In the 2018 Director’s message of the annual report, I highlighted the mission of the Southeast Utah Health Department. This year I would like to write a little about the goals the SEUHD has set in order to achieve its mission. First, we strive to “ensure that basic health services that have been shown to prevent disease are available to every resident of the district.” To that end, we have expanded our programs for families to include the Parents as Teachers program in each one of our counties. After the implementation of the program, we saw an immediate demand for these services and are proud of the work our nurses are doing in that program. We aim to “help citizens and employees to live longer, higher quality lives free of preventable disease, disabilities, injuries and premature death.”

The SEUHD has implemented some internal changes to help employees focus on living healthy lives. A new Asthma Program was added to Health Education with the focus being on helping those with asthma to overcome some of the obstacles associated with asthma. This is a very new program but we are excited to see what results will come from efforts in health promotion.

We “protect and promote a healthy environment”. Our environmental health division has been working diligently over the last year to modernize the programs it uses and implement digital inspections. This will help us analyze and disseminate information in a very timely and targeted way to those businesses that work with us regularly. We also strive to “improve our communities’ ability to prevent, prepare for, respond to, and recover from any incident that could affect the health and wellbeing of our citizens.” It is difficult to predict when disaster planning might be necessary, but we have revamped our hospital and healthcare coalition and have begun a five-year review of our emergency preparedness plans. We anticipate continued changes throughout 2020.

We are grateful to work in public health in the great state of Utah. We enjoy serving the populations of Carbon, Emery, and Grand Counties and look forward to seeing continued progress in the coming years.

Bradon Bradford, MSPH, MPA, REHS
Director/Health Officer
Southeast Utah Health Department
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Mission

The mission of the Southeast Utah Health Department is to assist the residents of our communities to achieve and maintain optimal health and wellness.

Director Health/Officer
Bradon C. Bradford, MSPH, MPA, REHS

Board of Health -

CARBON
Commissioner Larry Jensen
Debbie Peet, Vice-Chair

EMERY
Commissioner Kent Wilson
Kathi Kearney Reaves
Kelly Hall

GRAND
Sam Cunningham, Board Chair
Councilmember Jaylyn Hawks
Rhiana Medina

Attorney
Christian Bryner

On behalf of the Board and the SEUHD staff, we would like to thank Sam Cunningham, for her time as a board member and her contribution to help improve the health of our communities.
Health Education

Suicide Awareness

During a special legislative session in 2018, it was determined that the Southeast Utah Health Department (SEUHD) was leading the state in suicide rates. Funding was allocated to the SEUHD to hire a full time Suicide Prevention Specialist, Amanda McIntosh.

The specialist is tasked with the following objectives:

- Increase community readiness to deploy evidence-based suicide prevention programs, strategies, policies.
- Participate in community coalitions to address opioid misuse and overdose.
- Coordinate care for individuals/families after suicides and attempts.
- Develop a local public health campaign designed to reduce the number of suicides in Carbon, Emery, and Grand Counties.
- Aim to decrease the stigma of mental illness.
- Provide or coordinate Mental Health First Aid and QPR Trainings.
- Work to identify and incorporate shared risk and protective factors into a Suicide Prevention plan for SEUHD.
- Provide training to teachers, hospitals, coalition members, schools and the public.

Events and numerous trainings were held in the three counties. Some of which were attended by the Suicide Prevention Specialist including:

- The annual State Capitol Day with the American Foundation for Suicide Prevention.
- UROHC Summit held at USU Eastern
- Attended the Summit for Suicide Prevention in Florida
- QPR (Question Persuade Refer) an evidence-based suicide prevention module presented to almost 900 people.
- A community art installation, movie in the park, community walk, candlelight vigil honoring those in the community who were lost to suicide were held. Many media campaigns were launched including radio ads and billboard type signs educating the community on the ripple effect of suicide.

At the end of 2019, the three counties had 11 completions. We will continue to spread awareness and offer trainings to the schools, community, and at-risk populations.

The SEUHD is proud of the work Amanda has done in suicide prevention and awareness and her receiving of the President’s Choice award from the Carbon County Chamber of Commerce.
Opioid Prevention

SEUHD also received funding from the special legislative session in 2018 for the implementation of a new program and for hiring an Opioid Prevention Specialist. The SEUHD hired a full-time Opioid Prevention Specialist, Savanah Eley. Southeast Utah was leading the State in the rate of opioid overdoses. There were 12 overdose deaths in 2019.

