

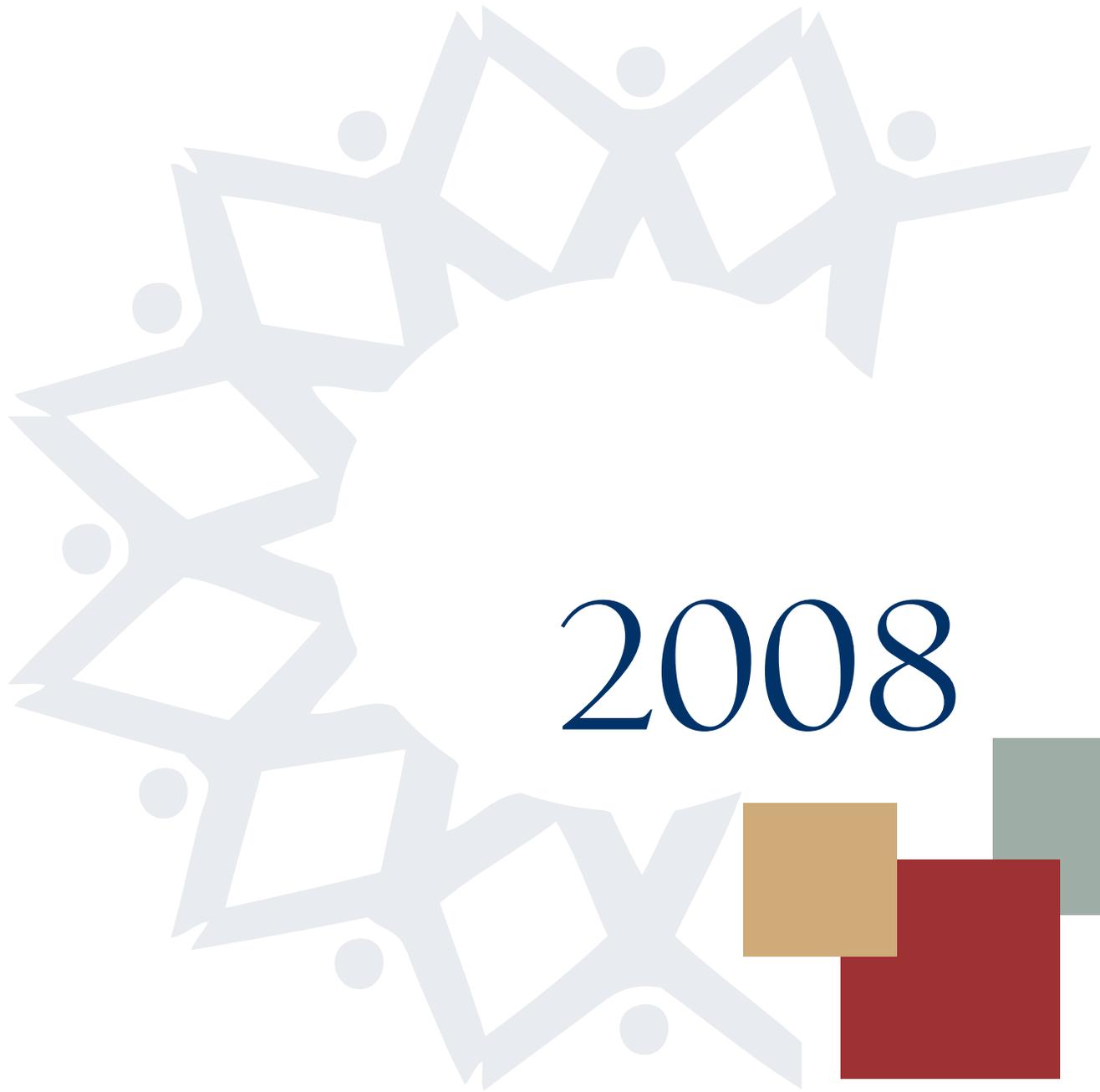
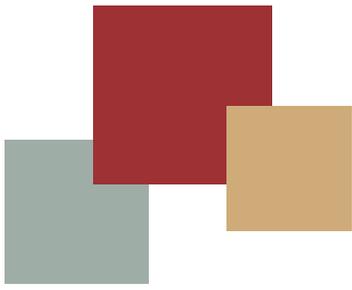
# 2008

**South Central Public Health District**

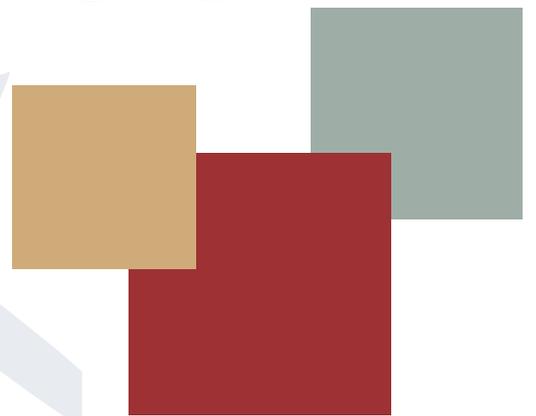
Annual Report



Prevent. Promote. Protect.



