

2017

Bear River
Health Department

ANNUAL REPORT
2017

MISSION:

PREVENTING AND CONTROLLING DISEASE AND DISABILITY; PROTECTING THE INDIVIDUAL, COMMUNITY, AND ENVIRONMENT; PROMOTING, MAINTAINING, AND IMPROVING HEALTHY LIFESTYLES.

LOCATIONS:

LOGAN

655 East 1300 North
435.792.6500

ENVIRONMENTAL HEALTH

85 East 1800 North
435.792.6570

BRIGHAM CITY

817 West 950 South
435.734.0845

RANDOLPH

275 North Main
435.793.2245

GARDEN CITY

115 South Bear Lake Blvd.
435.881.3383

TREMONTON

440 West 600 North
435.257.3318



Lloyd C. Berentzen, MBA
Director and Health
Officer

DIRECTOR'S MESSAGE

The cost of health care continues to rise at unprecedented rates. In spite of this unquenchable thirst for health care resources, health outcomes in the United States continue to fall behind other developed countries. Why is this the case?

Many factors combine to affect the health of individuals and communities. In public health, one tool we focus on is called "Determinates of Health". Our health and well-being is comprised of health care (10%), genetics (30%), individual behavior (40%), and social and environmental factors (20%).

While direct health care makes up about 10% of these "determinates of health", less than 2% of the health care dollars will be spent on social and environmental factors and influencing individual behaviors which makes up 60% of the influence toward health and well-being.

This report demonstrates the importance of the Bear River Health Department's mission to assess, evaluate and influence health and well-being through program delivery, community involvement and community and individual interventions. We feel fortunate to be entrusted with this great responsibility. We value our partnerships with local government leaders, private sector advocates, and other key service agencies.

We will continue directing our resources and efforts in the areas of science-based prevention activities, the promotion of healthy behaviors and lifestyles and the protection of the environment for the benefit of community health.

We especially thank the Board of Health for their vision and recognition of the Health Department's mission. As always, we look forward to working with our communities to address these determinants of health and carry out the important work entrusted to us to promote, protect, and improve the health of the residents of Cache, Rich, and Box Elder Counties.

Sincerely,



Lloyd C. Berentzen, MBA
Director

BOARD OF HEALTH



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



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



Dale Ward
Chief Deputy
Box Elder County
Sheriff's Office



Bill Cox
Rich County
Commissioner



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



Jeff Scott
Box Elder County
Commissioner



Jim Abel
Owner, JC's Country Diner



Craig Butters
Cache County Executive



James Swink
Cache County Attorney

MOBILE CLINIC

This year, there was an addition to the health department fleet - a motor home!

