

Health Department of the Year!



About the award

BY MICHELLE PONCE

Executive Director of Kansas Association of Local Health Departments

Local public health departments across the state focus on improving health outcomes for all by providing services such as immunizations, nutrition assistance for pregnant and nursing mothers and their young children, disease investigation and surveillance, emergency preparedness, and enforcement of state and local public health laws.

Often public health is one of those

invisible public services; you don't hear much about it when things are going well. But in times of crises, such as disease outbreaks and emergencies, we count on our public health officials to keep us safe. I think it's important that we

take the time to recognize this important work and raise awareness of these vital services among policy-makers and the general public.

We chose the Lawrence-Douglas County Health



Department as the inaugural Local Health Department of the Year recipient because it has made significant contributions to the public health system through innovation, community engagement activities, and its focus on continuous quality improvement.

Specific achievements include: creation of the state's first Academic Health Department through partnership with the University of Kansas Center for Research, coordinating a 150-member community health coalition LiveWell Lawrence; and receipt of a national Model Practice Award for its Child Care Licensing program. Additionally, the department is in the process of achieving national accreditation.

Director's Report

We strive to help residents live healthier, happier lives

Our story is one of helping people lead the healthiest lives possible through the span of their lifetime. We do this by working with expectant mothers to help prevent low-birth weight babies. We then ensure those children have safe playgrounds and water to drink. We work with parents to prevent neglect and abuse of their children. We work with the elderly to help coordinate care so they can live independently in their homes as long as possible.

It should go without saying that we are healthier together. We have worked to foster numerous community initiatives and opportunities to work together to create desired change.

A review of our mission statement would find that we use the key words of prevent, promote and protect to frame our work. In 2014, we *prevented* disease by providing 5,324 immunizations to children and adults. We *promoted* healthy lifestyle choices by working with community partners such as the Lawrence Public Schools, the City of Lawrence and parents to develop a Safe Routes to School initiative. And, we *protected* our community by



assuring that public pools and spas are operated in a safe manner.

The overt purpose of this annual report is to provide an overview of how we are making a difference in our community and the lives of our residents. However, I hope it also causes you to be curious about our work. Our goal for 2015 is to raise community awareness of public health and I would be honored to visit with you or your organization regarding our mission and work. Please call me directly at 856-7359.

Dan Partridge, RS, MPH





Couple credit case manager, support group for parenting skills

At ages 19 and 21, Amber Calfy and David Ward learned they would soon become parents. Like most parents, they were nervous and anxious; however, they faced more challenges than most. They were young, had low-paying jobs and Amber had grown up in an unstable environment.

As a child, Amber moved to multiple states to live with different caregivers. “My mom didn’t want us anymore, so she gave us up to an uncle when I was

“I go to (Healthy Families Case Manager) Mandy for a lot of stuff. She has been a huge relief.”

in the fourth grade,” Amber said. That uncle went through a divorce and abused alcohol; therefore, at age 16, Amber became responsible for

herself. She dropped out of high school and began working to pay for housing, food and clothes.

Today, Amber, 21, and David, 23, are married and they both want a different life for their 20-month-old daughter, Heidi. They credit the Health Department’s Healthy Families Case Manager Mandy Gwartz for helping them become the parents they want to be through in-home visits, where Mandy offers support and education.

“I go to Mandy for a lot of stuff. She has been a huge relief,” Amber said. Mandy has provided information about what to expect during pregnancy and how to talk to a doctor. She has helped with questions about teething, sleeping and potty training. She also has provided information about child

development and behavior. “Mandy does these tests to see if Heidi is on track. She’s ahead, so that’s good,” Amber said, smiling.

When Heidi was 2 months old, Amber’s appendix burst and she ended up in the hospital. After the incident, Amber suffered depression because she could no longer breastfeed Heidi due to the antibiotics she was prescribed, and she missed the bonding. The couple said Mandy was a godsend and helped them pull through that difficult time with home visits and support.

Amber took Mandy’s advice and made a therapy appointment. “It took me a little bit to accept the fact that I need help,” she said. “The therapist helped me find me. She also helped me come to terms with what my parents and uncle did to me during my childhood.”

