

STEPHENSON COUNTY HEALTH  
DEPARTMENT  
2010 ANNUAL REPORT

January 13, 2011

Stephenson County Health Department  
10 West Linden Street  
Freeport, Illinois 61032

815/235-8271  
*[www.stephensonhealth.com](http://www.stephensonhealth.com)*

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Letter to the People of Stephenson County:

We accomplished much in 2010 at the Stephenson County Health Department.

- ↯ We continued to work in conjunction with FHN to house the primary care clinic for the uninsured and Medicaid at the Stephenson County Health Department, and the Crusader Clinic's Dental Clinic continued to serve income-eligible children an average of two days per week last year.
  - ↯ We continued to have a very positive impact on Stephenson County residents' lives through our Family Case Management, WIC (Women, Infants, and Children Nutrition Program), Teen Parent Services, Family Planning, Doula, West Nile Virus, and Immunization Programs.
  - ↯ Our after-school programs "Teen Reach" and "Gear-Up," in partnership with The Boys & Girls Club and FSD 145, completed their first full year, and five students received scholarships!
  - ↯ The 5-year needs assessment and health plan known as the "21<sup>st</sup> Century Healthy Communities" project was completed and set out to local community members. The process took a total of about 16 months, and was presented to the Illinois Department of Public Health as required for the Stephenson County Health Department's re-certification as a Local Health Department in good standing with the state. Several local agencies, including the United Way, are also using the data we gathered.
  - ↯ As a result of the county's high STD rates in 2008, we have worked to investigate and reduce the number of individuals infected. Currently, we have increased testing at SCHD, and provide off-site education to at-risk populations. We also work with the Freeport School District to revise the health education process so that it will start in the early grades and will use a consistent curriculum throughout all grades.
  - ↯ On December 15, 2010, we submitted a proposal to obtain a Federally Qualified Health Center (FQHC) designation from the federal government. The benefit of such designation is that of enhanced reimbursement and additional grant funds to provide primary care, mental health, and adult dental services. Since 2009, an advisory group has spent much time developing clinic structure, community support, and identification of need.
  - ↯ As a result of state statutory changes, we have revised our Freedom of Information Act and Open Meeting Act procedures, along with certificate training.
  - ↯ We saw minimal cases of pertussis (whooping cough) even though bordering counties and the State showed higher levels. The county has experienced increased levels of Norovirus that mimic high levels around the state.
  - ↯ The Well Woman Program served 708 women in the Illinois Breast and Cervical Cancer Program (IBCCP) and 464 women in the Illinois Wisewoman Cardiovascular Program in FY2010. We have also worked diligently with many organizations to raise funds for the Public Health Foundation of NWIL, which is used to provide mammograms for women who are ineligible for IBCCP.
  - ↯ Despite the use of a new flood gate at the front door and all the other flood mitigation we have done, in August the health department was flooded for the third time since 2002. This was the result of a six-inch rainfall on each of two successive days. This time we may have qualified for additional mitigation help from the Federal Emergency Management Agency.
  - ↯ Perhaps the biggest challenge we faced last year was the budget crisis in the State. We experienced funding reductions in several grants, but we were able to regroup and maintain all of our existing programs. It looks as though FY2011 will be an even bigger challenge with the State budget, so it will be interesting to see what happens next.
- I hope you enjoy looking at the Stephenson County Health Department 2010 Annual Report. If you have any questions about any of our services, please call 815/235-8271 or access our website: [www.stephensonhealth.com](http://www.stephensonhealth.com).

Sincerely,

email address: [craig.beintema@aeroinc.net](mailto:craig.beintema@aeroinc.net)

## **Stephenson County Board of Health (November 2010)**

Bobbie Yount, President & Secretary  
Steve Rothschadl, Vice President

Kathy Brenner, RN  
Robert Geller, MD  
Marie Heimerdinger, MD  
Vicki Hooper (County Board Representative)  
Keith Martin, MD  
Andrea Moring  
Chad Reedy, DDS  
Christy Reuber, RN  
Dan Scheider

John Blum, Chairman, Stephenson County Board  
Adrienne Becker, Treasurer (ex-officio)

### **STEPHENSON COUNTY HEALTH DEPARTMENT STAFF - FY2010 (November 30, 2010)**

Craig Beintema, MS, LEHP, CPHA.....Public Health  
Administrator  
John Kowalke, BS.....Financial Business Manager/Deputy Registrar  
Rick McDonough, BS.....Public Health Emergency Response

Coordinator  
 Mary Boeke Hill, BA.....Administrative Assistant - Chief Deputy Registrar  
 Jennifer Kauffman.....Accounting Clerk, Deputy Registrar, PH Emerg. Response Technician

Julia Marynus, RN, BA.....Director, Public Health Family Services  
 Jeannie Barreto.....Family Services Support Staff  
 Jennifer Beck, BA.....WIC Coordinator, Certified Lactation Consultant (CLC)  
 Staci Boeck.....HFI Family Support Worker, Asst. Case Manager  
 Lorita Burris.....HFI Family Support Worker/Doula  
 Kerin Cummins, RNC.....HFI Team Leader, Hi-Risk Infant Nurse/CLC  
 Evelyn Curry, BA.....Family Case Manager  
 Barbara Davis, BS.....Family Case Manager  
 Jamie Engel, BS.....Family Case Manager  
 Marilyn Hepner, RN.....WIC CHP/Case Manager/Lead Nurse  
 Dana Keim, MPA.....AOK Coordinator  
 Kendra Mosley.....HFI Family Support Worker  
 Shari Nissen, BSW.....HFI Family Support Worker  
 Juana Ortiz.....Doula  
 Consuello Pruitt, AA.....Teen Parent Services Case Manager  
 Sharon Randall, BS\*.....Teen Parent Services Case Manager  
 Becky Solt.....Main Reception  
 Rose Sword, RN.....WIC CHP/Case Manager/CLC  
 Sue Townsend, RN, BSN\*.....WIC CHP

