

# 2017 Annual Report



Promotion • Prevention • Protection  
We ARE Public Health!

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**Hours:**  
Monday - Friday  
8:00 a.m. - 4:30 p.m.

Open until 6 p.m. on the  
Third Tuesday of every month

## Leading the way to make a difference

Your Knox County Health Department's vision statement reads, in part, "...we will continue to be a LEADER in public health..." for our community. As we considered our vision statement, a quote that I once heard influenced our choice of using the word "leader." That quote states, "Great leaders don't set out to be leaders...they set out to make a difference. It's never about the role of being the leader - it's about the goal."

Our 2017 annual report presented here, demonstrates how your health department is making a difference, reaching goals and by chance ensuring our role in leading the way to a healthier and safer community. From opening our new Community Health Center for improved access to health care to working with partners in addressing the opioid epidemic we are continuously striving to meet our goals and lead this community to a healthier future.

In this annual report you will read about our work to protect your health through inspections of food establishments and swimming




Health Commissioner  
Julie Miller

pools, outreach activities focused on newborn babies and their families, bike lending programs, efforts to collect community data that assists with community health planning activities, and educational activities on good nutrition and breastfeeding promotion for the start of healthy habits.

All of these programs and activities are a result of the work of a tremendously skilled and dedicated staff, the support of our Board of Health members, and of course, the support of our community partners and residents...all leaders who want to make a difference.

The Knox County Health Department is pleased to present this report to you that demonstrates our commitment to making a difference in you and your family's life and being a leader in public health.

  
Julie Miller, Health Commissioner

## Our Vision

The Knox County Health Department will continue to be a leader in public health by addressing community health issues through proactive solutions so that all residents may experience optimal personal health and a safe environment.

The Community  
We Serve



**Ohio Health Ranking 34**  
(Out of 88 counties)

Adults who smoke 18 %  
Adults who are Obese 28%

**Total Population 60,921**

Females 51% Males 49%  
White 96.5% All other 3.5%  
Under age 18 21%  
65 yrs. & over 16.3%  
Veterans 4,320

**People without  
health insurance 10.9%**

People with a disability,  
under age 65 10.3%

**Persons in Poverty 15.6 %**

Children in Poverty 22%

Children in Households with  
SSI, Public Assistance,  
Food Stamps/SNAP 27%

Housing Units 25,462

Occupied Housing 90.4%

Median Household  
Income \$48,533

High school graduates 89%  
Some College 54%

**Total Employment 29,736**

Labor Force, 16 yrs.+ 61.5%

Unemployment Rate 6.1%

**Land Area 525.49 Sq. Miles**  
**Population per square mile 115.9**

Data from U.S. Census and 2017 County Health Rankings

## Training, transition and transformation

Assuring a competent public health and personal healthcare workforce is one of the 10 essential services of public health. Throughout the year, the Knox County Health Department conducts monthly all-staff meetings where trainings are conducted including CPR, fire prevention, HIPAA, customer service and emergency preparedness. Attendance at educational sessions relevant to various areas of public health is encouraged and made available to all staff.

To reinforce branding and agency identity, logoed clothing was purchased for the staffs of the Health Department and Community Health Center.

An employee-directed Wellness Committee was formed to encourage healthier lifestyle behaviors. The group coordinated several lunch-n-learn events including sessions on food preparation, heart health, container gardening and healthy sleep habits. On 'Water Wednesdays,' the group prepares fruit-infused water and self-serve healthy snacks are available for purchase in the employee kitchen throughout the week. To further encourage water consumption, a water-bottle filling station was purchased using Creative Healthy Communities funding and installed in the front lobby. The station records the number of bottles filled and reduces waste from disposable water bottles.

In November, Knox County voters passed a 0.8 mill replacement levy by a 59 percent margin. The Health Department levy was the top vote getter among county-wide levies on the ballot. The five year levy will generate \$140,000 more a year starting in 2019.

In December, after months of discussion and planning, the Health Department and Knox Community Hospital announced they were joining forces to transition home health services from the health department to KCH. The Health Department had been providing home health services since 1965 - a year before home health became part of Medicare.

The staff of registered nurses, therapists and aides served nearly 300 patients each year and was honored twice in the past three years for providing quality care as measured from the patient's point of view through the Home Health Consumer Assessment of Healthcare Providers Survey (HHCAHPS). Tenured staff who wished to remain in the state retirement system, will remain employees of the Health Department and contract with KCH. The new home health service is called Knox County Home Health and is now located in the lower level of 307 Verne Dale Dr., Mount Vernon.



Administrative Assistant Shelbi Bixler learns how to use a fire extinguisher during a staff training.