2008



# Board of Health

This year we continue using our annual report to highlight the essential public health services we provide to our communities. Our public health vision is *Healthy People in Healthy Communities*. In order to realize this vision, our mission is therefore:

- To PREVENT disease, disability, and premature death
- To PROMOTE healthy lifestyles
- To PROTECT the health and quality of the environment

You will see this theme throughout this document, and it is color coded for your quick and easy reference.

## Fiscal Year 2008 in review:

In January, the Idaho Public Health Districts (IPHD) submitted one piece of legislation which was approved by the Legislature. Senate Bill (S1384) HEALTH DISTRICT BOARDS amended existing law to revise the powers and duties of our district boards of health. Specifically, it revised §39-414 (12) which became important to the public health districts in order to pursue financing and to carry debt service from the Idaho Health Facilities Authority for the express purpose of capital improvements such as new building construction for district offices.

In May, the Idaho Association of District Boards of Health (IAB) unanimously passed a resolution that “supports the expanded development and maintenance of evidence-based home visitation programs” in Idaho. Specifically, the resolution promotes prevention of child abuse through evidence-based home visiting programs as an effective community-based approach to strengthen families and promote child well-being. After a three year education process, IPHD selected Nurse Family Partnerships (NFP) as the program of choice. It was agreed by memorandum of agreement that program implementation will begin with a pilot in South Central Public Health District (SCPHD) followed by phased-in dissemination statewide. Although NFP has demonstrated successful rural implementation, the NFP-National Service Office staff acknowledge challenges with program fidelity when implementing in rural/frontier counties. They have expressed interest in collaborating with us to identify successful strategies for expanding NFP into our rural/frontier areas.

In May, the IPHD formed a food fee work group to work with the food service industry, elected officials, and state agencies. The charter of this work group was to propose changes to the Idaho Food Establishment Act, Title 39 Chapter 16. The anticipated outcomes of these workgroup meetings will be to refine definitions for food services establishments, to propose a new fee structure for the food service permit, and to draft new legislation with these changes for the FY-2009 Legislature.

SCPHD continues to provide the basic health services of community health, communicable disease and prevention, environmental health, public health preparedness, and public health administration. These efforts and successes are detailed in this report.

