



ANNUAL REPORT 2019



Chelan-Douglas Health District



To protect and improve the health of individuals and communities in Chelan and Douglas Counties through the promotion of health and the prevention of disease and injury.

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STRATEGIC PLAN

Approved by Board of Health on March 18, 2019

Scope of This Plan Because this is an internal strategic plan for our organization, rather than a community health improvement plan, it focuses on our organization and its needs. Strategic Initiatives are meant to address the five years following their adoption by the Board of Health.

Vision Chelan-Douglas Health District makes optimal use of available resources and partnerships to provide high quality public health services in Chelan and Douglas Counties. Its program priorities emphasize the foundational public health functions basic to public safety in any community.

Mission To protect and improve the health of individuals and communities in Chelan and Douglas Counties through the promotion of health and the prevention of disease and injury.

We Value:

- **Prevention:** We believe that prevention is the most effective way to protect our community from disease and injury.
- **Collaboration:** Community partnerships produce cost effective health outcomes by bringing people, resources and organizations together.
- **Population-based Services:** We make data-driven decisions and deliver science-based programs, knowing that the provision of population-based services is the defining responsibility of public health.
- **Equity:** We believe everyone in our community deserves an equal opportunity for a healthy life.
- **Community Service and Accountability:** As vigilant stewards of the public's trust, we provide efficient services that are responsive and accountable to the community and its elected representatives.
- **Improvement:** We continuously improve the quality of our services and systems to better serve our community through a system of benchmarks and program evaluation.
- **Education:** Education is a key tool in achieving all public health objectives.

Strategic Initiatives 2019-2023

1. Participate actively in efforts to establish a system of sustainable funding for Foundational Public Health Services.

- a. Participate at the state level through WSALPHO and WSAC.
- b. Consider the feasibility of proposals for city funding of specific public health services.

2. Maintain financial stability, the facilities and the openness of the Health District.

- a. Maintain year-to-year cash carryover sufficient to assure financial stability.
- b. Maintain and improve Health District facilities
- c. Maintain the high level of fiscal transparency achieved in the Health District by continuing to make detailed financial statements available to staff, management and any interested members of the public on a monthly and quarterly basis.

STRATEGIC PLAN

3. Foster a sustainable and skilled public health workforce.
 - a. Attempt to assure that salaries and benefits keep pace with those at LHJs in similar jurisdictions in the state, and review health benefits especially with regard to family members and options such as VIBA plans.
 - b. Support continuing education experiences for staff.
 - c. Develop desk manuals for all appropriate positions and store them on a shared network drive.
 - d. Plan for the expected retirement of some key staff members over the next few years to assure an effective transition minimizing the loss of specialized knowledge.
4. Improve the visibility of public health in the community and especially among community leaders.
 - a. Maintain the Health District web site and optimize educational content.
 - b. Regularly provide presentations on public health to service organizations, city councils, and similar venues which include community and private sector leaders.
 - c. Expand use of social media to disseminate public health messages.
5. Maintain effective partnerships through active participation in local coalitions of health care providers, social service providers and emergency response partners. Some of these are standing coalitions but we also participate in ad hoc groups involving special or emergent circumstances.
6. When interacting with individuals and organizations regulated by the Health District, maintain a helpful, educational and respectful approach, resorting to penalties only when other approaches have failed to achieve results.
7. The Health District will acquire, maintain and use up to date digital technology and provide sufficient staff training and technical support to assure its effective use.
 - a. The Health District will, as much as possible, conduct its business on-line.
 - b. The Health District will implement commercially supported Environmental Health software.
 - c. Health district computing equipment, software and infrastructure will remain current with established industry standards.
8. Health District managers will continue to provide accurate and complete information to the Board of Health and to be responsive to the Board's governance and leadership.
9. Future program funding opportunities will be evaluated for their priority in relation to foundational public health services and for sustainability.

