Out of 19 tobacco sale compliance checks conducted in 2010 by Tobacco Prevention and Control program staff, two retailers sold tobacco to a minor illegally.

Each year, health department staff work with youth operatives who attempt to purchase tobacco products at tobacco retailers. Youth operatives are volunteers who must be less than 18 years of age (the legal age to buy tobacco). They receive special training and are accompanied to the tobacco retailer by health department staff members. Youth are asked to:

- Dress normally without attempting to make themselves look older.
- Carry identification and always tell the truth if asked about their age.
- Not attempt to purchase tobacco from someone they know.
- Go directly to the counter and return directly to the vehicle without re-entering the store.
- Never enter a location or attempt a purchase if they feel unsafe.

With two sales to youth operatives in 2010, Kittitas County had a tobacco retailer compliance rate of 89%. This is the lowest compliance rate since 2005 when the rate was 84%.

Retailers that receive compliance checks are randomly selected by the Washington State Department of Health each year. Membership-only clubs are not selected.

Compliance rates are tied to funding received by the Washington State Department of Social and Health Services, Division of Behavioral Health.

**A Note from the Department: Administrator Position Vacant**

Cathy Bambrick vacated her position as administrator of Kittitas County Public Health Department when she accepted a position at Kittitas Valley Community Hospital. Her last day with the health department was September 3. She will be greatly missed by staff.

Bambrick began working with the Environmental Health division of the health department in 2006, and took over the administrator position in 2007. Though she acted as the administrator of the health department for only three years, Bambrick brought many positive changes. She encouraged an atmosphere of quality improvement and collaboration, where all employees were encouraged to voice their opinions if they had an idea for improvement. She moved the office of the Environmental Health division to its current location, so that it is housed in the same building as all other health department programs. This increased department cohesiveness. Bambrick also emphasized the use of health data in program planning so resources were allocated where they were needed.

Bambrick oversaw difficult tasks during her time as administrator. Four staff positions were lost in November 2008 due to the economic downturn. The Women, Infants, and Children (WIC) program moved from the health department to Community Health of Central Washington. The department managed outbreaks of pertussis (whooping cough) in February 2009 and E. coli in June 2010.

Through it all, Bambrick was intimately involved. She worked evenings and weekends alongside program staff whenever necessary.
**Tuberculosis Program**

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**Communicable Diseases**

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**Child Vaccine Administered**

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**Safe Routes to School Projects For 2010 and 2011**

Health Educator Sarah Bedsaul is working with two county schools on safe routes to school projects during 2010 and 2011. Her work is funded by the American Recovery and Reinvestment Act.

“Our goal is to increase the number of elementary-school aged children who walk or bike to school,” said Bedsaul. “Children walking or biking to school are improving their own health, building good physical activity habits, and protecting the environment!”

Bedsaul is working with parents, staff, and administration of Kittitas Elementary and Mt. Stuart Elementary schools. Kittitas School District does not bus kids who live within the city limits so it already has a significant number of kids who bike or walk to school. The main goal in Kittitas is to designate certain routes as “safe” routes and increase driver awareness and pedestrian safety.

At Mt. Stuart Elementary the project will focus on route safety, driver awareness, and getting kids excited about walking or biking to school. According to a survey conducted with parents of Mt. Stuart students at the end of the 2009-2010 school year, about 50% of students who live within one mile of school will never be allowed to walk to school, at any age. However, in the same survey 80% of parents stated that walking to school was very healthy or healthy for their child.

Hopefully, by addressing some of the reasons parents give for not allowing their children to walk, more children will get to school on their own steam.

**Healthy Retail Project to Improve Healthy Food Options**

Kittitas County Public Health Department has received funding to help three local small markets, Johnny’s Market in Kittitas and 18th Street Deli and La Estrella in Ellensburg, increase their capacity to sell healthy foods.

The project, funded by the American Recovery and Reinvestment Act, will assist stores with activities such as

- Information on selling healthy food,
- Improving store layout, storage, or displays,
- Assistance in filling out applications to accept electronic benefits (EBT) from the Washington Basic Food program and Women, Infants, and Children (WIC) program checks, and
- Promotional advertising.