Curetheconvoo.org is a stigma campaign that the SEUHD has implemented to combat the stigma people who suffer from substance use disorder face and also the stigma that family members face all well. Curetheconvoo.org is also working on changing the language of addiction and recovery. Stigma is driven by the pejorative words, and labels, that are used to describe us. To decrease stigma, we should use “person” first language; using the phrase “a person with an alcohol disorder, a person with an opioid disorder, a person with a substance disorder.” These words take the blame off of the person and put it where it should be on the medical disorder.

The Opioid Prevention program will:

- Perform outreach with the communities of Carbon, Emery and Grand Counties to provide education on opioid misuse and Narcan.
- Perform outreach to engage with those who have experienced an overdose and/or medical incident related to opioid misuse.
- Connect with people and help them navigate to find follow-up treatment, recovery support, infectious disease testing, treatment and medical care.
- The Opioid Prevention Specialist assist individuals in applying for Medicaid expansion, private insurance or indigent funding to help pay for treatment costs.
- The Opioid Prevention Specialist will coordinate and work together with community partners such as the local hospital, emergency services, law enforcement, first responders and prescribers.
- An Opioid Summit was held at USU Eastern with 300 attendees.
Tobacco

Tobacco use is a major risk factor for cardiovascular disease, cancer, and low birth weight infants. Nationally, tobacco use remains the primary risk behavior leading to death, and in Utah, tobacco claims the lives of 1,150 annually.

Prevention and cessation programs provide the means for non-users to never start tobacco use and for users to reduce/quit tobacco use. The program applies multi-component approaches to develop and coordinate tobacco prevention and cessation interventions provided in our community. In 2019, SEUHD staff conducted 116 tobacco compliance checks.

EPPIC (Healthy Living)

Healthy Living is promoted through the Environment, Policy, and Improved Clinical Care Program (EPICC). The program was designed to assist in the coordination of activities to ensure a productive, collaborative and efficient program focused on healthy outcomes. The program aims to reduce the incidence of diabetes, heart disease, and stroke by targeting in risk factors including reducing obesity, increasing physical activity and nutritious food consumption, and improving diabetes and hypertension control.

EPICC education has helped our area have the highest percent of people buckling up – 74.8%.
Car Seats

Two Car Seat Checkpoints - Headstart and Huntington Little Learners

<table>
<thead>
<tr>
<th>Car Seats – Distributed</th>
<th>Checked</th>
</tr>
</thead>
<tbody>
<tr>
<td>62</td>
<td>30</td>
</tr>
</tbody>
</table>

Highway Safety

Total helmets distributed – 87 (46 to local elementary schools).

Violence and Injury

The Violence and Injury Prevention Program increases public awareness and offers prevention services for child injuries and fatalities, car seats, helmets, fire arm safety, falls, motor vehicle injuries, prescription drug overdoses, school-based injuries, suicides and violent deaths. Our partners include health care systems, mental health agencies, schools, other state and local government agencies, and nonprofit community partners.

Poison Control

SEUHD staff held promotional events in preschools, daycares, health fairs, community events and town home meetings to promote poison control.
Environmental Health

Multiple cases of West Nile Virus were found in Grand County and one in Carbon County resulting in increased mosquito fogging and increased public awareness material.

Scofield reservoir experienced a significant harmful algal bloom. SEUHD worked with partnering agencies to properly monitor the bloom and provide guidance concerning safe recreation.

Environmental health staff, along with our DEQ District Engineer Scott Hacking, performed a significant service by monitoring the clean up after an oil tanker that spilled crude oil into Willow Creek, which is a tributary to the Price River.

Hailey Gardner was hired and gained licensure as an Environmental Health Scientist in Training. Jonathan Dutrow completed a Geographic Information System course to aid in his efforts to digitize records and inspection reports. Both Kirt Jensen and Jonathan Dutrow are now certified in Level 1, 2 and 3 Onsite Wastewater Training.

### COMMUNITY HEALTH

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entities Permitted</td>
<td>1040</td>
</tr>
<tr>
<td>Food Handlers Cards Issued</td>
<td>1533</td>
</tr>
<tr>
<td>Public Pool Inspections</td>
<td>2176</td>
</tr>
<tr>
<td>Drinking Water Samples Analyzed</td>
<td>2797</td>
</tr>
<tr>
<td>Child/Adult Care Facility Inspection</td>
<td>33</td>
</tr>
</tbody>
</table>

### ENVIRONMENTAL QUALITY

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
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</thead>
<tbody>
<tr>
<td>Oil Collection Centers Inspected</td>
<td>30</td>
</tr>
<tr>
<td>Hazardous Waste Consultations</td>
<td>22</td>
</tr>
<tr>
<td>Onsite Wastewater Systems</td>
<td>35</td>
</tr>
<tr>
<td>Drinking Water Samples Analyzed</td>
<td>2797</td>
</tr>
<tr>
<td>Child/Adult Care Facility Inspection</td>
<td>33</td>
</tr>
</tbody>
</table>

### WATER LAB

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool Samples ties Permitted</td>
<td>1426</td>
</tr>
<tr>
<td>Food Handlers Cards Issued</td>
<td>1533</td>
</tr>
</tbody>
</table>
Emergency Preparedness

July 2019 Chet Ingram was hired as the new HPP Coordinator for SEUHD. At the end of July, Southeast Utah Healthcare Preparedness Coalition opened a position for a clinical advisor.