Board of Health

John Sterk

John Alt

Doug England

Jill Thompson

Marc Straub

Kevin Overbay

Dan Sutton

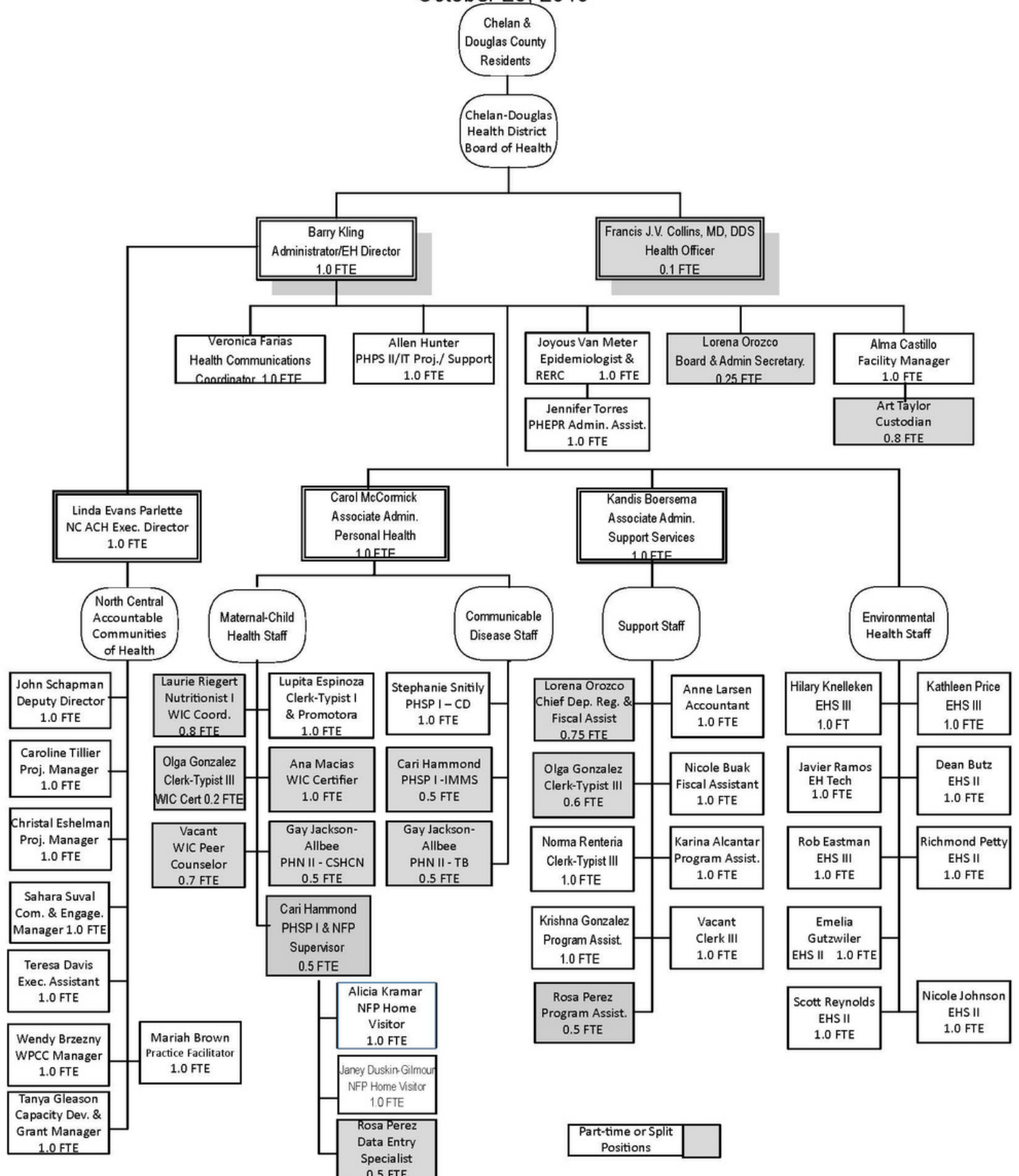
Keith Huffaker

Ruth Esparza

Organizational Chart

Chelan-Douglas Health District 2019 Organization Chart

October 29, 2019



WHAT IS PUBLIC HEALTH?

