



Kittitas County Public Health Department

Volume 1, Issue 3

Third Quarter 2007:
July—September 2007

Did you know:

- 61.7% of Kittitas County 2nd and 3rd graders have ever had one or more dental cavity. (2005 Smile Survey)
- 14.1% of Kittitas County adults report being unable to attain medical care due to cost. (2005 BRFSS)
- 88.2% of Kittitas County adults report being in good, very good, or excellent health. (2005 BRFSS)
- Kittitas County had 325 “good” air days in 2006, as defined by the Department of Ecology. (DOE 2006)

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Kittitas County Public Health Department

Increasing Fruit and Vegetable Consumption, One Garden at a Time



Shape Up’s team of Health Educators has tackled fruit and vegetable consumption this summer. The Food Access Coalition, focused on increasing access to healthy foods for all residents of Kittitas County, has implemented a garden gleaning program. Anyone with extra fruit or vegetables is encouraged to donate the extra produce to local food banks. For more information please contact Hilary Foss, WSU Master Gardeners, hfoss@wsu.edu, 509-962-7507. Several coalition members also attended the Washington Food Coalition summit in September. Munchkin Land Child Care Center, one recipient of a

Shape Up mini-grant, implemented a program to establish a vegetable garden at the child care center.



Throughout the summer, children at the child care tended the garden, under the direction and guidance of child care providers and Shape Up staff and interns. “It was a great learning

experience for us,” said Sarah Bedsaul, Health Educator. “The kids worked hard, but in the end the wind, weeds, and heat were too much for the new garden.”

“The kids learned a lot about gardening and vegetables, and their parents got some quick and easy recipes to increase vegetable consumption at home,” said Megan Woltring, Health Educator.

For more information on garden gleaning, gardens, or any other Shape Up activities, please contact Megan, Sarah, or Robin at 962-7515.

A Note from the Administrator: New Public Health Funding Helps!

Over the last decade, funding for local public health services has eroded significantly. What funding remains has been linked to specific categorical programs, leaving many basic public health needs without funding – basic things like following up on communicable diseases, improving immunization rates and assuring a healthy environment. New problems like West Nile Virus and MRSA (drug resistant *Staph.*

aureus infections), and the return of old problems like drug resistant TB and pandemic influenza, demand a response from public health. Unfortunately, public health has not been able to respond fully due to funding shortages.



Recognizing this shortfall, and after reviewing the results of a year-long study by a bipartisan group of legislators, the Washington State Legislature passed a bill in the spring of 2007 to increase public health funding statewide by \$20 million dollars per year. Kittitas County Public Health Department will receive \$118,000.00.

Public Health Departments across the state are required to

Continued on page 3 ...

Tobacco Program

Compliance Checks: 0

Compliance Rate: n/a



Tobacco Prevention and Control Program Gears Up for Fall

The Tobacco Prevention and Control Program (TPCP) has made a push this summer to address disparities in tobacco use. Data show that members of the gay, lesbian, bisexual, transgender, or questioning (GLBTQ) community use tobacco at a higher rate than their heterosexual counterparts. TPCP health educators are working to address this disparity, in part by joining community coalitions.

“By joining Allies for Inclusion, we hope to better connect with the GLBTQ community, local physicians, and others to work together, ultimately reducing tobacco use

rates,” said Megan Woltring, health educator in the TPCP program.

Allies for Inclusion is currently working with providers to increase the incidence and quality of medical history taking. This is a timely project, as several local medical clinics are moving to an electronic records system. In this system, doctors and nurses are prompted on questions to ask, and reminded of certain risk factors if particular behaviors are reported. For example, if a client reports being a member of the GLBTQ community, the doctor or nurse will be prompted to ask about tobacco

use, sexual history, and other behaviors that could put the client at risk for other medical conditions.

“We hope that doctors will be more pro-active in helping all clients avoid tobacco,” said Sarah Bedsaul, health educator.

The TPCP program is also established in Morgan Middle School and Ellensburg High School with the alternative to suspension program, and in Cle Elum/Roslyn, Kittitas, and Ellensburg schools with the Teens Against Tobacco Use (TATU) program.

For more information, contact Megan or Sarah at 962-7515.

Key Health Indicator Report Released

The first ever Kittitas County Key Health Indicator Report has been published!

In his letter of introduction, Dr. Mark Larson, Health Officer, explained “With the limited resources available to public health, it is essential that our programs and services are as efficient and effective as possible. To ensure efficiency and effectiveness, we must use data to track the impact of our programs and services, but in order to track the impact we needed a baseline. This first *Kittitas County Key Health Indicator Report* sets that baseline.

