

CDHD

2008

Performance Report



Open Letter to the Community

The Central District Health Department is pleased to present this report on our progress in achieving the goals of our public health district – “Healthy People in Healthy Communities.”

We are trying a new approach in presenting this information. In the past we have done a traditional annual report with lots of numbers and statistics that don't provide much insight into the things we do every day. Our mission statement sums up what we are trying to do with this report:

“To improve the health of our communities by identifying sustainable solutions to community health issues, developing partnerships for implementation of strategies, and demonstrating our success through measurement of outcomes.”

Our approach with this report is to show the progress we've made in key program areas and provide insight into the way we're improving the health of the communities we serve. Hopefully you will learn that the public investments in the programs of the Central District Health are monies well-spent.

The range of responsibilities Central District Health assumes touch lives even before children are born, when expectant families enroll in the Women, Infants and Children (WIC) nutrition program. It continues as we strive to improve vaccination rates for children. We ensure safety of the food you eat at home and away through regular inspections of restaurants, food vendors and grocery stores. When there are disease outbreaks our staff works to find the source and develop strategies to limit its impact on the rest of the community. Through our Public Health Preparedness program we're even planning and exercising for a day we hope never comes, when a major disease outbreak requires our response.

We are proud of the team of professionals serving the four counties of our health district. We invite you to learn more about what we do at Central District Health Department by turning to the pages of this report, and by visiting our website: www.cdhd.idaho.gov.

We're here to serve you, so let us know how we're doing.

Here's to your health!



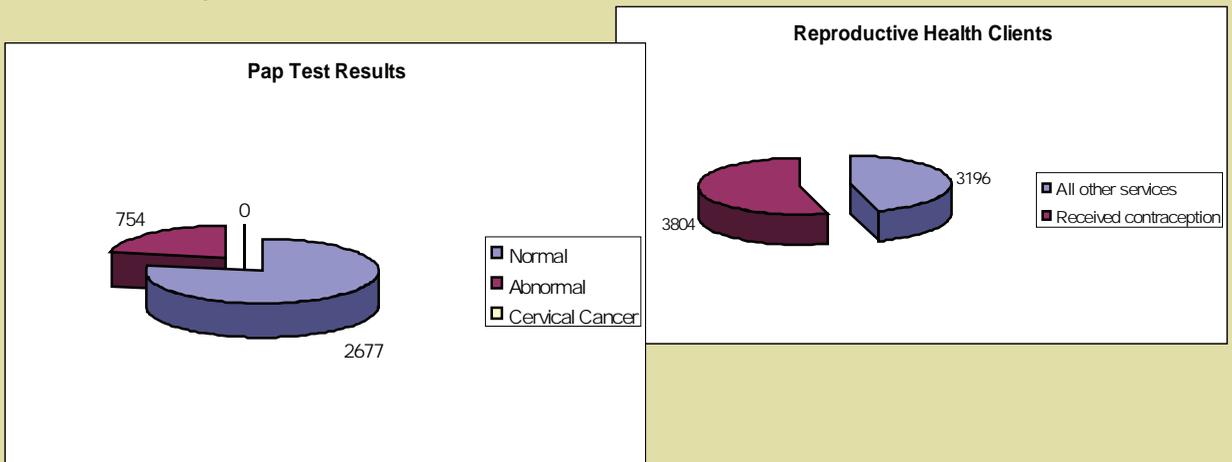
Russell A. Duke
Director



Steven F. Scanlin
Board of Health Chair

Reproductive Health

The Reproductive Health program saw over 7000 individuals at our clinical sites. The majority of those clients – 3804 of them – received some sort of contraception, allowing them to better plan their families.



Significantly, 3431 Reproductive Health clients received a pap test for cervical cancer. Twenty-two percent (754) were diagnosed with abnormal findings. With appropriate follow-up and intervention, no cases of cervical cancer developed among our clientele.

One of the big success stories for Reproductive Health has been the collaboration with other community organizations, and the Ada County Juvenile Detention Center in particular. The visits by public health educators have increased the awareness among these youths of sexual risk-taking. Awareness appears to have brought about behavioral change, as shown by these excerpts from Customer Satisfaction forms filled out by youths at the Detention Center.

“I have tried to use more protection.”

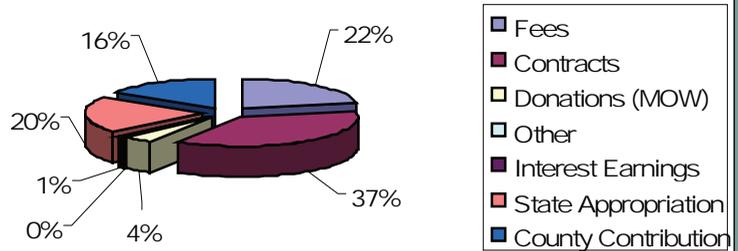
“I don’t have sex any more.”

