



2016

Annual Report Summary



Eau Claire City-County
Health Department

Message from the Health Officer

I am particularly excited to share the 2016 Eau Claire City-County Health Department Annual Report as 2016 marks the 75th anniversary of the Health Department! Public health has experienced dramatic changes over the last 75 years and so have we.

In 1941 the health department had 15 employees and 9 general program areas like communicable disease control, community sanitation and farm milk inspection. In 2016 we had more than 65 employees and 40 distinct programs including suicide prevention, restaurant and food inspection, and family planning.

“We all have an opportunity to help create a healthier community.”

All of these programs contribute to improved health outcomes for the Eau Claire community. According to the American Public Health Association, Americans are living 20 years longer than their grandparents’ generation, thanks largely to the work of public health. But we know that it is not enough to ask people to make healthy choices when so many factors impact health. This report provides you with some highlights of how staff at the health department promote and protect the health of Eau Claire Communities every day including:

- Building and strengthening community partnerships
- Focusing on prevention rather than treatment
- Paying attention to the “root causes” of poor health
- Supporting our most vulnerable community members

Thank you to the staff, the community and Eau Claire leaders who support our efforts. I encourage you to let me know how we can continue to improve the work we do at the health department. Please contact me at 715.839.4721 or elizabeth.giese@co.eau-claire.wi.us

Respectfully,



Elizabeth Giese, RN, MSPH
Director/Health Officer ECCCHD



Eau Claire City-County Health Department Mission

Promoting health and safety for all Eau Claire communities.

Guiding Principles

The Health Department's work is guided by seven overarching principles:

- Prevention- Promotion of health and prevention of disease, injury and disability is critical in saving lives and money
- Health Equity- Everyone should have equal opportunity to be healthy
- Collaboration- People working together provide the best solutions
- Quality- Efficiency and effectiveness is critical in programs and services
- Data Informed- Collection and analysis of data guides decisions
- Evidence Based- Building and utilizing evidence and promising practices in programs and services
- Ethical Practice- Acting with the highest standards of professional practice

Eau Claire City-County Board of Health

The Eau Claire City-County Board of Health (BOH) is an eight member board appointed by the County Board and City Council. The BOH has representation from: a City Council member, a County Board member, 2 practicing physicians, 1 practicing dentist, 1 registered nurse and 2 community representatives. The Board advises and advocates for the provision of reasonable and necessary public health services and provides leadership that fosters local involvement and commitment.

- Donald Bodeau, MD
- Jennifer Eddy, MD
- Blair Johnson, DDS
- Kathy Mitchell, PhD
- John Paddock
- Merey Price, RN
- Elizabeth Spencer, RD
- Gerald Wilkie



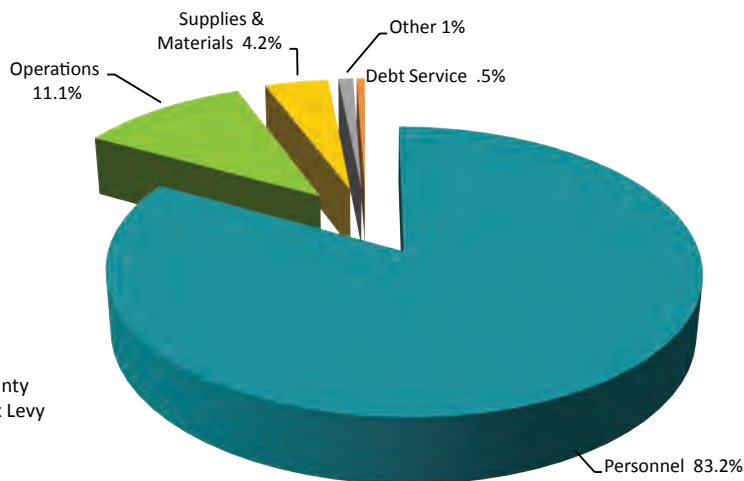
Mitchell, Johnson, Eddy, Spencer, Price, Paddock

