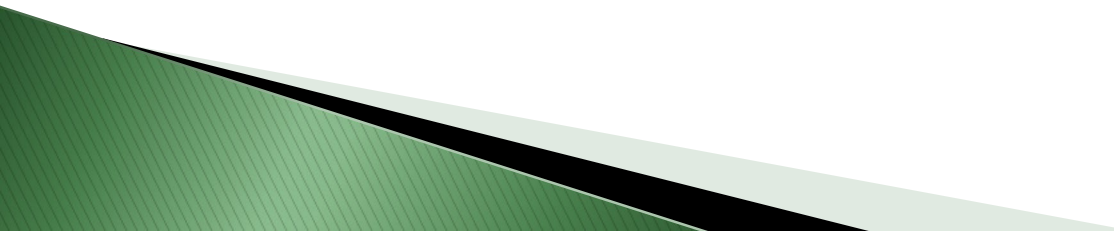Jodie Fetsch RN
Director of Nursing
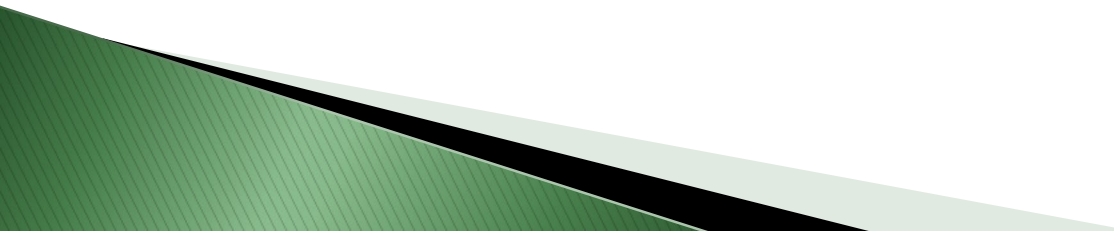Nursing Department

What is Public Health?

- Public Health promotes and protects the health of people and the communities where they live, learn, work and play.

    –American Public Health Association

10 Essential Public Health Services

1. Monitor health status to identify & solve community health problems
2. Diagnose & investigate health problems & hazards in the community
3. Inform, educate, and empower people about health issues
4. Form community partnerships & action to identify & solve health problems
5. Develop policies & plans that support individual & community health efforts

10 Essential Public Health Services continued:

6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure competent public and personal health care workforce.
9. Evaluate effectiveness, accessibility and quality of person and population- based health services
10. Research for new insights and innovative solutions to health problems.

- **Prevention**
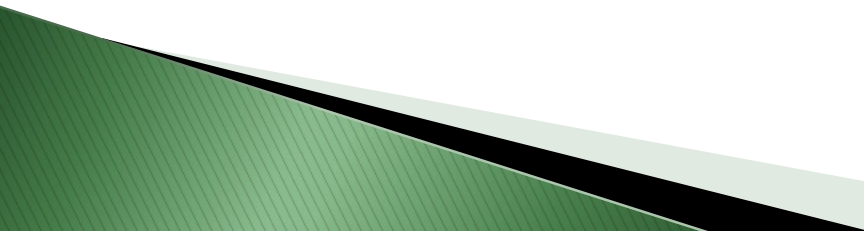 - ◦ We improve quality of life and save money when we prevent illness and injuries
- **Protection**
  - ◦ The responsibility of public health is to keep a clean, safe environment, and to assist people to identify and prevent health risk in the community
- **Promotion**
  - ◦ Educating the community about health issues is the main goal of public health

2022 Top 10 Causes of Death In North Dakota

- Heart Disease
- Cancer
- Accidents
- Alzheimer's Disease
- Stroke
- COVID-19
- Chronic Lower Respiratory Diseases
- Diabetes
- Suicide
- Chronic Liver Disease/Cirrhosis

