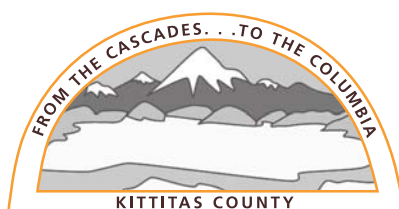


? Did you know ?

- About 6% of Kittitas County adults have received a diabetes diagnosis from a health care provider at some point in their lives (BRFSS 2007).
- Twenty-four percent of Kittitas County adults have been told by a health care provider that they have had high blood pressure at some point in their lives (BRFSS 2007).
- Nearly 85% of Kittitas County adults report that they have had their cholesterol checked at least once (BRFSS 2007).
- Nineteen percent of Kittitas County adults report that they are limited in some way due to physical, mental, or emotional problems (BRFSS 2007).
- Thirty-five percent of Kittitas County adults under age 65 report that they have received an HIV test at least once (BRFSS 2007).



BOHAC Membership Changes

The Board of Health Advisory Committee (BOHAC) had several changes in membership during the second quarter of 2009.

New member Dr. Carin Thomas, a chemistry professor at Central Washington University (CWU), was welcomed at the June meeting. Existing member Dr. Melody Madlem, a health education

professor at CWU, resigned her position.

The advisory committee also approved the membership of a representative from Aging and Long Term Care and the nomination of Dr. Robert Davis with Valley Vision Associates.

"I'm very pleased that the group will be expanding to

include members from health fields that are not already represented," said Cathy Bambrick, Administrator.

BOHAC serves as an advisory committee to the Kittitas County Board of Health, the governing body of the Kittitas County Public Health Department. The group represents the voice of the Kittitas County community.

BOH Holds Public Hearings

The Board of Health (BOH) held two public hearings immediately preceding the June BOH meeting. These hearings were to hear comment from the public on proposed changes to the health department fee schedule and a proposed ordinance prohibiting smoking in public places (see article on page 6).

Following the public hearings, BOH adopted the fee schedule and ordinance as the Board of Health Advisory Committee (BOHAC) recommended.

Other actions taken by BOH during the second quarter include approval of funds to be paid to Community Health of Central Washington to carry out the Children with Special

Health Care Needs program, a Memorandum of Understanding between the health department and the Retired and Senior Volunteer program allowing volunteers with the program to be placed at the health department, and a contract with the National Association of County and City Health Officials providing funding for the health department to become part of an existing health information exchange network within the county.

BOH receives monthly reports from the business manager, administrator, and health officer. Other items presented to BOH by the health department during the second

quarter (in addition to those already listed in this quarterly report) include information about the proposed national accreditation of public health to begin in 2011 and updates on the progress of agreements between Kittitas County and Department of Ecology regarding exempt wells in Upper County.

There are five BOH members. All three Kittitas County Commissioners are members of the board (Alan Crankovich, Paul Jewell, and Mark McClain). The county commissioners are joined by local physician Dr. Don Solberg and Deputy Fire Chief of Kittitas Valley Fire and Rescue Rich Elliott.

A Note from the Administrator, continued

(Continued from page 1)
were agreed upon by the group. We have the commitment of the majority of elected officials which is crucial to the success of this project.

I look forward to working for an organization where all employees feel empowered to effect change



Cathy Bambrick,
Administrator

when they feel change is necessary. The environment that is being created as a result of this training experience and the follow-up sessions is an environment of teamwork and cooperation – just as we had hoped.

Cathy Bambrick

PUBLIC HEALTH CONNECTION

Community Hepatitis Awareness Event Held at Hal Holmes Center

To promote awareness about the chronic illness hepatitis, health promotion staff of Kittitas County Public Health Department held a community gathering on May 19, World Hepatitis Day. Chronic hepatitis C infection is the leading cause for liver transplants in the United States.

Speakers presented basic facts about hepatitis, information about hepatitis medication, treatment, and side effects, and tips on how to adjust diet to minimize the effects of hepatitis on the liver. Free testing for hepatitis C and free vaccination for hepatitis A and B was also available. Dinner was provided for participants.

Of the community participants, 50%

identified themselves as a friend or family member of someone living with Hepatitis C, 42% were persons living with Hepatitis C, and 25% were community members interested in the general topic (multiple answers were allowed so percentages do not add to 100%).