To promote agency awareness, all staff now wear logoed clothing.



For our staff, we offer fruit-infused water on 'Water Wednesdays.' There's a water-bottle filling station in the main lobby.



Voters approved a 0.8 mill replacement levy in November by 59% of the vote.



The agency's Home Health division transitioned to Knox Community Hospital in December.

# Community Health Center

## Affordable health care for everyone

In April, the Knox County Community Health Center opened within the health department. Local residents now have access to health care like they have never had before: medical, dental and mental health services are located in one location; all insurances are accepted, with discounts and affordable costs for those without insurance; and if you need transportation, we can help with that, too.

The Center's medical providers can help with whatever ails you including: diabetes and high blood pressure, sinus infections and colds.

The Center offers pregnancy tests and pelvic exams for women. If you need a physical exam for work, to attend school or play sports, we can do that, too.

If you need a doctor to call your own, the Center can be your medical home. The Center offers well-child visits and immunizations for both children and adults. Plus, if you need any type of lab work, we offer tests and screenings at significantly lower cost compared to elsewhere.

The Center has a full-time dentist who can provide fillings and sealants, and pull any aching teeth. Our dental hygienist can also clean your teeth and help identify any suspect teeth before problems arise.

The Center also has a counselor for those with substance abuse issues. If a patient needs to see a psychiatrist, they can talk with a CNP specializing in psychiatry via a video screen.

In addition to the variety of services offered at The Center, the next best thing is the cost. We accept all insurances and if you don't have insurance, a reduced cost will be determined by your income and family size – it's significantly lower than what you'll pay anywhere else.



A ribbon-cutting ceremony was held in August during National Health Center Week.



Medical Director Dr. Larry Reed and Certified Nurse Practitioner Jackie Neighbarger.



Dr. Brandon Washington, and Dental Assistant Anesha Brown with patient Daren Creech.

“Community health centers do a great deal with limited resources. They provide critical medical care services to many who would otherwise have no other place to go or would end up in an emergency room.”

Jan Schakowsky  
U.S. Congresswoman

## Notable Numbers

**3,253** Immunization Patients  
**3,309** Dental Patients

**1,112** Medical & Mental Health Patients

**2,502** New Patients  
(Medical, Dental & Mental Health)

**7,674** Patient Appointments



Dental Hygienist Laura Nance cleans the teeth of Vashaun Woods while his brother, Liam looks on.



Patients can talk with a CNP specializing in psychiatry via a video screen in a private exam room.



Administrative Assistant Dar Butts greets patients at the in-take window.

# Public Health Outreach

“An ounce of prevention is worth a pound of cure.”

Benjamin Franklin

## Notable Numbers

44

Newborn Home Visits

17

Cribs Distributed

207

BCMh Cases (monthly avg.)

2,060

BCMh Consultations

425

Reported Communicable Diseases

623

Students reached in Preschool Dental Education Program

## Prevention efforts in the community

Public Health Outreach (PHO) is a new division at the health department combining new and current programs with a focus on prevention, advocacy and providing services at community locations. Current programs include newborn home visits, falls prevention, Cribs for Kids, the Bureau for Children with Medical Handicaps (BCMh), STD clinics, communicable disease investigation, dental education for pre-schoolers and kindergartners, and community immunization clinics.

Any woman living in Knox County who has a baby is eligible for a newborn home visit, regardless of income or where the baby is born. Cribs for Kids is a national program to prevent infant sleep-related deaths by providing portable cribs to families who need a safe place for their babies to sleep.

The falls prevention program includes working with local EMS to help senior citizens who frequently fall in their homes and need EMS assistance. The program includes a home visit and equipment assistance.

BCMh is a long-standing program that provides early identification and service coordination for children with special medical needs.

Flu shot clinics are held at various locations in the community and on-site clinics for required immunizations are held at local schools.

By law, the health department follows up on all reports of communicable diseases including education and consultation with affected individuals.

New PHO programming includes working with the local court system to provide health screenings to individuals on probation and connect them with healthcare options. Other outreach efforts include working with the homeless and food assistance programs to provide access to healthcare.

PHO staff also provide all immunizations at the Community Health Center.



RN Lisa Dudgeon checks the heart rate of a newborn while mom Nicole Stamp looks on.



BCMh Nurse Kathy Spanfellner high fives with Anthony and Grace Brooks of Fredericktown after completion of a school walking program



RN Lorraine Bratton goes over preparations for an HIV test with a client.

## Emergency Preparedness



RN Sherri Rine dispenses medication during an emergency exercise staged at Mount Vernon High School. Students from the Knox County Career Center's medical technologies class helped to portray the public during exercise.

