



## Kittitas County Public Health Department

Volume 1, Issue 2

Second Quarter 2007:  
April — June 2007

### Did you know:

- 12% of Kittitas County 10th graders used chewing tobacco in the past 30 days. This is **double** the state rate.
- 23% of Kittitas County 10th graders reported binge drinking (5+ drinks in one sitting) in the past 2 weeks.
- 56% of pregnancies in Kittitas County are unintended (unwanted or mistimed).
- 62% of 2nd and 3rd graders report having had at least one cavity.
- 88% of Kittitas County adults report that their overall health is good, very good, or excellent.

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# Kittitas County Public Health Department

## Free Childhood Immunization and Fluoride Varnish Clinic Successful

For the third year in a row, the Kittitas County Public Health Department offered a free childhood immunization and fluoride varnish clinic in April. Held on April 14, clinic nurses administered 88 vaccinations to 55 children age 0-18 and fluoride varnish to 34 children. Kittitas County Safe Kids provided 35 free bicycle helmets and taught children and their parents to properly fit a helmet. A Hallway of Health offered educational games, information, and coloring activities for youth and their families while waiting for the clinic.

The clinic was hosted by public health staff and supported by volunteer



nurses, students, and interpreters. An Easter Bunny (pictured) and Tooth Fairy were also available to take pictures with the children.

Generous donations were provided by Tree Top Company, Safeway, Super One, McDonalds, and Rite Aid.

Compared to previous years, more vaccines were administered to fewer children, while the number of fluoride varnish administrations doubled. Safe Kids also saw an increase in the number of children receiving bike helmets.

“We will re-evaluate the clinic as we start planning next year,” said Bonnie Corns, Community Health Services Manager. “We might change our target population, advertising methods, or actual clinic facilitation.”

The immunizations were paid for by the Vaccines for Children program at the Washington State Department of Health.

## A Note from the Director: Department Planning Underway

Change is difficult, but can also be exciting. Thus far, 2007 has been a difficult but exciting year, full of change for Kittitas County Health Department. As the new Director I feel incredibly lucky to inherit bright and competent staff as well as a diverse, talented, and committed Board of Health and Board of Health Advisory Committee. I have enjoyed working with these boards and health department staff to implement some urgent

changes which have improved the overall function of the department.

Office construction, which will be complete August 1, 2007, has improved staff safety and security. Construction changes include the designation of 3 exam & counseling rooms for client visits, a new waiting room, and construction of a wall that physically separates staff offices and the public.

For the first time in over 2

years, the Health Department is fully staffed as of June 2007. We have an exceptional management team including Dr. Mark Larson, Health Officer, Bonnie Corns, Community Health Services Manager, Sara Burnet, Health Promotion Manager and Assessment Coordinator, Sage Park, Environmental Health Manager, and Sheila Gallagher, Accountant.

Department wide and program specific strategic planning has

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## Teens Against Tobacco Use (TATU) hosts Year-End Celebration



### Tobacco Program

Compliance Checks: 14  
Compliance Rate: 92%

Every school year, the Teens Against Tobacco Use (TATU) program trains high school and middle school students to educate younger students on the dangers of tobacco use. Students are organized and supervised by TATU advisors in their schools, and trained by Tobacco Prevention and Control Program (TPCP) staff from the health department.

After a year of presentations, students and advisors are rewarded with a day long retreat and celebration at the Lazy F ranch in Manastash Canyon.

This year the group included 12

students and 4 advisors, plus TPCP staff.

“It was nice having a small group,” said Sarah Bedsaul, Health Educator in the tobacco program. “We were able to give the students a lot of individual attention and really celebrate their commitment.”

Only the Cle Elum—Roslyn and Kittitas Schools were able to attend. Ellensburg schools also participated in the TATU program throughout the year, but had conflicts the day of the retreat.

The TPCP program is also working with the Kittitas

County Youth Soccer Association to join the “See through the Smoke” campaign. This fall, all youth soccer teams will be encouraged to register with the state as “Tobacco Free Teams.” Patches will also be available to sew on team uniforms. This is a statewide recognition of Kittitas County’s dedication to smoke-free youth. Last year 500 teams around the state registered, but none from Kittitas County. “We’ll change that this year,” said Megan Woltring, Health Educator.

For more information, please call 509-962-7515.

## 62 Indicators Selected for Long-Term Health Status Tracking



After a review process with the Board of Health, Board of Health Advisory Committee, Public Health management team, and program staff, 62 Health Indicators have been selected for long-term health status tracking.

These indicators cover several categories, including behavioral risk factors, maternal & child health, environmental health, communicable disease, illness, injury, and death, and health care access.

Each of the indicators selected has a stable data source, will be replicable every 2 years, is

important to the community, can be impacted by the work of public health, and can be compared between local, state, national, and target data.

The first set of data will be collected in 2007, and updated every two years there after.

