

PUBLIC HEALTH *CONNECTION*

Local Public Health System Partners Complete Assessment and Improvement Plan

The Kittitas County Public Health Department (KCPHD) and the Community Health Improvement Steering Committee completed a Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP). The steering committee was made up of more than thirty partners and community members.

The CHA identified trends, factors, and events that influence health in our community; community and system strengths, assets, and weaknesses; important health issues to residents; and health data in the areas of health outcomes, clinical care, health behaviors, environmental health, and social and economic factors.

Key issues from the CHA were then identified and prioritized for the CHIP. The CHIP identifies priority issues to focus on during the next five years and outlines strategies and action plans to improve those issues.

Priorities for the CHIP include improving coordination and among local public health system partners, quality and affordability of health care, utilization of and access to preventive care and healthy behaviors, and knowledge and capacity to manage stress in a healthy way.

Strategies include establishing a sustainable structure for local public health system partners, creating and

sustaining a local community resource guide, increasing agency involvement in the health and wellness fair, improving health literacy and communication between patients and providers, connecting patients with medical homes, promoting underutilized resources for accessing health care, creating a community health advocate position, and implementing workplace wellness activities.

Both the CHA and the CHIP can be accessed at www.co.kittitas.wa.us/health/assessment.asp

Note from the Health Officer: Public Health Problems in the News Lately

Gun violence. President Obama addressed the issue this way, "It's been 33 days since the nation's heart was broken by the horrific, senseless violence that took place at Sandy Hook Elementary School. Twenty beautiful first-graders gunned down in a place that's supposed to be their second sanctuary." There are more gun deaths yearly in the U.S. than all of the U.S. deaths combined for the Iraq and Afghanistan wars. This is a public health issue just like seatbelts and smoking.

Sick U.S. health care system. As documented recently by the Institute of Medicine, of seventeen countries measured, the U.S. placed last in life

expectancy, even though we lead the planet in the amount we spend on health care. A range of exceptionally American factors (car usage and lack of exercise, junk-food diets, violent deaths from guns, high numbers of uninsured, high poverty) contribute.

Influenza. Near epidemic numbers across the U.S. put a major strain on the health care system. On average, an estimated 24,000 Americans die each flu season. People who are elderly and with certain chronic health conditions are at greatest risk from flu and its complications. The current vaccine is about 60 percent effective, and is considered the best protection available. Get your flu shot and stay

home from school and work when you are sick.

I am hopeful that the current public dialogue will translate into funding for public health. The Kittitas County Public Health Department is fortunate to have been made a budget priority by the County this year which will help us fulfill our mission to the citizens of Kittitas County.

On the cusp of our celebration of Martin Luther King Jr. and the Day of Service 1/21/2013 we would do well to remember:

"Life's most persistent and urgent question is: 'What are you doing for others?'"--Dr. Martin Luther King Jr.

Teens Against Tobacco Use

Teens Against Tobacco Use (TATU) continued in the 2012-2013 school year, even with very minimal funding. With the help of school advisors, Lance Hyatt and Jan Bender, two trainings occurred in October and November. Twelve students at Cle Elum Roslyn High School and seven students from Kittitas High School participated.

Teens spend one day, off campus, learning about the

dangers of tobacco and presentation skills, in order to educate younger peers about the dangers of tobacco.

We try to make the day fun and received support from local businesses such as Cle Elum Safeway, Pizza Rita, and Shirtworks—to provide lunch and TATU tee-shirts for the students.

The hope is that the teens will never try tobacco along with their younger peers.

Poor Air Quality

The Table Mountain Fire continued to burn part way through October resulting in roughly seven days of air quality that was unhealthy for the general

population. This was in addition to about fifteen days in September and six days in August due to the Taylor Bridge Fire.



