



2018

**BEAR RIVER HEALTH DEPARTMENT  
ANNUAL REPORT**





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## OUR MISSION STATEMENT:

Prevent disease, promote healthy lifestyles, and protect the community & environment.

## OUR VISION:

Healthy People in Healthy Communities

## BOARD OF HEALTH:



Lloyd C. Berentzen, MBA  
Director and Health  
Officer



Sara V. Sinclair  
Retired Health Care  
Administrator



Jim Davis MD, FACEP  
Retired Physician



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

## A MESSAGE FROM OUR DIRECTOR:

Since 1971, the Bear River Health Department (BRHD) has served the communities of Box Elder, Cache, and Rich counties, providing quality public health services such as; health education, environmental health services, substance abuse and mental health counseling, and health surveillance/monitoring to our residents through the tireless efforts of the health professionals who drive and support our programs. Each year, we continue to grow as a leader in the public health, focusing on results-driven methods. We continue to make service a priority agency-wide.

During 2018, we completed construction of a new location in South Cache County to make our services more accessible to the community. The additional location has allowed us to better serve our residents and has received rave reviews from both staff and clients. Our new mobile unit has made its debut and has been bringing immunizations, breastfeeding services and other clinical services to residents in the rural parts of all three counties.

In February, our health department convened our Community Health Improvement Planning (CHIP) team with partnering agencies from all sectors to discuss health priorities for our citizens. After reviewing data from our Community Health Needs Assessment, four priorities were identified and included: Mental Health, Substance Use/Misuse/Abuse, Communicable Disease, and Chronic Disease and Obesity. This process led to the creation of the 2018-2022 CHIP plan, which is being directed by the BRHD. In April 2018, our department drafted our agency strategic plan and those goals are reflected in this report.

It is my pleasure, as the director of the Bear River Health Department, to present you with our 2018 Annual Report. I encourage you to visit our website at [brhd.org](http://brhd.org) to learn more about our organization and the services we provide. I would also like to thank the Bear River Board of Health, our staff, our community partners, and supportive residents that remain committed to our mission of "Healthy People and Healthy Communities."

Sincerely,

A handwritten signature in black ink, appearing to read 'Lloyd C. Berentzen', with a large, stylized flourish above the name.

Lloyd C. Berentzen, MBA  
Director

## CHA SUMMARY:

The Bear River Health Department began the journey to publish a Community Health Assessment (CHA) in 2013 with the goal in mind of gathering data that could drive public health priorities. With the help of a Utah State University graduate student and input from community partners, the first initial CHA report was created in 2014. Its creation provided a summary of priority public health measures that are considered to be good indicators of health status.

In 2016, the Bear River Health Department partnered with Intermountain Healthcare to conduct conjoined meetings that further discussed the public health priorities. In 2017, the Bear River Health Department decided to take the data from Intermountain's reports and from the Bear River Health Department 2014 CHA to create an interactive website that could be more easily accessed by the public. The website, [healthybrhd.org](http://healthybrhd.org), was born and has become a snapshot in time describing the health of Box Elder, Cache and Rich Counties. The data from this website is currently used to guide the public health priorities for department programs, government issues, stakeholder decisions, and the development of the Community Health Improvement Plan for the Bear River Health District.



In 2018, the Bear River Health Department took the data from healthybrhd.org and organized a community health improvement process to identify health improvement priorities, to mobilize partners to address the priorities, and to prepare a community-wide health improvement strategic plan that provides direction for the whole community, not just a single agency.

On February 13, 2018 the Bear River Health Department invited leaders from school districts, local government, healthcare, non-profit organizations and agencies who serve uninsured or minority community members to a Community Health Improvement Planning (CHIP) meeting. Nearly thirty community leaders, representing Box Elder, Cache and Rich counties, came together to discuss the health priorities to be included in the district-wide health improvement plan. The group discussed current data and decided upon four priority areas to focus upon for the next 5 years. The priority areas are as follows:

- 1 Mental Health
- 2 Substance Use/Misuse/Abuse
- 3 Communicable Diseases
- 4 Chronic Disease and Obesity



The 2018-2022 BRHD's CHIP is a 5-year, coordinated effort to address the leading public health issues based on the results of the CHA and the CHIP process. Some of the benefits of the CHIP include: eliminating redundancy, aligning resources, capitalizing on expertise within community agencies, and working together to identify gaps.

