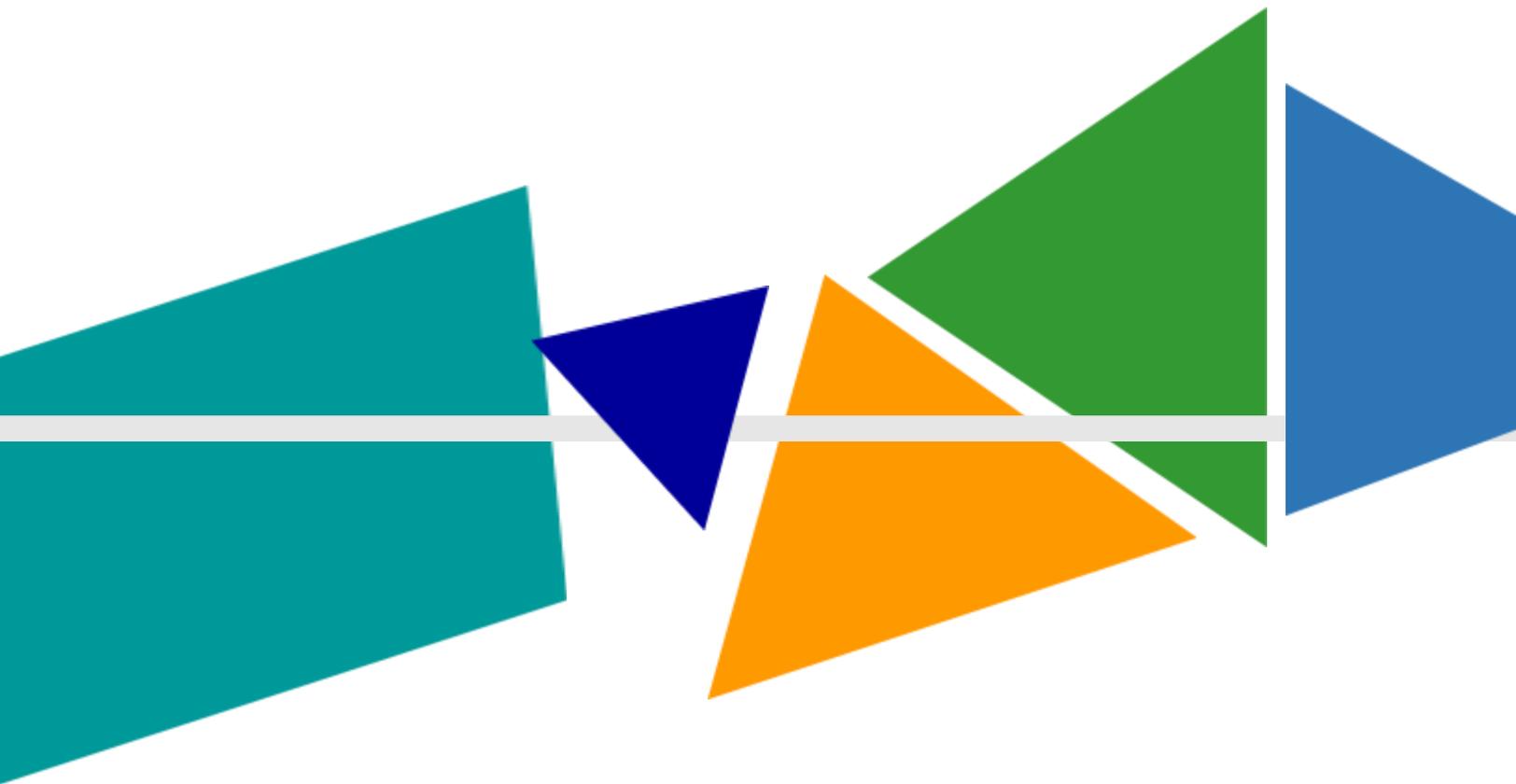




Davis
COUNTY
HEALTH
DEPARTMENT

Community Health
Services Division
Annual Report

2019



2019 Annual Report: Community Health Services Division

Davis County Health Department

www.daviscountyutah.gov/health/reports-and-assessments

Published: February 2020



Davis
COUNTY
HEALTH
DEPARTMENT

Vision

Safe and healthy communities for all.

Mission

Connecting our community to accessible health and safety resources, opportunities for wellness, and quality living.

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Director's Message

I am happy to present the 2019 Annual Report for the Community Health Services Division of the Davis County Health Department. The Community Health Services Division works with local partners to coordinate emergency preparedness, primary prevention, and education programs to improve the health of all Davis County residents.

In 2019, division staff members conducted assessments, implemented programs, and developed improvement plans to address key health priorities in the county.