Public Health is an essential agency to any community, just like fire departments and law enforcement. Local, state and federal funds help support public health departments.

Public Health consists of a group of professionals dedicated to protecting and improving the health of individuals and their communities. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention and responding to contagious outbreaks and natural disasters.

Examples of Public Health Services include:

- Controlling tuberculosis and other contagious diseases;
- Keeping food safe through restaurant inspections;
- Protecting at-risk children through public health nursing visits
- Provide supplemental foods for Women, Infants and Children (WIC);
- Disease outbreak investigations;
- Safe landfills to protect air and water;
- Safe septic systems to prevent disease and protect drinking groundwater;
- Resolving problems with illegal dumps and other solid waste issues
- Preparedness for health emergencies such as pandemic influenza and wildfires.

**SAFE
WATER**



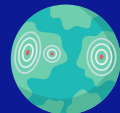
**HEALTHY
STARTS**



**FOOD
INSPECTIONS**



**DISASTER
RESPONSE**



**CLEAN
AIR**



VACCINES



**HEALTH
ALERTS**



**DISEASE
PREVENTION**



PERSONAL HEALTH

Communicable Diseases

These cases reflect reports submitted to the Chelan-Douglas Health District per WAC 246-101. At this time these reports do not reflect the total number of any condition circulating in the community at any given time. As capacity grows for increased disease surveillance with technology and increased capacity, the ability to identify regional incidence and prevalence will improve our understanding of the level and spread of disease in future years.

Enteric (food borne) and Water Borne illnesses including: Campylobacter, E. coli, Giardia, Hepatitis A, Salmonella, Shigella and Vibrio. Several of the enteric cases reported out of country travel during part or all of their exposure period. A few had potential high risk household exposures. The most commonly reported enteric condition in 2019 was Campylobacter.

Vaccine Preventable illness including: Influenza deaths, Hepatitis B, Mumps, Pertussis (whooping cough). No vaccine preventable disease outbreaks were identified. Influenza deaths accounted for the greatest number of vaccine preventable conditions reported in 2019.

Living Environment and Zoonotic (diseases from animals) illnesses including: Coccidioidomycosis (Valley Fever), Cryptosporidium, dengue fever, Legionella, Lyme disease, Q Fever, and rabies. Several exposures could be linked to out of state travel, out of country travel or animal exposures. In several other cases no definitive source of infection could be identified.

Several individuals received rabies post exposure prophylaxis for suspected exposure to a rabid animal. The Chelan-Douglas Health district submitted 6 animals to the Washington State Department of Health Rabies Laboratory for testing, the majority being bats. None of the animals submitted for testing came back positive for rabies.

PERSONAL HEALTH

Communicable Diseases

Sexually Transmitted Infections and Blood Borne Pathogens

including: Chlamydia, Gonorrhea, Syphilis, HIV, Herpes Simplex Virus, and Hepatitis C. The majority of cases were Chlamydia and Gonorrhea, with several new cases of Syphilis, HIV, and Herpes Simplex Virus. All of the reports we received for Hepatitis C were patients who were diagnosed with chronic condition, meaning they were not a new infection for 2019. There is active community spread with these diseases and there is a need for increased testing and prevention work

Other notifiable conditions including: Tuberculosis and elevated lead blood levels were detected periodically throughout 2019 and investigated. There were no active Tuberculosis cases in 2019. There were cases of elevated lead blood levels in our area initially detected but the majority were ruled out. As lead exposure can lead to ongoing health issues, these cases have ongoing follow up for the individuals and locating the source of exposures.