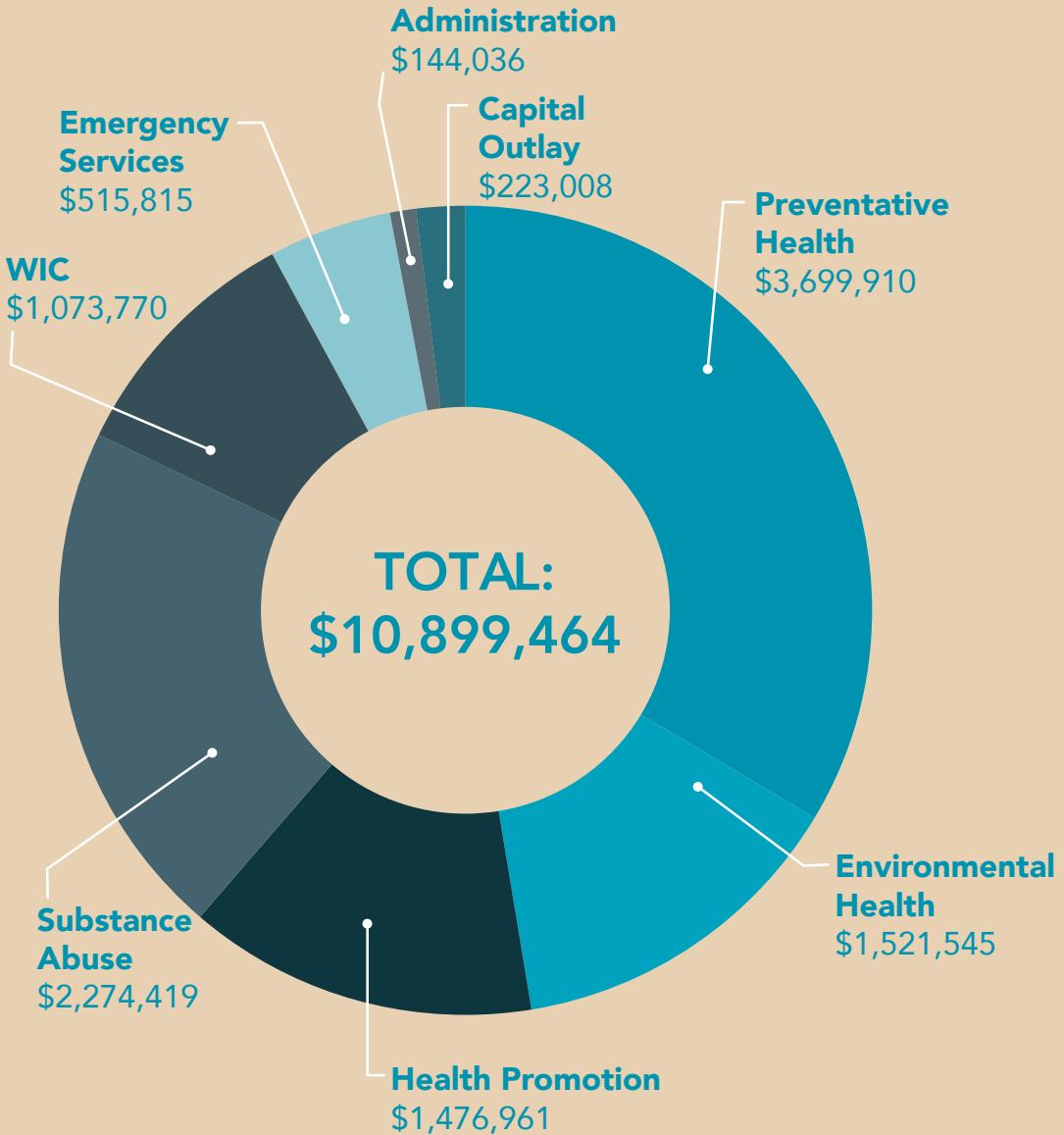
We are so excited to start using this vehicle for mobile clinics, breastfeeding rest stops at community events, our annual ribbon run, a mobile command center when needed, as a back up when we experience power outages, and so many other things! It has been modified to include an exam room and wireless Internet capabilities.

This will be a wonderful resource for the more rural areas of our district as we will be able to take multiple services to those communities and meet the individuals and families where they live and work. We also look forward to working with other community partners that may see a need for this type of vehicle for events or large-scale emergencies.