Melinda Cox, RN.....Director, Public Health Nursing Services  
 Jacinda Johnson, CMA.....STD Coordinator, Staff CMA  
 Terri Lindstrom, RN.....Communicable Disease Investigator/TB/Staff Nurse  
 Betty Schmelzle, LPN.....Imms/Family Planning/Staff Nurse  
 Becky Taylor.....Nursing Division Office Manager

Connie Raisbeck, RN.....Director, Well Woman of Northwest Illinois  
 Emily Diehl, RN, BSN.....Nurse Case Manager, Well Woman of Northwest Illinois/Staff Nurse  
 Kristen Diehl\*.....Well Woman Outreach Worker  
 Cindy Hollin.....Program Assistant, Well Woman of Northwest Illinois  
 Jennifer Kauffman.....Program Assistant, Well Woman of Northwest Illinois  
 Sharon Lang\*.....Education & Outreach Coordinator, Well Woman of Northwest Illinois  
 Holly Shadle.....Assistant Case Manager, Well Woman of Northwest Illinois

Anna Nierzwicki, MS.....Director, Community Health Education  
 Amanda Bradbury, BS.....Community Health Educator

Ed Specht, BS, LEHP.....Director, Environmental Health  
 Duane Eilders, BS, LEHP.....Environmental Health Sanitarian  
 Beth Gilmour, BS.....Environmental Health Sanitarian  
 Marilyn Picking.....Zoning/Environmental Administrative Assistant

## CONTRACTUAL STAFF

Robert Geller, MD\* .....Medical Director  
F.M. Isawi, MD\* .....FP Medical Director  
Keith Martin, MD\* .....Laboratory Director  
Diana McNulty, MD\* .....Family Planning Provider/STD Medical Director

\*part-time employee

## **Programs & Services Directory - January 11, 2011**

### **Public Health Family Services:**

- ↪ **All Our Kids Network (AOK)** is a community-based collaboration that is committed to developing a high-quality, well-coordinated, easily accessible system of care that will promote positive growth and development for all children ages birth through eight and their families, and assure that children enter school ready and able to learn. For more information, call Dana Keim at 815/599-8404.
- ↪ **Women, Infants and Children (WIC)** program serves pregnant and post-partum women and their children to age 5 who have identified health concerns by providing supplemental food, health screenings, smoking cessation sessions, nutrition and breast-feeding education. For more information, call 815/235-8360.
- ↪ **Childhood lead poisoning** prevention, screening, education and surveillance services are offered to the general public to reduce medical, learning, behavioral and other health problems associated with elevated lead levels. Nurses follow-up on elevated lead levels reported to the department by area physicians and labs. For more information, call Marilyn Hepner at 815/235-8273.
- ↪ **Family Case Management** provides support to families in Stephenson County by providing health education information and by making linkages/referrals to community partners. This support is designed to assist families in becoming self-sufficient. Teen parents receive added support to complete their education. Parents of high-risk infants work with nurses to ensure their children are getting the best start possible, and all children are screened to determine that their development is on target. For more information, call Julia Marynus at 815/235-8390.
- ↪ **Healthy Families Illinois** provides individually-designed home visiting services. The program is based on critical elements and 20 years of research. Family needs and input drive this program in which parent educators help parents learn about their children. For more information, call Julia Marynus at 815/235-8390.
- ↪ **Doula Services** provide birth assistants who work with the family before and after delivery. Doulas assist in preparing a birth plan before delivery and caring for the newborn. The program focuses on teen parents. For more information, call Julia Marynus at 815/235-8390.
- ↪ **Teen Parent Services** supports young parents, age 19 or younger, as they complete their high school education, GED equivalency, and/or ESL in both Stephenson and JoDaviess Counties. For more information, call Julia Marynus at 815/235-8390.

### **Primary Care:**

- ↪ **FHN Community Healthcare Center**, in partnership with the Stephenson County Health Department, provides primary health care services to anyone ages 6 months to 65 years of age without health insurance or on Medicaid who is in need of medical care. Services offered include: medications, health education, and diagnosis and treatment of common, acute illnesses, as well as management of chronic health problems by a physician or nurse practitioner. For more information or to make an appointment, call 815/599-8414.

## Children's Dental Services:

- ↪ **Children's dental appointments** are available at the health department through Crusader Clinic in Rockford. For more information or to make an appointment, call Becky Taylor at 815/235-8271.

## Public Health Nursing Services:

- ↪ **HIV/AIDS/STD** counseling, testing, referral and partner notification offers a range of no charge services (although donations are encouraged) to prevent and control disease and promote public health, including diagnosis, treatment and health education in a confidential setting. For more information or to make an appointment, call Becky Taylor at 815/235-8271.
- ↪ **TB skin tests** are free to Stephenson County residents (\$15 for out-of-county residents); TB medications and X-rays are also available to the general public for a fee. For more information or to make an appointment, call Becky Taylor at 815/235-8271.
- ↪ The **Family Planning** program serves women of reproductive age in a confidential clinic setting through the provision of low-cost or free STD screenings, health education, counseling, and contraceptives. Emergency contraception is also available. (Donations are encouraged.) For more information or to make an appointment, call Becky Taylor at 815/235-8271.
- ↪ **Low-cost immunizations** are provided at regular and special clinics for a range of childhood diseases and to prevent the spread of influenza each year in vulnerable and at-risk populations. In addition, the health department assists emergency, public safety, health and other public service personnel by administering Hepatitis B vaccines. For more information or to make an appointment, call Becky Taylor at 815/235-8271.
- ↪ **Low-cost school and sports physical clinics** are held for uninsured and underinsured children of school age. For more information or to make an appointment, call Becky Taylor at 815/235-8271.
- ↪ The department maintains continuous **surveillance and reporting of all infectious diseases**, regularly monitors other key community health indicators, and develops plans in collaboration with community partners to address identified priority health concerns. For more information, call Mary Boeke Hill at 815/235-8274.

