LOGAN:
655 East 1300 North
435.792.6500

ENVIRONMENTAL HEALTH:
85 East 1800 North
North Logan
435.792.6570

BRIGHAM CITY:
817 West 950 South
435.734.0845

RANDOLPH:
275 North Main
435.793.2445

GARDEN CITY:
115 South Bear Lake Blvd.
435.881.3383

TREMONTON:
440 West 600 North
435.257.3318

WEBSITE:
www.brhd.org

Bear River Health Department

ANNUAL REPORT 2014

MISSION:

Preventing and controlling disease and disability; Protecting the individual, community, and environment; Promoting, maintaining and improving healthy lifestyles.

PROGRAMS

Administration
Budget, Finance & Accounting
Community Health Policy
Facilities
Human Resources
Information Technology
Public Relations
Risk Management
Vital Records

Emergency Services
Emergency Planning
Medical Reserve Corp

Environmental Health
Air Quality
Community Health
Drinking Water
Food Service
Hazardous Waste & Used Oil
Indoor Clean Air Act
Meth Inspection & Decontamination
Pools
Solid Waste
Underground Storage Tanks

Women, Infant, & Children
Breastfeeding Promotion & Education
Monthly Food Benefits
Nutrition Education

Health Promotion
Chronic Disease Education
Cardiovascular Health
Hispanic Health
Highway Safety
Injury Prevention
Substance Abuse Prevention
Tobacco Prevention & Control

Public Health Nursing
Cancer Screening
Case Management
Child Health Evaluation & Care
Communicable Disease
EMS Testing
Family Planning
Home Visitation
Prenatal /Targeted Case Management
Immigration Screening
Immunizations

Substance Abuse Treatment
Adult Outpatient Services
Drug Court
Drug Offender Reform Act
Intensive Outpatient Services
Mental Health Services
Urine Testing
Women's Treatment
Youth Treatment

Dear Community Members and Friends of the Bear River Health Department,

It is an honor to present the 2014 Annual Report of the Bear River Health Department. This report summarizes the activities of 2014 and highlights areas of interest of the Bear River Health Department.

The Bear River Health Department is committed to excellence in the areas of disease prevention, environmental protection and health promotion. I want to recognize the many partners of public health such as schools, healthcare organizations, emergency medical services, state agencies along with the support of local and state elected officials. I especially want to acknowledge our Local Board of Health for their wisdom and influence in guiding this organization.

I am proud of all the employees who work tirelessly to ensure that we give the best service to all those who live within Cache, Rich and Box Elder Counties. They are some of the top professionals in the state and I feel fortunate to associate with them.

I hope you will enjoy a sampling of the many activities, community interventions, and highlights that have been presented in the 2014 annual report of the Bear River Health Department. I am extremely grateful and proud of the contribution that has been given by those who commit their efforts to such an important cause of Public Health. We stand ready to serve and commit ourselves to a high level of excellence.

Yours truly,

Lloyd C. Berentzen, MBA

Executive Director

Lloyd Berentzen, MBA
Director and Health Officer

BOARD OF HEALTH

Chairman M. Lynn Lemon
Cache County Executive

Jim Davis MD, FACEP
Executive Director
Health, Wellness, and
Recreation, USU

Kathy Perry, RD, CD
Dietitian Brigham Medical Clinic

Bill Cox
Rich County Commissioner
Utah Substance Abuse Advisory
Council Member

Cheryl Atwood
Executive Director
Options for Independence Box
Elder, Cache, and Rich County