Dr. Jacob Powell was hired as the clinical advisor. Dr. Powell provides a clinical view on all policies and procedures for the coalition as well as giving clinical advice as needed.

On September 12, 2019, the Medical Reserve Corp Coordinator participated in the Price City Music, Meals and Mingle activity on main street where the public was involved. This was in coordination with September being National Preparedness Month. During the community activity the coordinator was able to reach out to community members delivering preparedness education, as well as new recruit MRC applications.

On October 2, 2019 the Blue Mountain Hospital and San Juan Hospital co-sponsored a mock emergency training exercise marking it the first time the two hospitals have participated together in such an event. Other participants in the training exercises included the SEUHD, UNHS, Rocky Mountain Home Care, Four Corners Care Center, San Juan Public Health, San Juan County EMS, San Juan County Emergency Management, USU Nursing Students, Utah Division of Emergency Management, San Juan County Fire, Monticello Police, and Blanding Police Department.

In November, the HPP Coordinator attended the AHEPP Conference in Orlando, Florida providing him with training on health care coalitions and coalition management.

The Southeast Utah Healthcare Preparedness Coalition Includes Carbon, Emery, Grand and San Juan Counties. We work closely with all healthcare partners ensuring that they are ready should an epidemic or disaster arise.
Clinical Services

School Nursing

School nurses in Carbon and Emery County School Districts are advocates for the students and communities they serve. They provide case management and care coordination by developing individual Health Plans and Emergency Action Plans for students with medical needs. School nurses oversee training and support staff for medications and emergency situations. Along with many other services, these school nurses conduct vision screenings, maturation classes, immunization requirements and immunization reporting.

Pinnacle Canyon Academy School Nursing – There are 475 students at Pinnacle School, (K-12). Of those students, there are two with diabetes, one who has seizures, another with life-threatening allergy and three students receive medication daily. The school nurse makes sure that all forms needed to assist these students are in place. There are 18 children with exemptions at Pinnacle Canyon Academy.

Verification of immunizations are done during the school year. There are 226 children with immunization exemptions within Carbon and Emery School Districts.

Vision screenings are provided for most grades. Scoliosis screenings are provided by request only from a parent.

The school nurses also provide education to the teachers and staff regarding basic first aid, epi-pens and diabetes. Maturation education is provided to the fourth and fifth grade children.

<table>
<thead>
<tr>
<th>SERVICES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Care Plans Completed or Reviewed</td>
<td>169</td>
</tr>
<tr>
<td>School Vision Screenings Completed</td>
<td>3,371</td>
</tr>
<tr>
<td>Students Reached with Maturation</td>
<td>450</td>
</tr>
<tr>
<td>Number of Exemptions</td>
<td>226</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STUDENTS TRACKED AND ASSISTED</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>38</td>
</tr>
<tr>
<td>Asthma</td>
<td>71</td>
</tr>
<tr>
<td>Seizures</td>
<td>26</td>
</tr>
<tr>
<td>Allergies</td>
<td>42</td>
</tr>
<tr>
<td>Other</td>
<td>22</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STUDENT IMMUNIZATION EXEMPTION RATE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon (3%)</td>
<td>111</td>
</tr>
<tr>
<td>Emery (5.2%)</td>
<td>115</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NUMBER OF STUDENTS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon</td>
<td>3,621</td>
</tr>
<tr>
<td>Emery</td>
<td>2,181</td>
</tr>
</tbody>
</table>
Child Health Evaluation Care (CHEC) Physicals

CHEC Physicals is a Medicaid Program for children 0-5. The SEUHD provides a complete physical assessment, dental varnish, ensures that they are healthy and are developmentally on track and up to date on their immunizations. If there is an issue or need for further medical assistance, they are referred to a doctor or dentist. Iron and vision screenings are performed as needed.

During 2019, 295 CHEC physicals were performed in Carbon County, 97 in Emery and 79 in Grand County.

TB Tests Administered

SEUHD staff administered 356 TB tests. There was one case of Tuberculosis in the health district.