The CHIP will be used by health and other governmental, education, and human service agencies, in collaboration with community partners, to coordinate efforts and designate resources to address the priorities identified. The ultimate goal of the plan is to significantly improve health in the Bear River Health District.

# A SNAPSHOT OF BRHD:



## Bear River Health District Socio-Demographic Snapshot:

### POPULATION BY COUNTY



Cache County – 115,954  
Box Elder County – 50,991  
Rich County – 2,285

### LANGUAGE

Bear River Health District contains approximately 52,355 households, and 7.63% households within the Health District had limited English-speaking ability.



### AGE



The median age in the Bear River Health District is 31. The average life expectancy at birth is 81.

### COUNTY HEALTH RANKINGS

*(of the 27 Counties in Utah)*

Cache ranks #3  
Box Elder Ranks #10  
Rich ranks #15



### INCOME

The average household income in the Bear River Health District is \$66,973.33. This is lower than both the US and Utah average household incomes of \$79,263 and \$75,204, respectively.



### POVERTY

9% of Bear River Health District residents were living below poverty level, compared to 9.4% of Utah residents below poverty level in the same period.



### HEALTH INSURANCE

The percentage of persons without health insurance coverage was 7.5% in 2016 which is lower than the US and Utah rates of 12.2% and 8.6%, respectively. Health insurance is defined as including private coverage, Medicaid, Medicare and other government programs.





## LEADING CAUSES OF DEATH



The information below represents the age-adjusted death rate for the 10 most common causes of death in the Bear River Health District. \*age adjusted death rate per 100,000.

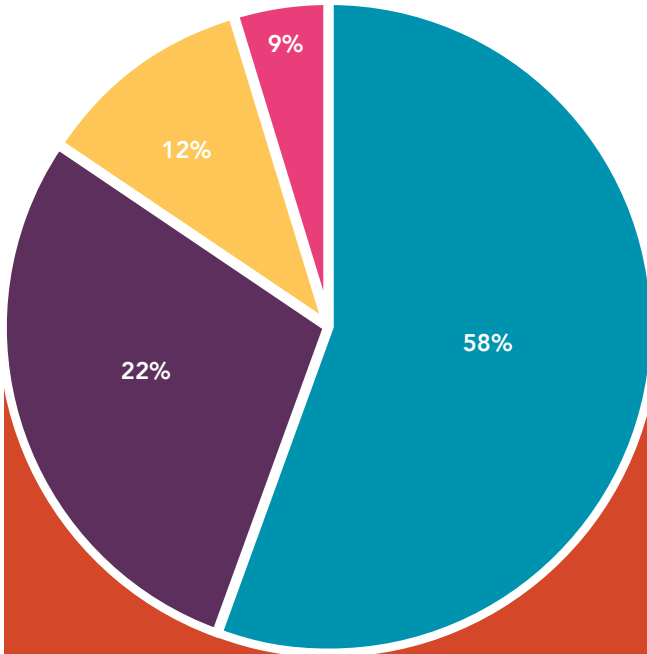
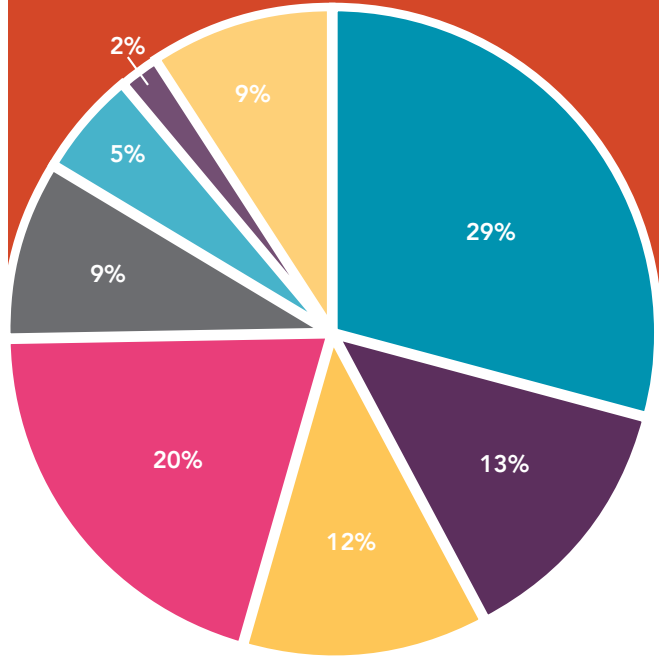
Cause of Death*	Bear River*	Utah*	US*
Coronary Heart Disease	137.61	150.30	165.5
Cancer	113.75	126.56	155.8
Unintentional Injuries	44.47	43.67	47.4
Cerebrovascular Disease (Stroke)	37.54	38.15	37.3
Alzheimer's Disease	37.43	29.11	30.3
Diabetes	24.75	24.69	21.0
Chronic Lower Respiratory Disease	21.17	32.81	40.6
Suicide	15.76	16.77	13.5
Influenza & Pneumonia	15.21	16.77	13.5
Kidney Disease	10.17	15.70	13.5



