

Bollinger County Health Center Annual Report 2018

Board of Trustees

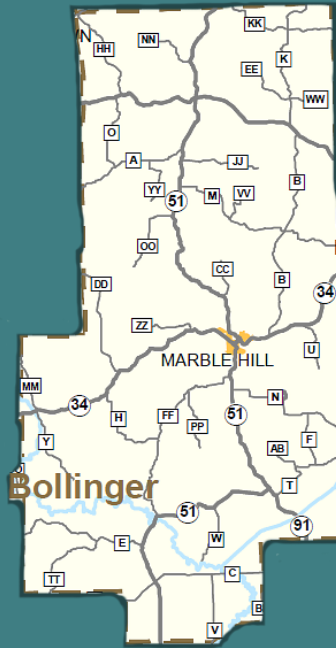
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Health Center Personnel

<u>Juanita Welker</u>	<u>Administrator</u>
<u>Charity Willmirth</u>	<u>Administrative Office Support Assistant</u>
<u>Betsy VanGennip</u>	<u>Office Support Assistant</u>
<u>Stephanie Wall</u>	<u>Office Support Assistant</u>
<u>Dianne Holzum</u>	<u>Senior Public Health Nurse</u>
<u>Amber Mock</u>	<u>Public Health Nurse</u>
<u>Julie Elfrink</u>	<u>Public Health Nurse</u>
<u>Kylee Jones</u>	<u>Public Health Nurse</u>
<u>Amanda Koch</u>	<u>Registered Dietitian, Health Educator</u>
<u>Katherine Lindsey</u>	<u>Nutritionist</u>
<u>Blair Reagan</u>	<u>Breastfeeding Peer Counselor</u>
<u>Linda Doerge</u>	<u>Regional Public Health Emergency Planner</u>
<u>Steve Yates</u>	<u>Environmental Sanitarian</u>

County Commissioners


<u>Travis Elfrink</u>	<u>Presiding Commissioner</u>
<u>Roger Vangennip</u>	<u>Southern Commissioner</u>
<u>Roy Garner</u>	<u>Northern Commissioner</u>





Bollinger County Health Center

Annual Report

2018

 573-238-2817

 www.bollingercountyhealth.org

 107 Hwy 51 North Marble Hill MO



From the Administrator...


On behalf of the Bollinger County Health Center Board of Trustees and staff, I am pleased to present the 2018 Annual Report. This report describes the various programs and services the Health Center provides in striving to improve the health of residents and visitors of Bollinger County. This report also summarizes key activities undertaken within those programs.

The Bollinger County Health Center is participating in a grant with other Health Departments in the Southeast region. The Missouri Foundation for Health approved funding for 14 local health agencies to implement electronic health records (EHR). Bollinger County client records moved from paper charts to electronic records August 8, 2018.

The Health Center was awarded a grant to construct a community safe room. This is a 30-month project that will run concurrently with a second project of renovation of the current building.

The accomplishments of 2018 are truly a team effort and requires collaboration among our board and staff, as well as numerous community partners. We thank you for your support, as we work to prevent, promote and protect the health of our residents.

