

## Part I – Agency Profile

### Agency Overview

Idaho Public Health Districts were established in 1970 under Chapter 4, Title 39, Idaho Code. They were created by the Legislature to ensure that preventive public health services are available to all citizens of the state — no matter how small or large their county population. It was the intent of the Legislature in creating the Public Health Districts that public health services be locally controlled and governed. Idaho's 44 counties are grouped into seven Public Health Districts and are governed by policy boards appointed by the county commissioners in those Districts. The District partnership has served Idaho well since 1971 and has received national attention due to the way it provides decentralized public health services designed to meet the unique needs of the citizens of each District. Each Board of Health adopts a budget and defines the public health services to be offered in its district based on the particular needs of the local populations served. Idaho Public Health Districts are not state agencies or part of any state department; they are recognized much the same as other single purpose districts, and are accountable to their local Boards of Health.

While Idaho Public Health Districts are locally based, they share a common vision and mission. Their vision is ***“Healthy People in Healthy Communities.”***

The Public Health Districts' mission is to:

- **Prevent** disease, disability, and premature death,
- **Promote** healthy lifestyles, and
- **Protect** the health and quality of the environment.

Although services vary depending on local need, all seven Public Health Districts provide the essential services that assure healthy communities. These may include:

- Monitoring health status and understanding health issues
- Protecting people from health problems and health hazards
- Giving people information they need to make healthy choices
- Engaging the community to identify and solve health problems
- Developing public health policies and plans
- Enforcing public health laws and regulations
- Helping people receive health services
- Maintaining a competent public health workforce
- Evaluating and improving programs and interventions
- Contributing to the evidence based practice of public health

Idaho Public Health Districts make a difference every day and their work touches everyone. They play a critical role in improving and maintaining the health of Idaho citizens. They strive to prevent diseases and help keep the food you eat and the water you drink safe. Idaho is fortunate to have a strong system of Public Health Districts—one that is the envy of many other states.

### Core Functions/Idaho Code

As outlined in Idaho Code 39-409, the Public Health Districts are to provide basic health services of public health education, physical health, environmental health, and public health administration. The law also states that services shall not be construed to restrict the programs offered by the local Boards of Health of the Public Health Districts solely to these categories.

While the services provided by Idaho Public Health Districts are not exactly the same in each district, they generally include:

### **Epidemiology/Communicable Disease Control**

Epidemiology is one of the core functions of public health. Idaho Public Health Districts work to investigate, report, prevent, and control communicable diseases by:

- Reporting on over 70 reportable diseases and conditions (IDAPA 16.02.10)
- Investigating and managing outbreaks of communicable diseases (e.g., Cryptosporidiosis, Hepatitis A, Salmonella, Pertussis, Tuberculosis, West Nile Virus, H1N1, etc.)
- Utilizing the National Electronic Disease Surveillance Systems (NEDSS) that provides a direct link to the Centers for Disease Control and Prevention (CDC)
- Maintaining and utilizing the Health Alert Network (HAN) to rapidly communicate with state and local partners
- Working in partnership with medical facilities and infection control practitioners

### **Health Education**

Prevention is the key to success in public health. Idaho Public Health Districts focus on promoting healthy lifestyles through educational programs. They work closely with local coalitions and community partners to provide the following educational programs:

- Asthma Prevention and Control
- Comprehensive Cancer Control
- Diabetes Prevention and Control
- Fall Prevention for Seniors
- Oral Health
- Physical Activity and Nutrition
- Tobacco Cessation
- Tobacco Prevention and Control

### **Physical Health**

Idaho Public Health Districts strive to maintain the health of families and the community through health district programs and referrals to community partners. Services and/or programs offered include, are but not limited to:

- Child and Adult Immunizations
- Community and Child Health Nursing
- HIV/AIDS Testing and Case Management
- Infant Toddler Program
- Reproductive Health
- School Health
- Sexually Transmitted Disease Testing and Treatment
- Women's Health Check
- Women, Infants and Children Program (WIC)

### **Environmental Health**

Environmental Health recognizes the connection between human health and the health of our environment. Idaho Public Health Districts work to prevent disease and injury through control and protection of environmental factors such as water, air, and food by:

- Permitting and inspecting food establishments
- Monitoring public water systems
- Permitting and inspecting public swimming pools
- Permitting and inspecting subsurface sewage disposal systems
- Approving and inspecting solid waste facilities
- Inspecting child care facilities and providing education for child care providers
- Reviewing proposed subdivision plats for land development and conducting site evaluations

