

PUBLIC HEALTH CONNECTION

2009 H1N1 Influenza Vaccination Planning

Kittitas County Public Health Department staff have been busy with activities surrounding the strain of flu identified in April 2009, known as 2009 H1N1 flu or swine flu. At this time, the new flu is no more serious than seasonal flu strains that usually circulate.

A vaccine to protect against 2009 H1N1 flu has been developed and tested, and will begin arriving in Kittitas County in early October. The health department is coordinating the distribution of vaccine to local health care provider's offices and is planning school-based clinics for children. Residents who are interested in being vaccinated are urged to see their

regular health care provider to receive the vaccine.

Initially, when vaccine availability is limited, the vaccine will be administered only to certain priority groups. At this time these groups include pregnant women, health care and emergency services personnel, people who live with or care for children less than 6 months of age, people between the ages of 6 months through 24 years of age, and people from ages 25 through 64 years who have certain medical conditions that put them at higher risk for influenza-related complications. Vaccine is expected to be available to the general public by December or January.



A Note from the Administrator: Moratorium

Kittitas County and the State of Washington, Department of Ecology (Ecology) spent two years working cooperatively to establish a permanent rule to manage exempt groundwater wells until more is known about the aquifers and water supplies in upper Kittitas County. The new rule would have established interim and long term management measures and calls for development of a comprehensive groundwater study. However, on July 16, 2009, Ecology announced that they were unable to gain a commitment from the Kittitas County Board of

Commissioners to move forward with a revised memorandum of agreement and alternative rule approach. Ecology filed an emergency rule that closes upper Kittitas County to all new groundwater withdrawals for 120 days, effective July 16, 2009.

On September 23, the State of Washington, Office of Attorney General released an opinion on a request made by Kittitas County asking for assistance in determining the legality of the proposed interim and long term strategies in the proposed new rule. Specifically, Kittitas County

believed Ecology was attempting to change state law through the agreement by tying the irrigation exemption for up to ½ acre of non-commercial lawn or garden allowed for wells under RCW 90.44.050 together with the exemption for residential uses of 5,000 gallons per day. The County Commissioners and the Prosecuting Attorney's Office held that they could not bind the county to any agreement that was not legal. Essentially, the Attorney General's Office stated that the County was correct in their view that combining the

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Communicable Diseases

CD Cases Confirmed	16
Other Investigations	4
Food Illness Complaints	2
Lead Poisoning Cases	1
Chlamydia Reported	23
Gonorrhea Reported	2
Herpes Reported	2

Child Vaccine Administered

DTaP	11
DT	0
Hep A	48
Hep B	6
HIB	1
HPV	19
Immune Globulin	0
Influenza	170
Meningococcal	50
MMR	21
Pediarix (DTaP + Polio + Hep B)	3
Pentacel (DTaP + Hep B + HIB)	2
Pneumococcal Conjugate	6
Pneumococcal Polysaccharide	0
Polio	12
ProQuad (MMR + Varicella)	0
Rotavirus	1
Td	1
Tdap	58
Varicella	43

Tuberculosis Program

TOTAL TB Tests	69
TOTAL Positive TB Tests	1
Cases Active TB	0
Suspect TB Investigations	1
New Preventive Treatment	0
Finished Preventive Treatment	0

West Nile Virus Identified in Kittitas County

West Nile virus, an illness spread by the bite of an infected mosquito, has been detected in Kittitas County this year in horses and birds, as well as in mosquitoes themselves.

Surveillance for West Nile virus has been conducted by the Kittitas County Public Health Department for several years, but no activity had been detected before 2008.

Last year, the illness was detected only in one unvaccinated horse. This year, at the end of the third quarter, 15 horses, two birds, and two

mosquito samples have already tested positive in Kittitas County alone. Statewide numbers are even higher.

“The number of positive samples this year wasn’t really unexpected, but we were still hoping for a lower amount,” said James Rivard, Environmental Health Supervisor.

About one-third of all horses that are infected and develop symptoms will die from the illness. The illness can be prevented by proper vaccination, though horses are

the only species for which a vaccine is available.

Humans can also become ill with West Nile virus if bitten by an infected mosquito. Since a vaccine is not available for people, avoiding mosquito bites is the best prevention against the illness. The Washington State Department of Health recommends wearing mosquito repellent while outdoors, staying indoors when mosquitoes are most active (dusk and dawn), and preventing areas of standing water that can become mosquito breeding grounds.

