



Monona County

Public Health

2022 Annual Report

2022 Burgess Public Health Annual Report

The year 2022 proved to be many things for Burgess Public Health; challenging and stressful, but ultimately exciting. With COVID-19 contact tracing halted and vaccines available in provider clinics, we were able to shift our focus to the 10 Essential Public Health Services and the Community Health Assessment.

The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. The 10 Essential Public Health Services



contain three main areas of work; Assessment, Policy Development, and Assurance, which all public health work is driven toward. In the center of the framework is Equity as all individuals have the right to all opportunities being provided.

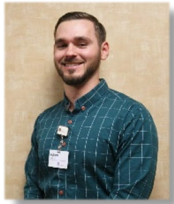
To achieve optimal health for all, the Essential Public Health Services actively promote policies, systems, and services that enable good health and seek to remove obstacles and systemic and structural barriers, such as poverty, racism, gender discrimination, and other forms of oppression, that have resulted in health inequities. Everyone should have a fair and just opportunity to achieve good health and well-

being.

In this report you will see how these essential services are provided by the Burgess Public Health, Learning for Life, and Emergency Preparedness teams.

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Our Team



Adam Hadden, Director of Public Health and Emergency Preparedness, has been with Public Health since February of 2020. Adam has a Bachelor's degree in Exercise Science.



Debie Lahr, Public Health Promotions Coordinator and Learning for Life Supervisor, has been with the Learning for Life program at Burgess since July of 2019 and Public Health Coordinator since July of 2021. Debie has a Bachelor's degree of Social Work and a Bachelor's degree of Criminal Justice.



Sara Keenan, Learning for Life Parent Educator, has been with the Learning for Life program at Burgess since July of 2019. She is working towards completing her Masters of Social Work degree to become a Mental Health Therapist.



Kaylee Kirkpatrick, Learning for Life Parent Educator, has been with the Learning for Life program at Burgess since July of 2021. Kaylee has a Bachelor's Degree in Multidisciplinary Studies with an emphasis on Psychology.



Jill Susie, Emergency Preparedness Coordinator, has been with Burgess for 22 years and has been providing Emergency Preparedness services since February of 2022. Jill has extensive knowledge of the county by working previously as an EMS Paramedic and law enforcement dispatcher.

Assessment

COVID-19 Vaccines

Throughout 2022, the community's demand for COVID-19 vaccines fluctuated based on the recommendations of the CDC. The year started with Moderna vaccine eligibility at 18 years and above and ended the year with eligibility for everyone 6 months and older. As the year progressed, different age groups became eligible to receive the COVID-19 vaccine. With each updated CDC recommendation, Public Health had to adjust to the community's needs and

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either increase or decrease the frequency of COVID-19 vaccine clinics. We were also able to give immunizations to those who were homebound, home health patients, and long-term care residents.

Early in the year, we started to transition COVID-19 vaccines to the Family Medicine Clinic and the Burgess Family Clinics. Getting vaccines to multiple locations increased the equity for all community members to receive the vaccine at a greater convenience. Public Health supplied clinics with vaccines and encouraged community members requesting the vaccine to see their primary care physician. Public Health administered vaccines to community residents including homebound individuals, long-term care residents, and those without a primary care physician.

All major changes in CDC recommendations, vaccine eligibility, and vaccine locations were made public through press releases; social media, newspaper, mass email.

Influenza Vaccine Campaign

In December, Public Health completed an Influenza Vaccine Campaign to combat Monona County's historically low vaccination rates. For this campaign, five professionals were asked to record a statement about the impact of the influenza virus and how the influenza vaccine may benefit the individuals in their industry. The following were asked to speak on the topic: Tracy Kahl DO (Physician and Board of Health Medical Director), Aaron Stangel (Pharmacist and Board of Health Member), Diana Persinger (Oncology Coordinator), Tasha Lewis (Elementary Principal), Andrea McClure (Director of Assisted Living and Premier Estates of Elmwood)

The impact of the videos could be seen through the increase in vaccination rates in Monona County. At the beginning of December, Monona County's influenza vaccination rate averaged 16% of the population. In January, the averaged vaccination rate climbed to 21% and topped at 23% in March.

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School Immunization Audits

In September and October, Public Health completed immunization audits for all children attending a school or licensed childcare facilities in Monona County. The table below represents the data from the audits; pre-k audits are included in the licensed childcare facility data.