Everett “Buck” Ward, Chairman

Rene R. LeBlanc, District Director



Everett “Buck” Ward  
Chairman  
Lincoln County



Marvin Hempleman  
Vice Chairman, Trustee  
Twin Falls County



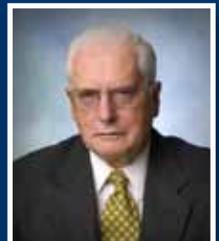
Marypat Fields MS, RN  
Camas County



Peter Curran MD  
Blaine County



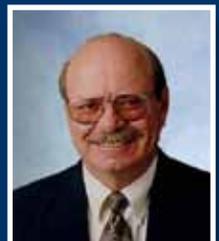
Tom Faulkner  
Gooding County



Don Clark  
Cassia County



Linda Montgomery  
Jerome County

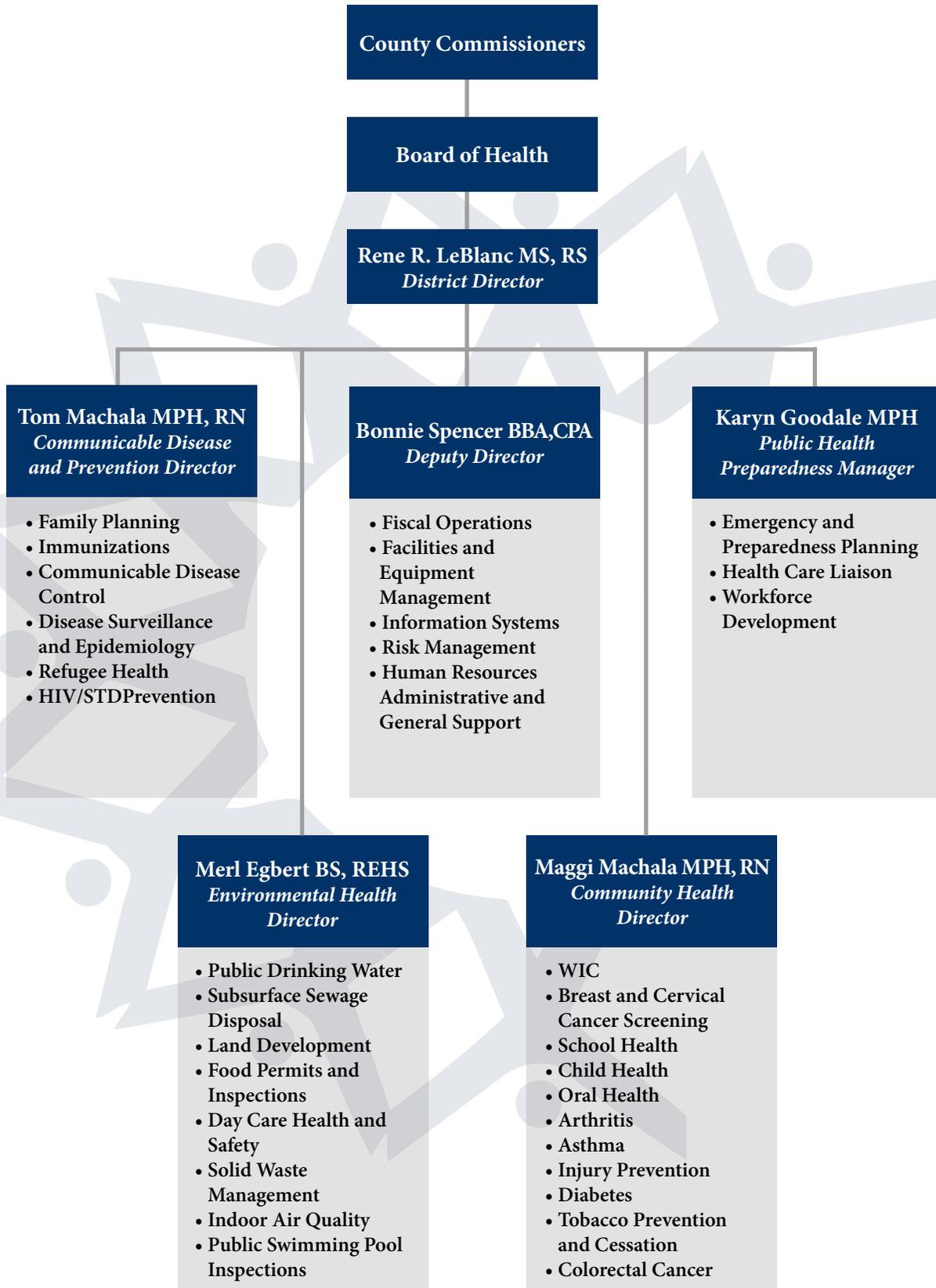
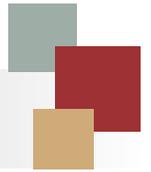


Donald Billings  
Minidoka County



Rene LeBlanc MS, RS  
District Director

# Organization Chart



# Counties & Commissioners



## Blaine

**Blaine County**  
Tom Bowman, Chairman  
Angenine McCleary  
Larry Schoen



## Lincoln

**Lincoln County**  
Jerry Nance, Chairman  
Lawrence Calkins  
Jay Loesche



## Camas

**Camas County**  
Bill Davis, Chairman  
Kenneth Backstrom  
Ron Chapman



## Minidoka

**Minidoka County**  
Dan Stapleman, Chairman  
Lynn Hunsaker  
Robert Moore



## Cassia

**Cassia County**  
Dennis Crane, Chairman  
Paul Christensen  
Clay Handy



## Twin Falls

**Twin Falls County**  
Tom Mikesell, Chairman  
Terry Kramer  
L. George Urie



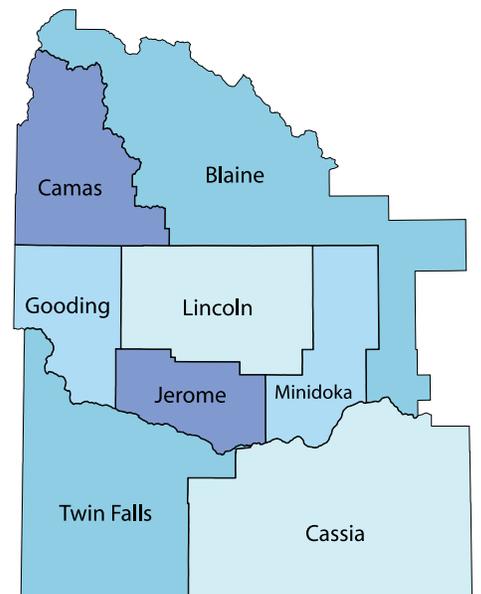
## Gooding

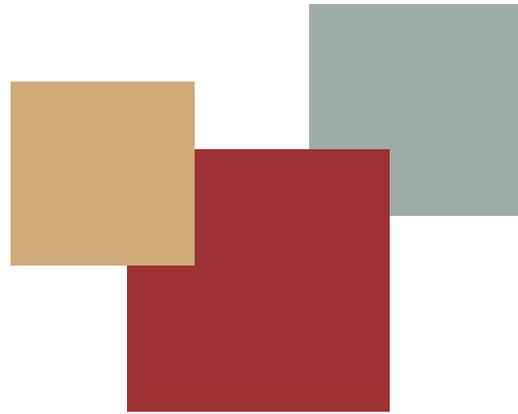
**Gooding County**  
Tom Faulkner, Chairman  
Helen Edwards  
Terrel Williams



## Jerome

**Jerome County**  
Charles Howell, Chairman  
Joe Davidson  
Diana Obenauer





# Dollars

and sense.