PERSONAL HEALTH

Immunizations

The immunization program works to achieve high immunization rates for our children, adolescent and adult populations by educating medical providers and community members about the risks associated with not being vaccinated and assuring access to immunizations for our underserved, high-risk populations (i.e. people residing in rural areas, underinsured/uninsured people, people experiencing homelessness, people incarcerated). We continue to work to increase the uptake of new and underused vaccines for children and adolescents, offer immunization services to the underserved through outreach clinics and improve adult immunization rates by sharing effective immunization strategies with medical providers caring for adults.

| Immunization Activity by CDHD | 2019 |
|--------------------------------|------|
| Flu Vaccines given to Children | 41 |
| Flu Vaccines given to Adults | 206 |
| Hep A Vaccines given to adults | 49 |
| TOTAL Vaccines Given | 296 |

PERSONAL HEALTH

Children and Youth with Special Health Care Needs (CYSHCN)

Children and Youth with Special Health Care Needs (CYSHCN) program is in the Healthy Starts and Transitions unit in the Office of Family and Community Health Improvement at the Washington Department of Health. The program promotes an integrated system of services for infants, children and youth up to age 18 years who have or are at risk for chronic physical, developmental, behavioral, or emotional conditions and require health and related services.

| CYSHCN Activities | 2019 |
|---|------|
| New Referrals Received | 35 |
| Home/Office Visits | 58 |
| New Clients | 27 |
| Total Clients Served | 67 |
| Other Contacts Made (phone, email , text, fax, letter, etc.) | 865 |
| Referrals Made to Other Agencies | 94 |

PERSONAL HEALTH

Access to Baby & Child Dentistry (ABCD)

Access to Baby and Child Dentistry (ABCD) puts young children across Washington State on a lifelong path to good oral health. ABCD connects low-income families with providers who know how to care for young children, focusing on prevention and avoiding tooth decay, as well as educating parents about how to take good care of their children's teeth. ABCD was originally established to increase access to dental services for Medicaid eligible clients age five and younger.



| ABCD Activities | 2019 |
|-------------------|--|
| Children Enrolled | 109 |
| ABCD Dentist | 10 - Chelan County 3 - Douglas County 15 - Okanogan County |
| New ABCD Dentists | 3 |

Results

ABCD has dramatically increased the number of Apple Health (Medicaid) insured children (birth up to six years) who access dental care over the past two decades. Washington is a national leader in children's oral health access.

PERSONAL HEALTH

Women, Infants and Children (WIC)

WIC is a supplemental nutritional program for income eligible families and also supports successful, long-term breastfeeding. Almost half of all babies in our state receive WIC. WIC improves the health of mothers and children through nutrition education, breastfeeding support, monthly checks for food and health screenings and referrals.



| Program Participation | 2019 |
|---------------------------|-------|
| Total Infants/Children | 791 |
| Total Women Participating | 293 |
| Total Participating | 1,084 |

WIC foods meet the special nutritional needs of pregnant breastfeeding and postpartum moms, infants and children up to 5 years old. WIC provides a wide variety of healthy foods that include: wholegrains, breakfast cereals fortified with iron and low sugar, fresh fruits and vegetables, low sodium and low fat choices, a variety of protein foods such as eggs, dried peas and beans, peanut butter, tofu and good sources of calcium, such as milk, cheese and fortified soy beverages.

PERSONAL HEALTH

Nurse-Family Partnership (NFP)



Nurse-Family Partnership positively transforms the lives of babies, mothers and families. As a nurse home visiting service, eligible moms, pregnant with their first baby, connect with a nurse in pregnancy and through their baby's second birthday. The nurses provide support, advice and information so new moms may have a healthy pregnancy, healthy baby, and feel confident as parents.

