

Lawrence-Douglas County Health Department

2004 Annual Report

I am pleased to share with you this Annual Report of program activities for the Lawrence-Douglas County Health Department. The Health Department has had a busy year with many accomplishments. Described below are a few of this year's highlights.

- The Health Department continued its work related to public health emergency preparedness and response by practicing portions of its emergency plan.

In October, influenza vaccinations were administered to more than 1,400 individuals during a training event held at Lawrence Free State High School. A second training exercise, in December, was held in collaboration with Watkins Health Center at Allen Fieldhouse on the University of Kansas campus; more than 600 individuals were vaccinated. The trainings were very successful and provided Health Department staff as well as more than 200 volunteers the opportunity of experiencing what needs to be done to vaccinate hundreds of individuals in a short period of time.

The response from the public who volunteered to work at the clinics was overwhelmingly positive. Most indicated they would be willing to volunteer during an actual public health emergency.

- Because smokefree environments remain the most effective method of reducing exposure to secondhand smoke, the Health Department welcomed the opportunity to assist with implementation of the *Lawrence Public and Workplace Smoking Restriction Ordinance*. Educational materials were developed and distributed to about 2,700 local business owners and employers informing them of their responsibilities to comply with the new ordinance which took effect July 1, 2004.
- To address the health and social service needs of Douglas County's growing Spanish-speaking population, the Health Department secured the services of an AmeriCorps Community Health Corps member through the Kansas Association for the Medically Underserved. Since beginning work on September 1, 2004, an AmeriCorps member has facilitated the development of a broad-based community coalition that has formulated a vision, mission and working committees to address the needs of Latinos in our community.

The Health Department continues its commitment to the coordination of health and human services in the community through active involvement in groups dealing with issues of aging, medical indigency, children, pregnancy and parenting, AIDS, housing, emergency preparedness, and community health improvement.

I commend the staff for their dedication and outstanding efforts to provide quality services that promote and protect the health of our community.

I also thank the Health Board, City Commission, and County Commission for their ongoing support.


W. Kay Kent, RN, MS
Director

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Lawrence-Douglas County Health Department

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Disease Control

Protection and Prevention in the Community

Immunizations

Purpose: *To protect individuals of all ages against vaccine-preventable diseases.*

Availability of Services

■ **Lawrence:** Health Department. Monday through Friday, and Monday and Thursday evenings. Includes immunizations for international travel.

■ **Countywide:** Influenza immunizations are offered at sites throughout the county in the fall.

Flu Immunizations

Due to the nationwide flu vaccine shortage, staff were able to provide only 3,465 flu immunizations in 2004, compared to 8,325 in 2003.

Flu shots were initially offered only to persons in the high-risk groups defined by the Centers for Disease Control and Prevention (CDC). As the demand in those groups decreased, immunizations were offered to additional high-risk groups. Prevention measures were emphasized, and influenza activity remained low at year-end.

The Health Department also served as a clearinghouse for current vaccine availability information, enabling the public to locate providers offering immunizations as vaccine supplies were received.

Primary Series Childhood Immunizations

The CDC goals for the year 2010 call for 95% of children to have completed the primary series of childhood immunizations by 24 months of age. A July audit by KDHE confirmed that 90% of children served by the Health Department had received the entire series.

The series consists of four diphtheria-tetanus-acellular pertussis (DTaP), three polio, one measles-mumps-rubella (MMR), three *Haemophilus influenzae* type b (Hib), and three hepatitis B (Hep B) vaccinations.

The Health Department utilizes mail reminders, phone calls, and home visits to notify parents of children who are not up to date on immunizations.

Immunization Clinic Activity	
Total immunization clients	5,110
Total immunizations administered	7,862

Communicable Diseases

Purpose: *To provide consultation and education concerning communicable diseases, to conduct epidemiological investigations, and to implement control measures for communicable diseases.*

Availability of Services ■ Countywide.

Pertussis Cases Increase Reflecting a statewide increase in the incidence of pertussis, 11 cases were confirmed in Douglas County in 2004. The last confirmed report of a pertussis case in Douglas County occurred in 2000.

