A Message from the Health Officer

It is my pleasure to present Public Health, Delta & Menominee Counties’ Annual Report for the October 1, 2012 – September 30, 2013 fiscal year. So many positive things happened at PHDM during the past year it would be impossible to list them all. On the following pages are just a few examples of how PHDM is meeting the public health needs of the residents of Delta and Menominee Counties. These needs could not be met without the support of our Board of Health, County Commissioners, community partners, state agencies, dedicated employees, and loyal customers.

We are particularly proud of the following accomplishments which took place during the 2013 fiscal year:

- In January 2013, PHDM announced a new program, Snow Trek, which provides free snow shoe rentals to Delta and Menominee County residents. The goal of the program is to encourage participation in outdoor activities in our beautiful counties during the winter months.

- Emergency Preparedness staff worked with PHDM personnel in receiving required training in the Incident Command System. This training will allow PHDM staff be better prepared to face a potential public health emergency.

- In February 2013, PHDM sponsored a one-day drug awareness conference. This conference was so successful PHDM needed to offer a second conference in April to allow all who wanted to attend the opportunity to do so.

- In September 2013, PHDM implemented the first annual All-Staff Training day for PHDM employees. This training provided employees with information relevant to all PHDM programs such as: Drug use in the Upper Peninsula, Workplace Violence, Active Shooter training, as well as others.

The PHDM Board of Health and staff remain committed to enhancing the quality of life for the community by preventing disease, encouraging healthy lifestyles and protecting the environment by collaborating with community partners. I encourage you to read this report carefully. Should you want to learn more about our programs and services do not hesitate to contact us or visit us on the web at www.phdm.org.

Sincerely,

Michael R. Snyder RS, MPA
Health Officer/Administrator
A Message from the Medical Director

From the Desk of Dr. Teresa Frankovich, M.D., MPH:

One important responsibility of public health is to assess the health status of the population at hand. When one studies the data on health status in the United States, it becomes clear that poor health outcomes do not usually occur randomly. Premature death and disease impacts various populations differently and for a variety of reasons. According to the Centers for Disease Control (CDC), health disparities are “avoidable, unfair differences in health status seen within and between populations.” The World Health Organization (WHO) states that “the social determinants of health, that is the conditions in which people are born, grow, live, work and age, are mostly responsible for health inequities”.

In 2013, the CDC released a report on Health Disparities and Inequalities in the U.S. Examples of these differences are seen below:

- Preventable hospitalization rates were higher for residents of low-income neighborhoods than higher income neighborhoods and higher among blacks and Hispanics than whites.
- Rates of blood pressure control in patients with hypertension were lowest among the uninsured, low income, Mexican Americans and those born outside the U.S.
- Rates of diabetes were highest among males, people over 65, blacks and Hispanics, those without high school education, poor and those with disability.
- Colorectal screening rates decreased with lower income and lower education.
- Teen pregnancy rates decreased by 18% 2007-2010 but rates among black teens and Hispanic teens remain double that of white and Asian populations in the US.
- The highest % of adults living below the poverty level were black or Hispanic, disabled, those with less than a high school education and those foreign born.
- Although overall smoking rates have declined in the U.S., little progress has been made in decreasing smoking rates among persons with low socioeconomic status.
- Suicide rates were higher for whites and American Indians/Alaskan Natives than blacks or Hispanics.

The association of chronic disease and poorer health status with lower income and educational attainment is not surprising and is evident across the country and in our own communities. Although lack of insurance coverage certainly is an important factor in health disparities, increasing coverage alone will not solve the problem. Heredity, for example, has a significant impact on our health and there is no question that much of our health status is determined by how we live our lives, the choices we make and the environments in which we live. This is why Public Health, Delta & Menominee Counties Health Department partners with healthcare providers, schools and communities to create and support health education programs; healthy school environments; quality, affordable health services; access to immunizations; safe places to live and to be active; access to healthy, affordable foods; clean air and water; and adequate housing. Working together, we can create a healthier future for all.