The indicators selected for this report were developed through an inclusive and multi-faceted process. First, program staff in the KCPHD developed an exhaustive list of possible indicators, which was subsequently narrowed by the Board of Health Advisory Committee and the Department Management Team. The efficacy of the

remaining indicators was verified by Community Health Assessment staff, and finally approved by the Board of Health. This final list also includes the 32 Key Health Indicators selected by Washington State Department of Health, and provides Healthy People 2010 target measures when applicable. Coordinated by the Office of Disease Prevention and Health Promotion; U.S. Department of Health and Human Services, Healthy People 2010 provides health targets toward which state, local, and national public health agencies can strive. We hope this process ensures a useful report for a wide group of people, including public health staff, community partners, policy makers, invested citizens, and others.

Internally, this report will help the Department Management Team make programmatic and budgetary decisions, and will guide the program work of

KCPHD staff. Over the years, as this report is updated to identify trends, we will use the data to identify areas of success and additional need. This report will be updated every two years as new data become available.

This report was completed with support and consultation from the Spokane Regional Health District, which worked closely with Sara Burnet, Assessment Coordinator, as a mentor in the Community Health Assessment Mentorship Program (CHAMP). Community Health Assessment staff in Spokane shared their experience and expertise with Burnet, who combined their suggestions with local requests.

The Kittitas County Key Health Indicator Report is available online at www.co.kittitas.wa.us/health/.

Contact Sara Burnet at 933-8265 for more information.



Child Care Center Opens New Infant Room in Kittitas County

Child care centers in Kittitas County are as full as ever. The addition of an infant room at Creative Kids may help reduce the infant load in some centers, or present more options for parents with infants. Luckily, support and technical assistance is available to help providers retain children with behavior issues. Some of the resources available include:

Child Care Resource and Referral has behavioral specialists who can observe and consult on-site. They can also help pay for the

consultant of your choice. Call (800) 793-4453 and ask for Sandra.

The local **child care nurse consultant** offers observation and assistance using concepts from *Promoting First Relationships*. This is a free service for providers. Call Liz at 962-7023.

For families using **Working Connections Child Care** or **Seasonal Child Care Subsidy** programs, extra funding is available to support children with special needs, including behavior issues. Call Liz at

962-7023 for details.

Child Care providers need 10 continuing education (STARS) credits every year. The public health department offered two, two-credit sessions this fall: Thursday September 27 covered “Science Safari” with Brian Kenneweg from *Lakeshore Learning Materials*, and Tuesday October 16 covered “Environmental Rating Scales” with Camille Becker and a panel of experts.

Call Liz at 962-7023 for more information.

Lactation Consultant Provides Nutrition, Breastfeeding Help

The WIC (Women, Infants, and Children) program is more than just a monetary supplement for food each month - preconception counseling, lactation consulting, breastfeeding support, new mother’s support groups, and nutrition consulting are all available!

Debra Sandvig, Lactation Consultant and Registered

Dietician, is available to help women planning to become pregnant be as healthy as possible before conceiving.

Sandvig also helps pregnant women ensure their diet is balanced and healthy, providing their baby with the healthiest start possible.

Sandvig has provided Basic Breastfeeding training to First Steps nurses, hospital staff,

and Parents as Teachers. With this additional training, Sandvig hopes new mothers will receive increased breastfeeding support from the community.

Sandvig is available in Ellensburg on Monday and Wednesday and in Cle Elum on Tuesday. Please call 509-962-7515 for more information, to see if you qualify, or to reach Debra Sandvig.

A Note From the Administrator: Continued

allocate the funding for monitoring, tracking and prevention of communicable diseases. Specifically, we will do the following:

- Assure all communicable disease is investigated in a timely and complete manner.
- Increase immunization rates in children 19 years of age and younger.
- Assure a rapid, appropriate response to environmental health threats, especially

animal borne diseases.

- Evaluate programs to assure they are effective and delivering expected results.

With support from the Board of Health, Kittitas County Public Health Department will hire an Assessment Coordinator I, Public Health Clerk I, and increase the Health Officer’s hours to enable us to achieve these goals. These positions should be filled this fall.

The recently released Key Health Indicator Report will

facilitate the tracking of communicable disease data over time. This data will be used as a baseline for the communicable disease prevention work and will assist us with our evaluation requirements.

