

ANNUAL REPORT 2020

Central Michigan District Health Department

Accredited with Commendation by the Michigan Local Public Health
Accreditation Commission and Public Health Accreditation Board



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To the residents of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties,

On behalf of the Central Michigan District Board of Health and staff, I am pleased to present our 2020 Annual Report. The staff at the Central Michigan District Health Department has worked hard to accomplish our mission to promote health and physical well-being by providing preventive health care, education, and environmental safety to all members of the community. The 2020 Annual Report contains data, success stories and evidence of our work this past year.

2020 was a year unlike any that we have previously faced in public health. We dealt with a global pandemic. COVID-19 presented an unprecedented challenge to us. I could not be prouder of the response of our staff. Our staff worked tirelessly to keep our communities safe. This was accomplished despite ever changing information and challenges to resources. CMDHD staff investigated 1,126 COVID-19 positive cases. The central Michigan community came together and formed even stronger partnerships as we worked together to keep everyone safe.

As you read this report, you will see program highlights that include the following: we were able to serve 734 families through our children's special health care program (this program provides medical specialty care to children from birth to age 21 who have a qualifying medical diagnosis, regardless of insurance); staff conducted 1,252 restaurant inspections; 8,999 immunizations were given; 6,157 hearing and 10,003 vision screenings were completed; and our WIC program had an average monthly enrollment of 4,662. This is just a sampling of the impact our programs have on the community. I hope that you'll take the time to read this report in greater detail to understand what your local health department is doing daily to prevent disease and prolong life.

Our services and programs are designed to improve the overall health status of our residents by engaging the community and collaborating with our many partners. Our health department staff works hard to provide preventive health services to all of the citizens within our six-county jurisdiction. I am honored to be associated with such a dedicated public health staff. Together, we can create a healthier community!

Sincerely,



Steve Hall, R.S., M.S.

Health Officer

ADMINISTRATIVE SERVICES DIVISION

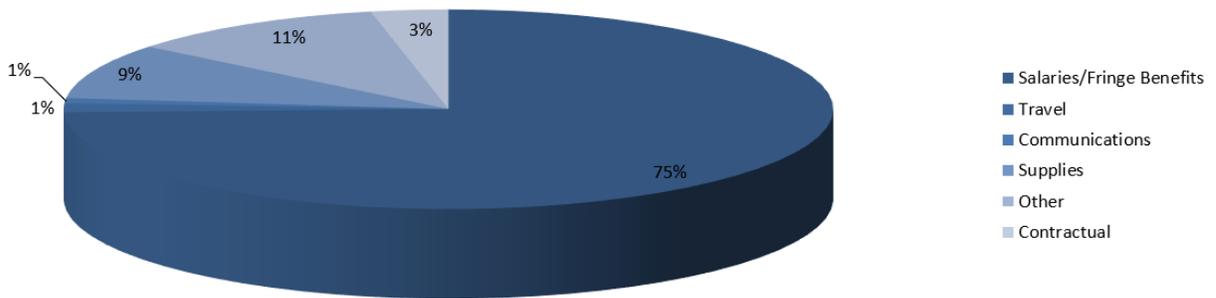
Public Health promotes and protects the health of people and the communities where we live, play, and work. We promote wellness through vaccinating children and adults, preventing the spread of disease, safeguard the public from food borne illness, or assisting with family planning for those who want to wait to start a family. The Administrative Services Department supports this endeavor by overseeing budgeting requirements, financial reporting, payables, purchasing, inventory, human resources, payroll, and wellness.

There are many people determined to make sure we achieve our mission which is to “promote health & physical well-being by providing preventative health care, education & environmental safety to all members of the community”. Our Administrative Services team strives to support our staff to achieve the mission and is relied upon to provide the financial and human resources support that are needed to ensure our communities are protected.

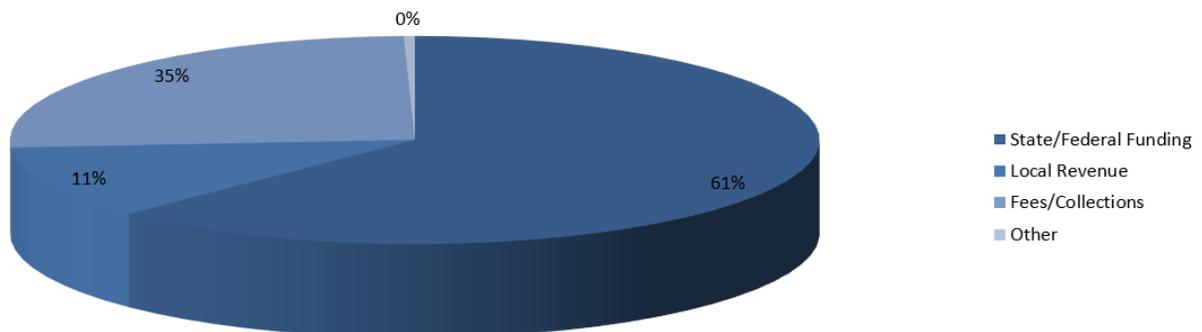
These employees are very dedicated to the Central Michigan District Health Department and provide crucial support to keep the financial and the human resources of the agency intact. It is within this teamwork that provides the “behind the scenes” support of the story “Promoting Healthy Families and Health Communities.”

2020 REVENUE AND EXPENSES

Central Michigan District Health Department 2020 Expenses



Central Michigan District Health Department 2020 Revenue



PERSONAL HEALTH DIVISION

CHILDREN'S SPECIAL HEALTH CARE SERVICES



CSHCS provides medical specialty care to children from birth to age 21 who have a qualifying medical diagnosis. Individuals aged 21 and over with cystic fibrosis or certain blood disorders may also qualify for these support services. CSHCS covers more than 2,700 physical conditions. The yearly fee is waived if the individual has Medicaid or MICHild. This program offers case management, care coordination, and referrals for specialty care or community-based services for children and families. There may be assistance to help with specialty bills, mileage, lodging, and locating community resources. CSHCS also helps prepare youth for transitioning into adult life by planning for future needs including health care, employment, education, and independent living.

