



**BEAR RIVER HEALTH DEPARTMENT
2019 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:



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 Buttars
Cache County Executive



James Swink
Cache County Attorney

A MESSAGE FROM OUR DIRECTOR:



Lloyd C. Berentzen, MBA
Director and Health
Officer

Since 1971, the Bear River Health Department has been committed to the mission of "Healthy People in Healthy Communities." We are dedicated to improving the quality of life of our residents by providing exceptional health services,

promoting health and wellness, tracking and preventing the spread of infectious disease, and making sure the community is better prepared for public health emergencies.

In January 2019 we hosted our open house at our newest location in Cache County and began offering convenient services to our residents who live on the south side of the community. Due to population growth, the health department identified a new building location that would be near bus routes, making services such as immunizations, WIC, and counseling more accessible to everyone.

With the help of our partners, we have worked to address the growing problem of opioid addiction. A conference was co-hosted with Bear River Valley Hospital and Utah State University extension to address this growing epidemic. The health department has teamed up with Intermountain hospitals placing signage throughout their facilities to spark a conversation between a patient and their health care provider regarding alternatives for pain management.

There have been several policies with public health impact that have been enacted this year. Bear River Health Department staff and administration have worked with policy makers to host town hall meetings and have educated the community on medicinal marijuana and severe lung disease as it relates to the use of vaping.

We would sincerely like to thank our Board of Health who has tackled tough issues this year including nitrates in city water and eliminating two speed idling tests as a part of our emissions program. The board has been responsive to the community's questions and concerns and has magnified their responsibility in protecting public health.

As a department we constantly strive to provide quality service and effectively address the needs of the diverse communities we serve. I am pleased to present you our 2019 Annual Report. I also encourage you to visit our website brhd.org and follow us on social media for more information on current issues that affect our community.

Sincerely,

A handwritten signature in black ink, appearing to read "Lloyd C. Berentzen". The signature is stylized with large, sweeping loops and a prominent initial "L".

Lloyd C. Berentzen, MBA
Director

A BRIEF HISTORY OF THE BEAR RIVER HEALTH DEPARTMENT

1849 – Brigham Young organized the “Society of Health,” the state institution to focus on public health.

1900’s – In the early 1900’s, the Cache County Health Council was created.

1942 – Dr. Elizabeth Burgess, Chair of the Health Council, organized the first efforts in Tuberculosis, testing by x-ray.

1971 May 7 – Cache, Rich and Box Elder counties formed the Bear River Health District through a multi-county resolution.

1971 August 27 – The first Board of Health meeting was held to organize the Board of Health and the department. The newly formed Board asked Dr. Daines to be a half time Director until another could be appointed.

1973 March 6 – John C. Bailey, MD, was hired as the new Health Director.

1986 – The Health Department relinquished the Home Health Visitation program to the private sector reducing the BRHD staff by half.

1989 – Moved into our flagship building at 655 East 1300 North in Logan, which was named the John C Bailey building in 2004.

1996 – The Health Department became the local authority for alcohol and drug programs.

2002 – Awarded the federal bio-terrorism contract, which created the new Division of Emergency Services.

2004 – John C. Bailey MD, retired. Lloyd C. Berentzen, MBA, was hired and is currently serving as the Director.

2005 – BRHD housed the mosquito abatement efforts.

2009 – BRHD responds to the H1N1 Pandemic by coordinating with partners. Once the vaccine arrived, the BRHD administered nearly 26,000 vaccinations to students and staff at local schools.

2012 – Tremonton location opens housing Bear River Mental Health, Community Health Centers of Utah, and the BRHD.

2014 – BRHD starts the air quality emissions testing program.

2019 – The BRHD continues to be a tremendous resource to the communities we serve.

