



2018

San Juan Public Health

ANNUAL REPORT

San Juan Public Health



Vital Records • WIC • Environment
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San Juan
Public
Health
Services
impact
your life?

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The:

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

Director's Message

It is an honor to present the 2018 Annual Report of the San Juan County Health Department. This report summarizes our activities and endeavors over the past year.

San Juan Public Health is committed to excellence in the areas of disease prevention, environmental protection, and health promotion. I want to recognize the many partners of public health in our area including our schools, Blue Mountain Hospital, Utah Navajo Health Systems, San Juan Health Services, San Juan Counseling, county emergency medical services, and all of the other agencies that are working to protect the health of our community.

We appreciate the support of our local elected officials, and their continued commitment to the health and welfare of our community members. I especially want to recognize our local Board of Health for their wisdom and influence in guiding this organization.

I am proud of the employees who work tirelessly to ensure that we give the best service to all those who reside in our county. They are some of the top professionals I have ever worked with, and I feel fortunate to associate with them.

I hope you will enjoy the highlights that are presented in this annual report. I am extremely grateful and proud of the contribution that has been given by those who commit their efforts to the important cause of Public Health. We stand ready to serve and commit ourselves to a high level of excellence.

Sincerely,
Kirk Bengé
Executive Director





Introduction

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

The Daily Impact of Public Health

The responsibilities that we have as Public Health Professionals can best be described in the 10 essential public health services which are:

1. Monitor health status to identify community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure a competent public health and personal health care workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.

Throughout this report you will see examples of how public health affects us each and every day. You will notice examples of the 10 essential services in every service we perform. Thank you for taking the time to study this report.

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



Willie Greyeyes (Commissioner)
Board member



Gary Suttlemyre
Board Member



Lois Young
Board Member



Dr. Michael Nielson, DO
Medical Director



Department Staff

San Juan Public Health would like to recognize and thank our devoted staff for their service, commitment, and dedication as they strive to make San Juan County a healthy place to live.

Our devoted staff work continuously to find innovative solutions to complex issues. Our employees take pride in the work they do to better the lives of our citizenry; to empower individuals to make healthy decisions, to protect the health of all county residents, and to work with local leaders to promote healthy policies. Thank you for your integrity and your commitment to serving your neighbors and community members.

We would also like to recognize and thank the members of our team who have moved on to other opportunities. Namely, Zachery Keith, former director of health education, Luanita Etsitty and Donna Harlow, former health educators, and Shawnyel Nielson, former receptionist and liaison. Thank you for your contribution and service. We wish you luck in your future endeavors.

Public Health
and Safety
are our Highest
Priorities

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





Kirk Bengé, MPH
Executive Director



Brittney Carlson, RN
Nursing Director



Rick Meyer
Environmental Health Director



Katrina Lyman
Business Manager



Katie Knight, RN
WIC Director



Ronnie Nieves
Emergency Preparedness



RueShane Jim
*Receptionist
Tobacco Compliance*



Angela Kunz, RN
Public Health Nurse



Michael Moulton
Health Education Director



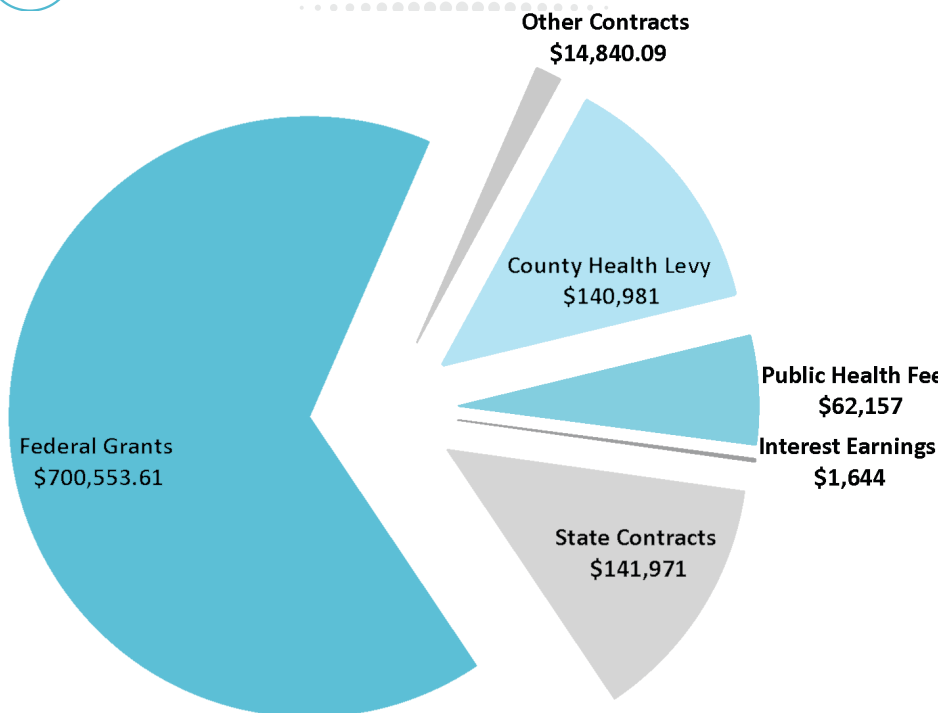
Cheyenne Starkey
Receptionist/Car Seat Safety



