

# Bollinger County Health Center

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- Julie Elfrink Public Health Nurse
- Kylee Jones Public Health Nurse
- Amanda Koch Registered Dietitian, Health Educator
- Katherine Lindsey Nutritionist
- Blair Reagan Breastfeeding Peer Counselor
- Linda Doerge Regional Public Health Emergency Planner
- Steve Yates Environmental Sanitarian

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# Bollinger County Health Center 2019 Annual Report



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[www.bollingercountyhealth.org](http://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 2019 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.

After much planning, construction of the Community Safe Room began the end of July 2019. It is scheduled to be completed by April 2020. 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. This 30-month project coincides with a second project of renovation of the current building. The renovation is expected to be completed in 2020, as well.

The accomplishments of 2019 are truly a team effort and require 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				2019		
Agency Fiscal Year				Previous Year Ending Balance		
From:	Through:					
Month	Day	Year	Month	Day	Year	
January	1	2019	December	31	2019	
				<b>\$592,641.68</b>		
Local Revenues		DHSS Revenues	Federal	State	Other	
Local Taxes	\$337,027.07	Core Public Health		\$17,897.56		
Interest	\$9,972.28	MCH	\$15,576.68			
Vital Records	\$12,698.50	School Health				
Donations	\$597.50	WIC Administration	\$70,549.28			
Fees	\$599.75	Child Care Inspections	\$1,090.00			
Other Total (attach detail)	\$489,186.88	Child Care Nurse Consultant	\$6,916.43			
<b>Total Local Revenue</b>	<b>\$850,081.98</b>	AIDS Funding				
		PHEP	\$26,881.14			
Other Revenues		BCCCP/Show Me Healthy Women	\$1,156.12	\$225.44		
Medicaid/MC+ (non Home Health)	\$23,806.77	Chronic Disease Prevention				
Medicare (non Home Health)	\$46,870.09	Worksite Inventory				
Family Planning Title X, etc.		Immunizations/Vaccine				
Other I/MO Departments (DOC, DESE, etc.)		Other DHSS Total (attach detail)	\$2,094.46	\$41,645.96	\$0.00	
Insurance Billing	\$55,222.09	Total DHSS Revenue	\$124,264.11	\$59,768.96	\$0.00	
Other Public Health Revenue Total (attach detail)	\$10,542.82	<b>Total DHSS Funding</b>			<b>\$184,033.07</b>	
Home Health (all pymt. Sources)		<b>TOTAL REVENUES (from all sources)</b>			<b>\$1,953,915.02</b>	
Home Maker (all pymt. Sources)						
Other Non-Public Health Revenue Total (attach detail)	\$783,358.20					
<b>Total Other Revenues</b>	<b>\$919,799.97</b>	Accrual Basis Adjustment		(+ -)		
				<b>Balance on hand as of the close of the fiscal year.</b>		
				(Balance at the end of previous fiscal year, plus revenues, minus expenditures)		
				<b>\$613,569.26</b>		
Expenditures		Expenditures from Local Funds				
Salaries/Wages	\$390,105.01	Total Expenditures			\$1,932,987.44	
Fringe Benefits	\$114,884.04	Less actual expenditure of DHSS funds.			\$184,033.07	
Supplies/Equipment	\$11,731.94	Less actual expenditure of Other source funds.			\$919,799.97	
Contracted Services	\$59,234.39	Less actual expenditure for Capital costs.			\$1,205,217.18	
Travel	\$9,833.19					
Utilities/Rent	\$15,199.22					
Election Costs						
Capital Expenditures	\$1,205,217.18					
Other Total (attach detail)	\$126,782.47					
<b>Total Expenditures</b>	<b>\$1,932,987.44</b>	<b>TOTAL LOCAL PUBLIC HEALTH EXPENDITURES</b>			<b>-\$376,062.78</b>	
Report completed by (Name, Title)	Juanita Welker, Administrator				Date:	2.20.20
Local Revenues		DHSS Revenues	Federal	State	Other	
Other (source)	Amount	Other (source)	Amount	Amount	Amount	
Private Pay Immunizations	\$7,673.09	Safe Cribs for Missouri		\$600.00		
Contract Services	\$11,996.17	CHIP		\$41,045.96		
CDSMP	\$11,349.88	GoNapsacc	\$2,094.46			
Home State Health Grants	\$560.55	Other DHSS Revenue Total	<b>\$2,094.46</b>	<b>\$41,645.96</b>	<b>\$0.00</b>	
Building Lease Agreement	\$457,607.19					
Other Local Revenue Total	<b>\$489,186.88</b>					
Other Revenues		Expenditures				
Other (source)	Amount	Other	Amount			
Other Public Health Revenue		Meeting, Training & Cont E	\$819.17			
Grants:		Maint & Repairs	\$3,984.65			
Federal (HRSA, etc)		Insurance	\$8,900.00			
MFFH	\$6,415.00	Lab & Other Testing	\$1,121.03			
HCFGKC		Fees	\$17,438.49			
Childrens Trust Fund		Computers & Consulting	\$3,383.55			
Other Grants: FBMA		Vaccine	\$91,135.58			
Misc Public Health Revenue	\$4,127.82	Other Expenditure Total	<b>\$126,782.47</b>			
Other PH Rev. Total	<b>\$10,542.82</b>					
		<b>Comments:</b>				
Other Non-Public Health Revenue						
Hospice (all pymt. sources)						
Primary Care (all pymt. sources)						
Misc Non-Public Health Revenue: FBMA						
Other Non-PH Rev. Total		<b>\$783,358.20</b>				

## Health Highlights for Bollinger County

### County Health Rankings

Bollinger County is ranked 76 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 56 out of 115). Bollinger County has average rates for poor mental and physical health days, as well as low birthweight.

