PUBLIC HEALTH NURSES: Using Nursing Practice to Improve the Health of All Vermonters

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Chief of Public Health Nursing
Vermont Department of Health
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Objectives

- What is a Public Health Nurse?
- Describe public health nursing at the Vermont Department of Health
8 Principles*

- The client is the population
- Primary obligation is to achieve the greatest good for the greatest number of people.
- Processes' used include working with the client as an equal partner.
- Primary prevention is the priority.
- Focus is on strategies that create healthy environmental, social, and economic conditions in which populations thrive.
- Obligated to reach out to all that might benefit from an activity or service.
- Optimal use of resources to assure the best improvement in the health of the population.
- Collaboration with others is the most effective way to promote and protect the health of the people.

*American Nurses Association, Scope & Standards of Practice Public Health Nursing
Core Functions/Essential Services of Public Health & the Nursing Process
Public Health Nursing in Vermont

- 71 PHN’s working at VDH.
- 55 in the 12 District Offices.

- 12 District Offices – total of
  - Barre
  - Bennington
  - Brattleboro
  - Burlington
  - Middlebury
  - Morrisville
  - Newport
  - Rutland
  - St. Albans
  - St. Johnsbury
  - Springfield
  - White River Junction
• Vermont Prevention Model
  • Individual, Relationships, Organizations, Community, Policies and System.

• Results are often seen over years rather than days or months.

• Evidenced Based practice
Weight & Income
% of obese adults age 20+, by Federal Poverty Level - 2010

- Lower income
- Greater income

<table>
<thead>
<tr>
<th>Poverty Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 1.5 times poverty level</td>
<td>33%</td>
</tr>
<tr>
<td>1.5 - 2.5 times poverty level</td>
<td>29%</td>
</tr>
<tr>
<td>2.5 - 3.5 times poverty level</td>
<td>19%</td>
</tr>
<tr>
<td>&gt; 3.5 times poverty level</td>
<td>20%</td>
</tr>
</tbody>
</table>

Weight & Chronic Disease
In 2010, % of adults who report being obese, among those who have —

- Diabetes: 62%
- Heart Disease / Stroke: 44%
- Hypertension: 44%
- Asthma: 35%
- Arthritis: 30%
- Depression: 44%
- Inadequate physical activity (does not meet recommendations): 32%

Who is at Risk?
Obesity affects people of all racial and ethnic backgrounds, income and education levels. In Vermont, the highest rates are among those people who have lower incomes.

The Problem with Food Insecurity
Food insecurity means not having enough food to eat and not having enough money to buy food. Adults who do not have food security must often compromise quality for quantity, buying less nutritious and higher-calorie, but lower-cost foods for themselves and their families.

A Growing Trend toward Obesity
Vermonters, like other Americans, are growing more overweight — a trend that holds true for both adults and children. Obesity is a complex, multi-faceted condition but, simply stated, is the result of eating too much and moving too little.

After Smoking, Obesity is #2 Real Killer
The terms ‘overweight’ and ‘obese’ describe weight ranges that are above what is medically considered to be healthy. Being overweight or obese greatly increases a person’s risk for many serious health conditions, including high blood pressure, high cholesterol, Type 2 diabetes, heart disease and stroke, gallbladder disease, osteoarthritis, sleep apnea and some cancers.

Eat More Colors!
A healthy diet includes five servings of fruit and vegetables every day. Vermont youth of racial or ethnic minority groups are more likely to eat at least five servings (31%), compared to white non-Hispanic youth (24%).
**Nutrition and Weight Status**

