



# Eastern Idaho Public Health

## Fiscal Year 2018 ANNUAL REPORT



**1** IN 8 IDAHO WOMEN WILL BE  
DIAGNOSED WITH BREAST CANCER



*Prevent. Promote. Protect.*

# Director's Message

It is my pleasure to present to you the Fiscal Year 2018 (July 1, 2017—June 30, 2018) Annual Report for Eastern Idaho Public Health (EIPH) on behalf of the health district's Board of Health and entire staff. The work we do in public health is truly a team effort and requires partnership and collaboration among our staff as well as our numerous community partners in the eight counties we serve—Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton.

We strive for *"Healthy People in Health Communities"* by:

- **PREVENTING** disease, disability, and premature death;
- **PROMOTING** healthy lifestyles; and
- **PROTECTING** the health and quality of our environment.



In the following pages, EIPH's staff have provided highlights of the work done over the past year. All of the work we do revolves around the core functions of public health: Assessment, Policy Development, and Assurance. We work to assess the immunization status of children and adults, work with community partners to develop policies promoting efforts that contribute to healthier lifestyles, and ensure people have access to preventive services either through programs and services we offer directly or by connecting them with other resources within our community. We also ensure the health of the public by educating about and enforcing some of Idaho's rules and regulations.

Much has changed in Eastern Idaho since 1970 when Idaho's Public Health Districts were first established by the Idaho Legislature. The issues affecting public health are evolving, too. The Great American Eclipse, our youth's access to and use of electronic nicotine delivery devices, the opioid epidemic, lack of comprehensive health insurance for individuals, and social media's influence on behaviors are just a few of the issues that challenged EIPH this last year and will continue to take our time and attention for many years to come. However, EIPH's team of over 110 professionals throughout our eight-county region continues to be dedicated to providing people with information they need to help them make healthy choices and protect their health through the delivery of high-quality and innovative public health services.

During Fiscal Year 2019, Eastern Idaho Public Health plans to actively engage our communities in discussions to identify and solve health problems, an overarching goal of public health. However, this is not work we can accomplish single-handedly. We will continue to collaborate with our partners and stakeholders to gather data that will help us address health priorities throughout our region.

More detailed information about all of EIPH's services is available on our website at [www.EIPH.Idaho.gov](http://www.EIPH.Idaho.gov). Our office contact information is included at the end of the report if you would rather stop by or call to visit with our staff — we'd love the opportunity to tell you about Eastern Idaho Public Health and the services we provide or answer any questions that you may have.

*Geri L. Rackow*

Geri L. Rackow, Director  
Eastern Idaho Public Health  
[grackow@EIPH.Idaho.gov](mailto:grackow@EIPH.Idaho.gov)

**Prevent**

**Promote**

**Protect**



# Board of Health



The Board of Health at Eastern Idaho Public Health is comprised of a county commissioner (or their appointee) from each of the eight counties in the health district as well as one physician representative.



**Brian Farnsworth**  
Chairman  
Jefferson County  
Term: 2013-2020



**Dr. Barbara Nelson**  
Vice Chairman  
Physician Representative  
Term: 2006-2021



**Bryon Reed**  
Bonneville County  
Term: 2017-2023



**Greg Shenton**  
Clark County  
Term: 2001-2022



**Wayne Butts**  
Custer County  
Term: 2017-2022



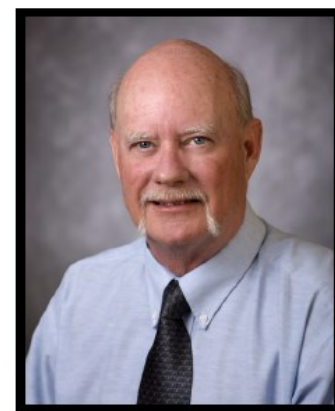
**Lee Miller**  
Fremont County  
Term: 2011-2023



**Ken Miner**  
Lemhi County  
Term: 2015-2021



**Brent Mendenhall**  
Madison County  
Term: 2017-2019



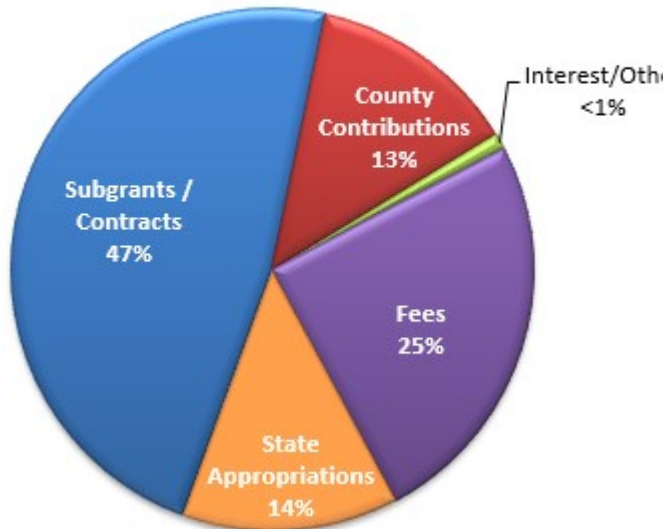
**Bill Leake**  
Teton County  
Trustee  
Term: 2015-2019



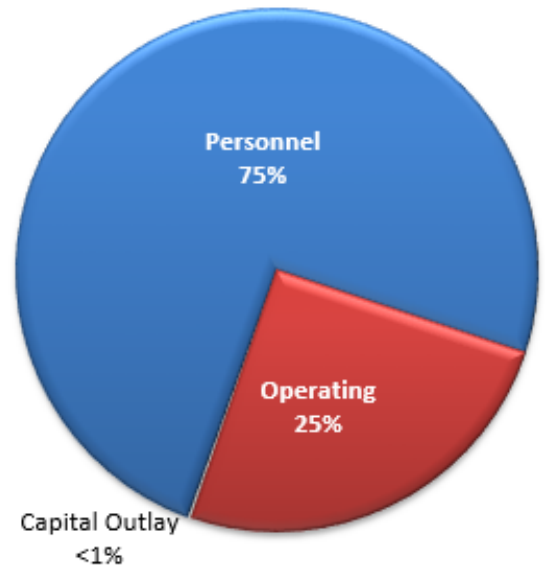
# Finances

In Fiscal Year 2018 (FY18), EIPH's total revenue exceeded expectations by 10.65% from what was budgeted. This is primarily due to fees being well above budget in most clinical services and Environmental Health's septic and land development programs. Subgrants revenue was also ahead of budget. We ended the year with expenses 2.7% below budget.

## Revenue Summary - FY18



## Expense Summary - FY18



## CAPITAL EXPENDITURES

Minor capital improvements were completed in EIPH's buildings during FY18. In FY19, we have planned some minor refurbishments (paint, carpet, etc.) for our offices in Clark and Lemhi Counties and furnace replacement in our Madison County office. Furthermore, we will have need to purchase vehicles for our fleet to replace the ones that have reached their useful life. We also continue to develop plans, including funding, for major building improvements (HVAC system and roof) in the next 5-10 years for our Bonneville County office.

## SUSTAINABLE FUNDING

For the past couple years, Idaho's health districts have been discussing the food protection program, including the issue of the costs of the program not being covered by the fees currently charged for the service delivered by local public health. Over the past year, a Food Fee work group comprised of representatives from local public health (staff and board members), state public health (including food program staff), food industry, and others met multiple times to work on this issue. While some progress was made, there are no plans to introduce legislation addressing food fees for the foreseeable future.

