

Fargo Cass Public Health

Serving our Community since 1923



Public Health

Prevent. Promote. Protect.

Fargo Cass Public Health

2010 Annual Report &
2011 Community Assessment

Table of Contents

10 Essential Services of Public Health	2
From the Director & Health Officer	3
2010 News and Accomplishments	4
Fargo Cass Public Health Programs	5
2010 Statistics	7-8
2010 Budget	9
2011 Community Assessment	10
Board of Directors	17

Core Functions

Assessment
Policy Development
Assurance

10 Essential Services

- 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 Director &

Health Officer

Change is evident, and it is always better when it is positive! So this year we present to you the 2010 Fargo Cass Public Health Report AND the 2011 Community Health Assessment. The Annual Report contains statistics to give you an overview of department activities for 2010. The Assessment reveals data from the 2010 Census, giving you a glimpse on how our city and county have changed over the last 10 years. We have combined the two reports to not only save on resources, but to give you the information about our services and the population we serve. The full 2011 Health Snapshot report is available online at cityoffargo.com/health.

2010 entered with the continuation of H1N1 vaccination clinics, while also preparing for spring flooding. FCPH again collaborated with area healthcare facilities, schools, and special service organizations to make sure that the needs of Cass County residents were being met during H1N1 and flooding.

One group that FCPH focused on in 2010 was vulnerable populations, who are those that live independently or with the help of a care giver, and yet may need additional assistance in the event of a disaster, especially in the area of transportation. The Vulnerable Population Registry was created and promoted through media campaigns, social networks, local organizations, our healthcare partners, and newsletters.

Use of social media in disseminating health information is growing nationwide and FCPH is using tools like Twitter, Facebook and blogging to reach the growing number of those we serve who are getting their information from mobile internet technology. Follow us on Twitter at FCPH, or Facebook at Fargo Cass Public Health.

Finally, we welcome your ideas and comments on how we can continue to work together to achieve a healthier and safer community!

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

John R. Baird, M.D., M.P.H., Health Officer

2010 News and Accomplishments

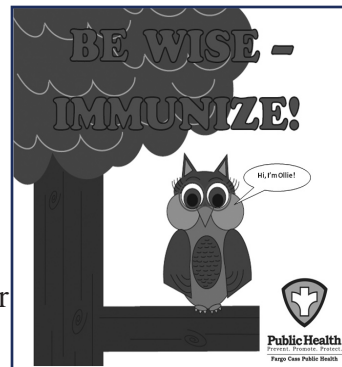
During the months of January and February, Fargo Cass Public Health continued vaccinating the public against the H1N1 flu. Through mass vaccination clinics, nursing home and home nursing visits, and clinic appointments, FCPH distributed approximately 6,520 doses of the vaccine.

FCPH collaborated with a mental health coordinator to improve mental health services at the Cass County Jail, with the main focus on faster identification and referral.

In 2010, 615 fax referrals were completed to the ND Quitline through our partnerships with Sanford Health, Essentia Health, Family HealthCare Center, and NDSU Student Health Services.

The Emergency Preparedness Division received a score of 94 out of 100 from the Center's for Disease Control's Local Technical Assistance Review. The review scores preparedness and plans for public health emergencies in Cass County. The score came from an average of 10 key components, three of the components, one of which is security, received a score of 100!

Childhood immunizations adopted Ollie the Owl as their spokesperson to help raise awareness on the importance and safety of childhood vaccinations. Ollie made appearances at local fairs, where parents were able to check on their child's vaccination records, and kids were able to get their picture taken with Ollie!



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, ND Cares, and Women’s Way. Health Promotions provides community-based public health interventions on topics such as tobacco control and cessation, nutrition, traffic safety, physical activity, and general health education.



The Division of Public Health Nursing services include Adult Health Nursing, Correctional Health, Communicable Disease Control, Immunizations, International Travel, Nurse-Family Partnership, general Maternal Child Health, and School Nursing.

Our mission is to assure a healthy community for all people through ongoing assessment, education, advocacy, intervention, prevention, and collaboration.

The Special Supplemental Nutrition Program for Women, Infants and Children. (WIC) provides nutrition information and referrals to other community services. Vouchers for nutritious foods are provided to pregnant and breastfeeding women, new mothers, infants, and children under age five who are below 185% of the federal poverty level.

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.



