

# HEALTHIER TOGETHER



2015 Annual Report | Lawrence-Douglas County Health Department

## LEADING THE NATION

The Lawrence-Douglas County Health Department received national accreditation through the Public Health Accreditation Board in May 2015. Out of more than 3,000 health departments, it was among the first 75 to do so nationally and the third in Kansas.

To receive accreditation, health departments undergo an extensive process to ensure they meet or exceed a set of quality standards and measures.

The site visit committee described the Lawrence-Douglas County Health Department as a well-functioning organization with high quality staff who produce a high volume of work. It also commended the Health Department for active community engagement.



*“Residents of a community served by a nationally accredited health department can be assured that their health department has demonstrated*

*the capacity to protect and promote the health of that community.”*

— Kaye Bender, Public Health Accreditation Board president and CEO

## Accreditation means serving our community

A reminder of why we made the decision to seek accreditation can be seen in the background of the photograph (at right).

**4** CITIES      **1** COUNTY  
 Baldwin City  
 Eudora  
 Lawrence  
 Lecompton

## OUR HEALTH HEALTHIER TOGETHER

Our health is determined by where we live, how we live and the communities we live in. We took on the challenge of embracing change in order to have a greater impact on the health of the populations we serve.

Accreditation is the highest standard of performance for local health departments. This annual report highlights the 12 domains — areas of knowledge — provided by an accredited health department. They are:

1. Assess the health of our community.
2. Diagnose and investigate diseases and potential health hazards.
3. Inform and educate the public in a timely manner.
4. Engage the community in our work.
5. Develop public policies.
6. Enforce laws.
7. Help ensure residents have access to care.
8. Develop workforce.
9. Continuously look for ways to improve our quality of work.



From left, are Douglas County Commissioner Mike Gaughan, Health Board Vice Chair Shannon Oury, Director Dan Partridge and Dr. Robert Moser, former Kansas Department of Health and Environment secretary. The Health Department was recognized during a community celebration in June for receiving national accreditation.

10. Use evidence-based research and practices.
11. Maintain administration and management capacity.
12. Engage governing entity.

Our journey toward accreditation began many years ago. Our success would not have been possible without the support of community partners, our Health Board and, most importantly, your Health Department staff. I am deeply appreciative of everyone's contributions and want to dedicate this annual report to the 2015 staff of the Lawrence-Douglas County Health Department.

Most humbly,

Dan Partridge

### 2015 Staff

- Cary Allen
- Erica Anderson
- Carolyn Ball
- Catherine Bird
- Karrey Britt
- Charlie Bryan
- Jeanette Byers
- Kathy Colson
- Jolene Croxell
- Abigail Crouse
- Teri Davis
- Kim Ens
- Dee Evans
- Karen Flanders
- Tammy Franchuk
- Peggy Gabler
- Maria Ana Garza
- Rebecca Garza
- Margaret Gathunguri
- Shirley Grubbs
- Ashley Halton
- Myrna Hartford
- Brenda Hawkins
- Jennie Henault
- Colleen Hill
- Lisa Horn
- Mindy Kahle
- Rachel Levy
- Janie Madison
- Charlotte Marthaler
- Sue McDanel
- Debbie Mitchell
- Jenalea Myers
- Amanda Nestler
- Torri Nobo
- Sarah Norman
- Kaitlyn Perry
- Jenn Preston
- Kelli Raney
- Susan Ridenour
- Linda Rippetoe
- Vince Romero
- Elizabeth Sedita-Laufer
- Aundrea Shafer
- Michael Showalter
- Katelyn Staab
- Andrew Stull
- Chris Tilden
- Olimpia Tyner
- Trish Unruh
- Dee Vernberg
- Mary Kay White
- Frendida Zamora



## First data collection about tobacco retail in Douglas County

■ **WHY:** Tobacco use is the single most preventable cause of disease, disability and death in the United States. It is also big business. Research suggests awareness of tobacco products is highest due to exposure in retail environments. By gathering data about tobacco retailers, the Health Department can better understand how it is affecting our community.