THEN - 1973

Board of Health Discussion Items

- Mental Health Clinic
- Drug and Alcoholism Council
- Sanitation Programs
- New Laboratory
- Milk Program

Total Budget: \$233,238.00

Number of Staff: 6-7 employees

Physical Location:

Cache: Basement of Cache Chamber building

Box Elder: Rear room of Box Elder County Courthouse

Rich: No formal space

NOW - 2019

Board of Health Discussion Items

- Medical Marijuana
- Septic Systems & Nitrates
- Vaping & Severe Lung Disease
- Mental Health & Suicide
- Medicaid

Total Budget: \$12,022,944.90

Number of Staff: 109 employees

Physical Location:

Cache: Bailey Building, Environmental Health Building, New South location

Box Elder: Brigham City, Tremonton

Rich: Garden City, Randolph

(See back page for addresses.) These facilities range in size from 2,000 square feet to 30,000 square feet



COMMUNITY HEALTH IMPROVEMENT PLAN UPDATE

We are excited to report on the BRHD's Community Health Improvement Plan (CHIP). A huge thanks to our CHIP partners for assisting us in meeting CHIP goals and for sharing our vision of "Healthy People in Healthy Communities."

- **CHIP PRIORITY #1 - IMPROVE MENTAL HEALTH THROUGH PREVENTION AND BY ENSURING ACCESS TO APPROPRIATE, QUALITY MENTAL HEALTH SERVICES.** The Bear River Health Department, (BRHD) along with CHIP partners, promoted mental health and behavioral health services in the Bear River Health District. This was done through multiple events in various venues in hopes of reducing the stigma of mental health and to ensure individuals are connected to services. Additionally, the BRHD updated a community Mental Health Resource Directory that has been placed on brhd.org and was shared throughout the community. This resource guide is dynamic and can be changed on an as-needed basis.
- **CHIP PRIORITY #2 - REDUCE SUBSTANCE ABUSE TO PROTECT THE HEALTH, SAFETY AND QUALITY OF LIFE FOR ALL.** The media campaign Parent's Empowered was promoted through multiple resources provided by CHIP partners and the BRHD. This campaign reminds community members of the importance of preventing underage drinking. This year, Utah Legislature passed a law requiring that all schools implement a life skills prevention program to youth ages 12-18. The life skills program adopted is an evidence-based substance abuse prevention program and should assist in the reduction of substance use, misuse and abuse amongst adolescents.

— CHIP PRIORITY #3 - INCREASE IMMUNIZATION RATES AND REDUCE PREVENTABLE INFECTIOUS DISEASES.

To decrease the spread of communicable disease the BRHD relies on partnerships and community members to assist in educating and providing immunization location services. Partnerships between the BRHD and local organizations, businesses and schools act as a way to inform employees on the importance of immunizations. Many different agencies have resources that highlight the significance of childhood immunizations. Flu clinics have also increased in number and convenience throughout the District. This year there were over 85 community clinics scheduled.

— CHIP PRIORITY #4 - PROMOTE HEALTH AND REDUCE CHRONIC DISEASE RISK THROUGH THE CONSUMPTION OF HEALTHFUL DIETS AND ACHIEVEMENT AND MAINTENANCE OF HEALTHY BODY WEIGHTS.

The BRHD, and our many partners, have educated policy makers of the importance of creating a physical environment that fosters physical activity. Updates have been made throughout the district in active transportation infrastructure. These changes have created more bike and pedestrian friendly roadways and trails. One of the greatest accomplishments seen this year was the creation of the Cache Valley Healthy Living Handbook. It promotes parks, public lands, trails, recreation facilities and local foods within the Bear River Health District. This handbook has been made available at brhd.org and hard copies were disseminated at local events.





ACCREDITATION UPDATE:

Community Health Assessment

The health department co-hosted meetings with Intermountain Healthcare in Box Elder and Cache counties to review health priorities for both communities. The last CHA report was published in 2016. Input gathered from partners at these meetings will identify local health needs and strategies and will be the focus for the 2019 CHA report.