Community participants were also able to fill out a self-evaluation of risk for contracting hepatitis C. Some risk factors include:

- Injecting or snorting street drugs, even once many years ago;
- Incarceration;
- Living with someone known to be hepatitis C positive; and
- Having body piercings or tattoos.



If you are interested in being tested for Hepatitis C contact Julia Karns at (509) 962-7515 to make an appointment. Anonymous testing is available.

A Note from the Administrator: Investment in Excellence Training

Eight members of the Kittitas County Public Health Department team, including myself, were able to participate in the recent Investment in Excellence training hosted by Kittitas County.

These team members attended an intensive two-day initial training session with peers from other Kittitas County departments. The focus of the initial training session was to decrease negative self-talk or spoken comments in an effort to increase cooperation and teamwork – items necessary to have an efficient, accountable and responsible

workforce. Attendees represented all departments and ranged from elected officials and department heads to program-level staff.

After attending one of the two initial training sessions, which hosted about 35 participants each, smaller groups were formed to discuss areas for improvement specific to Kittitas County operations or employment. How would the government of Kittitas County like to be known? What goals should be set? How will we know when we have reached our goals?

Ninety-minute discussions were held

by the smaller groups weekly for five weeks to solicit ideas. These groups were led by a trained facilitator.

Input from each of the small groups led to the creation of vision and mission statements for operations at Kittitas County as a whole. This is not the final step, however. The entire group of 70 participants plans to meet in mid-July to begin action planning. In the action-planning phase we will identify specific activities to improve operations at the county and we will identify parties responsible for driving the changes that

(Continued on page 8)

Last TATU Event of the School Year

Teens Against Tobacco Use, or TATU, met for the last time during the 2008 – 2009 school year on May 27. TATU is a peer-education program that



gives middle school students the opportunity to present information to elementary school students with the purpose of preventing tobacco use.

During the 2008 – 2009 school year, 69 youth were trained in how to give presentations to their peers and younger students. Those trainers reached 282 students throughout the county.

For this year-end event, ten eighth grade girls from Morgan Middle School participated in a low ropes course and other

team building exercises, including rock climbing and a zip line. In this photo, all ten girls worked together to devise a plan that would allow all of them to stand on a small platform at the same time.

These ten girls gave six presentations during the previous school year, reaching about 155 elementary students.

Funding cuts to the tobacco program at the state level may reduce the number of TATU activities in the future, though the health department is committed to continuing this valuable program.

Early Intervention Program Aims to Help Parents

The Early Intervention Program (EIP) gives one-on-one help to parents in an effort to reduce the risk of child abuse or neglect within the home after a previous low-risk incident.

EIP is a home visiting nurse program that helps parents enhance parenting skills and family self-sufficiency.

Families are referred to the health department for EIP

services by a social worker from Child Protective Services, Family Voluntary Services, or Child and Family Welfare Services. Referrals are only given when the Department of Social and Health Services has determined that there is low risk for harm to a child if they remain in the home.

During 2008, there were a total of 29 referrals that resulted in

51 home visits made by a nurse from the health department.

“The parents I have worked with have been very appreciative of the visits. They look forward to using the techniques that we talk about in their own homes,” according to Linda Navarre, Public Health Nurse. “Our main goal is to keep kids with their own parents in a safe environment.”

Concrete Dumping Near Easton

Several hundred “panels”, or concrete slabs, were dumped at a site near Easton without a solid waste pile permit.

These concrete slabs were removed from I-90 during road repair and dumped rather than being moved to the location approved in a contract between the road repair contractor and the Washington State Department of Transportation.

Communication between the Department of Ecology, Department of Transportation, the health department, the road repair contractor, and the land owner occurred during the week of June 8th, and the road repair contractor agreed to move the material to an authorized location.

By the end of June the clean up process was nearly complete.

Clean-up is expected to be finished before the end of July.



Bicycling News in Kittitas County

Bicyclists in Kittitas County attended the annual Bike-to-Work breakfast event at the Rotary Pavilion in downtown Ellensburg on May 15. The event was co-hosted by Shape Up Kittitas County, a program of Kittitas County Public Health Department.

The breakfast was scheduled to coincide with national Bike-to-Work Day, the third Friday of May annually, as part of Bike-to-Work Week and National Bike Month.

