



## 2022 ANNUAL REPORT

*To protect and promote the health of all families and communities we serve  
including rural, underserved, and tribal*





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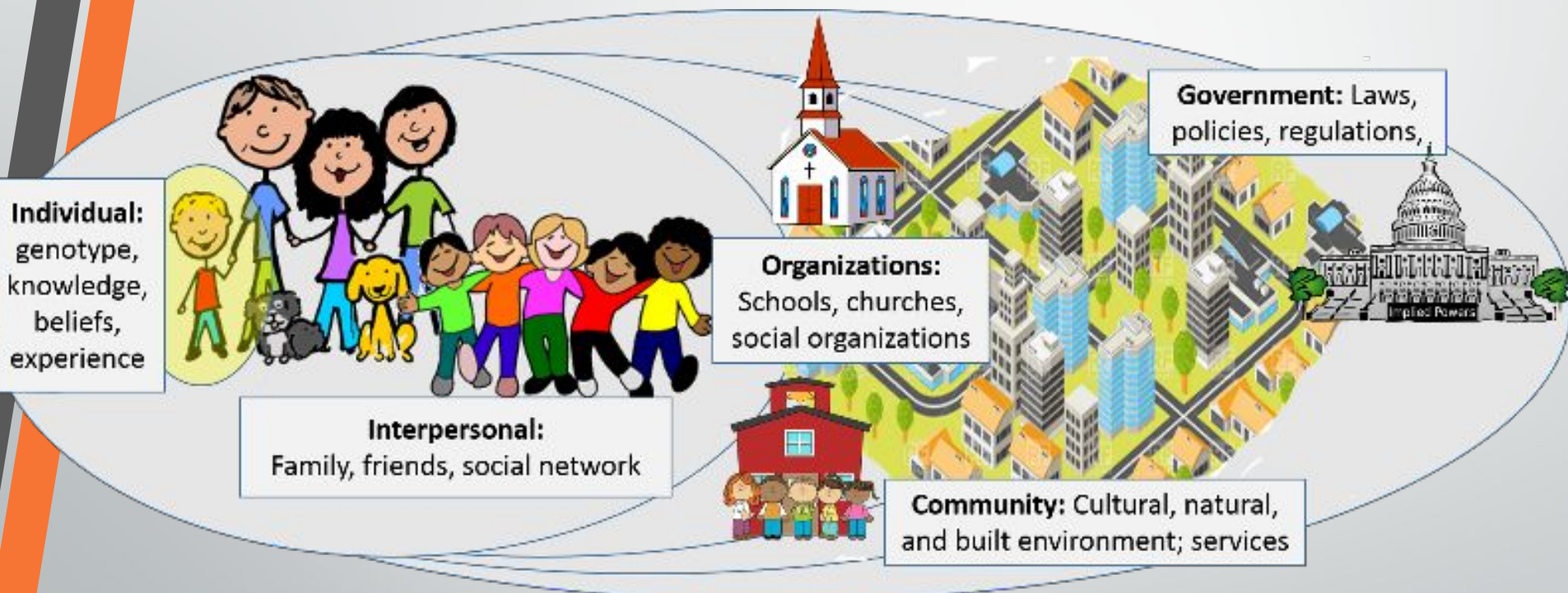
# Mission & Shared Values

*San Juan Public Health works to protect and promote the health of all families and communities we serve – including rural, underserved, and tribal – through compassionate support, education, connecting to resources, creative partnerships, healthy environments, and preventing disease and injury.*

- W – We improve
- E – Empower families and communities to make healthy decisions
- C – Collaborate with community partners
- A – Act on data we collect with communities
- R – Respect the diversity of everyone we serve
- E – Empathy and making a difference in all we do

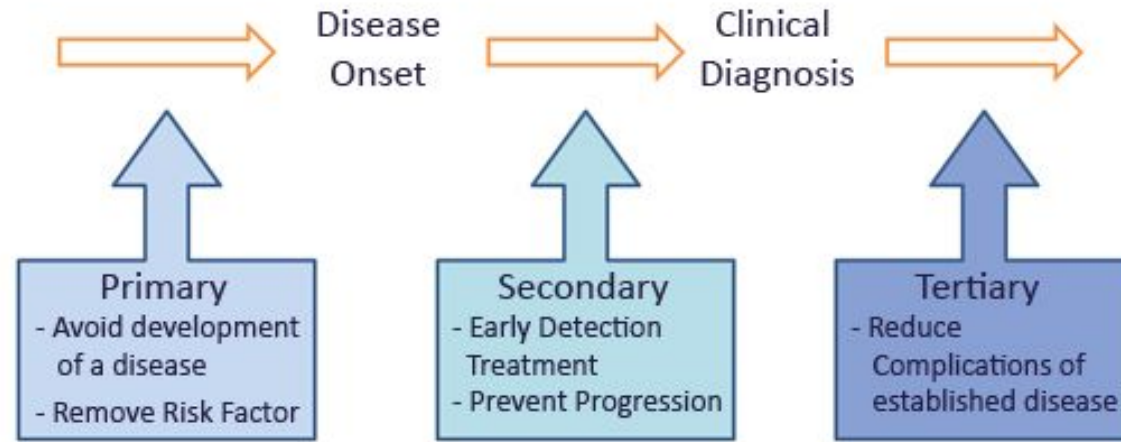


*We partner with  
individuals, families, organizations,  
communities, and governments to  
protect and promote health*





