

Fargo Cass Public Health

Serving our Community since 1923



Public Health

Prevent. Promote. Protect.

Fargo Cass Public Health

2007 Annual Report



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From the Interim Director

Fargo Cass Public Health continues to move forward in serving the citizens of Fargo and Cass County. The vision of **“Healthy People in Healthy Communités”** continues to lead us in our work.



Ruth Bachmeier, M.S., R.N.

For the past 14 years, the staff at Fargo Cass Public Health has been led by Director Mary Kay Herrmann. Mary Kay resigned from this position in November 2007 to pursue new opportunities. We wish her all the best and thank her for her years of service to Fargo Cass Public Health.

Mary Kay’s leadership over the past years has been essential to the growth and success of Fargo Cass Public Health. Her desire to collaborate with community partners has led to many innovative projects that have been of benefit to the community. **Smoke-free workplaces, school nursing, and emergency planning** are just a few of the areas that have benefited from Mary Kay’s leadership.

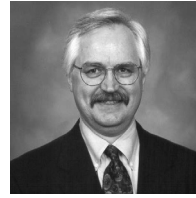
As Fargo Cass Public Health moves forward with new leadership, we are committed to continue the level of excellence that has long been the standard. This report highlights some of the work done by this department over the past year. **We welcome your ideas and comments.**

10 Essential Services of Public Health

- ① Monitor health status and understand health issues facing the community.
- ② Protect people from health problems and health hazards.
- ③ Give people information they need to make healthy choices.
- ④ Engage the community to identify and solve health problems.
- ⑤ Develop public health policies and plans.
- ⑥ Enforce public health laws and regulations.
- ⑦ Help people receive health services.
- ⑧ Maintain a competent public health workforce.
- ⑨ Evaluate and improve programs and interventions.
- ⑩ Contribute to and apply the evidence base of public health.

From the Health Officer

Fargo Cass Public Health works in many areas to accomplish the vision of public health, **“Healthy People in Healthy Communities.”** This includes preventing the spread of disease, protecting against environmental hazards, preventing injuries, promoting healthy behaviors, responding to disasters, providing health services, and more. Coordination with community partners is vital.



John R. Baird, M.D.

Immunizations have had a huge impact on preventing serious diseases that used to be commonplace. The number of recommended vaccines continues to increase. We assist local healthcare providers to administer these by coordinating policies and funding for vaccines, in cooperation with the state health department. **Every fall and winter we encourage the broad use of influenza vaccine.**

Making healthy lifestyle choices is very important for all of us. Our behaviors account for over 50% of the factors leading to premature death before age 75. This especially includes tobacco use, diet and activity patterns, and alcohol consumption. Along with many partners, we inform people about ways to lead healthier lives.

Planning for public health emergencies, particularly an outbreak of pandemic influenza, has been a major focus in the past year. It is difficult to predict the severity of our next pandemic, but it could be overwhelming. Once an outbreak starts it will spread rapidly and be too late for planning. **It is our responsibility to look at the possibilities and make our plans now.**

2007 News and Accomplishments

Fargo Cass Public Health partnered with Fargo Public Schools to implement “On the Move” a physical activity program to all fifth graders, reaching about 1,000 students.



The tobacco quit rate for the Break Away from Nicotine (BAN) program is 71% after three months and 66% after six months. **Currently, 111 are enrolled in the BAN program.** This is up from 85 in 2006.

Following successful public awareness campaigns, seat belt use among students at Woodrow Wilson High School went from 51% to 79% and at Fargo North High School from 73% to 85%.

The Environmental Health Division established the **Clean Hands Coalition**. The coalition works closely with local schools to provide educational materials and heightened awareness on the importance of hand washing.



Fargo Cass Public Health held the **Community Toolbox for Emergency Preparedness**. Government, non-profit and private sector businesses came together to educate Cass and Clay county residents on preparing for emergencies. Over 600 people attended the event, which was held on Thursday, Sept. 27, 2007. Funding for the event was provided by a grant from the Dakota Medical Foundation.

Fargo Cass Public Health Programs

The Division of Health Protection and

Promotion is a combination of clinical services and health education. The clinic operates a full-service Family Planning Reproductive Health and STD Clinic. Other services include Health Tracks screening for children and youth, Women’s Way, and the International Travel Clinic. Health Promotions provides community-based public health interventions on topics such as tobacco control and cessation, nutrition, Safe Communities, physical activity, and general health education.



The Division of Public Health Nursing provides health services to individuals and families in their homes. Nursing services are also based in the schools, Cass County Jail, and other community settings.

Mission Statement

The mission of Fargo Cass Public Health is to assure a healthy community for all people through ongoing assessment, education, advocacy, intervention, prevention, and collaboration.