59%
Families received a completed Care Plan



COMMUNICABLE DISEASES

RABIES REPORTING

Rabies is a fatal disease transmitted from animals to humans and is caused by a virus that attacks the central nervous system. It can cause convulsions, paralysis, and death if left untreated. The virus is present in the saliva of a rabid animal and is transmitted primarily by animal bites. All warm-blooded animals can be affected by the virus, but it is most often found in wildlife such as raccoons, skunks, foxes, and bats. Dogs and cats may also contract rabies if they are not vaccinated against it. CMDHD's staff follows up on all potential rabies exposure cases to assure the safety of the public.

Symptoms of Rabies:

- Fever
- Anxiety and Confusion
- Partial or Slight Paralysis
- Salivating



In 2020, there were 20 bats and 4 skunks in Michigan that tested positive for rabies.

	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon	Total
Rabies Animal	1	0	0	0	0	0	1
Rabies: Potential Exposure & Post-Exposure Prophylaxis	38	93	68	81	62	27	369

FOODBORNE ILLNESS REPORTING

	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon	Total
Campylobacter	6	3	8	7	6	5	35
Cryptosporidiosis	1	1	4	9	4	0	19
Giardiasis	0	1	0	3	1	3	8
Norovirus	0	42	25	0	0	0	67
Salmonellosis	3	6	2	9	2	4	26
Shiga toxin E coli--(STEC)	1	3	2	2	2	0	10
Shigellosis	0	0	0	1	0	0	1
Yersinia enteritis	0	0	0	1	0	0	1



Foodborne illness (sometimes called food poisoning, foodborne disease, or foodborne infection) is common, costly, and preventable. You can get food poisoning after swallowing food that has been contaminated with a variety of germs or toxic substances. CMDHD investigates cases of foodborne illness, but also educates our community on safe food handling to prevent such cases. CMDHD offers a food safety ServSafe training class designed to train managers of food establishments on foodborne disease prevention. CMDHD also offers a Safe Food Worker training class. The Safe Food Worker class is a service for new food workers, current restaurant employees, convenience stores, delis, and other food preparation facilities. CMDHD's Environmental Health Division offers these classes on a regular basis for those in need of training.



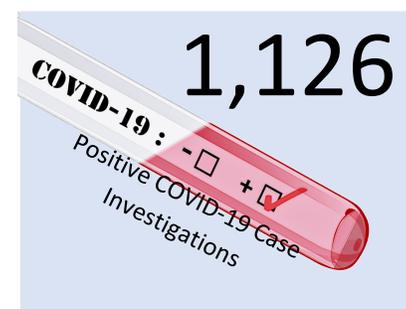
VACCINE PREVENTABLE DISEASES REPORTING

Below is a chart detailing the vaccine-preventable disease that occurred in the CMDHD area. CMDHD investigates each of these cases, but the best way to prevent future cases of these dangerous diseases is for everyone to stay up-to-date on vaccinations. By getting vaccinated, you're protecting yourself and your community. Vaccines protect against infectious diseases that can cause serious illnesses and sometimes death.

	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon	Total
Chickenpox	0	0	1	4	0	1	6
H. Influenza	0	1	0	1	3	0	5
Meningitis – Aseptic	2	1	1	3	0	1	8
Meningitis – Bacterial Other	0	1	0	2	1	0	4
Meningitis – Streptococcus pneumonia	1	8	6	4	2	0	21
Mumps	0	0	0	0	1	0	1
Pertussis	0	9	5	3	10	2	29
Shingles	0	0	0	3	0	0	3

COVID-19

CMDHD is committed to preventing the occurrence and spread of communicable diseases, which includes COVID-19 as it made its way into our communities. CMDHD's first case of COVID-19 was reported in March 2020. Since then, we have been working diligently to investigate each COVID-19 case that is reported to the Health Department. COVID-19 case investigation includes contacting the positive individual, giving them isolation instructions, documenting their case, and collecting information about close contacts so that these contacts can quarantine. Between October 2019 and September 2020, CMDHD staff investigated 1,126 COVID-19 positive cases and their close contacts. Even before the first cases arrived, CMDHD worked to provide the most up to date COVID-19 safety instructions for schools, universities, workplaces, tribal partners, and community settings to slow COVID-19's spread; education of our communities is just as important as case investigation, and we shared reliable resources to our communities and partners as the pandemic developed. To complete this important work, every member of CMDHD – including environmental health and health promotion/family planning staff – received additional training so they could perform case investigations and support communicable disease staff.



HOME VISITING PROGRAMS

HEALTHY FAMILIES



Healthy Families focuses on promoting positive baby's development through play and interaction in the home. Home visits are made by a registered nurse in Roscommon County and may begin at pregnancy and continue until the child is four years of age.



20

Families Served

267

Home Visits

HEALTHY FUTURES



406

Enrolled on Program

737

Initial Contacts

Healthy Futures focuses on connecting families with resources they need to keep babies healthy and developing, with an emphasis on breastfeeding, increasing immunization rates and accessing resources. Home visits are made by a registered nurse; visits may begin at pregnancy and continue until the child is six months of age.



