



# 2017

## San Juan Public Health

# ANNUAL REPORT

**San Juan Public Health**



**Vital Records • WIC • Environment**  
[www.sanjuanpublichealth.org](http://www.sanjuanpublichealth.org)

Web: [www.sanjuanpublichealth.org](http://www.sanjuanpublichealth.org)  
E-mail: [publichealth@sanjuancounty.org](mailto:publichealth@sanjuancounty.org)  
Facebook : [@sanjuanpublichealth](https://www.facebook.com/sanjuanpublichealth)  
Instagram : [sanjuanpublichealth](https://www.instagram.com/sanjuanpublichealth)

San Juan Public Health  
735 S 200 W Ste 2, Blanding, Utah 84511  
Phone: 435-359-0038  
Fax: 435-213-2803

# Contents

How do  
San Juan  
Public  
Health  
Services  
impact  
your life?

3	Director's Message		
4	Introduction		
5	Board of Health		
6	Department Staff	14	Vital Records
8	Water Quality	16	Financial Report
9	Environmental Quality	18	Nursing Services
10	Food Service	20	Emergency Preparedness
11	Inspections	21	Health Education
12	Time-line	22	Friend of Public Health

# The:

- Food we eat
- Water we drink
- Diseases we catch
- Air we breathe

## Director's Message

In the spring of 1849, Brigham Young created an organization for the "teaching of health and control of disease". This organization was called The Society of Health, and their objective was "To give information to the masses of the people, to lessen their burdens, and to enable them to help themselves."

Today, if you were to ask 100 people what Public Health is, you'd likely get 100 difference answers, ranging from "Medicaid", to "immunizations", to "clean water"; and the truth is, none of those answers is wrong! Public health impacts many aspects of our lives, and is deeply ingrained in the policy and infrastructure which composes the fabric of modern society. The practice may have changed since Utah's first public health efforts in 1849, but our overarching goal is relatively unchanged: to teach health, provide information, and enable you to help yourself in preventing disease.

San Juan Public Health is proud to be part of a continuing heritage of disease prevention in Utah. As you look through this year's annual report, I encourage you to consider how public health efforts impact your life, and where we'd be without them.

-Kirk Benge, Executive Director/Health Officer

# Introduction

We take our responsibility seriously and strive to serve our county in the most responsible and effective way possible.

## The Daily Impact of Public Health

From sunrise to sunset, your life is impacted by public health.

San Juan Public Health strives to help the citizens and visitors of San Juan County enjoy longer, healthier lives by performing the following public health services:

1. Monitor community Health Status
2. Diagnose and Investigate Disease
3. Inform, Educate and Empower
4. Mobilize Partnerships
5. Develop Sound Policy
6. Enforce Laws
7. Link to Services and Provide Care
8. Ensure a Competent Workforce
9. Research Solutions
10. Evaluate Local Health Services

These ten services are vital for effective disease prevention, safeguarding each of our communities and environment, and promoting healthy lifestyles. Let's take a look at how San Juan Public Health services impact the lives of your family, the community and you.

# Board of Health

The San Juan Public Health board is comprised of six volunteers who meet regularly to discuss Public Health issues, adopt regulations and set fees charged for services.



