

WHAT IS PUBLIC HEALTH?

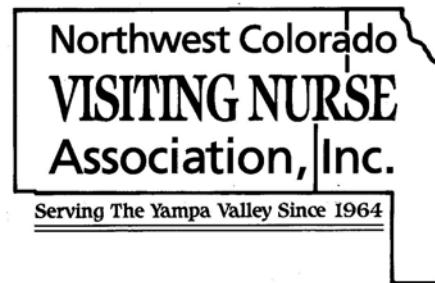
- ✓ It is the science and art of preventing disease, prolonging life and promoting health in a variety of settings.
- ✓ Public health agencies are much like fire departments; they are most successful and least noticed when their prevention measures work the best.
- ✓ Public health offers a spectrum of services such as emergency preparedness programs, safety checks, family planning and immunization clinics.
- ✓ There is a difference between medical care and public health: medical care is primarily *curative*, public health is primarily *preventative*. We need medical care some of the time, we need public health all of the time.
- ✓ Public health prevents disease outbreaks, protects against avoidable injuries, and promotes healthy habits to ensure the health of the whole person, whole family, and whole community.

FOR MORE INFORMATION

Call our offices or log onto our web site for more information.

Spanish translation services are available upon request and on designated clinic days.

MEDICAID and CHP+—Our eligibility technician can assist you with applications for State and Federal assistance including **CHP+ and MEDICAID**. Call today.



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Northwest Colorado
Visiting Nurse
Association

Public Health Programs

Family Planning and Women's Health Clinic

Health Care Program for Children with Special Needs (HCP)

Immunizations

New Arrivals Home Visits

Nurse Family Partnership

Positive Change

Prenatal Plus

Tobacco Education and Prevention

Women, Infants, Children (WIC)

Public Health works to prevent diseases and injuries from occurring and to promote health, not only in individuals and families but communities.

Public Health Programs

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Family Planning and Women's Health Clinic

This clinic provides confidential services to women including pap smears, pelvic exams, STD/HIV testing, STD treatment, birth control, pregnancy testing, emergency contraception, nutrition counseling and healthcare counseling for men and women. This program is for adolescents, men and women. Fees are based on a sliding scale. Medicaid is accepted.

Health Care Program for Children with Special Needs (HCP)

Health Care Program (HCP) has a goal to improve the health, development and well-being of Colorado's children with special health needs and their families. HCP serves children birth to age 21 that have, or are at risk for, serious physical, behavioral or emotional conditions. HCP works with families, providers and communities to connect kids with the care they need, and to help coordinate that care over time.

Immunizations

(Child and Adult) This clinic provides infants, children and adults with immunizations at low cost to no cost including routine and flu vaccinations. No child will be denied a vaccine because of an inability to pay.

(Travel Clinic) This clinic provides travel vaccinations, information on prevention of diseases, embassy locations, traveler safety and crime trends abroad. Travelers should consult with the Travel Clinic at least 4-6 weeks before departure. The Steamboat VNA office is the only Yellow Fever vaccine provider in Northwest Colorado.

New Arrivals Home Visits

New Arrivals provides health education, support and community resources to families who have recently delivered an infant, in Routt and Moffat Counties. Home visits are provided by a Registered Nurse.

Nurse Family Partnership

The Nurse-Family Partnership helps first-time parents succeed with goals to foster healthier pregnancies; improve the health and development of children and increase parenting skills; encourage self-sufficiency and develop a plan for the future. Specially trained nurses visit families regularly from early in pregnancy until the child's second birthday. This program is for low income mothers expecting their first child.

Positive Change

Positive Change assists clients with depression and sadness and helps you identify and focus on your strengths by building positive behaviors into your life. An advocate will meet with you one on one to discuss where you are now, and where you want to be. You will develop a simple, personalized plan to meet your goals and have a more satisfying life.

Prenatal Plus

This program helps moms have healthy pregnancies and healthy babies. The family receives support from a nurse, dietician and counselor along with home or office visits with trained staff. The program also includes help getting a Medicaid card and answers to questions about pregnancy, labor, delivery, caring for the baby, and community resources. Staff can provide support until the baby is two months old. This program is for pregnant women on Medicaid.

Tobacco Education and Prevention

The program works to prevent children, youth and adults from initiating tobacco use. The program also promotes tobacco cessation, assists in the reduction of and protection from the harmful effects of secondhand smoke, and reduces tobacco use among groups that are disproportionately affected or at high risk. Any resident of Moffat and Routt Counties affected by tobacco are eligible.

Women, Infants, Children (WIC)

WIC is the Special Supplemental Nutrition Program for Women, Infants and Children. This is a federally funded nutrition program that provides nutrition education, healthful foods, breastfeeding support and health referrals to women, infants and children. This program is for pregnant women, breastfeeding women, postpartum women (up to 6 months after delivery), and infants and children up to age 5. Applicants who exhibit nutritional risk through assessment are eligible. WIC is for families who fall below 185% of Federal Poverty guidelines. WIC serves both citizens and undocumented individuals. Participation in WIC does not affect status to eventually obtain citizenship.

Other Public Health

Programs and Services Include:

*Breastfeeding Consultation and Support
Communicable Disease Monitoring
Emergency Preparedness
EPSDT (CHP+ and Medicaid assistance)
Nurturing Parenting Classes
Routt County School Health Services
Senior Wellness Clinics
Vital Statistic (Birth and Death Certificates)*