

PUBLIC HEALTH CONNECTION

Board of Health Approves Strategic Plan, Indicators

In July, the Board of Health unanimously approved the Public Health Department's 2009 Strategic Plan (see "Note from the Administrator"). The plan, which has undergone several revisions since its initial presentation last winter, follows the statewide indicator format in outline form. "We really worked to make it applicable to everyone in the

Department," said Cathy Bambrick, Administrator. "It was important to have a line of sight from every position to the ultimate goal of the department."

The Board of Health also approved a set of 25 Environmental Health Indicators that will serve as the guide for Public Health staff to measure the environmental

impact of their work.

In September, the Board of Health reviewed the official results of the 2008 Standards Assessment. The Public Health Department was evaluated in 12 areas, and received specific strengths and areas for improvement in all 12 areas. The strategic plan addresses the areas of weakness outlined in the standards review.

Board of Health Advisory Committee

The Board of Health Advisory Committee reviewed and provided feedback on the Public Health Department's strategic plan and environmental health indicators before they were presented to the Board of Health for approval.

"Their input was very helpful,"

said Cathy Bambrick, Administrator. "We incorporated their suggestions before taking the documents to the Board of Health."

The Board of Health Advisory Committee also reviewed the Public Health Department's "smoking policy" for all establishments, and heard the

results of a project prompted by the committee to address youth depression and suicide prevention. After a brainstorming meeting, targeted agencies were put in contact with Central Washington Comprehensive Mental Health to receive suicide-prevention training.

Quality Improvement Leadership Team

The Public Health Department's Quality Improvement Leadership Team (QILT) is charged with leading quality improvement projects for the department.

Every quarter, QILT helps a different program complete a Rapid Cycle Improvement project. The projects are meant to, over the course of several

months, quickly test and ultimately implement a new process, or improve an old one. Before fully implementing the new process, the programs perform at least two "pilots," where the new system is tested for a few days with one small entity. "This works all the kinks out before teaching everyone a new system," said

Amy Diaz, Assessment Coordinator. QILT organized three rapid cycle improvement projects in 2008.

In 2009, QILT will help one program in each division (Environmental Health, Health Promotion, Community Health Services, and Administration) with a rapid cycle improvement project.

Note from the Administer, Continued

initially drafted by the department's management team, then revised by the assessment coordinator. Each division of Public Health met to discuss the plan, and all staff were able to provide feedback. Their suggestions were incorporated into the document which was then edited and approved by the



Cathy Bambrick,
Administrator

Board of Health Advisory Committee. Final approval came from the local Board of Health.

You can find a link to the plan on our website at www.co.kittitas.wa.us/health/aboutus.asp.

Cathy Bambrick

Free Immunization Clinics Ensure Kids Are Ready for School

Public Health Nurses and other staff provided free immunizations to children under age 19 on three separate days in August and September.

"We were very happy with the turnout," said Linda Navarre, Public Health Nurse. "A lot of kids needed the immunizations to start school, and some were just behind with certain immunizations. I was happy to see so many families taking advantage of the free immunizations to protect their children."

Childhood immunizations prevent serious, potentially life-threatening diseases such as measles, mumps, rubella, chicken pox (varicella),

whooping cough (pertussis), tetanus, polio, and others.

Some immunizations are required for entrance to school, while others are recommended. For more information, visit www.cdc.gov. Children without required immunizations must provide a waiver declining immunizations due to personal, religious, or medical reasons.

In Ellensburg on August 18th, nurses administered 38 immunizations to 14 children. On August 26th in Kittitas, nurses provided 60 shots to 30 children. And on September 4th in Cle Elum, nurses administered 53 immunizations to 24 children. In all, 68 children received 151



immunizations.

The Public Health Department continues to provide required and recommended childhood and adult vaccines on a sliding fee schedule for those who qualify.

For more information, please call (509) 962-7515.

Note from the Administrator: Strategic Planning for 2009

Kittitas County Public Health Department is excited to announce the completion of a 2008–2009 strategic plan detailing the initiatives that will guide the work of Department staff. The plan was reviewed and approved the Board of Health Advisory Committee and formally adopted by the local Board of Health in July.

