



# 2018 Annual Report

# Board of Health

Byron Pelton- Logan County  
Nancy Zwirn- Logan County  
Laura Teague- Morgan County  
Roger Segura- Morgan County  
Joe Kinnie- Phillips County  
Mark Turner- Sedgewick County  
Terry Hart- Washington County  
Robin Wiley- Yuma County

## Office Locations

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Sedgewick County  
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Yuma, CO 80759  
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# Directors Report

## Trish McClain

2018 was a year of completing existing projects and starting new ones. We wrapped up our first 5-year Public Health Improvement Plan and prepared to launch our newest Public Health Improvement Plan in 2019. Our new Public Health Improvement Plan continues to build on the foundation we started with the first one—we continue to be “connectors” for behavioral health and mental health, working to connect people to resources.

We also continued with our focus on prevention—healthy weight, nutrition and physical activity. We launched new programs around heart health, healthy schools, and healthy childhoods. We started the groundwork for some of the municipalities in our region to look at new smoke-free policies in public areas where children play.

We submitted our application for Public Health Accreditation—a process that took almost a year and a half to complete. As part of the work for the application, we developed our first Quality Improvement Plan and Workforce Development Plan.

Getting out into our community was also an activity we did a lot of in 2018. We participated in several health fairs, hosted meetings for our Public Health Improvement Plan, provided education and training about updated Food Service Regulations and did several flu clinics.

We were able to assist some of our region’s hospitals to access Telemedicine equipment to better serve the people in our region to see specialists and we transitioned from our traditional specialty clinics to CU Medicine to hold even more pediatric specialty clinics in our region.

These are just a few of the highlights of the past year. I hope you will enjoy learning about more of the work that we accomplished in 2018 in our annual report.

Sincerely,



Trish McClain

# Environmental Health



## Health Inspections

### Child Care Centers

**50** inspections of **43** facilities

There are approximately 40 Child Care Centers in our health district that we will be inspected a minimum of once per year. The purpose of the rules and regulations governing child care centers and the inspections that we perform is to provide and maintain minimum health and sanitation requirements. Our department should not be confused with the Division of Child Care in the Colorado Department of Human Services, which licenses child care facilities.

### Body Art Facilities

**13** inspections of **7** facilities

The Rules and Regulations Governing Body Art in Colorado address general sanitation and disease control and apply to every body artist in Colorado offering services such as tattooing, branding, sculpting, scarification and body piercings. Due to the health risks associated with exposure to blood-borne pathogens such as hepatitis or HIV, body art facilities that are licensed by NCHD are inspected at least once a year.

### Retail Food Safety

**598** inspections of **397** facilities

The Retail Food Safety Program at NCHD is the Environmental Health Division's largest program. Our staff covers over 400 restaurants, grocery stores, schools and other facilities that store and/or serve food throughout our health district. We perform twice-yearly inspections on most facilities, or more frequently if a facility has had a history of critical violations or is the subject of complaints.

### Swimming Pools & Spas

**15** inspections of **8** facilities

The Swimming Pool and Spa Safety Program is the only one of our environmental health programs that is voluntary. The licensed facilities are inspected twice each year for things like making sure the main drains are meeting safety codes, which helps prevent the chances of entrapment drowning for young children, and ensuring the water is safe to be in, lowering the incidence of water-borne disease outbreaks.

# Environmental Health

## Water Testing

NCHD tests public and private drinking water for bacterial contamination. It is recommended that private wells be tested annually for bacteria or more often if there are known problems with well water in your area, especially if you have experienced problems near your well such as flooding or land disturbances, and if you replace or repair any part of your well system.

Onsite water treatment system permits are required for any building creating wastewater flow that is not connected to a city sewer. Any new system or repair of an existing system requires a permit from the health department. Systems are inspected to ensure compliance with the regulations approved by the NCHD Board of Health.

## Retail Food Service Violations

**318 Food-borne Illness Critical Violations Cited** - These violations are commonly credited to improper hand washing techniques, incorrect temperatures of either cooked or raw foods, using bare hands to touch food products, etc.

**396 Other Critical Violations Cited** - Other critical violations could be pest control issues, storage and/or use of cleaning and sanitizing chemicals, sanitizing techniques or concentration of sanitizer, etc.

**714 Total Critical Violations Cited** - In addition to critical violations, it is common to see non-critical violations when inspecting a retail food establishment. Non-critical violations could be buildup of debris on floors, walls or other surfaces, a crack in the floor or wall that inhibits proper cleaning, or other facility issues that do not directly relate to food-borne illnesses. Even though these violations are not classified as 'critical', they are still very important. All of these issues left un-corrected can lead to a more critical situation that can cause food-borne illnesses.

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To help keep the consumers in Northeast Colorado Safe, NCHD encourages all food service employees to take food safety trainings. With the cooperation of CSU Extension, NCHD offers two courses for facilities to choose from.

**84 Food service workers were trained through ServSafe in 2017**

**51 Food Handlers Trained through NCHD Training Interventions in 2017**

# Client Services

## VitalRecords

The Northeast Colorado Health Department serves as the Vital Records registrar for Logan, Morgan, Phillips, and Washington counties.

