



2020

ANNUAL REPORT

San Juan Public Health



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How do
San Juan
Public Health
Services
impact
your life?

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Director's Message

The:

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

This past year brought unexpected challenges. I can honestly say that this past year was the most stressful year of my career, and I am certain I am not alone in that. Many of us mourn the loss of friends or loved ones lost prematurely due to COVID-19. The reality of a pandemic hit us in both expected and unexpected ways. The direct impact was felt not just in lives lost, but also in lost employment, economic hardships, and lost opportunities. Many in our communities have also been heavily impacted by social isolation and have felt a toll on their mental health as the pandemic rolled on.

If 2020 has taught us anything, it has shown us the importance of balance and moderation in our crisis response. I am proud of San Juan Public Health's response and efforts, in partnership with local leaders, to attempt to strike an appropriate balance in our local response to reducing transmission risk in our communities.

I am very grateful to our pre-existing partnerships that aided SJPH in our COVID-19 response. Coordination with health care & hospitals, tribes, schools, county leadership, mayors, and businesses, fostered a collaborative approach to address issues of disease investigation, quarantine and isolation, and our strategic response.

I sincerely thank our local Board of Health as well as our team of employees who have worked tirelessly to address COVID-19 while continuing to ensure the delivery of other vital public health services. Throughout the pandemic, restaurants & water continued to be inspected and families continued to receive WIC nutrition benefits. Our staff have worked tirelessly and have magnified their efforts in protecting public health.

While public health has always planned and prepared for infectious outbreaks and pandemics, the reality of experiencing this past year first-hand has been a valuable lesson to all involved. As we look toward the future, it is important that we remember all of the impacts of the pandemic, and learn from these experiences to better plan for future public health challenges, whatever they may be.

This will be my last opportunity to submit the Director's message in our annual report. It has been an amazing privilege to be a part of this remarkable organization and its mission to prevent disease, promote health and protect the beautiful environment where we live. I cherish the communities, and the people who work so hard to improve and protect them.

As we move forward, may we not forget the important lessons we learned in 2020 both as a community and as individuals. I pray that our shared hardship will bring us future shared strength.

Sincerely,
Kirk Bengé
Executive Director

Introduction

The Daily Impact of Public Health

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

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.



Logan Monson
Chairman of the Board



Lois Young
Vice Chairman



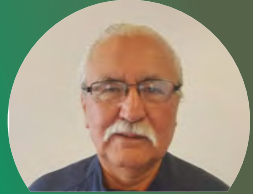
Debbie Benally
Board Member



Suzette Morris
Board member



Gary Suttlemyre
Board Member



Willie Greyeyes
Board Member (Commissioner)



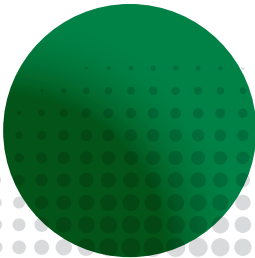
Dr. Phillip Smith - MD, MPH
Board Member

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.

During 2020, our staff worked tirelessly to address the COVID-19 pandemic. Staff worked around the clock providing contact tracing, reaching out to help local communities, and opening the way for COVID-19 vaccinations all while trying to maintain the normal Public Health functions. 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, Kirk Bengé, former Executive Director, Rick Meyer, former Environmental Health Director, and Kelly Vess, former Business Manager. Thank you for your contribution and service. We wish you luck in your future endeavors.



Public Health
and Safety
are our Highest
Priorities



Kirk Bengé, MPH
Executive Director

Kirk Bengé served as the Executive Director of San Juan Public Health from February 2017 to January 2021. He has now accepted a position as the Executive Director of TriCounty Health Department. Thank you, Kirk for your time well-spent working alongside the residents of San Juan County. Good luck in your future endeavors.