Implemented in the spring of 2019, the first client enrolled in June of 2019.

| Nurse Family Partnership Activities | 2019 |
|-------------------------------------|------|
| Referrals Received | 46 |
| New Clients Enrolled | 25 |
| Total Clientence Served | 24 |
| Total Clients Served with an infant | 3 |
| Total Visits Completed | 120 |
| Service Connections for clients | 65 |
| Clients Graduated from Services | 0 |

- 94% of babies have been born full term
- 98% of babies have been born at a healthy weight
- 98% of moms initiated breastfeeding
- 100% of 12 month olds received their immunizations
- 62% of clients are employed post partum

VITAL STATISTICS

Birth & Death Certificates

Chelan-Douglas Health District issues Washington State birth and death certificates, certifies death records and files affidavit for corrections with the Washington State Department of Health. Vital statistics are the compilation and analysis of information collected from vital event records reported in Chelan and Douglas counties and the entire state. Some of the most important information about the health of the population comes from vital records, such as leading causes of death, low birth weight babies and mother's access to prenatal care. Vital records data are used throughout the state and nation for analysis of health trends, program planning and policy development.

| Certificates Issued | 2019 |
|---------------------------|-------|
| Birth Certificates Issued | 4,133 |
| Death Certificates Issued | 4,973 |

| Live Births | 2019 | Deaths | 2019 |
|-------------------|-------|----------------|-------|
| Chelan County | 882 | Chelan County | 760 |
| Douglas County | 480 | Douglas County | 325 |
| Total Live Births | 1,362 | Total Deaths | 1,085 |

EMERGENCY PREPAREDNESS

The Emergency Preparedness division of the health district works with regional partners throughout Chelan, Douglas, Grant, Okanogan and Kittitas counties to prepare for, and respond to emergency situations. We work closely with emergency response stakeholders to prepare for urban or rural natural or human caused disasters that may affect the health and wellbeing of our residents. Specific planning involves response to wildfires/smoke, food safety, power outages, floods, earthquakes, chemical hazards and disease outbreaks. Our Public Health Emergency Preparedness and Response program is working to ensure that we have up to date plans, procedures and training prior to a response. Tabletop and functional exercises are used to test these plans, procedures and trainings with our emergency response partners.

During 2019, the Emergency Preparedness team worked closely with the REDI Healthcare Coalition on developing and updating local and regional response plans. In July, a functional active shooter exercise was organized by Confluence Health, local law enforcement agencies, EMS, emergency management and other agencies at Wenatchee Valley College. The health district assisted with providing emergency messaging and coordination during the mock active shooter response.

Further, the health district was involved in updating Emergency Support Function (ESF) #8 of the Chelan County Comprehensive Emergency Management Plan (CEMP). This support function is specific to Public Health and Medical Services provided during an emergency response. A new format for the CEMP required input from the health district specific to “core capabilities” provided by the health district during various all-hazard emergencies.

It takes partnerships and teamwork to provide the resources needed during and emergency response. During 2019, we continued to provide training to our staff related to the incident command system. Currently, most health district personnel are trained at a basic level of understanding regarding the incident command structure and the national incident management system. We hope to enhance this training during future years.

ENVIRONMENTAL HEALTH

Food Safety

Food safety is an important public health priority. The Centers for Disease Control and Prevention estimates that each year roughly 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized and 3,000 die of foodborne diseases. Foodborne illness is a common public health problem. Our Food Safety Program works to ensure that food vendors are permitted, food workers are educated, and that food is properly and safely handled, prepared and served to prevent illnesses from food.

| Inspections & Complaints | 2019 |
|--|-------|
| Food Establishment Inspections | 1,168 |
| Temporary Food Establishment Inspections | 360 |
| Complaints Investigated | 20 |

ENVIRONMENTAL HEALTH

On-Site Septic Systems and Land Development

The purpose of this program is to protect public health and the environment by ensuring proper treatment and disposal of waste water to protect our drinking water and the environment. We issue permits, inspect installed systems and investigate complaints associated with on-site sewage systems. Other activities include site evaluations, plan preparation, review of proposed land developments and licensing industry professionals such as septic tank pumpers, on-site septic installers and operation and maintenance providers.