Department-Wide	1Q	2Q	3Q	4Q	2012	2011
<i>Financial</i>						
Existing Fund Sources	22	22	22	22	22	26
New Grants Awarded	3	0	0	0	3	n/a
New Fund Sources--Other	0	0	0	0	0	n/a
Grant Applications	2	2	3	1	8	n/a
<i>Staff</i>						
Current FTEs	14.5	14.7	14.3	14.3	14.45	16.3
Current Active Volunteers	4	6	5	8	12	n/a
<i>Assessment</i>						
Health Data Requests	2	0	0	2	4	12
Quality Improvement Projects	0	0	0	2	2	n/a
<i>Communications</i>						
Media Contacts	45	41	72	24	182	n/a
Health Care Provider Releases	14	10	8	3	35	46
<i>Other</i>						
Community Meetings & Presentations	118	100	150	120	488	n/a
Updates to Codes and Policies	5	6	1	0	12	n/a

Vital Records	1Q	2Q	3Q	4Q	2012	2011
Births Registered	92	95	101	75	363	332
Birth Certificates Issued	298	298	276	170	1042	1308
Deaths Registered	48	46	59	73	226	356
Certified Copies of Death Certificates Issued	199	120	237	305	861	1060
Fetal Deaths Reported	0	0	0	1	1	2
Child Deaths Reported	0	0	1	1	2	2

Tobacco Prevention and Control Program	1Q	2Q	3Q	4Q	2012	2011
Smoking in Public Places Complaints	0	1	0	2	3	12
Educational Contacts with Tobacco Retailers	26	65	57	1	149	n/a

Access to Baby and Child Dentistry (ABCD)	1Q	2Q	3Q	4Q	2012	2011
New Enrollees	24	166	4	69	263	537
Referrals Received	26	171	4	131	332	549

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Communicable Disease (CD)

<u>& Tuberculosis (TB)</u>	1Q	2Q	3Q	4Q	2012	2011
Active TB Confirmed Cases	0	0	0	0	0	0
Suspect TB Investigations	0	1	0	1	2	7
CD Confirmed Cases	20	14	27	19	80	48
Other CD Investigations	50	41	14	26	131	56
Sexually Transmitted Diseases Reported	67	49	30	65	211	159
Food Illness Complaints	3	5	2	2	12	12
TB Skin Tests (PPD and/or QFG)	25	29	35	17	106	130
Latent TB Infection Referrals	0	0	1	0	1	n/a

Immunization

	1Q	2Q	3Q	4Q	2012	2011
Total Vaccinations	189	124	88	443	844	1384
Adults Receiving Vaccinations	106	47	36	113	302	n/a
Children Receiving Vaccinations	28	14	5	269	316	n/a
Flu Vaccinations	41	4	14	317	376	541

Overseas Travel

	1Q	2Q	3Q	4Q	2012	2011
Travel Consultations	30	17	11	5	63	86
Specialty Travel Vaccinations	15	16	12	5	48	109

Annual Drive Thru Flu Clinic Hampered by Air Quality

KCPHD held its annual full scale emergency preparedness exercise on October 10. The annual exercise is a drive thru flu vaccination clinic which takes place in the parking lot at the Grand Meridian Cinema. All KCPHD staff and many volunteers participated in the mass vaccination scenario, using flu vaccine. The staff focused on utilizing the incident command system, maintaining roles under the lead Incident Commander, Rich Elliott.

Unfortunately, due to poor air quality resulting from the Table Mountain Fire, Dr. Mark Larson, KCPHD Health Officer, had to cancel the event. However, the flu vaccinations were moved to the KCPHD office for the remainder of the day.

Every year, KCPHD receives volunteer support from Central Washington University

Emergency Medical Service students, Kittitas Valley Fire and Rescue, volunteer nursing staff, Kittitas County Search and Rescue, and Kittitas County Red Cross. In total, 137 patients received flu vaccines, including 59 adults and 78 children.

On November 6 staff completed a smaller scale vaccination clinic at the Cle Elum Roslyn High School. Vaccinations were provided for all school-age children on site during the day, and younger children and adults after school. In total, 172 patients received influenza immunizations; the vast majority were students attending school. Approximately eighteen percent of the student body at Cle Elum Roslyn School District were vaccinated.

Community Events

KCPHD staff participated in multiple community events this quarter.

The 2nd annual Food Day Fair was held on October 24. KCPHD staff handed out information on increasing access to healthy foods.

Community Connects Day was held at FISH Food Bank providing local services, free clothing and hot

meals. KCPHD handed out toothbrushes, gave vaccinations, and enrolled families in programs.

Staff from the Access to Baby and Child Dentistry Program also participated in the Downtown Trick or Treating event and the Kittitas Valley Community Hospital Health and Wellness Fair.



