

2023



Annual Report

Community Health Division

Healthy Choices. Healthy People. Healthy Communities.



Community Health Division

Vision

Safe and healthy communities for all.

Mission

Connecting our community to accessible health and safety resources, opportunities for wellness, and quality living.

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Director's Message

This Annual Report for the Community Health Division of the Davis County Health Department (DCHD) features important prevention and preparedness work that took place during 2023. Division programs focus on improving the overall health of the community. Staff utilize assessment results and different data reports to develop strategies and processes to meet improvement goals.

Division highlights for 2023 include:

- engaged in peer-led upstream prevention strategies with the Davis County Youth Council
- designed and facilitated workshops for department employees on how to effectively plan public health programs
- developed and published a 100+ page book, *Reflecting on COVID-19: Davis County*, capturing employee experiences and overall successes of the department's three-year pandemic response
- conducted assessments and developed training plans for department employees and Medical Reserve Corps (MRC) volunteers to ensure the department's ability to respond to future public health emergencies
- strengthened partnerships with local food pantries to increase community awareness of this important service and increase availability of resources and programs to their clients
- aligned suicide prevention and physical activity programs to increase family and community connectedness
- expanded the reach of the statewide Live On suicide prevention campaign to 93,500 homes in the county
- collaborated with the department's Health Strategy Bureau to begin the development of a countywide plan to reduce risk and promote healing for residents after a suicide death occurs
- partnered with tobacco retail outlets to maintain Davis County's low youth access rates to these harmful products

The Community Health Division has outstanding public health employees and incredible community partners who work together to create positive outcomes for the overall health of people in Davis County. The outcomes reflected here in this report would not be possible without this continued support and collaboration.

Sincerely,

Ivy Melton Sales
Director, Community Health Division

2023 Community Health Team

Community Health Educators

Rosa Alveño, BS, CHES
Kellie Farr, BS, CHES
Jessica Gehring, BS
Megan Hatch, BS
Rachel Henricksen, BS, CHES
Hannah Karmondy, BS, CHES
Justin Lindseth, MPH
Brittany Overturf, BS, CHES
Terri Sory, MPA
Mikayla Wentz, BS

Community Outreach Planner

Kristen Peer, BS, CHES

Emergency Response Coordinators

Ayla Guarino, MPH, CPH
Bailey House, MPH

Management Team

Shelley Florence, BS, CHES
Heather Gibb, MS
Ivy Melton Sales, MBA, CHES
Kristen O'Flarity, MPH, CHES

Student Interns

Amber Anderson
Katie Cole
Ashley Sheesley



Employee Roles and Skill Sets

While the specific skill set each employee brings to the programs they work on vary, they all share a core set of skills that align with national public health capabilities.

Shared Areas of Expertise

Conduct assessments and review data

Develop plans and interventions

Implement plans, trainings, and exercises

Evaluate via continuous quality improvement processes

Coordinate policy, systems, and environmental improvements

Communicate health and preparedness information

Develop and strengthen community partnerships

Follow ethical and professional practices

Community Health Educator

plans and implements programs and strategies that improve health outcomes, with particular focus on the leading causes of death

Community Outreach Planner

collaborates with community partners to align prevention and preparedness efforts and resources to improve outcome data

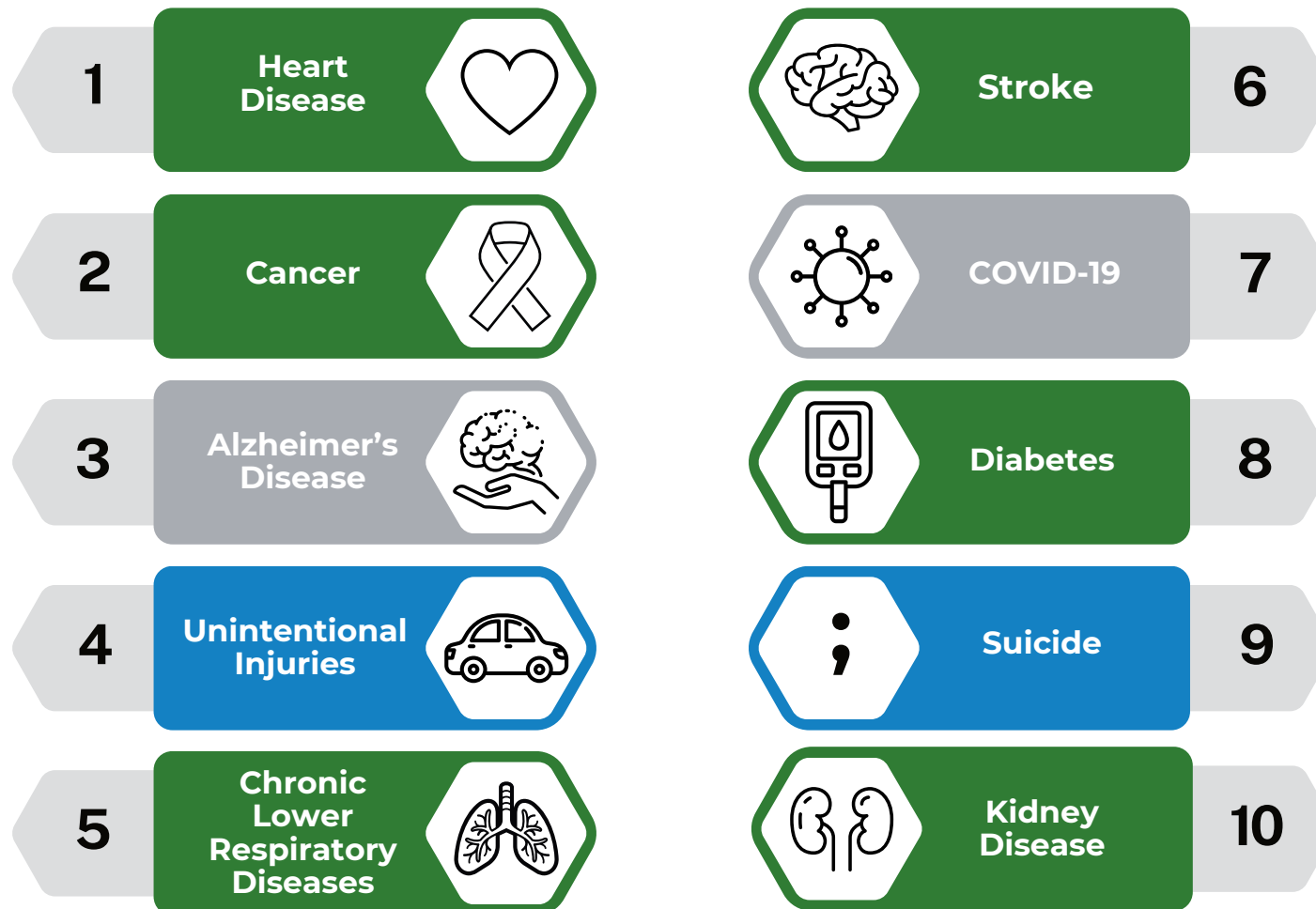
Emergency Response Coordinator

coordinates emergency planning, training, and exercises and collaborates with partner agencies



Leading Causes of Death in Davis County

Health education programs in the Community Health Division focus on reducing preventable causes of death and increasing quality of life. Staff work with community partners to improve the environments in which we live, work, and play to create better health opportunities for everyone in Davis County.



