



COMMUNITY HEALTH SERVICES DIVISION

Annual Report
2022



Davis
COUNTY
HEALTH
DEPARTMENT

COMMUNITY HEALTH SERVICES DIVISION

Vision

Safe and healthy communities for all.

Mission

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

Table of Contents

Director's Message.....	1
2022 Team.....	2
Prevention-Focused Programs.....	3
Moving Prevention Upstream.....	4
Davis County Youth Council: An Upstream Intervention.....	5
Emergency Preparedness.....	7
Healthy Environments, Active Living.....	9
Injury Prevention.....	13
Tobacco Prevention and Control.....	18
Program Funding.....	22
Community Partners	23
Acronyms.....	24

Director's Message

The 2022 Annual Report for the Community Health Services Division of the Davis County Health Department showcases important division programs which focus on preventing leading causes of death and improving the quality of life of all residents. I am proud of the hard work division staff engage in to plan, implement, and evaluate these evidence-based programs and strategies.

2022 report highlights include:

- Applying lessons learned from the COVID-19 response to make improvements to the department's 1,800+ page All-Hazards Response Plan;
- Receiving a new suicide prevention grant to further education and prevention programs in the county;
- Expansion of the Davis County Youth Council's work in evidence-based peer-led education throughout the county;
- Development of comprehensive and easy to read Food Assistance Resource materials simplifying the often complicated process of accessing assistance for eligible families. Materials are available in both English and Spanish and are distributed widely through health department programs and community partners;
- New partnerships developed with local food pantries to increase access to healthy foods and awareness of diabetes and hypertension;
- First in-person Safe Kids day since COVID-19 with over 1,500 participants; and,
- Partnering with other department programs to help bring tobacco cessation information to their Medicaid clients.

Lastly, all of the important work accomplished by the Community Health Services Division staff could not happen without the amazing partnerships we have with several agencies, coalitions, businesses, and residents in the county.

Sincerely,

Ivy Melton Sales
Director, Community Health Services Division

2022 Team

Division Director



Ivy Melton Sales
MBA, CHES

Bureau Managers



Heather Gibb
MS



Kristen O'Flarity
MPH, CHES

Lead Health Educator



Shelley Florence
BS, CHES

Emergency Response Coordinators



Chris Bateman
MPA



Ayla Guarino
MPH, CPH



Bailey House
MPH

Health Educators



Rosa Alveno
BS, CHES



Taylor Calhoun
BS



Shelly Christensen
BS



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



Kristen Peer
BS, CHES



Jamie Peterson
BS



Terri Sory
MPA

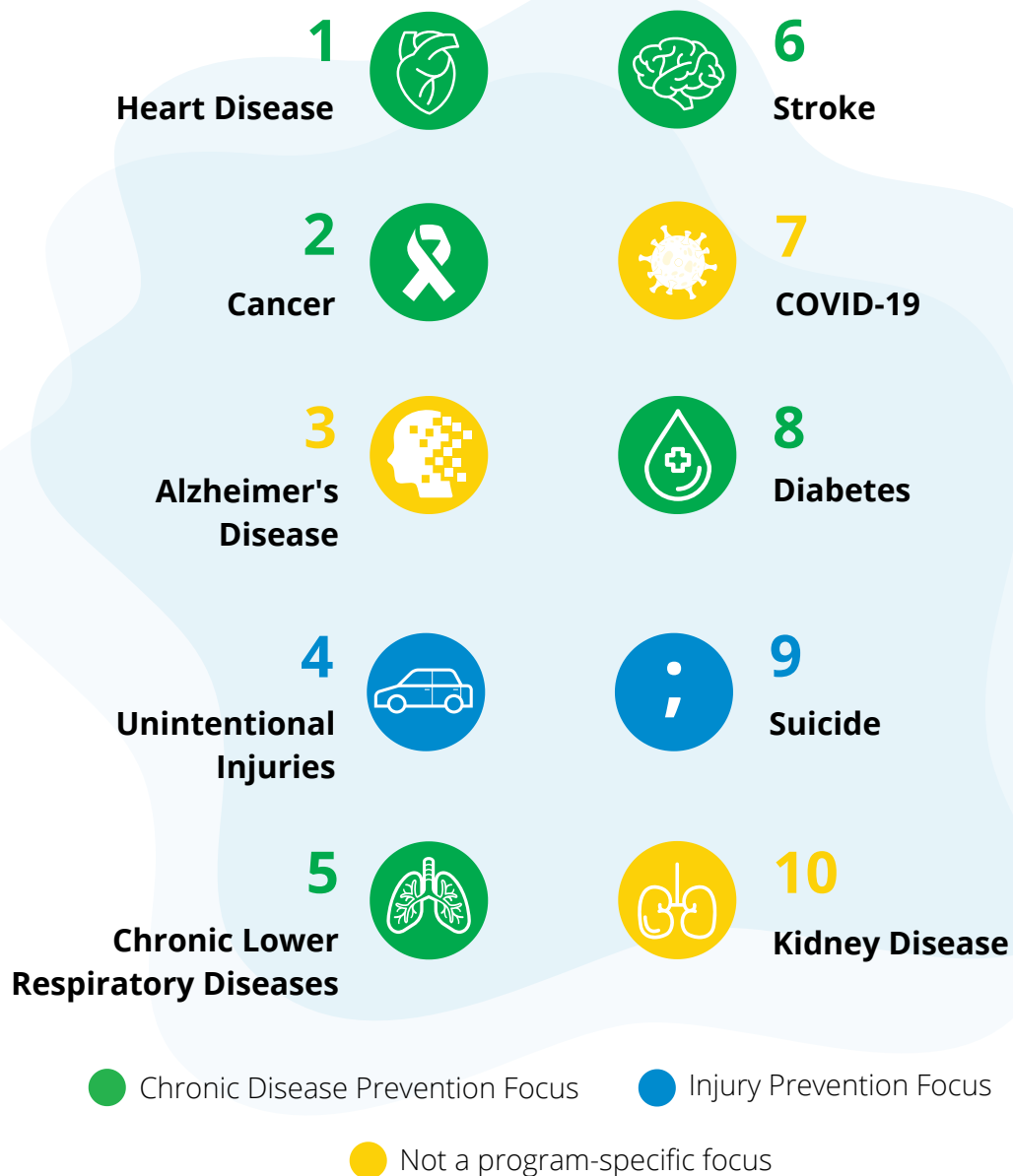


Mikayla Wentz
BS

Prevention-Focused Programs

Community Health Services (CHS) Division programs are designed to **reduce preventable causes of death** and **increase quality of life**.