Bollinger County was ranked 89 out of 115 counties for health behaviors. The county has a higher than average adult rate of physical inactivity (34%) and smoking (23%). Also, access to exercise opportunities is lower than the state average at 26%.

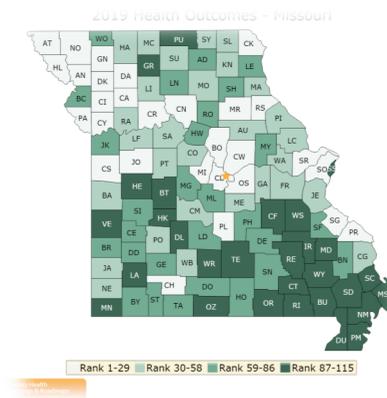
Fourteen percent of Bollinger residents are uninsured, compared to 11% of Missouri residents. The county also has a higher-than-state teen pregnancy rate (33 per 1,000 female residents age 15-19). However, the rate of adults excessively drinking is lower than the state rate at 17%.

The percentage of children in Bollinger County living in poverty is 23% compared to the state rate of 19%. However, there are fewer children living in single parent households in the county (26% in Bollinger, 33% in Missouri). Violent crime is also lower than the state

average at 438 offenses per 100,000 residents.

\*The image below as well as all of this information and more can be found at:

[www.countyhealthrankings.org](http://www.countyhealthrankings.org)\*



## Emergency Response

The Health Center continues to prepare for disasters due to weather, illnesses and man-made incidents by planning, and training. Linda Doerge is

the Regional Emergency Planner and assists in coordinating emergency plans and response for Bollinger County residents. The health center staff partici-

pates in emergency response drills, such as the Great American Shakeout, exercises in disease control and medical countermeasures.

## 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. In 2019, the Health Center fulfilled 743 death certificate requests and 304 birth certificate requests for a total of 1,047.

## 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 stores. Along with the food establishments, this position is responsible for the inspection of day cares, 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.

During the past year, there were 78 food establishment inspections conducted based on their risk assessment to prevent food-related illnesses. There are eight 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. These same facilities, if using private wells, have water samples collected from them at least annually to ensure safe drinking standards. Water samples from private wells are also collected when requested. This service is provided free of charge and at the convenience of the EPHS as a public service to county residents. During this past year, there were 34 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 upon

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 eight sewage complaint visits.



## 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 county in a Local Public Health emergency, with the implementation of mass treat-

ment including use of the National Strategic Stockpile and to administer Influenza vaccinations to residents.

CPR/First Aid classes are available through the MRC.

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 organization. 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 continues to offer Arthritis Foundation Exercise Classes at the Senior Nutrition Center. The arthritis classes are ongoing and are offered on Mondays, Wednesdays, and Fridays to help relieve stiffness and maintain or improve joint mobility, muscle strength, and overall stamina.

**Youth Tobacco Prevention:** 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 Bollinger County Resource Fair, Bollinger County Fall Festival, 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 Psychosocial Rehabilitation Program.

**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 2019, 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 Diabetes 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 2019, 4 participants completed the DSMP course.

**MCH:** The Maternal Child Health grant is a federal program dedicated to improving the health of all women, children and families. In 2019, health center staff start-

ed a 3-year work plan. Using information from the 2018 planning year, the top two 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. Health Center staff conducted heights, weights, and body mass index (BMI) measurements at the four county schools to continue to gather data on the prevalence of obesity in Bollinger County's school-aged children. Staff also presented a 5 part presentation on the 1-2-3-4-5 Fit-Tastic Framework during summer school at Woodland and Zalma schools. A total of 243 children were impacted. 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.



## 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 availa-

ble to clients if they do not have a crib and if they meet the financial eligibility requirements set by the State. Requirements 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 2019, there were 8 referrals and 9 cribs delivered to new parents during office and home visits made by Public Health Nurses. Nurses also provided education on child safety and safe sleep at the time of these visits.

## Childcare 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. One Head Start program, two licensed preschools, one license-exempt facilities, one licensed group home,

and six licensed family-home providers were served last year. There were 56 Children's Health Promotion Presentations, 4 technical consults, and 22 hours of group trainings completed this year. A total number of 213 children were impacted by these services.



