



MINUTES OF BOARD OF HEALTH MEETING

January 8, 2020

Call to Order: Meeting was called to order by Chair Peer at 6:00 p.m.

Board of Health Members Present: Chair Peer, Supervisor Rynes, Supervisor Homan, Dr. Meyers, Supervisor Gramke, and Dr. Winter.

Board of Health Members Absent: Dr. Somaraju and Mr. Gresens.

Staff Members Present: Marie-Noel Sandoval – Health Officer; Michelle Bailey – Assistant Director; Rick Wietersen – Environmental Health Director; Alison Chouinard – Health Educator; and Jessica Turner – Administrative Services Supervisor.

Others Present: Russ Podzilni – County Board Chair and Terri Carlson – Risk Manager, Rock County.

Adopt Agenda

Supervisor Rynes made a motion to adopt the agenda. Supervisor Homan seconded the motion. MOTION APPROVED.

Approval of Minutes – 12/4/19

Supervisor Gramke made a motion to approve the minutes of the 12/4/19 Board of Health meeting. Dr. Winter seconded the motion. MOTION APPROVED.

Citizen Participation

None at this time.

New Business

Administrative Division

Review of Payments

The Board reviewed the Health Department's December payments in the amount of \$4,154.16.

Transfer of Funds over \$5,000

None at this time.

Health Department Report

In the News

Ms. Sandoval announced that the state of Washington voted to eliminate personal conviction waivers. Seattle has started excluding unvaccinated children from schools. Ms. Sandoval told the Board that a Rock County Public Health employee, Diana Grenawalt, was in the news for her new store in Orfordville. The store is called Food is Fuel and offers healthy, locally produced foods. Dr. Winter pointed out that we should encourage people in that area to go. Ms. Sandoval also said that local leaders were interviewed and asked what their goals were for the next decade. Josh Smith was one of the interviewees, and he stated that his goal is to move the County Rankings into the upper half. He indicated that he is working to improve the community.

Ms. Sandoval reported on the 2019 infectious disease data. She said that the number of measles cases in the United States tripled. Ms. Sandoval told the Board that these numbers are high for the United States, but the numbers are much higher in other parts of the world where funding is lacking. For example, in Congo there were 310,000 cases and 6,000 deaths. Ms. Sandoval also said that there was an increased number of hepatitis A cases nationwide. Many of these cases involved homeless populations and drug users. According to Ms. Sandoval there were 1,500 cases in 2017 in 4 states and 17,000 cases in 2019 in 30 states. Ms. Sandoval also reported that there were 38 cases of equine encephalitis which is double the normal amount. She told the Board that at the beginning of 20th century, infectious disease made up 50% of deaths and now it is down to 5%.

Surveillance

Ms. Bailey told the Board that in 2019, there were approximately 1,500 confirmed communicable disease cases in Rock County. Of those 1,500 cases, 1,100 were sexually transmitted diseases. Ms. Bailey stated that this is less than last year. The Public Health Department has been doing outreach at colleges and talking to providers to make sure they are treating the diseases correctly. The Public Health Department has also been working with the School Health Collaborative on policy and evidence based practices.

Mr. Wietersen told the board members that the Public Health Department received a grant to work on tick control and Lyme disease diagnosis. The Board discussed Lyme disease transmission.

Ms. Bailey stated that the flu is rising early. There are three times the number of hospitalizations than there were at this time last year. She said that there has been a 32-34% vaccination rate over the past years. She told the Board that this year's number has almost matched that, so it will probably surpass the normal rate. Ms. Bailey also stated that vaping cases are going down.

Mr. Wietersen told the Board that the Governor had declared 2019 as the Year of Clean Drinking Water. Mr. Wietersen will be giving an update on the county workgroup at the next County Board meeting. He said there are bills in the state Legislature to address the nitrate issue. Mr. Wietersen predicts that 2020 will be the year of lead prevention. He foresees grants for home renovations and new lead initiatives. Supervisor Gramke said that the City of Janesville is replacing all lead pipes.

Dr. Winter asked about PFAS testing and surveillance. Mr. Wietersen replied that Rock County is not testing yet. He said it is not a requirement yet, and Rock County has not been identified as having a large risk.

