



Working for Healthy Communities

Central Utah Public Health Department



Great Things Accomplished in 2008

Total Immunizations: **11,798**

WIC Appointments: **30,300**

Food Handlers Permits issued: **1530**

Waste Water Permits issued: **307**

Tobacco Compliance Checks: **419**

Tuberculosis Tests: **1434**

Family Planning Appointments: **207**

Early Intervention Visits: **2000**

Targeted Case Management Visits: **320**

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Richfield Office Hosts Open House

“Very Impressive”, were the words frequently spoken by the visitors at the Richfield Clinic’s Open House on January 31st. The festivities began at 10:00 am with a ribbon cutting ceremony. Central Utah Board of Health member, Commissioner Ivan Cowley, courteously cut the red ribbon while other board members: Evelyn Nielson, Dr. David Crimin, and Kevin Snow observed. Richfield City Mayor Brad Ramsey, Richfield City Administrator Woody Farnsworth, and Central Utah Public Health Director Bruce Costa and staff also observed the historic event. It was a fun and informative day. Visitors had the opportunity to learn about the various services we provide and receive educational material as well as incentives from these programs. For example, one of the incentives that was very popular was a pencil made out of recycled money provided by our Environmental Health Department.

Central Utah Public Health Department’s Richfield office has been serving people for over 40 years. It has been at the existing location for the past 16 years. The current square footage for the office is 15,400 square feet which is an increase of 7,400 square feet. Services provided at our eight offices include: Immunizations, WIC, Vital Records, Environmental Health, Injury Prevention, Tobacco Prevention and Cessation, Early Intervention, Children’s Special Health Services, Emergency Preparedness, Family Planning, Water Laboratory Services, Communicable Disease Control, Epidemiology, Sexually Transmitted Diseases, and the Cancer Control Program.



Snow College Tobacco Prevention Mini-Grant

Central Utah Public Health Department provides mini-grant funding to Snow College through our Tobacco Prevention and Control Program to promote smoke-free policies throughout Sanpete and Sevier counties. Their efforts have inspired many local cities to develop smoke-free policies for parks and recreational areas. They also work with local businesses to promote enforcement of the Utah Indoor Clean Air Act and encourage businesses to establish comprehensive smoke-free policies, including outdoor areas. On November 20th, Snow College Tobacco Prevention staff sponsored a very successful Great American Smoke-Out event. At this event, 250 Snow College students signed a pledge to stay tobacco-free. Information on cessation resources and a cessation packet was provided to 20 students who currently use tobacco. Thirty students with friends or family members who smoke were provided information and incentives to encourage their loved ones to quit smoking. Participants also received free turkey sandwiches to promote the “Quit Cold Turkey” theme.



How Much Does It Cost to be Addicted to Tobacco?

High school and middle school students are surprised to learn that smoking one pack of cigarettes a day for twenty years adds up to approximately \$32,850. That’s a fact that teenagers can’t dispute. It’s difficult to get teenagers to react to facts and figures about how smoking affects their health. But they can relate to the fact that they could buy a car for \$32,850 or that they could go on vacation for what it costs to smoke a pack a day for one year, \$1,643. The art class at Juab Middle School and the Alternative High School students in Delta each painted piggy bank to put in their bedrooms reminding them daily how expensive tobacco is. It’s fun to see such a variety of unique piggy banks. The students were very creative and the teachers report it was a great learning experience.

The project was originally started by the art teacher, Lory Thatcher, at the Alternative High School in Delta. Since that time the project has been spreading to other schools. Central Utah Public Health Department provided the ceramic pigs to the art teachers and we are very pleased with the outcome. The displays set up in the schools are extremely impressive and when visiting, I noticed several students stopped to look at them.



Juab Middle School Display



Juab Middle School Art Class



Alternative High School Display in Delta



Free TDAP Available for Uninsured Adults

Central Utah Public Health Department now has free TDAP (Tetanus, Diphtheria, and Pertussis) vaccines for women and men between the ages of 19 and 65 who do not have health insurance. In the past, adults have been encouraged to obtain a tetanus booster every 10 years. Now TDAP is recommended because it contains the tetanus booster as well as the Pertussis and diphtheria vaccine. Although Pertussis is common in teenagers and adults, it is frequently misdiagnosed as a viral illness or bronchitis. Adults or teenagers who have Pertussis will cough for about three weeks and even up to nine weeks for 50% of those who have the disease. In China, Pertussis is known as the 100 day cough. This disease is spread by discharges from the nose and throat through coughing and sneezing. Treatment with antibiotics can shorten the contagious period to about five days. Experts estimate that there may be as many as one million cases occurring in the United States every year.

