



## Kittitas County Public Health Department

Volume 1, Issue 4

Fourth Quarter 2007:  
October - December 2007

### Did you know:

- 38.3% of Kittitas County 10th graders report drinking more than a sip of alcohol in the last 30 days. (HYS 2006)
- 5.0% of Kittitas County adults have diabetes. (DOH 2005)
- 59.0% of Kittitas County adults report visiting the dentist in the last year. (BRFSS 2004)
- 88.4% of Kittitas County youth report having sufficient, regular food. (HYS 2006)
- 77.2% of Kittitas County seniors age 65+ report receiving a flu vaccine. (BRFSS 2006)

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# Kittitas County Public Health Department

## Drive-Through Flu Shot Clinic Successful

With flu season upon us, the public health department hosted their annual flu shot clinics to vaccinate Kittitas County residents against influenza. This year, however, there was an added twist.

Clients were asked to stay in their cars, while nurses and paramedic students walked window to window asking clients to roll up their sleeves. This “drive-through” vaccination technique, while convenient, was also a practice for a pandemic flu situation. In case of a pandemic flu, public health would be responsible for vaccinating the general

population to stop the spread of the disease as quickly as possible.



If everyone stays in their cars while being vaccinated, the risk of disease transmission is decreased. While a vaccination clinic in a gym may seem more convenient, bringing together a large number of people is actually

counterproductive to stopping the spread of disease.

This year, drive-through clinics were held in Cle Elum and Ellensburg, administering a total of 306 flu shots.

Several drivers came through in their work vehicles, including a cement truck, a package delivery truck, and several utility vans. One man stopped for a shot in Cle Elum after hearing about the clinic on the radio.

Flu shots are available at the public health department for \$30. Call 509-962-7515 for an appointment.

## A Note from the Administrator: Quality Improvement Efforts

In May of 2007, the Washington State Department of Health presented a revised set of Standards for Public Health in Washington State with an ambitious goal of conducting site visits within 1 year to assess Local Health Jurisdictions' progress towards meeting the Standards. Kittitas County Public Health Department is up for the challenge!

The Standards were revised

from 2005 based on feedback from Local Health Jurisdictions. They are simpler and organized more logically, but still cover key aspects of public health. The standards were selected because they represent critical public health services.

- ◆ Understanding health issues
- ◆ Protecting people from disease

- ◆ Assuring a safe, healthy environment for people
- ◆ Promoting healthy living
- ◆ Helping people get the healthcare services they need

The Standards are the same for state and local agencies, although specific measures within each standard vary.

To position the Department for a successful Standards review, the Quality Improvement

Continued on page 10 ...

<b>Women, Infants, Children (WIC) Enrollment</b>	1Q	2Q	3Q	4Q	2007
TOTAL Clients	2256	2467	944	2574	8241
Pregnant	292	333	152	306	1083
Breastfeeding	229	238	80	195	742
Post-Partum	79	82	30	104	295
Infants	519	528	225	545	1817
Children	1137	1286	457	1121	4001
# Checks Issued	2173	2149	890	2206	7418
% Non-Participating Clients	12.78	11.33	17.5	13.18	13.69



<b>Medical Nutritional Therapy</b>	1Q	2Q	3Q	4Q	2007
New Referrals	4	4	1	1	10
Returning Patients	0	0	0	0	0

## Oh, the Joys of Parenting!

*It is an afternoon home visit with a mother and her 5 month old infant. The First Steps nurse and the mother are on the floor watching the infant play as they talk about his growth the past month. The infant's mother turns him on his tummy and begins playing peek-a-boo with him using the corner of his blanket. First he squeals with delight as his mother's face repeatedly appears and disappears. Then his arms and legs begin rapidly moving in motion as he squeals louder with each big "boo!" he hears from his mother as she gives him a grinning smile. The nurse and mother begin talking again about developmental milestones. After a while the infant rolls over and begins to fuss as he rubs his eyes. His mother comes to him, talking to him as she picks him up and snuggles him into her arms. "Are you tired? You're rubbing your eyes like you do when you're tired. Let's get you ready for your nap." The First Steps nurse is thrilled with what she has observed. She commends the mother on her interactive play and response to his verbal and non-verbal cues. The mother gives the nurse a warm smile as she hugs her baby close. "It just feels right to pick him up when he's upset," she says.*

Promoting First Relationships is the guideline in use by our First Steps Team. This evidence-based practice teaches parents to respond to their infants in ways that encourage infants to express their emotions. Parents learn that by responding verbally and with touch in a nurturing way, they can build the strong feelings of trust that will increase the infant's learning. This is the first step to healthy development. For more information, contact Linda Navarre, RN, at 509-962-7515.