Local Medical Providers Share Immunization Records

The completion of a project begun nearly a year and a half ago will see records of immunizations given by local medical providers who use the NextGen system shared with the state immunization registry almost instantly.

Kittitas County’s participation in the use of the statewide immunization registry, CHILDR Profile, had previously been the

lowest in the state. The county, however, is about to go from the back of the pack to near the top. “All Kittitas County medical providers except one will now be sharing immunization data,” according to Immunization Coordinator Linda Navarre. “Even better, most other counties submit data monthly, but the majority of local data will be uploaded

nearly instantly.”

Better data means less opportunity for mistimed or unnecessary immunizations. Also, during vaccine-preventable disease outbreaks, such as the recent pertussis outbreak, the health department will be able to more quickly identify those who may be at higher risk for illness due to undervaccination.

Public Health Staff Given Enforcement Authority

Several Environmental Health staff specialists and the administrator of the health department have been given authority by the Kittitas County Board of Health to enforce Titles 8 and 13 of Kittitas County Code.

These sections of the Kittitas County Code relate directly to the work of the health department. Title 8 covers

Health, Welfare, and Sanitation, and Title 13 covers Water and Sewers.

“The new allowances by the Board of Health will allow health department staff to issue fines for solid waste complaints immediately, rather than calling in a code enforcement staff member. Health department staff will also be able to issue fines to business allowing

infractions of the Smoking in Public Places chapter within Title 8,” according to James Rivard, Environmental Health Supervisor.

The penalties for infractions of Kittitas County Code have not changed due to the expanded enforcement authority. The only change is the addition of health department staff with the ability to issue fines.

Summer Immunizations Clinics Held at Local Schools

Three summer immunization clinics were held at local schools to help bring kids up-to-date with vaccines required for school entrance. The clinics were free of charge to all children through age 18.

Eighty-three children received 194 vaccinations during the clinics, which were held in August and September at Morgan Middle School in Ellensburg, Walter Strom Middle School in Cle Elum, and Kittitas Secondary School in Kittitas.

The clinics targeted kids entering kindergarten and sixth grade. Children entering kindergarten should have a number of childhood vaccines

to protect against hepatitis B, diphtheria, pertussis, polio, measles, mumps, rubella, tetanus, and varicella (chickenpox) before entering school. Additional vaccines, such as those to protect against hepatitis A and pneumonia are recommended but not required for school entry.

Children entering sixth grade need a booster dose of Tdap, which protects against tetanus, diphtheria, and pertussis. At this age children can also receive vaccines to protect against meningococcal disease and human papillomavirus (girls only), which are recommended but not required for school entry.

“We had three volunteer nurses to help us with the immunization clinics this year,” said Linda Navarre, Immunization Coordinator. “We were able to vaccinate more children in the same amount of time, which is wonderful!”

Ensuring that children are up-to-date on immunizations is the most effective way to protect against vaccine-preventable illnesses; some of the illnesses that children gain protection from have no cure or treatment. Vaccine requirements for school entry vary by grade level and can be found at www.doh.wa.gov/cfh/immunize.

River to Rodeo Trail Completed; Grand Opening Held Sept. 24

Health Educator Sarah Bedsaul was able to participate in the completion of a project that has been in progress for the past several years when the I-90 underpass trail connecting Irene Reinhart Park with West Ellensburg celebrated its grand opening on September 24. About 100 people attended the ceremony.

The Shape Up Kittitas County Program helped organize the grand opening ceremony for the River to Rodeo Connection. “We always love new opportunities for people to be active and lead a healthy lifestyle,” Bedsaul stated.

A complete trail now exists between the Irene Reinhart Loop and the John Wayne Trail segment that is just east of Ellensburg, near the Kittitas

County Fairgrounds. The complete trail has four segments:

- ▶ John Wayne Trail to Main Street (1 mile)
- ▶ Main Street to Rotary Park (0.6 miles)
- ▶ Rotary Park to Irene Reinhart Park (0.7 miles)
- ▶ Irene Reinhart Loop (2.6 miles).

The connection will increase the accessibility of Irene Reinhart park by adding an extra entrance. Before the connection, the only entrance to the park was from the south, on Umptanum Rd. Walking to the park

before the addition of the underpass trail was much more difficult than it will be now.