Note: in 2014, PHDM will be conducting an extensive community health assessment in order to better understand current health needs and disparities in our counties and to help plan for the future.
Mission Statement
To enhance the quality of life for the community by preventing disease, encouraging healthy lifestyles, and protecting the environment.

Vision Statement
To be a community leader in promoting, protecting, and providing for the public’s health.
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Financial Data for Fiscal Year 2013

2013 Revenue Sources

<table>
<thead>
<tr>
<th>Revenue Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Pay Fees</td>
<td>$300,517</td>
</tr>
<tr>
<td>3rd Party Fees</td>
<td>$323,524</td>
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<tr>
<td>State/Federal</td>
<td>$989,535</td>
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<tr>
<td>ELPHS (State)</td>
<td>$294,236</td>
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<tr>
<td>Other (Sub Abuse, Early On, Misc Grants)</td>
<td>$465,332</td>
</tr>
<tr>
<td>Local Appropriations</td>
<td>$360,401</td>
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<tr>
<td>Fund Balance</td>
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<tr>
<td>Space</td>
<td>$301,035</td>
</tr>
<tr>
<td>Total</td>
<td>$3,034,716</td>
</tr>
</tbody>
</table>

2013 Expenses

<table>
<thead>
<tr>
<th>Expense Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agency Support</td>
<td>$580,251</td>
</tr>
<tr>
<td>Environmental Health</td>
<td>$375,052</td>
</tr>
<tr>
<td>Alcohol &amp; Other Drug Services</td>
<td>$273,389</td>
</tr>
<tr>
<td>Community Health Services</td>
<td>$1,333,242</td>
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<tr>
<td>Community Health Promotion</td>
<td>$85,307</td>
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<tr>
<td>Emergency Preparedness</td>
<td>$85,960</td>
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<tr>
<td>Space</td>
<td>$301,515</td>
</tr>
<tr>
<td>Total</td>
<td>$3,034,716</td>
</tr>
</tbody>
</table>

FY09 Expenses - Actual: $3,397,486
FY10 Expenses - Actual: $3,349,920
FY11 Expenses - Actual: $3,096,858
FY12 Expenses - Actual: $2,968,708
FY13 Expenses - Actual: $3,034,716
FY14 Expenses – Budgeted: $3,085,467

Full-time and 33 Part-time
This year we said goodbye to Sheryl Farr, who retired after working over 35 years in multiple programs in PHDM’s Menominee office. Sheryl will be missed, but her service to our clients will never be forgotten.

Retirement Tribute

Breast & Cervical Cancer Control Program (BCCCP) provides free annual exams for eligible women aged 40-64. Since 1993, 2,450 individual clients have been screened, many of whom return year after year. In FY 2013, 393 women participated in BCCCP and the following were found: one breast cancer diagnosis, 7 pre-cervical cancer diagnoses, 65 breast abnormalities, and 10 cervical cancer abnormalities.

Children’s Special Health Care Services (CSHCS) helps cover medical costs for children up to 21 years of age and some adults with certain chronic medical conditions. In FY 2013, PHDM staff helped 149 families receive assistance.

Early On of Delta County offers free early intervention for children less than 36 months that have developmental delays. 127 Children were enrolled in Early On in FY 2013.

Family Planning provides general reproductive health assessments; contraceptive services; health education and counseling and referrals as needed. In FY 2013, 970 clients received services.

Hearing & Vision Screening offers services for school-aged children. A total of 1,397 children were screened for hearing and 1,622 for vision in FY 2013.

Communicable Disease

In FY 2013, PHDM staff worked with local healthcare providers and the Michigan Department of Community Health (MDCH) to document, investigate, and limit the spread of communicable disease infections. The table below shows the number of cases reported for FY 2013 compared to FY 2012. Most of the reportable communicable diseases remained fairly consistent from FY 2012 to FY 2013, with the exception of flu-like symptoms and Lyme disease, both which saw a significant increase. Pertussis cases also differed, decreasing significantly after last year’s outbreak.