Ronnie Nieves
Environmental Health Director



Carver Black
Business Manager



Brittney Carlson
Nursing Director, RN



Kelsey Homedew
Public Health Nurse, RN



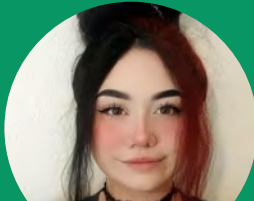
Angela Kunz
Public Health Nurse, RN



Katie Knight
Public Health Nurse, RN



Michael Moulton
Emergency Response Coordinator



Kianna Benge
COVID-19 Contact Tracer



Rebecca Benally
Health Education Director



Tisheena Yazzie
Health Educator

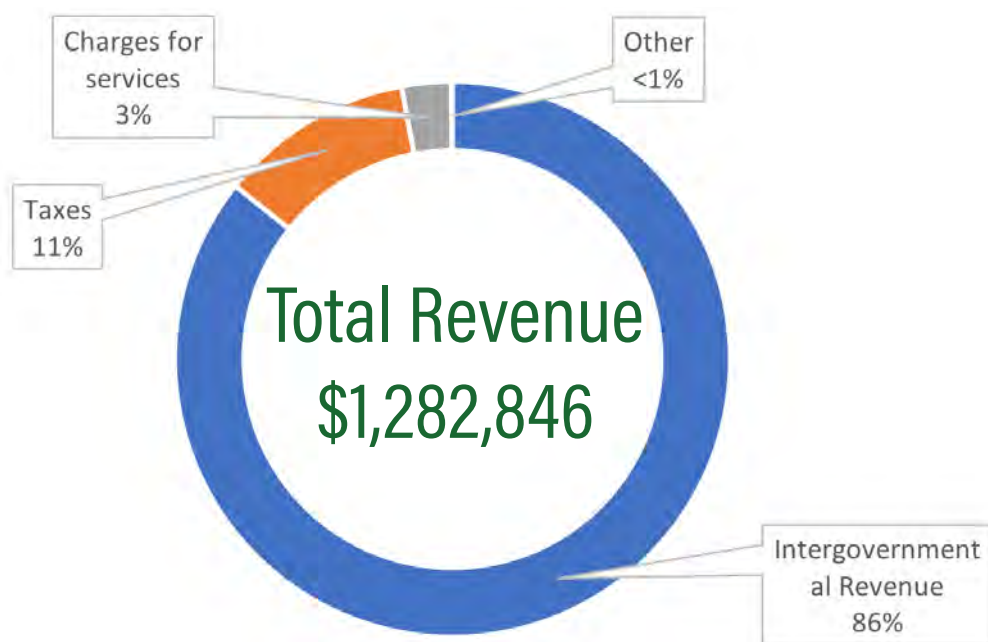


Cheyenne Starkey
*Receptionist/Child Passenger
Safety Technician*

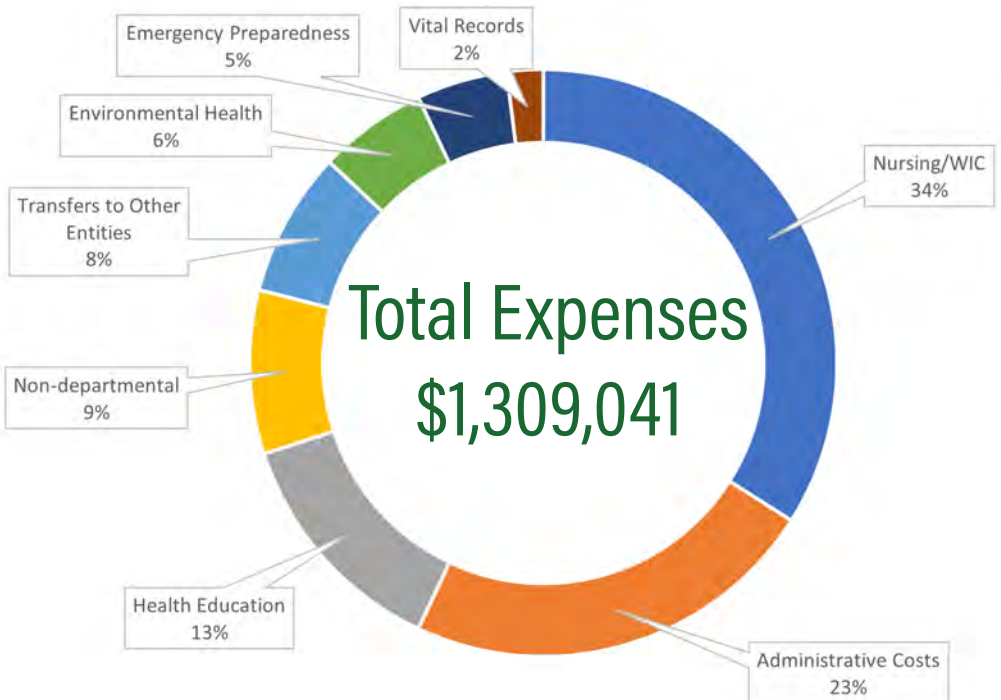


RueShane Jim
*Receptionist/Tobacco
Compliance Specialist*

Revenue Sources 2020



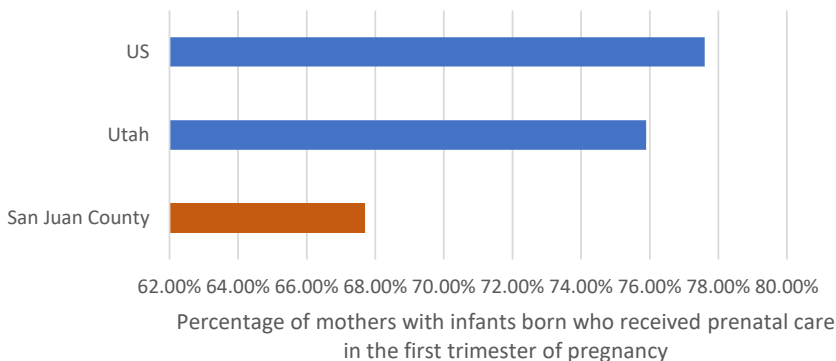
Expenditures 2020



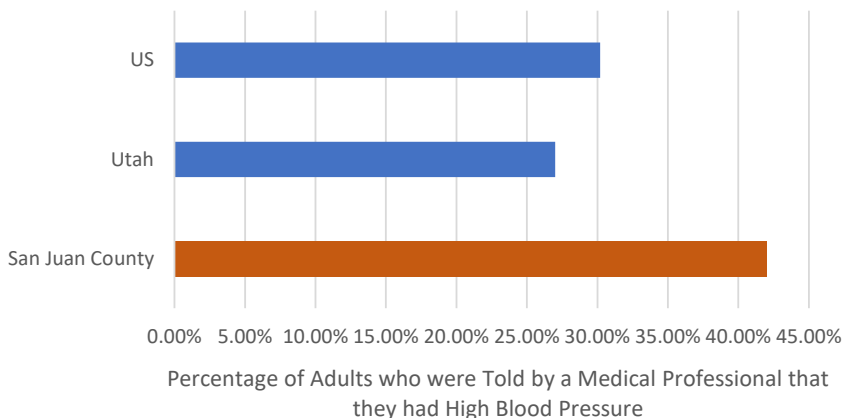
*Total expenses includes transfers. Departmental percentages are estimates.