The South Central Public Health District (SCPHD) realized a 3.1% overall increase in regular revenues during FY-2008. State and county funding increases were significant. State General Funds increased by 6.7% (\$84,300), as Millennium Funds decreased by <1% (\$500). Also, while pledged county contributions increased by 3.0%, actual county receipts increased by 5.7% (\$52,700) with late payments from the prior fiscal year. Fees and donations also realized a healthy increase of 4.6% (\$54,977), continuing the upward trend and almost doubling over the last five years. Disappointingly, SCPHD's primary funding source—contracts—remained essentially flat with only a .3% increase (\$10,341).

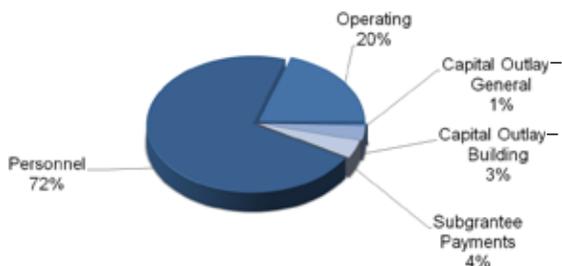


# Finance

Expenditures	FY-2008 Actual	FY-2009 Budget Revised (adopted 9/24/08)
<b>Revenues</b>	\$	\$
County Contributions	973,878	1,011,668
State Appropriation – General	1,350,200	1,420,300
State Appropriation – Millennium	66,000	65,500
Contracts	3,113,416	2,960,376
Fees, Donations & Other	1,261,725	1,239,749
<b>SUBTOTAL REVENUES</b>	<b>\$ 6,765,219</b>	<b>\$ 6,697,594</b>
Reserve Draw	(105,770)	883,513
<b>TOTAL REVENUES</b>	<b>\$ 6,659,449</b>	<b>\$ 7,581,107</b>
<b>Expenditures</b>	\$	\$
Personnel	4,770,729	5,008,152
Operating	1,335,030	1,848,994
Capital Outlay – General	37,661	63,800
Capital Outlay – Building	230,122	290,000
Subgrantee Payments	285,907	370,160
<b>TOTAL EXPENDITURES</b>	<b>\$ 6,659,449</b>	<b>\$ 7,581,107</b>

Total expenditures also increased in FY-2008. The total increase was 5.7% (\$357,168). Personnel costs, SCPHD's major expense category, increased by 4.4% (\$199,535) with state-mandated merit and equity-based salary increases granted during the year as well as a major increase in health insurance costs. Operating costs decreased by 5.5% (\$77,109), but the focus on capital projects during the year resulted in a seven-fold capital outlay increase (\$231,579). Capital outlay projects during the year included completion of Twin Falls carpeting replacement, remodel of Twin Falls office to include new server room and additional classroom space, and expansion of Jerome office parking lot. Sub-grantee payments increased only slightly by 1.1% (\$3,163) during the year. ■

FY-2008 EXPENDITURES BY CATEGORY



## The Fiscal Year to Come

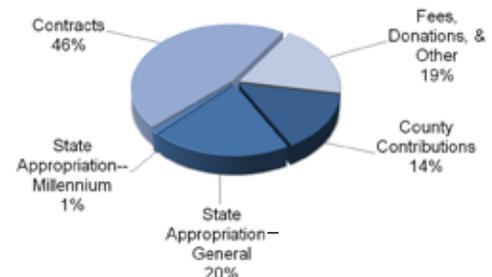
Strong revenues in FY-2008 resulted in additional reserve funding that the Board of Health opted to allocate in the 2009 budget revision for various projects, the major ones as follows:

- Information technology student internships through College of Southern Idaho
- Hardware and software for in-house publishing applications
- Additional scanners to support clinical records management
- Virtual servers to consolidate hardware and reduce total cost of ownership
- Purchase and implementation of statewide payroll software application
- Purchase and implementation of new clinical/nursing software
- Community partnership project support to Magic Valley Safe Kids car seat program

In addition, our Board of Health approved capital expenditures of \$290,000 for the purchase of land and beginning construction of a new Gooding County facility during FY-2009. SCPHD currently leases space from Gooding County, but the County has requested that space back, prompting district planning for a new facility of approximately 3,500 sq. ft. Total project costs are estimated to be \$580,000, approximately half of which is approved for expenditure during FY-2009 based upon estimated progress during the year. The total project is expected to be funded with allocated reserves. ■



