

A DAY IN THE  
**LIFE**  
OF  
**PUBLIC HEALTH**

**BEAR RIVER HEALTH DEPARTMENT  
ANNUAL REPORT 2016**

# DIRECTOR'S MESSAGE

We present to you the 2016 Annual Report of the Bear River Health Department. This report is intended to expand awareness of what Public Health is and how it affects each of us everyday of our lives.

The responsibilities that we have as Public Health Professionals can best be described in the 10 essential public health services which are:

1. Monitor health status to identify community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure a competent public health and personal health care workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.

Throughout this report you will see daily examples of how public health affects us each and everyday. You will notice examples of the 10 essential services in every service we perform.

Thank you for taking the time to peruse this report. We take seriously our responsibility here at the Bear River Health Department to serve our community in the most effective and responsible way possible.

We express our appreciation to a dedicated Board of Health who volunteer their time and effort in governing our direction. We also want to thank our local elected officials, especially the Councils and Commissions of Cache, Rich and Box Elder Counties.

Sincerely,



Lloyd C. Berentzen, MBA  
Executive Director



Lloyd C. Berentzen, MBA  
Director and Health Officer

# 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 County Diner



Craig Buttars  
Cache County Executive



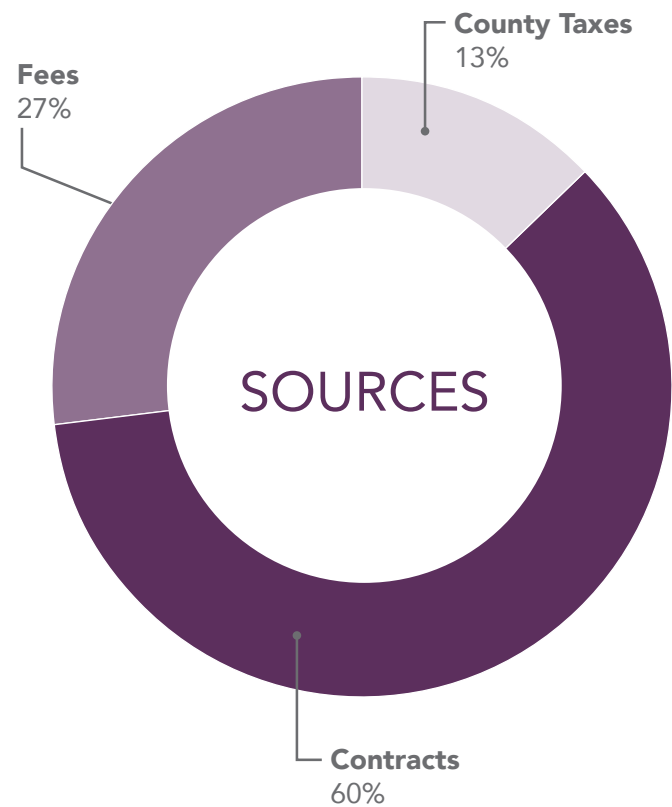
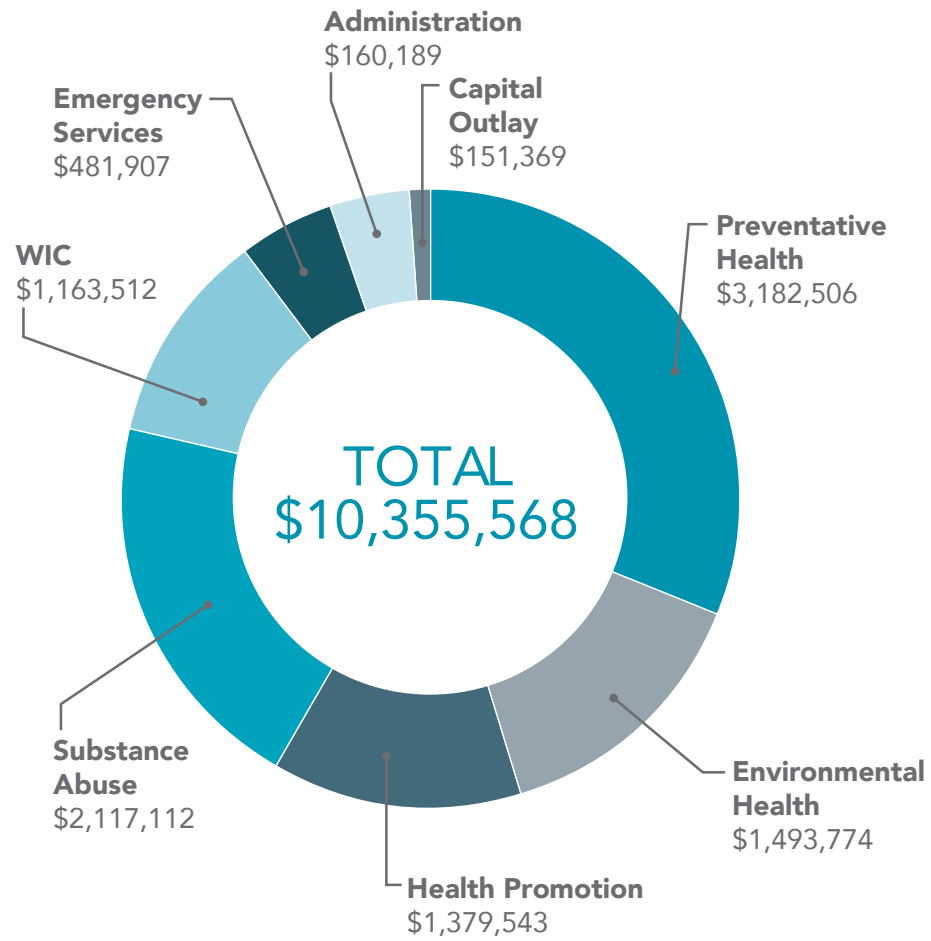
James Swink  
Cache County Attorney

