

Protecting Health;
Inspiring Prevention.



Annual Report

2017



In 2017, NCHD continued to work diligently to promote healthy communities in northeast Colorado in a variety of areas. Many of those areas are highlighted in this report and include inspections, water testing, WIC, immunizations, food safety training, and distribution of blood pressure cuffs to name a few.

In early spring, we started our year-long application process for Public Health Accreditation. The National Accreditation process measures the performance of NCHD against a set of nationally recognized, practice-focused and evidenced-based standards. Being an accredited agency will ultimately help NCHD to improve our quality and performance as it helps us to identify areas of improvement and to evaluate current programs in light of new research and evidence.

The fall brought us another change, this time in leadership. We said goodbye to our former Public Health Director, Dr. Tony Cappello, and wished him well as he moved to the state health department to direct the Disease Control and Environmental Epidemiology Division.

We spent 2017 reflecting on the 2013 Public Health Improvement Plan and the successful programs that have been a result of that plan. Since this was the final year of that 5-year plan, it is time to create a new Public Health Im-

provement Plan for the next five years. We spent the summer making a timeline and planning how this process would unfold, and by fall we were distributing Community Health Assessments and hosting community engagement meetings to gain valuable input from our community partners and the public that we serve. This feedback will ultimately shape the 2018 Public Health Improvement Plan.

Public Health is continually evolving, and in 2017 we saw more emphasis placed on behavioral health and integrated health care. Seeing the shift toward behavioral and mental health prompted NCHD to create a Health Integration division so that we could be more proactive with our State Innovation Model (SIM) and Communities that Care (CTC) programs as well as support our LifeSource program. We also continued the work of pregnancy-related depression awareness and education.

It has been said that the only constant is change and we've certainly seen that in public health. One thing, however, will not change, and that is NCHD's commitment to protecting health and inspiring prevention.