● Chronic Disease Prevention focus

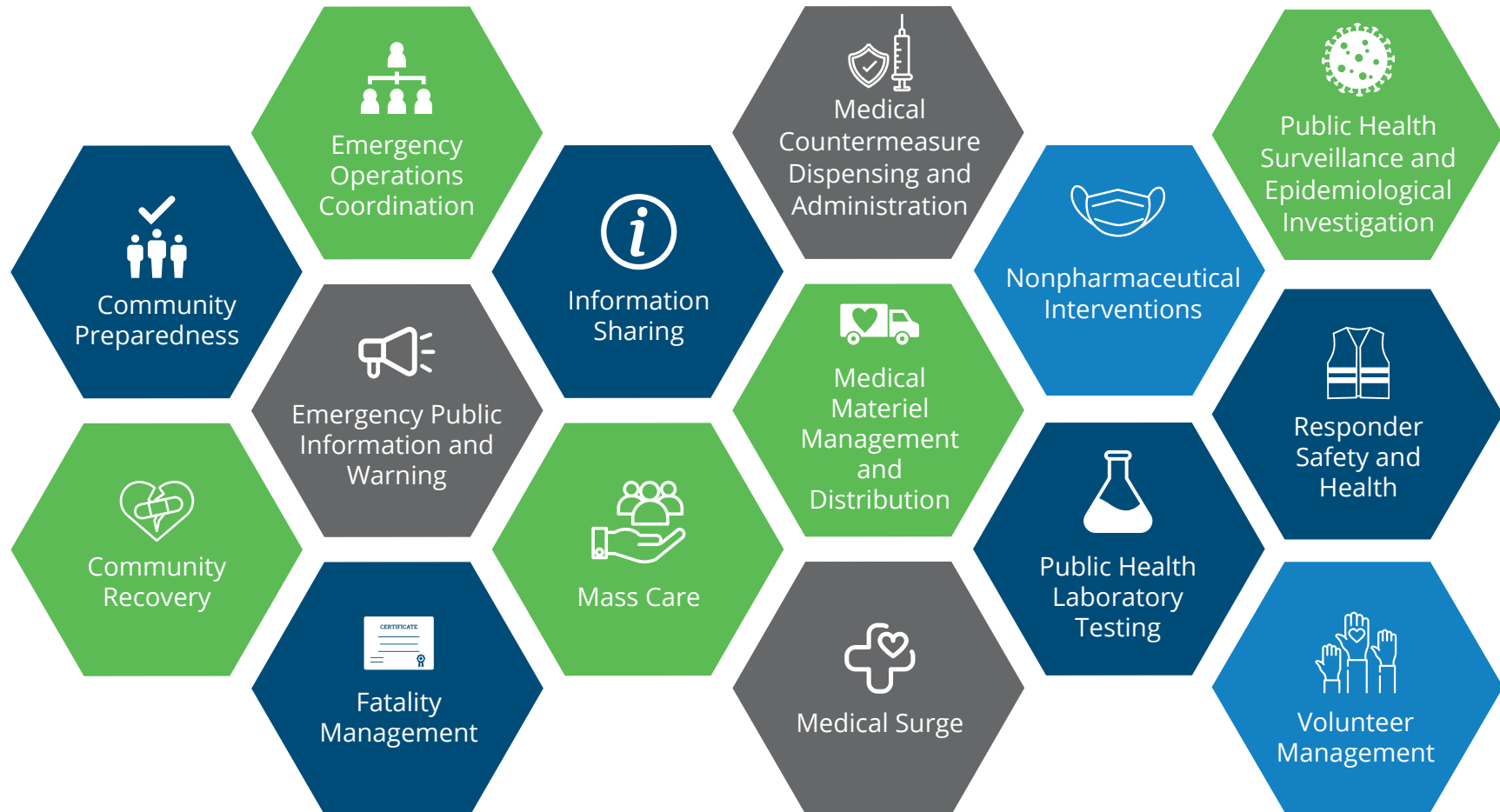
● Injury Prevention focus

● Not a program-specific focus

Source: CDC WONDER, 2020

Emergency Preparedness Capabilities

The Emergency Preparedness Program coordinates with all the divisions in the health department as well as partners throughout the county and the state. Staff collaborate on training, planning, and emergency exercises in the following areas:



Source: bit.ly/PHEPCapabilities



Moving Prevention Upstream: Davis County Youth Council

Community Health staff examine root causes to health issues to identify the best prevention measures that will improve health outcomes in the Davis County community. We call this approach “moving upstream” - rather than addressing a person’s individual behaviors, we look at broader social factors, the environments and experiences in which people are born, grow, live, and work, such as a safe neighborhood, good schools, or access to healthy food close to home. These factors can help explain why some people are healthier than others.

The Davis County Youth Council is a space where the youth create their own upstream environment by addressing risk and protective factors as a group and in their local community. This program follows an evidence-based prevention model using peer to peer education, a proven strategy for promoting healthy behaviors among adolescents.

The youth council increases protective factors including:

community
attachment

positive connections
with trusted adults

interaction with
prosocial peers

recognition for
positive behavior

opportunities for
prosocial involvement

skill
development



Determining Priorities

The Davis County Youth Council utilizes data from the Utah Student Health Risk and Prevention (SHARP) survey, Social Determinants of Health (SDOH) models, risk and protective factors, and issues they see in the community among their peers to determine yearly priorities for improving the well-being of youth in Davis County.

Youth-selected Priorities 2023

Mental Health



Suicide Prevention



Community Involvement



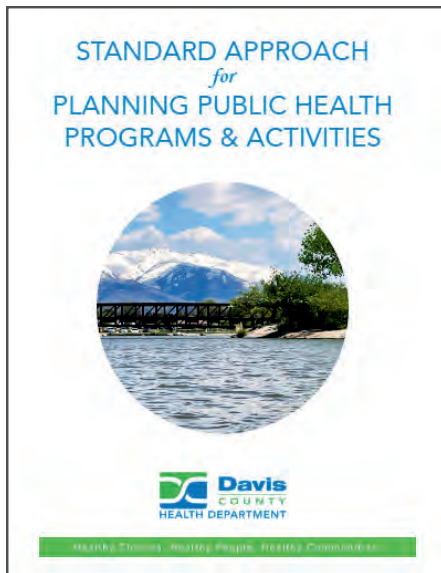
In 2023, the youth council actively participated in multiple outreach events based on their selected priorities. During the annual Safe Kids Day and three fire department open houses, the youth council promoted Utah's *Live On Suicide Prevention Playbook* by educating community members how to access the full course on social media. They also facilitated activities to engage children and their families about healthy self-care habits.

In September, the youth council was invited to teach about suicide prevention and self-care at Syracuse Library's Suicide Prevention and Friendship Youth Night, where they did a presentation and an interactive learning activity.

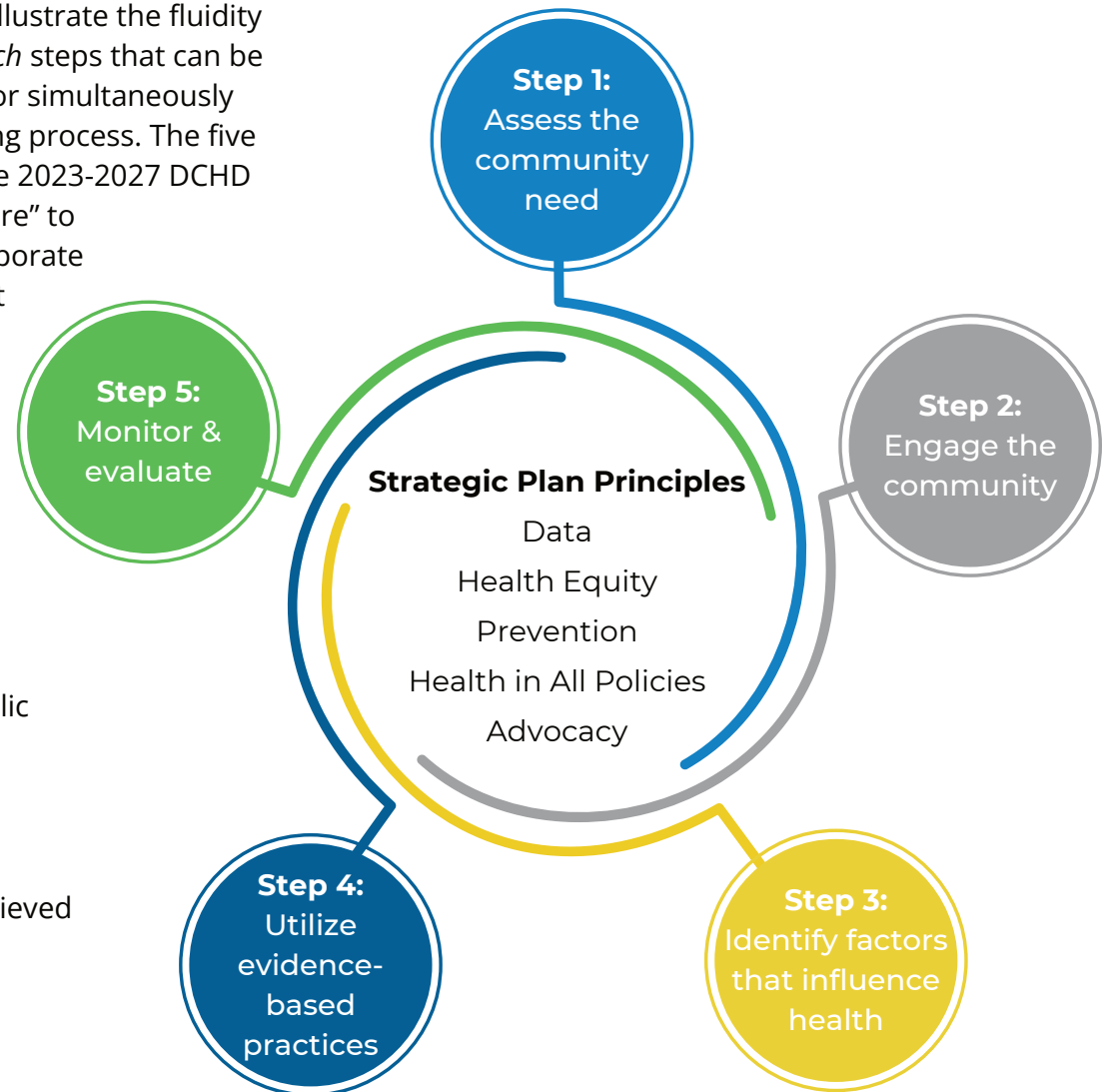


A Standard Process for Planning Programs

The *Standard Approach to Planning Public Health Programs and Activities* (“*Standard Approach*”) is a guide for DCHD staff to utilize when planning program activities. The document walks through five essential steps to planning a public health program and includes resources, tools, and examples to help staff be successful.