## TODD BARSON, RECIPIENT OF THE 2016 BEATTY AWARD

At this year's Utah Public Health Conference held in Salt Lake City, Todd Barson was recognized as the 2016 Beatty Award winner. The Beatty Award is the most distinguished award given by the Utah Public Health Association (UPHA). It is presented to individuals who have made significant contributions to the field of public health.

Todd was recognized by his peers as being a community mobilizer who has forged many partnerships. His colleagues acknowledged his ability to stay on the cutting edge of technology and celebrated his talent in using it to advance programs. It was said that Todd embodies the best in public health. He constantly strives to implement evidence-based programs and well-designed innovations to ensure efforts are effective and cost-efficient. Todd's quality of work and high standards, his humble and unassuming demeanor, and the impact he has made on public health are why he is this year's Beatty Award winner. We are so proud of Todd and appreciate his hard work here at the Bear River Health Department.

# EXPENDITURES



# REVENUE

# BY THE NUMBERS

- 108\*** **CONFIRMED TB CASES**  
*\*Most of these are latent and not infectious.*
- 61** **MAMMOGRAM VOUCHERS PROVIDED**
- 31** **PEOPLE TESTED FOR ZIKA**
- 430** **TEMPORARY FOOD PERMITS ISSUED**
- 17** **FOOD TRUCK PERMITS ISSUED**
- 496** **BIKE TO WORK DAY PARTICIPANTS**
- 188** **WAY FINDING SIGNS PLACED**
- 588 TONS** **TIRES REMOVED FROM A SNOWVILLE PROPERTY**

# PUBLIC HEALTH PARTNERS

Good public health does not happen without community partnerships. This year we would like to highlight the 2016 Friends of Public Health, nominated by health department employees, for their exemplary contributions to public health.

## 2016 Friends of Public Health Awards

### Rachel Curry:

For dedicated service to public health in protecting the public and environment from the harmful effects of toxic materials exposures.

### Jeannette Campbell:

In recognition of outstanding contributions to public health in promoting emergency preparedness and for service as a disaster responder and Medical Reserve Corps leader.

### Primary Care Pediatrics:

For outstanding efforts in public health by promoting partnerships and coordinating the access of community resources for their patients.

### Lana Coombs:

For dedicated service to public health as a BESD health educator and for promoting wellness, safety, and healthy lifestyles among the children of Box Elder County.

From the time you get up in the morning until you go to bed at night, public health influences your life. The Bear River Health Department works to help citizens in Cache Box Elder and Rich counties live healthier, longer lives using the 10 Essential Public Health Services. The Essential Services identify actions necessary to effectively prevent disease, protect the individual, community, and environment, and promote and improve healthy lifestyles. Let's take a walk through "A Day in the Life of Public Health" to see how public health services help you, your family and the community.