Leading Causes of Death in Davis County, 2020



Moving Prevention Upstream

CHS Division staff examine root causes to health issues to improve long-term outcomes in the Davis County community. Social Determinants of Health (SDOH), risk factors, and protective factors all provide insights on why these root causes exist and help guide the division's prevention programming.



Social Determinants of Health (SDOH)

Social Interactions &
Community

Economic Stability

Health &
Health Care

Neighborhood &
Built Environment

Education



Protective Factors

Prosocial
Involvement

High Resilience

Community Support

Family Attachment



Risk Factors

Family Conflict

Low Commitment
to School

Discrimination

Adverse Childhood
Experiences
(ACEs)

Peer Rejection

Low Self-Esteem

Factors that influence health outcomes

- Access to medical care
- Access to healthy food and water
- Early childhood environment
- Education
- Ethnicity and cultural orientation
- Family and other social support
- Gender and sexual identification
- Housing and transportation
- Neighborhood safety
- Social stressors
- Socioeconomic status
- Spiritual/religious values

Examples of programs that support SDOH

- Community preparedness
- Connecting with health care systems
- Healthy food access
- Opioid and poison prevention
- Outdoor smoking/vaping regulations
- Safe Routes to School
- Social-Emotional Learning (SEL)
- Suicide prevention
- Tobacco compliance checks
- Tobacco retailer permits & policies
- TOP Star
- Youth Council

Youth-Selected Priorities 2022

- 1 Mental health, especially anxiety and depression
- 2 Substance use prevention
- 3 Suicide prevention

Youth Council Trainings

- Mindfulness & Mental Health (Davis Behavioral Health (DBH))
- Human Trafficking Protection (Safe Harbor)
- Question, Persuade, Refer (QPR), suicide prevention (Davis County Health Department (DCHD))



Davis County Youth Council: An Upstream Intervention

The Davis County Youth Council follows an evidence-based prevention model. The youth council goes beyond just being a space for youth to come together - it is a space where youth are actively transforming the trajectory of their own health outcomes for the better.

The youth council is a catalyst for **increasing protective factors**, especially in increasing community attachment and providing opportunities for prosocial involvement. Division staff facilitate a positive **social and community context** for the youth, a primary social determinant of health, and help foster supportive relationships with both trusted adults and peers.

Another key aspect of the youth council is **peer to peer education**, a proven strategy for promoting healthy behaviors among adolescents. Research has found that peer-led interventions are more accepted among fellow youth, and therefore more successful (Foss et al., 2022).



In 2022, the youth council met monthly (sometimes twice a month!), and participated in community health education activities. As a group, the youth selected their top three priority topics to focus on for the year. All three of these priorities link directly with the division's own programs.

The youth council was eager to help educate the community on their chosen priority topics. To address mental health, the youth helped plan and implement an interactive educational activity for children on emotional regulation and validating feelings. The youth successfully conducted this activity at both Safe Kids Day and fire department open houses across the county.

Additionally, the youth supported division staff in educational outreach throughout the year. Suicide prevention awareness and poison prevention, including appropriate handling of medication, were some of the topics addressed. Some of the youth also participated in undercover tobacco compliance checks, helping the health department's efforts to keep tobacco out of the hands of Davis County youth.

L Foss, S A Brown, S Sutherland, C J Miller, S Philliber, A randomized controlled trial of the impact of the Teen Council peer education program on youth development, Health Education Research, Volume 37, Issue 1, February 2022, Pages 36-47, <https://doi.org/10.1093/her/cyac001>

Emergency Preparedness

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



Healthy Environments, Active Living

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



Injury Prevention

- Child Passenger Safety
- Opioid education and misuse prevention
- Safe Kids Davis County
- Social-Emotional Learning
- Suicide prevention



Tobacco Prevention & Control

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



EMERGENCY PREPAREDNESS

Program Overview

Davis County Health Department (DCHD) has had a dedicated emergency preparedness program since 2002.

The program focuses on preparing staff members to respond effectively to an emergency. Program activities include response plan development, employee training, and skill demonstration through emergency exercises and real-world events. The program also partners with different agencies in Davis County and across the state of Utah to coordinate response plans and help residents become more prepared.

The program utilizes the Centers for Disease Control and Prevention (CDC), and Public Health Emergency Preparedness (PHEP) Capabilities to measure progress and identify opportunities for further improvement to plans, trainings, and emergency exercises.

Our emergency preparedness program is also formally recognized as meeting emergency management best practices by the National Association of County and City Health Officials (NACCHO) Project Public Health Ready Program (PPHR).

Family Assistance Center Plan

A Family Assistance Center (FAC) plan was developed in 2022, an important addition to the department's All-Hazards Response Plan. A FAC can be set up in any location that will best serve the needs of people impacted by an emergency. The primary purpose of a FAC is to:



Provide a central location for effective coordination and communication between agencies providing assistance to families impacted by the emergency.



Coordinate efficient delivery of family assistance services to victims, families, and friends by referring and connecting people to requested resources.



Provide resources and staff to aid in the reunification of survivors with their loved ones following a Mass Casualty Event (MCE) or fatality event.



Collect antemortem information from family and friends of missing or deceased individuals in order to reunite them whether living or deceased.



Provide a location for law enforcement, Medical Examiner (ME), and other officials to meet with families and assist with investigative efforts.



Sample Family Assistance Center Layout

Recovery Planning

Successfully recovering from an emergency requires help from everyone in a community. It is important to discuss and plan recovery steps before an emergency ever happens to identify tools and resources necessary to minimize overall damage and recover quickly and effectively.

