

**ROCK COUNTY BOARD OF HEALTH**  
**WEDNESDAY, JUNE 1, 2011 – 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 – May 4, 2011
4. Citizen Participation
5. Unfinished Business
6. New Business
  - A. Administrative Division
    - (1) Approval of Bills/Transfer of Funds
    - (2) Resolution – Accepting Funds from Wisconsin Department of Public Instruction and Amending the 2011 Rock County Health Department Budget
    - (3) Resolution – Accepting Back-To-Sleep Mini-Grant and Amending the 2011 Rock County Health Department Budget
    - (4) Resolution – Accepting South Central Wisconsin Consortium #10 Funding and Amending the 2011 Rock County Health Department Budget
    - (5) Health Impact Assessment
    - (6) Health Department Report
    - (7) Pre-Approved Encumbrance Amendment – Sanofi Pasteur
  - B. Environmental Health
    - (1) Holding Tank Variance Request – Jim Hodge, 3620 LaPrairie Townhall Road
    - (2) 2010 Emergency Disaster Relief Grant – Sampling of Private Wells Impacted by 2008 Flood
  - C. Public Health Nursing
    - (1) Rising Sexually Transmitted Infections (STI) Rates in Rock County
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) 884-4761. Thank you.

**ROCK COUNTY HEALTH DEPARTMENT**  
**LIST OF BILLS FOR 6/1/11 BOARD OF HEALTH MEETING**

<u>Account Number</u>	<u>Vendor Name</u>	<u>Item(s) Description</u>	<u>\$ Amount</u>
62119	Beloit Memorial Hospital	prenatal classes for client	25.00
	Mercy Hospital	prenatal classes for 3 clients	105.00
62503	Rene Bue	interpreter services 5/2-5/13/11	107.25
	Belem Gonzalez	interpreter services 4/18-4/26/11	430.00
	Belem Gonzalez	interpreter services 4/21-5/5/11	505.00
	Belem Gonzalez	interpreter services 5/6-5/17/11	515.00
63100	Paper Recovery Service Corp	shredding of confidential documents	16.60
	WI Dept of Health	inspection sheets & stickers	26.00
	Associated Bag	zipper bags for water samples	119.63
	DTM Direct	10 digital pen-style thermometers-food prog.	159.90
64000	Welders Supply	carbon dioxide refills & cylinder rental	81.54
	School Health	2 infant blood pressure kits	86.27
	Pinnacle Pharmacy	tuberculin & epi-pen jrs	377.74
	Merck	zostavax (shingles) vaccine less discount	7,535.02
64010	Culligan	deionizer rent 5/11	35.00
	North Central Labs	nitrate standards & volumetric flasks for lab	177.81
	Microtech Scientific	5 cases water sample bottles	1,079.75
64900	City of Beloit	health department's share of 24/7 drop box for prescription drugs	400.00
	Lab Safety Supply	(12) 30-gal fiberboard drums for Rx drug collections	454.92

