



## Central Racine County Health Department

Serving the communities of Caledonia, Dover, Mount Pleasant, North Bay, Norway, Raymond, Rochester, Sturtevant, Union Grove, Yorkville, Town and Village of Waterford, Town and City of Burlington

WINTER 2017

### COMMUNITY HEALTH ASSESSMENT

Local health departments are required to conduct a community health assessment (CHA) every five years. The goal of the CHA is to collect, review, and analyze health data in the community. This report helps us understand the health status of our community and the factors that impact health. In 2017, CRCHD and partner agencies met to discuss the CHA process, develop survey questions for the CHA, and identify other possible data sources and methods. Essential to the CHA was the input of many community sectors to provide various perspectives in the determination of assets, resources and health challenges. Primary data for the CHA came from an anonymous resident survey and a key-informant survey, both funded by Ascension, Aurora Health Care, and Children’s Hospital of Wisconsin. Additional data came from a CRCHD Partner Survey. Lastly, many data elements were derived from local, state and national sources. Using these data, a preliminary CHA was developed. **Findings from the CHA can be found at [www.crchd.com](http://www.crchd.com).** The CHA findings will be used to develop a Community Health Improvement Plan (CHIP). The goal of the CHIP is to take information gathered in the CHA—combined with input from community members, Board of Health, and governmental, business and community agency stakeholders—and translate it into a meaningful vision and roadmap to improve our community’s health together. *To provide feedback or for questions regarding the CHA, go to our website at <http://crchd.com/contact> and participate by giving us your input.*

#### **MAPP**

CRCHD utilizes the Mobilizing for Action through Planning and Partnerships (MAPP) framework to isolate and collect data, determine health issues, and identify existing assets and resources. The framework is a community-driven strategic planning process for improving community health.

### Food Safety for Healthy Holidays

Many of us get together with friends and family for holiday events, and food is a big part of these gatherings. CRCHD would like to offer some food safety tips to help avoid food-related illnesses that will spoil the festive atmosphere.

- Remember to clean your hands with soap and warm water before handling the food, after handling the food and before eating the food.
- Clean surfaces before and after preparing food on them.
- Separate raw meats and seafood from ready-to-eat foods.
- Use a food thermometer to make sure foods are cooked to a safe internal temperature.

### Internal Temperatures

- ⇒ Poultry 165°F
- ⇒ Ground beef and sausages 155°F
- ⇒ Seafood 145°F
- ⇒ Roasts/Steaks/Chops 145°F
- ⇒ Hold all hot food at 135°F

### A New Community-Wide Home Visiting Program

**Family Connects Racine County** is a community-wide nurse home visiting program that uses an evidence-based model, structured with a universal approach. Program services are for **all parents of newborns in Racine County** and visits are tailored to meet families’ needs. Our mission is to enhance family and child well-being. Research shows that every family has needs around the birth of a child. Family Connects provides between one and three nurse home visits to families with a newborn beginning at about three weeks of age, regardless of income or demographics. Nurse visitors offer supportive guidance, respond to family questions about newborn care, and help bridge the gap between parent needs and community resources. Participation is voluntary and at no charge, and open to all Racine County families who have just given birth. We are grateful to United Way of Racine County and Racine County Human Services Department for their generous support of this program. We also thank Ascension—



All Saints and other agencies for their partnership in implementing Family Connects. *This program was introduced during the summer of 2017. As with all of our programs, we welcome input and ideas to help us best engage and serve our community.*

For more information on CRCHD and our programs:

Website: [www.crchd.com](http://www.crchd.com)

Social Media: CRCHD

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## Radon Testing

You can't see it, smell it or taste it, but radon may be a problem in your home. Radon is a naturally occurring, radioactive gas that may be present in the soil beneath your home and can build up to dangerous levels inside any home. Long term exposure to radon gas can cause lung cancer. Only smoking causes more lung cancer deaths. Testing is the only way to know if you and your family are at risk from radon. Testing is inexpensive and easy. If your house has a radon problem, it can be fixed. *Radon test kits are available for \$7 at CRCHD or, to find the closest municipality with radon test kits, call 262-898-4460.*

## Cribs for Kids

CRCHD is an official *Cribs for Kids* partner agency and conducts safe sleep education in the community. Parents and caregivers can reduce the risk of sleep-related deaths by following some simple guidelines to improve the sleep environment for their infant. The safest way for your baby to sleep is to follow the **ABCs of safe sleep**:

**A**lone, on his/her **B**ack, in a **C**rib free of loose and soft bedding such as pillows, comforters, bumpers or stuffed animals.

For more information, go to our website at [www.crchd.com](http://www.crchd.com).



## Free Car Seat Inspections

Child safety seats can reduce the risk of a potential fatal injury. The American Academy of Pediatrics recommends that infants and toddlers should ride in a rear facing safety seat until they are 2 years of age or until they reach the highest weight or height allowed by their car seat manufacturer. Child safety seats must be installed correctly and used properly to be effective. While 96% of parents and caregivers believe their seats are installed correctly, research shows that **7 out of 10 children are improperly restrained.**

*Free car seat checks are by appointment only. Call 262-898-4460 for an appointment.*

## Central Racine County Health Department

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[www.crchd.com](http://www.crchd.com)

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## Website Update

Our website has a new look. Residents are now able to access and navigate the website by mobile device or computer at [www.crchd.com](http://www.crchd.com). Our updated website delivers messages in a manner that allows for a better understanding of the role, activities, and value of public health. The website gives residents ready access to Hot Topics, a Featured Video, News, a Facebook feed, and a Select Language button. Program and service information is readily accessible by content area: About Us, Community Health, Environmental Health, Public Health Preparedness, Communications, and Employment. There is now a FAQ section, a Contact Us page, and a search function. Please explore the information, services and programs your public health department provides in order to improve the health of the community.

## Food Facility Award of Excellence

CRCHD wishes to acknowledge the food facilities that regularly meet a high standard of food safety by issuing an annual award to these facilities. This award is supported by our local food industry committee members as well as the Central Racine County Board of Health. Facilities receiving the Award of Excellence for the 2016-2017 license year are the following:

- **A&W All American Food**, Franksville
- **Arbys**, Franksville
- **Firehouse Subs**, Mount Pleasant
- **Jellystone Park**, Caledonia

- **Jimmy Johns**, Mount Pleasant
  - **Kwik Trip**, Mount Pleasant
  - **Lakeview Elementary School**, Norway
  - **McKenzie Food Service #2**, Raymond
  - **Milaegers**, Sturtevant
  - **Round Table**, Raymond
  - **Starbucks**, Mount Pleasant
  - **Subway**, Waterford
  - **Toppers Pizza**, Mount Pleasant
- Congratulations to these facilities. For information on inspection reports for all facilities types, go to <http://crchd.com/inspection-reports>.