Performance Management

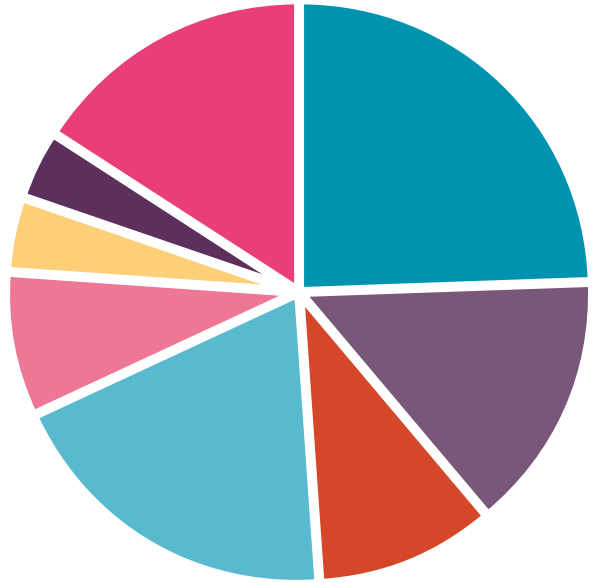
The BRHD implemented a cloud-based tool (Clear Impact Scorecards) to align and monitor program activities, manage our data, and to inform decision-making. The scorecards use “Results Based Accountability” theory, which is a disciplined way of thinking and taking action so that the lives of children, families and the community as a whole can be improved. Clear Impact allows the health department to quickly create goals, objectives, and measures while monitoring the success with data. The data and scorecards can be viewed on our website, brhd.org

Quality Improvement

This year our Quality Improvement Team trained upper management on quality improvement methods including the “Plan, Do, Study, Act” model. This and the “fishbone” tool were used to address the overarching goal of improving customer service throughout our department. Strategies were put in place to better collect customer feedback. These included the promotion of our online customer feedback form as well as the placement of comment boxes in each office location.

BUDGET EXPENDITURES:

15.6%	Capital Outlay	\$2,177,599.64
4.1%	Administration	\$566,320.70
4.0%	Emergency Services	\$549,779.94
8.0%	WIC	\$1,114,875.51
19.2%	Substance Abuse	\$2,673,077.72
10.1%	Health Promotion	\$1,407,166.55
19.2%	Environmental Health	\$1,984,707.77
24.7%	Preventative Health	\$3,441,061.37
TOTAL		\$13,914,589.20



REVENUE:



14.4%	Capital Outlay	\$2,025,449.20
23.1%	Fees	\$3,248,320.09
50.1%	Contracts	\$7,033,874.85
12.4%	County Taxes	\$1,740,750.00
TOTAL		\$14,048,394.14

WIC



854 participants served at our new South Cache Valley location.

This represents **32%** of our Cache County caseload.

912 women served each month.

817 infants served each month.

2086 children served each month.

Environmental Health



33 primary and **20** secondary food truck permits issued.

608 permanent food establishment permits issued.

1084 routine food service site inspections.

5321 food handler permits issued.

357 vehicles that failed emission tests repaired.

73 vehicles that failed emission tests replaced.

Vital Records



4644 Birth Certificates issued.

1191 Death Certificates issued.

16 Marriage & Divorce Certificates issued.

Emergency Services



71 calls to our emergency line.

21 organizations, including Public Health, Hospitals, Emergency Medical Service, Fire, Schools, Universities, and Transit participated in the Coalition Surge Test.

413 acute cases of communicable diseases were reported to the BRHD (excluding Tuberculosis, Sexually Transmitted Diseases, and HIV).

Substance Abuse



1381 individuals were provided substance abuse and/or mental health services.

84 clients provided mental health counseling. This number more than doubled from last year when **41** clients were served.

13,103 urine samples were collected for testing.

4,277 face to face sessions or groups were conducted by counselors:

379 clients were discharged for successfully completing treatment.

Nursing



20,560 vaccines administered.

2 active cases of Tuberculosis managed.

122 Sexually Transmitted Disease investigations completed.

36.1% adults immunized for influenza.

Health Promotion



1,210 people trained in Suicide Prevention.

66 people completed National Diabetes Prevention program.