“I am going to be abstinent. I am going to take better care of my body because I only get one.”

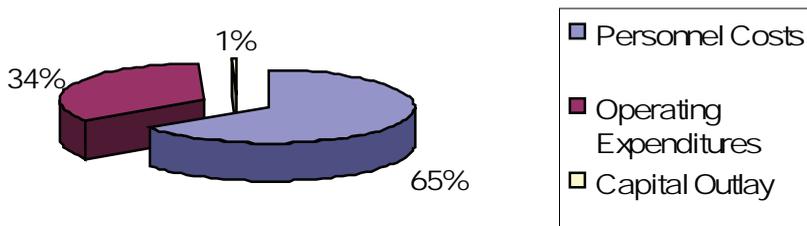
Also of significance is the detection of Chlamydia among 6 – 15% of the detained youths. Since most of these young people didn’t exhibit symptoms, they wouldn’t have sought treatment. Receiving treatment can significantly reduce future health complications.

Financials

FY 2008 Actual Revenue Total \$11,905,374



FY 2008 Actual Expenditures Total \$12,228,188



WIC

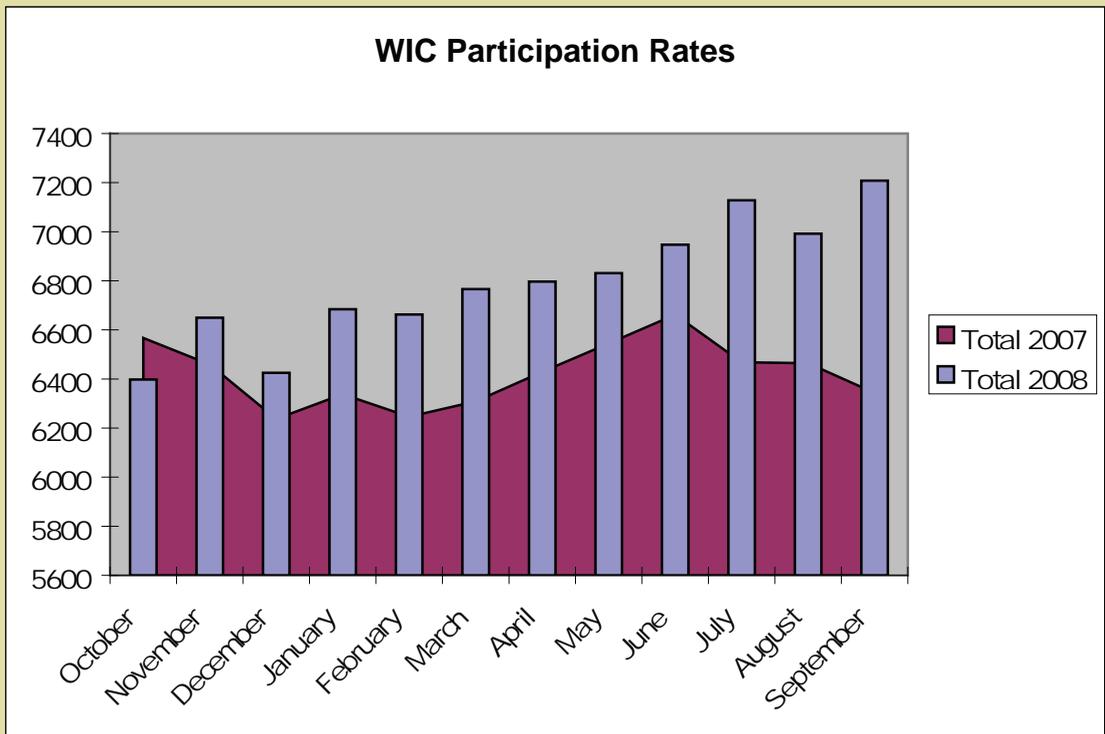
The WIC program is a supplemental nutrition program for Women, Infants and Children up to age 5. It provides nutritious supplemental foods, nutrition education and referral to health care services at no cost to eligible families. The program is funded by the U.S. Department of Agriculture and is designed to improve the health of pregnant women and their young children.

Lindsay Postlewait of Boise was so impressed with the WIC program that she sent a Thank You note to the WIC staff:

“I just wanted to thank you all for everything you do. The pump you gave me is amazing and has made such a difference in my life.”

