ANNUAL REPORT 2019

Central Michigan District Health Department

Accredited with Commendation by the Michigan Local Public Health Accreditation Commission and Public Health Accreditation Board
ANNUAL REPORT 2019

Central Michigan District Health Department

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 2019 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 2019 Annual Report contains data, success stories and evidence of our work this past year.

As you read this report, you will see program highlights that include the following: we were able to serve 721 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 1,137 restaurant inspections; 13,300 immunizations were given; 6,591 hearing and 10,394 vision screenings were completed; and our WIC program had an average monthly enrollment of 4,677. Our staff also participated in providing education and water filters to the residents of the City of Clare due to an action level exceedance of lead in the municipal water supply. 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 on a daily basis 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
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.”
2019 Revenue and Expenses

Central Michigan District Health Department
2019 Expenses

Central Michigan District Health Department
2019 Revenue
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.

COMMUNICABLE DISEASES

RABIES REPORTING

Rabies is a fatal disease transmitted from animals to humans, 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.

In 2019, there were 11 bats and 2 skunks in Michigan that tested positive for rabies.

<table>
<thead>
<tr>
<th>Rabies: Potential Exposure &amp; Post-Exposure Prophylaxis</th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rabies: Potential Exposure &amp; Post-Exposure Prophylaxis</td>
<td>28</td>
<td>87</td>
<td>69</td>
<td>89</td>
<td>65</td>
<td>37</td>
<td>375</td>
</tr>
</tbody>
</table>
FOODBORNE ILLNESS REPORTING

<table>
<thead>
<tr>
<th></th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campylobacter</td>
<td>3</td>
<td>5</td>
<td>6</td>
<td>5</td>
<td>6</td>
<td>1</td>
<td>26</td>
</tr>
<tr>
<td>Cryptosporidiosis</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>5</td>
<td>6</td>
<td>0</td>
<td>14</td>
</tr>
<tr>
<td>Giardiasis</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>5</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Norovirus</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Salmonellosis</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td>8</td>
<td>6</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>Shiga toxin E coli-(STEC)</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Yersinia enteritis</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

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 food workers of restaurants, convenience stores, delis, and other food preparation facilities, or those who are planning on becoming employed in these types of 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.

<table>
<thead>
<tr>
<th></th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickenpox</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>H. Influenza</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Meningitis – Aseptic</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>0</td>
<td>3</td>
<td>9</td>
</tr>
<tr>
<td>Meningitis – Bacterial Other</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Meningitis – Streptococcus pneumonia</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>1</td>
<td>6</td>
<td>2</td>
<td>21</td>
</tr>
<tr>
<td>Pertussis</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Shingles</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

By getting vaccinated, you’re protecting yourself and your community. Vaccines protect against infectious diseases that can cause serious illnesses and sometimes death. The Central Michigan District Health Department is proud to be a major source of vaccines for our community.

Visit our Website at CMDHD.org
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.

### Immunizations

<table>
<thead>
<tr>
<th></th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immunizations Given</td>
<td>1,055</td>
<td>1,896</td>
<td>2,325</td>
<td>2,738</td>
<td>1,160</td>
<td>716</td>
</tr>
<tr>
<td>Influenza Vaccinations Given</td>
<td>298</td>
<td>549</td>
<td>805</td>
<td>1,138</td>
<td>467</td>
<td>153</td>
</tr>
<tr>
<td>Waivers</td>
<td>12</td>
<td>48</td>
<td>47</td>
<td>70</td>
<td>34</td>
<td>36</td>
</tr>
</tbody>
</table>

Visit our Website at [CMDHD.org](http://CMDHD.org)
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.

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 $1.38 in the costs associated with preterm birth in the month of life.

<table>
<thead>
<tr>
<th>Arena</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIHP VISITS</td>
<td>297</td>
<td>834</td>
<td>818</td>
<td>732</td>
<td>547</td>
</tr>
</tbody>
</table>

There is no safe threshold for lead

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:

- Calcium
- Iron
- Vitamin C

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

Visit our Website at CMDHD.org
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 Rural Health Network (CMRHN) 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 CMRHN, we work collectively to improve the health of and promote wellness among the community members in the Central Michigan region. Babies born to teen mothers are more likely to be premature, have low birth weight, and even die. One of the CMRHN goals is aimed in preventing subsequent births to teen mothers and preventing infant & child mortality rates.

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 1,291 new WIC referrals were made and ongoing referrals have increased the WIC participation in our counties.

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 assist health insurance applicants through the Marketplace. Our trained staff can help answer 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 ages 1-5 enrolled in the WIC program and on Medicaid are eligible for a dental screening and fluoride varnish.

Dental health is also an 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 can help you have a healthy pregnancy and healthy baby.