## Women's Health Services:

- ↪ **Illinois Breast and Cervical Cancer Program (IBCCP)** provides free mammograms for women ages 40 to 64 and free Pap smears for women ages 35 to 64 who are uninsured or underinsured. This program includes case management, education, and outreach efforts. For more information or to make an appointment, call 1/866-590-8499.
- ↪ **WISEWOMAN Cardiovascular Program** is for women between the ages of 40 and 64 who are currently enrolled in the IBCCP Program. All participants receive total lipid profiles with glucose, interview assessments, and health history, and are eligible to receive a 4-week nutrition/physical fitness class with incentives. For more information, contact Connie Raisbeck at 815/599-8432.

## Vital Records:

- ↪ **Certified copies of official birth and death records** are available from the County Registrar for school, travel, insurance, and identification purposes for a fee. For more information, call Mary Boeke Hill at 815/235-8274.

## Community Health Education:

- ↪ **Community health promotion and education** services are available to address major factors of ill health such as smoking and tobacco use, substance abuse, sedentary lifestyle, environmental hazards, family stress, nutrition, peer pressure, health relationships, STDs, HIV, abstinence, and sexuality education. Specific programs include:
  - ↪ The **“Break the Habit”** smoking cessation program incorporates bi-monthly meetings and unlimited phone counseling through the Illinois Tobacco Quit Line. Nicotine replacement patches are also available at a reduced rate.
  - ↪ For 2<sup>nd</sup> and 6<sup>th</sup> graders, we offer **“Smoke-Free, That’s Me!”** to educate youth about the hazards of smoking.
  - ↪ For 4<sup>th</sup> graders, we offer **Tar Wars**, a tobacco-free education program consisting of pre-activity exercise, a one-hour classroom presentation, and a follow-up poster contest.
  - ↪ **Teens Against Tobacco Use (TATU)** is a peer-mentoring program that uses research about smoking prevention and the consequences of smoking. It is designed to help teens develop strong leadership skills while influencing younger children to live tobacco-free lifestyles.
  - ↪ **The Great American Smoke Out** is a week-long event taking place every November and is designed specifically for 5<sup>th</sup> graders. Throughout the week, students learn about tobacco in a variety of subjects, including math, English, history, science, music, computers, and PE. This program is a collaborative effort between the health department and the American Cancer Society.
  - ↪ Together with the Freeport Police Department and the Stephenson County Sheriff’s Department, we sponsor **Tobacco Compliance Checks** throughout Stephenson County.
  - ↪ Information on the **Smoke Free Illinois Act** or how to file a complaint can be found at [www.smoke-free.illinois.gov](http://www.smoke-free.illinois.gov) or call 1.866.973.4646.
  - ↪ **Teen REACH** is an after-school program that provides youth a safe and supervised environment. The program offers opportunities to learn new skills, such as conflict resolution, career preparation, academic improvement, and the development of relationships with caring adults. The program is limited to 60 at-risk youth who are specifically referred to and then enrolled in the program.
  - ↪ **Gear Up** is designed to increase the number of low-income students who are academically prepared and ready to succeed in post secondary education. This program assists families, schools, and communities to engage and motivate students to attend and succeed in higher education . The many components of this program include tutoring, mentoring, academic enrichments, academic advisement, career planning, college visits, job site visits, educational trips, family events, cultural events, and workshops. Parental involvement is a crucial component of this program.
  - ↪ **Personal Safety for Kids** is a program offered to 4<sup>th</sup> graders where each student receives a handbook that features information about safety in the home, at school, in traffic, on the street, at play, and among strangers.
  - ↪ **Women Out Walking (WOW)** is a 12-week walking challenge for women. The program raises women’s awareness of their daily physical activity; provides an opportunity for

healthy physical activity through walking; and encourages women to develop a plan to continue walking at the conclusion of the program. The goal of the program is 10,000 steps/day.

- ↪ **Adolescent Health:** One of the main goals of this program is to reduce the teen pregnancy rate in Stephenson County. In order to have a more rounded approach, this program has five different components: sexuality education, youth development, male involvement, parental involvement, and public awareness.
- ↪ **Coordinated Approach to Child Health (CATCH)** is a research-based approach to child health that extends from the classroom, to the school cafeterias, into physical education classes, and then outward to the home and community.

For more information, a schedule of classes and times, or to schedule a presentation, call Anna Nierzwicki at 815/235-8323.