<table>
<thead>
<tr>
<th>Disease</th>
<th>FY12</th>
<th>FY13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu-like illnesses</td>
<td>1,241</td>
<td>2,021</td>
</tr>
<tr>
<td>Blastomycosis</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Histoplasmosis</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Legionellosis</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Ehrlichiosis</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Sexually Transmitted Infection</td>
<td>121</td>
<td>110</td>
</tr>
<tr>
<td>Chicken Pox</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Lyme Disease</td>
<td>23</td>
<td>50</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>8</td>
<td>3</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>37</td>
<td>49</td>
</tr>
<tr>
<td>Meningitis</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Invasive Streptococcus Pneumonia</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>Pertussis</td>
<td>43</td>
<td>1</td>
</tr>
</tbody>
</table>
**Personal Health Programs**

**Immunizations**

PHDM provides immunizations to infants, children and adults on site and at many off-site clinics at local schools, businesses, senior centers and housing facilities. In FY 2013, PHDM organized an on-site drive thru clinic for the fourth year in a row. The drive thru allows clients to get their vaccines without having to leave their car.

PHDM oversees vaccine distribution to area providers who participate in the Vaccines for Children (VFC) Program. The VFC Program continues to provide free, state-funded vaccine to eligible children 18 years of age and younger.

PHDM is now able to bill private insurance and accepts most such as Blue Cross Blue Shield.

PHDM provided 4,902 immunizations to clients in FY 2013.

**Lead Prevention** offers blood lead testing, prevention education and referrals for elevated lead levels. In FY 2013, 605 children were screened for lead.

**Maternal Infant Health Program (MIHP)** continues to grow since first being offered at PHDM in 2011. Pregnant women and infants with Medicaid may receive monthly visits from either a Registered Nurse or Social Worker and may see a Registered Dietitian as needed. In FY 2013, 1,173 visits were made.

**MCIR** is Michigan’s immunization database, established to house the immunization records for all of the state’s residents. In FY 2013, Helpdesk support was given to 264 providers, 159 schools and 109 childcare facilities across the Upper Peninsula from the Region 6 office at PHDM. Staff trained 299 individuals at 130 trainings.

**Medicaid Outreach** - PHDM staff provide application and enrollment assistance to clients in need of public health insurance programs such as Medicaid, MICHILD, Plan First and MOMS. In FY 2013, 257 children were assisted in enrollment for MICHild, 400 pregnant women were screened for insurance coverage and 230 women were enrolled in Plan First. Clients received a total of 9,922 services through Medicaid/MICHild programs.

**Senior Screening** - PHDM continues to provide comprehensive screening & referral services for residents age 60 and older with little or no insurance. Clients receive a free health assessment which includes: blood pressure, total and HDL cholesterol, glucose, hemoglobin, height, weight, hemoccult testing and urinalysis. In all, 55 clients were screened in FY 2013.

A PDHM nurse prepares a young client for vaccination.
STI/HIV - PHDM staff assess risk for HIV and/or STD’s. Testing is done on-site (treatment and referral services are in place for those with a positive test). Testing and education services are offered to the county court systems for offenders charged with criminal sexual conduct, and PHDM participates in victim notification and education when needed. In FY 2013, 39 clients were tested for HIV, six of these were court-ordered. Of the 39, 12 were also tested for Hepatitis B & C, with two testing positive for Hepatitis C.

Chlamydia is the most frequently reported bacterial sexually transmitted disease in the U.S. There were 104 reported cases of chlamydia in Delta and Menominee counties. Under-reporting is substantial because most are unaware of their infections and may not seek testing. In FY 2013, 4 gonorrhea cases and 1 syphilis case were also confirmed.

Well Child Visits/Early Periodic Screening, Diagnosis & Treatment (EPSDT) offers free preventive health screenings, education and referrals for clients with Medicaid birth – 21 years of age. A total of 424 infants and children received services in FY 2013.