84 stores assessed for compliance to new flavored e-cigarette administrative rule

103 seniors completing fall prevention classes

1,097 5th Grade boys and girls attending maturation classes

160 Narcan kits to community members in Cache and Box Elder County. Narcan is a safe antidote to opioid overdoses that has no risk of abuse. BRHD offers free kits to individuals who have friends or family members at risk of experiencing an opioid overdose.

GOAL #2 THE BEAR RIVER HEALTH DEPARTMENT WILL BE RECOGNIZED AS A LEADER IN PUBLIC HEALTH FOR ITS EXCELLENT PERFORMANCE

Millville City is a community located on the Southeast side of Cache Valley. There are approximately 600 residential homes, a new High School (Ridgeline), and several businesses. All wastewater treatment for the City is provided by individual septic systems except for Ridgeline High School, which is connected to Logan City Sewer. Millville's potable water is supplied by Garr spring, Park well, and Glenridge Well. A technical report by the Utah Geological Survey has shown that nitrate concentrations in the Glenridge well, which draws water from the underground aquifer below the city, have been increasing along with population over time. The Glenridge well is currently near 8 mg/L. The maximum contaminant level for safe drinking water is 10 mg/L. The technical report data also shows one of Providence city's wells, Alder well, increasing in nitrates as well and is currently near 6 mg/L. The Alder well draws water from the same underground aquifer as the Glenridge well. The public health concerns from the nitrate concentrations data caused the issue to be discussed at a Board of Health meeting on the March 13, 2019. At the board meeting, it was concluded that Millville City needs to connect to a sewer system. In a collaborative effort of both the Board of Health and the Millville City Mayor, the Board of Health approved a motion to establish a septic permit moratorium. The moratorium provided the backing for the Millville City Mayor to take back to the city council and residents to start serious discussions on a city sewer project. Since the March 13, 2019 Board meeting, Millville has hired an engineering firm to prepare preliminary plans to sewer the city. Preliminary sewer plans and bonds for sewer and water projects have been detailed in a public Millville City meeting on September 26, 2019. The septic permit moratorium by the Board of Health has been very successful as a means to help Millville City commit to a sewer system and protect the underground aquifer.

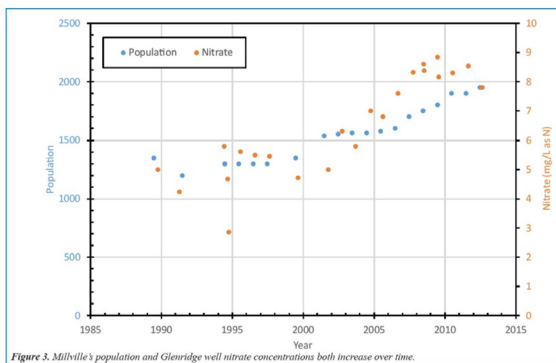


Figure 3. Millville's population and Glenridge well nitrate concentrations both increase over time.

In October 2019, the newly Authorized Food Booklet for WIC foods was introduced. A larger variety of healthy foods are now available to WIC participants throughout the state of Utah. The WIC Shopper App was also offered as an option to WIC participants and helps them access this updated information about WIC eligible foods on their phones.

— Substance Abuse Treatment and education options are offered by the BRHD for all treatment levels and address the unique needs of the individual. Here is one participant's honest journey to recovery that highlights the quality of care provided by BRHD.