Over time, the public health department will be able to easily monitor health trends within the community, and modify and evaluate programs to address emerging threats. For example, if the rate of Chlamydia increases among 15-24 year old females but the rate of Chlamydia treatment among

the same population decreases, the communicable disease nurses may focus their efforts with partner agencies to promote Chlamydia treatment and prevention.

This report will help each program monitor their impact on the community, monitor the overall health of the community, and ultimately impact program planning and budgetary decisions.

The report will be available on the web in the fall of 2007.

For more information, please contact Sara Burnet at 509-933-8265.

### Administrative Services

Births: 105  
Birth Certificates Issued: 101  
Deaths Registered: 46  
Certified Copies of Deaths: 86  
Home Births Registered: 0  
Fetal Deaths: 1  
Child Deaths: 1

## Vital Records Fees set to Increase July 22, 2007

The administrative services division of the Public Health Department provides Vital Records services to the community, among other customer services. Vital Records delivery is directed by the Washington State Department of Health (DOH). On July 22, 2007, any certified

copy of birth and death certificates will increase from \$17 to \$20, per DOH mandate. Payments are accepted as cash only — sorry, no personal checks.

To order a certified birth or death certificate, call 509-962-7515 or stop by the office at 507 N. Nanum between 8am-

12pm and 1pm-5pm. Certificates will be available to pick up the following business day after 2pm.

For more information on Administrative Services or other health department programs, please visit us on the web: [www.co.kittitas.wa.us/health/](http://www.co.kittitas.wa.us/health/)

## Child Care Increasingly Difficult to Find

It's been a trend over the last several years, but with the recent closures of several home child care providers, parents in Kittitas County are having an increasingly difficult time finding child care.

According to Child Care Resource & Referral, there has been a 23% decline in the number of child care facilities in Kittitas County over the last five years, while infant care continues to be the most difficult care to find and the most expensive. Child Care

Resource & Referral also reports that for a family with an infant and preschooler in full-time child care, the cost of child care represents 33% to 37% of the county's median household income for 2005.

Liz Whitaker, a nurse in the Child Care Health Promotion Program, collaborates frequently with Child Care Resource & Referral to provide service to parents and providers in the county. Whitaker provides monthly consultations to child care centers in Kittitas

County, and consultation as needed to home providers. "Many providers have questions about behavioral, developmental, or medical issues that arise in the child care setting," Whitaker said. She hopes her consultation services will help providers stay open. "It's a serious issue when parents have to work, but can't find care for their children," said Whitaker.

You can reach CCR&R at 509-965-7109, or Whitaker at 509-962-7023.

## Dental Clinic Offers More than Oral Health Care

After an informal poll with WIC, First Steps, and Alcohol and Drug Dependency Services (ADDs), the Oral Health program identified a need for dental care among pregnant women who were covered by Medicaid but unable to access dental treatment for over a year.

To address this need, Christie Waddington, Oral Health Coordinator, and Carla Pfeffer, RDH, organized *Just for Grins: Pregnant Women Dental Clinic*.

On June 15 the clinic provided

oral health care to 4 pregnant women with appointments. During a no-show time slot, a young mother waiting in the hallway expressed interest in the clinic, and was admitted. She did not know about the dental clinic; she was in the building to obtain a head lice kit. This mother had a history of dental fears, but was impressed with Pfeffer's gentle touch and calm demeanor. While the client was in the dental chair, a nurse checked her hair to confirm the presence of lice,

and provided her with a lice kit. The client also had early stages of periodontal disease, so was educated about the importance of home care and provided with toothbrushes, tooth paste, and floss for herself and her children. She was unaware of WIC and First Steps services, so was also referred to those programs for assistance.

For a woman who came in for a lice kit, she certainly received more assistance, education, and service than she had expected!

## A Note From the Director: Continued

Continued from Page 1...

been a focus of department activities this spring. The management team facilitated a strategic planning session in March to guide Department activities through 2008, and conducted similar planning sessions with their program staff. The next step for the management team will be to incorporate the department plan with the budget via the 2008 budgeting process which will occur during 3<sup>rd</sup> quarter of this year.

All strategic planning activities

incorporated the new Standards of Public Health, as mandated by the Washington State Department of Health (WSDOH). The Standards of Public Health are used to evaluate the performance of every local health jurisdiction in Washington. In 2005, WSDOH evaluated the Kittitas County Health Department with mostly positive results. Evaluation results also strongly recommended that we enhance our quality improvement cycle by incorporating evaluation results into programmatic change. A grant from the

WSDOH will provide direct consultation, training, and assistance with development of measurement tools in preparation for the next site evaluation in 2008. I am confident that we will have made significant progress, and that our 2008 evaluation will reflect the hard work of our staff.

