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# ESSEX COUNTY HEALTH DEPARTMENT

FEBRUARY 2024

MONTHLY REPORT

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## Community Health Assessment and Improvement Planning

It does not seem possible, but we are already gearing up for another Community Health Assessment – reconvening the regional Data Subcommittee this year and looking ahead to 2025.

County health departments are anticipating the release of the NYSDOH 2025-2030 Prevention Agenda, which will help guide our health improvement plans for the remainder of the decade.

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## Communicable Disease

### Communicable Disease Surveillance/Epidemiology

Our Department is responsible for ongoing surveillance of certain communicable diseases to prevent outbreaks.

The following are categories of diseases surveilled in January.

- 401 Respiratory Illness Investigations (Flu, COVID, RSV, TB)
- 3 GI (Water/Foodborne) Illness Investigations
- 4 STI/Hepatitis & HIV Investigations
- 17 Arthropod-borne (Mosquito and Ticks) Disease Investigations
- 1 Outbreak Investigations – RSV at a Child Day Care Center

### Immunization Program

As a safety net provider, our Department ensures vaccines for children & adults.

7 individuals immunized

### Screening Services

As a safety net provider, our Department ensures screenings for TB, HIV and HCV.

1 TB Screening

### Sexual/Reproductive Health Program

Our Comprehensive Sexual and Reproductive Health Education curriculum support Essex County school districts in meeting their NYSED educational requirements in this area of health. Through a safe learning environment, students are engaging and learn about sexually transmitted diseases along with healthy relationship and family planning.

During January our staff provided education to 7<sup>th</sup> grade classes in Moriah and Willsboro.

### Condom Access Program

This program ensures condom accessibility and educational materials through free locations throughout Essex County.

### Rabies Prevention Program

0 Rabies Vaccine Clinics conducted in January; planning in progress.

1 Rabies Investigations

0 Specimens have been submitted for testing.

0 Authorization for payment for any individual for Rabies Post Exposure Prophylaxis Treatment

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## Emergency Preparedness & Response

Local Health Departments must operate an Emergency Preparedness and Response Program that ensures our capacity to respond to public health emergencies. January highlights:

### 9 Trainings/Continuing Education

- 2024 Total Solar Eclipse Planning,
- CDC Public Health Grand Rounds: Emergency Preparedness Challenges,
- Radiation Basics and Biological Effects,
- Mass Casualty/Fatality Incident Response Resources,
- How to be an Exercise Evaluator,
- An Introduction To Exercise Planning,
- Basic ICS for Initial Response,
- MCM POD and AFN Annual PHEP Exercise/Real Event

### 3 Community Engagement/Collaborative Planning Meetings

- Capital District PHEP Coordinators Meeting on 1/9
- SE24 (Solar Eclipse 2024) Emergency Services Meeting on 1/26
- Capital District Region Core HEPC Workgroup on 1/31 in Glens Falls, NY

### 1 Volunteer Coordination Activity

- Annual Technical Assistance Assessment (TAA) conducted by the Office of Preparedness, DHHS took place on 1/22/24 for the Essex County Medical Reserve Corps (MRC)

### 1 Plan Updates/Revisions

- Medical Reserve Corps Plan

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## Chronic Disease

Our chronic disease program promotes days of recognition for health topics and public health campaigns as ways to shift public thinking on health issues, knowledge and behaviors.



Quitting smoking and bettering one's health are popular New Year's Resolutions that ECHD supported through social media outreach. The Great American Smoke Out post "Why did you quit smoking?" has been one of the top posts ever for responses and engagement. The ECHD has been capitalizing on that engagement to continue supporting those trying to quit smoking.

The Essex County Health Department coordinates the newly established TURN (Tobacco Use Reduction Network) of Essex County. TURN has begun exploring issues regarding compliance checks and enforcement of illegal tobacco products.



## Community Opioid Overdose Prevention (COOP) Program

4 Narcan Kits Distributed

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## Home Health Care

During the month of January our Homecare Services embarked on the launch of a new medical records program and staff training is well underway. This program will improve efficiencies in several areas. This includes the time of staff and patients; the documentation in meeting Home Health Agency regulatory requirements; and the accuracy of billing and the recuperation of all appropriate fees for services

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## Family Health

### Baby Steps to Bright Futures

This is a universal home visiting program for families with newborns. Families are offered 3 home visits & 1 phone call visit to ensure connections to programs and services that improve social determinants of health and health outcomes for moms, babies and the whole family.

25 babies born & families offered the Program

4 families in the program

18 families that were sent a packet as unable to reach or declined the program

3 families pending that haven't responded to communication attempts yet

1 Referral to the Healthy Families Program & 1 Referral to the WIC program

### Little Feeders Circle of Support Lactation Support Group

In January 1 session was offered. The session's topic focused on debunking common myths associated with breastfeeding. The group was held at the Elizabethtown Social Center and although we didn't have anyone attend in person, the session was also Live streamed on Facebook and has had 811 views!

### Childhood Lead Poisoning Prevention Program

As a safety net provider, our Department offers lead screening for children ages 1 and 2 and support families in accessing lead testing through healthcare providers

0 Lead levels screenings performed by our Department

8 Active Confirmed High Lead Levels (all in children)

5 Children Pending Confirmatory Tests

3 children successfully discharged from the program after receiving confirmatory tests of lead levels under 5 µg/dL.