The 12 Standards of Public Health, which outline the functions of each local health jurisdiction in Washington State, were the basis of the strategic plan. Advice from experts and past planning efforts were also incorporated into the new document, which has been

divided into 11 Strategic Initiatives:

1. Community Health Data Tracking, Analysis, and Use
2. Communication to the Public and Key Stakeholders
3. Community Involvement
4. Threats to the Public's Health
5. Planning for and Responding to Public Health Emergencies
6. Prevention and Education
7. Addressing Gaps in Critical Health Services
8. Program Planning and Evaluation
9. Financial Management Systems
10. Collaborating with County

Services and Systems

11. Leadership and Governance

A major goal of the plan was that it be useful to all Public Health staff, regardless of their position within the department. To accomplish this, the writing of the two year plan was an exercise in balance; the plan is broad enough that the overall goals and outcomes of the entire department are clearly visible but daily activities are also incorporated without including excessive detail.

Staff were also included in the development of the plan. It was

Sexual Assault Nurse Examiners at Health Department

Several months ago, Kittitas County's Sexual Assault Nurse Examiner program, or SANE, faced a dilemma. SANE nurses perform exams on sexual assault victims and suspected perpetrators. Historically, SANE exams were performed by specially trained nurses from Kittitas Valley Community Hospital. However, due to scheduling conflicts, the nurses were unable to continue.

"That's when the county came to us and asked if we could perform the exams," said

Bonnie Corns, Community Health Services Manager. Public Health Nurses Carrie Bland and Linda Navarre agreed, and began training.

Currently, the two are halfway through the training course. When they complete the course, they will be certified to do SANE exams. The Public Health Department has also joined the Sexual Assault Interagency Coalition, run by ASPEN.

"I'm excited about this," said Corns. "It's a great way for us

to reach people and to help out our community."



Hantavirus Death Confirmed in Ellensburg

The tragic death of a 34 year old Ellensburg man was confirmed to be caused by hantavirus pulmonary syndrome (HPS) in August.

Hantavirus is very rare, but often fatal. One in three people who contract the virus will die. HPS is spread by contact with infected deer mice, or their urine and droppings.

Public Health officials worked

closely with the Yakima coroner's office and the patient's doctors and close contacts to investigate the source of the virus.

"This was a tragic case," said Bonnie Corns, Community Health Services Director. "Our hearts go out to the family, friends, and community that loved and supported this man."

HPS cannot be spread from

person to person. Practicing rodent control and avoiding exposure to deer mice and their urine or droppings is the best method of prevention.

"I really commend all of the officials that worked on this case," said Corns. "Open communication ensured a quick resolution." More information on HPS can be found on the CDC website: www.cdc.gov.

Provider Education on Communicable Disease Continues

When the Washington State legislature increased funding for communicable disease prevention, one of the mandates was for public health departments to increase their collaboration with local medical providers. The Kittitas County Communicable Disease program has been doing just that.

Kodi Still, Environmental Health Specialist, visited four veterinary clinics in Kittitas County to discuss vector-borne

communicable diseases, and the importance of reporting suspected cases. In the past, providers have mistakenly waited for confirmation of a disease before notifying Public Health authorities. "If we know about a suspect case the minute a provider is suspicious, we can start our investigation," said Carrie Bland, Public Health Nurse. "There is a lot of prevention work we can do to keep exposures minimal, and to protect the health of the people around the potentially infected

person."

Public Health Nurses Bland and Linda Navarre have also presented to medical providers about the same topic.

The Public Health Department has implemented new systems to manage multiple communicable disease outbreaks simultaneously, pulling in additional support staff when needed. "A lot of us are trained now," said Bland. "If anything happens, we're more prepared than we used to be."

HIV Prevention Implementing New Tactics to Reduce Infection

The HIV Prevention program, in conjunction with the Communicable Disease program, has instated a weekly needle exchange program. The exchange provides an opportunity for needle users to exchange dirty needles, one-for-one, for clean needles.

"There is a lot of evidence that providing clean needles reduces the spread of serious communicable diseases like HIV or Hepatitis C," said Cathy Bambrick,

Administrator. "Exchanges also increase the likelihood users will enter and stay in drug treatment."

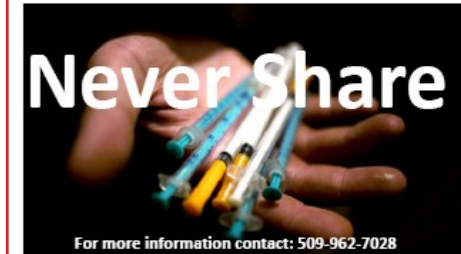
Since the program's launch earlier this summer, Julia Karns, Community Outreach Worker, has staffed stations in Cle Elum and Ellensburg weekly. "I've been there consistently, every week at the same time," said Karns. "We haven't had any clients yet, but we know the need is there. Potential clients have shown

interest."