## Levels of Prevention Strategies



Early Prevention



Early Testing



Early Treatment



- Identify and address gaps and upstream factors
- Across sectors and disciplines
- Empowering individuals and communities
- For all diseases, injuries, and health conditions





# 2022 Annual Report

## Director's Message - 1

*Dear Friends of San Juan County,*

*During 2022, my first full year as Public Health Director, our team strived to learn from the wisdom of the eagles. COVID-19 tied for the third leading cause of death from 2018 to 2021 in San Juan County, but “Three Early Birds” – (1) Early Prevention, (2) Early Detection, and (3) Early Treatment – brought new sticks to weave together to protect our nest.*

*The following year, a dramatic drop in COVID-19 deaths also allowed our team to breathe more deeply. We took the time to honored those who had suffered and passed too soon.*

*During this time, we worked with our many partners and the community to gain a bird's-eye view and regain our balance. We revived efforts to protect and promote health that had gone dormant during the Pandemic. This report highlights these resilient and creative efforts to restore balance through an ongoing Community Action Cycle that coincides with the Four Directions and the Beauty Way.*



# 2022 Annual Report

## Director's Message - 2

- To the East, we **ORGANIZE** with the community to consider resources and priorities. This included reviewing existing health data and gathering community input to understand what, and even map where, our strengths and challenges are.
- To the South, we **PLAN** together. We took our map and set our path forward with a new mission, shared values, and goals.
- To the West, we **ACT** together. In this report, we share data collected and the services we provided.
- To the North, we **EVALUATE** together. Taking time to look back on our growth and lessons learned can lift us to higher heights together as we prepare to go through the cycle again in 2023.

San Juan

Public Health



Act

Connection From Every Direction



Plan





# 2022 Annual Report

## Director's Message - 3

*This is our local, strategic, and sustainable public health approach, unique to San Juan County.*

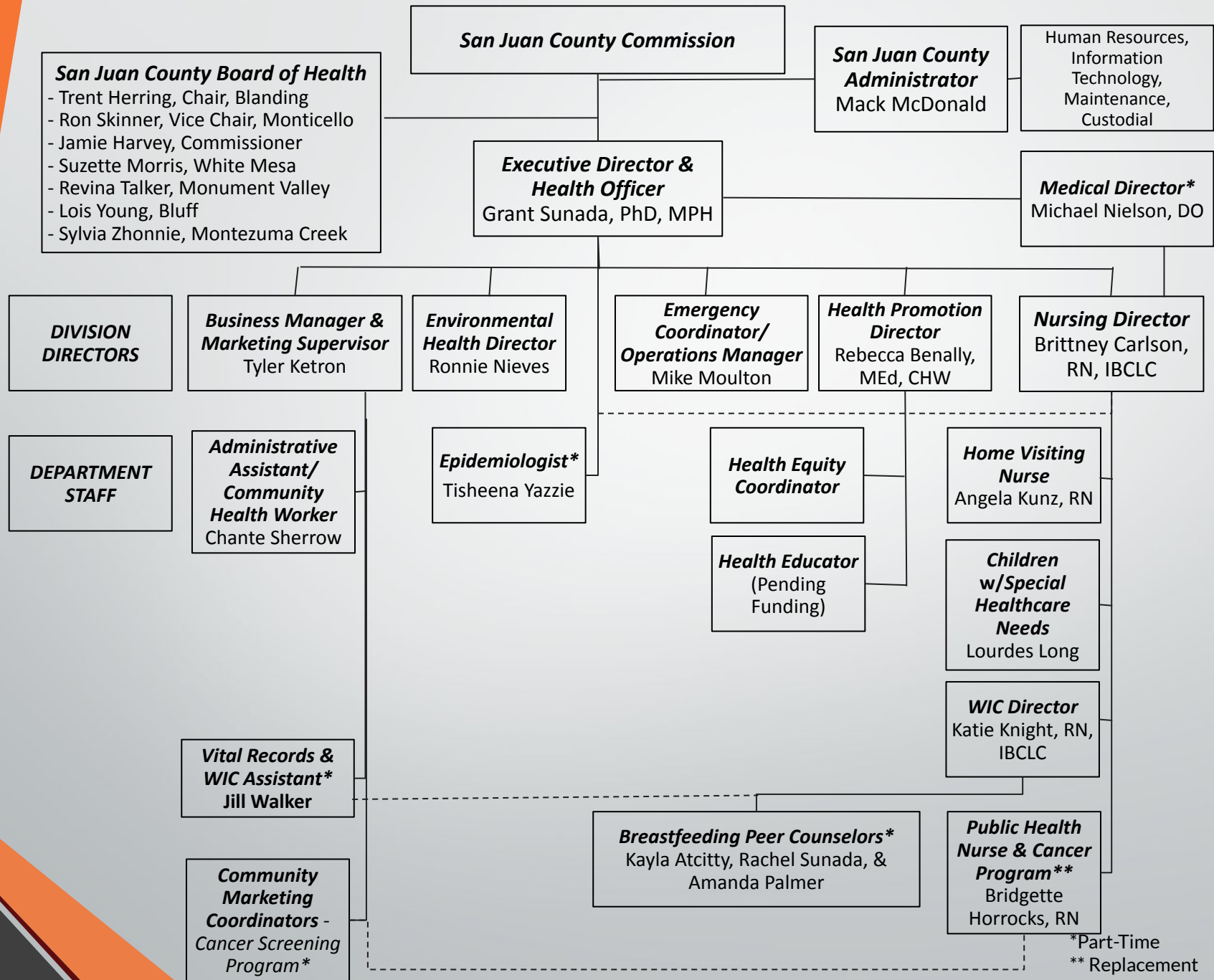
*In 2023, we aim to*

- *increase access to services across the county,*
- *improve our partnerships,*
- *strategically align existing and new funding, and*
- *build our capacity and skills to move further upstream and across physical, mental, economic, and other aspects of health --*