Public health agencies have always been involved in emergency response activities, but the level of involvement and degree of preparedness drastically increased after the terrorist attacks of 2001.

Working closely with the Knox County Emergency Management Agency (EMA) and the Local Emergency Preparedness Committee (LEPC), the Knox County Health Department has various emergency plans for medicine and medical supply distribution, crisis communication and hazardous weather situations.

All health department staff are trained in the National Incident Management System (NIMS). A program of the Federal Emergen-

cy Management Agency (FEMA), NIMS is a comprehensive approach to incident management that can apply to emergencies of all types and sizes.

Each year, the health department conducts functional/full scale exercises with its staff as well as participate in regional exercises with other health departments and emergency response agencies.

Additional activities in 2017 included: provision of Opiate Response Kits to first responders, Stop The Bleed trainings for community agencies, coordination of the Knox County Healthcare Coalition and CMS Emergency Preparedness Guidance.

## Education important for food safety

Safety inspections for nearly 500 food service operations keep the Environmental Health (EH) staff busy throughout the year. Inspected operations include wherever food is prepared and sold such as restaurants, grocery stores, convenience stores, gas stations, caterers, mobile units, concession stands, schools, daycare centers, and nursing homes.

By law, every food service operation is inspected at least once a year. Larger operations with higher risk levels are inspected multiple times. Public complaints or violations may warrant even more inquiries and inspections at any size operation.

An important part of the food safety program is educating food service staff about proper food temperatures, sanitation procedures, storage and the importance of handwashing.

Each operation must have on-site, at all times, a person who understands the basics of food safety. Effective in 2017 under Ohio law, higher level operations, like restaurants and other food preparation sites, must have someone on-site at all times who has successfully completed a Level II food safety course such as ServSafe.

ServSafe is a 15 hr. course presented over three days with an exam on the third day. In 2017, the course was offered five times at the health department with over 100 participants. Everyone from line staff to owners and managers have taken the class. Erron Porter, owner of Flappers Bar & Grill, speaks highly of the class which she has taken as well as several of her employees. A 24 year veteran of the food service industry, she said she had always worked 'on the front side, not the back side' (management)."What a difference it has made to take the class," said Porter. "It's amazing the stuff you learn."

The EH staff indicate it is easier to discuss food safety when the staff has been ServSafe trained. A safer, cleaner food operation is good for everyone - the employee as well as the patron who dines there.



The ServSafe Course involves three days of classroom training.



Registered Sanitarian Terri Hillier with Erron Porter of Flappers Bar & Grill, who along with other members of her staff, have taken the ServSafe class.



Registered Sanitarians (from left) Kelly Biggs, Terri Hillier and Suzanne Dapprich are Certified ServSafe Instructors.

“Food safety involves everyone in the food chain.”

Scott Gottlieb, M.D.  
FDA Commissioner

## Notable Numbers

**491**  
Food Service Licenses

**1,151**  
Food Service Inspections

**142**  
Private Water Permits

**241**  
Private Water Inspections

**446**  
Water Samples

**163**  
Reported Animal Bites

**131**  
Sewage Permits

**201**  
Sewage Inspections

**230**  
Nuisance Investigations



Juston Streby of Frederickown, right, discusses permit requirements for a new house with Cathy Miller, EH secretary and Nate Overholt, EH director.



Sanitarian Kyle Shackle inspects the sewage treatment system at a new house in southern Knox County. There was a 35% increase in residential sewage permits in 2017



Registered Sanitarian Suzanne Dapprich instructs the staff at Hiawatha Water Park in proper safety and sampling procedures. There are 32 licensed pools, spas and beaches in Knox County.

# WIC - Women, Infants & Children

“A mother is entitled to breastfeed her baby in any location of a place of public accommodation wherein the mother otherwise is permitted.

Section 3781.55  
Ohio Revised Code



As part of World Breastfeeding Month in August, seven local moms and their children joined the WIC staff for the Big Latch-On, a global event where women gather together to breastfeed and offer peer support to each other. 2017 marked the second year the local WIC program has participated in the event.

## Making breastfeeding the norm

An important part of WIC, a supplemental nutrition program for **Women** (pregnant, postpartum and breastfeeding), **Infants**, and **Children** up to age 5, is the promotion of breastfeeding for moms in the program.

Studies indicate that breast milk provides the ideal nutrition for infants - a nearly perfect mix of vitamins, protein, and fat -- everything a baby needs to grow. Breast milk also contains antibodies that help a baby fight off viruses and bacteria, as well as H.A.M.L.E.T, a substance that kills cancer cells.