# BUDGET EXPENDITURES & REVENUE:

## EXPENDITURES

<b>Preventative Health</b>	3,417,234
<b>Environmental Health</b>	1,526,262
<b>Health Promotion</b>	1,447,213
<b>Substance Abuse</b>	2,361,377
<b>WIC</b>	1,110,631
<b>Emergency Services</b>	529,095
<b>Administration</b>	180,303
<b>Capital Outlay</b>	1,062,572
<b>TOTAL</b>	<b>11,697,689</b>



## REVENUE

<b>County Taxes</b>	1,500,344
<b>Contracts</b>	7,120,774
<b>Fees</b>	2,667,417
<b>Capital Outlay</b>	1,062,574
<b>TOTAL</b>	<b>12,351,110</b>



# GOAL #1

The people of the Bear River Health District will be among the healthiest in the state.

## NURSING

**461**

Completed communicable disease investigations

**196**

Walk-in Sexually Transmitted Disease patients tested

**479**

Sexually Transmitted Disease Investigations completed

## ENVIRONMENTAL HEALTH

**1290**

Food Service Site Inspections

**5503**

Food Handler Permits Issued

**37**

Vehicles replaced that failed emissions tests

## SUBSTANCE ABUSE

**1164**

Total number of clients served

**117**

Clients participating in Drug Court



**HEALTH  
PROMOTION**

**637**

People trained at Question, Persuade, Refer (QPR)  
Suicide prevention trainings

**72**

Car seats checked

**249**

Tobacco compliance checks conducted

**26**

Naloxone trainings conducted



**WIC\***

*\*AVERAGE NUMBER OF CLIENTS  
SERVED EACH MONTH.*

**297**

Pregnant women

**362**

Breastfeeding women

**810**

Infants

**3611**

Children



**EMERGENCY  
SERVICES**

**66**

Calls received to our after-hours public health  
emergency line

**132**

Number of times the Emergency Services app has  
been downloaded



## GOAL #2

The Bear River Health Department will be recognized as a leader in public health

### PROGRAM IMPROVEMENT EFFORTS

The Bear River Health Department has been managing a Vehicle Repair and Replacement Assistance Program since April 2017. This program helps those who have a vehicle with a failed emission, to either repair or replace it. In May 2018 changes were made that extended the qualifications and more individuals have been assisted in our community.

The following changes were made to the program:



Assistance is now available to individuals who live, work, or go to school in Cache County.



Guidelines were increased to be able to serve those at or below 300% of poverty level.



A \$5,000 incentive can be offered to replace an older, dirty vehicle, with a newer, cleaner vehicle.

This program has been an incredible benefit to our community. Every dirty vehicle that is repaired or taken off the road helps provide cleaner air to all of us.