Account Number	Name	Yearly Prcnt Appropriation	YTD Spent	YTD Expenditure	Encumb Amount	Unencumb Balance	Inv/Enc Amount	Total
3130000000-62119	OTHER SERVICES	15,000.00	75.0%	4,738.50	6,516.52	3,744.98		
	P1101229-PO# 06/01/11 -VN#021628				MERCY HOSPITAL		105.00	
	P1101535-PO# 06/01/11 -VN#027256				BELOIT MEMORIAL HOSPITAL		25.00	
					CLOSING BALANCE	3,614.98		130.00
3130000000-62503	INTERPRETER FEES	10,000.00	0.0%	5,728.30	-5,728.28	9,999.98		
	P1100364-PO# 06/01/11 -VN#039062				BUE,RENE		107.25	
	P1100367-PO# 06/01/11 -VN#017809				GONZALEZ, BELEM		1,450.00	
					CLOSING BALANCE	8,442.73		1,557.25
3130000000-63100	OFC SUPP & EXP	8,400.00	30.8%	2,750.63	-159.62	5,808.99		
	P1101536-PO# 06/01/11 -VN#050412				PAPER RECOVERY SERVICE CORPORA		16.60	
	P1101789-PO# 06/01/11 -VN#050797				DTM DIRECT		159.90	
	P1102065-PO# 06/01/11 -VN#028314				ASSOCIATED BAG COMPANY		119.63	
	P1102067-PO# 06/01/11 -VN#027121				DEPARTMENT OF HEALTH SERVICES		26.00	
					CLOSING BALANCE	5,486.86		322.13
3130000000-64000	MEDICAL SUPPLIES	100,000.00	41.4%	10,777.73	30,646.63	58,575.64		
	P1100360-PO# 06/01/11 -VN#038065				PINNACLE PHARMACY		377.74	
	P1100365-PO# 06/01/11 -VN#017191				WELDERS SUPPLY CO BELOIT INC		81.54	
	P1100368-PO# 06/01/11 -VN#014540				MERCK AND CO INC		7,535.02	
	P1101965-PO# 06/01/11 -VN#019293				SCHOOL HEALTH CORPORATION		86.27	
					CLOSING BALANCE	50,495.07		8,080.57
3130000000-64010	LAB SUPPLIES	6,500.00	23.8%	2,554.19	-1,005.64	4,951.45		
	P1100359-PO# 06/01/11 -VN#010140				CULLIGAN WATER CONDITIONING IN		35.00	
	P1100371-PO# 06/01/11 -VN#026417				NORTH CENTRAL LABORATORIES OF		177.81	
	P1102071-PO# 06/01/11 -VN#045848				MICROTECH SCIENTIFIC		1,079.75	
					CLOSING BALANCE	3,658.89		1,292.56
3130000000-64900	OTHER SUPPL/EXP	20,713.00	0.0%	0.00	0.00	20,713.00		
	P1100373-PO# 06/01/11 -VN#013988				LAB SAFETY SUPPLY COMPANY		454.92	
	P1102176-PO# 06/01/11 -VN#011813				CITY OF BELOIT		400.00	
					CLOSING BALANCE	19,858.08		854.92

Account Number	Name	Yearly Prcnt Appropriation Spent	YTD Expenditure	Encumb Amount	Unencumb Balance	Inv/Enc Amount	Total
		HEALTH DEPT.	PROG-TOTAL-PO			12,237.43	

I HAVE EXAMINED THE PRECEDING BILLS AND ENCUMBRANCES IN THE TOTAL AMOUNT OF \$12,237.43 INCURRED BY HEALTH DEPARTMENT. 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 COUNTY BOARD.
- B. BILLS UNDER \$10,000 TO BE PAID.
- C. ENCUMBRANCES UNDER \$10,000 TO BE PAID UPON ACCEPTANCE BY THE DEPARTMENT HEAD.

BOARD OF HEALTH COMMITTEE APPROVES THE ABOVE. COM-APPROVAL \_\_\_\_\_ DEPT-HEAD

**JUN 01 2011**

DATE \_\_\_\_\_ CHAIR

RESOLUTION NO. \_\_\_\_\_

AGENDA NO. \_\_\_\_\_

# RESOLUTION

## ROCK COUNTY BOARD OF SUPERVISORS

Board of Health  
INITIATED BY \_\_\_\_\_



Geri Waugh, Account Clerk II  
DRAFTED BY

Board of Health  
SUBMITTED BY \_\_\_\_\_

May 13, 2011  
DATE DRAFTED

### Accepting Funds from Wisconsin Department of Public Instruction and Amending the 2011 Rock County Health Department Budget

1 WHEREAS, the Rock County Health Department's public health nurses educate the citizens of Rock  
2 County about prevention of sexually transmitted infections (STI) and pregnancy prevention; and,

3  
4 WHEREAS, the public health nurses also promote healthy infant growth and development with new  
5 mothers in Rock County; and,

6  
7 WHEREAS, the Rock County Health Department has received \$1,000 from the Wisconsin Department  
8 of Public Instruction to be used to purchase educational materials for the prevention of sexually  
9 transmitted infections and pregnancy, and to promote healthy infant growth and development.

10  
11 NOW, THEREFORE BE IT RESOLVED, that the Rock County Board of Supervisors duly  
12 assembled on this \_\_\_\_\_ day of \_\_\_\_\_, 2011 does hereby authorize the Rock County  
13 Health Department to accept \$1,000 from the Wisconsin Department of Public Instruction, and amend  
14 the 2011 Rock County Health Department Budget as follows:

15		Budget	Increase	Amended
16	<u>Account/Description</u>	<u>5/13/11</u>	<u>(Decrease)</u>	<u>Budget</u>
17	<u>Source of Funds</u>			
18	31-3000-0000-42200			
19	State Aid	\$27,485	\$1,000	\$28,485
20	<u>Use of Funds</u>			
21	31-3000-0000-64203			
22	Health Dept. Educational Materials	\$3,000	\$1,000	\$4,000
23				

Respectfully submitted

BOARD OF HEALTH

\_\_\_\_\_  
Sandra Kraft, Chair

\_\_\_\_\_  
Louis Peer, Vice Chair

\_\_\_\_\_  
Richard Bostwick

\_\_\_\_\_  
Jane Thompson

\_\_\_\_\_  
Dr. Aaron Best, M.D.

