

2007 Annual Report



Working for Healthy Communities





To the Citizens of the

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Sincerely,

Bruce Costa, M.S., R.E
Director/Health Office

Welcome

To the Citizens of the Central Utah Health District:

“Working for Healthy Communities”

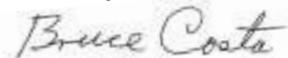
The Central Utah Public Health Department (CUPHD) attends to the public health needs of every citizen in the six county area. We provide services that impact every visitor, guest and resident of Central Utah. Every time you take a drink of water, eat at a local restaurant or convenience store, install a wastewater system, pump gas at a local service station you have received public health services from the CUPHD. In addition to these services we offer programs and services such as immunizations, injury prevention, nutritional program (WIC), health services in schools, birth and death certificates and many more.

The staff at CUPHD is made up of nurses, environmental health scientist, health educators and community health technicians, who are dedicated to the health and welfare of the citizens of Wayne, Piute, Sevier, Sanpete, Millard, and Juab counties. They are highly trained professionals that are eager and willing to help the citizens of their counties. Public health workers at CUPHD provide the services and programs at the community level and understand the pulse of the community; they are at the grass roots of their perspective communities. They care about the people in their communities and do everything they can to provide the very best public health service to each individual in their area.

As the former U.S Surgeon General C. Everett Koop said, “Health care matters to all of us some of the time, public health matters to all of us all the time.”

We have offices in Nephi, Delta, Fillmore, Manti, Mt Pleasant, Junction, Loa, and Richfield. Office hours are from 8:00 am to 5:00 pm Monday through Friday. It is the goal of CUPHD to provide the very best service we can to every citizen in the Central Utah Health District.

Sincerely,



Bruce Costa, M.S., R.E.H.S
Director/Health Officer

Board of Health

Bruce Blackham

Travis Blood

John Cooper, Chair

Ivan Cowley

David R. Crimin, DO

Tom Jeffery

Val Jones, Vice-Chair

Steve Kimball

Evelyn Nielson

Barbara Pierson

Von Pratt, MD

Kevin Snow

Health Officer



Bruce Costa, M.S., R.E.H.S

Baby Your Baby: Provides temporary Medicaid coverage for low income pregnant women who have no insurance or inadequate prenatal insurance.

Cancer Prevention & Treatment: Provides educational counseling, pap test, and breast exams to women 18 years and older in order to detect cervical and breast cancer.

Early Intervention (EI): Provides early identification and treatment services for children (birth through two years of age) with developmental delays.

Targeted Case Management: Provides a home visit with a Public Health Nurse to provide intervention to an “at risk” population, enabling them to access services in a timely and appropriate manner.

Women’s Health/Family Planning: Provides uninsured or underinsured women with low-cost screening and contraception. Patients are counseled and given educational handouts on risks and benefits of the many types of contraception.

Immunizations

The Immunization Program has had a great year. The ‘07-’08 flu season went well, with 5,550 flu shots given throughout our six counties.

We participated in two special projects this year. The first was to get kindergarten and 7th grade students vaccinated with the second dose of chicken pox vaccine. We offered the vaccine at no cost. The second project we are currently participating in is offering Hepatitis A to the food handlers and the day care providers. Brochures were made and the Environmental Health Scientists have been passing them out at food inspections. Also the nurses have been attending the food handlers’ classes and educating them about the Hepatitis A Virus and offering the vaccine at no cost.



We are also able to participate in the Cervical Cancer Prevention program., which was made possible by Jon Huntsman Sr. who donated \$1 million dollars to begin an awareness campaign and provide low-cost vaccines to eligible women. We now offer the vaccine to women age 19-26 without insurance for a small fee. The vaccine is already offered to girls age 9-18 without insurance through our vaccines for children program.

WIC—Women, Infants & Children

The WIC Program had a very busy year, we served approximately 2,400 clients in 2007. The new computer program continues to give us a few problems, but we are serving clients and running smoothly

through certification to have patience with we are able to serve with little disruption

All eight of our staffed with a Certified Clerk. We also have offices throughout the district breastfeeding clients they may need. This to send one of our Counselors to a 40 hour course

We had a meeting to Similac on Oct 1. We are continually working with the Nutrition Education State WIC Program available to the clients doing well for all and we request our service.

Home-Bound EI

This year we have been residents in the six counties by the US. Dept. of Health the last third is provided Health Nurse provided The goal of this program homes rather than a

Preventative Health Services

through certifications. Everyone seems to have patience with the problems and we are able to serve and voucher clients with little disruption.