## Environmental Health Services:

- ↪ All **food establishments** in the county are licensed and routinely inspected to protect public health and assure sanitary conditions. Inspection scores are regularly reported to the public. For more information, call Duane Eilders or Beth Gilmour at 815/599-0344.
- ↪ **Food Service Sanitation Manager's Certification:** Classes and 5-Hour Refresher Classes are held periodically through the Health Department. For more details, contact Beth Gilmour at 815/599-0344.
- ↪ **Licensing of private sewage system installers, pumping contractors, and solid waste haulers.** For more information, call Ed Specht at 815/599-0344.
- ↪ Technical assistance, permits and inspections for new or repaired **wells and septic systems** are available to contractors and the general public, including water sampling and testing. The health department also conducts third party private water well and sewer system evaluations for real estate transactions, including water testing, and oversees the **sealing of abandoned water wells** in the county. For more information, call Ed Specht at 815/599-0344.
- ↪ **Nuisance conditions and complaints** that exist in unincorporated areas of the county are investigated and corrective actions are instituted. Nuisances include open dumping and burning, dangerous and unsanitary buildings, dead and decaying animals, and noxious weeds. Failing private sewage systems throughout the county are also investigated and corrective actions instituted. For more information, call Beth Gilmour at 815/599-0344.
- ↪ **West Nile Virus** surveillance, testing, reporting, and education are offered throughout Stephenson County. For more information, call Beth Gilmour at 815/599-0344.
- ↪ **Radon test kits** and information for home and business use are available at two locations. For more information, call Marilyn Picking at 815/599-0344 or Mary Boeke Hill at 815/235-8274.
- ↪ **Body art establishment inspection and artist licensing:** For more information, contact Ed Specht at 815/599-0344.
- ↪ **Tanning establishment inspection:** For more information, contact Ed Specht at 815/599-0344.
- ↪ **Mercury drop-off site:** No-fee mercury and/or mercury-containing-device drop-off sites in Freeport in conjunction with the Illinois Environmental Protection Agency [at 10 West Linden Street (for more

information, call Mary Boeke Hill at 815/235-8274) **OR** 295 W. Lamm Road (for more information, call 815/599-0344)].

## Emergency Response:

- Emergency Preparedness & Response Program** works in collaboration with other agencies to provide comprehensive public health planning and response for all hazard disasters (natural or man-made) within the county. The program includes: community influenza surveillance; distribution of pharmaceuticals or vaccinations in the event of a bioterrorist attack or pandemic influenza; emergency planning for and tracking of populations with special needs; and recruiting, training, and retaining Northwest Illinois Medical Reserve Corps volunteers. For more information, call Rick McDonough at 815/599-8431.

**NOTE: Unless otherwise noted, henceforth all data are for the county fiscal year, which runs from December 1 to November 30.**

# COMMUNITY HEALTH SERVICES

## Communicable Disease Surveillance

Calendar Year 2010 (CY2010)

(These numbers reflect the cases reported/investigated during the year.)

AIDS	0	Hepatitis C	0
Animal Bites	102	Histoplasmosis	1
Chicken Pox	12	HIV Infection	1
Chlamydia	192	Influenza	4
Cryptosporidiosis	4	Lyme Disease	2
E. coli	1	MRSA (Community clusters)	1
Giardiasis	5	MRSA (infants <61 days of age)	1
Gonorrhea	48	Mumps	0
Hepatitis A	0	Norovirus	12
Hepatitis B	2		

Rabies, human (investigation of possible exposure)	3
Salmonella	7
Shigellosis	5

Syphilis	5
Tuberculosis	1
West Nile Virus	0
Whooping Cough (Pertussis)	8

## Hepatitis Vaccinations

In FY2010 the Stephenson County Health Department administered 5 doses of Hepatitis A, 89 doses of Hepatitis B, and 39 doses of Twinrix (a combination of Hep A and Hep B) vaccines to 63 emergency, fire, school, health care, and food service personnel from throughout the county.

## Influenza Vaccinations

Seasonal influenza immunization clinics held.....	72
Seasonal influenza immunizations (total).....	960
65 and over.....	96

(The following statistics for H1N1 flu shots are for the months of December 2009 through June 2010, after which the H1N1 vaccine was included in the seasonal influenza vaccine for the 2010-2011 influenza season.)

H1N1 influenza immunization clinics held.....	59
H1N1 influenza immunizations (total).....	1,678
6 - 23 months.....	60
24 - 59 months.....	133
5 - 18 years.....	285
19 - 24 years.....	40
25 - 49 years.....	300
50 - 64 years.....	387
65 years and older.....	473

# Tuberculosis Control

(FY2010)

Skin Tests Administered:

At SCHED.....	692
Positive (at SCHED).....	1
Off-site.....	1945
Positive tests referred to SCHED.....	2
New patients on meds.....	2
Total meds. dispensed.....	10
Laboratory referrals.....	0
X-rays ordered.....	2

## FHN Community Healthcare Center

The FHN Community Healthcare Center serves Stephenson County and Northwest Illinois residents of all ages. In July of 2006, FHN took over operations of this primary care clinic in partnership with SCHED. The following statistics are for CY2010.

CATEGORY	NUMBER
Number of patient visits to provider (NP, MD)	2683
Number of patient visits to nurse	810
Total number of patient visits	3493
<b>PATIENT VISIT DEMOGRAPHICS</b>	
Patient visits by gender:	
Male	1471
Female	2022
Total	3493

Patient encounters by Zip code:	
Stephenson County	3348
Carroll County	54
Other or unknown	91
Total	3493

## SCHD Hat/Mitten Tree

Generous people donated and the SCHD distributed 161 pairs of gloves and mittens, 169 hats and hat/scarf sets, and 36 blankets to 176 children and 33 adults during the Christmas season of 2010.

## Health Education

<b>HEALTH EDUCATION PRESENTATIONS CY2010*</b>		
<b>TYPE OF PRESENTATION</b>	<b># of Presentations</b>	<b># of Participants</b>
Tobacco	57	1067
Adolescent Health Issues	8	87
Communicable Diseases	50	865
Other Categories	3	122
Totals for CY2010	118	2141

\* does not include Women's Health Programs Education (see Well Woman stats)

## Community Health Education Program Highlights

**STD & HIV/AIDS Education:** The Stephenson County Health Department acts as a resource

for STD and HIV/AIDS education to the community, doing presentations as requested by organizations/agencies throughout the county. This topic remains a high priority as our rates for STDs continue to rise. Presentations focus on raising awareness and encouraging testing so individuals know their status.

