



Apache County Public Health Services District

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**ANNUAL REPORT TO THE APACHE COUNTY BOARD OF SUPERVISORS
PUBLIC HEALTH SERVICES DISTRICT
FY2018/2019**

Annually the director of a public health services district is required to report the condition of public health in the county, activities of the public health services district, character and extent of all diseases reported, expenditures and recommendations of the public health services district to the Board of Supervisors. This report is to comply with the requirement of A.R.S. §§ 36-186.

Residents of Apache County are generally healthy. Despite there having been specific disease outbreaks in other counties throughout the state in FY 2018/2019, most reportable diseases are at very low levels or non-existent in the Apache County. Access to care in some parts of the County is challenging, and some residents may have long distances to travel to seek treatment or lack adequate transportation to travel to a clinic or hospital.

Apache County is designated as a medically underserved area and a health professional shortage area for medical, dental, and mental health services. This designation means there are not enough primary care providers, dental health providers and mental health providers to serve the needs of the residents. There is a critical need for mental health providers in Apache County. Little Colorado Behavioral Health Center's primary population is the AHCCCS insured population. Residents on other insurance plans may need to seek mental health services outside of Apache County.

Apache County Public Health Services District personnel have been busily involved in educating the public, providing services to keep the population healthy and responding to concerns of citizens. Health District staff have presented information on nutrition to students; discussed with students making wise choices to help them achieve their potential with parental permission; provided immunizations for children and adults; performed home visits with new mothers regarding infant nutrition and development; inspected restaurants, bars, other food establishments, hotels/motels, septic tank systems, well site field inspections and responded to citizen complaints—most complaints were regarding trash.

REPORTABLE DISEASES IN APACHE COUNTY VS. STATE

The diseases listed below are for calendar years 2018 and 2019 and appear pertaining to their occurrence.

Source: azdhs.gov

Disease	2018-19 Apache County	2018-19 State Total
Pertussis	5	239
Campylobacteriosis	4	1,269
Salmonellosis	39	1,149
Coccidioidomycosis	21	7,478
E. Coli	2	296
Hepatitis B	9	1,028
MRSA	9	1,529
Streptococcal Group A	16	758
Streptococcus pneumoniae	32	862

Pertussis: Otherwise known as (Whooping Cough). It can be a serious disease in infants 5 years and younger. Easily spread by other family members to infants. The disease is manifest usually by symptoms similar to that of a cold, but the cough develops into a cough that sounds like a “whoop”. *This is preventable by specific vaccine.*

Campylobacteriosis: Causes diarrhea in humans. Other symptoms can be abdominal pain, malaise, (feeling sick, discomfort) fever, nausea, and/or vomiting, and bloody stools. Typically carried by cattle, but also known to be carried by sheep, cats, swine, and dogs. Usually foodborne, and associated with eating raw, or undercooked food. Can also be in water sources that have had contact with raw meats.

Salmonellosis: Causes diarrhea, stomach cramps, and fever. Certain strains can cause infection in blood, bones, urine, and nervous system. Can cause severe disease. Infected persons can get it from a variety of sources, but typically it is from eating contaminated food or water, or touching infected animals, their feces, or their environment.

Coccidioidomycosis: (Valley Fever) Symptoms include fatigue, cough, fever, headaches, night sweats, muscle, or joint pain, and possibly a rash on upper body or legs. Caused by breathing spores from a fungus that lives in the soil in many parts of the southwest.

E. Coli: Is a bacterium that normally lives in intestines of humans but is also found in the gut of some animals. Some symptoms of E. Coli poisoning could be abdominal cramps, vomiting, and diarrhea, and in some instances, bloody diarrhea. Typically contracted through contaminated food or water.

Hepatitis B: Is a viral infection of the liver that can cause short-term, or long-term disease. Can be transmitted in infected bodily fluids via unclean needles, pregnant mothers can pass it on to their babies during childbirth, or through breastmilk, through unprotected sexual contact. Common symptoms are yellowing of the whites of the eyes, abdominal pain, and dark urine. *Preventable by specific vaccine.*

MRSA (Methicillin-resistant Staphylococcus aureus) Is a Staphylococcus bacterium that is resistant to several different antibiotics. MRSA is spread throughout the community by contact with infected people, or things that are carrying the bacteria. This includes through contact with a contaminated wound or by sharing personal items, such as towels, razors, or other products that have touched the skin. Symptoms of MRSA infection depend upon which part of the body is infected. Skin infection can be swelling, redness, pain, and warmth in the infected area. Can lead to pus or other drainage and can cause an overall fever.