To the right is a graphic to illustrate the fluidity of the five *Standard Approach* steps that can be implemented in any order or simultaneously during the program planning process. The five strategic principles from the 2023-2027 DCHD Strategic Plan are at the “core” to remind employees to incorporate these principles throughout each step of the process, which is key to ensuring healthy communities and equitable outcomes.



The *Standard Approach* guide accomplishes the following goals:

- Establishes consistency across the department for how public health programs are planned
- Identifies strategies to address environmental and societal factors that affect health
- Creates buy-in with partners and the community
- Increases the likelihood that expected outcomes will be achieved
- Saves the department time and resources
- Helps nurture program sustainability
- Aligns with Public Health Accreditation Board requirements

Putting the Process into Action

In collaboration with other department employees, a training was developed and implemented in March 2023 to train Community Health Division and Health Strategy Bureau staff in a two-day workshop to provide hands-on experience on using the guide.

Staff worked in groups to utilize the guide to plan programs in the following public health topic areas: hypertension, community connectedness, e-cigarette prevention, and community preparedness.

Improving the Process

After the first training was implemented, Community Health, Health Strategy, and Quality Improvement / Performance Management staff underwent a quality improvement process to update both the guide and the workshop. The guide was primarily updated to reflect multiple changes in best practices since the document was first developed in 2019. Feedback from workshop participants and the facilitators was used to improve future training.

Management Workshop

The department requested the workshop be delivered to the entire management team. Approximately 40 managers in the department participated in the updated training in October 2023.



What was one thing you found helpful or liked about the workshop?

"I really liked the opportunity to collaborate with our teams on the specific topics in the Standard Approach Document and the brainstorming of the current and potential partnerships was helpful!"

"Applying the concepts we're working on directly to work that I'm doing! Also collaborating with people who are working on similar things but on other teams. Super big thank you for all the time and hard work that went into preparing this workshop!"

"How interactive [the training] was. It was amazing. Thank you. I actually learned something and plan to implement what I learned. Fantastic!"



Division Programs

The Community Health Division aims to promote and protect the health and well-being of Davis County residents through the following program areas:

Emergency Preparedness

- Hazard mitigation and prevention
- Response planning, evaluation, and improvement planning
- Skill training and emergency response exercises



Healthy Environments, Active Living

- Built neighborhood and environment
- Clinical connections
- Community policy support
- Diabetes and hypertension education
- Healthy food access



Injury Prevention

- Child passenger safety
- Opioid education and misuse prevention
- Poison prevention
- Safe Kids Davis County
- Suicide prevention



Tobacco Prevention & Control

- Cessation resources and quitline referral
- Retailer education and enforcement
- Smoke-free and vape-free environments
- Youth-focused prevention



Emergency Preparedness



Program Overview

Through planning, training, and skills-based exercises, the Emergency Preparedness Program works to prepare DCHD staff to effectively respond to emergencies and hazards of any type. Program activities include the following:

- incorporating lessons learned from real-world response and exercises
- developing and engaging in partnerships with local and statewide agencies to align response and training plans
- utilizing Federal Emergency Management Agency (FEMA) and National Association of County and City Health Officials (NACCHO) best practices to inform program goals and objectives
- examining emerging topics and hazards to further improve response plans



2023 Highlights

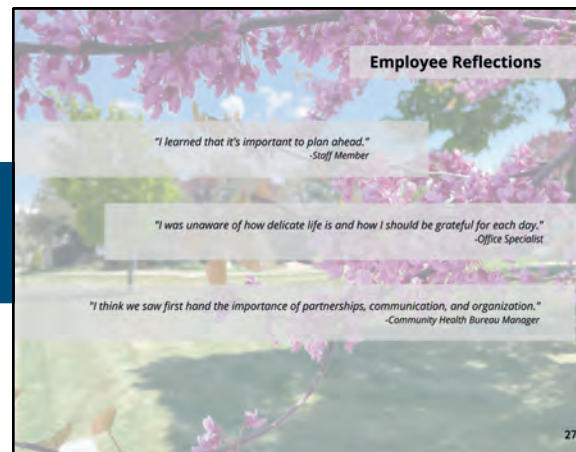
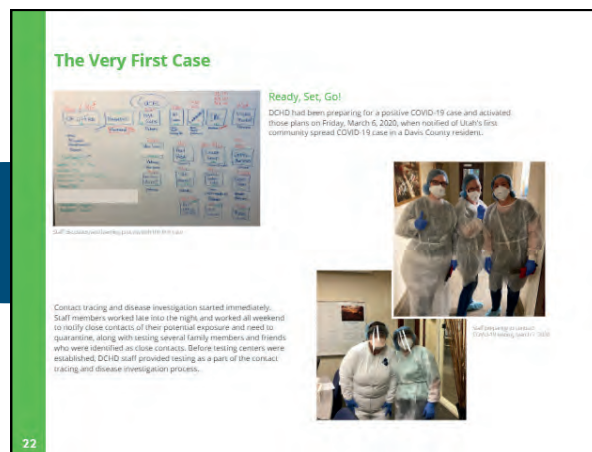
- *Reflecting on COVID-19: Davis County*
- Community Preparedness
- Planning for All Hazards
- Staff Training
- Medical Reserve Corps

Reflecting on COVID-19: Davis County



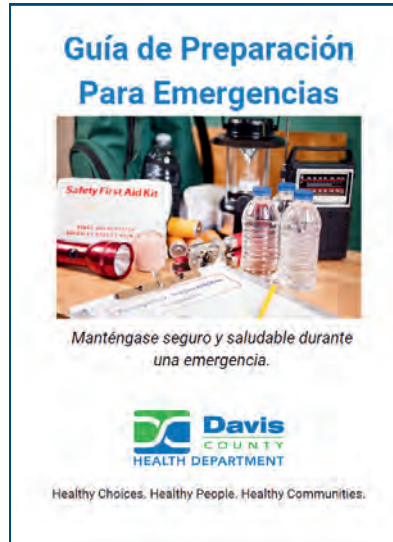
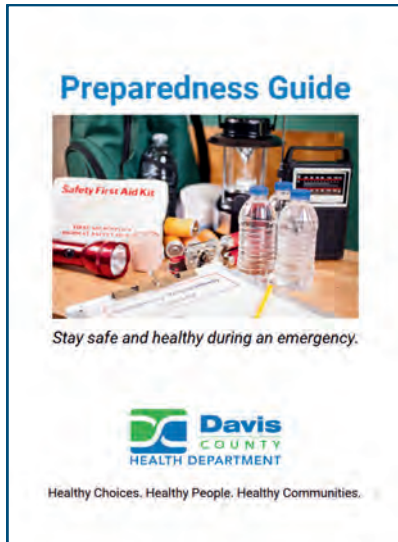
Reflecting on COVID-19: Davis County is a compilation of the health department's accomplishments throughout the three-year pandemic response. The 100+ page hardbound book provides insight into the breadth and depth of DCHD's response, largely due to its significant efforts in preparing, training, and exercising staff since 2001.

Division staff carefully documented and developed the book over many months of research and interviewing employees. The result of this hard work showcases the multi-phase pandemic where staff used tried and true public health principles, provided countless hours of disease investigation, implemented an award-winning mass vaccination strategy, provided education to the public and other stakeholders, and maintained superb customer service to Davis County residents. Employee reflections are also woven throughout the book to capture their unique experiences.



Community Preparedness

Preparedness Guide



Aligning with recommendations from Public Health Preparedness Capability 1: Community Preparedness, staff developed a new preparedness guide to help individuals and families in Davis County become better prepared for an emergency. Available in both English and Spanish, the guide includes information on:

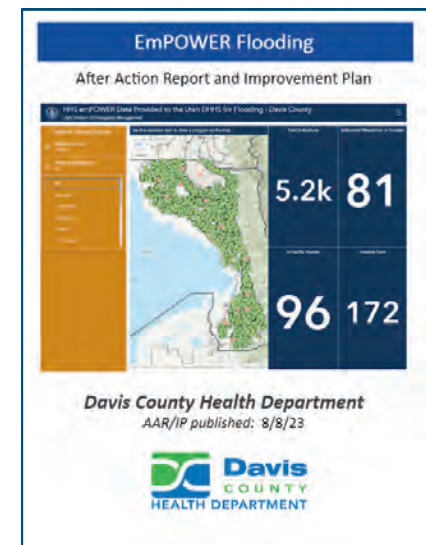
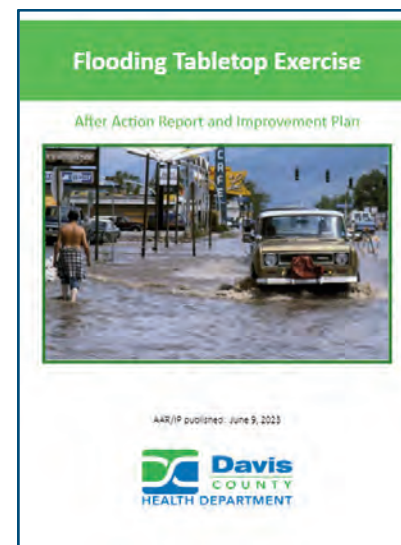
- 72-hour preparedness kits
- evacuation plan ideas
- resources on coping with disasters
- what to expect in different types of emergencies
- forms to record important information

The guide has also been used as a template by other local health departments in Utah.