**KD Perkins**  
*Chairman of the Board*



**Suzette Morris**  
*Vice Chairman*



**Debbie Benally**  
*Board Member*



**Phillip Lyman**  
*Board member*



**Gary Suttlemyre**  
*Board Member*



**To Be Announced**  
*Board Member*



**Dr. Phillip L. Smith, MD**  
*Medical Director*

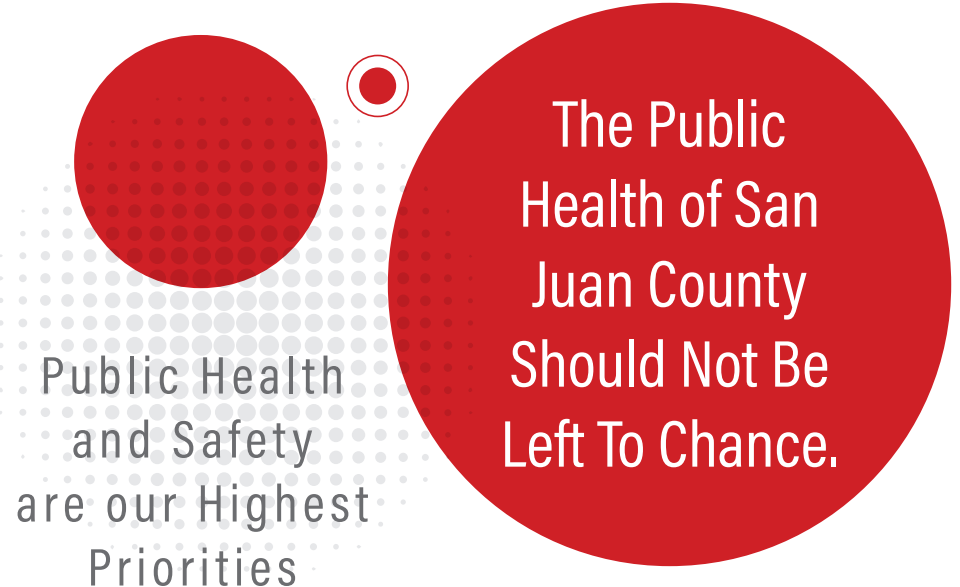


## Department Staff

In September of 2016, San Juan Public Health had four employees. Since that time we have grown by leaps and bounds. We have an excellent team of individuals working hard every day to safeguard the health and wellness of San Juan County.

In addition to the full-time staff pictured on page seven, we have several contract employees including: Cheyna Palmer, our registered dietitian; Skyann Flavel-Palmer, our WIC Peer Counselor; John Hustead, our custodian; and Kelly Smith, our IT Specialist.

"Public health service should be as fully organized and as universally incorporated into our governmental system as is public education. The returns are a thousand fold in economic benefits, and infinitely more in reduction of suffering and promotion of human happiness." -Herbert Hoover



The Public  
Health of San  
Juan County  
Should Not Be  
Left To Chance.

Public Health  
and Safety  
are our Highest  
Priorities



**Kirk Benge, MPH**  
*Executive Director*



**Brittney Carlson, RN**  
*Nursing Director*



**Rick Meyer**  
*Environmental Health Director*



**Katrina Reid**  
*Business Manager*



**Katie Knight, RN**  
*WIC Director*



**Ronnie Nieves**  
*Emergency Preparedness*



**Jami Harvey**  
*Receptionist / HMG Liaison*



**Angela Kunz, RN**  
*Public Health Nurse*



**Zachery Keith**  
*Health Education Director*



**RueShane Jim**  
*Receptionist*



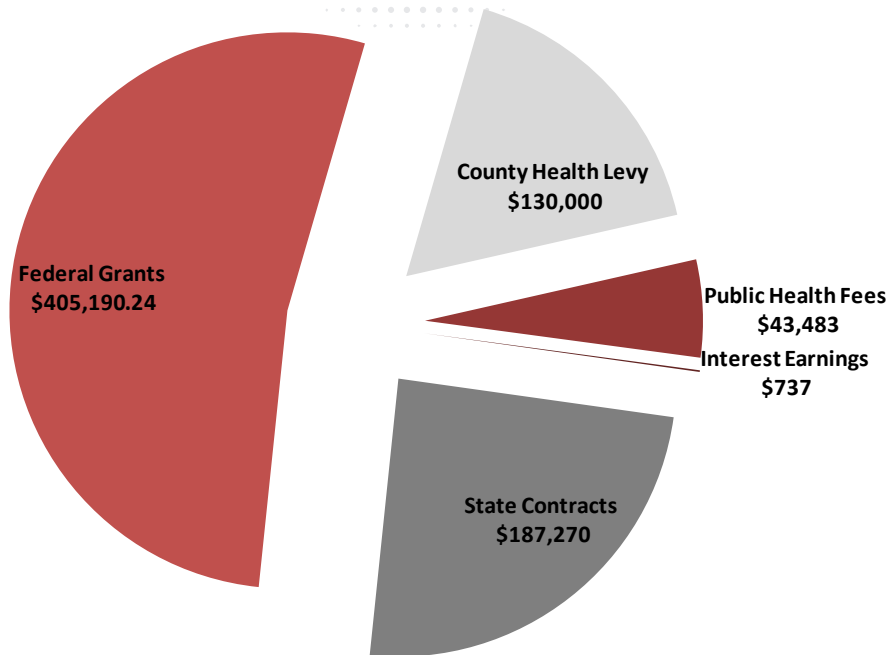
**Kelsey Homedew, RN**  
*Public Health Nurse*



