

# *SPONSOR SPOTLIGHT*

## *Plumas County Public Health Agency*

### *Submitted by Zach Ravene*

The Plumas County Public Health Agency was established in 1936 with the goal of safeguarding the health and wellbeing of county residents. Since that time, Public Health has worked to fulfill its mission: to promote individual and community health through effective and respectful services, planning, and policy.

The work of Public Health takes many forms, and strives to develop collaborative relationships that strengthen and empower the community and enhance quality of life.

Public Health Clinics and Nursing Services provide quality services to both families and individuals. Some of the low or no-cost programs include: immunizations for children and adults; preventing the spread of disease from person to person; pregnancy testing and referrals for prenatal care; nurse home visits for new parents; periodic health assessments for children of low income families, chronic disease case management; HIV and STD testing and counseling; TB testing; blood pressure, cholesterol, and blood sugar screening; family planning services; and childhood oral health education and interventions.

The Senior Nutrition and Transportation program works to provide seniors healthy meals, reliable rides, and a chance to mingle with friends. Lunches are served at four locations throughout the county: Chester; Greenville; Portola; and Quincy. Guests age 60 or older, along with their spouses and friends, can partake in affordable and nutritious meals, learn new things through periodic nutrition education sessions, or simply visit with friends. There are also lunch deliveries to homebound seniors.

The Senior Transportation program assists seniors with limited transportation options. Vans and passenger vehicles provide rides to lunch sites, doctor appointments, pharmacies, shopping, and other errands. Occasionally, trips are made into Reno or Chico, and allow seniors the opportunity to get out-and-about.

The Public Health Education and Community Outreach programs help inform the public to make educated decisions on matters that affect their health and wellbeing. This outreach includes nutrition education, smart-shopping-on-a-budget, and healthy cooking classes, as well as nutrition and garden education outreach in schools. Other outreach includes the Tobacco Use Reduction Program, with the goal of reducing tobacco related illness and death, limiting exposure to secondhand smoke, stopping illegal sales of tobacco to youth, and helping those who want to quit smoking or chewing tobacco.

The HIV/AIDS Services program provides education and prevention services to help individuals who are at highest risk to stay healthy, as well as care and treatment services to individuals with HIV. Knowledgeable and caring staff can help individuals understand how HIV is transmitted, and link them to medical and dental care, food, housing, and medication.

The Lead Poisoning Prevention program educates businesses and individuals about the dangers of lead-containing products, with the goal of reducing exposure in children and adults. Lead testing services are also provided at low or no cost.

The Childhood Injury Prevention program provides free or low-cost car seats and bicycle helmets to children and their families. Safety classes are available to learn how to properly use helmets and car seats to keep children safe.

The Emergency Preparedness program coordinates with community partners to prepare for, and assist in the event of a natural or man-made emergency. Considerations include evacuation, relocation & emergency shelter, alternate health care service sites, and maintaining communication.

Public Health also serves as the “backbone” organization for the 20,000 Lives community coalition. This number represents the population of Plumas County, and the coalition is comprised of various businesses, community based organizations, government agencies, and active community members that come together in quarterly meetings and work groups to collectively address areas of need in Plumas County. Working together, these groups can use limited time and resources more efficiently.

All of these services and programs are provided with the ultimate goal of helping make Plumas County an even better place to live and work. Community health is not only about vaccinations and access to health care services; it’s also about creating healthy spaces wherever we live, work, and play. Through education, outreach, and direct services, Public Health is committed to helping make the healthy choice the easy choice.

For more information, or for any questions, please call (530) 283-6337. If you would like to speak with the Clinic staff, please call (530) 283-6330. If you need more information about Senior Nutrition and Transportation, please call (530) 283-3546.