Kelsey Homedew, RN
Public Health Nurse



Revenue FY 2018



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

San Juan Public Health has several contracts funded by the State of Utah

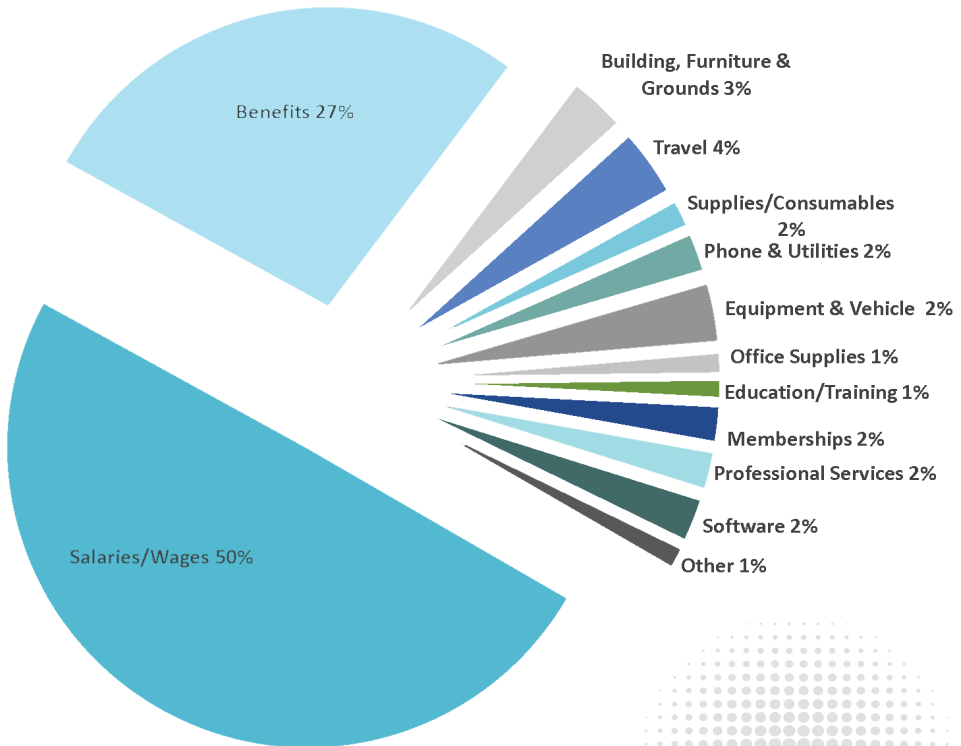
The County Health Levy funds a portion of Public Health Services

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

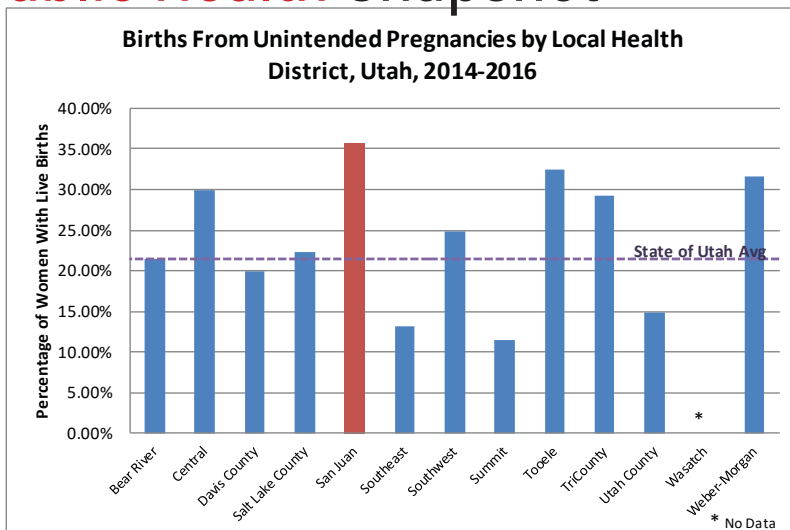
Other Contracts with agencies who pass through funds to San Juan Public Health for specific health services rendered



