

SUMMIT COUNTY
HEALTH
DEPARTMENT

Annual Report
2012





Our mission is the promotion and protection
of personal and environmental health
in Summit County, Utah.



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10 ESSENTIAL FUNCTIONS OF PUBLIC HEALTH*

- Monitor health status to identify community health problems.
- Diagnose and investigate health problems and health hazards in the community.
- Inform, educate, and empower people about health issues.
- Mobilize community partnerships to identify and solve health problems.
- Develop policies and plans that support individual and community health efforts.
- Enforce laws and regulations that protect health and ensure safety.
- Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
- Assure a competent public health and personal healthcare workforce.
- Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
- Research for new insights and innovative solutions to health problems.

** Source: National Association of County and City Health Officials*



Public Health
Prevent. Promote. Protect.

MESSAGE FROM THE DIRECTOR

We are proud to bring you the 2012 Annual Report of the Summit County Health Department. In this report we highlight some excellent work aimed towards achieving our mission of promoting and protecting personal and environmental health in Summit County, Utah.

Public health addresses an incredibly wide range of issues: environmental health (including air, water, waste, food, etc), chronic disease, emergency preparedness, infectious diseases, injury prevention, mental health and substance abuse, programs to address the needs of the poor, and programs to promote health development in youth. As noted in the 2011 Annual Report, public health has led to about 25 of the 30 year increase in lifespan in the United States since the year 1900.

These accomplishments have not been realized by public health agencies working in isolation. Our work is only successful through partnerships, both public and private. Public health will never have the resources or capacity to do all of the work that needs to be done. We are part of a vast network that involves local individuals and organizations, and expands to the state, national, and international levels.

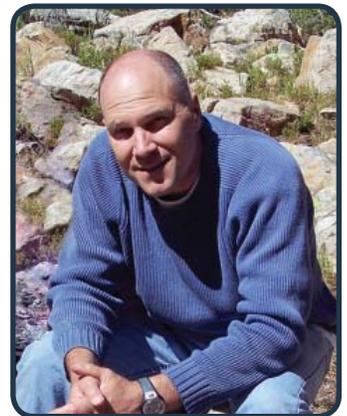
The Summit County Health Department wants to thank all of our partners. To improve the health of a population it takes many individuals improving their own, individual health. Ultimately, it is the role of the Summit County Health Department to support the healthy behaviors and environments these individuals are striving to achieve or maintain. We could not do this without your help. Thank you!

Together we have made great strides in 2012, and we are looking forward to continuing our important work for the people of Summit County during 2013.

Sincerely



Richard C. Bullough, PhD
Director & Health Officer
Summit County Health Department



SUMMIT COUNTY BOARD OF HEALTH

The Board of Health is established to create guidance and policy for the Summit County Health Department. The primary responsibilities of the board of health members are to study and learn everything possible about the obligations of the board, health department, and staff; health problems in the community; and the need for planning of identified problems. The responsibilities of the board of health include policy, administration, community relations and programs.

2012 Summit County Board of Health Members

Jonelle Fitzgerald, BS, CHES: Jonelle has vast experience in public health, particularly in the area of health promotion, and is currently the Health Promotion Director for the Wasatch County Health Department. She truly understands the issues affecting health in Summit County and is passionate as a citizen and professional. Jonelle is a life-long Summit County resident, currently living in Peoa.

* **John Hanrahan, MD:** John is on the Summit County Council, and is their appointee to the Summit County Board of Health. He was instrumental in the formation of the Hope Alliance and the People's Health Clinic, organizations addressing health needs of disparately affected populations. He currently is primary care physician at the People's Health Clinic. John is a long-time resident of the Snyderville Basin.

Carolyn Hales Hollingshead, PhD, RD, LCSW: Carolyn has extensive experience in health-related issues and is currently on faculty at the University of Utah, Division of Nutrition and Department of Health Promotion and Education. In addition to teaching, she has research interests in community nutrition, weight management, and the cultural aspects of food. Carolyn is a resident of Wanship.

Herbert Joe, MA, JD, LLM: Herbert was trained as a biologist and has extensive experience in the study of medicine and biology, and has far-reaching expertise in many health-related topics. He is a practicing attorney and brings his detailed understanding of health law to the Summit County Board of Health. Herbert is a resident of the Snyderville Basin.