The Bear River Health Department educated Mayor Mike Leonhardt and the Garden City town council about the health benefits of a no smoking policy at city parks. On August 9, 2018, the council passed a policy to protect citizens from exposure to tobacco and vaping products at public parks. Custom signs were created to communicate the new policy and were placed at the "Town Center" park and the Heritage park pond.

## CLIENT SUCCESS STORY

During a WIC certification appointment at the Bear River Health Department, a 3½ year old child was found to be anemic. Her BMI was also over the 95th percentile. The registered dietitian recommended decreasing the excess amount of milk that she was drinking and suggested she increase foods high in iron and vitamin C. As she made these changes with her parents' guidance, her hemoglobin improved and her BMI decreased to the 75th percentile as she "grew" into her weight. Her parents expressed how pleased they were with these favorable results.

## EXCELLENCE IN CUSTOMER SERVICE

The Bear River Health Department's Recovery Support Services program provides individuals in recovery with basic needs assistance to help them build a healthy lifestyle, improve their physical/emotional well being, and increase their self-sufficiency and ability to function. Services are based on each individual's circumstances and may include medical and dental assistance, counseling assistance, housing assistance, education and employment assistance, and transportation assistance. During this year, the program has:

- Conducted 826 case management sessions.
- Provided 805 assessments, treatment sessions, groups, drug tests, and skills classes.
- Nineteen clients received housing assistance such as: a month of rent or deposit for a new lease.
- Assisted 18 clients with employment or education needs such as work gear or tools, and textbooks or school supplies.
- Purchased two bikes for clients.



The Bear River Health Department is fortunate to employ two public health physicians. These medical doctors see patients for a variety of health concerns. They provide Medication Assisted Treatment (MAT) for clients who are trying to break a substance abuse addiction. Both physicians also see patients for immigration issues, TB patients that need follow up, patients that have signs and symptoms for STDs, and patients that need a sports, mission, scouts, or daycare provider physical.



# GOAL #3

The Bear River Health District will strengthen relationships that will result in improved health of our citizens.

## STRENGTHENING COMMUNITY PARTNERSHIPS *to address communicable disease*

During FY2018, Utah reported a Hepatitis A Outbreak that infected primarily the homeless, IV Drug Users, and inmate populations. Since BRHD had cases associated with the outbreak, our health department received Hepatitis A Vaccine that was purchased by CDC with the goal of immunizing people in high-risk populations to prevent the continued spread of Hepatitis A. BRHD worked with community partners to provide services to these populations. We provided Hepatitis A Vaccine, syringes, and forms/logs to 317 inmates at Cache County and Box Elder County Jails. BRHD Substance Abuse clients were offered the vaccination free of charge. Substance Abuse Counselors were encouraged to also be vaccinated against Hepatitis A. In coordination with BRHD Environmental Health, letters were sent to 615 restaurants/food industries notifying them of the ongoing outbreak and encouraging consideration of vaccinating their food service staff for Hepatitis A. Also, local healthcare facilities were encouraged to vaccinate their food service staff that was not already vaccinated.



## STRENGTHENING COMMUNITY PARTNERSHIPS *to address chronic disease*



The success of the National Diabetes Prevention Program (DPP) at the Bear River Health Department (BRHD) has been greatly assisted by the relationships with community physicians including Dr. Thomas Clark. Of the current participants in the program, nearly 50% of the provider referrals were from Dr Clark. Through confidential patient agreements, staff provides progress about participants' attendance and weight loss at regular intervals. This allows the referring physicians to see the success their patients are having.

## STRENGTHENING COMMUNITY PARTNERSHIPS *to improve the health of pregnant women, new mothers, and their infants and children*

The Bear River Health Department's lactation clinic receives referrals from medical providers and hospitals throughout our district. Women who are referred, and not currently on WIC, are offered the opportunity to apply for WIC. When enrolled, a woman receives all of her lactation services for free and also receives important nutrition education and nutritious foods to supplement her diet. If there are children in her family who are less than 5 years old, they also receive food important for their development.