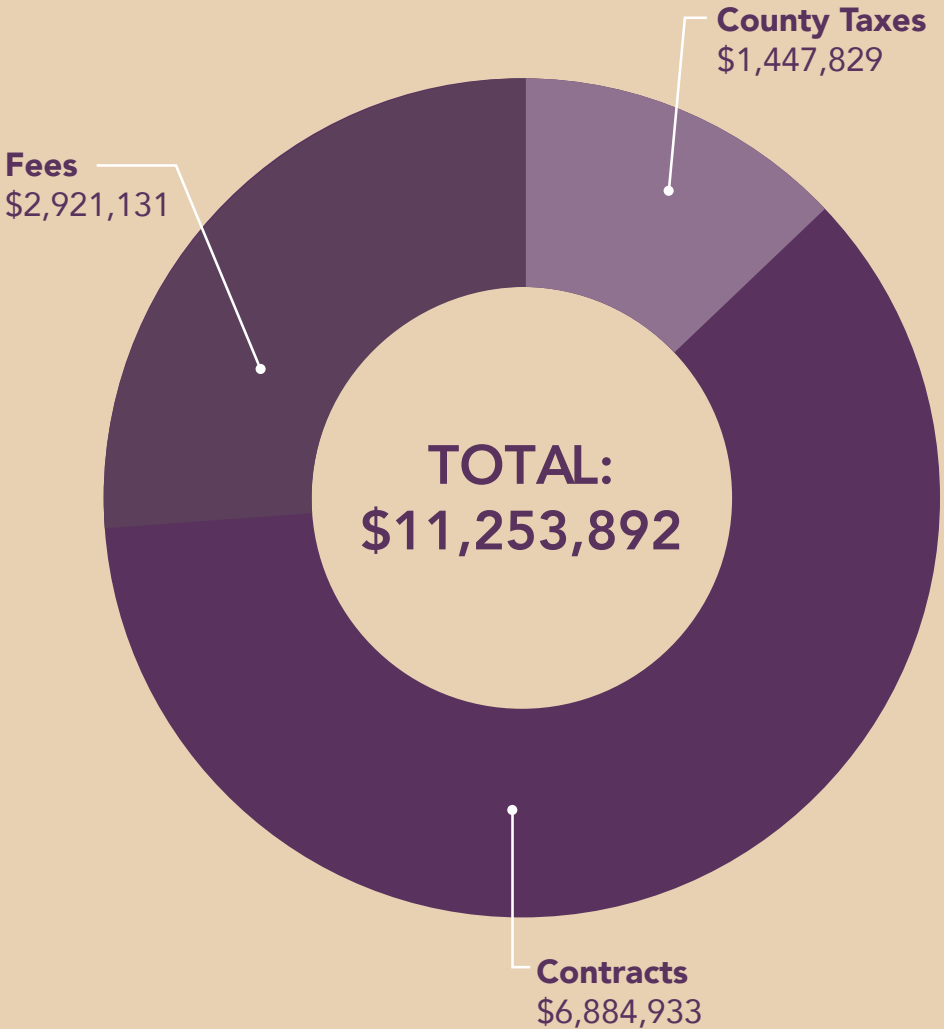
We hope you will join in our excitement as we prepare for our traveling clinics in 2018!



BUDGET: EXPENDITURES



BUDGET: REVENUE



BY THE NUMBERS

91

NUMBER OF PRE-DIABETES CLASS PARTICIPANTS

886

NUMBER OF POUNDS LOST BY PRE-DIABETES CLASS PARTICIPANTS

8

NUMBER OF CONFIRMED WEST NILE VIRUS CASES

186

NUMBER OF WOMEN SERVED THROUGH LACTATION SERVICES

421

NUMBER OF TEMPORARY MASS GATHERING PERMITS ISSUED

60

NUMBER OF FREE ATV HELMETS PLACED

2833

POUNDS OF PRESCRIPTION DRUGS COLLECTED IN DROP BOX

FRIENDS OF PUBLIC HEALTH

Bear River Health Department 2017 Friends of Public Health Award

1. Dale Lamborn, Rich High School

For dedicated service to public health and the youth of Rich County by supporting substance abuse prevention and education programs in Rich County Schools.

2. James Hess, Tremonton City Fire Department

For dedicated service to public health and the citizens of North Box Elder County and for excellence as an emergency response partner.

3. Lt. Lee Perry, Utah Highway Patrol

For years of dedicated service to public health by promoting safety and injury prevention, education, enforcement, and policy efforts in the State of Utah.

4. Jeff Gilbert, Cache Metropolitan Planning Organization

For dedicated service to public health by supporting and promoting efforts to improve air quality in Cache Valley.

5. Malinda Tolson, Utah Department of Motor Vehicles

For dedicated service to public health by supporting emissions testing efforts to improve air quality in Cache Valley.

