

**How are we doing?**

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## BOH Welcomes New Member and Approves Fee Changes

This spring, the Board of Health welcomed a new member: Linda Huber, County Commissioner District #1. Huber was appointed to fill David Bowen's vacant position in May, and as commissioner, must sit on the Board of Health.

"We're happy to have her join us," said Cathy Bambrick,

Administrator. "She brings a new perspective and fresh ideas."

The Public Health Department must update its fee schedule on a regular basis to ensure the department operates on a cost recovery basis; not for profit, not at a loss. In 2008 several fees in the Immunization Program and several

Environmental Health Programs were revised to match reimbursement rates and cost of business.

The Board of Health unanimously approved the revised fee schedule after clarifying several points and thanking the administrator and accountant for their attention to this matter.

## BOHAC Providing Guidance for Data Driven Decisions

After the Key Health Indicator Report was published in 2007, BOHAC prioritized areas where Kittitas County scored worse than the Washington State rate. Most of these areas, including tobacco use, obesity, and medical care access, were already being addressed by one or more agencies in the county.

There was one area, however, that was not being addressed. Youth depression and suicide were areas BOHAC felt needed additional focused attention. Data in the indicator report showed higher rates of depression in Kittitas County than other counties around the state.

With BOHAC's direction, Amy Claussen, BOHAC member and Planned Parenthood educator, and Sara

Burnet, Assessment Coordinator with the Public Health Department, organized and facilitated a brainstorming session.

"We had a good turn-out of many different groups," said Claussen. "It was a very good discussion about personal and agency experience with youth depression and suicide, challenges faced in addressing the issue, and available resources."

Claussen and Burnet reported back to BOHAC, who agreed with the brainstorming group that the biggest need in addressing youth depression and suicide was training—of parents, teachers, counselors, coaches, youth leaders, and anyone with regular, close contact with kids. Claussen

and Burnet will follow up with the initial brainstorming group to ensure this training reaches the identified parties.

Also this quarter, BOHAC has reviewed several policies including the Animal Bite Policy and Environmental Health Fee Schedule, and has provided insight into issues such as the Memorandum of Agreement regarding exempt wells in Kittitas County.

Most recently, BOHAC voted on Environmental Key Health Indicators, representing the community as they voiced their opinion about the relative importance of a variety of potential Environmental Health indicators.

## A Note From the Administrator, Continued

error and to increase efficiency of systems.

When staff have completed a year of quality improvement efforts, the public health department will be more efficient and effective by use of automated systems, improved internal and external customer service, and



Cathy Bambrick,  
Administrator

ongoing quality improvement addressing identified deficiencies of audit findings.

Cathy Bambrick

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# PUBLIC HEALTH CONNECTION

## Summer Foods Offer Great Nutrition, Taste

With a plethora of local, fresh produce, Shape Up Kittitas County and Women, Infants, and Children (WIC) program are working to increase fruit and vegetable consumption in the county.

This summer, as in the past, WIC clients will receive checks to redeem at the local Farmers' Market to purchase fruits and vegetables. Participating vendors will display signs with the WIC logo. "Clients really appreciate the Farmers' Market checks," said Christine Scharpenberg, WIC Coordinator. "The quality of local produce is unbeatable, and with the WIC

checks, its available to everyone."

As harvest jumps into full gear, Shape Up Kittitas County will increase garden gleaning promotion efforts in collaboration with local food banks. Garden gleaning programs encourage everyone with extra produce, farmers and backyard gardeners alike, to donate the extra produce to local food banks. "FISH [food bank] has a hard time getting enough fresh fruits and vegetables," said Robin Read-Ochoa, Health Promotion Manager.



"Many gardeners have a lot of extra fruits and veggies in the summer, and we're trying to help them put their produce to good use helping people in our community who don't get enough."

## A Note from the Administrator: Quality Improvement Follows Standards Review

In May of 2008, Washington State Department of Health via the Public Health Improvement Partnership conducted a Public Health Standards review of the Department.

Preliminary feedback indicates that our department did well on the review due to the hard work and dedication of staff. The site reviewers identified several documents and processes within the department that will be used as recommendations for other health jurisdictions state wide.

In addition to positive feedback we

received recommendations for improvement.

The Department Quality Improvement Leadership Team (QILT) which directs quality improvement efforts throughout the department, implemented strategies to address the recommendations from the review team.