* **Patricia A. Lindsay, PhD:** Trisha is a licensed clinical psychologist with a practice in the Snyderville Basin. In addition to many years as part of the health care delivery community in Summit County, she has a strong interest in health issues, laws, regulations and standards locally and nationally. She has lived and worked in Summit County since the 1980s and is a resident of Park City

Lynne Nilson, MPH, CHES: Lynne has more than 25 years of experience as a public health professional and manager of public health programs. She previously oversaw the Healthy Utah program and the Utah Council for Worksite Health Promotion, at the Utah Department of Health (UDOH) and currently is program coordinator for the Utah Cancer and Control Program at UDOH. Lynne has lived in Francis for more than 20 years.

Heidi Smith, MHA, PMP: Heidi has worked in health-related fields for more than 20 years, including public health programs in senior services, WIC, immunizations, well baby and other areas. She is currently involved in an extensive health delivery quality improvement project at HealthInsight. Heidi has lived in Summit County for more than 20 years and currently resides in the Snyderville Basin.

* *These Board of Health members have moved off the board for 2013.*

REVENUES & EXPENDITURES

2012 Revenues

Charges for Services / Fines / Fees

Communicable Disease & Nursing Program:	\$78,774
Early Intervention:	\$138,100
Environmental Health:	\$219,690
Health Education:	\$530
Reproductive Services:	\$35,148
Vital Statistics:	\$13,919

Grants

Communicable Disease & Nursing:	\$211,821
Early Intervention:	\$397,908
Environmental Health:	\$129,776
Health Education:	\$151,921
Public Health Emergency Preparedness:	\$285,993
Reproductive Services:	\$12,516
Women, Infants & Children:	\$232,144

County Funding \$662,092

Total Revenues: \$2,636,665

2012 Expenditures

Salaries / Wages:	\$1,379,629
Benefits:	\$578,046
Travel:	\$37,734
Current Expenses:	\$281,622
Administration:	\$293,301

Total Expenditures: \$2,570,332

2012 Wildfire Season

The summer of 2012 was an extreme fire season with 112 wildfires on record in Summit County. As part of the wildfire prevention and response, the Health Department teamed up with local partners to help create and disseminate important fire messages. Although public health is a support agency in terms of wildfires, the Communication and Public Information Program played a big role in this wildfire season.



The Health Department partnered with Park City Fire District, Park City Municipal, the State Fire Warden and Summit County to prepare and disseminate messages. These messages included informational posters, health-related information and immediate fire threats and web content. Thanks to the fact that the Health Department wasn't responding to the fires, we could be in the background creating the necessary information for the community and for public health.



The Health Department created posters and flyers to promote and educate the public on the fire prevention restrictions that included the restriction on lighting fireworks. This information was posted throughout the county and used by all agencies.

In partnership with Park City Municipal, the Health Department created the Summit Wildfires site to disseminate immediate information and Twitter feeds. Other partner agencies could also post to this site so the public only needed to go to one place for the latest fire updates.

www.summitwildfires.com



Cities Readiness Initiative Review

For the past five years, the Health Department has been a part of the Cities Readiness Initiative. As part of this program, a response plan must be developed to distribute medications to the entire population of Summit County within 48 hours of the decision to do so in response to a large-scale public health emergency, such as a bioterrorism event or infectious disease outbreak.

Last year we scored an 89 out of 100, which was the highest score in the state. This year, we exceed that ranking by **scoring a perfect 100**. Only one other Health Department in the state scored as well as we did – Southwest Public Health Department.

Now the challenge will be to keep up the training, community and partner engagement and planning in order to continue scoring at or near 100 in years to come.

The Health Department is fortunate to have received funding through the CDC to assist in our planning efforts. We are able to provide training, purchase equipment and build an effective response network.



EARLY INTERVENTION

The Early Intervention Program continued to grow and provide services for a number of children and families in Summit and Wasatch Counties. The caseload averaged 75 children in 2011 – 2012. Services provided included Child Find, Evaluation, Identification, Direct Services Family Training and Case Management.

Evaluation and on-going assessment remained effective and standardized by the use of three current and nationally accepted tests. The staff received training on the administration and scoring of a new assessment and a Routines Based Interview tool was designed and incorporated into the evaluation process.

