Boards Approve Changes to County Water and Sewers Code

At a special joint meeting at the Upper County courthouse on June 29, the Kittitas County Board of Health and the Kittitas County Board of County Commissioners separately approved changes to county code surrounding Title 13 – Water and Sewers.

No written comments regarding the proposed changes were received and a determination of environmental non-significance was issued after the closing of the comment period. The public hearing was the last opportunity for community members to provide input on the proposed changes before the boards considered the item for adoption.

Highlights of the proposed changes include:
- Allowance of cisterns as a water source for single family residences,
- Allowance of rainwater catchment as a supplemental water source for cistern use,
- Establishment of criteria for cistern use, design, and treatment and record keeping requirements, and
- Establishment of licensing requirements for potable water haulers within Kittitas County.

“These changes offer Upper County residents affected by the exempt well moratorium another option for access to residential water, without the need to purchase water rights,” according to James Rivard, Environmental Health Supervisor. “Many county staff members worked very hard to bring this code before the Board of Health and Board of County Commissioners. I am pleased that the boards have adopted the changes to county code as recommended.”

A Note from the Department: Public Health Standards Review Results

Local health jurisdictions in Washington State are evaluated against the state public health standards every three years. This evaluation process is an intensive, lengthy process that requires staff to gather documents showing the department’s performance in pre-defined areas.

In 2011, small departments were able to complete a “brief” review for the first time, where a reduced set of standards was used for the evaluation. Kittitas County Public Health Department opted for the brief review. The local results for the 2011 review were exceptional. The 35 standards included in the brief review cover areas from financial management to public health data to community education. Of these 35 standards, KCPHD received full credit for 34 and received partial credit for the 35th. The only standard for which the department did not receive full credit focused on tracking of performance measures related to the department strategic plan. A quality improvement plan will be developed to help the department meet this standard in 2014.

During the review, state evaluators identified several documents for inclusion in a statewide collection of exemplary practices, including two assessment reports, program planning tools called logic models used for several programs, enforcement protocols, and confidentiality policies. KCPHD aims to complete the full review in the 2014 evaluation. Completion of the full review will prepare the department in applying for voluntary national accreditation.

(Continued on page 8)
Foodborne Illness Training Session Emphasizes Collaboration

Four staff members recently attended a training session hosted by Washington State Department of Health. The training topic was improving foodborne illness outbreak response through intradepartmental collaboration. During a foodborne illness investigation, it makes sense that staff from different department areas will take on certain parts of the investigation. Food Safety staff may work with restaurants or other food establishments like grocery stores to test or remove food products. Communicable Disease staff work with patients who are sick to conduct investigations. They may ask patients questions about what they ate, where they ate, and other food-related questions.

“This training session really promoted a department-wide approach to a foodborne illness outbreak,” said James Rivard, Interim Co-Administrator. “By adopting some of the trainers’ suggestions we will allow staff with various areas of expertise to come together to solve a single problem.”

Fruit/Vegetable Harvest Volunteers Sought for FISH Food Bank

Kittitas County Public Health Department is again partnering with Friends in Service to Humanity (FISH) Food Bank during a summer produce harvest project.

FISH is looking for volunteers to help harvest fresh fruits and vegetables from fruit trees, gardens, farms, and orchards through October. This harvesting of excess crops is known as gleaning. It is a useful way to collect produce that would otherwise go to waste.

Opportunities to volunteer can be during the day, during the evening, or on weekends, so availability are needed.

Volunteers are needed if they:

- Have reliable transportation,
- Do not mind using a ladder,
- Enjoy being outside,
- Are able to volunteer on short notice, and
- Want to contribute to their community.

FISH asks that volunteers call (509) 925-5990 or email fish@kvalley.com to be a part of providing access to healthy foods for everyone.

Uninsured New Dads Eligible for Free Tdap Vaccine

The AmeriCares program provided approximately 500 doses of free Tdap vaccine to the health department in late 2010. This vaccine is intended for uninsured people.