\_\_\_\_\_  
Dr. Dean Peterson, DVM

\_\_\_\_\_  
Dr. Connie Winter, DDS

\_\_\_\_\_  
Judith Wade

\_\_\_\_\_  
James Rooney

Accepting Funds from the Wisconsin Department of Public Instruction and  
Amending the 2011 Rock County Health Department Budget

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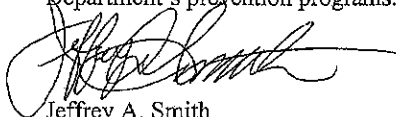
FINANCE COMMITTEE ENDORSEMENT

Reviewed and approved on a vote of \_\_\_\_\_.

\_\_\_\_\_  
Mary Mawhinney, Chair

FISCAL NOTE:

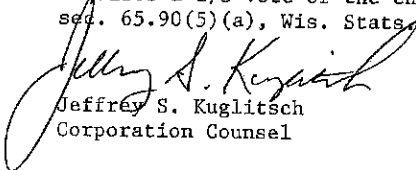
This resolution authorizes the acceptance and expenditure of \$1,000 in State Aid for the Health Department's prevention programs. No County matching funds are required to accept this grant.



Jeffrey A. Smith  
Finance Director

LEGAL NOTE:

The County Board is authorized to accept grant funds pursuant to sec. 59.52(19), Wis. Stats. As an amendment to the adopted 2011 County Budget, this Resolution requires a 2/3 vote of the entire membership of the County Board pursuant to sec. 65.90(5)(a), Wis. Stats.



Jeffrey S. Kuglitsch  
Corporation Counsel

ADMINISTRATIVE NOTE:

Recommended.



Craig Knutson  
County Administrator

**Accepting Funds from Wisconsin Department of Public Instruction and  
Amending the 2011 Rock County Health Department Budget**

**EXECUTIVE SUMMARY**

Part of the role of the public health nurses at the Rock County Health Department is to educate Rock County citizens on the prevention of sexually transmitted infections (STI), and also on the prevention of unwanted pregnancy.

The public health nurses also assist pregnant women and new mothers with information on healthy infant growth and development through the health department's home visiting program.

Rock County Health Department has received \$1,000 from the Wisconsin Department of Public Instruction to be used for educational presentations and resources. These funds will be utilized to purchase educational materials for use by the public health nurses for the prevention of sexually transmitted infections and pregnancy, and also for healthy infant growth and development.

RESOLUTION NO. \_\_\_\_\_

AGENDA NO. \_\_\_\_\_

# RESOLUTION

## ROCK COUNTY BOARD OF SUPERVISORS

Board of Health  
INITIATED BY



Geri Waugh, Account Clerk II  
DRAFTED BY

Board of Health  
SUBMITTED BY

May 16, 2011  
DATE DRAFTED

### ACCEPTING BACK-TO-SLEEP MINI-GRANT AND AMENDING THE 2011 ROCK COUNTY HEALTH DEPARTMENT BUDGET

1 **WHEREAS**, the Rock County Health Department applied for and was awarded a \$2,000 Dean Health  
2 System/SSM Health Care of Wisconsin mini-grant; and,  
3

4 **WHEREAS**, the purpose of this Dean Health System/SSM Health Care of Wisconsin mini-grant is to  
5 promote the 'Back to Sleep' campaign, having babies sleep on their back to hopefully prevent Sudden  
6 Infant Death Syndrome (SIDS); and,  
7

8 **WHEREAS**, Rock County Health Department will utilize this \$2,000 mini-grant to purchase new, safe  
9 baby cribs for families in Rock County who cannot afford to purchase a baby crib for their infant.  
10

11 **NOW, THEREFORE, BE IT RESOLVED**, that the Rock County Board of Supervisors duly assembled  
12 on this \_\_\_\_\_ day of \_\_\_\_\_, 2011, does hereby authorize the Rock County Health  
13 Department to accept the \$2,000 Dean Health System/SSM Health Care of Wisconsin mini-grant, and  
14 amend the 2011 Rock County Health Department budget as follows:  
15

