

INNOVATION

new collaborations + programs + policies = healthier community

2016 Annual Report



Innovation

In 2016, the Health Department participated in new collaborations and events, launched new programs and advocated for new policies with the goal of creating a healthier community for all residents. Among this year's work:

“Dan Partridge and his team at the Lawrence-Douglas County Health Department are known in public health circles statewide for their innovative, dynamic and forward-thinking leadership skills. The agency's continued ability to collaborate across all sectors to not only address the health needs and concerns of the community, but also to implement positive change is an example of its commitment and dedication to the well-being of those in which it serves.”



— Beth Brown, RN,
Administrator
and County Health Officer,
Jefferson County Health
Department, Home Health and
Hospice

- **Safe Routes program in Eudora.** Community Health staff members worked with Eudora Elementary School to launch the school's first “Be Active Safe Routes” program, which encourages children to walk and bike to school. In October, 350 Eudora students participated in Walk to School Day.
- **Zika virus.** In January 2016, the Centers for Disease Control and Prevention issued its first travel guidance on countries affected by the Zika virus, which is spread by mosquitoes. As a result, the Health Department provided information about the Zika virus to Douglas County residents and policymakers through media interviews, social media and its website. It also produced posters and fact sheets that were used by community partners.
- **Evaluating work.** The Health Department created a Performance Management team that worked with all staff to create a system to better evaluate the agency's performance.
- **Poverty simulation workshop.** The Health Department co-sponsored the community's first Poverty Simulation workshop in June, and 70 people participated. The participants assumed the roles of families and individuals facing poverty because of circumstances like job loss, divorce and disability. There was a facilitated group discussion after the exercise, and many of the participants said it was an eye-opening experience for them.
- **Condom availability in high schools.** Health Department staff worked with Lawrence Public Schools to implement a new condom availability program at its two high schools, with the goal of preventing sexually-transmitted diseases and teen pregnancies. Lawrence became the first district in the state with such a program.

Inside: Feature stories about new collaborations benefiting countless Douglas County residents.



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Health Board's message

“Innovation distinguishes between a leader and a follower.”

— Steve Jobs, American entrepreneur and inventor (1955-2011)

In public health, we must be ever evolving to respond to emerging health threats, to improve the lives of our residents and to ensure that funds are being used in the most efficient and effective manner. We do this by creating a culture that is open to new ideas, building on community assets and taking risks. We are proud to be among the first three health departments in the state to receive national accreditation and the first to be honored with the Kansas “Health Department of the Year” Award.

Additionally, we were the first health department in the state to create an Academic Health Department by formally partnering with the University of Kansas Work Group for Community Health and Development. In this partnership, like numerous others, we work collaboratively on research, training and services to improve the health of our community.

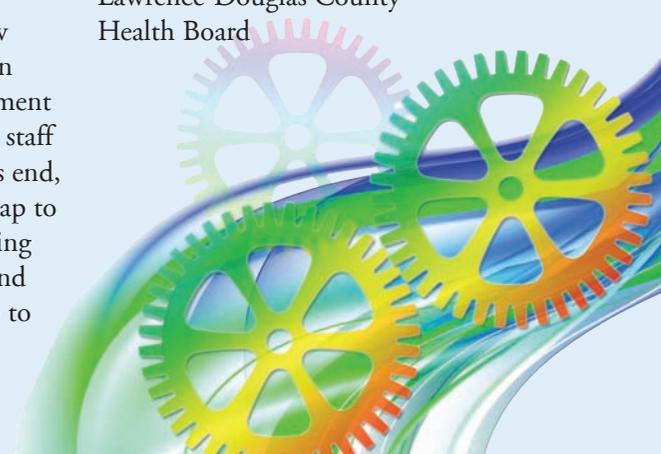
To ensure we are providing efficient, high quality work, the Health Department formed a new Performance Management team in 2016. In support of that commitment at all levels, the team met with all staff throughout the year; and by year's end, it implemented a new Strategy Map to evaluate performance. We're looking forward to collecting, analyzing and using data from the Strategy Map to

continuously improve our service and the health of our community.

Lastly, we are proud of our culture of leadership at the Health Department. Every staff member has participated in Kansas Leadership Center training, and more than half have received extensive training. Many Health Department staff members serve on boards and committees in our community.

Being innovative in public health means being open to new partnerships, programs and policies and thinking outside the box. We welcome your input because it takes everyone — working together — to create a healthier community. Inside this report, you will find what a difference a new idea, collaboration or conversation can make.