I am excited about the direction our department has taken in the last six months, and look forward to continuing this work in the future. Sincerely, Cathy Bambrick, Director

### Child Care Health Promotion

Nurse Consultant visits: 9  
Other Consultations: 3

### Children with Special Health Care Needs Program

Established Clients: 72  
Lost or Closed Files: 15  
New Clients: 13  
Home Visits: 28  
Office Visits: 1  
No Shows: 0

### Early Intervention Program

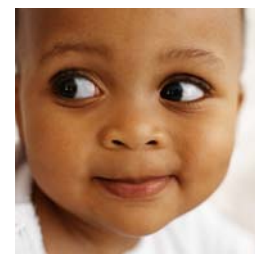
Referrals: 3  
Home Visits: 11

### Medical Nutritional Therapy

New Referrals: 4  
Returning Patients: 0

### Women, Infants, Children (WIC) Enrollment

TOTAL Clients: 2,467  
Pregnant: 333  
Breastfeeding: 238  
Post-Partum: 82  
Infants: 528  
Children >1 yr: 1,286  
# Checks issued: 2,149  
% non-participating clients: 11.33



## Breast and Cervical Health Program Participates in Relay for Life



The Breast and Cervical Health Program (BCHP) helps women over 40 obtain cancer screenings for breast and cervical cancer through mammograms and pap smears. This emphasis on early cancer detection prompted Outreach Worker Julia Karns to collaborate with the Relay for Life coordinators in Kittitas County. Karns and Robin Read-Ochoa, Health Educator,

stood in the cold wind at the Ellensburg High School track Friday and Saturday as the event brought the community together in support of cancer survivors and to raise money for cancer research with the American Cancer Society.

“There were a lot of survivors,” said Read-Ochoa. “It was great to see the community rally behind such a worthy cause.”

Women must be over 40 years old, uninsured, and meet income guidelines to enroll in BCHP. For more information, please contact Robin or Julia at 509-962-7515. Both are bilingual in Spanish.

### **Breast and Cervical Health**

New Clients Enrolled: 15

BCHP Interpretation: 7

Year to Date Enrollment: 31

## Shape Up Adds Food Access Coalition for Kittitas County



Last October, Shape Up Kittitas County created 3 sub-committees to address nutrition, physical activity, and policy change with the goal of reducing obesity in Kittitas County. This spring, a fourth unaddressed area was identified: Food Insecurity.

Food insecurity is not knowing

if there will be enough food for the next meal, or where the food will come from.

Health Educator Robin Read-Ochoa helped get the group together, which includes representation from Heifer International, Hope Source, FISH food bank, WSU-Master Gardeners, and Kittitas Valley

Community Hospital—Diabetes Education.

The Food Access Coalition for Kittitas County has started meeting regularly to identify goals and create a work plan.

For more information, please contact Robin Read-Ochoa at 509-962-7003.

## HIV Outreach in Full Swing

Every summer as the Hispanic migrant population returns to Central Washington, Outreach Worker Julia Karns packs her outreach materials and drives to Mattawa, WA. Karns educates migrant workers about HIV/AIDS, Hepatitis C, and other sexually transmitted diseases. She helps the group become comfortable with the subject, then engages them in a discussion about the diseases and how to protect themselves and their families. The intervention is usually done in 2 sessions, on successive days.

A “promotora,” or peer health educator, recruits groups of migrant workers, so when Karns arrives in Mattawa, a group is waiting for her. Karns teaches her session wherever there is sufficient space—in a kitchen, a break room, even a warehouse. “It really is a 3-

ring circus,” said Karns. “I have my TV, boxes of pizza, a cooler, all my props... it’s really quite a show.”



The migrant population is especially important to reach, as many have not been educated about HIV or other STDs. “They learn a lot about how to protect themselves,” said Karns.

Each summer, Karns educates over 100 migrant workers, and this year is already off with a bang. Through May and June, Karns has reached 116 migrant workers; 83 men and 33 women. This early success is due in large part to Carmen, a promotora from Moses Lake.

Karns’ success working with migrant workers has been recognized across the state. This fall, she will present at the annual CAREvent, a convergence of outreach workers from across Washington. Karns will present her strategies and tactics for intervention delivery, and provide tools that participants can use in their respective counties.

Karns can be reached at 509-962-7028.

### **HIV/AIDS and Hep. C**

Presentations: 20

People in attendance: 243

Blood Borne Pathogen Classes: 5

# People in BBP Classes: 61

Case Management Clients: 4

## All-Hazards Table Top Exercise a Success

Daily we hear about disasters such as floods, earthquakes, volcano eruptions, terrorist attacks, and the pandemic flu. In the unlikely event a similar disaster should strike Kittitas County, a dedicated group of emergency response specialists have a plan.

To test this plan, two Emergency Response Specialists at the Kittitas County Public Health Department hosted a table top exercise to review a possible scenario. The disaster scenario, called "Crash and Contagion in Kittitas County," featured a plane crash, a large fire, high winds, exposure to pandemic flu, and a shortage of emergency personnel among other challenges. Attendees included representatives from the Red Cross, Kittitas Valley Fire and Rescue, Regional Emergency Management Council, Ellensburg School District, Comprehensive Mental Health, Kittitas Valley Community Hospital, the faith-based community, nursing

homes, and other organizations. The agencies worked together to develop a response plan.