Well-Integrated Screening & Evaluation for Women Across the Nation (WISEWOMAN) provides annual screenings of cholesterol, glucose, and blood pressure to women enrolled in BCCCP. The women are then encouraged to set a healthy lifestyle goal to work on each year. A total of 262 women were served by this program.*

Women, Infants & Children (WIC) provides free nutrition education, health referrals, breastfeeding support and supplemental food for eligible clients. In FY 2013, 1,625 clients were enrolled in WIC. The total food dollars spent by WIC participants in Delta and Menominee Counties was $1,053,286.42. *

### Number of Clients Enrolled/Screened

<table>
<thead>
<tr>
<th>Service</th>
<th>FY 2012</th>
<th>FY 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>WIC</td>
<td>1,661</td>
<td>1,625</td>
</tr>
<tr>
<td>Early On</td>
<td>129</td>
<td>127</td>
</tr>
<tr>
<td>CSHCS</td>
<td>129</td>
<td>176</td>
</tr>
<tr>
<td>EPSDT</td>
<td>410</td>
<td>424</td>
</tr>
<tr>
<td>Hearing</td>
<td>1,457</td>
<td>1,397</td>
</tr>
<tr>
<td>Vision</td>
<td>1,530</td>
<td>1,622</td>
</tr>
<tr>
<td>Lead</td>
<td>517</td>
<td>605</td>
</tr>
<tr>
<td>Seasonal Flu Vaccines</td>
<td>2,059</td>
<td>1,397</td>
</tr>
<tr>
<td>Other Vaccines</td>
<td>3,367</td>
<td>3,505</td>
</tr>
<tr>
<td>Family Planning</td>
<td>1,065</td>
<td>970</td>
</tr>
<tr>
<td>HIV/AIDS</td>
<td>34</td>
<td>39</td>
</tr>
<tr>
<td>Individuals Tested for STI’s</td>
<td>527</td>
<td>594</td>
</tr>
<tr>
<td>BCCCP</td>
<td>375</td>
<td>393</td>
</tr>
<tr>
<td>WISEWOMAN</td>
<td>372</td>
<td>262</td>
</tr>
<tr>
<td>Senior Screening</td>
<td>13</td>
<td>55</td>
</tr>
<tr>
<td>MIHP</td>
<td>173</td>
<td>186</td>
</tr>
</tbody>
</table>

* WISEWOMAN and WIC offer vouchers for clients to purchase produce at local Farmer’s Markets. A total of 456 vouchers were distributed for a total of $10,980.
**Sticker Shock**

HEY YOU!!!

Michigan law makes it a crime for any person to sell or provide alcohol to a minor with up to a $1,000 fine and/or up to 60 days in jail for a first time conviction.

PLEASE DON’T PROVIDE ALCOHOL TO MINORS!

In FY 2013, six area retailers participated in a “sticker shock” campaign. The goal was to promote awareness of the consequences of providing alcohol to minors. A total of 5,500 stickers were placed on multipack containers of alcohol products throughout Delta and Menominee Counties.

Sticker Shock

A Youth Advisory Council volunteer & law enforcement officer place stickers on alcohol at a participating retailer.

**Alcohol Highway Safety Education** educated 99 clients on the dangers of alcohol/drug use while driving to help them make changes that will prevent additional alcohol or other drug-related legal offenses.

**All Stars** works with middle school students to help decrease substance abuse, fighting, and delinquency. This year the program worked with a total of 278 students at six different area schools.

**All Stars Jr.** was a new program in 2013. This program teaches third and fourth grade students about good character and positive social interactions. Twenty-two students were served during an after-school program at the D.A.R. Boys and Girls Club of Menominee/Marinette.

**Confidential Substance Abuse Evaluations** provided 96 evaluations based on referrals from various agencies, employers, and the courts.

**Driver License Appeal Division Assessments** provided a total of 55 Secretary of State evaluations for license reinstatement.

**Fetal Alcohol Syndrome Disorder (FASD) Education and Referral** aims to reduce FASD by providing screenings to clients and training to professionals so they can identify, refer and provide services for those affected by prenatal alcohol exposure.

**Prime for Life** helped 29 youth, already engaged in substance use, examine their behaviors and attitudes and recognize the things they value in life.