Public Health Snapshot

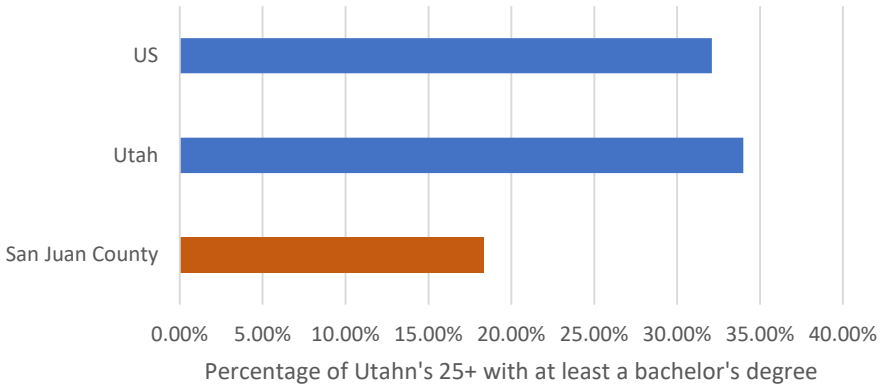
Prenatal Care in the First Trimester of Pregnancy, 2019



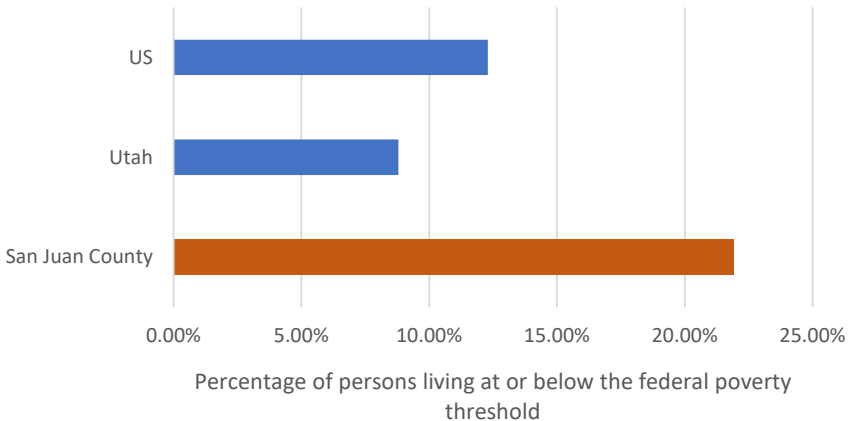
Doctor Diagnosed Hypertension, 2019



Educational Attainment: 2015-2019 5-year Estimate

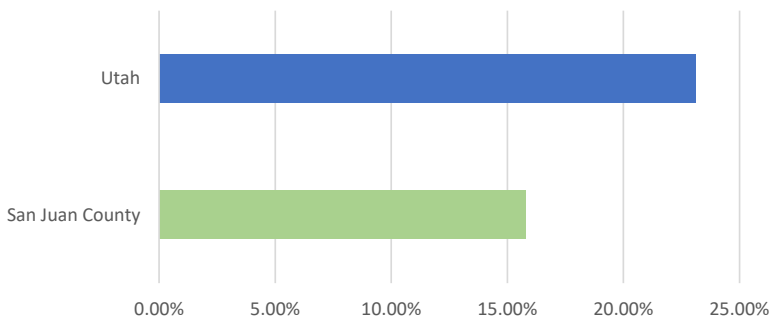


Persons Living in Poverty, 2019



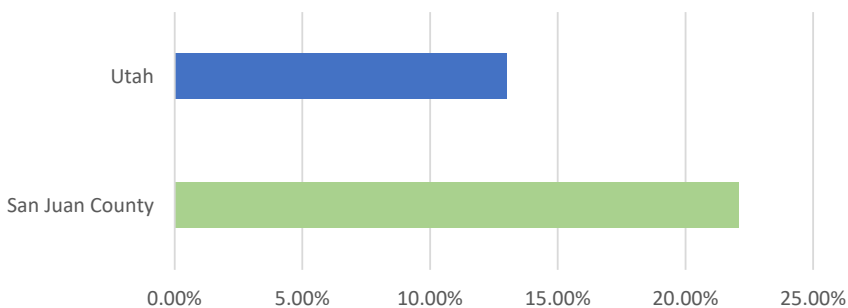
Public Health Snapshot

Depression Prevalence, 2017-2019



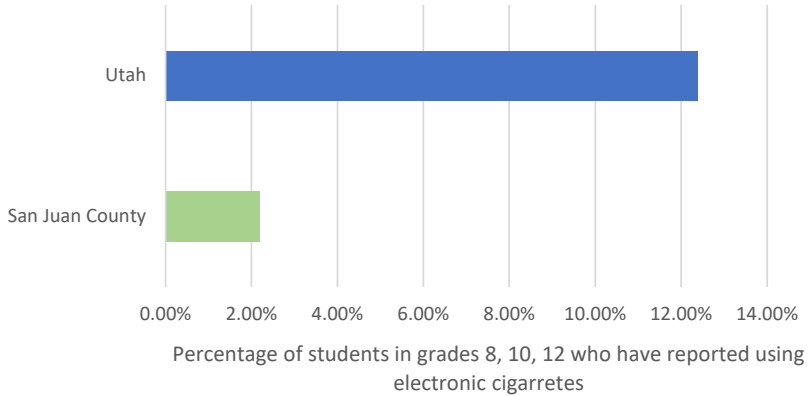
Percentage of adults 18+ who have been told by a health professional that they have a depressive disorder

Vegetables Consumed Three or More Times Per Day, 2017 & 2019

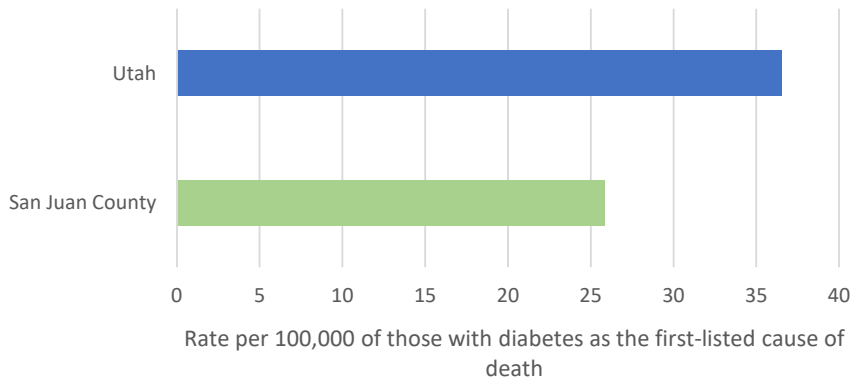


Percentage of adults 18+ who reported eating vegetables at least three times a day in the past month

Electronic Cigarettes, 2019



Diabetes as an Underlying Cause of Death, Utah, 2015-2019



Vital Records

BIRTH	2019	2018	2017
Births by Year	158	182	188
Male	69	93	100
Female	89	89	88
Births of Twins	6	6	6
Births to Females Aged 10-19	11	14	20
Births to Unmarried Mothers	53	69	75
Population Estimate	15,308	15,358	15,277

360 birth certificates were issued in 2020

DEATH	2019	2018	2017
Deaths by Year	127	126	120
Average age of Death by Year	66.45	68.74	62