To participate in the program the women and children must live in one of the four counties served by Central District Health: Ada, Elmore, Boise or Valley counties. They must also meet the income guidelines of having a household income at 185% of the U.S. poverty guidelines or less.

Perhaps it is a reflection of the economy as a whole, but participation in WIC continued to grow over the past year.



Communicable Disease Control

When it comes to infectious disease, Communicable Disease Control at Central District Health is the first line of defense. The epidemiologists are responsible for tracking more than 70 infectious diseases.

Most activity goes on quietly out of public view, but all that changed in 2006 when Idaho led the nation in the number of West Nile virus infections. The state reported more than 1000 cases of West Nile. The four counties in the Central District Health Department had 326 cases, with 52 of them being neuroinvasive.



Reverend Larry Maxwell of Glens Ferry spent nearly a month in the hospital after being infected with West Nile virus.

Among the CDHD's four counties, Elmore County had a disproportionately high number of cases for its population. Without its own Mosquito Abatement District, Elmore County turned to Central District Health to assist with studies of mosquito populations and initial abatement efforts based on the findings. The first season of studies took place in the summer of 2007, and established a baseline for subsequent studies and abatement efforts the following year.

While it is important to acknowledge that overall West Nile case numbers dropped around the state in both 2007 and 2008, the CDHD-assisted studies and abatement efforts have helped to reduce the incidence of West Nile infection in Elmore County, and Mountain Home in particular. Abatement efforts can now be more accurately targeted to those areas where mosquito populations appear to be the highest, thereby protecting the public from exposure to the disease.

Number of WNV Human Cases 2006-2008

Elmore County WNV Human Cases 2006-2008*					
	# of Fever	# of Neuro	Total Cases	# of Hospitalized	# of Deaths
2006 Totals	59	8	67	10	2
2007 Totals	7	0	7	0	0
2008 Totals*	3	1	4	1	0

* Provisional data

Community Health Education

Central District Health has long promoted the benefits of living tobacco-free, through smoking prevention programs for teens and smoking cessation classes for those already addicted. In 2007 the Board of Health adopted a policy to ban the use of all tobacco products from the three campuses of the health department. The policy went into effect July 1, 2008.

The Board of Health feels the policy falls in line with the health district's vision statement of "Healthy People in Healthy Communities."



In addition to banning tobacco use at the three district offices, CDHD is also discouraging tobacco users from even applying for positions at the health district.

CDHD employees were made aware of the policy months in advance and tobacco users were offered assistance in quitting. Whether they quit or not, they won't be able to smoke or use other tobacco products anywhere on CDHD property.

CDHD

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Environmental Health

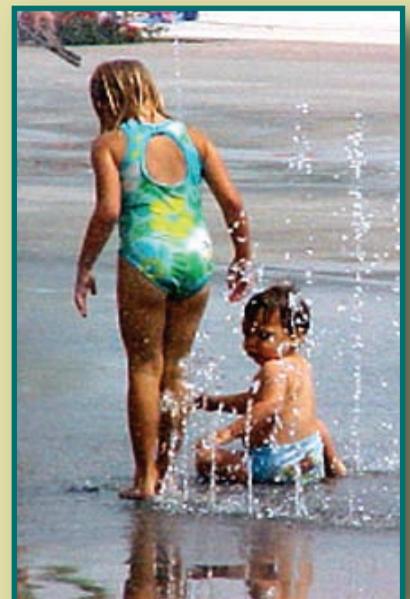
Environmental Health works to protect public health by ensuring the environment we live, eat and recreate in is as clean and safe as possible. While each program area within Environmental Health is important, there is one area that stood out in FY 2008.

As the summer of 2007 drew to a close the state saw a dramatic increase in the number of cases of Cryptosporidiosis, a parasitic disease caused by a tiny protozoan called cryptosporidium (crypto for short). In a typical year there might be 40 Crypto cases statewide. But the number of confirmed cases soared to 517, with 241 cases identified in Ada County.



The investigation by Environmental Health Specialists quickly zeroed in on the so-called splash pads as the most likely culprit. Many of these zero-depth water features recirculated water through filtration systems incapable of completely eliminating the Crypto. As a result many patrons became ill.

Through a series of meetings involving the other health districts and the Idaho Department of Health & Welfare, the problem was addressed and recommendations were made to the operators of pools and splash pads for improved filtration systems that would kill the Crypto. Central District Health staged seminars for regulated and unregulated pool operators. And the state financed a media campaign designed to raise public awareness of recreational water illness.



