



Dakota County Public Health Department

FAMILY HEALTH ANNUAL REPORT 2017

Improving Health Outcomes for Children and Families

The mission of the Family Health program is to prevent, promote and protect the health of mothers, infants and children, with a focus on the whole family. The work of Family Health reaches across multiple ages, communities, settings, and partners. Public Health Nurses, Registered Dietitians, and trained public health professionals reach families to improve outcomes and prevent illness.

Family Home Visiting

Dakota County Public Health has a long history of providing evidence-informed home visiting to pregnant mothers and parenting families in the county. Public Health Nurses provide assessment and intervention, and work with other home visiting staff to target specific needs of families. All services use a strengths-based approach, are family centered, relationship based and culturally sensitive.

The goals of the Family Home Visiting program are to:

- Foster healthy beginnings
- Improve pregnancy outcomes
- Support breastfeeding initiation and duration
- Promote school readiness
- Promote family health and economic self-sufficiency
- Promote positive parenting and resiliency in children
- Prevent child abuse and neglect
- Reduce juvenile delinquency



8,896 home visits

468 visits average per PHN



74% Breastfeeding Initiation

56% at 6 months / 39% at 12 months



Children with at least 50% of well child checks completed at 12 months

Follow Along

The Follow Along Program helps identify infants and children (birth to 3 years old) who are at risk for falling behind in normal growth and development.

The Follow Along Program uses screening tools to identify children with delays before they enter school. The results are shared with parents, and if there are concerns, a public health nurse contacts the parents to discuss further evaluation or early intervention services.

In 2017

555

children participated, including

175

newly-enrolled children

Women, Infants, and Children (WIC)

The mission of the Women, Infants, and Children (WIC) program is to protect the health of low-income women, infants, and children up to age five who are at nutritional risk. WIC provides nutritious foods to supplement diets, and referrals to health care and other services.

In addition, Registered Dietitians and Nutrition Specialists work closely with families to provide information on healthy eating and breastfeeding and help them reach their goals. Decades of research shows that participation in WIC improves nutrition, resulting in overall healthier pregnancies, healthier birth outcomes, and preventing childhood obesity and nutritional deficiencies.

90% of infants served by Dakota County WIC who were born in 2016 initiated breastfeeding; 42% were still breastfed at six months.

Child and Teen Checkups

Child and Teen Checkups (C&TC) is a comprehensive program for children and teens enrolled in Medical Assistance. C&TC works with families, communities and health professionals to make sure youth (birth through age 20) receive appropriate preventive, dental, mental health, developmental, and specialty health services.

Medical providers deliver the direct screening and diagnostic services for eligible children. Dakota County, under contract with the Department of Human Services, provides administrative services, outreach, and follow-up activities to promote participation.



4,695 contacts during WIC appts. to educate/assist eligible families

62% of children had a checkup within 6 mo. of WIC outreach

6,328 families contacted about the importance of Child and Teen Checkups



Dakota Healthy Families

Dakota County Public Health is the administrative arm and a member of the Dakota Health Families (DHF) program that provides targeted, intensive home visiting to first time parents experiencing high

stress. DHF is part of the Metro Alliance for Healthy Families (MAHF), a collaborative that includes nine counties and one city in the metro region. MAHF is a nationally accredited program and uses the Healthy Families America evidence-based home visiting model.

In 2017, one year old children enrolled had access to preventive health services:

- 100% were connected to primary care provider
- 100% were current on well-child exams
- 96% were fully immunized


2,877 DHF HOME VISITS
213 families

Children achieved milestones for growth and development:

- 97% are within ranges for cognitive and physical growth
- 93% are within average range for behavior/emotional milestones

Elevated Childhood Blood Lead

Elevated blood lead in children during their first years of life can result in learning difficulties, decreased IQ, and behavior problems. Public health staff works with parents, providers, laboratories, and the MN Department of Health to reduce blood levels. Home visits with an environmental health specialist are provided for children who test over 15 mcg/dL. In 2017, the Minnesota Department of Health referred 160 children under the age six with elevated blood lead levels.

Asthma

The asthma program is for children ages 0-18 who are diagnosed with asthma. Families learn about asthma, and how to manage or improve it, by using environmental equipment such as vacuum cleaners, air cleaners, and mattress and pillow encasements. Asthma impacts 10% of Dakota County students.



During 2017, Public Health had a total of forty four asthma clients, eleven of those clients showed a 46% decrease in ER visits and 9% decrease in hospitalizations.

Early Hearing Detection and Intervention; Birth Defects Monitoring and Analysis

Dakota County Public Health partners with the Minnesota Department of Health to provide follow-up and resources to families with a child born with a birth defect or hearing loss. This ensures they are connected with appropriate early intervention, financial, health and community services in the community. In 2017, 45 referrals were received for children identified with hearing loss or perceived hearing loss; 81 referrals received for children diagnosed at birth with a health condition known to impact their life.

Child Passenger Safety

Motor vehicle injuries are a leading cause of death among children in the United States. Public Health provides education and over 600 car seats annually to eligible families who receive medical assistance benefits. Families can receive car seat and education by a home visitor, individual or group education.

Birth to Age Eight Initiative

The Birth to Age 8 Initiative brings essential partners together to assure children reach key developmental milestones from birth to age eight.

VISION:

100% of identified participants meet the state proficiency reading target by spring of third grade and have their families receive the support to succeed.

The members of the initiative include school districts; nonprofits; and Dakota County Community Services, Public Health and Social Services.

The initiative aims to identify more at-risk children and emphasizes the importance of improving academic readiness and outcomes early in life, and breaking the cycle of poverty through greater educational attainment.

In 2017, WIC staff made a total of **383** referrals to the four participating school districts
Of these families,

- ▶ **64%** would not have been contacted by the school without the referral:
- ▶ **54%** were new to the census
- ▶ **10%** needed updated contact information

