

Bollinger County Health Center

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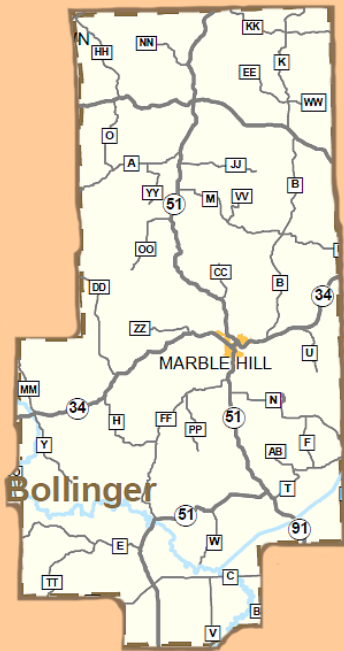
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Health Center Personnel

<u>Juanita Welker</u>	<u>Administrator</u>
<u>Amanda Thiele</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>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>Erin Cook</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>Kevin Cooper</u>	<u>Environmental Health Specialist</u>

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Bollinger County Health Center



2020 Annual Report



 573-238-2817
 www.bollingercountyhealth.org
 107 Hwy 51 North Marble Hill

From the Administrator...

On behalf of the Bollinger County Health Center Board of Trustees and staff, I am pleased to present the 2020 Annual Report. This report describes 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.

Staff at the Health Center spent most of their time on COVID-19 response in 2020. The community relied on education about exposure and instructions on isolation and quarantine provided by the nurses. Other staff members were vigilant in keeping the office sanitized to limit exposure for staff and clients. The office was closed to the public for a short time with staff working from home on a rotating basis. Immunizations were provided by drive-thru and curbside clinics.

The Community Safe Room was completed in April. Residents and visitors to the county may take refuge at the shelter when a severe wind storm or tornado warning is issued. The safe room is intended to operate for a very limited time. Evacuees are expected to return to their homes within a short time or relocate to other housing. Renovations of the existing facility were also completed in April.

The accomplishments of 2020 were truly a team effort and required the collaboration of our board and staff, as well as numerous community partners. The COVID Pandemic strengthened existing relationships, and encouraged new relations with local, state and federal partners. We thank you for your support, as we work to prevent, promote and protect the health of our residents.