Tdap vaccine protects against tetanus, diphtheria, and pertussis. Protection against pertussis is especially important for caregivers of young infants, who are too young to be immunized themselves.

Over the winter, KCPHD worked with local child care facilities to bring uninsured child care workers up-to-date on vaccine.

Now, KCPHD is focusing its efforts on collaborating with Kittitas Valley Community Hospital to develop a system where uninsured new dads can be brought up-to-date on their Tdap vaccine immediately after the birth of their children.

“New moms are generally aware of the need to be vaccinated against Tdap, but this isn’t always true for new dads,” said Linda Navarre, Interim Co-Administrator.

For more information call (509) 962-7515.
Oral Health Training Held for Local Medical Providers

As part of the Access to Baby and Child Dentistry (ABCD) program, KCPHD worked with the Washington Dental Service Foundation to offer an oral health training to medical providers.

“The goal of the training was to teach medical providers skills that will improve the oral health of young children,” according to Kasey Knutson, Health Educator. “Topics covered included fluoride varnish applications, oral screenings, and information about dental referrals to the ABCD program.”

Children age five and younger who have Medicaid are eligible for the ABCD program, which provides oral health benefits such as dental examinations and restorative care.

Since medical providers often see young children more than dentists do, educating this group on oral health techniques can be very effective. In fact, medical providers usually see a child eight times or more by age three for well-child visits.

Nine Kittitas County medical providers representing three practices attended the training.

Oral health screening by age one is now recommended by the American Academy of Pediatrics and the American Academy of Family Physicians.

Cottage Food Bill Signed by Governor

Governor Gregoire signed ESSB 5748, also known as the cottage food bill, into law on May 5, 2011. This bill will allow people to make certain foods in their home kitchens that may be sold directly to the consumer. Under current Washington State rule, an approved commercial kitchen has been required for all foods prepared to be sold to consumers.

These “cottage food operations” will require licensing and inspections that will be managed by the Washington State Department of Agriculture (WSDA).

Only non-potentially hazardous foods will be allowed to be prepared by cottage food operations. This means that the ingredients used in the prepared items pose a low risk for foodborne illnesses. Items allowed will include certain jams, jellies, and baked goods.

Other provisions to protect the safety of consumers include a requirement that all food workers must obtain a food handler’s permit and food items must be packaged and labeled with the statement, “Made in a home kitchen that has not been subject to standard inspection criteria.”

Finally, an annual income limit will be instituted, allowing only small operations to be conducted out of home kitchens. Through 2012, operations may not exceed $15,000 in gross annual sales. After 2012, the annual income limit may be adjusted based on inflation.

The cottage food bill will be effective as of July 22, 2011. For more information contact WSDA Food Safety program at (360) 902-1876.

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Online Vaccine Ordering System Implemented Statewide

Health care providers who participate in the Vaccines for Children program, which provides free vaccine to eligible children, are now able to order vaccine using an online system. “Online orders will replace the paper system that has been used in the past,” according to Kasey Knutson, Health Educator. “Hopefully, it will be a smooth transition.”

Orders for vaccine must be submitted using the new system. Benefits to providers include being able to view historical orders easily and the ability to see the status of an order at any time.

The new system will also reduce clerical time and paperwork requirements at the local and state health department levels, where orders are processed.

Children through age 18 are eligible to receive free vaccine through the Vaccines for Children program if they are uninsured, have insurance that does not cover immunizations, are eligible for Medicaid, are American Indian, or are Alaskan Native.

First Overseas Travel Group Consultations Held

The first ever group sessions for overseas consultations were recently offered by Kittitas County Public Health Department.

“For a group of nine or more people traveling to the same country, a group consultation can be a cost-effective alternative to individual appointments,” according to Linda Navarre, Interim Co-Administrator. “Group consultations are also helpful for travelers because participants can hear questions from their peers that they may not have thought of.”

After the group consultation to provide location-specific travel education, each traveler schedules a brief travel consultation at the health department to receive vaccines. This consultation is at a reduced price and takes only about half the time of a regular travel consultation, because the education portion of the session has already been completed.

