



# annual report 2011

*Bear*   
*Health River*  
*Department*

## Board of Health

---

The Bear River Board of Health is comprised of nine members from Box Elder, Cache and Rich counties. One member from each county is an elected official in their county. Other members with a background or interest in advocating for public health are appointed by their county elected officials. They establish public health policies for the Bear River Health District. They serve three-year terms with no financial compensation for their service.

### **Chairperson Kathy Perry RD, CD**

*Dietitian*

*Brigham Medical Clinic*

### **Elected Officials**

#### **Bill Cox**

*Rich County Commissioner*

*Utah Substance Abuse Advisory Council  
Member*

#### **M. Lynn Lemon**

*Cache County Executive*

#### **Brian Shaffer**

*Box Elder County Commissioner*

### **Members At Large**

#### **Jim Abel**

*Owner, JC's Country Diner*

*Box Elder Tourism Board Member*

#### **Cheryl Atwood**

*Executive Director*

*Options for Independence*

*Box Elder, Cache and Rich Counties*

#### **Jim W. Davis MD, FACEP**

*Executive Director*

*Health, Wellness and Recreation*

*Utah State University*

#### **C. Reed Ernstrom**

*Chief Executive Officer*

*Bear River Mental Health*

*Box Elder, Cache and Rich Counties*

#### **Donald Linton**

*Chief Cache County Deputy Attorney*

## *Director and Health Officer*

---

Here at the Bear River Health Department each day presents new challenges in our role to provide public health assurance in a vast number of areas. While some services are constant and predictable, there is nothing typical about protecting the environment, promoting healthy lifestyles and preventing disease, disability and even death. Although challenging, it is one of the most rewarding professions that I can think of in terms of value to the community.

When asked what we do here at the Bear River Health Department, it is difficult to give a short answer that really encompasses all that is done specifically. This annual report will give a snapshot of six major areas of focus:

- Environmental health protection
- Women, Infants and Children nutrition services
- Substance abuse services
- Family health and nursing prevention services
- Public health promotion, and
- Emergency response for disasters and public health emergencies

All of these areas have dedicated professionals who are committed to quietly making a difference in our quality of life. I appreciate so much the trust our community places in this agency. I also express sincere appreciation to our Board of Health members, elected officials, volunteers and so many others who put so much time and effort into promoting the good of public health.



A handwritten signature in black ink, which appears to read "Lloyd C. Berentzen". The signature is stylized and cursive.

Lloyd C. Berentzen, MBA

## Getting Our Message Out

---



The Bear River Health Department is continually looking for ways to make information more accessible. A couple of the strategies used this year included online registration for the annual Ribbon Run and a QR code for air quality.

### Barcodes and Smart Phones

A QR code (abbreviated from Quick Response code) is a type of barcode designed for the automotive industry. It is now all over the world as a way to access quick information.

Read by a smart phone, this QR will link you to the most current air quality information.



### Online Registration

This year marked the first time the Bear River Health Department provided online registration and payment for the Ribbon Run as part of a pilot project.

This race draws more than 500 runners annually and this year at least 350 of them utilized online registration and payment. As the health department continues to move forward in providing accessible services to the community, more and more service will be available online.

*By The Numbers*

---

600

Pounds of prescription drugs  
collected as part of Take Back events

15,497

Number of immunizations provided

8,858

Number of Emergency Guides  
distributed

160

Number of car seats  
checked for  
proper installation

3,126

Number of families receiving  
WIC services

1,371

Number of people served by  
substance abuse treatment

1,059

Number of pool samples taken

## Highlights

### Vaccine Preventable Outbreaks

Two vaccine preventable outbreaks occurred in Cache County in 2011.

During the whooping cough (pertussis) outbreak, which started in April, a total of 91 students were excluded from four schools because they had exemptions signed for whooping cough. Each student was excluded for 21 days, during which time the health department contacted them weekly to monitor their health status and that of their family members. The total number of cases during the fiscal year was 27, the highest number of reported cases since 2006.