## NATIONAL DIABETES PREVENTION PROGRAM

In May 2016, BRHD began offering the gold-standard program for lifestyle change that prevents type 2 diabetes. The National Diabetes Prevention Program helps participants lose 5-7% of their body weight through healthier eating and by engaging in 150 minutes of physical activity per week. This change can cut the risk of developing type 2 diabetes by 58%. The impact of the program has lasting benefits. Studies show that even after 10 years of completing the program, participants were still one-third less likely to develop type 2 diabetes.

Since 1 out of 3 Americans have pre-diabetes, it was essential that services be established within the Bear River Health District to address this health concern. Screenings have been held to identify those with pre-diabetes. Individuals with heightened blood sugar were recruited for the program. Other risk factors that qualified participants included being overweight or obese, having a close family member with diabetes, having had gestational diabetes during pregnancy, or being over 45 years of age - especially if inactive.

Participants who were enrolled in the first cohort achieved the desired 5% weight loss goal at the six-month mark. Lynn, a class participant, was unaware that he was high risk for developing diabetes. After his blood sugar test came back high during a screening, he knew it was time to make some changes. He enrolled and six months into the program he lost 30 pounds, his blood sugar and cholesterol numbers returned to normal, and he was taking better care of his health by eating right and being more active. When asked what impact the program has had on his life, he replied "I don't have to hold my breath to bend over and tie my shoes anymore."

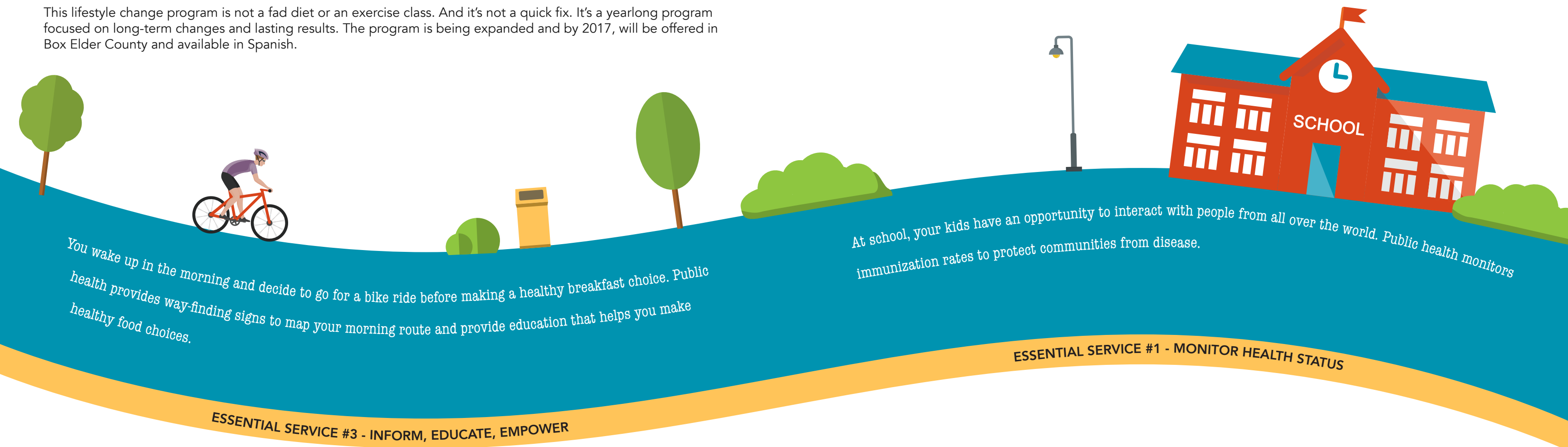
This lifestyle change program is not a fad diet or an exercise class. And it's not a quick fix. It's a yearlong program focused on long-term changes and lasting results. The program is being expanded and by 2017, will be offered in Box Elder County and available in Spanish.

## REFUGEE SERVICES

With the help of funds from Utah Department of Health Refugee Health Contract, Bear River Health Department (BRHD) has been able to contract with three interpreters to provide healthcare related translation services. Each of the translators that BRHD contracts with are refugees who speak fluent English and several other native languages. Because they are refugees themselves, the interpreters know how to navigate the system and access necessary services including transportation. These individuals live and work with the refugees and are aware of those that are in need of services.