“Biking is a great way to stay physically fit and be environmentally friendly at the same time,” said Sarah Bedsaul, Health Educator with the Shape Up program. “I’m always impressed by the great turnout at the Bike-to-Work breakfast for our fairly small county. A

lot of Kittitas County residents bike.” Biking will hopefully be easier and safer in downtown Ellensburg along 5th Avenue thanks to a newly painted sharrow from the fairgrounds to West Ellensburg Park. 5th Avenue is a designated biking area in Ellensburg, but there is not enough room for a dedicated bike lane. The sharrow symbols do not create a separate bike lane, but allow bicycles and vehicles to share a lane of traffic.

Bedsaul presented a sharrow stencil purchased with grant funding to the City of Ellensburg at the annual Bike-to-Work breakfast. Painting of the sharrows was done by City of Ellensburg in mid-June.

Bicyclists and drivers who use 5th Avenue in Ellensburg are encouraged to provide their feedback about the new sharrows by filling out a survey at www.shapeupkc.org. Survey participants can be entered to win a \$50 gift certificate to the Ellensburg Chamber of Commerce.



Children’s Immunization Clinic Held April 18

A free children’s immunization clinic was held on Saturday, April 18 to help bring kids up to date on the immunizations required for school entry. Fluoride varnishes to help prevent tooth decay were also available during the clinic.

As part of the yearly immunization clinic the health department also holds the “Hallway to Health”. Activities to keep kids busy before receiving their immunizations and fluoride varnishes included seed planting, coloring, helmet fittings through Safe Kids (helmets were sold for \$7), and counseling by members of the Teens Against Tobacco Use (TATU) group.

This year a total of 25 children

were immunized, receiving a total of 101 vaccinations. Eighteen children received fluoride varnish.

“I’m glad that we were able to provide this service free of cost at a time when many people are struggling financially,” said Linda Navarre, Public Health Nurse. “We had incredible support from volunteers who helped with everything from traffic flow to registered nurses providing immunizations.”

The clinic has been held for the last several years, but next year may be the last year the event is free of charge to all children due to budget cuts at the state level. Already,



HIV/AIDS and Hepatitis C

Presentations	11
People in Attendance	90
Blood Borne Pathogen Classes	1
# People in BBP Classes	9
Case Management Clients	5

Breast and Cervical Health

New Clients Enrolled	n.a.
BCHP Interpretation	2
Year to Date Enrollment*	n.a.

*July 08-June 09

n.a. = not available at press time

Administrative Services

Births	93
Birth Certificates Issued	319
Deaths Registered	65
Certified Copies of Deaths	280
Home Births Registered	0
Fetal Deaths	0
Child Deaths	0

Child Care Health

Nurse Consultant Visits	9
Other Consultations	13
Presentations	2
People in Attendance	29

Early Intervention Program

Referrals	8
Home Visits	6

Tobacco Program

Compliance Check	24
Compliance Rate	100%

Food Safety

Permits	
New	11
Renewal	10
Temporary	21
Food Handlers	636
Design Plans Reviewed	3

Inspections Conducted	
Pre-Opening Inspections	10
Routine Inspections	134
Re-inspections	9
Temporary Event	15

Contractual Inspections Conducted	
CWU Quarterly	1
Jail Quarterly	1
School Kitchens	11

Enforcement Activities	
Red Item Violation >30 pts	5
Red Item Violation >70 pts	0
Operating without a Permit	0
Complaints	10
Temporary Closures	0

Drinking Water

Sewage or Water Evaluations	0
Sanitary Surveys	1
Group B Water Inspections	13
Well Site Plan Reviews	18
Well Site Inseptions	4
Well Delegation Inspections	8
Prvt Bacteriological Sampling	0
Private Nitrate Sampling	0
Group B Paperwork Received	4
Group B Systems Approved	2
Farm Exemptions Received	0
Farm Exemptions Approved	0
Group A/B Sources GPS'd	0
Group A Nitrate Samples	0
Complaints	0

Stimulus Funds Received for On-Site Sewage Replacements

Stimulus funds will be coming to Kittitas County to replace aging or failed septic systems within the Wilson Creek sub-basin. Kittitas County Public Health Department applied for the funds through the Washington State Water Pollution Control Revolving Fund, with an aim to decrease

the current level of fecal coliform contamination in Wilson Creek.

Though fecal coliforms are generally not harmful themselves, they are often used as indicators of sewage contamination from humans or animals. One subset of fecal coliforms, *E. coli*, can cause

illness in humans.