Pertussis, also known as whooping cough, is a bacterial disease of the respiratory tract that is easily spread by close contact with infected individuals, usually through coughing or sneezing. Infants are at most risk for serious complications. A vaccine is available for young children, but protection appears to wane in adolescents and adults.

During the disease investigation process, an additional 25 probable cases were identified. Over 300 close contacts of the confirmed and probable cases were notified, with recommendations made for preventive therapy and/or evaluation by their private physician.

Communicable Disease Investigations

The Health Department also investigated 228 other reports of suspected communicable diseases in 2004. At-risk personal contacts were notified, and recommendations made for appropriate follow-up and/or treatment.

Confirmed Cases of Communicable Diseases Reported to the Health Department			
Hepatitis		<i>Streptococcus pneumoniae</i>	6
A	2	Group A <i>Streptococcus</i>	1
B—chronic	5	Varicella	5
C—chronic	52	<i>Cryptosporidium</i>	2
Salmonellosis	19	Meningitis	2
<i>Giardia</i>	13	<i>E. coli</i> O157:H7-1	1
Pertussis	11	Malaria	1
<i>Campylobacter</i>	10	Tuberculosis (pulmonary)	1

Tuberculosis Screening

Health Department staff administered 895 tuberculin skin tests in 2004. Clients who test positive are evaluated for prophylactic treatment to reduce their risk of developing active disease. Staff provide monthly monitoring for those who receive prophylactic treatment during the six- or nine-month course of medication.

Staff provided Directly Observed Therapy (DOT) to one person with active pulmonary tuberculosis in 2004. DOT is implemented to ensure that a full treatment regimen is completed.

Tuberculosis-Related Activity	
Tuberculin skin tests	895
Positive tuberculin skin tests	34
Clients receiving prophylactic medication	29
Clients receiving Directly Observed Therapy	1
Tuberculosis medication/consultation visits	264

HIV/AIDS

Purpose: *To provide education concerning HIV infection, transmission, and prevention, and to provide HIV counseling, testing, and referrals.*

Availability of Services

■ **Countywide:** Educational presentations are provided upon request to individuals or organizations, and to high-risk groups through outreach programs.

■ **Lawrence:** Health Department. Confidential and anonymous counseling and testing are available Monday through Friday, including Monday evening, by appointment or on a walk-in basis.

Community HIV/AIDS Education Programs

Staff conduct educational programs for individuals at increased risk for human immunodeficiency virus (HIV) infection, and for community agencies which provide HIV/AIDS-related services. More than 375 persons attended the 29 programs presented in 2004. Pamphlets and information were also distributed at health fairs in the county.

HIV/AIDS Education for Youth and Women

Staff provided monthly presentations at the Douglas County Department of Youth Services Facility. Youth Services residents and students attending the court-ordered day-school program at the facility participated in sessions on HIV and sexually transmitted diseases (STDs). HIV and STD presentations were also given at a Lawrence high school. Monthly presentations at a women's halfway house included information on HIV, STDs, hepatitis C, and communicable diseases.

Special Events

Health Department staff participated in AIDS Awareness Month and World AIDS Day promotions, in cooperation with other community organizations. The Health Department offered free HIV testing on World AIDS Day.

Post-Test Return Rate

Treatment advances make it increasingly important for persons at risk to find out if they are infected with HIV. Eighty-four percent of Health Department clients tested for HIV returned to obtain test results and post-test counseling. Individuals who test positive for exposure to the virus are referred for appropriate medical care and disease-prevention measures.

HIV Counseling and Testing	
Individuals pre-counseled	671
Individuals tested	658
female	355
male	303
Individuals post-counseled	550
Individuals with positive tests	2

Risk Factors of Individuals Tested	
Heterosexual contact	574
Homosexual or bisexual contact	46
Intravenous drug use	38

Hepatitis C Counseling and Testing

The Health Department continues to offer hepatitis C testing for individuals with a history of intravenous drug use. Cases of hepatitis C, a serious infection of the liver, are increasing nationwide. It is important to identify those at risk of hepatitis C infection because liver damage begins early in the disease process, although infected persons often show no symptoms for years.

Four percent of the individuals tested were positive for infection, and were referred for appropriate medical care.