Male	64.49	67.54	57.59
Female	68.71	70.56	67.77

525 death certificates were issued in 2020

2015-2019 Leading Causes of Death

The percent of total reported causes of death in San Juan County for 2015-2019 compared to Utah percentages for the same period.

2015-2019 Leading Causes of Death	San Juan	Utah
Cancers (Malignant neoplasms)	20.0%	21.6%
Heart Disease	18.0%	25.2%
Accidents (Unintentional Injuries)	15.3%	8.4%
Diabetes Mellitus	6.7%	4.3%
Strokes (Cerebrovascular Diseases)	5.6%	6.2%
Influenza and Pneumonia	5.2%	2.4%
Suicide (Intentional self harm)	4.7%	4.4%
Chronic Liver disease and cirrhosis	4.0%	1.7%
Chronic lower respiratory diseases	2.0%	5.8%
Septicemia	1.8%	1.3%
Parkinson's Disease	1.8%	1.8%
Alzheimer's Disease	1.8%	6.5%
Pneumoconioses and Chemical Effects	1.8%	0.05%

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

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 2020 the Environmental Director inspected 26 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



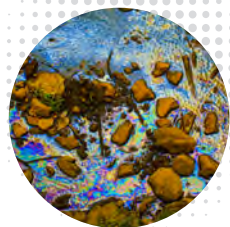
Air Quality

San Juan Public Health investigates and monitors air quality and concerns. In 2020 there were 70 routine inspections in accordance with the Utah Indoor Clean Air Act.



