

CHISAGO CONNECT

Connecting Your Community, While Protecting Your Health

NEWSLETTER

THE MONTHLY NEWSLETTER OF CHISAGO COUNTY PUBLIC HEALTH



April 2023 ISSUE 32

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

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



National Infant Immunization Week April 24th-30th

National Infant Immunization Week (NIIW) highlights the importance of protecting infants and young children from vaccine-preventable diseases. This year, a primary focus is to ensure families stay on track for their children's well-child visits and routinely recommended vaccinations. Although COVID-19 has caused many disruptions in families' lives – and in some cases, it has meant that children have missed or delayed their wellness checkups and vaccination, which are a critical part of ensuring children stay healthy it's not too late to get back on track. The CDC and the American Academy of Pediatrics (AAP) recommend that children stay on track with their well-child appointments and routine vaccinations.



Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death. There is a shared responsibility between families, healthcare professionals, and public health officials to work together to help protect the entire community. If you have any questions about your child's vaccinations, please reach out to Chisago County Public Health.

April: Alcohol Awareness Month

According to our most recent Community Health Assessment 70% of Chisago County residents consider themselves drinkers. Drinking can play a huge impact in your overall health; therefore, it is important to drink in moderation and bring awareness to alcohol dependencies. In honor of this month, I invite you to participate in the following activities to spread awareness.

1. Have an alcohol-free weekend.
 - a. Use this time to try other activities that do not involve drinking. Monitor the symptoms of those around you, if someone is experiencing severe withdrawals, seek medical attention.
2. Start conversations.
 - a. Initiate the conversation others are not willing to talk about.
3. Throw 'clean' parties.
 - a. Host or attend an alcohol-free, healthy party. Try making mocktails or other clean drinks to set an example for others.



Click [here](#) for more information.

Public Health happenings/updates:

- WE ARE HIRING!
 - Spread the word - we are hiring one more MCH Nurse. Application closes April 9th. Click [here](#) to apply and learn more about the position.
- The Opioid Settlement information is now live on the Chisago County Public Health website. Click [here](#) to learn more and apply to be on the Opioid Advisory Council. Applications will close on May 5th, 2023.
- WIC CHANGES: Due to formula supply concerns across the state, Mead Johnson milk-based product substitutes will continue through April 29.
 - Effective August 9th, 2023, Emergency Waivers will end for WIC, however if the Verco Waiver American Rescue Act is approved it could change that to allow for more flexible scheduling.
- COVID VACCINES: Public Health Emergency ending 5/11/23. Commercialization of COVID-19 Vaccines will be coming, and at some point, in the future, vaccines will no longer be free. COVID-19 vaccines will be available through MnVFC. Depending on future funding, they may be available through UUAV.

PROGRAM SPOTLIGHT - SHIP

Safe Routes to School Boost Grants are now open and are due by 5pm on Wednesday, May 17th. Boost Grants support communities with existing Safe Routes to School (SRTS) plans or other comprehensive SRTS approaches, in advancing non-infrastructure strategies for schools that support making it safe, easy, and fun for students to walk and bike to school. Boost Grant details: SRTS Boost Grants - Safe Routes to School - MnDOT (state.mn.us)

Have you identified a gap in healthy eating, lactation support, active living, commercial tobacco-free living or well-being in your community, school, organization or health care setting that you have been unsure how to approach? Contact the Chisago County SHIP team to see how they can provide support.

To connect with the SHIP Team, please email:

Elizabeth Stenson (SHIP Coordinator) – Elizabeth.stenson@chisagocountymn.gov

Mackenzie Halfen (Community Health Specialist) – Mackenzie.halfen@chisagocountymn.gov

PUBLIC HEALTH RECOGNITION

This month we would like to highlight all of the members of our Mobilizing Action Through Partnership and Planning (MAPP) committee who have committed to partnering to improve the health of our community. This month's MAPP meeting highlighted the data compiled from our 2022 Community Health Assessment and now the committee will use the data to implement action in the community.

Our partners include Family Pathways, The Age Well Coalition, Central MN Council on Aging, North Branch Area Public Schools, BlueCross BlueShield, Chisago Lakes School District, Rush City School District, North Branch Police Department, Chisago Lakes Police Department, Chisago County Sheriff's Office, Lakes Region EMS, St. Croix Health, M Health Fairview, Lakes and Pines, The Statewide Health Improvement Partnership, and Monarch Healthcare.

