



ANNUAL REPORT 1946

EDUCATION

PREVENTION

DIAGNOSIS

PREVENTION

OUR WATCHWORD

COOPERATION

OUR THEME

HEALTHFUL LIVING

OUR GOAL

HOWARD L. COX

COOK COUNTY
DEPARTMENT of PUBLIC HEALTH

Board of Health of Cook County



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Foreword

IT IS MY EARNEST DESIRE TO SERVE THE PEOPLE OF COOK COUNTY . . . EVER MINDFUL THAT HEALTH, HAPPINESS, AND OPPORTUNITY ARE NECESSARY FOR THE WELFARE OF OUR CITIZENS.

WILLIAM N. ERICKSON

600,000 people of all races, creeds, color . . . rich and poor, young and old look to the Cook County Department of Public Health for health protection in rural and suburban Cook County.

Through the discharge of our day-to-day duties, the staff of the health department quietly, but constantly have been protecting you and yours against dangers you never see or suspect.

Facts and figures are important for the record. However, a statistical review of the services of the health department fails to reveal the hidden record of accomplishments in PREVENTION.

There is no measure of evaluating

the number of children spared many of the contagious diseases;

the cancer deaths PREVENTED through early diagnosis;

the potential epidemics PREVENTED by immunization and isolation;

the infant and maternal deaths PREVENTED through prenatal care;

the spread of tuberculosis PREVENTED by early diagnosis and isolation;

the crippling of polio patients PREVENTED by early and continuous medical care;

the cases of malnutrition PREVENTED through adequate diet;

the water-borne epidemics PREVENTED by the maintenance of high sanitation standards.

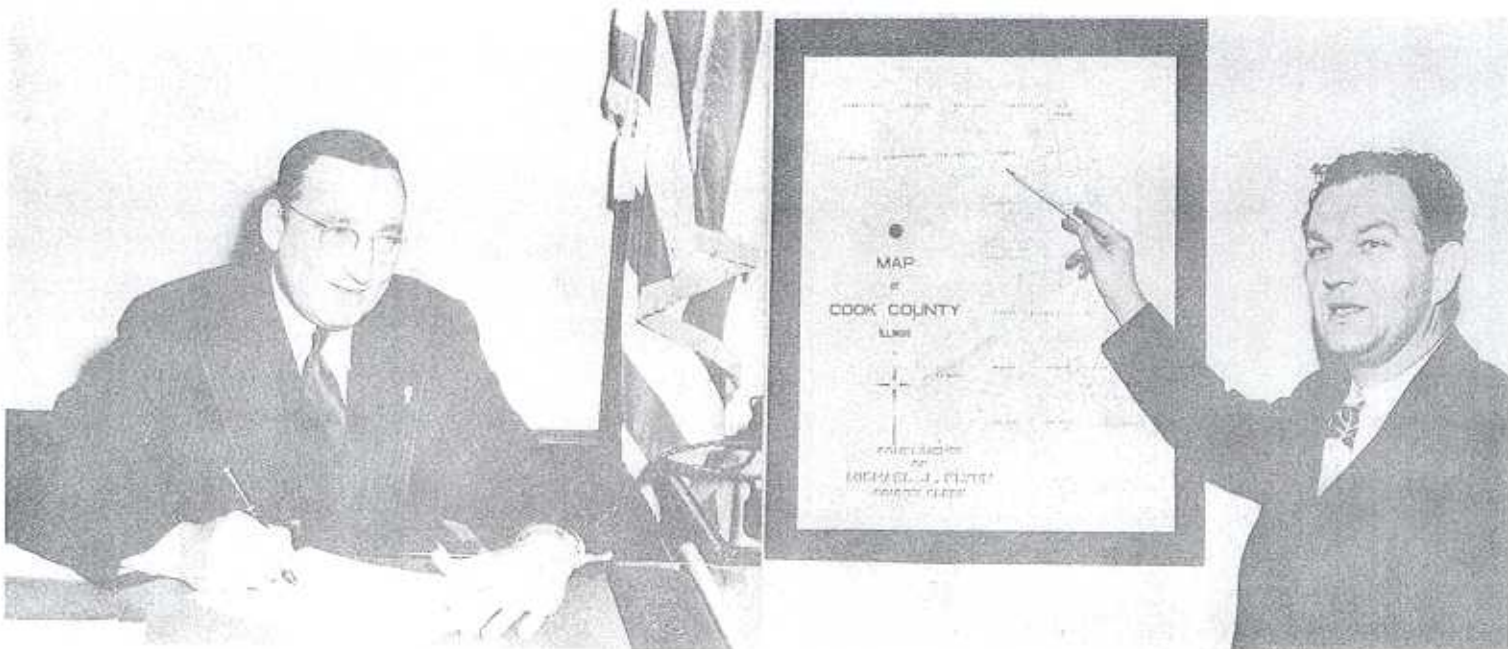
As in the past, the health of the community has been our motivating consideration. In the future we shall strive to meet our responsibility of protecting the community health through freedom from disease and by promoting optimum health for everyone.

It is with a feeling of pride that the staff of the health department presents this report of accomplishments for the year 1946.

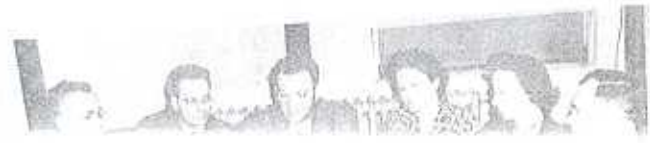
EDWARD A. PISZCZEK, M.D.

WILLIAM N. ERICKSON
President, Board of Health of Cook County

EDWARD A. PISZCZEK, M.D., M.P.H.
Director, Cook County Department of Public Health




Public Health Serving You By . . .