At the end of the month, staff will discuss strategies to increase participation with other agencies currently running exchanges.

Hepatitis A and Hepatitis B vaccine is also available free of charge at every exchange. The vaccine is provided through a grant from the Washington State Department of Health.

For more information on the needle exchange, call (509) 962-7515.



HIV/AIDS and Hep. C

Presentations	9
People in attendance	68
Blood Borne Pathogen Classes	1
# People in BBP Classes	6
Case Management Clients	4

Outstanding Intern Daisy Rodriguez Much Appreciated

Daisy Rodriguez, an intern with the Health Promotion division, will be returning to Central Washington University to complete her degree in Health Education this fall.

After a summer of volunteering 40 hours per week, Daisy will be greatly missed. "She took the

initiative on every project and ran with it," said Robin Read-Ochoa, Health Promotion Manager.

While with the department, Rodriguez assisted the Tobacco Prevention and Control, Shape Up, Breast and Cervical Health, and HIV Prevention programs.

"She really understands the community we serve, and took the time to make sure they understood her message," said Julia Karns, Outreach Worker. "She left nothing undone."

Rodriguez assembled outreach packets, created fliers, presentations, and brochures, assisted staff in the field, and much more. Thank you Daisy!

Tobacco Retailer Education Efforts Underway

Federal law requires states to keep youth tobacco sales rates at or below 20 percent. Compliance with this requirement is measured through random checks of retailers during which kids attempt to buy tobacco. In 2007, Washington youths were able to purchase tobacco about 9 percent of the time.

The Tobacco Program requires its local contractors to conduct compliance checks and educate retailers about the law. To help with

this effort, the Tobacco Program and its partners provide retailers with



information about tobacco sales, legal requirements, and display regulations, and show them how to help their employees comply with the law. Training is available

for store employees from both Liquor Control Board and local tobacco prevention program staff.

Nicole Dunn, Health Educator, recently sent educational packets to Kittitas County tobacco retailers, informing them of the upcoming compliance checks and offering training or staff education. Compliance checks will begin in October.

For more information, call (509)962-7515 or visit www.doh.wa.gov.

Communicable Diseases

CD Cases Confirmed	27
Other Investigations	0
Food Illness Complaints	3
Lead Poisoning Cases	0
Chlamydia Reported	17
Herpes Reported	2
Gonorrhea Reported	1

Child Vaccine Administered

DtaP	5
DT	0
Td	2
HIB	3
IPV	9
MMR	17
Hep B	2
Varicella	46
Hep A	33
Influenza	0
Prevnar	6
ProQuad	0
MCV4	30
HPV	21
Pediarix	8
Tdap	53
Rotavirus	0
Oral typhoid	1
Injectable typhoid	2
Yellow Fever	8

Tuberculosis Program

TOTAL TB Tests	98
TOTAL Positive TB Tests	0
Cases Active TB	0
Suspect TB Investigations	0
INH Preventive TX New	0
INH Preventive TX Finished	0

Food Safety

Permits	
Food Establishments	146
Temporary Food Service	48
Food Handler Permits	476
Inspections	
Routine Inspections	41
Re-inspections	4
Pre-Opening Inspections	6
Temporary Food	53
Contractual Inspections	
CWU Quarterly	1
Jail Quarterly	1
School Kitchens	12

Enforcement Activities	
Red Item Violation >30 pts	4
Red Item Violation >70 pts	0
Operating without a Permit	0
Complaints	18
Temporary Closures	0
Complaints Resolved	18
Design Plans Reviewed	6

Drinking Water

Water & Sewage Evaluations	
Sewage	0
Water	1
Both	0
Sanitary Surveys	4
Group B Water Systems	4
Plat Approval	
Well Site Inspections	3
Well Delegation	23
Prtv. Bacteriological Sampling	1
Private Nitrate Sampling	0
Group B Paperwork Received	5
Group B Systems Approved	3
Farm Exemptions Received	0
Farm Exemptions Approved	0
Complaints	0
Group A/B Sources GPS'd	21
Group A Nitrate Samples	0

Key Environmental Health Indicator Report Released

The Public Health Department released the Key Environmental Health (EH) Indicator Report on September 9th.