In partnership with Davis County Emergency Management, staff members are utilizing Federal Emergency Management Agency (FEMA) guidance to develop a Pre-Disaster Recovery Plan. The planning process includes five different **Recovery Support Function** areas:



Economic



Health and Social Services



Housing

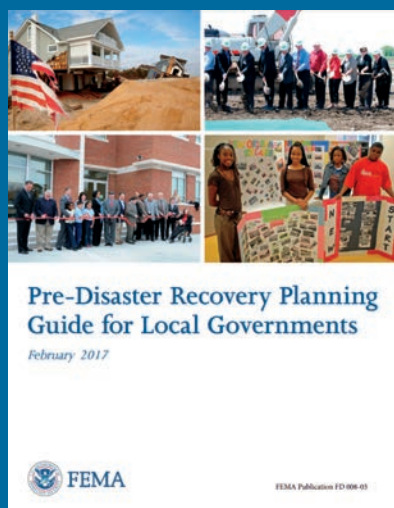


Infrastructure Systems



Natural & Cultural Resources

Division staff are leading the Health and Social Services section, working with several partners on this multi-year project.



COVID Lessons Learned:

Improving the All-Hazards Response Plan

In 2022, preparedness staff members met with department employees and reviewed feedback from the COVID-19 response to identify opportunities for improvement to our response plans and training processes. The information was then incorporated into the department's 1,800+ page All-Hazards Response Plan in the following topic areas:



Community Resilience

- Community Preparedness
- Community Recovery



Information Management

- Emergency Public Information and Warning
- Information Sharing



Surge Management

- Fatality Management
- Mass Care
- Medical Surge
- Volunteer Management



Countermeasures and Mitigation

- Medical Countermeasure Dispensing
- Medical Material Management
- Nonpharmaceutical Interventions
- Responder Safety and Health



Incident Management

- Emergency Operations Coordination



Biosurveillance

- Public Health Laboratory Testing
- Public Health Surveillance and Epidemiological Investigation

COVID Lessons Learned:

Improving Services for Seniors

In addition to updating our emergency response plans and training, CHS Division staff collaborated with the Senior Services Division to utilize lessons learned from COVID-19 to identify opportunities to better serve clients in our community.

Staff members developed assessment tools to identify programmatic Strengths, Weaknesses, Opportunities, and Threats (SWOT). The survey tool is designed to identify how the older adult population felt physically and mentally throughout the COVID-19 pandemic. Topic areas include COVID-19 vaccines, experiences with isolation/social isolation, mental and physical health, and access to healthcare providers and needed medication.

Three different populations are being assessed: older adults, older adults living in Long Term Care Facilities, and program staff in each of our Senior Activity Centers.



HEALTHY ENVIRONMENTS, ACTIVE LIVING

Program Overview

The CHS 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 the incidence of diabetes, heart disease, and stroke by targeting risk factors such as reducing obesity, increasing physical activity, improving nutritious food access, and improving diabetes and hypertension control. In 2022, the division focused on the following social determinants of health:

1) **food security** through education and providing technical assistance to six food pantries; 2) **health care access and quality** by developing clinical partnerships with two large health systems; and, 3) **the neighborhood and built environment** through improving safe and walkable communities.

Addressing Food Insecurity

Studies have shown in areas that are **food secure**, there is substantial economic growth, not to mention lower poverty rates. Addressing food insecurity also reduces a community's risk for chronic conditions such as diabetes and obesity.



The resource showcases services that assist individuals across their entire lifespan, including:

- Women, Infants, and Children (WIC)
- Supplemental Nutrition Assistance Program (SNAP)
- Double Up Food Bucks
- Free & Reduced Price School Meals
- Food Pantries
- Meals on Wheels

In addition to food assistance, other financial aid programs that have qualification crossover are provided:

- Income assistance
- Housing aid
- Health insurance

Food Assistance Resource

In 2021, **1 in 10** people in Davis County experienced food insecurity, meaning the individual and/or home does not have consistent access to nutritious food (Utahns Against Hunger, 2022). Staff developed a brochure to help families with the overwhelming application process, show where assistance program qualifications overlap, and how to apply for each program. The brochure is available in both English and Spanish to better accommodate the county's primary spoken languages.

Free & Reduced Price School Meals

What is it?
Children need healthy meals to learn. Davis School District offers healthy meals every school day for students K-12.

Who qualifies?
If you are receiving SNAP benefits, the Food Distribution Program on Indian Reservations (FDPIR), or Temporary Assistance for Needy Families (TANF), you automatically qualify for free and reduced price school meals. If you are not enrolled in these programs, you will need to apply for each of these programs separately.

How to apply

- Scan the QR code below or visit: uhsd.org
- Sign in or create a parent account through the Davis School District website to access the online application.

***Only one application is needed for all students in your household.**

Food Assistance Programs 2022

Household size	SNAP		WIC		FREE & REDUCED PRICE SCHOOL MEALS	
	Monthly Gross Income	Monthly Gross Income	Monthly Gross Income	Monthly Gross Income	Monthly Gross Income	Monthly Gross Income
1	\$1,396	\$2,096	\$2,096	\$2,096	\$2,096	\$2,096
2	\$1,888	\$2,823	\$2,823	\$2,823	\$2,823	\$2,823
3	\$2,379	\$3,551	\$3,551	\$3,551	\$3,551	\$3,551
4	\$2,871	\$4,279	\$4,279	\$4,279	\$4,279	\$4,279
5	\$3,363	\$5,006	\$5,006	\$5,006	\$5,006	\$5,006
6	\$3,855	\$5,734	\$5,734	\$5,734	\$5,734	\$5,734
7	\$4,347	\$6,462	\$6,462	\$6,462	\$6,462	\$6,462
8	\$4,839	\$7,189	\$7,189	\$7,189	\$7,189	\$7,189
For each additional family member	+ \$492	+ \$700	+ \$700	+ \$700	+ \$700	+ \$700

Food pantries in Davis County

Call for hours of operation:

- **Bountiful Food Pantry:** 480 E 150 N, Bountiful, UT 84001 (801) 296-8444
- **Center of Hope:** 711 S Orchard Drive, North Salt Lake, UT 84061 (801) 706-3101
- **Fish n' Loaves:** 1332 N Hill Field Rd, Layton, UT 84041 (801) 544-2426
- **Hope Center:** 545 S State St, Clearfield, UT 84015 (801) 628-4252
- **Nations for Christ:** 295 E 290 S, Clearfield, UT 84015 (801) 775-1113
- **Open Doors:** 875 E Hwy 193, Layton, UT 84041 (801) 544-2426

You may also qualify for:

- Income Assistance:** Temporary Assistance for Needy Families (TANF), tax credits, and Supplemental Security Income (SSI)
- Housing Aid:** Subsidized housing, public housing, and vouchers
- Health Insurance:** Children's Health Insurance Program (CHIP) and Medicaid

Learn more at: jsh.uah.gov/assistance/

Updated: September 2022

Individuals experiencing food insecurity have **double** the risk of high blood pressure compared to those that are food secure.