**Health Preparedness**

Idaho Public Health Districts are working to improve their ability to respond to all types of hazards, ranging from natural disasters, to infectious disease outbreaks, to acts of terrorism by:

- Exercising all-hazard response plans that have been developed by the health districts
- Planning for and management of the Strategic National Stockpile
- Partnering with public health professionals to ensure they are educated about and prepared for such events
- Working with community partners to develop plans and exercise for surge capacity events

**Revenue and Expenditures**

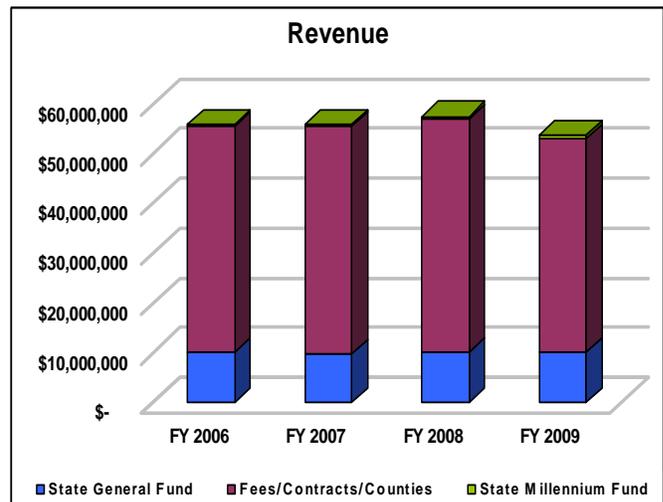
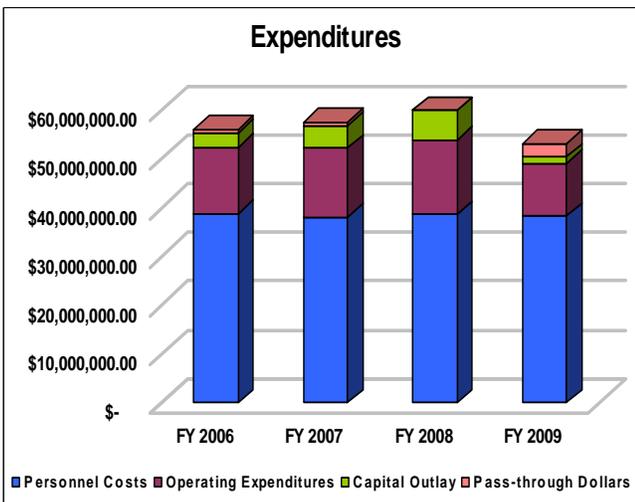
Idaho Public Health Districts receive income from four funding sources. Approximately 34% of their income comes from the counties, the State General Fund, and the State Millennium Fund combined. They earn about 23% in fees and another 43% from service contracts. Idaho Public Health Districts are accountable to the State, to local counties, and to the general public to ensure that these limited funds are used efficiently and effectively.

Idaho Public Health Districts are not State agencies; therefore, their entire budget is not set by the Idaho Legislature. The counties that make up each District are responsible for setting and approving the District’s overall budget. The portion of funding that is requested by Idaho Public Health Districts from the State’s General and Millennium Funds are the only portion of their budget that is approved by the Idaho Legislature.

<b>Revenue</b>	<b>FY 2006</b>	<b>FY 2007</b>	<b>FY 2008</b>	<b>FY 2009</b>
State General Fund	\$10,047,900	\$9,809,700	\$10,270,900	\$10,073,400
Other (fees, contracts and county appropriations)	45,584,800	45,730,100	46,789,000	43,109,200
State Millennium Fund	336,000	495,600	493,500	492,100
<b>Total</b>	<b>\$55,968,700</b>	<b>\$56,035,400</b>	<b>\$57,553,400</b>	<b>\$53,674,700</b>

<b>Expenditures</b>	<b>FY 2006</b>	<b>FY 2007</b>	<b>FY 2008</b>	<b>FY 2009</b>
Personnel Costs	\$38,837,000	\$38,120,700	\$38,669,900	\$38,290,100
Operating Expenditures	13,594,100	14,104,400	15,186,200	10,971,800
Capital Outlay	2,939,700	4,759,800	6,235,700	1,118,500
Pass-through Dollars (Hospital, EMS)	746,500	691,000	663,200	2,936,300
<b>Total</b>	<b>\$56,117,300</b>	<b>\$57,675,900</b>	<b>\$60,755,000</b>	<b>\$53,316,700</b>