**Luanita Etsitty**  
*Health Educator*



# Revenue FY 2017



77%

The majority of San Juan Public Health funds come from State and Federal Contracts

17%

The County Health Levy funds a portion of Public Health Services

5.9%

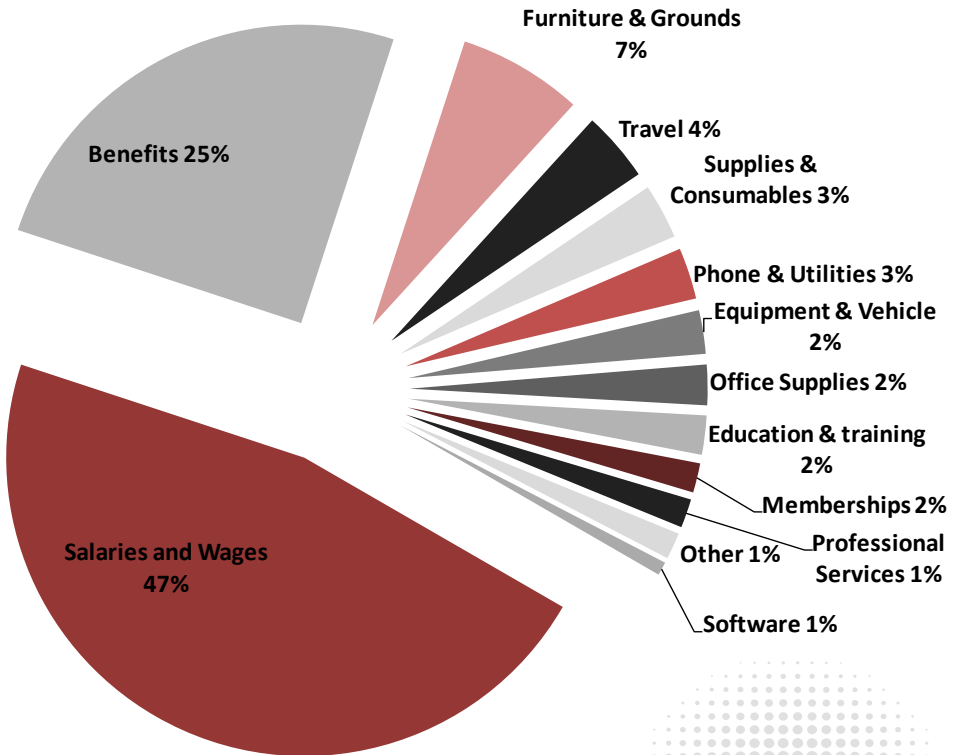
Public Health Fees include money collected for direct services such as vital records and various permits and inspections

.10%

Interest Earnings



# Expenditures FY 2017



# Water Quality



## Drinking Water

San Juan Public Health's Environmental Director works with the State of Utah and the Department of Environmental Quality to inspect drinking water systems at public campgrounds, schools and municipalities in San Juan County ensuring regulations are followed and safeguarding the health of residents and visitors alike.



## Waste Water

All septic waste water systems in San Juan County are inspected and permitted by San Juan Public Health. In 2017 the Environmental Director inspected thirty-three septic systems and two failed septic systems were replaced. In addition to inspections, records of septic systems within the county are maintained and provided to residents upon request.



## Water Quality

One of the many responsibilities of San Juan Public Health is monitoring water quality issues associated with specific public health concerns. Lakes, rivers, streams, ground water, standing water, surface water, etc. are monitored for possible problems associated with E. Coli, Mercury, Harmful Algal Blooms and other public health concerns.



# Environmental Quality



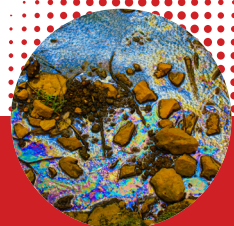
## Air Quality

San Juan Public Health investigates and monitors air quality issues such as asbestos, lead based paint, smoke, dust, and other air quality concerns. In 2017 there were six lead based paint investigations and three dust control investigations conducted in San Juan County by the Environmental Health Director.



## Waste Management

In an effort to protect the public and the environment from exposure to contamination caused by the improper treatment, storage and disposal of waste, San Juan Public Health ensures compliance with waste management regulations including, hazardous waste, radiation control, solid waste, used oil and used tires.



## Response and Remediation

San Juan Public Health is charged with protecting the public health of San Juan County's environment through investigating chemically contaminated sites to ensure proper cleanup, and inspecting underground storage tanks to ensure proper use.



