

ROCK COUNTY BOARD OF HEALTH
WEDNESDAY, JANUARY 7, 2015 – 6:00 P.M.
HEALTH DEPARTMENT – 3328 N. U.S. HIGHWAY 51
JANESVILLE, WI 53545
(ACROSS FROM SPORTSMAN'S PARK)

AGENDA

1. Call to Order
2. Adopt Agenda
3. Approval of Minutes – December 3, 2014
4. Citizen Participation
5. Unfinished Business
6. New Business
 - A. 208 Water Quality Plan/Public Health Ordinance Change
 - B. Administrative Division
 - (1) Approval of Bills/Transfer of Funds/Encumbrances
 - (2) Health Department Report
 - C. Public Health Nursing
 - (1) TB Skin Testing Overview
 - D. Environmental Health
 - (1) No Report
7. Communications and Announcements
8. Adjournment

If you are unable to attend the Board of Health meeting, **please** contact the Public Health Department (757-5442) or Ms. Kraft at (608) 751-6249. Thank you.

ROCK COUNTY HEALTH DEPARTMENT
LIST OF BILLS FOR 1/7/15 BOARD OF HEALTH MEETING

<u>Account No.</u>	<u>Vendor Name</u>	<u>Item(s) Description</u>	<u>\$ Amount</u>
<u>Rx Drug Collection Grant</u>			
31-3002-0000-64900	Grainger	10 of 30-gallon fiberboard drums	363.20
<u>Community Transformation Grant</u>			
31-3161-0000-63110	Beloit Schools	Active classroom supplies	499.04
<u>Health Dept. Budget</u>			
62119	LB Med Waste Janesville Animal Medical Center	sharps & medwaste disposal	51.75
		bat rabies specimen preparation	25.00
64000	March of Dimes Crucell Vaccines GlaxoSmithKline Merck Control Company Crucell Vaccines GlaxoSmithKline Shopko	breastfeeding info in English & Spanish 20 packs of oral typhoid vaccine adult hep-B vaccine less credit 50 doses pneumonia vaccine calibration/certification of 3 vaccine storage thermometers 15 packs of oral typhoid vaccine hep-A & hep-B vaccines client incentives	175.50 680.00 494.24 3,245.66 76.00 510.00 1,240.80 1,327.69
64010	Culligan North Central Labs	12/14 deionizer rent & tank replacement replacement lamp for UV light	175.00 55.18
64604	POC Network/ Transact	Medicare Part B transaction fees	126.00
64904	Menards	client incentives	1,856.86

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
31-3000-0000-62119	OTHER SERVICES				
		P1400024	11/21/2014	JANESVILLE ANIMAL MEDICAL CENT	25.00
		P1400026	12/11/2014	LB MEDWASTE SERVICES	51.75
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	4,500.00	1,726.91	0.00	76.75	2,696.34
31-3000-0000-64000	MEDICAL SUPPLIES				
			10/29/2014	GLAXOSMITHKLINE PHARMACEUTICA	(895.36)
		P1400011	10/06/2014	GLAXOSMITHKLINE PHARMACEUTICA	2,630.40
		P1400013	12/05/2014	CRUCCELL VACCINES INC	1,190.00
		P1400016	10/15/2014	MERCK AND CO INC	3,245.66
		P1400018	11/21/2014	SHOPKO INC #130	1,327.69
		P1403705	11/24/2014	MARCH OF DIMES	175.50
		P1403729	12/08/2014	CONTROL COMPANY	76.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	155,000.00	133,820.84	63,655.98	7,749.89	(50,226.71)
31-3000-0000-64010	LAB SUPPLIES				
		P1400014	11/24/2014	NORTH CENTRAL LABORATORIES OF	55.18
		P1400021	11/25/2014	CULLIGAN WATER CONDITIONING IN	175.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	12,500.00	7,031.09	0.00	230.18	5,238.73
31-3000-0000-64604	PROGRAM EXPENSE				
		P1401180	11/30/2014	POC NETWORK TECHNOLOGIES INC	126.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	1,500.00	724.50	0.00	126.00	649.50
31-3000-0000-64904	SUNDRY EXPENSE				
		P1400022	12/10/2014	MENARDS	1,856.86
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	5,000.00	1,386.55	1,336.00	1,856.86	420.59
HEALTH DEPARTMENT PROG TOTAL				10,039.68	
31-3002-0000-64900	OTHER SUPPL/EXP				
		P1400010	11/14/2014	GRAINGER	363.20
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	4,500.00	1,914.45	363.20	363.20	1,859.15
PRESCRIPTION DRUG COLLECTION PROG TOTAL				363.20	
31-3161-0000-63110	ADMIN.EXPENSE				
		P1403698	11/04/2014	SCHOOL DISTRICT OF BELOIT	499.04