Budget (Preliminary) - \$5.40 million

2016 Revenues



2016 Expenses



Health data provides a snapshot of the health of our community and shows how health is influenced by many things, including our everyday surroundings - where we live, learn, work and play. Data helps us to:

- Identify and understand current/potential health problems or environmental public health hazards
- Provide health information to community partners
- Evaluate if the programs, policy and environmental changes are making a difference

Eau Claire by the Numbers

102,105 Eau Claire County population¹

41% of children enrolled in public schools that are eligible for free lunch¹

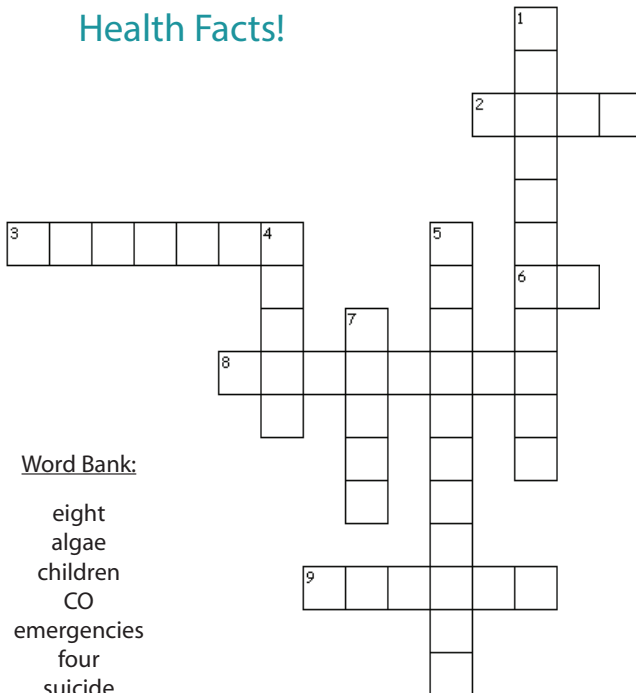
23% residents that live in a rural area¹

\$51,900 median household income¹

7.9% population that is African American, Asian, American Indian or Alaskan Native, or Hispanic¹

1 in 7 residents live below the Federal Poverty Level (FPL)¹

Know Your Public Health Facts!



Word Bank:

- eight
- algae
- children
- CO
- emergencies
- four
- suicide
- adolescents
- trails

1: Half of the US's STI prevalence is among ____. See how this affects Eau Claire County on page 6.

2: One in ____ high schoolers misuse prescription drugs. Find out what the health department is doing about this on page 5.

3: Healthy Communities helped provide ____ prevention trainings to community members. Find out how many years they've been helping our community on page 5.

4: The health department is part of a mental health grant lasting up to ____ years. Discover more of their efforts on page 7.

5: Public health preparedness keeps us ready for health ____. See an example on page 9.

6: To prevent residents from ____ poisoning and other risks, the health department is partnering with the city. Find out how on page 10.

7: Find out on page 9 what the health department is doing to protect your kids and pets from toxic ____.

8: Obesity affects 29% of ____ in Eau Claire County's WIC program. Read about their new program to combat it on page 8.

9: The health department hopes to increase the amount of public ____ in the community. See how on page 6.

¹ County Health Rankings

Community Health

The places where we live, work and play can greatly influence our health. Health Educators work closely with community partners to collectively identify and address those things that can improve our health in these places. This includes working with individuals, but also includes making changes to systems and policies.



Prescription Drug Disposal

Eau Claire County has been identified as a high need county for prescription drug misuse and overdose. In fact, one in four high schoolers in Eau Claire County report they can easily get drugs not prescribed to them. This raises concern, as prescription drugs can be very addictive and overdoses can be deadly. One way to lower this risk is to properly dispose of unused medicine. There are 5 permanent medication drop-boxes throughout Eau Claire County. To better support and increase use, the Alliance for Substance Abuse Prevention created videos on how to use the drop-boxes. The videos have been shared widely and have reached over 1,000 families through the More Kids Drug Free online newsletter. Check them out here <https://www.youtube.com/user/asapecc>

Community Health by the Numbers

250+

community partners committed to improve the health of Eau Claire

44

youth trained to be alcohol/drug prevention peer educators/advocates

3630

pounds of prescription drugs collected in 2016

Eau Claire Healthy Communities Celebrates 20 Years

Eau Claire County is fortunate to have a local coalition of over 200 diverse partners working together to improve our community's health. This coalition, Eau Claire Healthy Communities, promotes the health and well-being of individuals, families, and community members by making real differences in the identified health priorities of: chronic diseases, healthy relationships, high risk drinking, mental health and oral health.