Food Pantry Partnerships

Food pantries have limited capacity to distribute healthy food. With new grant funding from the Association of State and Territorial Health Officials (ASTHO), staff had the opportunity to work more closely with food pantries in Davis County and implement a new statewide program titled Eat Well Utah. The goal of this project was to assess food pantries and work together to overcome barriers to healthy eating experienced by their patrons.

Through these assessments, staff identified a number of opportunities for improvement and assisted the pantries in implementing changes such as:

- providing and promoting blood pressure screenings
- making changes to food offerings
- offering recipes that accommodate common foods found in the pantries (through our partnership with Utah State University (USU) Extension)
- enhancing product placement
- adding helpful and educational signage and food labels
- providing materials to assist patrons with their shopping experience, including insulated bags, measuring cup kits, and grocery push carts
- offering resources and education on diet and lifestyle changes to improve hypertension



6

food pantries received support to educate the community on high blood pressure and diet

Diabetes Education

The division continues to develop partnerships with clinics in Davis County to help improve **health care access** and quality. To prevent complications in people living with diabetes, staff actively collaborate with partners to expand access to and participation in Diabetes Self-Management Education (DSME) services and the National Diabetes Prevention Program (DPP). In 2022, staff worked towards this goal by:

- Creating a diabetes toolkit for providers to share insulin resources, where & how to refer patients, and updated recommendations on diabetes treatment
- Promoting self prediabetes risk assessment
- Partnering with Intermountain Healthcare to teach Prediabetes 101 classes at community worksites
- Working with the team-based care team at Ogden Clinic to identify ways to enhance their program, including hiring a new certified diabetes educator



5

Ogden Clinics located in Davis County are in the process of becoming an accredited DSME program

Prediabetes risk assessments completed through targeted worksite programs

135

Hypertension (High blood pressure)

CHS Division staff work with local clinics (specifically Tanner Clinic and Ogden Clinic) 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.



19

The Utah Million Hearts Excellence Award recognizes the efforts that clinics put in to attain the highest standard of care for blood pressure measurement and hypertension control.

clinics received awards for their efforts in hypertension control in 2022

Community Outreach & Screening

The division partnered with Davis Hospital to offer free blood pressure, cholesterol, and blood sugar screenings to community members at a local food pantry.

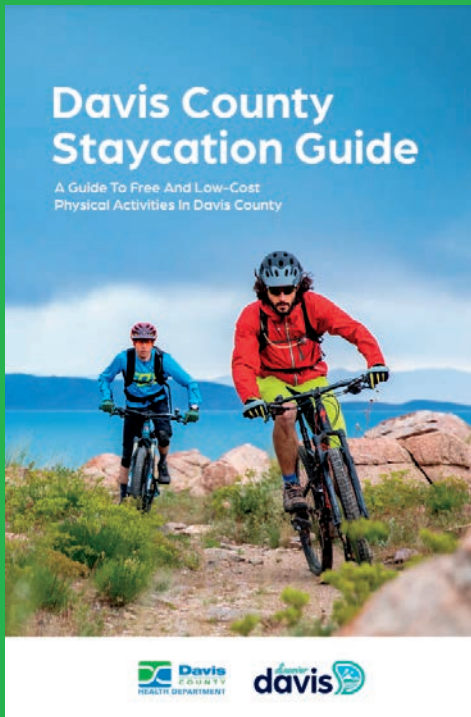
75

patrons screened



Neighborhood & Built Environment

Evidence shows a strong connection between community design and health outcomes (Healthy People 2030). The division oversees programs that enhance healthier environments in Davis County by promoting safe active transportation, **community connection**, heart-healthy food choices, and low-cost opportunities for physical activity.



The Davis County Staycation Guide provides a menu of free and low-cost ideas for physical activity as well as **neighborhood connectivity**. It features outdoor spots for trails, fishing, splash pads, recreation areas, sports courts, and more.

In 2022, staff distributed over **500** guides across the county, including community centers, libraries, and city buildings. A virtual download is also now available on the DCHD website.

Safe Routes

The goal of Safe Routes Utah is to help children get to and from school safely while motivating children to experience the benefits of walking or biking to school. Division staff conducted Safe Routes assemblies at five Davis School District (DSD) elementary schools. The presentations taught children how to cross the street and walk to school safely, correct helmet use, and why it is important. Two different assemblies were presented based on grade level.



5

assemblies for
4 - 6 graders

5

assemblies for
K - 3 graders

Walk Across Davis County

In late spring, division staff organized an 8-week, self-led walking program to encourage increased physical activity and **social connection**. All recipients received complimentary walking kits upon registration, including additional education for those indicating they had diabetes or hypertension. The program was promoted on social media and with community partners, including USU Extension - Davis County and DCHD's Senior Services. Overall, the program was a great success with plans for a second implementation in 2023.

- **129** participants
- **90%** of participants reported at the end that they would continue walking
- **63%** of participants chose to walk in their neighborhoods



Healthy People 2030. (2022). Neighborhood and Built Environment. Retrieved from health.gov/healthypeople/objectives-and-data/browse-objectives/neighborhood-and-built-environment

TOP Star

The early years are the best time for children to develop lifelong habits that reduce the risk of obesity and chronic diseases. Teaching Obesity Prevention in Early Child Care Settings (TOP Star) is an evidence-based program from Utah Department of Health and Human Services (DHHS) developed to improve the health of children who are cared for in early childcare and education settings.

Division staff assist child care providers in developing or improving the facility's nutrition, physical activity, and breastfeeding policies that benefit not only the children, but care staff and families as well.

By participating in the TOP Star program, providers have free access to staff guidance and support, training, lesson plans, webinars, newsletters, and other supporting materials to ensure their comprehensive policies are implemented successfully.

