

ANNUAL REPORT 2018

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 2018 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 2018 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 provided 3,677 visits through our Maternal and Infant Health Program (MIHP). MIHP provides home visitation and care coordination for pregnant women and infants on Medicaid. Staff also conducted 1,411 restaurant inspections; 13,416 immunizations were given; 7,050 hearing and 12,556 vision screenings were completed; and our WIC program had an average monthly enrollment of 4,931. 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.

A new program that began in 2018 is the Isabella County Time of Transfer Program. Properties in Isabella County with onsite wells and/or onsite sewage treatment systems need to be evaluated when the property is sold or transferred to a new owner. The purpose of this regulation is to protect public health and to prevent or minimize the degradation of groundwater and surface water quality by malfunctioning sewage treatment systems and to assure safe water supplies by the evaluation of the sewage treatment systems and private water supply systems at the time of transfer. You can learn more about this program in the Environmental Health section of this report.

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

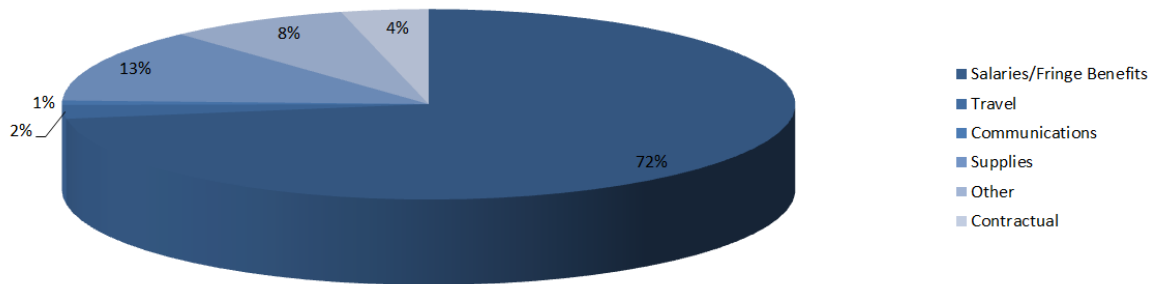
Public Health promotes and protects the health of people and the communities where we live, play, and work. We promote wellness through vaccinating children and adults, preventing the spread of disease, safeguard the public from food borne illness, or assisting with family planning for those who want 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 insure our communities are protected.

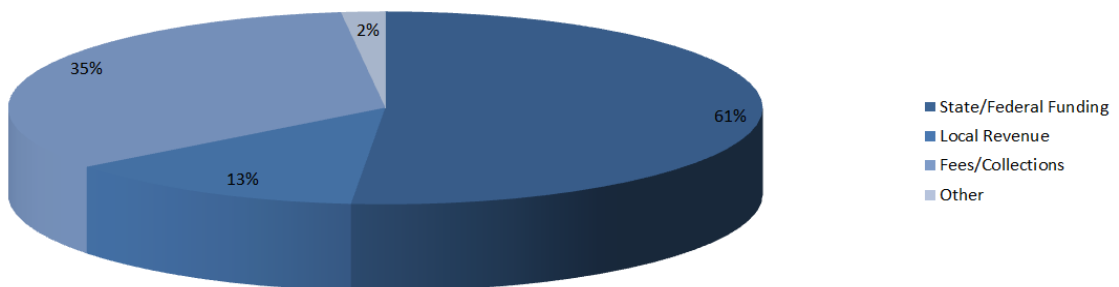
These employees are very dedicated to the Central Michigan District Health Department and provide crucial support to keep the financial and the human resources of the agency intact. It is within this teamwork that provides the “behind the scenes” support of the story “Promoting Healthy Families and Health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

2018 REVENUE AND EXPENSES

Central Michigan District Health Department 2018 Expenses



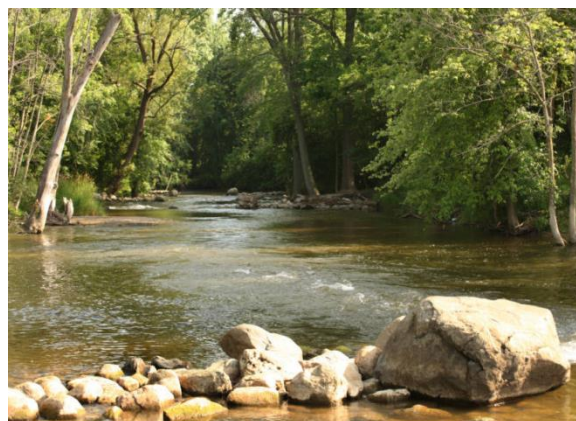
Central Michigan District Health Department 2018 Revenue



ENVIRONMENTAL HEALTH DIVISION

Environmental health saw two significant changes in 2018. The first was an emerging chemical of concern that may affect our groundwater. Per- and polyfluoroalkyl substances, or better known as PFAS, made headlines across Michigan.

