

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

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

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



Maternal Mortality in Minnesota

Having a child can be a miraculous moment for many women/birthing people. That is why the death of either a mother or a newborn is so devastating. Maternal mortality is defined as death of either a pregnant women/birthing person or death within 42 days of delivery, miscarriage, termination, or ectopic pregnancy. According to the WHO, in 2017 maternal mortality rates were declining worldwide, yet the US was one of only two countries to report a significant increase in its maternal health ratio (proportion of pregnancies that result in death of the mother) since 2000.

There are a variety of causes for maternal mortality in the US, such as severe bleeding (also called hemorrhage), infections, cardiovascular conditions such as blood pressure issues like preeclampsia, diabetes, and problems with anesthesia. Beginning in the 20th century, there was a focus on improving maternity care in hospitals, but not the same efforts were put into community-based care and racial and ethnic disparities were overlooked.

The racial disparities present are astounding. For example, a Black mother with a college education is at 60% greater risk for a maternal death than a White or Hispanic woman with less than a high school education. Minnesota is not exempt from these statistics. Although maternal mortality rates are lower in MN than in other states, racial disparities still run rampant. For example, American Indian Minnesotans represent 2% of the birthing population yet make up 8% of pregnancy-related deaths. There are also disparities in socioeconomic status. For example, women with Medicaid were more likely to report being treated unfairly by providers due to their insurance status and having less autonomy during labor and delivery than women with private insurance.

You may be asking, what can be done to lower the maternal mortality rate. Some solutions from the Minnesota Maternal Mortality Report include:

- Physicians/health-care personnel gaining an understanding of specific risks women face such as access to treatment (before and after birth), quality of clinical care, and the effects of structural racism.
- Develop standard protocols for treating emergencies that may occur during pregnancy and postpartum
- Systems and facilities should collaborate and utilize doulas and community health workers during pregnancy and postpartum

These are just a few solutions from the immense list of solutions that can address maternal mortality in MN and within the nation as a whole.



Breast Cancer Awareness Month is meant to promote screening and prevention of the disease, which affects 1 in 8 women in the US every year. During the COVID-19 pandemic, many people delayed their regular screening as well as delayed treatment and research progress.

The pandemic also highlighted disparities in breast cancer treatment for rural, low-income, and Black women in the US. For example, Black women are 40% more likely to die from breast cancer than White women.

Here are some ideas and tips on how to spread awareness and to become informed this month:

- **Know your risk** - If possible, get to know your family risk of breast cancer and discuss with your doctor. From this, you and your provider can create a personalized plan to monitor signs of breast cancer
- **Get screened** - for those of average risk, make sure to begin getting mammograms every year starting at age 40
- **Know your normal** - get to know what looks or feels normal for you so you can be aware if something is not right
- **Make healthy lifestyle choices** - living a healthy lifestyle, such as staying active, and limiting alcohol intake, could lower the risk of breast cancer
- **Take action** - take time this month to find a way to spread awareness and/or support organizations that are aiming to spread awareness about breast cancer and treatments

PUBLIC HEALTH HAPPENINGS

- Chisago County Public Health will be offering the Moderna Bivalent COVID-19 booster vaccine for individuals who fit all the following criteria: 18+, completed COVID-19 vaccination series, and 2+ months have passed since last COVID-19 vaccine dose (primary series or most recent booster). Call 651-213-5233 to schedule an appointment
- Chisago County Public Health will be hosting community forums to provide information on how the opioid crisis is impacting Chisago County and information about new funding to tackle these issues. All are welcome to attend. Please note, you do not have to attend all three, but can pick the time/date/location that works best for you!
 - Chisago Lakes Township Hall on Thursday, October 6th from 10-11:30 am
 - North Branch Library on Tuesday, October 11th from 3-4:30 pm
 - Rush City High School on Thursday, October 27 from 4:30-6 pm
- Chisago County Health and Human Services is hosting Operation Community Connect, a one-day community event designed to help community members receive needed services, will take place on Thursday, October 20th from 11am-2pm at the Chisago Lakes Lutheran Church



PROGRAM SPOTLIGHT



Our 2022-2025 SHIP work plan has been approved, 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, prevention curriculums, and so much more. We are also kicking-off our Community Leadership Team (CLT) this 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 month:

- 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 –

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

NEWS AND ANNOUNCEMENTS

- Health officials are concerned about an increase in measles cases in MN. Most cases were children who were unvaccinated. Parents are urged to make sure children are up to date on immunizations. Click [HERE](#) for more info.
- The Biden administration announces more than \$300 million in mental health funding. Much of the funding will be allocated to expanding mental health resources to children in classrooms and hospitals. Click [HERE](#) for more info.
- Calls to suicide lifeline increased 44% in Minnesota since the transition to 998 number. The fact that US suicide rates rose in 2021, reversing two years of decline, highlights the importance of creating mental health resources that are accessible for all. Click [HERE](#) for more info.
- Drinking 2-3 cups of coffee a day may protect you from cardiovascular disease and early death, with ground, caffeinated coffee lowering risk the most according to a new study. Click [HERE](#) for more info.

PUBLIC HEALTH RECOGNITION

Joy Hannan RN, PHN started as the new MCH FHV Nurse in September. She joins Chisago County with a history in Complex Pediatric Home Care, Long-Term Care, and Rehab Transitional Care. She lives in rural Isanti County with her husband. She is a mother of four ages 25 to 16. and looks forward to serving and supporting new mothers and their babies and toddlers. Welcome to Public Health, Joy!

