



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

COMMUNITY HEALTH IMPROVEMENT PLAN

In 2018, Central Racine County Health Department (CRCHD) developed a Community Health Improvement Plan (CHIP). This plan is meant to be a community vision for priority health areas that our community would like to see improved. The CHIP is about the community, by the community, and for the health and well-being of the community. Wisconsin's health plan, *Healthiest Wisconsin 2020*, and the U.S. health plan, *HealthyPeople 2020*, provide foundational components for a CHIP by articulating health focus areas of overall significance; these focus areas are a starting point for assessing local health issues.

To begin the CHIP process, we first updated our 2017 Community Health Assessment (CHA). Data were gathered from residents, agencies and other key stakeholders as well as from secondary data sources. Using CHA findings, we and stakeholder agencies developed a list of salient issues and themes for our community. The health priorities that currently resonate most strongly with community partners and residents include: **mental health, substance abuse, chronic disease, and access to healthcare**. These four issues are the primary focus of our CHIP.

This plan is both a product and an "ongoing process using science, quality improvement, partnerships, and large-scale community engagement" (Healthiest Wisconsin 2020). This plan is not meant to be a work plan for our health department, but rather a vision for the work that we want to accomplish together as a community. In addition, the CHIP does not include other ongoing strategies that the health department and community partners may be addressing such as injury prevention, toxic stress, infectious diseases, environmental hazards, and maternal/child health.

We look forward to working together with you to make our community a healthier place for all!

To view the Community Health Improvement Plan, please visit www.crchd.com/community-improvement-plan.

Racine County Medication Collection Boxes

There is ongoing concern that medications flushed down the drain or thrown in the trash can accumulate in the water supply and landfills, endangering the aquatic environment and wildlife. Wastewater treatment plants are not designed to remove all medications from wastewater. **Medication disposal methods are also seen as an important tool in preventing drug abuse as a growing number of youth and adults turn to medicine cabinets in homes as sources of prescription pills.**

People need a secure location to dispose of their unwanted prescriptions and over-the-counter medications other than storing them in their households or throwing them in the trash where they are accessible for abuse and accidental poisoning. Residents of Racine County are now able to use drop boxes or drop off events to dispose of unwanted medications.

For more information visit www.crchd.com/residential-medication-disposal.

Food Safety for Healthy Families

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

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

For more information on our programs & services visit
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Safe Travels This Winter

Driving in the snow and ice can be a challenge, and wintertime travel requires planning ahead. Taking small steps to prepare for extremely cold weather can give you greater safety at home and on the road. It is recommended that you keep your car fueled, in good working order, and travel with the following emergency supplies:

- Cell phone, portable charger
- Shovel, windshield scraper
- Water, snack food
- Flashlight, battery powered radio, extra batteries
- Blankets, hats, coats, and mittens
- Chains, rope, road salt and sand
- Emergency flares, bright colored flags
- First aid kit, maps, compass
- Booster cables, a tool kit

Kenosha/Racine Lead-Free Communities Partnership

If you own a home built before 1979, you may qualify for this program which may cover 75% of the costs to reduce lead hazards in your home. This includes projects like window replacement, new siding, soffit, and fascia. Owner-occupied and rental home owners are welcome to apply.

Lead can be toxic to everyone, but children under the age of six are at the greatest risk for health problems. Lead poisoning can cause damage to the nervous system, kidneys, and hearing. It can also cause learning difficulties, reduced intelligence, and behavioral disorders.

This program serves all the communities of Kenosha and Racine Counties. ***Please contact 262-605-6783 for more information about the Kenosha/Racine Lead-Free Partnership.***

Drowning Prevention

The opening of the new Burlington Community Aquatic Center provided an opportunity for area children to take swimming lessons and learn about water safety. Burlington Community Aquatic Center, in partnership with CRCHD, offered free American Red Cross swim lessons to some children who otherwise would not have had the opportunity to learn to swim. This was one of several drowning prevention initiatives spearheaded by CRCHD and partner agencies in 2018 to address childhood drowning in Racine County. The Centers for Disease Control and Prevention (CDC) states that for every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries. According to the American Red Cross, water safety tips include but are not limited to swimming in designated areas supervised by lifeguards, swimming with a buddy, and wearing a life jacket if you go boating. In addition to these safety tips, parents should actively supervise children whenever around the water, always stay within arm's reach of young children, and avoid distractions.