Jeff Scott
Box Elder County Commissioner

Jim Abel
Owner, JC's County Diner
Box Elder Tourism Board Member

C. Reed Ernstrom
Chief Executive Officer
Bear River Mental Health
Box Elder, Cache, and Rich Counties

Donald Linton
Chief Cache County
Deputy Attorney

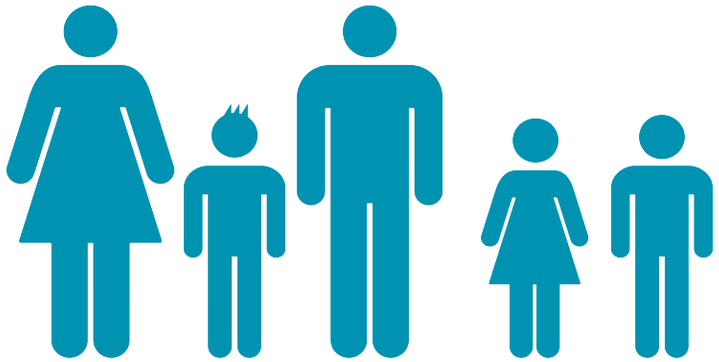
WIC THE LACTATION CLINIC

The Bear River Health Department WIC Program identified a need for a lactation clinic for women who do not qualify for the free breastfeeding support services offered through the WIC clinics. It is for this reason that The Lactation Clinic at Bear River Health Department was started in 2014 with an entirely separate funding source. For a very reasonable fee, individualized education is provided about the most common breastfeeding concerns:

- How to increase milk supply
- Pain relief
- Assessment of feeding concerns
- Tips on how to resolve breastfeeding challenges

Assisting women in having a positive breastfeeding experience and adequate milk supply results in thousands of dollars saved each year from not needing to purchase infant formula. Along with a cost saving, many health benefits are achieved including a decrease in food allergies and improved digestion. Breastfeeding services in the clinic are provided by IBCLCs (International Board Certified Lactation Consultants) who are dedicated to helping women be successful and comfortable. The Lactation Clinic is open to anyone in need of breastfeeding services.

WIC SAMPLE NUMBERS



GROSS MONTHLY INCOME: $4303

+$626
FOR EACH ADDITIONAL
FAMILY MEMBER

SUBSTANCE ABUSE TREATMENT

OUTPATIENT TREATMENT SERVICES:

An estimated 80% of substance abuse clients served through the Health Department receive outpatient treatment services. Clients are provided tools to eliminate the misuse and abuse of substances, stabilize and improve their individual, social, physical and emotional well-being, and improve self-sufficiency. Health Department treatment services rank among the top in the state providing low cost services, achieving high completion rates, and coordinating a well-established successful Drug Court Program.

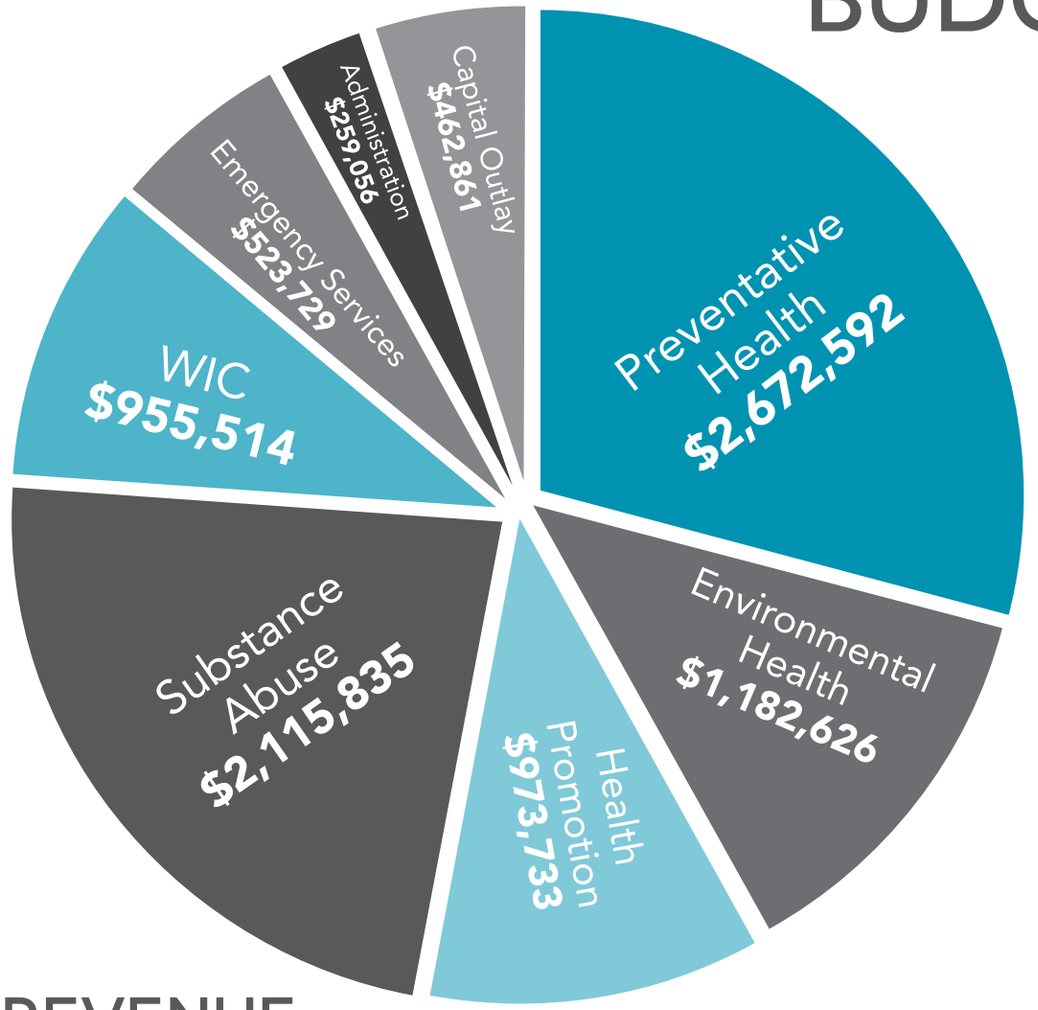
Clients participating in outpatient care are assigned an individual counselor who help to set achievable goals. Care plans may include individual counseling sessions, sessions involving spouses, family, or significant others; treatment and education groups; interventions; and 24-hour crisis phone availability. All of the services provided may be tailored to specific populations including youth, women, and those with a mental health focus. Referrals to additional services are also provided.