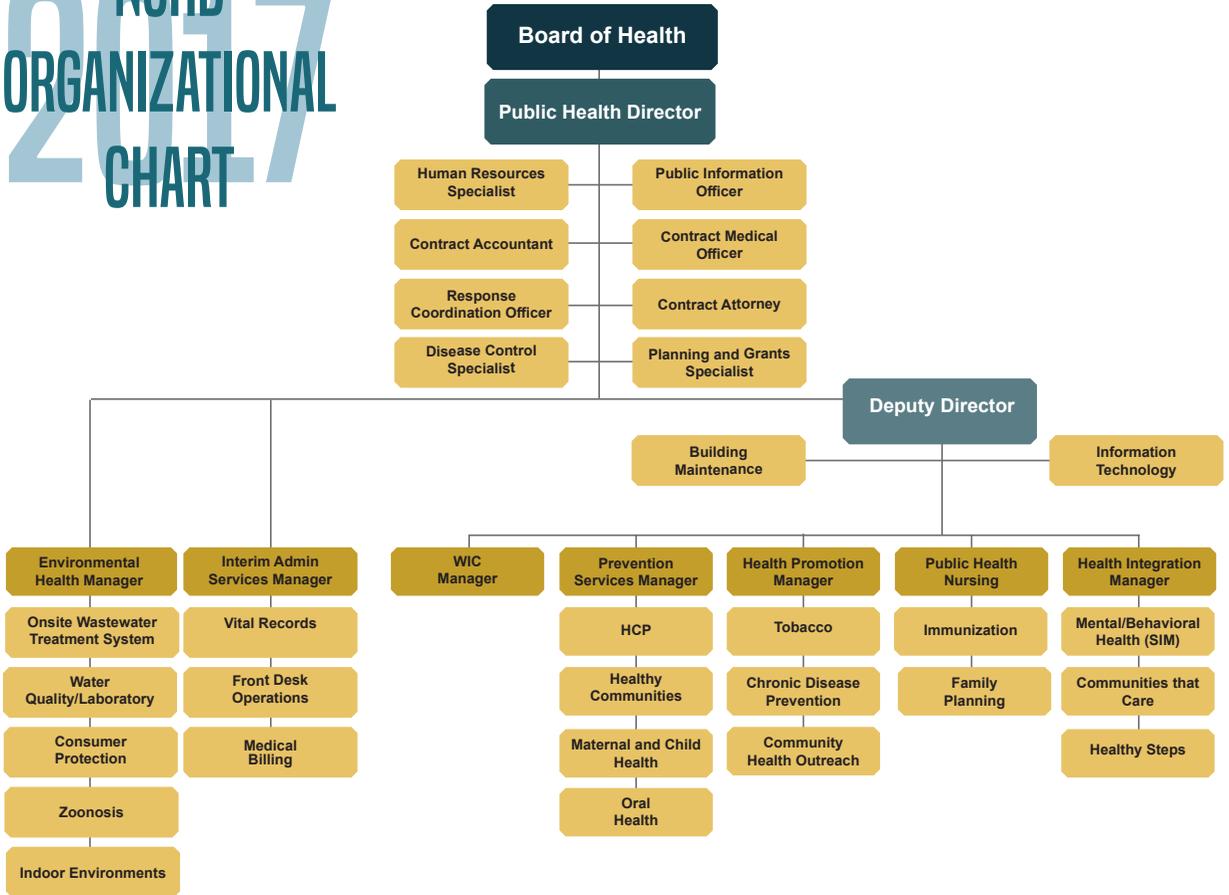
Sincerely,



Trish McClain, RN, BSN



2017 NCHD ORGANIZATIONAL CHART





MISSION

We are a rural public health department promoting healthy communities and protecting the environment through leadership, expertise, and collaboration.

GOVERNANCE

NCHD is governed by an eight-member Board of Health whose function is to select and employ the public health director, adopt local health ordinances, rules and regulations, adopt the annual budget, and serve in an advisory role to the public health director.

VISION

Protecting health; Inspiring prevention.

2017 ENVIRONMENTAL HEALTH INSPECTIONS

*Child Care Centers
49 inspections of 42 facilities*

There are approximately 40 Child Care Centers in our health district that will be inspected a minimum of once per year. The purpose of the rules and regulations governing child care centers and the inspections that we perform is to provide and maintain minimum health and sanitation requirements. Our department should not be confused with the Division of Child Care in the Colorado Department of Human Services, which licenses child care facilities.

*Retail Food Establishments
592 inspections of 420 facilities*

The Retail Food Safety Program at NCHD is the Environmental Health Division's largest program. Our staff covers over 400 restaurants, grocery stores, schools and other facilities that store and/or serve food throughout our health district. We perform twice-yearly inspections on most facilities, or more frequently if a facility has had a history of critical violations or is the subject of complaints.



*Swimming Pools and Spas
14 inspections of 8 facilities*

The Swimming Pool and Spa Safety Program is the only one of our environmental health programs that is voluntary. The licensed facilities are inspected twice each year for things like making sure the main drains are meeting safety code, which helps prevent the chances of entrapment drowning for young children, and ensuring the water is safe to be in, lowering the incidence of water-borne disease outbreaks.

*Body Art Facilities
5 inspections of 5 facilities*

The Rules and Regulations Governing Body Art in Colorado address general sanitation and disease control and apply to every body artist in Colorado offering services such as tattooing, branding, sculpting, scarification and body piercings. Due to the health risks associated with exposure to blood-borne pathogens, such as hepatitis or HIV, body art facilities that are licensed by NCHD are inspected at least once a year.

NCHD tests public and private drinking water for bacterial contamination. It is recommended that private wells be tested annually for bacteria or more often if there are known problems with well water in your area, especially if you have experienced problems near your well such as flooding or land disturbances, and if you replace or repair any part of your well system.

NCHD tested 942 water samples for bacteria in 2017

Onsite Waste Water Treatment system permits are required for any building creating wastewater flow that is not connected to a city sewer. Any new system or repair of an existing system requires a permit from the health department. Systems are inspected to ensure compliance with the regulations approved by the NCHD Board of Health.

NCHD issued 141 septic permits in 2017

Retail Food Service Violations:

318 Food-borne Illness Critical Violations Cited

These violations are commonly credited to improper hand washing techniques, incorrect temperatures of either cooked or raw foods, using bare hands to touch food products, etc.

