BEAR RIVER HEALTH DEPARTMENT

ANNUAL REPORT 2015

Partnering for your health.

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

Most of us have heard the adage that the 3 most important factors when looking to buy a home is "location, location and location". Northern Utah or more specifically, Cache, Rich and Box Elders counties, inherently possess some of the most tranquil beauty that any "location" can provide. Our great fortune to live here, be a part of this community and enjoy all that can be enjoyed is second to no other place on earth.

The Bear River Health Department's greatest mission and aspiration is to protect what is already here and to enhance the quality of life in any way possible. We are so fortunate that community ideals help mold this department and give direction to fulfill the trust that we have been given. This trust charges the department to play a significant role in preventing disease and disability, promote core public health principals and lifestyles, and protect the individual and environment through sound policy and regular monitoring.

In my 29 years of experience, I have learned that success at the Bear River Health Department is completely dependent on strong partnerships. These partnerships include: private business and business leaders, local and state agencies, higher education, and many many others who are interested and motivated to make a difference.

Perhaps the greatest partnership that we have is with you, your families and our community as a whole. It is because of those who have come before us, those who currently serve us in so many capacities, and the future generations to come, that will continue a legacy of good will, common sense and a recognition of how wise public health principals and practices will ensure this amazing place for decades to come.

I want to thank the Bear River Board of Health for their continual service and support. We are fortunate to have these individuals guiding and directing the services rendered by this agency. They volunteer their time and talents without compensation and yet are highly vested in their great responsibility.

Please take the opportunity to get to know your local health department a little better through this brief summary of activity within this 2015 annual report.

Yours truly,

Lloyd C. Berentzen, MBA
Executive Director

Lloyd C. Berentzen, MBA
Director and Health Officer

BOARD OF HEALTH

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Cache County Executive

Jim Davis MD, FACEP
Executive Director
Health, Wellness, and
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Dale Ward
Cheif Deputy
Box Elder County
Sherrif's Office

Bill Cox
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Cache, and Rich County

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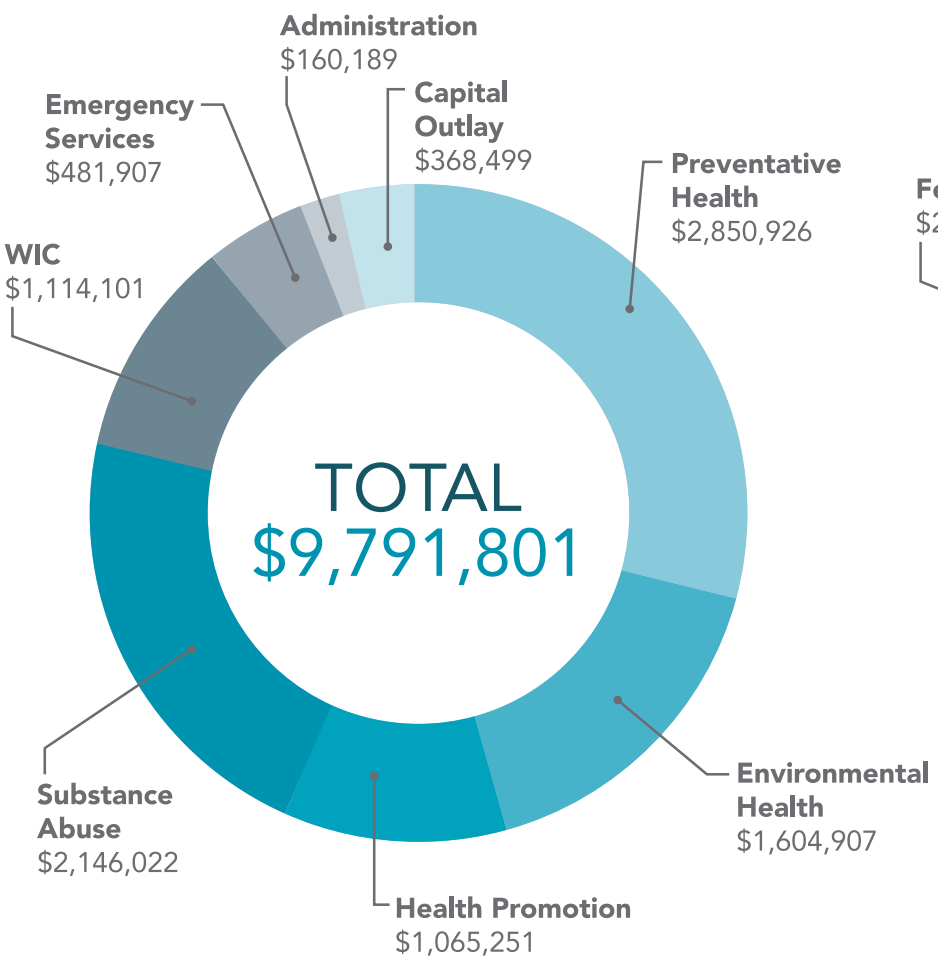
Owner, JC's County Diner