■ **HOW:** Health Department staff and interns worked with University of Kansas journalism professor Yvonne Chen to assess tobacco retail in Douglas County using a nationally recognized survey called Standardized Tobacco Assessment for Retail Settings (STARS).

■ **IMPACT:** In April 2015, there were 93 tobacco retailers in Douglas County:

- 12 — Bars
- 39 — Convenience stores
- 4 — Drug stores
- 9 — Grocery stores
- 9 — Mass merchandisers
- 10 — Tobacco shops
- 10 — Other

An analysis showed that there was a higher density of tobacco retailers in areas where there is more poverty, uninsured and young adults.



- *In 2014, nearly 25 percent of high school students used some type of tobacco product.*  
— Centers for Disease Control and Prevention
- *Big Tobacco spends \$26 million every day to promote their products, mostly targeting kids.*  
— Campaign for Tobacco-Free Kids



## Staff responds to increase in reports of bats



Clinic Supervisor Kathy Colson, left, and Director of Clinic Services Kim Ens review paperwork in the lab. They help investigate diseases and potential health hazards in the community.

■ **WHY:** Quick response to potential health hazards is crucial to prevent the spread of disease.

■ **HOW:** In July, the Health Department received an increased number of calls regarding bats, which can cause rabies — a fatal disease. Nurses worked with residents and asked questions like:

- Is the bat dead or alive?
- Has it been tested?
- Was it in a room where someone was sleeping?

After an apartment complex manager disposed of a bat without testing, the Health Department went door to door to distribute information about what to do if a bat is found inside a building or home. We also sent a news release to local media. Nurses worked with families to ensure they got the vaccinations needed to prevent rabies.

■ **IMPACT:** There were no cases of rabies in Douglas County in 2015 despite an uptick in reports of bats in residences.



## Promoting healthy eating in public places



KU Head Basketball Coach Bill Self tapes a commercial in August for the FuelGood campaign that promotes healthy food and beverage options in public spaces like Sports Pavilion Lawrence.

**WHY:** Fifty percent of the food and beverage options at Lawrence Parks and Recreation facilities meet nutrition standards, according to the Dietary Guidelines for Americans. We wanted to inform residents that these healthy options are available.

**HOW:** The Health Department coordinated an effort among Lawrence Parks and Recreation, Bill Self's Assists Foundation, LiveWell Lawrence and Hy-Vee Food Store to launch the FuelGood brand in October. The FuelGood brand was promoted through television, newspaper, magazine, radio and social media outlets as well as a new website.

**IMPACT:**

*"Many people have approached me about the commercial. I talk about a healthy lifestyle all the time with people as part of my job; however, I have found the commercial has opened an additional awareness for healthy living."*



— Lawrence resident Frances Rico, a licensed master social worker who works at Bert Nash Community Mental Health Center