Another area that is now improved is safety. Instead of walking along busy Umptanum Rd. followed by the narrow one mile entrance road visitors, will be able to access the park from a lower traffic area.

For more information about the connection contact Bedsaul at (509) 962-7680.



Adult Vaccine Administered

Hep A	9
Hep B	8
Twinrix (Hep A + Hep B)	46
HPV	0
Immune Globulin	0
Influenza	508
Meningococcal	3
MMR	2
Pneumococcal	22
Polio	14
ProQuad (MMR + Varicella)	0
Rabies	3
Td	1
Tdap	25
Varicella	3

Travel Clinic

Travel Consultations	26
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Adult Vaccine Administered

Japanese Encephalitis	2
Injectable Typhoid	6
Oral Typhoid	3
Yellow Fever	6

Child Vaccine Administered

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

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

School-based Sealants

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

Volunteer Oral Health Clinics

Dental Patients	0
Senior Dental Patients	0

Living Environment

Schools

Plans Reviewed	0
Building Inspections	0
Playground Inspections	0
Complaints	0

Public Pools & Spas

New Permits	0
Renewal Permits	9
Routine Inspections	12
Re-inspections	0
Complaints	1

Camps & Parks

New Permits	0
Renewal Permits	4
Routine Inspections	12
Re-inspections	0
Complaints	0

Health Officer Presents Department Work at PHIN

Dr. Mark Larson, Kittitas County Health Officer, presented the work of the health department to his peers at the Public Health Information Network conference in Atlanta, GA in early September.

Dr. Larson was invited to attend the conference at the expense of the National Association of County and

City Health Officials (NACCHO). “We’re very pleased that the health department was chosen as a demonstration site for an electronic medicals records project by NACCHO. It allows us to share the great work being done in Kittitas County with other local health departments across the nation,” stated Cathy Bambrick,

Administrator.

The electronic medical records project is coming to a close at the end of this year. When complete, health care providers who use a local health information exchange network will be able to view information about services their patients received at the health department, including immunizations.

Immunization Survey Distributed to Local Parents

As part of a quality improvement grant targeting adolescent immunizations, the health department has requested the opinions of parents with children in grades 9 – 12 about immunizations.

The first surveys were mailed at the end of the quarter. A total of 750 surveys will be mailed to households in Kittitas County. Questions in the survey range from inquiring whether the child has

a primary care provider located within the county to how comfortable parents are with having newer vaccines administered to their child.

Households were selected to participate at random with the cooperation of each school district.

“We are very interested in the views of parents about immunizations, and look forward to sharing the results with local health care

providers and school administrators,” said Amy Diaz, Assessment Coordinator.

If survey results show that parents don’t know the current recommendations for immunizations, for instance, the health department might consider partnering with school districts to distribute information to parents.

A report with the survey results will be available in late 2009.

Health Department Staff Member Recognized

Sarah Bedsaul was recognized for her work with an offer from the Washington State Department of Health to act as a trainer for all staff who participate in programs funded by Healthy Community grant monies in Washington State.

Bedsaul has worked for the health department since 2002 in the health promotions division. Due to the excellent work and successes she has achieved during her time with the health department, she was

selected to develop curriculum and train approximately 100 employees statewide.

The curriculum will cover community mobilization activities, specifically focusing

on how to build consensus for actions chosen as focus areas, how to use collaboration strategies to build meaningful partnerships, and how to use coalitions as change agents for chronic disease prevention and control.

The Washington State Department of Health will pay Bedsaul’s travel expenses and wages during the curriculum development and training portions of the project.

Congratulations Sarah!



Healthy Youth Survey Results

The Healthy Youth Survey is administered in Washington State schools during the fall of every even year to students in grades 6, 8, 10, and 12. The last survey was given in October of 2008.

Results of the 2008 survey have been compiled and distributed to Kittitas County teachers who work with students in grades 6 and above. An example (to the right) shows results for Kittitas County tenth grade students.