464

Phone Contacts

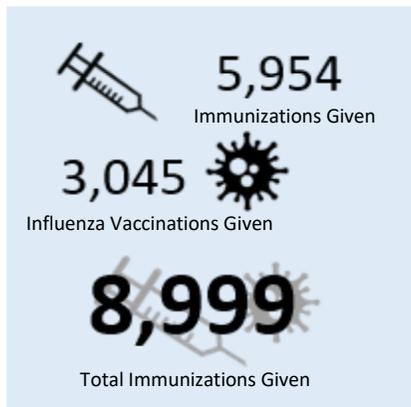
104

Home Visits

HOME VISITING SERVICES ARE TO PROTECT AND PROMOTE HEALTHY BIRTH OUTCOMES FOR MOMS AND BABIES!

80-90 women die each year in pregnancy, birth, or within one year of pregnancy. Disparities show that women of color are more likely to die from pregnancy-related causes than white women and infants born to women of color are more likely to die before they reach their first birthday. (Source: MDHHS, Division of Vital Records and Health Statistics, 2010-2018)

IMMUNIZATIONS



Vaccines help prevent infectious diseases that can cause serious illnesses and sometimes death. CMDHD educates the community on the importance of vaccinating to help reduce these life-threatening diseases.



CMDHD provides age recommended vaccines for children and adults. We provide needed vaccines to those with or without medical insurance. All children are vaccinated regardless of the ability or inability to pay.



	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Immunizations Given	541	1,295	1,271	1,750	614	483
Influenza Vaccinations Given	254	450	718	1,101	405	117
Waivers	15	33	37	106	44	14

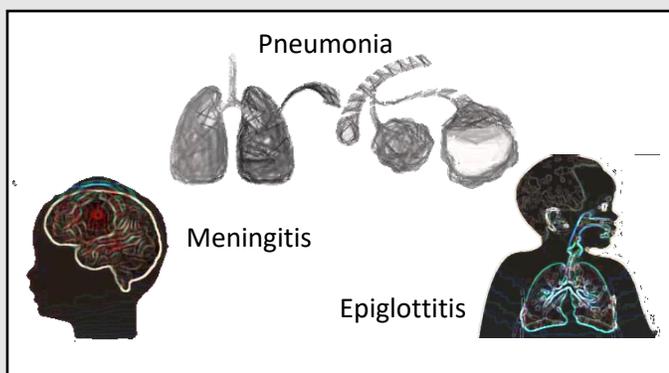
Pertussis also known as “Whooping Cough” is highly contagious and most dangerous to infants. Pertussis makes it difficult to stop coughing and get air. The Pertussis vaccine is often combined with Tetanus and Diphtheria vaccines. All children, beginning at 2, should get this vaccine. Because infants cannot be vaccinated, it is important that adults around young children get vaccinated.

Symptoms of Pertussis



- Coughing, violently and rapidly
- Sneezing
- Nasal discharge
- Fever
- Sore, watery eyes
- Lips, tongue, and nailbeds may turn blue during coughing spells

Infections Caused by Hib Bacterium



Haemophilus Influenza Disease (Hib)

- It is a type of bacteria that causes different infections
- Considered an invasive infection and harms areas that are not typically exposed to germs
- Spreads through respiratory droplets, this can happen when someone coughs or sneezes
- Occurs mostly in children younger than 5 or babies
- Children need multiple shots for the Haemophilus vaccine. These shots are at 2 months, 4 months, 6 months (depending on brand), and 12 through 15 months
- Talk with your doctor about Haemophilus vaccine as certain medical conditions will require the vaccination

LAB SERVICES

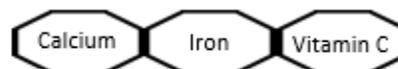
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Influenza Vaccinations Given	254	450	718	1,101	405	117
Waivers	15	33	37	106	44	14

 2,369 Hemoglobin Tests Provided	 812 Blood Lead Tests Provided
 14 Children with High-risk Lead Results >5 Capillary	 5 Home visits to Lead Cases requiring Case Management

There is no safe threshold for lead exposure.

CMDHD tests all children's iron status who are on WIC. Additionally, all children with Medicaid and who are enrolled in the WIC program have their blood tested for lead poisoning. Screening and treatment for both anemia and lead poisoning help to maintain children's health and encourages normal growth and development.

For children and adults, three key nutrients play a role in protecting the body from the harmful effects of lead:



These nutrients protect the body from harmful chemicals and are part of a healthy diet. WIC foods are high in these nutrients.

	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Hemoglobin Tests	256	493	360	704	312	244
Lead Tests	117	185	107	238	83	82

MDHHS LABORATORY SERVICES



our communities.

Local health departments work closely with and rely on the Michigan Bureau of Laboratories for testing of emerging diseases and assistance with public health emergencies, disease outbreaks, communicable diseases diagnosis, and testing for other public health analysis such as genotyping for tuberculosis and other vaccine preventable and non-vaccine preventable diseases. Our state lab is a very vital resource for our local health department staff for timely testing of rabies, blood lead tests, and other diagnostic reporting to help control communicable diseases in

MIHP (MATERNAL INFANT HEALTH PROGRAM)

Our Maternal Infant Health Program provides home visitation and care coordination for pregnant women and infants on Medicaid. Our health care team includes a public health nurse, social worker, and registered dietitian. The MIHP program helps vulnerable families and drastically improves the health of new mothers and babies during this important time in their lives.



Our team's goal is to promote:

- Healthy pregnancies
- Positive birth outcomes
- Healthy infant growth
- Healthy infant development



MIHP staff educate pregnant women on family planning, asthma, diabetes, hypertension, pregnancy health, nutrition, maternal breastfeeding, smoking and secondhand smoke, alcohol, drugs, social support, abuse/violence, stress, depression, food, housing, and transportation. **MIHP staff also educate moms with infants** on infant health care, infant safety, feeding and nutrition, infant breastfeeding, infant development family social support, parenting and childcare, maternal considerations, and substance-exposure.