Travelers have an opportunity to ask additional questions at the brief consultation.

For more information call (509) 962-7515.

Community Partnerships and Healthy Schools Presentation

Sarah Bedsaul, Health Educator, was recently invited to give a presentation on community partnerships with schools at the 5th Annual Healthy Schools Summit 2011.

Bedsaul’s work with Lincoln Elementary in Ellensburg and their Fuel Up to Play 60 program successes are what garnered the invitation, but she also presented her work surrounding safe routes to schools and farm to school efforts.

After Lincoln Elementary won the statewide Fuel Up to Play 60 competition in 2010, Bedsaul collaborated with school officials to submit a successful grant proposal to bring $5,000 in funding to the school for nutrition education and physical activity promotion. In April 2011, students were able to participate in fun activities like a “So You Think You Can Cook?” competition.

Work with safe routes to schools has included Walk to School Day events, walking audits, and walk route mapping.

The farm to school efforts attempt to bring fresh foods from local farms to school cafeterias and include farm tours for students. School wellness committees are especially important for farm to school efforts.
Presentation on Public Health and Older Adults

Linda Navarre, a Public Health Nurse and Interim Co-Administrator, gave an invited speech at the Washington State Association of Senior Centers 2011 annual conference, held in Ellensburg during late May.

Navarre presented the basic functions of the health department, but tailored the presentation to include information relevant to older adults. Specifically, she discussed immunization, nutrition, and physical activity recommendations for this age group. Navarre also talked about certain health disparities that can affect older adults. Health disparities are differences in the presence of disease, health outcomes, or access to health care. They are generally not due to genetic differences, but are due to race, ethnicity, sexual orientation, income, and age.

Late diagnoses of HIV, for example, are more common in older individuals. In those age 60 or older, 56 percent of those diagnosed with HIV are considered to have had a late diagnosis. This can make management of the disease more difficult.

Recommended vaccines for older adults include:
- An annual influenza vaccine,
- Replacement of one tetanus booster with Tdap, especially if in contact with an infant or young child,
- One dose of shingles vaccine at age 60 or older, and
- One dose of pneumococcal vaccine at age 65 or older (but at least five years after any earlier doses).

Nutrition information for older adults includes tips on drinking water. As people age, they may lose some of their sense of thirst. It is important for older adults to drink plenty of liquids before they begin to feel thirsty. Also, those over age 50 should choose foods fortified with vitamin B12, as this vitamin is not as readily absorbed by those in this age group.

For physical activity, balance activities for older adults may help reduce the risk of a fall or injury. Weight-bearing activities may help reduce the risk of bone fractures.

Immunization Clinic Held in April, Upcoming Free Clinics Planned

Kittitas County Public Health Department was invited to hold a free immunization clinic during kindergarten registration at Cle Elum-Roslyn Elementary School. The clinic took place on April 6.

Twenty-three children attended the event, and a total of 81 vaccinations were given. The clinic was open to children of all ages, and several students entering sixth grade also attended. “A dose of Tdap is required for kids entering sixth grade,” stated Tiffany Beardsley, Public Health Nurse. “It’s a good time to give the pre-teen vaccines that are recommended for that age group as well.”

HPV, hepatitis A, and meningococcal vaccines are recommended at the 11-12 year check-up, but are not required for school.

KCPHD will also hold free vaccination events this summer, during sixth grade orientation events at Kittitas Secondary School, Morgan Middle School in Ellensburg, and Walter Strom Middle School in Cle Elum.

The summer clinics will be the fourth year in a row that local school districts have collaborated with the health department to offer free vaccines on school campuses. Participation has increased at the events since they began. Over 100 children were vaccinated in 2010.

- Morgan Middle School: August 23, 12–2 p.m.
- Kittitas Secondary School: August 30, 5:30–7:30 p.m.
- Walter Strom Middle School: August 31, 1–4 p.m.