Respectfully submitted,


Juanita Welker
Administrator



Annual
Financial
Report

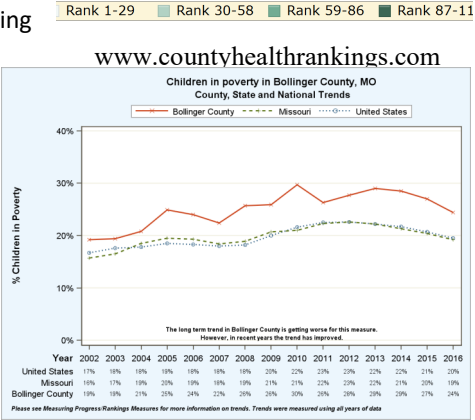
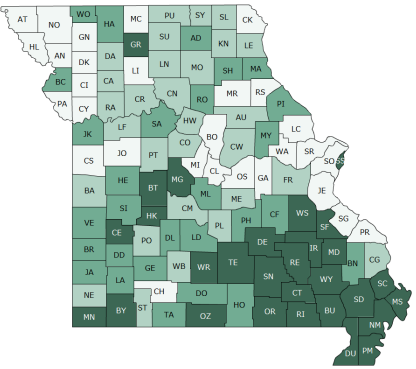
Bollinger County Health Center						2018
Agency Fiscal Year						Previous Year Ending Balance
From:			Through:			
Month	Day	Year	Month	Day	Year	
January	1	2018	December	31	2018	\$671,611.33
Local Revenues		DHSS Revenues		Federal	State	Other
Local Taxes	\$ 339,629.29	Core Public Health		\$15,763.00		
Interest	8,575.85	MOH		\$17,485.21		
Vital Records	14,118.25	School Health				
Donations	573.64	WIC Administration		\$75,565.87		
Fees	\$675.50	Child Care Inspections		\$1,205.00		
Other Total (attach detail)	\$32,283.51	Child Care Nurse Consultant		\$4,358.82		
Total Local Revenue	\$395,856.04	AIDS Funding				
		PHEP		\$14,295.77		
Other Revenues		BCCCP/Show Me Healthy Women		\$2,986.66	\$746.67	
Medicaid/MC+ (non Home Health)	24,938.33	Chronic Disease Prevention				
Medicare (non Home Health)	8,435.09	Worksite Inventory				
Family Planning Title X, etc.		Immunizations/Vaccine				
Other MO Departments (DOC, DESE, etc.)		Other DHSS Total (attach detail)		\$44,760.10	\$525.00	\$0.00
Insurance Billing	34,620.14	Total DHSS Revenue		\$176,420.43	\$1,271.67	\$0.00
Other Public Health Revenue Total (attach detail)	\$24,378.27	Total DHSS Funding				\$177,692.10
Home Health (all pymt. Sources)		TOTAL REVENUES (from all sources)				\$665,919.97
Home Maker (all pymt. Sources)						
Other Non-Public Health Revenue Total (attach detail)	\$0.00					
Total Other Revenues	\$92,371.83	Accrual Basis Adjustment (+/-)				
Balance on hand as of the close of the fiscal year.						(Balance at the end of previous fiscal year, plus revenues, minus expenditures)
						\$592,641.68
Expenditures			Expenditures from Local Funds			
Salaries/Wages	422,697.51	Total Expenditures				\$744,889.62
Fringe Benefits	\$119,752.51	Less actual expenditure of DHSS funds.				\$177,692.10
Supplies/Equipment	43,933.65	Less actual expenditure of Other source funds.				\$92,371.83
Contracted Services	54,823.49	Less actual expenditure for Capital costs.				\$0.00
Travel	16,078.79					
Utilities/Rent	11,284.04					
Dection Costs						
Capital Expenditures						
Other Total (attach detail)	\$76,319.63					
Total Expenditures	\$744,889.62	TOTAL LOCAL PUBLIC HEALTH EXPENDITURES				\$474,825.69
Report completed by						Charity Willmirth, Administrative Office Support Assistant
(Name, Title)						Date: 1/4/2019
Local Revenues		DHSS Revenues		Federal	State	Other
Other (source)	Amount	Other (source)	Amount	Amount	Amount	Amount
Private Pay Immunizations	5,391.56	Child Passenger Safety	\$957.59			
Contract Services	14,182.87	Safe Cribs for Missouri			\$525.00	
Food Resource Expansion Supp	3,552.00	CHIP	\$40,802.52			
CDSMP	7,657.08	Stock Healthy Shop Hse	\$2,999.99			
Home State Health Grants	1,500.00					
Other Local Revenue Total	\$32,283.51					
Other Revenues		Other DHSS Revenue Total		\$44,760.10	\$525.00	\$0.00
Other (source)	Amount					
Other Public Health Revenue						
Grants:						
Federal (HRSA, etc)						
MFFH	23,804.00					
HCFGKC						
Childrens Trust Fund						
Other Grants						
Misc Public Health Revenue	574.27	Comments:				
Other PH Rev. Total	\$24,378.27					
Other Non-Public Health Revenue						
Hospice (all pymt. sources)						
Primary Care (all pymt. sources)						
Misc Non-Public Health Revenue						
Other Non-PH Rev. Total	\$0.00					
Expenditures		Meeting, Training & Cont Ed		2,136.00		
Other (source)	Amount	Maint & Repairs		6,458.05		
Insurance		Lab & Other Testing		1,570.29		
Computers & Consulting		Fees		6,013.26		
Vaccine		Computers & Consulting		15,828.24		
Other Expenditure Total	\$76,319.63	Vaccine		33,777.79		

