



Kittitas County Public Health Department

Volume 1, Issue 1

First Quarter 2007:
January—March 2007

Did you know:

- Kittitas County has the highest breastfeeding initiation rate in the state at 98%!
- The population of Kittitas County grew by 10% in the last 5 years. 37,400 people now call themselves residents!
- 26% of Kittitas County residents hold a Bachelor's Degree or higher.
- Adult smoking rates have declined by 45% since 2000 in Kittitas County. Currently 15.8% of adults smoke, compared to 28.6% in 2000.

Inside this issue:

Tobacco Free Recognition Night a Success	2
WIC program helping community, one at a time	3
HIV positive student speaks at CWU	4
Emergency Preparedness making plans	5
Public Health Nursing keeps the public healthy	6
Environmental Health revamps website	7
Upcoming Events	9

Kittitas County Public Health Department

Oral Health Program Provides Services, Education

The first quarter was a very busy time for the Oral Health Program. Free dental services were provided to 23 high-need clients, and over 830 youth were educated about oral health care.

In January, the Oral Health Program focused on senior dental care. KCPHD coordinated with Aging and Long Term Care, the Adult Activity Center, the City of Ellensburg, and a local, private dental hygienist to provide a 'free' clinic for the uninsured seniors of Kittitas County. Due to some confusion about the location and laws concerning the clinic, only one of the two planned days was completed.



The issue has been resolved, and more senior dental clinics are planned for the spring.

In February, the Oral Health Program focused on low-income uninsured young adults in Kittitas County. A free clinic was held in the Morris Sorenson building for low income, pregnant women referred by the WIC and First Steps programs. 12 women received screenings, cleanings, and oral hygiene education.

Later in the month, "Dream Team Dental Care" provided exams and cleanings to 11 adolescent incarcerated boys at Parke Creek. These services will be provided every 6 weeks by a local, independent dental hygienist.



Article continued on Page 10.



Tobacco Program

Compliance Checks: 0
 Compliance Rate: n/a

“Integrating these standards into the Public Health System will help unify the Local Health Jurisdictions and hold them accountable to the same high standard.”
 -Sara Burnet, Assessment Coordinator

Community Applauded at Tobacco Free Coalition Recognition Night

Kittitas County has changed dramatically in the last few years as adult and youth smoking rates have plummeted. Quit Line calls have increased, statewide second hand smoke legislation has passed, and attitudes toward tobacco use have changed drastically. These changes were celebrated at the Hal Holmes Community Center on January 24th, with presentations from the Kittitas County Public Health Department, ESD 105, and

American Lung Association of Central Washington. With over 25 people in attendance, agency representatives reminded the audience that while there are definite successes, there is a lot of work left to be done. Anti-Tobacco funding from the 1998 Master Settlement Agreement will be depleted by 2011. Adult and Youth tobacco rates are higher in Kittitas County than the state average, especially among

smokeless tobacco users. The youth rate of chew tobacco use in Kittitas County is 17% - nearly double the state rate of 9%. Broad-based community action and support will be the most effective tool in reducing tobacco use rates in Kittitas County. For more information on the Tobacco Free Coalition please contact Megan or Sarah at 962-7515.

Community Health Assessment

The Washington State Department of Health has developed a new method to measure performance and funding accountability for Local Public Health Departments.

There are now 12 Standards for Public Health in Washington State against which every local department will be measured.

The Kittitas County Public Health Department has adopted these standards into its weekly and quarterly

reporting mechanisms. State wide committees have worked for the past year, under Governor Christine Gregoire’s direction, to develop these standards. Kittitas County has been represented on these committees throughout the process.

In 2008 every Local Health Jurisdiction will be audited using the 12 Standards of Public Health. The more each department can integrate the standards into their regular program and department evaluation, the easier the audit will be.

Standards for Public Health

1. Community Health Assessment
2. Communication to the Public and Key Stakeholders
3. Community Involvement
4. Monitoring and Reporting Threats to the Public’s Health
5. Planning for and Responding to Public Health Emergencies
6. Prevention and Education
7. Helping Communities Address Gaps in Critical Health Services
8. Program Planning and Evaluation
9. Financial and Management Systems
10. Human Resource Systems
11. Information Systems
12. Leadership and Governance



WIC Staff attend Youth Obesity Management Training

Medical Nutritional Therapy is one component of the WIC program that helps to educate clients about good nutrition.