## Emergency Preparedness Program Helping County Prepare and Plan for Disasters

When disaster strikes, everyone is affected. The Emergency Response staff of the Kittitas County Public Health Department understand this, and are working hard to make sure everyone is prepared, no matter who they are.

This fall, emergency response staff Jerry Harris and Colleen Riley have been active with the Kittitas County Security Committee, comprised of various county departments looking at emergency preparedness issues. The county departments, with the leadership of Harris and Riley, have set the groundwork for their County Continuity of Business Plan. In order to set this groundwork, each county department has outlined their emergency plan, and identified areas of need to make the plan complete.

"This should be a priority for all division directors," said Jerry Harris, Emergency Response Specialist. "If you're a division

director or a first responder, you need to have yourself and your family prepared for any disaster so that you're available to respond."

Emergency Response staff also helped all county employees prepare for disasters by hosting two county-city Employee Disaster fairs in December. Materials and information were available about preparing your house, family, pets, and loved ones for a disaster, and emergency response staff were available to answer questions.

Emergency Response staff helped vaccinate Kittitas County residents against influenza this fall with two drive through flu shot clinics (see story on page 1) and by assisting Aging and Long Term Care with a Medicare Clinic, which included flu shots. The drive through flu shot clinics were a test of Kittitas County's Strategic National Stockpile Plan.

Other community involvement has included attendance at a National Incident



Management System leadership training, and two disaster planning presentations at the Bonneville Power substation and the County Medical Society. Harris and Riley have participated in MRSA discussions and organized the Emergency Management Council which includes over 40 local agencies. They continue to lead the county Healthcare Coalition and participate in the Region 7 Healthcare Coalition.

## WIC Foods Changing

In the summer of 2009, WIC allowable food rules will change. This change will significantly enhance the nutritional quality of foods available to WIC mothers, infants and young children, improve health outcomes, expand the cultural food options that are available to WIC's diverse populations, and increase their overall food choices with the addition of fruits and vegetables, whole grain products and the option of tofu and soy milk.

"This is great news for WIC!" said Scharpenberg. "We will be able to offer more families the nutritious foods they need and enjoy."

One change already in effect is a switch in infant formula brand from Enfamil to Similac. "It's just a brand change," said Christine Scharpenberg, WIC coordinator.

For more information on the Women, Infants, and Children (WIC) Program, contact Scharpenberg at 509-962-7077.

## Meth Awareness Day a Success!

Two High School Cavity Wranglers, Vanessa Galindo and Brittany Smith, conducted an all day "Meth Awareness Day" event at Morgan Middle School on Nov. 30. The program was their Senior Cumulative Project and a collaborative project with the Public Health Department's Oral Health Education program.

participated, attending a 30 minute assembly in the school auditorium with their gym class. Kittitas County Under Sheriff Clayton Meyers was the primary speaker. He spoke about meth use in Kittitas County, and the devastating effects the drug can have on an individual and their community. At the end of the assembly, the Cavity Wranglers gave a brief presentation, including Kittitas County statistics from the Healthy Youth Survey. Students also received packets with engraved bracelets, pencils, and a Meth Booklet as they left the auditorium.

During the school lunch periods, the foyer was used for exhibits from community agencies such as Public Health's Health Promotion division, Planned Parenthood, Yakima Health District/KCPHD Oral Health, the Sheriff's Department, and Kittitas High School students' HPV immunization education.

For more information, contact Christie Waddington, Oral Health Coordinator, at 509-962-7515.



"Overall, the day was a huge success," said Christie Waddington, Oral Health Coordinator. "Since the event, I have received requests to have the event repeated at Kittitas Secondary and Easton schools!"

Meth Awareness Day was designed to do just that - increase awareness about methamphetamine use. 610 Morgan Middle School students

<b>Children with Special Health Care Needs Program</b>	1Q	2Q	3Q	4Q	2007
Established Clients	68	72	70	76	286
Lost or Closed Files	0	15	0	10	25
New Clients	11	13	10	6	40
Home Visits	31	28	15	8	82
Office Visits	0	1	1	3	5
No Shows	1	0	0	1	2
<b>Early Intervention Program</b>					
Referrals	5	3	4	5	17
Home Visits	4	11	6	3	24