Regardless of the outcome of the Food Fee workgroup, there is still a need to secure long-term sustainable funding for local public health. EIPH has dedicated much effort over the past couple of years to improve our billing practices to ensure we are capturing revenue appropriately for the clinical services we provide. Evaluating programs and services to ensure they are being administered in the most cost-effective manner is also something we will focus on in the coming year.



**Prevent. Promote. Protect.**

# Great American Eclipse



August 21, 2017 marked a historical day for EIPH. It was the day of the Great American Eclipse—a total solar eclipse and first such event visible from the contiguous United States since February 1979. The path of totality of this particular eclipse stretched across parts of twelve states, including Idaho, and attracted viewers from around the globe. Even outside the path of totality, a partial eclipse was visible. The Great American Eclipse was a once-in-a-lifetime event for many people in Eastern Idaho and beyond. Media interest and public attention brought hundreds of thousands of visitors to Idaho for the event. Several counties within EIPH's jurisdiction were directly in the path of totality, and as a result, the months, weeks, and days leading up to and immediately following the event required much work on behalf of EIPH's staff.

## Environmental Health Response

With all of the people expected to converge on Eastern Idaho and the community events planned surrounding the eclipse, EIPH's Environmental Health Staff developed a guidance document to assist in the planning efforts related to food vendors, sanitation/sewage disposal, solid waste disposal, and drinking water. The planning guide was widely distributed in the months prior to the event and staff spent countless hours educating the public about Idaho's rules to help ensure the public's health and the environment were protected during this major event. Kellye Eager, EIPH's Environmental Health Director, attended community meetings held in Bonneville and Jefferson Counties to educate the public and answer questions, with Environmental Health staff in our satellite counties working with their local partners and communities educating, answering questions, and issuing permits as needed.

EIPH's Public Information Officer, Mimi Taylor, worked with the Environmental Health staff to roll out a media campaign to augment the community education, which included numerous press releases resulting in radio, television, and online news stories/interviews. In addition, a Facebook campaign focused on different topics each week for six weeks leading up to the event. The topics included an overview of the Major Event Planning Guide, food safety for vendors, septic systems, well/water safety, general safety, and food safety for consumers. The Facebook campaign had a reach of over 135,000 people.

## Health Preparedness Response

EIPH's Public Health Preparedness team worked with multiple federal, state, local, and voluntary agencies to protect the public's health and safety during this event by addressing the following Core Capabilities of public health emergency preparedness:

- **Emergency Operations Coordination:** The Eastern Idaho Healthcare Coalition conducted multi-agency resource coordination throughout the event to support healthcare response efforts;
- **Emergency Public Information and Warning:** EIPH issued public information, alerts, warnings, and notifications prior to the eclipse;
- **Information Sharing:** The Preparedness team participated in multiple daily conference calls before, during, and after the eclipse to exchange information with local and regional partners in order to determine a common operating picture;
- **Medical Surge:** The Eastern Idaho Healthcare Coalition coordinated multiple healthcare providers for the potential activation of medical surge operations;
- **Public Health Surveillance and Epidemiological Investigation:** EIPH's epidemiologists coordinated with local healthcare providers to conduct syndromic surveillance disease detection;
- **Volunteer Management:** The Preparedness team utilized the Eastern Idaho Medical Reserve Corps to identify, organize, assemble, deploy, and demobilize volunteers requested for first aid shelters.

When it was all said and done, EIPH staff did a wonderful job of planning for this once-in-a-lifetime event and performing their work, ensuring the public was as prepared and protected as they could be.



# Community

## PERTUSSIS IN IDAHO

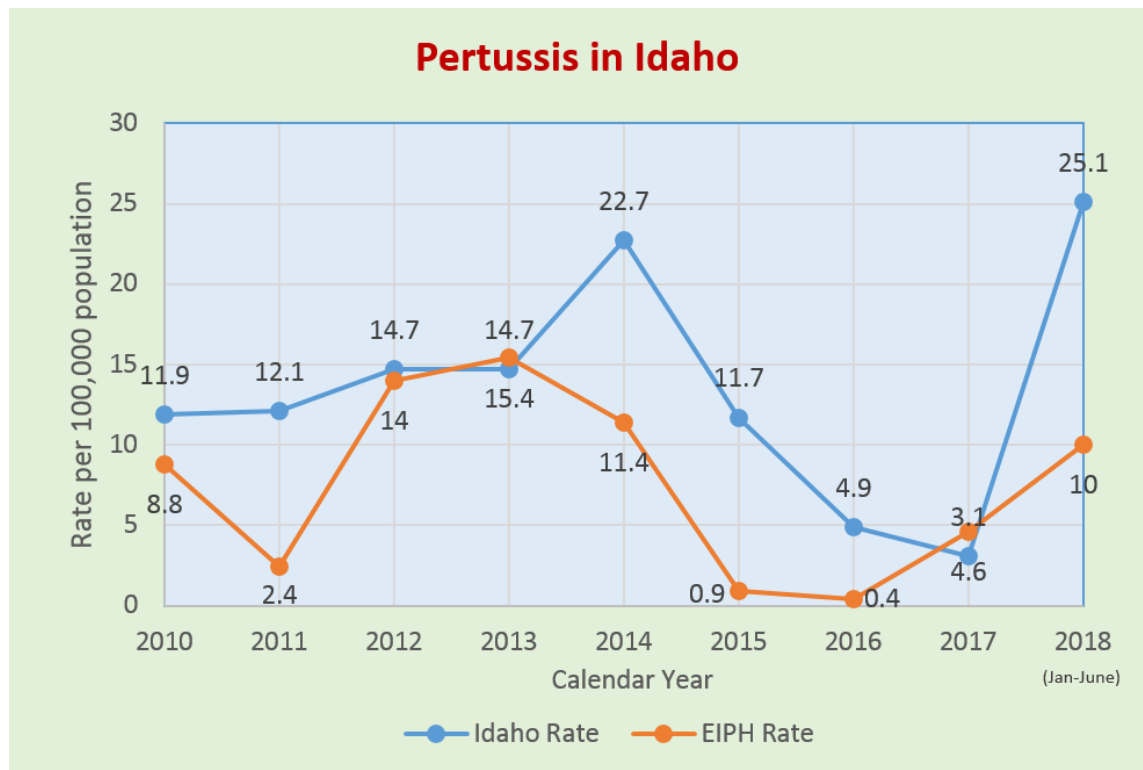
Pertussis (also known as Whooping Cough) is hitting Idaho hard again this year. From January—June 2018, Idaho has reported 211 cases of pertussis. As you can see in the chart below, 2018 may rival the number of cases from 2014.

Although most of the cases in calendar year 2018 are in Southcentral and Southwest Idaho, Eastern Idaho has not remained unaffected. EIPH has received reports of 11 cases from January—June of 2018, in children from one month to 18 years of age. The most severely affected by the disease were three infants, two months old and younger. All three were all critically ill and hospitalized. Two of the infants spent several weeks in a Neonatal Intensive Care Unit.

There are vaccines for the prevention of pertussis—for both children and adults. Infants can begin the vaccination series at two months of age. Unfortunately, in the three severe cases EIPH experienced, two of the infants were too young to start their vaccinations. Unfortunately, the third infant started coughing before the pertussis vaccine was administered.