Shannon Oury
Chair
Lawrence-Douglas County
Health Board





Stephen Mason, of Lawrence Parks and Recreation, shows students how to change a bicycle tire during a Bicycle Lesson and Safety Training class at Broken Arrow Elementary School in Lawrence.

having a **BLAST** with bicycle training

For the first time, Lawrence Public Schools is able to offer the Bicycle Lesson and Safety Training (BLAST) program to all fourth- and fifth-grade students as part of its physical education curriculum.

In four classes, students learn about proper helmet fit, rules of the road, bicycle safety checks, road hazards and how to safely navigate through an intersection. Some students learn how to ride a bike.

Reenie Stogsdill has been a PE teacher for 25 years and has never been able to teach bicycle safety until now. That's because the school district received 60 bicycles thanks to funding from a Partnerships to Improve Community Health grant through the Lawrence-Douglas County Health

The benefits include:

- Students who walk or bike to school are healthier.
- Physical activity before school helps children arrive focused and ready to learn.
- Students who walk and bike when they are young are more likely to continue these activities into adulthood.
- When walking or biking, parents and children get an opportunity to bond and connect with their neighborhood.
- Fewer cars on the road means less traffic and congestion and cleaner air.

"If we want students to be healthier and perform better in school, we want to give them every opportunity to move," said Safe Routes to School Coordinator Michael Showalter, a



Department and a LiveWell Lawrence Community Wellness Grant through the Douglas County Community Foundation.

"It has been awesome to have that many bikes to use," said Stogsdill, PE teacher at Langston Hughes Elementary School. "Our bike racks are generally full now. It was never like that before we started doing this curriculum."

Christy Hunt, PE teacher at Broken Arrow Elementary School, also is excited about the program. "I think it's very important that children learn to be safe on their bikes, and this is one way that they can do that in school."

The BLAST program is part of the Safe Routes to School initiative, which encourages students to walk and bike to school.

Health Promotion Specialist at the Health Department. "I'm really excited that every student will have the opportunity to learn how to ride a bike safely."

Matthew du Toit, a fifth-grader at Langston Hughes, said his parents taught him how to ride a bike just before the classes started on bike safety. "I wanted to be prepared," he said.

Through the classes, Matthew said he learned how to properly use hand signals and about potential road hazards such as sand or wet leaves. More importantly, he learned the ABC Quick Check: Air, Brakes and Chain. "That's how you check to make sure your bike is good for biking," he said.

Matthew said he enjoys bicycling because "it feels good and gets the energy out."



1,822 fourth- and fifth-grade students in Lawrence Public Schools participate in the Bike Lesson and Safety Training program.

Healthy Dads program 'a blessing'

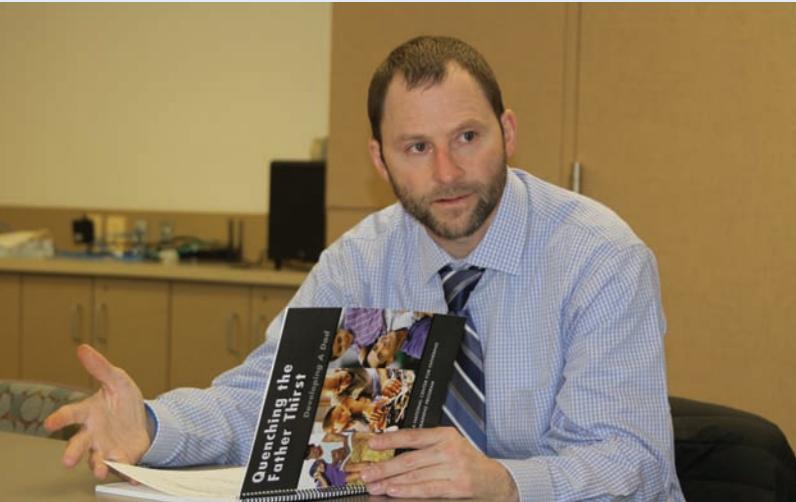
Douglas County father finds much-needed support, community resources

While serving time in the Douglas County jail, Joe Ricley learned about the Healthy Dads program through a presentation in October by the program's coordinator, Jerry Márquez, of the Health Department. He didn't sign up, but he took a business card.

About a month later, Ricley called Márquez because he wanted to participate in the Healthy Dads program. That call was a turning point for the 43-year-old father of two children, ages 4 and 6. He was out of jail and ready to focus on his children instead of the toxic relationship he had been in for seven years. "I finally realized that I'm moving on to better me and my children. I know that's what's best for us," he said.

He described the Healthy Families program as "a blessing" because he finally found the support he needed from Márquez, who also is a father, and other dads in the program. "It's about having positive support and knowing that dads are cared about," he said.