<b>Oral Health Education*</b>	1Q	2Q	3Q	4Q	2007
Rodeo Parade	0	0	n/a	0	0
Head Start	0	0	0	14	14
DSHS Back to School	0	0	144	0	144
Thorp Elementary	65	0	0	0	65
Day Care Centers	40	30	0	0	70
Community Events	68	1245	0	0	1313
Client Referrals	14	0	0	0	14
<b>TOTAL</b>	<b>187</b>	<b>1275</b>	<b>144</b>	<b>14</b>	<b>1620</b>

\*Number of people reached by Oral Health Education Programs

<b>School-based Sealants</b>	1Q	2Q	3Q	4Q	2007
Valley View Elementary	0	32	0	0	32
Thorp Elementary	0	26	0	0	26
Cle Elum/Roslyn	0	27	0	0	27
Easton Elementary	0	6	0	0	6
Lincoln Elementary	63	0	0	delay	63
Head Start School	0	0	0	105	105
Parke Creek Group Home	11	27	10	0	48
Morgan Middle School	0	0	201	0	201
Busy Buddies	0	0	21	0	21
Provisional Clinic	0	0	8	0	8
Senior Clinic	0	0	10	0	10
Public Health Department	63	0	0	0	63
<b>TOTAL</b>	<b>137</b>	<b>118</b>	<b>250</b>	<b>105</b>	<b>610</b>

Breast and Cervical Health	1Q	2Q	3Q	4Q	2007
New Clients Enrolled	16	15	29	27	87
BCHP Interpretation	9	7	4	2	22
Year to Date Enrollment	16	31	60	87	87

Administrative Services	1Q	2Q	3Q	4Q	2007
Births	74	105	100	78	357
Birth Certificates Issued	376	101	361	183	1,021
Deaths Registered	52	46	58	62	218
Certified Copies of Deaths	260	286	289	285	1,120
Home Births Registered	0	0	0	1	1
Fetal Deaths	0	1	0	2	3
Child Deaths	0	1	1	0	2

## Breast and Cervical Health Program

October was Breast Cancer Awareness Month, a month dedicated to increasing Breast Cancer Awareness across the country. You may have seen companies sporting pink packaging, pledging donations to the Susan G. Komen For the Cure Foundation, or supporting the American Cancer Society.

The Breast and Cervical Health Program (BCHP) also commemorated the month by increasing advertising and enrollment efforts in Kittitas County. BCHP helps women over 40 without insurance and within certain income guidelines obtain annual mammograms and pap smears. Regular cancer screenings increase a woman’s chance of detecting breast or cervical cancer early, in turn increasing her chance of survival.

Health Educator Robin Read-Ochoa also hosted an informational booth at Super 1 Foods in October, enrolling 6 women and passing information out to countless others who mentioned wives, mothers, sisters, daughters, or friends who might be interested. “I was amazed at the number of people who came up to me and said, ‘I’m a cancer survivor, thank you for helping others survive’ ” said Read-Ochoa. “It was very touching, and great to have that much community support.” Call Read-Ochoa or Julia Karns, Outreach Worker to see if you qualify at 509-962-7515. Both are bilingual in Spanish and English.

## Child Care Health Promotion

Liz Whitaker, RN in the Child Care Health Promotion Program, has been busy helping local child care centers meet their licensing requirements by providing nurse consultations on issues ranging from pinworm and lice to temper tantrums and behavior problems. “I had one center call me, concerned about a number of children with behavior problems,” Whitaker said. “I helped them find resources to give to the parents, help the children, and ultimately keep the children in child care.” Often, children with behavior problems will be kicked out of child care centers because providers don’t know what to do. With Whitaker’s guidance and support, many children have changed their behavior and remained in child care. Whitaker can be reached at 509-962-7515.

## Tobacco Prevention and Control Program

This fall, the Tobacco Prevention and Control Program (TPCP) trained 55 Kittitas County middle and high school students in tobacco prevention, through the **Teens Against Tobacco Use (TATU)** program. After a one day training, under the supervision of the school counselor, the students will prepare presentations for elementary and middle school students about the dangers of tobacco use. “Research has shown that behavioral messages, like “don’t smoke,” are more effective when they’re

delivered from a peer, as opposed to an unknown adult,” said Megan Woltring, Health Educator. “So instead of delivering the messages ourselves, we train the kids to deliver the messages, with the idea that their peers will listen to them much more than they would to us.”

With school back in session, the tobacco prevention and control program also reinstated the **TIES, or alternative to suspension**, program in Ellensburg High School. If a student is caught with tobacco on



Child Care Health Promotion	1Q	2Q	3Q	4Q	2007
Nurse Consultant visits	9	9	10	11	39
Other Consultations	3	3	11	9	26

Tobacco Program	1Q	2Q	3Q	4Q	2007
Compliance Checks	0	14	0	0	14
Compliance Rate	n/a	92%	n/a	n/a	92%

campus, instead of being suspended, they will attend a cessation class, taught by Woltring. “Instead of keeping them home from school, where they won’t learn anything about the dangers of tobacco, we’re hoping to help the students quit,” said Woltring. “It’s a challenge, because not all students are ready to quit, but it’s a start, and definitely better than keeping them home.”