<u>Account/Description</u>	<u>Budget</u> <u>5/16/11</u>	<u>Increase</u> <u>(Decrease)</u>	<u>Amended</u> <u>Budget</u>
<u>Source of Funds</u>			
31-3009-0000-46000			
Contributions	-0-	\$2,000	\$2,000
<u>Use of Funds</u>			
31-3009-0000-63110			
Administrative Expense	-0-	\$2,000	\$2,000

Respectfully submitted,

BOARD OF HEALTH

\_\_\_\_\_  
Sandra Kraft, Chair

\_\_\_\_\_  
Louis Peer, Vice Chair

\_\_\_\_\_  
Richard Bostwick

\_\_\_\_\_  
Jane Thompson

\_\_\_\_\_  
Dr. Aaron Best, M.D.

\_\_\_\_\_  
Dr. Dean Peterson, DVM

\_\_\_\_\_  
Dr. Connie Winter, DDS

\_\_\_\_\_  
Judith Wade

\_\_\_\_\_  
James Rooney



ACCEPTING BACK-TO-SLEEP MINI-GRANT AND AMENDING THE 2011 ROCK COUNTY HEALTH DEPARTMENT BUDGET

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FINANCE COMMITTEE ENDORSEMENT

Reviewed and approved on a vote of \_\_\_\_\_.

\_\_\_\_\_  
Mary Mawhinney, Chair

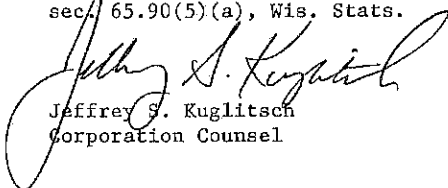
FISCAL NOTE:

This resolution authorizes the acceptance and expenditure of a \$2,000 mini-grant from Dean Health System for the Health Department's Back-to-Sleep program. No county matching funds are required to accept this contribution.

  
Sherry Oja  
Senior Accountant/Assistant to the Finance Director

LEGAL NOTE:

The County Board is authorized to accept grant funds pursuant to sec. 59.52(19), Wis. Stats. As an amendment to the adopted 2011 County Budget, this Resolution requires a 2/3 vote of the entire membership of the County Board pursuant to sec. 65.90(5)(a), Wis. Stats.

  
Jeffrey S. Kuglitsch  
Corporation Counsel

ADMINISTRATIVE NOTE:

Recommended.

  
Craig Knutson  
County Administrator

**ACCEPTING BACK-TO-SLEEP MINI-GRANT AND AMENDING THE  
2011 ROCK COUNTY HEALTH DEPARTMENT BUDGET**

**EXECUTIVE SUMMARY**

The Rock County Health Department is a strong advocate for the safe sleeping habits of infants, and the department's public health nurses continually strive to educate the families of Rock County to ensure safe sleeping habits for their infants, along with a safe sleeping environment for their infants.

In order to further promote safe sleeping for infants, the Rock County Health Department applied for and was awarded a \$2,000 Dean Health System/SSM Health Care of Wisconsin mini-grant.

This \$2,000 mini-grant will be utilized to purchase new, safe baby cribs for families in Rock County that cannot afford to purchase a baby crib for their infant.

RESOLUTION NO. \_\_\_\_\_

AGENDA NO. \_\_\_\_\_

# RESOLUTION

## ROCK COUNTY BOARD OF SUPERVISORS

Board of Health  
INITIATED BY



Geri Waugh, Account Clerk II  
DRAFTED BY

Board of Health  
SUBMITTED BY

May 17, 2011  
DATE DRAFTED

### Accepting South Central Wisconsin Consortium #10 Funding and Amending the 2011 Rock County Health Department Budget

1 WHEREAS, the Rock County Health Department is a member of the South Central Wisconsin  
 2 Consortium #10 to prepare for bioterrorism and other public health threats; and  
 3  
 4 WHEREAS, the Rock County Health Department has been awarded \$24,989 in funding by the South  
 5 Central Wisconsin Consortium #10; and  
 6  
 7 WHEREAS, these funds will be utilized to purchase necessary health department supplies and also  
 8 for training of key health department staff.  
 9  
 10 NOW, THEREFORE, BE IT RESOLVED that the Rock County Board of Supervisors duly assembled  
 11 on this \_\_\_\_\_ day of \_\_\_\_\_, 2011, does hereby authorize the Rock County Health  
 12 Department to accept South Central Wisconsin Consortium #10 funding in the amount of \$24,989 and  
 13 amend the 2011 Rock County Health Department budget as follows:

<u>Account/Description</u>	<u>Budget</u>	<u>Increase</u>	<u>Amended</u>
<u>Source of Funds</u>	<u>5/17/11</u>	<u>(Decrease)</u>	<u>Budget</u>
31-3008-0000-42100 Consortium Funding	\$26,244	\$24,989	\$51,233
<u>Use of Funds</u>			
31-3008-0000-63110 Consortium Funding Adm.Expense	\$26,244	\$24,989	\$51,233

Respectfully submitted,

BOARD OF HEALTH

\_\_\_\_\_  
Sandra Kraft, Chair

\_\_\_\_\_  
Louis Peer, Vice Chair

\_\_\_\_\_  
Richard Bostwick

\_\_\_\_\_  
Jane Thompson

\_\_\_\_\_  
Dr. Aaron Best, M.D.

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Dr. Dean Peterson, DVM

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Dr. Connie Winter, DDS

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Judith Wade

\_\_\_\_\_  
James Rooney

Accepting South Central Wisconsin Consortium #10 Funding and Amending the 2011 Rock  
County Health Department Budget

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FINANCE COMMITTEE ENDORSEMENT

Reviewed and approved on a vote of \_\_\_\_\_.

\_\_\_\_\_  
Mary Mawhinney, Chair

FISCAL NOTE:

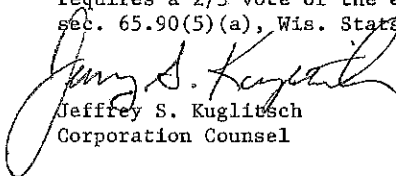
This resolution authorizes the acceptance and expenditure of \$24,989 from the South Central Wisconsin Consortium#10. No County matching funds are required to accept this funding.



Sherry Oja  
Senior Accountant / Assistant to the Finance Director

LEGAL NOTE:

The County Board is authorized to accept grant funds pursuant to sec. 59.52(19), Wis. Stats. As an amendment to the adopted 2011 County Budget, this Resolution requires a 2/3 vote of the entire membership of the County Board pursuant to sec. 65.90(5)(a), Wis. Stats.



Jeffrey S. Kuglitsch  
Corporation Counsel

ADMINISTRATIVE NOTE:

Recommended.



Craig Knutson  
County Administrator

**Accepting South Central Wisconsin Consortium #10 Funding and  
Amending the 2011 Rock County Health Department Budget**

**EXECUTIVE SUMMARY**

The Rock County Health Department had been a member of the South Central Wisconsin Consortium #10, which was organized to prepare for bioterrorism and other public health threats.

The South Central Wisconsin Consortium #10 received funding from the State of Wisconsin for preparedness activities. The South Central Wisconsin Consortium #10 has now been dissolved, and the remaining funds have been disseminated among the individual consortium members. Rock County Health Department has received \$24,989 of the remaining funds.

These funds will be used by the health department to continue its activities to ensure Rock County is prepared for any public health threat that might arise.

PURCHASE ORDER NUMBER P1100856 PEID 042550

## PRE-APPROVED ENCUMBRANCE AMENDMENT FORM

This form must be used when adding funds to or changing an account number of a previously approved encumbrance. Please complete this form and send to your governing committee for approval. The Encumbrance and Purchase Order will be updated upon approval of all necessary committees and County Board (if amendment is over \$10,000).

DEPARTMENT Public Health Department

COMMITTEE Board of Health

VENDOR NAME Sanofi Pasteur

ACCOUNT NUMBER 31-3000-0000-64000

FUNDS DESCRIPTION Medical Supplies

AMOUNT OF INCREASE \$ 9,995.00

INCREASE FROM \$ 9,995.00 TO \$ 19,990.00

ACCOUNT BALANCE AVAILABLE \$ 58,600 <sup>5-13-85</sup>

REASON FOR AMENDMENT Citizen demand for travel vaccines continues

to be high, so the health department must regularly order vaccines to keep up with the demand.