Studies also indicate that breastfeeding lowers a baby's risk of having asthma or allergies. And babies who are breastfed exclusively for the first six months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of

diarrhea. They also have fewer hospitalizations and trips to the doctor.

Despite the economic advantages to breastfeeding, research indicates that women with higher incomes are more likely to breastfeed than lower income mothers.

For some mothers, breastfeeding doesn't come easily and despite laws supporting breastfeeding, there remains a stigma towards women who breastfeed in public.

A monthly support group started by the Knox County WIC staff, a Pinterest page and a Facebook page for local breastfeeding moms provide helpful suggestions and support. There's a national effort to make breastfeeding the norm and the WIC staff is doing its part for families in Knox County.

## Notable Numbers

**1,083**

Average Monthly Caseload

**2,286**

Certified Visits in 2017

**28**

Community Outreach & Events

**2,197**

Nutrition Education Modules for Participants



WIC Director Cyndie Miller talks with Xavier while he is weighed during a WIC visit.



Dietetic Technician Lillian Collins, left, talks with Kimberly Martin about the progress her son, Curtis, has made on the WIC Program.



Administrative Assistant Deb Creager checks the height of Kenley during a WIC visit.

# Planning, Education & Promotion

## Helping residents “put it out for good”

Everyone strives to be a winner, especially when after years of trying to kick an addiction, you finally do. In fact, one of our tobacco cessation clients had the word “winner” tattooed on his forearm after successful participation in the Knox Out Tobacco program.

The Knox County Health Department has been helping local residents kick their tobacco addiction for 15 years. In that time, nearly 1,600 people have participated in the free program which is a unique blend of support group-style classes and nicotine replacement therapy (NRT) in the form of either patches, gum or lozenges.

The classes are ongoing, so participants can start the program anytime. There’s no need to pre-register. Participants receive up to 8 weeks of nicotine patches.

Ongoing classes are held twice weekly: Tuesdays from 10 - 11 a.m. at Knox Community Hospital in the private dining room; and Thursdays from 7 - 8 p.m. at the Health Department in the conference room. If you are unable to make the classes, or don’t think you would like a group setting, you can meet individually with a Certified Tobacco Treatment Specialist (CTTS). The Health Department has two of them: Mike Whitaker and Alayna Anderson.

Funding for the program is provided by United Way of Knox County.

Additionally, the Health Department also has a program for pregnant moms who smoke and want to quit before the baby is born. Moms Quit for Two is a four week program funded through the Ohio Department of Health. If a mom quits using tobacco before the baby is born and remains tobacco-free, she is eligible for a monthly \$25 diaper voucher for up to 14 months. Anyone living in the home such as a spouse or relative who also quits, doubles the voucher total up to \$50 per month.



CTTS Alayna Anderson, talks with a cessation client during a class at Knox Community Hospital



Billboards such as this one, have been successful in promoting the program.



CTTS Mike Whitaker presents a \$25 voucher to buy diapers to Aleaha Potter who quit smoking before the birth of her son, Phoenix. Looking on is her mother who also quit smoking.

“The overwhelming amount of death and disease attributable to tobacco is caused by addiction to cigarettes – the only legal consumer product that, when used as intended, will kill half of all long-term users.”

Scott Gottlieb, M.D.  
FDA Commissioner

## Notable Numbers

**424**  
Presentations

**66**  
Car Seats  
Distributed

**6,125**  
Presentation  
Attendees

**119**  
Cessation  
Participants

**1,396**  
Publicity  
Efforts

**7**  
Grant-Funded  
Program

**251**  
pounds of pills collected  
during Drug Take-Back Days



Certified Car Seat Technician Alayna Anderson, right, instructs a Head Start parent in the proper way to install a child car seat during a car seat check at Head Start.



Nearly 1,000 adults participated in 37 Hidden Plain Sight events, an interactive exhibit, resembling a teen’s bedroom with more than 100 items that could indicate dangerous or risky behaviors.



Pat Finnell of Danville Outdoors displays two of the four bicycles available to area residents as part of the bike lending program funded through the Creating Healthy Communities grant.

# Vital Stats

<b>Births Recorded*</b>	<b>428</b>
Home Births	40
Teen Mother Births	46
Unwed Mothers	214
Mothers Who Smoke	136
Certified Copies Issued	1,982
Out-of-County Requests	661

\*In county births only. Total based on information received from Knox Community Hospital, home births and midwives

<b>Deaths Recorded**</b>	<b>540</b>
Certified Copies Issued	1,733

### Top Causes of Death

Heart Disease	212
Cancer	108
Lung Disease	45
Flu/Pneumonia	20
Stroke	14
Suicide	12
Drug Overdose	15
Traffic Accidents	6

Deaths Attributed to Smoking	54
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\*\*In-county deaths, only. Information based on death certificate information.

