

CHISAGO CONNECT

Connecting Your Community, While Protecting Your Health

NEWSLETTER



Public Health
Prevent. Promote. Protect.
Chisago County

THE MONTHLY NEWSLETTER OF CHISAGO COUNTY PUBLIC HEALTH

SEPTEMBER 7, 2022 ISSUE 26

For current updates on Coronavirus (COVID-19) please visit:

[Chisago County COVID-19 Data Dashboard](#)
[Chisago County Public Health Facebook](#)



SEPTEMBER PCOS Awareness Month

Polycystic ovary syndrome (PCOS) is a serious genetic, hormone, metabolic and reproductive disorder that affects women and girls. It is the leading cause of female infertility and a precursor for other serious conditions including obesity, type 2 diabetes, cardiovascular disease and endometrial cancer

The aim of PCOS Awareness Month is to help improve the lives of those affected by PCOS and to help them to overcome their symptoms as well as prevent and reduce their risks for life-threatening related diseases

Ways to observe PCOS Awareness Month

- **Talk to friends** - many people do not feel comfortable speaking up about PCOS. Don't be afraid to verbalize any concerns you may have
- **Check for symptoms** - PCOS symptoms are quite noticeable. If you have experience irregular cycles, excessive adult acne, unwanted hair growth or hair loss, unexpected weight gain, are pre-diabetic or have type 2 diabetes, or fertility issues contact your doctor
- **Talk to your doctor** - if you are experiencing multiple of the symptoms listed above, check with your doctor or endocrinologist for a blood test

Due to the nature of the PCOS, many people do not feel comfortable discussing PCOS, but help and resources are available!

What to know about the new Bivalent COVID-19 booster

As Fall approaches and temperatures drop, we will soon find ourselves spending more time indoors - making it more likely to have close contact with people. COVID-19 and the flu are likely to surge during this time, highlighting the importance of getting vaccinated and/or getting your booster COVID-19 shots and your annual flu shots.

After labor day, a fourth COVID booster vaccine called Bivalent will be available. This vaccine is made to target Omnicron subvariants, which currently account for more than 90% of COVID cases in the US, as well as provide additional immunity to the original SARS-CoV-2 strains. People over the age of 18 and those that are immunocompromised will be eligible to receive the vaccine once roll out begins. However, to be eligible for the bivalent booster, you must have received the original two-shot series. It is also important to ensure that you have received the first booster that is available. All together, these three initial shots provide protection from the original SARS-CoV-2 strain and against death and hospitalizations.

Here are some tips to stay healthy during the upcoming COVID and flu season:

1. If you haven't already, make sure to get your complete original COVID-19 vaccine series
2. Check in with your healthcare provider or local clinic to receive your annual flu shot
3. If you are feeling ill, stay home from work and school
4. If you suspect you have COVID, make sure to take a test (click [HERE](#) for the link to order free at home COVID tests)
5. Make sure to wash your hands and cover your coughs. Masks are also still an option!

For more information regarding the Bivalent booster, click [HERE](#).

Chisago County Public Health will be partnering with MDH to bring additional vaccine clinics to the county. Be on the lookout for additional details next week.

PUBLIC HEALTH HAPPENINGS

- Chisago County Public health will be offering the new Bivalent COVID-19 booster vaccine after labor day by appointment. Be on the lookout regarding dates and times boosters will be available
- Free COVID-19 testing kits are available at either the North Branch Health and Human Services building front desk or the Chisago County Government Center in Center City front desk. One test per family member are available. Kits expire January 2023.
- MDH has approved 21 sponsor applications from Chisago County for the Uniting for Ukraine (U4D) program
- Thursday, October 20th from 11am-2pm Chisago County Operation Community Connect will take place at Chisago Lakes Lutheran Church



PROGRAM SPOTLIGHT

It has been another busy month for SHIP. We just submitted the 2022-2025 SHIP work plan, which includes increasing access and opportunities to Safe Routes to School/walking buses, food shelves, a workplace wellness collaborative, assisting schools in maintaining and updating their tobacco/vaping policies and prevention curriculums, and so much more. We are also prepping to kick-off our Community Leadership Team (CLT) next month to help get feedback and support from the community as we grow together. If the CLT, or workplace wellness collaborative is something you or your organization are interested in please contact Madelyn and Elizabeth to learn more.

Events to look forward to this October include:

- Operation Community Connect: Thursday, October 20th 11am-2pm at Chisago Lakes Lutheran Church
- Age Well Expo: Friday, October 21st 10am-1:30pm at Chisago Lakes High School PAC

To connect with the SHIP team, please email or call:

Elizabeth Stenson –

Elizabeth.stenson@chisagocountymn.gov (612) 476-4785

Madelyn Jensen – Madelyn.jensen@chisagocountymn.gov (651) 302-5456

NEWS AND ANNOUNCEMENTS

- Study shows that excessive drinking cost Minnesotans nearly \$8 billion in 2019. These costs came from loss in productivity, health care costs, and other costs such as those related to criminal justice and motor vehicle crashes. Excessive drinking can individual health, families, communities, and the healthcare system. For more info click [HERE](#)
- MDH released its first-ever MN Maternal Mortality Report. While MN overall maternal mortality rate is much lower than the national average, there are stark disparities present. For example, Black Minnesotans represent 13% of the birthing population yet made up 23% of pregnancy-associated death. American Indian Minnesotans represent 2% of the birthing population yet make up 8% of pregnancy-related deaths. For more statistics and the variety of solutions presented to decrease maternal mortality rates in MN. To view the report click [HERE](#)
- President Biden has created a plan to cancel up to \$10,000 in federal student loan debt for millions of Americans and an additional \$10,000 for low-income borrowers while also extending a pause on monthly payments. Must be making less than \$125,000 to be eligible for loan cancellation. For more info click [HERE](#)

PUBLIC HEALTH RECOGNITION

Ashley Ladroma is the new Disease Prevention and Control Coordinator. Her family recently moved to Chisago county from Iowa, and she is excited to serve her new community in this role. Ashley is a Registered Nurse and has experiences working with individuals across the lifespan in both inpatient and community settings. Her favorite thing about the profession of nursing is that there is always something new to learn!