It is recommended that pregnant mothers receive the Tdap (tetanus, diphtheria, and pertussis) vaccine in their third trimester of every pregnancy so their children are born with some antibodies to protect them from pertussis. EIPH's investigation of these three infant cases revealed no vaccination of the mothers during their pregnancies. Furthermore, it is recommended that all individuals who will be in contact with a newborn be vaccinated against pertussis as well. This will help protect the newborns from the disease (known as cocooning).

EIPH sent out a Health Alert to healthcare providers in our district to remind them of vaccination and treatment options. Anyone in need of the pertussis vaccine should contact their healthcare provider or their local EIPH office. EIPH offers patient assistance for Tdap vaccine for adults who are uninsured or underinsured.



	2010	2011	2012	2013	2014	2015	2016	2017	2018 (Jan-June)
# Idaho Cases Reported	187	192	235	237	366	194	83	85	211
# of EIPH Cases Reported	18	5	29	32	24	2	1	10	11

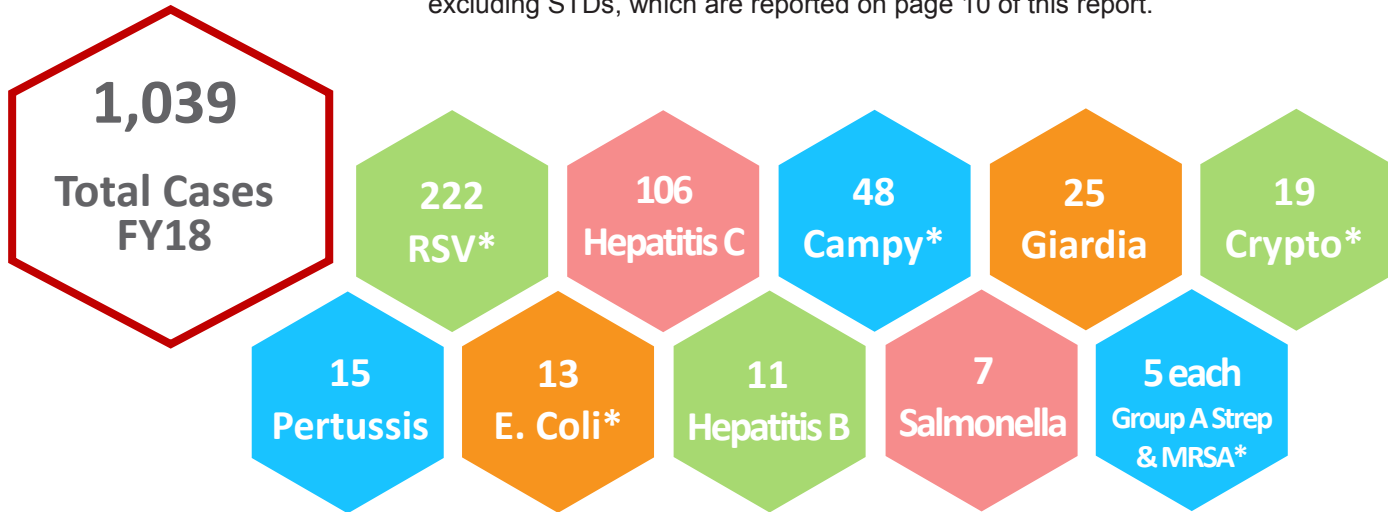
# Health



## OTHER REPORTABLE DISEASES

More than 70 communicable diseases are on Idaho's Reportable Disease list. Idaho rules require healthcare providers, lab workers, and hospital administrators to report communicable diseases to their local health district within three days of diagnosis (with some exceptions).

Below are the top 11 reportable diseases in EIPH's eight-county area in FY18, excluding STDs, which are reported on page 10 of this report.



\*RSV=respiratory syncytial virus; Campy = campylobacteriosis; Crypto = cryptosporidiosis; E. Coli = shiga toxin-producing Escherichia coli; Group A Strep = Group A Streptococcus, invasive; MRSA = methicillin-resistant staphylococcus aureus, invasive

## PRESCRIPTION DRUG OVERDOSE PREVENTION PROGRAM

Abuse of drugs, including illegal narcotics and prescription medications, continue to be an issue plaguing our community. From 2015-2017, EIPH's eight-county region experienced 110 deaths directly attributable to the chronic use of drugs and intentional and unintentional overdose of drugs. This equates to 17 deaths/100,000 people in our eight county region placing Health District 7 as the second highest in the State for drug-induced deaths.

Many of the region's drug-related deaths are caused by opioid abuse. Opioids are drugs that act on the nervous system to relieve pain. Opioids can be accessed both legally, in the form of prescriptions (like Oxycodone and Morphine) from a medical provider or illegally, in the form of heroin and diverted prescription drugs. Drug diversion is a medical and legal concept involving the transfer of any legally prescribed controlled substance from the individual for whom it was prescribed to another person for any illicit use.

An important element in furthering the fight against opioid abuse in our region is engaging in continual education about it. To assist in this effort, EIPH receives funding from the Idaho Office of Drug Policy to provide information and resources to healthcare providers throughout the region.

Last year, EIPH staff met with 12 healthcare practices to provide information and education on a variety of issues relative to opioid abuse including reviewing the Centers for Disease Control and Prevention (CDC) Guidelines for Prescribing Opioids for Chronic Pain, encouraging the vigilant use of the Prescription Drug Monitoring Program, sharing examples of pain assessments and pain contracts, and providing substance use disorder treatment resources available in the local community. EIPH also collaborated with two local physicians, Drs. Boyd Southwick and Jacob Curtis, to assist them in their engagement with peer-to-peer education on the topic.

Opioid abuse is a multi-faceted problem with far reaching consequences for individuals, families, and communities. EIPH is pleased to be doing a small part in helping to address and combat this problem.



Learn about the risks of prescription opioids  
[www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose)





# Environmental

Environmental issues involving air, food, and water have an impact on human health. In an effort to prevent human disease, EIPH's Environmental Health staff works hard to educate the public on the meaning, purpose, and benefit of compliance with public health laws, regulations, and ordinances for which we are responsible.

Environmental Health Statistics	FY18	FY17	FY16
# of Septic Permits Issued	686	703	685
# of Food Establishment Inspections	2,093	2,070	2,065
# of Public Water Systems Monitored	305	305	303
# of Child Care Facility Inspections	170	141	205
# of Solid Waste Facility Inspections	41	42	52

## CHILDCARE PROGRAM

### Infant Safe Sleep Practices

On July 1, 2018, a new requirement focused on safe sleep practices for infants took effect. Beginning in May of 2018, EIPH's staff began educating child care providers of this new requirement through handouts and other educational materials made available on our website.

Efforts to reduce the risk of Sudden Infant Death Syndrome (SIDS)/Sudden Unexplained Infant Death (SUID) will be required for infants (0-12 months old) while under the care of child care providers, including:

- Supervision of sleeping children.
- Requiring that all cribs, bassinets, play pens, etc., be in good repair and approved by the Consumer Product Safety Commission (CPSC).
- Placing infants to sleep on their backs and on a flat sleep surface.
- Sufficiently lighting the room to be able to observe skin color in case of changes.
- Allowing infants to follow their own sleep patterns.
- Not allowing loose blankets, stuffed toys, pillows, or crib bumpers inside a crib.