Cases Managed/Services Provided	FY2007	FY 2008	FY 2009	Benchmark
# Communicable Disease Reports & Investigations	6,988	7,196	7,163	N/A
# Preparedness Efforts	1,063	699	462	350
# Health Education Classes	9,327	7,202	7,502	10,000
# Environmental Health Inspections	18,271	16,782	15,870	17,600
# Child Care Inspections	3,973	3,015	3,100	3,500
# Women, Infants and Children (WIC) Clients	70,625	74,615	80,738	70,000
# Reproductive Health Clients Served	33,453	30,073	28,518	25,000
# Individuals Receiving Tobacco Cessation	2,227	2,045	2,326	1,750
# Children Receiving Fluoride Mouth Rinse	34,145	35,765	34,824	30,000
# Adult and Child Vaccines Given	Adult 71,920	Adult 57,134	Adult 48,159	Adult 70,000
	Children 99,782	Children 114,286	Children 96,715	Children 98,000

### Cases Managed/Key Services Highlights

1. **Communicable Disease Reports & Investigations:** Epidemiology is essentially the study of diseases, their causes, and patterns. It is core to the foundation of public health. To accomplish this, Idaho Public Health Districts investigate and report on over 70 diseases/conditions that are legally reportable according to the Rules and Regulations Governing Idaho Reportable Diseases (IDAPA 16.02.10). Most of these diseases have been around for decades, while others are newly emerging (Novel H1N1 Influenza virus) or re-emerging (Tuberculosis). In FY09, the number of disease reports and investigations remained fairly steady over the previous year; however, public health staff investigated numerous cases of Novel H1N1 Influenza virus from mid-April through the summer months. Continued surveillance, case identification, and disease prevention strategies (e.g., vaccination, hand washing education campaigns, etc.) will be critical in the coming months, in order to detect any changes in this new virus that might indicate it has become more virulent.
2. **Preparedness Efforts:** Planning for public health emergencies (e.g., naturally occurring disease outbreaks; natural disasters such as earthquakes, floods, or wildfires; severe weather such as blizzards; disease outbreaks; and bioterrorist events) has become a major focus of Idaho Public Health Districts. To achieve this end, Districts collaborate closely with local community partners and state agencies to assess, plan, exercise, and evaluate community response capacity. These planning and preparation efforts proved to be extremely valuable when a new influenza strain was identified in Southern California in mid-April, ensuring Idaho communities were better prepared to address issues such as the possibility of school closures and other disease prevention strategies.
3. **Health Education Classes:** Idaho Public Health Districts provide information and education to individuals, community groups, businesses, and the general public about physical, behavioral, environmental, and other issues affecting the public's health. The number of health education classes has remained constant over the past year. In addition to health education classes, health district staff provides a considerable amount of one-on-one education to clients. Furthermore, over the past couple years; Idaho Public Health Districts have had the opportunity to implement educational opportunities through on-line training available on their websites (i.e., Food Handlers Certificate). Many individuals are taking advantage of this option rather than attending in-person classes.
4. **Environmental Health Inspections:** The environmental Health divisions of Idaho's seven Public Health Districts perform regulatory and educational functions for a number of programs including food, onsite wastewater, solid waste, public swimming pools, public water systems, land development, indoor air quality, etc. The functions performed include plan and site reviews, inspections, consultations, compliance monitoring and educational classes. FY07 was indicative of a peak year in land development and residential construction; whereas, FY08 shows a slowdown due to national economic impact, which is actually more in

line with the normal trend line for the number of inspections performed. The decrease in number of inspections for FY09 is especially indicative of the national recession we are now experiencing.