| Permits Issued & Land Development Reviews | 2019 |
|---|------|
| Septic System Permits Issued | 310 |
| Long Plat Reviews Conducted | 7 |
| Short Plat Reviews Conducted | 54 |

ENVIRONMENTAL HEALTH

Solid & Hazardous Waste

Improper waste disposal has the potential to attract disease carrying vermin and adversely impact air and water quality. To protect public health, staff members investigate complaints concerning solid waste accumulations and illegal dumping, regulate the operation of solid waste facilities review design plans for proposed solid waste facilities and monitor the maintenance of closed landfills.

| Solid & Hazardous Waste | 2019 |
|--|------|
| Number of Solid Waste Complaints Received | 57 |
| Solid Waste Complaints Investigated & Resolved | 64 |
| Solid Waste Facility Inspections Conducted | 67 |

Note: Solid waste complaints roll over from year-to-year if they are not resolved. This is why we had more resolved complaints in 2019 compared to complaints received in 2019.

ENVIRONMENTAL HEALTH

Drinking Water

Contaminated drinking water is a known cause of serious waterborne illnesses. To protect public health, staff members review development proposals for the presence of approved water sources, conduct site evaluations for new water systems and monitor water quality data for operating water systems.

| Water Reviews | 2019 |
|-----------------------|------|
| Private Water Reviews | 88 |
| Public Water Reviews | 8 |

Water Recreation

Pools, spas and water parks are a potential source for waterborne illnesses, unintentional injuries and accidental drowning. To protect public health, staff members review plans for proposed facilities, investigate complaints and conduct health and safety inspections on all permitted facilities throughout Chelan and Douglas County.

| Pool Inspections | 2019 |
|---------------------------------------|------|
| Water Recreation Facility Inspections | 100 |

COMMUNITY OUTREACH

The outreach team is dedicated to promoting CDHD's programs and services throughout Chelan and Douglas County. Community events, meetings and seasonal happenings are various ways CDHD can help the community learn more about public health. Serving our rural communities is a top priority and we strive to ensure a safer and healthier community!

| Events Attended | |
|---|---|
| Point-in-Time Homeless Count | CDHD Health Fair |
| Firewise | CVCH Back to School Health Fair - Wenatchee |
| WSD Parent Conference | National Night Out |
| Fire Strong | CVCH Back to School Health Fair - Chelan |
| Community Resource Fair | Leaders in our Valley |
| Autism Awareness | NCW Fair - Kid's Day |
| WVC Earth Day | NCW Fair - Latino Day |
| Eastmont PAC | Orondo Back to School Fair |
| Apple Blossom Kid's Day | Chelan County Fair |
| Touch-a-Truck | Coulee Medical Center Powwow |
| CDCSA Family Resource Fair | Fiestas Mexicanas |
| Kid's Fest | Chelan Safety Fair |
| Lake Wenatchee Fire & Rescue Safety Day | Child & Family Advocacy 5k |
| WHS Migrant Bilingual Event | Wings & Wheels |
| Winter Wellness Expo | |