2019 highlights include:

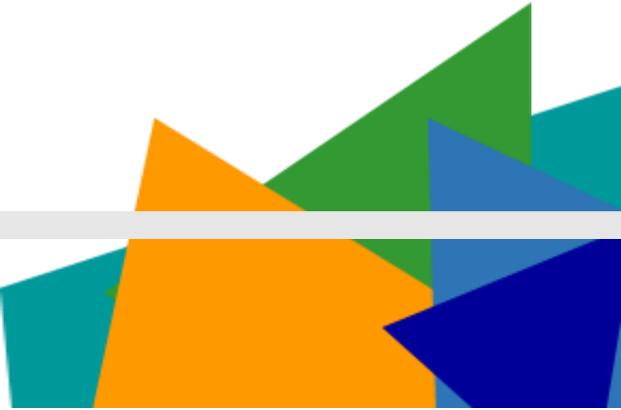
- Our partnership with Davis School District enabled the development of a custom built electronic cigarette and marijuana online education program for students and their parents.
- Emergency preparedness efforts included a renewed focus on isolation and quarantine resulting in the development of a new toolkit that has been adopted by other local health departments in Utah.
- Partner agencies from across the county developed a multi-agency opioid crisis response plan.
- Development of two interactive GIS maps focused on improving physical activity, nutrition, and obesity.

This annual report summarizes our division programs, each rooted in proven and best practices, with a focus on preventing leading causes of death and improving quality of life for residents. We are thankful to our community partners who help us assess, develop, implement, and evaluate these important public health efforts.

Sincerely,

Ivy Melton Sales

Director, Community Health Services Division



2019 Team



Division Director

Ivy Melton Sales, MBA, CHES®

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Chris Bateman, MPA

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Acronyms

BRFSS - Behavioral Risk Factor Surveillance System
CHAT - Community Health Assessment for Teens
CDC - Centers for Disease Control and Prevention
CHES - Community Health Education Specialist
CHS - Community Health Services
CHIP - Community Health Improvement Plan
CPS - Child Passenger Safety
CTC - Communities That Care
Davis HELPS - Davis Health Education and Law Enforcement ProgramS
DCHD - Davis County Health Department
DSD - Davis School District
EA - Educational Awareness
EMT - Emergency Medical Technician
ESF-8 - Emergency Support Function #8
GIS - Geographic Information System
ICS - Incident Command System
LHD - Local Health Department
LHERC - Local Health Emergency Response Coordinators
LEPC - Local Emergency Preparedness Committee
MRC - Medical Reserve Corps
NDPP - National Diabetes Prevention Program
NIMS - National Incident Management System
NUHOPE - Northern Utah Suicide Prevention Coalition
PTA - Parent Teacher Association
QPR - "Question. Persuade. Refer."
SHARP - Student Health and Risk Prevention Statewide Survey
TOP Star - Teaching Obesity Prevention in Childcare Settings
UCO-OP - Utah Coalition for Opioid Overdose Prevention
UDOT - Utah Department of Transportation
ULACHES - Utah Local Association of Community Health Education Specialists
YMHA - Youth Mental Health First Aid

Division Programs

Community Health Services (CHS) aims to promote and protect the health of Davis County through four program areas:

Emergency Preparedness

- Cross Training for Davis County Health Department (DCHD) Staff
- Davis County Medical Reserve Corps (MRC)
- Emergency Preparedness Exercises & Training

Injury Prevention

- Child Passenger Safety (CPS)
- Helmet Use
- Safe Kids Davis County
- Opioid Education & Misuse Prevention
- Suicide Prevention

Physical Activity, Nutrition & Obesity Prevention

- Diabetes
- Heart Disease
- Nutrition
- Obesity
- Physical Activity

Tobacco Prevention & Cessation

- Retailer Permits & Policies
- Compliance Checks
- Emergency Rule
- Tobacco Cessation
- Tobacco Prevention & Education



Community Snapshot 2019

	<p>Davis County ranked 4th healthiest county in Utah by the County Health Rankings & Roadmaps in 2019.</p> <p>Low smoking rates, fewer injury deaths, and a physically active population all contributed to this ranking. Health areas that can be improved in Davis County include: suicide, poisonings and drug overdose deaths, and more primary care and mental health providers.</p>
	<h3>Opioid Education & Suicide Prevention</h3> <p>Davis4Health identified opioids and suicide as top priorities in their Community Health Improvement Plan (CHIP) for 2019-2023. CHS staff members collaborate with community partners to address both opioid use and suicide prevention in Davis County.</p>
	<h3>Youth E-cigarette Epidemic</h3> <p>According to 2019 Student Health and Risk Prevention Statewide Survey (SHARP) data, almost 14% of Davis County youth in grades 6, 8, 10, and 12 have tried vaping at some point during their lifetime. In 2019, CHS staff members collaborated with Davis School District (DSD) to provide education and quit resources to students and their parents/guardians.</p>
YOUTH MATTER	<h3>The Voice of Davis County Youth</h3> <p>During 2019, youth participated in a day long summit to discuss health issues that are important to teens. Under CHS staff member leadership, the Davis County Youth Council was formed after the summit and decided to make youth mental health and substance use their priorities for the school year.</p>
	<h3>Connections with Local Clinics</h3> <p>Partnerships were created with local health clinics to increase diabetes education awareness, lower hypertension rates, and discover undiagnosed hypertension patients. In 2019, 21 clinics were visited and resources for programs supported by CHS were introduced.</p>

Community Partnerships

The efforts of community partners contribute greatly to the accomplishments of our programs. We could not help Davis County to the same extent without our incredible partners. Thank you!