**Tobacco Compliance Checks:** This is a collaborative effort between SCHD, the Freeport Police Department, and the Stephenson County Sheriff's Office. All tobacco retailers in Stephenson County got checked three times throughout the year. Before we begin the compliance checks, a group of youth ages 15-17 receives training on becoming youth inspectors. Also, all establishments receive information on tobacco laws, required signage, and an age identification calendar in face-to-face encounters with program staff.

**Illinois Tobacco Free Communities:** Under this program there are a few different areas of responsibility: youth tobacco education, Smoke Free Illinois Act, Illinois Tobacco Quitline and smoking cessation. (1) **Smoke-Free That's Me** is a tobacco prevention program aimed at 2<sup>nd</sup> and 6<sup>th</sup> grade students. This interactive program was developed by the American Lung Association and includes a video, discussion, and handouts. Students take a pre- and post-test, the results from which are used to determine change in knowledge. (2) **Tar Wars** is a tobacco-free education program for 4<sup>th</sup> grade students. The lesson plan consists of a pre-activity exercise, a one-hour classroom presentation, and a follow-up poster contest. This program is owned and operated by the American Academy of Family Physicians (AAFP), and is implemented in classrooms across the United States and abroad by committed health educators and volunteers. The program reaches approximately 400,000 students annually and has been active in 50 states. (3) **Break the Habit** is a program that offers a different approach to quitting smoking. This is a one-on-one program which incorporates bi-monthly meetings and phone counseling. With the help of the Illinois Tobacco Quitline, we provide ongoing counseling, along with a Nicotine Replacement Therapy (NRT) in the form of patches. Counseling is provided at no charge and patches cost \$10 for a two-week treatment. The Illinois Tobacco Quitline is available to any interested individual even if they don't want to use NRTs: 1-888-784-8937. (4) **Smoke Free Illinois Act** information or procedure on how to file a complaint can be found at [www.smoke-free.illinois.gov](http://www.smoke-free.illinois.gov) or by calling 1.866.973.4646. (5) **Great American Smoke Out** took place November 15-19<sup>th</sup> and 360 5<sup>th</sup> graders took part in this year's event. Throughout the week, students learned about tobacco in a variety of subjects, including math, English, history, science, music, computers and PE. This is a collaborative effort between the health department and the American Cancer Society. (6) **Teens Against Tobacco Use (TATU)** is a tobacco education program designed to help teens develop strong leadership skills while influencing younger children to live tobacco-free lifestyles. This is a peer-mentoring program that uses research about smoking prevention and the consequences of smoking.

**Teen REACH** is an after school program offered at Carl Sandburg Middle School and the Boys & Girls Club providing youth a safe and supervised environment. The program offers opportunities to learn new skills such as conflict resolution, career preparation, academic improvement, and the development of relationships with caring adults. This program is limited to 60 at-risk youth who are specifically referred to and then enrolled in the program. This is a collaborative effort between the Boys & Girls Club, Freeport School District, and the Stephenson County Health Department.

**Gear Up** program (under the umbrella of the Illinois Steps AHEAD *Attaining Higher Education Through Academic Development*) is specifically designed to increase the number of low-income students who are academically prepared and ready to succeed in post-secondary education. This program assists families, schools, and communities to engage and motivate students to attend and succeed in higher education. The many components of this program include tutoring, mentoring, academic enrichments, academic advisement, career planning, college visits, job site visits, educational trips, family events, cultural events, and workshops. Parental involvement is a crucial component of this program. This is a collaborative effort between the Boys & Girls Club, Freeport School District, and the Stephenson County Health Department.

**Adolescent Health:** One of the main goals of this program is to reduce the teen pregnancy rate in Stephenson County. In order to have a more rounded approach, this program has five different components: sexuality education, youth development, male involvement, parental involvement, and public awareness. We provide this program in the following areas: (1) **Presentations** include some of the following topics: abstinence, STDs, HIV/AIDS, birth control methods, friendships, healthy relationships, peer pressure, decision making, and goal setting, as well as nutrition and exercise. It is important to help our youth be healthy and happy with who they are and to help them make better decisions in the future. (2) **Public awareness** consists of writing articles for the local newspapers addressing any of the above-listed components of this program and being involved in established local groups that are interested in the topic of teen pregnancy.

**Personal Safety for Kids:** Every second a child in North America (or more than 43,000 every day) is killed or injured severely enough to require hospitalization. According to the World Health Organization, “almost all accidents are preventable and education is the most effective way to prevent them from happening.” This program is offered to 4<sup>th</sup> graders. Each student receives a copy of *Personal Safety for Kids* handbook that features information about safety in the home, at school, in traffic, on the street, at play, and among strangers. The book is also an excellent resource for parents. Produced by Gateway Safety Net Publications, the program contains lessons and fun exercises that reinforce the rules of self-protection.

**Women Out Walking (WOW)** was a 12-week walking challenge for women. The program took place March 22-June 13, and had 364 participants, who received a step counter to track their daily steps (the program encouraged participants to take 10,000 steps a day). At the end of each week, participants reported their steps to their team captain. The program raised women’s awareness of their daily physical activity; provided an opportunity for healthy physical activity through walking; and encouraged women to develop a plan to continue walking at the conclusion of the program.