## Working to create safe routes for biking, walking to school

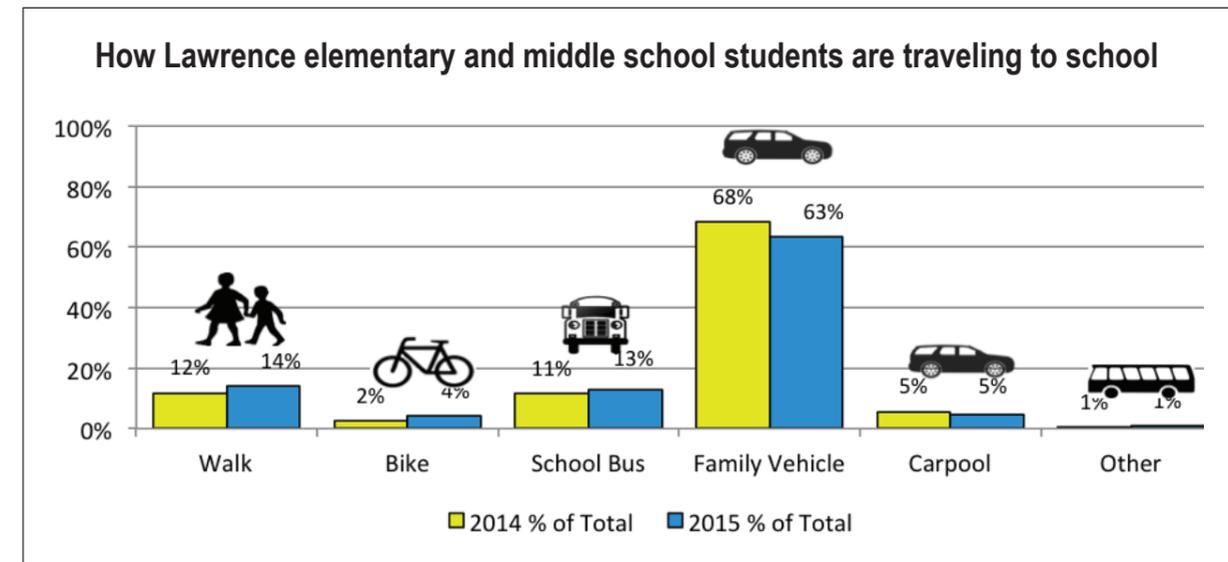


City of Lawrence Transportation Planner Jessica Mortinger, center, was among 70 people who attended a community meeting at West Middle School to discuss the results of the first data collection regarding walking and biking to and from school.

**WHY:** Children who walk and bike to school are more likely to get recommended amounts of physical activity that contribute to their health. But in Lawrence, fewer than 1 in 5 schoolchildren walk or bike to school.

**HOW:** In an effort to understand the barriers of walking and biking to school, the Health Department collected information through parent surveys. The information was used by city, county and school leaders to develop a Safe Routes to School plan for the community and to prepare grant applications that could be used to fund Safe Routes to School projects.

**IMPACT:** All 18 Lawrence public elementary and middle schools are involved in the Safe Routes to School program. Each school has a designated route to school. Safe walking and biking lessons have been integrated into physical education classes at all of the elementary schools.





Sisters Bella and Luca Bryan play in Clinton Park, near Pinckney School, in Lawrence.

## Helping draft tobacco-free parks policy

■ **WHY:** One of the principle ways communities prevent tobacco use is to create tobacco-free parks. Benefits include:

- reducing exposure to secondhand smoke,
- decreasing tobacco product litter, and
- avoids creating the impression among youth that using tobacco products is a normal practice.

■ **HOW:** Health Department staff worked with the Parks and Recreation Departments in both Lawrence and Eudora to draft policies making all parks in their jurisdictions smoke-free. Eudora passed this resolution at the same time it adopted a clean indoor air ordinance. Lawrence adopted a departmental policy. Both policies include all tobacco products such as cigarettes, cigars, chewing tobacco and electronic cigarettes.

■ **IMPACT:** Eliminating tobacco litter has been shown to decrease the need for additional greenway and park maintenance, improve property values in the area and reduce hazards to wildlife. Eliminating tobacco use also decreases the likelihood of secondhand exposure to everyone using parks.