"The first time I IV'd cocaine, I was 13 years old. I was raised in a very dysfunctional family, and I truly believed that I was not loved by my mother. I got bad grades, got into a lot of trouble, and I was always hanging out with the people that dropped acid, smoked pot, drank alcohol, did angel dust. My first experience with cocaine was like the greatest feeling a broken teenager ever thought possible, I became a junkie that very first time. I junked away 45 years of my life, thousands and thousands of dollars in my veins, years locked up, junked away loved ones, first love, family members, jobs, the list goes on and on. I found myself in front of Judge Willmore, and was given an opportunity to do Drug Court. At first I just couldn't stop shooting meth, and drinking, I kept being sent to jail, and I was simply torn, between needing to stop, wanting to stop, and believing that I could after all those years of using, stay stopped. I found myself involved in the groups, calling my sponsor, reading the books, which directed me to being more and more honest. My counselor, Angie, believed in me or rather she helped me to believe in myself. Judge Willmore and I had a sour relationship, and as I got more involved with recovery, the more I was forced to see how badly I behaved, and how truly fair Judge Willmore was with me, and the pride I experienced when he spoke well of me. Rarely have I heard praise in my lifetime. I became a part of this amazing journey, I began to make real friends. I was finally able to see the truths of what I had done to others as well as myself. The classes I looked forward to attending. I started to take care of myself, I quit a job that I really enjoyed due to the horrible way the owner treated me. I have my own business, washing semi's, dairy's, restaurants. I actively help others. I am not ashamed of [myself] anymore, I feel actually really good about the man I am becoming. Drug Court opened the door for me to, for the first time, live, life has been new and challenging. I have never experienced that quality of a day, of love, of friendships, as I do today. I am also working with Christian Faith publishing. They have contacted me in regards to poems I've written along with prison art work I collected while doing time. I am engaged to a wonderful lady. I sponsor a guy and I am active in AA and NA. 400 days clean and sober."





While seasonal influenza viruses are detected year-round, flu viruses are most common during the fall and winter. The Centers for Disease Control recommends that individuals receive their flu shot by the end of October for the best protection against the flu. The BRHD nursing division administered 5,957 influenza vaccinations this fall. And with this influx of immunizations administered, customer service is still a top priority. One satisfied client provided this feedback during her visit to the health department in October. "During my visit, I was helped by Naedene, Lori and Carol. If you were to pick a "dream team" these women are it. Customer service can be superficial but it is genuine and warranted here at the health department. Carol is especially non-stop fabulous. It has been said "people don't care how much you know until they know how much you care." These ladies' attention to detail and follow through made me know how much they care. If I were in the hospital, I would want this team to take care of me. And if awards were to be presented, I would give the "award of the year" to Naedene and Lori and the "Lifetime Achievement Award" to Carol Morrell."

Tai Chi is a graceful form of exercise that involves a series of movements, known as forms, which are performed in a low, focused manner combined with controlled breathing. It is a low impact exercise that puts minimal stress on muscles and joints, making it suitable for many older adults. Tai Chi for Falls Prevention is an evidenced based class to help improve health and wellness and has been proven effective to prevent falls. The BRHD offers Tai Chi and has had positive feedback from participants. One particular student wrote "We are Summer Citizen here in Logan. Emily (Jewkes) taught us Tai Chi for 6 weeks and we just loved her. What a beautiful person she is. We will take her course next year. From the bottom of our hearts thank you."

GOAL #3 THE BEAR RIVER HEALTH DEPARTMENT WILL STRENGTHEN RELATIONSHIPS THAT WILL RESULT IN IMPROVED HEALTH OF OUR CITIZENS



— The Lactation Station continues to be available at many community events within the Bear River Health Department district (e.g. Baby Animal Days, Summerfest, Cache County Fair, and Box Elder County Fair). This year was the first year that it was offered at Raspberry Days in Garden City. The community response was very positive and attendance was excellent. We have supported hundreds of mothers and babies throughout the years by providing this community service.

— The Bear River Health Department partners with local organizations to provide flu shots at the beginning of flu season every year. In 2019 we partnered with 112 worksites. These worksites range from local school districts to rural businesses in Box Elder County.

— The Emergency Services Division works hard to ensure that the Bear River Health Department is prepared for and able to respond to public health emergencies. These emergencies come in many unusual and varied forms. During 2019, we coordinated diverse incidents. One incident was with the FBI on a possible toxic threat to ensure the safety of the residents in a Logan neighborhood. We also worked closely with local emergency response authorities and ecclesiastical leaders in Northern Cache County to ensure the safety of residents during a power outage during a bitterly cold winter evening. In both situations, the BRHD kept the public informed of updates through our social media sites and web page. We encourage you to follow us and to download our emergency services app. See our website for details, brhd.org.