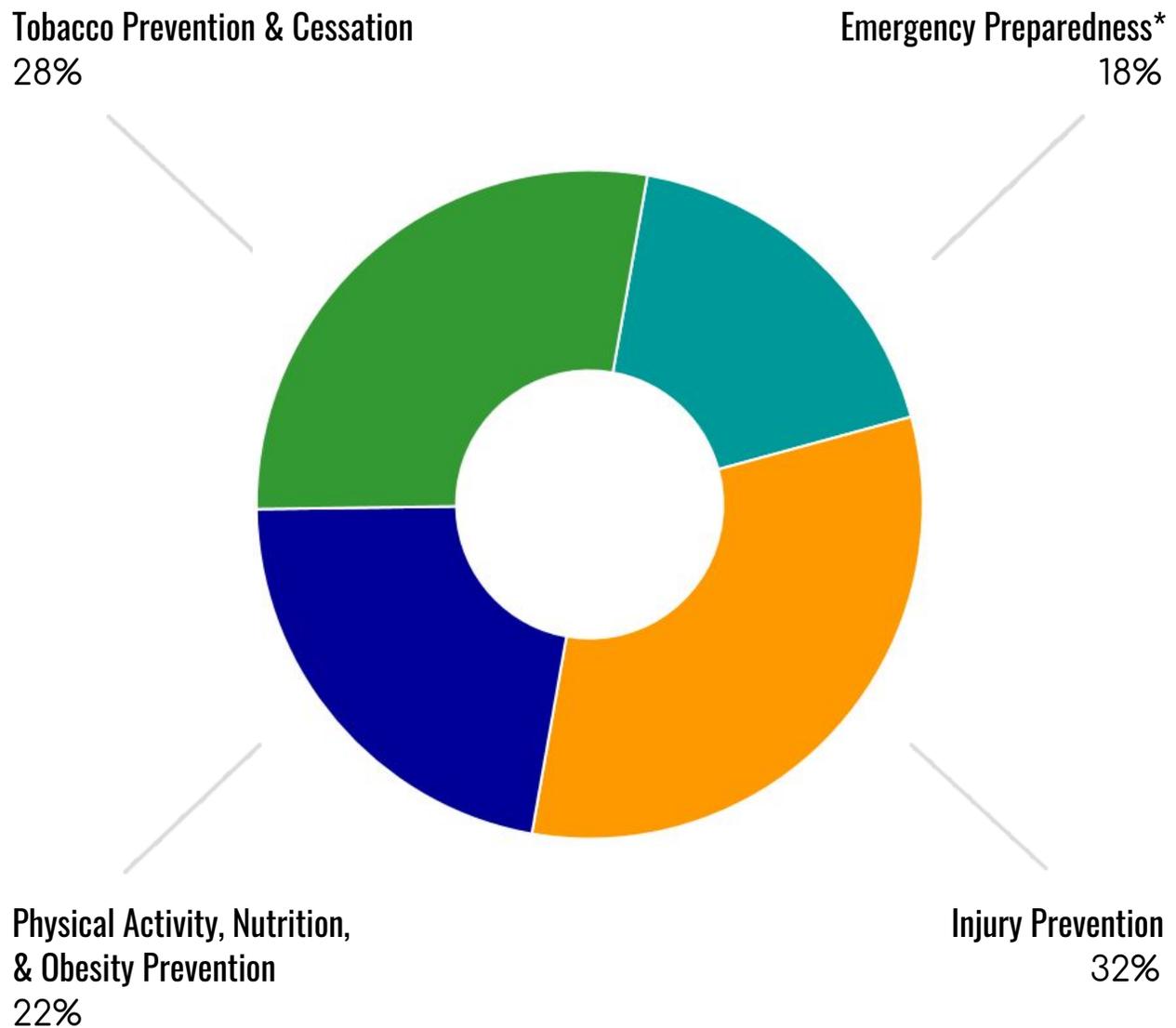
Bountiful Food Pantry
Breastfeeding Coalition
Clearfield/Syracuse
Communities That Care (CTC)
Community Health Workers
Advisory Board & Workgroup
Davis4Health
Davis Behavioral Health
Davis County
Active Transportation
Committee
Davis County
Citizens Corps Council
Davis County
Emergency Managers
Davis County
Fire Officers Association
Davis County
Law Enforcement
Administrators Association
Davis County
Medical Reserve Corps (MRC)
Davis County
Opioid Workgroup
Davis County
Wellness Advisory Council