9

endorsed early child care centers in 2022

923

children reached by physical activity, nutrition, & breastfeeding policies

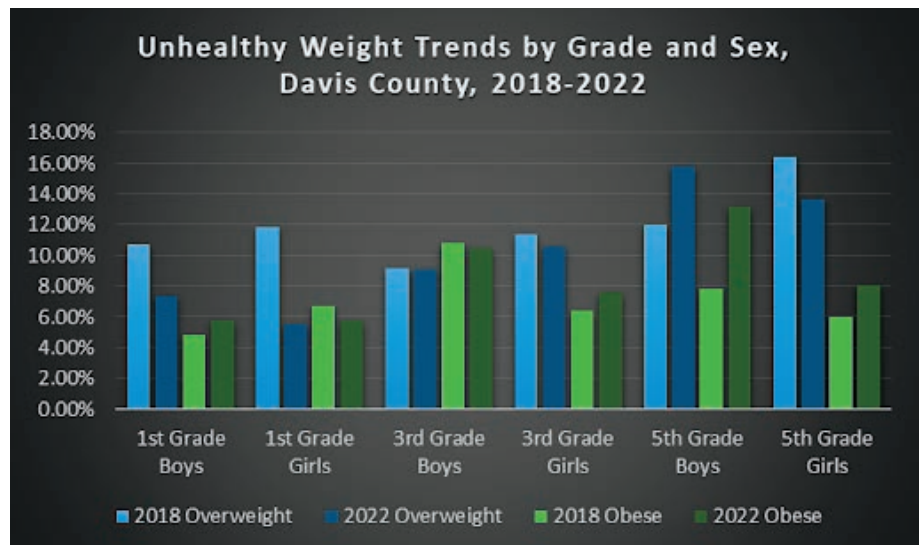
146

staff trained in obesity prevention best practices

Height and Weight Measurement Project

The Height and Weight Measurement Project continues to collect data every two years to capture childhood overweight and obesity rates in Davis County. Overweight and obesity is defined by Body Mass Index (BMI), calculated using an individual's weight and height. BMI does not measure body fat directly, and it should not be used as a diagnostic tool. Instead, BMI is a useful indicator to track weight in populations and as a screening tool to identify potential health risks (CDC, 2022). For children, BMI is age- and gender-specific, calculated by using percentiles and standardized growth charts.

CHS Division staff and DSD school nurses conducted this joint effort across 37 randomly selected elementary schools where 1,694 students were assessed. Since weight can be a sensitive topic, special measures are taken to ensure students are weighed and measured in a manner that protects their privacy.



Data from 2022 in Davis County showed:

- Similar rates with modest changes for some age groups
- A decrease in overweight among first-grade girls
- An increase in obesity and overweight among fifth-grade boys

Why is collecting this data important?

- Provides a baseline of overweight and obesity rates in Davis County elementary students
- Assesses trends in growth patterns among elementary students
- Data identifies where future program efforts should be focused
- Enables partner agencies to apply for grant funding for programs that positively impact the health of youth
- Serves as an additional evaluation measure for health and physical activity programs already in place

About Adult BMI (2022). Centers for Disease Control and Prevention. Retrieved from www.cdc.gov/healthyweight/assessing/bmi/adult_bmi

INJURY PREVENTION

Strengthening Our Safety Net

Division staff worked with the DSD SEL team to plan and facilitate an in-person presentation and community discussion titled "Strengthening our Safety Net: Supporting the Mental Health and Wellbeing of LGBTQ+ Youth and Youth of Color." Experts from the American Institutes for Research (AIR) led a data-driven discussion on how to develop comprehensive strategies that can help address mental health needs, prevent suicide, and foster supportive school and community climates that can also impact bullying and harassment. Attendees also had the opportunity to create a Diversity, Equity, and Inclusion Vision Statement through a guided activity. The training had great attendance with 68 people receiving a training recording, and 58 people from the school district, health department, hospital systems, colleges, city councils, the court system, mental and behavioral health, and others attended the in-person event.



Program Overview

The CHS Division's Injury Program continues to create connectedness within our community by providing education and resources focused on the following: awareness and reducing stigma of the opioid epidemic, pre/postvention for suicide and mental wellness, and preventing unintentional injuries while promoting Safe Kids in Davis County.

Social-Emotional Learning

Social-emotional learning (SEL) is an educational method that aims to foster social and emotional skills within school curricula. CHS staff support SEL with DSD and serve on the SEL advisory board.

Division staff worked with Davis Behavioral Health (DBH) and DSD to support the Learning to Breathe (L2B) program taught in sixth-grade classrooms. Staff created **2,387** educational toolkits for the students' families to help them understand and support what the students are learning in the evidence-based mindfulness curriculum, including how to take a Mindful Pause and incorporate mindfulness in the home.



Opioid Prevention

The CHS Division continues to collaborate with community partners throughout the county to address and reduce high rates of mortality due to opioid misuse.

Staff partnered with Farmington Fire and Rescue to provide lifesaving naloxone kits for rescue units responding to opioid poisoning calls.



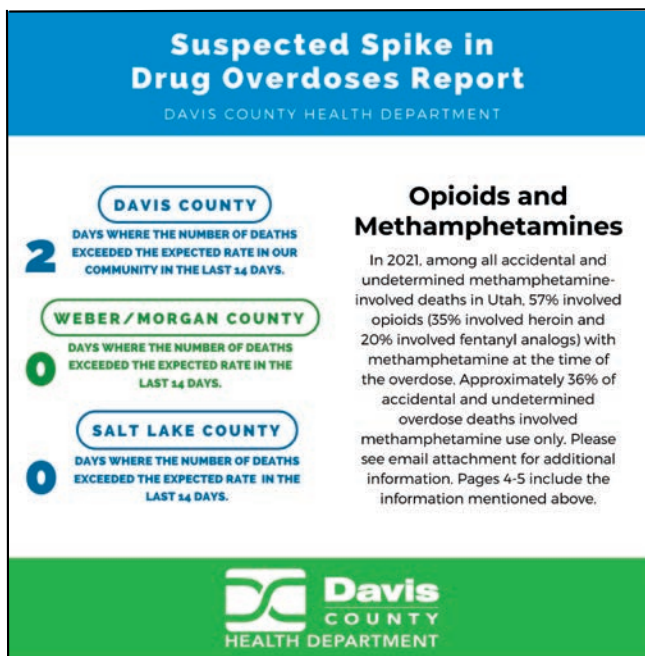
Staff regularly educate via social media to increase awareness about the lifesaving benefits of having naloxone available and to reduce stigma around opioid misuse.