Ricley said the other dads gave him a new perspective about the challenges he faced. "They taught me to deal with them in a more positive way and to use the resources that are available in the community." He also learned patience. "I realize that



Joe Ricley participates in a Healthy Dads class in December at the Lawrence-Douglas County Health Department.

I can't fix something — like that," he said, with a snap of his fingers. "It takes time."

The Healthy Dads program provides one-on-one and group support for fathers, so they can build positive, lasting relationships with their children. The program also provides education through a seven-week class, "Quenching the Father Thirst," that follows the National Center for Fathering's curriculum. The program, which is provided through a grant from the Kansas Department for Children and Families, is offered at the jail, Lawrence Community Shelter and Health Department.

According to research, children without a father figure in their lives are more likely to experience increased rates of poverty, teen pregnancy, crime, substance abuse, poor health and emotional problems. Márquez said, "When dads are involved in their children's lives, the children's success is higher. They are more confident and have higher self-esteem."

During an interview in December, Ricley said he had "done a total turnaround" in his life. He was working two jobs and attending Alcoholics Anonymous classes. He said he had been sober for six months. He was saving money to hire a lawyer in hopes of seeing his children again. Additionally, he had earned



Robert Kortlucke, left, Fatherhood Initiative case manager at the Lawrence Community Shelter, visits with Healthy Dads Coordinator Jerry Márquez, of the Health Department. Kortlucke and Márquez facilitate classes for the Healthy Dads program, which aims to help fathers build positive, lasting relationships with their children.

a certificate for completing the "Quenching the Fatherhood Thirst" class.

"Time is too short in this life. The kids are ultimately the ones who suffer if you don't do the right things," Ricley said. "I take my responsibility as a parent seriously. I want an opportunity to build their lives up, to nurture them and give them the tools they need to succeed."



60 fathers participated in the Healthy Dads program in 2016.

EMS describes new partnership with Project Lively as ‘godsend’

Lawrence-Douglas County Fire Medical teamed up with the Health Department’s Project Lively program in April to provide better health outcomes for residents who call 911 frequently.

Lawrence-Douglas County Fire Medical Division Chief Eve Tolefree said the collaboration began when a University of Kansas student intern helped them analyze data for Emergency Medical Services (EMS). They learned they were responding to a concerning number of calls to help people who had fallen or needed lift assists. Many of these people were calling multiple times a month.

Fortunately, the intern recalled hearing a presentation about the Project Lively program during a Community Health class. Project Lively provides care coordination for residents ages 60 and older at no cost to them. The program’s goal is to connect older adults to the resources they need to remain independent.

After learning more about Project Lively, Lawrence-Douglas County Fire Medical created a standard operating procedure to help guide department members about when to file a referral for Project Lively services. Additionally, they carry brochures on every Fire Medical truck.

“The partnership has been a godsend, to be honest,” Tolefree said. “Our call volume has decreased for some residents. It has been real successful.”

When EMS refers a resident to Project Lively, a care coordinator will contact the resident within a couple of days to set up a home visit. The care coordinator will then visit with the resident and/or family to learn about the resident’s needs and goals. “We want to understand holistically what is going on,” said Susan Ridenour, Project Lively care coordinator. “The question we always ask is: ‘What does the person need?’ Then, we look at the appropriate options with them to develop a care plan to meet their goals.”

The resident may need:

- additional services.
- to use services and benefits that have been identified and put in place for him or her.
- information about resources.
- facilitation among agencies, family and health care providers.

“It’s motivational interviewing and engaging with people,” Ridenour said. “It’s everybody collaborating to figure out how to provide services for people in the most cost-effective fashion.”

During the first eight months, Project Lively received 14 referrals from EMS. The first referral involved an intellectually disabled resident who was using Fire Medical as a personal care attendant. Ridenour said the individual was on a Medicaid waiver and qualified for service coordination and attendant care; however, she was not using it. “I called her support person and notified her of the EMS calls, and that was what it took to help the resident.”

Another referral involved a resident whose husband and son had died. She was intellectually disabled and had unmanaged diabetes. She was lonely and calling EMS about three times a day. She was receiving help from neighbors and friends, but it wasn’t enough.

Ridenour helped her transition into an assisted living facility, and then later she was transitioned into a skilled nursing home in Garden City. “It was connecting all of these different people together to talk and to have a plan,” Ridenour said. “She wasn’t really able to walk safely, and she was confused and extremely isolated due to her conditions. She is now walking on her own, participating in social activities and has her medical needs met.”