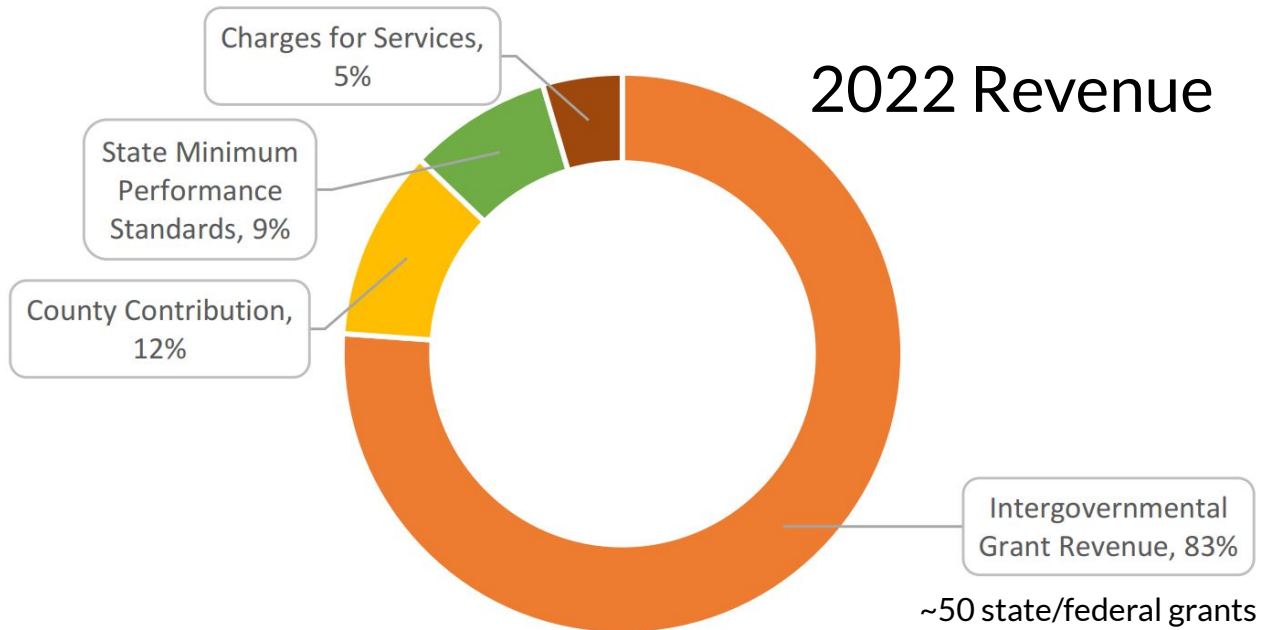
*together with you and with greater balance, compassion, and healing.*

*Together in Wellness,  
Grant Sunada, PhD, MPH*

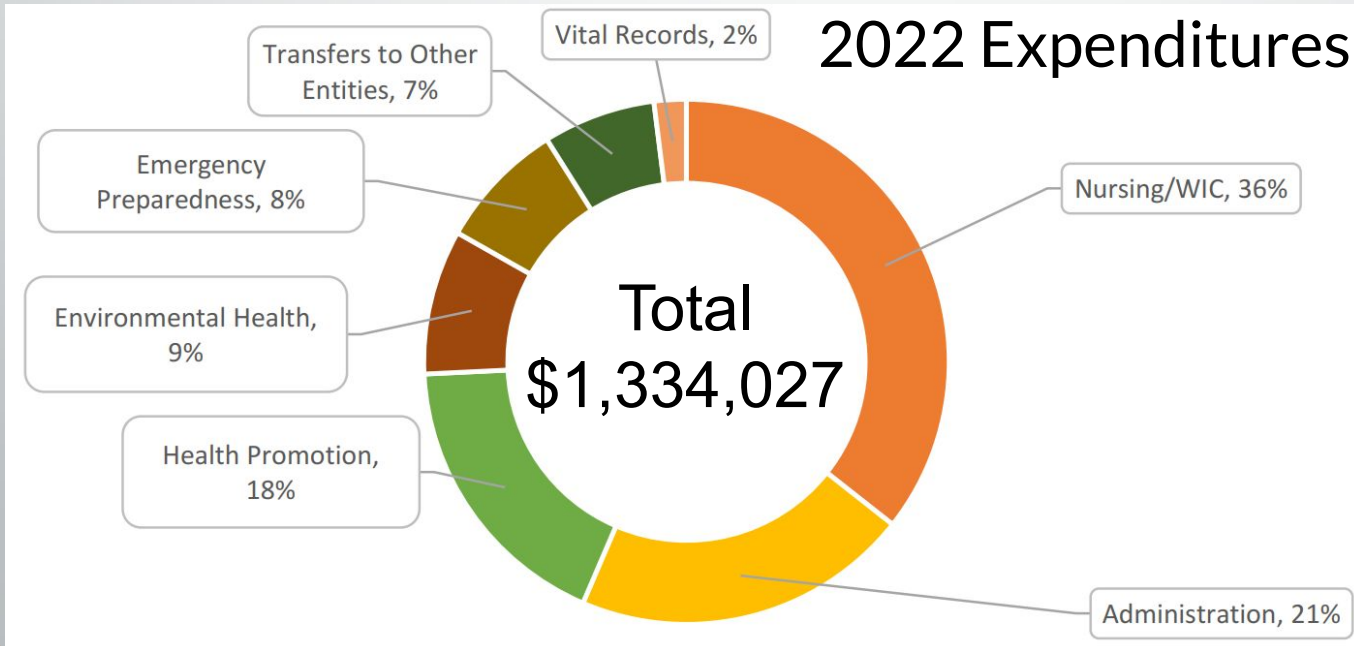
# San Juan County - Citizens, Families, & Communities