Amber and David also found support through the Healthy Families Young Parents group, which meets at the Health Department. They said they lost friends and felt isolated when Amber became pregnant. “We were excited to find a group we could connect with,” David said.

Amber and David said they’re more stable now. Amber is close to earning her high school diploma and David applied for a management position at his full-time job. They plan to continue participating in Healthy Families, a program that aims to promote child health and well-being and enhance family functioning. “We just want Heidi to be healthy and happy,” they said.



Photos, clockwise from top: Heidi plays with her parents David and Amber Ward at home; the couple and their newborn daughter attend a Healthy Families Young Parents group meeting; the family attends the Douglas County Fair with other Healthy Families participants; and Heidi enjoys playing in the South Park Wading Pool as part of a Healthy Families activity day.

75 families participated in Healthy Families

1,045 home visits provided

Health Department's WIC program provides single mother with nutrition advice, food assistance, breastfeeding support

7wenty-year-old Tiara Greenwood wants her 1-year-old son Silas Jones to be happy and healthy and that's why she participates in the Women, Infants and Children (WIC) supplemental nutrition program at the Health Department.

The program offers one-on-one counseling about proper nutrition and exercise, and she receives a check to buy healthy foods at the grocery store. As

“(WIC Nutritionist) Trish took time and answered all of my questions. She was very reassuring.”

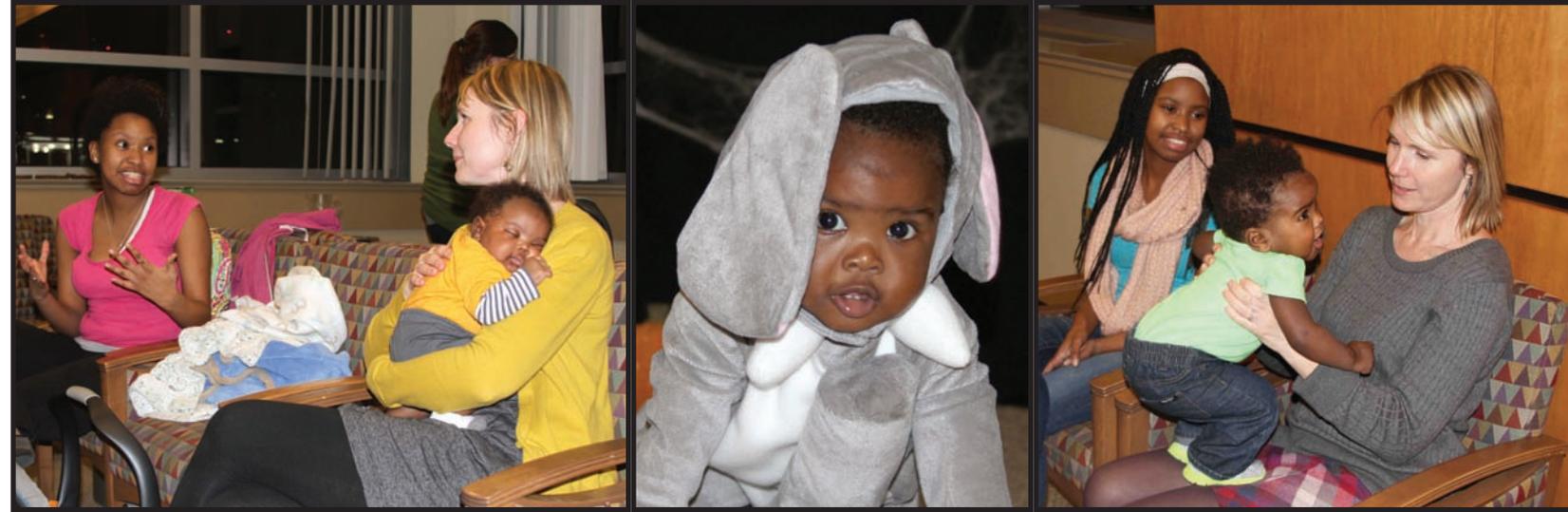
a single mom, she said the financial assistance for food is a huge relief. “I’m on a fixed budget, so every dollar makes a difference,” she said.