This was the first year since 1991 that measles was reported in the Bear River Health District. A total of five cases were reported in May and June. The first case was identified at the end of the school year at one school, reducing the number students who needed to be excluded from school. However this outbreak turned out to be quite far reaching. Because of the highly



contagious nature of this disease, it was essential to contact people immediately who may have been exposed to it.

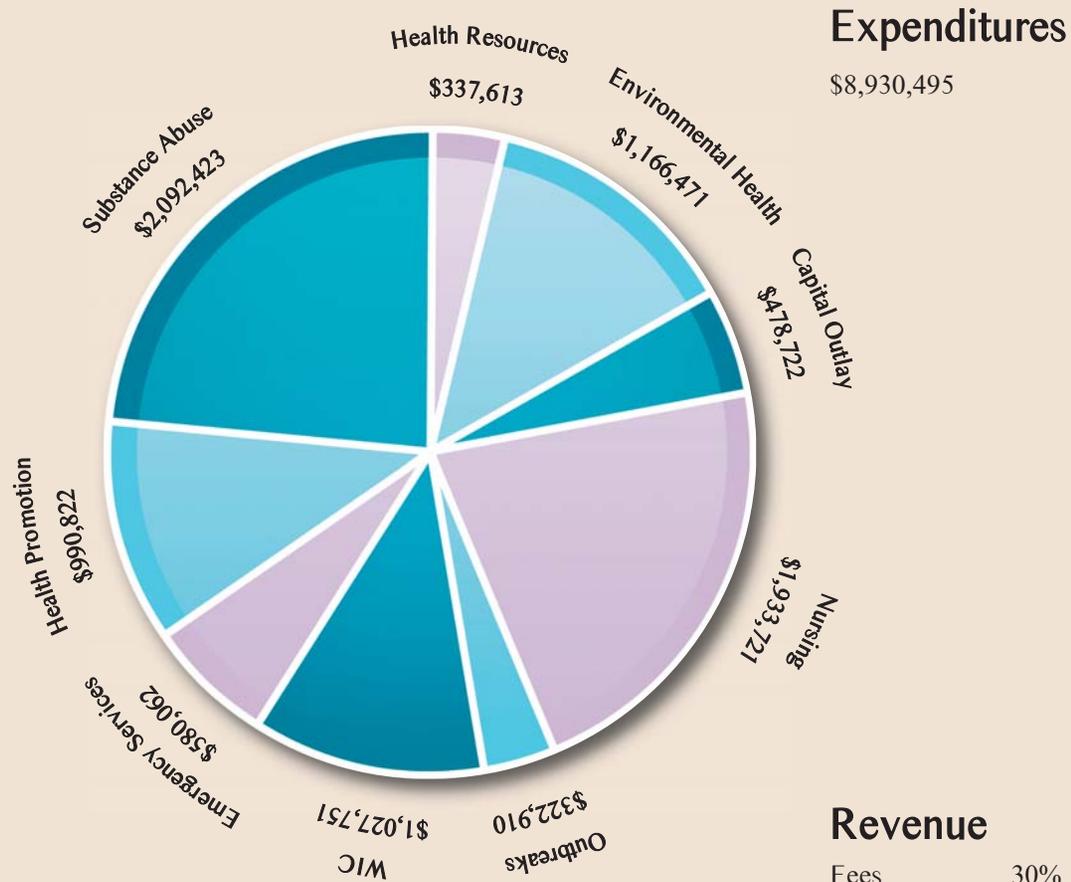
A total of 330 contacts were made. The health department gave 40 immunizations, primarily to adults who had only received one dose of the two-dose vaccine and were not adequately immunized.

### More Insurances Accepted

The department now accepts more insurances for immunizations than ever before in an effort to make getting immunized as easy as possible. Insurances now accepted include:

- Blue Cross/ Blue Shield (Tri Care not yet accepted)
- EMI Health
- Medicaid
- PEHP Advantage
- PEHP Traditional
- Select Health

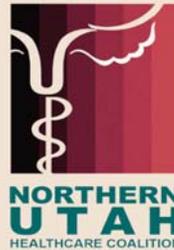
# Budget



## *Hospital Coordination*

---

As part of the Northern Utah Healthcare Coalition, the Bear River Health Department is working with the Davis and Weber/Morgan health departments to ensure that hospitals and health departments are coordinated and ready if a large scale disaster occurs in Northern Utah.



systems for all eight of the region's hospitals. In the event that clean water is unavailable, hospitals now can make water safe right at their own facilities.