## 2022 Revenue



## 2022 Expenditures



# Community Health Snapshot

*Public health data is best when gathered and explored with communities it aims to represent.*

*The data can then help us set priorities, create partnerships, deliver programs, develop resources, and clarify strengths and needs.*

## Recent Examples

- Community Health Survey
- Community Health Needs Assessment
- Leading Causes of Death
- COVID-19 Data



# Community Health Snapshot

Public health data helps us set priorities, build partnerships, deliver programs, develop resources, and clarify through better data.

San Juan County Had <u>SIMILAR</u> Measurements As The State of Utah For These Areas of Health	San Juan County	Utah
Cancer Death Rate, 2018-2020 (Age-adjusted Rate per 100,000 Population)	118.7	119.2
Diabetes as an Underlying Cause of Death, Utah 2016-2020 (Age-adjusted Rate per 100,000 Population)	34.3	24.8
Seven or More Days of Poor Mental Health in the Past 30 Days, 2020 (Age-adjusted Percentage of Adults)	20%	23%
Family Meals, 2017, 2019 (Age-adjusted Percentage of Adults)	79%	68%
Recommended Physical Activity, 2019 (Percentage of Adolescents in Grades 8, 10, and 12)	21%	18%

Seven or more days of poor physical health in the past 30 days (Age-adjusted percentage of adults)	20%	16%
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\*Data Source: Utah's Public Health Data Resource IBIS system.

# Community Health Snapshot

Public health data helps us set priorities, create partnerships, deliver programs, develop resources, and clarify through better data.

San Juan County Had <u>WORSE</u> Measurements Than The State of Utah For These Areas of Health	San Juan County	Utah
Adults With Diabetes, 2019 and 2020 (Age-adjusted Percentage of Adults)	20%	9%
Motor Vehicle Traffic Crash Deaths, 2016-2020 (Age-adjusted Death Rate per 100,000 Population)	51.6	8.6
Doctor-diagnosed Hypertension, 2019 (Age-adjusted Percentage of Adults)	42%	27%
Ever Received Pneumococcal Vaccination, 2019 (Percentage of Adults 65+)	37%	76%
Child Poverty, 2020 (Percentage of Children)	22%	8%

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

# Community Health Snapshot

Public health data helps us set priorities, create partnerships, deliver programs, develop resources, and clarify through better data.

San Juan County Had <b>BETTER</b> Measurements Than The State of Utah For These Areas of Health	San Juan County	Utah
Unintentional Fall Injury, 2016-2019 (Age-adjusted Hospitalization Rate per 10,000)	9.0	21.5
Traumatic Brain Injury hospitalization, 2016-2020 (Age-adjusted Rate per 10,000 Population)	2.42	7.21
Adult Asthma Prevalence, Utah and U.S. (2019) (Age-adjusted Percentage of Adults)	6%	10%
Vegetables Consumed Three or More Times Per Day, 2017 & 2019 (Age-adjusted Percentage of Adults 18+)	22%	13%
Routine Medical Check-up in the Past 12 Months, 2020 (Age-adjusted Percentage of Adults)	79%	69%