Spring Flooding Preparedness and Exercises

Utah experienced record snowfall in 2023, causing concern for potential spring flooding throughout the state. Because flooding events can create a number of different public health concerns, the preparedness team developed and participated in two exercises with DCHD staff to improve the department's ability to respond to an emergency.

A tabletop exercise was held with the department management team in April to review resources, response plans, and identify future staff cross-training needs. Staff also had the opportunity to participate in a statewide full-scale exercise to request and utilize U.S. Health and Human Services data of at-risk Medicare beneficiaries who rely on electricity-dependent medical devices. The data enabled staff to better understand the types of medical devices that are used in the community and further develop plans to help these individuals in the event of a prolonged power outage.



Planning for All Hazards



The Preparedness Cycle follows a continuous improvement process through planning, organizing, equipping, training, exercising, evaluating, and identifying improvements in order to maintain a high level of preparedness.

The DCHD All-Hazards Plan is a working document that is regularly updated to incorporate lessons learned from responses and exercises, as well as

information from partner agencies. Significant updates to the department's All-Hazards Plan in 2023 included:

- incorporating new state laws regarding emergency response
- updating the list of staff roles and assignments during an emergency
- inclusion of new mental health resources for responders, individuals, and families
- adding information for new partner agencies from COVID-19 response
- updating the department's Continuity of Operations Plan
- coordinating processes with partner agencies in the Northern Utah Healthcare Coalition

Preparedness Influential Health Factors

Protective Factors	Risk Factors
<ul style="list-style-type: none"> • Personal preparedness • Connectedness to community • Personal and financial resiliency • Access to medications and medical providers 	<ul style="list-style-type: none"> • Income • Housing (older houses are more vulnerable in an emergency) • Access and functional needs

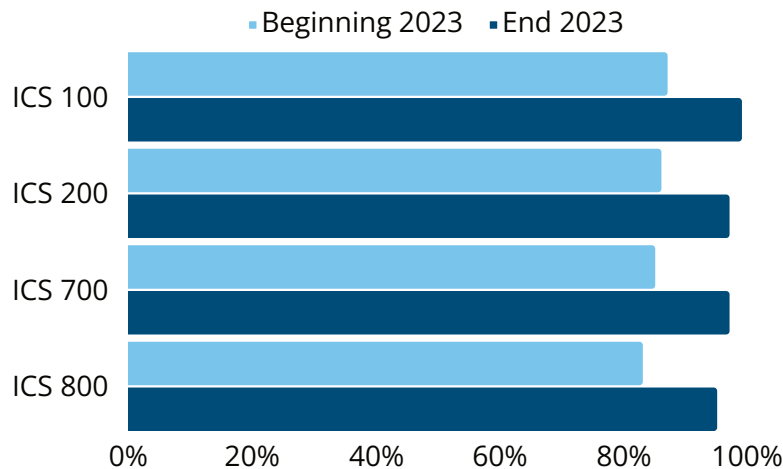
Planning Considerations

Each community is different and it is important to consider these differences when planning for emergency response. Below are some characteristics unique to Davis County that influence planning and training development.

Staff Training

Incident Command System

All DCHD staff complete core Incident Command System (ICS) training. The department experienced a lot of staff changes during the pandemic, resulting in a larger than usual number of employees needing to complete these trainings. The chart below shows progress made during the past year.



Utah Notification and Information System

DCHD utilizes the Utah Notification and Information System (UNIS) to quickly send emergency messaging to employees for important information and emergency alerts. After a significant statewide system update in 2023, some staff were no longer receiving these alerts. Preparedness staff identified a solution to this issue and followed up with all employees through additional drills and trainings to ensure everyone could receive alerts moving forward.

Preparedness Workforce Development Plan

DCHD conducts a training needs assessment every 3-5 years to identify strengths and areas for improvement in staff preparedness training. In 2023, preparedness staff utilized recent assessment data to update the department's Preparedness Workforce Development Plan. The plan outlines different trainings and exercises staff will participate in over the next five years to meet identified needs.

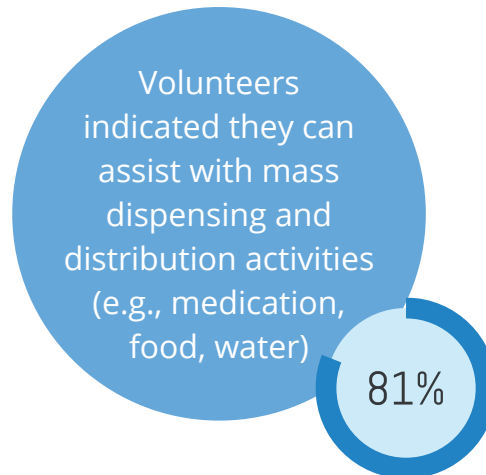
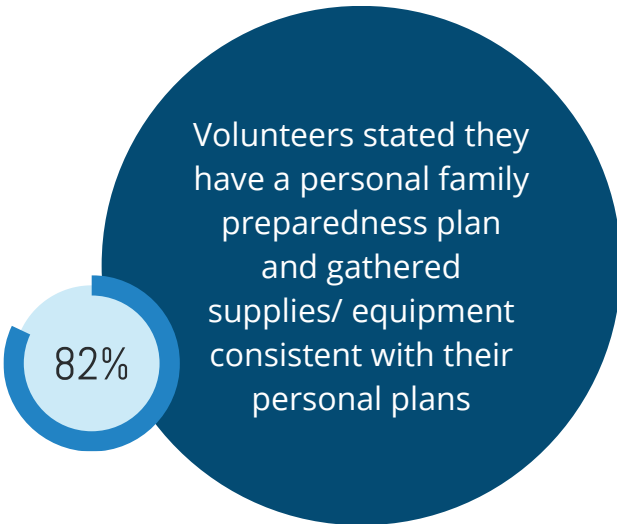
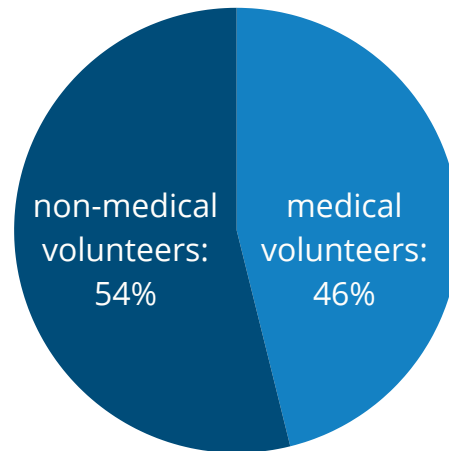
Ongoing DCHD Training Priorities					
PHEP Capability	Needs Assessment Question # /Justification	Topic	Audience	Instructional Objectives	Type of Training to Implement and Who Will Deliver
3	11, 12	ICS 100, 200, 700 & 800	All DCHD staff	<ul style="list-style-type: none"> See objectives for each respective ICS course. 	Independent Study through FEMA
3	11, 12	ICS Refresher Course	All DCHD staff	<ul style="list-style-type: none"> Quick refresher on basic ICS objectives. 	Classroom instruction by ERC.
6	33	HIPAA	Identified DCHD Staff	<ul style="list-style-type: none"> HIPAA as related to public health; Emergency information sharing security and applicable laws. 	Classroom instruction by administration
8	33, 34	POD Manager Refresher	Staff designated as POD managers	<ul style="list-style-type: none"> Train staff on POD operations. 	Classroom instruction delivered by ERC
14	24	HAZWOPER	Identified DCHD Staff	<ul style="list-style-type: none"> See course objectives. 	Offered through University of Utah
14	24	PPE Qualitative Fit Test	DCHD staff who may respond	<ul style="list-style-type: none"> Ensure proper fit testing and use of PPE. 	Classroom instruction delivered by CD/EPI personnel with SME in EH
14	24	Respiratory Protection Plan	DCHD staff who may have to Don or Doff PPE	<ul style="list-style-type: none"> Ensure proper procedures to keep responders safe from respiratory hazards. 	Classroom instruction delivered by CD/EPI and EH SME



Medical Reserve Corps (MRC)

The MRC is a national network of volunteer medical professionals, public health experts, and non-medical individuals who help make their community stronger and healthier during disasters and every day.