## Time Line

Sept.  
2014

San Juan County  
announces intent to  
leave Southeastern  
Health District

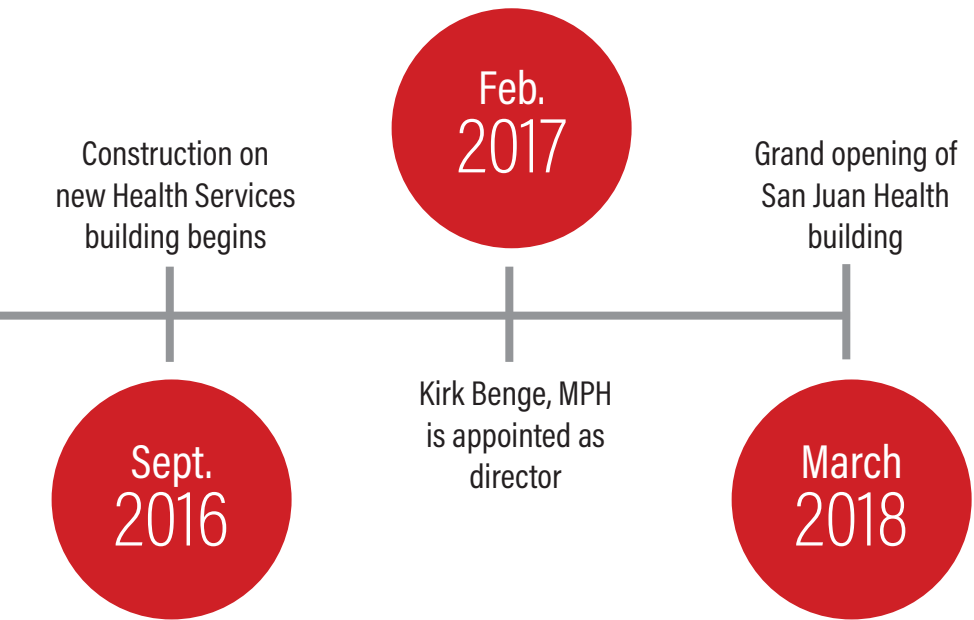
San Juan Public  
Health officially  
begins operation

March  
2015

April  
2015

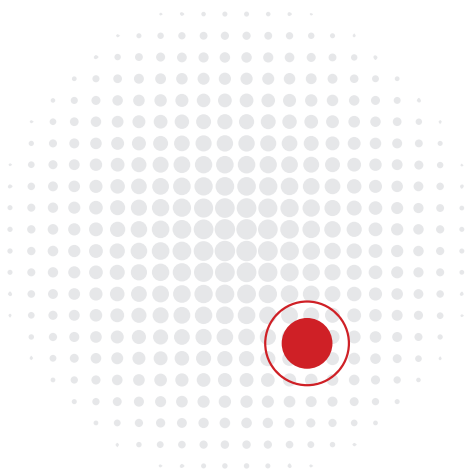
Dr. Phillip M. Smith,  
M.D., MPH becomes  
Medical Director

Over the past couple of years, San Juan Public Health has experienced a lot of change and growth. After breaking off from South Eastern Utah Health Department and forming our own county health department, we have been better able to focus and direct our services for the improvement of our communities health.



We have a strong board of health, excellent employees, and a dedicated director guiding our efforts. Our focus on prevention, education, and health promotion are the key to improving the general health and well-being of the citizens of San Juan County.

# Vital Records



## BIRTH

	2017	2016	2015
Birth Certificates issued	371		
Births by Year	239	248	236
Male	128	133	120
Female	111	115	116
Birth of Twins	8	4	6
Population	16,895	15,707	15,208

## DEATH

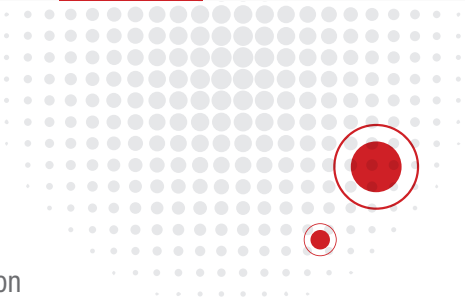
	2017	2016	2015
Death Certificates issued	380		
Deaths by Year	107	102	99
Average age of Death by Year	68.52	69.88	83.23
Male	63.87	64.02	76.77
Female	74.93	70.01	89.08



# 2016 Top Ten Causes of Death Nationwide

The percent of total reported causes of death in San Juan County in 2016 compared to Utah and National percentages.