Opioid Overdose Aberration Reports

An aberration in data occurs when there is an unexpected increase, or a spike, in the data that is being collected and monitored.

In partnership with Utah DHHS, qualified division staff receive reports on suspected spikes in opioid overdoses to identify any possible trends pointing to increases in counterfeit drugs or drugs laced with fentanyl. Staff create aberration reports and share them with partners when there is a suspected spike in drug overdose deaths that may warrant a formal response from first responders and medical professionals in our community. The reports share information for Davis County and neighboring jurisdictions to help illustrate a broader picture of what is taking place in our expanded community.



Intentional deaths (i.e., suicide) and deaths that were the result of an assault (i.e., homicide) are excluded. Confirmed fatal drug overdose deaths can take up to three months to become certified.

Poison Prevention

The division supports the Utah Poison Control Center by participating in a minimum of 23 educational activities throughout the year. This past year, staff provided table displays at health and safety fairs to share Poison Control's information and offer educational resources and activities.

Poison prevention information was also distributed to schools, national drug take-back events, pharmacies, senior centers, and child care facilities.



New Suicide Prevention Grant

Staff members applied for and received funding from the Utah Office of Substance Use and Mental Health (SUMH) to further suicide prevention efforts in the county, including:

- Conducting youth mental health screening events
- Coordinating and expanding the Davis Health Education and Law Enforcement Program (HELPS) prevention coalition, and their primary focus on suicide prevention
- Creating a community postvention response plan and communication protocol to increase coordination in response to a suicide death across multiple agencies
- Increasing knowledge of suicide prevention and safe messaging
- Reducing access to lethal means
- Supporting Healthy Outcomes from Positive Experiences (HOPE) Squads, a school-based peer support program



The National Suicide Prevention Lifeline is now only 3 digits, modeled after 911! CHS staff are actively educating on and promoting this new number which is meant to be easier to remember so those experiencing suicidal thoughts or a mental health crisis can quickly connect to a trained professional who will listen, provide support, and connect them to important resources.

Suicide Prevention

Suicide prevention continues to be a top health issue in Davis County. Utah has consistently had higher rates of suicide than the national average. CHS Division staff work with community partners to prevent, educate, and raise awareness on this topic. Trained staff members offer an evidence-based prevention program, Question, Persuade, and Refer (QPR), which provides education on the warning signs of a suicide crisis and how to offer support. QPR classes are available to all who live and work within Davis County.



175

**people in Davis County
were trained in QPR
through DCHD in 2022**



Worksite Outreach

Division staff were extended the opportunity to give a mental health and suicide prevention presentation to over **200** construction workers from a local company who were working on a highway construction job in Davis County. Staff provided both English and Spanish suicide prevention and community resources, such as information for support groups, the Davis County Behavioral Health Directory, suicide crisis and lifeline cards, mindfulness information, and the Davis County Staycation guide. Sixty-four gun locks were also distributed.



From 2018 to 2020, Utah males had higher suicide rates than females in every age group



Utah males aged 35-44 had the highest suicide rates



Construction, Maintenance, and Material Moving occupations have higher rates of suicide than other job groups (CDC Morbidity and Mortality Report, 2020)



Safe Kids Davis County

CHS Division staff continue to serve as the chair of the Safe Kids Davis County Coalition. This coalition is made up of partners from all across the county who focus on preventing unintentional injuries and advocating for safer environments for children. The coalition meets on a monthly basis to prepare, support, and participate in county-wide events that encourage safety and increase awareness about activities that could unintentionally cause harm.

Staff post weekly to the Safe Kids Davis County Facebook page to announce events, share partner posts, and provide helpful tips on various safety topics.

Infant Burn Prevention

Install baby gates or other secure barriers around fireplaces, ovens, and furnaces.

Microwaves heat unevenly and can create hot spots, so heat bottles by placing them in warm water.

Do not hold your baby while carrying anything hot or cooking on the stove.

Check bath water with your wrist or elbow before bathing your baby (water should be warm, not hot).

Prevent scalds by setting your water heater to 120°F (or the manufacturer's recommended setting).

Drop a small amount of milk or formula on the inside of your wrist to check the temperature.

Safe Kids Day 2022

The first in-person Safe Kids Day since 2019 was held on June 4th, 2022. The event was held outdoors at Clearfield High School. Children and their families enjoyed this opportunity for **community connection**. Partner agencies provided various hands-on activities to help participants learn about different ways to keep themselves and their families safe.



1500+
attendees



29
booths

400
helmets
provided



Intermountain Healthcare generously distributed and fitted 400 helmets! They also brought the Teddy Bear Clinic, a crowd favorite. Staker Parson Building and Materials brought a huge sandbox trailer where children could play in the sand and dig for prizes. With the help of several local fire departments, children were also able to see fire engines, ambulances, and other emergency vehicles up close. One of the highlights of the day was when AirLife Utah landed their medical chopper and interacted with the attendees.



DCHD's Family Health Services Division hosted a vaccination booth, a first for Davis County Safe Kids Day! The full spectrum of childhood vaccines was available at little to no cost, including the capability to look up immunization history and provide recommendations. DCHD also hosted booths on emergency preparedness, mental health awareness, and lead poisoning prevention.

The event was a tremendous success, and it was a pleasure to serve the community in such a fun and interactive way.



No Hit Zones

In 2015, the American Academy of Pediatrics recommended not striking a child for any reason due to possible physical harm and the long-term impact on mental and emotional wellbeing of the child. The Academy on Violence and Abuse promotes the No Hit Zones program in support of this recommendation.

CHS staff worked with the Academy on Violence and Abuse to facilitate a No Hit Zone training for partner agencies in Davis County. The workshop covered the science and history behind No Hit Zones, the connection between corporal punishment and ACES, and how an agency can implement their own No Hit Zone.

130

**workshop
participants**

Bicycle Helmets

In July, staff members provided at-cost helmets and helmet fittings to protect participants on their 24-mile ride at Davis County's annual Antelope by Moonlight.