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<thead>
<tr>
<th></th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Screenings</td>
<td>73</td>
<td>278</td>
<td>157</td>
<td>336</td>
<td>84</td>
<td>127</td>
</tr>
<tr>
<td>Fluoride Varnish</td>
<td>73</td>
<td>280</td>
<td>156</td>
<td>337</td>
<td>81</td>
<td>124</td>
</tr>
</tbody>
</table>
WIC (WOMEN, INFANTS, CHILDREN)

**WOMEN, INFANT, & CHILDREN**

<table>
<thead>
<tr>
<th></th>
<th>Pregnant</th>
<th>Infants</th>
<th>Children</th>
<th>Post-partum</th>
<th>Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>449</td>
<td>1,035</td>
<td>2,677</td>
<td>259</td>
<td>257</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>4,677</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

$2,841,545

Local Food Dollars Spent on WIC Foods

**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.

<table>
<thead>
<tr>
<th></th>
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<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants per Month</td>
<td>505</td>
<td>916</td>
<td>702</td>
<td>1,522</td>
<td>630</td>
<td>520</td>
</tr>
<tr>
<td>WIC Food Dollars Spent</td>
<td>$303,824</td>
<td>$559,231</td>
<td>$416,397</td>
<td>$890,290</td>
<td>$371,005</td>
<td>$300,798</td>
</tr>
</tbody>
</table>

WIC is a federally funded program that serves low and moderate income pregnant, breastfeeding, and postpartum women; 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
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 resources, and breast pumps for returning to work or school.

<table>
<thead>
<tr>
<th>Peer Counselor Contacts</th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>350</td>
<td>556</td>
<td>480</td>
<td>370</td>
<td>205</td>
<td>120</td>
<td></td>
</tr>
</tbody>
</table>

**PROJECT FRESH**

Enrolled WIC participants, excluding infants, are eligible to receive $25 of Michigan fruits and vegetables at local Farmers Markets.

$41,425 Total value given to CMDHD clients

WIC Project FRESH provide families with coupons that can be used to buy 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.

<table>
<thead>
<tr>
<th>Project Fresh Booklets Distributed</th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>250</td>
<td>300</td>
<td>256</td>
<td>441</td>
<td>280</td>
<td>130</td>
<td></td>
</tr>
</tbody>
</table>
Environmental Health Division

Restaurant Evaluation Program

Restaurants across the district provide a variety of foods and dining experiences for residents and vacationers. Food safety staff work with food operators to ensure safe food practices are in place and maintained so dining out is an enjoyable experience. 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.

<table>
<thead>
<tr>
<th>County</th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluations</td>
<td>97</td>
<td>189</td>
<td>128</td>
<td>368</td>
<td>117</td>
<td>238</td>
</tr>
</tbody>
</table>

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. This picture shows sewage running down the road onto a neighbor’s property.

<table>
<thead>
<tr>
<th>County</th>
<th>Arenac</th>
<th>Clare</th>
<th>Gladwin</th>
<th>Isabella</th>
<th>Osceola</th>
<th>Roscommon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluations</td>
<td>88</td>
<td>206</td>
<td>243</td>
<td>173</td>
<td>134</td>
<td>143</td>
</tr>
</tbody>
</table>
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. The picture shows a well without a proper well cap, which will allow insects and other contaminants into the well.

<table>
<thead>
<tr>
<th>County</th>
<th>Evaluations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arenac</td>
<td>68</td>
</tr>
<tr>
<td>Clare</td>
<td>306</td>
</tr>
<tr>
<td>Gladwin</td>
<td>348</td>
</tr>
<tr>
<td>Isabella</td>
<td>230</td>
</tr>
<tr>
<td>Osceola</td>
<td>175</td>
</tr>
<tr>
<td>Roscommon</td>
<td>232</td>
</tr>
</tbody>
</table>

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 400 evaluations of public campgrounds, childcare facilities, and public 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.
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 2019 Water Testing Services

<table>
<thead>
<tr>
<th>County</th>
<th>Arenac</th>
<th>Clare</th>
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<tbody>
<tr>
<td>Drinking Water Samples</td>
<td>302</td>
<td>704</td>
<td>915</td>
<td>254</td>
<td>110</td>
<td>272</td>
</tr>
<tr>
<td>Beach Samples</td>
<td>145</td>
<td>30</td>
<td>66</td>
<td>276</td>
<td>38</td>
<td>150</td>
</tr>
</tbody>
</table>

### Fiscal Year 2019 Other Water Testing Services

<table>
<thead>
<tr>
<th>Midland Co Beach Samples</th>
<th>All Other County Samples</th>
<th>Other Surface Samples</th>
<th>Total Pool Samples</th>
</tr>
</thead>
<tbody>
<tr>
<td>72</td>
<td>35</td>
<td>78</td>
<td>92</td>
</tr>
</tbody>
</table>
HEALTH PROMOTION

Breast and Cervical Cancer Navigation Program

73 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

1471 clients served in Family Planning (1,386 Women, 80 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

- 1238 clients screened and/or treated at Central Michigan District Health Department

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

10394 Vision Screenings
8334 Referrals for Vision Treatment
6591 Hearing Screenings
440 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.
HIV Case Management Program

CMDHD 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

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

Our clinic currently serves 110 clients from 24 counties in Michigan with our Infectious Disease providers, Dr. Gulick and Mary Boudreau NP. The state of Michigan has an average of 88% viral suppression rate. Within our clinic at CMDHD, we have been able to maintain a viral suppression rate greater than 92% over the last several years.