Hepatitis C Counseling and Testing	
Individuals tested	53
Individuals with positive tests	2

Sexually Transmitted Diseases

Purpose: *To diagnose, treat, and prevent sexually transmitted diseases.*

Availability of Services

■ **Lawrence:** Health Department. Monday through Friday, including Monday evening, by appointment or on a walk-in basis.

Prevention and Control Measures

Prevention and control of STDs include counseling and education on adopting safer sexual behaviors. STD and HIV/AIDS prevention education and contraception counseling are part of each client visit. During 2004, the Health Department confirmed 140 cases of Chlamydia, 40 cases of gonorrhea, and 2 cases of syphilis.

Hepatitis A and B Vaccine for At-Risk Adults

Participation continued in the *Vaccine for Adults at Risk for Hepatitis* program, a CDC program administered through KDHE. Adults 19 years or older seeking STD and/or HIV services are offered vaccinations for hepatitis A and B at reduced cost. Sixty-two clients began the vaccine series in 2004.

Sexually Transmitted Disease Clinic Activity

Total clinic visits	1,851
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Maternal and Child Health

Building Healthy Families

Child Health Assessments

Purpose: *To promote optimal physical, mental, and emotional development of children through health education, anticipatory guidance, and early identification of health problems.*

Availability of Services

■ **Lawrence:** Health Department. Health assessments are available by appointment for infants, children through age 5, students through age 8 entering Kansas public schools for the first time, KAN Be Healthy participants (eligible Medicaid beneficiaries to age 21), and Health-Wave enrollees from birth to age 19.

■ **Regional:** Health screening services and health education are also provided at the Douglas County Department of Youth Services Facility.

Child Health Assessments and Referrals

One hundred and nine infants and children were assessed at the Health Department in 2004. Seventy health assessments were provided to residents at the Douglas County Youth Services Facility.

Child health assessments include physical examination, developmental evaluation, laboratory tests, vision and hearing screenings, and anticipatory guidance appropriate for the child's age. Nine clients were referred to community health providers for services such as illness follow-up and vision correction.

Child Health Assessment Activity	
Total child health assessments	179

WIC (Special Supplemental Nutrition Program for Women, Infants, and Children)

Purpose: *To improve the nutritional status of eligible women, infants, and children; to reduce risk factors that could complicate pregnancy; and to promote optimal growth and development of infants and children.*

Availability of Services

■ **Lawrence:** Health Department. For pregnant, postpartum, and breastfeeding women; infants; and children to age 5 living in Douglas County who are determined to be at nutritional risk and meet income guidelines.

Need for WIC Services Increases

The WIC caseload continued to increase in 2004, surpassing 1,500 by year end. WIC participation rose 11% in 2004, both statewide and in Douglas County.

KWIC — WIC Computerization

The Kansas WIC Program converted to a computerized system in 2003-2004. Douglas County began using the new KWIC system in March 2004. KWIC benefits both WIC families and the Health Department: clients appreciate reduced paperwork, fewer appointments, and shorter appointment visits; the Health Department saves in staff time and paperwork. Reimbursement for participating grocery stores is also much quicker than with the previous system.

Kickin' it With WIC

Prevention of obesity in young children continued as a focus of nutrition education for 2004. In October, in cooperation with the Douglas County Community Health Improvement Program (CHIP), WIC held *Kickin' it With WIC*, an event designed to give parents ideas for physical activities to do with their children.

The Douglas County Dental Clinic, Parents as Teachers, and the Lawrence Arts Center also participated in the event.

Approximately 25 families participated in a variety of activities and munched on apples donated by Wild Horse Orchards. Free gifts and prizes were provided through the generosity of KDHE, Schaake's Pumpkin Patch, and Body Boutique of Lawrence.

WIC Program Activity	
Caseload at year end	1,545
women	417
infants	402
children	726
Total clinic visits	3,784

Family Health Referral

Purpose: *To provide health counseling, health promotion, and parenting education to individuals and families considered to be at high risk.*

Availability of Services

■ **Countywide:** Public health nurses visit families at home in response to referrals from hospitals, physicians, community agencies, and other Health Department programs.

