

Bear River
Health
Department

NOV

BEAR RIVER HEALTH
DEPARTMENT
ANNUAL REPORT

BEAR RIVER HEALTH DEPARTMENT BOARD OF HEALTH



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Options for Independence
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Utah State University



Blake Rose
CEO of Cache Valley Hospital

Front cover photo courtesy of William Phelps.

A MESSAGE FROM OUR DIRECTOR

Renowned management consultant Peter Drucker famously said, "Culture eats strategy for breakfast." In other words, no matter how great your strategy is, your plan will fail without a culture that encourages people to implement it. With this in mind, the Bear River Health Department has been rethinking how to realize our strategic vision of "*Healthy People in Healthy Communities.*" To do this, we must evaluate what is happening in the community and our organization. This process has led us to realign our strategic goals to build on each other more logically.

- **A Great Organization:** As a great organization, we will be able to recruit and retain passionate and talented professionals to help us realize our vision.
- **Community Partnerships:** With great people onboard, community partners will want to work with us to build communities that support healthy people and populations.
- **Increasing Access and Effectiveness of Services:** Our collaboration with partners will expand services, giving our residents more opportunities to be healthy. We will expand services that measurably support, build and sustain healthy people and populations in our communities.
- **The Healthiest People:** As we work together to increase access to services and create environments that sustain health, we will realize our vision of "Healthy People in Healthy Communities."

While this may seem linear, it is more accurately reflected as an ongoing continuous improvement process, as illustrated. The Bear River Health Department is committed to continually improving, and I invite you to join us in our efforts to improve.

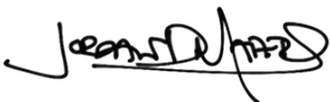
First, we need your help. As you interact with our team, I invite you to participate in the customer feedback survey we are launching in 2024. We will use the input to improve our efforts in serving the public.

Second, we each contribute to the health and well-being of our community. Please consider ways you can help strengthen the health of our community ecosystem.

Lastly, choose one thing you can do to improve or sustain your health, remembering that small hinges have the power to open big doors.

I wish for the best as we continuously work together towards realizing "*Healthy People in Healthy Communities.*"

Sincerely,



Jordan D. Mathis
Executive Director / Health Officer



A GREAT ORGANIZATION



BRHD Quality Improvement Council Members (Top Left: Meri, Farrin, Mark, Eric, Bottom Left: Tanesha, Alicia, Holly, Estee & Brandon on the TV. Not featured, Jennifer Hopkins.)

CUSTOMER SERVICE QI PROJECT

As an organization, we are always striving to become better. In February 2023, our Quality Improvement (QI) Council met to plan their yearly project. A major gap that was identified by the group was the lack of customer feedback. The QI Council spent a large part of the year collecting data from service areas and designing a simple way to gather feedback.

With the QI methods used, the team chose three questions for the customer survey. These questions are now available with a QR code at all BRHD locations. The survey is quick and electronic, taking less than 30 seconds.