— In January of this year, Bear River Health Department (BRHD) had a case of foodborne botulism reported in a local resident who had canned bush beans from her garden for the first times using a pressure cooker that she had been given by a friend. Debbie knew that the pressure cooker gauge was not calibrated correctly, so she added some additional cooking time assuming that would destroy any botulism spores in the green beans. On January 1st, Debbie consumed her last bottle of her canned green beans. By January 3rd, Debbie had developed double vision. She went to the Emergency Department at a Salt Lake Hospital where she was evaluated and received a MRI that was normal, so Debbie was sent home. The next morning, Debbie had developed some additional symptoms, which included neurological symptoms; so she went back to the hospital where she was diagnosed with Botulism, Type A. The Physician contacted Utah Department of Health (UDOH) and Centers for Disease Control to arrange to have Botulism Antitoxin flown to SLC from Los Angeles. UDOH coordinated the investigation since Debbie was hospitalized in Salt Lake. The investigation identified home canned green beans and butter pickles as two possible sources of botulism. UDOH contacted BRHD to arrange to pick up the left over green beans and butter beans from Debbie's home. The canned beans and pickles were sent to Utah Public Health Lab for testing, where the green beans tested positive for Botulism, Type A. When contacted by BRHD in October, Debbie reports that she is 95% back to feeling normal again.





— Harmful algal blooms occur when normally occurring cyanobacteria in the water multiply quickly to form visible colonies or blooms. These blooms sometimes produce cyanotoxins that may pose health risks to humans and animals. Although most algal blooms are not toxic, some types of cyanobacteria produce nerve or liver toxins. Toxicity is hard to predict in part because a single species of algae can have both toxic and non-toxic strains, and a bloom that tests non-toxic one day can be toxic the next. The Bear River Health Department has been working with local cities and towns as well as the Utah Department of Environmental Quality (DEQ) to test bodies of water and create awareness of Harmful Algal Blooms (HAB). In August 2019 a possible HAB was observed at Mantua Reservoir and reported to the Bear River Health Department (BRHD). The BRHD worked closely with Brigham City and DEQ to test the water and analyze the data. In August lab results reported levels high enough to warrant a warning advisory, and signage was placed around the reservoir advising the public of the signs and symptoms of HABs. Continual monitoring and testing was performed by Brigham City and DEQ on a regular basis throughout the summer. In mid-September lab results reported even higher levels, which exceeded the danger category. A danger advisory was given, and the north beach of the reservoir was closed to public access to prevent accidental contact with the toxins. The Bear River Health Department strives to keep good relations with cities and towns within its jurisdiction. This is especially important when a public health issue arises. Brigham City, the Utah Department of Environmental Quality, and BRHD work together to sample, post signs and use social media, the radio, and other methods to alert the public to possible danger.

— This year, our Division of Substance Abuse has strengthened partnerships with various agencies.

- Upon the passing of Medicaid expansion, the BRHD immediately began working with the Department of Workforce Services to coordinate a referral process to provide clients with assistance in applying for Medicaid.
- Our youth treatment coordinator meets weekly with the juvenile justice to coordinate services for youth involved in the justice system.
- Addict II Athlete (AIIA) continues to grow and thrive in the community. This June AIIA held their annual 5K run with positive community participation. AIIA events throughout the year included weekly meetings followed by a healthy activity, and monthly community service activities.
- The Counseling Division is involved in the multi-agency Crisis Coalition along with the Health Promotions Division, Bear River Mental Health, the Logan City Police Department, Cache County Sheriff and Cache County Jail, the prosecuting attorney's office and local courts, and IHC's emergency services department. The purpose of this coalition is to provide a coordinated effort to assist individuals involved in a crisis situation, addressing the problems contributing to the crisis rather than resorting to immediate punitive actions. Our Division is committed to offer assessment and treatment for individuals in these crises.
- The BRHD continues to work closely with Sheriff Jensen and his staff at the Cache County Jail to provide treatment services in jail, and a smooth transition to continue services upon inmate release. We have treatment staff at the jail at least four days each week to provide treatment and transition assistance.