All eight of our offices are fully staffed with a Certified Professional and Clerk. We also have four Peer Counselors throughout the district to serve our breastfeeding clients with the extra help they may need. This year we were able to send one of our Certified Professionals to a 40 hour course on breastfeeding.

We had a major change in our contract formula from Enfamil to Similac on Oct 1. This has taken some adjustment for our clients. We are continually striving to serve each Mother, Infant and Child with the Nutrition Education and foods that each one needs. The State WIC Program made a few adjustments in the foods that are now available to the clients to try and reduce food dollar costs. It is working well for all and we are still able to serve all of the participants that request our service.

Home-Bound Elderly Program

This year we have been able to visit over 350 home-bound elderly residents in the six county area. Two-thirds of this program is funded by the US. Dept. of Health and Human Services Block Grant, while the last third is provided by CUPHD. During these visits a Public Health Nurse provides care, socialization, reassurance and referrals. The goal of this program is to allow the elderly to remain in their own homes rather than a nursing facility.



Year in Review

Over the years public health has initiated Preventive Health Services in order to provide medical attention to low income individuals who cannot afford sufficient health insurance.

During 2007 we strived to improve these programs by researching more funding opportunities and improving the efficiency of our current funding in order to help uninsured or underinsured people.

We were successful in obtaining new grant money which enabled us to restart the Central Smiles Dental Program. We were also able to maintain the funding that provides our Women's Health Program.

We have had an increase in certain communicable diseases throughout our health district. We have found that our staff and communities collaborate well during these outbreaks, which have strengthened our sense of community and preparedness.

Programs

Community Health Education

Bicycle Safety: Offers bike rodeos to the public & schools to promote helmets & bike safety.

Child Safety Seats: Works with Safe Kids Central Utah to educate parents on proper use of child safety seats by providing free seat checks.

Vehicle Safety: We educate drivers about safe driving habits and buckling up. We promote buckling up at local high schools with assemblies and free signs and stencils for parking lots.

Tobacco Handler Class: We provide a class to assist retailers in training their employees on Utah tobacco sales laws. This service relieves local companies of providing this training and qualifies them for a reduction in civil penalties if a sale occurs during quarterly compliance checks.

Local Businesses Participated In Tobacco Education Program

- Mona Power Plant
- Liqui-Dry
- C.O. Buildings
- Great Lakes Chees
- Snow College
- Richfield Care Center
- Nephi Rubber Products
- Sevier Valley Medical

Tobacco Prevention:

In '07 we focused on developing new partnerships to promote tobacco cessation. We provided tools and information to encourage businesses to implement tobacco free policies for their worksite. Educational material and cessation information was distributed to businesses and medical professionals throughout the six county region.

We have worked with local school districts to develop tobacco free policies. To further encourage cessation, Crowell Advertising worked with Richfield High School to shoot three anti-tobacco commercials. Twenty-four students were involved in this production. The commercials were shot at Ideal Dairy, Richfield High School, and the residence of Trish Keisel. The commercials will air from Jan. to March '08 on five major television stations throughout the state.

Injury Prevention:

Seat belt use is an important part of our injury prevention programs and in '07 we continued to encourage seat belt use among high school students. We provided instructional videotapes of safe driving to driver's education teachers, and gave "buckle-up" signs to each high school in the six county region. These signs have been installed and work well with the buckle-up stencil provided to be placed at the exits of school parking lots. This stencil has also been used on the parking lots of several health departments.

We continue to be involved with the Office of Highway Safety and Utah Department of Transportation's Zero Fatalities Program. In conjunction with this program, we have offered educational material to students and parents to encourage safe driving.



Central Smiles-I

We are excited to have launched our Central Smiles program for 2008. This program, which is funded by a grant, is designed to provide dental insurance and annual examinations for children who have a family income at or below 200% of the federal poverty level. The program provides annual examinations, restorative treatments, and orthodontic services.

We began by providing dental vouchers to children who have strived in the past month these dentists provided vouchers which they qualified. In our program we only allowed each child to receive one voucher.

During the first year of the program children were provided dental vouchers. We are able to get otherwise uninsured children into the Smiles Program 56 voucher.

Our goal is to provide dental care for every child in the county. We hope to have that children are receiving dental care that this program will need for expensive restorative treatments.

Central Smiles-Dental Program

We are excited to have launched our Central Smiles program for 2007-2008. This program, which is funded by a state grant, is designed to help children who have no dental insurance and are living at or below 200% poverty level. This grant money is able to provide annual exams, sealants, cleanings, fluoride varnishes and treatments, restorative care, x-rays, emergency walk-ins and education.