About \$250,000 will be available in the form of forgivable loans to replace eligible septic systems, though eligibility requirements have not yet been set. More information about this project will be available in Fall 2009.

Smoking in Public Places Ordinance Passed

A county ordinance regarding smoking in public places was passed by the Kittitas County Board of Health and the Board of County Commissioners on June 18.

The ordinance adopts into county code the existing state law that pertains to smoking in public places (adopted in December 2005), allows more effective enforcement of smoking violations, and expands the definition of public places to include places where tobacco or tobacco products or sold.

“Adoption of this ordinance will allow Kittitas County code

enforcement to assess fines for smoking violations which previously could only be issued by law enforcement,” according to James Rivard, Environmental Health Manager.

The Tobacco Prevention and Control Program of Kittitas County Public Health Department is enthusiastic about the newly adopted ordinance as well. “We are pleased that the Board of Health and Board of County Commissioners support the more effective enforcement that this ordinance allows,” said Kasey Knutson, Health Educator.

There have been only six complaints regarding smoking in public places reported to the Kittitas County Public Health Department since January 2008. When smoking complaints are received, an environmental health specialist or health educator make a visit to the site of the complaint to provide education about the law.

Recent estimates show that about 19% of Kittitas County adults smoke cigarettes; this is similar to the proportion of adults that smoke statewide.

To report a business violation of the smoking in public places ordinance call (509) 962-7090.

Childcare Education Presentations

The health department is one of many partners in the Healthy Child Care Washington program, which aims to help child care providers provide the best services possible for children.

As part of the local health department’s role to act as a technical resource to child care facilities, Public Health Nurse Linda Navarre has begun monthly educational

information sessions that are open to anyone who cares for children.

Twenty-nine attendees learned about preventing foodborne illnesses, West Nile virus, heat complications, and medication management during two sessions in May and June.

Those attending the session in June ranged in experience from 1 to 35 years of working with children.

“I’m excited that so many child care providers at different stages of their career are taking advantage of these information sessions. The health department and the child care facilities both have the same goal of keeping kids healthy, so it’s a great partnership,” said Navarre.

Call (509) 962-7515 for more information about the monthly information sessions.

Summer Immunization Clinics Planned

Before school starts this fall, incoming students need to be up-to-date on required immunizations. The Kittitas County Public Health Department will be offering three free immunization clinics open to any child under age 19 to ensure all students have a chance to get up to date. Students may attend any immunization clinic, regardless of where they attend school.

Immunization requirements for school entry vary by grade level and can be found on the Department of Health website at www.doh.wa.gov/cfh/immunize. All grades require at least three doses of vaccine that protects against diphtheria

and tetanus. A booster dose of Tdap (tetanus, diphtheria, and pertussis) is required at age 11 if it has been at least five years since the last dose of tetanus containing vaccine. Other immunizations which may be required include the varicella vaccine, which protects against chickenpox, the polio and Hepatitis B vaccines, and MMR to protect against measles, mumps, and rubella.

There are recommended vaccines that will also be available for free but are not required for school entrance, including meningococcal, HPV (girls only), and Hepatitis A vaccines. HPV vaccine will only be provided free of charge

Cle Elum: 2 – 3 p.m., Thursday, September 3, Walter Strom Middle School Multi-purpose Room
Ellensburg: 12 – 1:30 p.m., Tuesday, August 25, Morgan Middle School cafeteria
Kittitas: 5 – 6:30 p.m., Tuesday, September 1, Kittitas Secondary School nurse’s office

to girls who do not have private health insurance that covers vaccine.

Immunization is the most effective way to protect against vaccine-preventable illnesses. For more information call (509) 962-7515.

Adult Vaccine Administered

Hep A	16
Hep B	23
Twinrix (Hep A + Hep B)	73
HPV	0
Immune Globulin	0
Influenza	3
Meningococcal	1
MMR	2
Pneumococcal	4
Polio	18
ProQuad (MMR + Varicella)	0
Rabies	11
Td	3
Tdap	30
Varicella	8

Travel Clinic

Travel Consultations	39
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Adult Vaccine Administered

Japanese Encephalitis	5
Injectable Typhoid	12
Oral Typhoid	3
Yellow Fever	6

Child Vaccine Administered

Japanese Encephalitis	0
Injectable Typhoid	0
Oral Typhoid	1
Yellow Fever	0

Oral Health Education

Cle Elum-Roslyn School District	0
Damman School District	0
Easton School District	0
Ellensburg School District	0
Kittitas School District	0
Thorp School District	0
Child Care Centers	0
Other	0