On Aug. 25, Ridenour met 93-year-old James Walsh, who had fallen a couple days before, called 911 and then declined



James Walsh, 93, visits with Project Lively care coordinator Susan Ridenour in December. A few months earlier, Walsh had fallen, called 911 and then declined to go to the hospital. With Ridenour’s help, he decided to go to the hospital, where he received a diagnosis of Parkinson’s disease. Now, he’s taking medications to help with the symptoms and feeling better.

to go to the hospital. Friends and neighbors were concerned about him because he wasn’t feeling well, had no appetite and was having trouble moving his legs. While Ridenour was there, he was unable to grab a glass of orange juice. After visiting with Ridenour, Walsh decided to go to the hospital, where he received a diagnosis of Parkinson’s disease and was able to get the medications and therapy he needed.

During an interview in December, he said he was feeling much better and thankful for Ridenour’s help. “It was a good thing she was here,” he said, with a smile.

14 referrals were made to the Project Lively program, resulting in better outcomes and fewer calls for Fire Medical services.



Knocking down barriers to health care services



Hearthland Community Health Center offers primary care services in the Health Department's clinic. The goal is to make it easier for people to access such care. "We want to knock down some barriers to, hopefully, get people into a health home," Health Department Director Dan Partridge said. "Having a health home and focusing on prevention helps identify something early before it makes a person sick or becomes a major issue; this saves money for the individual as well as the health care system in the long run. Prevention makes so much sense."

About 10,000 people use the Health Department's clinic services each year. A survey of 424 clients revealed that 46

Clinic Office Supervisor Torri Nobo said it's rewarding to see people receive the care they need. For example, she said, a young woman drove her parents to the Health Department to get flu vaccinations. They were from India and hadn't seen a health care provider in more than 10 years. The Health Department nurse noticed that both parents had elevated blood pressure and recommended Heartland's services. They accepted after visiting with a Heartland provider that day. "That was really amazing. If you can get services today, that's huge," Nobo said.

Nobo also recalled a nursing student who was grateful to be able to get a tuberculosis skin test and immunizations through

“It's really about removing any and every obstacle preventing patients from getting the services they need. — Dr. Jeff Mincher, of Heartland Community Health Center

percent did not have a regular health care provider. The new collaboration project between the Health Department and Heartland aims to change that percentage.

"By embedding a Heartland primary care team within the operation of the Health Department, our organizations will be better positioned and equipped to reach the families and individuals who currently do not have access to comprehensive primary care services," Heartland CEO Jon Stewart said.

Heartland began offering its services in November and within a month and a half, 36 Health Department clients were referred to Heartland for help with tobacco cessation, high blood pressure, behavioral counseling, medication management, health screenings and other services.

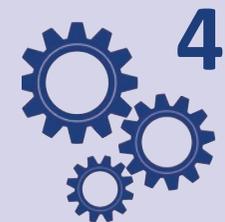
the Health Department and then her health assessment through Heartland. "She was so excited to get it all taken care of in a one-stop shop, especially because she didn't have a doctor."

Dr. Jeff Mincher, who leads Heartland's primary care team inside the Health Department's clinic, said having the services in the same location and immediately accessible makes a big difference. "It's really about removing any and every obstacle preventing patients from getting the services they need."

Mincher said he is excited about the opportunity to work within the new collaboration. "To be part of something like this has been truly exciting, and I'm just looking forward to the future."



Dr. Jeff Mincher, of Heartland Community Health Center, visits with Public Health Nurse Nicole Herrera, of the Lawrence-Douglas County Health Department. Dr. Mincher leads the primary care team that is located in the Health Department's clinic.



46 percent of Health Department clients surveyed did not have a primary care provider.

What's primary care?

A primary care provider gives person-focused care over an individual's lifespan and coordinates care through referrals when necessary. A primary care provider builds a trusting relationship with his or her patients.

2016 by the numbers

Our mission is to advance policies, practices and programs that promote health for all, prevent disease and protect the environment.

