



# Eau Claire City-County Health Department

## KATE KENSMOE

## PRECEPTORSHIP SPRING 2020

### OVERVIEW



Eau Claire City-County Health Department is one of the two health departments that are funded by both the city and the county. I was under the Policy and Systems division and this division gave me a range of experiences. To the left are some of the awesome people I got to work with!



### ADULT HEALTH ASSESSMENT

I completed a rural adult health assessment throughout the Eau Claire County to see the areas where they need to improve. I compared and assessed the data through the ALICE report, the Census, and County Health Rankings. I found that a lot of older adults struggle with housing, falls, and insurance.



### SOCIAL MEDIA

For the majority of my preceptorship I did a lot of media work. I created press releases, articles for newspapers, and social media for the health department. A couple examples of the work I did are below in the yellow section.



### COVID-19

During the COVID-19 pandemic, I worked on multiple social media posts for the health department. I also did a lot of work with phone triage and addressing the public's concerns. It was a great experience working at a health department while a pandemic was happening!



### HEALTHY COMMUNITIES

I worked a lot with Healthy Communities and their various action teams. I helped plan for the celebration that takes place every year and created a video of the action teams accomplishments. I also evaluated their survey and created more questions to elicit better responses.

#### Let's Have a Heart to Heart about High Blood Pressure

Eau Claire, WI, May, 8, 2020 - In Eau Claire County, 1 in 5 adults have high blood pressure (Behavioral Risk Factor Surveillance System). High blood pressure can be known as hypertension or the "silent killer" because it has no symptoms until after it does damage to the heart. Nearly half of those with high blood pressure, do not know that they have it. High blood pressure can lead to a heart attack, stroke, or other serious health problems. So, it is important to know if you have it and what you can do to manage it.

"Having high blood pressure increases your risk for both heart disease and stroke. You can improve your blood pressure numbers today by taking small steps to improve your life. Eating a healthier diet and being more active are great steps to improve your health," says Janessa Vandenberg, Community Health Educator. Although there is not a cure for high blood pressure, there are many ways that you can manage it. Some examples are:

- Increase the amount of fruits and vegetables in your diet
- Limit salt and alcohol
- Manage your stress
- Take your medications
- Maintain a healthy weight
- Go for 30-minute walks



Getting your blood pressure checked is very simple and it only takes a few minutes. If you are not at your doctor's office, there are places you can get your blood pressure checked for free. Some places that are available in Eau Claire County are:

- City of Eau Claire fire station
  - o Anyone can stop by a fire station between the hours of 7:30 AM - 7:30 PM.
  - o For more information: [www.eauclairewi.gov/services/blood-pressure-checks](http://www.eauclairewi.gov/services/blood-pressure-checks)
- Pharmacy
  - o You can also ask about getting your blood pressure checked at your pharmacy.
- Augusta Community and Senior Center
  - o 628 W. Washington Street, Augusta, WI
  - o 2nd Tuesday of every month from 10:00 AM - 12:00 PM
- Falchig Senior Living Apartments
  - o 322 North Street, Falchig, WI
  - o 4th Friday of every month from 9:00 AM - 10:00 AM

May is High Blood Pressure Education Month. To learn more, visit [www.heart.org/hspress](http://www.heart.org/hspress)

### VIRUSES DON'T DISCRIMINATE

#### AND NEITHER SHOULD WE

Stigma and discrimination will not fight COVID-19. Sharing accurate information and knowing the facts will.

### FEDERAL TOBACCO 21 LAW KEY FACTS

THE LAW MAKES IT ILLEGAL FOR RETAILERS TO SELL TOBACCO PRODUCTS TO ANYONE UNDER 21

21 YEAR OLDS ARE LESS LIKELY TO PROVIDE TOBACCO PRODUCTS TO HIGH SCHOOL STUDENTS

WHY?

80% OF ADULT SMOKERS STARTED BEFORE THEY TURNED 18 AND NEARLY 90% STARTED BEFORE THE AGE OF 21

THE FEDERAL LAW IS EFFECTIVE NOW

WISCONSIN RETAILERS MUST IMMEDIATELY COMPLY WITH THE FEDERAL LAW

### DON'T LEAVE YOUR PETS IN THE CAR!



AFTER TEN MINUTES...



OUTSIDE

70°

85°

90°



IN THE CAR

90°

102°

109°



EVEN IN THE SHADE CAR TEMPERATURES CAN INCREASE



ANIMALS CAN DIE OF A HEATSTROKE WITHIN 15 MINUTES



A CAR CAN STILL OVERHEAT WITH THE WINDOWS CRACKED OPEN