Pages were created for each of the grades that completed the survey and contain information about a number of areas, including those who had smoked cigarettes in the past 30 days, were trying to lose weight, had seriously considered suicide, had

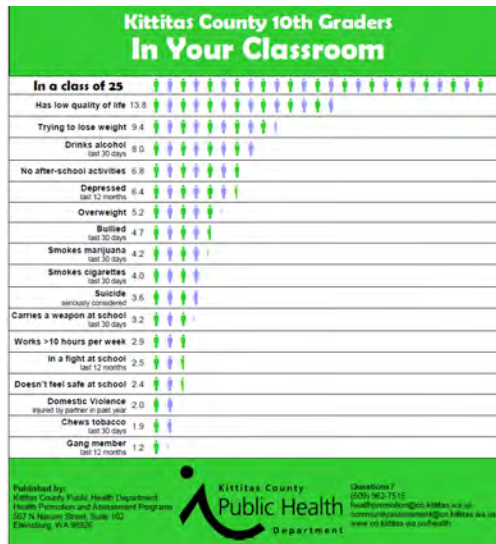
experienced bullying, and had used alcohol in the last 30 days.

“We hope that teachers will keep this information in the back of their minds when they are interacting with their students,” said Kasey Knutson, Health Educator. “This data sheet really reinforces what most of us remember – middle school and high school can be very difficult.”

The data was also presented to the local Board of Health and Advisory

Committee.

For copies of the data sheets, contact Amy Diaz at (509) 962-7635.



Drive-through Clinics Held to Administer Seasonal Flu Vaccine

Seasonal influenza clinics were hosted by the health department in a unique way for the third year in a row. Patients were asked to remain in their cars while receiving vaccine, and to drive out when they were finished.

“This technique prevents people from coming into contact with each other,” said Linda Navarre, Immunization Coordinator. “If there is a large scale outbreak with a lot of sick people, this is the fastest way to vaccinate while minimizing the spread of illness.”

With the appearance of the 2009 H1N1 flu virus this year, it may have been good practice that is put to better

use. The number of seasonal influenza vaccines given this year was more than twice the number given last year, with the largest increase seen in the number of vaccines



administered to children.

At the September 23rd clinic held in South Cle Elum, 168 flu shots were given, including 18 to children. At the September 30th clinic held in Ellensburg, 496 flu shots were given, including 138 to children.

Volunteers are essential to making these large-scale clinics work. The health department only employs one full-time nurse and one part-time nurse. Ten nurses helped with the clinics this year, as well as 40 Central Washington University paramedic students. Other community members assisted with other tasks such as intake form assistance.

Thank you to all volunteers!

Zoonotics and Vector

Animal Bites/Complaints	14
Quarantine Required	0
Animals Tested for Rabies	0
Dead Bird Phone Calls	6
Dead Birds Collected	2
Mosquito Clusters Collected	14

Solid Waste

New Permits	0
New Exempt Facility Permits	0
Permit Renewals	0
Permitted Facility Inspections	8
Exempt Facility Inspections	2
Complaints	52
Incidents	1

On Site Sewage

Realtor Requests	26
Complaints	3

Permits

New Applications Received	40
New Permits Issued	37
Repair Applications Received	7
Repair Permits Issued	8
Renewal Applications Rec'd	6
Renewal Permits Issued	8
Site Evaluations Applications	26
Site Evaluations Performed	25
Final Inspections	47
Final Re-inspections	10
Final Permits Issued	37

Short and Long Plats

Plat Applications	5
Soil Logs Performed	6

Centennial Center Fire Causes Food Damage

When the Centennial Center in Cle Elum was destroyed by fire on August 1st, the damage spread farther than the flames. About 1200 pounds of food stored in the building was exposed to the smoke from the fire and had to be disposed of.

Environmental Health Specialist Kodi Still assisted

with the disposal. “It was sad to see so much food that looked undamaged go into the garbage, but the food was obviously no longer edible. The smell of smoke coming from the food was absolutely incredible!” she stated.



Food Safety

Permits

New	10
Renewal	45
Temporary	30
Food Handlers	825
Design Plans Reviewed	2

Inspections Conducted

Pre-Opening Inspections	11
Routine Inspections	86
Re-inspections	12
Temporary Event	10

Contractual Inspections Conducted

CWU Quarterly	1
Jail Quarterly	1
School Kitchens	0

Enforcement Activities

Red Item Violation >30 pts	4
Red Item Violation >70 pts	2
Operating without a Permit	1
Complaints	12
Temporary Closures	1

Drinking Water

Sewage or Water Evaluations	0
Sanitary Surveys	7
Group B Water Inspections	2
Well Site Plan Reviews	28
Well Site Inspections	0
Water Availabilities	49
Well Delegation Inspections	9
Prvt Bacteriological Sampling	0
Private Nitrate Sampling	0
Group B Paperwork Received	0
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

Tobacco and BCHP Funding Cuts

Staff at the health department are trying to continue important work after suffering budget cuts to the Tobacco Prevention and Control Program and the Breast and Cervical Health Program (BCHP).