Direct services included Occupational Therapy, Physical Therapy, Speech/Language Therapy, Behavior/Guidance education, Floor Time Language Instruction, Nursing and Parent Advocacy services. These services were provided as mandated by IDEA in the children's natural environments. Summit County Early Intervention hosted a parent training on Transition conducted by the Utah Parent Center.

Case Management provided families with access to Medicaid, CHIP, follow-up clinics, transition to school programs at age three and additional supports.

Feedback from families using a satisfaction survey indicated that Summit County Early Intervention earned 95% satisfaction rate for all three surveyed areas. This exceeds the 75-78% reported as the State of Utah Baby Watch average.

Parents were asked to contact State Representatives, and/or State Senators to aid in funding requests, Summit and Wasatch County families were very active in lobbying for services and funding.

FAMILY & PERSONAL HEALTH

Dental Services Grant

The Health Department received a Primary Health Care Grant for Dental Services for underserved populations in Summit County. This is the **fifth** year of funding for this competitive grant. We were awarded \$20,000 which is not a lot, but has helped almost **220** citizens of Summit County to receive dental care they would not have received otherwise. People are returning to the dentist for annual check-ups and this is seen as a successful program!



Disease Prevention

The Immunization Program received a special grant in the form of Tdap (Tetanus, Diphtheria, and acellular Pertussis) vaccines. Pertussis is on the rise in most states and a vaccine is a great way to stop the spread of the disease. Pertussis, or whooping cough, is highly contagious and causes serious illness and death in the very young and the very old. Immunizing is the best method of stopping the spread of this illness. The Health Department has organized



campaigns to vaccinate anyone coming in contact with a newborn, especially the parents, siblings, grandparents and others who are involved in the care of the infant. This is a “cocooning” effort to protect the infant.

Further efforts are currently in place to immunize anyone coming into the Health Department who has not previously had the vaccine. The vaccine is given free of charge to ensure anyone can participate. Since the start of the first Tdap project the Health Department has given more than 450 doses of Tdap, free of charge.

Communicable Disease

The Health Department collaborated with the University Of Utah Division Of Pediatrics in an Infectious Disease Drill study, funded by the National Institutes of Health. The purpose of the study was to determine the feasibility of using new diagnostic technology to screen a school population for respiratory pathogens in the event of an infectious disease outbreak like the H1N1 outbreak in 2009. Another purpose was to engage students, teachers and public health providers in the research process and evaluate their level of engagement. The Health Department, University of Utah Division of Pediatrics, the Park City School District (PCSD), BioFire Technology and the Utah Department of Health (UDOH) collaborated to perform non-invasive nasal swab specimen collection and respiratory pathogen



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testing during two separate drills. The first drill took place in February 2012, involving two classes of students; the Biotechnology class and the Health class. Another drill took place in October 2012 involving the entire school.

The Biotechnology teacher followed a course curriculum developed with the University of Utah and BioFire technology that directly related to aspects of infectious disease including pathology, transmission, public health and the use of a new diagnostic tool,

the FilmArray instrument. Eight teams were formed with staff from the Health Department, UDOH, U of U and students from the PCSD. We were able to collect specimens from 900 students and teachers in a 45-minute period. The specimens were pooled together in groups of 20 and tested in the FilmArray instrument, which took about an hour. The BioFire technology scientists worked with the PCSD students in preparing the specimens for testing and the actual testing/result process.