Toothbrushes distributed

Substance Use Data Presented at Community Planning Event

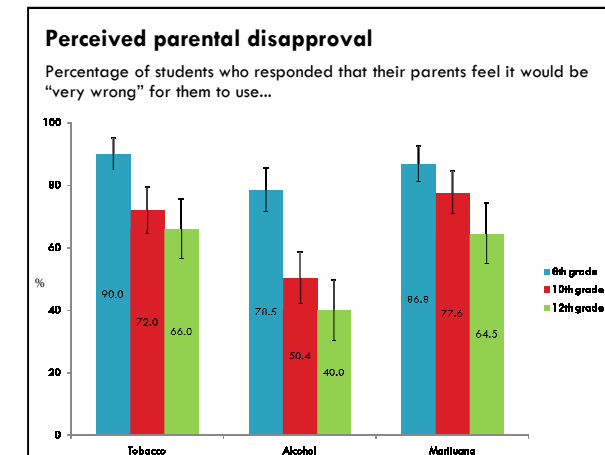
Assessment Coordinator Amy Diaz presented data on youth and adult substance use to about 40 participants at a strategic planning session held by Kittitas County Community Network on June 10. The session aimed to develop a community plan addressing substance abuse.

within the past 30 days.

- 67.9% of 6th graders thought that someone who smokes one or more packs of cigarettes daily puts themselves at “great risk” for personal harm.
- Of the 39.3% of 10th grade students who have

smoked a cigarette, the average age of first use is 12.2 years.

- About 18% of adults have had five or more drinks in a row within the past 30 days.
- 54.4% of adults who smoke would like to quit.



Data presented was taken from the most recent Healthy Youth Survey, given to kids in grades 6, 8, 10, and 12 in October 2008, and the 2006 Behavioral Risk Factor Surveillance System, a telephone survey administered at random to adults around the country.

Some data specific to Kittitas County residents includes:

- 30.8% of 12th graders reported marijuana use

Health Department Invited to Present at National Meeting

Due to work on a health information exchange network project the health department is working on with local health care providers, a representative from Kittitas County Public Health Department was invited to present at a national public health informatics workgroup meeting in Washington, D.C.

Administrator Cathy Bambrick attended the two-day meeting

and presented the work of the health department on April 22. “The response I received was just phenomenal. Kittitas County will be one of the first counties to incorporate their public health department into a health information exchange network so there was a lot of interest,” said Bambrick.

The information exchange will benefit both health care

providers and the health department. Health care providers will immediately obtain information about services their patients receive at the health department. The health department will quickly receive notification of illnesses that are required to be reported by law, such as salmonella and pertussis, so investigations can begin at once.

School-based Sealants

Cle Elum-Roslyn School District	0
Damman School District	0
Easton School District	0
Ellensburg School District	16
Kittitas School District	9
Thorp School District	0
Child Care Centers	0
Other	0

Volunteer Oral Health Clinics

Dental Patients	0
Senior Dental Patients	0

Fluoride Varnishes

Children Receiving Varnish	18
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Living Environment

Schools	
Plans Reviewed	0
Building Inspections	3
Playground Inspections	0
Complaints	0

Public Pools & Spas	
New Permits	1
Renewal Permits	0
Routine Inspections	15
Re-inspections	0
Complaints	1

Camps & Parks	
New Permits	0
Renewal Permits	3
Routine Inspections	0
Re-inspections	0
Complaints	0

Summer Food Safety Tips

Picnics and barbecues are popular in the summer, but with these events comes an increased risk of foodborne illnesses.

Undercooked meats, cross contamination, and improperly handled food can be a source of illnesses such as *Listeria*, *Salmonella*, or *E. coli*. These illnesses can cause diarrhea, nausea, vomiting, abdominal cramps, fever, and chills. Young children, people over

50, and those with weak immune systems are at higher risk for serious illness. “The most basic way to prevent foodborne illness is to wash your hands when preparing food and before eating,” according to Kodi Still, Environmental Health Specialist. Other important tips include:

- Keep raw meat from touching other foods, utensils, or preparation

areas.

- Wash whole uncut fruits (including melons) and vegetables before cutting or eating.
- Transport salads, freshly cut fruits and vegetables, and other prepared foods in a cooler.
- Throw out food that has been sitting out for more than two hours.
- Remember, when in doubt, throw it out!