The stores were chosen based on their applications to the program. Factors that were considered included the income level of the customers, service to primarily local residents, the range of grocery products offered, and owner enthusiasm.

For those who use these small markets as their primary store, hopefully more healthy options will be available soon!

**Low West Nile Virus Activity in State During 2010**

West Nile virus (WNV) reports in Washington state have been lower in 2010 than in previous years.

According to Gregg Grunenfelder, a representative of the environmental health division at Washington State Department of Health, WNV is unpredictable and there is no way to know how much activity will be seen in a given year.

As the WNV season for 2010 begins winding down, only two birds have been reported with the virus. Both birds are from Grant County. In comparison, there were 24 and 22 birds reported with the virus in 2008 and 2009, respectively. This includes two birds from Kittitas County (in 2009).

Surprisingly, no horses have been reported with the virus anywhere in the state so far in 2010. The first horse with WNV in Kittitas County was reported in 2008. In 2009, an additional 16 horses from Kittitas County contracted the virus.

Grunenfelder warns that people should continue to protect themselves from mosquito bites to prevent WNV, at least until the first cold snap.
**Bedsaul Appointed to City of Ellensburg Planning Commission**

Sarah Bedsaul, Health Educator, applied for and was accepted to a position on the City of Ellensburg planning commission in August 2010. The planning commission serves as an advisory committee to the Ellensburg City Council. In 2011, the planning commission will review the opinions of consultants hired to look at land use and energy conservation strategies.

The commission also expects to advise the Ellensburg City Council on how city code revisions can be made so city code is more in line with existing comprehensive planning documents. Currently, comprehensive planning documents would allow mixed land use in residential areas. However, city code does not.

According to Bedsaul, the benefit of mixed land use to the public’s health is undeniable. She said, “When people can walk or bike from their residence to a small corner store or laundromat, their health is positively impacted by the physical activity. At the same time, the environment is positively impacted by the reduction of greenhouse gas emissions.”

City planning that ensures that sidewalks and bike pathways are available in new construction areas promotes physical activity; proper physical activity can improve individual health.

Bedsaul is excited to be a part of this type of policy work. She said, “To be able to bring a public health perspective to the Ellensburg City Council when they are working on code revisions that will affect all city residents is a unique opportunity.”

**Summer Immunization Clinic Attendance Increases**

For the third year, Kittitas County Public Health Department was invited to hold free immunization clinics at local schools during sixth grade orientation events. Also for the third year, attendance at the summer immunization clinics increased.

“It’s great to see more families taking advantage of these clinics to have their children immunized for free,” said Public Health Nurse Linda Navarre. “Immunizations are the most effective way to prevent against vaccine-preventable illness.”

This year, 112 children received a total of 151 vaccines. Many health department staff and volunteers participate in the events to help make them a success. With three different clinics that run about two hours each, staff and volunteers only have about six hours to accomplish all of the vaccinations!

Incoming sixth grade students are required to have a booster dose of Tdap vaccine, which protects against tetanus, diphtheria, and pertussis (whooping cough). The whooping cough component of the vaccine is especially important for parents and siblings if there are babies in the household who aren’t old enough to be vaccinated.

 Clinics were held at Morgan Middle School in Ellensburg on August 24, Kittitas Secondary School on August 31, and Walter Strom Middle School in Cle Elum on September 2.
Common Food Inspection Violations Inexpensive to Fix

The most common violations noted during food establishment inspections so far in 2010 are also the most inexpensive to fix.

In order of frequency, the most common violations have been:
1. Missing food worker cards,
2. No accurate thermometer available,
3. Food stored at room temperature,
4. Raw meat stored above ready-to-eat foods,
5. Improper cold holding temperatures.

Food worker cards cost ten dollars per employee and are valid for two years. They can be obtained at the health department. An accurate thermometer can also be purchased for ten dollars or less.

The remaining three items on the list do not cost anything to fix! Food should be stored properly – meaning cold items should be held at 41°F or below and hot items should be kept at 140°F or above. Finally, raw meats should be stored on the bottom shelves of a refrigerator so juices cannot drip onto foods that will be eaten without further cooking.