We are excited about the communicable disease work that will be accomplished by the Health Department and our many community partners with the additional funding.

Cathy Bambrick

Child Care Health Promotion

Nurse Consultant visits: 10
Other Consultations: 11

Children with Special Health Care Needs Program

Established Clients: 70
Lost or Closed Files: 0
New Clients: 10
Home Visits: 15
Office Visits: 1
No Shows: 0

Early Intervention Program

Referrals: 4
Home Visits: 6

Medical Nutritional Therapy

New Referrals: 1
Returning Patients: 0

Women, Infants, Children (WIC) Enrollment

TOTAL Clients: 944
Pregnant: 152
Breastfeeding: 80
Post-Partum: 30
Infants: 225
Children >1 yr: 457
Checks issued: 890
% non-participating clients: 17.5





Wanted: Women Age 40 - 64 for Breast & Cervical Health Program

The Breast and Cervical Health Program (BCHP) has increased capacity! With six additional staff hours each week in the program, the health promotion team hopes to enroll more women than ever before.

October is National Breast Cancer Awareness Month, during which time the BCHP program will hold several “home parties” encouraging

eligible women, especially Hispanic women, to enroll. Hispanic women in Kittitas County are less likely to have received an annual health exam than non-Hispanic women.

Home parties provide a comfortable atmosphere, where a public health department health educator or outreach worker presents on the importance of annual cancer screenings, the services

provided by the BCHP program, and helps eligible women enroll.

For more information, call Robin or Julia at 962-7515. Both are bilingual Spanish/English..

Breast and Cervical Health

New Clients Enrolled: 29

BCHP Interpretation: 4

Year to Date Enrollment: 60

Administrative Services

Births: 100

Birth Certificates Issued: 361

Deaths Registered: 58

Certified Copies of Deaths: 289

Home Births Registered: 0

Fetal Deaths: 0

Child Deaths: 1

Vital Records Increasing Efficiency

Vital Records, more often known as birth and death records, are an important function of every public health department in Washington, requiring annual training.

This year, the training was offered in Ellensburg. County Health Department’s Deputy Registrars from across the state

came together to meet with a representative from the State Department of Health. Deputy Registrars Pam Bailes and Susan Merrill from Kittitas County attended this year’s training to receive updates on new laws, new staff, and new technology.

“There are a lot of stories and

ideas shared from different Health Departments that help keep us up to date on vital records issues,” said Pam Bailes, Public Health Clerk.

Soon, clients will be able to request vital records online! For questions regarding birth or death certificates, please call 509-962-7515.

HIV Outreach Completes Successful Summer Outreach Season

An ideal migrant outreach session reaches a large group of high risk migrant workers, who become intrigued with HIV prevention, act on their new knowledge, and prevent themselves or their loved ones from contracting HIV.

Pulling off an outreach session involves many players, including the recruiter, who recruits a group of migrant workers, the outreach worker, who presents the intervention and education about HIV prevention, and other support personnel.

In the summer of 2007, this whole process fell into place in Mattawa. While it is too early to know if HIV rates will decline, the summer of 2007 was deemed a success by all parties. “Carmen did a great job recruiting,” said Julia Karns, Outreach Worker. “She

was able to pull together large groups, who bought into the message before I even got there.” Carmen is a recruiter who lives in Grant County.



“It’s important that the audience buys into the message as quickly as possible,” said Karns. “The sooner they understand the importance of the message, the

more hard hitting the intervention will be.”

“It was also a huge help to have Ryan, our intern, out there with me,” said Karns. A CWU student, Ryan Abel helped with the logistics of the outreach sessions. “It really is a team effort,” said Karns.

This team effort included the Grant County Health Department, who provided some of the outreach supplies. Without an outreach worker of their own, Grant County collaborates with the Kittitas County Public Health Department to provide HIV outreach services in the central Washington region.

Through the fall and winter, HIV outreach focuses on high-risk populations in town. For more information, contact Julia Karns at 962-7028.



HIV/AIDS and Hep. C

Presentations: 12

People in attendance: 190

Blood Borne Pathogen Classes: 2

People in BBP Classes: 16

Case Management Clients: 1

Emergency Preparedness Program Increasing Capacity

A new **pool of volunteers** are available to help the Public Health Department and Kittitas County should disaster strike. Emergency Response Specialists Jerry Harris and Colleen Riley recruited a volunteer pool of nurses and other medical personnel to support Public Health efforts in a time of crisis.