For every **\$1 spent** on prenatal services for MIHP participants mothers, Medicaid **saves** in the costs associated with preterm birth in the month of life.



	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
MIHP VISITS	801	843	915	701	576	408

COLLABORATIONS AND INITIATIVES

CMDHD is part of the Regional Perinatal Quality Collaborative which supports the **Mother Infant Health & Equity Improvement Plan (MIHEIP)**. MIHEIP is committed to improving maternal and infant health and integrates interventions to encompass the health and wellbeing for both mom and baby by addressing gaps for the most vulnerable groups of women and infants in our state. Along with other stakeholders and partners, our staff have addressed pressing maternal and infant challenges specifically addressing social determinants of health and equity.



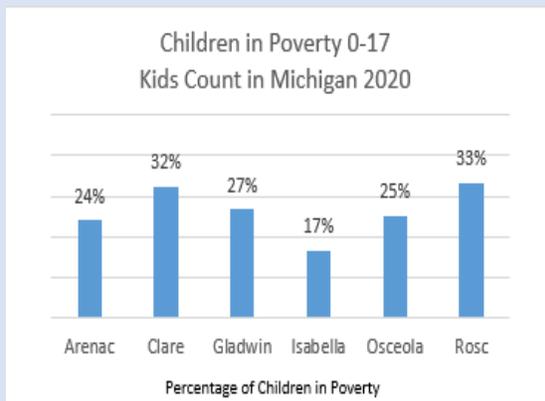
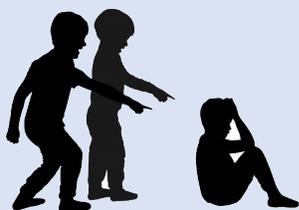
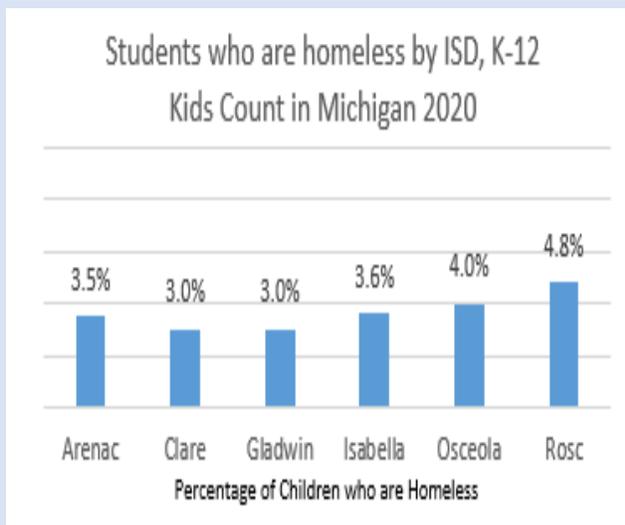
Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

Robert Wood Johnson Foundation.

MEDICAID OUTREACH ACTIVITIES

CMDHD continuously does outreach to the community to increase Medicaid awareness. Our staff attend various community events including local kindergarten roundups, health fairs, and community events to ensure we are providing our community with the most current Medicaid information.

CMDHD also actively participates on several committees that allow us to further our outreach activities. A few of these committees include Great Start Collaborative, Together We Can, 1016 Network, Rural Health Network Development, and various other collaborative meetings.



CMDHD personal health administrative staff participate on community collaborative councils in all six of our counties on a monthly basis.

The Central Michigan Regional Rural Health Network (CMRRHN) is an active community group to work to improve the health of our community. The health network includes health care providers, academic institutions that offer health professions programs, and health and social needs organizations. As part of the CMRRHN, we work collectively to improve the health of and promote wellness among the community members in the Central Michigan region. One of the CMRRHN goals is aimed in prevention of homeless children. Homeless children are more likely than their peers to experience abuse, witness and experience violence, and have emotional trauma. It is also linked to poor physical health for children including low birth weight, malnutrition, ear infections. Homeless children are also less likely to have adequate access to medical and dental care.

CMDHD also serve as representatives on the Child Death Review Team within each county served by our agency. This group reviews all infant and child deaths in each of our counties and determines ways to educate the community to help stop future preventable early and preventable childhood deaths.





CMDHD became a Navigation partner with MDHHS’s Integrated Service Delivery effort by having trained certified staff in each of our six county offices. Clients who are applying for MDHHS services are automatically referred to WIC if they are determined eligible. CMDHD received 1,032 new WIC referrals were made and ongoing referrals have increased the WIC participation in our counties.

1,032
MDHHS Referrals
to WIC

CMDHD has become a Navigation partner with MDHHS’s Integrated Service Delivery effort by having trained certified staff in each of our six county offices. Using the MIBridges system, CMDHD provides community assistance by helping residents identify and connect to resources, apply for Medicaid, MICHild and Healthy Michigan medical insurance benefits, and manage their ongoing cases. CMDHD also has trained Certified Applicant Counselors that provide assistance with health insurance applicants through the Marketplace. Our trained staff can assist with answering questions pertaining to health insurance and coverage.



<https://newmibridges.michigan.gov/>

<https://www.healthcare.gov/>

ORAL HEALTH



When it comes to oral health, prevention is best! That is why our WIC program continued to provide fluoride varnish treatments to protect teeth by making them stronger and more resistant to acid. All children aged 1-5 enrolled in the WIC program and on Medicaid are eligible for a dental screening and fluoride varnish.