Streptococcal Group A: Is a bacterial group known to cause Strep Throat, Scarlet Fever, Necrotizing Fasciitis, and Rheumatic Fever. Most common, is Strep Throat. More common in children than adults. A quick test by a physician can clarify, and it can be treated with antibiotics. Strep Throat is passed person to person through coughing or sneezing. Symptoms include sore throat, pain in swallowing, fever, tiny red spots on the roof of the mouth, and possibly swollen lymph nodes in front of the neck under jaw.

Streptococcus pneumoniae: Is a bacterium that is a common inhabitant of the respiratory tract and cause respiratory infections like pneumonia. It is also known to cause meningitis. Typically, pneumonia is the likely disease. Symptoms include chest pain when breathing deeply, a milky or pus-like mucous coughed up, difficulty breathing, an elevated heart rate, and elevated breaths per minute rate. Lack of the overall body's oxygen levels, and overall body pain and weakness.

Sources: cdc.gov, mayoclinic.org

RATES FOR LEADING CAUSE OF DEATH APACHE COUNTY AND STATE

LEADING CAUSES OF DEATH AMONG YOUNG ADULTS (20-44 YEARS)

<u>CAUSE</u>	<u>APACHE COUNTY</u> <u>*RATE</u>	<u>STATE *RATE</u>
-Accidents (unintentional injury)	40	1,368
-Accidental poisoning	11	823
-Motor vehicle accidents	17	420
-Intentional self-harm (suicide)	17	547
By discharge of a firearm	#	262
By other means	14	285
-Malignant Neoplasms	312	0

* Total Number. Source: azdhs.gov

less than 6

LEADING CAUSES OF DEATH AMONG MIDDLE-AGED ADULTS (45-64 YEARS)

<u>CAUSE</u>	<u>APACHE COUNTY *RATE</u>	<u>STATE *RATE</u>
-Malignant neoplasms	156.9	161.6
-Diseases of the heart	84.1	111.2
-Accidents (unintentional injury)	179.3	65.6
Accidental poisoning	61.6	33.9
Motor vehicle accidents	78.5	17.1
Falls	0	5.5
-Chronic liver disease and cirrhosis	72.8	34.0
-Diabetes	50.4	33.0

*Rates per 100,000 middle aged adults 45-64 years old. Source: azdhs.gov

LEADING CAUSES OF DEATH AMONG ELDERLY (65 YEARS AND OLDER)

<u>CAUSE</u>	<u>APACHE COUNTY *RATES</u>	<u>STATE *RATES</u>
Disease of the heart	84	10,265
Malignant neoplasms	66	8,984
Chronic lower respiratory disease	20	3,310
Alzheimer's disease	11	2,979
Cerebrovascular disease	30	2,456
Accidents (unintentional injury)	20	1,508
Diabetes	17	1,408
Influenza and pneumonia	10	871
Hypertension	<6	793
Parkinson's disease	8	733

*Total number of individuals 65 years old and older

FY18/19 ACCOMPLISHMENTS AND GOALS

CLINICAL SERVICES DIVISION

Over the past year, the Clinical Services personnel have focused on fostering relationships with Tribal partners and facilitating the roll out of systems that can capture the disease burden of the entire county, both on-and-off of Tribal Lands. Progress has been made with enrolling and training the Navajo Nation Department of Health (NDOH) staff to access the Medical Electronic Disease Surveillance Intelligence System (MEDSIS) and the Patient Reporting Investigation Surveillance Manager (PRISM). The MEDSIS system is used statewide to record, track, share, and consolidate most reportable medical conditions. The PRISM system is used to record, track, share and consolidate sexually transmitted disease. Once the Navajo Nation is completely onboarded to these systems, the disease burden of Apache County will be more accurately tracked and reported by the state and to the Center for Disease Control (CDC). One benefit of accurately tracking disease burden is to assure that Apache County receives its fair share of funding for programs. In addition to attending meetings, the Clinical Services staff have actively been involved in the issuance of usernames and passwords as well as on-site training sessions held on the Navajo Nation.

The Clinical Services is staffed currently by three personnel: one registered nurse (normally two nurses, a full-time nursing position is open at this time, and hope to be staffed soon) (40 hrs./wk.) and two support staff (40 & 24 hrs./wk.). In addition to disease surveillance, the Clinical Services Division offers the following clinical programs: Well Woman/Family Planning, Tuberculosis (TB), and Immunizations.