State legislators shifted 20% of funds that had been dedicated to tobacco programs in the local health jurisdictions towards communicable disease and immunization improvements for the 2009 – 2011 biennium. “We’re trying to maintain the activities that we have been successful with in the past,” said Robin Read, Health Promotions manager.

The Teens Against Tobacco Use peer mentorship program will continue, but staff advisors will no longer be paid for their time spent advising.

Another cutback will be the number of compliance checks conducted at local tobacco retailers. Compliance checks help the health department identify and educate tobacco retailers that sell tobacco products to minors.

The funding cuts to the BCHP are even more drastic. Over 50% of the funds for this program were not renewed for the 2009 – 2010 fiscal year.

“We will still be able to enroll women in this program and pay for mammograms and annual exams for women who qualify. What we will be cutting back on is the outreach and advertising that help women learn about the program, and that is very unfortunate,” said Read.

Read is hopeful that the health department will see an increase in funding for BCHP during the 2010 – 2011 fiscal year.

Call the health department at (509) 962-7515 if you would like more information about the program.

Smoking in Public Places Complaint Line

The Kittitas County Smoking in Public Places code mirrors that written into Washington State law. A component of this code prohibits smoking in businesses or any place with employees to protect the health of employees.

Since the law was implemented in 2005, the amount of smoking in business establishments has decreased drastically. In some cases, however, business owners do not follow the law as

they should. In these instances, employees or members of the public who would like to report violations of the Kittitas County Smoking in Public Places code can call (509) 962-7090.

Smoking is prohibited in public places and places of employment, including outdoor areas where employees must pass (such as outdoor seating areas at restaurants).

Most employees appreciate

being able to work in a smoke-free environment, according to Kasey Knutson, Health Educator. “I hear positive comments from employees all the time,” she said.

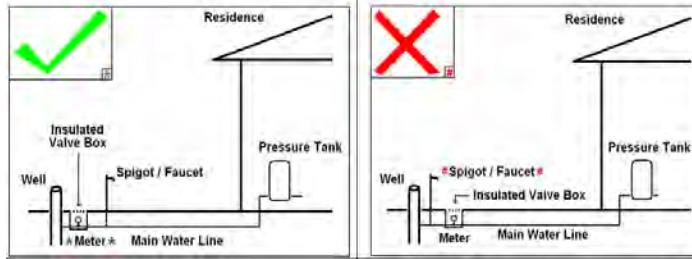


New Metering Requirements for Many Water Connections

New residences in Kittitas County are subject to new metering requirements. According to Chapter 173-539A of the Washington Administrative Code, new connections to Group B water systems or individual wells now require the installation of a water meter that meets certain specifications.

New homeowners are required to have a meter installed before they can receive final occupancy from Kittitas County. "Homeowners can choose any meter they prefer as long as it meets the county's minimum specifications," James Rivard, Environmental Health Manager.

Meters must have a sweep hand, a minimum inlet/outlet of 3/4" (larger dwellings or higher



volume residences may require a larger diameter meter), and they must be installed on the mainline prior to a residence or garage, lateral connection, spigot/faucet or pressure tank. Meters should also be installed in the well house or in an accessible insulated valve box.

Kittitas County Public Health Department is required to report meter data to Washington State Department of Ecology according to state law. "We expect the Board of Health and

Board of County Commissioners to establish a new fee in October of 2009. This fee will be effective January 1, 2010 and will allow us to charge for the automatic data management equipment component of the meter system which will allow meter data to be read remotely," added Rivard.

For more information about metering requirements call the Environmental Health front desk at (509) 962-7698.

School Walking Routes Distributed to Students

Did you know that elementary schools in Washington State with students who walk to school must develop suggested walking routes? If not, you may have discovered this if you have an elementary or middle school student who brought home a walking route at the beginning of this school year.

The Shape Up Kittitas County program teamed up with Ellensburg School District to distribute walking routes to all families with students in elementary or middle school. The walking routes were specific to each school, and covered a one-mile radius around the school.

Selected walking routes limit the number of road crossings a

student must make, and takes traffic patterns, traffic controls and sidewalk conditions into consideration.

