

PUBLIC HEALTH CONNECTION

Complete Streets Funds Awarded to Cle Elum and Ellensburg

On January 27, the City of Cle Elum and the City of Ellensburg were selected for the Complete Streets Award from the Washington State Transportation Improvement Board (TIB). Cle Elum was awarded \$125,000 and Ellensburg was awarded \$250,000 to pursue “complete streets” within their jurisdictions. Cle Elum and Ellensburg are two of 39 awarded agencies awarded funding.

The idea of “complete streets” is a transportation concept that provides streets that are safe for every user, whether the user may be driving, walking, or bicycling. For example, the idea of “traffic calming” is a complete street model where cars are intentionally slowed down (roundabouts and wider

sidewalks, etc.) to make streets safer for other modes of transportation.

“As public health practitioners, we want to encourage active transportation like walking and bicycling, so we are invested in the complete street concept,” asserts Administrator Robin Read. According to the Centers for Disease Control and Prevention (CDC), walking is the most popular aerobic physical exercise and physical activity helps control weight and improve over all health.

Both the City of Cle Elum and the City of Ellensburg have ordinances that address health equity, sustainable partnerships, and have history of using complete street concepts within their cities. In addition, each city was required to be nominated by one of four state agencies including

their local public health department or one of five non-profit transportation partners in order to receive the award. “We were pleased to nominate both Cle Elum and Ellensburg to receive this funding,” states Kittitas County Public Health Department (KCPHD) Administrator Robin Read.

A Note from the Administrator: Public Health Legislation Day

On March 1, Kittitas County Public Health Department (KCPHD) staff had the opportunity to attend the 2017 Public Health Legislative Education Day in Olympia.

“Staff are always encouraged to attend this event,” states Administrator Read, “especially those who have not had a chance to experience the process previously.”

Public employees get an opportunity to meet with their local legislators and provide important education about the role of public health in our communities.

Public health provides essential services ranging from permitting and inspecting food establishments, resolving environmental health complaints, and investigating communicable diseases. Explaining the services we provide to legislators gives public health staff the opportunity to elaborate on how we provide these benefits to our community, and legislators can ask questions about our various programs and services.



Department Wide

New Grants /Fund Sources	2
Volunteer Hours	880
Health Data Requests	4
Quality Improvement Projects	1
Health Provider Releases	7
Community Engagements	129
Code/Policy Updates	4
Total Number of Clinic Appointments Provided	173

Vital Records

Hospital Births Registered	82
Birth Certificates Issued	298
Deaths Registered	88
Death Certificates Issued	496

Access to Baby and Child Dentistry

Outreach Contacts	301
Referrals to Dentists	2

Communicable Disease (CD)

CD Investigations	47
Confirmed CD Cases	10
STD's Reported	83
TB Tests	26
HIV Tests	4
Hepatitis C Tests	4
Syphilis Tests	2
Chlamydia/Gonorrhea Tests	4

Harm Reduction Activities

Syringe Exchange Participants	112
Syringes Distributed	6055
Naloxone Kits Distributed	13
HIV Education Participants	37

Free Shingles Vaccine Available at KCPHD

KCPHD has free shingles vaccine available! Anyone who is 60 years of age or older, and would have to pay out of pocket for the vaccine, is encouraged to call to schedule an appointment.



The vaccine is free to anyone who is uninsured or underinsured. Underinsured means anyone who would have a significant copay to receive the vaccine. There is an administration fee of \$23.00, but the fee can be reduced or waived based on your reported income.

“We know that it can be a financial hardship for folks to access this vaccine, so we are pleased to offer the service,” states Community Health Supervisor Liz Whitaker.

According to the Centers for Disease Control and Prevention (CDC), shingles is a painful rash that develops on one side of the body. It is caused by the varicella zoster virus (VZV). This is the same virus that causes chickenpox. VZV stays in your body after causing chickenpox. If you have had chickenpox in the past, then VZV is inside you. For reasons that are not fully known, the virus can reactivate years later and cause shingles.

There is a limited supply of free vaccine and the vaccine is first come, first serve.

KCPHD Makes Recommendation for Naloxone Prescriptions

On January 31, KCPHD reminded Kittitas County medical providers about the Centers for Disease Control and Prevention (CDC) recommendation to prescribe naloxone for anyone who is prescribed a narcotic for chronic pain.

In addition, KCPHD recommends that anyone who spends time with someone

using narcotics for any reason (friend, partner, spouse, parent, et cetera) should also request a prescription for naloxone.

Naloxone, also known by the product brand name Narcan, is an FDA approved prescription to reverse a narcotic overdose. It is now available as an easy to use nasal spray.

Anyone who is unable to afford the cost of naloxone can contact KCPHD to access naloxone without cost. KCPHD also provides education about how to recognize signs of an overdose and administer the nasal spray.



Event Held For Health Insurance

On January 20, health insurance enrollment navigators were available to provide free assistance to anyone needing to sign up via the Washington State Healthplanfinder.

Navigators are trained to assist individuals enroll in health insurance and educate consumers about health insurance concepts like deductibles and copays.

Navigators provide unbiased information and do not charge for services.

The event on the 20th, was held in Cle Elum at the Putnam Centennial Center with three different agencies in attendance including KCPHD, Community Health of Central

Washington, and Yakima Neighborhood Health.

KCPHD has three trained navigators who provide enrollment help throughout the year. For more information, call KCPHD at 509-962-7515.

Kittitas County Expands Access to “Over the Counter” Water

On February 6, KCPHD was excited to announce that our county had received a ground water permit from the Washington State Department of Ecology (Ecology) to issue “over the counter” permitted water rights for parcels located within the Wilson Creek/Cherry Creek sub basin.