After developing a plan, many participants agreed that the group had made significant improvements over a similar exercise last year, partly due to the increased role of the Kittitas County Public Health Department. The lessons learned from this exercise will help guide future disaster planning.

The Public Information Officer, the person designated to speak to the media in a time of disaster, also participated in a functional exercise during this time. Kittitas County's Public Information Officer worked with Public Information Officers from the Central Washington region to develop a media message on pandemic flu, and worked with actual media representatives to practice delivering the message and answering questions.

After an evaluation by the

Department of Health, Kittitas County received a very high score for its Strategic National Stockpile plans. These plans detail the supplies needed in case of a mass pandemic disease, like masks or vaccinations, or supplies needed during other large scale events. Kittitas County's high score reflects the detailed planning efforts of staff and strong partnerships with area agencies.

Ongoing work in emergency preparedness includes facilitating the Kittitas County Emergency Management Council, which has over 50 members. Emergency Preparedness staff also facilitate three work groups, Mass Fatality, Public Information Officers, and Healthcare Coalition, which have all made great strides in disaster planning.

For more information please contact Jerry Harris, Emergency Response Specialist, at 509-962-7002 or [jerry.harris@co.kittitas.wa.us](mailto:jerry.harris@co.kittitas.wa.us).



## Shape Up Community Activities Draw Crowds

Shape Up Kittitas County has been very busy this quarter!

May was Bike to Work month, and with the Cascade Land Conservancy and others, Shape Up helped promote the Bike Commuter Challenge by hosting a pancake breakfast in downtown Ellensburg. Commissioner David Bowen cooked the pancakes, while Shape Up staff helped with sausage, eggs, juice, and other breakfast items. Over 100 bikers enjoyed the food!

Also in May, Shape Up hosted Rally the Ridge, a group hike up Manastash Ridge. Over 40 people met at the trail head to hike the ridge,

many posing for photos at the top. CWU intern Anjuli Spear was instrumental in planning and promoting Rally the Ridge.

Munchkin Land Child Care was the recipient of a \$200 Shape Up mini-grant to establish a garden at the child care center. With the help of Shape Up staff, Munchkin Land fenced off the back area, tilled the land, built raised beds, and planted a vegetable garden. Munchkin Land has incorporated the garden into their learning curriculum, and will help the children tend and harvest the garden through the summer.

With Super 1 Foods, CWU, and dietician Judy Heesacker, the Grab n Go dinners have continued on Wednesday and Thursday nights of the second and fourth weeks of each month. Healthy, fast, and inexpensive dinner entrée recipes and samples are provided.

Get to Know your Parks was held June 19, when over 60 people walked between 4 city parks, learned fun facts along the way, and enjoyed free food. Ellensburg Parks & Recreation co-sponsored this event.

For more information please call Megan or Sarah at 509-962-7515.



**Tuberculosis Program**

TOTAL TB Tests: 96  
 Tests– Children: 20  
 Tests– Adults non-healthcare: 76  
 Tests– HealthCare Workers: 0  
 TOTAL Positive TB Tests: 7  
 Positive Tests– Children: 3  
 Positive Tests– Adults (non-healthcare): 4  
 Positive Tests– HealthCare Workers: 0  
 Cases Active TB: 0  
 Suspect TB Investigations: 0  
 INH Preventive TX New: 0  
 INH Preventive TX Completed: 1

Travel Consultations: 70

**Adult Vaccine Administered**

Hep A: 35  
 Hep B: 15  
 TwinRix: 41  
 Immune Globulin: 0  
 Influenza: 0  
 IPV (polio): 1  
 Meningococcal: 4  
 MMR: 0  
 Pneumococcal: 0  
 Tetanus/Diphtheria: 5  
 Oral Typhoid: 27  
 Injectable Typhoid: 9  
 Varicella: 6  
 Yellow Fever: 19  
 Rabies: 0  
 Japanese Encephalitis: 0  
 ProQuad: 1  
 Tdap: 69  
 Td: 6

**Zoonotics and Vector Program**

Animal Bites/Complaints: 9  
 Rabies/Animals Tested: 1  
 Quarantine Required: 0  
 Dead Birds Collected/Mailed: 4/2  
 Mosquito Clusters Collected: 0  
 Dead Birds Phone Calls: 11

**Overseas Travel Clinic Helps Travelers Prepare**

If you're traveling abroad, the Overseas Travel Clinic at the Public Health Department can help determine which immunizations are required, or recommended, for travel to that particular country. Identified immunizations are available for administration during the clinic visit.

It is particularly important to review travel recommendations before overseas travel, for both the traveler's health while abroad, and to prevent the possibility of carrying disease back into the United States upon return.

Carrie Bland, RN, can answer any questions you have about travel to a particular country or region of the world. She is available by phone at 509-933-8203.