Monona County Immunization Audits				
Facility	Total Enrollment	Valid Certificates	Invalid or No Certificates	Percentage with Certificates
West Monona	656	656	0	100%
Whiting	160	160	0	100%
Maple Valley Anthon Otto	661	651	10	98.5%
Licensed childcare facilities	218	215	3	98.7%
Monona County total	1695	1682	13	99.2%

Community Health Assessment and Community Health Improvement Plan

A Community Health Assessments (CHA) is a tool used by hospitals and public health departments to determine what the needs of the community are at a local level. As part of the Affordable Care Act, non-profit hospitals are required to complete a CHA every three years and Local Public Health departments are required to complete a CHA every five years. To simplify the process and not duplicate efforts, Public Health completed the CHA for both Burgess Health Center and Burgess Public Health.

To gather information for the Community Needs Assessment, a public survey was created to gather input from community members. All were welcome to complete. The survey was distributed throughout Monona County in the hopes to get a large sample size. They could be accessed on social media, from flyers in gas stations and local businesses in every town, libraries, and newspapers. People were allowed to complete the survey online, on paper, and over the phone to have as few barriers as possible. Unfortunately, 103 surveys were completed which is roughly 1% of the total population.

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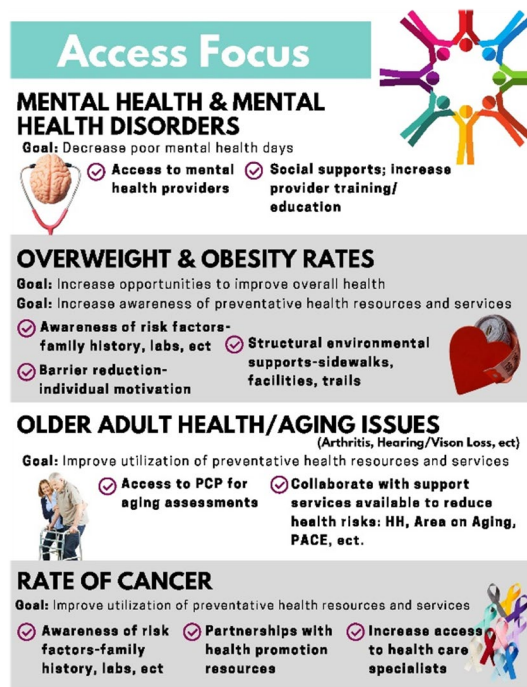
The results of the CHA is shown below and can be found at burgesshc.org



Community Health Improvement Plans (CHIP) are created to give guidance to the efforts of those working to improve the outcomes of the Community Health Assessment. Each CHIP gives focus to the areas of concern in the community.

The 2022 CHIP is shown below and can be found at burgesshc.org.