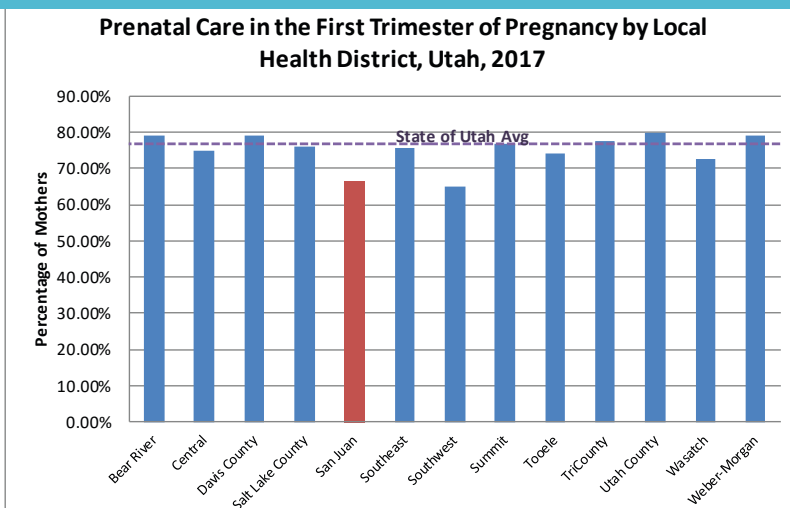
Expenditures FY 2018



Public Health Snapshot



In the United States, unintended pregnancy is a major public health problem. Unintended pregnancy is a general term that includes pregnancies that a woman reports were either mistimed or unwanted at the time of conception. Women with unintended pregnancies are less likely to seek early prenatal care or receive adequate prenatal care, they are more likely to smoke or drink during pregnancy, and are less likely to initiate or maintain breastfeeding.

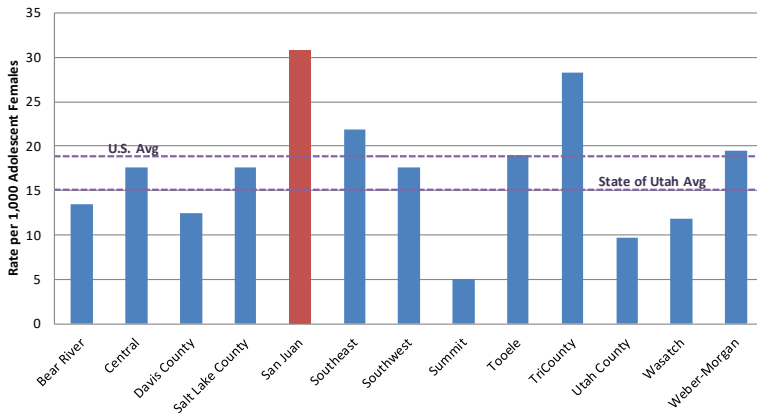


Women who receive early and consistent prenatal care (PNC) enhance their likelihood of giving birth to a healthy child. Health care providers recommend that women begin prenatal care in the first trimester of their pregnancy.

*Data Source: Utah's Public Health Data Resource IBIS system.

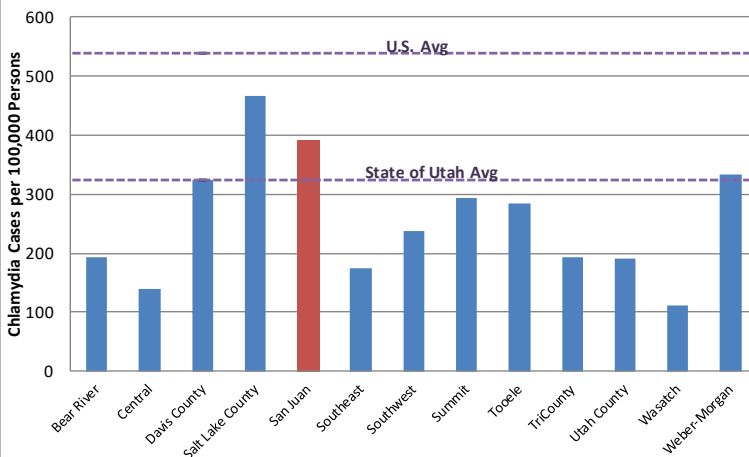


Birth Rate for Females Aged 15-19 by Local Health District, Utah, 2017



Compared to babies born to older mothers, babies born to adolescent mothers, particularly young adolescent mothers, are at higher risk of low birth weight and infant mortality. These babies are more likely to grow up in homes that offer lower levels of emotional support and cognitive stimulation, and they are less likely to earn a high school diploma. For the mothers, giving birth during adolescence is associated with limited educational attainment, which in turn can reduce future employment prospects and earning potential.