Diphtheria is also a contagious disease involving the nose, throat and air passages. The most significant feature is a gray membrane covering the tonsils and upper part of the throat. Diphtheria is rare in developed countries. In the United States, all confirmed cases since 1988, involved visitors or immigrants from other countries. People who have not received the Diphtheria vaccine can get diphtheria at any age. If left untreated, diphtheria can produce a poison in the body that can cause heart failure or paralysis.



Keeping the Public Safe is our First Priority

Preventing food borne illnesses can be a challenging responsibility for the environmental scientists at Central Utah Public Health Department and yet, these services are absolutely essential. They protect customers from contracting severe gastric illnesses that could lead to hospitalization and in some cases fatalities. They also protect the owners of food establishments from financial ruin. Some of the requirements for food establishments include the following; three compartment sink; handsink; testing devices, such as thermometers and sanitation testing kits; utility sink; clean room for processing food; floors and walls covered in washable materials; easily accessible restrooms separated from the food processing area; shielded lighting; food contact surfaces need to be corrosion free and nonabsorbing; food, equipment and single service items located in a clean, dry location; type I suppression ventilation systems; and bulk food compartments must be covered by close fitting, individual, labeled covers.

All food establishments are required to be inspected every six months in Utah. Consequences of violations at food establishments are based on the severity of the violation. For instance, sewage problems generally require an immediate closure until the problem is fixed, other violations may be checked again in ten days to determine if the food establishment owner has corrected the problem. All complaints are taken seriously and handled accordingly. If there is an immediate threat, immediate action is taken. Keeping food establishments in compliance is a constant challenge for food establishment owners as well. Their goal is the same as ours and that is to provide customers with food that is free of food borne illnesses.

Injury Prevention Programs Save Lives

At Central Utah Public Health Department's Injury Prevention program, promoting safe driving habits for teenage drivers is a first priority. Many of our local high schools in the six county area are enthusiastic and willing to participate in these programs. Mini-grants to promote safe driving habits with teenagers in the amount of \$500.00 have been allocated to the following schools in the six county area: Millard High School, Juab High School, Piute High School, and South Sevier High School. Funds from these mini-grants are used to promote seatbelt use, increase awareness of the dangers of distracted driving, increase compliance with the graduated driver's license restrictions and decrease DUI's. Statistics indicate that through a combined effort with safety partners such as Law Enforcement, Utah Highway Safety, Safe Kids and Zero Fatalities, there has been a decrease in fatalities in Utah.

One of our local students at Millard High School, Caitlin Stuckey, won the Zero Fatalities Calendar Contest for 2009. Her drawing was chosen for the cover and month of January. She submitted an incredible pencil sketch of a teenage girl. The theme of her poster was 'One Life , One Chance'.



Juab High School's Injury Prevention Activities



Remodeling Delta & Nephi Offices

Once the remodeling project was completed in Richfield, staff in some of the outer offices decided to spearhead some thrifty face lifts for their offices as well. Fortunately we have some creative, talented decorators on staff to help steer us in the right direction. The Delta Public Health Office staff, Shauna Nelson, Bonnie Rowlette, Wade Tolbert and Pam Goodrich, would like to thank the owner of our building, Connie Davies, and Millard County's maintenance crew, Kevin Morris and Rick Bublitz for their financial assistance and physical labor. We would also like to thank our administration for their support as well as coworkers, Brad Johnson and Jason Hatch, who came from Nephi and Mt. Pleasant offices to help move heavy furniture and paint. Feedback from local residents entering our office has been very positive.

The Nephi office is also experiencing a transformation. The nurse's office, examining room and front office have been colorfully repainted. It's a very child friendly renovation that is sure to bring a smile to clients. Franki Newton, Patti Bowles and Brad Johnson would like to express their appreciation to our administration and Juab County for the paint and wallpaper borders.

"Blessed are the flexible for they shall not be bent out of shape."

Shauna Nelson at Delta



Wade Tolbert at Delta Office



Nephi Office



Nephi Office