Family Health Referral Serves Families with Multiple Needs

Staff provided counseling and referral information to 40 families with multiple needs in 2004. Difficulty with parenting was the primary reason for referral to Family Health services. Birth of a high-risk infant represented the second most common reason for referral.

Referred families received intensive, individually tailored parenting education and support in coordination with other Health Department programs and community social service agencies.

Visits to Children by Public Health Nurses

Total visits

516

Family Planning

Purpose: *To provide individuals with the information and the means to exercise personal choice in determining the number and spacing of children.*

Availability of Services

■ **Lawrence:** Health Department. Monday through Friday, including Monday evening, by appointment or on a walk-in basis.

Family Planning for Low-Income Clients

Staff provide family planning services to those who might otherwise be unable to afford them. In 2004, approximately 73% of clients had incomes at or below 150% of the federal poverty guidelines.

Preventive Health Screening is a Critical Part of Clinical Services

Clients receiving contraceptive services are seen on an annual basis for basic women's health screening, including breast exam and Pap smears. This provides preventive health screening to women who might not otherwise have access to screening for breast and cervical cancer.

Clients identified with abnormal findings are referred to community providers for follow-up. In 2004, 202 clients were identified as having abnormal Pap smears. Five clients were identified with breast changes requiring further evaluation.

Family Planning Clinic Activity	
Total family planning clients	3,001
Total clinic visits	5,231

Child Care Facilities Program

Purpose: *To protect the health, safety, and welfare of children in care away from their own homes.*

Availability of Services

■ **Countywide:** Staff inspect and evaluate licensed child care facilities in Douglas County, and investigate complaints in licensed and registered facilities. Findings and recommendations are reported to KDHE.

Care Facility Licenses and Registrations

The application process for licensed facilities includes initial inspection of the day care home or center and follow-up visits as needed to verify compliance with state regulations. On-site evaluations include health and safety inspection, review of provider education and training, and review of children's records.

Applications for registered day care homes are forwarded to KDHE. Registered homes are not required to be routinely evaluated or inspected by Child Care staff.

Child Care Facilities as of December 31, 2004

Licensed facilities:

Day care and group day care homes	136
Preschools and child care centers	36
Group boarding homes and residential centers (providing 24-hour care)	9
Detention Center (providing 24-hour locked care)	1
Child care referral agencies	1

Registered facilities:

Day care homes	109
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Total facilities	292
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Available Child Care Slots Increase

Approximately 110 child care slots were added in Douglas County during 2004. Availability increased as a result of changes in the number of family child care homes and the opening of a new child care center offering day care for 81 children.

Turnover in Day Care Homes Remains High

During 2004, 38 homes obtained new day care licenses, while 31 existing licensed homes closed. Thirty-two additional homes registered for day care, and 39 existing registered homes closed.

Child Care Complaint Investigations

Child Care staff received and investigated 74 complaints concerning child care facilities in Douglas County in 2004. The 32 confirmed complaints included issues such as children not supervised, too many children on the premises, child/staff ratios not maintained, and environmental hazards.

Complaints by Facility Type	
Licensed day care or group day care homes	27
Preschools and child care centers	21
Illegal day care homes or facilities	11
Registered day care homes	11
Group boarding homes/residential centers	4
Detention Center	0
Total complaints	74

Complaints concerning child abuse and neglect are investigated by Social and Rehabilitation Services and are not included above

Child Care Facilities Program Visits	
Annual evaluation visits	199
Initial survey visits	48
Follow-up visits	47
Visits on complaints	111
Consultation visits	19
Total visits	424

Pregnancy and Parenting Services

Purpose: *To provide education and referrals related to pregnancy and parenting, and to help low-income pregnant women obtain prenatal medical care.*

Availability of Services

■ **Countywide:** Services are offered to pregnant and parenting teens and to low-income women and their families in their homes and at the Health Department.

Economic and Social Problems Complicate Pregnancies

Pregnancies of teens and low-income women are often complicated by problems with family relationships, housing, transportation, and other concerns. To improve the odds of delivering a healthy baby, program nurses help families develop and implement plans to address these complex issues

Pregnancy and Parenting Services Program Activity	
Referrals	240
New enrollments	166
Total families receiving services	253
Infants receiving services	115
Total client visits	1,619

Teen Independence Project

Purpose: *To help teen parents complete their education and become self-sufficient through intensive individualized goal planning and case management.*

Availability of Services

■ **Countywide:** Services are provided to pregnant or parenting teens, at their homes and at the Health Department.