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

# Collecting Our Own Data: 2022 Community Health Survey

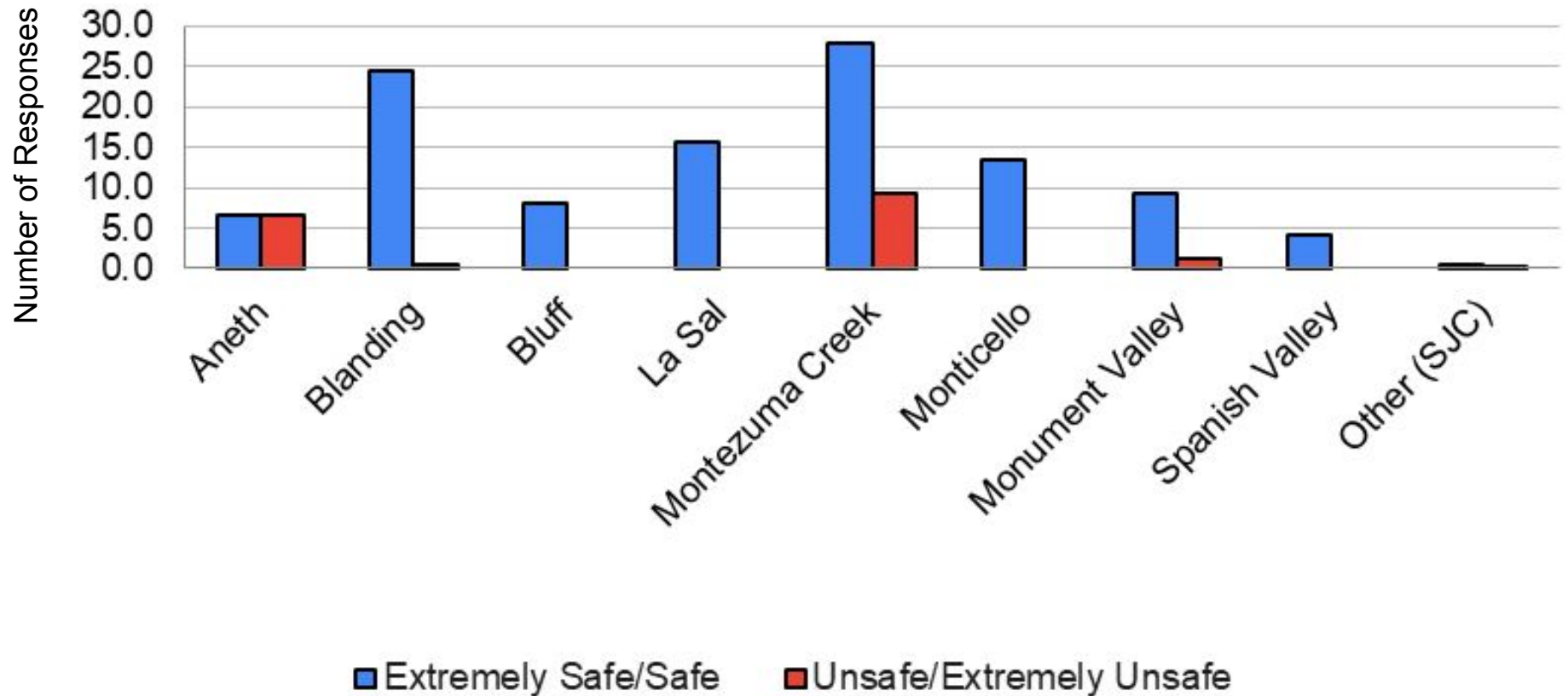
By Tisheena Yazzie, Epidemiologist

- Objective:
  - *Understand residents' opinions, experiences, and needs to be able to help offer better quality services to our community members in San Juan County*
- 150 Respondents (most from Blanding, Monticello, and Montezuma Creek) in October 2022
- Top 5 health priorities
  - Mental Health (69%)
  - Alcohol & Substance Abuse (41%)
  - Suicide Prevention (40%)
  - Overweight & Obesity (39%)
  - Low-Income/Poverty (37%)