Chlamydia by Local Health District, Utah, 2017

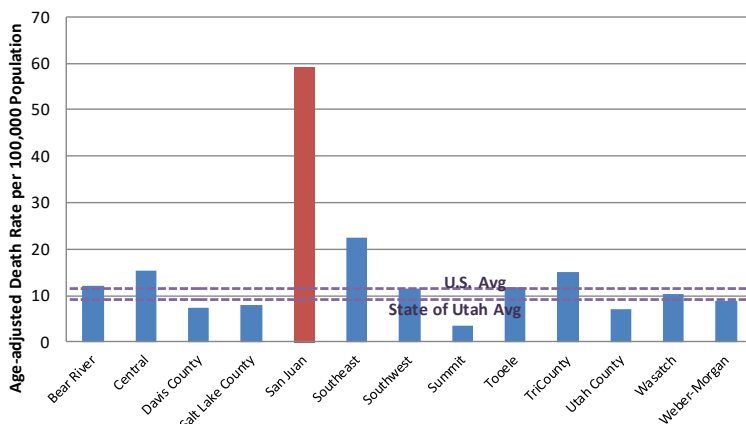


Infections caused by the bacterium *Chlamydia trachomatis* are the most frequently reported notifiable disease in Utah, with 10,541 cases reported in 2018. Over sixty percent of the reported cases were among persons between 15 and 24 years of age. Females with chlamydia are at risk for developing pelvic inflammatory disease (PID), and both men and women may become infertile as a result of untreated chlamydia. Untreated chlamydia infections can damage the reproductive systems of both males and females. Susceptibility to more serious infections such as HIV also increases when an individual is infected with chlamydia. In addition, pregnant women with chlamydia can pass the infection to their infant during delivery, potentially resulting in pneumonia or neonatal ophthalmia.



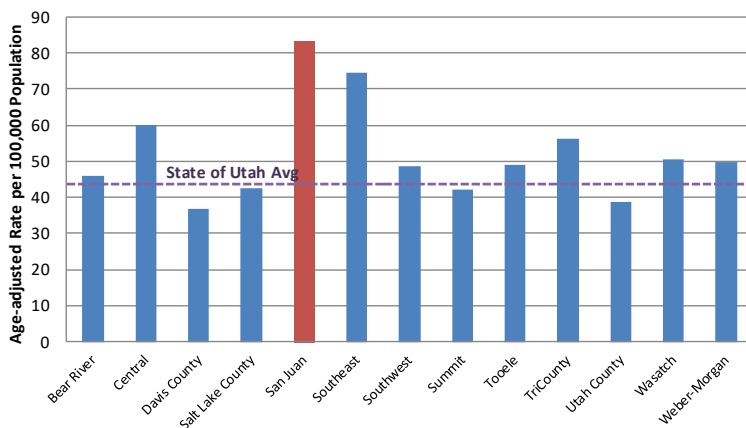
Public Health Snapshot

Motor Vehicle Traffic Crash Deaths by Local Health District, Utah, 2015-2017



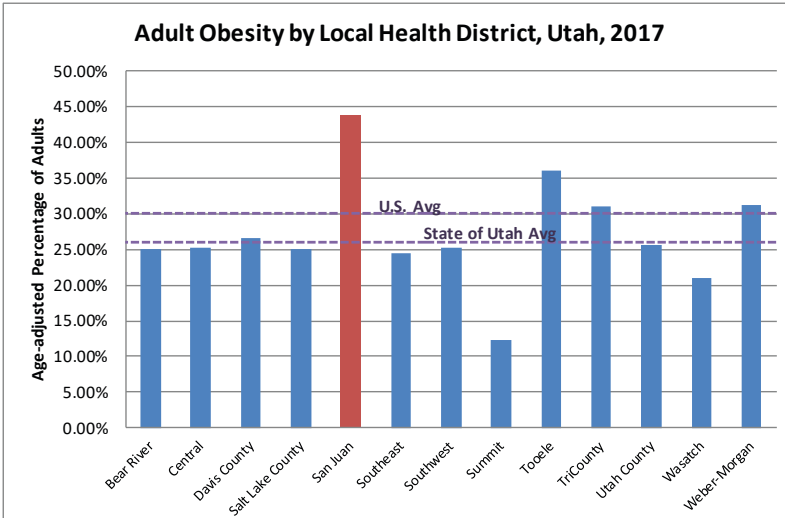
In Utah in 2017, motor vehicle traffic crashes (MVTs) accounted for 280 deaths. This was one of the main injury causes of death. Other types of injury death that year included suicide (663), accidental and undetermined poisoning (583), and unintentional falls (224).