The cost of treatment is determined by a sliding fee scale based on:
- Income
- Number of dependents
- Ability to pay

Many insurances are accepted, including Medicaid and Medicare and no one is turned away due to the inability to pay.

The health department has been providing treatment service throughout the Cache, Box Elder, and Rich Counties for almost twenty years and look forward to continually improving and expanding services.

BUDGET



REVENUE

FEES: 28%
CONTRACTS: 58%
COUNTY TAXES: 14%

EXPENDITURES

$9,145,947

BY THE NUMBERS 2013

928
TUBERCULOSIS TESTS PERFORMED

31,944
INITIAL EMISSIONS TESTS PERFORMED

367
BREAST PUMPS PLACED

200
RADON KITS PLACED

7,137
STUDENTS TAUGHT DRUG PREVENTION

244
TOBACCO COMPLIANCE CHECKS CONDUCTED

19,384
IMMUNIZATIONS GIVEN

NURSING

PREVENT THE SPREAD

Early identification of a disease, provider consultation, patient education and treatment are essential elements in reducing the spread of disease from person to person.

Reporting the Disease: Utah law requires that certain disease and conditions be reported to a local health department. This information allows for early interventions to slow the spread of the disease.
Education: Trained staff provide disease management consultation for healthcare providers and education for patients about disease prevention and recovery.
Preventing the Spread of the Disease: Quarantine and isolation may be recommended until the risk for person-to-person spread has passed. This may range from staying home sick to isolating the patient from the community.

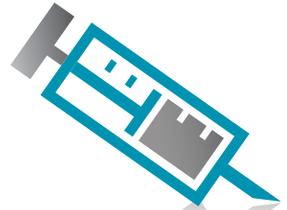
The health department has investigated and contained the spread of many communicable diseases in the past year including whooping cough and tuberculosis. None of this can be done without a network of community agencies working together. These include emergency services, Hazmat, and food service inspectors, related to foodborne illness. This coordinated effort protects the community and prevents the spread of disease.

ADULTS NEED IMMUNIZATIONS TOO

Many adults believe they are up to date on their vaccinations. Most adults are familiar with a tetanus booster if they step on a nail or are cut by a rusty wire. However, many are not aware that there are many vaccines available to adults that prevent adult diseases, including the Tdap vaccine that protects both adults and infants who cannot yet be immunized.

The following are a list of recommended adult immunizations provided by the health department during walk-in clinics:

- Influenza
- Pneumococcal
- Tetanus, diphtheria, whooping cough
- Shingles
- Hepatitis A and B
- Measles, mumps, rubella



Keeping track of your vaccinations is important to ensure up to date protection against disease. The Health Department keeps records as part of a statewide system, but encourages the patient to also keep a record to ensure accuracy. By immunizing infants, children, young adults, adults and the elderly with age specific vaccines; we are protecting every member of our community from the transmission of vaccine preventable disease. During 2014 close to 11,000 adult vaccinations were given at the Health Department.