By nature, WIC clients are low-income, and obesity rates are higher among low-income families. One of the main indicators of adult obesity is childhood and adolescent weight—a child is

overweight, their chances of becoming obese as an adult are very high.

To combat this trend, Deb Sandvig, Registered Dietician and Lactation Consultant, attended a three day training on Obesity Management for Children and Adolescents. “Working with overweight

issues in children and adolescents is different than adult obesity issues,” said Sandvig. “Children are still growing, and managing their diet and exercise is tricky.”

Sandvig will implement obesity management techniques with her Medical Nutritional Therapy clients this year.

Funding Reduced in Child Care Health Promotion Program

Funding for the Child Care Health Promotion Program has been reduced by 50%. The program is funded entirely by Healthy Child Care Washington (HCCW).

HCCW funds are being re-distributed throughout the state based on a re-evaluation of the number of Child Care providers in each county.

The Kittitas County Child Care Health Promotion Program, which works with Child Care

centers to promote health, safety, and development, will continue to provide monthly nurse consultations and be available for resource and referral services.

The program will no longer publish Building Blocks, the Kittitas County provider's newsletter. Instead, Kittitas County information will be included in the newsletter published by Child Care Resource & Referral (CCR&R) out of Yakima.

STARS continuing education credits for providers will still be available in Kittitas County, although the accreditation will be organized by CCR&R instead of the Kittitas County Public Health Department.

As child care centers and homes become increasingly full, support, information, and education for providers and parents is paramount. For more information, please call Liz Whitaker at 509-962-7023.

Child Care Health Promotion

Nurse Consultant visits: 9
Other Consultations: 3

Children with Special Health Care Needs Program

Established Clients: 68
Lost or Closed Files: 0
New Clients: 11
Home Visits: 31
Office Visits: 0
No Shows: 1

Early Intervention Program

Referrals: 5
Home Visits: 4

Medical Nutritional Therapy

New Referrals: 4
Returning Patients: 0

Women, Infants, Children (WIC) Enrollment

TOTAL Clients: 2,256
Pregnant: 292
Breastfeeding: 229
Post-Partum: 79
Infants: 519
Children >1 yr: 1137
Checks issued: 2,173
% non-participating clients: 12.78



Children With Special Health Care Needs Provides Consultations

Many parents are overwhelmed upon discovering that their child has a special health care need, regardless of the severity. The Children With Special Health Care Needs program is here to help.

Liz Whitaker, RN, helps families learn about their child's special health care needs, and refers those families to other community resources to ensure they receive the help they need.

Whitaker has helped families

with a variety of services, including obtaining a new wheelchair for a young boy, finding a wheelchair-accessible van for a family, and placing children in child care centers. Whitaker also works with child care providers and school teachers and nurses to help them understand the child's specific needs. This open communication between all parties ensures high quality care for the child and his family.

Whitaker also works closely

with the Birth to Three program to do vision, hearing, and health, and developmental screenings for infants and toddlers. She also performs hearing screenings during home visits for infants, toddlers, and preschoolers, and developmental screenings to determine eligibility for the Birth to Three program.

Please contact Liz Whitaker if you have any questions. She can be reached at 509-962-7023.

WIC Clients Grateful for Services

When the Washington State Department of Health asks WIC how they're doing, they usually receive the total number of clients, broken out into various categories. However, if you asked the WIC staff what they're doing, you would get a very different story.

Aside from providing food vouchers to pregnant women and families with young children, WIC staff provide support, education, and referral services to their clients.

Recently, a young mother was concerned about her young daughter, who was going down quickly on the growth chart. Michelle Arellano, WIC Certifier, referred the mother to a doctor. One week after visiting the doctor, the distraught mother returned to say that her daughter had heart problems.

Arellano urged the mother to return to the doctor for a follow up exam.

Several months later, the mother returned with her daughter, who had jumped from 5% to 50% on the weight charts, and from 25% to 75% on the height charts. Thanks to Arellano's urging, the doctor had found the toddler was taking a medication at a dosage too high for her size, causing the height and weight concerns. The girl is now a healthy height and weight for her age.

WIC staff are trained to help clients with more than just food vouchers, and sometimes this training can help catch and cure early childhood concerns.

WIC can be reached at 509-962-7515.