Additionally, the coalition has recently worked to obtain 800 MHz radios for all of the hospitals in the region to ensure uninterrupted communications if other methods of communication fail during a disaster or public health emergency.

The coalition, through the Bear River Health Department, has purchased water purification

---

## *Hazardous Materials*

What if there was a chemical spill or a similar event in your neighborhood? What does the Bear River Health Department do to ensure that you and your loved ones are protected?

The Emergency Services and Environmental Health divisions work very closely with local fire departments to protect the public in chemical emergencies. The department has the capability to "sniff" the air for toxic chemicals

and identify unknown liquids and solids that may be harmful to local communities. Health department staff and partner agencies regularly practice what they would do if a harmful chemical was released and they train constantly to keep their skills sharp so they can help when needed.

The health department was involved in 36 chemical spill related investigations this year.



---

### *In The Event of an Emergency*

The Bear River Health Department has increased its emergency response capabilities over the last several years. Some of these projects include:

#### **24/7 Emergency Response Line**

More than 142 calls were made to the after-hours emergency line about a variety of events from chemical spills and environmental incidents to contamination and potential disease outbreaks this year.

#### **Community Education**

Community preparedness training is available for groups such as church and civic organizations. Education includes what to do during a public health emergency and how to prepare for an event.

#### **Trained Staff**

The department's current practices center on getting needed medication to the affected community within 48 hours. This is done in cooperation with other local authorities and medical experts.

## *A Snapshot of Your Favorite Restaurant*

---



The Bear River Health Department is now able to provide all food inspection findings from Box Elder, Cache and Rich Counties online at [www.brhd.org](http://www.brhd.org). While food inspections have always been public record they are now more accessible to the public than ever before.

Having safe food to eat is something often taken for granted, but it is something much of the world does not enjoy. Local communities enjoy this benefit due in part to the willingness of food handlers and restaurant managers to use and implement safe food practices.

The health department always wants the community to feel secure in where they choose to dine. Twice a year, environmental health scientists inspect most food establishments in the health district. It is important to remember that these reports reflect only a snapshot of the food operation at the time of the observation. This service is not intended to be a comprehensive overview of the establishment or to provide a review of the kind or quality of food served.

## *It's Odorless, Colorless, Radioactive and Causes Cancer*

---

Radon gas is the leading cause of lung cancer among non-smokers and second leading cause of lung cancer overall in the United States.

Much of the terrain throughout the Bear River Health District includes granite rock formations where high radon would be expected. This is supported by the results of 826 short-term radon tests that indicated two-thirds (20 out of 32 communities) have averaged at a level above federal standards.

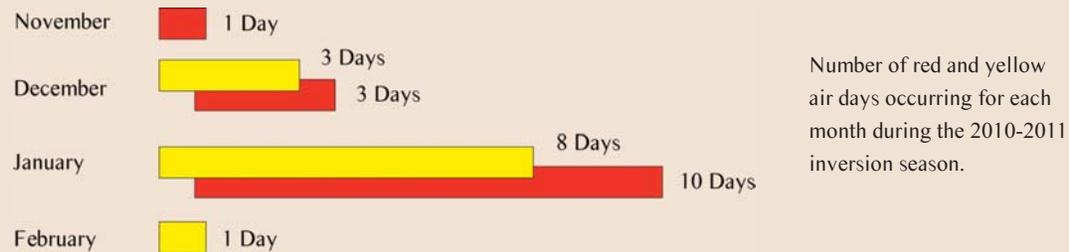
The only reliable way to know if radon is present is to test for it. Unfortunately there is

no reliable way to test soil for radon before beginning home construction.

The Environmental Health division is committed to providing education to the community and home builders about radon. A new grant recently awarded to the division will allow an increase in radon outreach and education, including how to access a \$6 test kit that includes a laboratory analysis. This type of test with a lab analysis would normally cost between \$30 and \$40.