518
Oral Screenings

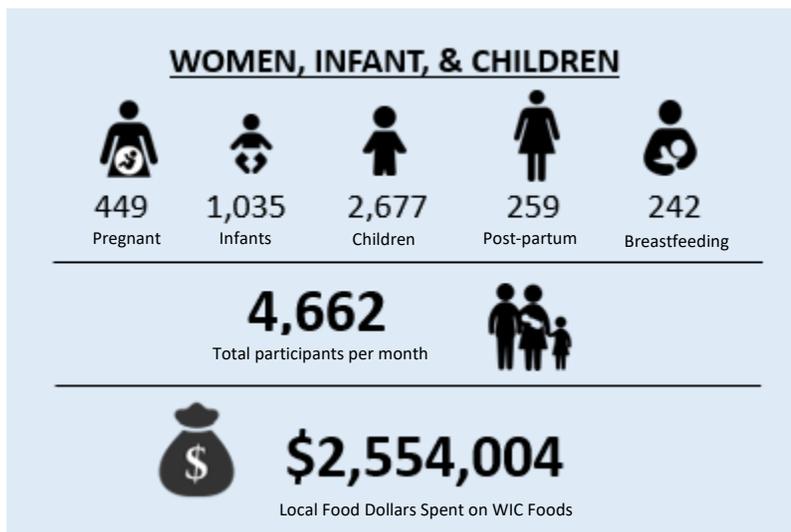
614
Fluoride Varnish Treatments

Dental health is important part of prenatal care. Pregnancy increases the risk of certain dental problems that lead to pregnancy complications, like premature birth. Taking good care of your mouth, teeth and gums during pregnancy

	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Oral Screenings	45	161	52	127	83	50
Fluoride Varnish	45	161	56	126	176	50

can help you have a healthy pregnancy and healthy baby.

WIC (WOMEN, INFANTS, CHILDREN)



Improving Health from Conception

- wic** benefits the community by:
- **reducing** fetal deaths and infant mortality
 - **reducing** low birthweight rates or pre-term births
 - **increasing** immunization rates against childhood diseases
 - **increasing** 4–5 year old’s vocabularies
 - **having** a positive effect on pregnancy outcomes, child growth, and health and development.

	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Participants per Month	487	924	700	1,497	640	471
WIC Food Dollars Spent	\$255,881	\$472,232	\$381,418	\$822,132	\$371,268	\$251,073

wic is a federally funded program that serves low and moderate income pregnant, breastfeeding, and postpartum women; and infants and children up to age 5 who may have a nutrition-related health problem. Safety and health of our families is our top priority.

- Each month, more than 200,000 moms, babies, and children less than age 5 receive nutritious foods from the Michigan WIC Program. WIC foods are worth \$30-\$112 or more per month for each participant.
- WIC participants receive help with nutrition education and breastfeeding, and referrals to other health services.
- The earlier a pregnant woman receives nutritional benefits from WIC, the more likely she is to seek prenatal care and deliver a normal weight infant.
- For every dollar spent by this program, more than three dollars is saved in subsequent health care costs.
- A family of four may earn up to \$47,638 per year and qualify for WIC.
- WIC participants spend more than \$120 million yearly at local grocery stores and pharmacies, which supports local communities.

Every WIC appointment, families are provided:

- Food benefits
- Nutrition Education
- High Risk Counseling
- Health Care Referrals
- Breastfeeding Support

Additional services we provide our families in WIC:

- Fluoride Varnish Treatments
- Hemoglobin Testing
- Immunizations
- Lead Testing

WIC BREASTFEEDING PEER COUNSELORS

Contacts



3,183

Breastfeeding is a natural, healthy, and loving gift a mother can give to her baby. CMDHD breastfeeding peer counselors focus on helping new moms breastfeed successfully. They provide one-on-one support and telephone counseling breastfeeding education, support, and help initiating or continuing breastfeeding. WIC breastfeeding peer counselors provide a valuable service to their communities by addressing barriers and providing

positive role-modeling both before and after babies are born. Additionally, our WIC breastfeeding peer counselors are also available to help non-WIC families with breastfeeding questions and support. Each of our offices has a peer counselor and they have phones available for after-hours phone support, educational



	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Peer Counselor Contacts	495	663	890	591	349	159

resources, and breast pumps for returning to work or school.

PROJECT FRESH

Enrolled WIC participants, excluding infants, are eligible to receive

\$25

of Michigan fruits and vegetables at local Farmers Markets

\$40,550

Total value given to CMDHD clients



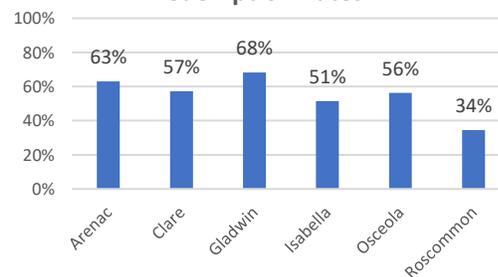
1,622

Project FRESH booklets distributed

WIC Project FRESH provide families with coupons that can be used to buy eligible, locally grown, fresh, unprepared fruits and vegetables from authorized farmers, farmers' markets, and roadside stands. WIC participants are encouraged to use all their coupons during the season to help meet their special nutritional needs. They are especially encouraged to buy broccoli, carrots, potatoes, squash, peaches, apples, and tomatoes. A variety of produce rich in vitamins A, C, and folic acid are emphasized.

help meet their special nutritional needs. They are especially encouraged to buy broccoli, carrots, potatoes, squash, peaches, apples, and tomatoes. A variety of produce rich in vitamins A, C, and folic acid are emphasized.

FY 2019/20 Project FRESH Redemption Rates



	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Project Fresh Booklets Distributed	250	300	261	441	240	130

Environmental Health Division

October 2019, the beginning of the fiscal year, brought our first public health emergency response. Health department staff were called to respond to an Action Level Exceedance (ALE) for lead in the city of Clare. Routine monitoring of the water supply detected lead levels exceeding the state standards. Environmental health staff participated in handing out lead filters to city residents that qualified for state provided free filters. Lead information was provided to residents while the city worked on correcting the problem.