Harm Reduction Conference

Julia Karns, Community Outreach Worker, attended the National Harm Reduction Conference in Portland, Oregon in November. Topics covered at the conference included new models of syringe exchange, new research, mental health, criminal justice, drug treatment, etc.

Long-time syringe exchange volunteer, Kim Hitchcock presented at the conference about her developing a survey to find out more about the sex worker trader. She piloted the instrument during a filmed session with a sex worker from eastern Washington and presented the results at the conference.



HIV/AIDS and Hepatitis C

	1Q	2Q	3Q	4Q	2012	2011
<i>Testing</i>						
HIV Tests	3	9	0	12	24	11
Hepatitis C Tests	6	4	4	8	22	22
<i>Syringe Exchange</i>						
Syringe Exchange Participants (duplicated)	37	24	60	35	156	104
Syringes Exchanged	437	696	1345	521	2999	1566
<i>Education</i>						
High Risk Presentations	2	3	0	4	9	21
People in Attendance at High Risk Presentations	24	36	0	n/a	60	212
Blood Borne Pathogen (BBP) & HIV/AIDS Awareness Classes	2	3	2	1	8	6
People in Attendance at BBP & HIV/AIDS Awareness Classes	6	31	16	2	55	47

Breast, Cervical, and Colon

<u>Health</u>	1Q	2Q	3Q	4Q	2012	2011
New Clients Enrolled	13	6	4	13	36	42
Total Clients Screened	45	35	15	32	127	134

Child Care Health Promotion

	1Q	2Q	3Q	4Q	2012	2011
Nurse Consultant Site Visits	11	9	0	0	20	52
Other Consultations	7	3	0	0	10	31

Boosting Emergency Preparedness Knowledge

Kasey Knutson, Health Educator and coordinator of KCPHD's emergency preparedness program has completed several higher level trainings recently.

The Federal Emergency Management Agency (FEMA) has online trainings available for anyone wishing to learn about emergency preparedness and response, ranging from learning about the incident command system to responding to a radiation disaster event. Ms. Knutson has completed courses for Emergency Exercises and Emergency Management. The emergency exercise course covered the range of exercises beginning with orientations, where staff are generally introduced to something like

a new piece of equipment, led by a lecture on the topic of a full scale exercise, where people and equipment respond to a scenario in real time. The Emergency Manager training covered the four phases of emergency management, including response, recovery, mitigation, and planning.

Ultimately, the goal of these trainings are to help shift the public health role to a culture of first responders. We have a unique role in emergency response, when it comes to the staff knowledge base around public health issues like communicable diseases, food safety, and water and sewage safety.

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Zoonotics and Vector

	1Q	2Q	3Q	4Q	2012	2011
Animal Quarantine Required	0	0	0	0	0	4
Animals Tested for Rabies	0	1	1	0	2	1
Dead Bird Phone Calls	0	0	0	2	2	10
Dead Birds Collected	0	0	0	5	5	1
Mosquito Clusters Collected	0	0	4	0	4	5

Living Environment

Schools

Plans Reviewed	0	0	0	0	0	0
Building Inspections	10	6	0	0	16	25
Playground Inspections	6	3	0	0	9	10
Complaints	0	0	0	0	0	0

Public Pools & Spas

New Permits	0	0	0	0	0	0
Renewal Permits	2	1	4	34	41	29
Routine Inspections	10	5	10	11	36	44
Re-inspections	1	2	1	2	6	16
Complaints	0	1	0	0	1	1

Camps & Parks

New Permits	0	2	0	0	2	0
Renewal Permits	0	9	5	0	14	13
Routine Inspections	0	1	6	3	10	12
Re-inspections	0	0	0	0	0	0
Complaints	0	0	0	0	0	0

Environmental Health Fees Updated for 2013

In November, the Kittitas County Board of Health and Board of County Commissioners passed the proposed 2013 fee schedule for KCPHD. The changes proposed included an updated fee calculation for the Health Officer's salary rate, cost recovery of incidental expenses, three-year continuation of cost recovery efforts, and a new fee rounding policy.

No increases in health promotion or community health fees were made, however environmental health permits increased \$25.67 due to a change in the incidental expenses and the department striving to recover cost associated with services offered. The majority of these additional incidental expenses included rent, telephone, and liability insurance.

For the first time since its inception, the proposed fee schedule has a fee rounding policy that dictates the procedure on rounding up or down to the nearest \$5.00.

