

LE SUEUR COUNTY PUBLIC HEALTH

2019 ANNUAL REPORT



Le Sueur County Public Health Staff 2019

26.68 FTE (full time equivalents) / 35 persons

2019 FINANCIAL SUMMARY (all Public Health programs combined)

Expenditures:	\$2,545,646
Revenues (federal and state grants, fees, contracts):	\$2,016,144
County Tax funds needed to operate:	\$529,502

HOME HEALTH CARE PROGRAM

Skilled Nursing: Public Health is certified by Medicare and licensed by the state of Minnesota to provide home health care services. Services are provided to the elderly, sick and disabled who are in need of nursing care in their homes. Providing care at home delays costly nursing home placement.

- Nurses made 2,452 visits with a monthly average of 204 visits in 2019
- 108 clients were served
- Average number of visits per day per nurse = 3.31
- Average client caseload per nurse = 18

Home Health Aide Services: Home Health Aides are an important component of the home care program assisting patients with personal cares such as bathing, shampoo, exercises and meals.

- Home Health Aides made 3,686 visits in 2019
- Average length of direct time per patient visit was 1.03 hours

Homemaker Services: Homemakers are also an important part of the home care program. Homemakers assist patients with housecleaning, laundry and grocery shopping.

- Homemakers made 2,563 visits in 2019
- Average length of direct time per patient visit was 2.01 hours

Therapy Services: Public Health contracts to provide Physical Therapy, Occupational Therapy and Speech Therapy services to homebound patients needing therapy under the Medicare program.

- 122 Physical Therapy visits were made in 2019
- 20 Occupational Therapy visits were made in 2019
- 28 Speech Therapy visits were made in 2019

WAIVER SERVICES PROGRAM

Case Management: Public Health is the lead agency for the following waivers: AC (Alternative Care), EW (Elderly Waiver), CADI (Community Access for Disability Inclusion), CAC (Community Alternative Care) and BI (Brain Injury) waivers. Public Health Nurses provide case management services for persons enrolled in these programs in order to determine the most appropriate and cost effective home and community based service plan to keep them in the community.

- Annual CCB (CADI, CAC, BI) aggregate budget from the state for FY 2019 was \$8,049,680
- Amount of funding utilized for CCB waivers was \$7,971,420 which was 99%
- 318 Le Sueur County residents were enrolled in a waiver program in 2019

Care Coordination for Health Plans: Public Health has contracts with Blue Plus, UCare and Medica (the county's managed care plans) to provide care coordination services to their members enrolled in MSHO (Minnesota Senior Health Options) and MSC+ (Minnesota Senior Care Plus).

- 241 Le Sueur County residents received health plan care coordination services in 2019

Assessments: Long Term Care Consultations (LTCC) & MnCHOICES (online assessment) - Nurses complete LTCCs or MnCHOICES assessments to assess the client's needs, determine the best plan for meeting those needs and make recommendations to the client and family re: remaining in the community or entering a facility. Preadmission Screenings are completed on all residents needing admission to a nursing home from the community. The Area Agency on Aging does the PAS phone screens & case managers do the face to face screenings.

- 429 total LTCC / MnCHOICES completed in 2019
- 113 Initial Assessments
- 316 Reassessments

Total served: A total of 440 Le Sueur County residents were served by this team in 2019

- 1,142 assessment / reassessments / case management visits were made in 2019
- 9,252 indirect case management contacts were made in 2019
- Average caseload per nurse case manager was 53 clients

Health Plan Audits / Surveys: Audits completed by UCare, Blue Plus and Medica in 2019 and results for all three health plans was 100% compliance. Positive comments from surveyors related to person centered care coordination and documentation.

COMMUNICABLE DISEASE CONTROL (DISEASE PREVENTION & CONTROL)

Immunizations: Public Health offers low-cost immunization clinics on the first Monday of each month supported by the MDH Vaccine for Children Program. Influenza vaccinations are also given every fall.

- 50 Immunizations were given in 2019
- 790 Flu Shots were given in 2019

Immunization Registry: Le Sueur County participates in a Joint Powers Agreement with 5 other counties for Immtrack, a regional immunization registry. The immunization rate for Le Sueur County kindergarten students ranges from 92.03 – 92.51% for DTaP, Polio, MMR, Hepatitis B and Varicella for 2018-2019. The Le Sueur Co. kindergarten non-medical exemption rate was 1.45% (state 1.86%).