---

## *Winter Air Pollution in Cache County*



## *Local Schools Build Year-Round Greenhouses*

---

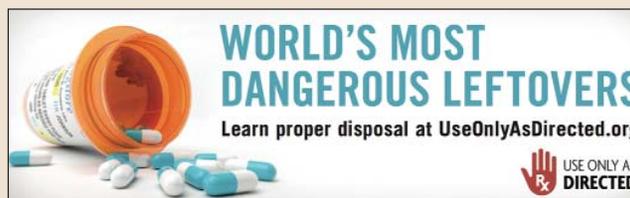
Each spring marks the yearly ritual for local residents to begin planting their gardens. This hobby can usually only be enjoyed during warm summer months when school is out. But now students at Canyon Elementary in Hyrum, Bridger Elementary in Logan, McKinley Elementary in Tremonton, and Summit Elementary in Smithfield will be able to garden all year long.

Greenhouses were built at each of these schools to grow fresh food throughout the year. The goal of the greenhouse project is to teach students the importance of eating healthy



fresh foods. It also provides teachers a resource to teach nutrition education in a hands-on environment. Family nights will be scheduled at each school so that parents and children will have an opportunity to work together and learn how to plant and care for a garden.

Funding was provided for the greenhouse project through a partnership between the Bear River Health Department, the Utah Department of Health, and the Logan, Cache and Box Elder school districts.



The Bear River Health Department and the Northern Utah Substance Abuse Prevention Team hosted three events during the past year where they collected and disposed of more than 600 pounds of expired and unused medications. They also funded the installation of two permanent drop-off boxes, which makes a total of eight locations throughout the health district.

## *Alcohol Can “Wreck” a Kid’s Brain*

---

Ever wonder what drinking does to a teen’s brain? It isn’t pretty. Individual’s brains are still developing until their mid-twenties. A teenager’s brain is just starting to “rev up,” but alcohol slams on the brakes. Even more alarming, kids who begin drinking at 15 have a 40 percent chance of becoming alcohol dependent. But waiting until the age of 21 to start drinking lowers that chance to only 7 percent.



“Alcohol Can Wreck a Kid’s Brain” was the message as the “Brain Bug” toured the Bear River Health District in September and October 2011, encouraging parents to talk to their teens about the dangers of underage drinking and promoting the statewide awareness campaign, Parents Empowered. This campaign aims to educate parents about the lasting harms of underage drinking and provide them with the skills and information to

prevent it. Parents Empowered focuses on parents because studies have shown that they are the number one influence in their children’s lives and research shows that teens are less likely to drink when parents are actively involved in helping their children

understand the risks of drinking alcohol before age 21. Parents can go to the website [parentsempowered.org](http://parentsempowered.org) to find more tips on preventing underage drinking with their children.

The “Brain Bug” is an old

Volkswagen Bug wrapped like a brain, providing a unique visual for the community to understand what alcohol does to a teenager’s brain. The bug was present at many different community events this year such as football games, demolition derbies, parades, and the Red Ribbon Run.



## *Building Community Immunity*

---

The goal of the Influenza Program is to build community immunity. This can only happen when a large percentage of the community receives a flu shot. The Centers for Disease Control now encourages everyone 6 months and older get a flu shot. They are available through physicians, pharmacies and now many stores, but sometimes individuals do not or cannot access these services. That is where the Bear River Health Department can help.

The department has provided flu shots to homebound individuals and through clinics at senior centers for many years. But when CDC guidance changed and encouraged everyone 6 months and older to be vaccinated, the flu program “hit the road” and began providing clinics at worksites.

Having healthy workers is beneficial to the community. Using a mass clinic model, the department is able to provide services quickly. Businesses have found a cost savings in having onsite clinics for their employees and their families and are pleased with the quality

and efficiency of the services provided.

This mutually beneficial project, allows the department to practice mass vaccination techniques in preparation for emergencies while companies are able to use less staff time to promote healthy workers and families.

The department also offers walk-in flu shots during regular business hours.