Teen Goal Planning Leads to Successes

Eighty-seven teen parents implemented their personal goal plans in 2004. Several completed high school and enrolled in college or job-training programs. Others obtained employment.

Postponing Subsequent Births is Emphasized

Because 80% of teens who experience a second pregnancy as a teen become dependent on public assistance, teen parents and case managers jointly plan for prevention of subsequent pregnancies until self-sufficiency is established.

Postponement of subsequent births represents immediate cost savings for medical care and other public assistance programs. Further savings are realized when children are born later to parents better equipped to support them financially and emotionally, thereby reducing costs for remedial education, mental health services, and other social services.

Teen Independence Project Activity	
Referrals	95
Teens participating during 2004	87
Total client visits	597

Family Based Sexuality Education

Purpose: *To provide education and guidance to children and their parents concerning issues of human sexuality.*

Availability of Services

■ **Countywide:** Classes are offered for children and parents to attend together.

2004 Education Series

Seven series of sexuality education classes were provided for pre-teens and their parents in 2004. In all, 88 families and 91 children participated.

High Approval Rating by Participants

Ninety-eight percent of participating parents who completed course evaluations reported they would recommend the Family Based Sexuality course to other parents. Ninety-three percent of children completing evaluations indicated they would recommend the course to their friends.

Classes Offered at Community Transition Program

Human sexuality classes were again provided for students 18 to 21 years old with special needs attending the Lawrence school district's Community Transition Program. Materials were adapted to meet the unique learning needs of the students.

Adult Health

Growing Older with Health and Independence

Health Screening Clinics for People Over 60

Purpose: *To perform screening tests and provide immunizations, health education, health promotion, and referral services for people over 60.*

Availability of Services

- **Lawrence:** Babcock Place. Wednesdays.
- **Lecompton:** First United Methodist Church. First Tuesday every month.
- **Eudora:** Pinecrest II Apartments. Third Tuesday every month.

Health Screening Clinics Offer Many Services

Health Screening Clinic staff conducted nearly 750 client visits in 2004. Clinic staff perform screening tests, monitor chronic disease conditions, and help clients determine when to see their primary physicians.

Clinic services include blood pressure checks, hemoglobin and blood sugar tests, audiograms, urinalysis, nutritional counseling, and weight monitoring. Influenza, pneumonia and tetanus/diphtheria vaccines are available. Health education and counseling help clients understand health issues and manage their chronic conditions.

Health Screening Clinic Activity	
Total clinic visits	746

Project Lively: Case Management Program for the Frail Elderly

Purpose: *To assist the frail elderly to remain living in their own homes as long as possible by providing case management services.*

Availability of Services

■ **Countywide:** Services are provided for individuals 60 and older with multiple needs and unable to coordinate or obtain access to the assistance necessary to maintain independent living.

Independence for the Frail Elderly

Staff assess needs, acquire and coordinate necessary services, and provide long-term follow-up for frail elderly clients living independently in their own homes.

Weekly case management meetings facilitated by Project Lively staff and attended by area aging service providers are an integral part of the aging network in Douglas County. Staff also facilitate bimonthly meetings of the Interagency Network for Aging. Both meetings bring community service providers together to advocate, coordinate services, and ensure continuity of care for the elderly in Douglas County.

Project Lively served 140 Douglas County residents in 2004. Eighty-one percent of clients were 75 years of age or older.

Participation in Community Programs

Project Lively case managers take active roles in community programs focusing on long-term care issues. Staff served on the Meals On Wheels board of directors, Douglas County Senior Services Community Service Advisory Committee, and the City of Lawrence's Housing Practitioners Panel. Staff also coordinate requests for home-delivered meals on the Thanksgiving and Christmas holidays.