- Marian Bigelow, RN serves at the Registered Nurse for the clinic.
- Carla Walker, Program Coordinator II, has been providing support for the Immunization Program for more than eleven years. Carla is recognized by her peers as an expert in immunization program administration.
- Valerie Porter, Program Coordinator I, provides support for the following programs: Well Woman/Family Planning and Tuberculosis Control Program. Valerie has been with Apache County for more than 3 years.

Well Woman/Family Planning Program

- Goal #1-See at least 10 clients each month for well woman/family planning services
- Goal #2-Education about family spacing and birth control methods

Valerie Porter coordinates the Well Woman/Family Planning program. Apache County continues to serve as a “safety net provider” for women’s health care needs. Many of the women that seek care at the Apache County Clinic would go without well woman or family planning services due to non-qualification of AHCCCS services or due to copays associated with AHCCCS services.

Approximately 95 unique clients were seen for well woman and family planning services over FY18/19. For some clients, this meant that cervical cancer and breast cancers were identified and treated at earlier stages resulting in a better chance for a cure. Additionally, clients were educated and/or screened for STIs, depression, intimate partner violence, eating disorders, exercise, immunizations, nutrition, date rape/sexual assault, dental hygiene, tobacco use, alcohol/drug abuse, hypertension, obesity, & genitourinary issues. Referrals were made, when appropriate, to community resources that have been identified.

The Clinical Services Division has utilized the 340B Drug Discount Program to significantly reduce spending for birth control that is dispensed to the clients. The 340B Drug Discount Program is a US federal government program created in 1992 that requires drug manufacturers to provide outpatient drugs to eligible health care organizations and covered entities at significantly reduced prices. The intent of the program is to allow covered entities to stretch scarce federal resources as far as possible, reaching more eligible patients and providing more comprehensive services. Maintaining services and lowering medication costs for patients is consistent with the purpose of the program, which is named for the section authorizing it in the Public Health Service Act. It was enacted by Congress as part of a larger bill signed into law by President George H. W. Bush.

Tuberculosis Control Program

- Goal #1- Training and educational efforts will focus on increasing the awareness of the epidemiology, prevention, diagnosis and treatment of tuberculosis, and the evaluation of appropriate persons at the time of employment and at regular intervals.
- Goal #2-To become and be recognized by community partners as subject matter experts that are proficient in TB case management and case investigation

Valerie Porter oversees the Tuberculosis Control Program. One hundred and thirty-one TB tests were administered FY18/19. No clients were identified with latent or active TB. The Apache County Staff attend both in-person and on-line meetings to keep abreast of the latest trends and case management techniques to successfully treat and monitor clients with latent or active TB. Marian Bigelow, PHN completed modules 1-9, CDC Self-Study Modules on Tuberculosis. Cleta Keller and Marian Bigelow attended an in-person week-long intensive training by Curry International Tuberculosis Center. Cleta Keller (now retired) presented TB Disease & Adult Vaccine Preventable Diseases for the White Mountain Regional Hospital Axillary Board Monthly Meeting with 25 Members. The Clinical Services Division continues to work collaborative with community partners, Navajo County, the Navajo Nation, and the State Health Department to decrease the burden of TB disease in Apache County.

Immunization Program

- Goal #1-To become the sole provider to administer flu, pneumonia, and shingles vaccines to all Apache County employees and employees from the towns of St Johns, Eagar and Springerville.
- Goal #2-Identify county schools with low immunization rates on an annual basis by reviewing data published by the State Health Department.
- Goal #3-Schedule meetings with key school personnel to partner with to increase immunization rates

Carla Walker leads the coordination of the Immunization Program. During FY18/19, over 2,600 immunizations were provided by the Clinical Services division.

Weekly reports are generated to identify Apache County clients, both children and adults, who are lacking the recommended vaccinations. Telephone outreach is made to the identified clients to remind them that they are lacking a recommended vaccine. If the client is unable to be reached by phone, a postcard is sent to them to remind them of the missing immunization.

The Clinical Services Division coordinated and held sixteen off-site flu immunization clinics during FY 2018-2019. By providing flu clinics for the Towns of Eagar/Springerville, St. Johns and the Apache County employees, the insurance trusts saved a significant amount of money by not having staff from Health Waves (PHX) travel to Apache county. Two hundred and twenty immunizations were provided that eliminated the \$120.00 shot that was being charged by HealthWaves.