Administrative Services

Births: 74
 Birth Certificates Issued: 376
 Deaths Registered: 52
 Certified Copies of Deaths: 260
 Home Births Registered: 0
 Fetal Deaths: 0

Breast and Cervical Health

New Clients Enrolled: 16
 BCHP Interpretation: 9
 Year to Date Enrollment: 16

**HIV/AIDS and Hep. C**

Presentations: 13
 People in attendance: 79
 Blood Borne Pathogen Classes: 3
 # People in BBP Classes: 24
 Case Management Clients: 7

Administrative Services Provides Referrals, Recommendations

Pam Bailes, receptionist, is accustomed to receiving requests for birth certificates, death certificates, and questions about public health programs. "I do get some odd requests every once in a while too," said Bailes. This is the story of one such request with a happy ending.

In March, a woman came in to the public health department looking for advice

on her housing situation. Her landlord refused to fix a mold and faulty wiring problem in her apartment, and was threatening to evict her because of the condition of the apartment.

Bailes gave the woman a copy of the Landlord and Tenant Agreement Act, and referred her to her city hall code enforcement officer.

Together, the woman and the

officer took the Agreement Act to the landlord. Realizing he was in the wrong, the landlord is now in the process of fixing the apartment, and the woman will remain in her home.

While the public health department is known for its in-house programs, it is also a good community connector, able to link clients with many community agencies in the county.

Public Health Department Gets a Face Lift

You may notice some changes the next time you walk into the public health department on Nanum Street. The physical layout of the department is changing.

A theft prompted the management team to evaluate the department's current safety and security issues. A new department layout, intended to address various safety and security issues, was proposed after consulting with Ellensburg Police, the Health

Officer, and the Board of County Commissioners.

Two offices will be combined to create a waiting room in the front entry to the health department. A half wall will block off the waiting room from the main health department hallway, preserving the privacy of clients and public health employees. Two additional clinic rooms will join the single existing clinic room, where WIC, travel immunizations, counseling, and

other client interaction will occur. These new developments will prompt some staff to move offices.

"These changes are hard for everyone, but I think in the end, it will create a much safer, more secure, and efficient department," said Cathy Bambrick, Public Health Director. "It will take some adjustment, but in the end it will be a good thing for everyone, clients and staff."

Local HIV+ Student Shares Story with CWU Class

David has HIV. A student at Yakima Community College, he shared his story with other college students at Central Washington university on January 30. David told his story to Dr. Karen Elliott's Infectious Disease class, and held the 40 students riveted as they listened to his story unfold. After his presentation, David answered questions openly and honestly, while Public Health Outreach Worker Julia Karns added information and statistics about HIV, infection rates, testing, counseling, and other pertinent information.

Most of the students in the CWU class had never heard, or met, anyone living with HIV. Being close in age made David's story even more touching.

The presentation was successful thanks to Karns' enthusiasm and dedication to HIV education in the community. "Finding a local HIV+ student willing to speak to their peers is not easy," said Karns. "I worked with my constituents in Yakima to help find someone college-age. David was wonderful, and really communicated his

message to the CWU students. Coming from someone so close in age, the impact was tremendous."

Karns provides HIV testing and counseling services in Kittitas County, which includes community education and outreach. Karns empowers her clients to make positive, safe decisions, and provides confidential testing and counseling services to anyone interested.

Karns can be reached at 509-962-7515.

Emergency Plans Established for Disaster Situations

You name the disaster, and Emergency Response has a plan for it. Recently, Emergency Response staff have been working intensely with planning for triage and developing an alternative care site for situations that might overwhelm medical services and Kittitas Valley Community Hospital.

This requires coordination with hospital, long term care facilities, home care, private medical offices, fire and law enforcement, mental health, Central Washington University, Steward and

Williams Tribute Center, and Ellensburg School District.

This project will define a location, project patient numbers, identify resources and staff for patient care, and will include a plan to restore the facility to its original state after a large scale event.

The plans also include medical triage that may be done by evaluating patients in their automobiles, if a highly contagious disease was present.

The Emergency Response staff also provide programs to agencies, clubs, and

organizations throughout the county on pandemic flu and all-hazards disaster planning, tailored to meet group needs.

Recent programs have included Upper County Rotary, the Ellensburg School District Crisis Team, Aging and Long Term Care Staff, Comprehensive Mental Health staff and clients, and Bonneville Power.

The Emergency Response staff recently presented its Strategic National Stockpile Plan to the State Coordinators audit team and received a very good evaluation.