Health Highlights for Bollinger County

County Health Rankings

Bollinger County is ranked 68 out of 115 counties on health outcomes. Bollinger County residents have an overall better quality of life compared to other counties in the state (ranked 54 out of 115). Bollinger County has average rates for poor mental and physical health days, as well as low birthweight. Bollinger County was ranked 86 out of 115 counties for health behaviors. The county has a higher than average adult rate of physical inactivity (34%) and smoking (23%). Also, the access to exercise opportunities is lower than the state average at 27%. Fifteen percent of Bollinger residents are uninsured, compared to 12% of Missouri residents. The

county also has a high teen pregnancy rate (41 per 1,000 female residents age 15-19). However, the rate of adults excessively drinking is lower than the state rate at 17%. The percentage of children in Bollinger County living in poverty is 24% compared to the state rate of 19%. However, there are fewer children living in single parent households in the county (25% in Bollinger, 34% in Missouri). Violent crime is also lower than the state average at 198 offenses per 100,000 residents.



Lead Assessment/Testing

Missouri’s children are at risk for lead poisoning, a preventable health problem which affects the brain. At the Bollinger County Health Center, children are tested with a simple fingerstick, so that if there is lead in a child’s environment, steps can be taken to

avoid getting toxic levels in their bodies. When high levels are detected, the child is followed by a nurse case manager until the lead level is in normal range. In 2018, the Health Center tested 161 children for lead exposure. Pregnant women are also at risk for lead poisoning, which can be

passed on to the baby before birth. At the Bollinger County Health Center, all prenatal WIC clients are screened for lead poisoning. If risk factors are identified, a nurse works with the OB provider to minimize danger for mom and baby.

Vital Records

The Bollinger County Health Center provides certified copies of Birth and Death Certificates. This service is available through the Missouri

Department of Health, Bureau of Vital Records. Birth certificates are \$15 per copy for births after 1920. Death certificates, for deaths occurring after 1980, are

\$13.00 per copy. The Health Center fulfilled 1,179 certified copy requests in 2018.

Safe Cribs for Missouri

The Safe Cribs of Missouri program has continued at the Health Center under the direction of the Missouri Department of Health & Senior Services. Funding for this program through the State has been limited, but portable cribs have

been made available to clients if they do not have a crib and if they meet the financial eligibility requirements set by the State. Requirements also include clients being at least 35 weeks gestation or having an infant less than 3 months old at the time of

the crib application. During 2018, there were eight referrals and four cribs were delivered to new parents, with office and home visits by Public Health Nurses that included teaching on child safety and safe sleep.

Prenatal Case Management/Risk Appraisal

Case Management services are available for any eligible pregnant woman that may be at risk for poor pregnancy outcome. These services are intended to encourage adequate prenatal care, to help reduce

the incidence of infant mortality, and low birth weight. Prenatal clients who wish to participate are seen by Public Health Nurses during office visits for assessment, teaching, referral, and support. The number of clients

that received case management services in 2018 was 14. There was an additional total of 53 Risk Appraisals completed with 39 clients who declined Case Management Services and 19 who did not meet criteria.