Specifically, they have implemented Customer Satisfaction Surveys within all programs which include an online survey located on the public health department website. Internal program

audits have been implemented in the Communicable Disease and Environmental Health programs to help improve systems within those programs.

In the process of planning the program audits, it became clear that standard operating procedures needed to be developed or revised for certain programs. The program audits have also identified a need for increased use of technology to reduce human

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**Communicable Diseases**

CD Cases Confirmed	23
Other Investigations	0
Food Illness Complaints	0
Lead Poisoning Cases	0
Chlamydia Reported	39
Herpes Reported	3
Gonorrhea Reported	1

**Child Vaccine Administered**

DtaP	4
DT	0
Td	0
HIB	2
IPV	4
MMR	12
Hep B	5
Varicella	9
Hep A	16
Influenza	2
Pneumonia	0
Pprevnar	6
ProQuad	3
MCV4	5
HPV	5
Pediarix	4
Tdap	14
Immune globulin	0
Rotavirus	2
Oral typhoid	2
Injectable typhoid	2
Tetanus toxoid alone (TT)	3
Yellow Fever	2

**Tuberculosis Program**

TOTAL TB Tests	28
TOTAL Positive TB Tests	0
Cases Active TB	0
Suspect TB Investigations	0
INH Preventive TX New	0
INH Preventive TX Finished	0

**Kittitas County Staff Assist with Grant County Measles Control**

After receiving notice of their eighth confirmed case of Measles, Grant County Health District called Kittitas County Public Health to ask for help controlling the spread of this communicable disease. Grant County did not have enough trained staff to complete standard disease control measures, including phone calls to the parents of potentially exposed children and follow up with families that were difficult to reach.

Amy Diaz, Assessment Coordinator, and Candi Blackford, Public Health Clerk,

answered that call. Funded by Blue Ribbon Funds, monies designated for communicable disease and immunization work, Diaz and Blackford spent six days in Grant County.

“It was a lot of work, and great for us to see how another county handled an outbreak,” said Diaz. “Now we know what works, and what doesn’t work so well if we ever have a similar outbreak here.”

There are actions Kittitas County Public Health can take now to be prepared, including updating all immunization

databases and working closely with school nurses and primary care providers in the county.

CHILD Profile, an online immunization registry, would be invaluable in case of a communicable disease outbreak. Medical providers, public health professionals, and school nurses have access to the database, which records immunizations of children and adults in Washington State. In an outbreak, this database would easily identify those needing immediate immunization.

**Immunization Clinic for Incoming 6th Graders**

Before school starts this fall, incoming 6th grade students need to be up to date on all required immunizations. The Public Health Department will host several immunization clinics to ensure all students have a chance to get up to date. Students may attend any immunization clinic, regardless of school enrollment.

The immunization database,

CHILD Profile, will be updated on-site as students receive immunizations. This database is accessible to primary care providers and school nurses as well, and includes both adults and children. In the case of a communicable disease outbreak, this database would help public health officials determine an appropriate course of action.

**Cle Elum:** September 4, 2pm-3pm, Walter Strom Middle School Multipurpose Room  
**Ellensburg:** Monday, August 18, 12pm-1:30pm, Morgan Middle School nurse’s office  
**Kittitas:** Tuesday, August 26, 6pm-7pm, Kittitas Secondary School nurse’s office.

For more information, call 509-962-7515.

**Holly Duncan—20 Years with Public Health!**

Holly Duncan, Environmental Health Specialist II, reached her 20 year anniversary this spring!

Holly was initially hired in April of 1988 as an Environmental Health Specialist I in Food Safety and Camps and Parks Permitting and Inspections. Within 1 year she was promoted to Environmental Health

Specialist II.

Holly was also cross-trained into the On-Site Sewage program as the county began to grow. Since 1993, Holly has worked in the Drinking Water and school health and safety programs.

Holly has a tremendous amount of historical knowledge that has

been invaluable to the Department.

During 2005 and 2006, she witnessed a complete turnover in Environmental Health staff; her support and willingness to work in different program areas to keep the department functioning was greatly appreciated. Congratulations and thank you Holly!

**Rick Bender, Tobacco-Caused Cancer Survivor, Shares Story**

Rick Bender was a semi-pro baseball player who, as a result of chewing tobacco, lost a third of his tongue, half of his jaw, and all of the flesh connecting the right side of his neck with the rest of his body.

