



# The 10 Essential Public Health Services



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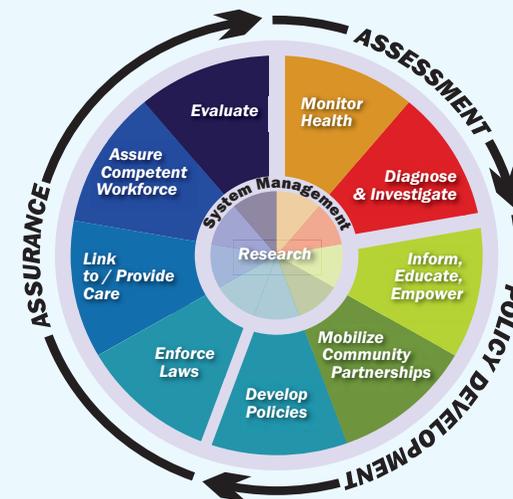


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## What the 10 Essential Services mean for Public Health



Public health has evolved from a focus on sanitation and communicable disease control to include the challenge of addressing behaviors that lead to chronic disease and poor health. The 10 Essential Public Health Services described in this annual report are part of a new national standard that calls for local health departments to provide these services to the people they serve.

Public health professionals have used these 10 essential services to create a new national definition of public health found in the document, the "Operational Definition of a Functional Local Health Department." I encourage you to visit our website ([www.ldchealth.org](http://www.ldchealth.org)) to learn more.



Additionally, the essential public health services serve as performance standards for a national public health accreditation system. As we prepare for accreditation locally, we have begun to think of our work using this national framework rather than the programmatic approach of past annual reports.

In some ways, we are changing the way we think about our work rather than changing the work itself. But there is more of our story to tell. Preparing for accreditation and fully delivering the essential public health services to the residents of Lawrence and Douglas County remains one of our greatest challenges. As we strive to refocus our work during these difficult economic times, we are encouraged by this community's vision and leadership, which affirms the value of our mission as your public health agency.

Dan Partridge, RS, MPH  
Director



Mirroring the rest of the United States, obesity is becoming more of a problem in Douglas County.



Health Department data identified that a disproportionate number of low birth weight babies were born to WIC moms in 2010.



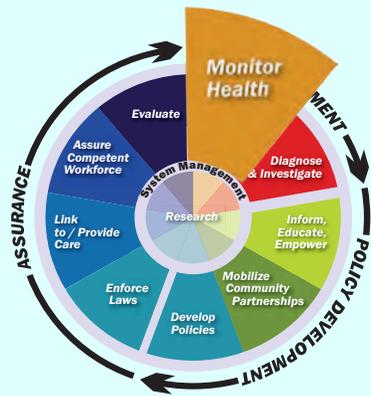
Binge drinking has been identified as a health issue in previous health assessments. It's anticipated that the county health assessment will also reflect this.



Environmental Health Director Richard Ziesenis inspects water at a home in rural Douglas County.



A pH test is used to determine if well water may be contaminated and unsafe to drink.



# 1. Monitor health status and understand health issues facing the community

The Health Department receives health data from a number of partners such as the Kansas Department of Health and Environment (KDHE) and the Kansas Health Institute (KHI). Staff continually review this information, along with the department's program data on a variety of topics – such as immunization rates and the percent of low birth weight babies born to WIC moms – to learn more about health trends.

The department monitors the community's health status by taking communicable disease reports from school nurses, physicians, labs, KDHE and the public. In 2010, syphilis cases in Douglas County increased. Increases in syphilis, which is less common than other sexually-transmitted diseases, often are cyclical.

A health assessment, conducted for Douglas County with assistance from KHI, began in 2010. The assessment, to be released in 2011, will be another aid in identifying community health problems and will be analyzed to identify trends, health issues, environmental health hazards and social and economic conditions that adversely affect our health.

See how Douglas County ranks compared to other Kansas counties at [ldchealth.org/rankings](http://ldchealth.org/rankings)



# 2. Diagnose and investigate health problems and health hazards in the community

For residents without access to city water, Environmental Health staff test well water for fecal bacteria, nitrates and other contaminants.