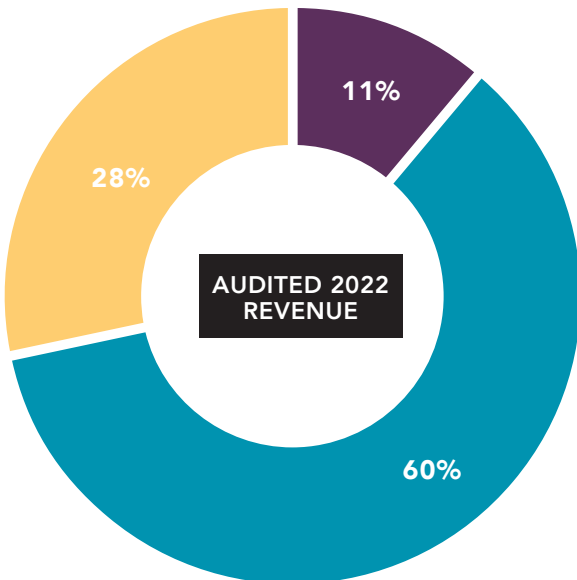
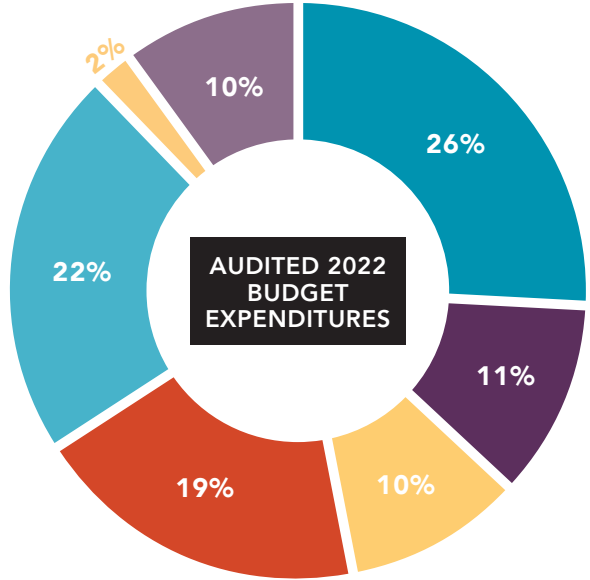
DID YOU KNOW?

Your feedback will help us improve our service to the public. If you can, please take a moment to fill out the survey.



The Bear River Health Department will be recognized as a leader in public health for its excellent performance.

INDIVIDUAL & FAMILY HEALTH SERVICES	\$4,316,589.38
ENVIRONMENTAL HEALTH SERVICES	\$1,785,606.69
COMMUNITY HEALTH SERVICES	\$1,707,984.65
BEHAVIORAL HEALTH SERVICES	\$3,131,686.03
HEALTH STRATEGY SERVICES	\$3,690,088.06
SUPPORT SERVICES	\$314,852.31
CAPITAL OUTLAY	\$1,603,715.81
TOTAL	\$16,550,522.93



COUNTY TAXES	\$1,849,709.00
CONTRACTS	\$9,899,210.31
FEES	\$4,624,128.21
TOTAL	\$16,373,047.52

COMMUNITY PARTNERSHIPS



Photo courtesy of William Phelps.

COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)

While the local health department plays a leading role in community health improvement, tackling the social determinants of health—especially by addressing underlying causes—demands collective efforts extending beyond the department’s scope alone.

Considering this, the Community Health Improvement Plan (CHIP) was created in 2023 with a collaborative approach. It identifies areas where public health will take the lead, working closely with various partner organizations whose efforts can contribute to improving health outcomes. Some of these partners that serve underrepresented, underserved, low-income, and minority populations that are involved in this work include the *Cache Refugee and Immigrant Connection*, *Cache Valley Veteran’s Association*, *Citizen’s Against Physical and Sexual Abuse (CAPSA)*, *Habitat for Humanity*, *Little Lambs*, *Logan Pride*, *Neighborhood Nonprofit Housing Corporation*, *Options for Independence*, *The Sunshine Terrace Foundation*, *United Way*, and many others.

Now is the time to move from planning to action. Strategies will be implemented in 2024 to ensure selected policies and programs are adopted, implemented, improved, and sustained in order to attain the intended results.

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

INCREASING DATA TRANSPARENCY

Several public-facing dashboards have been created to increase data transparency among our community and stakeholders, as well as to foster increased communication and knowledge among those working to improve various health outcomes in our jurisdiction. Community partnerships were demonstrated throughout the process of creating a Communicable Disease Dashboard.

The Communicable Disease Dashboard was designed not only for public awareness about disease transmission in the community but to address an identified gap between public health and our healthcare providers. Through this collaboration and input from our partners, our healthcare providers can now have a better pulse on the diseases being transmitted community-wide beyond what they encounter during direct services in their clinics. This dashboard intends to provide a high-level, overall view to guide providers in understanding trending diseases. With increased awareness, they can consider these diseases in their diagnostic exams and testing.