The interpreters serve over 300 refugees throughout the Bear River Health District, that speak several languages including; Burmese, Eritrean, Ethiopian, Kenyan, Somalian, and Sudanese. Some of the health services that refugees are able to access through the BRHD with the help of the translators are: WIC, Immunizations, Tuberculosis, Baby Your Baby, Targeted Case Management, Perinatal Hepatitis B follow up. Additional health care services that the interpreters have helped the refugees obtain are: pharmacy visits, hospital visits for labs and x-rays, attend deliveries of babies, medical and dental appointment, and assisting with health insurance sign up and claims.

Funding from the Utah Department of Health Refugee Health Program furthers our ability to help the refugees resettle, provide for their medical needs, and become members of our community.



You wake up in the morning and decide to go for a bike ride before making a healthy breakfast choice. Public health provides way-finding signs to map your morning route and provide education that helps you make healthy food choices.

ESSENTIAL SERVICE #3 - INFORM, EDUCATE, EMPOWER

At school, your kids have an opportunity to interact with people from all over the world. Public health monitors immunization rates to protect communities from disease.

ESSENTIAL SERVICE #1 - MONITOR HEALTH STATUS

## PROTECTING THE ENVIRONMENT

Up on the western bench of Snowville a waste tire fence was slowly built starting in the mid to late 1980's, which has remained for over 25 years. The City of Snowville did everything they could to prevent the fence from accumulating on private property, but were unsuccessful, as it was just outside of "city limits". For over 10 years the fence grew until it was just shy of a mile long. The potential environmental hazard of the waste tire fence included rodent and insect shelter and an environmental hazard if the tires caught on fire including heavy smoke followed by toxic runoff to waterways.

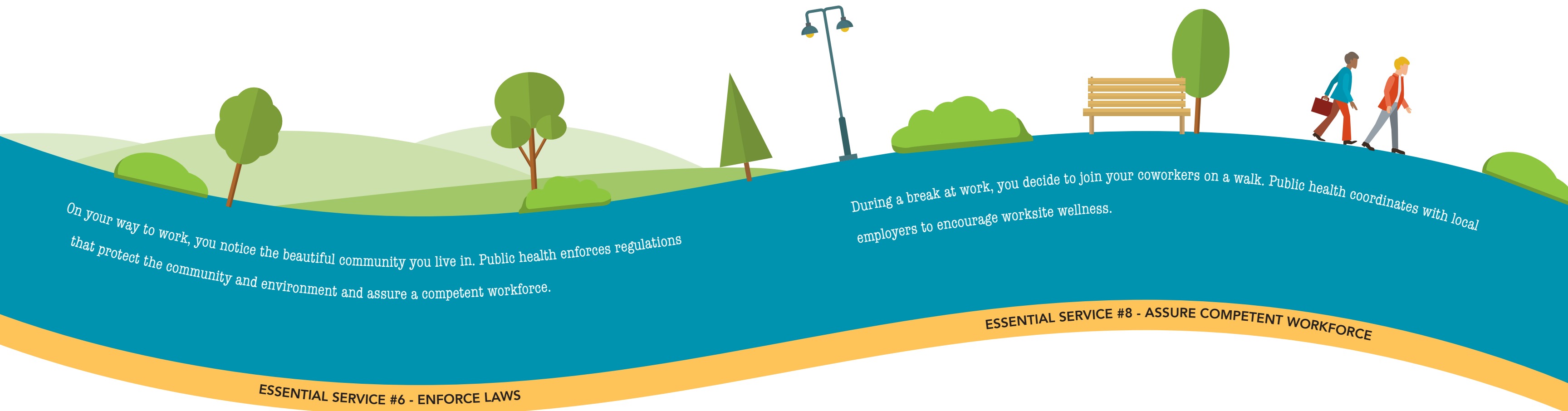
Under new ownership the land was cleared of nearly 22,000 normal sized vehicle tires, but the larger tires remained. In September of 2016, in partnership with the Utah Division of Waste Management and Radiation Control, local waste tire recycler, local trucking company and a contact of the property owner the remaining tires were removed. There was a total of 558 tons or 1.116 million pounds of tires removed from the property. Francis Trucking transported forty semi loads of 1,468 big tires and 1800 small tires to Western Tire Recyclers. By keeping all of the work local and working in partnership, this project was cost efficient with the total cost for removal, transportation and recycling of the entire waste tire fence ended up being done at a rate of 10 cents/lb.

