

Public Health Update

FEBRUARY 14, 2023, VOLUME 7, ISSUE 2



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February is American Heart Month

- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.
- **One person dies every 34 seconds** in the United States from cardiovascular disease.
- About **697,000 people in the United States** died from heart disease in 2020—that's **1 in every 5 deaths**.

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including: diabetes, overweight and obesity, unhealthy diet, physical inactivity, and excessive alcohol use.

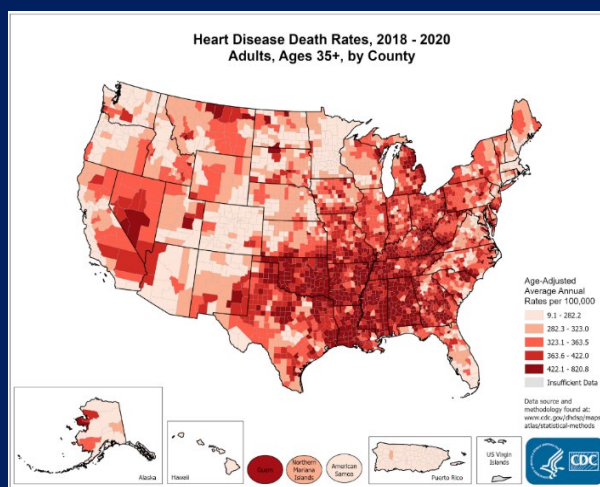
Public Health Clinic Days & Hours:

Tuesday

Park Falls Office
8am - 12pm
1pm - 4:30pm

Wednesday & Thursday

Phillips Office
8am - 12pm
1pm - 4:30pm



Per the CDC, the average estimated heart disease death rate for All Races/Ethnicities, All Genders, Ages 35+ for 2018-2020:

Price County: 343.3 Age-Standardized Rate per 100,000.

Wisconsin Average: 309.8 Age-Standardized Rate per 100,000.

National Average: 319.5 Age-Standardized Rate per 100,000.

Prevent Heart Disease & Live a Healthy Lifestyle

- 🏃 Exercise Regularly
- 🍎 Eat Healthy Foods
- 🏋️ Aim for a Healthy Weight
- 🍷 Limit Alcohol
- 🚭 Quit Smoking & Tobacco Products
- 🛌 Reduce Stress & Improve Sleep

Addressing Risk Factors within Price County

Here is a further look at how the risk factors for heart disease rate among Price County Residents:



HIGH BLOOD PRESSURE

28.8% of Price County adults are diagnosed with hypertension.

Source: Center for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion



DIABETES

8% of Price County adults are diagnosed with diabetes.

Source: Centers for Disease Control and Prevention Diabetes Data and Statistics, 2019



OVERWEIGHT AND OBESITY

38% of Price County adults are obese.

Source: 2022 County Health Rankings



UNHEALTHY DIET

62.22% of Price County residents believe not everyone knows how to eat healthy or has the skills to prepare healthy food.

Source: 2021 Community Needs Survey



PHYSICAL INACTIVITY

26% of Price County residents age 20 and over report they have no leisure-time physical activity.

Source: 2022 County Health Rankings



EXCESSIVE ALCOHOL USE

25% of Price County adults report binge or heavy drinking.

Source: 2022 County Health Rankings



SMOKING

20% of Price County adults are current cigarette smokers.

Source: 2022 County Health Rankings

Every three years, Price County Public Health participates in a Community Health Improvement Plan to prioritize and address health issues that most closely affect our community. Many of the health issues listed above are included in this plan.

To see how these and other important health issues are being addressed in our area, check out the [2022-2024 Price County Health Improvement Plan](#) on the Price County Website.



DHS Announces Immunization Updates for Children in Child Care Centers & Schools

The Wisconsin Department of Health Services (DHS) has announced [updates to the immunizations needed for children in child care centers and schools](#). These changes will go into effect for child care centers beginning February 1, 2023, and for school-age children at the start of the 2023-2024 school year.

Changes Include:

- Changing the grade at which the [Tdap](#) (tetanus, diphtheria, and acellular pertussis vaccine) is required to the start of seventh grade. Previously this vaccine was required at the start of sixth grade. This change is to better align with the recommended age (age 11) at which children should receive the vaccine.
- Adding Meningitis Vaccine ([MenACWY-containing vaccine](#)) to the requirements for students entering seventh grade, and a booster dose for eligible students entering 12th grade.
- Permitting exceptions to the varicella (chickenpox) vaccine requirement for child care centers and schools only if the child's case has been confirmed by a qualified health care provider. Parental confirmation is no longer accepted, however existing exemption options still apply.
- Updating the definitions of "substantial outbreak" for both child care centers and schools by revising to align with CDC definitions and to add chickenpox and meningococcal disease to the definitions.
- Requiring schools to provide reports of vaccine compliance and disease outbreaks to DHS in addition to the previously existing requirement to report to local health departments.
- Removing outdated provisions relating to the 2008-2009 phase-in of Tdap and varicella vaccines.

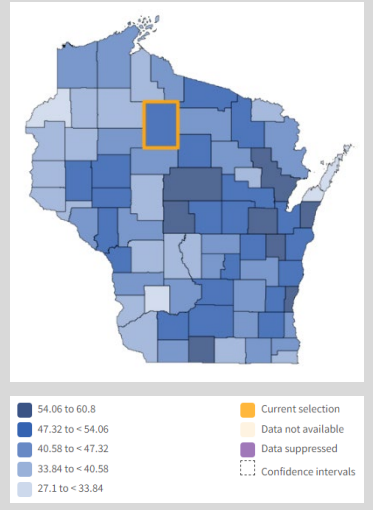
What has not changed:

- The updated requirements leave in place the already established list of required vaccinations.
- The existing exemption options for medical, religious, or philosophical reasons are still available.
- Seasonal flu vaccination or COVID-19 vaccination are not required, but remain strongly recommended.