TB tests are provided at all SEUHD offices. A PPD skin test is used for testing. Most of the testing is done for medical personnel, for medication purposes and potential missionaries.

Elimination of TB requires maintaining and strengthening current TB control priorities while also increasing efforts to identify and treat latent TB infection among high risk populations.
Baby Your Baby

Through the Baby Your Baby program, financial help is available on a temporary basis to Utah women who are pregnant and do not have the financial ability to pay for prenatal care. Baby Your Baby can help finance a pregnancy through a form of Prenatal Medicaid. The SEUHD conducted 154 Baby Your Baby Visits in 2019.

http://www.babyyourbaby.org

Target Case Management (TCM)

TCM is a home visiting program provided by a public health nurse to assist eligible clients with access to medical, social, educational, and support services. Families are contacted one to two times per month in person, by phone or text. Education and information are provided to help with a number of different areas, including: child development, immunizations, car seats, HEAT program, help with housing or child care, and dental care.

Through the TCM program, the SEUHD has been able to update immunizations for children that have fallen behind. Children that are not quite developmentally on track are given tools to help with development or referred to the Parents as Teachers Program (PAT) or Early Intervention. Some families have applied for and received help from the HEAT program.

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>INITIAL VISTS</th>
<th>CLIENTS TRACKED FOR FOLLOW-UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon</td>
<td>84</td>
<td>85</td>
</tr>
<tr>
<td>Emery</td>
<td>25</td>
<td>37</td>
</tr>
<tr>
<td>Grand</td>
<td>25</td>
<td>35</td>
</tr>
</tbody>
</table>
Parents As Teachers (PAT)

Parents As Teachers has a vision that all children will grow and develop to reach their full potential. Through PAT, parents partner with a parent educator (Registered Nurse) who are focused on their child’s healthy growth and development.

PAT personalizes information to fit the family’s needs, concerns and hopes. Along with a PAT provider, parents set goals for their children and themselves. The main focus of their goals will be to enhance their child’s language development, intellectual growth, social development and motor skills.

Families enrolled in PAT receive free personal visits from a parent educator offering timely, age appropriate information, including:

- What to expect as your child grows and develops.
- How to help your child learn and play well with other children.
- Help with common parenting problems.
- Fun activities to help prepare your child for kindergarten.

In 2019, the SEUHD was awarded a grant to implement the PAT program for Carbon, Emery, and Grand Counties. PAT is a national program that promotes the well-being and literacy skills of children and their families. Families that have participated in PAT programs demonstrate measurable improvements in their health, education, and social skills.

Three registered nurses were hired to administer the program. They attended the National PAT Training course, and received certification in the Foundational one and Foundational two Curriculum. Group activities were held at various locations throughout our three-county area. Services will continue to be provided to qualifying families and we look forward to making connections with more families in the future.

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>FAMILIES SERVED</th>
<th>FAMILIES PENDING SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon</td>
<td>12</td>
<td>9</td>
</tr>
<tr>
<td>Emery</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Grand</td>
<td>2</td>
<td>7</td>
</tr>
</tbody>
</table>
Children with Special Health Care Needs (CSHCN)

The mission of the CSHCN program is to improve the health and quality of life of children with special health care needs, and their families. This happens through early screening and detection, data integration, care coordination, education, intervention, and life transition.

In 2019, the CSHCN program held six successful clinics in the Moab and Price locations for children from Carbon, Emery and Grand Counties. Our team held 142 clinical appointments and had over 600 care coordination interactions. CSHCN team members work with local physicians, schools and other community agencies to ensure that children and their families are receiving the care and resources they need. We accept any and all families who seek services, if they are in need of additional services that our clinic cannot provide, we provide them with resources to meet their needs.

The goals of the CSHCN program are to ensure that children receive coordinated ongoing comprehensive care, adequate private and/or public insurance, and that they are screened early and continuously for special health care needs.
Utah Cancer Control Program

The SEUHD Cancer Control Program partners with the Moab Free Health Clinic to serve women who are in need of cancer screening, this has been a successful partnership. The program does 20% of the Moab Free Health Clinic’s well woman exams.

Vouchers for mammograms and PAP’s are provide to women ages 40-64 who are low income, uninsured, or underinsured ages 40-64. If a woman has and abnormal mammogram or PAP, the Utah Cancer Program is able to provide funding for further testing and treatment if needed. The Cancer Control Program served 53 clients in 2019.

BeWise

As part of the breast and cervical screening, the BeWise Program offers health coaching to eligible women 40-64 years of age. This includes blood pressure evaluation, cholesterol screenings, and blood sugar tests. A health coach assists with setting and following through with personal goals.