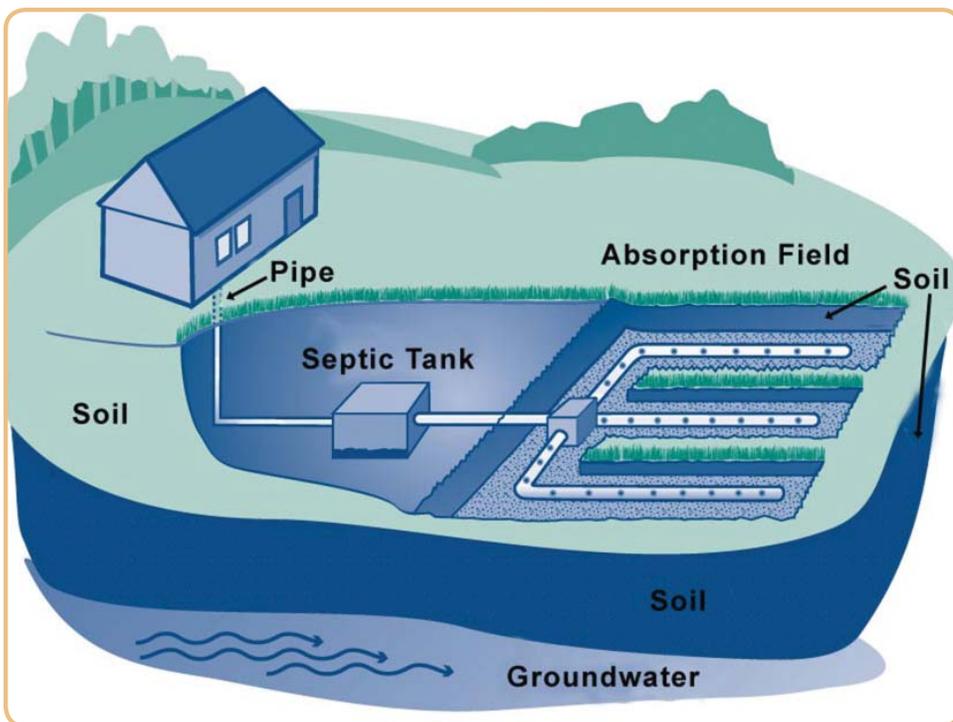
The result of this study was positive for everyone involved. The students were able to participate in a real life study, using real life specimens and testing instruments. Public Health determined that the new diagnostic technology is helpful in identifying infectious diseases in a quick manner, which during an outbreak is important in making timely decisions as to school closures and treatments. The University of Utah staff was able to participate in a drill that simulated a real life disease drill and see the benefits in a quick diagnosis. The BioFire Technology scientists experienced how the technology they developed worked in a real life situation. In addition, the UDOH staff was able to experience the front line workings of a local health department.



On-Site Wastewater Update

The Environmental Health Program has been updating on-site wastewater system policies, permitting and monitoring. New problems have arisen as the county grows in population along with old septic systems beginning to fail. We view this as a good time to update our standards and change the requirements on new systems.

The old, conventional systems are most common and utilize an older but often effective technology. These types of systems are effective in areas with moderate to good soils that have a fast water percolation rate through that soil and where there are no potential ground water issues. The newer advanced systems are effective in areas of poor soil with slow percolation rates and ground water complications. In the past, the conventional system was utilized everywhere a septic system was necessary. Now, builders are required to install the advanced systems in areas that a conventional system isn't appropriate. In addition, when systems fail, the homeowner may be required to install the alternative system if the Health Department deems necessary.



The permitting process for installing a septic system has also been updated to better fit the needs of wastewater treatment. In the past, the Health Department performed all the stages of the septic system implementation. This process worked well with past development patterns as the burdens and problems of the permitting rested on the Health Department.

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ENVIRONMENTAL HEALTH

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The new permitting process now requires percolation tests and septic design to be performed by a certified third party. The Health Department now visits all proposed building lots and observes the percolation tests and can approve, deny or require an advanced system. In addition, there is additional education for homeowners and contractors on septic system installation, use and maintenance.

Thanks to the changes, local contractors are now more involved and educated in the wastewater process and homeowners are better educated about their system. The Health Department is working with the planning department on permitting and updates as well as working with others in the private sector. Through all this work and partnerships, issues of wastewater treatment and septic system failure are being better addressed. Most importantly, these efforts will help protect the groundwater in Summit County.

Food Safety Program

This year brought a wonderful partnership with Park City Municipal. Together we now share vital information between business licensing, code enforcement and the Park City Building Department.

The Board of Health passed a new Mobile, Temporary & Seasonal Food Ordinance on April 3, 2012. This ordinance gives additional guidance to the FDA food code in areas where the code is not clear.

2012 saw an increase of 26% in temporary food permits. The Health Department started a Three Strike Policy. If a vendor has the same violation three times, they are shut down. This helped bring temporary vendors into compliance and reduce the risk of food borne illness. Luckily nobody was shut down.