Planning health activities based on community health needs
Administering the health program
Keeping statistical records

Administration




Aiding in the prevention and control of communicable diseases
Promoting immunization
Consulting service to physicians, hospitals, and schools
Distributing drugs and biologicals.

Medical




Inspecting water supply and sewage systems; institutions; schools; swimming pools; trailer camps and restaurants
Offering technical advice on design and operation of public and private sanitary facilities, and encouraging their installation.

Sanitation




Supervising the health of the family
Helping in the control and prevention of communicable diseases
Teaching health to the family, school and community
Assisting in securing early nursing and medical care.

Nursing



Teaching nutrition to children and adults
Assisting families with marketing, meal planning, budgeting
Helping mothers with feeding problems
Assisting with school lunch programs.

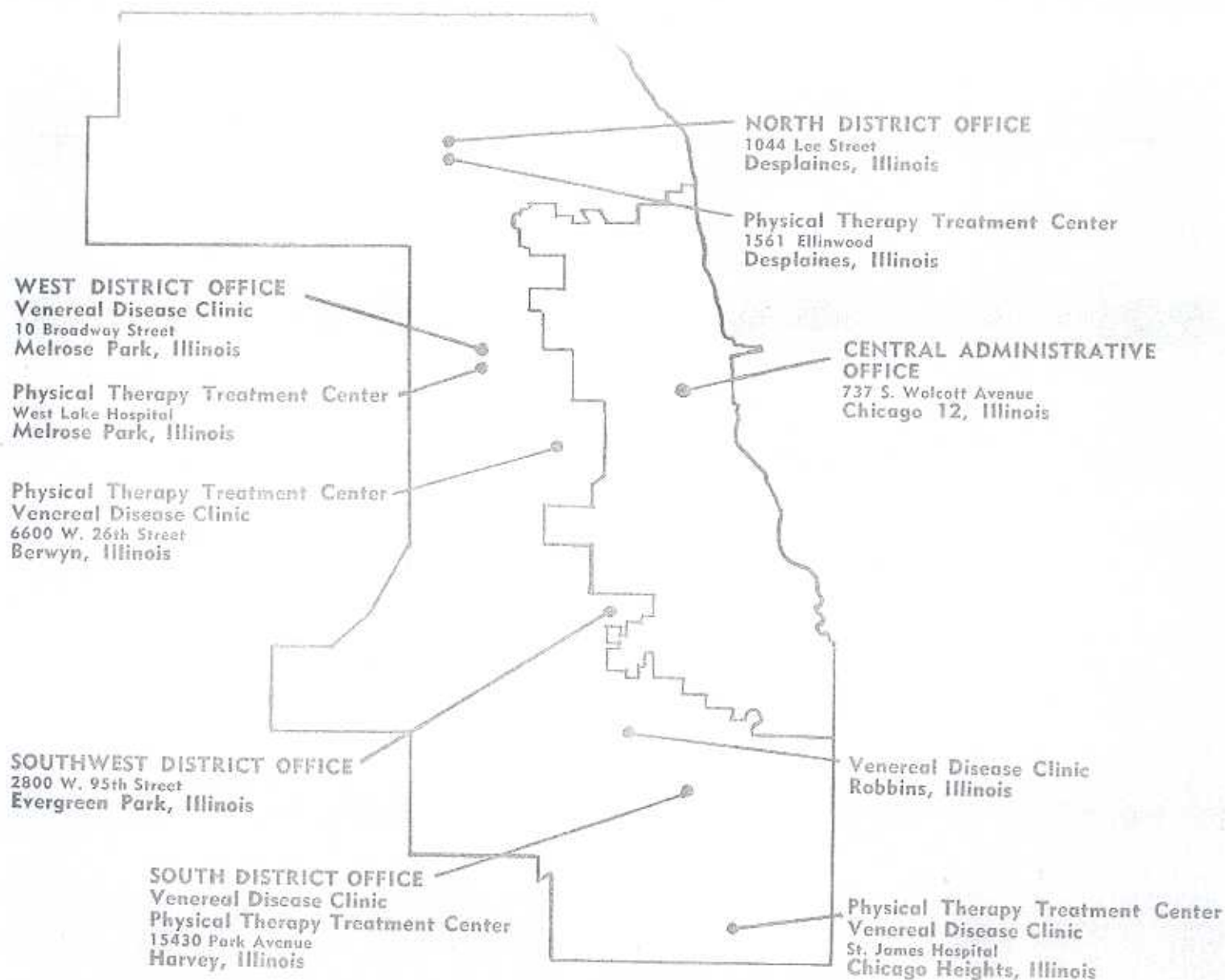
Nutrition



Assisting in the development and use of health education materials
Assisting in the interpretation of the health department program
Assisting with the conduct of training programs in health
Assisting in coordinating community resources.

Education

"The first duty of a statesman is to preserve the public health" . . . GLADSTONE



During 1946 the health department functioned for the first time as an independent department of county government. Reorganized by the Board of Commissioners of Cook County in December, 1945, it now operates under provisions of the Searcy-Clabaugh Law.

A central administrative office and four district offices are maintained throughout the county.