Immunizations

The Immunizations program at Central District Health continues to succeed in immunizing children at rates well above the statewide average. While the reasons for the overall success of the program may vary, there is one aspect of immunizations that has, without a doubt, improved the health of young children. That program is the 'linkage' between the WIC (Women, Infants & Children) nutrition program and immunizations.

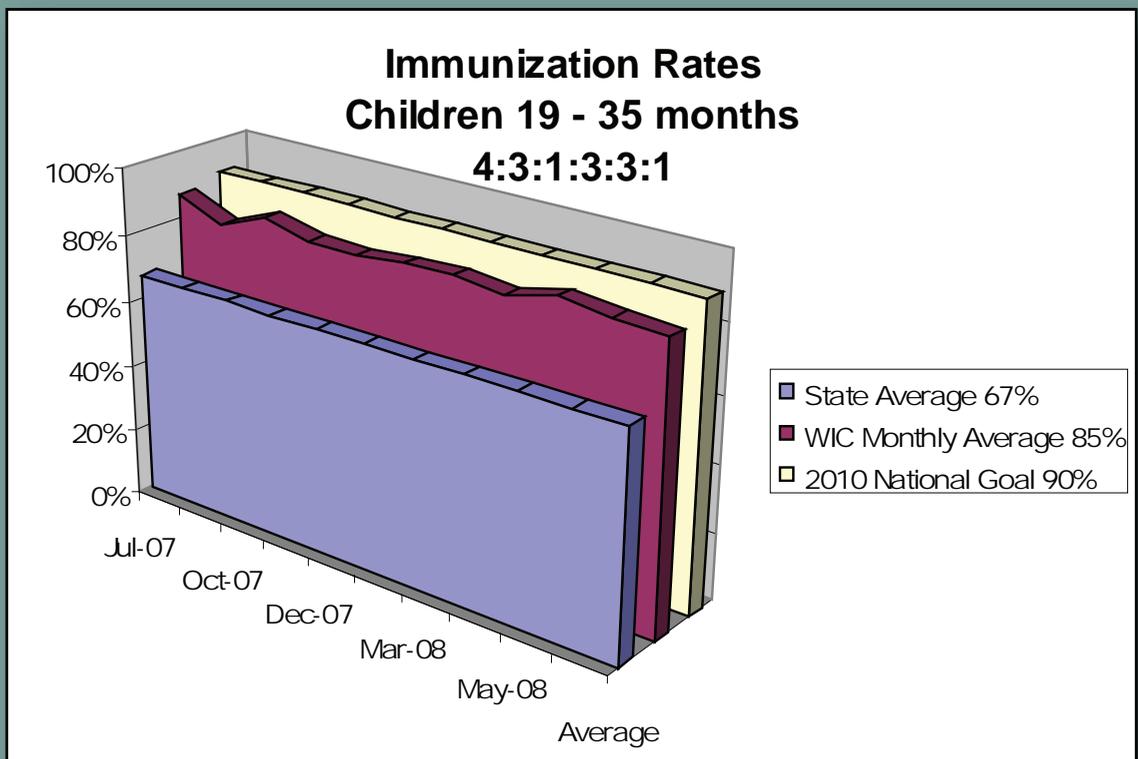
When WIC parents come to the health district for services, the immunization records of the children are reviewed. When it is discovered that a child needs an immunization the family is sent down the hall to Immunizations. As a result, many of the children who might not otherwise be kept up-to-date on their immunizations remain current for as long as they are enrolled in the WIC program.

Comments from Customer Surveys:

“When you are already at your pinnacle, improvement isn't necessary.”

“The process went smoothly and the shot did not hurt.”

“I love how you're only back getting your shot for just seconds before you're done! Very efficient and painless.”



Meals On Wheels

Eighty-six-year-old Irene Jeske would have a hard time making it without Meals On Wheels.



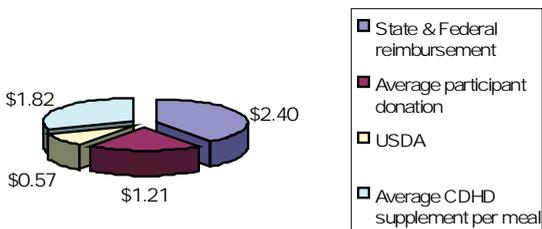
“I can’t cook any more.” Irene explained recently. “I get so tired. I can’t finish a recipe, and even if I do it doesn’t taste very good because I left something out.”

Irene is one of about 600 homebound seniors in Ada and Elmore counties that look forward to the daily delivery of a hot, nutritious meal from the Meals On Wheels.