PROMOTE HEALTH FOR ALL

10,000 appointments for nutrition counseling provided to residents enrolled in the Women, Infants and Children (WIC) supplemental nutrition program

991,000 dollars in WIC vouchers provided to families for nutritious food



2,089 individuals used Family Planning services, which includes STD testing and treatment, birth control methods and well-woman examinations

930 home visits provided through Healthy Families program for expecting or new parents who are overburdened by risk factors such as unemployment, single parenting and unstable housing



2,000 residents completed the Community Health Issues Survey, which will be used to help set priorities in the community

761,105 dollars received in grant funding for the Community Health program

988 home visits or phone call coordination provided to older adults by Project LIVELY care coordinators



PREVENT DISEASE

8 panels of The AIDS Memorial Quilt were displayed for a month at the Lied Center and Lawrence Public Library in conjunction with a community awareness event June 2 about HIV/AIDS



1,500 students participated in Walk to School Day in October

90 Douglas County residents participated in the National Bike Challenge and collectively rode 60,775 miles



1,004 HIV tests provided

4,228 vaccinations provided

559 reports of communicable diseases investigated

962

tobacco counseling sessions provided to clients of the Family Planning program

PROTECT THE ENVIRONMENT

354 septic system inspections

503 pool and spa inspections

384 inspections of child day care homes and centers

51 complaints about child day care homes and centers investigated, and 24 were found to be out of compliance with regulations



Financial Statement

Unaudited Statement of Revenues and Expenditures for Jan. 1-Dec. 31, 2016

Operating Fund

Beginning balance	\$1,018,826
Revenue	
Federal	\$1,563,427
County	\$824,116
City	\$671,402
Fees	\$420,750
State	\$409,384
Other	\$252,249
Total revenue	\$4,141,328
Expenditures	
Salaries and wages	\$2,208,935
Payroll related expenses	\$556,632
Commodities	\$243,189
Contractual	\$674,519
Transfer to funded depreciation	\$50,000
Transfer to reserve fund	200,000
Total expenditures	\$3,933,275
Ending balance	\$1,226,879
Net revenue over expenditures	\$208,053

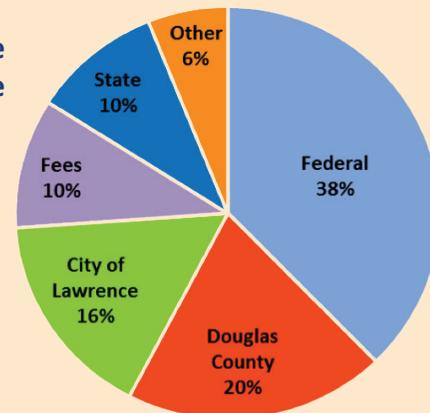
Reserve Fund

Beginning balance	\$1,160,583
Revenue	
Transfer from Operating Fund	\$200,000
Other	\$2,606
Total Revenue	\$202,606
Expenditures	
Personnel liabilities	\$12,945
Total expenditures	\$12,945
Reserve Fund Ending balance	\$1,350,244
Net revenue over expenditures	\$189,661

Funded Depreciation

Beginning Balance	\$210,843
Revenue	
Transfer from Operating Fund	\$50,000
Other	\$483
Total Revenue	\$50,483
Expenditures	
Capital Equipment	\$43,351
Total Expenditures	\$43,351
Reserve Fund Ending Balance	\$217,975
Net Revenue over Expenditures	\$7,132

Source of Revenue



Director's Message



In a recent report calling for the creation of a 21st Century Public Health infrastructure, the U.S. Department of Health and Human Services asks health departments and the communities we serve to work in a multi-sector fashion, so that what we do together as a society ensures the conditions in which everyone can be healthy.

While this call to action was released in 2016, the work of building consensus on the scope of public health transformation needed has been ongoing for many years, both nationally and locally.

The work you see illustrated in this Annual Report embodies our local efforts to continue to sharpen our focus on implementing policies and programs that improve health equity and provide universal opportunities for health.

We know that in our community health inequities exist. We see it in our behaviors such as rates of physical activity, diet and tobacco use. We see it in our rates of disease, such as chronic obstructive pulmonary disease, diabetes and high blood pressure. We also see it in our death certificate data, where there is an eight-year difference in life expectancy between census tracts in Douglas County.

In 2016, our focus on reducing health inequities was manifested in efforts such as:

- Providing support for fathers as they work to meet the social, emotional, spiritual and physical needs of their children.
- Providing greater opportunities for physical activity and improved nutrition for children through promotion of biking and walking safely to school and increased use of the summer meal program.
- Changing the environment to reduce our exposure to secondhand smoke by supporting new policies in Lawrence and Eudora that ban tobacco products in parks and outdoor public spaces.
- Strengthening our linkage to health care by partnering with Heartland Community Health Center to provide primary care services within our clinic.
- Supporting the community's desire to age in place safely and with dignity by partnering with Lawrence-Douglas County Fire Medical to identify at-risk individuals and provide them with care coordination services.
- Beginning the multi-year effort of creating a new community health plan.

As we look forward to 2017, we are keenly aware of the need to work with and across sectors. We hope that our relationships with each of you becomes stronger, and that we will be *Healthier Together*.

Dan Partridge, RS, MPH





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