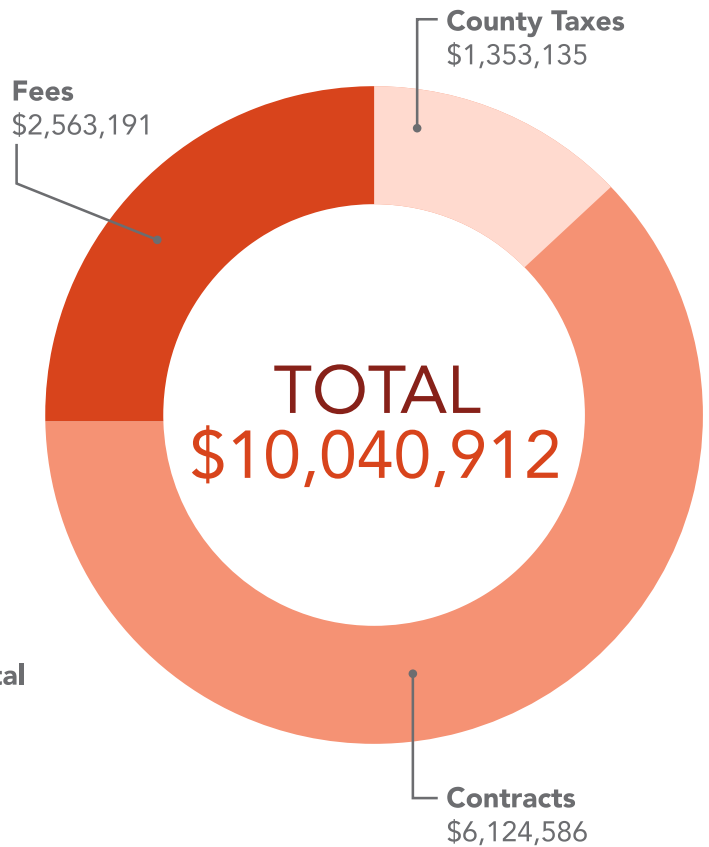
C. Reed Ernstrom
Chief Executive Officer
Bear River Mental Health
Box Elder, Cache, and
Rich Counties

James Swink
Cache County Attorney

EXPENDITURES



REVENUE



BY THE NUMBERS 2015

EXTERNAL FLU CLINICS PROVIDED	124
WOMEN PROVIDED SUBSTANCE ABUSE TREATMENT	384
POOLS TESTED	115
CITIZENS TRAINED IN SUICIDE PREVENTION	1009
RESTAURANT INSPECTIONS	949
IMMIGRATION SERVICES PROVIDED	68

PARTNERING FOR CLEAN DRINKING WATER

Environmental Health Scientists, work with water system operators to help provide safe, clean drinking water to their consumers.

An example of public health working with water operators in addressing a water quality issue occurred in the spring of 2015. During this time there had been several days of heavy rain. A local water system was bringing in several samples to the health department lab for E. coli and coliform testing. These tests were positive, leading to further conversations with community leaders and water operators. Through collaborative discussions it was determined that the water system was getting about 40 GPM (gallons per minute) more into their reservoir, higher than the normal rate. As this happened, surface water from pastures, fields, etc. began to infiltrate the spring source that fed drinking water to three communities.

Though the lab tests were positive for E. coli and coliform, it was the partnership and trust among the community and public health that lead to the identification of the contamination. With the help of DDW, additional testing was performed indicating that the spring was under the direct influence of surface water. To protect the community a decision was made together, to increase the chlorine dose while working on plans to redevelop the spring that would eventually eliminate surface influence. The health department continues to work in partnership with the three communities, water operators, engineering firms, and the Utah Division of Drinking Water to redevelop the springs and ensure safe clean drinking water. Public health is best achieved when community partners come together to protect the community.