Lastly a staff recommendation was made to remove a seven-day grace period as applicants are already sent renewal reminders and reminder phone calls.

HARC Involvement

Alisa Spieckerman, public health associate, was appointed to the Homelessness and Affordable Housing Committee to serve as the Kittitas County representative. The committee is responsible for developing, prioritizing, implementing, evaluating and recommending strategies to the Board of County Commissioners to reduce and prevent homelessness and associated risks to the citizens of Kittitas County.

Public Health Awareness

Alisa Spieckerman, Public Health Associate from the Centers for Disease Control and Prevention has been working on promoting KCPHD's programs and services and increasing awareness about public health. She has made several revisions to update the KCPHD brochure and the public health website. She also created and updated a DVD about the importance of public health to be shown in the KCPHD waiting room. In addition, she developed a series of public health postcards that will be distributed around the Ellensburg community to create awareness for issues such as community gardens, environmental health, and emergency preparedness.



Public Health Exchange

KCPHD was invited to submit a quality improvement project completed in 2010 about adolescent immunizations to a new online communication hub for quality improvement projects. The Public Health Quality Improvement Exchange

(PHQIX) is dedicated to supporting quality improvement practices in public health throughout the United States. It is an initiative funded by the Robert Wood Johnson Foundation. PHQIX will be a useful resource for KCPHD staff in the future.



Solid Waste	1Q	2Q	3Q	4Q	2012	2011
New Facility Applications	0	0	0	0	0	1
New Exempt Facility Applications	0	0	0	0	0	0
Permit Renewals	0	0	8	0	8	13
Permitted Facility Inspections	8	8	8	9	33	32
Exempt Facility Inspections	0	0	0	0	0	0
Complaints	4	5	3	4	16	11
Incidents	1	0	1	0	2	1

On-Site Sewage (OSS)	1Q	2Q	3Q	4Q	2012	2011
Records Requests	12	33	21	12	78	91
Complaints	2	5	1	0	8	6

Permits & Inspections

New Installation Permits	11	41	26	36	114	89
Repair Installation Permits	4	11	4	8	27	22
Renewal Installation Permits	0	2	0	1	3	14
Site Evaluations	22	44	38	46	150	113
Final Inspections	9	28	22	26	85	122
Final Permits	17	16	23	8	64	70

Short and Long Plats

Plat Applications	1	3	1	5	10	20
Soil Logs	4	6	4	1	15	12

KCPHD Staff Participate in Flood Exercise

Kittitas County proved in 2012 that there are highly capable staff responding in emergencies, as many of us saw during the wildfire events of Taylor Bridge and Table Mountain wildfires. Much of the success can be attributed to how well our agencies work together during times of crisis.

The adage “practice makes perfect” is relevant, when it comes to our county making practice a priority, such as the table top flood exercise held on November 29.

Kittitas County has and will continue to see flooding events. In an effort to prepare, the Kittitas County Public Works department hosted a training.

Kittitas County Public Health Department staff participated in the training. Holly Duncan,

Robin Read, Alisa Spieckerman, and Kasey Knutson attended along with fifty seven other participants from agencies within the county to emergency services, City of Ellensburg staff, fish and wildlife, and Red Cross.

Participants began the activity with a brief slideshow showing previous damages from floods in Kittitas County. Then, the room was split into the emergency operations center and area command, with each person playing a role in response.

The event coordinators had the goal of placing people in roles that they normally would not play in a disaster event, with the hopes of creating more depth in positions of the incident command system that frequently are manned by only one or two people.

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Food Safety 1Q 2Q 3Q 4Q 2012 2011

Permits

New Food Establishment Applications	9	15	5	14	43	28
Renewal Food Establishment Applications	7	11	118	139	275	263
Temporary Food Establishment Applications	7	32	36	2	77	86
Food Handler's Permits	543	652	634	518	2347	2092

Inspections

Pre-Opening Inspections	3	14	4	1	22	24
Routine Inspections	78	97	196	67	438	411
Re-inspections	0	1	7	1	9	8
Temporary Event Inspections	2	14	45	4	65	65

Contractual Inspections

CWU Quarterly	1	1	1	1	4	4
Jail Quarterly	1	1	1	1	4	4
School Kitchens	0	11	0	11	22	23