The Division of Environmental Health

enforces public health policies. Important aspects of their work include: food safety, workplace health and safety, housing conditions, industrial waste, air pollution/control, communicable diseases, testing public drinking water and pool samples, and many other compliance tests.

The WIC Program

provides nutrition education and referrals to other community services. Vouchers for nutritious foods are provided to pregnant and breastfeeding women, new mothers, and infants and children under age five who are below 185% of the federal poverty level.



The Division of Emergency Preparedness

focuses on planning, training, and conducting exercises for all public health-related emergencies such as bioterrorism, pandemic flu, and natural disasters. They also provide educational materials on preparing for emergencies at home and at work.

Comments from our clients



“I have tried to quit smoking in the past and have not succeeded. I believe the difference in me being able to succeed this time was the support and information I received through the BAN program.”

≈ Break Away from Nicotine (BAN) participant

“The training class was very good and would make me feel more comfortable saying “No” when serving a person.”

≈ A student after participating in a Safe Communities server training



“I cannot express how helpful the WIC Program has been! Everyone here is so genuine and helpful. Thank you so much for the help and support you provide for me and my little boy.” ≈ WIC client

“I would like to thank the people who spoke. It will change my life forever, and I am sorry for drinking and driving.”

≈ An individual on attending the Victim Impact Panel, sponsored by the Safe Communities Coalition

“I want to take the opportunity to thank you for the very professional and courteous exchange of information and dialogue during my site visit to Fargo Cass Public Health.”

≈ CDC Program Consultant, Strategic National Stockpile

Success Story



I joined the Fargo Cass County Nurse Family Partnership when I became pregnant at 19-years-old. I knew being a single mom was going to be hard, and I wanted

the best for my baby. I was very scared. From the very first phone call, my nurse Linda was so sweet and reassuring, and she helped relieve my fear. She was not only my nurse but an encouraging and inspirational voice to help me through my pregnancy.

2007 Statistics

Public Health Nursing

Adult home nursing visits	5648
Home health aide visits	3144
Homemaker visits	1905
One-on-one direct school nurse visits	51,983
Nurse Family Partnership program visits	31
Nurse Family Partnership program graduates	526
RN visits Tuberculosis control	44,575
Correctional Health nurse clinical visits	7660
Immunizations given	

Health Protection and Promotion

Women's Way enrolled clients	650
Clinic patients	4018
Health Tracks clients	717
Enrolled in Break Away from Nicotine (BAN) program	111
Trained alcohol servers	2195
Victim impact panel participants	770
Alcohol compliance checks	755
STD/STI checks	5703

WIC Program

Women, infants, and children enrolled per month	2517
New clients per month entering program	150

Environmental Health

Environmental inspections	2673
Environmental consultations	3049
Food service and bar inspections	1531
Swimming pool water samples collected	2605
Drinking water samples collected	1160
Complaints investigated	983
Birds tested for West Nile virus	7

Emergency Preparedness

Community presentations	11
Exercises participated in	3
Drill of mass dispensing site	1
Public health volunteers	154

Success Story

The Emergency Preparedness Division led a drill on Saturday, Oct. 27, 2007.

Public health nurses vaccinated 677

individuals in two hours.

The drill was a success due to the multiple agencies that were involved: Cass and Clay public health units; city and county law enforcement; and numerous volunteers.



2007 Budget Overview

Revenue

City of Fargo	\$2,133,334
Grants	1,770,461
Cass County.....	807,927
Self-pay	559,214
Environmental.....	369,253
State Grants	383,150
Local	315,113
Medicaid.....	294,241
Miscellaneous	264,135
State Aid.....	165,769
TOTAL	\$7,062,597

Expenses

Salary/benefits.....	\$5,517,889
Contract services	516,102
Operating expenses.....	1,028,606
TOTAL	\$7,062,597

2007 Board of Health Members

Timothy J. Mahoney, M.D., Fargo City Commissioner

Diane Moderow, Rural Representative

Richard A. Rohla, M.D.

Paul Tronsgard, D.D.S.

Brenda Warren, West Fargo City Commissioner

Vernon Bennett, Cass County Commissioner

Laura Carley, Fargo School Board

Michelle M. Donarski, J.D., business representative

Kathryn Leclerc, community representative

Meetings are recorded for broadcast on TV Fargo (channel 99).

Visit the program schedule at www.cityoffargo.com/cable

to see the rebroadcast time.



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Contact Us

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Fargo Cass Public Health has been serving the community since 1923. Our services are open to all residents of Cass County, regardless of their age, sexual orientation, income level, sex, race, or nationality.