This was followed in March 2020 with the beginning of a COVID-19 pandemic in Michigan. This disease was new and there were many unknowns about how it was spread and how deadly it would become. Environmental health staff quickly adapted to emergency measures to safeguard themselves and our communities. Information was provided to residents and businesses as soon as it became available to keep everyone informed about safe practices. While working through the pandemic, staff continued to provide essential services that included permitting and inspections of onsite sewage disposal systems and drinking water wells. For a large part of the year, many EH staff members transitioned to assist in pandemic response by conducting case investigations, contact tracing, and complaint investigation. This was in addition to regular duties where we saw an unprecedented demand for replacement sewage systems and water wells.

Advice for the future. In the middle of a pandemic don't ask what else could go wrong. In May 2020, Gladwin County saw a historic 500-year flood event. The flood destroyed the Edenville Dam that has held back Wixom Lake since the early 1920's. Within hours homes that were flooded were sitting along a dry shoreline where Wixom Lake once had been. The Edenville Dam failure caused the Sanford Dam downstream to fail. Fortunately, there was no loss of life from the dam failures. The environmental damage didn't end with the loss of the dams and Wixom Lake. Residents in the area discovered that drinking water wells used for decades were now dry. The dam that created Wixom Lake also held back groundwater which raised the water table. Many area wells were constructed in this artificially high water table. The water table quickly dropped 30 feet, 40 feet, 50 feet or more in some areas over the following months. In the days and months following the flood, area residents had to replace over 250 drinking water wells due to the lowered water table.



Restaurant Evaluation Program

Restaurants across the district provide an opportunity for variety and a meal away from home. Food safety staff work with food operators to ensure safe food practices are in place and maintained. Staff conduct periodic evaluations looking at how food is handled from the time it is received until it is served. Any breakdown in food safety practice is identified and discussed with the operator so that appropriate corrections can be made.

Fiscal Year 2020 Food Evaluations						
County	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Evaluations	78	214	151	440	141	228

Program Goals:

- Educate operators and food workers on safe food service practices.
- Monitor practices through observation.
- Verify standard operating procedures so safe practices are consistently followed.
- Assist operators to correct unsafe food handling and verify corrections are made.

Onsite Sewage Treatment and Disposal Program

More than half of the homes and businesses in the district rely on onsite sewage treatment systems to properly treat and dispose of their wastewater. Properly designed and functioning onsite sewage treatment systems are crucial for protecting our groundwater and surface waters. Improper sewage disposal can lead to contamination of surface waters and groundwater. Staff make sure that onsite sewage is handled safely from new construction, regulated facilities, and when there is a change of property use. This is accomplished through the permit process, existing system evaluations, Time of Transfer evaluations, and complaint response.

Fiscal Year 2020 Onsite Sewage Treatment Evaluations						
County	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Evaluations	99	295	286	268	163	201

Program Goals:

- Educate onsite sewage treatment owners on safe sewage disposal and system operation.
- Monitor system operation through existing system, Time of Transfer, and regulated facility inspections.
- Ensure improper sewage disposal is corrected to protect our surface water and groundwater.
- Assist operators to correct unsafe food handling and verify corrections are made.

Onsite Water Supply Program

Like onsite sewage treatment systems, more than half of the homes and businesses in the district rely on a safe onsite water supply. Water wells are constructed to tap into the groundwater easily found in most areas of Michigan. We depend on this resource and must protect it so that it continues to be safe and reliable. Staff make sure that onsite water supplies are safe when newly constructed and continue to be safe through routine monitoring of inspected and regulated facilities. This is accomplished through the permit process, existing system evaluations, Time of Transfer evaluations, regulated facility monitoring, and complaint response.

Fiscal Year 2020 Onsite Water Well Evaluations						
County	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Evaluations	84	313	457	298	195	260

Program Goals:

- Educate onsite water well owners on safe operation and maintenance.
- Monitor system operation through existing system, Time of Transfer, and regulated facility inspections.
- Ensure supplies that provide water to the public are safely operated and have safe water for drinking.

Other Environmental Health Programs

Each year environmental health staff conduct approximately 200 evaluations of public campgrounds and swimming pools. Staff work with operators to verify these facilities are being safely operated. Most of these facilities have onsite water supplies that must follow safe drinking water quality standards.

Fiscal Year 2020 Campground, DHS, and Public Pool Evaluations						
County	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Evaluations	40	44	27	71	69	58

Program Goals:

- Educate campground, childcare facilities, and pool owners on safe operation and maintenance.
- Monitor facility operations through routine inspection program.

Assurance Water Laboratory

The Assurance Water Laboratory is operated out of our Gladwin County branch office as a convenience to clients. In many cases samples can be dropped off at the lab, saving on shipping cost and shipping delays that can lead to expensive resampling. This state certified laboratory tests drinking water and surface waters for the presence of coliform and E. coli bacteria. Testing drinking water wells to ensure they are free of harmful bacteria is critical for newly installed wells, wells that have undergone repairs, and for water supplies that have routine monitoring. The lab also tests hundreds of surface water samples annually in support of our beach monitoring program to verify beaches meet state bacteria standards for swimming. Through a partnership with Saginaw Valley State University, DNA testing can be done to identify multiple sources of E. coli bacteria that may be contributing to surface water contamination. The lab in Gladwin is equipped to identify E. coli from human sources.