The new ground water permit from Ecology is the first of its kind in Washington State for this type of application, which allows the county to issue approvals across the entire region of the Wilson Creek/Cherry Creek sub basin. This new option for customers means that Kittitas County can issue mitigation certificates

within that area in under two weeks versus the 12 month permit process with Ecology. Since December of 2015, Kittitas County has offered quick processing for water mitigation decisions on parcels within the county’s water banking green zone. Until now, though, this option was only available to applicants who qualified to use a permit-exempt well for their project.

Water mitigation in Kittitas County is a result of regulations regarding the Growth Management Act and compliance for land use and protection of the quality and quantity of ground and surface water.

Kittitas County will pursue additional permit approvals for other sub basins, similar to the Wilson Creek/Cherry Creek sub basin. The goal is to provide a similar option to customers in the upper county.



Unhealthy Air Quality During Home Heating Season

Between January and March, KCPHD sent out three press releases to inform the public of air quality conditions in the county, since air quality reached the level of being unhealthy for sensitive groups due to higher emissions and air stagnation.

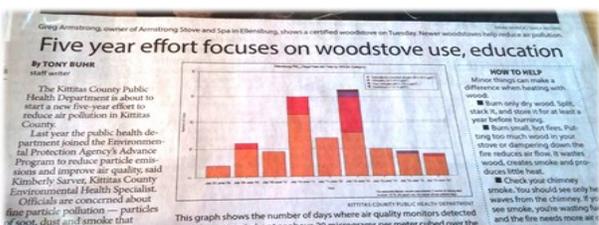
Home heating season has been identified as an issue in Kittitas County, so it is not uncommon to see issues with air quality during the winter. KCPHD has been working to inform residents to burn dry, seasoned wood correctly, and to use a

certified wood stove. And, if air quality is poor, KCPHD would encourage individuals to use alternate heat sources if they are available.

When air quality reaches unhealthy for sensitive groups, people with sensitive health conditions should limit the time they spend outdoors. People with sensitive conditions may include anyone with a pre-existing lung or heart condition, people who have had a stroke, infants, children, adults over 65, and pregnant women.

Kittitas County experienced an increasing trend of days with unhealthy fine particle pollution levels. If poor air quality conditions continue, our county could be designated as a “non-attainment area” by the United States Environmental Protection Agency (EPA). If the EPA designated Kittitas County as a non-attainment area, our county would be required to implement costly regulatory measures.

KCPHD will continue to work with partner agencies and residents to reduce particulate air pollution in our county. For more information, visit the Kittitas County Public Health Department’s website.



Environmental Health (EH)

EH Complaints	31
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Living Environment

School Inspections	6
Pool Facility Permits Issued	0
Pool Facility Inspections	3
Camp & Park Inspections	2

Solid Waste

Permits Issued	0
Inspections	10

On-Site Septic

Installation Permits Issued	30
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Site Evaluations	30
Inspections	10

Food Safety

Permanent Food Establishment Applications	7
Temporary Food Establishment Applications	7
Food Handler’s Permits	686
Establishment Inspections	140
Temporary Event Inspections	4

Drinking Water

Group A Water System Sanitary Surveys	0
Group B Water System Inspections	0
Individual Well Site Application Reviews	13
Adequate Water Supply Determination Applications	49
Well Inspections	7

? Did you know ?

- February is National Children’s Dental Health month.
- New Moms should be sure to get prenatal dental care before baby arrives!
- All children should see a dentist by their first birthday or by the appearance of their first tooth.
- Kids should brush for two minutes, two times a day and floss daily!
- Limit snacks and eat healthy foods to reduce risk of tooth decay.
- Monitor beverage consumption - instead of soft drinks all day, kids should also choose water and low-fat milk.
- Schedule regular dental appointments for your children!
- Kittitas County has five dental offices that have been trained, specifically to see young children. Call KCPHD for more information at 509-962-7515.



BOH Hears MRTCA Appeals Hearing Continuation

On January 12, the Kittitas County Board of Health resumed the continuation of the Mountain River Trails Camping Association (MRTCA) appeal hearing.

The hearing addressed liability, reporting requirements, and assessment of enforcement costs.

The BOH motioned and carried to deny the appeal with regard to overturning liability, which will remain attached to MRTCA, deny the appeal with regard to reporting requirements issued in the Health Order, and affirmed the appeal in regards to the assessment of \$9,600.00.

On August 22 of 2016, KCPHD issued a health order for proper disposal of all wastewater into existing permitted septic systems, after our agency received an anonymous complaint about MRTCA.

BOHAC sends out Champion Award Request

In February, the Kittitas County Board of Health Advisory Committee sent out a request for nominations for the third annual Kittitas County Public Health Champion award.

The award honors an individual, group, or

organization that has made a significant contribution to the health of Kittitas County. The amount of the award is between \$500 and \$1000 and presented to the awardee for current or future projects that contribute to the health of our county.

Previous awardees have included the City of Ellensburg Parks and Recreation Department and Dr. Paul Schmitt from Cle Elum Family Medicine.

QILT Team Works on Farmer’s Market Fee Project

In December of 2016, Kittitas County Farmer’s Market vendors voiced several concerns with the current permitting process and fees not being equivalent to food safety risk levels. Based on this feedback, a quality improvement team was formed to investigate the issue. Benchmarking and customer

feedback informed a new temporary food events permit application process with clearly defined event types and risk levels. An activity based cost model was used to adjust fee schedule based on risk levels within the event types. In the new procedure, there is a single permitting process for temporary food events that are

separated into two types, Type A or Type B, based on Washington State Code definitions. The fee schedule was adjusted based on risk levels within the event types. At completion of project, and permitting commissioner approval, all market vendors will be permitted at the correct risk level.