During FY2019, BRHD unfortunately saw its first case of Severe Lung Injury Associated with Vaping. In order for a case to be a confirmed case of Severe Lung Injury Associated with Vaping, a patient had to meet the following CDC criteria; (1). using an e-cigarette (vaping) or dabbing in the 90 days prior to symptom onset, and (2). pulmonary infiltrates, such as opacities on chest x-ray or CT Scan documented on report, and (3). lab testing that demonstrates absence of pulmonary infection on initial work-up, and (4). no evidence in medical record of alternative plausible diagnosis. To prevent more lung injury cases and to reduce youth access, Utah Department of Health filed an Emergency Administrative Rule effective Oct. 7th requiring e-cigarette product retailers to post notices about the dangers of vaping unregulated THC, and limiting flavored e-cigarette products to age-restricted retail tobacco specialty businesses. The Bear River Health Department staff visited 84 tobacco retail stores in the health district to provide signage and education about the emergency rule.

The Bear River Health Department collaborated with Kent's Markets in Brigham City and Tremonton to promote the Parents Empowered campaign. Signage placed throughout the store provided education about the harms of alcohol to developing youth brains, and offered parents skill-building strategies to reduce the incidence and risk of underage drinking. Both locations feature educational displays that will empower families to implement the three ingredients needed to prevent underage drinking: bonding, boundaries, and monitoring. A press event was held April 25th at the Kent's Brigham City location, followed by an event on May 2nd at the Tremonton location. Kent's Market promoted the Parents Empowered program all summer with activities, contests, and social media messaging to help bring awareness on underage drinking. Senator Sandall has supported efforts with Parents Empowered at the State level and was pleased to see local efforts with this campaign.

GOAL #4 THE BEAR RIVER HEALTH DEPARTMENT WILL CONNECT THE COMMUNITY TO SERVICES THAT ARE CONVENIENT

BRHD WIC started offering The Lactation Club (TLC) in January 2019. This Breastfeeding Support Group meets one evening per month in Logan and covers a variety of topics about lactation facilitated by Certified Lactation Consultants. Topics covered so far have included mother's milk and medications, postpartum issues including depression, infant massage, and increasing milk supply, and understanding baby behavior. This is a great place for moms to meet other moms, encourage and learn from each other and receive help in resolving breastfeeding issues. Recently, a mom was having some pain while breastfeeding. The facilitator and mothers in the group were able to give her suggestions and support and now she is nursing pain free.

In March 2017, Governor Herbert signed a bill into law allowing food trucks to more easily obtain permits to operate in multiple health department jurisdictions in Utah. Effective 2 short months later, food trucks could apply for a primary mobile permit in their main health department jurisdiction, and then with that permit apply for a secondary mobile permit in another area for a cheaper cost overall. Instead of paying full price for a mobile permit in multiple locations with varying costs, a primary mobile permit state-wide now is either \$200 or \$350 annually (depending on the kinds of foods sold at that food truck), and a secondary mobile permit is only \$100. With this new law, food trucks are able to reach out to multiple communities to share their delicious food, and "Food Truck Friday" has become a weekly event in many areas.

With the opening of our new building on the south end of Logan, the Nursing Division in partnership with our Substance Abuse division, were able to expand the Medication Assisted Therapy program to see a higher number of clients. The new building has provided more space to assist those experiencing drug and alcohol dependency.