Meth Action Team Sponsors Local Youth at Meth Summit in Seattle

The Meth Action Team, comprised of representatives from the Department of Children and Family Services, Public Health, Safe Kids, the Sheriff's office, Alcohol and Drug Dependency Services, and others, works to combat meth use in Kittitas County.

The Meth Action Team recently sponsored three Kittitas County youth to attend

the Meth Summit in Seattle in February. Two Cavity Wranglers from the Oral Health Program also attended, with 24 other youth and 5 adults from Kittitas County.

The attendees learned about health risks and laws regarding meth use and marijuana use, as much of the Meth Summit was focused on marijuana due to an apparent rise in its use.

Although the summit was not organized as well as it could have been, the youth concurred that they learned a lot and came back with some great ideas on how to organize a Meth Summit in Kittitas County.

This training was supplemental to a training the youth received from Under Sheriff Clayton Meyers in Fall 2006.

School-based Sealant Programs

- Lincoln Elem: 63
- Parke Creek: 11
- Public Health Dept.: 15

Oral Health Education

- Thorp Elem: 65
- Day Care Centers: 40
- Community Events: 68
- Client Referrals: 14

Shape Up Kittitas County offers \$200 Mini-Grants

Shape Up is pleased to be offering ten, \$200 mini grants to Kittitas County community members and groups interested in implementing a project that addresses the goals and objectives of the Shape Up grant (see www.shapeupkc.org for information on Shape Up goals and objectives). The grants will be awarded to projects or programs that will affect the built environment, change policy, or help implement a new program in Kittitas County.

Grant applications will be accepted at any time up until October 31, 2007, or until all of the grants have been dispersed. Grant applications can be obtained by contacting Sarah Bedsaul or Megan Woltring at 962-7515.

These grants are sponsored by the Kittitas County Public Health Department and the Washington State Department of Health.

After a structural re-organization in Fall 2006, Shape Up has grown like a

wild fire!
Four



subcommittees focus on various aspects of healthy living, including Nutrition, Physical Activity, Policy and the Built Environment, and Food Insecurity. Each subcommittee will have several projects they will focus on throughout 2007, receiving support and guidance from Shape Up staff. For more information, please contact Sarah, Megan, or Robin at 962-7515.



Tuberculosis Program

TOTAL TB Tests: 31
 Tests– Children: 2
 Tests– Adults non-healthcare: 29
 Tests– HealthCare Workers: 0
 TOTAL Positive TB Tests: 4
 Positive Tests– Children: 1
 Positive Tests– Adults (non-healthcare): 3
 Positive Tests– HealthCare Workers: 0
 Cases Active TB: 0
 Suspect TB Investigations: 4
 INH Preventive TX New: 0
 INH Preventive TX Completed: 1

Travel Consultations: 70

Adult Vaccine Administered

Hep A: 22
 Hep B: 15
 TwinRix: 50
 Immune Globulin: 4
 Influenza: 10
 IPV (polio): 2
 Meningococcal: 16
 MMR: 0
 Pneumococcal: 1
 Tetanus/Diphtheria: 5
 Oral Typhoid: 50
 Injectable Typhoid: 1
 Varicella: 3
 Yellow Fever: 42
 Lymex: 0
 Rabies: 0
 Japanese Encephalitis: 0
 ProQuad: 1
 Tdap: 41

Zoonotics and Vector Program

Animal Bites/Complaints: 18
 Rabies/Animals Tested: 0
 Quarantine Required: 5
 Dead Birds Collected/Mailed: 0
 Mosquito Clusters Collected: 0
 Dead Birds Phone Calls: 2

Public Health Nursing Keeping the Public Healthy, One at a Time

The Public Health Nursing staff is complete again, after the hire of Carrie Bland, RN, and Linda Navarre, RN. Bland works with the Communicable Disease program, and Navarre works with the First Steps program.

The First Steps program is in the process of reviewing their charting system. This review will help determine which data needs to be collected and streamline the process so the nurses can spend more of their time and energy supporting, educating, and caring for their clients. These changes should improve the quality of service.

The nurses continue to provide vaccinations, consultations, and referrals. Please call 509/962-7515 for more information.

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: 4
 DT: 0
 Td: 1
 HIB: 4
 IPV: 7
 MMR: 7
 Hep B: 12
 Varicella: 16
 Hep A: 22
 Influenza: 7
 Pneumonia: 0
 Prevnar: 4
 ProQuad: 4
 MCV4: 1

**First Steps Helps New Mom and her Twins Thrive**

Most First Steps clients are referred to the program through DSHS. This is the story of one of those clients.