Mosquito Larvacide Spread in Areas of Cle Elum

After a horse became the first case of West Nile virus ever to occur in Kittitas County in late 2008, Environmental Health staff took the precautionary measure of larvaciding limited areas of Cle Elum to reduce the risk of additional West Nile virus cases in 2009.



West Nile virus is an illness that mainly affects humans, horses, and birds. It is spread

by mosquitoes. The larvacide that was used will kill mosquitoes before they become full-grown adults that are able to spread the virus and can be purchased at many hardware stores.

“We spread larvacide in the general area where the horse became ill last year,” according to Kodi Still, Environmental Health Specialist. “We stayed within a one mile radius of where the horse lived, on Airport Road.”

Tracking of West Nile virus throughout the state occurs during high mosquito activity periods. In Kittitas County, mosquito samples and certain dead birds reported by the public are tested from July 1 through August 31. Horses or people with symptoms of the illness are tested year-round.

If you find a dead bird you can call (509) 962-7589 or report it using the online submission form at www.co.kittitas.wa.us/health/vector.asp.

Staff Participate in County Employee Wellness Program

Kittitas County Public Health Department employees jumped into the county employee wellness program “Count Your Miles” with both feet on June 2 by taking a three mile round-trip hike to Umptanum Falls.

The Count Your Miles program is hosted by the Kittitas County Employee Input Committee and runs for eight weeks during June and July. Participants wear a pedometer every day and report their miles weekly. This is the third year of the program.

The Count Your Miles program is one of several employee wellness programs hosted by Kittitas County each year, and it is a favorite with staff. “It really gets me to think about ways to be active. I try to take

a walk around the block on my breaks, I ride my bike to work a few times a week, and I park farther away at the grocery store,” said Amy Diaz, Assessment Coordinator.

Extra miles are awarded for activities like exercising, dancing, sports, or household chores such as vacuuming or washing windows.

Health and fitness experts recommend targeting 10,000 steps per day. Since most people take about 2000 steps in a mile, this is the equivalent of walking about five miles each



day.

Kittitas County adults are generally active. According to the most recent results from the Behavioral Risk Factor Surveillance System, 57.9% of Kittitas County adults participate in the recommended amount of moderate or vigorous physical activity on a regular basis, compared with 53.7% in Washington State. Way to go Kittitas County!

Multistate Learning Collaborative: Adolescent Immunizations

Adolescent immunization rates in Kittitas County are the focus of a two-year project funded by the Multistate Learning Collaborative. The importance of adolescent immunizations was highlighted with the recent pertussis outbreak in the county.

The first year of the project involves data collection to

estimate adolescent immunization rates within the county. In addition, input is being sought from local health care providers and parents of adolescents entering 9th – 12th grade in the 2009 – 2010 school year to determine barriers to immunizations for parents who would like their children vaccinated and reasons for under-immunization among

question survey to share their opinions about immunizations with the health department. The survey is available on the health department website, www.co.kittitas.wa.us/health, in English and Spanish, or on paper at any high school office or the health department.

Survey participants can be entered to win one of four \$50 Ellensburg Chamber of Commerce gift certificates.

Public Health Nurse Linda Navarre will use the information to develop a vaccine education campaign addressing issues brought up by parents and health care providers. The education campaign will occur during the second year of the project.



parents who choose not to vaccinate their children with one or more vaccines. Parents of Kittitas County children entering 9th – 12th grade are encouraged to fill out a 26-

Zoonotics and Vector

Animal Bites/Complaints	14
Quarantine Required	0
Animals Tested for Rabies	0
Dead Bird Phone Calls	0
Dead Birds Collected	0
Mosquito Clusters Collected	0

Solid Waste

New Permits	0
New Exempt Facility Permits	0
Permit Renewals	0
Permitted Facility Inspections	5
Exempt Facility Inspections	1
Complaints	11
Incidents	1

On Site Sewage

Realtor Requests	55
Complaints	1

Permits	
New Applications Received	40
New Permits Issued	31
Repair Applications Received	8
Repair Permits Issued	8
Renewal Applications Rec'd	9
Renewal Permits Issued	5
Site Evaluations Applications	49
Site Evaluations Performed	46
Final Inspections	30
Final Re-inspections	9
Final Permits Issued	24

Short and Long Plats	
Plat Applications	13
Soil Logs Performed	8