With the addition of new services, increasing demands have been made on the staff of the health

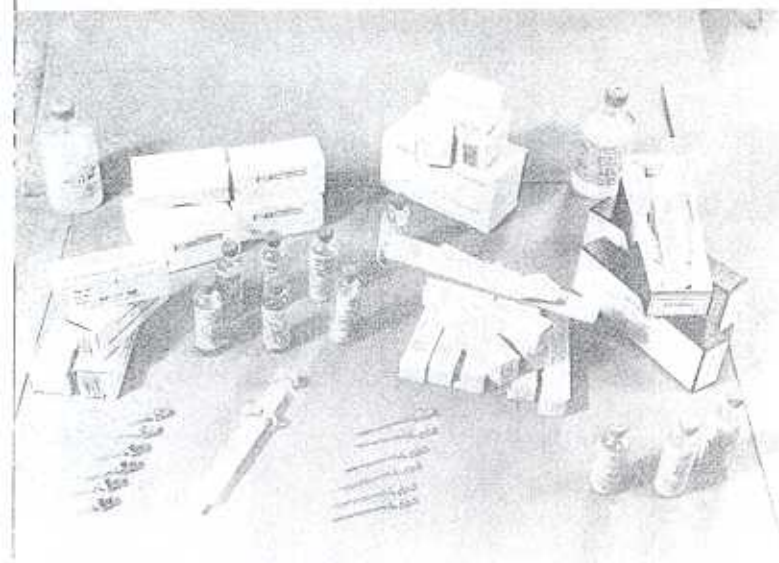
department. Number of personnel required to efficiently conduct the maximum services of the health program are below accepted standards. However, in the selection of professional personnel, high standards are continuing to be maintained. Members of the staff are selected on the basis of educational qualifications and meet standards of the Illinois Department of Public Health, the United States Public Health Service, and the American Public Health Association.

"Prevention is better than cure, . . . and far

IMMUNIZATION

Constant guard must be kept over the sources of *diphtheria*. The *diphtheria* epidemic of 1924-25 in areas of Cook County have had no deaths from *diphtheria* during the past two-and-a-half years. Approximately 75 per cent of the children are protected against *diphtheria*. Despite this fact, a few small outbreaks have occurred in certain areas of the county, necessitating additional emphasis on *diphtheria* immunization programs in these areas. It is the aim of the health department to have over 90 per cent of the children in suburban Cook County constantly immunized against *diphtheria*.

15,966 immunizations were completed against *diphtheria*, whooping cough, smallpox, and typhoid fever at child health conferences, at special clinics, at emergency clinics and in the school.



Physicians protect children with immunization materials furnished by the health department.

Every infant should be protected against *diphtheria*, whooping cough, and smallpox during the first year of life.



COMMUNICABLE DISEASE

In families where communicable disease occurs the health counsellor instructs the family regarding their responsibility for isolation of the patient and the family, demonstrates nursing care of the patient, and stresses the importance of immunization of contacts. Nursing service was given to 4,103 patients.

A localized undulant fever outbreak resulted in 117 persons being treated for the disease. Every patient and contact was visited and an investigation conducted of food, milk, and milk products in an effort to trace the source of infection. There was evidence that raw milk was being consumed by many of the people infected in this outbreak.

MAJOR COMMUNICABLE DISEASES REPORTED IN 1946

Animal bites	436
Chickenpox	1,694
Diphtheria	8
Gonorrhea	652
Measles	5,339
Meningitis	25
Pneumonia	259
Poliomyelitis	256
Scarlet Fever	538
Smallpox	
Syphilis	882
Typhoid Fever	7
Tuberculosis	238
Whooping cough	531



In the home the public health nurse teaches the family to give nursing care, supervises isolation and quarantine, assists in epidemiological investigations, and provides education in the prevention of disease.

*"The health of the people is really the foundation upon
as a state depend" . . . DISRAELI*

VENEREAL DISEASE

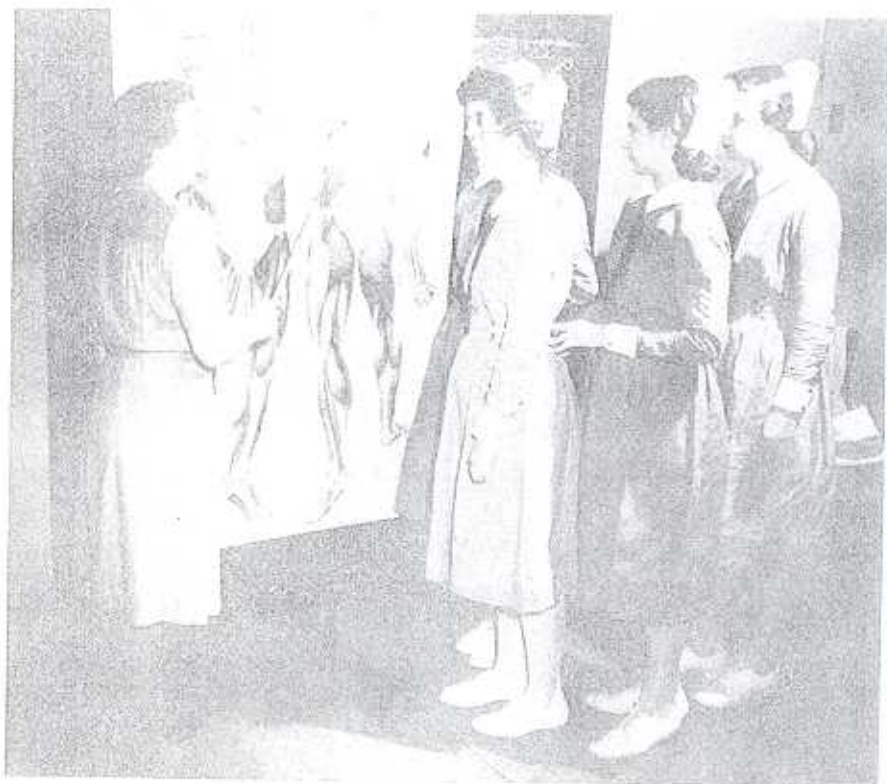
With the establishment of rapid treatment facilities for venereal disease in the Chicago area there has been an intensive drive to find early infectious cases. In 1946, 61 patients were referred to the Chicago Intensive Therapy Center. Local physicians are in attendance at the five diagnostic and treatment centers maintained in the county. There were 9,449 clinic visits made to the 550 clinic sessions. The public health nursing staff under the direction of clinic teachers assisted in the clinics, and supervised the patient and family in the home.