Child Care Health Consultation

The services of a Public Health Nurse, trained in child care consultation, are offered to all licensed, license exempt, and non-regulated child care providers within Bollinger County. This past year, one Head Start program, one licensed pre-school, one license-exempt

facility, one licensed group home, one unlicensed facility, and seven licensed family-home providers were served. Also, 29 Children’s Health Promotion Presentations, 2 technical consults, 1.5 units of specialized consults, and 16 hours of group trainings have been completed.

A total number of 342 children have been impacted by these services.



Walk-in Services

Walk-in services are provided to residents of Bollinger County on Wednesdays or by appointment.

Wednesday Clinics	51	STD	30
Outside Clinics	43	Vision and Hearing	7
Blood Pressures	581	Other Injections	75
Blood Sugar	84	Show Me Healthy Women	14
Hemoglobin	69	Pregnancy Test	69
Cholesterol	40	PPD	187
Lead Screening	138	Health Ed Services	1600

Health Education Services

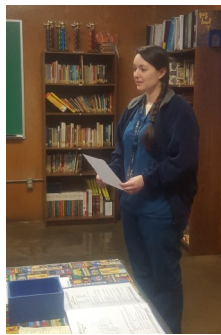
PHYSICAL ACTIVITY: In 2018, 6 people were enrolled in the **Arthritis Foundation Exercise Classes**. The Arthritis Classes are ongoing and are offered on Mondays-Wednesdays-Fridays at the Senior Nutrition Center.



Youth Tobacco Prevention: Students from Meadow Heights and Woodland School Districts attended both local and regional trainings hosted by the Tobacco Free Missouri Youth Advisory Board. Their mission is to promote healthy lifestyles by advocating for a tobacco free Missouri, educating youth about the risks of tobacco use, and empowering future generations to be tobacco free. Although the Youth Tobacco Prevention grant is no longer available, the Health Center still provided technical assistance to the schools. The Health Center participated in Meadow Heights' annual anti-tobacco health fair by providing education and activities about the dangers of tobacco.

NUTRITION/ HEALTH EDUCATION: Nutrition and health education services are provided as requested. Materials are provided for the annual Bol-

linger County Resource Fair, Bollinger County Fair, and other events as requested. Representation is provided for school health boards and various area coalitions. Regular presentations are made for Community Counseling Center's Psycho-Social-Rehab. One presentation was made for Leopold's 8th grade health class.



CDSMP: Through a partnership with Mississippi County Health Department and the Regional Arthritis Center, the Health Center has five staff members who are certified to teach **Chronic Disease Self-Management Program (CDSMP)**. This is a six week workshop that helps participants learn to manage their chronic disease through diet, exercise, and working with their health care providers. In 2018, 9 participants completed the CDSMP course.

DSMP: Through the same partnership with Mississippi County Health Department and the Regional Arthritis Center, the Health Center has five staff members who are certified to teach **Diabe-**

tes Self-Management Program (DSMP). This is a six week workshop that helps participants more effectively manage their diabetes through meal planning, exercise, and monitoring their blood sugar. In 2018, 14 participants completed the DSMP course.

SHSH: This grant was an extension of the HEAL grant. This grant provides funding and technical support for local stores to stock healthier food options. **Stock Healthy, Shop Healthy** helps communities gain access to healthier and affordable foods through local corner stores and gas stations. These stores are asked to provide healthier choices for their customers with the stock that is already there. As of 2018, Bollinger County has three Stock Healthy, Shop Healthy stores.

The Health Center and Home State Health sponsored a gardening class in collaboration with the University of Missouri Extension on how to grow your own herbs to 33 community members.