5. Child Care Inspections: The environmental health divisions also conduct annual and biennial inspections of both licensed and unlicensed Idaho Child Care Program (ICCP) child care facilities to provide a level of protection to Idaho's children and provide additional education to the operators. Up front requirements of CPR/First Aid training, family and worker background checks have and will continue to affect the number of establishments being opened. Health district inspectors are credentialed through examination, experience and continuing education. They are experts in the field of food safety, solid waste sanitation, vector control, drinking water quality, and rural onsite wastewater treatment as they relate to child care facilities. The combine health district resources in environmental health and epidemiology are used to minimize the spread of communicable disease in child care facilities. During the 2009 legislative session the Idaho legislature removed the term "Public Health Districts" from the Idaho statute such that as of January 1, 2010, licensed daycares may no longer be inspected by the Health Districts. At that time the inspecting entity will then be selected via open bid. It is hoped that the Districts will be able to continue our service to the public in this program.
6. WIC Clients: The supplemental nutrition program for Women, Infants, and Children (WIC) is provided by Idaho Public Health Districts. The WIC nutrition program helps pregnant and post-partum women, infants, and children, eat well, learn about nutrition, stay healthy, and save money. WIC participants are informed about other services available to them in the community. The WIC program is provided at no cost to eligible families. Due to the economic struggles that a high number of Idahoans are currently experiencing, more and more eligible residents are deciding to take advantage of this supplemental nutrition program.
7. Reproductive Health Clients: Idaho Public Health Districts offer reproductive health care services to women in Idaho. These services are free or at a highly reduced cost. We provide clinical access to reproductive health care clinics to clients based on their stated income. These services are offered through Title X clinics. In FY09, the Public Health Districts served 28,595 unique family planning clients through the Title X program. 17,232 (over 60% of these clients) were at or below 100% of the federal poverty level and received services for no fee. The remaining 40% pay a small percentage of the actual fee based on their stated income. Title X clinics are funded through health district dollars, fees and Title X federal dollars. The health districts are having financial difficulty in continuing to offer the bulk of our Title X services for free. We are looking for ways to increase revenues, with the most pragmatic way being through a slight increase in fees. We feel strongly that the Title X fees should not slide to 0 (except in extreme circumstances). In order to sustain our Title X services we are working with the State and they with their federal partners to advocate for a change at the federal level which would allow us to charge a nominal fee (20% of actual fee) for services to those at 100% or below poverty. Title X clinics are often the only access point into the health care system that is an option for our underinsured/uninsured Idaho residents. It is an invaluable program for many.
8. Tobacco Cessation: Idaho Public Health Districts facilitate tobacco cessation programs for Idaho citizens at no cost to participants. Funding for this program is provided through the Idaho Millennium Fund. In FY08, the Public Health Districts served 2,326 cessation participants. Of these, 1,213 were adults; 275 were pregnant; and 838 were teenagers. The overall quit rate for all participants was 36% and an additional 43% reduced the amount they smoked. Participation in this program fluctuates slightly from year to year; however, this program continues to provide a valuable health benefit to Idaho's citizens.
9. Fluoride Mouth Rinse: Idaho Public Health Districts facilitate fluoride mouth rinse programs in school districts without adequate fluoride levels in the water. This prevention approach helps to strengthen the teeth of children who are at greater risk of dental decay. Each year the health districts evaluate water levels of fluoride and work to provide this service to more children annually. Public health continues to approach schools with low levels of fluoride in an effort to reach more children with this valuable service.
10. Vaccines Given: Idaho Public Health Districts connect adults and children with disease-preventing vaccines, either through clinics at the health district sites or through private healthcare providers. The decrease in number of adult vaccinations administered by Health District staff is attributed, in part, to a change in flu vaccines being administered at community venues rather than at Public Health Districts sponsored flu clinics.

According to a National Immunization Survey report issued in September 2008, Idaho's two year old immunization rate is 57.6%. This ranks Idaho 51<sup>st</sup> in the nation in up-to-date status for two year olds, far below the national average of 77.2%. District health departments continue to provide only 14% of the vaccines given to children, with the majority of vaccines administered at primary care provider sites.

Statewide, district staff work in conjunction with providers, advisory groups and policy makers to increase up-to-date childhood immunization rates, protecting Idaho's children from vaccine preventable diseases. Additionally, Public Health Districts are in support of the Advisory Council on Immunization Practices (ACIP) recommendations that Hepatitis A, Rotavirus, Pneumonia, Meningitis, Human Papillomavirus, and Influenza become a requirement for school entry, as well as the continuation of Universal Vaccine State for Idaho's children.