Twenty five volunteers were processed through application, background checks, badging, and orientation. All volunteers will be trained in CPR, First Aid, Incident Command System courses 100 and 700, and Strategic National Stockpile job duties. Many will also be trained as Red Cross nurses. Volunteers from upper and lower counties will meet quarterly, and are encouraged to participate in clinics, exercises, or drills hosted by the Kittitas County Public Health Department.

In September the Ellensburg Police Department and other emergency response agencies hosted an “**Active School**

Shooter” exercise. Six public health staff participated; in an actual event, public health staff would offer support for parent-child reunification.



Kittitas County increased its **communication capacity** this quarter with the addition of a permanent Amateur Radio for Emergency Services & Radio Amateur Civilian Emergency Services (ARES/RACES) site at the Kittitas County Public Health Department. There are six such sites in the county. ARES/RACES staff are a dedicated group of men and women who volunteer their services to maximize interoperative communication in Kittitas County. This means that in the case of an emergency, these staff would be responsible for facilitating radio communication across

the county. These ARES/RACES staff will participate in all emergency exercises and drills hosted by the public health department.

The **Public Health Emergency Response Plan** has been revised and updated! This plan includes the Pandemic Flu Plan, Strategic National Stockpile Plan, and Tactical and Risk Communications Plans. Several sections were updated and reorganized, including the Isolation and Quarantine sections. These plans are currently under review by agency stakeholders from the Emergency Management Council.

Other **preparedness activities** include facilitation of Emergency Management Council meetings, local Healthcare Coalition and Mass Casualty Planning meetings, and quarterly Public Information Officer meetings.

Contact Jerry Harris or Colleen Riley for more information at 509-962-7515.



Promoting First Relationships Training Offered

Liz Whitaker, RN, in 2006 attended a week long ‘train the trainer’ workshop on Promoting First Relationships, a curriculum focused on the idea that every intervention with families and young children should focus on supporting the relationship between caregivers and young children.

Whitaker is teaching the Promoting First Relationships curriculum to service providers such as public health nurses, WIC staff, and Birth to Three program staff.

“The curriculum focuses on the relationship between

caregivers and young children because that relationship is so critical to the health of children. Emotional and cognitive development are dependent on healthy relationships,” said Whitaker. “I hope the students will incorporate the principles and consultation techniques into their practice with families.”

The four objectives of the training are:

1. Understand and recognize characteristics of healthy relationships, especially between caregivers and young children.
2. Understand the

importance of healthy relationships to child development.

3. Become familiar with the educational materials Promoting First Relationships provides for caregivers.
4. Develop positive, strength-based, reflective consultation techniques for use in your practice.

Linda Navarre, RN, is taking the training from Whitaker. “We all want what’s best for the child,” said Navarre. “This training is a great way to make sure we’re providing the best intervention possible.”



Tuberculosis Program

TOTAL TB Tests: 84
 Tests– Children: n/a
 Tests– Adults non-healthcare: n/a
 Tests– HealthCare Workers: n/a
 TOTAL Positive TB Tests: 6
 Positive Tests– Children: n/a
 Positive Tests– Adults (non-healthcare): n/a
 Positive Tests– HealthCare Workers: n/a
 Cases Active TB: 0
 Suspect TB Investigations: 1
 INH Preventive TX New: 0
 INH Preventive TX Completed: 0

Travel Consultations: 18

Adult Vaccine Administered

Hep A: 29
 Hep B: 15
 TwinRix: 55
 Immune Globulin: 0
 Influenza: 0
 IPV (polio): 3
 Meningococcal: 4
 MMR: 0
 Pneumococcal: 1
 Tetanus/Diphtheria: 8
 Oral Typhoid: 13
 Injectable Typhoid: 3
 Varicella: 0
 Yellow Fever: 15
 Rabies: 1
 Japanese Encephalitis: 1
 ProQuad: 0
 Tdap: 30
 Td: 2

Zoonotics and Vector Program

Animal Bites/Complaints: 11
 Rabies/Animals Tested: 0
 Quarantine Required: 1
 Dead Birds Collected/Mailed: 0
 Mosquito Clusters Collected: 106
 Dead Birds Phone Calls: 2

March of Dimes Preconception Grant Awarded

The public health department was recently awarded an \$1,100.00 March of Dimes Community Award for improving the health of pregnant women and infants.

The award will be used to support a Mother's Support Group to provide a supportive environment in which mothers, pregnant women, and women wishing to become pregnant will be able to share their feelings and receive prenatal and preconception education.