Project Lively Program Activity	
Referrals	201
Case management clients served	140
Total case management client visits	1,502

Community Health Activities

Promoting Health

Community Health Promotion and Education

Purpose: *To promote health and increase public awareness and knowledge of health issues and disease prevention.*

Availability of Services

■ **Countywide:** Staff develop and provide presentations on health issues requested by groups and organizations, distribute brochures and other printed materials on a variety of topics at community events, and offer free blood-pressure screening clinics upon request at community locations.

Health Information Presentations

Community health education presentations reached over 6,500 Douglas County residents in 2004. Presentations were made at community locations including schools, local agencies, churches, senior congregate meal sites, and child care facilities. Staff also participated in 10 community health fairs.

Hand washing and recreational water illnesses were frequently requested topics. Presentations on West Nile Virus prevention were offered and provided at senior residential sites.

Community Health Improvement

The Health Department continues to participate in the Douglas County Community Health Improvement Project (CHIP). The goal of this countywide coalition of community leaders is to implement community strategies that will result in positive change in health outcomes. Partial support for the project is provided by the Kansas Health Foundation through a grant administered by the Health Department.

CHIP is addressing the national *Healthy People 2010* Leading Health Indicators, which reflect the major health concerns of the 21st century. CHIP convened countywide task forces on five of those issues: Access to Health Care, Immunizations, Obesity/Overweight, Physical Activity, and Tobacco Use Prevention.

**PATH (*Personal
Actions To Health*)**

The Health Department served as co-coordinator of the Douglas County PATH Coalition, a statewide initiative of the Kansas Health Foundation in cooperation with Kansas State University (KSU) Research and Extension. PATH provides nutrition and exercise education for persons 55 years of age and older through various programs.

Twenty-seven individuals participated in the eight-week PATH nutrition and fitness program, and more than 60 past participants continued to meet for exercise twice a week at two locations in the city.

Agencies represented in the coalition are KSU Research and Extension–Douglas County; University of Kansas Department of Health, Sport and Exercise Science; Douglas County Senior Services; Lawrence-Douglas County Health Department; Lawrence Parks and Recreation; Lawrence Memorial Hospital; and Lawrence-Douglas County Housing Authority.

Environmental Health

Behind the Scenes for Health

Environmental Health

Purpose: *To promote and protect environmental quality in Douglas County, and to enforce environmental health and safety regulations for the benefit of all residents.*

Availability of Services

■ **Countywide:** Staff enforce environmental regulations in the City of Lawrence and unincorporated Douglas County, and investigate complaints concerning environmental health throughout the county.

Public Health Education Activities

During 2004 Environmental Health staff assisted with several Health Department public health education initiatives. To increase awareness of the importance of protecting air quality, staff participated in community events such as Earth Day and area hospital health fairs to promote the theme of “Do Your Share for Cleaner Air.”

As part of the Health Department’s comprehensive recreational water illness (RWI) prevention plan, staff provided each public swimming pool and spa facility with detailed education and strategies to prevent and control RWIs, and distributed posters for poolside display.

In addition to responding to public inquiries about West Nile Virus, staff provided educational presentations targeted to senior residents. The presentations focused on measures individuals could take to protect themselves from exposure to mosquito bites and to reduce mosquito breeding grounds.

Environmental Health Complaints

Staff received 332 environmental health complaints in 2004. Eighty-eight percent of complaints originated within the City of Lawrence and 12% in unincorporated Douglas County.

Environmental Health Complaints			
Standing water	58	Lead contamination	9
Dead birds	49	Wild animals, birds	8
Water pollution	48	Air pollution	8
Food service	40	Water supply	8
Mold	30	Animal bites	7
Housing	17	Rodents	7
Solid waste	17	Hazardous waste	3
Swimming pools	12	Asbestos	1
Insects and ticks	10		
Total complaints			332

Permits, Licenses, and Inspections

Staff issue permits for and inspect onsite sewage management systems and private water supplies (wells) in Douglas County. Licenses for hauling domestic sewage and for installing onsite sewage management systems are also issued. Schools, care facilities, food service establishments, and swimming pools are inspected to ensure environmental health standards are met.