We began by contacting dentists across the six county area who have strived in the past to serve the uninsured. Then, each month these dentists received between seven and eight \$100.00 vouchers which they used to help pay for the services of their clients who qualified. In order to maximize the number of children served we only allowed each child to use two to three vouchers per year.

During the first four months of this grant 91 uninsured children were provided with dental care that they might not have been able to get otherwise. Of the visits that were assisted by the Central Smiles Program 56 of them were paid in full by the \$100.00 dental voucher.

Our goal is to serve 200 children over the course of this grant year. We hope to help families establish a family dentist and insure that children are receiving the dental care they need. We also hope that this program will provide preventative care that will omit the need for expensive restorative work or severe dental damage later on.

Participating Dentists

Dr. Mark Asper

3 East Main, Salina

Dr. Kevin Chappell

850 North Main, Richfield

Dr. Richard Chisholm &

Dr. Wayne Chisholm

30 South Main, Monroe

Dr. Craig Church

85 North Center, Delta

Dr. Darrin Jeffery

325 North 600 East, Richfield

Dr. De Loach

60 South 300 East, Delta

Dr. Joe Meyers

86 South White Sage Ave., Delta

Dr. Glen Olsen

210 West Main, Mt. Pleasant

Dr. Doug Peterson &

Dr. Scott Peterson

310 North 400 East, Nephi

Dr. Jim Stephenson

110 West Center, Holden

Dr. Wesley Thompson

35 East 400 South, Ephraim

Promotions & Advertising

Central Utah Public Health Department has focused on promoting the many services offered at our eight locations. Press releases are sent frequently to each local paper to promote clinics, screenings, and classes. Newsletters are published quarterly.

Several high schools in each county have advertisements displayed on their marquis or on signs posted either on their field or in their gymnasium. Several programs have been promoted at both local and county health fairs with new display boards.

We are currently working with students in the Department of Communication at Snow College to create three radio spots, which will be recorded at the Snow College studio. These radio spots concern safe driving, and will specifically address texting while driving, adolescent seat belt use, and car seat safety.

Statewide Public Health Emergency Response Exercise

During September 18-20, 2007 we had the opportunity to participate in S.P.H.E.R.E. (Statewide Public Health Emergency Response Exercise).



The scenario was a Pandemic Influenza outbreak. Central Utah Public Health Department set up their Department Operation Center, using the Incident Command System, for the three days of the exercise and functioned as if it were a real time event.



As part of the exercise, we had phone calls coming in from concerned citizens, businesses, media, hospitals, Utah Department of Health, etc.

The exercise was designed by CRA, a preparedness company, which supplied one controller to assist with running the exercise and two evaluators from UCLA, who evaluated how well we did. Local media reported on the exercise and our Homeland Security Liaison participated.

Afterward CRA and UCLA provided in-depth after-action reports. These reports identified gaps and problems in our all-hazard emergency response plan which we were able to correct over the course of this year. We are also participating in a response plan review process throughout the next year with Utah Department of Health and other local health departments.

Central Utah M

This year we focus on new volunteers. We have a paper campaign which is being run by Central Utah Medical Center.

We also host presentations on Preparedness nights we have at Millard county high school.

The corps in the county is in good condition. This coming year we are continuing with our efforts.

Emergency Res

This last year we have had an immunization clinic at the county health center to increase our capacity to immunize.

We have a truck which is ready to be stocked with personal supplies to adequately conduct these clinics.

We continue to work with the Local Health Agency Planning Committees and Emergency Responders throughout the county area.

Emergency Preparedness

Central Utah Medical Reserve Corps

This year we focused our efforts on advertising and recruitment of new volunteers. We were able to fund a six month radio and newspaper campaign which highlighted the goals and mission of the Central Utah Medical Reserve Corps.

We also hosted two community preparedness nights with presentations on Pandemic Flu and Sheltering In Place. These preparedness nights were held in Sevier and Sanpete counties, while Millard county nights were being scheduled.

The corps is continuing to grow in numbers and recognition. This coming year we plan on doing volunteer training and continuing with community preparedness.

Emergency Response

This last year we have had the opportunity to conduct several mass immunization clinics throughout the six counties to evaluate our capacity to immunize large groups of people.

We have a trailer stocked with supplies for mass clinics, which is ready to be deployed at any given time. The trailer is stocked with personal protective equipment as well as other medical supplies to adequately conduct these clinics.