**Percent of adults (20+) who are obese (BRFSS, 2008-2010)**

*This is a Healthy Vermonters 2020 objective*

### District / State

<table>
<thead>
<tr>
<th>District / State</th>
<th>% Obese</th>
<th>Statistically compared to state</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burlington</td>
<td>26</td>
<td>Better</td>
</tr>
<tr>
<td>Bennington</td>
<td>23</td>
<td>Same</td>
</tr>
<tr>
<td>White River Junction</td>
<td>23</td>
<td>Same</td>
</tr>
<tr>
<td>Rutland</td>
<td>26</td>
<td>Same</td>
</tr>
<tr>
<td>Springfield</td>
<td>26</td>
<td>Same</td>
</tr>
<tr>
<td>Newport</td>
<td>31</td>
<td>Worse</td>
</tr>
<tr>
<td>St. Johnsbury</td>
<td>23</td>
<td>Same</td>
</tr>
<tr>
<td>Barre</td>
<td>24</td>
<td>Same</td>
</tr>
<tr>
<td>Brattleboro</td>
<td>26</td>
<td>Same</td>
</tr>
<tr>
<td>St. Albans</td>
<td>28</td>
<td>Worse</td>
</tr>
<tr>
<td>Middlebury</td>
<td>24</td>
<td>Same</td>
</tr>
<tr>
<td>Montpelier</td>
<td>23</td>
<td>Same</td>
</tr>
<tr>
<td>Vermont</td>
<td>25</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**Using this webpage**

This webpage is interactive. To sort, click table column headings. To display data on the TREND chart, select the table, map, or legend (ctrl-click for multiple selections). To watch a slideshow of changes over time, click Play on the TREND slider bar below. To view by a different geography, choose below the LEGEND.

**About this indicator**

In adults, obesity is categorized as a Body Mass Index (BMI) of 30 or greater. BMI is calculated from two questions: “About how much do you weigh without clothes?” and, “About how tall are you without shoes?” For more information, please see Data Notes.

**LEGEND - Districts**

- Better
- Same
- Worse
- N/A
Let’s All Come to the Table

Dinner for All!
Donations greatly appreciated

Short Film & Discussion
HBO’s “Weight of the Nation”
As Milton grows, how does community design affect our health & wellbeing?
What will Milton’s next 250 years look like?
Screenings @ 4:30pm & 6pm

14 JAN 2013
Milton Elementary/Middle School Cafeteria • 4-7 PM
www.mtsd-vt.org
802.893.3215 x1164
Obesity is a complex problem demands solutions on many levels.

Here's what we're doing with schools

- Encouraging practices that support a healthy food environment and requires 30 minutes of physical activity be offered to every student every school day.
- Providing funds to establish Farm to School programs.
- Providing incentives for schools to adopt strong wellness policies and recognizing them for their efforts through the annual Fit & Healthy School Wellness Awards.
- Partnering with the Department of Education on guidance materials such as the VT Nutrition and Fitness Policy Guidelines.
- Collaborating with partners to promote Safe Routes to School.
- Providing School Liaisons across the state that support schools directly in achieving a coordinated school health approach towards health and education.

Results

- Stronger school wellness policies implemented and aligned with the VT Nutrition and Fitness Policy Guidelines.
- Three new schools are participating in the Farm to School program. Over 200 schools statewide are involved with Farm to School related activities.
- Four additional school regions are working to develop more Farm to School programming in their areas.
- Nearly 50 schools across 12 counties are participating in Safe Routes to School.

What you can do:

1. Place all foods on campus under direction of Food Service staff.
   - Includes a-la-carte foods, school stores, vending machines, concession stands, bake sales and fund raisers.
   - Eliminates unhealthy foods competing with school meals program.
2. Require schools to offer 30 minutes of physical activity daily.
   - Does not include time spent in physical education class.
   - Achieved through before and after school programs, daily recess and in-class activity breaks.
   - Currently seven states have laws requiring daily physical activity.
3. Eliminate sugary drinks and provide free drinking water all day.
   - Includes sports drinks, sodas, juices and other sugar-sweetened beverages.
   - Sugary drinks are the single biggest source of calories in the American diet.
4. Establish a Closed Campus policy.
   - Open campuses allow students to run to the nearest fast food chain or convenience store.
5. Remove marketing of junk food.
   - Marketing of unhealthy foods to children negatively influences their food choices.
   - Schools should market healthy foods and promote their school meals program.