This young mother had recently given birth to twins, without the support of the twins' father or her own family. In fact, she had a restraining order against her family.

The young mother was living in a single room with no

furniture, and only a mattress on the floor. Despite these conditions, she had bonded with and was successfully breastfeeding the infants.

With the help of Sharon Smith, a First Steps nurse, and referrals to other community agencies, the young mother was able to move into low-income housing and return to school. She now has a house full of furniture, including beds for herself and her twins, plans

for the future, and the hope that goes along with that.

The mother's own dedication, with help from First Steps and others, enabled her and the infants to thrive.

The First Steps program has many similar stories, although not all have happy endings.

First Steps Program

PHN Home Visits: 75

Kittitas County Boasts Highest Breastfeeding Rates in State!

The nurses and WIC (Women, Infants, and Children) staff at the health department have worked tirelessly over the years to promote breastfeeding among new mothers. That work has paid off, as Kittitas County now holds the highest rate of breastfeeding in the state.

"We really push all new mothers to begin breastfeeding immediately after birth," said Registered Dietician and Lactation Consultant Deb Sandvig. "The benefits to the baby are huge, and it really helps form the mother-baby bond that is so crucial to the child's development."



Every woman the staff can help to initiate breastfeeding is a success story. Recently, a new mother was adverse to begin breastfeeding due to abuse issues in her past. With support and encouragement from the WIC team, the new mother began to breastfeed, and now, two months later, is still going strong.

"This is really a success story for us," said WIC Certifier Christine Scharpenberg.

The state auditor recently gave the Kittitas County WIC program very high marks in every category.

Drinking Water

Water & Sewage Evaluations

Sewage: 0
 Water: 0
 Both: 0
 Sanitary Surveys: 2
 Group B Water Systems: 9

Plat Approval

Well Site Inspections: 11

Other

Well Delegation: 11
 Private Bacteriological Sampling: 0
 Private Nitrate Sampling: 0
 Group B Paperwork Received: 3
 Group B Systems Approved: 2
 Farm Exemptions Received: 0
 Farm Exemptions Approved: 0
 Complaints: 0
 Group A/B Sources GPS'd: 0
 Group A Nitrate Samples Drawn: 0

Congratulations!

Melissa Schumaier passed the National exam to become a certified pool operator under the National Swimming Pool Foundation!

Food Worker Permits now Computerized

Starting February 1, Food Worker permits have been issued after taking a computerized class and exam. The computers are located in the Permit Center at 411 N. Ruby, Suite 3 in Ellensburg. No appointment necessary; the Center is open 9am-4pm. The computerized class is available in English only. Spanish classes are still available in a live class taught

once a month in the Morris Sorenson Building. A live English class is also taught once a month at the Senior Center in Cle Elum. The class and exam, whether computerized or live, take about an hour to complete. After passing the exam, participants receive a Food Worker Permit, valid everywhere in Washington State. Permits cost \$10.

Dead Birds

An Environmental Health Specialist will collect deceased Crows, Ravens, Jays, or Magpies. Citizens should call the health department if they have any questions or birds to report for possible pick up. Not all reported birds will be collected, but all calls are tracked. Dept. of Agriculture and Dept. of Fish and Wildlife also collect birds, depending on the type. Please call 509/962-7698 with questions.

Living Environment

Schools

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

Public Pools & Spas

Permits: 2
 Inspections: 5
 Complaints: 0

Camps & Parks

Permits: 0
 Inspections: 0

Food Safety

Permits

Food Establishments: 10
 Temporary Food Service: 5
 Food Handler Permits: 434

Inspections

Routine Inspections: 34
 Re-inspections: 0
 Pre-Opening Inspections: 10
 Temporary Food: 5

Contractual Inspections

CWU Quarterly: 1
 Jail Quarterly: 1
 School Kitchens: 0

Enforcement Activities

Red Item Violation >30 pts: 0
 Red Item Violation >70 pts: 0
 Operating without a Permit: 4
 Complaints: 7
 Temporary Closures: 4
 Complaints Resolved: 7
 Design Plans Reviewed: 10

On Site Sewage

Permits

New: 129
 Repair: 6
 Renewal: 1

Site Evaluations: 184
 Designs Approved: 178
 Final Inspections: 62
 Re-inspections: 13