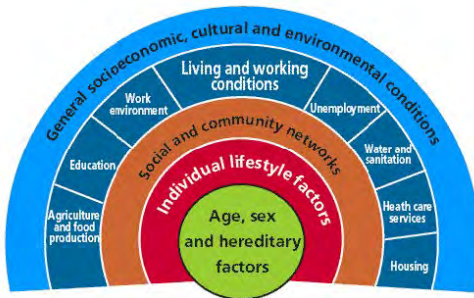
Each year, Healthy Communities holds an event to highlight and celebrate their impact. This year's event also celebrated the 20 year anniversary of the coalition. The celebration featured an interactive session to learn about local and state health disparities and the action we can take toward eliminating them. The Healthy Communities Champion Award was given to an individual and organization to recognize their extraordinary efforts to promote healthy living in the community. With 75 attendees, the celebration proved to be a large success and a positive forecast of what's to come from Healthy Communities.



Health Impact Assessment

Where we live, work and play shapes our health and well-being. However, these places are not always designed to promote health. Some aspects of our community can make it harder for people to make healthy choices such as walking, biking, cooking healthy meals or interacting with their neighbors. One way to learn about the potential health impacts of community development is through a health impact assessment (HIA). An HIA studies a planned project to identify unintended health risks and find solutions to increase positive health outcomes for the community.

In 2016, the Health Department and several community partners continued their work on an HIA of the Cannery District redevelopment in Eau Claire. This past year, the HIA team held a community-wide HIA training and supported meetings for two advisory committees. The team has evaluated potential health impacts and developed relationships with the community. Overall, these efforts will help provide the Eau Claire community with a development that considers health impacts just as we consider political and economic impacts.

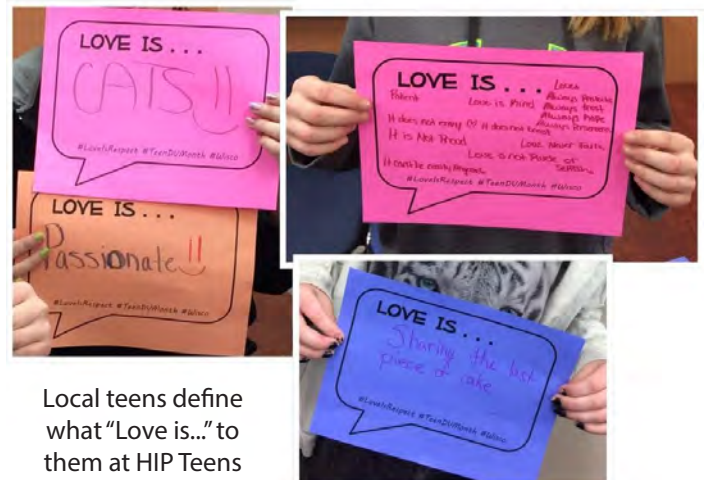


Public Health Nursing

Public Health Nurses provide a wide variety of individual, family and group services that positively impact health in our community. From prenatal education to communicable disease prevention, public health nurses encourage and support community members to make healthy choices and prevent disease.