Blood testing high school students as educational experience.



IN-SERVICE TRAINING

A polio workshop for all public health nurses in Cook County was conducted in cooperation with the Division of Services for Crippled Children, University of Illinois and the Cook County Chapter of the National Foundation for Infantile Paralysis. Over 100 nurses were trained in the care, treatment and rehabilitation of the infantile paralysis patient.



which all their happiness and all their powers

TUBERCULOSIS

Active tuberculosis is a disease most often found in adult life. Since a large percentage of adults are employed in industry the x-ray facilities last year were concentrated on mass x-ray programs in industrial plants. As facilities have become available the x-ray program has been extended to various suburban communities, both as an educational experience and an attempt to discover unknown cases of tuberculosis. Preceding the x-ray unit an intensive education program was conducted in each area. 11,024 chest x-rays were taken with equipment loaned by the Illinois Department of

Public Health and the Tuberculosis Institute of Chicago and Cook County. 4,317 tuberculin tests were done in child health conferences and as an educational experience in the elementary schools. 1,219 visits were made by public health nurses to families where there were cases of tuberculosis, contacts, or suspects.

A Tuberculosis Registry was provided for the health department by the Illinois Department of Public Health. A secretary paid by the Tuberculosis Institute of Chicago and Cook County services the Registry.



Mobile x-ray unit used in community tuberculosis programs

Tuberculosis Registry shows record of all known cases of TB and their contacts

"The first wealth is health" . . . EMERSON

In order to maintain and to enjoy health, the community must reside in a sanitary environment. The Sanitary Engineers in the health department make inspections, offer technical advice, and en-

ities, installations, and conditions which can affect the sanitation of the environment.

The 600,000 persons living within the area served by the Cook County Department of Public Health reside in 91 incorporated communities, in many unincorporated but otherwise typically urban communities, and in strictly rural areas. They and many visitors are served by 76 public water supplies, 40 of which are connected to the Chicago public water supply system; by 5 semi-public water supply systems; by 426 schools, by 50 tourist and trailer camps; by 210 Forest Preserve wells; by 15 hospitals with maternity divisions; by 12 public sewage treatment works (43 other incorporated communities are furnished sewage treatment facilities by the Sanitary District of Chicago); and by a large number of private water supply and sewage disposal systems at private premises, industrial establishments, institutions, and recreational camps.

A constant check of water supply systems is maintained by routine inspections. The sanitary engineers make recommendations to eliminate possible sources of pollution as determined by an inspection, results of analyses at the State Laboratory, or through other channels of information.

Improper sewage disposal can result in the spread of typhoid fever, dysentery and other water-borne diseases. All sewage from private residences, institutions, schools and municipalities is either disposed of by seepage into the ground or treated in such a way that it can be discharged into a creek or stream without spreading disease. To determine existing sources of stream pollution a complete survey was made during the past year in cooperation with the State Sanitary Water Board, the Forest Preserve District of Cook County, the Chicago Regional Planning Commission, the Cook County Zoning Board, and the Sanitary District of Chicago.

Cook County has received recognition as the first county in the State of Illinois to pass a compulsory milk pasteurization ordinance. On May 21, 1946, the Board of Health, desirous of insuring the safety of milk, passed an ordinance regu-

lating the handling, labeling, sale and distribution of milk and milk products sold in the area under the jurisdiction of the Health Department.

Cabin and trailer camps which were previously a summer-time activity have now become a year around problem due to the housing shortage. All previously existing camps are fully occupied and expanded and many new camps have been established. Maintenance of satisfactory sanitary conditions in cabin and trailer camps is essential not only in protecting the health of persons residing in the camps, but in preventing camps from becoming a health hazard to all residents in the immediate communities. State regulations for the sanitary control of cabin and trailer camps are enforced by the health department.

Sanitary engineers serve in an advisory capacity to the Forest Preserve District of Cook County in solving sanitation problems. This includes inspection of wells and reporting of results of analysis of water samples submitted to the laboratory.

Making bacterial analysis of drinking water at Illinois Department of Public Health Laboratory.