We have seen a 9% increase in issued food handler cards. This has been the trend for several years. The number of food workers completing the class online has increased from 27% in 2011 to 36% in 2012. The ease of completing the course may be why the numbers are increasing. This results in better compliance in establishments and lessens the risk of foodborne illness.



Tobacco Control and Prevention

The Health Department teamed up with local business owner and quitter, Tom Moore, to promote tobacco cessation on posters, quitcards and movie theatre advertising. Tom says “If I can just help one person (quit tobacco) it is worth it!”

Tom presented to students at North Summit Middle School and High School to share his story with them. This story is about how he changed his life for the better. Through these assemblies he hopes that others who have never started using tobacco will never start and those who have will make the commitment to quit.



We have another assembly scheduled for the spring in Coalville and possibly one in Kamas at the Middle School.

Tom is in contact with several people each day through his business, he always encourages others to quit.

We are grateful to have found a true champion in our community like Tom who is willing to share his story that inspires all.

 A promotional poster for tobacco cessation. It features a white GMC tow truck with "MOORE'S" and "336-2140" on the side. Tom Moore, wearing a red polo shirt and blue jeans, stands with his arms crossed in front of the truck. The background is a cloudy sky. At the bottom, the text reads "A QUITTER NEVER GIVES UP." and "For help quitting, call 1.800.QUIT.NOW". A small caption above Tom Moore reads "Tom Moore • Coalville, UT".

When Tom Moore quit tobacco over 20 years ago, he never thought it would be easy. And it wasn't. But true to form, Tom stuck to his guns. Now, decades later, he's still fighting tobacco. Not for himself, but for friends, family, anyone who wants to quit. So when you see him around, talk to him, ask him how he did it. If he doesn't tell you first.

HEALTH PROMOTION

Taste Test Program at North Summit School District

To help students in North Summit School District become more accepting of a variety of vegetables, the Health Department worked with the District's Food Services program to provide healthy taste tests. During the taste tests, students at all three schools had a chance to sample foods ranging from broccoli to hummus. After trying the foods, students voted on whether they liked them; this feedback contributed to decisions about what to add to the school lunch menu.

As part of the event, the schools were decorated with educational posters, including information about the nutrients in the taste test foods and how they grow in nature. Newsletters with recipe ideas and nutrition information were also sent home with the elementary school students.

Food Stamp Acceptance at Farmers Markets

When food stamps (also called SNAP benefits) started being distributed through Electronic Benefit Transfer (EBT) cards, it became more challenging for farmers markets to accept them.

To ensure that everyone has the opportunity to shop at the farmers market, including low-income individuals and families, the Health Department collaborated with the Park Silly Sunday Market to offer a food stamp acceptance program. This program was the first of its kind in Summit County, and only the 11th statewide.

This program helps reduce health disparities by making fresh fruits and vegetables accessible to all members of our community, while also supporting the local food system.

Use your EBT card at the Farmers Market this summer!

The farmers market at the Park Silly Sunday Market now accepts EBT (food stamp) cards. This is a great opportunity to purchase the freshest fruit and vegetables for your family. And sometimes the prices at farmers markets are cheaper than the grocery store. In addition, you can support local farms while feeding your family the freshest and healthiest foods. Just follow these simple steps listed on this flyer.

- 1** Go to the information tent and look for the Market Manager.
When: Sundays, 10am - 5pm
June 10 - September 23, 2012
Where: Park Silly Sunday Market
Main Street, Park City
(next to the Post Office)
Closest Bus Stop: Old Town Transit Center
- 2** Use your Food Stamp/EBT card there to purchase as many \$1 wooden tokens as you would like. These tokens will act as cash at the market.
- 3** Use your tokens at any farm stand that displays a sign stating "Food Stamp/EBT tokens accepted here."

WHAT TO DO WITH LEFTOVER TOKENS?
Tokens don't have an expiration date! Keep unused tokens and use them the next time you shop at this farmers market. Unused tokens may also be exchanged for a refund back onto your EBT card.