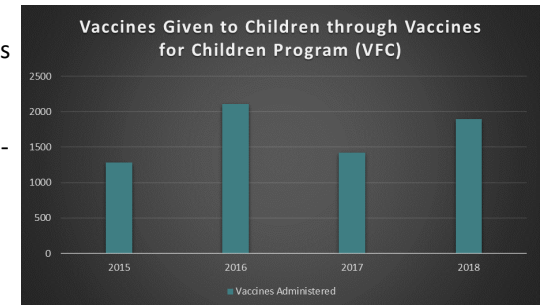


Vaccines for Children Program

The Vaccines for Children Program (VFC) is funded by CDC and provides free vaccines to children who qualify. Children must be under the age of 19 years and meet one of the following requirements:

- Medicaid Eligible
- No Insurance Coverage
- American Indian or Alaskan Native
- Underinsured

In 2018, Bollinger County Health Center nurses administered 1,893 vaccines through the Vaccines for Children Program. Immunizations are given at the Health Center on Wednesdays from 8 am to 3:30 pm and other days by appointment.



Vaccine Preventable Disease

Immunizations are given at the Health Center on Wednesdays from 8 am to 3:30 pm and other days by appointment. In 2018, a total of 2,192 immunizations were administered, including 146 vaccines at no cost to uninsured adults.

Additionally, the Health Center hosted a county-wide flu clinics, and took flu vaccine to each of the four schools in the county, as well as VIP Industries, for a total of 892 flu shots in 2018. In the spring and fall, additional immunization days for the purpose of getting school-age children the required and/or recommended vaccines for school attendance in Missouri. Many insurance companies may be billed for immunizations, for those members of the community with health care coverage.



Accepted Insurances

Aetna	Medicare B
Anthem Blue Cross Blue Shield	Medicare Railroad
Coventry	United Healthcare
Humana	UMR
Medicaid (United Healthcare, MO Care, and Home State Health)	

*Provider list and benefits subject to change

Immunization Awareness and Access Initiative

In December of 2014, the Health Center was awarded the Immunization Awareness and Access Initiative from the Missouri Foundation for Health. The four-year grant covered immunizations for children and adults who did not have a payment source, provided education to the public on immunizations, and sponsored a yearly regional

nurse's workshop including topics about immunizations. The grant ended November 30, 2018. A combination of community based interventions was used to increase the demand for vaccinations in Bollinger County. Public health nurses in the region were offered educational opportunities to expand knowledge of immunization protocols and improve the efficacy

of immunization programs. The final training, April 5, 2018, was attended by 80 public health professionals**



**Funding for this project was provided by The Missouri Foundation for Health. The Missouri Foundation for Health is a philanthropic organization whose vision is to improve the health of the people in the communities it serves

Women, Infants, and Children (WIC)

WIC is a supplemental nutrition education program that helps mothers and young children eat well and stay healthy. Women, Infants and Children who meet income guidelines may go to any WIC provider in the State of Missouri to apply for WIC benefits. Income guidelines are established by the United States De-

partment of Agriculture. WIC provides breastfeeding education and support; nutrition and health education; referrals and health screenings; and funds to buy nutritious foods. The WIC program is very active in the county, with 3,738 client contacts in 2018. Eight clinic days are

set aside each month to serve WIC clients. Seven of those days are in the Marble Hill Office, and a satellite clinic is held in Patton one day per month.

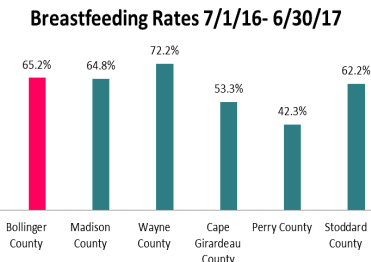
Number of Participants

Women	1027
Infants	966
Children	1745

Breastfeeding Peer Counselor Program

The Breastfeeding Peer Counselor Program provides breastfeeding education and support to WIC participants. The Breastfeeding Peer Counselor (BFPC) teaches breastfeeding classes monthly, as well as hosts a quarterly support group. The BFPC also provides one-on-one counseling to moms. The Breastfeeding Peer Counselor Program loans both manual and electric breast pumps. The Breastfeeding Peer Counselor made 699 contacts to prena-

tal and breastfeeding WIC participants in 2018. Breastfeeding initiation rates for fiscal year 2018 were 65.2% which was below the State average of 71.3%. Breastfeeding duration rates at six months were 19.2% and 18.5% at 12 months. The Bollinger County WIC Program also received recognition as "Breastfeeding Friendly WIC Clinic" for the eighth year in a row,



and was recognized as a Missouri Breastfeeding Friendly Worksite. The Breastfeeding Peer Counselor Program is coordinated by the WIC Nutritionist.