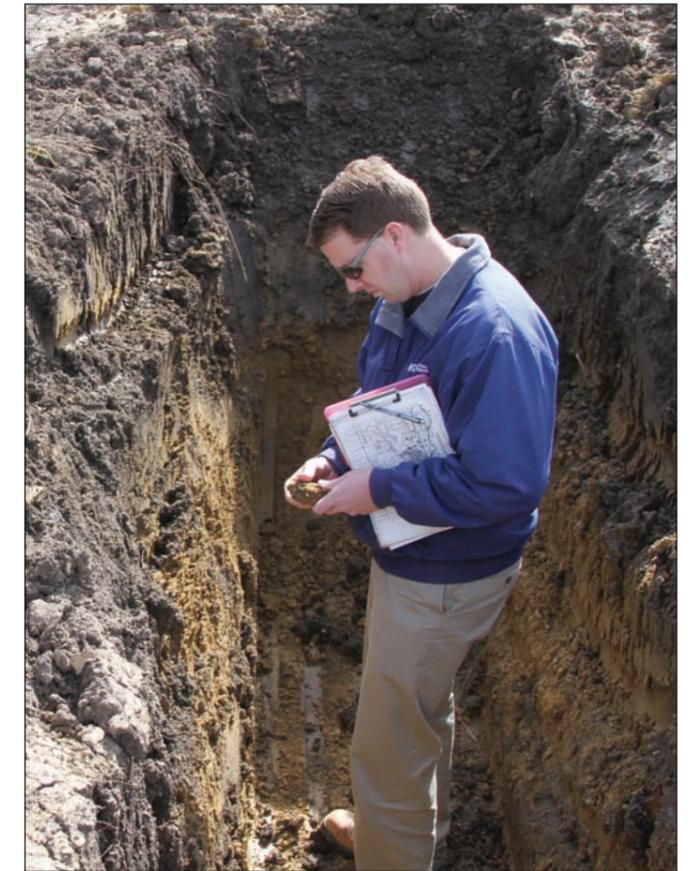
Community Health Director Chris Tilden received a Tom Wilkerson Teamwork Award in December from Lawrence Parks and Recreation for helping the department develop a tobacco-free parks policy.

## Environmental Health Specialist identifies damaged septic tanks

■ **WHY:** In rural areas, established standards help keep the environment and drinking water safe.

■ **HOW:** The Douglas County Sanitary Code authorizes the Health Department to enforce construction standards for septic systems and wells, license septic system installers and septage haulers, and inspect the condition of the wells and septic systems prior to real estate transfers.

■ **IMPACT:** In 2015, there were 116 septic system and 22 drinking water well inspections for real estate transfers. More than 1 in 5 of the septic systems required repairs. By identifying septic tanks with cracks or collapsed sides and having them replaced and assuring that wells have proper seals, the Health Department is able to keep contaminants from entering underground water supplies.



Environmental Health Specialist Andrew Stull looks at the soil and land where a home builder plans to put a septic tank in rural Douglas County. He was making sure the project wouldn't cause problems with the new home's wastewater system and would be in compliance with regulations.



A septic tank that has cracks or collapsed sides (at left) can lead to discharge of sewage on the ground (at right).



Health agencies and private medical practices are working on the Million Hearts initiative to lower patients' risk for heart disease and stroke. Nationally, 1 in 3 adults has high blood pressure and one-third of them are unaware they have it.

## Staff training focuses on health equity

- **WHY:** Training of staff is required to ensure we continue to serve Douglas County well. In a field that is making constant advances, training is critical.
- **HOW:** PolicyLink, a national research and action institute, provided an all-day staff training in November that focused on health equity — just and fair inclusion.
- **IMPACT:** Ninety-six percent of staff said they have a better understanding of equity and its impacts on health. Ninety-two percent said they identified ways to better integrate an equity lens into their work and existing projects. Staff members described the training as “thought-provoking and informative.”



From left, Project LIVELY Care Manager Susan Ridenour, Financial Specialist Mindy Kahle and Community Health Director Chris Tilden participate in health equity training.