**First Steps Program**

PHN Home Visits: 75

**Communicable Diseases**

CD/STD/Imm. Calls: 0  
 CD Cases Confirmed: 9  
 Other Investigations: 4  
 Food Illness Complaints: 2  
 Lead Poisoning Cases: 1  
 Chlamydia Reported: 6  
 Herpes Reported: 2  
 Gonorrhea Reported: 2

**Child Vaccine Administered**

DtaP: 14  
 DT: 0  
 Td: 1  
 HIB: 5  
 IPV: 18  
 MMR: 14  
 Hep B: 7  
 Varicella: 21  
 Hep A: 31  
 Influenza: 0  
 Pneumonia: 4  
 Prevnar: 4  
 ProQuad: 6  
 MCV4: 12  
 HPV: 1  
 Pediarix: 2

**World Breastfeeding Week Prompts Awareness**

Did you know that 41% of infant deaths worldwide could be prevented by breastfeeding within the first hour after birth? Breastfeeding in the first hour after birth has been linked to positive health outcomes for the infant including immediate protection from bacteria and viruses, reduced risk of jaundice, and improved milk production and less blood loss in the mother.

"Welcome Baby Softly," promoting breastfeeding within the first hour after birth, is the theme of this year's International Lactation

Consultant Association World Breastfeeding Week.

According to International Lactation Consultant Association president Rebecca Mannel, "Infants are born with heightened senses that seem to program them to quickly get to know their mothers and find the breast. [...] Research shows that babies come into this world seeking close contact with their mother's body."

Debra Sandvig, Registered Dietician and Lactation Consultant at the Kittitas County Public Health

Department, adds, "When mothers hold their babies skin-to-skin immediately after birth, their babies are kept warm, they regulate their heart, respiratory, and oxygen saturation rates, and they do not feel pain as acutely. Babies' sense of touch helps this process work effectively. All of this means babies are calmer, happier, and cry less." Sandvig helps new mothers breastfeed successfully, ensuring the mother's and the baby's health and well being. She can be reached at 509-962-7578.

**STD Partner Treatment Program in beginning phase**

Public Health nurses have been working closely with the Washington State Department of Health to implement an STD partner treatment program.

Through this program, any client diagnosed with Chlamydia, Gonorrhea, or other STDs will be given a prescription for treatment medication for themselves and their partner(s). In this way,

public health professionals hope to treat more cases of STDs than they are able to by partner notification alone.

Many potential STD patients are never reached because they are hesitant to get tested or they show no symptoms. If the medication is taken by a partner who was not positive, there will not be any adverse effects, said Carrie Bland, RN.

The program is still in its infant stages, and has not begun yet. "We are excited about this prospect," said Carrie Bland, RN. "We hope to reach more STD clients through this partner-delivered treatment program, ultimately reducing the number of STD cases in our county and state." Call 509-933-8265 for more information.

**Drinking Water**

**Water & Sewage Evaluations**

Sewage: 0  
 Water: 0  
 Both: 0  
 Sanitary Surveys: 8  
 Group B Water Systems: 0

**Plat Approval**

Well Site Inspections: 2

**Other**

Well Delegation: 20  
 Private Bacteriological Sampling: 0  
 Private Nitrate Sampling: 0  
 Group B Paperwork Received: 0  
 Group B Systems Approved: 0  
 Farm Exemptions Received: 0  
 Farm Exemptions Approved: 0  
 Complaints: 0  
 Group A/B Sources GPS'd: 4  
 Group A Nitrate Samples Drawn: 0

**Living Environment**

**Schools**

Plans Reviewed: 0  
 Inspections: 1  
 Playgrounds: 0  
 Complaints: 0

**Public Pools & Spas**

Permits: 16  
 Inspections: 0  
 Complaints: 0

**Camps & Parks**

Permit Applications: 10  
 Inspections: 0

**Environmental Health Welcomes New Staff**

The face of the Environmental Health division has changed during the second quarter. Since April, the public health department has welcomed Sage Park, Environmental Health Manager, Tim Multop, Environmental Health Specialist, and James Rivard, Environmental Health Specialist.

Sage Park has joined the team from the Washington State Department of Ecology Solid Waste division in Yakima. Sage graduated from Central Washington University with a Bachelor of Arts degree in Geography. She went on to receive several specialized certifications, including a certificate in implementing sustainability practices from Portland State University, a certificate in Transfer Station Management, and certification as a Charrette planner from the National Charrette Institute. The National Charrette Institute teaches strategies for public involvement in planning. All of these certifications are very pertinent to her work with the county and will greatly impact her work with the Environmental Health.

James Rivard works in the On Site Sewage and Solid Waste programs. Rivard has

bachelor degrees in both biology and chemistry, and is currently finishing a masters in physical chemistry, or nanotechnology. He has a certificate in controlled radiological work and assessment of radioactive material in the body, and also holds a Washington State teaching certificate. Rivard joins the Environmental Health team from Richland's Department of Energy Radiation and Health Protection Group.