Amped Health

In 2016, sexually transmitted infections (STI) in Eau Claire County have gone from 421 cases in 2014 to 512 cases in 2016. With half of the STI prevalence in the US being among adolescents, it is important to provide them the knowledge and confidence to make healthy decisions. The Nursing Team pursued a grant that would do just that. Through this grant, community partnerships and networks were built to address gaps in adolescent health care and health issues and facilitators were trained to implement evidence-based programs. Also, with the help of UW Eau Claire students, an adolescent friendliness survey was created to administer to health care providers. Seventy-seven adolescents were reached through the evidence-based programs (Safe Dates and HIP Teens) with curriculums geared toward dating abuse prevention and sexual risk reduction. The health department and partners are looking forward to the next four years, as the grant progresses in giving youth the education and skills to be in control of improving their health outcomes.



Local teens define what "Love is..." to them at HIP Teens session

Mental Health

Mental health is a community priority in Eau Claire. Good mental health helps people have positive relationships, reach their full potential and deal with life's hard times. On the other hand, mental illness negatively changes a person's mood and thoughts and makes it harder to cope with life's demands. Mental illness is also associated with chronic diseases, injury and disability. There were 727 hospitalizations in Eau Claire County due to mental illness in 2016. A number of community collaborative efforts are working to address this issue.

Continued collaboration led to 42 more QPR (Question, Persuade, Refer) trainings, an evidence-based suicide prevention training. Many local organizations, with the common goal of expanding suicide prevention efforts, led to the creation of the Eau Claire County Suicide Death Review Team. This team reviewed all suicides to identify common threads and prevention opportunities. As a co-leader for the Prevent Suicide Chippewa Valley Coalition, the health department also helped provide a brochure for families who have been impacted by suicide. In March, the Florian Gardens filled with 150 passionate community members for the Mental Health Summit. The Summit provided the chance to learn, discuss, and consider new ideas and was a call to action around children's mental health. Finally, the health department was part of a collaboration to receive a grant for up to 8 years to improve behavioral health in the community, titled 'Chippewa Valley Mental Health Matters.'

Through these passion-filled collaborations, we can better understand and support positive mental health.



Suicide prevention training was featured on Fall Creek School's website!

Public Health Nursing by the Numbers

1570

vaccinations given to infants, children and adults

935

reportable communicable disease follow ups

186

women received prenatal care coordination services

45

families with infants received a Pack 'n Play: a safe sleep option

648

women and men received contraceptive services

Public Health Nutritionists focus on developing and encouraging healthy eating across the life span of our population. Good nutrition is important for health and disease prevention. Our nutrition programs advocate for healthy behavior changes and access to healthy food choices in the community.



Empowering Healthy Lifestyles

Overweight and obesity is a top community health priority. The Community Health Assessment (CHA) found 29% of children 2-5 years old in Eau Claire County's WIC program (Special Supplemental Nutrition Program for Women, Infants and Children) are obese. This puts them at a higher risk for diabetes, sleep apnea, heart disease risk factors, depression and more. In 2016 the health department WIC Program was awarded the funds to become a Fit Families Center to help combat this issue.

Fit Families engages three components: Family, Organization, and Community Partnerships. Families are offered individual guidance, support and tools on a monthly basis for 1 year or more by passionate Fit Families coaches. The health department also has an environment which practices and promotes healthy lifestyles for staff, the families they serve and the broader community. By building strong environments, families will feel empowered to adopt healthy eating and physical activity behaviors.

Fit Families enforces these core messages that we all can learn from!

- *Move More... Watch Less*
- *Make Every Bite Count... More Fruits and Vegetables*
- *Make Every Sip Count... More Healthy Beverages*

Parents are encouraged to be good role models by making healthy lifestyle changes through the overarching Fit Families message:

Eat Healthy, Be Active... Your Kids are Watching.

"If I have soda, I have only one in the day. I lost 10 pounds!"

-Fit Families parent, previously consuming 10 cans of soda daily

Public Health Nutrition and WIC by the Numbers

584

women received contact from breastfeeding peer counselor

3400

community members received nutrition education at Veggin' Out booths at area farmers' markets



68 carseats were given to families in need through the Kids Ride Safe Project

women participating in WIC started breastfeeding their babies

79%

families participating in WIC spent Farmers' Market Nutrition Program checks at local farmers' markets

530

Emergency Preparedness

Public Health Emergency Preparedness efforts ensure the Health Department and the broader community are ready to respond to a variety of environmental hazards and communicable diseases.