They also inspect septic systems to ensure there are no defects, which can cause a leak of contaminants into groundwater. In 2010, approximately 25 percent of septic and well water inspections revealed that a major component of the systems were in need of repair or replacement.

When communicable disease and family planning nurses began to see an increase in syphilis cases in 2010, close contacts of clients with positive syphilis were called and urged to seek testing and treatment. When a person knows his or her health status and seeks treatment – regardless of the illness – the spread of a disease outbreak is limited and the risk to the community is lessened.

See the "Infection Connection," a disease surveillance newsletter for physicians, at: [www.ldchealth.org/diseaseinvestigation.htm](http://www.ldchealth.org/diseaseinvestigation.htm)



Health Department Director Dan Partridge is interviewed by Karrey Britt, *WellCommons* reporter, during the drive-through flu clinic in October 2010.



The threat of the H1N1 virus continued into 2010 and the Health Department utilized ads like this one in the local newspaper.



The 2010 'Kickin' it with WIC' activity day was the biggest in the Health Department's history. Children, like Braden Webb (above), and their parents made up some of the 168 families in attendance.



Jenn Preston, Healthy Families Douglas County Program Supervisor, works with Erika Dvorske, President and CEO of Douglas County United Way during a 'Bridges Out of Poverty' workshop in June 2010.



The World Company's *WellCommons* website, launched in 2010, provides an online platform for the Health Department to work with the community.



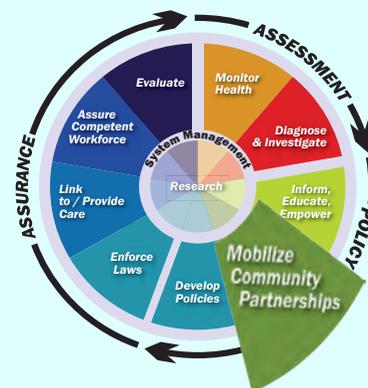
### 3. Inform, educate and empower people about health issues

Educational displays at community health fairs and within the department give the public tools to be proactive with their health. Health information in the media also serve this purpose. In early 2010, the Health Department wrapped up its H1N1 flu campaign with prevention messages in the newspaper and online.

Clients enrolled in WIC take classes throughout the year on nutrition, pregnancy, parenting and breastfeeding to stay eligible in the program. The biggest WIC event of the year is the annual "Kickin' it with WIC" activity day, co-sponsored by the Douglas County Community Health Improvement Partnership (CHIP). This year's event drew the most families in the event's history, with 168 families attending.

The agency's family-based sexuality education course, "Kids Need to Know," continues to serve fifth- and sixth-grade students and their parents with honest, credible information, with the goal of facilitating family communication on the subject of sexuality.

See how the "Kids Need to Know" program fits into the Lawrence school district's health and science curriculum at: [www.ldchealth.org/sexualityeducation.php](http://www.ldchealth.org/sexualityeducation.php)



### 4. Mobilize community partnerships to identify and solve health problems

The LiveWell Lawrence coalition continued to pick up momentum in 2010. EatWell Lawrence, a project that recruits and assists restaurants in offering healthy menu options, was also added. Health Department Nutritionist Trish Unruh is working with K-State Research and Extension and other LiveWell Lawrence partners on the project.

Another example of community mobilization is the "Bridges Out of Poverty" program hosted by the department in June. Professionals from different social service agencies and other groups were invited to understand the causes of poverty and to find solutions. To improve job retention among people living in poverty, a group also was headed up by the agency to work on a plan to pair job coaches with new employees.

The Health Department also uses traditional media and social media, like The World Company's *WellCommons* website, to inform the community and policymakers of the Health Department's work.

To learn more about EatWell Lawrence, go to: [livewelllawrence.org](http://livewelllawrence.org)



Work as part of the Complete Streets program began in 2010 to make Lawrence's roadways accessible to all.



A big public health victory came in 2010 when the Kansas Legislature passed a statewide smoking ban.