2016 Leading Causes of Death	San Juan	Utah	Nation
Heart Diseases	21%	25%	32%
Cancers	19%	22%	30%
Chronic Lower Respiratory Diseases	3%*	6%	8%
Accidents (Unintentional injuries)	12%	8%	7%
Strokes (Cerebrovascular Diseases)	9%	6%	7%
Alzheimer's Diseases	1%*	6%	6%
Diabetes Mellitus	9%	4%	4%
Influenza and Pneumonia	5%	3%	3%
Nephritis, nephrotic syndrome, and nephrosis	1%*	3%	3%
Intentional Self Harm	5%	4%	2%



\* County percentages too low for comparison

# Food Service

Protecting the citizens and visitors of San Juan County by enforcing food safety regulations is a primary role of San Juan Public Health.

During 2017 our Environmental Health Director conducted 79 food service inspections throughout the county. These inspections are performed regularly to prevent exposure to food born illness and enhance food safety for the public.

## Food Handler and Food Service Permits

To ensure that food is handled appropriately for the safety of the public, San Juan Public Health requires all individuals preparing, serving, or handling food in or around a food service establishment or mobile food unit (whether the individuals are compensated or not) to receive adequate food service training, either as a certified food handler or as a certified food safety manager. Food Handler Permits are obtained by taking an approved Utah Food Handler Training course. There are some approved on-line vendors for taking the course and San Juan Public Health offers live trainings. In 2017 there were thirteen food handler classes taught in San Juan County to 240 participants.







# Health Inspections

**The Environmental Health Director regularly inspects day-care facilities, swimming pools, Hotels and Motels to protect the public from possible health hazards.**

Public swimming pools and hot-tubs are inspected monthly. Residential and commercial day care facilities are inspected and issued permits. Regular inspections are conducted at hotels and motels. And anyone wishing to operate body-art, cosmetology, massage or tanning facilities in San Juan County are subject to inspection by and must have a permit from the health department.

These permits and regular inspections help ensure that our public is safe and protected from diseases and hazardous agents commonly spread in such facilities.

# Nursing Services



1

## Blanding

Our Blanding WIC clinic is open every Tuesday from 8:30 AM to 11:30 PM and 1:00 PM to 3:00 PM. This is our busiest clinic and clients are seen on a first come, first serve basis.

2

## Montezuma Creek

This WIC outreach clinic is operated from a building owned by San Juan Foundation in Montezuma Creek. Walk-in WIC services are available two days each month. We currently serve 70 participants in Montezuma Creek.

3

## Monticello

The WIC outreach clinic in Monticello is located on the lower level of the San Juan Clinic Monticello. Appointments for participants are scheduled two days per month as needed.

4

## Monument Valley

We started an outreach clinic in Monument Valley. Nurses travel one day each month to provide WIC services. Before starting the outreach clinic we only had two participants from Monument Valley, now we serve forty-seven.

## Home Visiting

Our nurses were specially trained by John Hopkin's University to provide home visiting services to parents and children up to age three. During each visit parents receive training and resources to help them be the best parent's they can be. In 2017 San Juan Public Health nurses taught 96 home visiting lessons.



## Community Breastfeeding Classes

The nurses of San Juan Public Health received lactation specialist training and began offering new community breastfeeding classes at the end of 2017. We have offered two classes so far and 18 people have participated.

## Women, Infants and Children (WIC)

WIC is a nutrition program that helps families learn about healthy eating through nutrition education, counseling, nutritious foods, and help accessing health care. These services are provided to low-income women, infants, and children. In 2017 we served 570 WIC participants at our four clinic locations. We are currently evaluating opening two more locations, one in White Mesa and one in Mexican Hat.

## Perinatal Mood Disorders

Women who are pregnant or have delivered a baby within the past two years are at risk of developing perinatal mood disorders. In an effort to improve the health and well being of our community we screened 80 women for Perinatal Mood Disorders and mailed informational packets to all of the women screened.