Emergency Preparedness and Response

focuses on planning, training, and conducting exercises for all public health-related emergencies such as bioterrorism, pandemic flu, and natural disasters; as well as respond to emergencies where public health is at risk. Educational materials are also provided on preparing for emergencies at home and at work.

www.cityoffargo.com/health

Twitter: FCPH

Facebook: Fargo Cass Public Health

2010 Statistics

Public Health Nursing

Adult home nursing visits	6,343
Home health aide visits	2,999
Homemaker visits	2,166
One-on-one direct school nurse visits	79,188
Nurse Family Partnership program visits	1,376
Nurse Family Partnership graduates	25
RN visits Tuberculosis control	993
Correctional Health nurse clinical visits	39,238
Immunizations given	6,736
H1N1 Influenza Vaccinations Given	6,520
Maternal Child Health visits	853

Health Protection and Promotion

Women's Way enrolled clients	621
Clinic patients	5,197
Health Tracks clients	456
Enrolled in Break Away from Nicotine (BAN) program	55
ND Quitline (Cass County) referral	615
Trained alcohol servers	2,367
Victim impact panel participants	949
Alcohol compliance checks	785
STD/STI checks	5,730
Automated External Defibrillators placed	23

WIC Program

Women, infants, and children enrolled as of Dec. 31	4,796
Average of new clients per month entering program	100

Environmental Health

Environmental inspections	2,558
Environmental consultations	2,766
Food service and bar inspections	1,474
Swimming pool water samples collected	2,953
Drinking water samples collected	1,132
Complaints investigated	884
Lead Samples tested	155

Emergency Preparedness

Public health volunteers	290
Drill of mass dispensing site assistance	2
Exercises participated in	4

Success Story

Fargo Cass Public Health tobacco coordinators have been vital in the work for smoke free ordinances in cities in Cass County.

A public opinion survey indicated that 94.9% of respondents were aware of the new smoke-free ordinances, 76.6% were in favor of the ordinances, and 69.8% supported expanding the state smoke-free law to prohibit smoking in all North Dakota workplaces, including bars and lounges.

A business compliance survey of Fargo and West Fargo bars concluded that the smoke-free ordinances protect additional workers and the public from toxic secondhand smoke and have been successfully implemented in the majority of stand-alone bars.

2010 Budget Overview

Revenue

City of Fargo	\$2,228,590
Grants	1,872,081
Cass County.....	921,636
Self-pay	456,388
Environmental.....	446,669
State Grants	528,078
Local	352,917
Medicaid.....	377,958
Miscellaneous	323,486
State Aid.....	264,312
TOTAL	\$7,772,115

Expenses

Salary/benefits.....	\$6,154,739
Contract services	577,825
Operating expenses.....	1,039,551
TOTAL	\$7,772,115

2011 Community Assessment

Fargo Cass Public Health wants to improve the health of the community it serves. To accomplish that mission, we need to know where our community stands in a number of health-related areas.

That's why we commissioned the Fargo Cass Community Health Assessment Report—it provides key data on 48 different health indicators. This research shows us our community's strengths and weaknesses and helps us plan future programs.

This information provides you with a snapshot of some of the assessment report's most important findings. To view the full report, visit our Web site at cityoffargo.com/health.

Our children will be healthy and start school ready to learn.

Low birth weight infants

	2007	2008	2009
Fargo	6.3%	6.8%	6.9%
Cass County	6.5%	6.7%	5.8%
North Dakota	6.3%	6.8%	6.3%
United States	8.2%	8.2%	NA

Infants with low birth weights are more likely to die as babies.

Immunizations by age 2 (4:3:1:3:3)

	2007	2008
Cass County	69.5%	62.3%
North Dakota	81.7%	74.2%
United States	80.1%	78.2%

Giving kids their vaccinations in early childhood helps protect youngsters and adults from preventable diseases.

Cass County residents will be healthy.

Cigarette Use

Adults	2007	2008	2009
Cass County	20.5%	15.6%	13.3%
F-M Areas	22.1%	15.0%	13.3%
North Dakota	20.9%	18.1%	18.6%
United States	19.7%	18.3%	17.9%

Grades 9-12	2007	2009
Cass County	19.2%	20.3%
Region 5*	17.4%	18.4%
North Dakota	21.1%	22.4%
United States	20.0%	19.4%

Cigarette smoking is the most preventable cause of death and disease in the U.S. Region 5 consists of Cass, Ransom, Richland, Sargent, Steele and Traill counties.

Binge drinking*

Grades 9-12	2007	2009
Fargo	29.5%	23.9%
North Dakota	32.5%	23.8%
United States	26.0%	24.2%

Adults	2008	2009
Cass County	22.2%	21.7%
North Dakota	22.3%	21.8%
United States	15.5%	15.8%

*Percentage of those surveyed who said they had 5 or more drinks in a row in the past 30 days. Alcohol abuse is associated with vehicle crashes, suicides, homicides, and drowning.