For more information, call Woltring or Sarah Bedsaul at 509-962-7515 or visit <http://www.co.kittitas.wa.us/health/>.

## HIV Program Commemorates World AIDS Day

Every year, Outreach Worker Julia Karns attends the CAREvent in Seattle, a multi-day conference with HIV workers, providers, and clients from around the state. "It's a great way to connect with other people doing the same work," says Karns.

This year, Karns was honored with an invitation to present at the conference. "It was a great opportunity to share some of the outreach work we've done in Region 2," said Karns.

Karns wanted to show participants what migrant outreach entailed, in more detail than a Power Point, so she embarked on a mission to create a short video.

With the help of a CWU student, Karns interviewed migrant workers, filmed the Mattawa area where the outreach took place, and created a 15 minute video. The video was very well received. Karns is also available to present to local

coalitions.

December 1st was World AIDS Day. The theme this year was "Stop AIDS, Keep the Promise, Take the Lead," as everyone is encouraged to take the lead to stop the spread of AIDS.

To commemorate the event, Karns and Robin Read-Ochoa, Health Educator, partnered with the Moments to Remember celebration in Ellensburg, handing out red ribbons, hot chocolate, and lighting candles for a walk from the fairgrounds to the Holiday Tree lighting ceremony downtown. Roughly 175 people walked with candles.

"It was a great way to raise awareness about the disease," said Read-Ochoa. "HIV has fallen off the public's radar a bit, but the disease is still prevalent."

Karns and Read-Ochoa may be reached at 509-962-7515.



HIV/AIDS and Hep. C	1Q	2Q	3Q	4Q	2007
Presentations	13	20	12	8	53
People in Attendance	79	243	190	50	562
Blood Borne Pathogen Classes	3	5	2	4	14
# People in BBP Classes	24	61	16	54	155
Case Management Clients	7	4	1	2	14

## Shape Up Kittitas County Encourage Physical Activity, Healthy Foods

In celebration of national **Walk to School** day, Shape Up staff Sarah Bedsaul and Megan Woltring walked to school with over 400 Lincoln Elementary school students. "It was great to see so many kids excited about walking to school," said Bedsaul. "In our small town, a lot of families live close enough to school that their kids can walk, but many choose not to. We're encouraging families and students to find a safe route, and start walking to school."

Shape Up staff also encouraged Kittitas County residents to 'shape up' by hiking Manastash Ridge in early October, an event dubbed **Rally the Ridge**. Fourteen participants climbed the ridge, battling rain, mud, and ultimately dusk. "They did great," said Woltring. "The conditions weren't great, and I had to tell people to turn around before they were ready because it was getting dark. They wanted to keep hiking!"

There are a large number of trails and walking paths in Kittitas County, and Shape Up is helping to familiarize residents with

their local walking, hiking, and biking opportunities.

Bedsaul's participation on the **Non-Motorized Transportation Plan** has ensured that the plan will incorporate healthy policies, including bike lanes, safe crossing points for pedestrians, sufficient sidewalks, and other designs that will make it easier for Kittitas County residents to walk or bike to work, school, local businesses, parks, and other local areas.

The **Food Access Coalition** is implementing a community analysis of food access and other healthy food resources in the county. "This was the first action item on the coalition's work plan; they realized that without having a complete understanding of food access issues in the county, they couldn't prioritize their other action items," said Robin Read-Ochoa, Health Educator.

The **Healthy Dining Project** is also underway, a promotional program involving local restaurants and the CWU nutrition

science club. With Woltring's guidance, the students are working with local restaurants, who volunteered for the project, to incorporate more healthy options into their menu choice. "Healthy options could be smaller portions, offering salad as a side dish, or marking items on the menu that are low in fat or sodium," said Woltring.

The **Grab n' Go** dinner program at Super 1 Foods will continue for at least another year - the program received a grant from the USDA Basic Food Nutrition Education Program (BFNEP). In addition to the regular healthy dinner samples and recipes, cooking classes and demonstrations will be added to the program. "Many people know they should eat more veggies or fruits but don't know how to cook them," said Judy Heesacker, local dietician. "We're trying to help them!"