Unintentional Injury Death Rates by Local Health District, Utah, 2015-2017

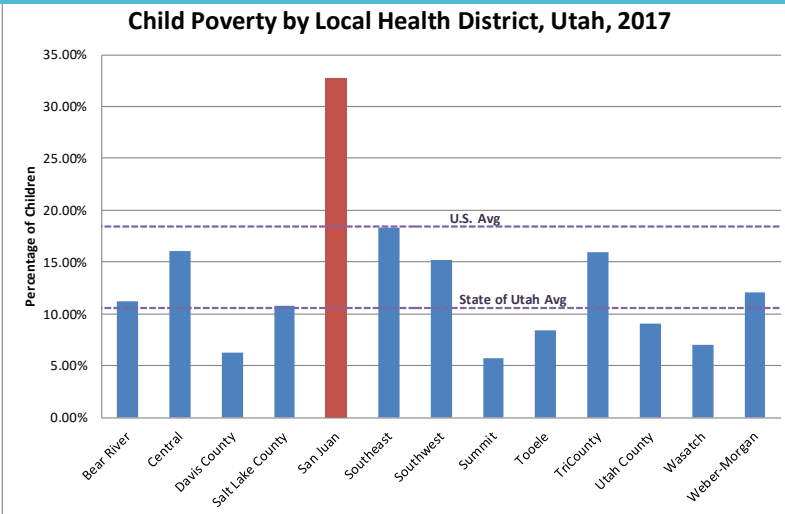


In Utah, unintentional injuries are a leading cause of death and disability. They account for approximately 1,238 deaths and 9,715 hospitalizations each year. In addition, thousands of less severe injuries are being treated in doctor's offices, clinics, emergency departments, homes, schools, work sites, etc. In 2017, the top five leading causes of unintentional injury death for all ages in Utah were poisoning, motor vehicle traffic crashes, falls, suffocation, and drowning/submersion.

*Data Source: Utah's Public Health Data Resource IBIS system.



Research has shown that as people become "overweight" and "obese," their risk for developing the following conditions increases: Coronary heart disease, Type 2 diabetes, Cancers (endometrial, breast, and colon), Hypertension (high blood pressure), Dyslipidemia (for example, high total cholesterol or high levels of triglycerides), Stroke, Liver and Gallbladder disease, Gynecological problems (abnormal periods, infertility)

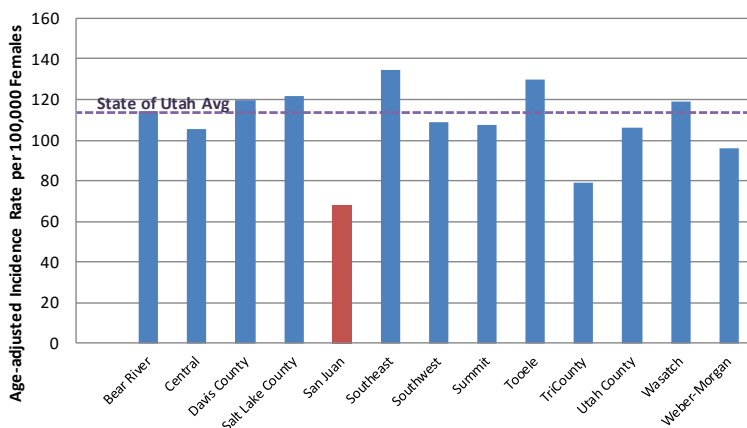


Poverty in the early years of a child's life, more than at any other time, has especially harmful effects on continuing healthy development and well-being, including developmental delays and infant mortality. Well-being in later childhood, such as teen pregnancy, substance abuse, and educational attainment, is also influenced by early childhood poverty.