Meetings held with PRIDE of Ticonderoga, Adk Roots & Environmental District Office to discuss funds available for lead abatement for families in need.

### Car Seat Program

Certified Car Seat technicians are available to ensure that a child's car seat is safe for use and installed properly. This service is available to everyone regardless of income. Car seats are also available at no cost to low income and others that meet criteria after a car seat fitting.

The Essex County Health Department Car Seat Fitting Station is open Monday-Friday by appointment!

3 car seats checked

3 car seats issued as new & installed

Both car seat technicians are working on obtaining training to recertify for their Child Passenger Safety Technician certification.

### School Nurse Stethoscoop Monthly Meeting

January Topic - Teen Intervene Presentation by The Prevention Team - Traci Plouf. Teen Intervene is designed as a comprehensive screening, brief intervention and referral to treatment (SBIRT) model of care.

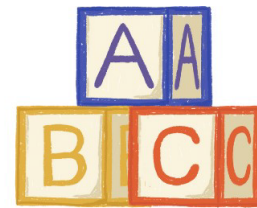
Teenagers who have experienced mild to moderate problems associated with alcohol or drug use work one-to-one with an addiction treatment counselor to identify and, ultimately, change their choices and behaviors.

# Early Intervention

To be eligible for services, children must be under 3 years of age and have a confirmed disability or established developmental delay, as defined by the State, in one or more of the following areas of development: physical, cognitive, communication, social-emotional, and adaptive.

At this time:

- 30 Children found eligible and currently enrolled in the Early Intervention Program.
- 9 children waiting to be evaluated for the program
- 6 children waiting for Speech Provider
- 1 Children waiting for Occupational Therapist
- 1 Children waiting for Physical Therapist
- 4 Children waiting for Special Instruction Services



# Preschool

The Committee on Preschool Special Education (CPSE) is responsible for evaluating and identifying children ages 3-4) for disabilities and then arranging for the delivery of special education services.

At this time:

- 96 Children are enrolled in the Preschool Program
- 20 Children are in referral process.



# CYSHCN

The Children and Youth with Special Health Care Needs Program seeks to improve the system of care for children and youth with special health care needs from birth and up to 21 years of age and their families. The Program helps to shape public policy so families can get the best health care for their children.

Children served by the CYSHCN Program have an illness or condition for which they need extra health care and support services. These children might have a serious or long-lasting physical condition, intellectual or developmental disability, and/or behavioral or emotional condition. Conditions include but not limited to ADD or ADHD, allergies, anxiety, arthritis/joint problems, asthma, autism or autism spectrum disorder, behavioral/conduct problem, blood disorders, Cerebral Palsy, Cystic Fibrosis, depression, developmental delay, diabetes, Down syndrome, epilepsy/seizure disorder, genetic or inherited condition, head injury, hearing problem, heart problem, intellectual disability, learning difficulty, migraines, other mental health condition, muscular dystrophy, sickle cell anemia, speech or language disorder, substance use disorder, Tourette syndrome, and vision problem. The program is not limited to these conditions.

At this time:

- 21 Children and their Families are currently Enrolled.
- Upon parental approval for children with qualifying conditions currently in or transitioning out of Early Intervention into Preschool program - Referral is made

## WIC

During January, WIC conducted 205 Nutrition Education appointments and made 108 referrals.  
WIC benefits redeemed (December) - \$31,066



January-March 2024

# QUARTERLY NEWSLETTER

### UPCOMING

Keep an eye out for texts and social media posts for more info!

- Food Justice Summit, February 29, 2024.
- Vegetable seed giveaway-March or April.
- National Nutrition Month-March.
- WIC n' Pick 2024-See Below!



### DID YOU KNOW?

WIC offers alternative hours! Ask us about early morning appointments and evening clinics.

### SQUASH & APPLE MUFFINS

Makes 12 muffins

- 1 Apple- chopped or grated
- 3/4 cup mashed squash or sweet potato (may also use canned pumpkin)
- 2 cups Flour
- 1 tsp Baking Soda
- 1 tsp Salt
- 1 tsp Ground Cinnamon
- 1/2 cup Vegetable Oil
- 2 Eggs-lightly beaten



1. Preheat oven to 350. Grease a muffin tin.
2. Whisk together dry ingredients.
3. Whisk together wet ingredients, including squash and apple.
4. Fold dry ingredients to wet ingredients. Do not overmix.
5. Divide evening in muffin tin. Bake for 25 minutes.

### WHAT'S IN SEASON?

Winter in the Adirondacks can be hard, but we still have veggies stored from the fall and greenhouses to bring us local food!



- Apples
- Onions
- Winter Squash
- Cabbage
- Greens
- Sweet Potato
- Potatoes
- Carrots

We are receiving local veggies from Juniper Hill Farm on a bi-weekly basis for our WIC participants. Call or text us to find out more!



### JOIN US!

Virtual **Breastfeeding Support Group** led by our peer counselor!

Tuesdays at 9:30 am



Take a photo of the QR code to get the zoom link.

### WIC N' PICK

Get ready for our first event of 2024!

**Visit the Baby Lambs**  
at Craigardan  
Friday, April 26, 2024  
10:00 am-12:00 pm

Limited spots!  
Follow our texts & Facebook for more info!



**ESSEX COUNTY WIC**

Follow Us!  

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