Davis Health Education and Law
Enforcement Programs (HELPS)
Davis Hospital & Medical Center
Davis School District
Emergency Support Function 8
(ESF-8) Health & Medical
Workgroup
Head Start
Healthy Communities
Workgroup
Healthy Living
Workgroup
Lakeview Hospital
Layton Hospital
Local Health Emergency
Response Coordinators (LHERC)
Local Emergency Preparedness
Committee (LEPC)
National Diabetes Prevention
Program (NDPP) Networking
Workgroup
Northern Utah
Food Pantry Coalition
Northern Utah
Homeland Security Coalition

Northern Utah
Suicide Prevention Coalition
(NUHOPE)
Safe Kids Davis County
Safe Kids Utah
Tanner Clinic
USU Extension
Utah Brain Injury Council
Utah Coalition for
Opioid Overdose Prevention
(UCO-OP)
Utah Department of Health
Utah Diabetes Coalition
Utah Local Association of
Community Health Education
Specialists (ULACHES)
Utah Million Hearts
Coalition
Utah Suicide Prevention
Coalition
Utah Tobacco Free Alliance
Wasatch Front Regional
Council Active Transportation
Committee

Funding Allocations 2019

Funding Allocations by Program



*Emergency Preparedness funding only reflects emergency funds allocated to CHS Division and not all emergency funds allocated to DCHD.

Emergency Preparedness



Community Partnerships

In 2019, CHS staff members collaborated with emergency management partners at both the city and county level to streamline emergency preparedness efforts in Davis County. Ongoing communication and collaboration with partners throughout the county helps to ensure effective and efficient responses to an emergency.

Emergency Support Function (ESF)-8

CHS division staff members coordinate the Davis County ESF-8 Workgroup. In 2019 the workgroup focused planning and coordination efforts on medical surge capacity with area hospitals and skilled clinics, information sharing, and resource allocation. A tabletop exercise was also held with partner agencies to discuss how our local medical community would respond to a catastrophic fire.



Isolation and Quarantine

During the past year CHS staff members collaborated with the communicable disease and epidemiology bureau to develop an isolation and quarantine toolkit. The toolkit is designed to make department standard operating procedures easy to follow accurately during an emergency response. The toolkit includes policies and procedures, draft orders, decision flowchart, and contact information for key stakeholders. The toolkit has also been adopted as a best practice by other Local Health Departments (LHDs) in Utah.



Medical Reserve Corps

The MRC is a group of medically and non-medically trained volunteers organized to augment the public health needs of Davis County during an emergency. The Davis County MRC has 269 participants, including Emergency Medical Technicians (EMTs), mental health specialists, nurses, physicians, pharmacists, and veterinarians.



Training & Exercises

Every year, DCHD allocates staff time to emergency preparedness training and exercises, especially in the areas of environmental and epidemiological response.

2019 trainings the CHS division coordinated for DCHD employees included:

- Call-in Center Operator: staff members learned how to answer emergency calls on a wide range of public health topics
- Communicable Disease Contact Tracing: 30 participants learned how to help provide support to communicable disease staff during an emergency
- Incident Command System (ICS) and National Incident Management System (NIMS)
- Evacuation Stair Chair: staff members practiced using evacuation equipment to safely transport people from the third to first floor of the health department building in Clearfield



Injury Prevention



Child Passenger Safety

In the United States, road injuries are the number one cause of preventable deaths and injuries among children. When car seats are installed and used correctly, the risk of fatal injuries decreases by up to 71% (Safe Kids Worldwide). CHS staff worked to keep kids safe this year through education and helping community members to properly install car seats.

CPS Certified Techs	Seats Checked	Seats Distributed	Seats Replaced	Safety Fairs	Community Checkpoints
7	201	92	22	2	3

Community Checkpoints

In 2019, CHS staff members participated in three community car seat checkpoints held in Davis County. One of the checkpoints was held at the University of Utah Health Center during the Be Well Utah event. Another checkpoint was held during the Davis Hospital Preparedness Fair in September.



The third checkpoint was held at Head Start in Kaysville, and CHS staff members were able to distribute 33 free seats to families in need due to a grant received from AAA insurance agency. All participants were educated about their seats, helped with installation, and next steps for their children were discussed.

Helmet Use

CHS staff members supported the DSD Helmet Policy and Program by providing at-cost helmets for families at participating schools. Biannual observations were conducted to determine elementary student helmet use on the way to school. A 20% increase in student helmet use at Title I elementary schools from spring to fall of 2019 was observed. CHS staff members also participated in two community biking events, Antelope by Moonlight and the Tour of Utah, by providing at-cost helmets and education for children and adults.



Schools Participating in the Helmet Program	Observations Conducted	Helmets Sold at Community Events	Safe Routes Assemblies Conducted	Students Who Attended Assemblies
7	18	52	7	1,795

Safe Routes

CHS staff members participated in the Utah Department of Transportation (UDOT) Safe Routes to School program by conducting "Beat the Street" assemblies at seven elementary schools in the County. Students in grades first through third participated in the assemblies. Students were taught how to be safe while walking or biking to and from school. CHS staff members also worked closely with DSD to get updated Safe Routes maps added to all elementary and junior high school websites.