The goal of BeWise is to provide women with the knowledge, skills, and opportunities to improve diet, physical activity, and other lifestyle behaviors. The goal is to prevent, delay and control cardiovascular and other chronic diseases.

From March 2019 thru December 2019, the SEUHD screened 37 clients and provided a total of 37 health coaching sessions (one per client).
WIC (Women, Infants, Children)

WIC is a nutrition program that helps families learn about healthy eating through nutrition education, counseling, nutritious foods, and help accessing health care. These services are provided to low-income women, infants and children through the Special Supplemental Nutrition Program, known as WIC.

There are 800-900 active WIC participants each month.

- A total of $532,844 was spent in food vouchers in Carbon, Emery and Grand Counties.
- The percentage of pre-term births was reduced from 12.75% in 2018 to 9.77% in 2019.
- All nursing staff have completed the 45-hour Lactation Course. 80% of new mothers in our communities breastfeed.
- 31% of women breastfeed for up to six months.
- Southeast WIC was awarded a $460,000 USDA infrastructure grant to help remodel the WIC portion of a remodeled SEUHD facility.

During the Thanksgiving holiday, the SEUHD partnered with Creekview and Castle Heights Elementary schools and local church organizations to collect food for the Green River Food Pantry. Once the word spread that we were doing this, there were many people in the community that also contributed. We were very grateful to have been able to donate 3,500 items!
### Vital Statistics - Other Services

#### CAUSE OF DEATH

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Disease</td>
<td>7</td>
</tr>
<tr>
<td>Cancer</td>
<td>32</td>
</tr>
<tr>
<td>Cardiovascular/Heart Disease</td>
<td>82</td>
</tr>
<tr>
<td>Lung/Reparatory Disease</td>
<td>12</td>
</tr>
<tr>
<td>Respiratory Failure</td>
<td>16</td>
</tr>
<tr>
<td>Obtundation</td>
<td>26</td>
</tr>
<tr>
<td>Influenza and Pneumonia</td>
<td>10</td>
</tr>
<tr>
<td>Natural Causes</td>
<td>16</td>
</tr>
<tr>
<td>Suicide</td>
<td>11</td>
</tr>
<tr>
<td>Overdose</td>
<td>9</td>
</tr>
<tr>
<td>Unintentional Injuries</td>
<td>38</td>
</tr>
</tbody>
</table>

#### OTHER SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth Certificates Issued</td>
<td>1,248</td>
</tr>
<tr>
<td>Death Certificates Issued</td>
<td>480</td>
</tr>
<tr>
<td>Prenatal Clients</td>
<td>154</td>
</tr>
<tr>
<td>Children 1-22 (Immunizations/CHEC Physicals)</td>
<td>1,593</td>
</tr>
<tr>
<td>Infants Under Age One Served (Immunizations/CHEC Physicals)</td>
<td>124</td>
</tr>
<tr>
<td>Flu Shots</td>
<td>1,849</td>
</tr>
<tr>
<td>Immunizations</td>
<td>3,303</td>
</tr>
</tbody>
</table>
Budget – Expenditures and Revenue

Total Expense
$3,086,591

Nursing/Clinical, 32%
Environmental Health, 20%
Preparedness, 11%
Health Education, 20%
Non Clinical, 4%
Capital Items, 1%
WIC, 11%

Sources of Income

Federal / State, 62%
Program Income/Fees, 23%
County, 10%
Private Contracts, 6%

County, 10%
Program Income/Fees, 23%
Federal / State, 62%
Private Contracts, 6%

Program Income/Fees, 23%
Federal / State, 62%
Private Contracts, 6%

Federal / State, 62%
Private Contracts, 6%
Program Income/Fees, 23%

MEET OUR STAFF

Brady Bradford  
Director/Health Officer

Tracy Randall  
Fiscal Officer

Delia Paletta  
Management Services

Brittney Garff  
Public Information Officer

Marta Lamont  
Administrative Clerk-Moab

Shelly Laws  
Administrative Clerk – Price

Lori Hardee  
Administrative Clerk -Castle Dale

Debbie Marvidikis  
Health Education Director

Kathy Donathan  
Health Educator

Shelli Jo Ness  
Health Educator

Amanda McIntosh  
Suicide Prevention Specialist

Sheila Steele  
Health Educator

Savannah Eley  
Opioid Prevention Specialist

Kathryn Miller  
Asthma Educator
LOCATIONS

PRICE
28 S 100 E
Price, UT 84501
435-637-3671

CASTLE DALE
25 W MAIN
Castle Dale, UT 84513
435-381-2252

MOAB
575 S Kane Creek Blvd
Moab, UT 84532
435-259-5602