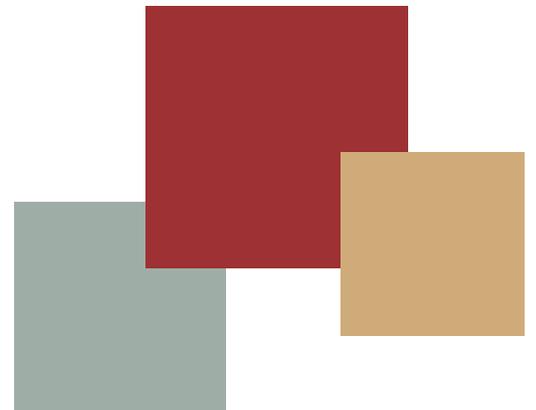
FY-2008 REVENUES BY SOURCE





# Prevent

disease, disability, and premature death.



# Prevent.

## Communicable Disease & Prevention

Nothing shows prevention in public health better than immunizations. Although a recent national report showed Idaho third from the bottom in immunization rates for 19 to 35 month old children, over 90% of South Central Public Health District (SCPHD) clients are vaccinated.

Why the difference? The national reports reflect a child's status at exactly 24 months of age; whereas SCPHD data at 35 months of age show children are up to date. It is just taking extra time for parents to get in. Additionally, SCPHD has a very active reminder system coupled with the WIC programs to encourage compliance. Private providers of childhood immunizations in the area do not always have the resources to do the extensive work to get parents to bring their children up to date in vaccinations. SCPHD nurses work closely with area immunization providers to keep their staff current on vaccine storage and usage. By school age, over 90% of children are in compliance with recommended immunizations largely because of rules requiring them. However, the group at highest risk for vaccine preventable diseases includes infants and toddlers from birth to 35 months of age.

Immunizations prevent individuals from getting a variety of diseases such as polio, diphtheria, tetanus, pertussis (whooping cough), measles, mumps, and rubella. In the past, these diseases caused large outbreaks in communities that affected

“Nothing shows prevention in public health better than immunizations.”



*Everyone is welcome to get their vaccinations at the immunization clinics, which are held at all SCPHD offices.*

hemophilus influenza B, adult pertussis, seasonal flu, varicella (chickenpox and shingles), meningitis, and hepatitis A and B.

SCPHD promotes immunizations, provides clinics for both children and adults, educates and monitors private providers on correct immunization practices, and assists schools and day cares to be in compliance with rules. Idaho is one of five states in the nation that provides free childhood immunizations to children under 19 years of age. In FY-2008, over 18,846 childhood vaccinations were administered by SCPHD. Additionally, all schools and large day cares were assisted in compliance with required immunizations for enrollment. For adults, SCPHD is the only source for many required overseas vaccinations, plus we encourage adult immunizations such as tetanus, diphtheria, and pertussis as well as seasonal flu. Over 10,000 adult vaccinations were given by SCPHD staff including 5,610 seasonal flu shots during FY-2008.

Immunizations prevent diseases from affecting individuals, their care givers, businesses, and schools. They make good public health prevention sense. ■

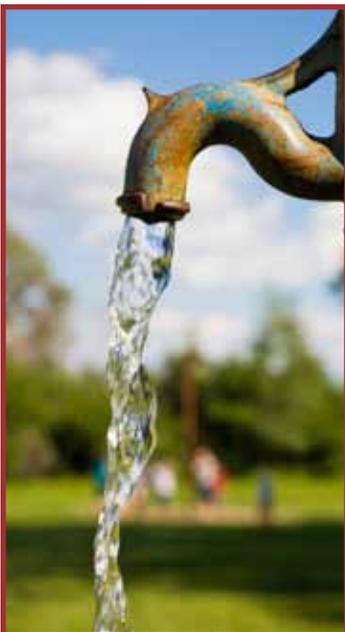
both the individual and those that cared for them. Many had either lasting disabilities from the diseases or died. Through public health urging for vaccinations and providing actual clinics, these diseases are largely controlled. Additional vaccinations have been added over the years in efforts to decrease the effects of other diseases such as

## Environmental Health

SCPHD has been granted authority to enforce existing laws in Idaho to prevent individuals from getting disease from environmental exposure.

Each year environmental health specialists conduct over 1,200 food inspections, 300 daycare inspections, and 750–900 subsurface sewage inspections. They train and license approximately 100 sewage system installers and 20 sewage pumpers. They also monitor 135 Public Water Systems; require or conduct sample tests of approximately 300 residential wells; and inspect 20 public swimming pools and 10 solid waste collection sites.

It has been determined by studies performed by DEQ that the Twin Falls area is the #1 nitrate priority area, with Cassia County as #2, Minidoka County as #3, and Bliss area as #4. The new Nutrient Pathogen (NP) policy requires higher treatment for these nitrate sensitive areas, yet allows developers more flexibility in procedure selection. Systems with the highest available waste water treatment for residential use can be installed to prevent an increase of nitrates and other contaminants from entering ground water.