## VITAL STATISTICS

**January 1 - December 31, 2010**

<b>BIRTHS</b>	
Total births in Stephenson County	418
(Non-resident births)	120
Hospital births to residents in Stephenson County	297
Home births to residents in Stephenson County	1
Total Certified Copies of Birth Certificates Issued	320
<b>FETAL DEATHS</b>	
Total fetal deaths in Stephenson County	3

Non-resident fetal deaths in Stephenson Co.	2
Fetal deaths to residents of Stephenson Co.	1
<b>DEATHS</b> - In 2009, the State of Illinois initiated a new electronic death registration system in an effort to streamline the process of filing death certificates. It has accomplished this goal, insofar as reducing the number of trips by the funeral directors and the coroner to the Health Department to file the death certificates. Unfortunately, however, the State has not been able to allow the generation of reports based on the death certificates by county; therefore no death statistics for Stephenson County for 2010 are available, other than that the total number of deaths that occurred in Stephenson County in 2010 was 515.	
<b>Total Certified Copies of Death Certificates Issued</b>	4,371

## MATERNAL AND CHILD HEALTH SERVICES

<b>Immunizations at SCHED - FY10</b>	
Immunization Clinics held	51
<b>Doses administered:</b>	
DTaP	37
TDaP	252
Td (tetanus)	16
IPV (polio)	9
Hib	96
MMR (measles, mumps, rubella)	54
Hep A (Peds)	79

Hep B (Peds)	41
Varicella	91
HPV (Human Papilloma Virus)	55
MCV-4 (Meningitis)	42
Pneumococcal (PNU13)	90
PediaRx	61
KinRix	27
Proquad (MMR + Varicella)	30
Rotavirus (oral)	25
TOTAL	1005

### **Children's Dental Clinic (CY10)**

The Children's Dental Clinic was initiated in September 2003, under an agreement with and staffed by Crusader Clinic of Rockford. The clinic serves children from 0-18 years of age who attend Head Start, have a Medicaid card, or are covered under All Kids insurance. In Calendar Year 2010, Crusader held 68 clinics, and had 1,175 client visits.

### **School Physicals**

Liz Blair, NP, came to the SCHD in 2010 to provide low-cost or no-cost school physicals. Thirty-seven students were served, providing an estimated \$5,550 in services to the students seen during those visits.

### **Ronald McDonald Care Mobile Statistics - 2010**

The Ronald McDonald Care Mobile came to the Stephenson County Health Department once in 2010, and served five medical clients, providing approximately \$950 in free care to those children.

<b>Family Planning Services (FY2010)</b>	
Clinics held	106
Client visits:	
Initial exam	162
Annuals	251

Re-Paps/problems	140
Supply visits	692
Pap smears	303
Abnormal findings referred	17
Pregnancy tests given	470
Chlamydia screens (positives)	405 (17)
Gonorrhea cultures (positives)	405 (1)
Emergency contraception	65

## Lead Poisoning Prevention and Control

Because the average age of the housing stock (both rental and owner-occupied) in Freeport and much of Stephenson County is pre-1977, many dwelling units present potential risks to children for lead poisoning. Incidence data for actual lead poisoning in our county support this conclusion. Lead poisoning in children is quite serious, as elevated levels can result in coma, convulsions, mental retardation, seizures, and even death. Accordingly, the health department operates a lead poisoning prevention, screening, and education program.

### FY2010

<u>Done</u>	<u>Number</u>
Lead screenings performed through the WIC program.....	329
Lead screenings performed in Stephenson County through all providers	(including
WIC).....	1,631

## Supplemental Nutrition Program for Women, Infants, and Children (WIC) (FY2010)

	<b>WOMEN</b>	<b>INFANTS</b>	<b>CHILDREN</b>	<b>TOTAL</b>
Average Monthly Caseload	292	306	552	1,150
Total Unduplicated Clients	544	635	687	1,866
Certifications Performed				2,230
Education Contacts				2,847

### **WIC SMOKING CESSATION PROGRAM**

In FY2010 there were 110 participants in the WIC Smoking Intervention Program. WIC staff made 173 smoking cessation educational contacts in FY2010.

Fifteen women decreased their smoking rate less than 50%, while 46 participants decreased their smoking rate by 50% or more. Nine women quit smoking altogether; 18 maintained the same smoking rate. Eight participants increased their rate of smoking after enrollment in the Smoking Intervention Program, but three of those remained under their pre-pregnancy smoking rate.

Fifteen infants were born at 37 weeks gestation or less. Nine infants weighed 5 lbs, 8 oz or less, with the smallest weighing 2 lbs, 4 oz.

### **WIC BREASTFEEDING PROMOTION**

60.5% of WIC infants were breastfed as newborns.

21.6% of WIC infants were breastfed at 6 months of age.

9% of WIC infants were breastfed at 12 months of age.

In 2010, the SCHED WIC Program continued the "Breastfeeding Pays Off" incentive program. Pregnant women are offered classes on why and how to breastfeed. Breastfeeding moms receive incentives for continuing to nurse their babies, including WalMart gift cards, magnets, bibs, and cups. WIC also continues to offer breast pumps to help increase duration rates.

WIC Certified Lactation Counselors (CLCs) and breastfeeding peer counselors continue to offer support to WIC breastfeeding moms through our "Mom's Milk Club" support. They weigh babies and answer any questions a mom may have.

### **High Risk Pregnancies/Infants**

The Stephenson County Health Department takes part in the statewide High-Risk Infant follow-

up program. Public health nurses provide home visits to assess the baby's development and progress during the first two years of life. These services are available to all county residents whose children are born with a reportable condition, including diagnoses with congenital anomalies; serious congenital infections; endocrine, metabolic, or immune disorders; blood disorders; birth weights of less than 1500 grams; and positive drug toxicity. They also follow-up on infant deaths during newborn hospitalization and fetal deaths. In 2010, there were 14 new high-risk infant cases referred to the department. In the majority of cases, positive outcomes were achieved, and families were connected to ongoing service providers when necessary. No in-hospital deaths occurred in 2010, and one SIDS death was reported.