Drive-Through Flu Clinic Held in Cle Elum

For the fourth year in a row, the health department offered a quick and convenient way to be vaccinated against the flu by vaccinating patients in their cars.

The first of two drive-through flu clinics was held in Cle Elum on September 29. The second clinic is planned for Ellensburg on October 6.

The turnout in Cle Elum was 161 patients, including 15 children. This is very similar to the 2009 turnout of 169 patients. Everyone over the age of 6 months should receive a flu shot each year. It is especially important for certain groups of people to be vaccinated each year including:
- Children aged 6 months up to their 6th birthday, but especially children younger than 2 years old,
- Pregnant women,
- People 65 years of age or older,
- People of any age with certain chronic medical conditions,
- People who live in nursing homes, and
- People who live with or care for those at high risk for complications from the flu.

Dedicated Volunteers Assist with Syringe Exchange

Two dedicated volunteers have helped get a syringe exchange program up and running in Ellensburg.

Syringe exchange programs allow intravenous drug users to exchange used needles for clean ones at no charge. By using only clean syringes, individuals can reduce their risk of contracting communicable diseases that are spread by blood. With dirty syringes, Hepatitis C is of particular concern.

“Our volunteers are able to provide education about basics such as wound care and how to inject safely,” said Outreach Worker Julia Karns. “They have done a wonderful job talking to clients who make exchanges and we are very lucky to have them.”

Eventually, the health department hopes that the exchange will be run completely by volunteers with Public Health support for Hepatitis C testing and counseling. HIV testing and counseling are also offered during exchange hours.

A total of 1008 syringes were exchanged in 2009. Through the third quarter of 2010, a total of 1146 syringes have been exchanged.

Never Share Syringe Exchange is held at the Methodist Church in Ellensburg on Thursdays from 12:30 to 2:30.
KCPHD Receives Access to Baby and Child Dentistry Funding

Kittitas County joins 32 of Washington’s 39 counties with funding from Washington Dental Service Foundation to establish an Access to Baby and Child Dentistry (ABCD) program.

ABCD focuses on early family oral health education. It also connects children with Medicaid who are under the age of six with certain dental providers for preventative oral health services. Dental providers that participate in the program receive special training in early childhood dentistry.

There are currently more than 1,400 Medicaid-eligible children in Kittitas County younger than age six, but less than one-third of those children have received dental care. The American Dental Association suggests that children see a dentist by their first birthday. Washington Dental Service will provide start-up funding during the first three years of program operation. Kittitas County Public Health Department, Washington State Department of Health, and Medicaid matching funds will cover the remainder of the program budget.

KCPHD will begin working with community partners immediately to ensure program sustainability after the three year start-up funding period ends.

Temporary Food Events Inspected at County Fair

The annual county fair is a time for many people to relax and enjoy a break from work and everyday life. For food inspectors at the health department, however, the fair brings 20-25 food booths that need to be inspected.

Vendors who sell most food products are required to submit an application to purchase a temporary food event permit. Applications should be submitted at least two weeks before the event.

Certain vendors are not required to purchase a permit, but still must file an application for exemption. These vendors sell items that are approved for permit exemption including popcorn, cotton candy, pre-packaged chocolate covered ice cream bars, machine crushed ice drinks, corn on the cob, and roasted nuts.

“We want to keep people safe when they are eating food they haven’t prepared themselves,” said Kodi Still, Environmental Health Specialist. “The fair is supposed to be fun – and foodborne illnesses are not fun.”

At temporary event inspections, food inspectors make sure that handwashing facilities for food workers and customers exist. They also check for utensil washing facilities and carefully inspect food holding and cooking temperatures to make sure they are within acceptable ranges.

As with all food establishment inspections, environmental health specialists check to make sure there is no bare hand contact by food workers with ready to eat foods, current food handler’s cards are displayed, and that a temporary event permit has been obtained. Fairgoers can reduce their risk of foodborne illness by making sure to wash their hands before eating, especially if they have been viewing any of the animals or livestock that are on display.
Food Handler’s Cards Issued at In-Patient Treatment Facility

Once a month a health educator from Kittitas County Public Health Department heads out to Parke Creek Community Facility in Kittitas to issue food handler’s cards. Parke Creek is a juvenile rehabilitation facility with a 40-day inpatient chemical dependency treatment program. “It is a great opportunity for these young men to receive this training. The card will allow them to apply for a job in the food service industry when they are released,” according to Health Educator Kasey Knutson. Knutson gives a 45-minute presentation on food safety and food handling. After passing a test given at the end of the presentation, the cards are immediately issued. The $10 fee for the card is paid for by the treatment facility. Members of the public can receive a food handler’s card by taking a computer course and test at the health department.