The NP policy approved in July of 2007 has been well accepted by developers, engineers, and planning and zoning entities in each of the counties. As environmental health specialists work with clients and inspect facilities, they teach, educate, and assist them in understanding the best practical method of treatment and compliance. ■

## Public Health Preparedness



Informing and educating key stakeholders, businesses, and community members on how to prepare for and prevent public health emergencies is one task charged to the Public Health Preparedness (PHP) Program. PHP staff provide education, resources, and assistance to local businesses to help enhance their preparedness efforts.

Education efforts include encouraging and supporting community businesses to develop continuity of operations plans (COOP) that could be activated during an influenza pandemic or other large-scale emergency. In FY-2008, specific focus was given to city government leaders as well as hospitals and other health care providers to help develop and improve their ability to protect community members during an emergency.

SCPHD's ability to maintain continuity of operations was also enhanced by preparedness funds to purchase web and video conferencing services. This equipment will enhance inter- and intra-organization collaboration, reduce costs associated with routine workgroup meetings, and can be activated when public health functions must continue and conditions limit travel and face-to-face meetings. ■

# Prevent.

## Community Health

Topical application of fluoride varnish has been shown to be a highly effective way to prevent cavities among low-income children. SCPHD provides fluoride varnish clinics for children in WIC and Head Start. Last year, 206 WIC children and 706 children from Head Start received this highly effective prevention service.

Fluoride varnish can be applied up to every three months and uses a concentration of fluoride that is twice that of standard gel. It is safe, painless, and is applied quickly and easily by a dental hygienist. The varnish remains on the teeth for 24 hours after application, releasing fluoride into smooth surface areas of the teeth which is later brushed and flossed off. This type of varnish can be applied to infant and toddler teeth, whereas a conventional gel that takes more time to apply may not. Along with parent education, fluoride varnish has been very effective at helping to fight baby bottle tooth decay.

Oral health is critical to overall health. According to the 2005 Idaho Smile Survey data, almost 70% of Idaho third grade students have a history of dental caries (cavities), while in south central Idaho the percentage was 75%. Of even greater concern is that 26% of Idaho third graders needed restorative care with 42% needing that care in south central Idaho. Treating children's teeth early with fluoride can help prevent these future problems. ■

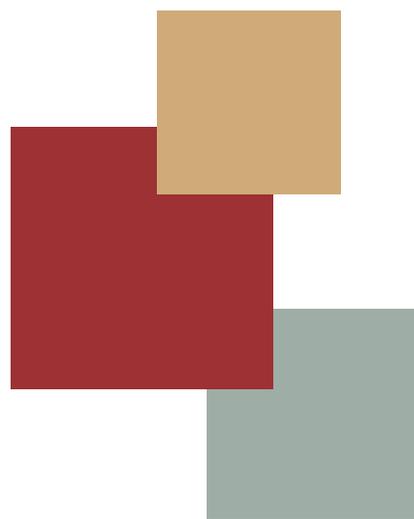


*SCPHD provides Varnish Clinics for children in WIC and Head Start.*



# Promote

healthy lifestyles.



# Promote.

## Community Health

The Fit and Fall Proof (FFP) program promotes the health of persons aged 65 and older through low impact exercise classes that improve balance, flexibility, strength, mobility, and independence. South Central Public Health District (SCPHD) facilitates nine FFP sites throughout the region in Burley, Eden, Hailey, Kimberly, Oakley, Twin Falls, and Wendell. Classes are offered at least twice a week and average about ten participants.

Falls are the leading cause of injury, death, and disability among older adults. Research indicates that seniors with limited activity are 1.7 times more likely to fall; and 2003 data shows that 29.8% of Idaho seniors who fell received injuries that caused them to limit their regular activities for at least a day. The FFP program helps prevent these falls which may result in nursing home or long term facility care.

In addition to promoting health and well-being and preventing falls, the FFP program also provides a wonderful place for socialization where friendships are formed and enthusiasm for the class continues to grow. One class participant said,



*“With the low impact exercises, the congeniality of class members, encouragement of the leaders, and the music, I began to perk up.”*

“Some of the class members wouldn’t get out if it wasn’t for this program. It also keeps us moving. Gets us out. The exercise program is great, but the friendships I’ve formed are the best.”

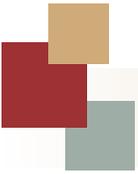
Another participant said, “The exercise helps when it comes to working in my garden or flower beds. I have no pain after doing all that spading—may have been tired but woke up the next morning with no pain. On August 9, 2007, I had back surgery. In two weeks I was back exercising like walking and whatever exercise I could do that was okayed by the doctor...these exercises help your body to heal faster also.” ■

“...a wonderful place for socialization where friendships are formed...”

## Communicable Disease & Prevention

Promoting responsible parenthood is the focus of the Family Planning program. Aiding families in spacing children at least three years apart has shown to be best for the health of both the mother and baby.