The Mother's Support Group will meet once a week from 12:00PM - 1:00PM, beginning in October. For more information, please call Linda Navarre at 962-7068.

First Steps Program

PHN Home Visits: 170

Communicable Diseases

CD/STD/Imm. Calls: 20
 CD Cases Confirmed: 3
 Other Investigations: 1
 Food Illness Complaints: 4
 Lead Poisoning Cases: 10
 Chlamydia Reported: 1
 Herpes Reported: 0
 Gonorrhea Reported: 0

Child Vaccine Administered

DtaP: 11
 DT: 0
 Td: 0
 HIB: 7
 IPV: 19
 MMR: 6
 Hep B: 7
 Varicella: 21
 Hep A: 27
 Influenza: 0
 Pneumonia: 0
 Prevnar: 4
 ProQuad: 8
 MCV4: 26
 HPV: 10
 Pediarix: 6

Tdap Survey Among Health Care Providers Started

Pertussis, or whooping cough, is a serious communicable disease that can render the sufferer home-bound, sometimes for months. One third of pertussis cases are among adults; two thirds are in children under age 18. Luckily, this disease is preventable with the Tdap, or combined Tetanus, Diphtheria, and Pertussis, vaccine.

The public health department has undertaken a project to increase Tdap immunization rates among health care workers in the county. Health care providers are nearly

twice as likely to get pertussis as other adults and can easily spread it to patients and family members.



Adults may not know they have pertussis because they do not have the characteristic

“whoop” sound toddlers make when they get the disease.

The Quality Improvement team at the public health department is leading this effort. This team will be using the Rapid Cycle Improvement technique to first obtain a baseline measurement of Tdap immunization rates among Kittitas County health care workers, and secondly to help clinics increase this rate to 100%.

For more information, contact Linda at 962-7515.

Public Health Website & Reception Area Receive a New Look

The Kittitas County Public Health Department website will soon be easier to navigate. Working with the Kittitas County Computer Services technicians, an internal website committee has re-organized the content, layout, and navigation of the website.

One of the added features is an electronic vital records request form. “Vital records [birth and death certificates] weren't even

mentioned in the old website,” said Pam Bailes, Public Health Clerk. “Now the public will be able to find the information they need and request a birth or death certificate online, saving them the hassle of coming to the department or calling.”

Visit the new website:
www.co.kittitas.wa.us/health/

The front reception area has also undergone some changes,

with the addition of a waiting room, partial wall, additional clinic rooms, and new furniture. The waiting room was sponsored in part by the WIC program. These changes have improved traffic in the reception area and increased staff safety and security. Staff and client patience and flexibility helped the move and remodel process go as smoothly as possible.

Drinking Water

Water & Sewage Evaluations

Sewage: 0
 Water: 0
 Both: 0
 Sanitary Surveys: 4
 Group B Water Systems: 0

Plat Approval

Well Site Inspections: 5

Other

Well Delegation: 25
 Private Bacteriological Sampling: 1
 Private Nitrate Sampling: 0
 Group B Paperwork Received: 4
 Group B Systems Approved: 0
 Farm Exemptions Received: 0
 Farm Exemptions Approved: 0
 Complaints: 0
 Group A/B Sources GPS'd: 0
 Group A Nitrate Samples Drawn: 0

Living Environment

Schools

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

Public Pools & Spas

Permits: 0
 Inspections: 0
 Complaints: 0

Camps & Parks

Permit Applications: 14
 Inspections: 13

Emergency Response Events Test System

The public health department practiced using the National Incident Management System (NIMS) this summer.

On June 25, 2007, a septic truck rolled over and spilled roughly 1,500 gallons of sewage near Ronald. Implementing the National Incident Management System, environmental health staff responded to the scene, working in conjunction with the Kittitas County Sheriff's Department, Kittitas County Solid Waste, Brown & Jackson Septic Company, Washington State Department of Ecology, Willette's Shell Towing Company, Pine Loch Sun Homeowner Association, and local landowners. After the septic materials were cleaned up, soil and water were tested for potentially hazardous materials. None were discovered, and the area was given a clean bill of health. Environmental Health was lauded for their quick, accurate, and collaborative response to this incident.

Environmental Health staff were kept busy with other events this summer,

including a load of tires for disposal and a toxic Blue-Green Algae bloom.