**More information** about Shape Up is available on the website, <http://www.shapeupkc.org/>, or by calling Megan, Robin, or Sarah at 509-962-7515.



Child Vaccine	1Q	2Q	3Q	4Q	2007
DtaP	4	14	11	2	31
DT	0	0	0	0	0
Td	1	1	0	0	2
HIB	4	5	7	2	18
IPV	7	18	19	2	46
MMR	7	14	6	0	27
Hep B	12	7	7	1	27
Varicella	16	21	21	3	61
Hep A	22	31	27	12	92
Influenza	7	0	0	58	65
Pneumonia	0	4	0	0	4
Pevnar	4	4	4	1	13
ProQuad	4	6	8	4	22
MCV4	1	12	26	7	46
HPV	0	1	10	11	22
Pediarix	0	2	6	4	12

Tuberculosis Program	1Q	2Q	3Q	4Q	2007
TOTAL TB Tests	31	96	84	79	290
Tests - Children	2	20	0	7	29
Tests - Adults non-healthcare	29	76	0	72	177
Tests - Health Care Workers	0	0	0	3	3
TOTAL Positive TB Tests	4	7	6	5	22
Positive Tests - Children	1	3	n/a	0	4
Positive Tests - Adults	3	4	n/a	5	12
Positive Tests - Health Care	0	0	n/a	0	0
Cases of Active TB	0	0	0	0	0
Suspect TB Investigations	4	0	1	0	5
INH Preventive TX New	0	0	0	0	0
INH Preventive TX Completed	1	1	0	1	3

First Steps Program	1Q	2Q	3Q	4Q	2007
PHN Home Visits	75	75	170	197	517

## Kittitas Students Promote HPV Vaccine

Ali Kilgore and Morgan Uceny, Kittitas High School sophomores, have undertaken a project to increase awareness of the Human Papillomavirus (HPV) and promote the HPV vaccine, Gardasil. They are doing the community service project for their Family, Career, and Community Leaders of America (FCCLA) chapter at Kittitas High School, with help from public health nurse Carrie Bland, RN.

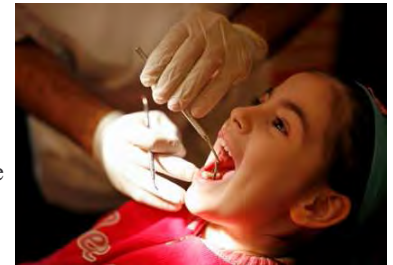
“They became interested in HPV after learning that of the approximately 6 million new cases of HPV every year, 74% occur in 15-24 year olds,” said Carrie Bland, RN. “With the relatively new HPV vaccine, Gardasil, on the market, they saw an opportunity to educate their peers about getting vaccinated to prevent certain types of cervical cancer.”

Kilgore and Uceny will host an informational meeting about HPV, Gardasil, and related topics on January 23rd at the Kittitas Secondary Commons. After brief presentations and informal discussion, the Kittitas County Public Health Department will provide free Gardasil vaccines to any female under age 19. The vaccine is paid for by the Vaccines for Children program.

By completing this community service project, Kilgore and Uceny will be entered in the national FCCLA competition, with finals held this spring in Florida. For more information, contact Carrie Bland, RN at 509-962-7515.

## Overcoming Dental Fears

Periodically throughout the year, the public health department’s Oral Health program hosts dental clinics for clients who wouldn’t otherwise get to a dentist. The Oral Health program hosted a clinic in December for women with medical coupons. “We had some no-shows last time, so double and triple booked the appointments this time to make sure our dentists and hygienists were busy,” said Christie Waddington, Oral Health Coordinator. “And this time, everyone came! We were really busy, but it was great because we provided dental cleanings and check ups for 12 people.”



One woman in particular was very hesitant about having a dental check up. “She was quite nervous,” said Waddington. “She had had some bad experiences in the past and was very nervous about getting her teeth checked out.” However, thanks to the gentle hands of the hygienists and comforting words and demeanor of everyone involved, the patient was laughing, smiling, and hugging the dental workers at the end of her appointment. “She really warmed up, which is great because dental check ups are so important,” said Waddington.

For more information on free dental clinics, or on the Oral Health Program, contact Christie Waddington at 509-933-8220.

## Community Health Services

Community Health Services (CHS) is a division of the Kittitas County Public Health Department (KCPHD). Many of the personal health programs offered by KCPHD are housed in this branch: the Oral Health Program, Children with Special Health Care Needs Program, and the Maternal and Child Health Programs such as WIC, First Steps, and Childhood Immunizations. The Communicable Disease and the Emergency Preparedness and Response Programs also are managed in this division. Staff represent a wide variety of professions within public health including nurses, clerks, coordinators, and health educators.