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt	
	Budget		YTD Exp	YTD Enc	Pending	Closing Balance
	466,036.00		454,568.80	375.98	499.04	10,592.18
COMMUNITY TRANSFORMATION GRANT PROG TOTAL					499.04	

I have examined the preceding bills and encumbrances in the total amount of **\$10,901.92**

Claims covering the items are proper and have been previously funded. These items are to be treated as follows:

- A. Bills and encumbrances over \$10,000 referred to the Finance Committee and County Board.
- B. Bills under \$10,000 to be paid.
- C. Encumbrances under \$10,000 to be paid upon acceptance by the Department Head.

Date: **JAN 07 2015**

Dept Head _____

Committee Chair _____

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
31-3000-0000-64010	LAB SUPPLIES	P1500015	01/01/2015	WISCONSIN STATE LABORATORY OF	480.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	12,500.00	0.00	0.00	480.00	12,020.00
HEALTH DEPARTMENT PROG TOTAL				480.00	

I have examined the preceding bills and encumbrances in the total amount of **\$480.00**

Claims covering the items are proper and have been previously funded. These items are to be treated as follows:

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Date: **JAN 07 2015**

Dept Head _____

Committee Chair _____

Rock County Transfer Request - Over \$1,000

TO: FINANCE DIRECTOR Date 12/22/14 Transfer No. 14-125
 Requested By Public Health Department Karen Cain, Health Officer Department Head

FROM:	AMOUNT	TO:	AMOUNT
Account #: 31-3000-0000-61610 Description: Health Insurance Current Balance: \$42,892	\$3,000	Account #: 31-3000-0000-67130 Description: Terminals/PC's	\$5,530
Account #: 31-3000-0000-61510 Description: Retirement Current Balance: \$22,337	\$2,530	Account #: Description:	
Account #: Description: Current Balance:		Account #: Description:	
Account #: Description: Current Balance:		Account #: Description:	

REASON FUNDS ARE AVAILABLE FOR TRANSFER - BE SPECIFIC

There have been several staff vacancies at the health department in 2014; therefore, funds are available in both Health Insurance and Retirement to be transferred to Terminals/PC's.

REASON TRANSFER IS NECESSARY - BE SPECIFIC

This computer equipment had been part of the 2015 Health Department Budget request; however, the county administrator stated this equipment should be paid for out of the 2014 Health Department Budget. This transfer of funds request is to cover the cost of the computer equipment.

FISCAL NOTE:

Sufficient funds are available for transfer. *SS 12-23-14*

ADMINISTRATIVE NOTE:

Recommended. *12-26-14*

REQUIRED APPROVAL

DATE

COMMITTEE CHAIR

Governing Committee _____

Finance Committee _____

ROCK COUNTY HEALTH DEPARTMENT

North Office

P.O. Box 1088
Janesville, WI 53547-1088
608-757-5440
608-758-8423 (fax)
www.co.rock.wi.us



South Office

61 Eclipse Center
Beloit, WI 53511
608-364-2010
608-364-2011 (fax)

December "Healthful Hint" Monthly Health News Column *Watch Out for Sugar! It's Everywhere!*

Sugar is so popular. It is found in candy, cakes, cookies, soda pop, fruit juices, beer, and even in *processed* foods like ketchup, crackers, bread, cereal, cured meats and salad dressings! Sugar is all around us!