The Blue-Green Algae Bloom occurred in Lake Fiorito near Ellensburg, and Environmental Health staff worked quickly in conjunction with the Department of Fish & Wildlife to post signs alerting the public to avoid drinking, or letting animals drink, the water. Algae blooms are a naturally occurring phenomenon, triggered by temperature and other factors.

James Rivard attended a 40 hour Hazardous Waste and Emergency Response Training course in Tacoma, during which he received the HAZWOPER certification. Rivard will use the certification when inspecting Moderate Risk Waste Facilities in the County.

Food Safety

Permits

Food Establishments: 248
 Temporary Food Service: 43
 Food Handler Permits: 480

Inspections

Routine Inspections: 61
 Re-inspections: 8
 Pre-Opening Inspections: 9
 Temporary Food: 28

Contractual Inspections

CWU Quarterly: 1
 Jail Quarterly: 1
 School Kitchens: 11

Enforcement Activities

Red Item Violation >30 pts: 7
 Red Item Violation >70 pts: 1
 Operating without a Permit: 2
 Complaints: 15
 Temporary Closures: 2
 Complaints Resolved: 15
 Design Plans Reviewed: 9

On Site Sewage

Permits

New: 111
 Repair: 12
 Renewal: 2
 Site Evaluation Applications: 77
 Site Evaluations Performed: 87
 Designs Reviewed & Approved: 111
 Final Inspections: 90
 Final Re-inspections: 8

Plat Approval

Soil Logs: Long and Short: 35
 Realtor Requests: 78
 Complaints: 4

Solid Waste

Solid Waste Permit Renewal: 0
 New Permits Issued: 0
 Inspections Performed: 7
 Trash Complaints: 3
 Incidents: 2

No West Nile Virus in Kittitas County



Following 2006, when Idaho reported nearly 1,000 human cases of West Nile Virus, the northwest braced for a tough year fighting the disease. Luckily, the worst predictions have not become a reality.

Yakima County, at the time of this publication, was the only county in Washington with confirmed West Nile Virus in

horses and at least one bird.

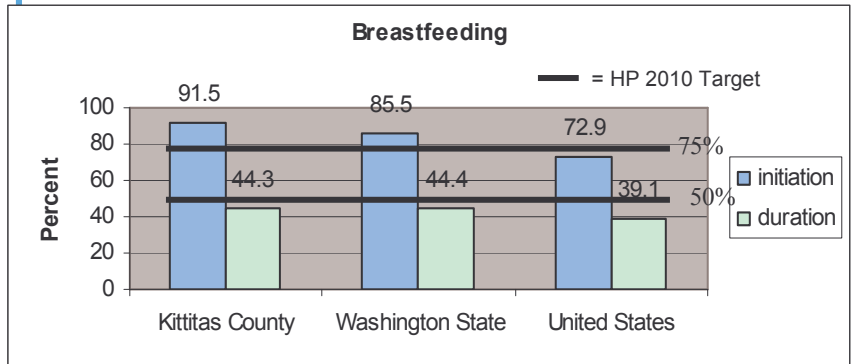
Kittitas County has been trapping mosquitoes, larvae dipping, and shipping dead birds for testing. 7 of 11 adult traps were successful in collecting mosquitoes for testing. No West Nile Virus has been found; in fact, no mosquitoes able to carry the virus have been found.

Did you Know....

Breastfeeding: MET and NOT MET

This is a measure of mothers in the WIC program who initiate breastfeeding, and those who continue at least six months.

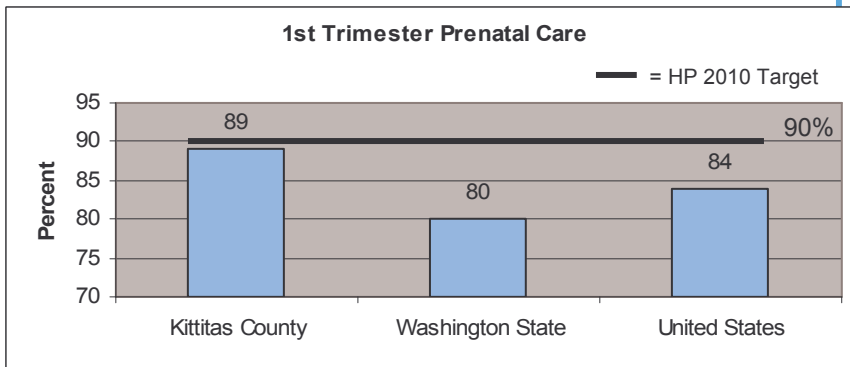
Kittitas County has a higher rate of initiation (91.5%)¹⁹ than Washington State (85.5%)¹⁹ and the nation (72.9%),¹⁹ and a similar rate of duration (44.3%)¹⁹ compared to the state (44.4%)¹⁹ but higher than the nation (39.1%).¹⁹ Kittitas County has met the Healthy People 2010 Target of 75% for initiation, but not the Target of 50% duration.