This Farmers Market Food Stamp Acceptance Program is supported by:

Logos: Park Silly Sunday Market, SUMMIT HEALTH DEPARTMENT, GROWNYC, Design thanks to GrowNYC, www.grownyc.org

Kamas City Parks and Events to go Smoke-Free

In a decision made to protect the health of its community members, the Kamas City Council unanimously voted to adopt a smoke-free policy at city parks and events. The policy was first presented to the Council by the Health Department and members of South Summit High School's Peer Leaders group. Olivia Gunnerson, Health Educator for Summit County, and members of the Peer Leader group worked on this policy for close to one year. The project was last summer during the annual Fiesta Days events by doing tobacco observations at several events during the week. "In our observations of thousands of people, we were pleased to see that fewer than one hundred were smoking on city park grounds." says Gunnerson. The group also collected discarded cigarette butts at both city parks in order to show the amount of litter that comes from people smoking on city park property.

Continuing their efforts, the Peer Leaders created a petition regarding the policy and attended different events collecting signatures. Ashley Bayles, a Senior at South Summit High School, was one of the students who volunteered to attend youth soccer games to gather support and signatures. "Almost everyone I talked to was very supportive of this policy. In fact, most were surprised that smoking was allowed at the parks. People were very interested in protecting the health of their children and families." says Bayles.

Another less noticeable effect of smoke-free policies is in helping reduce the number of youth who start to use tobacco. Research shows that the more tobacco-free policies are in place, the lower the youth usage rate is. According to the 2009 SHARPS (Student Health and Risk Prevention) survey, nearly 14% of Summit County youth had tried smoking cigarettes, the second highest county in the State. The Health Department has been working on a three year grant in an effort to reduce the number of youth who experiment with tobacco usage. This is one more piece to the puzzle. We hope that through a well rounded approach, we can raise a tobacco-free generation. Kamas City smoke-free parks are an important part of that goal.

Lindsey Snyder, a recent graduate of South Summit High School and member of the Peer Leader group, was happy to be part of this process, "It was exciting to be able to present to the Council and exercise my right as a citizen in this wonderful community. I'm very glad the city now supports a tobacco free park policy, as it will greatly influence the health and safety of our parks and citizens. It was a pleasure to be involved in something this important."



WOMEN, INFANTS & CHILDREN (WIC)

WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. Nutrition education and counseling, nutritious foods, and help accessing health care are provided to low-income women, infants, and children through WIC.

The Summit County WIC Program served an average of 658 participants over the past year: 151 women, 146 infants age 0-12 months and 361 children age 1-5 years old. WIC services are offered at each Health Department location in Park City, Kamas and Coalville, with approximately 14 clinic days per month.

WIC promotes exclusive breastfeeding for the first year of an infant's life. The Healthy People 2020 breastfeeding objectives call for 81.9% to initiate breastfeeding after birth, 60.6% to continue breastfeeding until age 6 months, and 34.1% to be breastfeeding at 12 months of age. The Summit County WIC Program breastfeeding rates surpassed these goals in 2012 as shown below:

	Initiation Goals	Breastfeeding at 6 months	Breastfeeding at 12 months
Healthy People 2020	81.9%	60.6%	34.1%
Kamas/Coalville WIC Clinic	96%	81%	59%
Park City WIC Clinic	97%	61%	37%

WIC is able to provide many free things for breastfeeding mothers and this contributes to the overall success of Summit County's breastfeeding rates.

Breastfeeding Classes

Nutrition & Breastfeeding Counseling
Breastfeeding Peer Counselors
More Food
Longer Participation in WIC

Loaned Electric Breast Pumps

Electric Breast Pump Kits
Breast Pads & Shells
Manual Breast Pumps
Pedal Breast Pumps

One significant change WIC made in 2012 was to only offer store brand/private label foods to purchase with WIC checks. This was done in order to save money and to be able to serve more participants with the food dollars that are available.

WIC continues to provide referrals to all participants so they will be aware of the services in the County. WIC has recently partnered with People's Health Clinic to increase the number of Well Child exams children receive who do not have health insurance, including Medicaid or CHIP. This pilot referral program is designed to educate families on the importance of seeing the doctor even when a child is well to assess development and growth and to provide necessary education during this critical period of life.

SUMMIT COUNTY HEALTH DEPARTMENT STAFF

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Allison Stuart
Health Educator

Jackie Swan
Occupational Therapist

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Jean Wilson
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Public Health
Prevent. Promote. Protect.

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www.summitcountyhealth.org