Tim Multop, Food Inspector, holds a Bachelors of Natural Health Science from Bastyr University, completed all required registered dietician course requirements at Washington State University, and is currently working on a Masters Degree in Nutrition from Central Washington University. Multop has also worked with the King County Superior Court in the research and defense investigation division.

Public Health is very happy to welcome Sage, Tim, and James to Environmental Health.

**Food Safety**

**Permits**

Food Establishments: 6  
 Temporary Food Service: 19  
 Food Handler Permits: 625

**Inspections**

Routine Inspections: 101  
 Re-inspections: 6  
 Pre-Opening Inspections: 6  
 Temporary Food: 14

**Contractual Inspections**

CWU Quarterly: 1  
 Jail Quarterly: 1

School Kitchens: 6

**Enforcement Activities**

Red Item Violation >30 pts: 7  
 Red Item Violation >70 pts: 0  
 Operating without a Permit: 2  
 Complaints: 8  
 Temporary Closures: 2  
 Complaints Resolved: 8  
 Design Plans Reviewed: 6

**On Site Sewage**

**Permits**

New: 136  
 Repair: 12  
 Renewal: 10  
 Site Evaluation Applications: 150  
 Site Evaluations Performed: 117  
 Designs Reviewed & Approved: 136  
 Final Inspections: 52  
 Final Re-inspections: 7

**Plat Approval**

Soil Logs: Long and Short: 38  
 Realtor Requests: 85  
 Complaints: 5

**Solid Waste**

**Permits**

Solid Waste Permit Renewal: 0  
 New Permits Issued: 0  
 Inspections Performed: 6  
 Complaints: 0

**West Nile Virus Preparations Underway**

In 2006, Idaho had 996 human cases of West Nile Virus, Oregon had 69, and Washington had 3 diagnosed cases of West Nile Virus.

Health experts predict these numbers will increase in 2007, noting the large discrepancy between Idaho and it's neighboring states. West Nile

Virus is a mosquito-borne disease that affects humans and animals alike. The first signs of West Nile Virus are often dead birds. Kittitas County residents are urged to call 509-962-7698 with questions about dead birds.

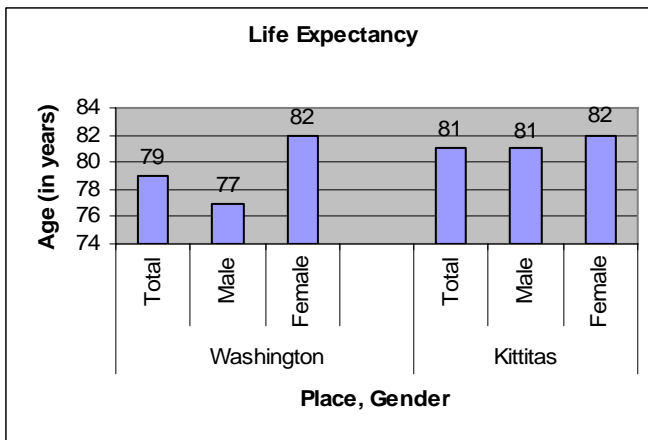
All residents are urged to avoid mosquito bites by wearing long sleeves and pants, using insect

repellent, avoid being outside during dawn and dusk when mosquitoes are most active, ensure window and door screens are secure, and emptying any standing water to get rid of mosquito breeding habitat.

Please call 509-962-7698 with questions about West Nile Virus prevention and response.

## Did you Know . . .

### Kittitas County residents live longer than the state average!



Overall, Kittitas County residents are expected to live 81.15 years, ranging from 80.99 for men to 81.87 for women. This is higher than the Washington State life expectancy, which is 79.29; 76.92 for men and 81.60 for women. (Data Sources: 1990-2005 Population Estimates: Population Estimates for PH Assessment, Wa DOH, Vista Partnership, and Krupski Consulting. November 2006.)

### Leading Causes of Death in Kittitas County

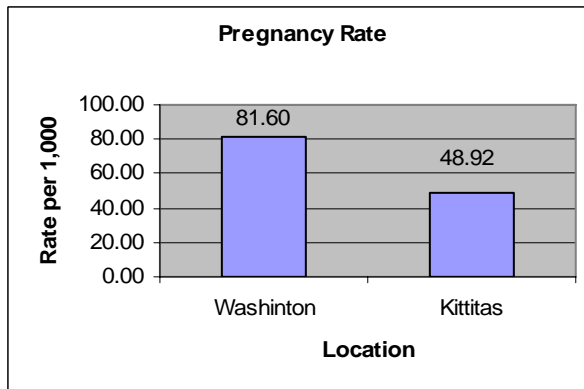
1. Malignant Neoplasms (176)
2. Diseases of the Heart (152)
3. Cerebrovascular Disease (57)
4. Accidents and External Causes (38)
5. Chronic Lower Respiratory Disease (36)
6. Influenza and Pneumonia (33)
7. Alzheimer's Disease (30)
8. Chronic Liver Disease and Cirrhosis (13)
9. Diabetes Mellitus (11)
10. Aortic Aneurysm/Dissection (9)

\*(number) is the number of deaths from each condition per 100,000 population.