Respectfully submitted,

Juanita Welker

Juanita Welker
Administrator



Annual
Financial
Report

Bollinger County Health Center										2020
Agency Fiscal Year						Previous Year Ending Balance				
From:			Through:							
Month	Day	Year	Month	Day	Year					
January	1	2020	December	31	2020	\$613,569.26				
Local Revenues		DHSS Revenues		Federal		State		Other		
Local Taxes		\$361,137.26		Core Public Health				\$21,123.06		
Interest		\$5,767.49		MCH		\$17,760.40				
Vital Records		\$21,219.00		School Health						
Donations		\$164.00		WIC Administration		\$82,623.36				
Fees		\$452.75		Child Care Inspections		\$550.00				
Other Total (attach detail)		\$26,255.30		Child Care Nurse Consultant		\$3,886.08				
Total Local Revenue		\$414,995.80		AIDS Funding						
Other Revenues		PHEP <td colspan="2">\$10,993.59</td> <td colspan="4"></td>		\$10,993.59						
Medicaid/MCH (non Home Health)		\$12,837.39		BCCCP/Show Me Healthy Women						
Medicare (non Home Health)		\$29,131.02		Chronic Disease Prevention						
Family Planning Title X, etc.				Worksite Inventory						
Other MD Departments (DOC, DESE, etc.)				Immunizations/Vaccine						
Insurance Billing		\$59,105.37		Other DHSS Total (attach detail)		\$4,575.33		\$41,392.56		
Other Public Health Revenue				Total DHSS Revenue		\$120,388.76		\$62,516.42		
Total (attach detail)		\$222,860.68		Total DHSS Funding				\$182,905.18		
Home Health (all pymt. Sources)				TOTAL REVENUES (from all sources)				\$1,193,865.24		
Home Maker (all pymt. Sources)										
Other Non-Public Health Revenue (attach detail)		\$272,029.80								
Total Other Revenues		\$595,964.26		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)										
\$149,760.98										
Expenditures		Expenditures from Local Funds								
Salaries/Wages		\$428,073.21		Total Expenditures				\$1,657,673.52		
Fringe Benefits		\$123,860.70		Less actual expenditure of DHSS funds.				\$182,905.18		
Supplies/Equipment		\$189,671.54		Less actual expenditure of Other source funds.				\$595,964.26		
Contracted Services		\$128,160.47		Less actual expenditure for Capital costs.				\$643,748.67		
Travel		\$3,299.99		Less FEMA Grant expenditures				\$383,394.14		
Utilities/Rent		\$15,196.64								
Election Costs		\$0.00								
Capital Expenditures		\$643,748.67								
Other Total (attach detail)		\$125,662.30								
Total Expenditures		\$1,657,673.52		TOTAL LOCAL PUBLIC HEALTH EXPENDITURES				\$235,055.41		
Report completed by (Name, Title)		Amanda Thiele, Administrative Office Support Assistant						Date: 2/26/2021		
Local Revenues		DHSS Revenues		Federal		State		Other		
Other (source)		Amount		Other (source)		Amount		Amount		
Private Pay Immunization		\$5,145.32		Safe Cribs for Missouri		\$500.00				
Contract Services		\$16,130.48		CHIP		\$40,892.56				
CDSMP		\$3,979.50		GoNapsacc		\$566.09				
Home State Health Grant		\$1,000.00		Increasing Adult Vacc		\$4,009.24				
Other Local Revenue Total		\$26,255.30								
Other DHSS Revenue Total				\$4,575.33		\$41,392.56		\$0.00		
Other Revenues		Expenditures								
Other (source)		Amount		Other		Amount				
Other Public Health Revenue				Meeting, Training & Cont Ed		\$847.75				
Grants:				Maint & Repairs		\$4,723.04				
Federal (HRSA, etc.)				Insurance		\$17,111.06				
CARES Act Funding		\$213,516.45		Lab & Other Testing		\$337.64				
MDA-Fluoride/Varnish/Gr		\$500.00		Fees		\$17,424.79				
MRC-MACCHO		\$2,500.00		Computer & Consulting		\$31,014.14				
Other Grants				Vaccine		\$53,644.11				
Misc Public Health Revenue		\$6,344.23		Misc Expenses		\$559.77				
Other PH Rev. Total		\$222,860.68		Other Expenditure Total		\$125,662.30				
Other Non-Public Health Revenue		Comments:								
Hospice (all pymt. sources)				Misc Non-Public Health Revenue includes the following:						
Primary Care (all pymt. sources)				1. Idemia Fingerprinting Services offered through a contract						
Misc Non-Public Health Revenue		\$272,029.80		with Idemia Identity Services: \$138						
Other Non-PH Rev. Total		\$272,029.80		2. FEMA Grant from Renovation/Safe Room Expansion: \$271,891.80						

Health Highlights for Bollinger County

County Health Rankings:

Bollinger County is ranked 74 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 63 out of 115). Bollinger County has average rates for poor mental and physical health days.

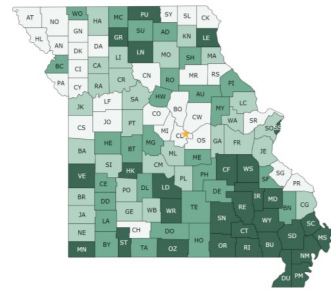
Bollinger County was ranked 74 out of 115 counties for health behaviors. The county has a higher than average adult rate of physical inactivity (33%) and smoking (21%).

Also, access to exercise opportunities is lower than the state average at 26%. Fourteen percent of Bollinger residents are uninsured, compared to 11% of Missouri residents in general. The county also has a higher-than-state teen pregnancy rate (33 per 1,000 female residents age 15-19).

The percentage of children in Bollinger County living in poverty is 22% compared to the state rate of 18%. However,

there are fewer children living in single parent households in the county (21% in Bollinger, 33% in Missouri).

The image below as well as all information and more can be found at: www.countyhealthrankings.org



Health Outcome Ranks 1 to 29 30 to 58 59 to 86 87 to 115

Emergency Response

The Health Center continues its mission of preparedness for disaster incidents due to weather, illnesses and man-made situations by planning, training and coordinating with other county and state partners. Kevin S. Cooper will assume duties as Bollinger County Emergency Health

Planner. He will assist in the coordination of emergency health response plans for Bollinger County residents. These duties are in direct conjunction with Bollinger County Emergency Management. The Health Center staff participates in various levels of emergency response drills,

such as the Great American Shakeout, state and regional health directed exercises, and continue to be an integral participant in disaster response where information in disease control and medical countermeasures is paramount to other county emergency responders.