In 2023, the preparedness team conducted a training needs assessment with MRC volunteers to identify future learning and training for volunteers. This assessment also provided insight about Davis County volunteers, including:



Healthy Environments, Active Living



Program Overview

The Community Health Division's Healthy Environments, Active Living (HEAL) program recognizes that the environment in which we live, learn, work, and play significantly affects our health. The program aims to reduce leading causes of death including heart disease, stroke, and kidney disease through evidence-based practices including:

- reducing obesity
- increasing physical activity
- improving access to nutritious food
- improving diabetes and hypertension control
- improving conditions related to SDOH including:
 - economic stability
 - education access and quality
 - healthcare access and quality
 - neighborhood and built environments
 - social connectedness

2023 Highlights

- Healthy Food Access
- Clinical Connections
- Diabetes Education
- Staying Active
- Early Childhood Obesity Prevention
- Healthy Environments



Healthy Food Access

Community Health staff collaborate with partners to promote and bring awareness to food assistance and education programs and give the community ways to find affordable, healthy food such as food pantries, produce stands, and farmers' markets.

Food Policy Guidebooks

Staff worked in collaboration with the Utah State University (USU) Create Better Health team to develop policies to address nutrition education at food pantries. Policies included:

- providing nutrition education to staff and pantry volunteers
- providing nutrition education and resources to pantry patrons
- encouraging healthy food donations



Outstanding Community Partner Award

Community Health staff members were awarded USU Extension's *Outstanding Community Partner Award* in recognition and appreciation of their continued support and active involvement in the Create Better Health Utah Program (Supplemental Nutrition Assistance Program Education, "SNAP-Ed").

“ Because of our partnership with the community health educators Megan and Rosa, Create Better Health has been able to level up our work in pantries across Davis County...and make the healthy choice easier in all pantries. ”
-USU Extension Create Better Health Team

Outreach and Screening Events

Staff partnered with Holy Cross Davis Hospital to provide blood pressure, glucose, and cholesterol screenings, as well as nutrition and chronic disease management educational materials. Staff attended:



screenings

at **four** different food pantries, reaching over



individuals

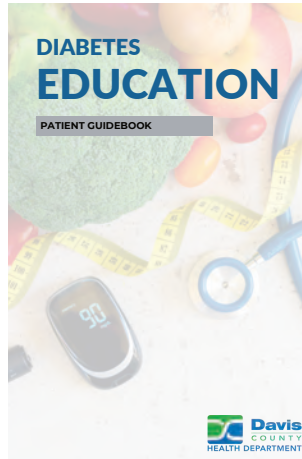


Clinical Connections

Diabetes Education

Division staff continue to work with clinics to educate, prevent, and reduce rates of both pre-diabetes and diabetes by providing resources, including:

- information on diabetes and community resources
- low-cost insulin information
- diabetes booklets for newly diagnosed patients



200+

healthcare providers in Davis County received resources including optometrists, podiatrists, and pharmacists

Educational Videos

Staff created **five** videos about navigating diabetes, available on the DCHD website in English and Spanish.



One video had over **46K** views totaling **549 hours** of viewing in the first month it was uploaded!

Healthcare Systems

Staff provided support to two healthcare systems (Tanner Clinic and Ogden Clinic), for a combined total of **ten** clinics, to increase awareness among their providers and patients regarding diabetes care. Staff also worked with some clinics to pilot SDOH screenings to help connect patients to essential community resources.



Prediabetes 101 classes taught at worksites and senior centers



Prediabetes risk assessments completed through outreach events
126 (38%) scored high enough to have prediabetes

Hypertension (High Blood Pressure)

Community Health Division staff work with local clinics to decrease the incidence of hypertension by using evidence-based programs and practices. Hypertension resources were shared with numerous clinics and worksites throughout Davis County, especially during Heart Month in February.

Self-Monitoring Stations

Staff implemented and promoted self-monitoring blood pressure stations at **three** senior activity centers in the county and **one** worksite. Education was provided to encourage participants to speak with their provider if their blood pressure was out of range.



The *Utah Million Hearts Excellence Award* recognizes clinics' efforts to attain the highest standard of care for blood pressure measurement and control.



18 clinics received awards for their efforts in hypertension control in 2023



Staying Active

Keep Walking and Live On

In recognition of physical activity and social connection being strong protective factors for mental well-being, the HEAL and Injury Prevention programs jointly planned a community walking program during National Suicide Prevention Month in September.

Everyone who registered received suicide prevention and local mental health resources, a water bottle with positive mental health stickers, and hypertension and diabetes educational materials.

Throughout the program, participants were sent emails with encouragement and information on local trails and parks, family activities, a fall bucket list, ideas to keep active and social in winter, and more!

- **105** people registered for the walking program
- **86%** followed the *Live On Utah Playbook* or visited liveonutah.org to learn more about suicide prevention

Participant Survey Results

80% increased their level of physical activity

83% plan to continue walking

63% increased their engagement with family and friends

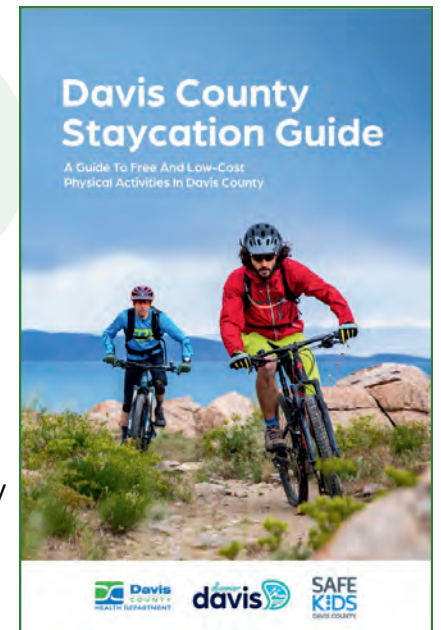
67% increased their time outside

"This program made me more mindful of walking outside, and I found that I really enjoyed it."

"I LOVE the Davis County booklet with trails, parks, etc. thank you thank you thank you!"

Staycation Guide

In 2023, staff distributed over **500** guides across the county, including to community centers, libraries, senior centers, and city buildings. A virtual download is available on the DCHD website.



Early Childhood Obesity Prevention

Teaching Obesity Prevention in Early Child Care Settings (TOP Star) is an evidence-based program from the Utah Department of Health and Human Services (UDHHS) designed to improve the health of children cared for in early childcare and education settings. Early childhood, particularly the first 5 years of life, impacts long-term social, cognitive, emotional, and physical development. Healthy development in early childhood helps prepare children for success later in life.



- 9** endorsed early child care centers including 1 newly endorsed center in 2023
- 965** children reached by physical activity, nutrition, and breastfeeding policies
- 157** staff trained in obesity prevention best practices

Division staff assist child care providers in developing or improving the facility's nutrition, physical activity, and breastfeeding policies that benefit the children, as well as care staff and families. By participating in the TOP Star program, providers have free access to division staff guidance and support, training, lesson plans, webinars, newsletters, and other supporting materials to ensure comprehensive policies are successfully implemented.

Healthy Environments

Staff worked with community partners to collaborate and brainstorm ideas to prevent chronic disease. We partnered with various organizations including:

- Senior Centers** Blood pressure stations and educational diabetes information were made available at the county's three senior centers.
- Food Pantries** Educational diabetes resources, heart healthy food education, and free blood pressure screenings were made available at five food pantries.
- Clinics** SDOH pilot screenings, prediabetes risk assessments, classes, patient diabetes workbooks, and educational diabetes videos were shared.
- Worksites** Prediabetes risk assessments, classes, patient diabetes workbooks, and educational diabetes videos were shared with multiple worksites.



Injury Prevention



Program Overview

Unintentional injury and suicide are leading causes of death for Davis County residents. The Community Health Division's Injury Program continues to increase community connectedness and provide education and resources to decrease unintentional injury and suicide. Our program creates connectedness within our community by focusing on the following:

- pre- and postvention for suicide
- mental wellness by developing and promoting safe messaging
- reducing stigma and building awareness of the opioid epidemic
- preventing injuries among youth and families while leading and promoting Safe Kids Davis County
- improving conditions related to SDOH including:
 - economic stability
 - education access and quality
 - healthcare access and quality
 - neighborhood and built environments
 - social connectedness



2023 Highlights

- Suicide Prevention Strategies
- Lethal Means Safety
- Safe Kids Davis County
- Child Passenger Safety

Suicide Prevention

Developing a Postvention Plan

Postvention refers to activities that reduce risk and promote healing after a suicide death. This can include crisis intervention, safe and planned engagement with media partners, and any other activity that is aimed at supporting affected individuals to prevent and alleviate additional negative outcomes. Although postvention is implemented after a suicide, it is essential that we prepare for postvention before a suicide – for example, by training first responders, faith leaders, emergency departments, mental health professionals, and other community partners. In collaboration with the Health Strategy Bureau, staff convened a community workgroup with the goal of creating a countywide postvention plan.