6. Reed's Pharmacy

For dedicated service to public health for innovative client services and for excellence in quality patient care.



PREVENTION & TREATMENT OF OPIOID ADDICTION

The opioid crisis is an epidemic that touches our communities. While Utah currently ranks 7th highest in the nation for drug overdose deaths, the Bear River Health District ranks 6th in the state for drug overdose deaths. Members of our community are sadly affected by this epidemic.

In 2017 The Bear River Health Department secured funding to take a comprehensive approach in preventing and treating opioid addiction. Together, as a community, we can make a difference.

**74% OF UTAHNS CURRENTLY ADDICTED
TO OPIOIDS GET THEM FROM A FRIEND
OR FAMILY MEMBER.**

PROPER DISPOSAL OF OPIOID MEDICATIONS LESSENS THE CHANCE SOMEONE WILL BECOME ADDICTED TO THEM.

In the past year, BRHD and community partners have worked diligently to raise awareness regarding the risks associated with the use of opioids. A few examples of these efforts include:


- Coordinating with area hospitals to install messaging throughout the hospitals offering education on how to take precautions when prescribed an opioid.
- Teaming up with area physicians to review opioid prescribing guidelines, use of the controlled substance data base and best practices for reducing unintended deaths from prescription opioids.
- Training 88 counselors, group facilitators, law enforcement and others in opioid overdose response to be able to educate and assist the high-risk population they serve. Overdose education provides the knowledge and skills to save a life while sending a clear message to individuals that their lives matter. It is an important intervention, involving Naloxone, an opioid antagonist, which can reverse drug poisoning overdose from heroin or prescription opioids.
- Providing Medication Assisted Therapy (MAT), a combination of counseling and a medication, Vivitrol®, available at low or no cost, to manage opioid addiction.
- Increasing community awareness events, including promotion of medication drop boxes and prescription drug take back events, in partnership with local law enforcement, promotion of "5 Questions to Ask your Doctor" and similar advice offered through UseOnlyAsDirected.org.

From prevention to treatment, Bear River Health Department has services available to address opioid use in Cache, Box Elder, and Rich counties.




"I CAN GO DAYS WITHOUT THINKING ABOUT USING" OPIOID MEDICATION ASSISTED THERAPY

"To whom it may concern,




I am a thirty-two year old husband and father. I've also been a heavy alcoholic and addict for the past twelve years, actively trying to get sober for about six. I did remain clean during and following professional treatment for approximately two years. I took the treatment very seriously and had every intention and desire to stay clean for the rest of my life. However, earlier this year, I relapsed and quickly returned to daily IV heroin use.

For the past four months, I've been receiving counseling and a monthly Vivitrol injection. I was initially very skeptical about the potential benefits of this medication and am ever so grateful to have been ultimately wrong. First of all, the actual physical cravings have been reduced to a point where they're just not manageable, but where I can go days without even thinking about using. It may seem like a small thing to someone who has never struggled with addiction, but to be able to do that, as opposed to needing to constantly keep not using on your mind, it's nothing short of miraculous.



The other main benefit, as I see it, is just the fact that Vivitrol completely nullifies the effect of opiates/heroin. I've not tested this personally, but that's sort of my point. All the substance abuse education, recovery experience, and relapse prevention planning can't stop every unforeseen trigger, bit of bad news, car accident, or just plain awful day life throws at you. At my weakest willed moments, just knowing that using isn't going to have any effect whatsoever, gives me the time I need to stop, think, and remember the healthier, more permanent coping mechanisms I've learned."



**Are you or a loved one struggling with a prescription drug addiction?
The health department can help. Please call 792-6500.**



NEW WALK-IN CLINIC

In 2017, the health department implemented walk-in STD testing. Prior to this clinic, individuals would have to schedule an appointment for up to two weeks out, resulting in about 20% of patients not coming to their appointment. The new walk-in clinic has increased the number of patients tested from 79 patients in 2016 to 199 in 2017.