The WIC program is honored to be considered "the most important nutrition program providing nutritional support in the first 1000 days (the period beginning at conception and ending at the third birthday)." AAP Policy Statement, January 2018



## STRENGTHENING COMMUNITY PARTNERSHIPS *to maintain a healthy environment*

The Bear River Health Department is responsible for the regulation of liquid waste operators within our jurisdiction. Liquid waste operators are involved in the collection, storage, and disposal of liquid wastes from a variety of locations, including septic tanks, portable toilets, vault privies, and grease traps. Each liquid waste collection vehicle is required to be permitted by the BRHD. This year, the liquid waste operations program updated the permitting process to include collection vehicle permit stickers. These custom BRHD permit stickers are now required to be displayed on the outside of the collection vehicles and leads to easier identification of permitted operators throughout our counties.

During the process of updating our permitting procedures, we have identified an increase of collection vehicles operating in our jurisdiction. In 2017, there were 49 permitted liquid waste collection vehicles. In 2018, we now have a total of 74 permitted liquid waste vehicles. These permitting changes have been well received overall by the operators as we strive to ensure proper disposal of liquid wastes for everyone in our counties.



## STRENGTHENING COMMUNITY PARTNERSHIPS *to assure the public's safety in an emergency*

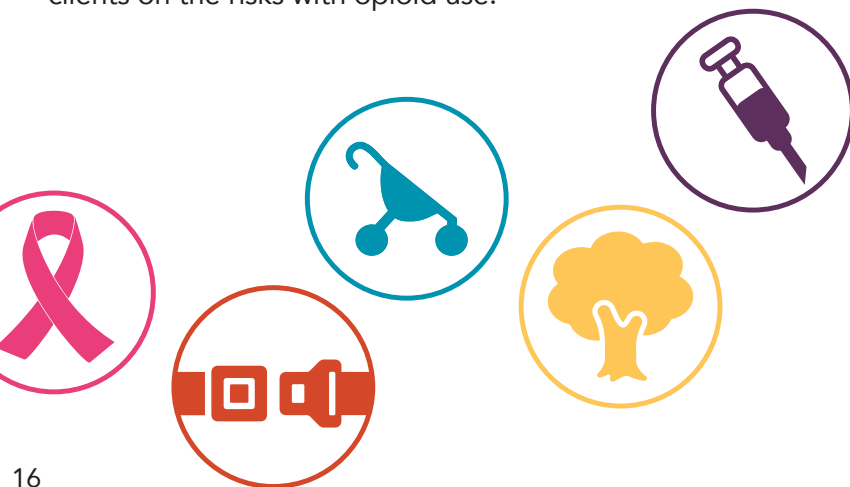
The Bear River Health Department has participated in over 20 training events this year to test communication systems and assure that our community would be safe if faced with an emergency. These trainings have been conducted jointly with each county's fire & EMS, hospitals, health clinics and other county emergency preparedness partners.

## STRENGTHENING COMMUNITY PARTNERSHIPS *to address the opioid epidemic*

As part of our response to the opioid epidemic, the Division of Substance Abuse has partnered with Perry City law enforcement to create a crisis team designed to assist community members who may be struggling with addiction or mental health issues. As law enforcement officers respond to calls and find evidence of drug addiction, or discovers someone in emotional distress, they call the Bear River Health Department crisis worker, who will immediately respond by going to the location to assess and assist the individuals in crisis. The goal is to intercept before a crisis becomes irreversible. The crisis counselor makes that connection and establishes the next step to getting help. The BRHD has provided law enforcement with training and written information regarding the signs and symptoms of addiction or mental health problems, our services, and our 24/7 crisis numbers to distribute throughout the community.

In another effort to address opioid misuse and abuse in our community, the Nursing Division in coordination with the Substance Abuse Division started administering Vivitrol® Injections. Vivitrol® injections are primarily for opioid dependency, but people with alcohol dependency may also benefit from the injections. Vivitrol® injections are part of a comprehensive management program that includes psychosocial support. During fiscal year 2018, our public health physician provided screening on 51 patients and our nurses have administered 127 Vivitrol® injections. (NOTE: Vivitrol® injections are administered to each patient for 6-9 months)

Finally, the Bear River Health Department has been fortunate to partner with the Cache Valley Hospital, Bear River Valley Hospital, Brigham City Hospital to display opioid misuse and prevention messaging throughout their facilities to educate clients on the risks with opioid use.