Fiscal Year 2020 Water Testing Services						
County	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon
Drinking Water Samples	316	618	1466	161	140	339
Beach Samples	150	30	60	270	123	153
Fiscal Year 2020 Other Water Testing Services						
Midland Co Beach Samples	All Other County Samples		Other Surface Samples		Total Pool Samples	
42	35		61		51	

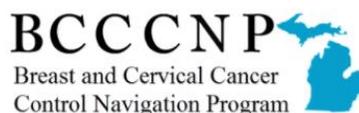
HEALTH PROMOTION

Breast and Cervical Cancer Navigation Program

74 women were provided with BCCCNP services

CMDHD provides and arranges for breast and cervical cancer screening services. This includes clinical breast exams, screening mammograms, pelvic exams, pap smears and patient education. For income eligible women without insurance, these services are provided with a grant from the U.S. Centers for Disease Control and Prevention through the State of Michigan. These women receive free screenings for breast and cervical cancer. For those with cancer diagnosis, case management is provided for treatment and acquiring insurance coverage. This program provides lifesaving screenings to women who have no access to breast or cervical cancer screening otherwise.

CMDHD also offers navigation services for women with insurance who need help accessing their screening services. Staff can help clients make appointments, find transportation, or further explain the breast and cervical cancer screening process to ensure these women receive their services.



Family Planning Program

1334 clients served in Family Planning (1,259 Women, 75 Males)

The Family Planning Program makes available a general reproductive health assessment, comprehensive contraceptive services, related health education counseling, and referrals as needed. The program's strong educational and counseling component helps to reduce health risks and promote healthy behaviors. This important program is aimed to prevent any unintended pregnancy and to provide preconception counseling to those seeking pregnancy. For every \$1 spent in Title X Family Planning clinics there is over \$4 saved in health care costs.

Services are available to anyone of any income. Individuals with income levels at or below poverty can receive the full array of programs and services at a reduced cost. No one is denied services for inability to pay. Services offered at Central Michigan District Health Department include a general health assessment and physical exam, laboratory tests, prescription of contraceptives, pregnancy testing, client and community health education, and follow-up and referrals for both males and females.



Sexually Transmitted Disease Program

Sexually transmitted diseases affect people of all ages, genders, and backgrounds. Because over 20 million new cases of STDs are diagnosed each year, it is a very important job to educate on these diseases, test clients annually, and treat cases. CMDHD's offered tests include chlamydia, gonorrhea, syphilis, hepatitis C, and HIV.

STD services offered at CMDHD:

- STD Testing
- STD Treatment
- STD Education
- Expedited Partner Therapy



The goals of the STD Program in Michigan and at the Central Michigan District Health Department are:

- Prompt reporting of cases
- The provision of screening and treatment services for Michigan's citizens
- The application of interviewing and case finding activities to reduce complications and intervene in the spread of disease

Hearing and Vision Screening Program

10003 Vision Screenings

1054 Referrals for Vision Treatment

6157 Hearing Screenings

220 Referrals for Hearing Treatment

Hearing and vision screenings are one of the essential public health services provided at Central Michigan District Health Department. The screenings are age based and begin when a child is 3 years old and continues through 9th grade. These screenings are crucial for preventing delays in the development of speech, language, and social skills. These children are screened on site at preschools, public and private schools, and at the health department. Certified technicians are trained by Michigan Department of Health and Human Services.

Ryan White HIV Programs

Infectious Disease Clinic: CMDMD has received funding from Ryan White HIV/AIDS Part B since 2007 to be able to improve the quality, availability, and organization of HIV health care and treatment to people living with HIV and their families. This improves health outcomes and reduces the risk of HIV transmission among hard-to-reach populations. The following are the core and support services CMDHD receives funding from Ryan White:

Core Medical Services:

- Outpatient Ambulatory Clinic
- Medical Case Management
- Mental Health
- Medical Nutrition Therapy

Support Services:

- Non-Medical Case Management
- Emergency Financial Assistance
- Food Bank
- Medical Transportation
- Psychosocial Support

This clinic currently serves 114 clients from 24 counties in Michigan with our Infectious Disease providers, Dr. Gulick and Mary Boudreau NP. The state of Michigan has a goal of 88% viral suppression rate, but the average rate of viral suppression in 2019 was only 73%. Within our clinic at CMDHD, we currently have a viral suppression rate of 98% over the last year.

Tobacco Use Reduction Program: CMDMD has received funding from MDHHS Tobacco Section and HIV Care and Prevention Section to provide Tobacco Dependence Treatment services to people living with HIV. People living with HIV who use tobacco die an average of 12 years sooner from smoking-related disease compared to those who have not smoked. In Michigan, the number of tobacco users has decreased from 50% to 41% since the initiation of this program state-wide. CMDHD has staff certified as Tobacco Treatment Specialists who can provide one on one counseling and group counseling, as well as pre-contemplation and cessation classes for people living with HIV and those close to them impacted by their tobacco use.

Primary Care Clinic: CMDMD has received funding from Ryan White HIV/AIDS and initiated a primary care clinic for people living with HIV last year. This clinic provides health promotion, disease prevention, health maintenance, management of acute and chronic illnesses while coordinating care with infectious disease provider. This need was identified in the community due to the aging population of people living with HIV who are now living longer due to the availability

Exchange Central, Syringe Service Program



Syringe service programs are community-based programs that provide key pathways to services to prevent drug use, HIV, and viral Hepatitis. Those who inject drugs are at a high risk of contracting HIV and Hepatitis C due to risky practices like sharing needles. Also, those under the influence of substances can have impaired decision making.

Through Exchange Central, CMDHD staff meet individuals where they are at, welcoming them to participate in free supplies and services.