South Clearfield Elementary participated in the division's low-cost helmet program. Staff provided helmet fittings and education for the students.

Fire Department Open Houses

In the fall of 2022, division staff and Davis County Youth Council members provided booths at **six** fire department open houses throughout Davis County.



Educational resources for pedestrian safety, poison prevention, emotional regulation, suicide prevention, and tobacco prevention were available for community members that attended.

Supporting Head Start

Division staff utilized a grant received from AAA insurance to partner with the local Head Start at their Family Enrichment Center to provide **20** free car seats to an underserved priority population. Many of the families seeking help from Head Start face economic hardship, food insecurity, or language barriers.

Each caregiver who received a seat was educated on the specific type of seat, was assisted with the installation and instructed on when to move their child to the next seat, based on the child's height or weight. A big highlight this year was replacing a car seat from the 1990s for a family within our community. Car seats can expire anywhere between 6-10 years due to daily wear and tear of the materials making them not as strong and unsafe for the child past the expiration date.



46%

of car seats are **not**
installed correctly

National Highway Traffic Safety Administration (NHTSA)



50

Car seats distributed to families in the community



112

Car seats checked during one-on-one appointments



5

Child Passenger Safety (CPS) Technicians within the CHS Division



Child Passenger Safety Week

During Child Passenger Safety Week (September 18th - 24th), CHS Division Certified Child Passenger Safety (CPS) technicians educated the community about car seat safety on its Safe Kids Davis County Facebook page. Technicians were available all month long to check and distribute car seats.

TOBACCO PREVENTION & CONTROL



Website Refresh

In 2022, the DCHD website was updated to help the public better navigate TPCP's many resources.

Website visitors can now access the most up-to-date information including:

- Tobacco and e-cigarettes
- Cessation resources for adults and teens
- Parent guidance on vaping
- Utah Indoor Clean Air Act (UICAA)
- Smoke-free housing

Program Overview

Tobacco is the single most preventable cause of death and disease in the United States. The CHS Division's Tobacco Prevention and Control Program (TPCP) aims to prevent young people from starting to use tobacco, help users quit, promote smoke-free environments, and reduce tobacco-related disparities through a comprehensive and collaborative community approach.

Cessation

Division staff widely promote and provide education about available tobacco cessation resources to both partners and the public. In 2022, staff worked closely with the health department's Women, Infants, and Children (WIC) program and the Home Visiting program where nurses provide in-home education to pregnant women or parents with young children on Medicaid. Staff helped these teams understand more about the dangers of tobacco, especially vaping, and how to counsel clients to connect them with cessation help. The division also made a new connection with Journey House, a program of Davis Behavioral Health, to provide information and additional tobacco education materials for their nicotine cessation group.



Through this work, our partners helped identify a need for tailored cessation materials. Existing adult cessation literature was geared towards cigarette smoking. Data reveals 6.8% of adults in Davis County currently use e-cigarettes, closely comparing to 7.1% who smoke cigarettes (BRFSS, 2021). In response, staff created a new resource for adults who use e-cigarettes. The card discusses the health effects of vaping, as well as the benefits of Utah's free quitline, Way to Quit.

237

people in Davis County accessed Way to Quit's services in 2022

Tobacco

Prevention Newsletter

The annual Tobacco Prevention Newsletter was distributed in early January to 459 key partners within Davis County. This year's edition focused on nicotine, its effects on mental health, current youth vaping data, and how flavored nicotine products are on the rise.



While significant progress has been made in Utah to limit youth access to flavored e-cigarettes, the tobacco industry continues to create highly addictive nicotine products that come in appealing flavors. Flavors play a significant role in drawing youth to tobacco products, with more than 80% of youth tobacco users starting with a flavored product (Ambrose et. al, 2015). Additionally, youth report they vape because they believe it helps with their mental health symptoms. However, nicotine has shown to worsen symptoms of anxiety and depression, especially among adolescent users. Preventing the initiation of nicotine through strategic policy and supporting youth quitting are critical to helping avoid a new generation addicted to nicotine.

Ambrose, BK, et al. (2015). Flavored tobacco product use among US youth. *Journal of American Medicine*.
Truth Initiative (2021). *Colliding Crises: Youth Mental Health and Nicotine Use*.

Smoke-Free Housing

Smoke-free policies in multi-unit housing communities protect residents from exposure to secondhand smoke. Secondhand smoke can travel from other apartments through doorways, cracks in walls, electrical lines, ventilation systems, and plumbing. 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 are smoke and vape free, or the entire campus is 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.



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



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



communities received technical assistance from division staff

Electronic Cigarette, Marijuana, and Other Drug Prevention Grant Program

Utah Code § 59-14-807 allocates a portion of generated e-cigarette taxes to implement the Electronic Cigarette, Marijuana, and Other Drug Prevention Grant Program. State statute then directs local health departments to administer the grant funding in accordance with Utah Code § 26A-1-129. Division staff coordinate these pass-through funds for eligible agencies to implement prevention programs that are evidence-based or promising practices.

Applicants are eligible for funding if the grant proposal meets the following criteria:

- Applicant must be a coalition, Local Education Agency, or law enforcement agency;
- The 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, or other types of drugs;
- Proposals use Student Health and Risk Prevention (SHARP) survey data to identify and describe the problem the program aims to address; and,
- Prevention work must take place within Davis County



Communities That Care (CTC)

is a proven five-phase change process that promotes healthy youth development, improves youth outcomes, and reduces problem behaviors.

2022 Grantees of the Electronic Cigarette, Marijuana, and Other Drug Prevention Grant Program

Below are the agencies that were funded for the 2022 fiscal year, along with a few highlights of their important prevention work in Davis County.