Concho School District was identified as a school with the lowest number of vaccinated children in the County. Communication is ongoing with District Personnel to increase the vaccination rates. A case of measles in the school district has alerted the personnel to increased need of vaccinations for those attending school there.

EDUCATION DIVISION

Women, Infant Children (WIC)

Goal: Provide a healthy beginning so that children born in our community, and those living in our community, get off to a healthy and safe start.

How we do this: Women, Infants, and Children (WIC) provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. WIC serves pregnant, breastfeeding, and postpartum women; infants; and children under the age of five who are determined to be at nutritional risk.

Success for FY18/19:

Apache County WIC was awarded an extra \$5,000 for FFY20 for achieving the highest percentage of infants exclusively nursed for our assigned caseload cohort in the first quarter of FY/1819 (Oct 1st through Dec 31st). WIC had an overall caseload of ~400 women and children.

Bureau of Tobacco Prevention and Chronic Disease Management (BTCD)

Assist in tobacco enforcement activities: Attorney General's Office Compliance Inspections were conducted on 10/13/18 and 3/22/19. We also assisted with inspections in Navajo County with the AGO and FDA on 3/23/19 and 6/18/19. We also assisted with FDA inspections in Navajo county conducted on 2/8/19. One staff and three youth volunteers attended the youth recognition ceremony.

Promote the use of cessation treatments among adult and youth smokers: Ashline is promoted at all events we attend and is also included when we do Smoke Free education in Apache County. We have also trained multiple staff in the Health District and local medical facilities on making referrals. However, we have only made a total of 4 referrals for the year.

Promote and implement activities and strategies outlined in the Million Hearts Initiative: We completed "Your Heart, Your Life" workshops in July 2018 with 10 participants, and provided 2 sessions at the Apache County Correctional facility from 4/5/19 – 5/3/19, with a total of 40 participants.

We also began a walking group to accompany the program, which was named by a participant as "Flab-U-Less". The walking group has consistently met for 4-6-week sessions since 11/26/18, for total of 6 sessions with a participant total of 121. The walking group has been facilitated in the Springerville/Eagar area for this fiscal year, and we have begun promoting another group in the St. Johns area.

Other evidence-based/informed related strategy: We began exploring the need for an Alzheimer's support group in the area during the final quarter of the fiscal year. We initially had interest in the Concho area, and began a group with 4 participants. Only one person continued to participate, and we are now exploring ideas to evaluate the need in the area.

Successes for FY18/19:

BTCD staff were successful in completing all the work outlined in our State Action Plan, for each quarter. The percentage of participants who completed our workshops, improved this year. There was a total of 55 participants with 41 completing the program, for a 75% completion rate.

The relationships developed with workshop participants, have been a great success. BTCD staff regularly work with inmates who assist with the Food Bank, and they continually ask when we will be offering classes at the Prison again. Two participants commented that they learned so much and look forward to attending other classes. Another, from Concho, called to inform us about her husband's recent diagnosis and the challenges it has presented. BTCD staff were able to connect her with the resources available. Another participant reported that the Health District staff have been his biggest supporters during the classes and felt encouraged in his journey to improve his health.

Arizona Health Zone

Goal: Encourage Healthy Eating and Active Living, so that the people of our community are more physically able to enjoy long, fulfilling lives.

How we do this: Provide workshops which teach the skills needed in the day-to-day management of any type of ongoing health condition in order to maintain and/or increase an active and fulfilling lifestyle. These workshops encourage a healthy diet and regular exercise. We also provide similar education for youth utilizing multiple evidence-based curriculum on the subjects of a healthy diet and exercise.

Successes for FY18/19:

Successfully supported Summer Food programs and Food Banks for the communities of St. Johns, and Springerville-Eagar.

Nutrition classes were provided in the following schools:

- Alpine Elementary
- Round Valley Elementary
- Vernon Elementary
- Round Valley Middle school
- Round Valley Pre-School
- Springerville Head Start

PROMOTION DIVISION

In 2017, ADHS developed an Intergovernmental Agreement (IGA) which combined seven different programs into one shared IGA, titled, “Healthy People Healthy Communities.” Programs included in this IGA address several different health priorities including but not limited to unintentional injury, obesity, teen pregnancy, cardiovascular disease, chronic lower respiratory diseases, diabetes, and access to well care. The health promotion division targets unintentional injury, and teen pregnancy through their Maternal Child Health and Teen Pregnancy Prevention programs. In addition, the Health District receives lottery-dollar funds to implement a home-visitation program titled Baby Sprouts. Since August 2000, this ADHS/Health Start home visitation program (coined name “Baby Sprouts”) has been offered to pregnant women and/or women who have children under the age of two.