396 Other Critical Violations Cited

Other critical violations could be pest control issues, storage and/or use of cleaning and sanitizing chemicals, sanitizing techniques or concentration of sanitizer, etc.

714 Total Critical Violations Cited

In addition to critical violations, it is common to see non-critical violations when inspecting a retail food establishment. Non-critical violations could be buildup of debris on floors, walls or other surfaces, a crack in the floor or wall that inhibits proper cleaning, or other facility issues that do not directly relate to food-borne illnesses. Even though these violations are not classified as 'critical', they are still very important. All of these issues left un-corrected can lead to a more critical situation that can cause food-borne illnesses.

To help keep the consumers in Northeast Colorado Safe, NCHD encourages all food service employees to take food safety trainings. With the cooperation of CSU Extension, NCHD offers two courses for facilities to choose from.

84 Food service workers were trained through ServSafe in 2017

51 Food Handlers Trained through NCHD Training Interventions in 2017

Vital Records

The Northeast Colorado Health Department serves as the Vital Records registrar for Logan, Morgan, Phillips and Washington counties.

Birth certificates are available for Colorado births dating back to 1906. Certain death records may require a waiting period. In 2017, we issued a total of 2,467 vital records in the four counties we serve. Here is a breakdown of those records:

Logan County

Birth Certificates Distributed	- - - - -	995
Death Certificates Distributed	- - - - -	97
Free Veteran Copy Distributed	- - - - -	22

Morgan County

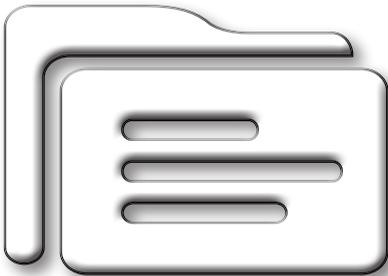
Birth Certificates Distributed	- - - - -	1,051
Death Certificates Distributed	- - - - -	64
Free Veteran Copy Distributed	- - - - -	67

Phillips County

Birth Certificates Distributed	- - - - -	90
Death Certificates Distributed	- - - - -	15
Free Veteran Copy Distributed	- - - - -	9

Washington County

Birth Certificates Distributed	- - - - -	38
Death Certificates Distributed	- - - - -	19
Free Veteran Copy Distributed	- - - - -	0



Supplemental Nutrition Program for Women, Infants and Children

The special supplemental nutrition program for women, infants and children (WIC) is a supplemental public health nutrition program that serves over 8 million vulnerable women, infants and young children across the United States, including 2,132 participants in the six county region NCHD serves.

WIC participants must be one of the following:

- Pregnant woman
- Breastfeeding woman (up to one year after the delivery of a baby)
- Postpartum woman who is not breastfeeding (up to six months after delivery)
- Infant
- Child up to 5 years old

Participants must also meet the financial guidelines set by the National WIC Association; however, individuals who are part of other programs such as foster care, Medicaid, SNAP, or TANF automatically qualify.

Who did NCHD WIC serve in 2017?

2,132 vouchered participants received nutrition counseling at 24,094 sessions and participants received healthy groceries with a retail value of \$1,298,580.46, which also benefits the local economy.



191 pregnant
women



481 infants
(under age of 1)



1,317 children
(ages 1 to 5)



143 breastfeeding
women

Immunizations

A key component of public health is providing immunizations. We have six offices and vaccines are offered one day per week in each office. We also provide additional walk-in immunization clinics during back to school and flu season. Here is the 2017 vaccination report:

Logan County-

302 Vaccines administered	36 TB skin tests	168 Patients
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Morgan County-

1478 Vaccines administered	44 TB skin tests	599 Patients
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Phillips County-

165 Vaccines administered	0 TB skin tests	98 Patients
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Sedgwick County-

10 Vaccines administered	0 TB skin tests	4 Patients
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Washington County-

98 Vaccines administered	1 TB skin test	21 Patients
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Yuma County-

481 Vaccines administered	4 TB skins tests	240 Patients
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2017 TOTAL:

2534 Vaccines	85 TB skin tests	1130 Patients
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Other Immunization highlights:

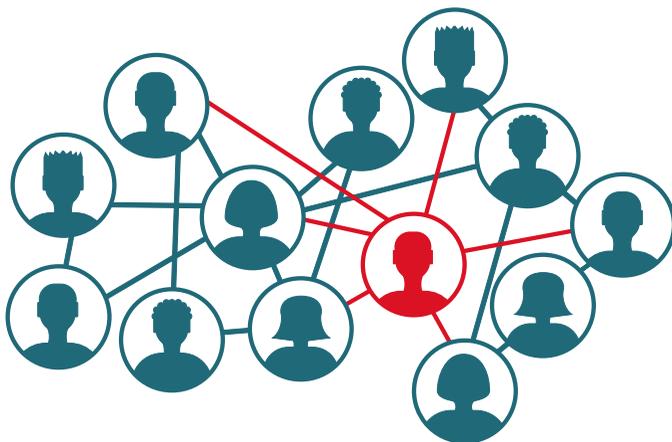
- NCHD provided Immunization materials to multiple clinics/community partners and at three community health events/fairs
- Provided four off-site immunization clinics for Tdap and Flu vaccines
- Provided technical support to 58 schools and 42 childcare centers for annual state immunization reporting.
- Mailed 596 HPV vaccine reminder cards to adolescents as part of the AFIX project
- Used social media to highlight infant, child, adolescent and adult immunization recommendations
- Completed a perfect site visit from the Colorado VFC Program in our Sterling office
- Vaccine For Children (VFC) coordinator presented on two monthly State Immunization Update Calls highlighting NCHD's work with schools, childcare centers, and our VFC program.

Communicable Disease

One of the core duties of public health is to track and control communicable diseases. Communicable diseases can be spread person to person, animal to person, and contaminated surfaces to person, such as influenza, norovirus, and many food-borne illnesses such as Salmonella and E. coli.

All hospitals, physicians' offices and laboratories are required to report positive communicable disease information to health departments, per state regulations. Public health investigates illnesses and outbreaks to halt further transmission. Here are the 2017 case counts for communicable diseases in Northeast Colorado:

Chlamydia and Gonorrhea counts do not include those directly reported into the STI/HIV program or family planning clients



Disease	Cases	Disease	Cases
*Campylobacter	39	Hepatitis C, chronic	53
Chlamydia	75	*Salmonella	24
*Cryptosporidiosis	12	*Shigella	7
*Giardia	8	*STEC (E.coli)	8
Gonorrhea	25	West Nile Virus	5
Hepatitis B, chronic	12		

* Require local public health follow-up/investigation

Family Planning

NCHD's Family Planning Program provides quality services to help meet the reproductive health and birth control needs of men and women in Northeast Colorado. The family planning program provides services such as abstinence counseling, physical exams, pap smears, pelvic exams, STI testing and treatment, pregnancy tests, several forms of birth control as well as birth control counseling to help clients choose the method that is best for them and take charge of their sexual health.

In 2017, NCHD had 606 family planning clients who came in for 1,218 appointments.

In addition to our routine family planning services, in 2017 we hosted the Northern Colorado Aids Project at four clinics where they provided free Rapid HIV and Hepatitis C antibody testing.

Healthy Child Clinics

We encourage all parents to participate in Healthy Child Clinics. They are for all children, age six months to five years, and offer free vision, hearing, height, weight, speech, social/emotional, developmental, and dental screenings.

The goal of Healthy Child Clinics is to pinpoint any health or developmental issues before children enter school, and more importantly to refer to appropriate resources before any problems have a chance to develop further.

In 2017, 121 children were screened at 6 clinics.

Specialty Clinics

HCP provides services to children and youth with special health care needs from birth to 21 living in Colorado who have or are at risk for, physical, developmental, behavioral or emotional conditions. HCP services are tailored to fit the need of individual families. HCP has no diagnosis or income restrictions. Most services are free, and no family is ever turned away due to their inability to pay.

Through HCP Specialty Clinics we aim to reduce barriers to families such as cost, lost work or school time and travel, and to minimize the number of trips to the Front Range. At NCHD we host 16 Specialty Clinics annually. During any specialty clinic, you can find doctors from children's hospital that specialize in the individual needs of the patients that are on the schedule on that given day.