BREASTFEEDING: HEALTHY FOR MOM AND BABY

The WIC program advocates breastfeeding as best for the health of both mom and baby. The health department is here to help moms meet their breastfeeding goals, provide support, and encourage breastfeeding for the first 12 months of life. In addition, the department works with the community and worksites to help create breastfeeding-friendly environments.

In 2015, WIC has had the opportunity to partner with many local community events by providing the Breastfeeding Rest Stop trailer. This trailer offers mothers a comfortable, safe, quiet place to nurse their babies. This year the trailer has been an addition to The American West Heritage Center's Baby Animal Days and Fall Festival, Logan's Summerfest and continues to be at the Cache County Fair. Hundreds of women access this service at each event expressing their appreciation and thanks. Without these wonderful community partners, this service would not be possible.

Breastfeeding support and education of mothers both prenatally and postpartum is a priority which is achieved through: providing free breastfeeding classes and educational materials to anyone in the community (not just WIC participants), addressing mothers' concerns and establishing a breastfeeding plan, assessing the need for breastfeeding support and providing equipment such as a breast pump, or any referral they may need to other community resources or professionals. In addition, mothers who are WIC participants have the opportunity to have a personal breastfeeding coach (also called a peer counselor) to give them current, accurate, and individual information and support. Lactation consultation services are also available for a reasonable fee. All lactation services for WIC participants are free.

Providing an array of services and partnering with community groups will help to empower mothers to exclusively breastfeed, help them achieve their breastfeeding goals, and provide a positive breastfeeding experience.

BRINGING IMMUNIZATIONS TO THE COMMUNITY

External immunization clinics continue to be well received throughout the Bear River Health District. While initially established to provide flu shots, this department wide effort, has expanded to offer the community an opportunity to receive important immunizations wherever they may be. Schools, parent teacher conferences, worksites, senior centers, retirement communities, and general community venues are among the many locations visited throughout the year.

Immunizations offered include flu, pneumonia, Tdap, Shingles, Hep B as required by OSHA, and any vaccination that is required to enter school, focusing on kindergarten and 7th grade.

Making immunization more accessible ensures that not only the person being immunized is protected but increases community immunity, where protection is also realized by those who may not be able to be immunized. For example, increasing the number of school teachers and other faculty that are up to date on their immunizations helps to build community immunity at the school protecting teachers, staff and students.

To date 124 clinics have been provided throughout the health district with over 4000 immunizations given. These clinics not only increase the number of immunizations but the partnerships and standard operating procedures that are developed allow schools and the health department to work together in emergency events to get medication to the public quickly.

"Just wanted to say thank you for ALL your efforts in our behalf here in Park Valley. What a great service you did for us!"

- Park Valley Resident

HEALTHY RETAIL PARTNERSHIPS

In October 2014, the Bear River Health Department (BRHD) received funding to implement a program aimed at preventing obesity, diabetes, heart disease, and stroke. Partnerships are essential to accomplishing program goals but also to improve community health.

To strengthen community access to healthier foods the BRHD teamed up with the Island Market in Logan and Theurers Market in Lewiston to implement the "Shop Healthy" program. Many changes were made to store environments including offering healthy snacks, placing produce near cash registers, and displayed water at eye level. They also began marketing grab & go snacks that are less than 200 calories and increased offering of fruit and vegetables, low fat dairy products and whole grains.

In September 2015, Macey's in Providence opened a healthy check stand offering fresh produce and snacks to their guests. Signage directs customers to the healthy lane, which offers a variety of produce, nuts, protein bars and more. This lane is designed to reduce "impulse buys" and help individuals take small steps that can lead to the creation of healthy habits.

The program this year has also partnered with various physicians, pharmacies, worksites, hospitals, municipalities, and Utah State University. These partnerships have resulted in the placement of new signage on bike & pedestrian trails, improved pharmacy software that allows patients to sync their chronic disease medications, and a complete assessment of the nutritional offerings of food eateries on USU campus. The US Surgeon General recognized the BRHD on Twitter for the partnership with Logan City and the placement of the new way finding signage.

The BRHD would not have been able to accomplish any of these efforts had it not been for the support of our great community. Together we are public health. And together, we can combat the chronic diseases that continue to be the leading cause of death for Americans.

ENHANCING ACCESS TO TREATMENT SERVICES

The Substance Abuse Treatment Division of the Bear River Health Department has long enjoyed a close working relationship with community agencies and judicial systems. These partnerships allow for comprehensive treatment service for clients across Cache, Box Elder, and Rich counties and the collaboration with the judicial system differs from many other treatment agencies statewide.