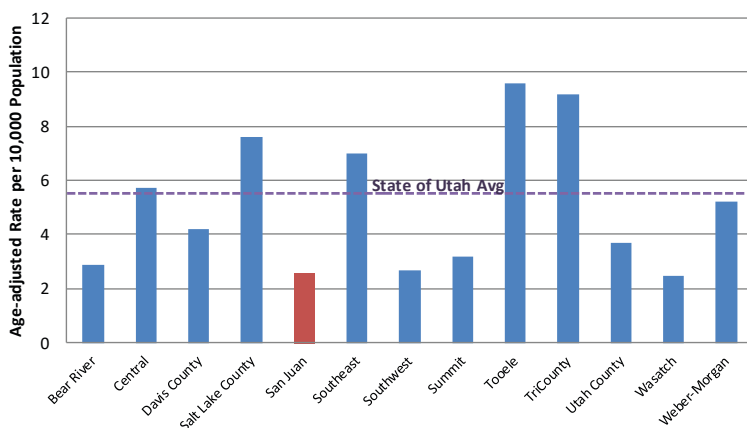
Public Health Snapshot

**Breast Cancer Incidence Rate by Local Health District,
Utah, 2013-2015**



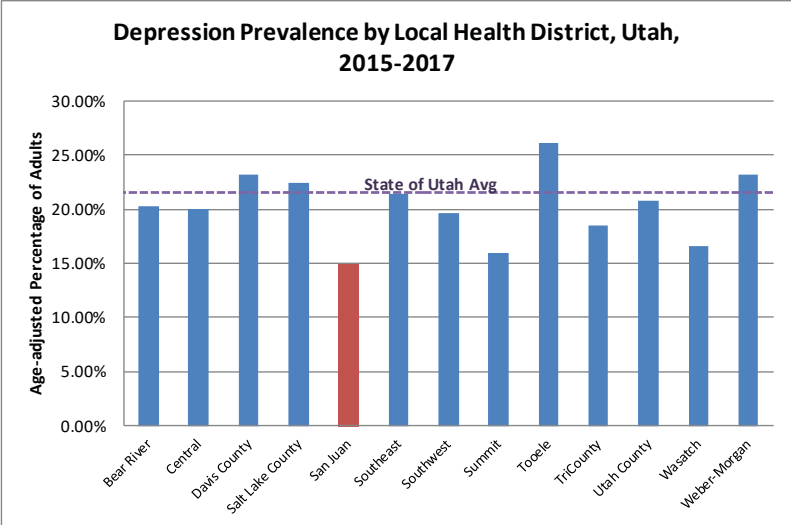
Breast cancer is the most commonly occurring cancer in U.S. women (except for basal and squamous cell skin cancers) and the leading cause of female cancer related death in Utah. If the tumor is found early enough, the risk of death can be lowered. Clinical trials and observational studies have demonstrated that routine screening with mammography can reduce breast cancer mortality by about 20% for women of average risk.

**Asthma Hospitalizations Age-adjusted Rates by Local
Health District, Utah, 2011-2014**

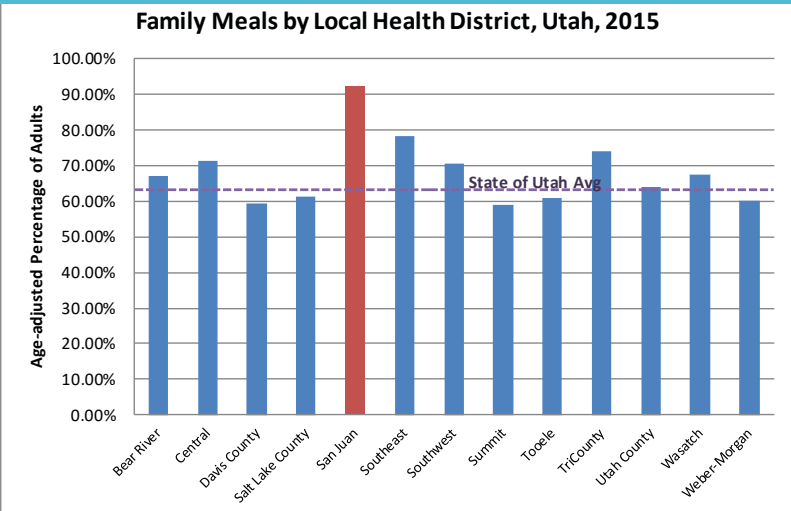


Since there is no cure for asthma, it is a health burden that stays with people for their whole lives. This translates into lifelong costs for medication and treatment, as there are many direct and indirect economic costs associated with asthma. The CDC reports asthma costs Americans about \$56 billion per year. In Utah, it is estimated that asthma-related emergency department visits and hospitalizations cost \$27.6 million in 2013.

*Data Source: Utah's Public Health Data Resource IBIS system.