Any child under 19 can attend any clinic for free, regardless of school enrollment. Parents or guardians must be present for vaccinations to be administered. For more information call (509) 962-7515.
**Free Summer Lunch Program for Kids Sponsored by Food Bank**

The Friends in Service to Humanity (FISH) Food Bank in Ellensburg is sponsoring a free summer lunch program for kids age 18 and younger.

The program will provide food and fun, with games scheduled for the hour before lunch. Between June 20 and August 19, kids can come to Kiwanis Park (Main and 14th in Ellensburg) each weekday. Games will be held from 11 a.m. until noon, followed by lunch service between noon and 1 p.m.

“FISH has worked hard to provide nutritionally sound offerings to patrons,” according to Robin Read, Health Promotion Manager. “Pairing good nutrition with physical activity is the perfect recipe for a healthy weight.”

There are no income limits or paperwork required for kids to participate. For more information, call (509) 925-5990.

**Law Changes Exemption Requirements for School Vaccinations**

On May 10, 2011, Governor Gregoire signed a bill that requires a parent or guardian to visit a licensed health care provider before exempting their child from vaccinations required for school. An exception is allowed for those who demonstrate membership in a church or religious body that does not believe in medical treatment.

The purpose of the visit is for the parent or guardian to receive information about the benefits and risks of immunization before choosing not to immunize.

Officials at Washington State Department of Health hope that the new law will help to reduce vaccine exemption rates at school entry.

A recent publication from the Centers for Disease Control and Prevention (CDC) states that Washington State kindergarteners have the highest exemption rate in the country, with 6.2 percent of kindergarten students submitting a parent-signed exemption for one or more vaccines. Exemption rates have doubled in Washington over the past 10 years.

“Kids who aren’t fully immunized aren’t fully protected,” said Secretary of Health Mary Selecky in a recent press release. Unimmunized children are more likely to get and spread diseases that vaccines can prevent.

The new law will go into effect on July 22, 2011.

**Alternate Care Facility Exercise Held in Wenatchee**

Public Health Emergency Response Specialists Tiffany Beardsley and Sarah Bedsaul joined eight others from Kittitas County during a regional emergency preparedness exercise in Wenatchee in May.

Each of the local health jurisdictions representing the five counties in Region 7 for hospital and public health response (Chelan, Douglas, Grant, Kittitas, and Okanogan) brought their alternate care facility supplies to the event to simulate a response to a large disaster event in Leavenworth. Alternate care facilities would be used to supplement beds at local hospitals.

The ten representatives from Kittitas County, including staff from Kittitas Valley Community Hospital and Community Health of Central Washington, were able to set up a 25-bed alternate care facility in 20 minutes.

A total of 100 beds were placed during the exercise. Volunteer “patients” then made their way to the facility so staff could practice directing patient flow.

“Repacking the equipment when we were finished was more difficult than we thought it would be,” said Beardsley.

“In the end, though, we made it work!”
MyPlate Image Replaces MyPyramid at USDA

The United States Department of Agriculture (USDA) and First Lady Michelle Obama presented the federal government’s new food icon, MyPlate, on June 2. The icon replaces MyPyramid.

The new icon emphasizes the fruit, vegetable, grains, protein, and dairy food groups. It also gives consumers a visual of what their own plates should look like: half-filled with fruits and vegetables.

Later this year, USDA plans to launch an online tool that consumers can use to personalize and manage their dietary and physical activity choices. USDA will continue to partner with First Lady Michelle Obama’s Let’s Move! Initiative.

The 2010 Dietary Guidelines for Americans, published in January of this year, provide advice from health and nutrition professionals and form the basis of federal nutrition assistance programs.

Messages from the Guidelines include:
- Balance Calories
  - Enjoy your food, but eat less.
  - Avoid oversized portions.
- Foods to Increase
  - Make half your plate fruits and vegetables.
  - Switch to fat-free or low-fat (1%) milk.
  - Make at least half your grains whole grains.
- Foods to Reduce
  - Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
  - Drink water instead of sugary drinks.

For more information visit www.choosemyplate.gov and www.dietaryguidelines.gov.