<b>Healthy Moms/Healthy Kids Family Case Management- (FY2010)</b>	
<b>CATEGORY</b>	<b>NUMBER</b>
New prenatal clients enrolled	337
New infant clients enrolled	340
Infant and/or child home visits attempted/completed	136/69
Home visits to pregnant mothers attempted/ completed	315/206
Outreach contacts	312
Outreach referrals	334
Average monthly caseload	662
Healthy Start applications (MPE)	88
DCFS (children 0-6) new clients	19
KIDCARE Applications	8
Developmental screenings	295
Post-partum depression screenings	514

### **FCM's Car Seat Education Program**

An adjunct of the Family Case Management Program is educating residents on proper installation and use of car seats. The agency has two nationally-certified technicians who conduct car seat checks to determine proper installation. The Stephenson County Health Department partners with local law

enforcement, area businesses, and service clubs to provide car seat safety checks and education to county residents. During CY10, two car seat safety checks were performed in the community. Approximately 20 seats were checked at each event; with more than 80% of seats needing to be installed or re-installed to meet current safety standards. An additional 50 car seats were checked by appointment at the health department; and car seat education was provided to approximately 50 first-time parents during prenatal classes.

## **All Our Kids Network**

The All Our Kids (AOK) Network is a community-based collaboration that is committed to developing a high-quality, well-coordinated, easily-accessible system of care that will promote positive growth and development for all children ages birth through eight and their families, and will assure that children enter school ready and able to learn. Work is done by supporting roughly 35 partner agencies and programs through data-driven community needs assessments to determine gaps in service provision, and addresses these gaps by implementing action plans. Regular network activities include grant writing to fill gaps in services, training community agency staff, conducting family fairs to link families with services, and creating media campaigns about early childhood issues.

## **Healthy Families Illinois**

Healthy Families Illinois (HFI) is a statewide network of voluntary home visiting programs for parents of newborns who may be overburdened and in need of additional support. HFI is based on more than 20 years of research on family support, child development, and child abuse prevention programs. This research has shown that families who receive ongoing education and supportive services show less abuse and neglect, less welfare dependence, better utilization of health care, and other positive benefits. This program provides home visits to 50 to 80 families throughout Stephenson County.

The Healthy Families Illinois program also offers Doula birth services to clients. This program enhancement is funded by the Ounce of Prevention, and serves 36 pregnant women/expectant couples annually. Services begin prenatally, extend to the hospital when the infant is born, and continue with the new family three months post-natally.

## **Teen Parent Services**

Teen Parent Services helps young parents stay in high school, get their diplomas or equivalent, and become more self-sufficient. Participants must begin the program before they turn 19 years and nine months of age. Staff work with community partners to remove barriers to the completion of a high school education. Referrals to local parenting programs, assistance in applying for and choosing daycare, and linkage to medical providers for prenatal care, immunizations, and family planning services are just a few of the services we offer. Non-English-speaking clients are served as well, with linkages to the ESL (English as a Second Language) Program.

During FY10, the program had an average of 50 participants monthly, 36 of whom graduated or received their GEDs. During FY10 we also tracked perfect attendance of program participants,

and had a monthly average of 18 students who achieved this goal.

The remainder of the clients supported were not at grade level eligible for graduation; however, they were successful in their educational efforts. Completion of Well Child visits and immunization status were at 100% for children of participants, and the children have been screened for developmental delays. Also, all families received parenting education as an adjunct to the program.

# **ENVIRONMENTAL HEALTH SERVICES**

**(CY2010)**

## **Food Sanitation**

Number of food establishments (non-temporary) (end of 2010).....	338
Routine inspections performed.....	431
Number of critical violations.....	32
Number of establishments with critical violations.....	23
Reinspections conducted for enforcement purposes.....	20
Number of pre-operational inspections performed.....	16
Number of temporary food operation permits issued.....	189

## **Potable Water Supply**

Wells permitted, inspected, and tested.....	31
Comprehensive well inspections.....	7
Non-Community well inspection and testing.....	26
Abandoned well sealings.....	22
Private water supply testing and processing.....	90
Well and water system evaluations and testing.....	53

## **Private Sewage**

Systems permitted, installed, and inspected.....	67
Soil investigations for new construction.....	29
Site evaluations for replacement systems.....	47
Installation contractors licensed.....	25
Pumper contractors licensed.....	11

Pumping trucks inspected.....	21
Sewer system evaluations.....	53

## Other Environmental Services

Routine tanning inspections.....	10
Body art facilities permitted and inspected.....	3
Nuisance complaints and investigations.....	68
Radon test kits distributed.....	80
Solid waste hauler permits.....	3
Waste hauling vehicles licensed.....	13

<b>Environmental Nuisance Complaints Received and Investigated--(CY2010)</b>	
<b>TYPE OF COMPLAINT</b>	<b>NUMBER</b>
Housing/Property	4
Vermin (insects, rodents)	0
Weeds	6
Litter/Garbage	6
Illegal dumping (garbage)	1
Illegal disposal of dead animals	1
Illegal septic discharge	8
Burning	6
Abandoned well	0
Food	25
Other	2
<b>TOTALS</b>	<b>59</b>

## **West Nile Virus Surveillance Program**

West Nile Virus (WNV) is a mosquito-borne disease that can cause encephalitis, an inflammation of the brain. *Culex* mosquitoes become infected with the virus by feeding on infected birds; those mosquitoes then seek blood meals and subsequently infect humans and animals. The virus was first detected in the United States in New York in the fall of 1999 and in Illinois in 2001. Prior to that, the virus had only been found in Africa, Eastern Europe, and West Asia. WNV cases occur primarily from midsummer to early fall, although mosquitoes that can carry the disease may be present from mid-April through October. West Nile Virus surveillance and prevention efforts in Stephenson County are funded by a grant from the Illinois Department of Public Health.