# How safe do you think your neighborhood is?

## Percieved Neighborhood Safety Rates

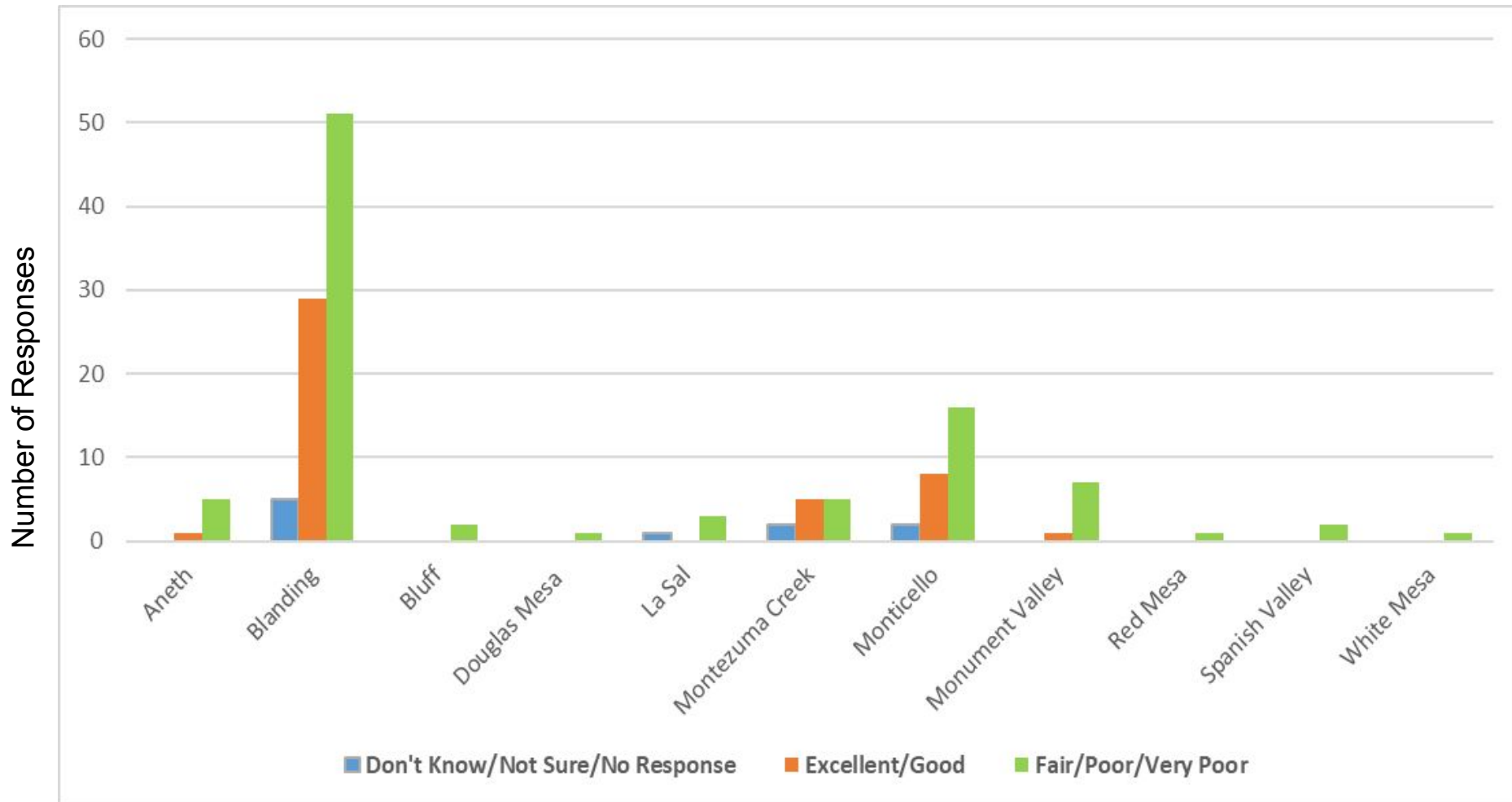


# Would you say that, in general, your health is?

7% - Don't know/No Response

29% - Excellent/Good

63% - Fair/Poor/Very Poor



# Community Health Needs Assessment

Partnership with Blue Mountain Hospital & Utah State University-Blanding

Facilitated by Utah Department of Health & Human Services and Intermountain Health

- Stakeholder discussion:
  - Businesses, City and Chapter House Governments, Healthcare, Mental Health, Schools, Law Enforcement
- Top THREE issues discussed were
  - Mental health
  - Nutrition access
  - Combination of social issues (domestic violence, school attendance/learning, transportation, intergenerational poverty)
- Community strengths discussed were
  - Access to nature and recreation
  - Safe neighborhoods
  - Clean environment

# Disease Investigations in 2022

Aside from COVID-19, San Juan Public Health investigated 125 cases of reportable infectious diseases:

- Chlamydia
- Clostridium difficile
- Gonorrhea
- Hemolytic Uremic Syndrome
- Hepatitis B, chronic
- Hepatitis C, acute
- Hepatitis C, chronic
- Influenza activity
- Influenza-associated hospitalization
- Chlamydia
- Clostridium difficile
- Gonorrhea
- Hemolytic Uremic Syndrome
- Hepatitis B, chronic
- Hepatitis C, acute
- Hepatitis C, chronic
- Influenza activity
- Influenza-associated hospitalization
- Klebsiella species - Carbapenem resistant
- Lead poisoning
- Meningitis
- Norovirus
- Respiratory syncytial virus (RSV)
- Salmonellosis
- Shig toxin-producing E. coli
- Shigellosis
- Streptococcal disease, invasive, Group B
- Streptococcus pneumoniae, invasive disease
- Syphilis
- Tuberculosis Gateway



# COVID-19 Statistics by Year

	2020	2021	2022
<b>COVID-19 Confirmed Cases</b>			
San Juan Health	608	396	249
Utah Navajo Health System	923	594	1059
<b>TOTAL</b>	<b>1531</b>	<b>990</b>	<b>1308</b>
<b>COVID-19 Deaths</b>			
San Juan County	37	8	<5