Safe Kids Davis County

CHS staff members continued to serve as the chair of Safe Kids Davis County, a coalition focused on preventing unintentional injuries and promoting safety. In May the coalition sponsored the annual Safe Kids Day, a free community fair that educates kids and their families on injury prevention, held at Northridge High.



Approximately 2,000 people attended Safe Kids Day. Participants were able to visit booths, play games, receive educational materials, and learn about community resources. Many DCHD partners, including fire departments, law enforcement, and local hospitals, supported the event.

Attendance	Educational Booths	Emergency Vehicles
2,000	40	7

Poison Prevention

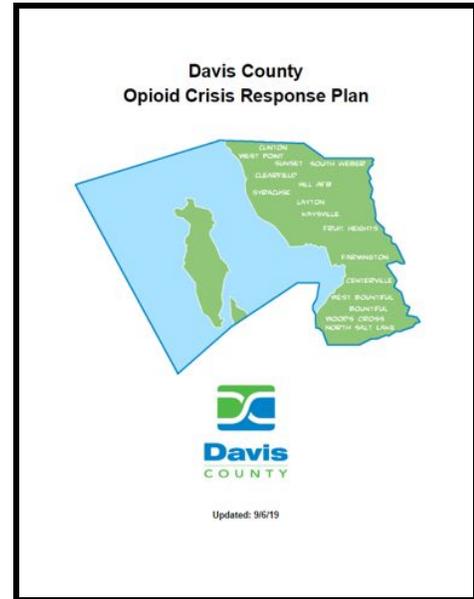


CHS staff members supported the Utah Poison Control Center by coordinating 23 poison prevention activities, including health and safety fairs. Educational lessons and resources on poison prevention were provided to preschool groups, Parent Teacher Associations (PTA), senior centers, pharmacies, adult care centers, and libraries.

Opioid Education & Misuse Prevention

Partners throughout Davis County continued to work together to address high rates of mortality from opioid misuse, and to better educate health providers on the Utah Clinical Guidelines on Prescribing Opioids for Pain. In 2017, there were 11.8 drug overdose deaths involving opioids per 100,000 population in Davis County (crude rate). In the same year, Davis County providers had an opioid prescribing rate of 625 per 1,000 persons, excluding hospital and mail order prescriptions (CDC).

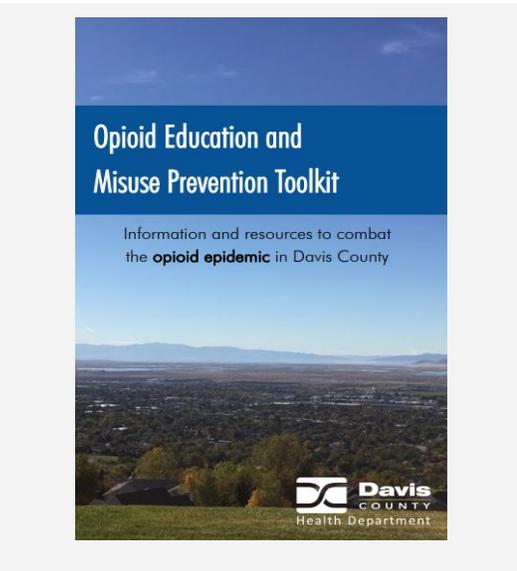
CHS staff members chaired the Davis County Opioid Workgroup and coordinated the development of an Opioid Crisis Response Plan. The workgroup also developed county-wide goals and objectives for the opioid prevention priority of the Davis County Community Health Improvement Plan (CHIP).



Organizations Represented on the Opioid Workgroup	Naloxone Kits Distributed	Opioid Education Toolkits Distributed
20	54	2,000

In November of 2019, the CHS division published the Davis County Opioid Education and Misuse Prevention Toolkit. Approximately 2,000 copies of the toolkit were distributed throughout the county, and it was emailed to all parents of students in the school district. It is available online at: bit.ly/opioideducationtoolkit.

CHS staff members also provided 54 naloxone kits to at-risk individuals.



Suicide Prevention

Suicide was the 7th leading cause of death in Davis County in 2018. Over the last several years, suicide prevention has been a top health issue in our county, and in 2019 it was selected as the most important CHIP priority for 2019-2023 by community partners and leaders (Davis4Health).

During 2019, CHS staff members provided administrative support to Davis HELPS (Health Education and Law Enforcement ProgramS), a community coalition that has a primary focus on suicide prevention.

Suicide prevention efforts included: teaching Question. Persuade. Refer. (QPR) and Youth Mental Health First Aid (YMHFA) classes, helping with community education events, and distributing gun locks.



