

CHISAGO CONNECT

Connecting Your Community, While Protecting Your Health

NEWSLETTER

THE MONTHLY NEWSLETTER OF CHISAGO COUNTY PUBLIC HEALTH



March 2023 ISSUE 31

For current updates on Coronavirus (COVID-19) please visit:
[Chisago County COVID-19 Data Dashboard](#)
[Chisago County Public Health Facebook](#)



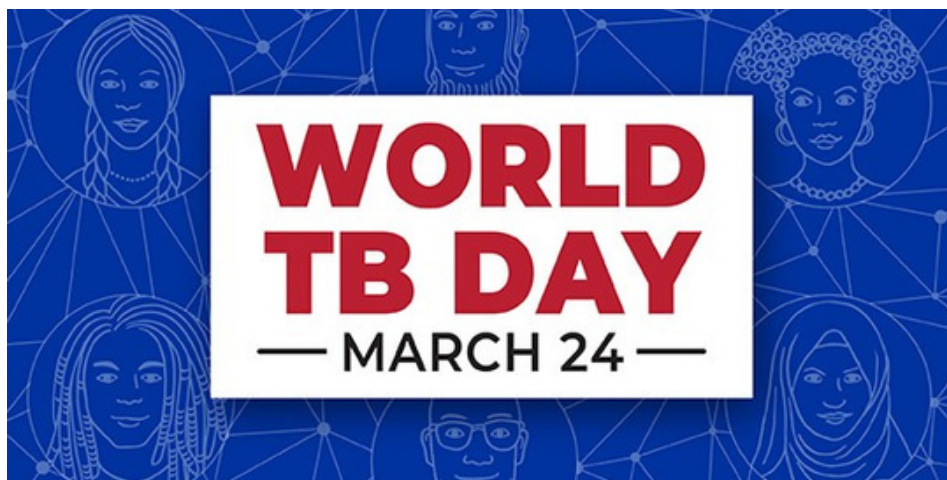
WORLD TB (Tuberculosis) DAY

March 24 is #WorldTBDay, marking the day in 1882 when Dr. Robert Koch announced the discovery of the bacteria that cause tuberculosis (TB). Dr. Koch's discovery was the most important step taken toward the prevention and control of this deadly disease.

TB is not a historical disease, but one that is still present throughout the world today, even in Minnesota!

Clinicians, health care agencies, and community organizations, especially those serving populations at risk, have a critical role in TB elimination and it starts with recognition!

1. Think 2. Test 3. Treat TB.



Click [HERE](#) to learn how new tests, shorter treatment regimens, and a focus on latent TB infection will help end TB in the U.S.

March: National Nutrition Month

It is never too late to rethink how your nutrition can help you fuel your future. This month is all about learning to make educated decisions about what you eat and developing healthy choices around your physical and nutritional habits. Each week this month I challenge you to one of these nutritional milestones.

1. Eat with the environment in mind.
2. See a Registered Dietitian Nutritionist (RDN).
3. Stay nourished and save money.
4. Eat a variety of foods from all food groups.
5. Make tasty foods at home.

Click [HERE](#) to check out The Academy of Nutrition and Dietetics toolkit about how to eat right with kids, on a budget and so much more.



Public Health happenings/updates:

- Our March 2nd MAPP meeting has been rescheduled to March 29th, from 1-3pm. During this time, we will be reviewing the data from the Community Health Assessment and analyzing the effects in our community. Stay tuned for a full report of that data.
- The Opioid Settlement information tab has been approved by the board to be put on the Chisago County website and will be live by the end of the month along with applications of the Opioid Advisory Council. Stay tuned for more information.
- 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.
- Maternal and Child Health: MCH is starting their first Mothers and Babies group on Monday, March 6th. The group will be held at Options for Women on Mondays from 9:30 -11:30am and childcare will be provided. This group will be six sessions and participants will learn stress management techniques and ways to decrease anxiety and depression. We are hoping to limit the group to 6 participants as this is our pilot group. We ask anyone interested to RSVP so that we can plan for food, materials, and childcare.

PROGRAM SPOTLIGHT - SHIP



The Statewide Health Improvement Partnership is excited to announce the SHIP Story Map to explore how SHIP makes a difference for everyone by creating opportunities for health and well-being in your community: Statewide Health Improvement Partnership (SHIP) (arcgis.com). We have also revamped the Chisago County SHIP website, please click [HERE](#) for more information.

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

With it being National Nutrition Month, we want to highlight our very own Chisago County Public Health Dietitian, Sarah Pramann. Sarah is a Licensed Registered Dietitian; she completed her undergrad at The University of Wisconsin-Stevens Point and completed her Dietetic Internship through Adagio Health in Pittsburgh, PA. She started working for The Hennepin County WIC Program in 2013 and in 2015 she joined the Chisago County WIC Program. She loves teaching others how to live their best life and believes that each of us has the power to heal ourselves with foods. She is also a huge advocate of whole food, plant-based eating. She likes to quote Michael Pollan, "Eat food. Not too much. Mostly plants."

As a dietitian, she provides education on nutrition and lactation. Some of these educational presentations include the middle school health fairs and the Veteran's coffee chats. If your organization is in need of a nutrition speaker, please contact Chisago County Public Health for more information.