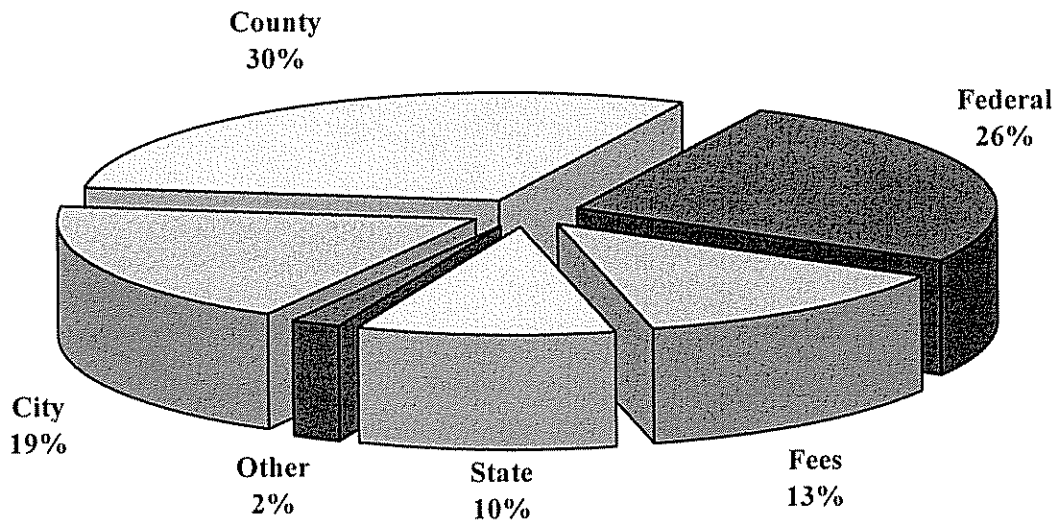
Permit Applications Evaluated and Approved	
Onsite sewage management systems	117
Private water supplies (wells)	43
Total permits issued	160

Current Licenses as of December 31, 2004	
Onsite sewage management system installers	42
Septage hauling contractors	4

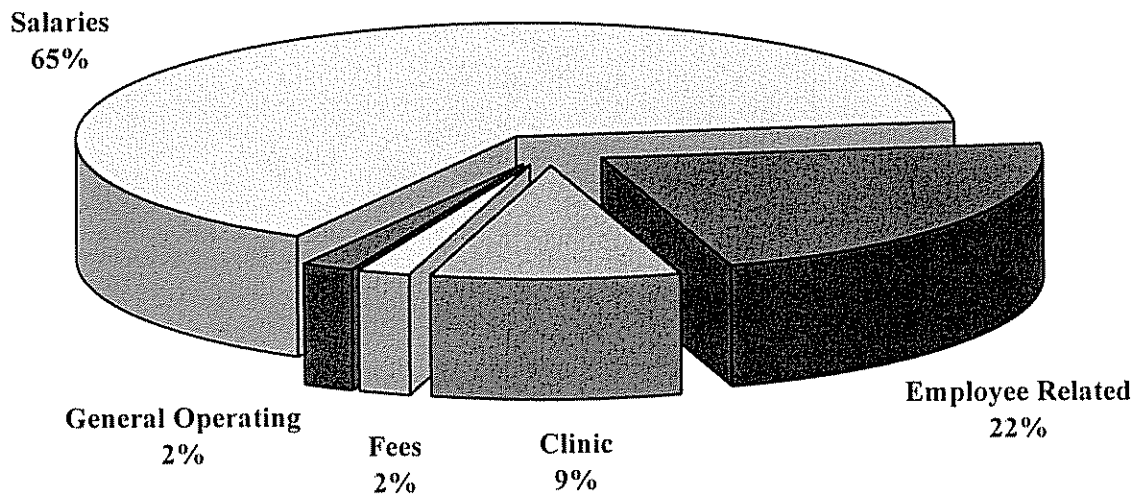
Environmental Health Activities	
Onsite sewage management system inspections	876
Swimming pool inspections	468
Private water supply (well) inspections	381
Complaint-related inspections	303
Food establishment inspections	120
Well water samples collected and tested	88
School inspections	28
Care facility inspections	16
Septage hauling equipment inspections	8
Animal bite visits	3
Total visits	2,291

2004 Revenue and Expenditures

Revenue: \$2,694,532*



Expenditures: \$2,493,358*



*Net after removal of bad debts and depreciation