## WALKING WORKS

In May, the Bear River Health Department teamed up with communities and worksites to promote walking as a way to get active, stay active, and promote overall wellness. Throughout the challenge a total of 691 individuals, part of 54 community and worksite teams throughout the Bear River Health District participated in the challenge. Participants were encouraged to track their steps on a virtual leader board. Thanks to donations from Post Consumer Products (Malt O Meal), Schreiber's, and Logan Regional Hospital prizes were awarded. The overall worksite winner for this pilot project was Schreiber's. They were awarded a plaque identifying a walking route around their worksite.

As part of the Walking Works Challenge a community Mayors Walk was also organized. Six mayors participated on day the event along with approximately 60 other participants. A light lunch was provided and reflective armbands for safety. Logan, Newton, and Nibley hosted individual walk with the mayor events.

Together 116,189 miles were logged as part of this event which is equivalent to 4.5 times around the earth!



*On your way to work, you notice the beautiful community you live in. Public health enforces regulations that protect the community and environment and assure a competent workforce.*

*During a break at work, you decide to join your coworkers on a walk. Public health coordinates with local employers to encourage worksite wellness.*

**ESSENTIAL SERVICE #8 - ASSURE COMPETENT WORKFORCE**

**ESSENTIAL SERVICE #6 - ENFORCE LAWS**

## BODY ART

Over the past year there has been a significant expansion of “body art” throughout the Bear River Health District with a total of 15 shops to date. Home base permanent cosmetics shops are the most commonly requested. Most of the in-home shops are performing a large percentage of their work on eyebrows. A recent growing trend is “micro-blading”, where ink is injected into shallow cuts in the upper tissues of the skin to create what the industry calls a semi-permanent mark that will go away in about 1-2 years.

The greatest risk of this procedure, similar to other body art, is the chance for transmission of blood-borne pathogens. If proper sanitation practices are not followed, individuals could get infected by the blood of other clients or by the body art technicians themselves. Additionally, localized infections on one part of someone’s body could easily be spread to the newly created wound that may irritate the pre-existing problem. Many people ask if micro-blading is considered “body art” due to the supposed “temporary nature” of the practice. Regardless of the duration of the mark, the potential exposure to blood still creates the same hazard as is observed for all other body art procedures, and is therefore regulated.

The health department regulated the body art industry by providing blood borne pathogen-training classes that body artists must pass before they are issued the technician permit. In the class regulations are explained and required sanitary practices are taught to prevent the spread of disease. The health department also performs routine inspections to ensure that the regulations and practices are followed.

## SUBSTANCE ABUSE TREATMENT

**Mental Health Services for Youth** The Bear River Health Department expanded mental health services for youth at the request of the First District Juvenile Court. This services helps fill a gap that exists in mental health services in the tri-county area for those that needs mental health treatment, but do not have Medicaid or the resources for private care. These clients now have access to assessment and evaluation, individual, family and group session; including the newly implemented evidence based youth MRT program.

**Evening Intensive Outpatient (IOP)** New this year, is an evening course of Intensive Outpatient Treatment, in addition to existing morning sessions. Evening sessions are held from 5-8pm, in an effort to accommodate those that cannot attend morning sessions. IOP provides 9-22 hours of counseling per week including individual and group sessions for 4 weeks. At the completion of the 4 weeks individuals will continue to meet with a counselor for up to one year.

**Seeking Safety** The Bear River Health Department now offers Seeking Safety groups for male or female clients. Seeking Safety is evidence based counseling model constructed to help people attain safety from trauma and/or substance abuse. It directly addresses both trauma and addiction, but without requiring clients to delve into disturbing trauma narrative, thus making it relevant to a broad range of clients. Seeking Safety helps to fulfill State mandates to provide evidence-based treatment and trauma focused care.