Avoiding unintended pregnancies for young women allows them to be better prepared emotionally and financially when they decide to become a mother. By providing a variety of contraceptive options on a sliding fee basis, SCPHD makes this service readily available to women who otherwise could not afford it. The program is funded through a federal grant from the Office of Population Affairs with over 88% of the 2,902 clients served meeting the low income guidelines in 2008. ■



## Public Health Preparedness

Public Health Preparedness (PHP) promotes collaboration through regional exercises and partnerships.

Over the last five years, SCPHD has received funding from the Assistant Secretary for Preparedness and Response (ASPR, formally HRSA) and maintains a Regional Planning Group (RGP). The PHP coordinates interagency activities on matters related to bioterrorism between regional health care entities such as hospitals, emergency medical service providers, law enforcement, and other public and private agencies responsible for emergency preparedness and the protection of south central Idaho residents.

RGP members participate in discussions to identify gaps in medical surge capabilities and capacities. Regional health care entities detected gaps and resources in mass fatality and evacuation planning. Additional resources to meet the needs of special populations (such as the elderly or handicapped) and to meet the potential demand resulting from an influenza pandemic were also identified. During FY-2008, SCPHD allocated nearly \$250,000 in federal funds to health care entities to purchase approved equipment and support exercises and training costs to help increase a regional response.



*Even under severe weather and bad road conditions, over 70 people attended the exercise.*

In January, SCPHD hosted the third annual regional pandemic influenza tabletop exercise. This year the scenario broadened considerably and included discussion on ethical and legal considerations related to mass fatalities and moral and legal obligations placed on businesses to continue to provide essential services to their clients and community during a disaster. ■



Every year in the United States, more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from flu.

-CDC

# Promote.

## Environmental Health

The South Central Idaho Food Safety Awareness Coalition comprised of members from industry, institution, academia, and other governmental agencies was organized in 2006. SCPHD and the Coalition promote food safety through “advocacy, collaboration, and education (ACE)”. The long-term goal of this coalition is to reduce time/temperature food-borne illness risk factors by 15% over a five year period. This last year, the Coalition aired infomercials about food safety at home and in the work place during the month of September 2007, National Food Safety Education Month.

These infomercials aired again in September 2008, demonstrating the proper way to wash hands before and after handling or eating food, as well as demonstrating the proper way to thaw frozen foods and cook foods to safe temperatures to ensure food safety. The coalition also participated with a float in the Twin Falls Western Days Parade and manned a very successful informational booth at the Home and Garden Show. SCPHD staff further promote proper environmental health principles by providing educational classes and presentations to food workers, subsurface sewage installers, pool operators, and day care providers. Pamphlets presenting information on a variety of subjects are always available to the general public by request.

In 2007 there were 517 cases of cryptosporidium reported in Idaho, a dramatic increase over the normal 23 reported each year since 1995. SCPHD staff have participated on the statewide Crypto Task Group and the Recreational Waters Illness Prevention Campaign in producing and broadcasting TV and radio PSAs during the summer of 2008. They also developed and distributed posters to recreational facilities, daycares, and pediatrician offices. Brochures and stick-on tattoos were developed with simple messages on water safety to be distributed to daycares and schools. The number of cryptosporidium cases was down significantly this last summer with a total of 9 in our area, with 39 statewide. ■

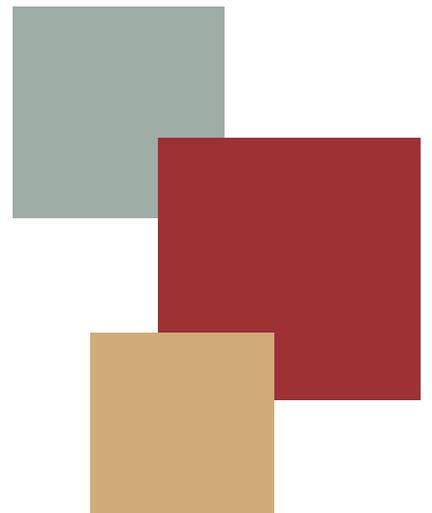


*Crypto is down in our area.*



# Protect

the health and quality of the environment.



# Protect.

## Public Health Preparedness

The Public Health Preparedness Program works to protect the community from emergencies by maintaining a competent public health workforce. PHP staff prioritize and schedule training to meet required competencies. During FY-2008, over 30 staff members participated in advanced Incident Command System trainings to increase their skills during any public health emergency.

The PHP Unit supports local agencies to plan, train, and be prepared for a variety of public health emergencies. A large part of this is providing education and resources in a variety of formats. Recent outreach efforts have broadened even more. During the last year, education was offered to over 30 day care, preschool, and early child care providers to help protect the health of their staff and the children they serve. Special attention was given on how to limit the spread of infections by thorough hand washing and other personal hygiene efforts. Similar education was provided to long term care centers to help reduce the spread of a communicable disease outbreak.