- Keeping items that pose a strangulation, fall, or entrapment hazard out of an infant's reach while in a crib, bassinet, or other approved sleep equipment.
- Not allowing a blanket or any other item to cover or drape over an occupied crib, bassinet, or other equipment where infants commonly sleep.
- Not allowing clothing to cover any portion of an infant's head or face while sleeping and re-adjusting these items when necessary.
- Preventing infants from getting too warm while sleeping.

During inspections of licensed child care providers, EIPH inspectors look to see that infants are put to sleep:



*This is an example of a Sleep Sack that prevents an infant's head and face from becoming covered while sleeping.*





# Health Division

## FOOD PROGRAM



### Accredited Food Protection Manager Requirement

Effective July 1, 2018, the Idaho Food Code (Section 2-102.12) requires that an Accredited Food Protection Manager (AFPM) have supervisory authority to direct and control food preparation activities and to correct food safety violations for the establishment. This manager must have completed a nationally accredited food safety examination, which are provided by the following organizations:

[360 Training®](#)

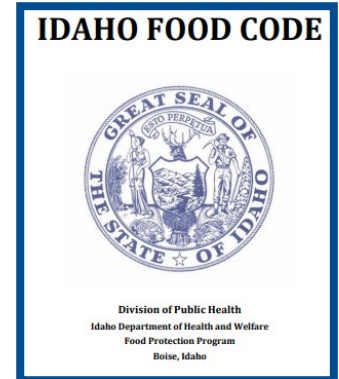
[Above Training/State Food Safety®](#)

[National Registry of Food Safety Professionals®](#)

[Prometric®](#)

[ServSafe® \(National Restaurant Association\)](#)

In November of 2017, EIPH staff began educating our licensed food establishments about this new requirement as part of the annual license renewal process. This new requirement also affected temporary food license establishments. As of July 1, a copy of the AFPM certificate must accompany the temporary food license application or an exam specifically created for Temporary Food Vendors must be taken. Currently, this exam is only available by appointment with EIPH's Environmental Health staff.



## PUBLIC WATER PROGRAM

### Seasonal Start-up Process

Regardless of the size of the system, every Public Water System (PWS) is required to follow the Revised Total Coliform Rule. The rule includes a section about seasonal systems and what must be done differently with those types of systems.

A seasonal system is defined as a non-community water system that is not operated as a PWS on a year round basis and starts up and shuts down at the beginning and end of each operating season. Some examples can include campgrounds, summer homes, and ski resorts. Within our jurisdiction, there are nearly 60 systems with the seasonal status.

Because a system shuts down each year and depressurizes the water lines, contamination has a greater potential to enter the system. A seasonal system is required to conduct an inspection of the different apparatuses before serving water to the public. Some of this includes making sure the cap is securely attached to the well casing, checking for any leaking water lines, and making sure the backflow prevention devices or assemblies are working properly. In addition to that, a "pre-opening" sample must be collected before people arrive for the season.

To assist water systems in maintaining compliance with the rules, a checklist was created with a step by step process for water systems to follow. This allows the system to review the different components and look for areas where contamination may be introduced. Part of the pre-opening

Seasonal Start-up Checklist											
Please complete this checklist and return it to your field office within 30 days after opening											
<input type="checkbox"/> 1. Inspected and maintained well or spring components (i.e. secured cap, air vent, conduit).											
<input type="checkbox"/> 2. Inspected and maintained area around the well or spring (sources of contamination).											
<input type="checkbox"/> 3. Inspected and corrected potential cross connections (double checks and vacuum breakers).											
<input type="checkbox"/> 4. Disinfected and flushed distribution system until fresh water is run through the system.											
<input type="checkbox"/> 5. Bacteria sample (labeled as construction) collected within <b>30 days prior</b> to opening and serving water to the public.											
<b>I certify that I have completed this start-up checklist</b>											
Water system name: _____											
Water system ID: _____ Date Opened: _____											
Name (printed): _____											
Signature: _____											
Email: _____											
<table border="1"><thead><tr><th colspan="2">Field Office Use Only</th></tr></thead><tbody><tr><td>Date Received:</td><td></td></tr><tr><td>Date start-up TC samples received:</td><td></td></tr><tr><td>Date Reviewed:</td><td></td></tr><tr><td>Entered in SDWIS:</td><td></td></tr></tbody></table>		Field Office Use Only		Date Received:		Date start-up TC samples received:		Date Reviewed:		Entered in SDWIS:	
Field Office Use Only											
Date Received:											
Date start-up TC samples received:											
Date Reviewed:											
Entered in SDWIS:											

process is to submit in writing that these procedures have been followed and the system is clean and ready to go for the season. Failing to do this will result in a violation of the drinking water rules.

As a service to our water systems this year, a small, pre-paid postcard was made and sent out to be completed and returned. Boxes were added to check off each item once it was completed. Once the postcard was returned, it was then documented in our database. The number of violations decreased significantly from 2017 to 2018. Part of this decrease can be attributed to that postcard. Because of the success of this process, the postcard mailing will continue to be used in the future.

# Family and Community

## IMMUNIZATION PROGRAM

EIPH continues to help people stay healthy and address the ongoing threat of potentially deadly diseases by offering a full range of vaccines for adults and children; providing immunization assessments and education to individuals, childcare providers, and schools; helping ensure access to affordable vaccines for uninsured/underinsured individuals; working with healthcare providers to provide them with information on best practices related to the delivery of vaccines; and working with the medical community and other partners to address outbreaks of vaccine-preventable diseases.

In FY18, we expanded our foreign travel immunization services to include vaccines for typhoid and cholera. In addition, in 2017, Sanofi Pasteur, the only manufacturer of yellow fever vaccine, YF-Vax, in the United States announced a total depletion of their vaccine supply. Working with the CDC and the US Food and Drug Administration, Sanofi Pasteur was able to make an alternative yellow fever vaccine, Stamaril. It is available at select locations in the U.S. until supply of YF-Vax returns, which is expected by mid-2019. EIPH was chosen to be one of the select providers of Stamaril—one of only two sites in Idaho and one of a handful in our multi-state region. Since January 2018, EIPH has provided 162 doses of Stamaril to individuals from across Idaho and neighboring states who are traveling to yellow fever-endemic areas. This is a testament to EIPH's high-quality immunization program.

EIPH also continues to reduce barriers for individuals in need of vaccines. Our staff facilitates immunization records review at childcare facilities to ensure children are up-to-date on

their immunizations and if not, have the opportunity to be protected from diseases. Immunization clinics held during school registration and back-to-school nights help parents that might not have the time or ability to access immunization services otherwise. Free immunization clinics were held again this year to help reduce the barrier of cost to those that are uninsured at this time. EIPH's Free Immunization Clinic for children was again successful with 92 children served and 244 vaccines given.

Adult clients who are uninsured or underinsured are assisted with applying for patient-assistance programs through the vaccine manufacturers, allowing them to receive reduced cost vaccines. EIPH also offers some low-cost vaccines to this population through programs made available through our state and federal partners. This program continues to grow, with 1,050 individuals served receiving 1,623 vaccines in FY2018.

An outbreak of Hepatitis A occurred in FY18, creating a potential public health threat to individuals and communities across the nation. EIPH held clinics for at-risk populations in an effort to reduce the potential for transmission of this serious disease.

EIPH continues to look for innovative ways to help decrease vaccine-preventable diseases and help improve the quality of life of not only individuals, but the communities we serve.