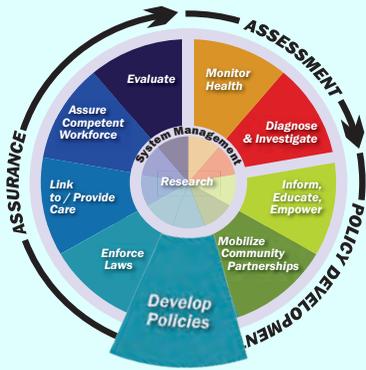
The unstable economy continued in 2010 and with it, came repossessed homes. These homes can pose public health risks, such as this pool.



Child Care Licensing Surveyor Ginger Salmans inspects a local child care facility. Surveyors ensure child cares are following state regulations to keep children healthy and safe.



Eighty septic and well inspections for homes transferring ownership in rural Douglas County were conducted in 2010, with 25 percent revealing systems in need of repair or replacement.



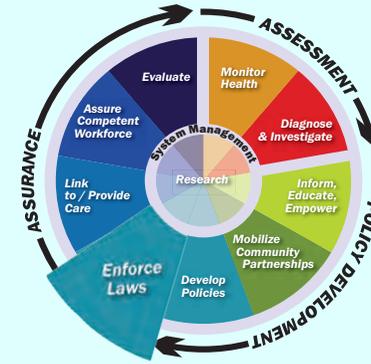
## 5. Develop policies and plans that support individual and community health efforts

See the joint city/county resolution at: [www.ldchealth.org/healthboard.php](http://www.ldchealth.org/healthboard.php)

Using evidence-based research to form policies is a big part of developing public health policies and plans. The City of Lawrence smoking ban continues to protect workers and patrons of bars and restaurants from secondhand smoke. In 2010, residents of Douglas County communities outside of Lawrence were also offered protection from secondhand smoke when the Kansas Legislature passed a statewide smoking ban.

Also in 2010, the reorganization and expansion of the Health Board called for a revision to the city/county joint resolution. The city and county commissions approved the changes and adopted a new joint resolution that expanded the board from five to eight members including an appointment from the University of Kansas.

WIC Coordinator Jennifer Church leads a subcommittee of the Complete Streets initiative, which kicked off in 2010. Adoption of a Complete Streets policy will allow for safe access for all users – pedestrians, bicyclists, motorists and transit riders of all ages and abilities.



## 6. Enforce laws and regulations that protect health and ensure safety

Every day, Child Care Licensing staff assure that state regulations are met at local child care facilities. Surveyors look at many measures including the interaction and supervision of children, that providers aren't caring for more children than regulations allow and that immunization records of the children in care are current.

Over time, the effectiveness of regulations and their compliance must be examined. One such example is Lexie's Law. Passed in 2010, the law requires that all homes be licensed and inspected at least once a year.

Sometimes enforcement requires working with partner agencies such as the Kansas Department of Health and Environment, the Kansas Department of Agriculture, rural water districts or the City of Lawrence Planning and Development Services.

Learn what other measures Child Care Licensing staff inspect at: [www.ldchealth.org/childcarelicensing.php](http://www.ldchealth.org/childcarelicensing.php)



Nurse Roxie Dohogne, right, gives Gordon "Mitch" Gunnell a Pentacel shot to protect against several diseases including polio, diphtheria and pertussis.



Nurse Maria Ana Garza, right, shares information on what makes a healthy family with Maria Elena López, left, and her daughter, Crystal.



Health Board Chair Dr. Gerald Pees, presented Kim Ens, RN, with the annual Kay Kent Excellence in Public Health Service award in 2010.



Former State Health Officer Dr. Jason Eberhart-Phillips, right, presented a plaque to staff and Douglas County Medical Reserve Corps volunteers recognizing their efforts during the H1N1 pandemic.