PFAS is a group of man-made chemicals used in firefighting foam, stain repellants, non-stick cookware, clothing, and other household products. It does not breakdown in the environment and has been found to contaminate surface water and groundwater. These chemicals are known to accumulate in animals and people. Currently not much is known about the health effects of these chemicals. The Environmental Protection Agency (EPA) does not have a maximum contaminant level established for drinking water but does have a Lifetime Health Advisory level of 70 parts per trillion (ppt) for PFOS and PFOA combined; two of the chemicals in the PFAS group. A part per trillion is a very small amount; about one drop in an Olympic sized swimming, which contains 660,000 gallons of water. Michigan spent much of 2018 testing public water supplies for the presence of PFAS chemicals. The good news is that most supplies tested did not have detectable levels of PFAS. There were no water supplies within the CMDHD jurisdiction that had levels above the 70 ppt Lifetime Health Advisory. You can find more information on our web site under PFAS Information. Michigan has a great web site that has links to sample results, health information, and other activities being conducted to protect the health of Michigan residents. This web site can be found at www.Michigan.gov/pfasresponse.



The second change in 2018 was the implementation of the Time of Transfer program in Isabella County. This program requires that all properties not connected to municipal water and sewer be inspected prior to sale to verify the on-site water well and on-site sewage treatment systems are present, constructed properly, and not creating a hazard. While the permitting programs regulate the installation of new and replacement systems, there is no mechanism to verify systems are being maintained and functioning correctly years after the water well and sewage treatment system have been installed. The Time of Transfer inspection provides an opportunity to verify these systems are being maintained, have not been



White PVC sewer line discharging waste to ground surface.

illegally modified, or are even present if the system pre-dates county permitting. Six months into the program a total of 227 properties were evaluated.

Corrections ranging from very minor repairs to complete replacement were needed on 19% of sewage systems and 13% of water wells. So far, ten on-site sewage systems were found to directly discharge into a river, stream, ditch, or field tile. Direct discharges along with other malfunction conditions leads to the degradation of our water. This program has been effective in identifying problem systems that would otherwise not get repaired. The Isabella County Time of Transfer program is a great asset to the community by identifying and fixing problem sewage systems and water wells; thereby reducing impacts to groundwater and surface waters.

Safe Food:

In 2018 staff conducted 1,411 food safety evaluations. Part of the food safety evaluation process at restaurants, bars, service clubs, schools, mobile food wagons, and temporary food events is to educate the operators in the latest food safety practices. Food service facilities are better equipped to maintain safe food practices when all food workers understand the why and how of food safety. Restaurant evaluations can be found on our web site at the [Facility Inspections](#) link on the EH Food web page. In collaboration with the Personal Health Division, State partners, and local medical facilities; CMDHD also investigates foodborne illnesses. By investigating and identifying the source of a foodborne illness, CMDHD can provide guidance to stopping ongoing illnesses and provide education to prevent future outbreaks.

	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon	District
Food Safety Evaluations	114	261	178	393	171	294	1411

Safe Water:

All of our drinking water either comes from groundwater or surface water. More than half of residents in the district rely on individual water wells for their home drinking water. Environmental health staff protect this resource through permitting on-site water wells, permitting on-site sewage treatment systems, monitoring non-community water supplies, and inspecting existing water well and sewage treatment systems. Ensuring these systems are installed properly and maintained prevents contamination of our water resources. The onsite sewage disposal program and water well construction program go hand-in-hand in protecting this vital resource.

	Arenac	Clare	Gladwin	Isabella	Osceola	Roscommon	District
On-Site Sewage	97	208	208	233	104	151	1001
Point of Sale, ESE, Land Use	21	42	134	244	29	19	489
On-Site Water Wells	71	246	249	248	154	238	1206
Total Paid On-Site Services	189	496	591	725	287	408	2696

Safe Environment:

Summers provide us time to enjoy many activities outdoors. Camping, swimming, fishing, and boating are but a few. Whether it is a public pool, campground, or children's camp, CMDHD staff are there to evaluate compliance for health and safety. Beachgoers at public beaches can also look for a sign that says "This beach is monitored by CMDHD". We continue to sample selected beaches throughout the District during peak beach season to test the water for the presence of E. coli. High levels of E. coli indicate a polluted surface water and swimming should be avoided. Signs warning the public are posted at the beach when E. coli levels exceed the State standard. Results are also posted on BeachGuard

<http://www.deq.state.mi.us/beach/Default.aspx> so that you can follow the sampling results at your favorite beach. Assurance Water Laboratory, our laboratory located in Gladwin County, tests drinking water and surface water to make sure it meets State standards.