Location	Neurology	Orthopedics	Rehabilitation
Sterling	6	4	2
Fort Morgan	2	1	1

There were 182 appointments at 16 clinics in 2017.

Family Recess Respite

Our Family Recess Respite Program is for families of children and young adults who have developmental or physical disabilities.

It's a day of temporary care where these children and young adults are cared for by behavioral professionals and nursing students under the supervision of a registered nurse.

Eligible children and their siblings are welcome at our Respite Care Days. Our goal is for home caregivers to have a chance to relax and regain their strength, and for the children to have fun in a safe and nurturing environment.

**33 kids with
special needs**

13 siblings

**321 hours of
respite for families**



**communities
that care**

Communities That Care (CTC) is a five-year grant from Colorado Department of Public Health and Environment (CDPHE). The focus is on preventing youth substance use, delinquency, and violence by selecting and implementing effective programs and policies aimed at reducing prevalent risk factors and strengthening protective factors.

CTC is an evidence-based program that provides strategic consultation, training, and research-based tools to help our community work together to promote the positive development of youth and prevent adolescent misbehavior.

To establish goals specific to each community, the CTC team at NCHD conducted **950 student surveys** in four schools.

Pregnancy Related Depression



1 in 7 new mothers struggle with pregnancy-related depression.

To help new mothers in Northeast Colorado, NCHD distributed **250 New Mom Kits** with information and strategies to help new mothers adjust to the changes new babies bring. We also gave **25 toolkits to providers**, assisting them to incorporate more screenings on new mothers into their practices, and help them with pregnancy-related depression.



High blood pressure is a common and dangerous condition. About 1 of 3 U.S. adults—or about 75 million people—have high blood pressure. Only about half (54%) of these people have their high blood pressure under control. This common condition increases the risk for heart disease and stroke, 2 of the leading causes of death for Americans.

Just Check It (JCI) is a comprehensive, evidence-based home blood pressure management program for improved blood pressure control. NCHD received funding for JCI in 2017 to help address the burden of Cardiovascular Disease in Northeastern Colorado and strive to increase the impact of existing disease prevention programs.

310

home blood pressure monitors were given to community members at community events and through the Health Department

250

home blood pressure monitors were distributed through providers offices

Healthy Schools

Through the Healthy Schools program, we aim to reduce people's risk for chronic disease and the upward trend of overweight and obesity through strategies focusing on physical activity, nutrition, and healthy weight. With Chronic Disease funding, we are able to take a multi-pronged approach to address prevention of chronic disease from the beginning of life.

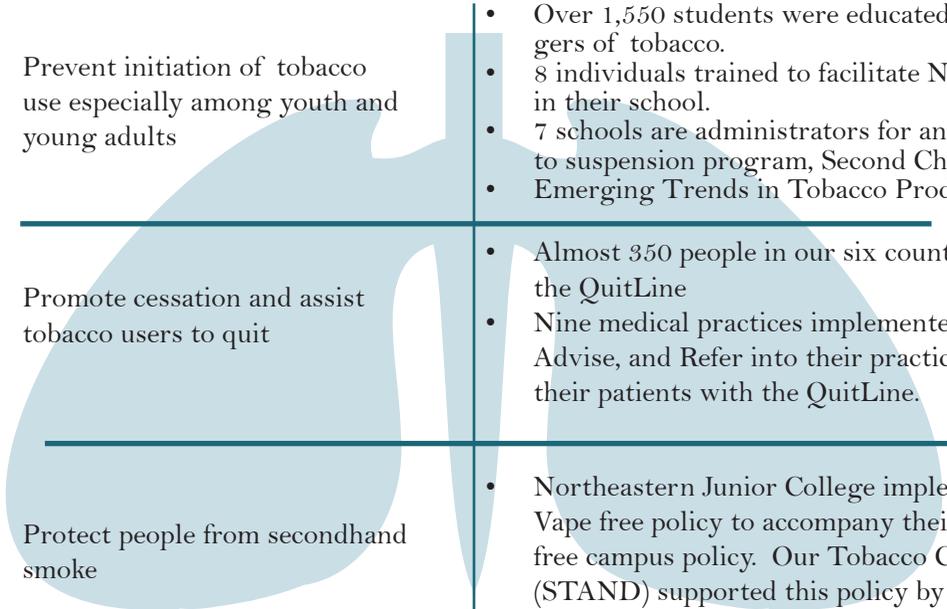
 To promote children staying active during days of adverse weather when recess is canceled, NCHD provided 8 indoor recess kits to 7 schools and 1 community non-profit in 2017.