Tiara began participating in WIC when she was about three months pregnant. During her WIC appointments, nutritionists emphasized the importance of eating a healthy diet during pregnancy to help reduce the risk of having a premature or low-birth weight baby. Tiara said she had trouble gaining weight during pregnancy so they offered tips like eating peanut butter and adding extra oil and vinegar on a sandwich. She’s also lactose intolerant so they recommended foods she could eat. They also provided information about the importance of breastfeeding and connected her with Breastfeeding

Peer Counselor Cary Allen, who was available to answer questions in person or by phone. Tiara recalled being afraid to use a breast pump. She wasn’t sure when to pump or how much to pump. She also had trouble getting Silas to use a bottle. Cary helped her work through the issues, which allowed Tiara to return to work. Unable to afford a breast pump, the Health Department also was able to give her one because she met WIC criteria.

Tiara also began attending Breast Is Best Social, or B.I.B.S., a weekly support group for Douglas County women who are breastfeeding or considering breastfeeding. “It’s a great social network,” Tiara said.

During a WIC appointment in December when Silas was about to turn 1, he was weighed and measured and his iron levels were checked through a blood test. WIC Nutritionist Trish Unruh said the test revealed Silas had an iron deficiency, which was concerning because iron plays an important role in muscle function, energy levels and brain development. Trish recommended high-iron foods like beans, eggs and iron-fortified cereals. She said a WIC nutritionist would re-check his iron levels during their next WIC appointment in three months. Tiara said, “Trish took time and answered all of my questions. She was very reassuring.”



Photos, clockwise from top left: Breastfeeding Peer Counselor Cary Allen visits with Tiara Greenwood while holding Tiara’s son Silas Jones during a Breast Is Best Social (B.I.B.S.) meeting; Silas attends a B.I.B.S. Halloween party; Silas jumps on Cary’s lap during a B.I.B.S. meeting; Silas and his mom play Pat-A-Cake during a WIC appointment.

10,444

WIC appointments

\$1,075,566

spent on food using
WIC vouchers



Child Care Licensing’s filing system helpful for police after vehicle accident involving day care children

Lori Montney, owner of Kountry Kids Day Care, is grateful for the guidance of the Health Department’s Child Care Licensing surveyors. They helped her create a folder system that contains information about each of the 10 children in her day care.

That filing system, which has won a national public health award, was extremely important when Lori and nine of the day care children were in a vehicle accident in September.

“We work together because we care about children and we want what’s safest for them.”

Lori said she was waiting to turn off a highway in south Lawrence in the day care van when it was rear-ended by a vehicle going about 65 miles per hour.

Lori said she hit her head on the steering wheel and blacked out for a bit. When she woke, the children were screaming, the windows were broken and the van was totaled.

She had the folder system with her in the van so police were able to immediately contact parents and review their medical history and health insurance. “All of the police officers said the paperwork was very helpful,” Lori said. “They didn’t have to ask questions or wait for

me to give them the information.” Fortunately, none of the children were seriously injured. They escaped with scrapes and bruises. That’s also thanks to Lori having the children appropriately buckled and in car seats.

Child Care Licensing Surveyor Brenda Hawkins said she was relieved to learn everyone was doing well and not seriously injured. “We work with providers to ensure safety whether children are in the home, on the playground or in a vehicle,” she said.

The surveyors provide annual inspections of day care homes and centers in Douglas County, and they respond to complaints. Additionally, they provide a three-hour orientation class for anyone who is interested in becoming a child care provider. They also have facilitated child care provider meetings to help answer questions.

Lori said she took the orientation class in 2011 and has attended a question-and-answer session. She said she contacts the surveyors if she has any questions.

“I know they are there if I have a question,” Lori said. “Some caregivers are scared of the surveyors, but they’re just doing their job. We work together because we care about children and we want what’s safest for them.”

Photo: Lori Montney, owner of Kountry Kids Day Care in rural Lawrence, shows the filing system she uses to keep track of the children’s contact and medical information while holding one of the children in her day care.