Smile Survey 2010 Completed at Area Schools

Every five years an oral health evaluation is conducted for area kindergarten and third grade students. Data are used to measure the burden of dental disease in the community, and to determine the level of untreated tooth decay in children.

In Kittitas County, the 2010 Smile Survey was conducted by Dr. Howie Blessing, a retired dentist who volunteered his time to assist the health department with this important work. Dr. Blessing visited five area elementary schools and two Head Start programs. A total of 373 children in kindergarten and third grade received oral health screenings. Some of the findings of the Smile Survey include:

- 57.4% of the screened children had never had a cavity,
- 13.9% of children had untreated decay,
- 37.8% of children had dental sealants in place,
- 9.9% of children had a history of seven or more cavities,
- 7.2% of children had at least one cavity in a permanent tooth, and
- Children who were eligible for free or reduced price lunch were nearly twice as likely to have untreated decay (19.9% compared to 10.2%).

Statewide Smile Survey results are expected to be released in early 2011.

‘Ask Me’ Campaign for Women’s Mammograms Wraps Up

The ‘Ask Me’ campaign, facilitated by the Health Promotion division of the health department, is wrapping up as program funding ends. ‘Ask Me’ makes use of community partners and businesses to target low-income women for financial assistance in receiving mammograms. Over the course of the year, health department staff received commitments from 16 organizations (clinics, social service agencies), four businesses, and seven individuals to promote the Breast, Cervical, and Colon Health Program (BCCHP) as a way for women to receive recommended mammograms. Health department staff also held an annual meeting for health care providers who participate in the BCCHP program. The meeting was held September 21 and had 18 participants.

“We hope that the partners that we have worked with this past year will continue to refer women to the BCCHP program,” said Robin Read, Health Promotion Manager. “Even though the promotional campaign funding has ended, there is still funding to assist women who need to receive a mammogram.”
E. coli Outbreak Affects Three Local Child Care Facilities

In April 2010, a 4-year old boy died during an E. coli outbreak associated with a child care facility in Clark County (Vancouver, WA). So, when two children who attend child care facilities in Kittitas County tested positive for E. coli in June 2010, Kittitas County Health Officer Dr. Mark Larson made the difficult decision to temporarily close the facilities. At the time Dr. Larson said, “We want to stress that E. coli does not come from child care facilities, and the temporary closure...does not mean that they have unsafe practices.”

The closures were meant to separate the children to prevent further spread of the virus. E. coli is typically thought of as a foodborne illness, as it usually caused by eating or drinking contaminated food or water, but it can be spread from person-to-person if infected people do not wash their hands after using a toilet.

Testing of children and staff identified a total of 15 children who had the illness, including two children at a third child care facility (which was also temporarily closed). Of the 15 children, 11 had symptoms of illness and one child was hospitalized. The origin of the outbreak will probably never be known, but it appears that the illness was spread from person-to-person.

Parents were told to watch their children for symptoms of E. coli which can include nausea, vomiting, diarrhea (sometimes bloody diarrhea), or abdominal cramping. Most people recover without treatment, but complications can occur, most often in children under the age of five years.

Each of the affected child care facilities was closed for one week. Before children and staff could return to care or work, they had to have at least one negative test registered with the health department.

Proper handwashing before eating and after using the restroom, and proper cooking temperatures are important to preventing E. coli illness.

Well Metering Program Discontinued Due to Lack of Funding

According to Chapter 173-539A of the Washington Administrative Code (WAC), new connections to group water systems or individual wells in Upper Kittitas County require the installation of a water meter to monitor the amount of water used. The meter must be monitored and metering data should be reported to Washington State Department of Ecology five times per year.