Western Plains Public Health Services

- Education
  - Babysitter course
  - Car seat safety
  - CPR/First Aid
  - Bicycle helmet safety
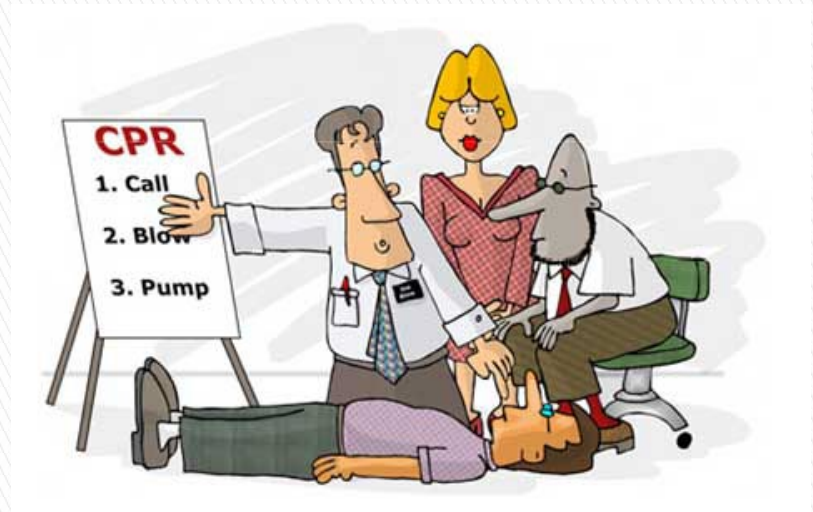 - Classes/presentations
  - Tanning/tattooing safety

Beyond Birth Education

- Home visitation for Mothers and Babies:
  - Education concerning- feeding and caring for the baby.
  - Support
  - Referral to other sources if needed

CPR/First Aid

- Offered to lay persons
- Most commonly taken by day care providers

General Nursing

- ◦ STI testing
- ◦ HIV testing
- ◦ Hepatitis C testing
- ◦ Tuberculosis testing
- ◦ Blood testing i.e.. hemoglobin, blood sugars,
- ◦ Lice checks

Health Maintenance

- Blood pressure screening
- Foot/nail care
- Health counseling
- Blood sugar testing

Home Health

- Cardiopulmonary assessments
- Medication set-up and compliance
- Injections
- Point of Care INR
- Education

Immunizations

◦ Infant
◦ Child/Adolescent
◦ Adult
◦ Flu vaccine clinics
◦ Monitor for vaccination compliance

Licensing/Inspection

◦ Restaurants
◦ Bars
◦ Tattoo parlors
◦ Public pools
◦ Homes
◦ Child Care facilities
◦ Septic Systems
◦ Land use

Mandan Good Neighbor Project

- Syringe Exchange Service
- Harm reduction education
- Immunizations
- Naloxone education
- Disease prevention

Maternal Child Health

- Physical Activity and nutrition education at many venues such as Head Start and after school programs.
- Promoting healthy nutrition provide taste testing of a fruit and vegetable
- Promoting physical activity through games etc

Nurse-Family Partnership — Helping First-Time Parents Succeed®

- Nurse home visits
- First pregnancies-low income
- Weekly home visits during pregnancy and up to 2 years after birth

- Program goals:
- Improve pregnancy outcomes
- Improve child health and development
- Improve economic self-sufficiency

School Health

◦ Vision screenings
◦ Health education
◦ Student immunization compliance
◦ Dental education

How to Wash Your Hands

Tobacco Prevention

- NDQuits
- Clean air environment in public areas- policy changes
- Lower youth access to tobacco products
- Education

Women, Infants, Children (WIC) Program

◦ Nutrition information
◦ Breastfeeding information and support
◦ Nutritious food provision
◦ Health screenings
◦ Referrals

Healthy Women, Infants and Children

Women's Way

◦ Breast cancer screening
◦ Cervical cancer screening
◦ Grant, Mercer, Morton, Oliver, Sioux, McLean and Mountrail counties

Questions?
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701-667-3370
Western Plains Public Health
www.westernplainsph.org

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