It is hard to capture the influence the CHS division has in the community, as their work is often expressed through activities. Some activities include newsletters, nutrition education, oral health presentations, elementary school sealant provision, and dental cleaning & screening clinics. This fall our public health nurses began a new Mother's Support Group with the receipt of a March of Dimes grant and an educational materials donation from the Cle Elum Kiwanis Club. This support group is just starting with weekly meetings in English and Spanish.

Emergency Preparedness and Response is a critical function of Public Health. Annually we practice parts of our plans within

the department, with other local responders, and with regional partners. This year we convened more than 40 people to work through an emergent event scenario which would require the cooperation and response of multiple agencies. Participants included the Sheriff, Ellensburg Police Department, Kittitas Valley Fire and Rescue, Central Washington University, Kittitas Valley Community Hospital, American Red Cross and a representative from the Board of County Commissioners. The ideas and comments gleaned from this exercise are used to strengthen our department response plans as well as the plans of our partners.

Someone once said, "You don't know public health departments exist until something goes wrong." While we like to stay out of the limelight, it is our greatest hope that the messages of prevention and preparedness are heard loud and clear countywide. 2007 has been a year of growth and development in our division for both staff and programs. In the coming year we look forward to new opportunities to strengthen relationships and provide services.

For more information on community health services, contact Bonnie Corns, CHS Director, at 509-962-7515.



Communicable Diseases	1Q	2Q	3Q	4Q	2007
CD/STD/Imm. Calls	0	0	20	2	22
CD Cases Confirmed	9	9	3	4	25
Other Investigations	4	4	1	1	10
Food Illness Complaints	2	2	4	4	12
Lead Poisoning Cases	1	1	10	1	13
Chlamydia Reported	6	6	1	21*	34
Herpes Reported	2	2	0	1	5
Gonorrhea Reported	2	2	0	1	5

\*Log reporting form revised and updated

Adult Vaccine	1Q	2Q	3Q	4Q	2007
Hep A	22	35	29	29	115
Hep B	15	15	15	1	46
TwinRix	50	41	55	64	210
Immune Globulin	4	0	0	0	4
Influenza	10	0	0	7	17
IPV (polio)	16	1	3	14	34
Meningococcal	2	4	4	3	13
MMR	0	0	0	3	3
Pneumococcal	1	0	1	7	9
Tetanus/Diphtheria	5	5	8	0	18
Oral Typhoid	50	27	13	25	115
Injectable Typhoid	1	9	3	6	19
Vericella	3	6	0	5	14
Yellow Fever	42	19	15	19	95
Rabies	0	0	1	0	1
Japanese Encephalitis	0	0	1	0	1
ProQuad	0	1	0	0	1
Tdap	1	69	30	37	137
Td	41	6	2	3	52
Travel Consultations	70	70	18	40	198

<b>Drinking Water</b>	1Q	2Q	3Q	4Q	2007
<u>Water &amp; Sewage Evaluations</u>					
Sewage	0	0	0	0	0
Water	0	0	0	0	0
Both	0	0	0	1	1
Sanitary Surveys	2	8	4	1	15
Group B Water Systems	9	0	0	2	11
<u>Plat Approval</u>					
Well Site Inspections	11	2	5	12	30
<u>Other</u>					
Well Delegation	11	20	25	20	74
Private Bacteriological Sampling	0	0	1	0	1
Private Nitrate Sampling	0	0	0	0	0
Group B Paperwork Received	3	0	4	3	10
Group B Systems Approved	2	0	0	1	3
Farm Exemptions Received	0	0	0	0	0
Farm Exemptions Approved	0	0	0	0	0
Complaints	0	0	0	0	0
Group A/B Sources GPS'd	0	4	0	0	4



<b>Living Environment</b>	1Q	2Q	3Q	4Q	2007
<u>Schools</u>					
Plans Reviewed	0	0	0	0	0
Inspections	19	1	0	0	20
Playgrounds	12	0	0	0	12
Complaints	0	0	0	0	0
<u>Public Pools &amp; Spas</u>					
Permits	2	16	0	3	21
Inspections	5	0	0	5	10
Complaints	0	0	0	0	0
<u>Camps &amp; Parks</u>					
Permit Applications	0	10	14	0	24
Inspections	0	0	13	1	14

## EH Controls Septic Spills

On two separate occasions in 2007 Kittitas County Environmental Public Health Specialists were called upon to control, secure, and assist in the clean up of two septic spills. “Septic spills are extremely unpleasant, and something no one wants to deal with,” said Cathy Bambrick, Administrator. “But they pose a very serious risk to the public’s health, which is why it’s imperative that we address the issue immediately.”