Prevent

Protect



Immunization Services	Adults		Children		Total	
	Visits	Vaccines Given	Visits	Vaccines Given	Visits	Vaccines Given
Bonneville County	5,314	8,016	1,850	4,098	7,164	12,114
Clark County	94	98	102	147	196	245
Custer County	643	735	319	582	962	1317
Fremont County	476	570	254	434	730	1,004
Jefferson County	861	1,138	782	1,626	1,643	2,764
Lemhi County	839	1,006	273	490	1,112	2,934
Madison County	1,001	1,574	594	1,360	1,595	2,934
Teton County	563	676	325	301	888	977
<b>FY18 Total</b>	<b>9,971</b>	<b>13,813</b>	<b>4,499</b>	<b>9,038</b>	<b>14,290</b>	<b>22,851</b>
<b>FY17 Total</b>	<b>9,302</b>	<b>13,479</b>	<b>5,162</b>	<b>10,703</b>	<b>14,464</b>	<b>24,182</b>
<b>FY16 Total</b>	<b>8,863</b>	<b>13,029</b>	<b>5,585</b>	<b>11,509</b>	<b>14,448</b>	<b>24,538</b>

# Health Services Division



## PARENTS AS TEACHERS



# 82

% of families served that have 2 or more risk factors, including:

- low income
- low birth weight
- teen parent
- parent with mental illness or low educational attainment
- parent with substance abuse history
- domestic violence history
- child abuse and neglect history
- parental incarceration

In March 2018, the Idaho Legislature passed Senate Bill 1362 that reallocated state general fund dollars to Idaho's seven Public Health Districts to expand their home visiting programs. EIPH has provided home visiting services in Bonneville County since 2015. This additional funding will allow us to expand these services to all eight counties in the district through at least June of 2019.

EIPH's Parents as Teachers (PAT) program is an evidence-based home visiting program for vulnerable families that are living in poverty or facing other risk factors. When parents voluntarily enroll in the PAT program, EIPH's child development specialists provide parent coaching throughout pregnancy and a child's early years to help create a safe and healthy home environment. The once or twice monthly home visits are tailored to the family's needs, preferences, and culture, and also promote family engagement. Through home visiting, we focus on the five protective factors: parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, and social/emotional competence of children. Families receive education through fun activities, referrals to resources in our community, and free children's health screening which include vision, hearing and development, and much more.

EIPH's PAT program served 57 families in FY2018 and with this expanded funding, we will be able to open 25 additional spots for families with children 0-3 years of age to participate in the program throughout our district.

While this additional funding was allocated as one-time, home-visiting advocates from across the state are working diligently to secure long-term sustainable funding to help Idaho's Public Health Districts carry on this life-changing work well into the future.



*Senator Mike Crapo visited EIPH to speak with staff and a PAT participant about the importance of home visiting programs and the need for continued funding for them.*



# Family and Community

## REPRODUCTIVE HEALTH SERVICES

EIPH continues to provide valuable reproductive health services throughout the region to men and women in need. In FY18, 85% of our Reproductive Health clients had incomes at or below 150% of the Federal Poverty Level. We provide quality services to our clients, delivered with integrity and respect, in alignment with the values adopted by EIPH. Our dedicated providers include:

### Clinician

**Allison Barto, PA-c**

**Kristen Coburn, CNP**

**Amy Klingler, PA**

**Sheryl Gombert, CNM**

**Willow Griffith, PA**

### Counties Served

**Bonneville, Fremont, & Madison**

**Teton**

**Custer**

**Jefferson and Clark**

**Lemhi**

For many women, a visit to one of our reproductive health clinics is about more than just birth control. During a visit, clients not only receive contraceptive counseling, but other preventive health services, testing, and treatments as appropriate. This could include preconception healthcare and counseling, sexually transmitted disease testing and treatment, vaccines to prevent human papillomavirus, breast exams and

pap tests for early detection of cancers, blood pressure monitoring, depression screening, Body Mass Index evaluation, and thyroid screening. At EIPH, we also counsel our clients on relationship safety and family/parental involvement. For services not provided by EIPH, our staff refers clients to other providers or resources in the community.

Sexually Transmitted Diseases (STDs) are on the rise nationally, in the State of Idaho, and in EIPH's eight-county region. We experienced increases in the number of cases of Gonorrhea and Syphilis over last year. Two of our Reproductive Health nurses, Jen Walton, LPN, and Rachel Mugleston, RN, dedicate much of their time investigating positive cases of STDs, including offering testing and treatment to partners of people testing positive for a STD. Educating clients on STDs, as well as conducting an individualized behavioral risk reduction analysis, are other valuable services EIPH provides. We also serve as a resource for STD testing and treatment for private providers in our region.

In addition, EIPH offers medical case management services for people who have HIV or AIDS, which assists them with coordination of medical care and assistance with everyday needs such as housing.

**429**

Cases of Chlamydia,  
a 7% decrease from  
FY17

**66**

Cases of Gonorrhea,  
a 106% increase  
from FY17

**12**

Cases of Syphilis,  
a 50% increase from  
FY17

**5**

New Cases of HIV,  
up from 1 case in  
FY17

	Bonneville County	Clark County	Custer County	Fremont County	Jefferson County	Lemhi County	Madison County	Teton County	FY18 Total	FY17 Total	FY16 Total
<b>REPRODUCTIVE HEALTH SERVICES (includes District Care, Title X, and STD)</b>											
Individuals Served	2,015	19	72	60	168	160	154	117	2,765	3,212	3,060
# of Visits	3,371	30	113	124	302	321	257	217	4,735	4,959	4,802
% of Clients at ≤150% of Poverty Level	83%	83%	83%	93%	83%	87%	91%	74%	85%	84%	87%



# Health Services Division



**1 IN 8** IDAHO WOMEN WILL BE  
DIAGNOSED WITH BREAST CANCER



Breast cancer is the  
**2nd** leading cause of  
cancer death in Idaho.

Mammograms are the best way to  
find breast cancer **EARLY**, when it is



easier to treat and before it is big  
enough to feel or cause symptoms.

When caught **EARLY**,  
**98 OUT OF 100** women will still be  
living 5 years after their breast  
cancer diagnosis.

**WHY  
YOU  
SHOULD  
GET  
SCREENED**



**3** IDAHO WOMEN ARE DIAGNOSED  
WITH CERVICAL CANCER EACH  
MONTH

IDAHO WOMEN ARE LAST IN THE  
NATION FOR **CERVICAL CANCER  
SCREENINGS**.

MAKE AN APPOINTMENT **TODAY!**

The Pap test looks for the human  
papillomavirus (HPV) that can cause  
cancer.



**YOU** can prevent cervical cancer  
with the right test at the right time.

When found **EARLY** almost all  
women survive cervical cancer. Get  
screened **TODAY!**

Graphic Source: <https://healthandwelfare.idaho.gov/Health/DiseasesConditions/ComprehensiveCancerControlProgram/WomensHealthCheck/WHCServices/tabid/3668/Default.aspx>

## WOMEN'S HEALTH CHECK PROGRAM



EIPH continues to offer the Women's Health Check program which is a free breast and cervical cancer screening program that provides mammograms, and/or Pap tests and pelvic exams for women who meet eligibility requirements (see page 18) and have no other resources for breast and cervical screening or needed diagnostic tests. Women who live in geographically or culturally isolated communities and women who have never been screened for breast and/or cervical cancer in the last 5 years are at high risk for breast and cervical cancer and are a priority for enrollment in the WHC Program.