Plat Approval

Soil Logs: Long and Short: 0
 Realtors Requests: 0
 Complaints: 0

Solid Waste

Permits

Solid Waste Permit Renewal: 0
 New Permits Issued: 0
 Inspections Performed: 6
 Complaints: 16

On Site Sewage Forms and Information Available on Website

Renovations to the On Site Sewage page of the Public Health website now include printable forms and additional information. "Most of our clients are hooked up to the internet, and search for information on the internet, so it just made sense," said Joe Gilbert, Environmental Health Specialist. You can see the changes at [www.http://www.co.kittitas.wa.us/health/liquidwaste.asp](http://www.co.kittitas.wa.us/health/liquidwaste.asp).

The On Site Sewage program is gearing up for a busy summer season. According to Gilbert, Standard Pressure Systems continue to be the most commonly permitted systems in

Kittitas County, although he is seeing an increasing number of pretreated systems. Pretreated, or alternative, systems are used in high slope sub-alpine areas, like the Salmon la Sac area. This area requires a different system because the water table and hardpan are different than sites in the valley floor. The increasing number of residents moving to this area has increased the demand for these pretreated systems.

Historic land use has also impacted the On Site Sewage program as new buyers and developers come to Kittitas County. Historically, old recreational communities were

platted on small 12,500 square foot plats, the current minimum maintained and grandfathered in by the state. While existing sewage systems are not impacted, any new buyer or developer must appeal to the county to install an on site sewage system. The final decision is made by the County Commissioners. "With the increased development activity, we are seeing an increasing number of appeals," said Gilbert.

The On Site Sewage program operates through collaborative efforts by the Environmental Health Specialists, Septic Designers, and Installers.

How are We Doing? Data Tracking Shows...

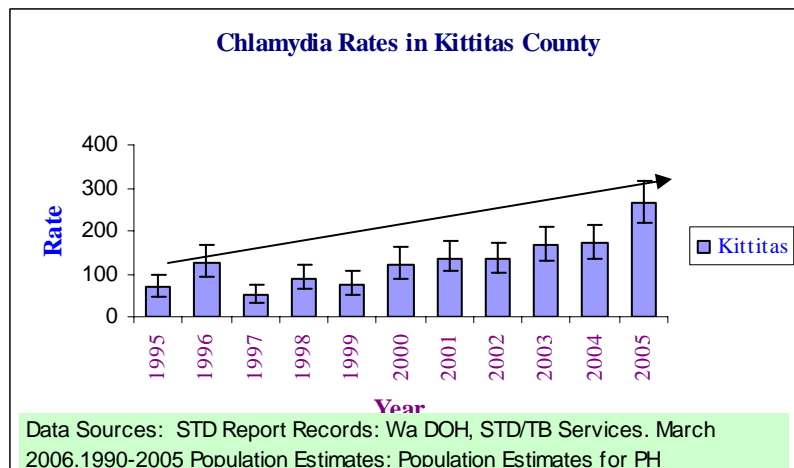
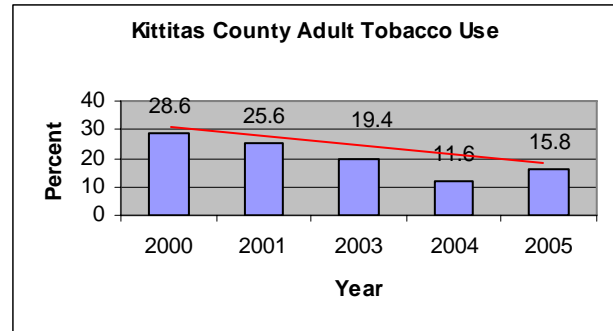
Top Ten Food Borne Illness Contributing Factors (in order):

1. Infected or ill food worker
2. Bare hand contact
3. Ingesting contaminated food
4. Unknown cause
5. Contaminated raw products
6. Cross contamination
7. Slow cooling
8. Improper reheating
9. Hand washing
10. Room temperature storage

Infant mortality has decreased from 6.4 per 1,000 live births to 5.4 per 1,000 live births between 1993 and 2003. This decrease is due to a number of factors, including improved medical care and more mothers receiving pre-natal care (90%).