On June 6, 2007 a 3,000 gallon septic truck rolled over and spilled roughly 1,500 gallons of sewage near Ronald. James Rivard and Joe Gilbert, Environmental Health Specialists, were immediately dispatched to the scene, while Bambrick and Sage Park, Environmental Health Director, stayed in the office to facilitate communication between the Commissioners, Health Officer, Sheriff, Washington State Department of Ecology, the local Neighborhood Association, and Kittitas County Solid Waste. In the process, the Incident Command Structure was initiated per emergency response standards.

Fortunately, no surface water was contaminated, and the majority of the spill was contained in a small swale. EH Specialists spread lime on the spill site to neutralize the odor, and later received permission from the Department of Ecology

to remove and dry the contaminated soil before disposing of it properly. The 20-25 cubic yards of soil were removed by dump truck. After action reports and follow-up with involved parties revealed a well-executed response and clean up effort.

On December 10, 2007 a septic leak was reported from a trailer park in Ellensburg. Again, Rivard and Gilbert were dispatched to the scene, while Park and Bambrick remained at the office to facilitate communication with Solid Waste and the Health Officer.

Rivard and Gilbert took photographs of the scene at regular intervals, and contacted the trailer park manager to shut off the power to the pump. Dr. Mark Larson, Health Officer, issued a Health Order to the same effect. Gilbert and Rivard dug a ditch to contain the leakage ensuring that surface water was not contaminated.

After containing the spill, the trailer park manager was requested to submit regular status reports on the clean up. Action included pumping all septic tanks, limiting and removing all saturated soils, and repairing and pressure testing septic lines before covering with clean soil. Again, after action reports revealed a well-executed response and clean up effort.

For more information, call Environmental Health at 509-962-7515.

<b>Solid Waste</b>	1Q	2Q	3Q	4Q	2007
Solid Waste Permit Renewal	0	0	0	0	0
New Permits Issued	0	0	0	0	0
Inspections Performed	6	6	7	7	26
Trash Complaints	16	0	3	27	46
Incidents	n/a	n/a	2	n/a	2
Facility Closure	0	0	0	1	1



## EDEN Software to Help EH Records

Environmental Health is slowly moving to a paperless system for permit applications, fees collected, inspections, re-inspections, and other routine activities.

“Right now, all our information is in different data bases, in file drawers, and spread out between several offices,” said Kodi Still, Environmental Health Specialist II. “This new software will combine all the information into one big searchable data base. It will be a lot easier to record and find information.”

Still has been instrumental in setting up the data base, formatting the data entry fields, and ensuring that all needed fields are included in the database.

“This new software program will be shared with Public Works and CDS [Community Development Services],” said Cathy Bambrick, Administrator. “With many permit application processes, all three Departments need to review applications before Environmental Health staff can set up an inspection or site visit. EDEN should ease this process; make it easier for all of us.”

Kittitas County has contracted with the EDEN vendor to facilitate the set up and training on use of the data base.

“I’m very excited about it,” said Sara Burnet, Community Health Assessment Coordinator. “When I’m looking for data on any environmental health activities,



it’ll be great to have one searchable data base to use instead of asking the EH specialists to hand count the number of inspections.”

The additional Communicable Disease (CD) money that will grace the public health department beginning in January will also call for increased vigilance in data tracking and monitoring. Environmental Health and CD staff collaborate on animal bite, food borne illness, and other communicable disease issues. Having access to the same database to track the status of various incidences will help immensely.

The software is currently under construction. Trial runs should begin this winter, and full implementation is expected by Spring 2008.

Zoonotics and Vectors	1Q	2Q	3Q	4Q	2007
Animal Bites/Complaints	18	9	11	10	48
Rabies/Animals Tested	0	1	0	0	1
Quarantine Required	5	0	1	0	6
Dead Birds Collected/Mailed	0	4/2	0	0	4/2
Mosquito Clusters Collected	0	0	106	0	106
Dead Bird Phone Calls	2	11	2	0	15

On Site Sewage	1Q	2Q	3Q	4Q	2007
<u>Permits</u>					
New	129	136	111	92	468
Repair	6	12	12	5	35
Renewal	1	10	2	5	18
Site Evaluation Applications	n/a	150	77	63	290
Site Evaluations Performed	184	117	87	73	461
Designs Reviewed/Approved	178	136	111	102	527
Final Inspections	62	52	90	107	311
Final Re-Inspections	13	7	8	26	54
<u>Plat Approval</u>					
Long and Short Soil Logs	0	38	35	41	114
Realtor Requests	0	85	78	25	188
Complaints	0	5	4	0	9