DID YOU KNOW?

Visiting our Communicable Disease Dashboard can give you information about:



LOCAL FOOD OUTBREAKS & RECALLS

Food Outbreaks & Recalls: listeria, salmonella, lead poisoning, chromium poisoning, etc.



LOCAL COMMUNICABLE DISEASE OUTBREAKS

Respiratory Diseases: COVID-19, RSV, & Influenza



TRAVEL OUTBREAKS

Communicable disease outbreaks to be aware of in travel locations.



STD OUTLOOK & REPORTING

Reports and treatment information regarding Chlamydia and Gonorrhea.



LOCAL DISEASE PLANS & INFORMATION

Certain diseases and conditions are mandated by The Utah Department of Health and Human Services to be reported.



ACCESS TO SERVICES



Daniel Diehl, Owner of Utah Mobile Emissions, performs a mobile emission test.

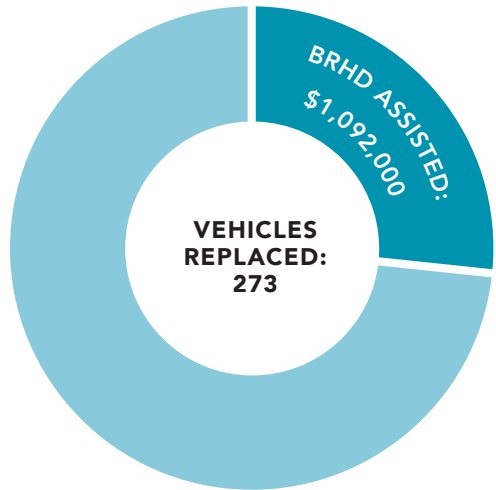
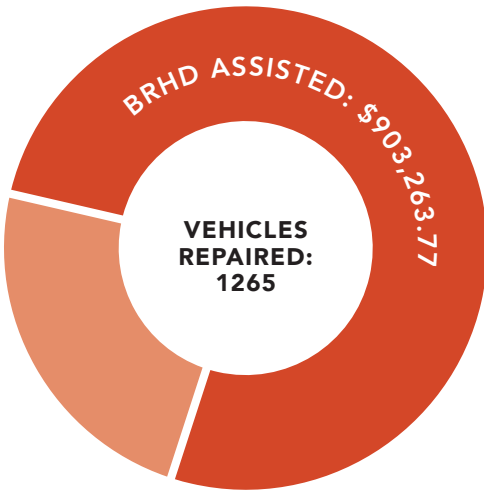
In 2022, Daniel Diehl suggested a new idea to the Bear River Health Department: If emissions testing is required for vehicle registration, why not bring the service to the consumer? Since BRHD had contracted with Opus Inspections, who made a very portable tablet-based system, Cache County was the perfect ground to test his mobile emissions testing program concept. Due to some minor regulatory issues (mostly about the definition of an I/M Testing Station), the concept required Bear River Health Department Board of Health and Cache County Council approval to bring into reality.

In March 2023, a pilot program started in Cache County. By year's end, 595 tests had been completed without any incident. On January 10, 2024, the results of the Mobile Emissions Pilot were brought to the Board of Health with the request that a one-year extension be granted to the pilot terms, allowing for the permanent implementation of a mobile emissions program within Cache County. The Board of Health approved extending the pilot and is in the process of working on making it a permanent mobile emissions program for Cache County. Cache County, the Utah Department of Environmental Quality, and the Environmental Protection Agency are all involved in the approval process, which is expected to be completed sometime in 2024.

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

DID YOU KNOW?

Here's a look at what the BRHD's Vehicle Repair and Replace Program accomplished during April 2017- June 2023:



1,265 repairs completed, totaling \$1,179,762.05, of which BRHD was able to assist with \$903,263.77.