Another benefit of providing walk-in STD testing is it has streamlined the mandatory investigation process on positive cases. By improving the number of completed investigations, the health department team can better assure patients are treated. When the patient calls for the results, the nurse can schedule an appointment for the patient to be treated at which time the nurse can get the list of patient's contacts. Since the patient is now familiar with the BRHD staff and have already been told about the required investigation on all positive STDs; patient participation in investigations has improved and an increased number of them have been completed.

TOP 10 REPORTABLE DISEASES INVESTIGATED IN FISCAL YEAR 2017

365

#1 - CHLAMYDIA

89

#2 - HEPATITIS C, CHRONIC

67

#3 - INFLUENZA - ASSOCIATED
HOSPITALIZATION

50

#4 - CAMPYLOBACTERIOSIS

42

#5 - TUBERCULOSIS - LATENT

32

#6 - GONORRHEA

28

#7 - STREPTOCOCCAL DISEASE, INVASIVE,
OTHER

19

#8 - SALMONELLA


19

#9 - HEPATITIS B, CHRONIC

16


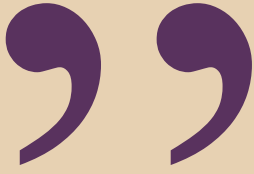
#10 - STREPTOCOCCUS DISEASE,
INVASIVE, GROUP B

BREASTFEEDING TESTIMONIALS



"I can't say thanks enough for helping me out so much with breastfeeding! I wouldn't have been able to even start without all of the awesome information you gave me in the class, and I don't know what I would do without you there to answer my never-ending string of questions. I was so close to giving up and just pumping before you came to my house on that Sunday night." - KW

"I can't tell you how grateful I am for all of the help and support you have given me. I know I would have never made it this far with breastfeeding had it not been for you answering my calls and seeing me (even in a blizzard). Thank you from the bottom of my heart." - SH



"My husband and I made the decision to switch to formula because all the pain and trauma was more than I could bear. Our little girl developed a milk allergy and could not tolerate the formula. I felt the need to try and breastfeed again. It was the next day that I received a call asking me how breastfeeding was going. Needless to say, I explained my dilemma and immediate arrangements were made for me to get a pump and help me to reestablish my milk supply. With wonderful help and many prayers I am happy to say I am completely breastfeeding again and I have a happy and content little girl." - TR

Award:

The U.S. Department of Agriculture (USDA) will present our WIC program with the Loving Support Award for Excellence. This prestigious award was given to WIC programs with exemplary peer counselor programs, which led to an increase in the number of WIC participants who were exclusively breastfeeding at six month's 33.2% for BRHD compared to the national average of 12.9% in 2015.

The BRHD received the Gold Premiere Award, one of only six across the Nation and the first agency in the Mountain Plains WIC Region to receive the award.



LET'S TALK!

Families Talking Together (FTT), is a new, free, two-hour intervention designed for parents that provides tips on how to talk to adolescents about underage drinking, drug use, and sex. It can be hard to start these conversations, yet research show that parents play an important role in helping teens stay healthy.

The skills learned by attending FTT can be applied to other challenging topics like suicide and mental health. Setting clear boundaries, monitoring/supervision, and building healthy relationships are some of the skills taught in FTT. This resource is designed for a small group or one-on-one settings with parents. Two FTT classes were held at worksites in 2017 and the team looks forward to providing it again in 2018.

"I wish I had this information five years ago so I could have talked to my older children better. I also realize that I need to start talking to my youngest child immediately."



FAILED AN EMISSIONS TEST? *WE CAN HELP!*

Bear River Health Department was awarded just over \$2.3 million in 2017 to develop and run a vehicle repair and replacement assistance program. This funding was made possible through a Targeted Air Shed Grant offered by the Environmental Protection Agency. The program is anticipated to run until late 2021.

This program is open to residents of Cache County, UT and Franklin County, ID who have a vehicle that fails the emissions inspection. Assistance levels are based on income and household size. Assistance for vehicle replacement is between \$2,000 and \$3,500. Repair assistance is between \$500 and \$1,000.