## Part II – Performance Measures

Performance Measures	2005	2006	2007	2008	Benchmark
1. Percent of adults who smoke <sup>1</sup>	17.9%	16.8%	19.1%	16.9%	< 21.6 % National %
2. Percent of adults diagnosed with diabetes <sup>1</sup>	6.8%	6.8%	7.9%	7.0%	< 7% National %
3. Percent of adults who are overweight and/or obese <sup>1</sup>	61.4%	59.7%	64.2%	62.2%	< 40% National %
4. Percent of adults diagnosed and still had asthma <sup>1</sup>	7.3%	9.2%	8.7%	8.9%	5.9% -10.7% National %
5. Teenage pregnancy rates (15-19 year olds) <sup>2</sup>	44.7	46.5	49.5	Not Available	43/1,000

<sup>1</sup> Data obtained from: *Idaho Behavioral Risk Factors* (Results from the 2008 Behavioral Risk Factor Surveillance System-BRFSS)

<sup>2</sup> Data obtained from: *2007 Idaho Vital Statistics*; Idaho Department of Health and Welfare, Bureau of Health Policy and Vital Statistics

## Performance Measure Highlights

- Adults who Smoke:** Idaho Public Health Districts work to reduce the burden of tobacco-related morbidity and mortality through prevention and cessation efforts. They work to achieve the Centers for Disease Control and Prevention (CDC) goals to: prevent initiation of tobacco use by youth; promote tobacco cessation among users; eliminate exposure to secondhand smoke; and identify and eliminate tobacco-related disparities. Idaho Public Health Districts are achieving these goals, reflected by the decrease in number of adult smokers. In addition, Idaho continues to remain below the national rate. Through a targeted, multi-faceted approach, Idaho Public Health Districts facilitate cessation programs, provide advocacy for policy development, and provide education and awareness for youth and adults and work to make Idaho a smoke-free environment.
- Diabetes:** Diabetes is a serious chronic disease which often increases a person's risk for other serious health problems such as heart disease and stroke. One out of every three people with diabetes is unaware they have this chronic disease. Idaho Public Health Districts work closely with community partners to provide community health education; professional education for medical providers; and policy development designed to facilitate prevention, early diagnosis, and comprehensive treatment. Education efforts focus on blood pressure control, blood glucose control, reducing cholesterol, regular eye care, and regular foot exams. More Idahoans are being diagnosed with diabetes. This is due, in part, to more proactive and earlier testing of individuals by healthcare providers. The earlier an individual is diagnosed, the sooner he can take efforts to help reduce complications from the disease.
- Overweight/Obesity:** According to the Idaho Behavioral Risk Factor Surveillance System (BRFSS), the proportion of overweight and obese adults increased from 41.2% in 1988 to 62.2% in 2008, which is down 2% since 2007. Over six out of every 10 Idaho adults are overweight and/or obese. During the past year, Idaho Public Health Districts worked with schools, policy makers, and communities throughout the state to review results of the Idaho Third Grade Body Mass Index (BMI) Study. The information will assist groups in the Idaho effort to help lessen childhood obesity through increased physical activity and improved nutrition using best practice programs.

4. Asthma: The Asthma Prevention and Control program, provided by Idaho Public Health Districts, helps increase awareness about asthma prevention and incidence. The Public Health Districts utilize a variety of strategies to assist health care providers, schools, and those with asthma in managing this health issue. Some of these strategies include working with health care providers to promote Asthma Action plans for their patients, providing community education through the Healthy Homes Head Start program, and working with school administrators in an effort to reduce the incidence of asthma triggers at school. Unfortunately on-going funding for this program was not received resulting in discontinuation of the program for FY10.
  
5. Teen Pregnancy: Teen pregnancy is closely linked to a host of critical social issues, including poverty, income disparity, overall child well-being, out of wedlock births and education. Over the course of the past decade, Idaho's teen pregnancy rate among 15-17 year olds has seen a 17.6% decrease (29.0 per 1000 in 1998 as compared to 23.9 per 1000 in 2007). During the same timeframe, Idaho teenagers 18-19 have experienced a 6.1 percent increase in pregnancy (83.6 per 1000 in 1998 as compared to 88.7 per 1000 in 2007). In looking at the teen pregnancy rate for the entire teen population (ages 13-19) in Idaho we are trending upward. (45.2 per 1000 in 2004 as compared to 49.5 per 1000 in 2007). This increase is due primarily to the pregnancy rates among 18-19 year olds. Idaho's public health Districts focus on pregnancy prevention, through education. We provide education through our local school Districts as well as 1:1 counseling through our reproductive health clinics.

### For More Information

If you would like more detailed information concerning the Public Health Districts of Idaho and the services they provide, you may download a copy of health districts' ***“Strategic Plan: Fiscal Year 2009 Report”*** that is available on each health district's website or contact any of the District Directors below.

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