## 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 that had Medicaid coverage and have not been to a dentist in the last 6 months. In October 2019, the health center

received a limited amount of funding from the Missouri Dental Association to apply fluoride varnish to children who have no coverage. So far, varnish was applied to 117 children, 17 of which had no insurance 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 when it is determined there could be lead in their environment. This is done so steps can be

taken to prevent the lead from reaching toxic levels in children's bodies. When high levels are detected, the child is followed by a nurse case manager until the lead level is back in normal range. In 2019, the Health Center tested 167 children.

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.

## 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 food.

The WIC program is very active in the county, with 3,555 client contacts in 2019. Eight clinic days are set aside each month to

serve WIC clients. Seven of those days are held at the Marble Hill office. A satellite clinic is hosted in Patton one day per month.

Number of Participants	
Women	950
Infants	920
Children	1685

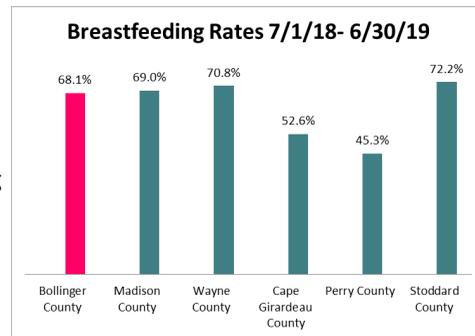
## Breastfeeding Peer Counselor Program

The Breastfeeding Peer Counselor Program provides breastfeeding education and support to WIC participants. The Breastfeeding Peer Counselor (BFPC) teaches breastfeeding classes monthly and provides one-on-one counseling to moms. The Breastfeeding Peer Counselor Program loans both manual and electric breast pumps.

The Breastfeeding Peer Counselor made 722 contacts to prenatal and breastfeeding WIC participants in 2019. Breastfeeding initi-

ation rates for fiscal year 2019 were 68.1% which was below the State average of 71.7%. Breastfeeding duration rates at six months were 16.3% and 9.6% at 12 months. The Bollinger County WIC Program also received recognition as a "Breastfeeding Friendly WIC Clinic" for the ninth year in a row, and was recognized as a Missouri Breastfeed-

ing Friendly Worksite. The Breastfeeding Peer Counselor Program is coordinated by the WIC Nutritionist.



## Breastfeeding Support Group

The Breastfeeding Support Group offers moms who are breastfeeding and women who are pregnant an environment to find support via quarterly meetings. The meetings take place in the community in February, May, August, and November. The August meeting is emphasized because of World Breastfeeding Week. At each meeting, crafts and/or activities are provided for children who accompany the women attending.



## 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 Mis-

souri. In conjunction 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

Walk-in services are provided to residents of Bollinger County on Wednesdays or by appointment. In 2019, there were 48 Wednesday clinics.

Outside Clinics	20	STD Tests	27
Blood Pressure Checks	222	Vision and Hearing Tests	13
Blood Sugar Checks	22	Other Injections	106
Hemoglobin A1C Levels	33	Show Me Healthy Women Visits	5
Hemoglobin Measurements	441	Pregnancy Tests	44
Cholesterol Checks	12	PPD Tests	188
Lead Screenings	168	Health Education Services	64



## 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. It is for families to come and learn about local resources while enjoying activities with their children. This was the 13<sup>th</sup> annual event and each year it grows bigger. In 2019, there were 33 booths and 70 vendors with 319 total attendees.

## Communicable Disease

### 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, medical providers, hospitals and the Missouri Department of Health. Investigations are done by the nurses with interventions as necessary 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 407 laboratory-confirmed influenza cases in 2019.

### Communicable Disease

According to the CDC, tick and mosquito-borne illnesses increased three-fold between

2004 and 2016. 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. In 2019, the nurses at Bollinger County Health Center investigated 74 reported tick-borne illnesses in residents of our county.

The agency also gets many Hepatitis C reports. There is no vaccine for this liver disease, so prevention is the best. 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 the area. Chlamydia was the most frequently reported sexually transmitted illness in the county in 2019.

### Rabies

There were 37 incidents of animal bites to humans investigated in Bollinger county in 2019. Rabies is a deadly viral illness typically transmitted to humans through a bite from an infected animal. Public health nurses investigate animal bite incidents to determine the risk of rabies transmission for the victims. 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 reported for Bollinger County in 2019. **Pet vaccination against rabies by a licensed veterinarian remains the best protection from human exposure to rabies.**

### 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 are determined 48 to 72 hours later.

## 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
- Native American Descent
- Underinsured

In 2019, Bollinger County Health Center nurses administered 1,331 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

In 2019, a total of 2,500 immunizations were administered, including 296 vaccines at no cost to uninsured adults through the 317 program.

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 740 flu shots in 2019.

In the spring and fall, additional immunization days were scheduled for the purpose of administering required and/or recommended vaccines for school attendance in Missouri to school-age children in need of them. Aside from the available

programs discussed above, the health center is able to bill insurance for immunizations received by members of the community with private insurance.

## Accepted Insurances

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

\*Provider list and benefits subject to change