---

## *Pink Heals*



Photo Credit: Cancer survivor Jennifer Luther

*Generous donations from Serendipity Salon and the Pink Heals pink fire truck tour enabled the health department to help 108 women receive mammograms.*

## *Getting Immunized*

---

There are many places to receive immunizations in the community including the Bear River Health Department. The health department wants to make getting immunized as easy as possible to assure that residents are able to get the protection they need. Walk-in clinics are available Monday through Friday during regular business hours.

When getting immunized, it is helpful to provide the following information:

- Immunization record, this may be available from a physician's office.
- Insurance card.
- List of Immunizations covered by the insurance provider and if the health department is a preferred or in-network provider. If you are unsure contact your insurance company.
- Birth date of the person receiving the immunization.
- List of any allergies or any reactions to previous shots.
- Health history, including any medications currently being taken.

### *Program and Staff Earn Praise*

“When I came in, it was a very nice environment. Diane, the nurse, was so professional she was thorough and so knowledgeable. Lapriel and Diane seemed so smart and knew how the combinations of hormones were going to affect me. They are so accommodating and told me if you feel bad give us a call we will find something that works for you. It (the family planning clinic) is the most amazing thing.”

Family Planning patient, 2011

## *Taking Care of Our Youth*

---

Youth treatment is an important piece of the Bear River Health Department's Substance Abuse Treatment Program.

During the year, 120 youth were provided treatment services. The drug of choice among this population is marijuana followed closely by alcohol. The health department provides a variety of service options for youth ages 12-17 and their families. These include assessments, classes, groups, individual and family interventions and counseling, intensive outpatient treatment, and drug testing.



The department also provides services for youth under 12 on an individual basis.

Now available to youth under the age of 18 is the Youth Intensive Outpatient Group. This group is held four days per week, three hours per day for a four-week cycle. Clients may join the group at any time, assigned by a counselor or directly referred by a judge or probation officer. Once beginning the group, clients must attend consecutively and must complete a full four weeks while remaining clean of drugs.

---

## *A Partnership With Mental Health*

Individuals who were not on Medicaid or did not have a chronic mental health diagnosis were finding it more difficult to access affordable mental health services. Thanks in part to a grant and the ongoing partnership between Bear River Mental Health and the health department, more people are able to access the mental health care they need.

Individual, family, or couples mental health sessions are provided in conjunction with, or separate from, substance abuse treatment. If someone requires long term, chronic, or severe mental health treatment, they will be referred to an appropriate local mental health treatment provider.

## Comparing Adult and Youth Drug Use

ADULTS			YOUTH	
604	Alcohol	1	Marijuana	68
305	Marijuana	2	Alcohol	45
149	Methamphetamine	3	Methamphetamine	6
88	Opiates/Synthetics	4	Heroin	3
69	Heroin	5	Inhalants	1
26	Oxycodone	6	Over-the-counter Medications	1

Top six drugs reported by Bear River Health Department substance abuse clients.

## Breastfeeding Rest Stop

---

One of the roles of the Bear River Health Department's WIC Program is to provide help and support to mothers who choose to

*"Thank you! I was actually on my way to go try to feed in my hot car when I found this trailer! So helpful!"*

breastfeed their babies. One of the many ways that was accomplished this year was to provide a place for nursing mothers to feed their babies while at the Cache County and Box Elder County Fairs.

An air-conditioned trailer with two rocking chairs, cold water, a changing station, and coloring pages for older children was provided at each fair. More chairs were needed at times to accommodate all the women who came to feed their babies.

A tent and table in front of the trailer was staffed by WIC employees, La Leche League,

and Logan Regional Hospital volunteers who shared information about breastfeeding and various services in the area that provide lactation support. Volunteers answered questions and encouraged women to enter their name for a prize drawing. The WIC Program and various businesses donated prizes to be given away at each fair.

During the three-day Cache County Fair, 155 women stopped in to feed their babies. In Box Elder County, there were 130 visits.

*"This was the most awesome idea ever! It is so hard to nurse on the go, but with a cool place like this it's no problem"*

This service is well-utilized and appreciated in both locations with many participants sharing the message by word of mouth.

Next year, the health department is planning to expand the number of community events where this service is provided.