Data Source: Death Certificate Data: Washington State Department of Health, Center for Health Statistics.

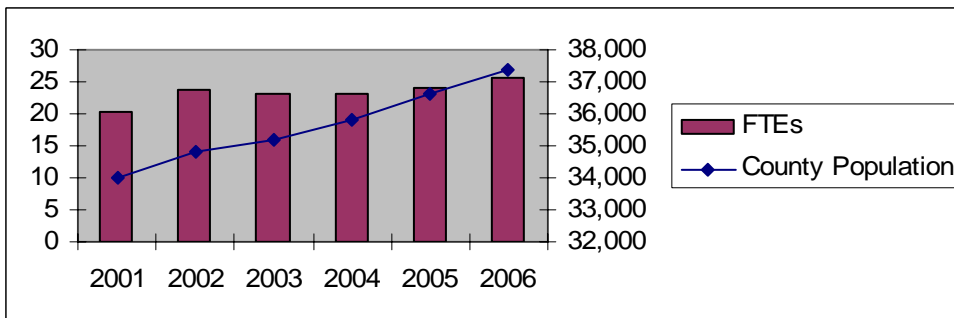
### Kittitas County women have fewer pregnancies

Of every 1,000 women in Kittitas County between the ages of 15 and 44, nearly 49 became pregnant in 2005. This is significantly lower than the state pregnancy rate, which was nearly 82 per 1,000. (Data Sources: Abortion Report Records: Washington State Center for Health Statistics, 1990-2005 Population Estimates: Population Estimates for Public Health Assessment, Washington State Department of Health, Vista Partnership, and Krupski Consulting. November 2006.)



### Population Growing Faster than Public Health Capacity

As the population of Kittitas County has grown, the proportional number of public health employees has grown as well, but not at the same rate. The chart below shows the increase of Full Time Equivalent (FTE) employees in public health, and the increase in the county's population, based on estimates from the Office of Financial Management.





## UPCOMING EVENTS

### July

- July 19, 4pm, **Upper County Food Handlers Class**, Cle Elum Senior Center, Cle Elum
- July 21, 9am-12pm, **Community Health Clinic**, 611 S. Chestnut in Ellensburg
- July 31, 6pm, **Rally the Ridge 2**, Manastash Trail Head at Cove Rd

### August

- August 4, 9am-12pm, **Community Health Clinic**, 611 S. Chestnut in Ellensburg
- August 16, 6pm, **Blood Borne Pathogen Class**, Morris Sorenson conference room, 507 N. Nanum Street, Ellensburg
- August 16, 4pm, **Upper County Food Handlers Class**, Cle Elum Senior Center, Cle Elum
- August 18, 9am-12pm, **Community Health Clinic**, 611 S. Chestnut in Ellensburg
- August 21, 2pm, **Spanish Food Handlers Class**, Morris Sorenson conference Room, 507 N. Nanum Street, Ellensburg
- August 23, 1pm-3pm, **Camp Morgan Free Immunization Clinic**, Morgan Middle School
- August 28, 7pm, **Kamp Kittitas Free Immunization Clinic**, Kittitas Middle School

### September

- September 1, 9am-12pm, **Community Health Clinic**, 611 S. Chestnut in Ellensburg
- September 15, 9am-12pm, **Community Health Clinic**, 611 S. Chestnut in Ellensburg
- September 19, 2pm, **Spanish Food Handlers Class**, Morris Sorenson conference Room, 507 N. Nanum Street, Ellensburg
- September 20, 4pm, **Upper County Food Handlers Class**, Cle Elum Senior Center, Cle Elum

## Transportation Planning Committee Awarded \$1.14M Grant

The Four County Transportation Planning Committee's work has paid off: in May 2007 Kittitas County's Hope Source was awarded a \$1.14 million grant from the Federal Department of Transportation. Grant, Lincoln, and Adams Counties were also awarded grants from the Department of Transportation. This award will fund three projects in Kittitas County:

Project 21—Provide operating assistance to expand service of Central Transit on the fixed route in Ellensburg to provide more options to the general public both when CWU is in session and out, and connect with

Greyhound and the SeaTac Airporter.

Project 22—Provide operating assistance to sustain and expand dial-a-ride services in Kittitas and Yakima Counties.



Project 23—Provide capital assistance to purchase two minibuses for replacement purposes.

Together, these projects will increase transportation service to all Kittitas County residents, especially the underserved and disabled.

The Central Transit bus system is already running and available to anyone, not just college students. The service is free for CWU students and seniors, and asks for a donation from all other residents. Suggested donations are \$1-5. At the suggestion of Christie Waddington, Oral Health Coordinator, the route now includes stops at local dental offices. Promotional efforts, including bus routes and signage, will be released later this summer.