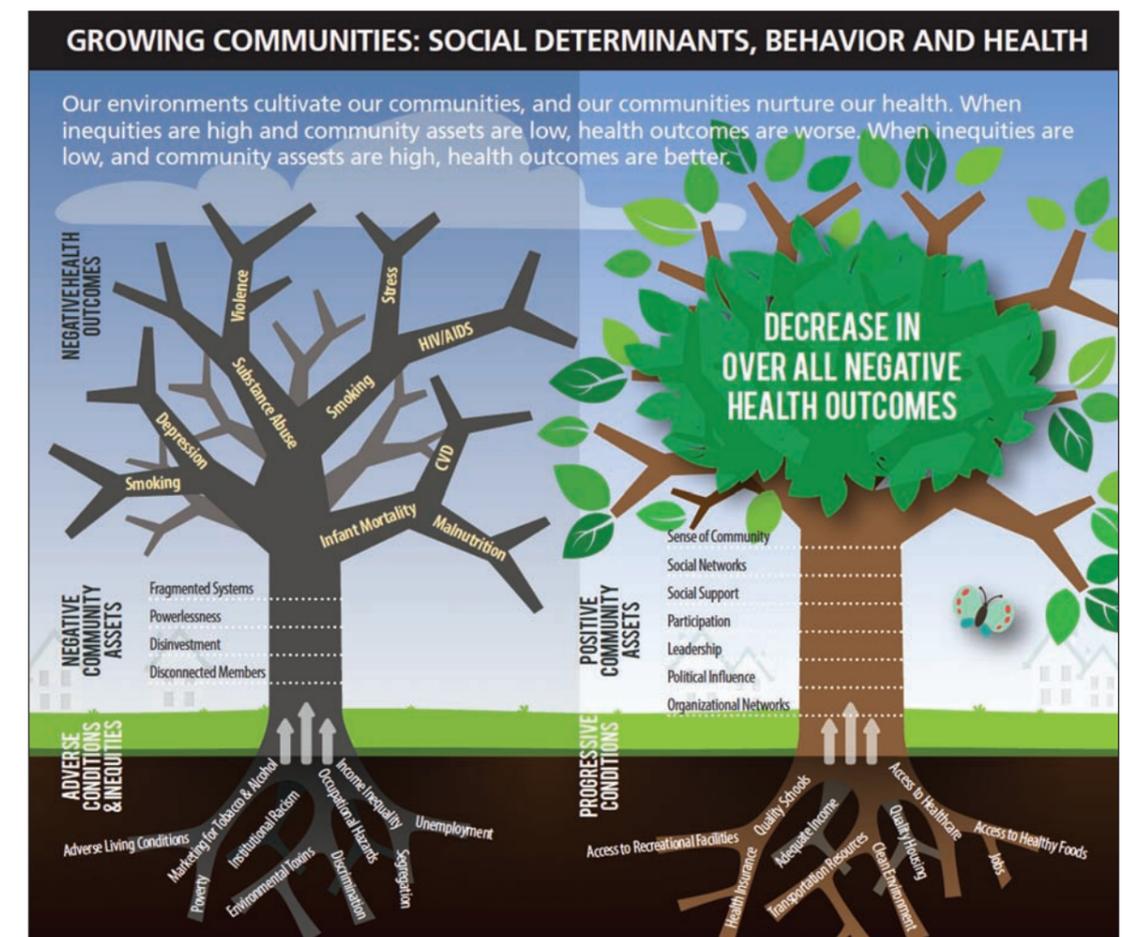
Clinic Assistant Frenida Zamora checks the blood pressure of a Family Planning client.

## Connecting clients with high blood pressure to a health care provider

- **WHY:** High blood pressure is the leading cause of heart attacks and stroke, and these are the No. 1 cause of death for both men and women.
- **HOW:** The Health Department improved its screenings of clients who have high blood pressure and have increased referrals to a primary health care provider for treatment. The Health Department has specifically targeted clients who visit its clinic for Family Planning services.
- **IMPACT:** Out of 2,234 Family Planning clients, 626 clients (28 percent) had at least one blood pressure reading above normal, and 133 were referred to a health care provider for further evaluation.



**1 in 6** Douglas County residents report having high blood pressure



Healthy Families Nurse Case Manager Kelli Raney, right, visits with Hamdiayan Mohamed as she plays with her 7-month-old daughter, Amina. Kelli talked about safety precautions that need to be taken as Amina becomes more mobile.