Multiple staff members within the division are certified as child passenger safety technicians, allowing for comprehensive car seat education to be provided to parents, caregivers and community agency staff who transport children. Five staff members received training to provide Safe Sleep education to families. Three staff members received training to facilitate Matter of Balance Fall prevention workshops for the senior population (60+). Five staff members received training to facilitate evidence-based life skill lessons for teens, and training to facilitate lessons for parents and caregivers of teens through active parenting workshops.

Four staff members provide services to women and children enrolled in the home visitation program. All of the staff is required to pass background checks and obtain fingerprint clearance.

The program has continued to offer services to the community using evidence-based or evidence informed strategies that fit the county's needs.

Maternal Child Health

The Community Health & Injury Prevention program (CHIPP) continues to offer prevention services to members of our communities. Comprehensive car seat education is provided to families, caregivers and staff who transport children. Due to joint efforts between technicians in our county, and other individuals with child passenger safety related skills, car seat education and distribution, certification trainings and instructor services is provided at different venues allowing for more families and children to be served. Over one-hundred car seats are provided to children in our communities on an annual basis. Program staff have developed strong, working relationships with other injury-prevention programs located on the Navajo Nation and other counties in the state allowing for aid to crossover to both northern and southern geographic areas in our communities.

Cribs for Kids/Safe Sleep Program

With the help of medical service providers, public health nurses, home visitation professionals and other agencies that serve women, evidence-based and/or evidence informed education regarding sudden unexplained infant death syndrome (SUIDS), is provided to families who have children birth to 1 years of age.

During office, clinic or home visits, professionals screen families for safe sleeping environments for their infant. If family does not have a crib for their child, they are referred to the program. Families who have cribs receive educational information only. Families who are referred are contacted by staff for scheduling of safe sleep educational class and receive a pack-n-play with safe sleep supply bag. Safe Sleep supply bags include fitted sheet, pacifier, sleep sack, temperature room gauge, children's reading book, and additional safe sleep information for grandparents/babysitter/or father.

A Safe Sleep Power point presentation was developed for use with collaborators. New brochures with safe sleep education and information about the program were created and distributed to local organizations that work with women and infants. Collaborators are also members of Apache County's Safe Kids Coalition. Coalition meetings are held quarterly allowing for members to share new resources and announce events happening with their programs and discussing barriers and challenges they are experiencing in their respective communities.

Matter of Balance Workshops

Three staff members within the division facilitate the “Matter of Balance” workshops using evidence-based curriculum to aid in the prevention of falls among men and women 60 years or older. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small

group of 8-12 participants led by a trained facilitator. All registered participants are referred to the Healthy Living/Chronic Disease classes and other Public Health Service Programs they may need. In addition, facilitators continue to attend the quarterly Elder Care Forum meetings to discover new resources and partnerships to serve our local seniors. A Matter of Balance flyer is posted in the community and on social media networks to advertise local workshops.

Battle of the Belts Competition

Program staff continue to meet and present information to Apache County high school officers and clubs for implementation of Battle of the Belt. Teenagers who are involved with leadership clubs in Apache County high schools took on the challenge to participate in the competition. The program’s goals are to increase seat belt use and decrease unsafe driving habits among the teen population.

Round Valley, St Johns, and Ganado High School were willing to participate in the program for the 2018-2019 school year. Leaders from these clubs promote seat belt use and safe habits through unannounced seat belt check surveys, messaging through social media, creating safety posters and advertising during assemblies. At the end of the competition, the school who has gained the highest increase of seat belt usage among their student body wins. The winning high school receives a trophy as champions of the competition. Root beer floats are provided for the entire student body.

Accomplishments FY18/19 (MCH Programs)

- One-hundred and nine families attended car seat educational classes and received car seats and/or education regarding the safe installation of their car seat for their child. Car seat classes were provided through appointments, check events, or during walk-ins.
- Multiple car seat check events were held in Round Valley and St. Johns communities.
- For National Child Passenger Safety week, the first ever Photo Contest was posted on the counties Facebook page. Members of the community who posted a picture of their family safely buckled up were entered in for a prize.
- The program continues to work well with other health district programs within the county including WIC, Baby Sprouts, Immunization Clinic, Chronic Disease and Emergency Preparedness.