Gun Locks Distributed	QPR Classes	QPR Class Participants	YMHFA Classes	YMHFA Class Participants
1,050	9	161	2	27

Davis HELPS Mental Health Screening for Youth

CHS and DCHD staff members collaborated with community partners in the planning, implementation, and evaluation of two Youth Mental Health Screening nights in Davis County. One hundred and forty-five (145) youth and their families attended the events. Screenings were provided at no cost. As a result of the events, 21 follow-up appointments were made and 43 referrals were given. Additionally, every family was given a Youth Services Directory, which contains information on nearly 150 local services. The Youth Services Directory is available online at: <https://go.usa.gov/xn4FK>.

Physical Activity, Nutrition & Obesity Prevention



Heart Disease Prevention

Heart disease was the leading cause of death in Davis County in 2018 (BRFSS). While Davis County has lower rates of heart disease compared with the state as a whole, 4% of residents live with heart disease (age-adjusted). In an effort to decrease hypertension and prevent heart attacks and strokes, CHS staff members supported the Million Hearts® Coalition and promoted the Centers for Disease Control (CDC) Million Hearts® campaign, which encourages clinicians to make patient heart health a priority.



In 2019, 12 Davis County clinics applied for the Million Hearts® Award, more than double the amount that applied in 2018.

Diabetes Prevention & Control

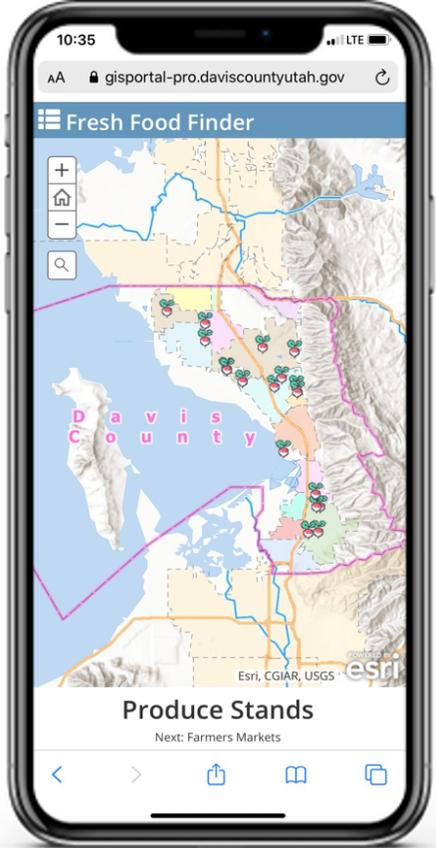
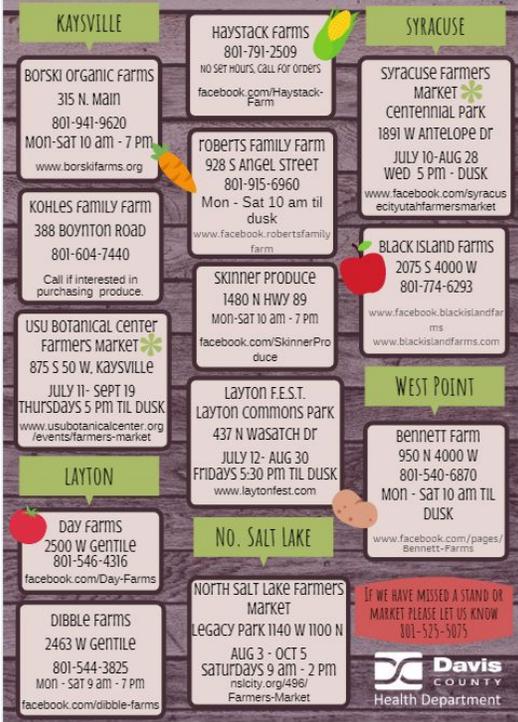


Diabetes was the eighth leading cause of death in Davis County in 2018 (BRFSS). Almost 10% of Davis County residents are pre-diabetic, and 8% live with diabetes (age-adjusted). In 2019, CHS staff members worked to increase awareness of diabetes by promoting World Diabetes Day. Staff shared social media messages on DCHD outlets and visited local clinics to provide support and educational materials.

Nutrition Promotion



The division published a Davis County Produce Stands and Farmer’s Market flyer highlighting opportunities to purchase fresh fruits and vegetables from local farmers’ markets, community gardens, and food stands. The flyer was distributed throughout the community and related social media posts had over 10,000 views.



Division staff members also partnered with Davis County Information Services Geographic Information System (GIS) staff to develop an online interactive Fresh Food Finder. Users can access via their mobile phone and select different filters to find fresh food options close to them. The Fresh Food Finder is located at bit.ly/freshfoodfinder.