2022 Health Improvement Planning						
Health Issue	Goal to Improve	Access Focus	January-March 2022	April-June 2022	July-September 2022	October-December 2022
1. Mental health and mental health disorders	Decrease poor mental health days	Access to mental health providers	Promoted mental health walk-in clinic. Worked with clinicians to improve processes and access to mental health providers.	Promote mental health walk-in clinic. Worked with clinicians to improve processes and access to mental health providers.	Promoted mental health walk-in clinic. Worked with clinicians to improve processes and access to mental health providers.	Promote mental health walk-in clinic. Worked with clinicians to improve processes and access to mental health providers.
		Social supports: increase provider training/education	Work with Burgess Family Clinics to increase awareness about mental health and suicide prevention.	Work with Burgess Family Clinics to increase awareness about mental health and suicide prevention.	Involve key providers or health care providers to improve access for people accessing resources, clinics, and ER. Promote health/disease walk-in and encourage others to attend and provide in safe environments.	Involve key providers or health care providers to improve access for people accessing resources, clinics, and ER. Promote health/disease walk-in and encourage others to attend and provide in safe environments.
	Increase opportunities to improve overall health	Awareness of risk factors-family history, labs, etc	Provide a list of health risk factors in relation to COVID-19 as well as health risks as well as accessible.	Healthy lifestyles have been promoted on social media and participants as well as health checks to prevent disease.	Healthy lifestyles have been promoted on social media and participants as well as health checks to prevent disease.	Healthy lifestyles have been promoted on social media and participants as well as health checks to prevent disease.
2. Overweight & Obesity	Barrier reduction - individual motivation	Partnership with YMCA to promote exercise classes and socialization with others. Classes are offered at multiple times.	Partnership with YMCA to promote exercise classes and socialization with others. Classes are offered at multiple times.	Partnership with YMCA to promote exercise classes and socialization with others. Classes are offered at multiple times.	Partnership with YMCA to promote exercise classes and socialization with others. Classes are offered at multiple times.	Partnership with YMCA to promote exercise classes and socialization with others. Classes are offered at multiple times.
		Structural environment at providers - sidewalks, facilities, trails	Halted	Signed letter of support for improving downtown area in Chicago to promote walking.	Halted	Halted
	Increase awareness of preventative health resources and services	Access to PCP for aging assessments	Promoted Care for Yourself program. Advertised the importance of routine meetings with PCP.	Promoted Care for Yourself program. Advertised the importance of routine meetings with PCP.	Promoted Care for Yourself program. Advertised the importance of routine meetings with PCP.	Promoted Care for Yourself program. Advertised the importance of routine meetings with PCP.
3. Older adult health/aging issues (arthritis, hearing/vision loss, etc)	Improve utilization of preventative health resources and services	Support services available to reduce health risks: HH, Area on Aging, PACE, etc.	Promoted Medicare beneficiaries completing welcome to medicare visits. Promotion of annual wellness visits.	Promoted annual wellness visits and chronic care management for medicare patients.	Promoted Medicare beneficiaries completing welcome to medicare visits. Promotion of annual wellness visits.	Promotion of annual wellness visits and chronic care management for medicare patients.
4. Cancer	Improve utilization of preventative health resources and services	Awareness of risk factors-family history, labs, etc	Promoted Care for Yourself program. Advertised the importance of routine meetings with PCP.	Promoted importance of routine visits with PCP.	Promoted Care for Yourself program. Advertised the importance of routine meetings with PCP.	Promoted importance of routine visits with PCP.
		Partnerships with health promotion resources	Promoted routine mammograms for early breast cancer detection. Promotions of annual wellness visits for early breast cancer detection.	Promoted annual wellness visits and chronic care management for medicare patients.	Promoted routine mammograms for early breast cancer detection. Promotions of annual wellness visits for early breast cancer detection.	Promoted annual wellness visits and chronic care management for medicare patients.



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Policy Development

Learning for Life

The Learning for Life program is a free education program for parents in Monona County. This program serves families from prenatal until the child enters kindergarten to help give them the best possible start in life. This program supports families with children in their early years of life because it is critical for optimal development and provide the foundations for success in school and in life. Learning for Life serves all families, however the families targeted are those who are at or below 200% of the poverty line, have a parent that has achieved a high school diploma or less education, and/ or children that have a current Iowa Family Support Plan or Individualized Education Plan.

The Learning for Life program primarily utilizes face-to-face visits with a family in their home, or other alternate location, to facilitate a minimum of 2 meetings per month. An alternate location includes public facilities and the use of video conferencing technology which includes both visual and audio connectivity. In 2022, 36 families and 58 children were seen for a total of 478 visits.

Learning for Life also holds group connection events for families to socialize with others in the program. A few group connection events completed in 2022 were pumpkin painting, root beer floats at the park, and sidewalk chalk in the park. These events give us the opportunity to partner with businesses in the community like Bomgaars and libraries. Bomgaars was able to sell the pumpkins used for the Pumpkin Painting at a decreased price, allowing our program to have an adequate amount of pumpkins for our families. This is also a great way for the families in the program to interact with the other families and their children to socialize.



Child Abuse Prevention Council

April is nationally known as Child Abuse Prevention Awareness Month. The Child Abuse Prevention Council worked with the Learning for Life Program to spread the awareness about child abuse. To receive county-wide support, the Monona County Board of Supervisors signed a proclamation recognizing the month of April as Child Abuse Awareness Month. A picture was taken at the signing and submitted to the newspapers for release.



In addition to working with the Board of Supervisors, flower pots with blue pinwheels were placed around the county in local businesses to further

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show support and spread the awareness. We asked people to wear blue on Fridays and take a picture of their blue attire to post on social media; increasing the awareness of Child Abuse Prevention.

Healthiest State Initiative Walk



Iowa's Healthiest State Initiative Walk took place on October 5th. This was to encourage everyone to get outside and walk. Public Health set up a site and advertised for community members to join us at the West Monona track. We provided water and had a drawing for 2 people to win a water bottle and a walking pack. We also encouraged those who were unable to attend to walk on their own, post their picture on Facebook, and tag Burgess Public Health to be entered for a chance to win the water bottle and walking pack.