Live On Campaign

Live On is Utah's effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. In 2022, the *Live On Playbook* was launched, the world's first suicide prevention course taught entirely on Instagram.

Live On has been promoted in local magazines such as the *Connections Magazine*, that goes to all residents of Syracuse and Clearfield, and the *Hometown Values Magazine* that goes to over **93,500** homes in the county.

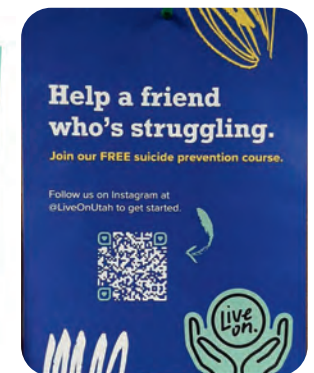


- Community Health staff distributed **250** Live On posters throughout the community.
- The Live On Campaign was promoted at over **50** community events.

Hope Squad Assessment

In collaboration with the Health Strategy Bureau, Community Health Division staff conducted an assessment to gather information about Hope Squads, a peer-led suicide prevention program. Hope Squads are an important part of suicide prevention efforts in Davis County schools.

Community partners saw a need to evaluate if the program is working as it is designed to and has the support needed. The assessment was created with input from Davis School District, Hope Squad advisors, and Hope4Utah. Staff conducted the assessment with Hope Squad advisors throughout Davis County. Assessment results will be used to inform Hope Squad program improvements.



Lethal Means Safety

91%
of firearm
suicides among
youth
occurred at
home

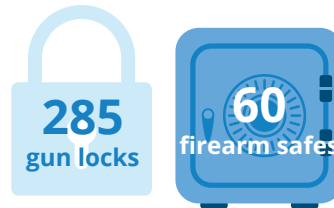
84.1%
of Utah
firearm
deaths were
the result of
suicide

85.5%
of firearm
deaths were
among males

Lethal means safety is an evidence-based suicide prevention practice to reduce risk. Putting time and space between someone experiencing suicidal thoughts and their access to lethal means is suicide prevention. Over the last decade, the Utah firearm-related death rate was consistently higher than the national rate.

In collaboration with the Health Strategy Bureau, division staff delivered 60 firearm safes to community partners for Davis County residents at high risk for suicide. Partners who helped distribute the safes also completed the Counseling on Access to Lethal Means (CALM) training, which covers how to work with people at risk for suicide and discuss storing firearms and medications safely. Partners also shared lethal means safety educational materials to the community, staff, and clients.

Distributed in 2023



Handguns were the most common firearm used in **ALL** firearm deaths.



988 is 24/7 call, text, and chat support through trained crisis counselors who can help people experiencing suicidal thoughts, substance use, mental health crisis, or any other kind of emotional distress.

CH staff promoted the 988 suicide and crisis lifeline at over **20** community events and distributed over **1,500** fridge magnets and information cards.

QPR: Question, Persuade, Refer

Suicide prevention continues to be a priority in Davis County as Utah has consistently higher rates of suicide than the national average. Trained staff members offer an evidence-based prevention program called Question, Persuade, Refer (QPR). This training provides education on the warning signs of a suicide crisis, how to offer support, and what local resources are available.

- Staff were trained at all **seven** county libraries
- **1000** manuals were provided to other local QPR instructors
- Helped **three** community members become trained QPR instructors



263
people received QPR
training in 2023 from
Community Health
staff



Safe Kids Davis County

Safe Kids Day 2023

The annual Safe Kids Day was held on June 3rd outdoors at Farmington High School. Children and their families enjoyed this event with opportunities to learn about car seat safety, pedestrian safety, sports safety, home safety, and more topics that included education on how to avoid unintentional injuries.

**SAFE
K:DS**
DAVIS COUNTY

Safe Kids Davis County is a coalition of community partners who focus on preventing unintentional injuries and advocating for safer environments for children and families. The coalition develops countywide events, educational information, and policy recommendations that encourage safety and increase overall awareness.

Community Health Division staff coordinate activities for the coalition, conduct community assessments, and orient new partner organizations.



Mental health awareness and family connection were the main focus for this year's event. Safe Kids Day brings the opportunity for community connection and allows families to get outside and spend time together, all while learning about safety and receiving resources.



* Helmets provided by Intermountain Health



Child Passenger Safety (CPS)

Head Start Car Seat Checkpoint

In partnership with the Davis County Head Start program, Community Health Division staff coordinated a car seat checkpoint in October to help families and children in need of car seats. Seats were provided by AAA Insurance and were given on a first-come, first-served basis. Appointments were available in both English and Spanish. During this event, a total of **23** car seats were distributed and **29** seats were checked.



DCHD CPS Technicians:

- 7 CPS Technicians
- 2 Spanish speaking
- 1 Marshallese speaking

2 new trained technicians in fall 2023

60% of car seats are installed incorrectly (Utah DPS)

325 kids under 5 saved by car seats per year (NHTSA)

Community Health staff were involved in planning the 2023 State CPS Conference in April. Staff also assisted with the accompanying checkpoint held at the Layton Target where **28** car seat checks were conducted.

2023 CPS Summary

199 Car Seats Checked

89 Car Seats Distributed

3 Checkpoints

2 Classes

NHTSA: National Highway Traffic Safety Administration
Utah DPS: Utah Department of Public Safety

Tobacco Prevention & Control



Program Overview

Tobacco use is the single most preventable cause of death and disease in the United States. Further, tobacco and nicotine use contribute to two of the leading causes of death in Davis County: cancer and chronic lower respiratory disease.

The Community Health Division's Tobacco Prevention and Control Program (TPCP) aims to do the following:

- prevent young people from starting to use tobacco, nicotine, and other products through policy and education
- further reduce access to tobacco products through partnerships and law education with tobacco retailers
- help users quit through referral to free, accessible quit resources
- promote smoke-free and vape-free environments through policies and technical assistance
- reduce tobacco-related disparities through a comprehensive and collaborative community approach
- improve conditions related to SDOH including:
 - economic stability
 - education access and quality
 - healthcare access and quality
 - neighborhood and built environments
 - social connectedness

2023 Highlights

- Preventing Underage Sales
- Tobacco Retailer Enforcement
- Board of Health Regulation Update
- Cessation
- Tobacco and Vaping Education
- Community Grants for Tobacco Prevention
- Smoke-Free and Vape-Free Environments



Preventing Underage Sales

Compliance Checks

In partnership with local law enforcement, division staff coordinate routine compliance checks to identify establishments that sell tobacco to underage youth. Staff recruit and train underage buyers to assist with this process. If an illegal sale occurs, the tobacco retailer is issued a civil citation from the health department. During the in-person hearing, the tobacco retailer is provided additional educational opportunities, including training for its employees and resources on how to enhance current store policies to ensure future underage sales do not occur.

2023	Summer	Fall	Total
Buy Attempts	129	131	260
Buys	4	1	5
Passing Rate	97%	99%	98%

4 youths participated in checks in 2023



Cross-Training

In April, the Tobacco Compliance Check Coordinator conducted a cross-training for division staff. Trainees then accompanied the coordinator on compliance checks to gain additional hands-on experience.

This initiative was the first time multiple employees had been trained at one time in a program area, which provided many benefits for TPCP and the division as a whole:

- expanded program sustainability
- improved program efficiency
- increased employee knowledge and skills
- reinforced team collaboration

staff members were trained on the program's policies and procedures

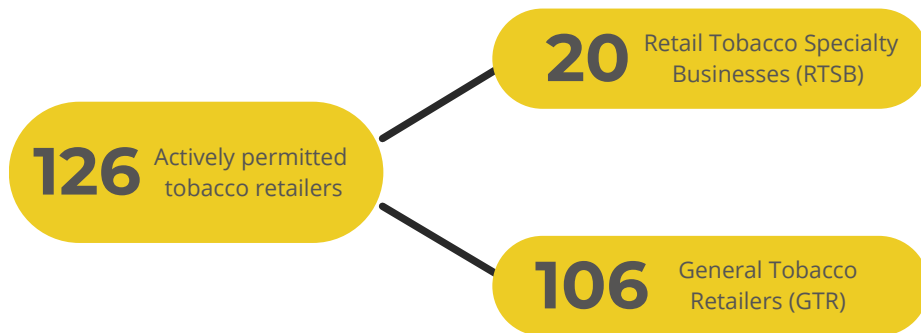


Tobacco Retailer Enforcement

Permits

Through ongoing education and communication with tobacco retailers about tobacco laws, division staff work to strengthen partnerships with tobacco retailers in order to reduce youth access to tobacco products. Throughout the year, staff provide education through in-person meetings, phone conversations, and written communication, as well as provide additional training and resources per the needs of the tobacco retailer. Local health departments are tasked to issue tobacco retailer permits under Utah Code § 26B-7-507.