- 3,473 children ages 0-17 had at least two immunizations entered in the registry in 2019
- 8,722 residents ages 18-59 had at least two immunizations entered in the registry in 2019
- 5,407 residents age 60+ had at least two immunizations entered in the registry in 2019

Disease Investigation: Public Health works together with the Minnesota Department of Health (MDH) and doctors to prevent the spread of a variety of diseases in the community. Public Health screens high-risk populations in the county for tuberculosis and provides DOT (Direct Observation Therapy) to individuals diagnosed with active TB.

- 85 Mantoux tests were given in 2019
- 1 resident received DOT (Direct Observation Therapy) for active pulmonary TB in 2019
- 10 residents with LTBI (Latent Tuberculosis Infection) in 2019
- 0 residents needed LTBI monitoring (including contacts of active cases) in 2019
- 151 Infectious Diseases were reported in 2018 (the 2019 reports are not yet available)
- STI (Sexually Transmitted Infections) 2019: Chlamydia - 67, Gonorrhea - 12, Syphilis - 4

FAMILY HEALTH PROGRAMS

Prenatal and Postpartum Visits: Public Health Nurses visit high risk pregnant women and pregnant teens to provide education on pregnancy, nutrition, labor, and/or infant care. Referrals are obtained through WIC, local physicians, schools, and others.

- 32 women received prenatal visits in 2019
- 85 women received postpartum visits for breastfeeding and infant care education in 2019
- 11 pregnancy tests were done in 2019

Family Home Visiting: Federal funding through the TANF (Temporary Assistance for Needy Families) grant provides home visits to a target population of teen/minor parents and first time, low income parents. Education and support for parents is provided utilizing a variety of resources.

- 101 home or office visits were provided to 30 clients/families in 2019 for TANF
- 183 students received education on Teen Pregnancy Prevention in 2019

Early Hearing Detection Intervention (EHDI) & Birth Defects reporting: Public Health has a contract with MDH to provide outreach to families with newborns or children that have been diagnosed with hearing loss or with a congenital birth defect.

- 1 referrals received for hearing loss in 2019
- 5 referrals received for birth defects in 2019

Follow Along Program: All parents are offered participation in this program that tracks their child's development and provides age appropriate educational materials.

- 156 children were enrolled in 2019

Car Seat Program: Nurses trained in car seat safety are available to provide accurate information and proper installation of child car seats. UCare provides Public Health with car seats to distribute to members and Public Health received a grant from the Department of Public Safety for car seats for low income families.

- 50 hours of car seat education was provided in 2019
- 60 UCare and Blue Plus families received car seats in 2019
- 8 families received car seats from the Child Passenger Safety Grant in 2019

SUID (Sudden Unexpected Infant Death) or SIDS (Sudden Infant Death Syndrome) Follow-up

- 0 SUID / SIDS death in Le Sueur County in 2019
- Distributed 4 portable, Cradle of Hope cribs and safe sleep education to eligible families

Healthy Smiles Program: A Registered Dental Hygienist is contracted as a Collaborative Practice Dental Hygienist and provides preventive dental services to children ages 0-14 years old one day per month at the Public Health office.

- 85 dental visits were provided to 80 clients in 2019
- The dollar value of services provided in 2019 was \$12,370

WIC (Women, Infants and Children) Program: Funded by the USDA, WIC provides nutrition education and vouchers for specific healthy foods to pregnant and breastfeeding women, infants, and children to age five. Based on a health assessment, specific food prescriptions are given.

- Participation levels for 2019 averaged 414 per month with a high of 462 in Sept 2019
- Total number of women, children & infants served 651 (185 women & 466 infants and children)
- Total dollar value of WIC vouchers issued in 2019 was \$300,709; monthly average of \$25,059
- Public Health's Lactation Room was used by county employees and clients 157 times in 2019

Child & Teen Checkup (C&TC) Program: Public Health receives federal funding to provide the outreach for this program. Families with C&TC eligible children (on Medical Assistance) are contacted by phone, home visit or by mail when their children are due for the screening with their medical provider. Screenings promote physical & developmental health & early detection of problems.