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 \$14.00 per copy. In 2020, the Health

Center fulfilled 1478 death certificate requests and 322 birth certificate requests for a total of 1,800.

Environmental Public Health

The Environmental Public Health Specialist (EPHS) inspects ALL food establishments in the county including, school cafeterias, restaurants, taverns, retail grocery and retail food. Along with the food establishments, this position is responsible for the inspection of daycares, Head Start facilities and lodging establishments. The EPHS is also responsible for following up with complaints made about all of these same establishments as well as private sewage complaints.

This past year has seen monumental changes to our lives and businesses. The service industries of food and lodging were some of the hardest hit by COVID-19. During the past year, there were 38 food establishment inspections conducted based on their risk

assessment to prevent food-related illnesses.

There were six daycares inspected 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. These same facilities, if using private wells, have water samples collected from them at least annually to ensure safe drinking standards. Water samples from privately-owned wells may also be collected when requested. This sample collection is provided free of charge as a public service to county residents. However, a nominal processing fee to the Missouri State Laboratory is required. During this past year,

there were 61 water samples collected and sent to the state lab via the courier system.

Onsite sewage permits are NOW provided via Department of Health and Senior Services by calling 573-751-6095. Sewage complaints are still investigated with violations issued by the EPHS. All violations are required to be corrected under current law. During the past year, there were 12 sewage complaint visits.

In the area of quality improvement, inspection forms and procedures are now computerized and electronically stored at the Health Center. This computerization has significantly enhanced the review process, and allows for greater ease in monitoring trends in compliance and facility improvement.

Medical Reserve Corps (MRC)

The mission of the Medical Reserve Corps (MRC) is to engage volunteers in strengthening public health, emergency response and community resiliency. Bollinger County has had the MRC since 2/15/2007. Its primary reason for establishment was to assist the county in a Local Public Health emer-

gency. This would include helping with the implementation of mass treatment including use of the National Strategic Stockpile and to administer Influenza vaccinations to residents. CPR/First Aid classes are available through the MRC. This year, we were able to modify an existing MRC resource to expand our

capabilities and better serve Bollinger County citizens. The modification of the MRC trailer has allowed for the expansion of remote service capabilities. COVID clinics will benefit from the help of MRC volunteers and our new mobile clinic equipment.

CERT (Community Emergency Response Team)

Training is available through the MRC when requested. The 24-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 or-

ganization. This training gives the community an opportunity to be better prepared to survive a catastrophic disaster.

Health Education Services

PHYSICAL ACTIVITY: The Bollinger County Health Center offered Arthritis Foundation Exercise Classes at the Senior Nutrition Center up until March. Due to the COVID-19 pandemic, the arthritis exercise classes were cancelled for the safety of everyone involved.

Youth Tobacco Prevention:

Although the Youth Tobacco Prevention grant is no longer available, the Health Center still provided technical assistance to the schools. In the past, the Health Center has participated in Meadow Heights' annual anti-tobacco health fair by providing education and activities about the dangers of tobacco. Due to the COVID-19 pandemic, Meadow Heights' health fair was cancelled.

NUTRITION/ HEALTH EDUCATION:

Nutrition and health education services are provided as requested. Representation is provided for school health boards and various area coalitions. Regular presentations for Community Counseling Center's Psycho-Social-Rehab were given until March. Presentations were cancelled until further notice due to the pandemic.

CDSMP and DSMP: The partnership with the Mississippi County Health Department and the Regional Arthritis Center was discontinued due to re-zoning issues. The Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program Classes were offered at the beginning of the year, but participation was low. Due to the COVID-19 pandemic, the classes were cancelled.

MCH: The Maternal Child Health grant is a federal program dedicated to improving the health of all women, children and families. In 2020, Health Center staff continued efforts into a 3-year work plan. Using information from the 2018 planning year, our top 2 priority health issues in Bollinger County are 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 conducted height, weight, and body mass index (BMI) measurements at the four county schools to continue to gather data on the prevalence of

obesity in Bollinger County school-aged children.

Health Center Staff went to Woodland and Meadow Heights schools to present a 5-part presentation on the 1-2-3-4-5 Fit-Tastic Framework during summer school with a total of 324 children reached. The Fit-Tastic Framework 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.