## Disease Investigations

During 2017 the following diseases were investigated in San Juan County:

- Chlamydia trachomatis infection
- Coccidioidomycosis
- E. Coli - Carbapenem resistant
- Gonorrhea
- Hepatitis C virus infection, chronic
- HIV infection, adult
- Influenza-associated hospitalization
- Rabies, human
- Salmonellosis
- Shigellosis
- Streptococcal disease, invasive, Group A
- Streptococcus pneumoniae, invasive disease
- Syphilis
- Tuberculosis
- West Nile Virus Disease
- Zika Virus Disease

# Emergency Preparedness

Emergencies may be caused by acts of nature such as earthquakes or disease outbreaks, accidents like hazardous chemical spills, or acts of violence such as bioterrorism.

These incidents usually have a serious impact on public health and typically occur without warning. San Juan Public Health aims to reduce the negative impact of these emergencies.

Our goal is to prevent harm, and when that is not possible, to limit the damages to you

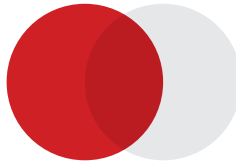
and your family. Our emergency planning and preparation begins with local partners, such as the San Juan County Office of Emergency Management, hospitals, tribes and local health care providers.

In the event of an emergency that affects the health of our community, our responsibility is to:

- Identify ways to reduce health risks, including the use of vaccinations and medications;
- Investigate and work to stop the spread of com-

municable diseases;

- Provide local health care providers with urgent health information, treatment guidelines and access to vaccinations and medications;
- Communicate important health information and advice to the public;
- Assist agencies in hazardous material spills; and
- Help state and federal agencies monitor air, food and water supplies to ensure they are safe.



- In 2017 we participated in a full scale emergency preparedness exercise with Blue Mountain Hospital and surrounding agencies.
- San Juan Public Health staff received training on Incident Command Systems provided by the Utah Department of Health.
- We have established memorandums of understanding with Utah Navajo Health Systems, Blue Mountain Hospital and San Juan Service Districts for responding to health related emergencies.

# Health Education

During 2017 San Juan Public Health's Health Educators performed the following services for our county:

- Conducted 42 tobacco compliance checks
- Passed out 225 gun locks
- Participated in 3 car seat safety checkpoints
- Inspected 12 car seats by appointment
- Provided 6 car seats to Aneth's school for transporting preschoolers
- Trained 2 staff members as certified car seat technicians
- Worked actively with SafeKids Utah, Zero Suicides, Zero Fatalities, Together for Life (UHSO), The San Juan County Prevention and Action Coalition, Systems of Care, and the Intergenerational Poverty Coalition.
- Worked with students from San Juan High School to build an anti-tobacco float for the Blanding and Monticello parades.

Follow us on Facebook!

[@sanjuanpublichealth](https://www.facebook.com/sanjuanpublichealth)

Health Education  
enhances the  
quality of life for  
all people.





## Friends of Public Health

San Juan Public Health  
has established the annual  
**“Friend of Public Health award”**



The Award will be presented at the  
April Board of Health meeting each  
year, corresponding with National  
Public Health Week.

# Who Influences Your Health?

This award will recognize outstanding, significant and innovative activities and accomplishments by an individual, agency or other entity in furthering the principles of Public Health and the mission of San Juan Public Health.

Eligibility is open to all individuals and organizations, serving San Juan County, who have advanced the Mission of San Juan Public Health.



## Generalized criteria to be considered include the following:

- Improve the health status of the community
- Address specific health service needs for a vulnerable population
- Increase public awareness of health programs or problems
- Demonstrate an ongoing effort resulting in long term outcomes to eliminate disease, suffering, or disability, and improve the health of the community
- Develop a creative service or program in cooperation with public health that enhances the health of the community

# SAN JUAN PUBLIC HEALTH

Our mission is to protect and promote the health of all San Juan County residents by preventing illness and injury, establishing and promoting healthy environments, advocating policy based on scientific knowledge of issues relating to public health, promoting services which address personal health and well-being, informing and educating the community regarding issues of public health, and providing a committed, educated and effective public health professional work force.

*Kirk Bengel*  
Health Officer

Web: [www.sanjuanpublichealth.org](http://www.sanjuanpublichealth.org)  
E-mail: [publichealth@sanjuancounty.org](mailto:publichealth@sanjuancounty.org)  
Facebook : [@sanjuanpublichealth](https://www.facebook.com/sanjuanpublichealth)  
Instagram : [sanjuanpublichealth](https://www.instagram.com/sanjuanpublichealth)

San Juan Public Health  
735 S 200 W Ste 2, Blanding, Utah 84511  
Phone: 435-359-0038  
Fax: 435-213-2803