Davis County Hispanic Prevention Coalition

- Implemented Project Towards No Drug Abuse, a classroom-based drug prevention program designed for at-risk youth that aims to prevent teen drinking, smoking, and marijuana use
- Hired a bilingual teacher to facilitate the course in both English and Spanish
- 73 students completed the curriculum

Discovery Family Coalition

- Trained to deliver the CATCH My Breath curriculum in the community, an evidence-based youth nicotine vaping prevention program
- Managed an interactive information platform that provides parents and families with accessible and affordable resources for family bonding, connecting with community, and building resilience in families
- Held a virtual, weekly discussion called Parent Conversations, covering a wide variety of topics including suicide prevention, resilience, and developing family attachment



Layton Communities That Care (CTC)

- Funding supported a part-time Latino Coordinator who worked in collaboration with the primary coalition coordinator to ensure Latino voices and engagement are included in the CTC process
- Latino coordinator activities included:
 - Spanish translation of materials for CTC training and activities
 - Conducting community outreach & strengthening partnerships
 - Offering EveryDay Strong presentations in Spanish
 - Providing community partners with resource information
 - Coordinating a diversity fair

Central (Kaysville, Farmington, & Fruit Heights) Communities That Care (CTC)

- Funding supported a coalition coordinator
- As a brand new CTC, the coalition officially began the formal CTC process, which included organizing workgroups, training coalition members, reviewing data, and developing an implementation timeline

Tobacco Retailer Permits

Local health departments are tasked to issue tobacco retailer permits under Utah Code § 26-62-201. Currently, Davis County has:



Retailer Inspections

Per Utah Code § 26-62-303, division staff conduct routine inspections to ensure compliance with all permit requirements. In 2022, the five tobacco retailers that were found out of compliance immediately resolved their issues based on the education received by division staff. 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 § 26-62-305; a fourth violation within two years can result in a \$2,000 fine and permit revocation.



Tobacco Retailer Education

The goal of this program is to strengthen partnerships with tobacco retailers in order to reduce youth access to tobacco products. Division staff provide regular communication and education about state law requirements through in-person meetings, phone, and written communication throughout the year. Additional training and resources are provided per the needs of the tobacco retailer.

One example of supporting retailers resulted in the creation of entrance signage that is a specific RTSB permit requirement. The professionally-made vinyl signs ensured all RTSBs came into compliance with Utah Code. The signage helped establish a more uniform, recognizable visual that further distinguished RTSBs from GTRs in Davis County. Most importantly, the message that individuals under the age of 21 are prohibited from entering the business is posted prominently and clearly on the front entrance, which further assists RTSBs in keeping youth out of their businesses, therefore reducing youth access to tobacco products.



Preventing Underage Sales

In partnership with local law enforcement, division staff coordinated 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 criminal citation from the supervising police officer and a civil citation from the health department. During the subsequent civil 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. If a retailer provides evidence of completing additional training, their fine may be reduced.

2022	Summer	Fall	Total
Buy Attempts	127	129	256
Buys	1	7	8
Passing Rate	99%	95%	97%



Program Funding

Most of the Community Health Services Division's program funding comes in the form of pass-through funds from the CDC. Funding from the CDC focuses on data-informed health priorities primarily centered around the leading causes of death. The division also receives some state funding that follows legislative priorities as well as some local funds that align with county-wide priorities.

Tobacco Prevention & Control

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



SDOH Based Prevention

100% CDC (federal)



Injury Prevention

77% CDC (federal)
12% Utah Office of Substance Use and Mental Health (state)
9% Highway Safety Office (state)
2% Poison Control (state)



Emergency Preparedness

55% CDC (federal, temporary funds focusing on COVID-19 lessons learned)
39% CDC (federal)
5% Davis County (local)
1% ASPR (federal)



Healthy Environments, Active Living

100% CDC (federal)

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
- 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 Law Enforcement Administrators Association
- Davis County Opioid Workgroup
- Davis Health Education and Law Enforcement Program (HELPS)
- Davis Hospital and Medical Center
- Davis School District
- Davis4Health
- Hill Air Force Base
- Hope Center Food Pantry
- Intermountain Healthcare
- Lakeview Hospital
- Layton High School Food Pantry
- Layton Hospital
- Local Emergency Preparedness Committee
- Local Health Emergency Response Coordinators
- National Diabetes Prevention Program Network
- Nations for Christ Food Pantry
- Northern Utah Healthcare Coalition
- Ogden Clinic
- Open Doors
- Primary Children's Hospital
- Safe Harbor
- Safe Kids Davis County Coalition
- Safe Kids Utah
- Tanner Clinic
- Utah Department of Health and Human Services
- Utah Local Association of Community Health Educators
- Utah State University Extension - Davis County Office
- Utah Million Hearts Coalition
- Utah Suicide Prevention Coalition
- Wasatch Front Regional Council Active Transportation Committee
- Wee Care Pediatrics

Acronyms

ACEs - Adverse Childhood Experiences
ASPR - Administration for Strategic Preparedness and Response
ASTHO - Association of State and Territorial Health Officials
BMI - Body Mass Index
BRFSS - Behavioral Risk Factor Surveillance System
CDC - Centers for Disease Control and Prevention
CHES - Community Health Education Specialist
CHS - Community Health Services
COVID-19 - Coronavirus Disease 2019
CPS - Child Passenger Safety
CTC - Communities That Care
Davis HELPs - Health Education and Law Enforcement Program
DBH - Davis Behavioral Health
DCHD - Davis County Health Department
DHHS - Department of Health and Human Services
DPP - The National Diabetes Prevention Program
DSD - Davis School District
DSME - Diabetes Self-Management Education
FAC - Family Assistance Center
FEMA - Federal Emergency Management Agency
GTR - General Tobacco Retailer
HEAL - Healthy Environments, Active Living
HOPE - Healthy Outcomes from Positive Experiences
LGBTQ+ - Lesbian, Gay, Bisexual, Transgender, Queer, and More
MCE - Mass Casualty Event
ME - Medical Examiner
NACCHO - National Association of County and City Health Officials
NTHSA - National Traffic Highway Safety Administration
PHEP - Public Health Emergency Preparedness
PPHR - Project Public Health Ready Program
QPR - Question Persuade Refer

Acronyms

RTSB - Retail Tobacco Specialty Business

SDOH - Social Determinants of Health

SEL - Social Emotional Learning

SHARP - Student Health And Risk Prevention survey

SNAP - Supplemental Nutrition Assistance Program

SUMH - Utah Office of Substance Use and Mental Health

SWOT - Strengths, Weaknesses, Opportunities, and Threats

TOP Star - Teaching Obesity Prevention in Early Child Care Settings

TPCP - Tobacco Prevention and Control Program

UICAA - Utah Indoor Clean Air Act

USU - Utah State Univeristy

WIC - Women Infants and Children