Hepatitis C Awareness Month Article Published

Did you know that May was Hepatitis Awareness Month? Hepatitis C is the most common blood borne disease in the United States, and is the leading cause of cirrhosis and liver cancer in the United States.

Health Educator Kasey Knutson wrote a guest article about hepatitis C for the Daily Record during the month of May. Excerpts follow:

Hepatitis C is a liver disease that can be mild or it may develop into a lifelong illness. Most people do not know they have the disease, because they have no symptoms. Some people do have symptoms, even severe, such as fever, loss of appetite, vomiting, abdominal pain, and jaundice. In many cases, the disease is not detected until someone begins to develop liver problems.

Of every 100 people infected with hepatitis C, 75 to 85 people will develop a lifelong (chronic) infection, five to 20 people will go on to develop cirrhosis over a period of about 20 years, and one to five people will die from cirrhosis or liver cancer.

The most common way hepatitis C is transmitted from person to person is by sharing needles when using injection drugs. The virus can also be transmitted by sharing personal items such as razors, from a pregnant woman to her child, or by getting a tattoo with unsterilized equipment.

Unlike other types of viral hepatitis, there is no vaccine for hepatitis C. According to the Centers for Disease Control, about 3.2 million people in the United States have a chronic hepatitis C infection. The disease is most commonly diagnosed in 35- to 54-year-olds.

Anyone who currently injects drugs, or has in the past (even one time), should be tested for the illness.

If you or someone you know is concerned that they may have hepatitis C, talk to your doctor or call the Kittitas County Public Health Department at (509) 962-7515 to get tested. Catching a chronic hepatitis C infection early could prevent liver damage down the road.

HIV/AIDS and Hepatitis C

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Breast and Cervical Health

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Child Care Health

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Tobacco Program

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Dr. Solberg Resigns from BOH Following 14 Years of Service

Dr. Don Solberg resigned his position on the Kittitas County Board of Health (BOH), following 14 years of service. The Kittitas County BOH was one of the first in the state to include community representatives as voting members, soon after it was allowed by law. Two community representative positions were added to BOH in 1997, joining the existing positions held by the three sitting county commissioners. This expanded voting members from three to five.

“We appreciate Dr. Solberg’s years of service,” said Dr. Mark Larson, Kittitas County Health Officer. “He was looked to as a leader by BOH members and his expertise will be missed.”

The vacancy created by Dr. Solberg’s resignation will be filled as soon as possible.

BOHAC Welcomes New Members, Loses Current Member

The Kittitas County Board of Health Advisory Committee (BOHAC) gained and lost members during the second quarter of 2011.

Annie Agars of the Kittitas County Chamber of Commerce and Dr. Vanessa Harbour of Central Washington University have both become members of BOHAC.

Agars holds a position with the Economic Development Department of the Chamber. Her specialty is helping small and existing businesses with a range of technical assistance resources.

Harbour has a Ph.D. in Health Promotion and Education and is an Assistant Professor for the Department of Physical Education, School, and Public Health where she teaches health education courses.

Current member Bonnie Corns accepted a position with Yamhill County Public Health in McMinnville, Oregon, and relocated her family to Oregon. She began her new position in late June.

Welcome, Annie and Vanessa! Good luck to Bonnie, and thank you for two years of service!

QILT Expands Communicable Disease Notification System

The second quarter project of the Quality Improvement Leadership Team (QILT) is focused on the Community Health Services division.

“We have been thinking about expanding our communicable disease notification system for quite a while,” said Linda Navarre, Interim Co-Administrator. “We finally ran across some data that showed how health care providers prefer to receive their information, which was a great starting point.”

Previously, health care providers had received health alerts via fax. Now, the same messages are being sent via email. Over 30 health care providers have already signed up for the new delivery pathway, with more expected to follow.

A Note from the Department, continued

(Continued from page 1)

through the Public Health Accreditation Board. Since Washington State has modified its state standards to closely mimic the national standards, the application process will be nearly complete after documents are gathered for the state review.

Congratulations to staff for their hard work in preparing for the 2011 state standards review, and to the department for its excellent performance!

Linda and James

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