- Our certified car seat technicians were recertified for another 2 years attending the 4 Corners Without Borders Injury Prevention Conference in Monument Valley.
- Our team attended and promoted health promotion programs at the Healthcare Fair at the White Mountain Regional Medical Center (Safe Sleep, CPS, Health Start, and Matter of Balance).
- Our team also attended and promoted Matter of Balance at the Sanders Elder's Day Event in the Valley High School Auditorium.
- Collaboration efforts between the program, law enforcement and the judicial system in Round Valley allow for a ticket deferral class to be continued for individuals who are ticketed for non-use of car seats for children. Car seats are distributed to families who many need them.
- 28 Pack-N-Plays with education were provided to women through referral by WIC, Health Start, Living Hope, North Country Health Care, and Public Health Nurses from Tse Hoot Soi Medical Center.
- Ganado High School won first place for the Battle of the Belt Competition. GHS showed a 30% increase and an 80% average of seat belt use. Round Valley High School placed second and had a 5% increase and a 75% average of seat belt use. St. Johns High School placed third and had a 19% increase and 60% average of seat belt use.
- Thirty-one participants attended Matter of Balance Workshops.

Trainings/Conferences (MCH Programs)

- Apache County Youth Council Meetings to discover new resources and partnerships to serve our teens.
- Adolescence Training across the state to better serve our teens.
- ACE's Training (Adverse Childhood Experiences).
- Mental Health First Aide for Youth training offered by Little Colorado Mental Health Service.
- Question, Persuade, and Refer (QPR) Suicide training offered by Little Colorado.
- Attended the Head Start Resource Fair.
- Attended the White Mountain Regional Medical Center resource fair.
- Arizona Falls Prevention Coalition.
- Attended Healthy People Healthy Communities IGA Annual Summit in Phoenix.
- Aging Well in AZ 2019 Aging Summit Conference.
- Wellness Coalition meetings to promote health and wellness to families in our community.
- Safe Kids Navajo Nation meetings in Window Rock at the Navajo Department of Transportation complex to report updates and announcements from our organization on car seat events and safe sleep programs.

- Eldercare Forum Quarterly meetings to gain more knowledge on how we can better serve our seniors.
- Birth to 5 Community Partnership meetings hosted by First Things First.
- 4 Corners Without Borders Injury Prevention Conference in Monument Valley to recertify technicians and receive updates on new technology and car restraints.
- Quarterly Injury Prevention Advisory Council (IPAC) teleconferences hosted by Arizona Department of Health Services.

Teen Pregnancy Prevention Program (TPPP)

The Teen Pregnancy Prevention program is facilitated by four staff members using evidence-based curriculum approved by Arizona Department of Health Services (ADHS), and Arizona Department of Education (ADE). FY18/19 is the last semester with Smart Girls, Wise Guys, and Native Stand curricula. Youth 12-18 years will be offered the program using Love Notes, Focus, Wyman Teen Outreach Program, Making Proud Choices, or Positive Prevention starting fall of 2020. Memorandums Of Understanding exist between the health district and high schools who participate. Schools that participate include: Window Rock High School, Ganado High School, Chinle High School, Concho Elementary School, and St. Johns Learning Center. All staff receive comprehensive curriculum training prior to facilitation of lessons and attend annual professional development trainings hosted by Arizona Department of Health Services.

Accomplishments FY18/19

- Three hundred fifty-one (351) students of Ganado, Chinle and Window Rock High schools completed the Native Stand Program and were given pre/post evaluations.
- Seventeen (17) students of Concho Elementary School completed the Wise Guys Program and were given pre and post evaluations.
- Fifteen (15) students of St. John's Learning Center completed Wyman TOP and were given pre and post evaluations.
- Thirteen (13) students of St. John's Learning Center completed Making Proud Choices and were given pre and post evaluations.
- Thirty-four (34) students of McNary Elementary school completed Smart Girls and Wise Guys Program and were given pre and post evaluations.
- Fifteen (15) students completed career service projects that included creating coloring books for the children of the St. John's Head start school.

Continuing Education/meetings/trainings

- All staff attended the Adolescent Health Conference in Phoenix.
- All staff attended Empowering Consent Training.
- All staff attended Sexual Violence Conference.
- All staff attended the revised version of Wyman TOP.