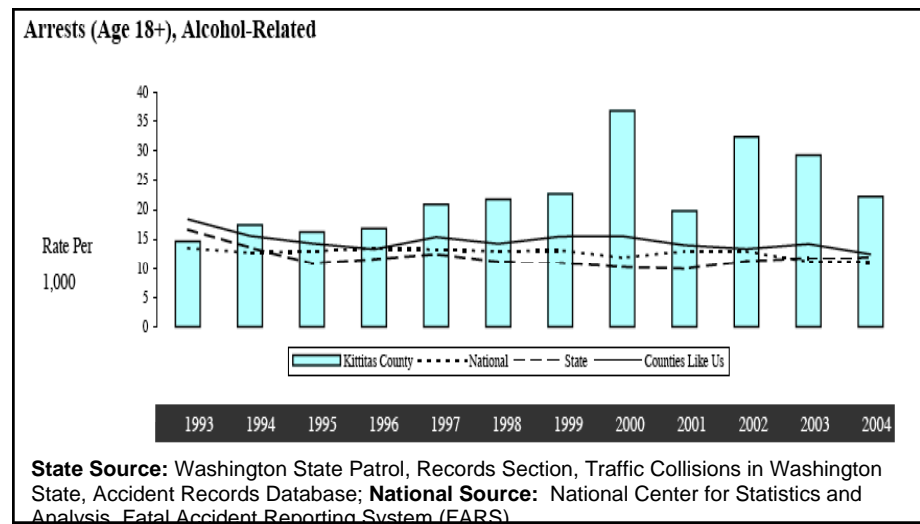
More people report **exercising on a regular basis** than in the past. Currently 85.9% of Kittitas County adults report exercising in the last month. This is a good step in the fight against obesity, which is an increasing problem across the nation.

- **Tobacco use has decreased by 45% in the last 5 years!**



- **STD rates are increasing steadily in Kittitas County.**

- **Alcohol Abuse Continues to be a Problem in Kittitas County**



UPCOMING EVENTS

April

- **Blood Borne Pathogen** community class: April 19, 6pm, Morris Sorenson Building, \$15. Registration: 962-7515
- **Tobacco Quit Group**, Every Wednesday at 5:30, St. Andrews Catholic Church. Anyone interested in quitting tobacco is welcome.
- **Breastfeeding Coalition**, April 18, 9am-10am, the Palace Café in Ellensburg.
- **Free Children's Immunization and Fluoride Varnish Clinic**, April 14, 9am-3pm, Morris Sorenson Building. Free immunizations and fluoride varnish for youth ages 0—18. No appointment necessary.
- **Upper County Shape Up Open House**, April 24, 5pm, Cle Elum Senior Center. Come learn about Shape Up in Upper County!
- **Ellensburg Safety Fair and Bike Rodeo**, April 28, 11am, Fairgrounds.

May

- **Emergency Preparedness Exercise**: May 10, 9am-3pm, Hal Holmes Community Center.
- **Upper County Safety Fair and Bike Rodeo**, May 5, 11am.
- **Rally the Ridge**, May 14, 6pm, Manastash Ridge.
- **Spanish Food Handler Class**, May 16, 2pm, Morris Sorenson Conference Room.
- **Upper County Food Handler Class**, May 17, 4pm, Cle Elum Senior Center.

June

- **Spanish Food Handler Class**, June 20, 2pm, Morris Sorenson Conference Room.
- **Upper County Food Handler Class**, June 21, 4pm, Cle Elum Senior Center.
- **Blood Borne Pathogen Class**, June 21, 6pm, Morris Sorenson Conference Room.

2006 HYS (Youth) and BRFSS (Adult) Survey Data Released

The Healthy Youth Survey (HYS) is a statewide survey, administered in every county every 2 years. The latest survey results, from 2006, were released in March. The survey asks 6th, 8th, 10th, and 12th grade students about drug, alcohol, and tobacco use, physical activity and nutrition, risk and protective factors,

school bullying, and a variety of other topics. The survey is considered the best indicator of youth behaviors, and can be compared directly against the state. Results are available at: <http://www3.doh.wa.gov/HYS/ASPX/HYSreports.aspx>.

The Behavioral Risk Factor Surveillance Survey (BRFSS) is a similar survey, administered

via telephone to adults 18 years and over, nationwide. Results are available at the county and state levels as well. Survey topics include alcohol, drug, and tobacco use, physical activity and nutrition, medical care, and other topics. For more information, please call Sara at 509-962-7515.

Listen for us...