# Board of Health

## President

Eric Siekkinen, R.Ph.

## President Pro-Tem

Ron Moder

## Members

Kelly Bailey, R.D., L.D.

Laura Barbuto, R.N.

Barry George, M.D.

Laura Haberman, R.N.

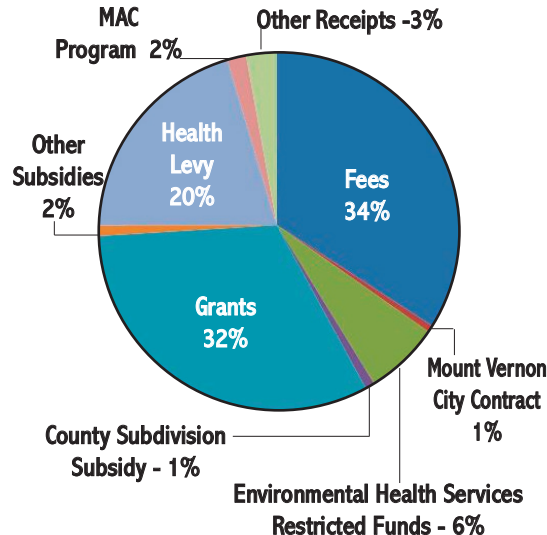
Jeff Harmer

Lee Rhoades

Amanda Rogers, D.V.M.

The Knox County Health Department is an Equal Opportunity Employer/Provider

# Fiscal Overview



## Revenue Sources\*

Fees	\$1,652,930
Grants	1,545,873
Health Levy	986,706
EH Restricted Funds	313,679
Other Receipts	137,764
MAC Program	85,860
Other Subsidies	46,544
County Subdivision Subsidy	38,500
Mount Vernon City Contract**	27,500

**Total Revenue \$4,835,356**

\* The 2017 budget included a carryover of \$ 72,823 from 2016.

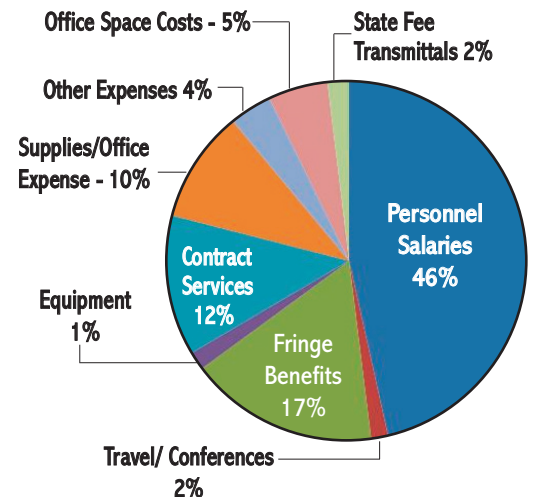
\*\*2nd half was not paid until January 2018.

## Expenses BY ACCOUNT

Personnel Salaries	\$2,012,478
Fringe Benefits	731,857
Contract Services	538,044
Travel/Conferences	65,907
Supplies/Office Expenses	430,974
State Fee Transmittals	83,477
Other Expenses*	164,215
Equipment	69,804
Office Space Costs	230,298

**Total Expenses \$4,327,054**

\* (Other Expenses Includes: Lab Fees, State Audit, Marketing/Promotion, Liability & Property Insurance, Staff Development/Recruitment.)



## Program Grants

American Risk Pooling Consultation	500.00	Creating Healthy Communities	96,601.76
F.A.C.E.S - UWay	6,000.00	PH Emergency Preparedness	77,355.04
Newborn Home Visiting - UWay	13,030.00	Maternal Child Health	45,970.00
Dental Education - UWay	5,524.00	Moms Quit for Two	1,536.51
Tobacco Cessation - UWay	18,166.68	Community Health Center	783,585.69
Safe Communities	22,236.85	Ebola	3,864.17
Radon Prevention	5,000.00	Drug Free Communities	167,426.21
Mosquito Prevention - EPA	31,000.00		
Women, Infants & Children	268,075.79	<b>Total</b>	<b>\$1,545,872.70</b>

## 47 Total Employees — Listed By Division

Administration/Operations	6	Planning, Education & Promotion	6
Community Health Center	12	Public Health Outreach	5
Environmental Health Services	6	WIC - Women, Infants & Children	6
Home Health	6		