Monitoring WNV activity in bird and mosquito populations at the county level enables the Stephenson County Health Department to provide the public with an up-to-date risk assessment, as well as with timely and accurate prevention messages. Typically, a mosquito pool sample testing positive for WNV indicates that the first human case of the virus is likely to occur in the following three weeks.

In 2010, 61 Illinois residents were infected with WNV, with four deaths. Stephenson County had one WNV-positive bird of 27 tested and two WNV-positive mosquito batches of 164 tested in 2010, but there were no human cases.

## **Well Woman of Northwest Illinois - 2010**

**Illinois Breast Cervical Cancer Program (IBCCP)**

IBCCP is a grant from the Illinois Department of Public Health, Office of Women's Health Division of Women's Health Services, and runs on the State Fiscal Year (July 1, 2009 - June 30, 2010). Stephenson County is the lead agency for the IBCCP Program, and supports the IBCCP Program in Lee, Ogle, JoDaviess, and Carroll Counties. Seven hundred eighteen (718) women were served during this grant period. Three breast cancers and five cervical cancers were detected through the program and were referred on for treatment. There are currently 200 medical providers in the five counties who are involved in IBCCP.

### **Komen Mammogram Funding**

The Komen Grant is sponsored by the Peoria Memorial Affiliate of the Susan G. Komen Breast Cancer Foundation, Inc. This funding is for mammograms for women between the ages of 40-49 and allowed Well Woman to help 64 women receive digital mammogram screenings in CY2010.

### **WISEWOMAN**

WISEWOMAN Program is designed to help women lower their risk for heart disease and diabetes. The program has been approved by the Internal Review Board and the Centers for Disease Control. IDPH Office of Women's Health established the study. Clients must be enrolled in IBCCP to participate in the WISEWOMAN Program. 473 women had total lipid panels and glucose screenings through this program. They were also offered a four week lifestyle intervention class where facilitators provided instruction on nutrition and physical activity.

### **Osteoporosis and Cholesterol Screenings**

Osteoporosis and cholesterol screenings are offered through the Stephenson County Health Department at a \$10.00 charge per osteoporosis screening and a \$20.00 charge for cholesterol screening. (The health department offers these services for health fairs and other events. For more information, call 1/866-590-8499.)

### **Ticket for the Cure**

This grant began in January 1, 2010, and concluded December 31, 2010, and covered the three counties of Stephenson, JoDaviess, and Carroll. Services provided include:

- ↪ "Hat's Off" skits (free, humorous, and very informative breast cancer program) were performed for women's events.
- ↪ "Pink Ribbon Sunday" programs were performed for members of faith communities and their friends that highlighted good health and cancer awareness, with an emphasis on breast cancer.
- ↪ Medical provider office visits were performed to update the 200 providers on program policies.
- ↪ The 3<sup>rd</sup> Annual African American Purple Tea was held at Rafter's in Lena, IL, with 38 people in attendance.
- ↪ Well Women staff attended several health fairs in Stephenson, Lee, and JoDaviess Counties to promote program information.

**For more information on any of the women's services that we offer, please call 1/866-590-8499.**

## **SCHD 2010 EMERGENCY RESPONSE PROGRAM SUMMARY**

In CY2010, the Stephenson County Health Department received disaster preparedness grants from the Illinois Department of Public Health and a NACCHO Medical Reserve Corps grant. We met and exceeded the requirements of the grants on a regular basis. Highlights of the year include:

- ↪ Continued revising, updating, and practicing the SCHED All Hazard Plan, including the Continuity of Operations and Strategic National Stockpile Plan;
- ↪ Continued the Syndromic Surveillance Program, which has received state-wide recognition;
- ↪ Attended the annual IDPH Emergency Preparedness Conference, IEMA Emergency Management conference, and the Region V Medical Reserve Corps Conference;
- ↪ Monitored the IDPH web portal daily and maintained the department's ability to receive critical HAN (Health Alert Network) messages 24/7, as well as monitoring various websites for information on emergency response and pandemic influenza throughout the world.
- ↪ Continued to work through the Stephenson County Unified Command and LEPC (Local Emergency Planning Committee) to establish open lines of communication, to build/maintain great relationships with community partners, and to develop and enhance our emergency response abilities, and was an active member of the Tri-State Foreign Animal Disease Committee;
- ↪ Continued to build our Special Needs Program, so that all residents of Stephenson County get the help they need at the time of an emergency;
- ↪ Continued to develop the Northwest Illinois Medical Reserve Corps Volunteer Program; continued relationships with and conducted combined community volunteer training with the Retired Senior Volunteer Program (RSVP) and the American Red Cross;
- ↪ Assisted at seasonal flu clinics at the Lena-Winslow, Pearl City, and Dakota Grade Schools and public clinics at the Lincoln Mall in Freeport;
- ↪ Continued to monitor the H5N1 (bird flu) virus for local, regional, state, and global impact;
- ↪ Coordinated N95 personal protective mask testing for IDPH Region One Health Departments; and
- ↪ Continued membership in the Northwest Illinois Volunteer Conference Planning Committee, part of the Illinois Committee on Volunteerism and Community Service, coordinated development and serve as Chair of Northwest Illinois Volunteer Organizations Active in Disaster (NWI VOAD).