Health Education Services Cont.

MCH: The **Maternal Child Health** grant is a federal program dedicated to improving the health of all women, children and families. In 2018, as part of the Maternal Child Health block grant, the Health Center conducted a survey with area businesses and business leaders, using health data gathered from the annual assessment, to determine the priority health issues in Bollinger County. The top 2 priority health issues were to prevent or decrease smoking

among women of child-bearing age and pregnant women; and to prevent and reduce obesity among children and adolescents ages 6-17. Smoking cessation education and referrals were provided at WIC prenatal visits to women who were smoking. The Health Center surveyed local teachers to assess if they utilized Brain Breaks in the classroom as part of an effort to increase physical activity and prevent obesity. The Health Center conducted height, weight, and body mass index (BMI) measurements

at the 4 county schools to gather data on the prevalence of obesity in Bollinger County school-aged children. The Health Center went to Woodland School, K-8th grade, to present 3 presentations on the **1-2-3-4-5 Fit-Tastic** framework during summer school with about 150 students participating. 1-2-3-4-5 Fit-Tastic helps to encourage a healthy and active lifestyle for children. This program was designed to help children and parents understand the importance of healthy habits early in life.

Show Me Healthy Women and WiseWoman

Early detection saves lives! Missouri women between the ages of 35 and 65 are at risk for certain cancers, and many cannot afford to get screened for early detection. Show Me Health Women is a free breast and cervical cancer screening program funded by the state of Missouri. If a client receives a cancer diagnosis through this program, her treatment will be

covered by Missouri Medicaid. In conjunction with Show Me Healthy Women, the WISEWOMAN program is offered to measure the cardiovascular and diabetes risks a woman faces. Women are tested for high blood sugar, A1C, cholesterol level, blood pressure, height, weight and BMI. Education received can help each woman make an individual plan to set reasonable goals, reduce her risks, and im-

prove her health. These services are offered at no cost, and clients can call the health center to see if they qualify. In 2018, ten ladies participated in these programs.



Food Resource Expansion to Support Health (FRESH)

In cooperation with the Southeast MO Food Bank and Marble Hill Food Pantry, **Food Resource Expansion to Support Health (FRESH)** is a program that aims to help low-income seniors in the community. The goal is to improve health by improving nutrition,

education, and self-management behaviors. A public health nurse is present at the Marble Hill Food Pantry on senior citizen distribution day to perform health screenings for common chronic conditions, such as hypertension, diabetes, and obesity. The health educa-

tor offers information about healthy eating, weight management, diabetes, and other issues, as well as referrals for prescription assistance, medical provider visits, and self-management classes. In 2018, 104 senior citizens benefited through this program.

Communicable Disease

Surveillance

The Health Center receives weekly reports from daycares, schools and a long-term care facility on the number of illnesses/diseases seen in attendees, residents or clients. The communicable disease nurse reviews this information to monitor the illnesses reported and identifies any trends that affect the public health of the community. Influenza cases confirmed by laboratory testing are also reported to the health center for residents in Bollinger County.

Communicable Disease

The Health Center receives reports from agencies such as labs, medical providers, hospitals or the Missouri Department of Health on Bollinger County residents experiencing conditions that are reportable in Missouri. Investigations are done by the nurses with interventions as necessary to promote the health

of residents in Bollinger County. Hepatitis C reports on residents with positive Hepatitis C testing results are received. There is no vaccine for this disease, so prevention is best. The Health Center does Hepatitis C screenings through the Hepatitis C Alliance. The communicable disease nurse also receives reports on residents that are experiencing tickborne illness according to laboratory results. Ehrlichiosis, Rocky Mountain Spotted Fever, Lyme and Tularemia are examples of tickborne diseases that are investigated in Bollinger County residents. See the chart below for the number of Bollinger County residents reported to this agency with tickborne illness in the preceding four years.