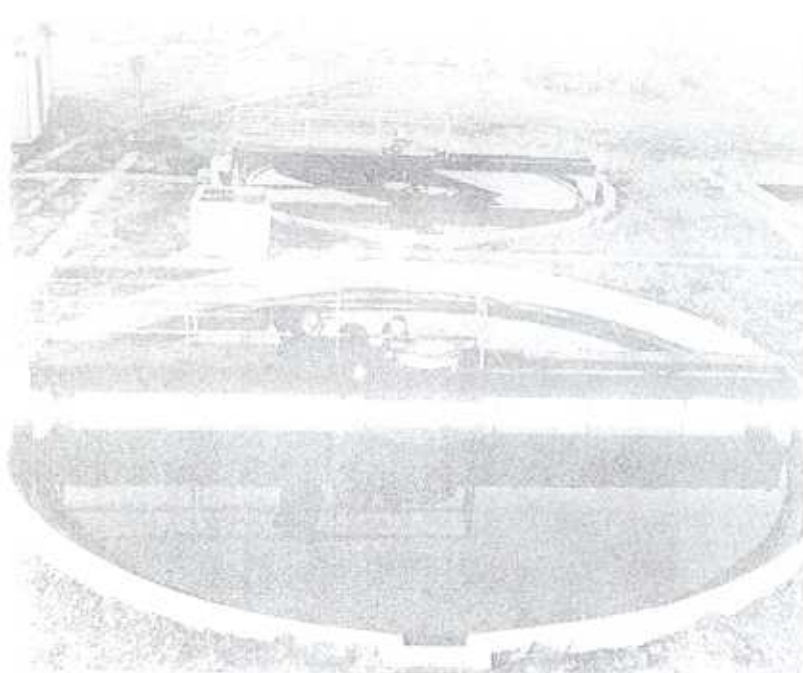


Since practically all Forest Preserves are located along creeks and streams, the sanitary engineers' program for eliminating discharge of sewage into these streams and creeks assumes significant im-

bathing and swimming areas known to be contaminated. Sanitary engineers have actively participated in the state-wide program of inspection and sampling of public swimming pools.

The need for channeling of scarce building materials into essential construction, such as residences for veterans, has resulted in a system of priorities administered by the Federal Housing Administration. Whenever a request for a priority certificate involves a private water supply or sewage disposal system, the plans and specifications for such sanitary facilities to be installed in Cook County must first be approved by the Sanitary Engineering Division of the health department.

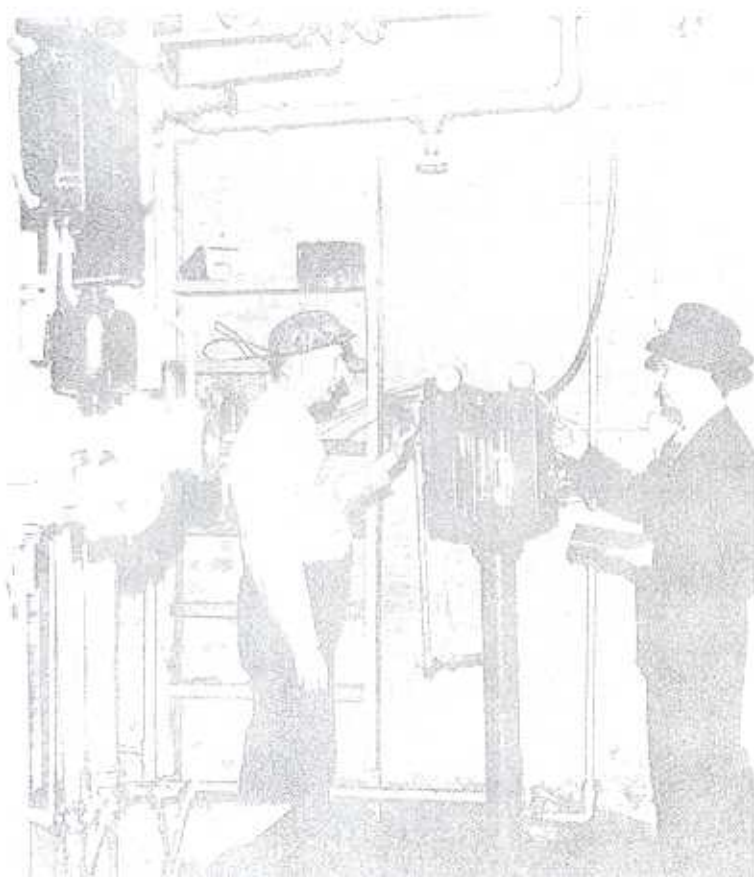
Inspections for licensing of Nursing Homes have been made at the request of the State, pursuant to the provisions of the State Law enacted



Collecting sample at municipal sewage treatment plant.

during 1945. The need for improvement of sanitary standards in nursing homes resulted in passage of a State Law requiring that all nursing homes be licensed. The sanitary engineers and public health nurses inspect all nursing homes to determine eligibility for license.

Checking operating procedures at public water supply plant.



Conferring with consulting engineer on design of proposed sewage disposal system.



"It may well be claimed that the care of the individual patriotic duty of a citizen" . . . PRESIDENT TAFT

Maternity service includes the care and guidance of the mother through pregnancy and delivery

after birth. The public health nurse helps the mother secure medical and dental care early in pregnancy. She helps the mother prepare for delivery and provides necessary nursing care after delivery. Nursing service was given in the home to 1546 mothers and 2357 infants.

A maternal clinic was organized for Negro mothers at Robbins in October, 1945, and was held twice monthly. Here the prospective mother is examined by a physician assisted by a public health nurse and taught how to care for herself during pregnancy, thus to assure a safe delivery and a healthy infant. This service has been restricted to one area in Suburban Cook County. However,

there is a need for the further development of this program in other areas. Classes in diet in pregnancy and delivery were taught by the public health nurse to 170 expectant mothers.

Specialized medical and nursing care for premature infants born at home or in hospitals in suburban Cook County, outside of Evanston and Oak Park, was inaugurated October 1, 1946. About five per cent of the babies born in 1944 were premature. It is estimated that 86 per cent will survive with special care. Any infant whose weight is under five pounds can be brought to the premature center at Cook County Hospital. Two incubators with oxygen units are supplied by the health department for transporting these babies to the hospital.

Health supervision of the infant and preschool



Planning for the arrival of a new baby.

Volunteer worker assists at child health conference.