Never drawn to smoking, Rick got his nicotine fix from a little flat tin of what he calls “spittin’ tobacco.” “But spittin’ tobacco still is full of benzene, lead, acetone, formaldehyde and about 30 other ingredients that might belong in a car or in paint remover, but certainly not in your body,” said Bender.

It took 10 years for Rick’s cancer to signal that it had taken over. “The first sign was a little sore on the side of my tongue. It was enough to spoil my Christmas. I thought it

might have something to do with the tobacco and I went to the doctor. They did some tests and he said they’d have to operate and take out this cancerous dime-size bump on my tongue.”



Rick was scheduled for a two-and-a-half hour operation. It took over 12 hours. It also took away the possibility of Rick looking normal ever again. “Even after the operation, they

didn’t think they’d got it all. They never thought I’d be talking to kids about what I did, and what I’ve gone through.”

Rick Bender is spreading the word about his experience, hoping to keep today’s youth from tobacco—the puff or the pinch. This message is especially critical in rural communities like Kittitas County where chewing tobacco rates are often double the statewide rates.

In April, Bender visited Cle Elum-Roslyn, Ellensburg, and Kittitas High Schools to spread the word...

**“Don’t do what I did... don’t believe them... don’t wind up looking like I do.”**

**AFIX and VFC Visits to be Completed in 2008**

Vaccines for Children is a federal program providing all recommended and required childhood vaccines free of charge for Medicaid eligible, uninsured, American Indian or Alaska Native, and underinsured children through age 18. The vaccines are distributed by the State Department of Health, and the local Public Health Department is responsible for distribution to local providers.

As a condition of vaccine distribution, the local Public Health Department is required to perform a site visit on two locations annually, ensuring the vaccine is properly

handled, stored, and administered.

A second component of this visit is the Assessment Feedback Incentive Exchange (AFIX). The AFIX component is performed by Amy Diaz, Assessment Coordinator. While a Public Health Nurse examines vaccine handling, storage, and administration processes, Diaz helps clinics determine their vaccine coverage level, or calculating the percent of clients that receive all shots in a series.

Specifically, Diaz calculates the percent of patients between 19 and 35 months of age who



have received all 4 DTaP, 3 Polio, 1 MMR, 3 HIB, 3 HepB, and 1 Varicella vaccine.

Based on these findings, Diaz helps clinics develop a plan to ensure all patients receive every shot in each recommended and required series.

Immunizations are most effective when the series is completed; this ensures the antibodies are fully developed in the vaccine recipient.

**HIV/AIDS and Hep. C**

Presentations	6
People in attendance	68
Blood Borne Pathogen Classes	2
# People in BBP Classes	14
Case Management Clients	3

**Breast and Cervical Health**

New Clients Enrolled	19
BCHP Interpretation	3
Year to Date Enrollment*	91

\*July 07-June 08

**Administrative Services**

Births	76
Birth Certificates Issued	302
Deaths Registered	52
Certified Copies of Deaths	262
Home Births Registered	1
Fetal Deaths	2
Child Deaths	2

**Child Care Health**

Nurse Consultant visits	11
Other Consultations	4

**Tobacco Program**

Compliance Check	36
Compliance Rate	83%





**Food Safety**

<b>Permits</b>	
Food Establishments	311
Temporary Food Service	21
Food Handler Permits	320
<b>Inspections</b>	
Routine Inspections	78
Re-inspections	6
Pre-Opening Inspections	8
Temporary Food	0
<b>Contractual Inspections</b>	
CWU Quarterly	1
Jail Quarterly	1
School Kitchens	11
<b>Enforcement Activities</b>	
Red Item Violation >30 pts	9
Red Item Violation >70 pts	1
Operating without a Permit	0
Complaints	12
Temporary Closures	2
Complaints Resolved	12
Design Plans Reviewed	2

**Drinking Water**

<b>Water &amp; Sewage Evaluations</b>	
Sewage	0
Water	0
Both	0
Sanitary Surveys	1
Group B Water Systems	24
<b>Plat Approval</b>	
Well Site Inspections	9
Well Delegation	25
Prtv. Bacteriological Sampling	0
Private Nitrate Sampling	0
Group B Paperwork Received	0
Group B Systems Approved	3
Farm Exemptions Received	0
Farm Exemptions Approved	0
Complaints	0
Group A/B Sources GPS'd	0
Group A Nitrate Samples	0

**Shape Up Receives Community Award from Kittitas Schools**

Earlier this spring, Shape Up Kittitas County was honored with an award from the Washington Association of School Administrators Community Leadership Award. This award is given to an individual or group who has made an impact on education,

as nominated by the local school districts in each county. Each district is free to nominate different agencies, but all districts in Kittitas County collaboratively nominated and awarded Shape Up Kittitas County the Community Leadership Award.