Childcare Health Consultation:

The services of a Public Health Nurse trained in childcare consultation are offered to all licensed, license-exempt, and non-regulated child care providers within Bollinger County. One Head Start program, two licensed preschools, one license-exempt facility, one licensed group home, and five licensed family-home providers were served last year. Although there were challenges due to social distancing guidelines, there were 15 Children's Health Promotion Presentations and 6 technical consults completed. A total number of 203 children were impacted by these services. Due to the impact of the COVID-19 pandemic, we also provided packets and offered recorded stories for the providers to use.

Fluoride Varnish

In March 2019, the health center was able to start providing fluoride varnish applications to children's teeth for those ages 6 months through 6 years of age that had Medicaid coverage and

have not been to a dentist in the last 6 months. In October 2020, the health center received a limited amount of funding from the Missouri Dental Association for the second year in a row. This is

used to apply fluoride varnish to children who have no coverage. In 2020, we have applied varnish to 96 children, 13 of which had no coverage.

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 finger stick, 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. 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 risk factors. If factors are identified, a nurse works with the OB provider to minimize danger for mom and baby.

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 2020, Bollinger County Health Center nurses admin-

istered 821 vaccines through the Vaccines for Children Program. Immunizations were given to infants and toddlers at the Health Center by appointment with COVID-19 precautions in place and curbside to children of appropriate age.

Annual Resource Fair

Health Center staff are heavily involved in the Children and Youth Issues Coalition. Their main event is the annual Bollinger County Resource Fair, an event for families to come and learn about local resources while enjoying activities with their children. Due to the COVID-19 pan-

demic, the 14th annual event was held virtually via Facebook. It was a week-long event in which fifteen vendors participated either by donating baskets for daily drawings or by recording and sharing an informative video about the services they offer. Vendors also shared videos of

activities the viewers could recreate at home. There were a total of 17 giveaways. Many community members participated and this increased the Facebook page likes from under 100, to over 200.

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 Department 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 3,334 client contacts in 2020. 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.

In August 2020, the Bollinger County Health Center began issuing EBT cards for WIC and by October 2020, all clients were using the card for their benefits.

Number of Participants	
Women	822
Infants	851
Children	1661

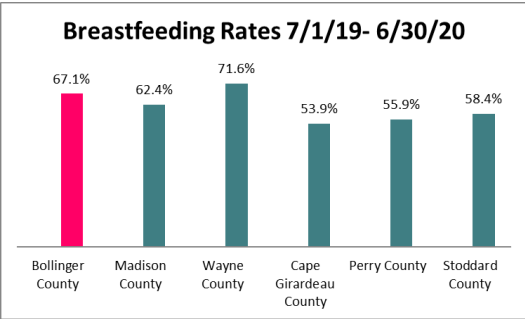
Breastfeeding Peer Counselor Program

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 710 contacts to prenatal and breastfeeding WIC participants in 2020.

Breastfeeding initiation rates for fiscal year 2020 were 67.1% which was below the State average of 70.2%. Breastfeeding duration rates at six months were 23.0% and 9.0% at 12 months. The Bollinger County WIC Program also received recognition as "Breastfeeding Friendly WIC Clinic" for the tenth year in a

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



Safe Cribs for Missouri

The Safe Cribs for 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 availa-

ble 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 2020, there were 7 referrals and 4 cribs were delivered to new parents, with office and/or home visits by Public Health Nurses that included teaching on child safety and safe sleep.

Show Me Healthy Women and WiseWoman

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 Healthy Women is a free breast and cervical cancer screening program funded by the state of Missouri. In con-

junction with Show Me Healthy Women, the WISE-WOMAN 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 improve her health. These services are offered at no cost, and clients can call the health center to see if they qualify.

Walk-in Services

After the office was forced to close to the public in March 2020 due to COVID-19, most walk-in services were still offered by appointment only and curbside.

SARS-CoV-2 Investigations	984	STD Tests	51
Blood Pressure Checks	52	Vision and Hearing Tests	3
Blood Sugar Checks	15	Other Injections	146
Hemoglobin A1C Levels	15	Show Me Healthy Women Visits	0
Hemoglobin Measurements	231	Pregnancy Tests	40
Cholesterol Checks	12	PPD Tests	118
Lead Screenings	64	Health Education Services	1,786

Accepted Insurances

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

*Provider list and benefits subject to change

Communicable Disease

General Information: Nine new diseases spread by ticks and mosquitos have been discovered since 2004, including Zika in mosquitos and Heartland and Bourbon viruses in ticks. These diseases cause flu-like symptoms, and respond well to medical treatment if diagnosed early.