Did you know? In the year 1822 the average American consumed 45 grams of sugar every five days – the amount of sugar found in one 12 oz. can of soda. And in 2012, the average American consumed 765 grams of sugar every five days – the amount of sugar found in 17 cans of soda! Those numbers are staggering. The average adult consumes about 22 teaspoons of added sugar per day and the average child consumes 32 teaspoons of sugar per day. Total that up and we eat around 130 pounds of sugar per year! Americans are eating way too much sugar.

It is really important that, as consumers, we pay close attention to the food we are putting in our mouth and look at how much sugar is in foods we eat. We know that eating fruits and vegetables are important and a necessity in our diet. We don't seem to have to worry too much about the amount of sugar that is in these foods, if we eat the recommended amount. But what we do have to really watch is the amount of "hidden" sugar in *processed* foods. What are *processed* foods? Processed foods are foods that are packaged in cans, boxes or bags and are processed extensively. When foods are processed it can strip away essential nutrients. Processed foods go through many steps and contain artificial flavorings, additives, preservatives and other chemical ingredients.

Many processed foods are making Americans gain weight because of the amount of sugar they contain. For example, be careful if a packaged food item says "low fat" or "no fat" on the label. When fat is taken out of a food, sometimes it is replaced with extra sugar to make it have more flavor and taste better. Additionally, when a food item says "no fat" or "low fat" we "think" we can eat more of the food, but that is not the case. It is really important to find out for ourselves how much sugar we are eating. Be mindful. Before you buy a food item, look at the ingredient list and see how much sugar is in the product. Ingredient lists are found on all packaged foods. It is likely that the longer the ingredient list, the more "processed" the food is. The ingredients that are listed near the top of the label makes up a greater percentage of the product compared to ingredients listed near the bottom of the label. Many times if you look at a food label, especially a processed food, you will see that sugar is near the top. And be aware that sugar can be disguised by various names. Here is just a short list on what sugar can be called: Corn syrup, corn sugar, high fructose corn syrup, maltodextrin, sucrose, dextrose, honey, molasses, turbinado

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sugar or brown sugar. Remember if you decide to go sugar free and opt for sugar substitutes, such as aspartame, sorbitol and sucralose; these are also *processed* ingredients.

Nutritionists suggest that we should only get 10% of our calories from sugar, based off a 2,000 calorie diet. The United States Department of Agriculture (USDA) advises non-diabetic adults who eat a 2,000-calorie diet to limit sugar intake to about 40 grams (10 teaspoons) of added sugar per day. If you are diabetic, make sure to follow your treatment plan, verified by a doctor.

Many studies show that sugar, may be the driving force in some of the world's biggest health issues; including obesity, tooth decay, diabetes, heart disease and even cancer.

So what do you do when sugar is everywhere?

- **Look for Colors** – Each meal (about half of your plate) should contain fruits and vegetables. Fruits and vegetables are rich in vitamins and minerals and can help stave off diseases.
- **Look Beyond the Packages** – Don't be fooled by flashy packaging and advertisements. Read the labels and look at the ingredients. Sugar is hidden everywhere!
- **Eat Fiber** – Fiber fills you up fast and it takes your body longer to digest. You will feel satisfied longer. Fiber is found in fruits, vegetables, beans and whole grains.
- **Don't Fear Fat** – Some fats are actually healthy for you and help boost heart health. Choose healthy fats like olive oil, avocados, nuts, seeds and almonds. Eat these fats in moderation.
- **Watch out for Sugar** – Too much sugar will trigger unhealthy eating. Sugar is addicting! Sugar is eight times more addicting than cocaine. Aim to eat fruits instead, which have natural sugars that taste sweet!

Excessive amounts of sugar serve no purpose to your body. Give your body the best gift this holiday season – avoid high amounts of sugar. Even though sugar is everywhere, healthy foods are everywhere too. We need to make a conscious decision to eat less sugar.

Alison Chouinard is the Health Educator for the Rock County Health Department. If you would like to ask Alison a health-related question to be answered in a future column, e-mail her at chouinar@co.rock.wi.us. The Rock County Health Department reserves the right not to answer any questions deemed unsuitable.