273 replacements completed, totaling \$4,075,568.12, of which BRHD was able to assist with \$1,092,000.00.



HEALTHIEST PEOPLE

LEADING CAUSES OF DEATH

The information below represents the age-adjusted rate for the 10 most common causes of death in the Bear River Health District per 100,000 population. (Data was obtained from IBIS-PH, Utah's Public Health Data Resources, for 2023)

CAUSE OF DEATH	BRHD 2022	BRHD 2023	TREND	UTAH 2022	UTAH 2023	TREND
Heart Disease	158.89	168.8	↑	151.05	154.18	↑
Cancer	107.51	120.06	↑	117.02	114.04	↓
Alzheimer's Disease	35.89	49.19	↑	37.1	38.26	↑
Unintentional Injury	52.71	44.78	↓	51.7	49.2	↓
COVID-19	82.84	37.31	↓	75.62	32.53	↓
Stroke	31.73	28.06	↓	30.38	33.49	↑
Suicide	19.19	22.55	↑	19.93	21.85	↑
Chronic Lower Respiratory Disease	26.6	20.76	↓	29.01	29.63	↑
Diabetes	25.03	19.5	↓	28.17	24.93	↓
Kidney Disease (Nephritis, nephrotic syndrome and nephrosis)	14.11	13.19	↓	13.03	13.48	↑

COUNTY HEALTH RANKINGS

(Of the 29 Counties in Utah, 2023)

COUNTY	2022	2023	TREND
Box Elder County	#11	#10	↑
Cache County	#6	#5	↑
Rich County	#10	#11	↓

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

BEAR RIVER HEALTH DEPARTMENT SOCIO-DEMOGRAPHIC SNAPSHOT



POPULATION BY COUNTY (2022, US Census):

CACHE: 140,173
BOX ELDER: 61,498
RICH: 2,628



EDUCATION (2022, US Census):

Percentage of the population, ages 25 years and older with a high school degree

CACHE: 94.20%
BOX ELDER: 93.40%
RICH: 95.80%



INCOME (2018–2022, US Census):

Median Household Income, 5 year estimate in 2022 dollars

CACHE: \$72,719
BOX ELDER: \$72,769
RICH: \$69,250



POVERTY (2022, US Census):

Percentage of residents who live below poverty level

CACHE: 12.20%
BOX ELDER: 8.10%
RICH: 8.80%



HEALTH INSURANCE (2022, US Census):

Percentage of the population under age 65 without health insurance coverage

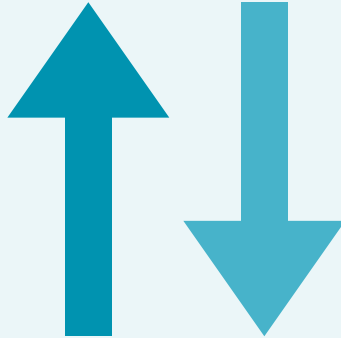
CACHE: 9.70%
BOX ELDER: 10.00%
RICH: 15.70%

A GLANCE AT THE SERVICES PROVIDED BY THE BEAR RIVER HEALTH DEPARTMENT DURING 2023

INDIVIDUAL & FAMILY HEALTH SERVICES

INCREASED

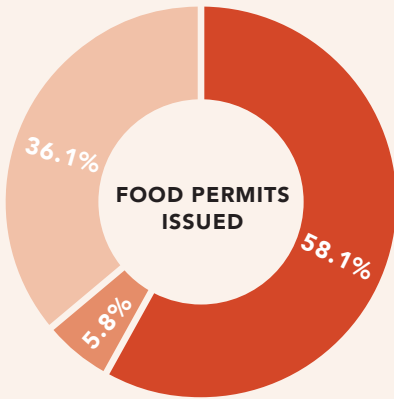
- TB monitoring & follow up visits increased by **46.48%**.
2023 – 104
 2022 – 71
 2021 – 100
- Mothers and babies enrolled in medicaid visited by a BRHD nurse increased by **25.91%**.
2023 – 2240
 2022 – 1779
 2021 – 866