417

inspections of child day care homes and centers

60

complaints investigated at child day care homes and centers

36

community members trained to become a child care provider

741

pool and spa inspections

414

septic system and water well inspections

Program receives award for building partnerships, bringing in funding to improve health of Douglas County residents

In November, LiveWell Lawrence capped off a remarkable year for the Health Department's Community Health program by recognizing the program with a "Culture of Health Action Award." The award was received for the Community Health program's efforts to bring different agencies and individuals together to collectively work on improving the health of Douglas County

residents. In 2014, the program played a leading role in a number of ground-breaking efforts, including:

- **Safe Routes to Schools.** The Community Health program collected

the first data about walking and biking to school. Eighteen schools participated and more than 1,600 parent surveys were collected. The data is being used to develop plans to encourage kids to walk and bike to school.

- **Million Hearts.** Douglas County was invited by the Kansas Department of Health and Environment (KDHE) to participate in a 16-state effort that is part of a project to avoid a million heart attacks and strokes nationally through better screening, referrals and treatment of individuals with high blood pressure. In Kansas, agencies

involved in the effort are the Lawrence-Douglas County Health Department, KDHE, Kansas Healthcare Collaborative, Synovim, and Lawrence safety-net clinics such as Health Care Access and Heartland Community Health Center.

- **Healthy vending and concessions.** The Community Health program coordinated efforts to assist the Lawrence Parks and Recreation Department in developing nutritional standards for concession stands and vending machines. The Crimson Café at Lawrence Sports Pavilion was the first location to "go live" with the standards.

The Community Health program carries out much of its work through coordination of the LiveWell Lawrence coalition and its 150 members. LiveWell Lawrence Chair Nikki White said the coalition has grown rapidly under the Community Health program's leadership. "They've really exceeded our expectations," she said. "They're pushing the envelope, looking for more funding sources and reminding everyone of opportunities for collaboration."

These efforts took a major step forward in September when the Community Health program received a three-year, \$1.3 million grant from the Centers for Disease Control and Prevention (CDC). The grant will provide important resources to help fight chronic disease through prevention.

“They’re pushing the envelope, looking for more funding sources and reminding everyone of opportunities for collaboration.”



150

community members involved with LiveWell Lawrence

300

classrooms participated in Safe Routes to School tallies

209

percent increase in grant funding since 2011

Photos, clockwise from top: The Community Health program hosted a one-day Safe Routes to School training session that included a walk to a nearby school; Health Promotion Specialist Aundrea Shafer checks out the healthy food options at Lawrence Memorial Hospital; Analyst Vince Romero, Community Health Planner Charlie Bryan and Community Health Director Chris Tilden accept a "Culture of Health Action Award" from LiveWell Lawrence Chair-Elect Eileen Horn; and Health Promotion Specialist Rebecca Garza visits with residents during a Safe Routes to School community meeting.

Lawrence Public Schools nursing facilitator works with Health Department staff to prevent illness

Sonja Gaumer, nursing facilitator for Lawrence Public Schools, works closely with nurses at the Health Department to help prevent the spread of diseases.

“They help us greatly. If we have a potential case of chickenpox, measles or whooping cough, we call them,” she said. The Health Department nurses will find out if it is a laboratory

“I enjoy working with the Health Department. We have a wonderful partnership. They are very accessible and easy to get a hold of.”

confirmed case, and then they work with schools to contain the disease. Diseases can be contained through immunizations and isolating students who are sick. “We want to make sure that it is not going from this

person to this person to this person. It can become a large problem quickly if not contained,” Sonja said. “They help us with that.”

The Health Department helps inform school staff and parents about diseases through letters, phone calls and in-person visits. Additionally, Sonja said the Health Department provides im-

munizations on a walk-in basis, which makes it convenient for families.

Sonja also is grateful for the information that the Health Department provides on diseases and other health topics. She receives the quarterly Infection Connection newsletter as well as email alerts. “The Health Department is a good, trusted resource for information,” she said.

In August, she began receiving information about state and local preparedness efforts for Ebola, a rare and deadly disease that is spread through direct contact with body fluids of someone infected with the Ebola virus. “There was a lot of misinformation circulating, especially in the national media. I had one child who went home crying because of that misinformation,” she said. “I was able to use the Health Department’s Ebola fact sheet to help inform parents. I thought the fact sheet was excellent.”