## COVID-19 Death Rate by Population Size since 2020

- Utah: 150 COVID-19 deaths per 100,000
- SJC: 324 COVID-19 deaths per 100,000

# COVID-19 in San Juan County

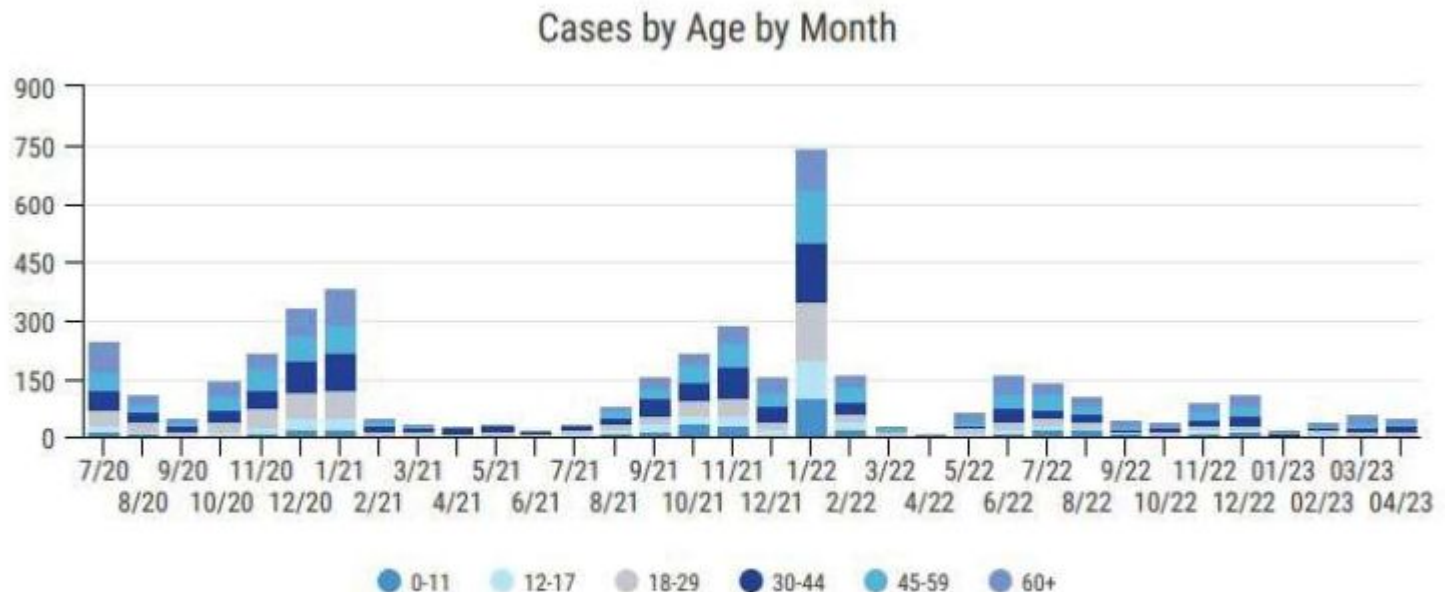


Fig. 1. Cases by Age by Month graph from: Yazzie, Tisheena. "San Juan Public Health Bi-Weekly COVID-19 Data Break-down [INFOGRAPHIC]." *Vennage*, 10 May 2023.

Leading Causes of Death Utah, 2018-2021	San Juan	Utah
Malignant neoplasm (cancer)	13.3%	16.6%
Diseases of heart	12.3%	19.9%
Unintentional injuries	12.0%	6.9%
COVID-19 (Added in 2020)	12.0%	4.5%
Diabetes	4.3%	3.6%
Stroke (Cerebrovascular diseases)	3.8%	4.4%
Chronic liver disease and cirrhosis	3.8%	1.5%
Influenza and pneumonia	3.2%	1.4%
Intentional self-harm (suicide)	2.4%	3.2%
Parkinson's disease	2.1%	1.5%
Alzheimer's disease	1.5%	5.1%

Data from the Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health

# Vital Records: Births

<b>BIRTHS</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>
Total Births	158	182	188
Male	69	93	94
Female	89	84	91
Births of Twins	6	4	12
Births to Females Aged 15-19	9	7	6
POPULATION ESTIMATE	14,510	14,476	14,359

Data from the Utah Birth and Death Certificate Databases, Office of Vital Records and Statistics, Utah Department of Health; U.S. Census Bureau



# Vital Records: Deaths

DEATHS	2019	2020	2021
Total Deaths	127	167	164
Average age at Death by Year	66.3	69.3	68.0
Male	64.3	66.1	64.2
Female	68.7	74.3	73.9

- As the local registrar for Vital Records and processed 334 requests for birth and death certificates for individuals and the mortuary in 2022.

Data from the Utah Birth and Death Certificate Databases, Office of Vital Records and Statistics, Utah Department of Health; U.S. Census Bureau



# Divisions/Programs



- **Environmental** – Air, Water, and Soil Quality
- **Nursing** – WIC, Nurse Home Visiting, Breastfeeding
- **Health Education** – CHWs, Commercial Tobacco, Community Engagement, Food Access, Passenger Safety
- **Emergency Preparedness** – Coordination with hospitals for emergencies and healthcare for COVID-19 responses



# Environmental Health-1

## Water Quality, Wastewater Systems, & Food/Health Inspections

- Inspect drinking water systems at public campgrounds, schools and municipalities
- Inspect and permit all septic waste water systems:
  - 74 in 2022. Records of septic systems are maintained and provided upon request.
- Monitor water quality issues in lakes, rivers, streams, ground water, standing water, surface water, etc.: E. Coli, harmful algal blooms and other public health concerns.
- Ensure compliance and address air quality issues.
- Ensure compliance with waste management regulations including, hazardous waste, radiation control, solid waste, and used oil.
- Investigating chemically contaminated sites to ensure proper cleanup with the Department of Environmental Quality



# Environmental Health-2

## Water Quality, Wastewater Systems, & Food/Health Inspections

- Protecting the citizens and visitors by enforcing food safety regulations is a primary role of San Juan Public Health
  - 42 food service inspections in 2022
- Require all individuals (whether compensated or not) preparing, serving, or handling food in or around a food service establishment or mobile food unit to receive adequate food service training, either as a certified food handler or as a certified food safety manager
  - 224 trained food handlers and 47 food service establishments permitted in 2022
- Regularly inspects day-care facilities, swimming pools, hotels and motels, body-art, cosmetology, or tanning facilities to protect the public from possible health hazards
- 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



## ***Home Visiting: Parents-As-Teachers***

- In 2022, Public Health Nurses taught 124 home visiting lessons (parents and children up to age 3). Activity packets, including books and educational handouts, were provided monthly. The needs of the families were assessed and referred to resources as necessary.

## **Infectious Disease Investigations, Immunization Promotion, COVID-19 Testing**

## ***Children with Special Healthcare Needs***

- In 2022, the Children with Special Healthcare Needs Care Coordinator served 33 unique patients connecting with them a total of 258 times.

## ***Community Breastfeeding & Moms' Emotional Health***

- Our 2 Board-Certified Lactation Consultants and 3 Breastfeeding Peer Counselors provide monthly community classes and in-person support.
- 73 maternal mental health screenings during WIC appointments.

## ***Women, Infants, and Children (WIC)***

- Teaches low-income families about healthy eating through nutrition education, counseling, nutritious foods, and help accessing health care: 215 participants in 2022.
  - Potential WIC mothers were interviewed to understand what would help them participate in WIC.