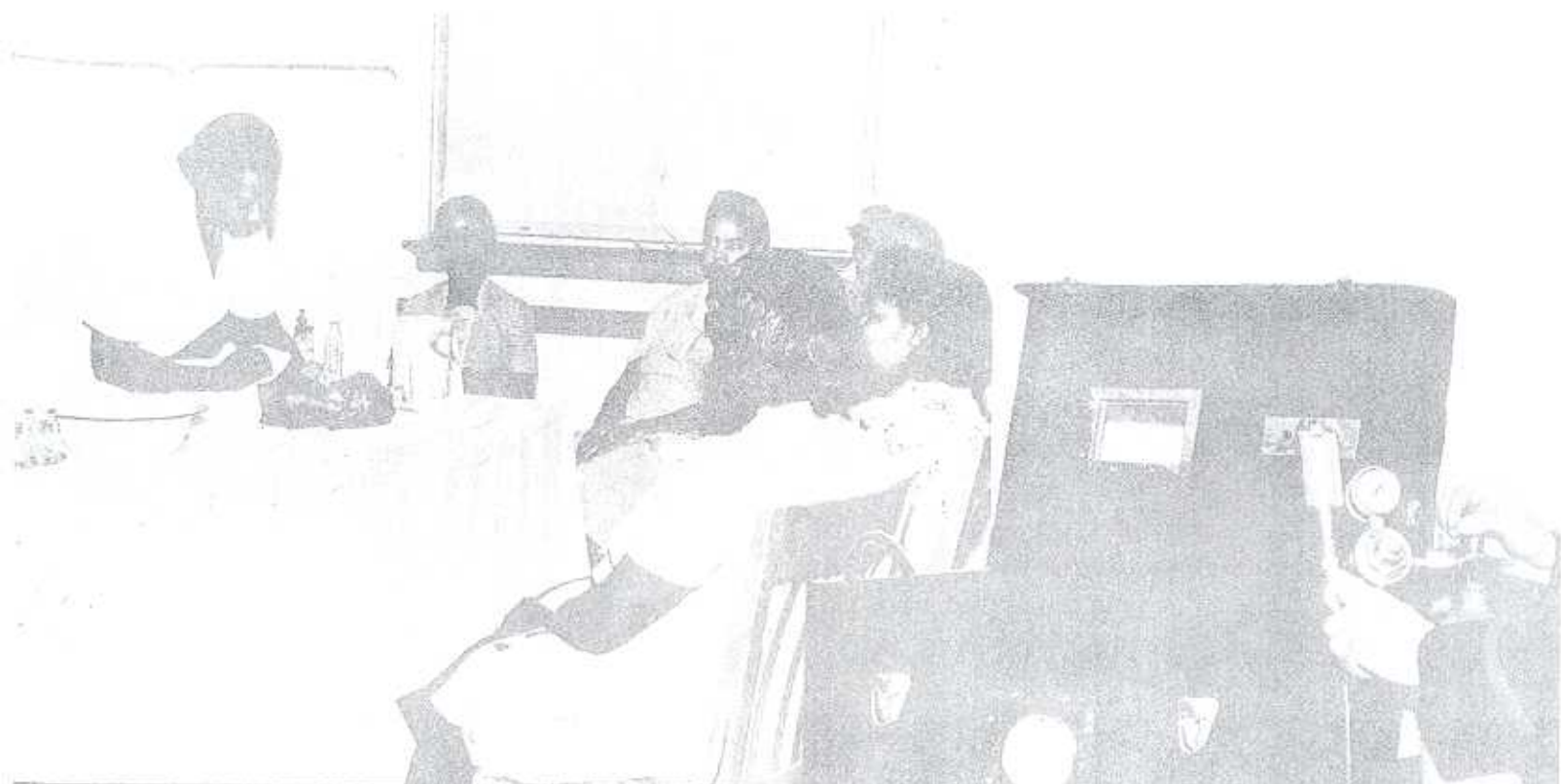
and family health is the first and most

child is planned between the ages of one month and one year, and one and six years. Special attention is given to these age groups because of their great susceptibility to communicable diseases, and also because parents need help with the physical and emotional problems which are ever present during these formative years. The public health nurse helps to secure medical supervision and correction of defects. She gives nursing care to sick children and participates in programs for the prevention of handicaps as well as education of handicapped children. Assistance is given the family in carrying out medical instruction concerning the hygiene and regime of the child in the home. Nursing service was given to 6,136 children. Every infant and preschool child should have at least one home visit by the public health nurse, however, this is not possible because of insufficient

staff. Only selected cases and sick children are seen.

At the 43 child health conferences held monthly approximately 700 babies are examined by a child specialist assisted by a public health nurse. Health guidance and supervision is given to the mother in the care of the child. The mother discusses with the physician, the nurse, and the nutritionist infant feeding, nutrition, growth, hygiene and well baby care.

Crippled children's clinics provided orthopedic, pediatric, speech and hearing diagnostic services during the year 1946. These clinics were arranged in cooperation with the Division of Services for Crippled Children. Every handicapped child in Cook County is eligible for corrective service. Nursing service was given to 1,105 handicapped children.



Classes on baby care while expectant mothers attend maternal clinic.

Transportation by incubator with oxygen helps save the life of premature

"Good health and good sense are two of life's greatest

Although parents have the primary responsibility for the health of their children, the health department has a responsibility for health service, healthful environment, and health instruction. Physical examinations and the proper follow-up to encourage the necessary correction of defects, chest x-rays, immunizations, dental inspections, and colored film x-rays are the most common

services provided for the schools. Health services during the past year. The health department provides health services and nursing supervision to 168 public and parochial schools in the county. A total of 8,344 physical examinations were done in these schools. The majority of the examinations were done with parents present, who had an opportunity to discuss the results with the physician, nurse and nutritionist.