In 2009, Kittitas County Public Health Department received funding from Department of Ecology to partially offset the cost of providing this service to Kittitas County residents. The health department purchased electronic meter reading units to enable the water meters to be read, and began requiring that new water connections in Upper Kittitas County purchase and install a meter. The health department planned to install the electronic meter reading units in the near future.

However, additional funding was not offered or available from Department of Ecology, and the health department could no longer sustain the well metering program without increasing fees to those who would use the service.

At the direction of the Kittitas County Board of Commissioners, health department staff are in the process of turning the purchased electronic meter reading units over to the Department of Ecology. Ecology took over the program on August 23, 2010.

Chapter 173-539A of the Washington Administrative Code has been implemented as the eighth emergency rule related to groundwater in Upper Kittitas County. The rule was adopted on July 21, 2010 and applies to both new group and individual uses made after July 8, 2008 and all other uses (including permit-exempt wells) made after November 25, 2009. Ecology is proposing to adopt the emergency rule as a permanent rule. A public comment period ended on August 25, 2010.

For questions about the water metering program, contact the Department of Ecology Central Regional Office in Yakima at (509) 575-2490.
BOH Re-Appoints Rich Elliott to Second Term

At the recommendation of the Board of Health Advisory Committee, the Board of Health (BOH) chose to re-appoint Rich Elliott to a second three year term. Elliott is a Deputy Chief with Kittitas Valley Fire and Rescue and also serves on the Ellensburg City Council.

On other business, the BOH approved the emergency succession plan as recommended by the Board of Health Advisory Committee. The group requested changes to a proposed capital facilities plan and mobile food unit policy.

The Board of Health also set a joint public hearing with the Board of County Commissioners to be held during the regularly scheduled October Board of Health meeting. During the public hearing, revisions to the health department fee schedule will be discussed.

BOHAC Reviews Policies and Plans

The Board of Health Advisory Committee (BOHAC) reviewed and commented on several items during the third quarter.

In July, the group recommended changes to a mobile food unit policy proposed by the health department. This policy would allow the health department to verify and enforce that mobile food units are using potable water and dumping waste water correctly.

In August, BOHAC reviewed a proposed emergency succession plan (for an unexpected, prolonged absence of the administrator) and a capital facilities plan outlining the needs of the health department in the next six years based on projected county growth.

The group did not meet in September.

QILT Group Works on Health Care Provider Presentations

The department Quality Improvement Leadership Team (QILT) worked on creating a presentation regarding adolescent immunizations and presenting it to local health care providers.

Assessment Coordinator Amy Diaz and Public Health Nurse Linda Navarre have been working on a countywide status report of adolescent immunizations since early 2009. The report has been completed and published, and health care providers are now receiving information that is specific to their clinic.

Navarre is also providing health care providers with materials that can easily be adopted that may improve immunization rates, such as a protocol specific to adolescent immunizations and standing orders that allow nurses to administer the vaccine.

“We’ve seen the number of clinics with a policy specific to teens increase dramatically because of this work,” said Navarre. This may be a large leap towards increasing teen immunization rates countywide.

A Note from the Department, continued

(Continued from page 1)

Often, she would work extra hours herself so staff would not need to.

Until the vacant administrator position is filled, the managers of the Community Health Services and Environmental Health divisions will act as co-

administrators. They will take over the day-to-day tasks of the administrator and will work with the health department management team to make important decisions.

Goodbye Cathy, and good luck!

James Rivard, Interim Co-Administrator
Linda Navarre, Interim Co-Administrator

? Did you know ?

- According to the Healthy Youth Survey in 2008, more Kittitas County high school seniors have smoked marijuana in the past 30 days (30.8%) than cigarettes (27.2%).
- Almost 7.5% of Kittitas County adults reported poor mental health for at least 14 of the past 30 days (BRFSS 2007).
- Only 46.8% of Kittitas County teens have received a recommended Tdap booster within the past five years (local estimate, 2009). This vaccine is not required for school if teens are in grade 10 or higher.
- About 38% of Kittitas County 10th grade students report that they are trying to lose weight (HYS 2008).
- Food establishment inspections in Kittitas County show that 46.5% of establishments had one or more critical violations during a routine inspection (local data, 2009).

www.co.kittitas.wa.us/health/