# Health Promotion

*Enabling people to increase control over their health and improve their lifestyle through community partnerships, protecting the community, and minimizing health disparities*

2022 activities included

- 32 tobacco compliance checks
- 8 retail store inspections
- providing 68 infant/toddler car seats
- hosting 4 state-level site visits;
- providing community outreach, presentations and education to 7 communities (~800 participants)



# Health Promotion

*Enabling people to increase control over their health and improve their lifestyle through community partnerships, protecting the community, and minimizing health disparities*



## **Food Access**

- Bluff Food Pantry expanded capacity to tailor donated food in nutritious and culturally relevant ways. Monthly visitors rose from ~80/month to ~300/month.

## **Community Engagement**

- Community Mapping process in Blanding, Monument Valley, Montezuma Creek, and Monticello built a shared understanding of the places, impacts, and ways to improve substance abuse and related topics. These events were co-sponsored with the San Juan County Prevention and Action Coalition.

## **Passenger Safety**

- Four Corners Child Passenger Safety and Highway Safety Summit in Monument Valley certified nine people to complete car seat checks in the area.

## **Community Education**

- Preventive health education was shared at the Utah Navajo Health System's Women's Health Fairs and Youth Teddy Bear Clinics at Navajo Monument, Haljita, Montezuma Creek, Blanding, and Monument Valley.

## **Senior Centers:**

- Health education was provided at Senior Centers in La Sal, Bluff, and Red Mesa. This included poison control and opioid prevention through educational presentations on proper management of prescription medications.

## **Community Health Workers**

- Individuals with trusted relationships and cultural knowledge in underrepresented communities who act as bridges
- Represented San Juan County as State developed official certification
- Hosted USU CHW course which 12 people completed and gain jobs in SJPH, UNHS, and the region



# Emergency Preparedness

## ***Public Health Emergencies***

- Arise through acts of nature (earthquakes or disease outbreaks), accidents (hazardous chemical spills), or acts of violence (bioterrorism)

## ***Purpose***

- Our goal is to prevent harm and limit the damage it may bring to you and your family.

## ***Planning with local partners***

- San Juan County Office of Emergency Management, hospitals, tribes, cities, towns, and health care providers

## ***During 2022***

- Continued response to COVID-19
- Supported the community and local partners by providing personal protective equipment, COVID-19 testing kits, in-clinic testing, and community vaccination clinics
- Building staff resiliency and capacity to support our response efforts in the face of ongoing and future public health emergencies by improving processes based on lessons learned, training and exercises, and attending Local Emergency Planning Committee meetings.



# Community Awards & Recognitions

## ***Outstanding Contribution by a Friend of Public Health 2022***

- Given to Utah Navajo Health System
- Accepted by Chairwoman Melinda Farley
- From Utah Association of Local Boards of Health



# Goals & Objectives - 1

## *Increase access to services across the county*

- Expand locations:
  - 3 months: ONE additional part of the county
  - 6 months: Evaluate expansion
  - 9 months: SECOND additional location
  - 12 months: Evaluate expansion
- Improve efficiency and capacity of Environmental Health services
  - Peak season/Summer internship program
  - Evaluate wastewater fees
  - Establish tiered restaurant inspections
  - Improve data management and evaluate fee options for record requests

## *Improve our partnerships*

- Add TWO workgroups (Opioid and Food Access) to the San Juan County Prevention and Action Coalition
- Develop an academic partnership as part of the Public Health Infrastructure Grant
  - Evaluates and builds our public health capacity in our Department and the 4-Corners Region
- Conduct one Public Health Emergency tabletop exercise



# Goals & Objectives - 2

## *Strategically tailor existing and new funding*

- Expand the Community Health Needs Assessment and Monthly/Annual Report to be part of an ongoing Community Action Cycle
- Continue to meet with each Director monthly
  - Evaluate existing and potential funding
  - Ensure Mission alignment, local adaptation, and appropriate/complete use of funds

## *Build our capacity and skills to move further upstream and across physical, mental, economic, and other aspects of health*

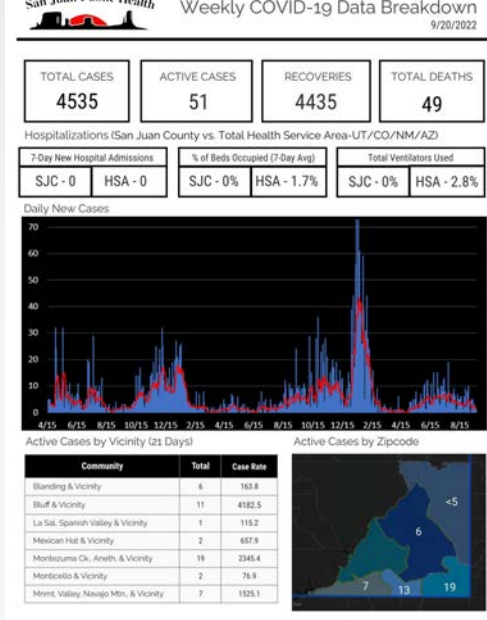
- Host staff meetings to build internal partnerships, resilience, cross-training, and culture to be in line with mission and shared values



# THANK YOU!

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*works to*

*protect and promote the health of all families and communities we serve*

*– including rural, underserved, and tribal –*

*through compassionate support, education, connecting to resources, creative partnerships, healthy environments, and preventing disease and injury.*