Additionally, Sonja attended the Health Department’s preparedness meetings and listened to weekly state conference calls about Ebola. “I enjoy working with the Health Department. We have a wonderful partnership,” she said. “They are very accessible and easy to get a hold of.”



Photo: Lawrence Public Schools nursing facilitator Sonja Gaumer is pictured in her office in December 2014. She works closely with the Health Department’s staff to help prevent spread of disease.

377

reports of diseases investigated

142

website downloads of Ebola fact sheet

10

Ebola presentations given to emergency responders



Lawrence hairstylist raves about staff, affordable services

For the past 10 years, Lawrence hairstylist Joelle Zbacnik has used the Health Department's Family Planning services.

"Everyone is really nice from the receptionists to the nurses. I've never felt uncomfortable or like I'm being lectured. I wouldn't have kept coming back if I did," Joelle said.

She said she uses the Family Planning services for an annual wellness examination, which generally includes a breast exam, cervical cancer screening and pelvic exam. She also has received testing for sexually-transmitted diseases and HIV. "I felt like if it's right there and available, I might as well do it and be safe," she said.

“Everyone is really nice from the receptionists to the nurses. I’ve never felt uncomfortable or like I’m being lectured.”

Joelle said the nurses also check her weight and blood pressure, and talk about her overall health, including caffeine and alcohol consumption, exercise and diet. "I am quite lazy and don't get a lot of exercise," she said with laughter. "So, they gently remind me that I need 30 minutes a day." Joelle said nutrition counseling became helpful when she started a nondairy diet. Family Planning Nurse Practitioner Sue McDaneld talked about the importance of calcium for strong bones and teeth and went over things Joelle could eat to get the calcium she needs.

"I appreciate the time they take to get to know me and talk about my health and answer my questions," Joelle said.

Joelle began using the Health Department when she was 20 years old and no longer qualified for her parents' health insurance. She said she couldn't afford to pay full price for such services elsewhere. She's grateful the Health Department offers services on a sliding scale fee based on her income. "The services are affordable and the staff is very knowledgeable and nice," she said. "I've recommended the Health Department to several friends."

Photo: Lawrence resident Joelle Zbacnik has used the Health Department's Family Planning services for 10 years.

2,446
individuals used
Family Planning
services

1,691
chlamydia tests
provided

911
counseling sessions
on tobacco cessation
provided to 706 people

71-year-old healthier, happier thanks to care coordinator

During the past year, Bill Commings, 71, has moved from a nursing home to an apartment with the help of Project Lively Care Coordinator Susan Ridenour. His health has improved significantly and he's happier because he feels more in control of his own life.

"Kudos to Ms. Susie here, I'm much better," he said, smiling at her during an in-home visit. "It

“It was like there was this Jigsaw puzzle and, one by one, she was putting in all of the pieces. She's provided me with a lot of resources.”

was like there was this Jigsaw puzzle and, one by one, she was putting in all of the pieces. She's provided me with a lot of resources.”

Bill, who retired from AT&T, has multiple medical conditions. He has experienced a heart

attack, had quadruple bypass surgery and recovered from a fractured hip.

"Susan came to me at a pivotal time in my life," he said. His family thought he should live in a nursing home, but that's not where he wanted to be. He said Susan helped him connect with the resources he needed to live independently. "She took care of everything — from haircuts to shoes." Now, his family is happy, too.

Susan meets with Bill on a regular basis and the frequency depends on Bill's needs. Susan has

assisted him with financial organization, health insurance, medications and appointments. She helped him find a personal care attendant who visits several times a week to help with bathing, meal preparation and other household chores. She also signed him up for the Meals on Wheels program.

Susan communicates regularly with his nurse and therapist at Heartland Community Health Center, pharmacist and other health care providers. Bill said Susan visited with him about using a FlexPen for injecting insulin. A nurse showed him how to use it and the FlexPen has helped stabilize his diabetes. Susan also was able to get him diabetic shoes through community resources. "My feet feel so good," he said, smiling.