## Healthy Families program earns accreditation

■ **WHY:** The quality of early childhood relationships impact social, emotional and physical well-being throughout a lifespan.

■ **HOW:** The Healthy Families program provides intensive, in-home support for expecting or new parents who are overburdened by risk factors such as unemployment, single parenting, unstable housing and family history of abuse or neglect. The program's assistance includes:

- supporting parent-child relationships
- education about health and well-being
- developmental screenings
- help in getting access to medical care
- referrals to community resources
- creating social connections

The program underwent an extensive review process to receive national accreditation from Healthy Families America in September 2015.

“By following these national standards, we can say with confidence that we are having a positive impact with the parents and children in our program,” Director Dan Partridge said.

■ **IMPACT:** Hamdiayan Mohamed, 21, gave birth to her daughter, Amina, in Lawrence in August 2015, and shortly thereafter began participating in the Healthy Families program.

During the first six months in the program, Healthy Families Nurse Case Manager Kelli Raney and Hamdiayan met on a weekly basis, and Kelli was available by phone when assistance or advice was needed.

“She’s a mentor,” Hamdiayan said of Kelli. “She’s helped me grow as a parent and taught me a lot of things I didn’t know.”

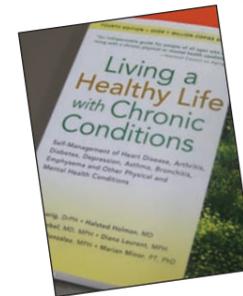
Hamdiayan went from being homeless to moving into her own apartment with the help of community resources. “I love it. Now, I can relax and have a peace of mind.” She also enrolled in a high school diploma completion program and obtained employment. More importantly, Hamdiayan has provided a nurturing, emotionally stable environment for Amina, who she breastfed for six months.



## Workshop gives Lawrence couple tools to feel better

■ **WHY:** One in two adults have a chronic illness such as heart disease, stroke, cancer, diabetes, depression and arthritis.

One in four have two or more. Research shows participants in the Chronic Disease Self-Management Program, developed by Stanford University School of Medicine, have long-lasting improvements in health behaviors and in physical and mental health status.



■ **HOW:** The Health Department coordinated efforts to offer “Tools for Better Health” workshops at no cost to Douglas County residents who have one or more chronic illnesses. Participants attend a 2 1/2 hour class for seven weeks to learn about:

- dealing with frustration, fatigue, pain and isolation
- exercise and nutrition
- communicating with family and health care providers
- decision-making
- evaluating new treatments

■ **IMPACT:** Lawrence resident Velva Rollins said she took the workshop in hopes of learning how to better manage her diabetes, which she described as out of control, and arthritis. Velva said the course emphasized the benefits of exercise. “Every bit helps,” she said. “Also, planning it



Velva Rollins, left, writes down her weekly goals during a “Tools for Better Health” class at Just Food, a food pantry in Lawrence. Looking on is instructor Diane Hughes, of Heartland Community Health Center.



Danny Rollins, right, talks about his health goals during a “Tools for Better Health” class. Clockwise from left are: Danny’s wife, Velva, and class instructors Diane Hughes, of Heartland Community Health Center, and Sierra Jackson, of the Lawrence-Douglas County Health Department.

into my day is more helpful. I need to plan it; otherwise, I won’t be as likely to do it.” Instead of a 30-minute walk, she sometimes takes three 10-minute walks a day. If she’s not feeling up to walking, she does chair exercises.

Her husband, Danny, took the workshop to support her and improve his health as well. Danny said he started exercising more, which improved his health physically and mentally. “This kind of opened my eyes a little bit. This has reminded me that I need to get back to doing this.” He said the biggest joy, though, is to see Velva feeling better. “I like to watch her get better and better.”

## Clinic hours adjusted to better meet needs

■ **WHY:** The Health Department’s goal is to effectively and efficiently meet the needs of community residents. We want to be as accessible as possible to the public.