Enforcement Activities

Red Item Violation >35 pts	2	3	6	1	12	5
Red Item Violation >70 pts	0	0	0	0	0	1
Operating without a Permit	0	0	0	0	0	0
Temporary Closures	0	0	0	1	1	3
Complaints	12	1	3	5	21	29

Drinking Water 1Q 2Q 3Q 4Q 2012 2011

Group A Water System Sanitary Surveys	0	3	2	2	7	13
Group B Water System Inspections	0	0	2	1	3	12
Individual Well Site Application Reviews	14	15	11	10	50	50
Well Site Inspections	1	4	1	1	7	5
Adequate Water Supply Determination Applications	32	61	38	48	179	151
Well Delegation Inspections	4	6	4	5	19	17
Group B Paperwork Received	0	1	0	0	1	6
Group B Systems Approved	0	1	2	1	4	5
Complaints	0	1	2	1	4	0

New staff certification

In November, Jeff Seapulski attended a Washington State Department of Health (DOH) Food Safety Inspector Training. The training is a 2.5 day comprehensive course that is taught by DOH food safety staff, many of whom have over 20 years of experience as local health jurisdiction food inspectors. The course includes a study of the current food safety code,

the new food code that will take effect May 5, 2013, symptoms of foodborne illness and identification, investigative techniques, laboratory procedures, documentation, and legal limitations. Mr. Seapulski successfully passed the test for the course and qualified for a promotion to an Environmental Health Specialist II.



? **Did you know** ?

- Clean and safe drinking water is critical to sustain human life and without it waterborne illness can be a serious problem. (CDC)
- Water-related diseases, principally the 2.5 billion cases of diarrhea that occur annually, are the second leading cause of childhood mortality worldwide. (UNICEF)
- Diarrhea, almost 90% of which is related to inadequate water, sanitation, and hygiene, kills 1.5 million children aged <5 years annually worldwide, more children than AIDS, malaria, and measles combined. (UNICEF)
- Approximately 780 million people do not have access to an improved drinking water source worldwide. (WHO, UNICEF)



2013 Budget Passed

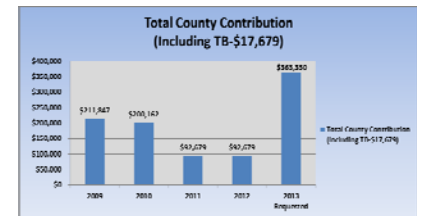
In November, the Kittitas County Board of Health (BOH) passed KCPHD's budget proposal for 2013. The proposal included requests for additional public health staff including a full time assessment coordinator, accounting assistant, and permit technician; and increasing hours in the drinking water and food safety programs.

KCPHD was designated as a 2013 budget priority by the Board of County Commissioners (BOCC), recognizing that KCPHD is under-funded and under-staffed.

Besides additional staff, other budget highlights include:

- Proposed revenues of \$934,374

- Proposed expenditures of \$1,415,178
- County contribution of \$363,350
- Fund balance to cover deficit of \$117,454



Advisory Committee Looking at Restructuring

The executive committee for the Board of Health Advisory Committee (BOHAC) met three times to discuss the future direction of the group.

In order to assist with clarifying the mission of the group, public health staff provide a list of four primary needs from the community:

- Community feedback and input on KCPHD activities. Examples include code

changes, department policies, programs, strategic planning, etc.

- Task forces or subcommittees that can focus on a specific need. Examples include funding stability, code revision, or specific public health issues of community need.

- Legislative advocacy. KCPHD staff has limited

capacity to participate in legislative activities related to public health.

- Fundraising. Examples might be fundraising for a specific need or department purchase, supporting a position, etc.

The executive committee voted to continue the discussion at the January BOHAC meeting.

KCPHD Improves Delivery of Food Handler's Education

In October, the Board of Health (BOH) approved a contract with Tacoma-Pierce County Health Department to offer food handler's education and permitting online. This action was the result of a six month long quality improvement and quality planning project that was funded by the Washington State Department of Health.

This specific project was

chosen as a result of staff prioritization, customer service improvement, and the fact that lack of a current food handler's permit is the most frequent food establishment inspection violation.

A team of KCPHD staff members used quality improvement methods to collect data for the project from food handler customers, food establishment owners,

and other local health jurisdictions.

The plan for implementation was begun immediately and the online system was set to go live on January 2, 2013.