“This award was totally unexpected,” said Sarah Bedsaul, Health Educator. “It’s very flattering.” Awards were presented at a ceremony in Yakima, attended by regional school administrators and award recipients.

**Hepatitis C Event Increases Community Awareness**

May was National Hepatitis Awareness Month, so in recognition, the Public Health Department’s HIV Prevention program hosted an awareness event. The HIV Prevention Program also works with Hepatitis C testing, counseling, and prevention,

hepatitis shared knowledge and answered questions throughout the afternoon. The culminating event of the day was a talk by Nurse Practitioner Anne Croghan of Seattle.



Addressing a crowd of about 20 people, Croghan provided background on Hepatitis C, discussing risk factors for infection, methods of transmission, treatment, and stories from Hepatitis C patients. Participants were engaged and asked questions throughout her hour-long talk. Hepatitis C, which is primarily

transmitted through use of injectable drugs, can be treated with a combination of medications. For more information, please contact Julia Karns at 509-962-7028.

**Shape Up’s Walkability Assessment Results Shape Planning**

This spring, Shape Up Kittitas County asked residents to rate the walkability of their community. More than 80 participants came out on a nice Saturday morning to share their opinions.

The survey unveiled that: 61% reported sufficient room to walk, although nearly half commented on broken or cracked sidewalks.

64% reported it was easy to cross streets, while many commented on missing curb ramps and short traffic signals. 88% reported that drivers’ behavior was excellent, very good, or good.

79% or respondents thought it was easy to follow traffic laws including crossing with traffic lights, walking on the sidewalk, and using cross walks.

85% of walkers reported a pleasant walk. These results were shared with the Shape Up Coalition, who subsequently presented to the Ellensburg City Council and the Non-Motorized Transportation Committee. This fall, the Shape Up Coalition hopes to implement a biking & pedestrian education campaign.

**Breastfeeding Going for the Gold!**

In an effort to promote breastfeeding and raise awareness about its benefits, the Breast Feeding Coalition is hosting its annual “Breast Fest” at Ellensburg’s Farmers Market on August 2nd. The theme of this year’s promotional activities is “Breastfeeding, Going for the Gold!” in celebration of the 2008 Olympics.

By increasing awareness, the Breastfeeding Coalition hopes to help new moms feel comfortable breastfeeding and increase community support. Breast Fest activities include:

Prenatal and post-natal exercises led by The Gym staff  
Diaper Derby: race crawling babies across a blanketed pad  
Prizes



Give-aways, including blankets every 30 minutes, manual breast pumps, diaper bags, ice cream cone cards from Winegar’s, baby’s first haircuts, and nursing bras from “Birth & Baby”

Professional staff at Farmers’ Market to answer questions. For more information on Breast Fest, please call Deb Sandvig at 509-962-7515.

**Oral Health Provides Dental Care and Screenings**

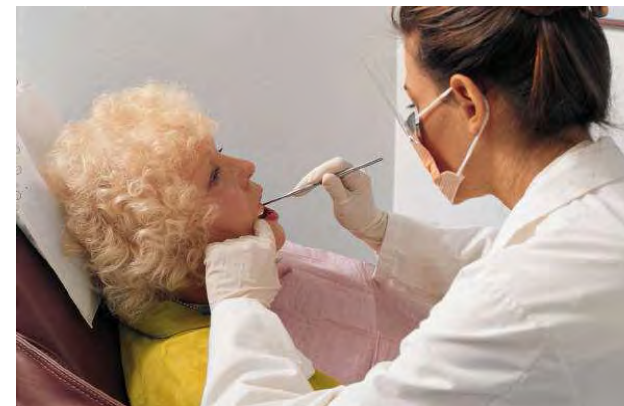
This spring, the Oral Health Program focused its attention on seniors, providing free preventive dental services at the City of Ellensburg Adult Activity Center for 34 senior clients. “Periodic dental cleanings and oral cancer screenings help keep Seniors healthy by

identifying problem areas in the mouth and teeth, and giving the client a referral to a specialist or general dentist if needed,” said Christie Waddington, Oral Health Coordinator. “We found that people over the age of 65, who are restricted by fixed incomes, let their routine dental care lapse and only address the

urgent needs when they arise.” Medicare does not pay for dental service. By providing routine check-ups at no cost, seniors can save money for further care if it’s needed.