Prenatal Care : NOT MET ☹

This is a measure of women receiving prenatal care during the first trimester of pregnancy.

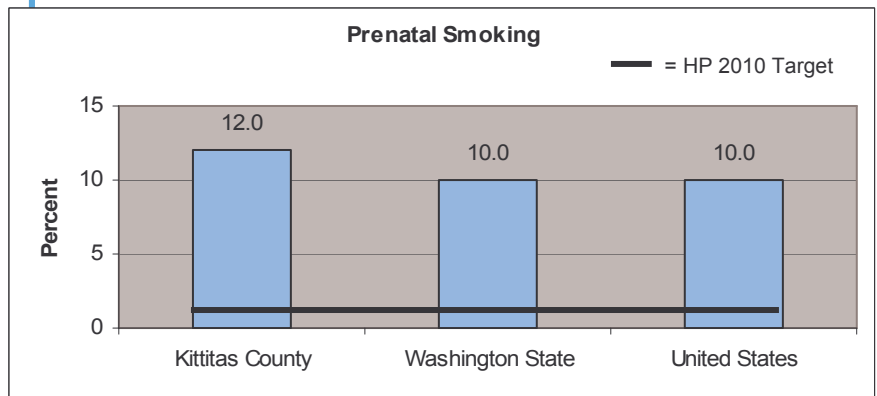
More women in Kittitas County receive prenatal care (89%)²⁰ than in Washington (80%)²⁰ or the United States (84%).²⁰ Kittitas County has not met the Healthy People 2010 Target of 90% prenatal care during the first trimester among all pregnant women.⁵⁹



Prenatal Smoking: NOT MET ☹

This is a measure of pregnant women who smoke during the 2nd and 3rd trimesters of their pregnancy.

More women in Kittitas County smoke during pregnancy (12.0%)²¹ than in Washington State (10.0%)²¹ or the United States (10.0%).²¹ Kittitas County has not met the Healthy People 2010 Target of 1% maternal smoking



UPCOMING EVENTS

October

Spanish Food Handler Class: October 17, 2:00pm, Public Health Department in Ellensburg.

Blood Bone Pathogen Class: Oct. 18, 6:00pm- 8:00pm, Public Health Department in Ellensburg. Call 509-962-7003 to register.

Upper County Food Handler Class: October 18, 4:00pm, Cle Elum Senior Center.

Drive Up Flu Shot Clinic: October 23, 10:00am-2:00pm, Grand Meridian Theater Parking Lot.



November

Upper County Food Handler Class: November 15, 4:00pm, Cle Elum Senior Center.

Spanish Food Handler Class: November 21, 2:00pm, Public Health Department in Ellensburg.

December

Spanish Food Handler Class: December 19, 2:00pm, Public Health Department in Ellensburg.

Upper County Food Handler Class: December 20, 4:00pm, Cle Elum Senior Center.

Blood Borne Pathogen Class: December 20, 6:00pm-8:00pm, Public Health Department in Ellensburg. Call 509-962-7003 to register.

Jennifer and Clay:* A Success Story

Jennifer recently gave birth to her first baby, a little boy she named Clay. Her doctor had told her about the importance of breastfeeding, so she decided to give it a try. Unfortunately, Clay did not latch on correctly, causing Jennifer severe pain whenever she tried to breastfeed.

Desperate, but focused on breastfeeding, Jennifer sought help at the public health department. She had heard there was a lactation consultant at the department who could help her.

Deb Sandvig, Registered Dietitian and Lactation Consultant, helped Jennifer get

a prescription from her doctor to help her heal. Sandvig taught Jennifer to pump, enabling her to supply her son with breast milk without the pain of breastfeeding.

One week later Sandvig taught Jennifer various positions in which she could nurse Clay. Jennifer was very happy to discover breastfeeding didn't have to be painful. She and Clay left happy, nursing successfully.

Unfortunately, Jennifer's nursing troubles were not over. "She called in tears because of a shooting pain when she tried to breastfeed," said Sandvig. "After describing the symptoms,

I knew she definitely had thrush, so I referred her to get started on Nystatin right away." Thrush is a common infection that can be passed from infant to mother when nursing.