— The BRHD Division of Substance Abuse has worked tirelessly to connect clients to needed care. Here are several examples of this:

- The BRHD expanded the EBP (Evidence Based Program) options by:
 - Training and certifying two more counselors in EMDR (Eye Movement Desensitization and Reprocessing) treatment. EMDR is described as a psychotherapy treatment designed to alleviate distress associated with traumatic memories, allowing the client to reformulate negative beliefs, eliminate emotional distress and develop cognitive insights.
 - Certifying a counselor in Thinking for a Change, a behavioral change program, which incorporates research from cognitive restructuring, social skills development, and the learning and use of problem solving skills for justice, involved adults and youth.
- Two of our counselors have received their LCSW status. This enables them to provide more therapy options for our clients.
- Funding cutbacks reduced our budget by 26%, affecting an estimated 372 clients needing treatment services. We have worked to reduce the impact on our clients from these dramatic decreases by:

- Working with the State and other State agencies, we have received additional funding from another treatment agency in the state.
 - We were awarded a grant from the Utah Department of Health to provide mental health treatment.
 - We renegotiated our urine testing supply contract to save funds.
 - We reallocated some staff, and did not fill vacant staff positions.

— The Bear River Health Department has started a new, exciting collaboration in Box Elder County. The Promoting Integrated Primary and Behavioral Health Care (PIPBHC) grant allows dedicated professionals from the health department, Bear River Mental Health and the Community Health Center to coordinate their services of shared clients. Primary care physicians and behavioral health counselors from all three organizations now have the ability to communicate and create care plans together. The target population is individuals with a chronic health condition as well as a mental health disorder and/or substance use disorder. Integration creates a team-based approach where mental health care and general medical care are offered in the same setting. Mental health integration is the future of primary care and we are excited to be pioneers of this service in Utah.



BEAR RIVER HEALTH DISTRICT SOCIO-DEMOGRAPHIC SNAPSHOT:

POPULATION BY COUNTY

(2018 Estimates, US Census)

Cache: 127,068

Box Elder: 54,950

Rich: 2,464



COUNTY HEALTH RANKINGS

(of the 27 counties in Utah, 2019)

Cache ranks #5

Box Elder ranks #8

Rich ranks #14



EDUCATION (2018 US Census)

% of the population ages 25 years or older with high school degree

Cache: 93.3%

Box Elder: 93.5%

Rich: 98.1%

% of the population ages 25 years or older with a college degree

Cache: 36.9%

Box Elder: 22.7%

Rich: 22.8%

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 per 100,000 population. Data obtained from IBIS-PH, Utah's Public Health Data Resource, for 2018)

Cause of Death	BRHD	UTAH
1. Heart Disease	160.48	146.38
2. Cancer	120.49	119.94
3. Alzheimers	53.95	42.11
4. Unintentional Injuries	48.11	45.09
5. Stroke	31.15	36.32
6. Chronic lower respiratory disease	26.62	33.23
7. Diabetes	23.72	23.54
8. Suicide	20.31	45.09
9. Kidney Disease	10.37	13.05
10. Parkinson's disease	9.09	11.54

INCOME (2018 US Census)

Average household income

Cache: \$53,812

Box Elder: \$58,835

Rich: \$52,917



POVERTY (2018 US Census)

12.8% of the residents in the Bear River Health district were living below poverty level.

HEALTH INSURANCE

The percentage of persons under age 65 without health insurance coverage in 2018 was

Cache: 10.1%

Box Elder: 8.8%

Rich: 11.8%



AND NOW, WE'RE LOOKING FORWARD TO 2020...

As we begin 2020, we remain committed to making a difference in the health of our residents and 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." As a result, our 2020 goals are ambitious.

As an agency, we plan to expand our agency's culture of quality. Our staff will identify, prioritize, and complete significant quality improvement projects to better serve our community. In addition, efforts to achieve the standards set forth by the National Public Health Accreditation Board will continue.

Our work to accomplish our strategic goals will expand. We will fill gaps in mental health services to connect our clients to quality care. Partnerships to address the opioid epidemic and to reduce severe lung disease as it relates to vaping will be a top priority.

Thank you for helping us celebrate another incredible year. Please be certain that the Bear River Health Department will do all we can to assure that Box Elder, Cache and Rich counties are the healthiest places 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

brhd.org