Services include:

- Linkage of care into treatment
- Referrals for identified and expressed social needs
- Free HIV, Hepatitis C, and STD testing
- Education on overdose prevention, safer injection practices
- Vaccination through CMDHD and referrals to all CMDHD programs

What we offer to participants:

- New syringes
- New drug administering equipment
- After injection medical supplies
- Fentanyl test strips
- Nasal Naloxone (overdose prevention medication)
- Hygiene products
- Feminine hygiene supplies
- Safe sex supplies
- Sharps containers
- Used sharp disposal

2020 Data	
Clients Served	
Enrollments	10
Encounters	45
Services Provided	
Secondary exchanges	62
Syringes distributed	3,855
Syringes returned	2,500
Overdose prevention kits distributed	393
Successful reported reversals	8
Fentanyl test strips	3
Safe sex supplies	347
Sharps containers given	39
Additional supplies distributed	4,665

“The Narcan I got through your program saved my friend”

“The Narcan I received from you guys saved 2 of my friends”

Sexual Health, HIV Prevention

CMDHD’s HIV prevention program screens, educates, tests, and refers to treatment for STD’s. Our mission is to educate about HIV prevention along with other STD’s and refer to our Family Planning Program for additional services.

The HIV prevention program offers free testing and contraceptives for every client that comes through this program who are under-insured or uninsured.

Staff are certified through the State of Michigan and undergo continuous education and training based on the most recent resources available.



My counselor was nonjudgmental and made me feel comfortable. I feel all my information will be kept confidential

The counselor provided me with important information about HIV, STD’ s and safer sex practices

It was easy to make an appointment and the receptionist was informative

I would recommend this testing to others

Overall experience with this testing program

2020 Data

- 481 Chlamydia screenings performed
 - 35 positives identified and treated
- 481 Gonorrhea screenings performed
 - 4 positives identified and treated
- 413 Syphilis tests performed
 - 8 positives identified

“I absolutely love this program and the people who work here”

Hepatitis C Prevention



Expansion of STD Services at CMDHD through GILEAD Partnership

2020 Data

- 455 HIV Screenings
- 446 Hepatitis C screenings
- 11 positive HCV tests identified through testing and linked into care for treatment
- Thousands of contraceptives distributed

Since 2019 CMDHD has partnered with GILEAD through its FOCUS grant to provide additional Hepatitis C and HIV screening, testing, education, and linking into treatment.

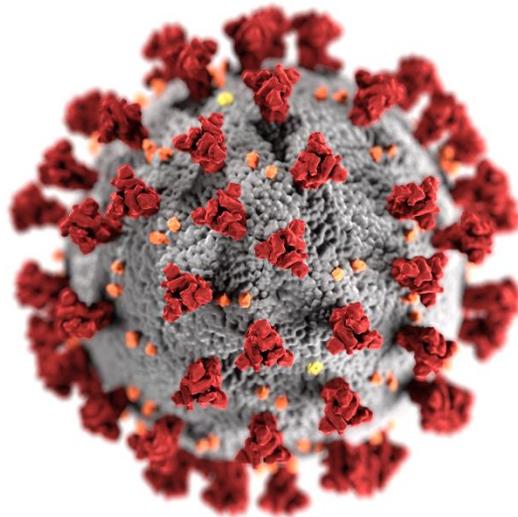
- HIV/HCV screening and testing
- Education
- Treatment guidance
- Screening and referral to social services
- Free contraceptives

EMERGENCY PREPAREDNESS

Emergency Preparedness Regions



The 2019/2020 year started out just like previous years. Our health department's emergency preparedness staff participated in exercises, provided two presentations, and set up informational booth at two community events.



In February 2020, the world began to change. We began hearing reports of Coronavirus (COVID-19), meetings started taking place, plans were activated, surveillance was happening, cases started appearing in the United States, and then in Michigan. Locally, within the Central Michigan District Health Department jurisdiction, we issued our first press release on February 10, 2020, indicated that 12 cases

had been identified in the United States. On March 21, 2021, the first case of COVID-19 was identified in our jurisdiction in a Clare County resident.

The H1N1 pandemic of 2009-2010 provided us with an opportunity to identify the importance on communicating with our own staff, our community partners, and our residents, especially since a vaccine was not available for six months after the start of that pandemic. This pandemic, COVID-19, took that level of importance of communicating to a whole new level. We were seeing illness, community spread and, unfortunately, death. Recommendations, requirements, and executive orders were being written at the federal and state levels and it was the responsibility of the local entities to effectively communicate all that information to residents, businesses, schools, healthcare, and many, many, other community partners.

Internally, Central Michigan District Health Department activated our internal “EPI” team, comprised of staff from all departments within the health department. We worked together to maintain communication and start disease case investigations, surveillance, modify, and in some cases, create incident action plans, and the list goes on and on. Staff worked around the clock, seven days a week, for months.

Once vaccines became available, the health department’s mass vaccination plan was activated. Prior to that, many hours were spent coordinating with county emergency managers and many community partners to identify, or review previous, drive-thru and stationary vaccination sites. Communication efforts continued when vaccines became available, as vaccine priority groups were established and it was important for us to reach as many people in each category as we could, to let them know it was their “turn” to be vaccinated, and how to make that happen.

This pandemic response has truly been one of the best examples of collaboration of all time. At one time or another, every single CMDHD employee has done something for this response. As this annual report is written, we are still in the middle of this COVID-19 response, with no “end date” in sight; however, because plans were written ahead of time, this response has had many more “successes” than “gaps”. Yes, plans were modified, enhanced and new plans were written to properly respond to this global pandemic, however, if we would not have been prepared to begin with, especially with communication, disease investigation and mass vaccination plans, this response would look a lot different!

Special thanks to all Central Michigan District Health Department staff for all that you do!!

Being prepared is essential. Are you prepared? Visit www.ready.gov, www.do1thing.com or www.michigan.gov/michiganprepares.

LOCATIONS

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