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 of excellence. This award is supported by our local food industry committee members and the CRCHD Board of Health. Facilities receiving the Award of Excellence for the 2017-2018 license year are the following:

- **A&W All American Food**, Franksville
- **Arby's**, Franksville
- **Burlington High School**, Burlington
- **Cooper Elementary School**, Burlington
- **Evergreen Elementary School**, Waterford
- **Fountain Hall**, Sturtevant
- **Fox River Middle School**, Waterford
- **Gifford Elementary School**, Caledonia
- **Jellystone Park**, Caledonia
- **Kwik Trip**, Durand Ave, Mount Pleasant
- **Kwik Trip**, Southeast Frontage Rd, Mount Pleasant
- **McKenzie Food Service #2**, Raymond
- **Milaeger's**, Sturtevant
- **Noodles & Company**, Mount Pleasant
- **North Cape School**, Raymond
- **Panda Express**, Mount Pleasant
- **Quality Inn**, Yorkville
- **Raymond School**, Raymond
- **Round Table**, Raymond
- **Route 20 Outhouse**, Yorkville
- **Skoops**, Caledonia
- **Speedway**, Caledonia
- **Starbucks**, Mount Pleasant
- **Taco Bell**, Mount Pleasant

Congratulations to these facilities. ***For information on inspection reports, go to www.crchd.com/inspection-reports.***

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**:

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

Cribs for Kids provides low cost portable cribs for parents and caregivers who qualify. **For eligibility and class schedule, call 262-898-4460.**



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 for as long as possible 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.**

NEW! Burlington WIC Partnership

CRCHD now offers *Cribs for Kids* classes and car seat inspections at the Burlington WIC office located at 201 Crest St, Burlington, WI 53105. Classes and inspections are by appointment only. **Call 262-898-4460 to schedule an appointment.**



The Role of Public Health in Your Community

The Health Department's mission is to improve the health of the communities we serve through health promotion, disease prevention, and protection from health and environmental hazards. We have provided services since 1999 and are governed by a Board of Health.

What Is Public Health?

Public health focuses on the whole community. Food safety, vaccinations, and disaster response are just a few ways that CRCHD promotes health and safety in the community. Essential services include:

- Monitoring population health data
- Investigating health issues and hazards
- Providing health information
- Mobilizing community partnerships

- Enforcing laws and regulations
- Linking people to needed services
- Developing policies and programs
- Evaluating service effectiveness
- Researching public health issues
- Assuring a competent workforce

What Are Public Health Programs?

Environmental health, community health, and emergency preparedness programs include, but are not limited to:

- Inspection/licensing of restaurants, retail food, temporary food, taverns, hotels/motels, public pools, campgrounds, and body art establishments
- DNR well sampling program for transient, non-community systems
- Human health hazard investigation
- Animal bite/rabies investigation
- Radon and well water kit dispersal

- Medication collection events
- Lead poisoning follow up
- Immunization clinics
- Immunization vaccine assurance
- Communicable disease investigation and follow up
- Prenatal and postpartum home visiting services
- Adult services including blood pressure checks and TB skin tests
- Health education
- Childhood injury prevention including car seat inspections and safe sleep education
- Emergency planning
- Health data analyses

Our Team: Administration, Health Technicians, Public Health Nurses, Sanitarians, Home Visitors, Public Health Educators, Public Health Specialists, and Epidemiologists



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We Want to Hear From You!

Do you have an idea for future newsletters or services you would like to see the health department offer? Send us your feedback! Visit www.crchd.com and use the "Contact Us" page to send us a message.

Prepare for the Influenza Season

CRCHD encourages you to prepare for the influenza (flu) season. People who have the flu often feel some or all of these signs and symptoms:

- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Fever or feeling feverish/chills
- Some people may have vomiting and diarrhea, but this is more common in children than adults.

The Myth of the "Stomach Flu"

Viral infections such as norovirus or gastroenteritis are commonly mistaken for a "stomach flu." Influenza viruses primarily causes respiratory illness, not gastrointestinal, and the flu vaccine will not protect against the "stomach flu." Reduce your risk of both illnesses by washing your hands regularly and staying home if you are ill.

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu viruses are primarily spread by droplets from coughing, sneezing, or talking. Less often, a person might also get the flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes, or nose. Individuals can help prevent the spread of flu by remembering to:

- **Wash your hands:** Handwashing remains one of the most important lines of defense against illness.
- **Cover your cough:** Use a tissue to cough or sneeze to limit the spread of the virus. If a tissue is not available, cough or sneeze into your sleeve.
- **Stay home if ill:** It is recommended that individuals ill with fever should stay home from work or school and avoid other people until they are fever free for at least 24 hours.
- **Get vaccinated:** A vaccine is the best way to reduce the chances that you will get the flu. Vaccines are available by appointment only. Call 262-898-4460 to schedule an appointment.

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