Currently, Davis County has:



Health Agent Badges

In September, inspection staff received their very first badges for official health department activities as part of a new standard implemented at the health department. Employees attended a training to learn about applicable health codes and appropriate use of the badge. Staff signed a Health Agent Oath to commit to using the badge appropriately at all times.

Retailer Inspections



Per Utah Code § 26B-7-516, division staff conduct routine inspections to ensure compliance with all permit requirements. In 2023, division staff inspected 126 retailers. Seven tobacco retailers that were found out of compliance immediately resolved their issues after education was provided by division staff.

100%

of all permitted tobacco retailers were in compliance with e-cigarette substance standards, including labeling requirements and nicotine content.

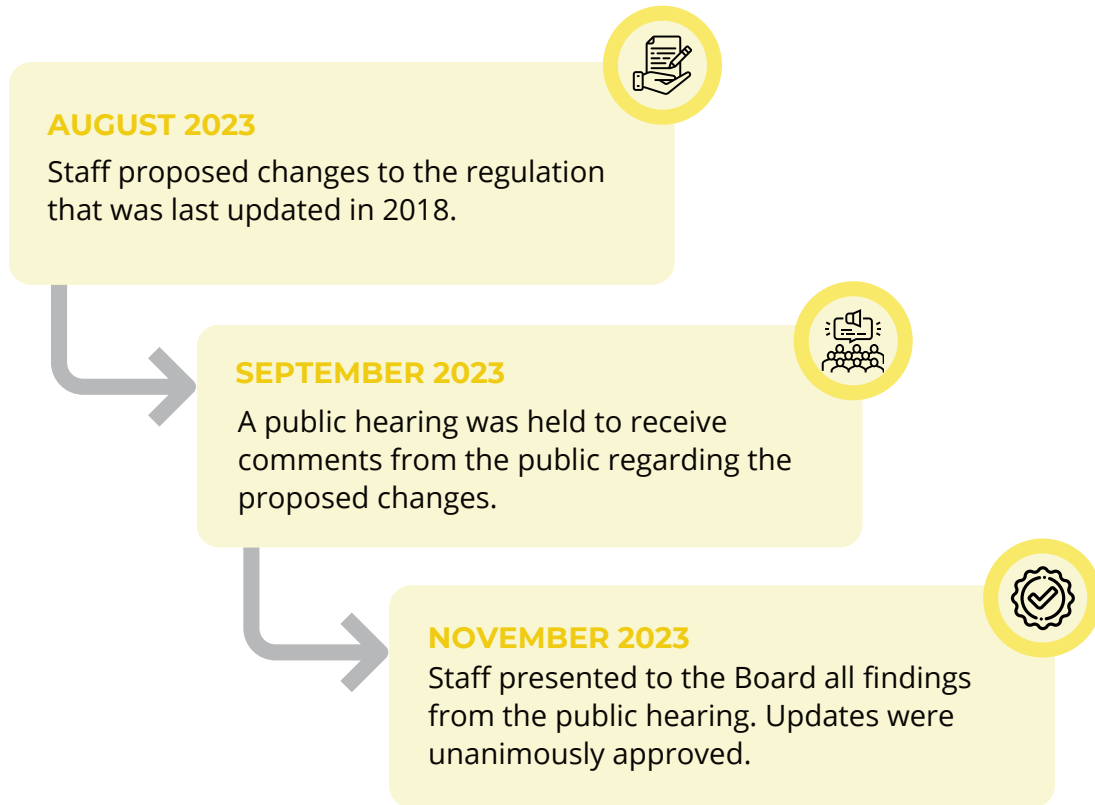
If a retailer continues to be out of compliance with permit requirements, they may be issued a Notice of Violation and a fine starting at \$1,000, according to Utah Code § 26B-7-518; a fourth violation within two years can result in a \$2,000 fine and permit revocation.



Board of Health Regulation Update

This year, staff underwent a multi-step process to update the Davis County Board of Health Tobacco Retailer Regulation. The two primary goals of the updates were:

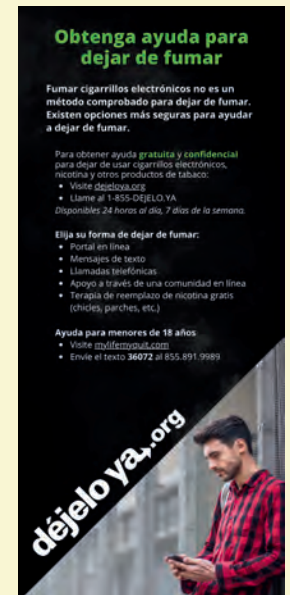
- 1) To align with multiple updates in Utah Code since 2018, including: renumbering of Utah Health Code, definitions, violations, and penalties.
- 2) To increase transparency about permit expectations with tobacco retailers and include more information about permit expectations, violations, and associated penalties.



Cessation

Division staff promote and provide education about available tobacco cessation resources to both community partners and the public. In 2023, staff worked closely with the health department's Women, Infants, and Children (WIC) program. Staff helped their team understand more about the dangers of tobacco, especially vaping, and how to counsel clients to connect them with cessation help.

In 2022, staff created new cessation education for adults who use e-cigarettes. In 2023, staff translated this widely requested resource into Spanish.



470 Davis County residents utilized the quitline in 2023

675 physicians received quitline referral information and resources

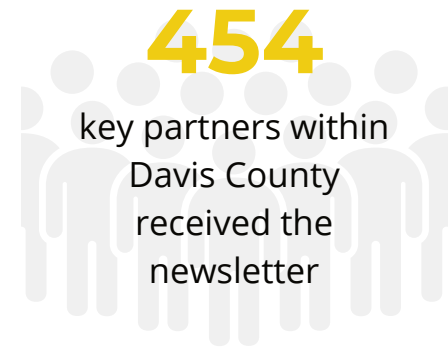
Tobacco and Vaping Education



Tobacco Prevention Newsletter

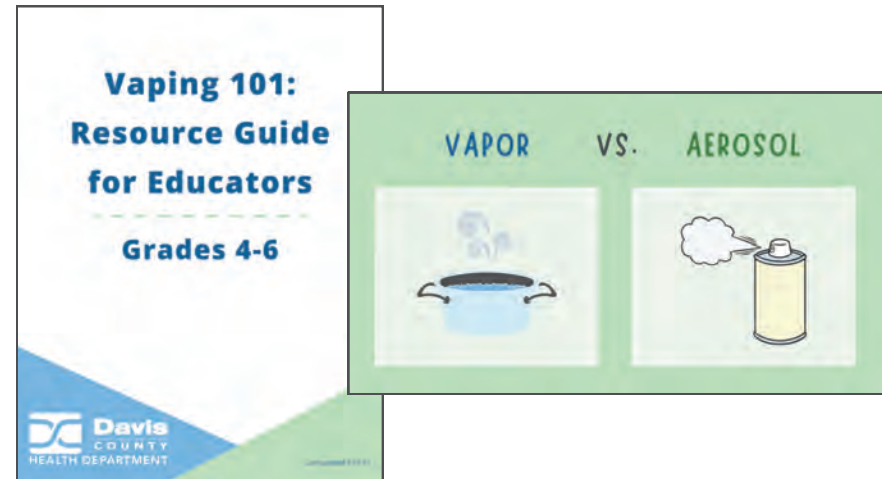
The annual Tobacco Prevention Newsletter was distributed in early January. This year's edition focused on:

- the free youth cessation program, My Life, My Quit
- the current parental consent process for youth to participate in cessation counseling
- the success of programs funded by e-cigarette taxes



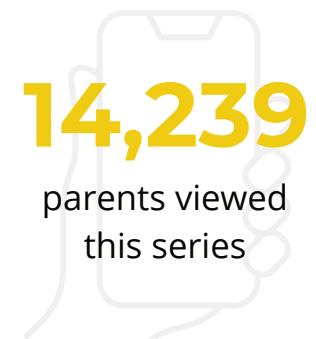
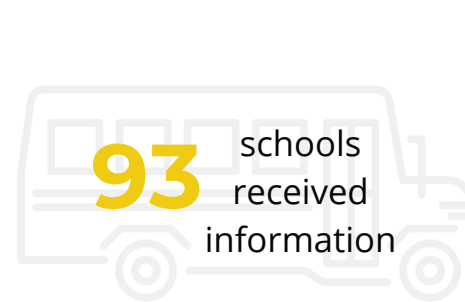
Vaping 101

Staff developed a resource for students to learn about vaping and the negative effects it can have on their body as well as refusal skills to help them say no. Educators from local schools reviewed the materials and provided valuable feedback. This resource is for 4th through 6th grades and includes a PowerPoint presentation and a teaching guide. Staff is currently working with the Davis School District to distribute this resource to teachers.



Vaping Information for Parents

Staff created a three-part educational series for parents to learn about the health effects of e-cigarettes, how to talk to their teen about vaping, and how to connect their teen to resources. This was sent out to parents via Peachjar, Davis School District's digital flyer system.