- Program Coordinator/Division Manager attended an TPP conference call with Program Managers.
- Four (4) TPP quarterly contractors' meetings October and April.
- Staff attended monthly Youth Council Meetings.
- Midyear budget review call with program manager.
- All staff attended monthly Public Health building meetings.
- Two (2) staff members attended "It's Not the Birds and the Bees" workshop (child sexual violence awareness).
- All staff attended Bloom 365: Trusted Adult Aly training.
- All staff attended the Intro to Reproductive health training.

Health Start Program

The Health Start Program also known as Baby Sprouts Program, an Arizona Department of Health Services home visitation program, provides education, support, and advocacy services to pregnant/postpartum women and their families in targeted communities in southern Apache County. The Community Health Workers live in and reflect the cultural, ethnic, and socioeconomic characteristics of the communities they serve. Communities served include: Alpine, Concho, Eagar, Greer, Springerville, St. Johns, Sanders, and Vernon.

During home visits, families receive case management with oversight by nurses and social workers, through the enrollment of prenatal/postpartum clients and their children, up to the child's second year of life. Community Health Workers refer pregnant women to prenatal care providers. Women enrolled into the program receive on-going education about fetal development and health behaviors that can impact birth outcomes. Mothers receive information regarding inter-conception health and are screened for prenatal and postpartum depression.

Clients are referred to various services as needed and assisted with accessing medical service providers, shelter, nutrition, heating, domestic violence shelters or any other services necessary for client family wellness. Client needs are assessed to ensure basic needs are met for food, housing, and transportation. The Community Health Workers educate parents about immunizations, home safety, child passenger safety, child development, dental care, and positive parenting. The Community Health Workers screen each child on a periodic basis using the Ages and Stages Questionnaire to identify potential developmental delays and refer the family to the appropriate provider. Community Health Workers acquire new skills and knowledge on an on-going basis to ensure they are providing the most accurate information to families they serve.

Accomplishments FY18/19

- 59 women were enrolled into the program.
- 229 prenatal home visits were provided to women and their families.
- 536 family follow-up home visits were provided to women and their families.

- 19 multiple-child visits were provided during home visits.
- 40 Alcohol, Tobacco, and/or other Drug screenings were provided to women during home visits.
- 11 brief intervention visits were provided to women during home visits.
- 34 healthy at home safety screenings were provided to women during home visits.
- 12 classes were provided to women enrolled in the home visitation program that included lessons on infant massage and nutrition.
- Two (2) car seat check events were provided in Round Valley and St. Johns.

Continuing Education/Trainings/Outreach (Baby Sprouts)

- Attendance at White Mountain Regional Medical Center Health Fair.
- ZIKA Virus Prevention training.
- Apache County Domestic Violence quarterly meeting.
- Sex Trafficking Training.
- Infant Brain Development Training.
- Cultural Awareness Training.
- Sexual Violence Prevention.
- Breastfeeding Certification – Lactation Counseling.
- Monthly telephone conferences regarding Fetal Alcohol Syndrome and Alcohol, Tobacco and/or other Drugs, Brief Intervention for Referral to Provi.
- Nahat'a Dziil Health Clinic Obstetrics outreach event, Sanders, AZ.
- Family Spirit curriculum monthly teleconferences.
- Monthly RN and Social Worker consultant meetings.
- Home Visitor Safety meeting with program management with ADHS.
- Monthly team meetings.
- Public health annual mandatory training.
- Suicide Prevention Training – QPR Question, Persuade, Refer/Mandatory Reporter trainings.

SMOKE FREE AZ

Like years previous, county health educators continue to visit local businesses to answer questions about the Smoke-Free AZ Act and offer signage and other resources. Apache county is one of only two Arizona counties with ZERO complaints received this year, so no investigations were necessary. Overall, since May of 2007 to April of 2019, smoking complaints have dropped from 4,803 to 1,123 state-wide. Efforts are proving to have a positive impact across the state and seen also here in Apache County.

Smoke-Free AZ Act information and reports are posted to the Public Health Facebook page.

Goal: To continue efforts to reach out specific establishments across the county in order to maintain our ZERO-COMPLAINT status.

VITAL RECORDS

Approximately 1643 birth certificates and 1053 death certificates were issued in St. Johns, Springerville, Ganado, Chinle and Teec Nos Pos.

Goal: To be proficient in processing Amendments and Corrections to birth records 1997 and to the present and death records 2008 and to the present. Meeting the increasing demands of issuance, questions, and concerns about birth and death records professionally, timely, and pleasantly.