A few weeks later, Jennifer called to say that she had been nursing Clay successfully for several weeks, pain free!

New moms like Jennifer come through the Public Health Department every day, and this story is a representation of the services they receive.

* Names have been changed to protect the identity of our clients

Listen for Us...

KQBE, 103.1 FM, at 7:30am (every Tuesday)

October 23 - *BCHP with Julia Karns*

October 30 - *WIC with Debra Sandvig*

November 6 - *Cavity Wranglers with Christie Waddington*

November 13 - *Food borne illness prevention with Melissa Schumaier*

November 20 - *1st Steps with Sharon Smith*

November 27 - *World AIDS Day with Julia Karns*

December 4 - *TBA*

December 11 - *Manage holiday stress with Sarah Bedsaul*

December 18 - *Emergency Preparedness with Jerry Harris*

KXLE, 1240 AM, at 12:30pm

November 13 - *World AIDS Day with Julia Karns*

December 11 - *Manage holiday stress with Sarah Bedsaul*

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/

School-based Sealant Programs

Parke Creek Group Home: 20
Morgan Middle School: 201
Busy Buddies: 21
Provisional Clinic: 8
Senior Clinic: 10

Oral Health Education

Rodeo Parade!
Head Start Orientation in Kittitas and Cle Elum
Community Events: 144 tooth brushes to DSHS back to school program, 40 3-ring binders collected and donated

Board of Health Welcomes Rich Elliott

Rich Elliott has been named the newest Board of Health member.

The board deliberated between the final two candidates recommended by the Board of Health Advisory Committee. "In the end, this was a very difficult decision, but I think Rich will be a great addition to the board," said commissioner David Bowen.

Cathy Bambrick agreed, saying, "When Rich comes on, we will have a very balanced board, bringing lots of perspectives to the table. His community knowledge will be a great addition, plus his experience in emergency preparedness."

Elliott is employed as the Kittitas Valley Fire & Rescue Deputy Chief in Ellensburg,

where he is involved extensively in the county's emergency management board. "I'm happy with the board's decision," said Board of Health Advisory Committee chair Leslie Berry. "His interview was great, and he'll really be a great addition."

Rich Elliott will join the board in October.

Board of Health Advisory Committee Recruiting New Members

There are several positions open on the Board of Health Advisory Committee.

Members Raleigh Hayter and Karen Greene both resigned after moving out of Kittitas County this summer. Their contributions and perspective will be greatly missed.

Any community member with an interest in public health is encouraged to apply. The board, also known as BOHAC, has been a fully functioning,

operational board since 1994, when it began as an advisory board to the public health department. The board is responsible for providing a community perspective to the work of the public health department, and, as the name implies, advise the Board of Health. The time commitment is one lunch hour meeting on the second Monday of each month, excluding August and December. BOHAC members are also encouraged to attend

Board of Health meetings to keep Board of Health members apprised of the community's wishes regarding public health funding, programs, and other decisions.

With the growth of the county, and the subsequent growth of the public health department, this group is bound to become more exciting in the next year!

Please contact Leslie Berry, BOHAC Chair, for more information at 509-925-2002.

Oral Health Float Entertains during Labor Day Parade

Sheriff Rooty Tooth and the Cavity Wranglers were out in force for the annual Labor Day Parade in Ellensburg. Throughout the parade course, Sheriff Rooty Tooth and the Cavity Wranglers worked to keep the cavities away from the Big Tooth. Big Tooth's friend Floss was right by his side, helping to protect against cavities. Several Tooth Fairies were also on hand to help pass out tooth brushes and entertain the crowd gathered along the parade route.

"It was a lot of fun, and I think the kids really enjoyed the entertainment," said Christie Waddington, Oral Health Coordinator. "Linda [a Public Health nurse] made a great Sheriff Rooty Tooth!"

The Oral Health Program provides service and referral services to a variety of organizations, including Parke Creek. The Dream

Team, consisting of an independent dental hygienist and her dental assistants, have a mobile school sealant program. They provide care at Parke Creek every six weeks or by request. The Dream Team also provide sealants to all Kittitas County elementary schools during the regular school year.

The Just for Grins program, sponsored by the Oral Health program, hosted a dental check up and cleaning clinic for pregnant women with medical coupons on October 5th in the Morris Sorenson building. Eight pregnant women received services.

For more information, call Christie Waddington, Oral Health Coordinator, at 933-8220.