This report is the companion document to the 2007 Key Health Indicator Report, which contained only four EH indicators. Together, the reports lay out a comprehensive set of indicators to monitor personal and environmental health now and in the future. In the future the documents will be combined into one publication.

Because EH Indicators are a new area for Kittitas County and Washington State, the

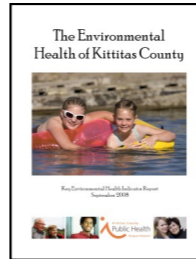
department is currently in the process of establishing data collection systems; the report is currently void of data in many indicator areas. Data will be filled in to provide a baseline when this report is updated in 2009.

Many people and organizations made this report possible, including Art Starry, EH Director in Thurston County, Public Health staff, Board of Health, Board of Health Advisory Committee, the statewide EH Director's committee on indicators, Department of Health, and

others. Their input was invaluable in ensuring the report covers topics important to protecting and promoting the health and safety of Kittitas County residents.

A full copy is available online: www.co.kittitas.wa.us/health/assessment.asp#publications.

Please call (509) 962-7635 for more information.



Internal Audit Process Implemented to Ensure Quality, Accuracy

The Public Health Department needs to perform annual internal audits on its programs in order to meet Washington State Standards.

Amy Diaz, Assessment Coordinator, facilitated the first round of program audits this summer by conducting audits on several community health services and environmental health programs.

"The process of auditing is

very helpful to staff and managers," said Diaz. "It focuses attention on areas to improve, and gives everyone something to celebrate in the areas we're doing well."

Environmental Health and Community Health Services staff have implemented new quality control measures since the audits and managers are already noticing an improvement in quality.

Audits focus on accuracy of

data entry, timeliness of submission, completeness of paperwork, and proper storage and filing practices.

"Our customers may not notice an immediate improvement," said Holly Myers, Environmental Health Director. "But with our internal processes as smooth as they can be, our service should improve."

For more information, call Diaz at 509-962-7635.

More Frequent Billing Cycle Means Up To Date Financial Information

After consulting with funding organizations and reviewing contract language, Amber Simon, Business Manager, has moved most Public Health programs from a quarterly billing cycle to a monthly billing cycle. This is good news for program staff. With more frequent and accurate financial data, staff are able to better manage their budgets

and control spending and accurately reflect revenue.

"Right now, the contract revenues are at 100% of projected revenue, so we are on track so far this year," said Simon. "I will also meet monthly will program staff and managers to make sure their contracts are being fully utilized."

The change is also beneficial to

the funding organizations, who are able to keep their financial information updated. Quarterly billing was allowed in the past, but monthly billing is preferred.

In October, Simon and management staff will be busy with the 2009 budgeting process. This process includes a review by the Kittitas County Commissioners, Board of Health, and County Auditors.

Shape Up Kittitas County Gleans Produce

Several years ago, Kittitas County residents noticed a missing link in the community. With a large number of personal gardens in the county, coupled with a good growing season, many county residents have an overflow of fresh fruits and vegetables. On the other hand, local food banks have a shortage of fresh produce.

For the second year in a row, Shape Up Kittitas County's Food Access Committee has taken the lead connecting gardeners with food banks to ensure no produce is wasted.

Statistically, food bank clients eat fewer of the fruits and vegetables that are necessary for a good diet than wealthier residents. Poor diets, coupled with lack of exercise and other health habits, can lead to chronic or acute health problems such as obesity and diabetes.

Shape Up distributed fliers throughout the community, provided education and community outreach at local events, and targeted gardeners through the library and other locations to spread the word about donation opportunities.

"It's the second year of the program now," said Robin Read-Ochoa, Health Promotion Manager. "People are more familiar with the program and know what to expect. It's exciting to see donations increasing."

For more information on how to donate, please call (509) 962-7515.



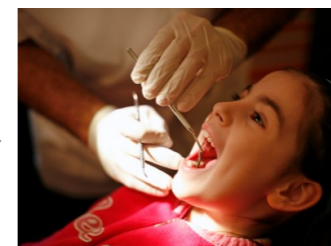
Oral Health Program's "Smile Survey" Administered

Every several years, Kittitas County's Oral Health Program conducts a "Smile Survey," or data collection effort among Kittitas County youth to determine the effectiveness of the elementary school sealant programs. The survey is done in conjunction with mandatory vision and hearing screenings.