*While on your walk, a coworker talks about the new permanent cosmetic shop in town and shares their interest in getting permanent eyeliner. Public health regulates body art establishments to protect the community and prevent disease.*

*After work, a friend calls to say that they are getting help for their substance abuse addiction. Public health provides quality, research-based substance abuse treatment and mental health services for adults, youth, and families.*

**ESSENTIAL SERVICE #5 - DEVELOPS POLICIES**

**ESSENTIAL SERVICE #9 - EVALUATE**

## WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM

WIC services at Bear River Health Department are provided at five clinic sites (Logan, Brigham City, Tremonton, Garden City and Randolph). Women who are pregnant, postpartum, breastfeeding, have infants or children under the age of five are encouraged to apply for this nutrition education and supplemental food program. Many applicants are surprised to learn that their income meets the federal income eligibility guidelines. Benefits provided to those who qualify include individual and/or group nutrition education information, as well as specific nutritious foods which can supplement their diets. A very popular and well-utilized service of WIC is breastfeeding education and support. We have two International Board Certified Lactation Consultants (IBCLC) on staff who can help with any area of lactation support. All WIC services are available at no charge. It is WIC's goal to help families with young children have improved health outcomes. Ideally, this starts by helping a pregnant woman deliver a healthy full-term baby. WIC is also ready to help during infancy and early childhood. WIC networks with many community agencies and healthcare providers. Participants are referred to those which are applicable.

WIC has a variety of nutrition education options available to their participants. Online nutrition education remains very popular. There are also classes which are tailored to their areas of interest such as Baby Behavior, Infant Nutrition and Breastfeeding. This past year, our breastfeeding curriculum expanded. Our classes previously focused on teaching prenatal women how to get breastfeeding off to a good start. In addition to that class, we are also teaching postpartum mothers about ways to breastfeed exclusively and for a longer duration. We have also partnered with Food Sense from USU Extension. Their staff teach a nutrition topic and provide samples of a low-cost nutritious recipe.

Together with community partners, WIC continues to assist families throughout the Bear River Health District.

## DISEASE INVESTIGATION

Zika was introduced to Utah in 2016. While the mosquitos that carry Zika do not currently live in Utah the Bear River Health Department tested a total of 31 patients who had traveled to areas of the world where Zika was prevalent. Of these, 1 case tested positive. Throughout the year the health department participated in education efforts, surveillance, partnership with mosquito abatement districts and continue to participate in monthly statewide conference calls.

Another communicable disease that saw an increase in cases in 2016 was TB. There were 108 confirmed cases of TB in the Bear River Health District. TB is spread person to person through the air when a person with active TB coughs, sneezes, speaks, laughs, or sings. Children under age 5 who are in contact with active disease are high priority because the disease can progress to active disease very rapidly due to their immature immune systems.

TB can lay dormant or latent in the body for years. This is called latent TB. It means the person is infected with the TB germ but does not have the disease. They do not feel sick, do not have symptoms and are not infectious. It can activate as a person gets older or their immune system weakens. This is called active TB. The person is infected with the germ and has the active disease and are now infectious. Active TB could be fatal if not treated.

By law, public health must be notified of active TB cases. The patient is then contacted and labs are collected. The patient is quarantined, given mask, and daily drug observation therapy (DOT) begins. At the same time contacts are located and given skin tests. Skin tests are the most common way to check for latent TB. Other tests for active TB including blood tests, chest x-rays, and sputum cultures. Ongoing lab monitoring and DOT continue for 6 to 12 months depending on severity of disease. Diagnosing and investigating communicable diseases is an essential public health service.



*As you sit down to dinner with your family, you appreciate the variety of fresh fruits and vegetables, dairy, and whole grains available to you and your children. Public health works to provide young families with nutritious food options and nutrition education.*

*After dinner, you sit out on your patio and enjoy the evening with your family. You make sure everyone has used insect repellent with DEET to prevent mosquito bites. Public health investigates cases of ZIKA and other communicable diseases.*

**ESSENTIAL SERVICE #7 - LINK TO SERVICES/PROVIDE CARE**

**ESSENTIAL SERVICE #2 - DIAGNOSE AND INVESTIGATE**



## ATV SAFETY, RICH COUNTY

In July of 2016 the Bear River Health Department received funding from Safe Kids Utah to implement all-terrain vehicle (ATV) safety measures in Rich County. The funding was awarded based on higher rates of ATV injuries in Rich County versus other counties in the state. The health department has been working with key partners in Rich County including the sheriff's office, Garden City Fire District, the Department of Natural Resources, Home Owners Associations (HOA), the Forest Service, and businesses to identify opportunities to promote ATV safety.

With grant funding signs were purchased encouraging individuals to "protect your brain, wear a helmet" and "be protected: gear up from head to toe". These signs will be posted by the Forest Service at trailheads leading into Rich County and by various HOA's throughout Rich County neighborhoods where there are ATV trails. In addition to signage, education about safety gear and the steps to get certified to ride were also mailed to several businesses to provide to their patrons.