## *WIC Income Guidelines*

---

Household Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$20,147	\$1,679	\$840	\$775	\$388
2	\$27,214	\$2,268	\$1,134	\$1047	\$524
3	\$34,281	\$2,857	\$1,429	\$1,319	\$660
4	\$41,348	\$3,446	\$1,723	\$1,591	\$796
5	\$48,415	\$4,035	\$2,018	\$1,863	\$932
6	\$55,482	\$4,624	\$2,312	\$2,134	\$1,067
7	\$62,549	\$5,213	\$2,607	\$2,406	\$1,203
8	\$69,616	\$5,802	\$2,901	\$2,678	\$1,339
Each Additional Family Member Add	\$7,067	\$589	\$295	\$272	\$136

Effective through June 20, 2012



To qualify, you must be pregnant, breastfeeding, or just had a baby, or have an infant or child under 5 years of age.

### **Administration**

#### **Budget, Finance & Accounting**

Provides fiscal management for all health department programs.

#### **Community Health Policy**

Provides advice and recommendations to the Board of Health.

#### **Facilities**

Manages all of the health department's buildings, vehicles and equipment.

#### **Human Resources**

Manages all personnel issues for health department staff.

#### **Information Technology**

Provides computer and other information technology support for the department.

#### **Public Relations**

Coordinates public information and marketing for the department.

#### **Risk Management**

Oversees the safety, health and liability of the department and staff.

#### **Vital Records**

Manages birth and death certificates.

### **Emergency Services**

#### **Emergency Planning**

Coordinates with local partners to prevent unfavorable outcomes a public health disaster, including: identifying threats that may harm the community; providing education on how best to prepare for and respond to those threats; and working with public safety partners to ensure that the community's health is protected.

#### **Medical Reserve Corps**

Recruit, train and, when necessary, activate volunteer medical professionals and others to assist public health in responding during a disaster.

### **Environmental Health**

#### **Air Quality**

Tracks air quality and provides education to reduce air pollution. Includes woodburning and smoking vehicle enforcement programs as well as lead-based paint identification.

#### **Community Health**

Inspects day care facilities, pre-schools, group homes, jails, mass gatherings and schools.

#### **Drinking Water**

Tests and inspects all public drinking water systems in the district and helps system managers maintain compliance to state standards.

#### **Food Service**

Inspects food service establishments and investigates complaints. Includes food handler permit classes.

#### **Hazardous Waste & Used Oil**

Investigates spills, oversees clean up and participates with the state used oil recycling program.

#### **Indoor Clean Air Act**

Educates and enforces the state law regarding smoking in public buildings.

#### **Methamphetamine Inspection and Decontamination**

Inspects and samples contaminated properties. Provides oversight of decontamination.

#### **Pools**

Tests water in public pools and spas, and provides training and certification for pool managers.

#### **Solid Waste**

Inspects landfills, encourages recycling and works to reduce illegal dumping.

### **Underground Storage Tanks**

Conducts leak detection inspections and oversees installations and closures.

### **Water Pollution**

Investigates complaints and provides septic system consultation, inspections and permits.

### **Health Promotion**

#### **Chronic Disease Education**

Inform, educate and empower participants on managing chronic illness.

#### **Cardiovascular Health**

Coordinates Gold Medal School and Healthy Communities Program focusing on physical activity, obesity prevention and nutrition.

#### **Hispanic Health**

Promotes healthy lifestyles among the Hispanic population and coordinates the Hispanic Health Coalition.

#### **Highway Safety**

Provides services that promote safe driving behaviors.

#### **Injury Prevention**

Coordinates the Safe Kids Bear River coalition to prevent unintentional injuries to children.

#### **Safe Communities Coalition**

Safe Communities Coalition (SCC) serves as a grassroots coalition with community members working together to create and maintain a safe and healthy environment.

#### **Substance Abuse Prevention**

Coordinates the Northern Utah Substance Abuse Prevention Team to provide programs and services that reduce risk factors for substance abuse. It focuses on schools, families and communities.