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.

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 2020 our Environmental Health Director conducted 75 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 2020 there were 198 Food Handler Permits issued.





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. 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 2020 most WIC appointments were virtual.

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 generally available two days each month. However, this clinic was closed for most of 2020 due to COVID-19.

3

Monticello

The WIC outreach clinic in Monticello is located on the lower level of the Monticello San Juan Clinic. Appointments for participants are generally scheduled two days per month as needed. This clinic was closed for most of 2020 due to COVID-19.

4

Monument Valley

Nurses generally travel one day each month to provide WIC services to the south end of San Juan County in Monument Valley. Challenges from COVID-19 caused this clinic to be temporarily close as well during 2020.

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 2020 San Juan Public Health nurses taught 145 home visiting lessons. Virtual lessons were delivered when it was not safe to visit in the home. Activity packets, including books and educational handouts were dropped off monthly. Parents were educated about COVID-19 and taught how to keep their families safe. The needs of the families were assessed and referral to resources were completed as necessary.

Community Breastfeeding Classes

The nurses of San Juan Public Health receive lactation specialist training and offer community breastfeeding classes.

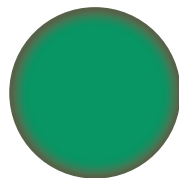
Women, Infants and Children (WIC)

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. We transitioned over from the WIC vouchers to the eWIC EBT cards in November of 2020. Due to COVID-19 and the restrictions it placed on our WIC clients, they were not able to come into our WIC office. The federal government put into place WIC flexibilities that allowed us to start doing WIC appointments over the phone or on Zoom. In addition to this, we have a WIC text only line. We were able to reach our clients better with this text line. Clients were able to send their proofs in on this secure line as well. In 2020 we served an average of 250 participants.

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 62 screenings for Perinatal Mood Disorders.

Disease Investigations



During 2020, we investigated 95 cases of the following diseases in San Juan County:

- Chlamydia
- Coccidiomycosis
- Giardiasis
- Gonorrhea
- Hantavirus
- Hepatitis C, chronic
- Hepatitis C, perinatal
- Hepatitis B, chronic
- Influenza-associated hospitalization
- Pertussis
- Respiratory syncytial virus (RSV)
- Salmonellosis
- Streptococcal disease, invasive, Group B
- Streptococcus pneumoniae, invasive disease
- Syphilis
- Tuberculosis Gateway
- Tuberculosis, Latent Infection (LTBI)