We continue to work with the Local Emergency Planning Committees and Emergency managers throughout the six county area.



Year in Review

In 2007 we have stocked our Mass Vaccination trailer with personal protective equipment, such as masks, gloves, goggles and gowns, for our staff and volunteers.

We have also purchased barriers to assist with clinic setup and crowd control during emergency situations.

The trailer stands ready to deploy to any point within the Central Utah Health District to vaccinate our populations.

Preparation presentations have also been a high priority this year. We have given many of presentations on preparing for Pandemic Flu. We regularly do these presentations for the public as well as many different groups.

We participated in drills with both the Local Emergency Planning Committees of all six counties and with the State of Utah, so that we stand ready to assist in any emergency whether natural, accidental or intentional.

Food Protection: Food establishments are inspected twice yearly for sanitation, temperature control, and prevention of contamination during preparation and serving food.

Public Water Systems: We help devise plans for adequate well, spring, and cistern construction for public systems. We also inspect existing systems and recommend corrections.

Water Lab: Analyzes water from municipal water systems, private wells, and public swimming pools for the presence of disease causing bacteria.

Used Oil Recycling: Encourages the recycling of used oil, which is a useful and valuable resource, and helps keep our land and water clean.

Sanitary Surveys Inspects Public Water Systems to help assure that homes and families get only pure drinking water.

Solid Waste Advises local governments on landfill issues, and helps encourage homeowners to keep their properties free of trash.

Underground Fuel Storage Tanks

Our Environmental Health Scientists have stayed very busy this year with inspections of underground fuel storage tanks (USTs). Gasoline and diesel fuel are a necessary part of life, but can be devastating to the environment if they escape containment. Since the late 1980's, State and Federal rules have mandated leak detection systems for all USTs.



While it is much safer to bury fuel tanks, it makes any leak difficult to detect. Prior to the UST rules, a gasoline leak of a few gallons a month was cheaper to ignore than to fix. However, small leaks accumulate leaving a plume of fuel in the ground below.

Now, computer-monitored leak detection systems are on the market that can detect a loss of as little as two-tenths of a gallon from either the tank or the piping system, and notify the operator immediately. In the past, operators have had to stick the tank every day, add up gas sales and deliveries, and wait until the end of the month to see if there was a leak.

Our Environmental Health Scientists evaluate the automated reports generated by these new systems, to see that no leaks have been detected. We also pull up the manhole covers, open up the sumps, and physically check the containers under the dispensers to verify that no fuel is being released from the parts of the system we can see. We also work with the station owner on system upgrades, Trouble shooting, and compliance with the State and Federal rules.

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Modern service static We are working hard be, and out of our wa

Public Pools and

While swimming is e a soak in a hot bubb warm waters can har Without proper disin Petri dishes, full of v

Without prop chemistry can cause have ever emerged fr ing skin, it was most ter to be too acidic or

The Environn health in three ways. a Certified Pool Oper Swimming Pool Fou district is inspected o



Modern service stations are far safer, greener and more efficient. We are working hard each year to keep fuel where it is suppose to be, and out of our water and ground.

Public Pools and Spas

While swimming is excellent exercise for people of all ages, and a soak in a hot bubbling spa is a great way to unwind, those nice warm waters can harbor a number of nasty little pathogens.

Without proper disinfection, they can become big bathtubs, or big Petri dishes, full of viruses, bacteria, or parasites.

Without proper monitoring by a trained operator, water chemistry can cause considerable swimmer discomfort. If you have ever emerged from a pool or spa with burning eyes or itching skin, it was most likely a chemical imbalance causing the water to be too acidic or too alkaline for swimmer comfort.

The Environmental Health Division promotes swimmer health in three ways. First, each spring, the department sponsors a Certified Pool Operator class under the direction of the National Swimming Pool Foundation. Second, each pool and spa in the district is inspected on a yearly basis by a Licensed Environ-



mental Health Scientist with specific training in public pools. Third, each public pool and spa submits a water sample to our lab for bacteriological testing each month they are open to the public.

The causes of disease have been understood by public health researchers for well over a century. Advances in science have given us safer food, cleaner water, and eliminated filth from the public environment. It seems that every generation needs to learn these facts for itself, so our licensed Environmental Scientists have stayed busy during 2007 educating food handlers on the facts of temperature control, hand washing, and prevention of cross contamination.

We have also worked hard during 2007 to encourage people to repair failing septic systems and keep their property clean.