Dr. Meyers asked about the experimental corn that was planted by the nitrate workgroup. Mr. Wietersen replied that it grew and was taller than regular corn. He said the nodules were present. UW is still working on breeding it into a hybrid for common use. They are trying to get a federal grant to bring it to the next level.

Supervisor Gramke asked about the pollution of the Yahara River. Mr. Wietersen stated that the *E. coli* levels rose again as predicted. He said that the treatment plant is not disinfecting in Madison. The EPA has not renewed their contract and they continue to operate under the old contract. Mr. Wietersen said that he is partnering with the Friends of Badfish. They have applied for a grant and he is working with them for further testing. They plan to conduct genetic testing to see what the actual sources are (i.e. human or animal).

Community Events/Outreach

Ms. Sandoval stated that outreach has been quiet due to the holidays. She said that the new community health assessment survey is coming out soon. It will be out at the end of January. There will not be a random mailing this year. According to Ms. Sandoval, it was not cost effective and any missing demographic groups will be captured through community conversations. She told the Board that this survey helps determine the HEAR priority areas. Ms. Sandoval said that Ms. Cordova will give a brief overview of the survey next month. The Public Health Department will be promoting the survey through partners and will provide paper copies as needed, but the Public Health Department will not be mailing them out.

Budget

Ms. Sandoval said that she is balancing the year end accounts. She will be requesting rollover of funds for projects not completed and goods not delivered.

Personnel

Ms. Sandoval reported that Adriana Pusnik resigned as Health Educator. She took a job at UW. The Health Educator position description has been revised and will be posted next week. She said there are also two Public Health Supervisor and two Public Health Nurse positions that were reposted today. She said that she is also still recruiting to fill Judy's Board position. She said that the previously recommended people were not able to serve on the Board. Ms. Sandoval also reported that the two part time Environmental Health Specialist positions were combined into one full time position. That position has been filled internally. Diana Grenawalt will be starting full time on the 20th. She stated that the part time position is now open. The job description will be revamped and the position posted soon.

Presentation on Worksite Wellness

Ms. Chouinard gave a PowerPoint presentation on the efforts of the Rock County Public Health Department to improve worksite wellness programs in Rock County (see attached).

Communications and Announcements

None at this time.

Adjournment

Supervisor Gramke made a motion to adjourn the meeting. Dr. Meyers seconded the motion. MOTION APPROVED. Meeting adjourned at 7:25 p.m.

Respectfully Submitted,

Jessica Turner, Recorder

Not Official Until Approved by the Board of Health

Worksite Wellness

Alison Chouinard
Rock County Public Health Department
1/8/19



Did you know?

We spend **half** of our waking hours at work.

Average person will spend **90,000 hours+** of their lifetime at work.



What is Worksite Wellness?



Focus Areas

Rock County Worksite Wellness
 Rock County businesses and local partners
 Community reach

Rock County Government
 Local government employees
 Internal reach



Rock County Businesses: Worksite Wellness Initiative

Goals:
 Provide updated resources to modernize worksite wellness programs
 Form partnerships
 Connect businesses to organizations that focus on worksite wellness.
 Improve employees health and overall wellbeing
 Reduce risk factors for chronic disease and obesity
 Lower health care costs
 Improve workplace culture and environments



Lead Partners

Rock County Public Health Department (RCPHD)

Kelly Klingensmith, MPH, Community Health Education Coordinator
 Allison Chouinard, Health Educator, Emergency Preparedness Coordinator

Wisconsin Division of Health Services (DHS)

Jon Morgan, Physical Activity Coordinator, WI DHS, Chronic Disease Prevention Unit

Wellness Council of Wisconsin (WCWI)

Lisa Grenfell, Assistant Director, Marketing & Membership
 Angeline Day, MPH, CHES, Program Manager

Interactive Health

Jodi Fabbri, Wisconsin and Minnesota Market Leader, Business Development



Target Audience

Rock County Major Employers:
 Rock County Wisconsin Development Alliance
 Chamber of Commerce
 Promotion: Phone calls and emails to employers



The Plan

Start date: Summer 2018

Workshops

Workshop #1 (9/25/18) – WI DHS, RCPHD
 Workshop #2 (3/14/19) – WCWI, WI DHS, RCPHD