COVID-19 Statistics

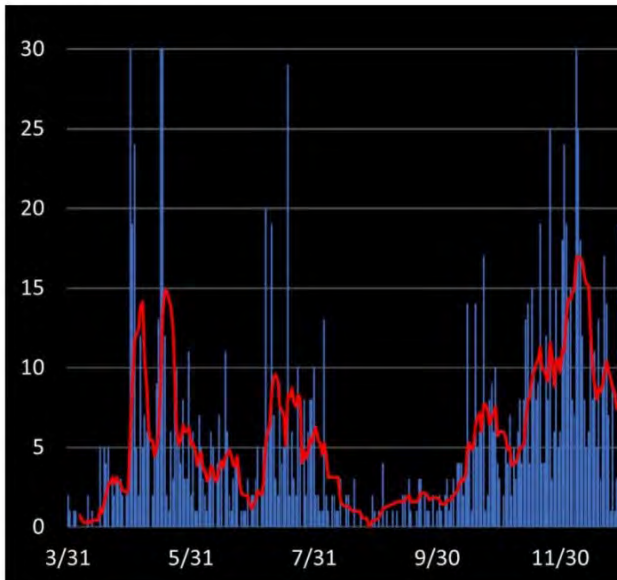
Total Cases: 1,415

Jurisdiction of Investigation

- UNHS: 834
- SJC: 581

Deaths: 35

Daily New Cases



Emergency Preparedness

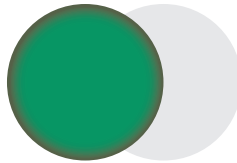
Public Health Emergencies can arise through acts of nature such as earthquakes or disease outbreaks, accidents like hazardous chemical spills, or acts of violence such as bioterrorism.

These incidents usually have a direct impact on public health and typically occur without warning. San Juan Pub-

lic Health aims to reduce the harmful effects that may result from these emergencies.

Our goal is to prevent harm. When that is not possible, we aim to limit the damage it may bring to you and your family. Our emergency planning and preparation begins with local partners, such as the

San Juan County Office of Emergency Management, local 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 infectious diseases;
- Provide local health care providers with urgent health information, treatment guidelines, and access to vaccinations and medication;
- 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

Health Education

During 2020 San Juan Public Health's Health Educators diverted most activities to assisting with and educating residents on COVID-19. In 2020, Health Educators performed the following services for our county:

- Delivered over 200 care packages including, food, cleaning supplies, masks, bottled water, and educational supplies, to families while in quarantine or self-isolation due to COVID-19
- Developed partnerships with Utah Rotary Club, Navajo Strong, Navajo Nation Community Health Representative, Red mesa Christian Church, and Christian Center of Park City in order to meet the needs of San Juan County residents during the COVID-19 pandemic
- Delivered 50 backpacks to Navajo Mountain High School. Each bag contained educational supplies and health prevention information
- Conducted contact tracing
- Conducted 23 tobacco compliance checks
- Provided 11 car seats with training and proper use instructions
- Rebecca Benally was selected as our Health Promotion Director and was also selected by the Utah Division of Multicultural Affairs for *Celebrating Women History Month*.

Health Education
enhances the
quality of life for
all people.





San Juan Public Health CSHCN

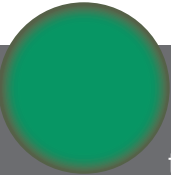
The need for specialty pediatric evaluative and diagnostic care in rural Utah is enormous, and San Juan County is no exception. San Juan Public Health (SJPB) partnered with Integrated Services Program for Children with Special Health Care Needs (ISP4CHSCH), to serve our community by providing direct clinical services in Blanding. In November 2017, a contract between ISP and SJPB established a local care coordinator position to provide direct care coordination and intake, triage, and scheduling for direct service clinics throughout the year.

While serving the children 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 light of the COVID-19 pandemic, the ISP4CHSCH team has been able to modify their approach to serving children in San Juan County. The team has been able to provide clinical services virtually, including Autism evaluations which are very lengthy and difficult to complete when the child and Psychologist are not in-person. We will continue using telehealth technologies to provide support and services to the children in San Juan County with the option of doing in-person evaluations when circumstances make telehealth visits unsuccessful.

In 2020 we had 33 telehealth visits, including 28 of those visits with our Psychologist and 5 of those visits with our Pediatric Developmental Nurse Practitioner. In addition to our telehealth visits, there were 159 care coordination encounters which entailed connecting those families with numerous resources.

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 2020 Friend of Public Health Award goes to Utah Navajo Health System Inc. (UNHS) for commitment and dedication to strengthening San Juan County in the fight against COVID-19. Thank you UNHS!

We appreciate everyone in San Juan County who supports the mission of San Juan Public Health. If you would like to nominate someone for the 2021 Friend of Public Health award, contact any of our board members or our office for more information.



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

Web: www.sanjuanpublichealth.org
E-mail: 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: 435-587-3838
Fax: 435-215-1893