This year, the Smile Survey was administered for 7th graders on September 9th at Morgan Middle School in Ellensburg.

Results of the dental screening showed that, overall, the

Ellensburg Middle School students had excellent oral hygiene habits. There was no



evidence of unmet dental needs. One child, out of 121 screened, was referred to a dentist for untreated dental cavities, or caries. Roughly

90% of students had sealants in place. Sealants are effective in preventing decay.

In addition to the screening, students completed questionnaires. Survey results showed that most children have a local dentist and that they received the sealants from their private practice provider. About 30% of the children screened had orthodontics, which indicates that they are being seen routinely by a dentist and an orthodontist. Socio-economic information and race/ethnicity data was not

October is Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month, a time to remind all the women in your life to get their annual breast and cervical exams.

Early detection of breast or cervical cancer through routine breast and cervical exams can significantly increase the

chance of recovery.

The Kittitas County Breast and Cervical Health program helps women without insurance get annual exams from a local health care provider. Women must be over 40 years old, without insurance coverage, and must meet certain income



guidelines. Look for the program logo around town this October! Please call (509) 962-7515 for more information.

Adult Vaccine Administered

Travel Consultations	46
Hep A	22
Hep B	21
Twinnix	39
Immune Globulin	0
Influenza	0
IPV (polio)	15
Meningococcal	8
MMR	5
Pneumococcal	1
Tetanus/Diphtheria	6
Oral Typhoid	14
Injectable Typhoid	10
Varicella	2
Yellow Fever	12
Rabies	0
Japanese Encephalitis	4
ProQuad	0
Tdap	22
Td	0

Mobile/Volunteer Clinics

Dental Patients	0
Senior Dental Patients	0

First Steps Program

Nursing Home Visits	172
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Oral Health Education

Kittitas Elementary	4
Valley View Elementary	0
Mt. Stewart Elementary	0
Thorp Elementary	0
Damman School	0
Cle Elum/Roslyn	11
Morgan Middle School	4
Adult Service Agencies	0
Kittitas Middle School	0
Other (churchs, missions)	10
Child Care Centers	0

Shape Up Joins Healthiest State in the Nation Campaign

The Kittitas County Public Health Department and Shape Up Kittitas County are on board to log miles for the Governor's Health Bowl. The Bowl, an initiative started by Governor Christine Gregoire, organizes a friendly statewide competition to get communities active, logging miles as they go.

Health Educator Sarah Bedsaul has been actively recruiting employees of Kittitas Valley Community Hospital, Central Washington University, and the Ellensburg Chamber of Commerce to join the Bowl. "We are excited about the campaign and most Health Department staff have joined a

team," said Bedsaul. The Governor's Health Bowl is one component of the Washington Health Foundation's goal to make Washington the Healthiest State in the Nation. For more information, call (509) 962-7515.

Locally Developed Child Care Tool Shared Statewide

When Liz Whitaker, RN, BSN, developed two resources to make her job as a child care consultant easier, she did not expect them to become a statewide standard. However, the ease and applicability of the tools made them an instant hit among child care consultants.

The first document is a First Aid checklist. Whitaker converted a First Aid checklist from a paper-only copy to an electronic version. "It can be

easily edited and adapted for the unique needs of different child care providers," said Whitaker. The second resource is a one page checklist for positive behavioral support. Whitaker adapted the tool from a workshop by Carol Davis, EdD, UW Experimental Education Unit. "It used to be much longer and cumbersome, so I made it a 1-page checklist," said Whitaker.

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Child Care consultants are nurses trained to help child care centers ensure the safest, most productive atmosphere for their charges. This can include helping child care centers work with children with behavioral problems or special health care needs, and providing resources for staff.

For more information about the Healthy Child Care Washington program, call (509) 962-7515.

Breastfeeding "Going for the Gold" Successful

August 1-7 was World Breastfeeding Week, providing the impetus for Kittitas County to celebrate the importance of breastfeeding.

August 1-7 was World Breastfeeding Week, providing the impetus for Kittitas County to celebrate the importance of breastfeeding. Benefits of breastfeeding for the infant include strengthening the bond

between mother and infant, satisfying the baby's emotional needs, and providing optimal nutrition. Breast milk contains immunities to diseases and assists the development of the



year or longer. baby's immune system. Breast milk is free and environmentally friendly, and breastfed babies are also less likely to become obese later in life.