If the vehicle owner qualifies for repair assistance they can take their vehicle to any of the 15 participating repair stations. At the time of this report, assistance had been provided to completely or partially fund repairs to 66 vehicles so far in an effort to improve air quality.

If the vehicle owner qualifies for replacement assistance they can work with any of the 10 participating dealerships to find a newer vehicle. The replacement vehicle must be no more than 5 years old, have less than 70,000 miles, cost less than \$35,000, and meet certain air quality standards. The old vehicle gets scrapped as part of the program. Assistance has been provided to switch out 7 old, failing vehicles for newer, cleaner vehicles.

This program has helped provide vehicle repairs and replacements for individuals who may have not been able to afford them otherwise. This is a great opportunity to assist the members of the Cache and Franklin County communities. We appreciate the opportunity we have to help provide cleaner air for everyone who lives here.



DRONE TECHNOLOGY COMES TO BEAR RIVER HEALTH

After attending the Utah Onsite Wastewater Conference in February 2017 and learning of the benefits of drone technology in improving septic program inspection records, the health department purchased a drone package. Two health department employees were trained on how to operate and safely fly the drone.

The first official flight was in May of 2017. Since that time, and at the printing of this report, there have been 60 septic systems inspected by the drone. Pictures provide amazing detail and create a near perfect map of the different septic system components in relation to the home and location on the lot. Health department inspectors along with property owners can zoom in to the pictures to see even more detail. The drone also embeds the GPS location in each picture that can be used to provide a GPS coordinates of a septic tank.

Department Environmental Health staff are very satisfied with the results of drone septic inspections. The increased documentation will forever benefit owners of septic systems in the Bear River District. Efficiency and professionalism have increased in final inspection reports. It is anticipated that another drone package will be ordered January, 2018, to be used in Box Elder County.





THE FOOD PROGRAM GETS AN UPDATE

The food program is responsible for all food establishments that operate on a permanent or semi-permanent basis in the Bear River Health District. The program oversees plan reviews, permitting, compliance inspections, and enforcement for these establishments. Inspectors have a responsibility to operate independently to complete assigned inspections at regular intervals during the year. The food program follows the regulations and guidelines outlined in the 2013 FDA Food Code to carry out its responsibility of protecting public health by enhancing food safety in all establishments where food is served to the public in the Bear River Health District.

This year, the Board of Health passed a new fee schedule for the food program. Fees were changed from being based on seating to risk based. There are now four risk categories which are determined by a risk assessment worksheet, which aligns more with other health departments in the state and throughout the country. The risk assessment worksheet takes into account the different foods, processes and consumer volume, to calculate the relative risk of the establishment. This process is based on food science and is objective.

With these changes, the inspection frequency and permit fees of each establishment are based on their risk category. The higher the risk, the higher the permit fee and the more frequent the inspections. These changes have been well received and are a great improvement to the food safety program of the health department.

NEW APP

Over the last several years, the department has given out 21,695 public health emergency guides, most of which have been through presentations to faith based and civic groups. These guides have been designed to give families current information about emergency preparedness for public health related emergencies including how to purify water, sheltering in place, and disease prevention.

In order to catch up with current technologies and social media, the Bear River Health Department created an app for smart phones that has all of the information in the emergency guide available through a simple finger swipe.

This app also provides an easy way for community members to receive urgent health notifications, get critical public health updates and warnings, and view our latest press releases during ongoing events. All of these are now able to be viewed in real time.

Other app features include the ability to email or call the department directly to report restaurant or other health complaints, volunteer for the MRC or even schedule a presentation on emergency preparedness.

The app can be downloaded for free through either the Google or Apple App Stores by simply searching "Bear River Health Department."



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
Investigation of Complaints
about PH Hazards
Meth Inspection & Decontamination
Pools
Solid Waste
Tanning/Body Art
Temporary Mass Gathering
Underground Storage Tanks
Vector Control

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

Bear 
Health River
Department

BRHD.ORG