As an on-going measure to educate and protect the public, the PHP continued to promote measures to prevent the spread of seasonal or pandemic influenza. The comprehensive media campaign, including public service announcements and paid advertising included key disease prevention messages in Spanish. ■



**¡COMBATA LA GRIPE!**

Lave Sus Manos      Cubra Su Destornudo/Tos      Quedarse En Casa Cuando Esta Enfermo

South Central Public Health District  
Prevent. Promote. Protect.

[www.panflusouthidaho.org](http://www.panflusouthidaho.org)

*Billboard in Spanish posted in the MiniCassia area to help prevent the spread of the flu pandemic.*

## Communicable Disease & Prevention

“...we were fortunate to have fewer cases of West Nile Virus...”

Prompt investigation of communicable diseases protects the community from the spread of a variety infectious illnesses. Idaho has over 44 reportable diseases that require follow-up by public health epidemiologists. All people who come in contact with infectious diseases are informed and treated appropriately. The majority of the follow-ups (416) were for sexually transmitted diseases such as chlamydia.



This past year we were fortunate to have fewer cases of West Nile Virus to investigate. Additionally, for food-borne outbreaks of disease (such as salmonella) investigations are coordinated with the environmental health specialists who investigate the source. Also, the nurse epidemiologist questions the affected people on possible sources and information on others potentially affected by the disease. ■



*In-home visits for at-risk newborns by nurses are beneficial for both mother and child.*

## Community Health

In order to protect children in our community from the risks of potential child abuse, SCPHD provides prevention services to families through the Child Health and Safety program. This program is a contracted service with the Department of Health and Welfare's Children and Family Services Division. Families that are deemed to be at risk receive home visits by a public health nurse who provides assessment, education, and resource and referral information.

During FY-2008, SCPHD served 403 children and their families through this program. Included were parents of 45 at-risk newborns who received parenting education and support; families of 203 children who received home environmental assessments and remediation plans with resource support; 51 children with health care needs who received help accessing services; and 46 children who were referred for services related to parent mental health or developmental disability issues.

Another component of the Health and Safety program involves investigation of complaints against child care providers. According to Idaho Kids Count, enrollment in the Idaho child care programs is increasing, and more children are spending time in daycare environments. Environmental health specialists and public health nurses work to protect children in daycare facilities by assuring that regulations such as child/staff ratios, facility safety recommendations, and communicable disease guidelines are being followed.

During FY-2008, 28 daycare complaints throughout the region were investigated by SCPHD staff. Eleven of these complaints were found to be substantiated, and remediation plans were developed and enforced to correct problems. ■

# Protect.

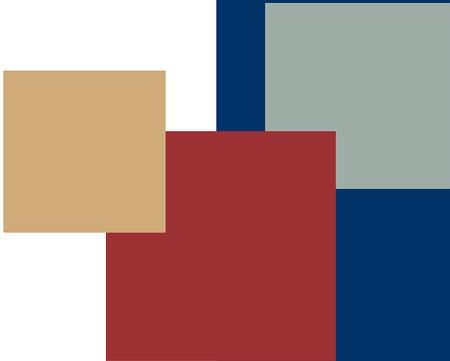
## Environmental Health

The Idaho Public Health Districts have been delegated the authority to protect the public from biological, chemical, and physical risks of potential environmental exposures associated with certain human activities and processes. These include food preparation and processing; generation of wastewater and solid waste; licensed and in-home child care operations; and recreational water facilities. Human activities associated with these events have the potential to create an environment that places people at risk of injury or disease.

All viable complaints of environmental risk become opportunities to inform and educate those involved about levels of risk and to assist owners and operators in correcting at-risk situations to protect themselves and the public. A reported case of Legionnaires disease was followed up by an investigation resulting in the dissemination of information pertaining to proper maintenance of swamp coolers. Last year, with the prevalent threat of West Nile Virus, staff from SCPHD handed out “DEET” wipes at the main entrance gate to all the people attending the Twin Falls County Fair.

Environmental health specialists collect well water samples during inspections of all daycares that are on private wells to test for coliform bacteria and E. coli, the presence of which may cause gastrointestinal diseases. If a well is found to be contaminated, the environmental health specialist provides guidance for the child care provider to disinfect the well. ■





# South Central Public Health District

1020 Washington Street North • Twin Falls, ID 83301 • 208.737.5900  
[www.phd5.idaho.gov](http://www.phd5.idaho.gov)

### SERVING

Blaine, Camas, Cassia, Gooding, Jerome, Lincoln,  
Minidoka, and Twin Falls Counties.



**Public Health**  
*Prevent. Promote. Protect.*

**Idaho Public Health Districts**



Prevent. Promote. Protect.

Layout and Design by  
Student Intern



**College of Southern Idaho**  
Digital Media  
Information Technology Department