### APPROVALS

GOVERNING COMMITTEE \_\_\_\_\_  
Chair \_\_\_\_\_ Date \_\_\_\_\_

FINANCE COMMITTEE \_\_\_\_\_  
(if over \$10,000) Chair \_\_\_\_\_ Date \_\_\_\_\_

COUNTY BOARD \_\_\_\_\_  
(if over \$10,000) Resolution # \_\_\_\_\_ Adoption Date \_\_\_\_\_

WHITE - COMMITTEE  
YELLOW - PURCHASING  
PINK - DEPARTMENT

Site Worx, Inc.  
PO Box 0009  
Janesville, WI 53547-0009  
608/295-4800  
Fax: 608/757-2124

May 11, 2011

To: Rick Jacobson  
Rock County Health Department

From: Gene Long – MPRS 222387 on behalf of Jim Hodge, 3620 LaPrairie Townhall Rd

Re: Request for variance to install holding tank for convenience bathroom in new construction outbuilding

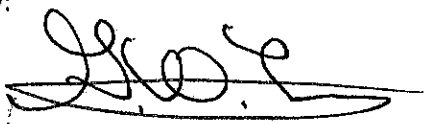
Rick:

We respectfully request this variance for the following reasons:

- 1) Proximity to existing residential system 500 + feet
- 2) Low usage of bathroom – no employees
- 3) Cost of separate system, do to limestone (probable mound system)

We would appreciate your consideration in this matter. If you have any questions, please feel free to contact me at (608)295-4800.

Sincerely:

A handwritten signature in black ink, appearing to read "Gene W Long", written over a horizontal line.

Gene W Long

## ROCK COUNTY HEALTH DEPARTMENT

### North Office

P.O. Box 1143  
Janesville, WI 53547-1143  
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)

## **“Healthful Hints” Monthly Health News Column**

### *What’s For Dinner?*

I was recently in a preschool classroom teaching kids about nutrition and physical activity. On this particular day, I had them create “produce placemats.” I asked the kids to draw their favorite fruits and vegetables. Many of the children drew apples, bananas, oranges and grapes. There was one child, however, that drew an exact representation of a carton of French fries, complete with the restaurant’s logo. I was a little surprised when I saw the drawing, but it turned out to be a great teaching moment. We talked about what French fries are made out of and why eating the fried potatoes every day might not be good for their bodies. Then, we brainstormed other snacks the kids could eat when they get hungry that might be better for them, such as carrots, apples and bananas.

Now, let me clarify. I am certainly not saying this child has bad parents or that they are unhealthy. There could be many reasons this child drew the carton of French fries. Perhaps he had them for the first time the night before and really liked them. And, let’s be honest. Who doesn’t?! It’s important to remember, however, that everything can be enjoyed in moderation.

It’s when young children continually consume these unhealthy foods that it becomes a problem. The American Dietetic Association reports French fries are one of the three most commonly consumed vegetables among infants 9 to 11 months of age and become the most common vegetable for toddlers 15 months and older. Pardon the pun, but let’s digest that information for a little bit. That’s a lot of unhealthy fried food for children who are very young. But why is this important? Diseases previously associated with overweight adults, such as type 2 diabetes, are increasingly showing up in children. The American Medical Association reports one in three American children born in 2000 will develop diabetes in their lifetime. And you’ve likely heard the claim that this generation of children may be the first to not outlive their parents. Yikes! Those are some scary statistics.

What’s a parent to do? Parents and caregivers play a *huge* role in shaping kids’ eating habits. That’s the exciting part. You can do something about this problem. It’s fixable! I’m sure you’ve already heard that serving more fruits and vegetables with every meal and limiting your family’s consumption of sugar and saturated fat is important. But did you know that simply sitting down to eat as a family each night can positively impact your child’s health? Studies show families that gather at the dinner table for a shared meal tend to consume more nutritious meals and fewer fried foods and sodas.

The most important way you can help your children become healthier is to model the behaviors for them. Kids learn from their parents’ behaviors, so make healthy choices in your everyday life. If your kids see that you are eating healthy and having fun, they’ll be more likely



## ROCK COUNTY HEALTH DEPARTMENT

### North Office

P.O. Box 1143  
Janesville, WI 53547-1143  
608-757-5440  
608-758-8423 (fax)  
[www.co.rock.wi.us](http://www.co.rock.wi.us)



### South Office

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

to do the same throughout their lives. So the next time your kids ask what's for dinner, instead of going out, enlist the help of your family and try making a meal at home. Even better, sit down and enjoy the meal together. It's the first step toward a healthier lifestyle, and that benefits everyone.

Laura Fadrowski is the Health Educator for the Rock County Health Department. If you would like to ask Laura a health-related question to be answered in a future column, e-mail her at [fadrowsk@co.rock.wi.us](mailto:fadrowsk@co.rock.wi.us). The Rock County Health Department reserves the right not to answer any questions deemed unsuitable.