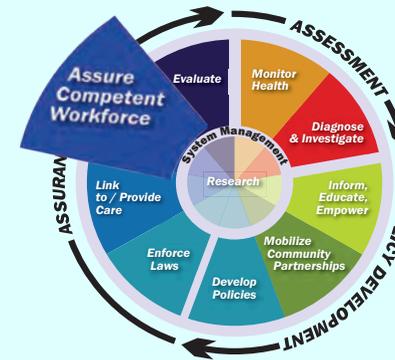
## 7. Link to and provide care

The Health Department helps people receive health services every day – whether it's through the agency's clinic, making a referral to a medical specialist from the family planning clinic or by linking a client with another community service agency.

In 2010, nurse case managers in the Healthy Families Douglas County program began offering seasonal influenza vaccinations on home visits to clients and their families. This service has allowed populations (pregnant women and young families) at risk for flu complications to receive vaccine when they may not have been immunized otherwise. In October 2010, the Health Department hosted its first-ever drive-through flu vaccination clinic and provided immunizations to more than 175 people.

See the after-action report for the drive-through flu vaccine clinic at: [www.ldchealth.org/aar.htm](http://www.ldchealth.org/aar.htm)

In addition to assisting at the drive-through clinic, Douglas County Medical Reserve Corps volunteers worked other events in 2010, including a free dental care day at the Douglas County Dental Clinic.



## 8. Assure a competent workforce

Each semester, student interns learn skills that will prepare them for future jobs. By introducing them to the field, staff can educate students about public health careers. The Project LIVELY staff is a great example of an internship that inspired a job in public health. Both Rebecca Holmes and Sarah Norman previously served in LIVELY as social work practicum students. Holmes became Project LIVELY Coordinator in September 2010 and Norman joined the program as a care manager in December.

The Health Department also ensures that staff receive the training needed for their positions. Exercises, such as the Health Department's first drive-through influenza vaccination clinic in October 2010, are organized on a regular basis to keep public health emergency skills sharp and to learn what weaknesses should be addressed before an emergency occurs. Exercise evaluations and after-action reviews all help in the process.

The annual Kay Kent Excellence in Public Health Service award recognizes an employee who has gone above and beyond in their work at the agency. The 2010 recipient was Kim Ens, Director of Clinic Services.

Health Department staff completed 1,388 training hours in 2010. Learn more at: [www.ldchealth.org/training.htm](http://www.ldchealth.org/training.htm)



The Lawrence-Douglas County Health Board reviews the agency's performance measures each quarter to ensure that programs are meeting their goals.



The Health Department's Maternal Child Health program integrated with the Healthy Families program in 2010 to form Healthy Families Douglas County.



The Project LIVELY program is working with the University of Kansas to help older adults who hoard.



The Centers for Disease Control and Prevention (CDC) 'Guide to Breastfeeding Interventions' was relied on heavily for a grant the Health Department received in 2010.

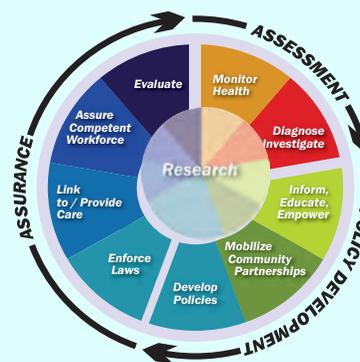


## 9. Evaluate and improve programs and interventions

For the second full year, Health Department program managers used performance measures to track the effectiveness of their programs. These statistics allow managers to evaluate their work each month with reports reviewed by the Health Board each quarter. In 2010, the performance scorecard indicated that WIC low birth weight rates had increased. The agency's analysis of the data found that late enrollment in the program was one of the most strongly-associated risk factors for low birth weight.

The 2010 integration of the Maternal Child Health (MCH) program with the Kansas Children's Service League's (KCSL) Healthy Families program occurred due to a desire to find an evidence-based model for the MCH program to follow. Healthy Families is a nationally-recognized, best practice model. In other words, this means that research has shown that the program is successful in its goals to not only prevent child abuse, but to also bring about healthy outcomes in at-risk families.