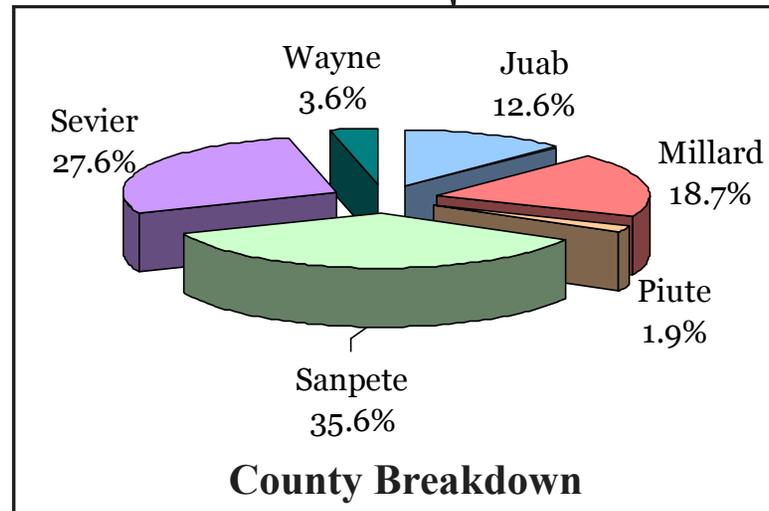
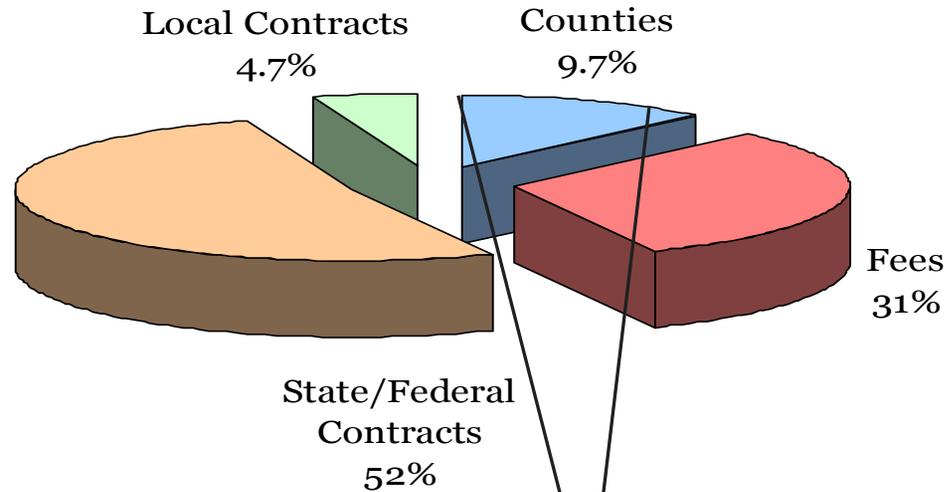
We work with property owners to educate them on insect, rodent, and nuisance animal control. Our scientists provide valuable advice to our neighbors on lead abatement, water system operation, and all aspects of public and environmental health.

Utah birth and death records on file at the State office can be ordered at any of our offices. These records are legal certified copies of what is on file at the State. They can be used for: school registration, sports participation, travel and passports, insurance, retirement, marriage licenses, driver's licenses, Military enlistments, Medicaid and Medicare applications. Applications are available at any of our health department offices.

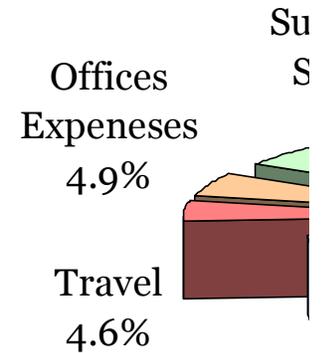
The Vital Records Program uses the Electronic Death Entry Network (EDEN) Program to register death certificates online. The program also uses an on-line program to issue birth and death records. Paper with added security features is being used to meet the national standards required for vital records.

Comparing 2006 & 2007, there was an increase of just over 2% first copies of birth certificates and about 15% first copies of death certificates issued.