Addressing ‘suspicious areas’ in the early stages can save clients time and money, as treatment for serious problems can be much more expensive and painful. These preventive measures lessen the impact on the community’s medical facilities by reducing the number of urgent care visits to the local Emergency Department.

Unfortunately the Senior Clinics will not continue for the remainder of 2008 due to a lack of funding.



**Adult Vaccine Administered**

Travel Consultations	125
Hep A	38
Hep B	9
TwinRix	44
Immune Globulin	0
Influenza	2
IPV (polio)	25
Meningococcal	6
MMR	2
Pneumococcal	1
Tetanus/Diphtheria	12
Oral Typhoid	26
Injectable Typhoid	10
Varicella	4
Yellow Fever	17
Rabies	0
Japanese Encephalitis	6
ProQuad	0
Tdap	96
Td	6
M/R	7

**Mobile/Volunteer Clinics**

Dental Patients	16
Senior Dental Patients	14

**First Steps Program**

Nursing Home Visits	168
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**Oral Health Education**

Kittitas Elementary	0
Valley View Elementary	0
Mt. Stewart Elementary	0
Thorp Elementary	0
Damman School	0
Cle Elum/Roslyn	0
Morgan Middle School	164 tbs
Adult Service Agencies	2 Hlth Fairs
Kittitas Middle School	0
Other (churchs, missions)	144 tbs
Child Care Centers	0

Tbs = toothbrushes 3



**School-based Sealants**

Kittitas Elementary	13
Lincoln Elementary	27
Mt. Stewart Elementary	*
Thorp Elementary	5
Damman School	0
Cle Elum/Roslyn	17
Easton	0
Parke Creek Group Home	23
Morgan Middle School	0
Busy Buddies	0
Provisional Clinic	0
Valley View Elementary	0
Senior Clinic	0

\* Incomplete data

**WIC Enrollment**

TOTAL Clients	2,677
Pregnant	360
Breastfeeding	210
Post-Partum	120
Infants	638
Children >1 yr	1,335
# Checks issued	2,377
% non-participating clients	11.63%

**Medical Nutritional Therapy**

New Referrals	0
Returning Patients	10

**Children with Special Health Care Needs**

Established Clients	89
Lost or Closed Files	12
New Clients	10
Home Visits	20
Office Visits	2
No Shows	0

**Early Intervention Program**

Referrals	8
Home Visits	12

**Vital Records Ordering System Now Online**

Vital Records, also called birth and death certificates, are now available to order online. In addition to ordering in person or over the phone, clients may now order their birth or death certificates online.

The certificates may be picked up in the Public Health Office (507 N. Nanum St.) or mailed

to clients upon receipt of payment.

“This is something new we’re doing to improve customer service,” said Pam Bailes, Public Health Clerk. “It’s a quicker process for some clients to order their certificates online, because the certificates are ready when

they come to pick them up. There’s no waiting.”

Kittitas County does not accept payment online, however, so clients need to pick up the certificates in person and pay cash at that time, or mail a money order before the Public Health Department can deliver certificates via mail.

**2008 Financials Focused on Streamlining**

So far, 2008 has been focused on streamlining systems. Amber Simon, Accountant, and Amanda Davis, Public Health Clerk, traveled to Benton-Franklin Health District to learn best practices with billing procedures for Medicaid, Medicare, and private insurance companies. They returned with many ideas that will help the department maximize revenue. Simon also traveled to Grant

County Health District to learn their streamlined system of grant billing procedures to maximize revenue and create better efficiency in financial statement preparation.

Finally, Simon met with Snohomish County Health District to learn how to create an acceptable indirect cost allocation plan. “It’s important that the state approve our indirect cost allocation plan,” said Simon. “With an approved

plan, we can again maximize revenue through grant billing.”

Simon has also been working closely with department managers and staff to create a new budgeting tool to assist with the accuracy of the budgeting process. “This will also help the entire staff better understand and stay in alignment with their individual program budgets,” said Simon. “It’s going to be a good year.”