Sexually Transmitted Disease

Public Health Nurses can provide screenings for chlamydia, gonorrhea, HIV and Syphilis. Treatment is provided

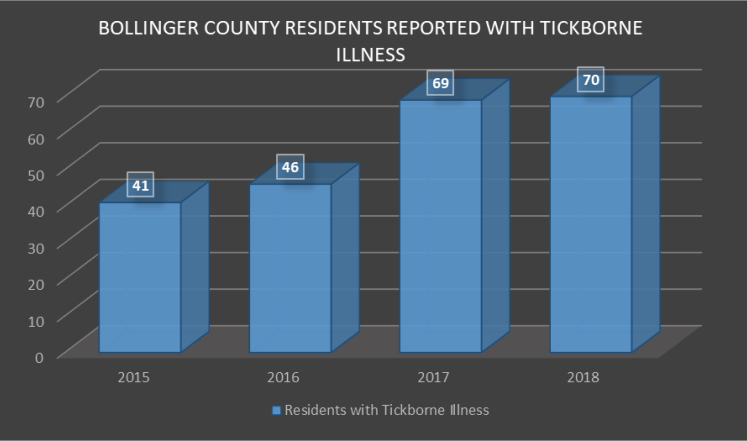
on site for chlamydia and gonorrhea. Follow-up of HIV and Syphilis are handled by Missouri Department of Health staff. Chlamydia is the most reported sexually transmitted disease.

Rabies

While no animal rabies was reported this year in Bollinger County, rabies in the animal population is an ongoing issue in Missouri. Rabies is always a possibility in wildlife. Rabies in humans is almost always fatal. However, there is Rabies Post Exposure Prophylaxis treatment for individuals whom may have had potential exposure to a rabid animal. **Pet vaccination against rabies by a licensed veterinarian, is the best prevention of potential human exposure to rabies.**

Tuberculosis

The Health Center also does investigations and follow-up of all positive tuberculin skin test done at the Health Center or those reported by another agency. Public Health Nurses provide case management services for Latent TB Infection (not contagious) and TB Disease (contagious). TB screening test are offered on Wednesday and other days by appointment. This test is placed one day and read 48—72 hours later.



Environmental Public Health

The Environmental Public Health Specialist inspects school cafeterias, restaurants, taverns, retail grocery, food complaints, daycares, lodging establishments, and sewage systems.

Approximately 86 food establishments were inspected based on their risk assessment to prevent food-related illnesses. There are 12 daycares inspected annually for safety and sanitary issues. Hotels/motels, if licensed, are inspected annually to ensure public

safety. Based on the violations and findings, some undergo multiple rounds of re-inspections until they conform to safety guidelines.

Onsite sewage permits are provided upon request when required for all new or replacement sewage systems and are inspected via site visits. Sewage complaints are also investigated with violations issued. All violations are required to be corrected under current law. In 2018, there were five sewage complaint visits.



Emergency Response

The Health Center continues to update response plans for disasters due to weather, illnesses and man-made incidents. Linda Doerge is the Re-

gional Emergency Planner and assists in coordinating emergency plans and response for Bollinger County residents. The health center staff participates in

emergency response drills, such as the Great American Shakeout.

Medical Reserve Corps (MRC)

The mission of the MRC is to engage volunteers to strengthen public health, emergency response and community resiliency. Bollinger County has had a Medical Reserve Corps since 2/15/2007. Its primary reason for establishment was to assist the Local Public Health Agency with the implementation of mass treatment for the National Strategic Stockpile and to administer Influenza vaccinations to resi-

dents. CPR/First Aid classes are available through the MRC. CERT (Community Emergency Response Team) Training is available through the MRC when requested. The 20-hour training covers: disaster preparedness, terrorism and CERT, disaster fire suppression, light search and rescue operations, disaster medical operations, disaster simulation, and disaster psychology and team organization.

