health care. Transportation was a third issue many event participants stressed.

When asked for possible solutions to these barriers, participants suggested designing a free clinic staffed with diverse health care providers, provide more prevention information in multiple languages, and offer free transportation.

Public Health will use these suggestions to identify priorities and plans when completing the Community Health Assessment and Community Health Improvement Plan. The event brought a new perspective that has been adopted by the County’s Live Learn Earn initiative.

Community Outreach - MOFAS Night Out

A Night to Remember

On May 4th 2017, Scott County Public Health and other community partners hosted “A Night Out for Moms and Babies - Celebrating Healthy Beginnings”. The event was funded by a Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) Community Grant and other community contributions. Community partners such as St. Francis Hospital, Scott County clinics, and local schools took part in planning, staffing, and providing materials for the event.

The primary focus of this event was to promote healthy babies by displaying healthy behaviors before, during, and after pregnancy. The MOFAS “049” message (0 drinks for 9 months) was also shared to teach the dangers of drinking alcohol while pregnant.

Over 60 people, including mothers, fathers, and children participated in games, learning stations and healthy snacks. Mocktails, cocktails without the alcohol, were served and participants were pampered with seated back massages.

Community Outreach - Marnita’s Table

Health Matters!

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Trend Data

Public Health monitors health trends of residents to evaluate community health needs. This information is reviewed to identify where health inequities and poorer health outcomes exist. Additionally, the impact of social determinants of health is examined.

The Metro SHAPE Survey is an ongoing look at the health of county residents. Scott County participated in this survey in 2010 and 2014. Improvements have been seen in number of people reporting poor or fair health and smoking. However, healthy eating and active living indicators continue to worsen.

In the dataset examined, 79% of MAHF families never entered CP. *An additional 6 out of 33 (18%) had CP involvement during or after MAHF. Though our dataset is small, it reveals percentages of entry into CP that are consistent with national averages. *Eligibility for MAHF home visiting includes risk for abuse and neglect.

The Immunization Clinic operated by Scott County Public Health is intended for children through age 18 who are uninsured, have insurance which does not cover all vaccines, or are on Medical Assistance. The chart indicates that the vast majority of children attending the clinic are uninsured.
The Mobile Clinic provides medical and public health nursing care for acute and chronic health conditions to the uninsured and underinsured in Scott County. Public Health Nurses assess needs and provide information and referrals to medical, prescription, dental, mental health, and financial resources.

Active Pulmonary Tuberculosis (TB) is a highly infectious disease spread through the air when a person coughs or sneezes. The cost of treating active TB, without complications, is very high and involves treatment for six or more months. In the past six years, 100% of TB clients with active disease in Scott County have completed treatment.

Mobile Clinic services are not intended to be a medical home. Since 2016, the wait list to another provider for the uninsured, has disappeared. Repeat clients account for the lower referral rate in 2017.

Maintaining high levels of vaccination has been a priority in Scott County. The most recent school vaccination report indicates that for the first time ever, vaccination levels are below the national goal of 95% for kindergarteners.
Scott County Public Health has 290 MRC volunteers, 23 new volunteers in 2017.
Scott County Public Health had 71 opportunities for MRC volunteers in 2017.
Total Number of Volunteer Hours – 251 Hours
Total Economic Impact - $6,485
Scott County Public Health
has been providing services to promote
healthier living for county residents
for over four decades.

Community Impact
Children have a healthy start in life and families
have support to parent well.

Parents are informed of the benefits and resources available
to their children to have a healthy start in life and maintain a
healthy life throughout their child and teen years.

The public is protected from exposure to
communicable diseases.

Residents are prepared for emergencies and are able to
recover from disasters.

All residents have access to health care.

All residents are healthy.

For more information about programs and services
contact Scott County Public Health
Office (952) 496-8555
Fax (952) 496-8072
scottcountymn.gov