### **Tobacco Prevention & Control**

Partners with worksites, communities and healthcare providers to establish tobacco-free policies. The program offers cessation classes for youth and adults and assists with the enforcement of tobacco retailer laws.

### **Public Health Nursing**

#### **Cancer Screening**

Provides screenings for breast and cervical cancer. Vouchers are also provided for mammograms. Additional preventive screenings are available for women who qualify.

#### **Case Management**

Provides education, advocacy, enrollment with primary care provider system or HMOs, networking with other agencies, and troubleshooting claims.

#### **Child Health Evaluation & Care**

Facilitates access and encourages comprehensive preventive health and dental screening for eligible children to identify and treat problems early.

#### **Communicable Disease/HIV and STIs/Tuberculosis**

Tracks infectious diseases and provides testing, counseling and referral services.

#### **EMS Testing**

Provides baseline medical screening for emergency workers.

#### **Family Planning**

Provides low cost reproductive health services to women who otherwise cannot afford it. Also provides preventive health screenings is indicated.

#### **Home Visitation / Prenatal / Targeted Case Management**

Provides in-home assessment of child/family needs and strengths related to

overall health and well-being. Also provides guidance, information and referrals, and preventive healthcare education for parents and children.

#### **Immigration Screening**

Provides screening and testing for those applying for citizenship.

#### **Immunizations**

Provides education and immunizations for children and adults, international travelers, and monitors community immunization rates.

#### **Substance Abuse**

##### **Adult Outpatient Services**

Substance abuse treatment in the form of assessment and evaluation, individual, group and family sessions.

##### **Drug Court**

Offers qualified people facing felony drug charges an option of counseling and case management on a strict schedule for one to three years. Successful graduates will see their charges dropped after completion.

##### **Drug Offender Reform Act**

Coordinated effort between treatment, Adult Probation and Parole, and the District Court to provide treatment options to individuals faces felony alcohol or drug charges.

##### **Intensive Outpatient Services**

Substance abuse counseling for youth and adults consisting of a minimum of 12 to 22 hours per week of individual and group counseling sessions for the duration of at least four consecutive weeks followed by outpatient counseling for one year or more.

##### **Mental Health Services**

Groups covering anger management and life skills, as well as assessment and individual counseling with mental health issues. Referral to long term mental health

treatment services throughout the community is made available if necessary.

#### **Urine Testing**

Urine sample testing for clients ensures clean time during treatment. We also provide urine testing to local school districts, employers, and the general public upon request.

#### **Women's Treatment**

Provides individual and group counseling specifically for women who are pregnant or have dependent children.

#### **Youth Treatment**

Assessment and evaluation, individual, group and family counseling for youth, ages 12 -17.

#### **Women, Infants & Children**

##### **Breastfeeding Promotion and Education**

Provides information and assistance to women during and after their pregnancy. Lactation educators and breastfeeding peer counselors are available at most clinic sites. An international board certified lactation consultant is on staff at the Logan WIC office.

##### **Monthly Food Prescription**

Provides supplemental foods that are high in protein, calcium, iron, fiber and vitamins A and C. Examples of these foods include fresh fruits and vegetables, whole grains, eggs, dried or canned beans, peanut butter, iron-fortified cereals, milk, 100% fruit juice and iron-fortified infant formula.

##### **Nutrition Education**

Provides individual counseling and group classes about nutrition for infants, toddlers, prenatal, breast-feeding, and postpartum clients.

## *Locations*

---

### **Logan**

*655 E. 1300 North  
(435) 792-6500*

### **Environmental Health**

*85 E. 1800 North  
North Logan  
(435) 792-6570*

### **Brigham City**

*817 W. 950 South  
(435) 734-0845*

### **Garden City**

*115 S. Bear Lake Blvd.*

### **Randolph**

*275 N. Main  
(435) 793-2445*

---

## *Visit Us Online*



[www.brhd.org](http://www.brhd.org)



an

OUR MISSION: PREVENTING AND CONTROLLING DISEASE AND DISABILITY  
PROTECTING THE INDIVIDUAL, COMMUNITY AND ENVIRONMENT  
PROMOTING, MAINTAINING AND IMPROVING HEALTHY LIFESTYLES