Bill said Susan is good at finding solutions. He recalled Susan setting up a conference call with his former employer about changes occurring to his retirement supplement. "The whole thing was overwhelming and confusing," he said. "She helped me through that process of understanding what was happening."

Bill is grateful for Project Lively, a program that helps residents ages 60 and older remain independent. "The kind of help that Susan has given me has enabled me to stay here and get the care I need as opposed to going back into a nursing home," he said.



Photo: Project Lively Care Coordinator Susan Ridenour, left, visits with 71-year-old Bill Commings in his apartment. They talk about starting a new filing system for his paperwork and getting him an electronic wheelchair so he can visit friends who live nearby.

199
individuals
served

1,179
home visits
provided

251
referrals received
about the program

Unaudited Statement of Revenues and Expenditures for Jan. 1-Dec. 31, 2014

Operating Fund

Beginning balance	\$899,506
Revenue	
County	\$1,021,568
Federal	\$863,000
City	\$662,930
State	\$376,731
Fees	\$337,374
Other	\$254,972
Total revenue	\$3,516,575
Expenditures	
Salaries and wages	\$1,991,895
Payroll related expenses	\$773,614
Commodities	\$207,991
Contractual	\$349,717
Transfer to funded depreciation	\$80,000
Transfer to reserve fund	\$100,000
Capital purchases	\$0
Total expenditures	\$3,503,217
Ending balance	\$912,864
Net revenue over expenditures	\$13,358

Reserve Fund

Beginning balance	\$1,049,941
Revenue	
Transfer from Operating Fund	\$100,000
Other	\$4,629
Total Revenue	\$104,629
Total Expenditures	\$15,225
Ending balance	\$1,139,345
Net revenue over expenditures	\$89,404
Funded Depreciation	
Beginning Balance	\$150,915
Revenue	
Transfer from Operating Fund	\$80,000
Other	\$381
Total Revenue	\$80,381
Expenditures	
Capital Equipment	\$12,918
Total Expenditures	\$12,918
Ending Balance	\$218,378
Net Revenue over Expenditures	\$67,463



Maley Wilkins Chair, Dr. Doug Dechairo Vice Chair, Dr. Kevin Steuver Treasurer, David Ambler, Ray Davis, Joe Harkins, Shirley Martin-Smith, Carol Seager

2014: A year of new partnerships, programs, accolades

One year ago we promised that 2014 would be an exciting year. Now, looking back, we believe it was indeed an exciting year.

Notable 2014 accomplishments include: Collaborating with Heartland Community Health Center to coordinate continued screening and treatment for HIV/AIDS, receiving the LiveWell Lawrence Coalition's Culture of Health Action Award, and providing grocery stores tours to help families learn how to shop for nutritious foods on a budget.

In 2014, we continued to work with the Baldwin City, Eudora, Lawrence, Lecompton and Douglas County governments as they each adopted the community health plan as a guiding document. Together, we recently published a Community Health Plan progress report, "On the Road to a Healthier Douglas County," that featured success stories around the five priority areas in the plan: access to healthy foods, access to health care, mental health, physical activity and poverty/lack of jobs.

One of the rewards of serving on the Health Board is the opportunity it provides to witness firsthand the work of Health Department staff. As a result, we were pleased, but not surprised, to learn that the Lawrence-

Douglas County Health Department was selected as the inaugural Kansas Health Department of the Year. We congratulate all our staff members, who have demonstrated great commitment and devotion to our public health mission of disease prevention and health promotion.

Our task as a Board is to assure that the Health Department knows the answers to seemingly simple but often complex questions such as: What makes us sick and why? Our answer today to you is that Lawrence and Douglas County along with the rest of the United States continues to see chronic disease grow as our predominant health challenge. More than half of adults have been diagnosed with a chronic disease and 61 percent of adults regularly take prescription drugs. One in 4 adults take four or more prescription medications regularly. Slowing and then reducing this trend remains a key focus for this Board.

It is our privilege to work on your behalf.

Maley Wilkins
Chair
Lawrence-Douglas County Health Board





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Together, day by day, building a healthy community