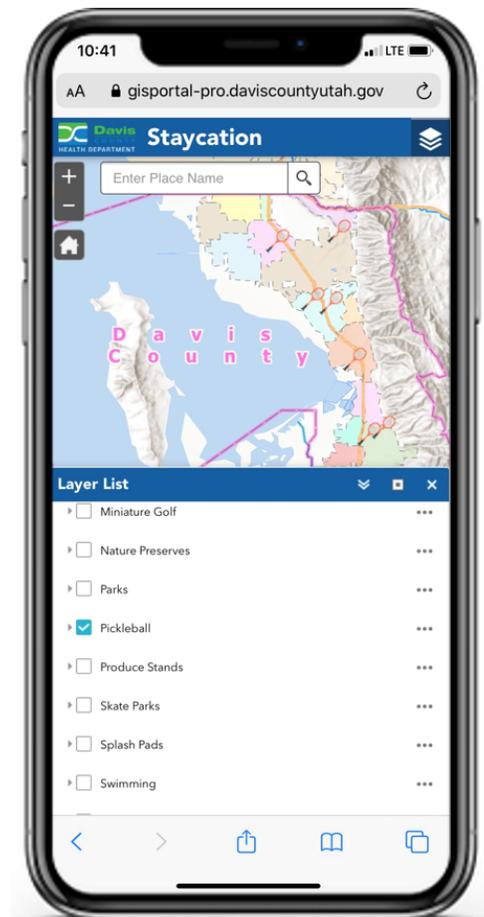
Obesity Prevention



In 2019, CHS staff members promoted Teaching Obesity Prevention in Childcare Settings (TOP Star), a program designed to help prevent obesity among children in childcare. Four early childhood education centers were endorsed with three stars, the highest number a center can receive. There are currently 18 endorsed centers in Davis County. CHS staff members also produced 12 monthly newsletters, in partnership with other local health departments.

Physical Activity Promotion

CHS staff members updated our most popular publication, the Davis County Staycation Guide, by adding water recreation and fishing opportunities. The division also worked with Davis County Information Systems GIS staff to develop an online and interactive version of the Staycation Guide. The Staycation Guide GIS map is available at bit.ly/staycationguidedavis.



Tobacco Prevention & Cessation



Tobacco Retailer Permits & Policies

In 2018, Utah Administrative Code gave local health departments the ability to issue, suspend, and revoke tobacco retailer permits (R384-324). To date, 121 permits have been issued to businesses in Davis County.

In 2019, staff members helped resolve nine Utah Indoor Clean Air Act complaints and distributed several “No Smoking No Vaping” signs throughout the county. CHS staff also helped two managers to implement new multi-unit housing policies.



New multi-unit housing policies	Resolved Utah Indoor Clean Air Act complaints	Compliance checks	“No Smoking No Vaping” signs distributed
2	9	248	391

Compliance Checks

In partnership with local law enforcement agencies CHS staff members conducted two rounds of underage tobacco compliance checks in 2019. There were a total of 248 underage buy attempts across the county at 125 stores. While most clerks did not sell tobacco to youth during the checks youth were successful in purchasing tobacco products at 15 different stores. Hearings were scheduled with offending stores, and retailers who attended were given the opportunity to reduce their fine by educating employees about tobacco laws. Those who did not attend their hearing were required to pay the full fine.

Emergency Rule

In October of 2019, the Utah Department of Health filed an emergency administrative rule, R384-418 Electronic-Cigarette Mandatory Warning Signage and Sale Restrictions, which required all tobacco retailers selling e-cigarettes and associated products to post mandatory warning signs. CHS staff members provided education on the rule to over 100 businesses with tobacco permits and conducted several compliance checks to ensure adherence to the rule. Retailers who were not in compliance were given a notice with the necessary corrections needed. By the end of 2019, all stores selling e-cigarettes were in compliance with the rule.



**VAPING
UNREGULATED THC
IS DANGEROUS
TO YOUR HEALTH**

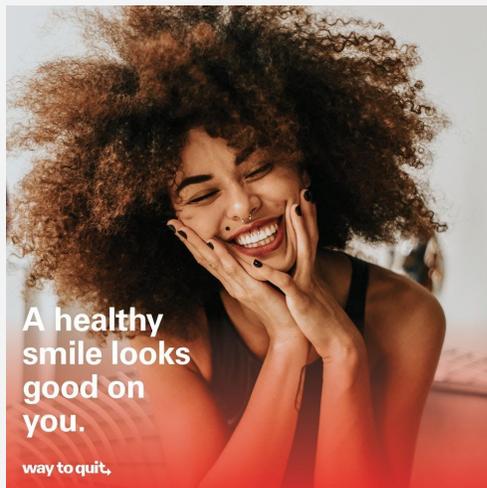
A lung disease related to vaping unregulated THC has recently hospitalized dozens of Utahns and caused several deaths nationwide.

For more information, go to <https://health.utah.gov/lung-disease-investigation>

Tobacco Cessation

Among adults, 6% of Davis County residents smoked cigarettes in 2018 (age-adjusted). CHS staff members promoted Way to Quit services for individuals wanting to quit tobacco products.

Way to Quit services are available for youth and adults at no cost.



In 2019, over 200 new participants from Davis County accessed Way to Quit, which was a 35% increase from 2018.