On August 2, 2008, the Kittitas County Breastfeeding Coalition had a booth at the Ellensburg Farmer's Market to support breastfeeding in our community. The coalition would like to thank all supporters, volunteers, and participants who made the event a success. For more information, please call (509) 962-7515.

School-based Sealants

Kittitas Elementary	0
Lincoln Elementary	0
Mt. Stewart Elementary	0
Thorp Elementary	0
Damman School	0
Cle Elum/Roslyn	0
Easton	0
Parke Creek Group Home	0
Morgan Middle School	0
Busy Buddies	0
Provisional Clinic	0
Valley View Elementary	0
Senior Clinic	0
Head Start	105

WIC Enrollment

TOTAL Clients	1008
Pregnant	155
Breastfeeding	71
Post-Partum	43
Infants	267
Children >1 yr	472
# Checks issued	2344
% non-participating clients	5.46%

Medical Nutritional Therapy

New Referrals	0
Returning Patients	0

Children with Special Health Care Needs

Established Clients	87
Lost or Closed Files	35
New Clients	8
Home Visits	11
Office Visits	2
No Shows	0

Early Intervention Program

Referrals	8
Home Visits	17

Property Clean Up Removes 400 Cubic Yards of Debris

A new Kittitas County property owner was surprised to find 400 cubic yards of debris on the property after purchasing foreclosed land.

After a complaint was made, the On Site Sewage, Solid Waste, and Code Enforcement programs worked together to facilitate an immediate clean up.

"We received a complaint shortly after the owner bought the property," said James



Before clean up



After clean up

Rivard, Environmental Health Specialist in the Solid Waste and On Site Sewage programs. "We required cleanup of the property to begin immediately."

Shortly after visiting the property, Rivard learned that the new owner intended to divide the property. A soil log is required before any land owner can divide a property.

In order to ensure the clean up was completed, Environmental Health specialists required the clean up be completed before a soil log would be conducted.

The property owner was happy about the clean up, but after hauling ten loads of debris to the dump, admitted he would not purchase a similar property in the future.

West Nile Virus Present in Washington State

At the time of this writing, 25 horses, six birds, and possibly two humans have tested positive for West Nile Virus in Washington State. The two people are considered "probable" cases. There are no cases in Kittitas County.

Everyone can reduce the spread of West Nile Virus, which is transmitted through mosquito bites, by removing standing water from around their home, where mosquito larvae thrive. Emptying flower pots, disposing old tires, and cleaning gutters are a few simple ways to

stop the spread of the virus.

There is an equine vaccine available and all horse owners are strongly encouraged to vaccinate their horses.

For more information, call (509) 962-7515.

Importance of Solid Waste Disposal Clear After Fire

In July, local firefighters responded to a fire at Capital Avenue Salvage. Fueled by dry wood and a large number of old tires, the blaze burned for eight hours.

The Public Health Department almost prevented the fire. In the weeks and months leading up to the fire, Environmental Health staff had been working with Capital Avenue Salvage to remove unacceptable materials and to dispose of them

properly. The clean up was not completed when the fire began. "Luckily no one was injured during the fire," said James Rivard, Environmental Health Specialist. "But a few hydraulic hoses on one of their major pieces of equipment was destroyed, as well as an old motel on the property."

help any business properly dispose of hazardous materials. For more information, call (509) 962-7515.



Zoonotics and Vector

Animal Bites/Complaints	14
Rabies/Animals Tested	0
Quarantine Required	3
Dead Birds Collected/Mailed	2
Mosquito Clusters Collected	7
Dead Birds Phone Calls	5

Solid Waste

Solid Waste Permit Renewal	0
New Permits Issued	0
Inspections Performed	17
Trash Complaints	46
Incidents	1

On Site Sewage

Permits	
New	93
Repair	12
Renewal	7
Site Evaluation Applications	69
Site Evaluations Performed	84
Designs Approved	112
Final Inspections	73
Final Re-inspections	22
Plat Approval	
Soil Logs: Long and Short	16
Realtor Requests	25
Complaints	5

Living Environment

Schools	
Plans Reviewed	0
Inspections	1
Playgrounds	0
Complaints	0
Public Pools & Spas	
Permits	18
Inspections	16
Complaints	0
Camps & Parks	
Permit Applications	6
Inspections	13