- 4,255 informational contacts were made to eligible children in 2019
- 2,725 children were C&TC eligible in 2019

Evidenced Based Home Visiting grant: This 8 county regional grant includes Le Sueur-Waseca, Brown-Nicollet, Faribault-Martin, Des Moines Valley HHS and Watonwan County. The project runs from 5/1/18 – 12/31/22 and is funded at \$2,473,271. Three PHNs are trained in the Healthy Families America curriculum. 127 visits were made to 10 families in 2019.

HEALTH PROMOTION PROGRAMS

School Health: Public Health provides consultation services to school nurses in Le Sueur County and assists with each school's Hearing and Vision Screening program. Public Health also has contracts with three of the schools to provide services during Early Childhood Screening.

Health Education: Nurses are available for presentations to students and other groups. Examples:

- Student Health Fairs, Kid Zone educational presentations, Dangers of Vaping presentations
- Education on germs & handwashing, dental health education, Puberty & Hygiene talks
- Partners with MSU nursing students to provide education at the Le Sueur Co. Resource Center

SHIP (Statewide Health Improvement Partnership): The Le Sueur – Waseca Community Health Board (CHB) collaborated with the Brown – Nicollet CHB to form the “Healthy Together” partnership. This four county project was funded with a \$1,506,401 SHIP 4 grant effective November 1, 2015 through October 31, 2020. Strategies to reduce obesity and tobacco include Healthy Eating, Active Living, Safe Routes to School, Worksite Wellness, Breastfeeding Friendly worksites and Tobacco Free Living.

2019 local Le Sueur County work and mini-grants included: Le Center Resource Center (clubhouse) to construct garden beds, focusing on freezing, canning and drying of fruits and vegetables; Lutheran Social Services funding for warming containers for home delivered meals delivery and produce from SHIP funded garden beds; City of Le Sueur funding and technical assistance to update a comprehensive master trail plan; City of Waterville funds to contract with Region 9 to create an Active Living Plan; WEM schools wellness committee activities and healthy school store vending; Cleveland school funding for school garden expansion; WEM and TCU Walk to School Day; WEM active classroom activities; Holy Redeemer School grant for PE equipment for active recess; WEM, TCU and Cleveland received Vaping Education for school staff and parents; Le Sueur County Public Health recognized at the Gold Level for Breastfeeding Friendly Health Department and received technical assistance from SHIP.

PUBLIC HEALTH EMERGENCY PREPAREDNESS (PHEP) & CITIES READINESS INITIATIVE (CRI)

Disaster Preparedness: Public Health has partnered with hospitals, clinics and emergency management to plan and conduct local and regional drills and exercises with an all hazards approach.

- 4 Full Scale or Tabletop Exercises, 8 Drills and 8 training events were completed in 2019

Health Alert Network (HAN): In partnership with MDH, Public Health has a system in place for fast, efficient and reliable communication when a disease or event threatens the health of Minnesotans. Public Health activates the local Health Alert Network (HAN) and passes the information on to hospitals, clinics, emergency management and others.

- 9 messages were sent to our partners in 2019

MN Responds: Public Health maintains a list through MN Responds of volunteers that have agreed to assist in the event of a disaster or emergency.

- Staff Alert and Notification system (utilizing MN Responds) was tested once in 2019 and 4 Call Down drills and Tactical communication drills were completed in 2019

COMMUNITY HEALTH

Delegation Agreement: Le Sueur County is fully delegated by the Minnesota Department of Health (MDH) to license, regulate and inspect all Food, Pools, and Lodging Services (FPLS) facilities, including Recreational Camping Areas (RCA), Manufactured Home Parks (MHP), Youth Camps, wells and swimming pools.

- 129 FBL establishments, 24 MHP/RCA, 10 pools & 3 Youth Camps licensed in Le Sueur County
- 26 non-community water facilities; 44 well construction permits; 29 well sealing permits issued
- 146 total inspections were completed in 2019 for an average of 15.5 inspections per month

Cleanup of Clandestine Drug Lab Sites Ordinance: The (meth) ordinance was established in 2005

- Prior to 2005 there were 19 identified drug lab sites; 2006 and 2007 each had 1 lab site identified
- No drug lab sites identified from 2008-2019

Public Health Nuisance Complaints: Public Health receives health-related complaints with the three most frequent complaints in 2019 being 1) mold 2) garbage/trash houses and 3) bed bugs. Public Health often works in a “consultant” role on environmental and cleanliness issues trying to work out a satisfactory solution to the problem or making referrals to appropriate resources.