Approximately 18.3% of adults in the U.S. experienced some kind of mental illness during 2016. Of all mental illnesses, depression is the most common disorder. Major depression is defined as having severe symptoms that interfere with a person's ability to work, sleep, study, eat, and enjoy life. Symptoms of major depression may include fatigue or loss of energy, feelings of worthlessness or guilt, impaired concentration, loss of interest in daily activities, appetite or weight changes, sleep changes, and recurring thoughts of death or suicide. Despite the availability of effective treatments for major depression, such as medications and/or psychotherapeutic techniques, it often goes unrecognized and untreated.



A number of studies indicate that eating meals as a family is associated with increased consumption of fruits, vegetables, and whole grains. Adolescents who eat more meals with their families may have lower consumption of sugar-sweetened beverages and have a lower body mass index (BMI) than their counterparts who eat fewer meals with their family. Caregivers who encourage family meals may model healthier eating habits for their children.

Vital Records

BIRTH

	2018	2017	2016
Birth Certificates issued	392	371	
Births by Year	182	239	248
Male	93	128	133
Female	89	111	115
Birth of Twins	6	8	*
Population	15,449	16,895	15,707

DEATH

	2018	2017	2016
Death Certificates issued	380	380	
Deaths by Year	107	107	102
Average age of Death by Year	69.7	68.52	69.88
Male	68.7	63.87	64.02
Female	72.3	74.93	70.01

* Small counts (<5) are not displayed

Data gathered from Utah's Public Health Data Resource IBIS system.



2015-2017 National Leading Causes of Death

The percent of total reported causes of death in San Juan County for 2015-2017 compared to Utah and National percentages for the same period.

2015-2017 Leading Causes of Death	San Juan	Utah	Nation
Heart Diseases	15.8%	20.7%	23.2%
Cancers (Malignant Neoplasms)	13.4%	17.7%	21.7%
Accidents (Unintentional Injuries)	10.6%	6.9%	5.8%
Chronic Lower Respiratory Diseases	1.8%	4.7%	5.7%
Strokes (Cerebrovascular Diseases)	4.0%	5.1%	5.2%
Alzheimer's Diseases	1.2%	5.3%	4.2%
Diabetes Mellitus	5.5%	3.4%	2.9%
Influenza and Pneumonia	3.6%	2.0%	2.0%
Nephritis, Nephrotic syndrome, and Nephrosis	*	2.1%	1.8%
Intentional Self Harm (Suicide)	3.0%	3.6%	1.6%

* County percentages too low for comparison

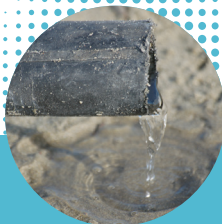
Data gathered from Utah's Public Health Data Resource IBIS system and the CDC National Center for Health Statistics.

Water Quality



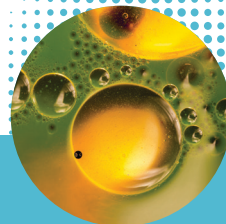
Drinking Water

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. In 2018 seven water systems were inspected.



Waste Water

All septic waste water systems in San Juan County are inspected and permitted by San Juan Public Health. In 2018 the Environmental Director inspected fifty septic systems. 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



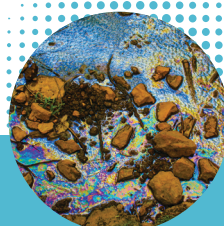
Air Quality

San Juan Public Health investigates and monitors air quality and concerns. In 2018 there were two lead based paint investigations conducted in San Juan County by the Environmental Health Director. There were also miscellaneous inspections for mold, asbestos, rats, bed bugs, and lice concerns within the county.



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. There were twelve used oil inspections in 2018.



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.





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 2018 our Environmental Health Director conducted 81 food service inspections throughout the county. These inspections were 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 2018 there were twelve food handler classes taught in San Juan County to 160 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. In 2018 there were 330 participants in Blanding.

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. In 2018 we served 83 participants in Montezuma Creek.

3

Monticello

The WIC outreach clinic in Monticello is located on the lower level of the Monticello San Juan Clinic. Appointments for participants are scheduled two days per month as needed. In 2018 there were 54 participants served in Monticello.

4

Monument Valley

Nurses travel one day each month to provide WIC services to the south end of San Juan County in Monument Valley. Before starting the outreach clinic we only had two participants from Monument Valley. In 2018 we had 71.



Home Visiting

Our nurses began the Parents-As-Teachers home visiting program in 2018. They provide services to parents and children up to age three. During each visit parents receive training and resources to help them be the best parents they can be. In 2018 San Juan Public Health nurses taught 168 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. In 2018 there were eleven classes offered and 55 people in the community 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 2018 we served 538 WIC participants at our four clinic locations.