Three one-day teacher institutes on school health were held in November, 1946. The institutes were sponsored by the County Superintendent of Schools in cooperation with the Cook County Department of Public Health, the Tuberculosis Institute of Chicago and Cook County, and the Evanston Health Department. About 2,700 school superintendents, teachers, and nurses attended the institutes.

Teachers trained by the public health nurse are on the alert to detect signs of communicable diseases through daily observation of their pupils. When a suspicion of disease is indicated, the child is isolated from the other pupils and returned home. Public health nurses have trained many teachers to do the screening tests for vision, hearing, height and weight. During the past year teachers assisting the public health nurses measured the vision of 11,365 children and completed 9,171 hearing tests. The public health nurse through teacher-nurse conferences discovered the health needs of the child and assisted in develop-

ing a plan to meet these needs. Institutes for teachers were held in some schools of the county to assist the teachers in the promotion of health through classroom instruction. Health education pamphlets, films and source materials have been made available to teachers as instructional aids in the health program.

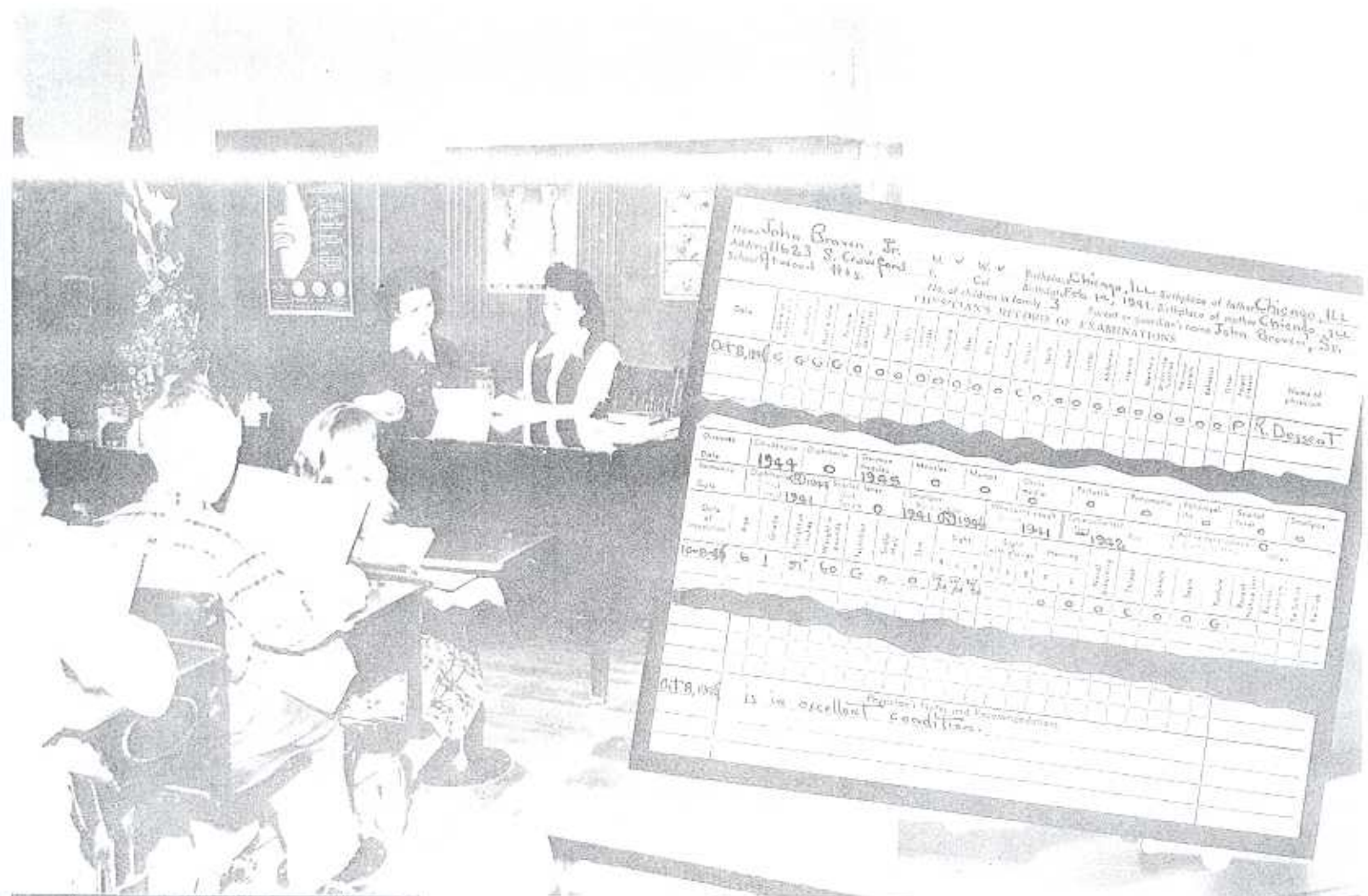
The school environment is an important factor in school living. The sanitary engineers inspect the water, sewage disposal, and food handling facilities of the school. In the classroom the heating, lighting and ventilation are important factors in contributing to the continuing health of the school child. Assistance is given to teachers and administrators in helping them to provide and maintain an environment conducive to growth, learning and health.

Special individual or group nutritional problems are referred to the nutritionist for further study. During the past year, 8 rural and suburban grammar schools have requested the services of the nutritionist in setting up and organizing school lunch programs. Most of these were federal lunch programs. School lunchroom conferences were held in cooperation with the Chicago Nutrition Association for 125 school lunch-room managers, cooks, administrators, Parent-Teacher Association members, and parent groups.