# GOAL #4

The Bear River Health Department will connect the community to services that are convenient.

In 2018, Utah passed House Bill 324 Tobacco Regulations Amendments, which requires all retailers that sell tobacco products (including e-cigarette/vaping products) to have a permit from their local health department. The Bear River Health Department worked with retailers, municipalities, state tobacco programs, and local health departments around the state to develop the process for issuing these permits. The regulation went into effect July 1, 2018, and will assist the health department's role of assuring that tobacco retailers are following Utah sales laws.

The National Diabetes Prevention Program is a year-long program to prevent Type 2 Diabetes. The program teaches lifestyle changes such as making healthier food choices, increasing physical activity, reducing stress, and coping with triggers. The goal of the class is to lose 5-7% of your body weight and get 150 minutes of physical activity each week. In September, BRHD was approved to bill Medicare for eligible participants. This will help sustain the program and allow BRHD to continue to offer the program. There were 70 new participants enrolled in 2018, 66 participants completed the class in 2018, and average weight loss was 6.1%.

To close the gap in mental health services in our community, the Bear River Health Department has always offered mental health services to those that do not qualify for services at other mental health agencies. Our mental health services include assessments for individuals, couples, and even family sessions, interventions and crisis sessions. Mental health services are an on-going service offered to our substance use clients. This year we began to formally admit and track these clients. In addition to sessions with substance use clients, we provided formal mental health only services to 39 individuals. This count does not include those who met with a counselor for "one-time" crisis or assessment appointments.

This fiscal year, BRHD has offered 104 community immunization clinics. Teams of secretaries and nurses have traveled to businesses, schools, long-term care facilities, senior citizen centers, and community civic centers or libraries to offer vaccinations in all three of the counties. Some clinics primarily offered flu and pneumonia immunizations; while others have included vaccines for children, adolescents, and adults.



The Bear River Health Department provided the "lactation station" at all three county fairs this year. Our mobile unit provides a comfortable place for women to breastfeed. It also allows an opportunity to educate the community on the the benefits of breast milk. Our mobile lactation station was also at the Summerfest in Logan as well as Baby Animal Days and Fall Harvest Festival at the American West Heritage Center.

In FY2018, the Bear River Health Department met regularly with Sheriff Chad Jensen at the Cache County Jail to implement expanded jail services. Treatment and case management services are now offered in the jail on a daily basis. Individuals can participate in group sessions, classes and assessments as needed while at the jail. Our case manager works with the deputy in charge of inmate release to coordinate the connection of inmates to services prior to their release. The case manager is in the jail every week, and meets with those close to getting out of jail to assess and connect inmates with services immediately upon release.

To increase online access to our public health services, our website brhd.org was redesigned this year. In addition to a new look, clients can now register online for classes and have access to numerous permits and applications. The new site is mobile friendly and even allows the community to report various public health problems.



# AND NOW, WE'RE LOOKING FORWARD TO 2019...

As we begin 2019, we are so very optimistic about the opportunity to continue to make a difference in the health of our residents and our community. We are fortunate to have skilled staff, dedicated board members and engaged community partners to fulfill our Mission to "Prevent disease, promote healthy lifestyles, and protect the community & environment."

Thank you for helping us celebrate another unbelievable year. We appreciate your support, the faith you put in our staff and partners, and the passion we all share for making the Bear River Health District the healthiest place to live, work and play.







## LOCATIONS

### LOGAN

655 E 1300 N  
435.792.6500

### ENVIRONMENTAL HEALTH

85 E 1800 N  
435.792.6570

### RANDOLPH

275 N MAIN  
435.793.2245

### LOGAN (SOUTH)

635 S 100 E  
435.792.6500

### BRIGHAM CITY

817 W 950 S  
435.734.0845

### TREMONTON

440 W 600 N  
435.257.3318

### GARDEN CITY

115 S BEAR LAKE BLVD.  
435.881.3383