Williams and Company P.C. really championed the walk at the West Monona track as they brought their entire office to walk around the track for 30 minutes.



Self-Defense and Abduction Prevention



Public Health and Learning for Life worked together to bring a Self Defense and Abduction Prevention class to Monona County. This class was held in both Onawa and Mapleton, IA. It was possible through a grant received from the Community Partnership for Protecting Children (CPPC) and the HMS Decategorization Boards. The Onawa Taekwondo Club provided instruction for the participants of all ages and the Public Health and Learning for Life team provided information from the National Center for Missing and Exploited Children.

At each class, participants were given personal alarms, finger print Child ID kits, information about services in the area, snacks and beverages. We also provided door prizes for families that included summer pool passes, family games, a meal basket and cookie decorating kits.



2022 Burgess Public Health Annual Report Wellness Coalition

The Wellness Coalition is a group made up of many organizations that meet every other month. Our mission is to improve the overall well-being of Monona County by recognizing barriers to health living, providing education, connecting resources and promoting community involvement.

To further our mission, a quarterly newsletter was created to disperse throughout the community. This newsletter contains next meetings, community success stories, upcoming events, and an agency spotlight. Getting this to the community will give more exposure to the services in the county and people needing those services will have greater access.



Suicide Prevention Coalition

For the last 4 years, mental health and access to mental health services has been at the top of the Community Health Assessment. Mental health conditions and suicide is a growing risk in all communities. Monona County has two populations that are at an increased risk for suicide ideation; veterans and farmers.

The Suicide Prevention Coalition has worked with the Burgess Family Clinics to better identify groups that are at higher risk for suicide ideation. We have also worked with the Burgess Emergency Department, Med/ Surge Department, Mental Health Department, and Monona County Sheriff's Departments to educate and ensure a smooth transition for individuals in mental distress. Improving committal processes can help decrease the trauma the individual is going through and in the future we hope the person won't be deterred from reaching out for help.

We continue to work to raise awareness and improve education on those suffering with mental illness.

Assurance

Certified Healthcare Emergency Coordinator

In November, Adam Hadden took a 2-day course in Des Moines, Iowa to become a Certified Healthcare Emergency Coordinator. This course was an introduction to emergency

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management and all participants were educated in great detail the regulations from states and emergency program management. This course gave great information on the implementation and continuation of emergency management programs.

After taking this course, Adam Hadden took the exams to become a Level 1 and 2 Certified Healthcare Emergency Coordinator and passed.

Certified Car Seat Inspector

Kaylee Kirkpatrick, Sara Keenan, and Debie Lahr, Learning for Life team members, are certified Child Passenger Safety Technicians. They use this knowledge to educate caregivers on proper car seat installation, the proper seat size for the child, and the correct way to strap a child. This service is not only for the families enrolled in the Learning for Life program, but for any one. The educators also have access to free car seats for families in Monona County with no other means of obtaining one.



Kaylee and Sara completed a total of 10 car seat checks for their families and community members. Kaylee and Sara will continue their education as Child Passenger Safety Technicians as car seats become more and more complex.

Reimagining Preparedness Summit

In April, Jill Susie and Adam Hadden traveled to Atlanta, Georgia for a summit on reimagining preparedness in the era of COVID-19. The COVID-19 virus has made many industries change their processes of care and service delivery. This summit gave many new ideas to deliver services to communities where direct contact may not be possible.

Jill and Adam brought back many ideas for the future of public health and collaborations with other facilities like long term care and community schools.

5210 Summit



In October, Iowa Healthiest State hosted a 5210 Summit that Debie Lahr and Adam Hadden attended. This summit had many schools, large and small, discuss the different cooking methods they used during the pandemic when products were difficult to get. They also discuss great ways to partner in the community to increase community collaboration and recognition; showing the community is there for everyone in times of need.

After this summit, Burgess Public Health became a registered 5210 site to better promote healthy living and partner with the Healthiest State Initiative team.

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Summary

In 2022, Burgess Public Health was able to engage the community in a much different way from the last few years. In years past, the focus was on COVID-19 and the pandemic whereas 2022 was much more focused on overall health, safety, and education. Many programs focusing on different aspects of health were brought to the area to benefit the residents of Monona County. We will continue to provide programs and education as well as partner with invested organizations to give Monona County residents the best opportunities for healthy lifestyles.