**Veterinarians Educated on West Nile Virus Prevention**

Kodi Still, Environmental Health Specialist, has been busy ensuring local veterinarians are aware of prevention measures for, and can recognize the signs and symptoms of, West Nile Virus.

“If veterinary staff can deliver the same message as public health and medical providers, the public is more likely to hear the message and follow the recommendations,” said Still. “Prevention is really the best thing we can do.”



Prevention measures include emptying all standing water around a home (gutters, flower pots, tires, etc.) as these are prime breeding grounds for mosquitoes who spread West Nile Virus. People should wear insect repellent when outdoors,

and vaccinate horses.

This summer, Still and other public health staff will collect mosquitoes and dead birds for testing as part of public health’s monitoring efforts. West Nile Virus is spread by mosquitoes, and often appears in birds before humans or horses.

In 2007 there were 6 cases of West Nile Virus in horses in Yakima County. For more information, call 509-933-8225.

**Tire Removal Process Complete**

Piles of abandoned tires are more than an eye-sore, they’re a safety hazard, fire hazard, and now that its summer, a prime mosquito breeding ground. Fortunately, the Washington State Department of Ecology has grants to help.

The Tire Clean-Up Program provides grant money for locations in Washington with more than 800 tires. The grant pays for the cost of clean up.

There are currently five sites in Kittitas County that qualify; the Department of Ecology has contacts with a private tire recycler to clean up all five locations.

Before clean up efforts began,



Before Clean-Up

this particular site [pictured] was estimated to have 2,000 tires. However, after clean up was complete, the total count reached 6,000 tires.

“It was amazing,” said James Rivard, Environmental Health Specialist in the Solid Waste program. “We didn’t know they

were piled in a ravine, which is why our estimate was so far off. They had been piling up at this ranch for several generations, at least.”

Public Health and Department of Ecology work collaborative on many similar projects. For more information, please call Rivard at 962-7005.



After Clean-Up

**Emergency Preparedness Exercises Successful**

Emergency Preparedness and Response staff were busy this past quarter in many forums in collaboration with regional and local agencies ensuring a cohesive response to potential emergency situations.

Jerry Harris, Emergency Response Specialist, worked with the planning team for a county-wide mass casualty exercise culminating in a table-top and functional drill at Cle Elum High School in May. The exercises involved more than a dozen agencies and county departments. On the same day, administrative staff participated in a regional drill focused on emergency response to a radiation event.

Harris also participated in

Emergency Medical Services’ Trauma Council and regular Fire Chief’s meetings. She represented Public Health at the Eastern Washington Red Cross District Emergency Response Retreat and the Incident Command System 400 training.

Harris presented to Lower District Court staff on health precautions and personal wellness techniques that can be applied in crowded, public settings. These recommendations enabled the Lower District Court to make changes in their working environment. Harris also presented at a City of Ellensburg all-staff meeting on personal responsibility in disaster planning.



Other planning and preparedness activities include collaboration with the Emergency Management Director at a Senior Citizens Health Fair in May, and collaboration with the county’s Information Services department to develop a continuity of business plan.

For more information on Emergency Preparedness and Response activities, or to learn more about how you can be prepared, call 509-962-7515.

**Zoonotics and Vector**

Animal Bites/Complaints	17
Rabies/Animals Tested	1
Quarantine Required	2
Dead Birds Collected/Mailed	0
Mosquito Clusters Collected	0
Dead Birds Phone Calls	3

**Solid Waste**

Solid Waste Permit Renewal	6
New Permits Issued	0
Inspections Performed	9
Trash Complaints	38
Incidents	0

**On Site Sewage**

<b>Permits</b>	
New & Repair	69
Renewal	12
Site Evaluation Applications	83
Site Evaluations Performed	79
Designs Approved	60
Final Inspections	71
Final Re-inspections	11

<b>Plat Approval</b>	
Soil Logs: Long and Short	34
Realtor Requests	n/a
Complaints	4

**Living Environment**

<b>Schools</b>	
Plans Reviewed	0
Inspections	8
Playgrounds	6
Complaints	0

<b>Public Pools &amp; Spas</b>	
Permits	2
Inspections	7
Complaints	0

<b>Camps &amp; Parks</b>	
Permit Applications	0
Inspections	0