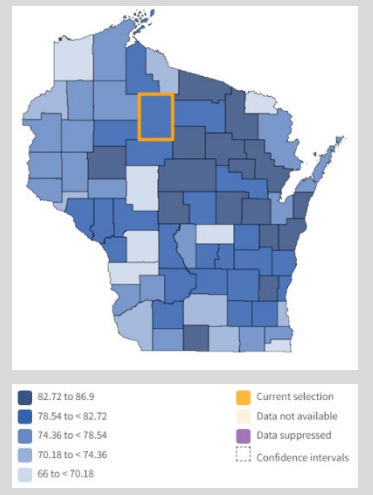
Parents and guardians can call 211 with help finding a local provider or clinic, or [Vaccines for Children program](#) provider. The Vaccines for Children program provides no or low-cost vaccines for those who are eligible.

Price County Public Health will be providing school vaccine clinics for Tdap and Meningitis in the Spring of 2023. These clinics will be offered at the Chequamegon, Phillips, and Prentice School Districts. Stay tuned for more information and clinic dates!

49.6% of Price County 17-18 year olds have completed the MenACWY (meningitis) Vaccination Series.



82.1% of Price County 13-18 year olds have received the Tdap Vaccination.



Are you up to date with your vaccines?

You can access the Wisconsin Immunization Registry (WIR) to look up your record.
www.dhs.wisconsin.gov/immunization/wir.htm



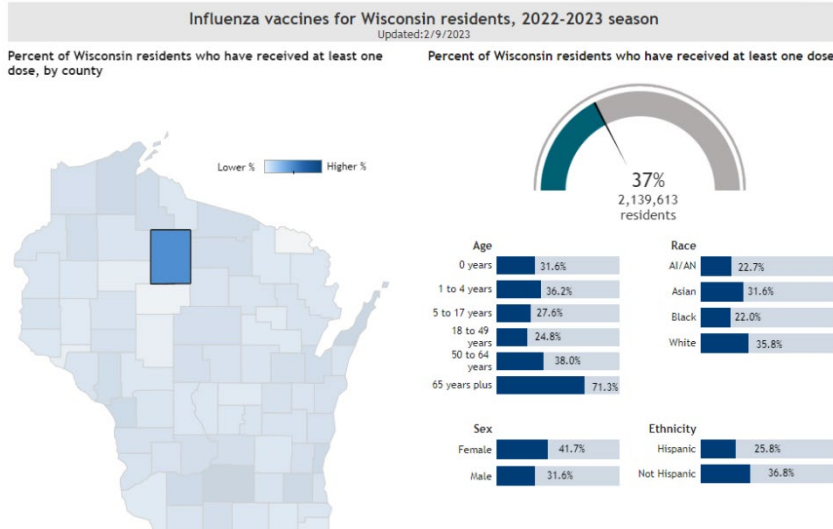
Flu Shots are Available

34.4% of all residents in PRICE County received at least one dose of influenza this season.

Total Price County Population: 13,907

Price County Public Health continues to provide flu shots at both our Phillips and Park Falls Offices.

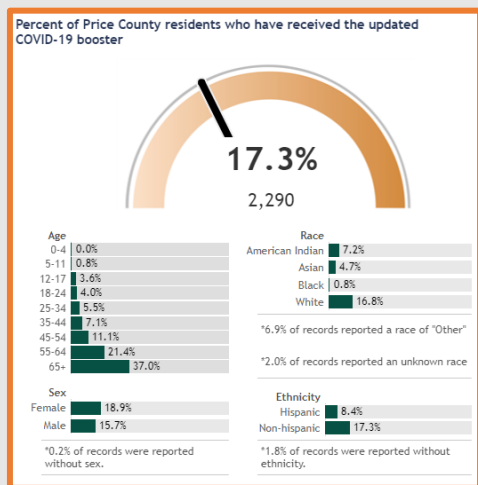
Call us to schedule your vaccination appointment. 715-339-3954



COVID-19 Update

Price County Public Health has COVID-19 vaccines available for individuals 6 months and older.

If it has been 2 months since your last primary or booster dose, you may be eligible for the Bivalent Booster Dose.



What is a Bivalent COVID-19 Booster?

The bivalent vaccine is designed to protect against two different variants of COVID-19.

Why should I get a Bivalent Booster?

Getting the updated bivalent booster can help restore protection that has decreased since your previous vaccination and provide broader protection against newer variants.

Call 715-339-3054 to schedule an appointment for your COVID vaccination.

PUBLIC HEALTH MAIN OFFICE

104S. Eyder Avenue
 Phillips, WI 54555
 715-339-3054

PARK FALLS OFFICE

698 4th Avenue South
 Park Falls, WI 54552
 715-762-3125

MAILING ADDRESS

P.O. Box 88
 Phillips, WI 54555

FAX NUMBER

715-339-4018

WEBSITE

www.co.price.wi.us

Now Offering **2 Free** Testing Kits per Month



Have **10** free COVID-19 at-home tests sent directly to your door.

SayYesCovidHomeTest.org



Help further reduce COVID-19 spread by testing at home and getting your results in minutes. Free at-home test kits are available at these locations:

- Price County Public Health Offices
- SAY YES! Covid Test Website

IF YOU TEST POSITIVE: Stay home for at least five full days and isolate from other people in your home. Day 0 is the first daysymptoms began or the day that your positive COVID-19 test was taken (if you do not have symptoms).