An attempt to demonstrate a correlation between posture and nutrition was done in selected schools throughout suburban Cook County. Of the 1,381 children examined, 634 had fair posture and 76 were rated poor. Every child rated poor had an orthopedic examination. Of the dietary records taken on 1,284 children, at least two-thirds of the students had diets which were rated fair or poor. The demonstration has continued at one school and an orthopedic clinic was held for the poor posture cases.



Superintendent, physician, nurse, health educator and teachers plan to gather the school health program.



Teacher and nurse plan and follow-up health instruction and health services.

Health record is kept on every school child.

Checking the school lunch menu to provide for a balanced noon meal.



"Public health is purchasable Within natural death rate" NEW YORK STATE HEALTH DEPARTMENT

Physical therapy treatment centers for orthopedic, spastic, cerebral palsy, and infantile paralysis patients were established in Des Plaines, Chicago Heights, Harvey and Berwyn. An orthopedic hospital has been placed on the health department staff by the Cook County Chapter, National Foundation for Infantile Paralysis. Any patient unable to attend the center is given treatment at home. 267 persons received treatment on the recommendation of a physician.

With the opening of Camp Reinberg the health department staff planned the medical and nursing service program for the campers. Complete phys-

ical examinations were given to all children attending the camp. Nursing and medical service was available at all times. A six-bed hospital unit was equipped by the health department.

Medical, nursing and nutrition service was given during the summer of 1946 at the CCC Farm Work Camps in Des Plaines and Thornton. Laborers imported through government contract from Mexico, Jamaica, Puerto Rico and the Caribbean Sea and employed in farm industry, resided at the work camps.



First aid station in the County Building equipped for emergency treatment.

Upper right, Physical therapy for muscle reeducation at the treatment center.

Jamaican camp cooks learn food preparation.

limitations any community can determine its own

The health department has maintained a cooperative working relationship with local community groups and health agencies to develop a common understanding of health problems. Health education activities are a major function of every member of the staff and are directed toward *community health education* at all levels of community life.

The staff have utilized accepted techniques for disseminating health information. Health pamphlets, posters and films are available to individuals, schools, and community groups. Frequent requests for speakers on health subjects have been filled by staff personnel. Every effort is made to acquaint the community with the health department services and to encourage participation in the health program.

Film Showings 307 Health Talks 612 Health Classes 243

Student training programs in public health for physicians, nurses and dieticians were conducted by the staff. The following groups of students were given an orientation at the health department.

- 198 medical students from the University of Illinois for a two hour period.
- 26 post-graduate nurses from Loyola University for sixteen weeks.
- 3 student nurses from the Cook County School of Nursing for eight weeks.
- 10 affiliate nurses from the University of Illinois Research and Educational Hospital for one week.
- 52 dieticians from Hines Hospital and Cook County Hospital for two and-a-half days.



"Where there is no vision the people perish" PROVERBS XXIX, 18



BUDGET

COOK COUNTY	\$ 89,860.00
STATE-FEDERAL	113,375.00
TOTAL	<u>\$203,235.00</u>

ACKNOWLEDGMENTS

We wish to express our sincere appreciation

- to the Board of Commissioners of Cook County for their encouragement and financial support,
- to the State and Federal health agencies for their guidance and financial assistance,
- to the physicians for their conscientious reporting of communicable diseases,
- to the many volunteers who have diligently served in promoting community health programs,
- to the local community health and welfare agencies that have generously contributed personnel, and
- to the staff for their loyalty and devotion to duty.

COOK COUNTY DEPARTMENT OF PUBLIC HEALTH

ADMINISTRATION

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 Administrative Secretary _____
 Administrative Clerk _____

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 Mary F. Pearce
 Milton Brandt

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 Film Technician _____

Irene Fahey, Ph.B., M.P.H.
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Shirley Biggie

Mildred Coughlin

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M. C. Higgins, M.D.

Hugo Long, M.D.

W. M. Winston, M.D.

W. C. Young, M.D.

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 Henrietta Katz, M.D.

O. Horak, M.D.
 Anne C. Leonard, M.D.
 W. M. Winston, M.D.

Mildred Jackson, M.D.
 R. L. Marks, M.D.

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 Secretary _____

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 Helen Leszczyński

DIVISION OF PUBLIC HEALTH NURSING

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 Sibyl C. Davis, R.N., B.S., M.A.

Mary Louise Gunning, R.N., B.S.
 Myrtle Sarason, R.N., B.S.

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Ethor Dahlstrom, R.N.

M. Helen Halladay, R.N., Ph.B.

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 Patricia Cook, R.N., B.S.
 Virginia Davis, R.N.
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 Luella Feezor, R.N.

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 Helen Keenan, R.N., B.S.
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 Hilda Schulze, R.N.
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 Blanche Suchy, R.N.
 Ruth Truebgor, R.N.
 Ilene Vuolle, R.N.
 Pearl Wendt, R.N.
 Martha Willis, R.N.

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Mossie Perry

Rose Keenan

Catherine Lucas

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Steven Michipani, B.S.

Sanitarian _____
 Secretary _____

Joseph Svec
 Rosemary Probaske

HEALTHFUL
LIVING

NUTRITION

DENTAL HEALTH

VITAL STATISTICS

MENTAL HYGIENE

SCHOOL HEALTH

MATERNAL CLINICS

IMPROVED HOUSING

HEALTH EDUCATION

HOSPITAL FACILITIES

RECREATION FACILITIES

INDUSTRIAL SANITATION

TUBERCULOSIS CONTROL

PHYSICAL EXAMINATIONS

PROFESSIONAL EDUCATION

VENEREAL DISEASE CONTROL

CHILD HEALTH CONFERENCES

ENVIRONMENTAL SANITATION

IMMUNIZATION & VACCINATION

COMMUNICABLE DISEASE CONTROL