Obese and Overweight Adults

	2008	2009
Cass County	25.8%	25.7%
F-M Area	25.6%	27.4%
North Dakota	27.8%	28.4%
United States	26.6%	26.9%

Maintaining a healthy weight can improve your quality of life and life expectancy.

Cass County residents will have access to quality health care.

More than a year since dentist visit-Adult

	2002	2004
Cass County	25.9%	23.6%
Fargo-Moorhead	28.4%	20.8%
North Dakota	29.7%	30.4%
United States	29.2%	29.7%

Check-ups can detect early signs of oral health problems and can lead to treatment that will prevent further damage, and in some cases, reverse the problem.

People without health insurance

	2007	2008	2009
Cass County	10.0%	7.7%	6.6%
Fargo Moorhead	8.2%	7.7%	7.2%
North Dakota	11.8%	11.6%	10.7%
United States	14.5%	14.6%	14.4%

Health insurance increases the chances that people will get the preventive care and treatment they need.

Our communities will be safe, friendly and caring.

Violent Crime:

	2008	2009
Fargo:	290.6	323.4
Cass County:	223.9	259.9
North Dakota:	161.5	200.7
United States:	454.5	429.9

Rate per 100,000 residents

Violet crimes are considered a better indicator of an area’s crime problems than the overall crime rate.

Use of restraint devices

People killed in car and light truck crashes who were not wearing safety belts:

	2007	2008	2009
Cass County:	60%	50%	33%
North Dakota:	62%	55%	33%
United States:	49.7%	50.7%	49.2%

Wearing your seat belt is the best way to lower your risk of death and serious injury in a passenger vehicle.



Cass County will have sustainable, strong economic growth.

High School Graduation Rate

	2007-08	2008-09	2009-10
Fargo	89.2%	87.0%	83.1%
North Dakota	87.7%	86.9%	85.4%

Post-secondary education

	2000	2005-09
Fargo	34.4%	37.2%
Cass County	31.3%	34.7%
North Dakota	22.0%	25.6%
United States	24.4%	27.5%

A high school diploma is usually a minimum requirement for entering the workforce and is essential for pursuing higher education. Higher levels of education are associated with longer and healthier life.

Household Growth

	2000	2005-09
Fargo:	39,268	43,321
Cass County:	51,315	61,067
North Dakota:	257,152	273,035
United States:	105,480,101	112,611,029

Looking at the makeup of a city's households helps city leaders determine the types of housing and services they need to provide.

Families will provide a stable, supportive environment for their children.

Kids below age 18 living in poverty (estimates)

	2000	2005-09
Fargo:	11.2%	14.0%
Cass County:	9.5%	11.0%
North Dakota:	14.0%	14.2%
United States:	16.6%	18.6%

Household poverty is the most direct indicator of children's economic status.



Teen Pregnancy

	2007	2008	2009
Fargo:	20.8%	19.9%	16.9%
Cass County:	21.3%	19.5%	25.4%
North Dakota:	27.3%	25.9%	25.6%
United States:	42.5%	41.5%	NA

Rate of live births per 1,000 females, age 13-19

Teenage mothers face difficulties in providing a stable, supportive environment for their children.

Demographics

Total population

	2000	2010
Fargo:	90,599	105,549
Cass County:	123,138	149,778
North Dakota:	642,200	672,591
United States:	281,421,906	308,735,538



Households with individuals under age 18

	2008	2009
Fargo:	24.7%	24.1%
Cass County:	28.5%	28.3%
North Dakota:	28.7%	28.6%
United States:	33.0%	33.8%

People speaking more than one language at home

	2000	2009
Fargo:	6.3%	NA
Cass County:	5.5%	NA
North Dakota:	6.3%	5.4%
United States:	17.9%	19.6%

2010 Board of Health Members

Michelle M. Donarski, J.D., Business Representative
Nicholas Dorsher, D.D.S., Dentist
Dinah Goldenberg, Fargo School Board
Kathryn Leclerc, Community Representative
Timothy J. Mahoney, M.D., Fargo City Commissioner
Diane Moderow, County Representative
Ken Pawluk, Cass County Commissioner
Richard A. Rohla, M.D., Physician
Mike Thorstad, West Fargo City Commissioner

Meetings are recorded for broadcast on TV Fargo (channel 12).
Visit the program schedule at www.tvfargo.com to see the rebroadcast time.



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.