 To promote proper hydration, NCHD has sponsored the purchase and installation of 10 hydration stations in schools in Northeast Colorado in 2017.



Tobacco Cessation

NCHD has been fighting tobacco use in Northeast Colorado. Yet nearly one in six Coloradans still use tobacco — our family, friends, neighbors and kids. We all know or love someone who uses tobacco. Smoking remains the leading cause of preventable death. The Colorado comprehensive statewide tobacco control program includes three specific efforts.

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- 1 Prevent initiation of tobacco use especially among youth and young adults
 - Over 1,550 students were educated on the dangers of tobacco.
 - 8 individuals trained to facilitate NOT groups in their school.
 - 7 schools are administrators for an alternative to suspension program, Second Chance
 - Emerging Trends in Tobacco Products
 - 2 Promote cessation and assist tobacco users to quit
 - Almost 350 people in our six counties utilized the QuitLine
 - Nine medical practices implemented Ask, Advise, and Refer into their practice to connect their patients with the QuitLine.
 - 3 Protect people from secondhand smoke
 - Northeastern Junior College implemented a Vape free policy to accompany their smoke-free campus policy. Our Tobacco Coalition, (STAND) supported this policy by providing education and hanging signs.
 - Promoted the Sterling Smoke-free park rule, by educating the community and the parks, library and rec board.

16

Million

Americans are living with at least one disease caused by smoking

6

Million

Deaths are caused by tobacco use worldwide each year

8.9

Billion

Dollars were spent by the tobacco industry on advertising in 2015

In 2013, the Northeast Colorado Health Department completed our first five-year plan, required by the state through the 2008 Public Health Act. The process had many steps. First, there was a written questionnaire given to clients and community members to gather data on the quality of life and health disparities in the area. Quantitative data was also compiled using reliable local, state, and national tools on topics ranging from chronic disease risk to health behaviors to morbidity and mortality rates. Next, community meetings were held around the region to collect qualitative data from individuals and entities. Then we selected community leaders, at least one from each of the six counties, and held steering committee meetings to assess the data and decide on the attainable goals to work toward over the next five years.

We have listed below the measures that we have taken, and those that we are still taking to attain the goals set forth by NCHD's first Public Health Improvement Plan, and sustain that progress into the future.

GOAL 1: Increase the awareness of the overweight/obesity and chronic disease issues in the northeast region