In FY2018, 418 women were screened through the WHC program in Eastern Idaho (through EIPH and private providers' offices). Of the women screened, 111 were referred for additional testing, and six breast or cervical cancers were detected.

Due to the increased cost of medical claims of clients enrolled in this program, the state was required to reduce funding to the health districts. This resulted in an 18% funding reduction to EIPH and fewer women able to be enrolled in the program.

# Health Education, Epidemiology, and Preparedness

The Health Education, Epidemiology, and Preparedness (HEEP) Division focuses on improving our communities' health through education, monitoring, and preparedness activities and by encouraging individuals to live healthy, active lifestyles through a variety of programs. The programs in the HEEP Division rely on collaborative working relationship with our community partners to assist in creating and sustaining healthy communities.

## INJURY PREVENTION

### Remembering When

At age 65, older adults are twice as likely to be killed or injured by fires compared to the population at large. By age 75, that risk increases to three times that of the general population—and to four times by age 85. Fires and burns are not the only hazards that threaten our older citizens. Statistics from the Centers for Disease Control and Prevention show that falls are the leading cause of death from unintentional injury in the home. Thirty percent of people age 65 and older are involved in falls each year—some of those falls are fatal, while others permanently disable victims, often causing loss of mobility or independence.

By focusing attention on these two serious issues, we can make a measurable improvement in the health and well-being of older adults, who are a rapidly growing segment of the population. *Remembering When*, a Fire and Fall Prevention Program for Older Adults, is designed to prevent injuries among older adults and help them live safely at home.

An Eastern Idaho team comprised of representatives from Eastern Idaho Public Health (Timalee Geisler), Eastern Idaho Medical Reserve Corps (Holly Peterson), and the Madison County Fire Department (Trevin Ricks) was awarded a scholarship to attend the 2017 National Fire Protection Association's *Remembering When* conference held in Nashville, Tennessee in November of 2017. Our team—one of 21 selected from communities across the United States and Canada—participated in training to deliver the educational fire and falls prevention program. Teams are composed of at least one member of the fire department partnered with an individual from an agency within the community that serves older adults. Each award covered training, materials, and travel expenses, and was valued at more than \$4,000.

Following the conference, the team returned to Madison County and the surrounding areas and conducted group presentations and training sessions to prepare additional facilitators. Team members also met with 20 older adults for home visits where they tailored the *Remembering When* key messages and helped older adults identify changes that will increase home safety.



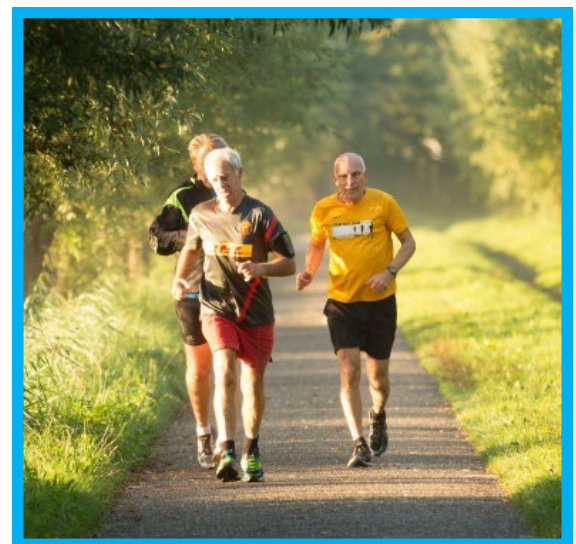
#### Fire Prevention Key Messages

1. If you smoke, smoke outside.
2. Give space heaters space.
3. Stay in the kitchen when frying food.
4. If you clothes catch fire; stop, drop, and roll.
5. Smoke alarms save lives.
6. Plan and practice your escape from fire and smoke.
7. Know your local emergency number.
8. Plan your escape around your abilities.

#### Fall Prevention Key Messages

1. Exercise regularly.
2. Take your time.
3. Keep stairs and walking areas clear.
4. Improve the lighting in and outside your home.
5. Use non-slip mats.
6. Be aware of uneven surfaces.
7. Stairways should be well lit.
8. Wear sturdy, well-fitting shoes.

Source: <https://www.nfpa.org/Public-Education/Resources/Education-Programs/Remembering-When>; Graphic Reproduced from NFPA's website, [www.nfpa.org/publiceducation](http://www.nfpa.org/publiceducation). © NFPA





# and Preparedness Division



## PUBLIC HEALTH & HEALTHCARE EMERGENCY PREPAREDNESS

### Training for Medical Providers

Leaders from hospitals, emergency medical services, emergency management, and public health from Eastern Idaho Healthcare Coalition successfully completed and graduated from the three-day Healthcare Coalition Response Leadership Course. The course was held February 21-23, 2018, at the Federal Emergency Management Agency's Center for Domestic Preparedness in Anniston, Alabama. As the first and only healthcare coalition in Idaho to complete the course, Eastern Idaho Healthcare Coalition continues to demonstrate commitment to healthcare preparedness and emergencies that will:

- Help patients receive the care they need at the right place, at the right time, and with the right resources;
- Decrease deaths, injuries, and illnesses resulting from emergencies; and
- Promote healthcare delivery system resilience in the aftermath of emergencies.



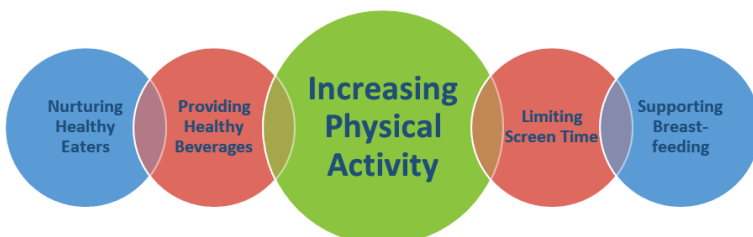
*Participants in FEMA's Healthcare Coalition Response Leadership Course, pictured left to right, include:*

*Brett Hanson, Eastern Idaho Regional Medical Center  
Troyce Miskin, Madison County Fire/EMS  
Greg Adams, Teton County Emergency Management  
Holly Peterson, Eastern Idaho Public Health  
Alan Brower, Madison Memorial Hospital  
Mike Winegardner, Eastern Idaho Public Health  
Keith Richey, Fremont County Emergency Management  
Eric Day, Idaho Falls Fire/EMS*

## PHYSICAL ACTIVITY & NUTRITION PROGRAM

### Hop Scotch

EIPH's Physical Activity and Nutrition (PAN) Program works with child care providers to incorporate strategies that keep kids moving and eating healthy in child care facilities. PAN recommends following national best-practices as outlined by the *Let's Move! Child Care* program, including:



Through this work, Idaho's parents can be assured that their children are learning and growing in health-promoting child care environments.

To supplement these efforts, the PAN program worked with child care providers to increase and improve physical activity opportunities to make playground improvements and updates using painted playground stencils.

LET'S MOVE!  
**Childcare**



*Many children (and adults) are enjoying hop scotch this summer in Eastern Idaho, like at the Idaho Falls YMCA (pictured above) and EIPH's office in Bonneville County!*

# Nutrition

## WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM

*Exciting things are happening in the WIC Program!*

### WIC Shopper App

This past year the State of Idaho kicked off the WIC Shopper App that allows WIC participants to do several tasks using their smartphone. These include viewing Idaho WIC's food list, locating WIC-approved grocery stores, locating WIC clinics, scanning items to check for WIC approval, and access to nutrition tips and recipes. Idaho will transition to eWIC cards (the WIC program's version of an EBT card to access WIC benefits) by 2020. When this happens the WIC Shopper App will be the tool participants use to manage and view their benefits.