■ **HOW:** We gathered information from clinic staff and 208 clients through focus groups and surveys. On April 13, the Health Department adjusted its clinic hours to remain open during the lunch hour and to have extended hours a couple days a week.

■ **IMPACT:** When the Health Department clinic was closed from noon to 1 p.m. for the lunch hour, Clinic Office Supervisor Torri Nobo said it was difficult for her to ask clients to wait or come back.

“These are people who often use public transportation, catch a ride with a friend or walk,” Torri said. “They may be struggling to find a job and now they’ve got a job and they need to keep it. We have lots of moms who are coming in with young children and infants. They are pushing strollers and holding carriers. They are facing everyday challenges.”

Now, the clinic is open:

- **Mondays** — 10 a.m.-7 p.m.



Clinic Office Supervisor Torri Nobo greets clients at the front desk of the Health Department’s clinic. She said the decision to remain open during the lunch hour has been beneficial for clients seeking walk-in services like an immunization, pregnancy test or birth control.

- **Tuesdays, Thursdays and Fridays** — 10 a.m.-5 p.m.
- **Wednesdays** — 10 a.m.-6 p.m.

Torri described staying open during the lunch hour as a huge improvement. “It’s more convenient for clients because they can walk in the door and we can meet their needs.”



Health Board Vice Chair Shannon Oury, left, visits with Diane Stoddard, assistant city manager for Lawrence, during a community event celebrating the Lawrence-Douglas County Health Department’s national accreditation.



Health Board member Shirley Martin-Smith, left, visits with residents during a Lawrence City Commission candidate forum in March at the Lawrence Public Library.



Health Board member Dr. Kevin Stuever, left, attends the LiveWell Lawrence celebration in November at the Eldridge Hotel in downtown Lawrence.

## Health Board oversees Department’s direction

■ **WHY:** The Lawrence City Commission, Douglas County Commission and University of Kansas Chancellor appoint residents to serve on the eight-member Health Board. The Board oversees the Health Department and ensures it is fulfilling its mission of advancing policies, practices and programs that promote health for all, prevent disease and protect the environment.

■ **HOW:** The Health Board meets at least monthly with the director, assistant director and other staff members. Members actively participate in Health Department activities and community events.

■ **IMPACT:** Board member support and engagement in Health Department activities leads to a healthier community.



Provided measles vaccinations in locations around Douglas County during a national outbreak.



Launched "Willow Comes to WIC," a short nutritional program for young children.



Co-sponsored a Lawrence City Commission candidate forum that focused on health issues.



Formed a Cultural Sensitivity Committee at the Health Department.



Honored Lawrence chef Rick Martin and student garden mentor Di Xie as Douglas County Health Champions.



Launched redesign of Health Department and LiveWell Lawrence websites that are more user-friendly.



WIC program received USDA's "Loving Award" for support of breastfeeding mothers.



Increased capacity to map and analyze data by hiring individual with experience in Geographic Information Systems (GIS).

# MAKING A SPLASH IN 2015



In photos at left and above, Lawrence-Douglas County Health Department staff members celebrate national accreditation with a family picnic in June in Clinton Park, near Pinckney School.

Organized activities and promotion for Bike to School Day in May and Walk to School Day in October.



Coordinated LiveWell Lawrence coalition, which marked its seventh anniversary.



Communicable Disease staff received a state John Snow Disease Investigation Certificate of Recognition.



Provided Health Insurance Marketplace assistance at no cost to residents.



Provided training for 32 new child care providers in Douglas County.



Launched a coloring contest for young children who visit the clinic.



Created a 2-minute video about the Health Department's mission.



Participated in United Way of Douglas County campaign and adopted families during the holidays.