See how the department's programs performed in 2010: [www.ldchealth.org/performanceasures.htm](http://www.ldchealth.org/performanceasures.htm)



## 10. Research for new insights and innovative solutions to health problems

In 2010, Project LIVELY staff became involved in hoarding research conducted by the University of Kansas School of Social Welfare's Office of Aging and Long Term Care. LIVELY Coordinator Rebecca Holmes continues to assist with the research. In 2011, she will assist in writing outcomes for success, which will be compiled into a guide for professionals around the country to help hoarding clients.

Adopting evidence-based programs and applying best practices is another way the Health Department uses research to guide its work. In 2010, suggested interventions to increase breastfeeding rates from the Centers for Disease Control and Prevention (CDC) were written into a grant proposal. Using this research-based information led to the awarding of the grant, which will be used to create a peer group for working, postpartum women and women at the critical point in their pregnancies when they decide whether to breastfeed or formula feed their infants.

In writing the grant, the CDC's "Guide to Breastfeeding Interventions" was used, which lists specific research on how breastfeeding rates increase when mothers have peer support. These data, as well as other research, have shown that a woman decides about four months into her pregnancy how she will feed her baby.

Read the CDC Guide to Breastfeeding Interventions here: [www.ldchealth.org/breastfeeding.htm](http://www.ldchealth.org/breastfeeding.htm)

# Financial statement

Unaudited statement of Revenues and Expenditures for the period Jan. 1- Dec. 31, 2010

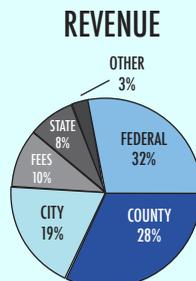
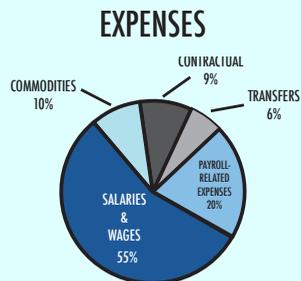
## OPERATING FUND

Beginning balance	\$694,499*
<b>Revenues</b>	
Federal	\$1,048,657
County	\$933,151
City	\$648,929
Fees	\$317,035
State	\$267,601
Other	\$99,013
<b>Total revenue</b>	<b>\$3,314,385</b>
<b>Expenditures</b>	
Salaries & wages	\$1,700,190
Payroll related expenses	\$611,276
Commodities	\$300,771
Contractual	\$279,256
Transfer to reserve fund	\$154,700
Transfer to funded depreciation	\$67,841
<b>Total expenditures</b>	<b>\$3,114,034</b>
Ending balance	\$894,851
Net revenue over expenditures	\$200,352

## RESERVE FUND

Beginning balance	\$754,606
<b>Revenues</b>	
Transfer from Operating Fund	\$154,700
Other	\$1,733
<b>Total revenue</b>	<b>\$156,433</b>
<b>Expenditures</b>	
Personnel liabilities	\$40,635
Commodities	\$141
Transfer to Operating Fund	0
<b>Total expenditures</b>	<b>\$40,776</b>
Ending balance	\$870,263
Net revenue over expenditures	\$115,657

\* Corrected from 2009 Annual Report ending balance to reflect 2009 transfer to reserve fund.



# Lawrence-Douglas County Health Board



**Shirley Martin-Smith,**  
Vice Chair



**Gerald Pees, MD,**  
Chair



**Paul Liechti,**  
Treasurer



**David Ambler**



**Amy Biel**



**Ray Davis**



**Maley Wilkins**



**Carol Seager**

From expanding the board from five to eight members to advocating for public health to legislators and other partners, 2010 was a busy year for the Lawrence-Douglas County Health Board with the group's work focusing more on operational than programmatic duties compared to previous years. Such tasks included: rewriting the board's bylaws and developing new board orientation materials to familiarize new board members with such topics as governance, finance, strategic planning and community health data.

The intent behind the Health Board's expansion is to better represent our growing city and county and to gain insight from a variety of different backgrounds and professional experience.

Members of the board are appointed by the Douglas County Commission and the Lawrence City Commission and by the University of Kansas chancellor.



LAWRENCE-DOUGLAS COUNTY

Health Department

200 Maine St.

Lawrence, KS. 66044

Healthy People Build Strong Communities