**Smart Moves (Skills Mastery & Resistance Training)** served 174 youth aged 6-13, in order to promote positive attitudes and behaviors that lead to healthy lifestyles, and help them overcome difficult situations.
**Community Health Promotion**

**Hannahville Tobacco Program** is a partnership between PHDM and the Hannahville Health Center that allows both sites to share a Tobacco Coordinator. In FY 2013 projects included youth commercial tobacco prevention and cessation services.

**Health Education** offers a variety of health information and resources to help community residents optimize their health. Health Education staff are available for community presentations and health fairs.

**Smoke Free Start** is a quit smoking program available to parents who have children under the age of 18 living in their home. Clients work with a Certified Tobacco Treatment Specialist to set a quit date and discuss available nicotine replacement therapy.

**Tobacco Prevention** works to eliminate exposure to second hand smoke, including working with area communities to create more tobacco-free outdoor recreation areas in FY 2013.

**Yellow Bike** checked out 400 bikes in Escanaba from its two locations, the Escanaba Municipal Marina and The Beaten Path. In Gladstone, nearly 200 yellow bikes were checked out from the Gladstone Bay Campground, the Gladstone Yacht Harbor, and Brampton Bike and Ski in FY 2013.

Mike Williams, owner of Brampton Bike & Ski in Gladstone, showcases one of the yellow bikes. Photo courtesy of: The Daily Press.

Snow Trek was a brand new program in 2013. Forty pairs of snowshoes were purchased by PHDM using funds awarded from a Systems and Environmental Change grant that was made available through the WISEWOMAN Program. The snowshoes were rented out for free to interested community members. Through a successful partnership with the Escanaba Civic Center and the Menominee Recreation Department a total of 74 snowshoe rentals took place in Menominee County and 219 snowshoe rentals occurred in Delta County.
In FY 2013, The Environmental Health Division at PHDM provided a number of environmental health services to residents.

Staff conducted a variety of inspections including: public swimming pools, non-community water supply, septage vehicles and disposal sites, body art facilities, water wells, on-site sewage treatment/disposal systems, campgrounds, beaches, and DHS-licensed facilities such as child care centers and adult foster homes. Staff also maintained a Geographic Information System (GIS) to provide online local digital data via PHDM’s intranet and provided education to the public about the dangers of radon. Radon kits were also made available for public purchase.

The goal of the on-site sewage treatment disposal system program is to protect the public’s health through proper treatment and disposal of sanitary waste. On-site sewage treatment/disposal systems are regulated by the Delta & Menominee Counties Sanitary Code. Staff performed evaluations, issued permits, and offered consultation and education.

EH staff also worked to ensure water wells were constructed in compliance with State regulations. Staff provided evaluations, issued permits, and other consultation and education through the water supply program.
Emergency Preparedness

One type of emergency we prepare for is a public health emergency involving a disease outbreak. To respond to such emergencies, the Centers for Disease Control and Prevention (CDC) maintains a Strategic National Stockpile (SNS).

“The SNS is a national repository of antibiotics, chemical antidotes, antitoxins, life-support medications, IV administration, airway maintenance supplies, and medical/surgical items. The SNS is designed to supplement and re-supply state and local public health agencies in the event of a national emergency anywhere and at any time within the U.S. or its territories.”

When an emergency occurs and these antibiotics and other supplies are needed, PHDM requests release of the SNS and staff has to be ready to distribute it to the public within 24 to 48 hours. To be sure we get these life-saving medications to those who need it as quickly as possible, we plan, train, and practice. In May and September, all PHDM staff received SNS refresher training.

Emergency Preparedness had the following priority activities in FY 2013:

- Facilitated training for all staff on the National Incident Management System (NIMS), ensuring PHDM staff are ready to respond to any type of emergency within the jurisdiction and to help out other jurisdictions, when requested.

- Conducted annual Strategic National Stockpile training for PHDM staff.

- Worked with Emergency Management to establish closed Points of Dispensing (PODs) for populations that are difficult to transport during an emergency.

Looking forward to achieving preparedness....PHDM plans to continue working with partners to become closed PODs. A dispensing strategy utilizing both open and closed PODs helps residents receive important medicines most efficiently.

A nurse administers flu vaccine to a client at the drive thru clinic.