## Unaudited Statement of Revenues and Expenditures for Jan. 1-Dec. 31, 2015

### Operating Fund

<b>*Beginning balance</b>	\$929,141
<b>Revenue</b>	
County	\$1,046,692
Federal	\$1,380,296
City	\$666,102
State	\$361,521
Fees	\$346,180
Other	\$222,923
<b>Total revenue</b>	<b>\$4,023,714</b>
<b>Expenditures</b>	
Salaries and wages	\$2,074,920
Payroll related expenses	\$857,478
Commodities	\$274,551
Contractual	\$701,080
Transfer to reserve fund	\$26,000
<b>Total expenditures</b>	<b>\$3,934,029</b>
<b>Ending balance</b>	<b>\$1,018,826</b>
Net revenue over expenditures	\$89,685

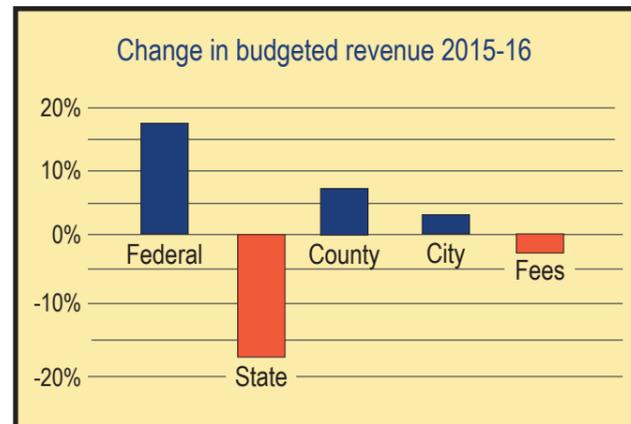
### Reserve Fund

<b>Beginning balance</b>	<b>\$1,139,345</b>
<b>Revenue</b>	
Transfer from Operating Fund	\$26,000
Other	\$2,648
<b>Total Revenue</b>	<b>\$28,648</b>
<b>Total Expenditures</b>	<b>\$7,410</b>
<b>Ending balance</b>	<b>\$1,160,583</b>
Net revenue over expenditures	\$21,238

### Funded Depreciation

<b>Beginning Balance</b>	<b>\$218,378</b>
<b>Revenue</b>	
Other	\$527
<b>Total Revenue</b>	<b>\$527</b>
<b>Expenditures</b>	
Capital Equipment	\$8,062
<b>Total Expenditures</b>	<b>\$8,062</b>
<b>Ending Balance</b>	<b>\$210,843</b>
Net Revenue over Expenditures	-\$7,535

\* Beginning balance adjusted from 2014 annual report to reflect unaudited financials



## Community collaboration key to becoming HEALTHIER TOGETHER



Dr. Doug Dechairo  
Chair



Shannon Oury  
Vice Chair



Dr. Kevin Stuever  
Treasurer



David Ambler



Judy Brynds



Shaun Musick



Sandy Praeger



Maley Wilkins

Public health is about more than serving the 18,000 individuals who walked into our clinic in 2015. Beyond the immediate challenge of providing high quality health and nutrition services, lies the broader challenges of:

- changing our individual behaviors
- improving our Health Department's performance
- reshaping our community into one that helps make wellness possible for all.

Because the zip code you live in plays a more important role in determining your health than your genetic code, making collective progress requires broad community engagement and effort.

Despite the challenges, we see the glass as half full. In 2015, we saw another year of significant organizational and community growth.

On behalf of the Lawrence-Douglas County Health Board, we commend the

work of community partners and Health Department staff as testimony to our belief that we are healthier together.

As a result of our work together, you made it possible for your health department to become one of the first in the nation to become accredited.

More importantly, you have helped our community become a healthier place.

Through intentional and collective action, we have increased healthy food consumption, increased physical activity and reduced exposure to secondhand tobacco use.

When we improve the environments and behaviors that drive health outcomes, we become *healthier together*.

**Dr. Doug Dechairo**  
Chair  
Lawrence-Douglas County Health Board



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# HEALTHIER TOGETHER



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