Food Safety	1Q	2Q	3Q	4Q	2007
<u>Permits</u>					
Food Establishments	10	6	248	251	515
Temporary Food Service	5	19	43	32	99
Food Handler Permits	434	625	480	318	1857
<u>Inspections</u>					
Routine Inspections	34	101	61	115	311
Re-inspections	0	6	8	3	17
Pre-opening Inspections	10	6	9	3	28
Temporary Food	5	14	28	4	51
<u>Contractual Inspections</u>					
CWU Quarterly	1	1	1	1	4
Jail Quarterly	1	1	1	1	4
School Kitchens	0	6	11	1	18
<u>Enforcement Activities</u>					
Red Item Violation >30	0	7	7	3	17
Red Item Violation >70	0	0	1	0	1
Operating Without a Permit	4	2	2	1	9
Complaints	7	8	15	13	43
Temporary Closures	4	2	2	1	9
Complaints Resolved	7	8	15	13	43
Design Plans Reviewed	10	6	9	3	28

## Kittitas County Public Health Department

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

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



Cathy Bambrick,  
Administrator

## Board of Health Wraps up 2007, Looks Forward to 2008

In 2007 the Board of Health bid farewell to Perry Huston and Carolyn Booth and welcomed new members Mark McClain and Rich Elliot.

With new members came new clarity and direction for the board. Currently, the board's main duties are to review and approve contracts and other Health Department business as brought up by the

Administrator.

"Next year, the Board of Health will do more policy work; developing and approving department policy, especially in Environmental Health, where we historically have needed a lot of policy work," said Cathy Bambrick, Administrator. "They will also help the department make sure that we are meeting the

Standards of Public Health, ultimately ensuring that our department is operating as effectively and efficiently as possible."

Kittitas County's performance against the standards will be evaluated in May 2008.

For more information on the Board of Health, please call 509-962-7515.

## Board of Health Advisory Committee Growing

The Board of Health Advisory Committee, BOHAC, added new members this year!

Amy Claussen, Director of Education and Training with Planned Parenthood of Central Washington, joined the board in October. "We are thrilled to have her joining the board," said Bonnie Corns, Community Health Services Director. "There is a lot of overlap between public health and Planned Parenthood, so it makes sense to have her on

BOHAC."

Also joining in October was Melody Madlem, Ph.D., Director of Health Programs, Department of Health, Human Performance, and Nutrition at CWU. Madelm's experience and expertise in Kittitas County will be invaluable to the board.

A third member joined the board in November: Jan Naragon, of Liberty. Naragon has extensive experience in the

Environmental Health field, and currently works with the Washington State Department of Health's Environmental Public Health Tracking Network. "Her entrance is very timely," said Cathy Bambrick, Administrator. "Environmental health is in the forefront of our minds right now."

Joan Baird Glover will become BOHAC's 2008 Chairperson in January.

## A Note from the Administrator, Continued

Leadership Team (QILT) was reinstated in August of 2007. QILT consists of the Administrator, Program Managers, Directors, and the Assessment Coordinator II. The goal of QILT is to create an internal system of quality improvement for the Health Department that is clear, simple and quantifiable. The Assessment Coordinator II revised Department planning and evaluation tools to align with the revised Standards. All department work plans are currently being revised and reformatted to fit into the new structure. This important step will ensure that progress towards meeting the Standards is tracked and measured.

QILT was trained in new quality improvement techniques by Department of

Health before kicking off ambitious quality improvement projects with the Environmental Health On Site Sewage Program and the Communicable Disease Program during the summer and fall of 2007. Both programs used a Rapid Cycle Improvement Process which, within a short time frame, provided a structured set of pilot tests before implementing a new system. The Communicable Disease Program undertook a project aimed at ensuring all county health care staff had all the recommended vaccinations. The initial goal was to assess the current level of immunized staff in health care clinics. Dr. Sand's office volunteered to be a pilot site, paying for and requiring all staff to receive identified vaccinations. Health

Department staff was able to provide vaccinations for every employee at Dr. Sand's Office ensuring a 100% immunization compliance rate for the most important communicable diseases. Dr. Sand's Office will receive a certificate of acknowledgement for their staff immunization status from the Health Department. The Communicable Disease Project is currently being implemented county wide.

Kittitas County Public Health Department will receive the Standards site review in May of 2008 to determine our progress towards meeting the new standards. We are on course for a successful review.

Cathy Bambrick