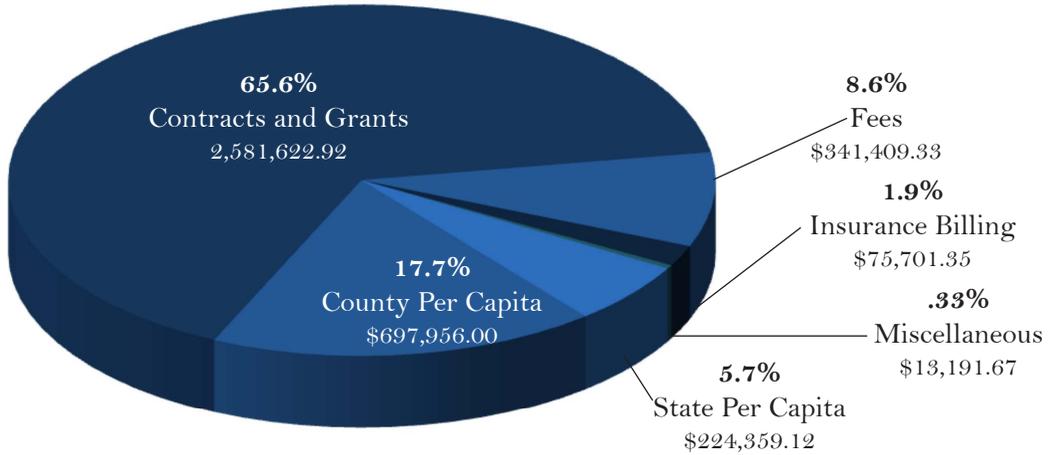
1. Started community movement, I Am Healthy Northeast, to inspire people to take action to incorporate more physical activity, better nutrition, and healthy weight into their daily lives.
2. Implemented programming to increase breastfeeding friendly environments
 - Currently employ 7 certified lactation counselors.
 - Worked with 16 employers to implement breastfeeding-friendly policies and become compliant with the Accommodations for Nursing Mother's Act
 - Established a breastfeeding task force of area professionals who are working to coordinate community awareness events promoting breastfeeding and normalizing
3. Promoting and implementing practices to increase healthy food and beverage, physical activity and worksite wellness.
 - Established a healthy schools coalition
 - Gave several community presentations and nutrition classes
 - Promoted healthy lifestyles in libraries, at community events, and at schools
4. Hosted fitness and hydration challenges and supplied schools with indoor recess kits to keep students active even when the weather is not favorable.
5. Assisted with healthy snack groups in the schools and taught students about choosing and preparing healthy snacks.

GOAL 2: evaluate how mental health and oral health contribute and influence goal 1.

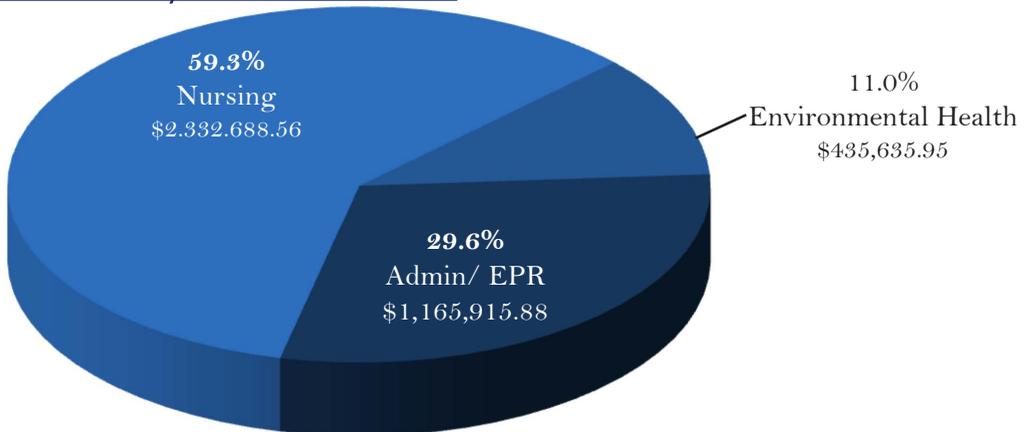
1. Implemented the "Communities that Care" model in three school districts with the goal to reduce risk factors and strengthen protective factors in the youth of these communities.
2. Identified pregnancy-related depression as a key issue that needs to be addressed.
3. Worked with healthcare providers to increase depression screening of new mothers to refer them to mental health providers and community resources as needed.
4. Worked on suicide prevention for men by promoting ManTherapy.
5. Collaborated with Centennial Mental Health Center (CMHC) to provide suicide prevention training in the communities of northeast Colorado.
6. Collaborated with CMHC and KPMX Radio to conduct community events called "Motivate 4 Mental Health" to reduce the stigma attached to mental health and increase public awareness of available mental health resources.
7. Took over the Lifesource program. This program enables school counselors to call NCHD when they see a student in a mental health crisis; we can then connect that individual to a mental health professional and pay for up to 6 sessions for the student to get the help they need thereby eliminating a barrier of access to behavioral healthcare.
8. Expanded our school-based oral health program into Phillips, Sedgwick, Logan and Morgan Counties. This program provides free dental screenings, fluoride varnish, and sealants on primary and secondary molars for students with parental permission in participating school districts.
9. Provided dental screenings, fluoride varnish and other dental services in some nursing homes for residents that may not have the means to visit a dentist regularly.