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.
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 high risk of contracting HIV and Hepatitis C due to risky practices like sharing used syringes.

**The Purpose:**
- To prevent the transmission of HIV and other blood-borne viruses, such as Hepatitis C
- Link injection drug users to vital prevention programs, medical care, and mental health services

**What we offer:**
- HIV/STD/HCV testing and education
- Naloxone and education
- Vaccinations
- Safe sex kits
- Education on safer injection practices and vein care
- Referrals for treatment and other social service needs

**2019 Data**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Encounters</td>
<td>20</td>
</tr>
<tr>
<td>Enrollments</td>
<td>10</td>
</tr>
<tr>
<td>Narcan Kits</td>
<td>213</td>
</tr>
<tr>
<td>Syringes</td>
<td>890</td>
</tr>
<tr>
<td>Additional supplies</td>
<td>2,418</td>
</tr>
<tr>
<td>Sharps containers given</td>
<td>17</td>
</tr>
<tr>
<td>Sharps containers received</td>
<td>2</td>
</tr>
<tr>
<td>Secondary exchanges (people getting supplies for other people)</td>
<td>8</td>
</tr>
</tbody>
</table>

Visit our Website at [CMDHD.org](http://CMDHD.org)
Gilead Partnership Program

The new partnership between Central Michigan District Health Department and FOCUS is to provide additional STD/HIV/HCV screenings to address gaps in HIV and Hepatitis C testing and linkage to care for treatment.

2019 Data

- 56 HIV Screenings
- 58 Hepatitis C Screenings
  - 2 Positive tests identified through testing and linked into care for treatment
  - 19 Hepatitis C referrals for testing and treatment
- 66 Chlamydia Screenings
  - 10 Positive tests identified through testing and treated
- 66 Gonorrhea Screenings
- 56 Syphilis Screenings
  - 1 positive and linked in to care for treatment
- 11 PrEP (Pr-Exposure Prophylaxis) Referrals
  - 1 enrolled in PrEP therapy
- Over 1,700 contraceptives distributed

Expansion of STD Services at CMDHD through this partnership

- STD/HIV/HCV screening and testing
- Education
- Treatment
- Screening and referral to social services
Emergency Preparedness

Planning, exercising, training and responding to real events is all part of the “everyday life” for the emergency preparedness staff at Central Michigan District Health Department (CMDHD).

In 2018/2019, our health department’s emergency preparedness staff participated in exercises and responded to real events. In the exercise world, health department staff in Isabella County had an opportunity to participate in a county emergency drill that tested our own internal procedures. Our staff participated in community tabletop exercises in Clare, Gladwin, Isabella, and Osceola Counties. Lastly, we used an actual seasonal flu clinic to exercise our existing mass vaccination clinic plans.

In September 2019, a number of our health department staff were asked to assist with distributing water filters in the City of Clare due to an action level exceedance of lead. When it was determined that this was part of the response, we set up two water filter distribution events and continued to provide water filters in our branch offices after the event. We activated a number of our public health emergency plans for this response and adapted them to fit the needs of the current situation.
Our staff also contributed to the submission of our agency’s second National Accreditation application. Many of the Public Health Accreditation Board standards relate to our emergency preparedness program. Central Michigan District Health Department was officially re-accredited in 2020.

As in the past, both internal and external collaboration has been key to successful exercises and real event responses. Staff continued to be very involved at the local, regional and state levels with many partners, and often serve on local, regional and statewide workgroups as well.

Educating our communities about preparedness through community presentations and information booths continued to be an important aspect of our program. Staff provided two presentations at statewide conferences, four local presentations, and attended one community event this year. Our educational efforts continued through the use of traditional and social media via press releases and social media posts.

LOCATIONS

Arenac County Branch Office

4489 W. M-61, Suite 3
Standish, MI  48658
Phone:  (989) 846-6541
FAX:  (989) 846-0431
PO Box: 734

Clare County Branch Office

815 N. Clare Ave.
Harrison, MI  48625
Phone:  (989) 539-6731
FAX:  (989) 539-4449

Gladwin County Branch Office

103 N. Bowery
Gladwin, MI  48624
Phone:  (989) 426-9431
FAX:  (989) 426-6952

Isabella County Branch Office

2012 E. Preston St.
Mt. Pleasant, MI  48858
Phone:  (989)-773-5921
FAX:  (989)-773-4319

Osceola County Branch Office

22054 Professional Dr. Suite D
Reed City, MI  49677
Phone:  (231) 832-5532
FAX:  (231) 832-1020

Roscommon County Branch Office

200 Grand Ave
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Prudenville, MI  48651
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Visit our Website at CMDHD.org