HEALTH PROMOTION

PREVENTING UNDERAGE DRINKING

In partnership with Logan City School District and Cache County School District, the Bear River Health Department has informed, educated, and empowered parents of 5th grade boys and girls about the development of the adolescent brain as a way to prevent underage drinking. The presentation is made prior to the established 5th grade boys and girls maturation program at elementary school. During the presentation, parents are taught about the power of bonding, spending time with adolescents, and establishing clear and consistent expectations. These are effective ways to help promote healthy behaviors during a time of rapid brain development for youth. Local data indicated that parents are the #1 influence in their child's choices. During the 2013-2014 school year, 27 parent seminars were conducted, reaching 1,017 parents. The BRHD appreciates this partnership with local school districts and looks forward to expanding this project.

CACHE VALLEY UNPLUGGED

During the summer of 2014 the Bear River Health Department participated in the UNPLUGGED program that encouraged kids to "unplug" from their electronics do something fun in their community. Over 100 activities were created by local businesses. When a child participated in the listed activities they were rewarded with a "brag tag" that they added to a lanyard to share with family and friends what they had participated in and their success. North Logan City started the program in Cache County. The health department partnered with them to create two new activities. The first activity, "Get In Shape", encouraged kids to walk the distance of a marathon over the course of the summer. Anyone who walked 6, 13, or 26.2 miles received a brag tag. Those who completed the 26.2 miles were entered into a prize drawing. The second activity, "The Food Log", was created to encourage kids to eat a fruit and vegetable each day for a week. Once their log was filled out they brought it into the health department and also received a brag tag. A total of 421 youth participated in "Get in Shape" and 296 participated in the"Food Log".

BIKE TO WORK DAY

In September the Bear River Health Department hosted the first ever "Bike 2 Work Day". This worksite challenge was a strategic event designed to encourage people to try their bike for transportation, have an opportunity to learn about bike safety, and to potentially serve as a catalyst for them to use this alternative on a consistent basis to improve air quality.

With over 260 individual participants representing 70 businesses, this event was a great success that will be continued. Winning businesses included: 1st place Malouf, 2nd place Civil Solutions Group, and 3rd place Bear River Mental Health. The first place winner received a traveling trophy that will be passed from winning business to business over the coming years.

EMERGENCY SERVICES

MERCURY, RICIN & EBOLA
A COORDINATED RESPONSE

Emergency preparedness includes planning, training and response. To keep skills fresh, stay ready and respond safely, the department writes plans to address possibilities and trains on those plans with local public safety partners. This allows for a safe and effective response.

Recently, the Department's planning efforts for Ebola included testing and updating UNIS, an electronic communications system that notified the medical community of critical updates surrounding the outbreak. A face-to-face briefing with 50 community medical stakeholders was also coordinated to provide accurate up-to-date information. This planning may now be used in other disease outbreak situations.

Planning and training enabled the Health Department to respond effectively to multiple suicide attempts. Due the dangerous nature of the chemicals, including mercury and ricin, community and responder safety were of top priority. In the days that followed the events, the health department oversaw clean up on all affected properties. Response to these events was coordinated with over 30 separate local, state and federal agencies, including affected families and church organizations.

ENVIRONMENTAL HEALTH

RADON
THE SECOND LEADING CAUSE OF LUNG CANCER

Did you know that radioactive radon gas is the second leading cause of lung cancer following smoking? Many homes in Box Elder, Cache and Rich counties have been tested and found to contain unhealthy levels of radon.

The Health Department is currently assisting cities and towns within the Bear River Health District to set up radon educational workshops where experts on radon and radon-induced lung cancer can present details to the public. The first workshop was organized by Perry City Mayor Karen Cronin and held January 2014 at the Three Mile Creek Elementary School in Perry.

This workshop included presentations from radon experts from both the Utah Department of Environmental Quality and Huntsman Cancer Institute. Dr. Akerley, Huntsman Cancer Institute, is a board-certified medical oncologist with greater than 20 years' experience, and a leading expert on how radon causes lung-cancer. Low cost radon test kits were sold at the event to encourage attendees to begin testing their homes. Following up on the success of the Perry Radon Workshop, BRHD has invited six other cities with very high radon levels to also have workshops. Please contact the Environmental Health Division at 435-792-6578 for information on radon, or to coordinate a radon workshop in your community.