Through increasing education and awareness to residents and visitors there will be opportunities for increased knowledge among the community leading to a decrease in ATV related injuries.

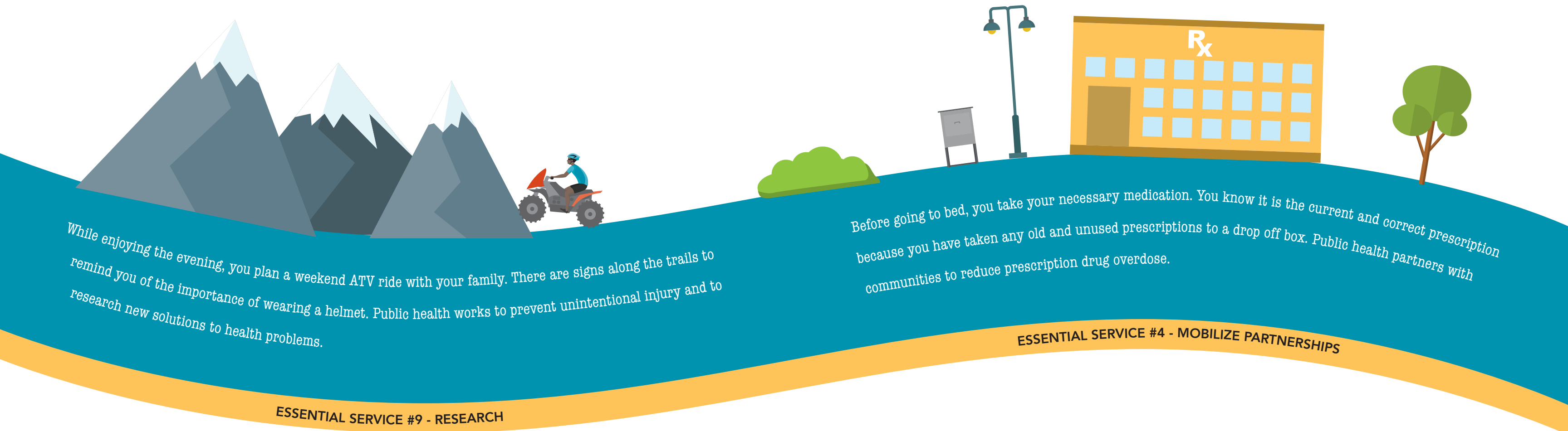
## PREVENTING PRESCRIPTION DRUG OVERDOSE

The Bear River Health Department recently received a new grant to enhance efforts that will prevent the number of prescription drug overdoses. Utah ranked 4th in the United States for drug poisoning deaths from 2012-2014. The Bear River Health District (Box Elder, Cache, and Rich counties) currently ranks 9th in the state for overdose deaths.

This grant will provide prescription drug overdose education and skills training to community members that that could ultimately save a life. Program intervention includes comprehensive treatment, ongoing individual support and referral, enhanced connections to community services, and support for participants as they work to improve their health.

The Bear River Health Department will also be providing Naloxone (Narcan®) kits to various organizations including law enforcement, resource officers in the schools, and our health department substance abuse counselors. Naloxone is an opioid antagonist, meaning it can reverse drug poisoning overdoses from heroin or prescription opioids such as oxycodone, hydrocodone, methadone, morphine and fentanyl.

To aid in providing education to the community about prescription drug overdoses the creation of substance abuse workgroups within the Safe Communities Coalition are forming. New and existing partnerships will work to educate the community, aid in decreasing opioid abuse, reduce emergency department visits due to drug poisoning, overdoses, and any other indicators of prescription drug overdose.



*While enjoying the evening, you plan a weekend ATV ride with your family. There are signs along the trails to remind you of the importance of wearing a helmet. Public health works to prevent unintentional injury and to research new solutions to health problems.*

*Before going to bed, you take your necessary medication. You know it is the current and correct prescription because you have taken any old and unused prescriptions to a drop off box. Public health partners with communities to reduce prescription drug overdose.*

**ESSENTIAL SERVICE #9 - RESEARCH**

**ESSENTIAL SERVICE #4 - MOBILIZE PARTNERSHIPS**

# 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.

# 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  
435.257.3381

*Bear*  
*Health* *River*  
*Department*



[brhd.org](http://brhd.org)