Birth certificates are available for Colorado births dating back to 1906. Certain death records may require a waiting period. in 2018, we issued a total of 5,172 vital records in the four counties we serve.

Here is a breakdown of those records:

### Logan County

Birth Certificates Distributed	993
Death Certificates Distributed	1,257
Free Veteran Copy Distributed	19

### Morgan County

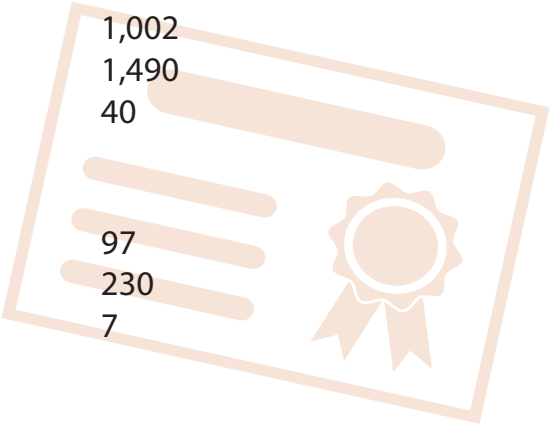
Birth Certificates Distributed	1,002
Death Certificates Distributed	1,490
Free Veteran Copy Distributed	40

### Phillips County

Birth Certificates Distributed	97
Death Certificates Distributed	230
Free Veteran Copy Distributed	7

### Washington County

Birth Certificates Distributed	20
Death Certificates Distributed	16
Free Veteran Copy Distributed	1





# Client Services

## WIC

WIC is the nation's most successful public health nutrition program. WIC provides healthy food, nutrition education, and community support to income eligible families.

The special supplemental nutrition program for women, infants, and children (WIC) is a supplemental public health nutrition program that serves over 8 million vulnerable women, infants, and young children across the United States, including 2296 participants in the six county region NCHD serves.

WIC participants must be one of the following:

Pregnant woman

Mothers who are not breastfeeding with babies up to 12 months old

Mothers who are breastfeeding with babies up to 6 months old

Infants

Children up to 5 years old

Participants must also meet the financial guidelines set by the National WIC Association; however, individuals who are part of other programs such as foster care, Medicaid, SNAP, or TANF automatically qualify.

# Client Services

## Immunizations

A key component of public health is providing immunizations. WE have six offices and vaccines are offered one day per week in each office. We also provide additional walk-in immunization clinics during back to school and flu season. Here is the 2018 vaccination report:

### Logan County

294 Vaccines administered	42 TB Skin tests	195 Patients
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### Morgan County

1439 Vaccines administered	42 TB Skin tests	570 Patients
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### Phillips County

155 Vaccines administered	0 TB Skin tests	102 Patients
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### Sedgwick County

6 Vaccines administered	0 TB Skin tests	5 Patients
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### Washington County

75 Vaccines administered	0 TB Skin tests	62 Patients
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### Yuma County

482 Vaccines administered	0 TB Skin tests	290 Patients
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### 2018 Totals

2451 Vaccines administered	84 TB Skin test	1224 Patients
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### Other highlights:

Provided technical support to 47 schools and 20 childcare centers for annual state immunization reporting

Provided 6 walk-in extended hour and/or off site clinics for FLU and Tdap vaccines

Completed 3 successful VFC site visits with no deficiencies

Provided immunization materials and education at 5 community outreach events/activities and completed 2 provider presentations.



# Client Services

## Communicable Disease

One of the core duties of public health is to track and control communicable disease. Communicable diseases can be spread person to person, animal to animal, and contaminated surfaces to person, such as influenza, norovirus, and many food borne illnesses such as Salmonella and E. coli.

All hospitals, physicians' offices and laboratories are required to report positive communicable disease information to health departments, per state regulations. Public health investigates illnesses and outbreaks to halt further transmission. Here are the 2018 case counters for communicable diseases in Northeast Colorado.



Disease	Cases	Disease	Cases
*Campylobacter	56	Hepatitis C, chronic	48
Chlamydia	220	*Salmonella	22
*Cryptosporidiosis	12	*Shigella	0
*Giardia	4	*STEC (E.coli)	12
Gonorrhea	59	West Nile Virus	8
Hepatitis B, chronic	7	Legionella	1

## Family Planning

NCHD's Family Planning Program provides quality services to help meet the reproductive health and birth control needs of men and women in Northeast Colorado. The family planning program provides services such as abstinence counseling, physical exams, pap smears, pelvic exams, STI testing and treatment, pregnancy tests, several forms of birth control as well as birth control counseling to help clients choose the method that is best for them and take charge of their sexual health.

In 2018, NCHD had 598 family planning clients who came in for 1,114 appointments

# Client Services

## Healthy Child Clinics

We encourage all parents to participate in Healthy Child Clinics. They are for all children, age six months to five years, and offer free vision, hearing, height, weight, speech, social/emotional, developmental, and dental screenings.