Zika Surveillance

Public health preparedness keeps the health department ready to respond to any health emergency. These emergencies can range from natural disasters, like floods or fires, to disease outbreaks, like the Flu or Ebola. One key piece of keeping the community protected is through surveillance. Surveillance finds possible public health emergencies, collects information on what to do if that emergency happens and monitors what is happening in the community.

In 2016 Zika virus became a public health emergency. Zika is a concern for everyone, but pregnant women and their babies have the highest risk. The health department staff began getting the education they would need if Zika was found in the northern states. They also provided public information on Zika, supported healthcare providers in testing for Zika and monitored potential cases. While no Zika cases were identified, this work supported increased capacity to respond to emerging threats like Zika.



Environmental Health

The physical environment in which people live is an important determinant of health. Environmental health protects the health of the public by assessing, correcting, controlling and preventing those factors in our environment that can negatively affect health, including foodborne and waterborne outbreaks.



Lab Research and Outreach on Toxic Algae

It's common in Eau Claire to see algae floating atop a body of water. In fact, algae is in all lakes in Wisconsin. It becomes an issue for the public when they grow into what is called a 'bloom'. Just by looking at the bloom, one cannot tell if it contains the toxin that impairs health, raising the importance of testing the water. Those who consume or inhale water containing this toxin experience rashes, gastrointestinal issues and respiratory effects. These health risks are higher for children and animals, especially dogs, as they commonly lick the algae from their coat.

The health department took action in 2016 to protect Eau Claire's residents from the harmful risks of toxic algae blooms. Before this, algae blooms were not tested in Eau Claire County's public bodies of water. The health department's laboratory team began testing each of the 7 bodies of water biweekly from Memorial Day to Labor Day. In doing this, they are able to identify when a toxic algae bloom is present, and protect the public by posting a public health risk advisory. This work is one small example of how we keep Eau Claire's recreational waters safe and enjoyable for the residents.

Housing and Health

Houses we live in provide more than a roof over our heads, they also impact our overall health. If safety measures aren't taken into serious consideration, your home could expose you to extreme temperatures, CO poisoning, injury hazards or the spread of communicable diseases. Also, homes with poor upkeep and/or extreme clutter can provide poor ventilation of the air you breathe, increasing the risk of developing asthma, allergies and creating a fire hazard. Eau Claire County's rates in ER visits due to fire, heat and chemical burns, as well as falls, cuts and lacerations have been rising each year. All accidents that can be prevented if housing quality is taken seriously.



*"Engaging diverse minds in civil discourse to promote the public good...democracy in action."
-Carol Craig, facilitator*

The health department took a stand against these potential negative health impacts by partnering with stakeholders to improve housing in the community. It was then that the power of collaboration and the passion of the community's health merged into an impactful course of action. The Housing Advisory Committee was developed and after 5 meetings, three recommendations were endorsed:

- A rental registration program should be established for the City of Eau Claire
- Consideration should be given to a rental inspection program providing incentives for compliant landlords and tenants and closer intervention for those not compliant
- The housing ordinance update should incorporate these recommendations to ensure they are compliant with laws and Act 176.

Healthy housing strategies are working toward the goal of promoting prevention rather than reacting to health and safety concerns creating an environment where everyone can be in healthy housing.

Environmental Health by the Numbers

35% of tested homes had high radon levels

unsafe private drinking water bacteria tests 19%

1335 housing consults were completed, providing education and expertise on housing topics to the community

spore tests came back safe 100%

7 trucks of usable donations collected during "Pack it up-Pass it on"

restaurant inspections completed 1138

Health Department Staff

Thank you for taking the time to read about some of the important and fulfilling work our staff accomplished in 2016. We are striving to create a healthy and safe community for the citizens of Eau Claire City and County, and are proud to share this summary with you.



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Health Department**

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The 2016 Annual Report Summary can be found at www.ehealthdepartment.org