KOBE, 103.1 FM, at 7:30am

April 3—*Maternity Support with Christine Scharpenberg*

April 17—*Disaster Preparedness with Colleen Riley*

May 1—*Shape Up with Sarah Bedsaul*

May 15—*First Steps with Sharon Smith*

May 29—*World No Tobacco Day with Megan Woltring*

June 12—*West Nile Virus Prevention with Holly Duncan*

June 26—*Choosing Child Care with Liz Whitaker*

KXLE, 1240 AM, at 12:30pm

April 10—*Safe Drinking Water with Holly Duncan*

May 8—*World No Tobacco Day with Robin Read-Ochoa*

June 12—*Choosing Child Care with Liz Whitaker*

**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/]

**Board of Health Seeking
New Member**

Board of Health member Carolyn Booth announced her resignation earlier this year, as she will be leaving the Kittitas Valley in June. Her announcement has sparked a search for her replacement.

There are 5 positions on the Board of Health, three of which are filled by the County Commissioners. Two additional community members complete the board—the fourth position is currently held by Dr. Don Solberg.

The Board of Health will be accepting applications from well qualified candidates this spring, and hope to appoint Ms. Booth's replacement before her departure.

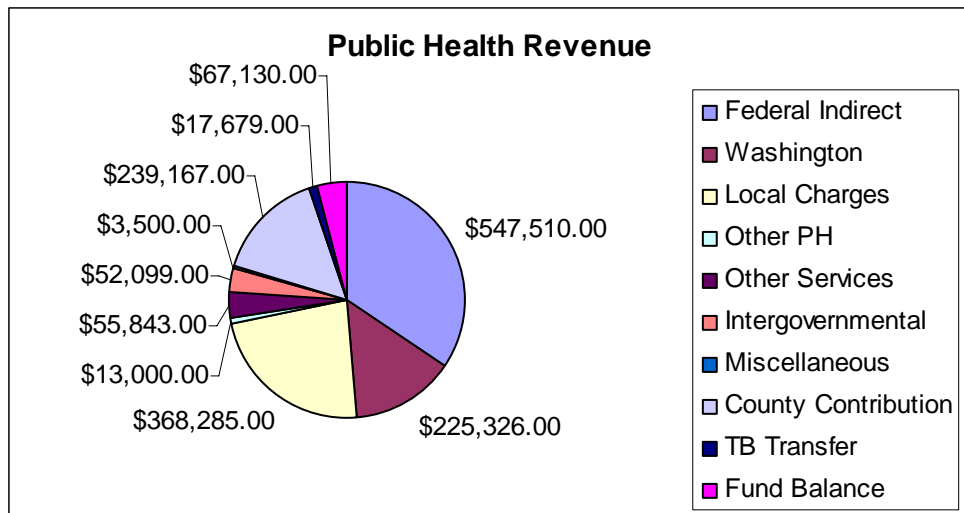
The Board of Health Advisory Committee will help with the search and selection.

**Board of Health Advisory
Committee Advising BOH**

The Board of Health Advisory Committee, or BOHAC, is a 14-member committee that advises the Public Health Department and the Board of Health on a variety of issues as they arise.

One current issue is the pending vacancy on the Board of Health, a position BOHAC is helping to fill. BOHAC has drafted a resolution to direct the appointment process for new BOH members, including recruitment, advertisement, applicant review, and interview processes.

BOHAC also completed an annual activities report, which was presented to the Board of health, and reviewed their mission and vision statements. In the review process, board members voted to re-instate topic-specific sub-committees, which will meet later this spring.



Oral Health, Continued

Continued from Page 1:

These exams are made possible by two complete sets of portable dental equipment. "It's basically a whole dental office folded into a traveling kit," said Christie Waddington, Oral Health Coordinator. "They are great, because they allow us to go anywhere and provide services to people who need them the most."

Education is also a key component of the Oral Health program, facilitated in large part by local youth. The

Tooth Fairies, Big Tooth, and the Cavity Wranglers toured most of the county's Elementary Schools, holding assemblies with approximately 835 K-5 students. They also visited pre-schools and child care homes, entertaining the very young children with stories and songs about good hygiene habits.

Also this spring, two former Cavity Wranglers, now Ellensburg High School students, developed a "Meth Mouth" presentation. The

girls received training from Under Sheriff Clayton Meyers, and attended a conference for peer educators before developing their own, very unique, classroom style presentation.

Waddington also presented to over 60 young women about careers in Dental Hygiene at CWU's Gear Up day.

You can reach Christie Waddington at 509-962-7515.