Webinar

Webinar #1 (2/7/2019) – WI DHS, Interactive Health, RCPHD
<https://connect.wisconsin.gov/pg7atia0r6pv/>



Workshop Topics

WI Worksite Wellness 4.0 resource toolkit

Workplace Assessment
 Creating a Passion for Wellness:
 What Motivates Employees?
 Reimagine Your Workplace to Inspire
 Wellness
 Free and Low Cost Wellness Resources
 Surveys

WELCOA'S Seven Benchmarks

Well Work Place Checklist
 Strategies for Employee
 Engagement
 Current Trends and Modern
 Worksite Wellness Strategies
 that Work
 Breastfeeding in the Workplace
 Emergency Preparedness



WELCOA'S 7 Benchmarks

1. Committed and Aligned Leadership
2. Collaboration in Support of Wellness
3. Collecting Meaningful Data to Evolve a Wellness Strategy
4. Crafting an Operating Plan
5. Choosing Initiatives that Support the Whole Employee
6. Cultivate Supportive Health Promoting Environments, Policies and Practices
7. Conduct Evaluation, Communicate, Celebrate, and Iterate



Workshop and Webinar Data

Number of **BUSINESSES** that attended workshops/webinars: **28**

Number of **PEOPLE** who attended workshops/webinars*: **66**

Number of **EMAILS** sent out containing invites, materials, resources: **90+**



*includes repeat attendees

Looking Ahead...

Create a listserv group:
Send out resources from WCWI,
American Heart Association,
RCPHD, etc.

Continued partnerships:
Invited to wellness fairs

**Invite to the Health Equity
Alliance of Rock County
(HEAR) breakfast**



Rock County Local Government Worksite Wellness

Rock County Local Government: Approximately **1300 employees**
 Rock N' Wellness: Worksite wellness committee
 Budget: Rock County - Transfer from the Health Insurance Fund



Mission Statement & Purpose

Mission: To improve the overall health of Rock County Employees and their families by providing wellness challenges and opportunities to enhance and encourage healthy lifestyles.

Purpose: To obtain measurable results by tracking wellness activities, challenges and events to make a positive impact on health care costs and to assist the County in health insurance cost containment.



What We Do

Rock N' Wellness Website

Wellness Challenges
 Healthy Employee of the Month
 Annual Rock County Employee Health Fair
 Rock N' Wellness Workout Center
 RECAP Garden Share Raffle – Community Supported Agriculture
 Post healthy messages in County buildings
 Promote worksite wellness best practices
 Collect data and conduct surveys



Wellness Website

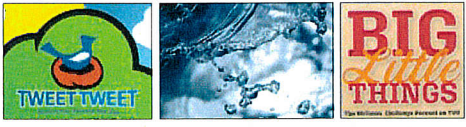
Accessible to Rock County employees
Shares Rock N' Wellness news and activities
Wellness resources



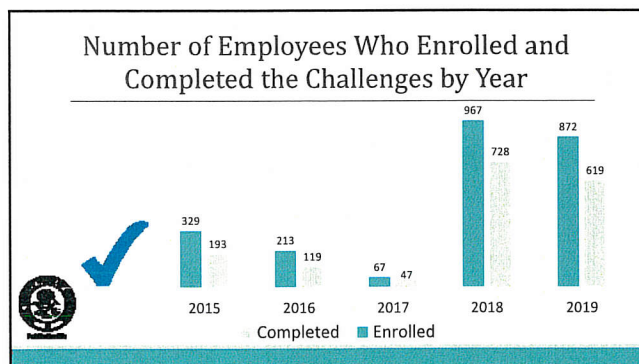

Wellness Challenges

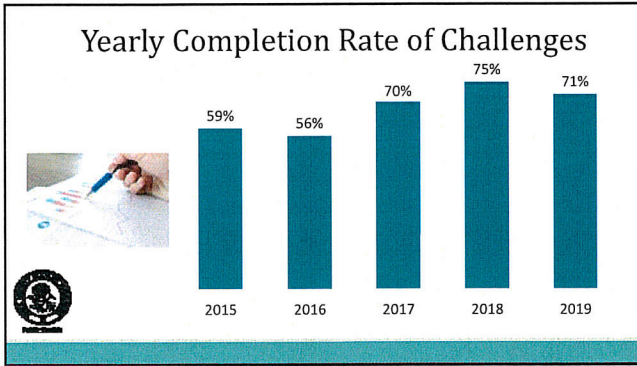
Three Challenges (2019)