**Idaho  
WIC**

## WICShopper

The free mobile app for WIC participants.

- 1 Install "WICShopper" from your app store.
- 2 Select Idaho as your WIC agency.
- 3 Find a map of stores and WIC clinics in your area.
- 4 Scan product UPCs to see if items are WIC approved.
- 5 View the WIC food list, yummy recipes and more, right from your phone!

Learn More

at [EBTShopper.com](http://EBTShopper.com)

The WIC Program is an equal opportunity provider.

### WICSmart

WICSmart is a program which allows low risk WIC participants to access free nutrition education (available in English or Spanish) using their smartphone, tablet, or personal computer at their convenience. Staff are able to contact a participant over the phone to confirm address, schedule next appointment, and receive permission to mail checks. Then staff verify nutrition education was completed in WICSmart and mail checks. This is a great convenience for WIC participants, reducing office visits for some WIC participants.

During FY2018, EIPH's WIC program was one of three health districts that assisted the State in developing materials and procedures and then began piloting the program.

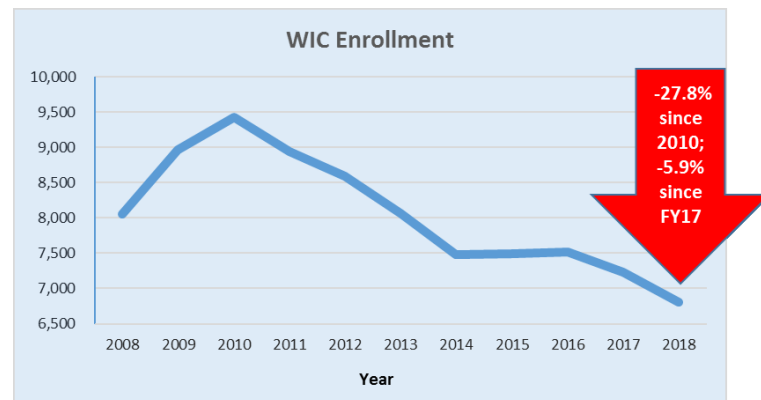
The statewide rollout was scheduled to occur in September of 2018. In addition to WICSmart education, we continue to provide in-person classes for participants who prefer to come to WIC for nutrition education.



### WIC Participation

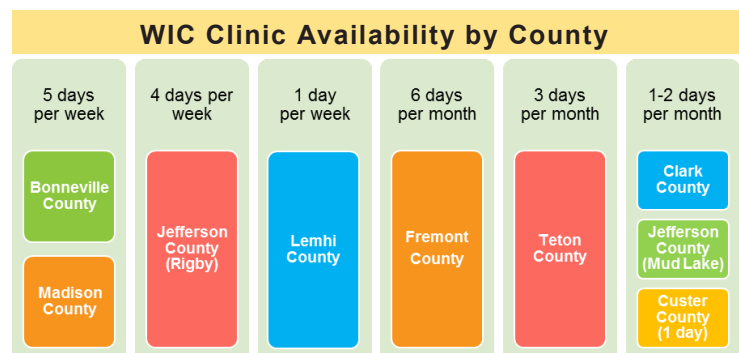
WIC participation continues to decline at an alarming rate. This decline is likely due to a robust economy. Still, many people with lower paying jobs are unaware that they qualify for the WIC program. Leveraging technology in the form of the WIC Shopper App, WICSmart nutrition education, and eWIC cards may help draw more people to WIC.

In 2019, the State WIC program will participate in the National WIC Awareness & Retention Campaign. This campaign consists of integrated multimedia advertising and educational marketing. We are excited about the potential to get the word out about our awesome program and thus increase participation.



### WIC Availability

WIC staff recognizes the importance of providing services to participants in rural areas and travel year-round in all weather conditions, which at times can be very difficult given Idaho's brutal winters. WIC clinic frequency is based on WIC participation in each county.



# Division



## PKU (Phenylketonuria) PROGRAM



The PKU program is small but extremely important to those individuals diagnosed with PKU, a genetic condition. In the United States, PKU occurs in 1 in 10,000 to 15,000 newborns. Most cases of PKU are detected shortly after birth by newborn screening and treatment is started promptly. As a result, the severe signs and symptoms of classic PKU are rarely seen. Those diagnosed with PKU are unable to break down one of the amino acids found in protein called phenylalanine. If left untreated, PKU can cause long-term damage to the central nervous system.

EIPH currently serves 12 participants in the PKU program, eight adults and four children. One of our Registered Dietitians, Elise Klingler, MHE, RD, LD, specializes in PKU nutrition counseling and works closely with patients and their families to manage phenylalanine levels through diet and specialized formulas. Patient management is done in combination with biannual clinics held at EIPH, run by Dr. Cary Harding, MD, from Oregon Health and Science University who specializes in Inborn Errors of Metabolism. Dr. Harding does extensive research in PKU treatments. He and his team recently received FDA approval for a medication, Palynziq, which allows adult PKU patients to eat a normal diet. The medication is an injection that converts excess phenylalanine in the blood. Dr. Harding is an amazing doctor and one of the top PKU researchers in the United States. PKU patients in Eastern Idaho receive top notch care.

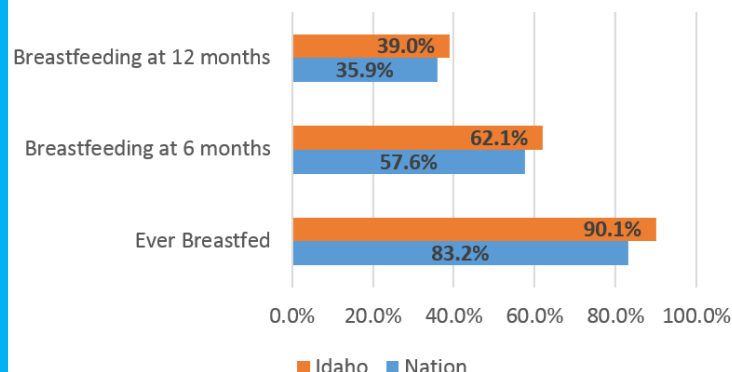
### WIC Program Statistics

	Total Clients Enrolled	# of Clients Participating	WIC Food Dollars Spent
<b>Bonneville County</b>	3,453	3,065	\$1,802,528
<b>Clark County</b>	31	31	\$15,959
<b>Custer County</b>	48	40	\$24,950
<b>Fremont County</b>	201	155	\$95,335
<b>Jefferson County</b>	664	599	\$351,656
<b>Lemhi County</b>	151	140	\$88,544
<b>Madison County</b>	2,164	1,982	\$1,066,025
<b>Teton County</b>	124	108	\$64,652
<b>FY18 Total</b>	<b>6,807</b>	<b>6,120</b>	<b>\$3,509,648</b>

## PEER COUNSELOR PROGRAM

EIPH's breastfeeding Peer Counselor Program is strong with seven Peer Counselors working to serve over 400 moms. In FY2018, we were able to bring Certified Lactation Consultant training to EIPH, training 11 WIC and Peer Counselor staff as well as more than 30 nurses and medical providers from our community. A well-trained medical community means better breastfeeding support and success to the moms in our community. The benefits of this valuable training have a ripple effect as Idaho boasts some of the highest breastfeeding rates in the nation.