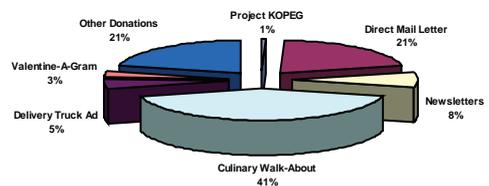
For 34 years the program has been delivering ‘more than a meal.’ The seniors also get a daily check on their well-being.

But the Meals On Wheels program is experiencing the same pressure from rising prices as many other businesses. It now costs about \$6.00 to prepare and deliver a meal, even with volunteer drivers. The seniors are asked to make a \$4.00 donation for each meal. But the average donation is a little more than a dollar, leaving donors and Central District Health to pick up the remaining cost not covered by other funds.

One Meal Delivered Costs \$6.00 Who Helps Pay



Meals On Wheels Fundraising Activities Fiscal 2008 Total: \$147,152



Meals On Wheels expects to deliver more than 134,000 meals in Fiscal Year 2009.

To help defray Central District Health’s contribution, the Meals On Wheels program actively solicits the support of the community through a variety of fund raising activities, ranging from the annual Culinary Walk-About to direct mail.

Public Health Preparedness

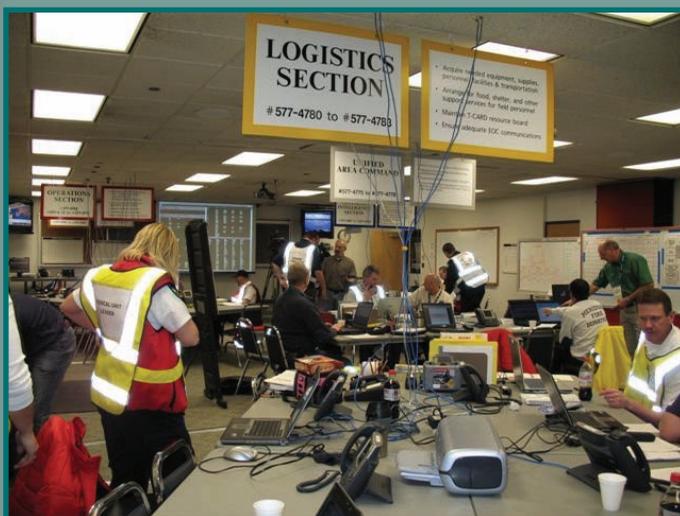
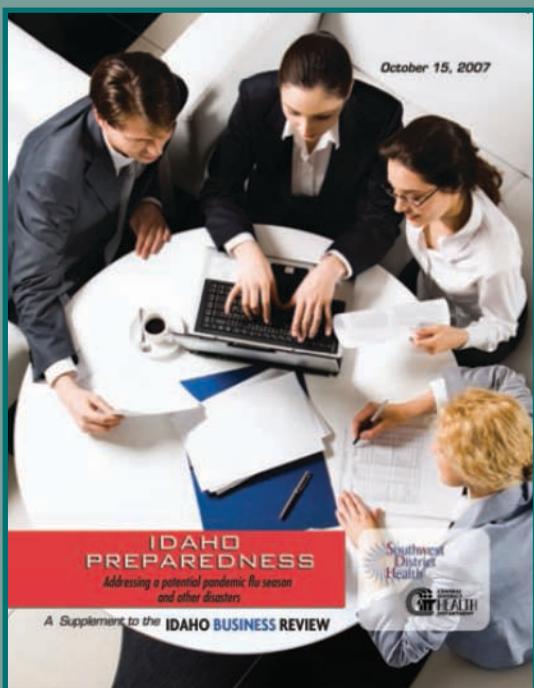
The function of Public Health Preparedness (PHP) is to get ready for situations we hope never happen – natural or human-caused disasters and pandemic influenza. Everyone needs to be prepared, families, schools, hospitals, businesses, etc. In the last year PHP has focused getting businesses to prepare for disaster situations.

In the fall of 2007 the PHP departments of Central District Health and Southwest District Health teamed up to produce a special insert section in the Idaho Business Review on emergency preparedness specific to the possibility of Pandemic Flu.

Then in April of 2008 PHP staged a Pandemic Influenza Summit specifically targeting business leaders. Among those attending was Eileen McKnight the Sales Manager for the Best Western Inns in Boise. While Best Western had already started the planning process, the summit meeting helped the company target the preparedness message.

“We’re trying to get our employees more involved and more prepared so we can still function (in the case of a disaster.) We’ve done a couple of different trainings for our employees. We’ve done it on all levels of our company, front line staff, management and our corporate office.”

Being prepared also means being a partner with other organizations. Members of the PHP team joined Special Olympics in planning for the Invitational games staged in Idaho.





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