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 the San Juan Public Health nurses conducted 130 screenings for Perinatal Mood Disorders and mailed informational packets to all of the women screened.

Disease Investigations

During 2018 we investigated 183 cases of the following diseases 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.

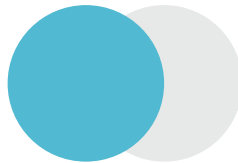
Our goal is to prevent harm, and when that is not possible, to limit the damages to you

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 2018 we planned for our very first point of dispensing (POD) full-scale drill that was completed December 17, 2018.
- San Juan Public Health staff received multiple training's from the State of Utah's department of health, respiratory fit training for emergency response, and point of dispensing (POD) training.
- Employees received active shooter training on January 24, 2018, from Victory Training Company.
- WIC performed an emergency response training in April, May and June, 2018.



Health Education

During 2018 San Juan Public Health's Health Educators performed the following services for our county:

- Conducted 42 tobacco compliance checks
- Passed out 190 gun locks
- Provided 5 car seats with training and proper use instructions
- Hosted a grand opening health fair where information and education on multiple health concerns were provided. (e.g. physical activity & nutrition, tobacco prevention, diabetes awareness, poison control, and suicide prevention)
- Trained 2 staff members as car seat technicians
- trained one staff member in Suicide Prevention.
- Set up informational displays and or health education booths at 10 health fairs or community events.
- Continued to actively work with: SafeKids Utah, Zero Suicides, Together for Life (UHSO), and the San Juan County Prevention Action Collaboration Coalition.

Follow us on Facebook!
[@sanjuanpublichealth](https://www.facebook.com/sanjuanpublichealth)

Health Education
enhances the
quality of life for
all people.





San Juan Public Health CSHCN

The need for specialty pediatric evaluative and diagnostic care in rural Utah is enormous, and San Juan County is no exception. San Juan Public Health (SJPH) partnered with Integrated Services Program for Children with Special Health Care Needs (ISP4CSHCN), to serve our community by providing direct clinical services in Blanding. In November 2017 a contract between ISP and SJPH established a local care coordinator position to provide direct care coordination and intake, triage, and scheduling for direct service clinics held throughout the year.

While serving the children in San Juan County, we have found that 72% of the children referred to us for clinical or care coordination services have been diagnosed with or are suspected of having Autism Spectrum Disorder (ASD), with the other 28% having concerns for behavioral issues; ADD/ADHD/anxiety; intellectual disability; speech delay (which is often correlated with ASD); and sleep disorders.

In addition to care coordination and clinical services, our local care coordinator participates in monthly Utah Children's Care Coordination Network meetings via GoToMeeting connection, or virtually at the Utah State University Blanding Satellite site. Participants in the meeting share cases for group resolution; receive ongoing inservice and training from community service providers; and learn how to better coordinate care for San Juan County children.

2018 ISP Patient Encounters

Pediatrics	8
Psychology	7
Speech	2
Occupational Therapy	8
Physical Therapy	3
Audiology	n/a
Care Coordination	71
Totals	99

There were two clinic dates in 2018 with 28 patient encounters throughout those two days. In addition to the direct clinical services, our local care coordinator had 71 patient encounters in 2018.



Friends of Public Health

San Juan Public Health board members and staff created the Friend of Public Health award to recognize the outstanding, significant and innovative activities and accomplishments of an individual, agency or other entity in furthering the principles of Public Health and the mission of San Juan Public Health.

The 2018 Friend of Public Health Award goes to the Utah Navajo Health Systems (UNHS) Emergency Medical Service (EMS) team. The UNHS local EMS has been operating since 2014 in Monument Valley and Montezuma Creek to provide emergency medical services to the area.

Runners up were San Juan Counseling Services, and the San Juan County Prevention Action Collaboration Coalition (SJCPAC). We appreciate everyone in San Juan County who support the mission of San Juan Public Health. If you would like to nominate someone for the 2019 Friend of Public Health award, contact any of our board members or Kirk Bengé for more information.



Generalized criteria to be considered a Friend of Public Health 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 county residents by preventing illness and injury.

We accomplish this through:

- Establishing and promoting healthy environments;
- Advocating policy based on scientific knowledge of health issues;
- Promoting services which address personal health and well-being;
- Informing and educating community members regarding issues of public health;
- Providing a committed, educated and effective professional workforce.

Kirk Bengé,
Health Officer

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