Breastfeeding Report Card Data - 2018





# Program



## WOMEN'S HEALTH CHECK

### The Women's Health Check Program is for women who:

1. Are U.S. citizens or U.S. residents for at least five years.
2. Do not have any other resources such as health insurance, Medicare Part B, or Medicaid that covers mammograms or Pap tests.
3. Are one of the following:
  - Women aged **50 - 64** for Pap & HPV test, clinical breast exam and mammogram, and pelvic exam;
  - Women aged **30 - 49** for Pap & HPV test and pelvic exam; **or**
  - Women aged **21 - 29** for Pap test and pelvic exam.
  - Women over age 65 who are **NOT** eligible for Medicare or cannot afford Medicare Part B.

**Limited enrollment** and services available for **uninsured** women who meet these additional criteria:

  - Uninsured women age 40 -49 at high risk (personal history) and/or symptomatic for breast cancer.
  - Uninsured women age 21 - 39 symptomatic for breast cancer.
4. Do not have income above that shown in the following chart:

Persons in Family Unit	Yearly Income
1 person	\$24,280
2 people	\$32,920
3 people	\$41,560
4 people	\$50,200
For each additional person add:	\$8,640

**Prevent.**  
**Promote.**  
**Protect.**



## Eastern Idaho Public Health

**Prevent. Promote. Protect.**

We offer the following services in our eight-county region:



### Immunization Program

Provides a full range of vaccines for all ages.

- Specializes in foreign travel and flu vaccines
- Accepts insurance, Medicaid, and Medicare
- No child denied routine immunizations due to inability to pay
- Some reduced-fee vaccines available for uninsured adults
- Worksite vaccination clinics available



### Reproductive Health Program

All services are personal and confidential.

- Services billed on a sliding fee scale based on family size and household income
- Accepts insurance and Medicaid
- Provides a full range of services and education, including: Annual exams | Pregnancy tests | Birth control
- Testing, counseling, and treatment of Sexually Transmitted Diseases (STDs) including HIV/AIDS



### Women's Health Check (WHC) Program

**FREE** breast and cervical cancer screening program.

- Serves uninsured women with limited family income and no other resources for these cancer screenings
- Provides referrals for diagnostic testing and treatment



### Women, Infants, and Children (WIC) Program

WIC is a **FREE** supplemental nutrition program for women, infants, and children who meet income and eligibility guidelines.

- Teaches families nutrition and how to prepare healthy meals
- Provides vouchers for healthy foods such as milk, eggs, cheese, fruits, and vegetables
- Provides breastfeeding education and support
- Provides referrals to other community resources



### Healthy Living Programs

Services offered to help people live healthier lives.

- **FREE** classes to help people stop using tobacco
- Dental varnish and sealants for children
- **FREE** Fit and Fall Proof™ exercise classes for older adults to help them reduce the risk of falls

For a comprehensive list of services provided by Eastern Idaho Public Health, please visit [www.EIPH.Idaho.gov](http://www.EIPH.Idaho.gov).



**CALL YOUR LOCAL OFFICE TODAY TO  
SCHEDULE AN APPOINTMENT**

**Bonneville County**  
(208) 522-0310  
TOLL-FREE 1-855-533-3160

**Clark County**  
(208) 374-5216

**Custer County**  
CHALLIS (208) 879-2504  
MACKAY (208) 588-2947

**Fremont County**  
(208) 624-7585

**Jefferson County**  
RIGBY (208) 745-7297  
MUD LAKE (208) 663-4860

**Lemhi County**  
(208) 756-2123

**Madison County**  
(208) 356-3239

**Teton County**  
(208) 354-2220



[www.EIPH.Idaho.gov](http://www.EIPH.Idaho.gov)

Rev 11/17

# Information



## What is WIC?

2018–2019



### WIC is the Special Supplemental Nutrition Program for Women, Infants and Children.

#### WIC will help you and your family...

- Save money
- Eat well
- Learn about nutrition
- Stay healthy

#### For eligible families, WIC provides:

- Healthy foods
- Health screenings
- Health and nutrition information
- Help from licensed registered dietitians
- Breastfeeding information and support
- Referrals to health and social services



SUPPLEMENTAL NUTRITION PROGRAM  
FOR WOMEN, INFANTS AND CHILDREN

[www.wic.dhw.idaho.gov](http://www.wic.dhw.idaho.gov)

## Choose WIC!

### If you:

- 1) live in Idaho
- 2) are one of the following:
  - pregnant
  - breastfeeding a baby under one year of age
  - just had a baby
  - have an infant or child under the age of 5
- 3) meet the income guidelines below

### WIC Income Eligibility Guidelines

July 1, 2018 through June 30, 2019

Number of Household Members	Maximum Gross Household Income		
	Per Week	Per Month	Per Year
1	\$432	\$1,872	\$22,459
2	\$586	\$2,538	\$30,451
3	\$740	\$3,204	\$38,443
4	\$893	\$3,870	\$46,435
5	\$1,047	\$4,536	\$54,427
6	\$1,201	\$5,202	\$62,419

For each additional person, add \$7,992/year. Pregnant woman = 2 people.

Prescreening Tool: [wic.fns.usda.gov/wps/pages/start.jsf](http://wic.fns.usda.gov/wps/pages/start.jsf)

These guidelines are to see if you might qualify for WIC. To make sure that you qualify, please contact your local WIC office. To find your local office, please contact the Idaho Careline at 211 or 1-800-926-2588, or visit [www.wic.dhw.idaho.gov](http://www.wic.dhw.idaho.gov).

USDA is an equal opportunity provider. For the full nondiscrimination statement and contact information to file a complaint, please visit the Idaho WIC website at [www.wic.dhw.idaho.gov](http://www.wic.dhw.idaho.gov).

This publication was made possible by grant 18ID07W1003 from U.S. Dept. of Agriculture. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Dept. of Agriculture, Idaho Department of Health and Welfare, WIC Program, (2018) 334-5948, Form 500/ES, 5/18



IDAHO DEPARTMENT OF HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

# Notes





# Notes

[illegible]

# Notes



# EIPH Office Locations

## MAIN OFFICE

Bonneville County  
1250 Hollipark Drive  
Idaho Falls, Idaho  
(208) 522-0310



Clark County  
332 W. Main  
Dubois, Idaho  
(208) 374-5216



Custer County  
610 Clinic Road  
Suite A  
Challis, Idaho  
(208) 879-2504



Fremont County  
45 South 2nd West  
St. Anthony, Idaho  
(208) 624-7585



Jefferson County  
380 Community Ln.  
Rigby, Idaho  
Main: (208) 745-7297  
WIC: (208) 745-0346



Lemhi County  
801 Monroe  
Salmon, Idaho  
(208) 756-2123



Madison County  
314 North 3rd East  
Rexburg, Idaho  
Main: (208) 356-3539  
WIC: (208) 356-4496



Teton County  
820 Valley Center Dr  
Driggs, Idaho  
(208) 354-2220







# **Public Health**

Prevent. Promote. Protect.

---

**Idaho Public Health Districts**

*Healthy People in Healthy Communities*

[www.EIPH.Idaho.gov](http://www.EIPH.Idaho.gov)



Published 9/20/18