Central Utah Public Health Department's Revenues



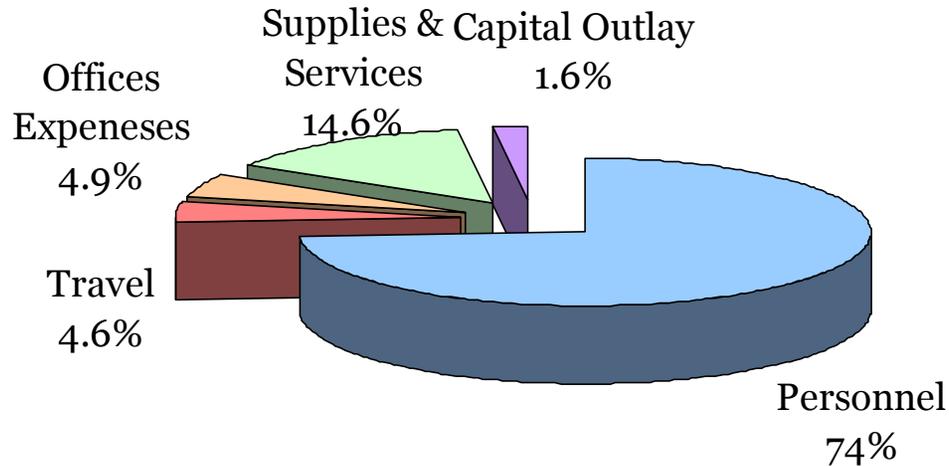
Central Utah Public Health Department's Expenses



Personnel costs are a big expense. Each program manager manages and runs it whether it's an environmental inspection to help keep a nurse giving an immunization or a worker issuing a permit. Personnel are our biggest assets!

Personnel are located in different offices. This helps the department work in different ways, while getting work done to build healthy communities.

Central Utah Public Health Department's Expenses



Personnel costs are a major part of our health department's expenses. Each program requires one or more staff members to manage and run it which makes public health very labor intensive. Whether it's an environmental health scientist doing a septic tank inspection to help keep our drinking water clean, a registered nurse giving an immunization to protect against disease, or a support worker issuing a certified birth certificate, personnel are our biggest assets!

Personnel are organized and managed as a whole unit, but are located in different offices throughout the counties we serve. This helps the department use its resources in the most efficient way, while getting well trained employees where they need to be to build healthy community at an affordable price.

The Central Utah Public Health Department has a highly trained and educated staff.

All of our nurses are Registered Nurses, and licensed in the state of Utah. Our nursing programs require certification and training specific to each program.

The environmental health staff must have a minimum of a bachelor's degree in biological sciences and certified in numerous other environmental health fields. It takes up to two years to adequately train and certify our Environmental Health Scientists. Along with the certification requirements an Environmental Health Scientist must accumulate at least 15 continuing education units each year.

The staff of the Central Utah Public Health Department are individuals dedicated to their work and to providing the best possible service to the citizens of our district.

Your Local Central Utah Public Health Offices

Your Loc



Juab

146 North Main
Nephi, UT 84648
(435) 623-0696



West Millard

428 East Topaz Blvd, Suite D
Delta, UT 84624
(435) 864-3612



South S

40 West
Manti, U
(435) 8



East Millard

55 South 400 West
Fillmore, UT 84631
(435) 743-5723



North Sanpete

20 South 100 West, Suite 30
Mt. Pleasant, UT 84642
(435) 462-2449



Pi

Cour
Junction,
(435) 5

Your Local Central Utah Public Health Offices



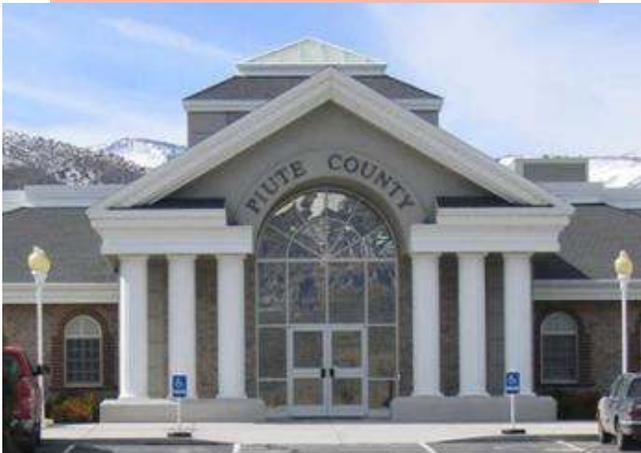
South Sanpete

40 West 200 North
Manti, UT 84642
(435) 835-2231



Wayne

18 South Main
Loa, UT 84747
(435) 836-2671



Piute

Courthouse
Junction, UT 84740
(435) 577-2521



Sevier

70 Westview Dr.
Richfield, UT 84701
(435) 896-5451

Come and Visit Us



Central Utah Public
Health Department
70 Westview Drive
Richfield, UT 84701