Obesity is the second leading cause of preventable death in Vermont. With your help, we have a winnable battle.
Goals and Progress

• Long term (years)
• Short term (specific areas may be measurable)
  o Agency Improvement Model (AIM) project in Bennington District Office in 2012.
    • Change Issues Identified: The dollar redemption percentage for the WIC Fruit and Vegetable Card has been historically low in Bennington County.
    • Demonstrate utilization of the fruit and vegetable card by 50% of our targeted population in the months following our intervention.
    • The change team developed a script for a reminder phone call that addressed two possible scenarios: leaving a scripted message on an answering machine or voice mail; actually speaking with the client.
% Using the WIC fruit & vegetable card

June July August September

PDSA #1

PDSA #2

PDSA #3

PDSA #4
2012 Pertussis Epidemic & VDH
Tdap Clinic Day
<table>
<thead>
<tr>
<th>Pertussis cases in Vermont, 2012</th>
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</thead>
<tbody>
<tr>
<td>Pertussis confirmed cases reported in 2012</td>
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<tr>
<td>Pertussis confirmed cases reported in 2011</td>
</tr>
<tr>
<td>Age group with highest confirmed case count</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Confirmed cases by County, 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addison</td>
</tr>
<tr>
<td>Bennington</td>
</tr>
<tr>
<td>Caledonia</td>
</tr>
<tr>
<td>Chittenden</td>
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<tr>
<td>Essex</td>
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<tr>
<td>Franklin</td>
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<tr>
<td>Grand Isle</td>
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<tr>
<td>Lamoille</td>
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<tr>
<td>Orange</td>
</tr>
<tr>
<td>Orleans</td>
</tr>
<tr>
<td>Rutland</td>
</tr>
<tr>
<td>Washington</td>
</tr>
<tr>
<td>Windham</td>
</tr>
<tr>
<td>Windsor</td>
</tr>
</tbody>
</table>
Number of Confirmed Pertussis Cases‡ Reported in VT by Notification Week 2011 vs. 2012 vs. 2013 YTD (1/26/13)

- Change in case surveillance procedures, Dec 17th
- Vermont Tdap day, Dec 19th

‡Case counts may change over time as investigations continue to be closed
VDH in Action

- Discussion with Primary Care Providers:
  - Algorithm
- School Nurses:
  - Communication with parents, entry into school immunizations.
- Develop Materials for Public:
  - Focus on child care centers, new parents or parents to be and close contacts of infants.
- Tdap Immunization by VDH
FREE Adult Tdap Vaccinations

PERTUSSIS (Whooping Cough) IS SPREADING IN OUR COMMUNITY

To protect yourself and the babies around you, get vaccinated against Pertussis

Pertussis (whooping cough) is a serious disease for babies. Adults and older children can spread pertussis to babies. Pertussis is very contagious. It can cause serious illness and even death. Most infants who get the disease must be hospitalized.

The St. Albans District Office is offering FREE vaccinations for adults and children 11 years of age and older.

FREE Adult Pertussis Vaccination Clinics

Dec. 19 • Wednesday
10:00 a.m. – 6:00 p.m.

Vermont Department of Health
St. Albans District Office
20 Houghton Street, Suite 312
St. Albans, VT 05478-22451
802-524-7970

No appointment necessary
<table>
<thead>
<tr>
<th>Location</th>
<th>Doses Administered</th>
<th>Population in DO catchment</th>
<th>Vax per capita 1,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Albans</td>
<td>300</td>
<td>55,938</td>
<td>5.36</td>
</tr>
<tr>
<td>Burlington</td>
<td>685</td>
<td>150,069</td>
<td>4.56</td>
</tr>
<tr>
<td>Middlebury</td>
<td>333</td>
<td>37,057</td>
<td>8.99</td>
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<tr>
<td>Rutland</td>
<td>379</td>
<td>63,641</td>
<td>5.96</td>
</tr>
<tr>
<td>Bennington</td>
<td>187</td>
<td>36,929</td>
<td>5.06</td>
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<tr>
<td>Brattleboro</td>
<td>226</td>
<td>36,066</td>
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<td>Springfield</td>
<td>177</td>
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<td>52,786</td>
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<td>29,989</td>
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<tr>
<td>Morrisville</td>
<td>235</td>
<td>30,796</td>
<td>7.63</td>
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<tr>
<td>Barre</td>
<td>343</td>
<td>66,633</td>
<td>5.15</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3269</strong></td>
<td><strong>624,908</strong></td>
<td><strong>5.15</strong></td>
</tr>
</tbody>
</table>
Questions?

Thank you!