The goal of Healthy Child Clinics is to pinpoint any health or developmental issues before children enter school, and more importantly to refer to appropriate resources before any problems have a chance to develop further.

In 2018, 180 Children were screened at 7 clinics

## Specialty Clinics

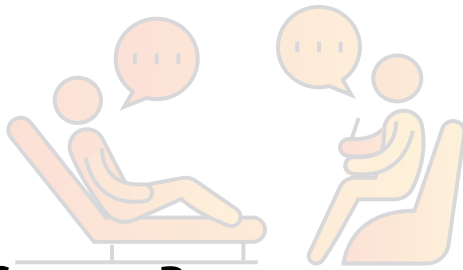
Health Care Programs for Children with Special Needs (HCP) provides services to children and youth with special health care needs from birth to 21 living in Colorado who have or are at risk for, physical, developmental, behavioral or emotional conditions. HCP services are tailored to fit the need of individual families. HCP has no diagnosis or income restrictions. Most services are free, and no family is ever turned away due to their inability to pay.

Through HCP Specialty Clinics we aim to reduce barriers to families such as cost, lost work or school time and travel, and to minimize the number of trips to the Front Range. At NCHD we host 16 Specialty Clinics annually. During any specialty clinic, you can find doctors from children’s hospital that specialize in the individual needs of the patients that are on the schedule on that given day.

Location	Neurology	Orthopedics	Rehabilitation
Sterling	6	4	2
Fort Morgan	2	1	1

There were 122 appointments at 16 clinics in 2018

HCP specialty clinics were held January-September  
Children’s Hospital Clinics were held October-December



# ClientServices

## MentalHealthServices

### LifeSource Program

The LifeSource Project is a program of Rural Solutions, a non-profit organization serving Northeast Colorado. This program focuses on preventing youth suicide in the region. LifeSource helps remove financial barriers for youth at-risk for suicide to get them the help they need.

LifeSource provided services to 64 students in our 6 counties in 2018

### Man Therapy

Man Therapy is a tool designed to help men with their mental health and rid us of the notion that men should not have or talk about their feelings. The more you tell Dr. Rich Mahogany about what you're up against, the more he can cater the content to your situation. Working aged men (25-54 years old) account for the largest number of suicide deaths in U.S. They are the least likely to receive any kind of support. They generally don't talk about it with their friends, family, or seek professional treatment.

in 2018 our region had 312 viewers to the Man Therapy website.

### Pregnancy Related Depression

To help new mothers in Northeast Colorado, NCHD distributed 250 New Mom Kits with information and strategies to help new mothers adjust to the changes new babies bring. We also gave 25 toolkits to providers, assisting them to incorporate more screenings on new mothers into their practices, and help them with pregnancy-related depression.

# Prevention Services

## Healthy Schools

Through the Healthy Schools program, we aim to reduce people's risk for chronic disease and the upward trend of overweight and obesity through strategies focusing on physical activity, nutrition, and healthy weight. With Chronic Disease funding, we are able to take a multi-pronged approach to address prevention of chronic disease from the beginning of life.

Ten of our target school districts were eligible to receive \$1000 to use towards a school health project of their choosing. These school projects known as \$1000 ideas, included the following: new hydration stations, staff wellness room, action based learning hallway, new lunchroom equipment to promote health eating, and new playground equipment to increase physical activity.

Our goal for year 2 is to ensure that each of our ten target school districts creates and adopts a comprehensive health and wellness plan. We are also working with each school district to build a wellness team.

# Prevention Services

## Tobacco Cessation

NCHD has been fighting tobacco use in Northeast Colorado. Yet nearly one in six Coloradans still use tobacco — our family, friends, neighbors and kids. We all know or love someone who uses tobacco. Smoking remains the leading cause of preventable death. The Colorado comprehensive statewide tobacco control program includes three specific efforts.

We are actively working with all schools in our 21 school districts to reduce the initiation of youth using tobacco products

We hosted multiple community and school staff trainings on the emerging trends in the tobacco industry

Collaborated with Centennial Mental Health to provide education and wrap-around services for students dealing with a nicotine addiction

We are actively working with youth in 4 communities to promote smoke-free environments and reduce the social norms of smoking

# Financials

## 2018Report

### Revenues

Miscellaneous Revenue	\$12,558.75
State Per Capita	\$224,392.61
County Per Capita	\$697,956.00
Contracts & Grants	\$2,470,723.96
Fees	\$351,427.39
Insurance Billing	\$67,838.86
Total	\$3,824,897.57

### Revenues by Department

Nursing	\$2,184,503.86
Enviromental Health	\$470,245.25
Admin & EPR	\$1,170,148.46
Total	\$3,824,897.57

# Financials

## 2018Report

### Expenditures

Salries	\$1,534,505.45
Related Expenses	\$551,922.60
Travel	\$145,815.54
Operating Expenses	\$1,404,948.44
Total	\$3,637,192.03

### Expenditures by Department

Nursing	\$468,075.58
Enviromental Health	\$468,075.58
Admin & EPR	\$977,129.58
Total	\$3,637,192.03



# Protecting Health; Inspiring Prevention.

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