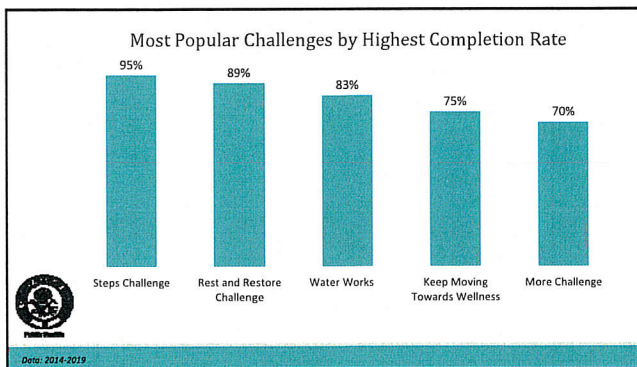
1. Tweet Tweet (Financial): **224** participants
2. Water Works (Drink more water): **307** participants
3. Big Little Things (Six dimensions of health): **88** participants

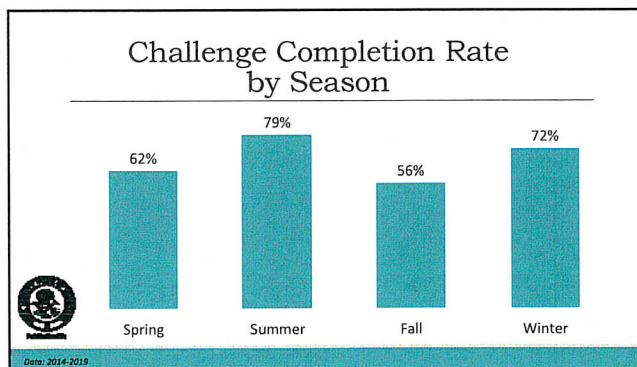


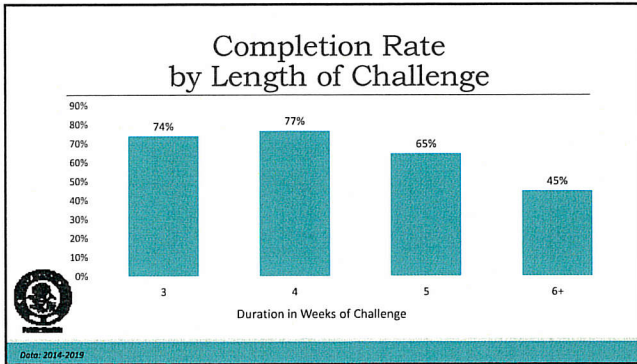
Participants receive 1 Healthy Employee Incentive Point (HEIP), participant prize and entry for raffle drawings.











Healthy Employee of the Month

Employees nominated by other employees
Recognition newsletter sent to all departments
Employee receives a gift and certificate

Annual Rock County Employee Health Fair

337 Participants

- Over 20 vendors
- RCPHD Vendor
- Taste Testing
- Beverages
- Raffle Prizes
- Entry Gift
- 1 Healthy Employee Incentive Point (HEIP)
- Surveys

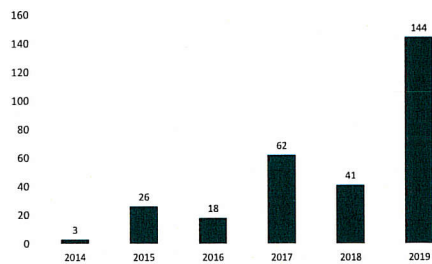
Workout Center

Open 24/7

Free to all County
Employees
Locker rooms/showers
Open Houses



Number of Waivers for County Workout Center by Year



Community Supported Agriculture RECAP Garden



Signage



Worksite Wellness Looks Like...



workspaces
wlb work life balance
flexibility
access mission
support natural light
onsite services flexibility