Community Grants for Tobacco Prevention

A portion of taxes collected from the sales of e-cigarette products generate revenue for local health departments to administer the Electronic Cigarette, Marijuana, and Other Drug Prevention Grant Program (Utah Code § 59-14-807). Grant proposals must meet the following criteria:

- Program to be implemented is evidence-based or a promising practice
- Selected program addresses one or more risk or protective factors associated with the use of e-cigarettes, marijuana, and other drugs

Below is a summary of the prevention work conducted by the four agencies that were funded in fiscal year 2023:

Bountiful and Centerville Communities that Care Coalition

Evidence-based programs

- Communities That Care (CTC) model, Strengthening Families Program (SFP), Circle of Security Parenting Program (COSP)

Outcomes

- Families were engaged in education about the importance of parent/child conversations for support and discouraging substance use
- Three SFP classes were held with 24 families participating
- Three COSP classes were held with 20 participants

Risk factors addressed

- Low Neighborhood Attachment
- Poor Family Management
- Low Commitment to School
- Depressive Symptoms

Protective factors addressed

- Family Attachment
- Opportunities for Prosocial Involvement in the Family

South Davis Communities that Care Coalition

Evidence-based programs

- Communities That Care (CTC) model, Strengthening Families Program (SFP), Circle of Security Parenting Program (COSP)

Outcomes

- Families were engaged in education about the importance of parent/child conversations for support and discouraging substance use
- Three SPF classes were held with 24 families participating
- Two COSP classes were held with 20 participants

Risk factors addressed

- Low Neighborhood Attachment
- Family Conflict
- Poor Family Management
- Low Commitment to School
- Depressive Symptoms

Protective factors addressed

- Rewards for prosocial involvement
- Opportunities for Prosocial Involvement



Davis School District

Evidence-based programs

- Move this World (MTW), evidence-based strategies for attendance and bullying prevention

Outcomes

- 14 schools implemented MTW at least three times a week, a curriculum that builds social and emotional development
- Students are better able to recognize when they need a break or when to use a specific coping skills
- New strategies increased attendance, decreased office referrals for behavior incidents, and decreased bullying

Risk factors addressed

- Low Commitment to School
- Academic Failure

Protective factors addressed

- Belief in the Moral Order
- Interaction with Prosocial Peers
- Prosocial Involvement

North Davis Communities that Care Coalition

Evidence-based programs

- Communities That Care (CTC) model, Strengthening Families Program (SFP), Circle of Security Parenting Program (COSP)

Outcomes

- North Davis CTC has made a strong effort to reach the Latino/Hispanic community with the oversight of a Spanish speaking coordinator
- Families were engaged in education about the importance of parent/child conversations for support and discouraging substance use
- Five SFP classes were held with 100 participants
- Three COSP classes were held with nine participants

Risk factors addressed

- Low Neighborhood Attachment
- Low Commitment to School
- Family Conflict
- Depressive Symptoms

Protective factors addressed

- Family Attachment
- Rewards for Prosocial Involvement



Smoke-free and Vape-free Environments

Outdoor Smoking Regulation

The Davis County Board of Health Smoking and Vaping in Outdoor Public Places Regulation prohibits smoking and vaping in both private and publicly owned outdoor public places; this applies to locations such as city parks, playgrounds, trailheads, and other recreational areas. The regulation also requires these locations to post signs.

Division staff conducted routine assessments of parks throughout the county to evaluate the current signage. Information was shared with city partners to replace faded, outdated, or missing signs.



106
new signs were distributed to outdoor locations throughout the county

Smoke-free Housing

Smoke-free policies in multi-unit housing communities protect residents from exposure to secondhand smoke. Secondhand smoke exposure can lead to heart disease, stroke, and lung cancer in adults and lung problems, ear infections, and asthma attacks in children.

Staff provided technical assistance to multi-unit housing communities to help managers create smoke-free policies, update former policies to include vaping, and maintain current smoke-free policies to reinforce resident compliance. Through this process, additional resources are distributed such as signage to remind residents the units or campus are smoke- and vape-free, based on the community's policy. Quitline materials are also provided for residents who may be interested in quitting. Staff also respond to and mediate smoking-related concerns and complaints from multi-unit housing residents.



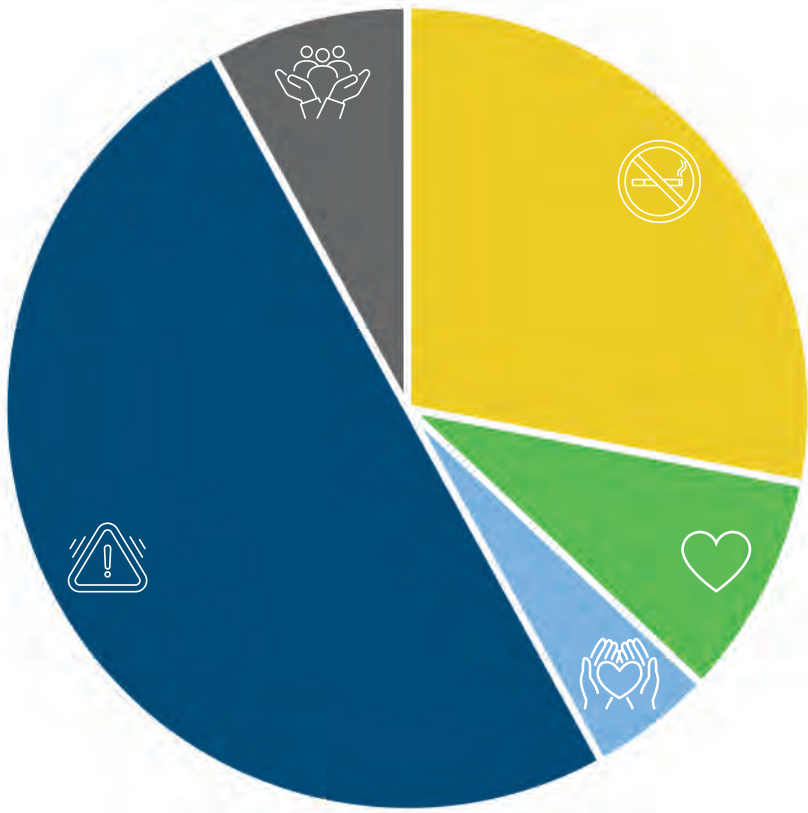
56
multi-unit housing communities with smoke-free policies in Davis County



10
low-income housing communities with smoke-free policies in Davis County

Division Program Funding

The Community Health Division's program funding primarily comes in the form of pass-through funds from the Centers for Disease Control and Prevention (CDC). Funding from the CDC focuses on data-informed health priorities centered around the leading causes of death. The division also receives state funding for legislatively mandated programs as well as local funds that align with countywide priorities.



Emergency Preparedness (50%)

- 63% CDC (federal)
- 31% CDC (federal-temporary funds)
- 5% Davis County (local)
- 1% ASPR (federal)



Healthy Environments, Active Living (9%)

- 100% CDC (federal)



Injury Prevention (5%)

- 45% CDC (federal)
- 37% Utah Office of Substance Use and Mental Health (state)
- 15% Highway Safety Office (state)
- 3% Poison Control (state)



SDOH Based Prevention (8%)

- 91% CDC (federal)
- 9% State funds



Tobacco Prevention & Control (28%)

- 41% E-cig Tax (state)
- 35% Master Settlement Agreement (state)
- 12% CDC (federal)
- 12% Cigarette Tax (state)



Community Partners

The incredible support of community partners contribute greatly to the success of our programs. Thank you!

- Bountiful Food Pantry
- Center of Hope Food Pantry
- City Police Departments
- Communities that Care Coalitions
- Davis Behavioral Health
- Davis County Active Transportation Committee
- Davis County Community & Economic Development
- Davis County Emergency Managers
- Davis County Fire Officers Association
- Davis County Head Start
- Davis County Library
- Davis County Opioid Workgroup
- Davis County Prevention Leadership Council
- Davis County Sheriff's Office
- Davis HELPS
- Davis School District
- Davis4Health
- Hill Air Force Base
- Holy Cross Hospital - Davis
- Hope Center Food Pantry
- Intermountain Health
- Lakeview Hospital
- Layton High School Food Pantry
- Layton Hospital
- Local Emergency Preparedness Committee
- Local Health Emergency Response Coordinators
- Midtown Community Health Center of Davis
- National Diabetes Prevention Program Network
- Nations for Christ Food Pantry
- Northern Utah Healthcare Coalition
- Ogden Clinic
- Open Doors Food Pantry
- Primary Children's Hospital
- Safe Harbor
- Safe Kids Davis County
- Safe Kids Utah
- Tanner Clinic
- University of Utah Health Plans, Healthy U
- Utah Department of Health and Human Services
- Utah Local Association of Community Health Education Specialists
- Utah State University Extension - Davis County
- Utah Million Hearts Coalition
- Utah Suicide Prevention Coalition
- Wasatch Front Regional Council Active Transportation Committee
- Wee Care Pediatrics
- Women, Infants, and Children Program