"We like to talk about the 'Four E's' when we talk about safe routes to school: education, encouragement, engineering, and enforcement," according to Sarah Bedsaul, Health Educator.

A summary of the four E's:

- ▶ Education about traffic laws and the benefits of walking to school.
- ▶ Engineering better environments

for walking to school. This includes maintenance of sidewalks.

- ▶ Encouragement of walking to school through events such as Walk to School Day.
- ▶ Enforcement of existing laws making it safe for children to walk to school.



HIV/AIDS and Hepatitis C

Presentations	10
People in Attendance	89
Blood Borne Pathogen Classes	1
# People in BBP Classes	5
Case Management Clients	4

Breast and Cervical Health

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

*July 08-June 09

n.a. = not available at press time

Administrative Services

Births	98
Birth Certificates Issued	280
Deaths Registered	52
Certified Copies of Deaths	207
Home Births Registered	0
Fetal Deaths	1
Child Deaths	0

Child Care Health

Nurse Consultant Visits	9
Other Consultations	22
Presentations	2
People in Attendance	30

Early Intervention Program

Referrals	4
Home Visits	3

Tobacco Program

Compliance Check	0
Compliance Rate	n/a

n/a = not applicable

? **Did you know** ?

- More Kittitas County tenth grade students (52.9%) report that they were physically active for 60 minutes on at least five days per week than the statewide average (43.5%). Both are higher than the nationwide average of 34.8%. (HYS 2006)
- The percentage of pregnancies that were unintended (includes wanted but mistimed pregnancies) was 53.3% between 2004 and 2006. (DSHS)
- Less Kittitas County tenth grade students (17.8%) report eating five or more fruits or vegetables per day than the statewide average (25.3%). The nationwide average is 22.4%. (HYS 2006)
- According to DSHS, the percentage of adults who earn less than 200% of the federal poverty level that have used an illicit substance in the past 30 days is higher in Kittitas County (12.1%) than in Washington State (7.5%).



Board of Health Conducts Business as Usual

It was business as usual for the Board of Health during the third quarter of 2009. The board approved four contracts or amendments related to health department work during July, eight in August, and four in September.

Also passed was a resolution to designate certain health department staff as persons with authority to enforce areas

of the Kittitas County Code (see article on p. 2).

Staff presented information to the Board of Health about West Nile virus activity, customer service survey results, work on a grant funded quality improvement project focused on adolescent immunizations, and the 2009 H1N1 influenza virus, among other things.

A request to set a public hearing to consider the 2010 health department fee schedule was approved in August.

Please remember that Board of Health meetings are open to the public! Meetings are held at 10:00 a.m. each third Thursday of the month in the Commissioners' Auditorium at the Lower County Courthouse.

BOHAC Hears In-Depth Reports on Selected Programs

The Board of Health Advisory Committee (BOHAC) heard in-depth reports on the Shape Up Kittitas County and Food Safety programs. Staff who work in these programs guided the BOHAC members through a typical inspection (Food Safety) and recent program

goals and activities (Shape Up Kittitas County).

"We like to present an in-depth report about each program to BOHAC members at least once every other year," said Cathy Bambrick, Administrator. "It keeps the group knowledgeable about all

of the different functions and programs at the health department."

During the fourth quarter of 2009, members are scheduled to hear information about the Water Recreational Facilities program and the Breast and Cervical Health Program.

QILT Works on Overseas Travel Consultation Improvements

The Quality Improvement Leadership Team (QILT) at the health department takes on one quality improvement project per quarter. During the third quarter of 2009 that project was making improvements to the overseas travel consultation program offered through the

Community Health Services division of the health department.

As part of the rapid-cycle improvement process, staff members edited intake forms, developed educational materials to be sent to clients upon their return, and

streamlined documentation that the Public Health Nurse uses when conducting the consultations.

"Our goal is for our clients to feel in control of their health during and after their overseas traveling," said Public Health Nurse Linda Navarre.

A Note from the Administrator, continued

two exemptions was illegal. Further, the opinion stated that neither agency can legally enter a binding agreement that is outside the scope of their authority.

Currently, Kittitas County is working with Ecology to remove the moratorium and replace it with a partnership rule that will



Cathy Bambrick,
Administrator

include mitigation for development and building in areas located by surface water and adoption of new County Code in Upper County. The new rule is expected to be implemented in December of 2009 or January of 2010.

Cathy Bambrick