In 2015, the department received funding from Intermountain Health Care to provide easily accessible substance abuse treatment for those presenting at the hospital with limited or no resources. This funding allows treatment services to be provided to those that could not otherwise afford assistance for substance abuse related problems. In addition to funding, the support and streamlined referral process from Intermountain to the health department provide a pathway to encourage individuals to receive help when they may be hesitant to ask. This funding may be used for evaluation and intake services and when needed treatment sessions are also covered.

While the health department has maintained a presence in the local jails for many years, providing assessment, education, and group counseling services for inmates. In 2015, at the request of the Cache County jail, substance abuse treatment service expanded to provide a more holistic approach, including the addition of MRT (Moral Reconation Therapy), an evidence based curriculum for inmates, Moving-On a program for women, early recovery groups and anger management. Studies show MRT treated offenders have re-arrest and re-incarceration rates at 25%-75% lower. Additionally Box Elder County jail has contacted the health department to provide similar services. Connecting to clients in jail paves the way for a smooth transition to treatment once they are released. Often inmates will connect to a treatment program provided while in jail, this partnership allows the department to work with the jail and inmates to provide continuity of care and maintain momentum once the client completes jail time.

NURSE FAMILY PARTNERSHIP

The Nurse Family Partnership (NFP) is a home visitation program recently implemented in the Bear River Health District that has been studied for over 30 years nationwide with impressive results. NFP is a free program for women who are having their first baby, are not more than 28 weeks pregnant, and meet generous income guidelines. Once enrolled in the program, a registered nurse will visit the mother in her home throughout pregnancy until the child is 2 years old.

The three main goals of the program are: 1) Improve pregnancy outcomes; 2) Improve child health and development; and 3) Improve economic self-sufficiency. These goals are accomplished when a partnership between the nurse and the mother forms as they work together to identify goals and needs of the family. The nurse helps the mother identify strengths she and the family have and steps to build upon those strengths. Together they also identify areas for improvement and make goals to meet those needs. The mother is the center of this process with the nurse providing support in helping her explore options and set realistic goals. The nurse provides education on healthy habits in pregnancy, caring for a newborn and infant, parenting skills, and identifies resources in the community that may help the mother achieve success.

Community partnerships are essential to the programs success. A community advisory board (CAB) has been established that will allow not only for women to be referred to the program but also increase awareness about available community services for the mother and her child. Members of the CAB include high school counselors, OB/GYN offices, Work Force Services, The Family Place and other community agencies that work with families.

Working together to provide education and community resources during pregnancy and early childhood, this program realizes a significant decrease in child abuse, poverty, and unhealthy behaviors. With 25 mothers currently enrolled in the program, the goal is to reach 100 participants by April 2016.

NATIONAL STATISTICS

- 48% reduction in child abuse and neglect
- 56% reduction in emergency room visits for accidents or poisonings
- 67% reduction in behavioral and intellectual problems in children at age six
- 72% fewer conviction of mothers when the children are age 15

SUICIDE PREVENTION

The Bear River Health Department has participated in the Northern Box Elder County Suicide Prevention Coalition in Tremonton, for the past 3 years. This coalition has come together to provide events including a suicide walk to raise awareness, town hall meeting, and sponsoring a Tree in the Jubilee of Trees. In 2015 suicide prevention services were expanded to form the Cache County Suicide Prevention Coalition. The health department also partnered with organizations in Brigham City to kick-start a third coalition located in Box Elder County that will service Brigham City and surrounding areas.

Together the Cache and Northern Box Elder coalitions developed a Mental Health Resource Directory. This comprehensive reference guide provides information on support groups, crisis services, counselors and therapists. Coalition members helped to distribute the directories to various community agencies including: schools, courts, law enforcement, churches and others. An online version is also available at www.brhd.org

Community involvement with both coalitions has been influential in increasing our reach to a various audiences. These essential partnerships have led to over 1,000 individuals in our community becoming QPR certified Gatekeepers. Gatekeepers know and watch for the warning signs of suicide so they can offer hope and help to those who are struggling.

QPR is an evidence based prevention technique used to empower lay individuals to make a stand against suicide. QPR stands for Question, Persuade, and Refer. Trainings are 1-1.5 hours and are free of charge. Worksites, faith centers, and the community centers are just some of the places QPR trainings have been held. The Resource Directory goes hand in hand with the QPR training to provide community members with tools to make a difference in suicide prevention. Together with our coalitions, we hope to continue to give hope and help to those we serve.

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

MISSION:

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

Bear River Health Department

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