In the past five years, we have made some great strides toward making Northeast Colorado a healthier place to live, work, and play. In collaboration with our community partners, we have closed many gaps in services, education and public awareness in regards to chronic disease prevention, physical activity, nutrition and healthy weight, mental health, and oral health. It is now time to put together another 5-year Community Health Improvement Plan and create some new goals. Public Health is always changing and evolving to meet the needs of each community. We are proud of the progress we have made and look forward to continuing this tradition of excellent and strategic service to the citizens of Northeast Colorado.

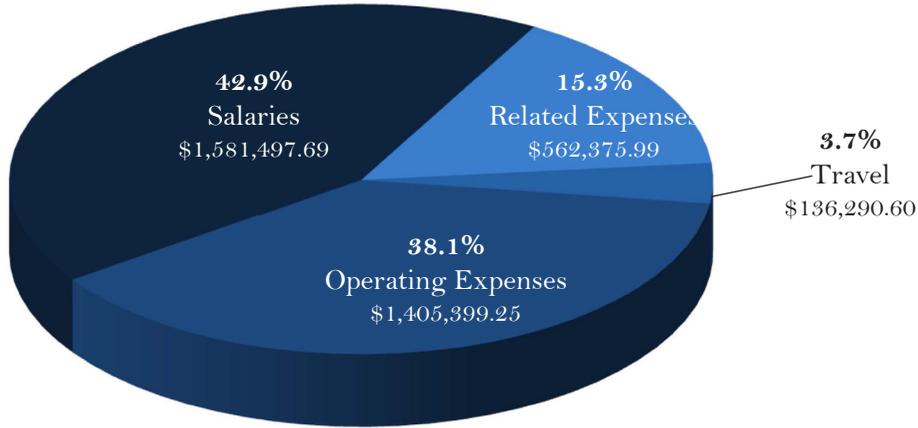
Total Revenue



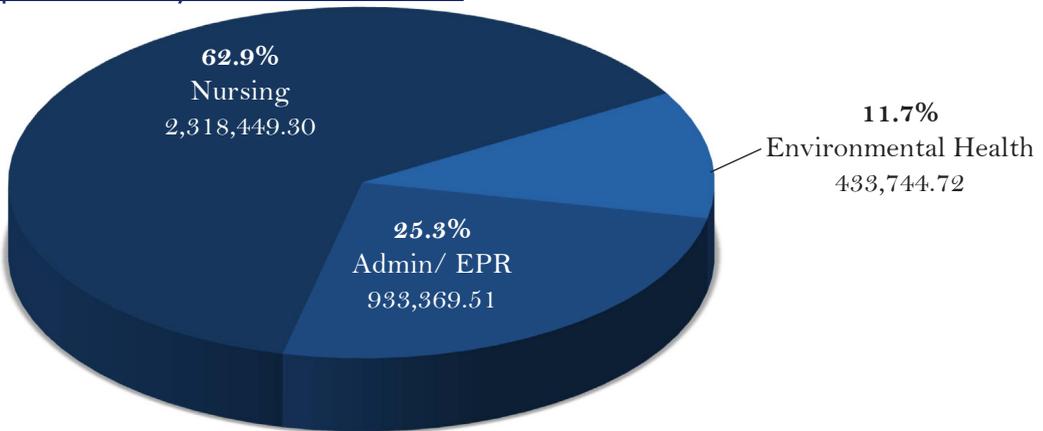
Revenue by Division



Total Expenses



Expenses by Division





OFFICE LOCATIONS

Logan County
700 Columbine
Sterling, CO 80751
(970) 522-3741

Morgan County
228 W. Railroad Avenue
Fort Morgan, CO 80701
(970) 867-4918

Phillips County
127 E. Denver
Suite C
Holyoke, CO 80734
(970) 854-2717

Sedgwick County
118 W. 3rd
Julesburg, CO 80737
(970) 474-2619

Washington County
77 Main Ave.
Akron, CO 80720
(970) 345-6562

Yuma County
529 N. Albany St.,
Suite 1120
Yuma, CO 80759
(970) 848-3811

BOARD OF HEALTH

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Logan County

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