ENVIRONMENTAL HEALTH DIVISION

Accomplishments FY18/19

- Hired a temporary Sanitarian Aid for the summer who was a former Registered Sanitarian/Epidemiologist with the county.
- Received 117 Notice of Intent to Discharge Applications (septic applications).
- Issued 109 Construction Authorizations (septic tank system permits).
- Performed 124 septic tank system inspections.
- Issued 37 Discharge Authorizations (Approvals for operation of septic tank systems).
- Processed 74 Notice of Transfer of septic systems.
- Performed 15 Well site field inspections for the Arizona Department of Water Resources.
- Performed 257 routine food establishment inspections on 145 permitted food establishments.
- Conducted 20 re-inspections of food establishments.
- Performed 7 pre-operational inspections of food establishments.
- Investigated 1 foodborne illness complaints.
- Investigated 5 food establishment complaints.
- Performed 32 inspections of temporary food establishments.
- Presented 27 food worker trainings to 327 participants.
- Inspected 3 pools.
- Inspected 3 children's camp.
- Performed 17 inspections on 7 hotels/motels.
- Responded to 21 complaints: 9 trash, 1 animal, 11 sewage.
- Investigated 3 dog bites and 1 cat bite for possible rabies.
- Investigated 1 complaint for possible plague.
- Issued 16 Hearing Officer Ordinance letters.
- Mosquito Surveillance Contract.
- Processed 9 Public Records Reproduction Requests.

EXPENDITURE REPORT

In FY18/19 the Apache County Public Health Services District expended \$3,436,486 in program services assigned to Public Health Services District and public health related activities. Approximately 39% (\$1,215,020) of Apache County Public Health Services District budget comes from specific grants, and 53% (\$1,631,342) is from tax levy and Salt River Project's Coronado Generating Station. Other revenue of \$241,055 was due to charge for services, licenses and permits.

FUTURE RECOMMENDATIONS FOR PROTECTION OF THE PUBLIC HEALTH

There are three basic principles of Public Health:

1. Education
2. Prevention
3. Enforcement

The Apache County Public Health Services District strives to incorporate each of these principles as we focus on the scope of work of each program we offer to our public. We try and reach out to all age groups from our Health Start/Baby Sprouts program for mothers of newborn infants, to Matter of Balance for seniors. Health Educators teach students in school about good nutrition and making responsible life choices. If our efforts as educators help residents of our county make better choices regarding their health, the overall health of the public improves.

Heart attack, diabetes and stroke are debilitating, and reduce the quality of life for an individual. In most cases these conditions can be avoided or controlled by individuals taking responsibility for their health and by making wise dietary and exercise choices.

To protect public health in Apache County, we need to continue to educate children and adults to help them make better health choices.

Some communicable diseases can be prevented by vaccines. There are many young parents who have not seen the effects of measles or polio who are choosing to not immunize their children against these and other childhood diseases. The rule of thumb is to immunize 80% of the susceptible population to achieve immunity for the entire population. The clinical services division expends a lot of effort in reaching out to communities and populations to immunize people against flu, pneumonia, hepatitis A and B, measles, chicken pox, and other communicable diseases. We strive to continue to advocate for childhood and adult immunization and make those immunizations as available as possible to the population.

When people and businesses refuse to follow health laws, the director and environmental health division need support from the County Attorney's Office and County Administration to enforce the health regulations.

We are in the process of establishing clear and logical enforcement protocol where individuals or companies who fail to comply with public health code, rulings, or advisement will be held accountable and can face penalty's pertinent to the violation committed.

Throughout the county, May through October is marked with special events almost every weekend, and a surge in the number of septic tank systems being installed. It is difficult for one field inspector to keep up with the increased demand for inspections in addition to the fixed establishment inspections. To be vigilant in protecting public health the Apache County, Public Health Services District has budgeted for a qualified part-time employee to help attend to the increased volume of inspections, and to see to it that these businesses and individuals will be in compliance with statute.

An ongoing challenge facing the ACPHSD is in reaching the public and local providers with the awareness of the range of our services and to consider us first when they need support and answers to questions. Continued efforts by a team of well-trained Public Information Officers who update the Public Health Facebook page regularly with seasonal information and with data driven education to ensure the veracity of health-related information being presented to the people of our county.

With our programs, and a consorted effort to make them available to our public, we are hoping to improve the lives of the people of Apache county physically, mentally, and monetarily.

Respectfully submitted,

Preston Raban, Director
Apache County Public Health Services District