Our agency also gets Hepatitis C reports. There is some possibility of treating this disease, depending on the type, but no vaccine exists to prevent it. The Health Center does Hepatitis C screenings at no charge through Hepatitis C Alliance.

Sexually Transmitted Disease: Public health nurses at Bollinger County Health Center provide no-cost screenings for chlamydia, gonorrhea, HIV and Syphilis. Treatment is provided at no cost to clients with chlamydia and gonorrhea; cases of HIV and Syphilis are handled by Missouri Department of Health staff, and referred to specialists in our area. Chlamydia was the most frequently reported sexually transmitted illness in our county in 2020.

Tuberculosis: The Health

Center also does investigations and follow-up on all positive tuberculosis testing done at the Health Center, or reported by another entity. Public Health Nurses provide case management services for Latent TB Infection (not contagious) and active TB Disease (contagious). Free TB screenings are offered at Bollinger County Health Center on Wednesdays, and other days by appointment. This skin test is placed one day, and results determined 48 to 72 hours later.

Rabies: Public health nurses investigate animal bite incidents to determine the risk of rabies transmission for the victims. Rabies is a deadly viral illness typically transmitted to humans through a bite from an infected animal. Rabies Post Exposure Prophylaxis treatment is available for individuals who may have been exposed to a rabid animal. There were no confirmed cases of rabies disease in animal or human reported for Bollinger County in 2020. **Pet vaccination against rabies by a licensed veterinarian remains the best protection from human exposure to rabies.**

Surveillance: The Health Center receives weekly reports from daycares, schools, and a long-term care facility on the number of adverse health conditions noted in attendees, residents or clients. The communicable disease nurse reviews this information to help determine incidence, prevalence, and potential outbreak risks. We also receive mandated reports on conditions in our county from other entities, such as labs, healthcare providers, hospitals and the Missouri Department of Health. Investigations are completed by the nurses and sometimes interventions are needed to protect and promote the health of Bollinger County residents.

Influenza is a reportable condition for all counties. According to the Missouri Department of Health and Senior Services, Bollinger County received a total of 5 laboratory-confirmed influenza cases in 2020.

Due to the SARS-CoV-2 pandemic, weekly surveillance activities have been suspended temporarily. COVID-19 surveillance has been ongoing and very challenging for all health-related entities in our region, including

Communicable Disease Cont.

Bollinger County Health Center. At this time, we have recorded, investigated, and submitted to EpiTrax surveillance system over 1300 cases of this novel viral illness.

COVID-19: As the threat of COVID 19 increased, the Health Center office closed to the public March 23, 2020. The first positive case of COVID19 for Bollinger County was reported March 25, 2020. Local educators and pastors had met with Health Center staff the previous week to discuss plans to close or modify classes and services. At the same time, Health Center staff reinforced relationships with the county commissioners, local law enforcement, first responders, emergency management, local medical providers, and media in the region.

During the month of April, staff members alternated working from home and work-

ing at the office to keep possible exposure to a minimum. Staff returned to the office in May with much attention to sanitizing the facility throughout the day.

The response to COVID included receiving positive reports, contacting the positive case to provide education on isolation and quarantine, as well as determine other individuals they had been in contact with. The nurses spent countless hours on contact tracing, and providing updated reports to the public. At the same time, planning was underway for mass testing and vaccinations events. It was late December before vaccine was available for distribution in limited quantities. Mass vaccinations are the focus for 2021.

The Missouri National Guard held a testing event on the Health Center park-

ing lot October 10, 2020. A total of 63 individuals were tested with 7 positive results. Bollinger County had 5 positives of 44 tested. Individuals traveled from the counties of Cape Girardeau, Carroll, Jackson, Perry, St Francois, Stoddard and St Louis City for testing.

The Bollinger County Health Center is committed to continue providing education, testing resources, and vaccinations to residents of the county, as well as other Missouri residents. We will also continue working with our local, regional, and state partners in response to COVID-19.



Vaccine Preventable Disease

In 2020, a total of 2,064 immunizations were administered, including 184 vaccines at no cost to uninsured adults through the 317 program. All vaccines were given with COVID-19 precautions in place and most were administered curbside at the health center.

Additionally, the Health Center hosted a county-wide flu clinic and took flu vaccine to each of the four schools in the county, as well as VIP Industries, for a total of 225 flu shots in 2020.

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. Aside from the available programs discussed above, the health center is able to bill insurance for immunizations received by members of the community with health care coverage.