### Listen for us...

#### **KOBE, 103.1 FM, at 7:30am**

July 10—*Smoke Free Parks with Megan Woltring*

July 24—*WIC with Christine Scharpenberg*

August 7—*World Breastfeeding Month with Deb Sandvig*

August 21—*Children with Special Health Care Needs with Liz Whitaker*

September 4—*Shape Up—Get Active! with Sarah Bedsaul*

September 18—*Emergency Preparedness with Jerry Harris*

#### **KXLE, 1240 AM, at 12:30pm**

July 10—*Smoke Free Parks with Megan Woltring*

August 14—*HIV Awareness and BCHP Services with Julia Karns*

September 11—*New Vaccines with Carrie Bland*

## Kittitas County Public Health Department

507 N. Nanum St.  
Suite 102  
Ellensburg, WA 98926  
Phone: 509-962-7515  
Fax: 509-962-7581



*Public Health... Always  
Working for a Safer and  
Healthier Kittitas  
County*

[www.co.kittitas.wa.us/health/](http://www.co.kittitas.wa.us/health/)

### **School-based Sealant Programs**

Valley View Elementary: 32  
Thorp Elementary: 26  
Cle Elum/Roslyn: 27  
Easton Elementary: 6  
Parke Creek Group Home: 27

### **Oral Health Education**

Day Care Centers: 30  
Community Events: 1,245  
(CWU: 66; Hallway of Health:  
64; El Dia de los Ninos: 1,000;  
Damman Fair: 15; Senior Health  
Fair: 100)

## Board of Health Says Farewell to Carolyn Booth

Board of Health member Carolyn Booth has resigned, leaving some very large shoes to fill. Booth has been a BOH member since 2001, when she joined as a community representative. With her background in the collegiate, private, and public medical fields, Booth brought an invaluable perspective to the

BOH. Her contributions and insight will be missed.

A farewell luncheon will be held in July to wish Booth bon voyage in her future endeavors.

The BOH is currently conducting a search for a new member. Applicants should be residents of Kittitas County with experience, knowledge,

and interest beneficial to public health, including the environmental and personal public health needs of Kittitas County. Applications are due August 3, 2007, and may be obtained in the Commissioners' Office— Courthouse Room 108, on the [web](#) or via email request to [BOCC@co.kittitas.wa.us](mailto:BOCC@co.kittitas.wa.us).

## BOHAC Funds Oral Health Trip, Advises on Indicator Selection

The Board of Health Advisory Committee recently helped Christie Waddington, Oral Health Coordinator, attend the National Oral Health Conference in Denver, Colorado. Community Health Services Manager Bonnie Corns appealed to BOHAC, explaining that the program, DOH, and the county did not have enough funding to pay for the conference. The conference was a national convergence of

Oral Health Coordinators from around the country, and was a great opportunity for Waddington. The Oral Health Program was started on volition of BOHAC, and in a unanimous vote, BOHAC members decided to supplement the funding.

BOHAC also voted on the Health Department's indicators project, expressing their opinion on priority issues.

Domestic Violence, Environmental Health, and Housing Affordability were the top priority issues, but unfortunately not all topics were included in the final list of indicators due to data limitations.

BOHAC has also been active in the search for a replacement BOH member, and will advise the BOH on their recommendation in July.

## Oral Health Coordinator Attends National Conference

Christie Waddington, Oral Health Coordinator, was able to attend the National Oral Health conference in Denver, Colorado in May, thanks to a generous donation by BOHAC.

The three day conference offered several opportunities to meet and network with dynamic people such as the Honorable Richard Carmona, MD former Surgeon General.

Waddington enjoyed all of the educational sessions she attended, but a favorite covered Special Needs Dentistry. Titled "Fostering Collaborative Partnerships to Improve Oral Health for Persons with ND/ID" (neurodevelopment/intellectual disabilities), the session was led by Dr. David

Fray. Waddington was especially interested to learn that the disparities and challenges she sees here in Kittitas County are similar to the challenges faced by communities across the nation. Additionally, the strategies that have been successful in Kittitas County—working collaboratively with community partners to address disparities—have also been successful around the country.

Waddington returned to Ellensburg refreshed and with a renewed pride in the work being done in Kittitas County towards improving access to dental care for all underserved population groups.

Several community events also involved Oral Health this spring, including the "Older Americans" Health Fair hosted by the Kittitas Valley Health & Rehabilitation Center.

Waddington was honored as a graduation speaker at the Yakima Valley Community College, where she spoke to the graduating class of Dental Hygiene students about the importance of becoming independent providers to serve DSHS clients.

The Oral Health program also participated in the Children's Vaccine clinic in April, El Dia de Los Ninos in May, and the Girl Scouts Health Fair, also in May.

For more information, please call: 509-933-8220