Educational Awareness (EA) Course: E-cigarettes & Marijuana

In 2019, almost 14% of Davis County teens reported trying e-cigarettes at some point during their lifetime (SHARP). To help combat youth use, CHS staff members partnered with DSD to design an educational intervention for students who violated a Safe School policy related to e-cigarettes and marijuana. The course became available on the first day of the 2019-2020 school year.

The course, titled, "EA (Educational Awareness) Course: E-cigarettes and Marijuana," takes approximately 90 minutes to complete. Between August and December, 144 students and their parents/guardians enrolled in the course.

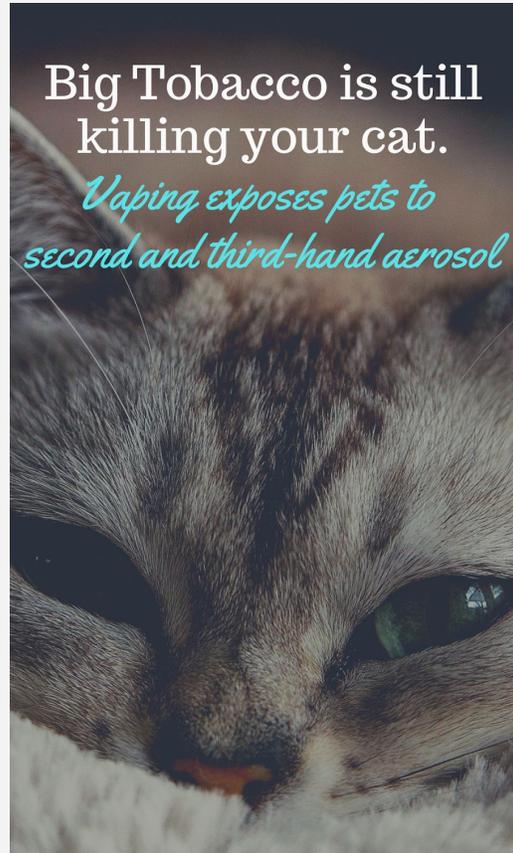
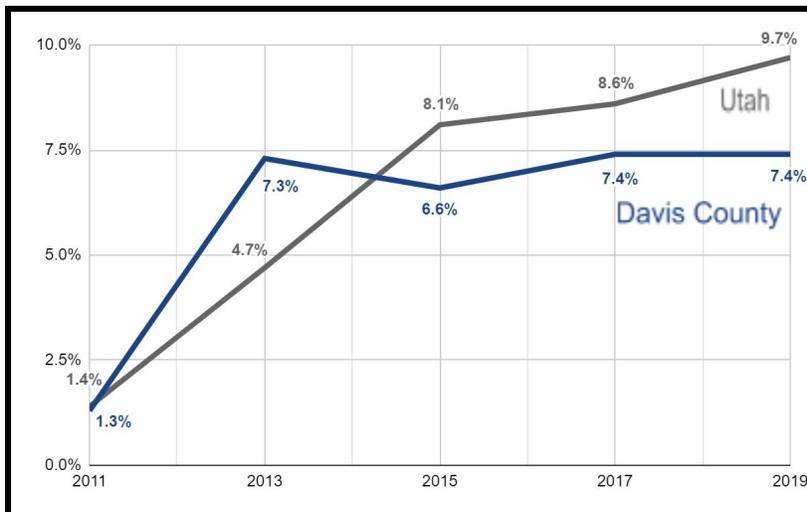


Figure 1: Youth E-cigarette Use Past 30 Days, 2011-2019



As shown in Figure 1, throughout the state from 2011 to 2019, 8% more students reported using e-cigarettes regularly. In Davis County, 6% more students reported regular e-cigarette use from 2011-2019.

Davis County Youth

Youth Summit

In 2019, CHS joined forces with Davis4Health partners to host the Davis County Youth Summit, titled, "YOUth Matter: Teen Health Leadership Summit," in June. Youth entering grades 7-12 were invited to come and approximately 250 youth attended the free all day event. Through a presentation titled, "YOUth Matter Health CHAT (Community Health Assessment for Teens)," health data from many sources were shared describing what was known about the health of youth in Davis County. After the presentation, attendees had the opportunity to vote on what they thought the most important priorities should be. The top three priorities, identified by youth, were:



1-Anxiety and Depression

2- Screen Time

3- Sleep



Youth Council

The summit also served as a recruitment tool for a revamped Davis County Youth Council. The council began meeting in the fall on a monthly basis. Twelve youth from a variety of schools and backgrounds participated with the new council in 2019. They have prioritized youth mental health and substance use as their focus for the school year.

"Imagine a large river with a high waterfall. At the bottom of this waterfall hundreds of people are working frantically trying to save those who have fallen into the river and have fallen down the waterfall, many of them drowning. As the people along the shore are trying to rescue as many as possible one individual looks up and sees a seemingly never-ending stream of people falling down the waterfall and begins to run upstream. One of the other rescuers hollers, "Where are you going? There are so many people that need help here." To which the man replied, "I'm going upstream to find out why so many people are falling into the river."

- Saul Alinsky





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