FUNDING

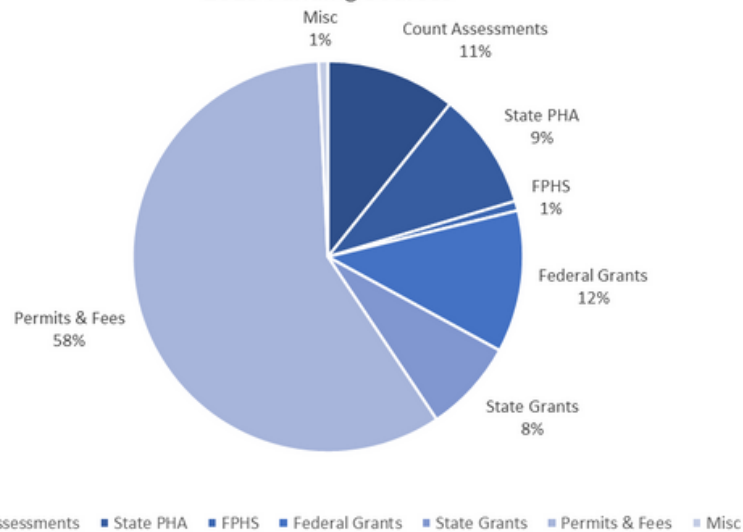
2019 Total Funding
\$4,133,003

2019 Total Expenses
\$4,063,959

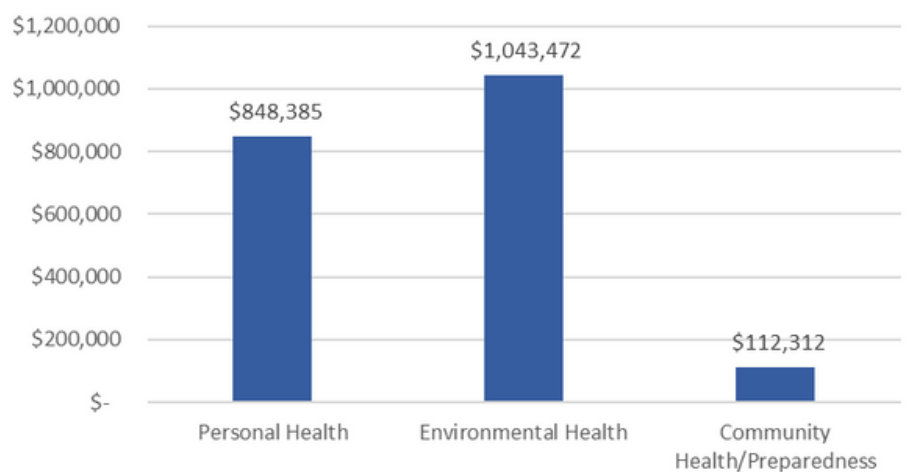
| 2019 Agency Funding | Amount |
|--|--------------------|
| County Assessments | \$443,786 |
| State Public Health Assistance | \$399,634 |
| Foundational Public Health Services Funding | \$32,740 |
| Federal Grants | \$485,167 |
| State Grants | \$317,034 |
| Permits and Fees | \$2,423,261 |
| Miscellaneous | \$31,381 |
| Total Funding | \$4,133,003 |

FUNDING

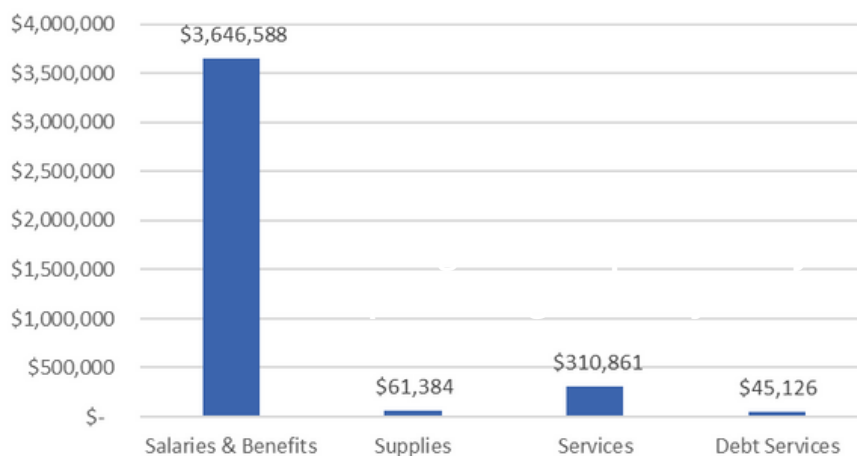
2019 Funding Sources



Expenses by Program



Expenses by Type



Always working for a Safer and Healthier Community



Chelan-Douglas Health District

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