DECREASED

- Chlamydia & Gonorrhea cases decreased by **18.87%**.
2023 – 387
 2022 – 477
 2021 – 491
- High-risk expectant Mothers Visited by a BRHD nurse decreased by **26.21%**.
2023 – 152
 2022 – 206
 2021 – 99
- 2 year olds who are fully vaccinated decreased by **1.84%**.
2023 – 74.6%
 2022 – 76%
 2021 – 76.5%

ENVIRONMENTAL HEALTH SERVICES



PERMANENT FACILITIES: 640 PERMITS
MOBILE FACILITIES: 64 PERMITS
TEMPORARY FACILITIES: 398 PERMITS



PERMANENT FACILITIES: 1163 INSPECTIONS
MOBILE FACILITIES: 115 INSPECTIONS
TEMPORARY FACILITIES: 177 INSPECTIONS

A GLANCE AT THE SERVICES PROVIDED BY THE BEAR RIVER HEALTH DEPARTMENT DURING 2023

WOMEN, INFANTS, & CHILDREN (WIC) SERVICES



INDIVIDUAL WOMEN
SERVED IN WIC PROGRAM

2021	2022	2023
613	644	688



INDIVIDUAL INFANTS
SERVED IN WIC PROGRAM

2021	2022	2023
623	590	660



INDIVIDUAL CHILDREN
SERVED IN WIC PROGRAM

2021	2022	2023
1,363	1,468	1,553

BEHAVIORAL HEALTH SERVICES

76.5%

of Individuals Increased Alcohol Abstinence from Beginning of Treatment Episode to End of Episode.

THIS IS A **2.64% INCREASE** FROM 2022

157.5%

of Individuals Increased Drug Abstinence from Beginning of Treatment Episode to End of Episode.

THIS IS A **16.67% DECREASE** FROM 2022

DRUG COURT (2023 ONLY)	BRIGHAM CITY 2022	BRIGHAM CITY 2023	TREND	CACHE 2022	CACHE 2023	TREND
Participants Served	24	35	↑	52	42	↓
New Intakes	12	16	↑	11	17	↑
Drug Court Graduates (Successful Discharge)	6	6	→	22	15	↓
Drug Court Unsuccessful/ Non-compliant Participants	2	10	↑	13	5	↓
20 year graduation rate for Logan and Brigham City (2023 Only)	NA	55.5%	▪	NA	61.5%	▪

A GLANCE AT THE SERVICES PROVIDED BY THE BEAR RIVER HEALTH DEPARTMENT DURING 2023

COMMUNITY HEALTH SERVICES



100%

Participants completing the national diabetes prevention program who report that dietary changes they made will reduce their chances of developing diabetes.

82%



Prime for Life (MIP/DUI Class) participants who report they are very likely or extremely likely to follow the low risk alcohol and drug guidelines.

77.42%

Percentage of participants completing the Stepping On (falls prevention) class that report their knowledge of fall prevention increased.



Percentage of participants completing the Stepping On (falls prevention) class that report the program reduced their fear of falling.

100%

% of Tobacco Retailers Compliant with Underage Sales Laws

2021	2022	2023
91.13%	94%	97.78%



CAR SEAT INSPECTION

participants report car seat knowledge improved from

3/5 on the pretest to **4.7/5** on the post-test.



OUR MISSION

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

OUR VISION

Healthy People in Healthy Communities

LOCATIONS

LOGAN 655 E 1300 N | 435.792.6500

ENVIRONMENTAL HEALTH 85 E 1800 N | 435.792.6570

BRIGHAM CITY 817 W 950 S | 435.734.0845

GARDEN CITY 115 S BEAR LAKE BLVD. | 435.881.3383

RANDOLPH 275 N MAIN | 435.793.2245

TREMONTON 440 W 600 N | 435.257.3318



Bear River
Health
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