<u>Assurance Water Laboratory</u>	
Drinking Water Sample by Staff	1163
Drinking Water Sample by Client	1449
Swimming Pool Samples	78
Total Drinking and Pool Samples	2690

Other Inspected Facilities:

	<u>Arenac</u>	<u>Clare</u>	<u>Gladwin</u>	<u>Isabella</u>	<u>Osceola</u>	<u>Roscommon</u>	<u>District</u>
Campgrounds	22	24	15	12	20	18	111
Daycares and Children's Camps	15	28	14	45	38	16	156
Public Pools	12	14	3	17	15	20	81
Total Evaluations	49	66	32	74	73	54	348

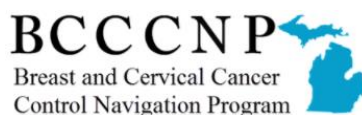
HEALTH PROMOTION

Breast and Cervical Cancer Navigation Program

55 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

1,471 clients served in Family Planning (1,396 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

- 860 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

12556 Vision Screenings

1292 Referrals for Vision Treatment

7050 Hearing Screenings

612 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:

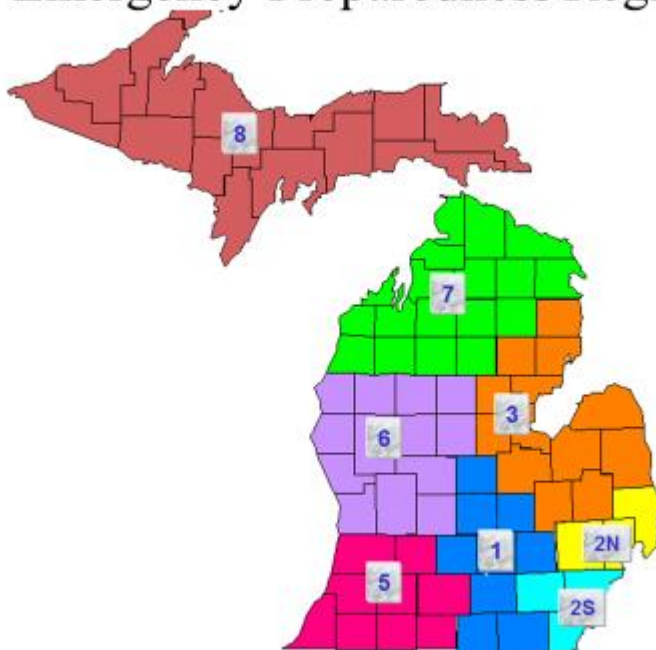
- Non-Medical Case Management
- Emergency Financial Assistance
- Food Bank
- Medical Transportation
- Psychosocial Support

Our clinic currently serves 105 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.

EMERGENCY PREPAREDNESS

Emergency Preparedness Regions



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).

Michigan became one of many states to experience a widespread hepatitis A outbreak in 2017-2018. Emergency preparedness staff were part of the internal team to assist with coordination of health department efforts. Education, vaccination, prevention, surveillance and investigation were some of the main activities performed by CMDHD staff in all areas of the health department. Nine confirmed cases of hepatitis A were associated with this outbreak. Weekly situation reports, submitted to the Michigan Department of Health and Human Services, provided a narrative of the many tasks performed by staff.

February 2018 brought more flooding to our area. Arenac and Clare counties were impacted. Environmental Health and Emergency Preparedness staff reported to the county emergency operations center(s) and provided information to many residents and local businesses impacted by the floods.

CMDHD’s Emergency Preparedness Coordinator and Medical Director provided an *ICS (Incident Command System) in Action* course to environmental, communicable disease, supervisory and administrative staff from Central Michigan District Health

Department, District Health Department #10 and Mid Michigan District Health Department in March 2018. The day began with a presentation on incident command, as it relates to public health and ended with a tabletop exercise.

In July 2018, Central Michigan District Health Department staff, along with many local and regional partners, had an opportunity to exercise the agency's Distribution Node plan. The receiving, storage and shipping of assets was exercised for the first time in a district-wide mode. Closed point of dispensing partners from Isabella County were also involved. This exercise provided an opportunity for all those involved to identify gaps and recognize the successes of planning efforts.

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.

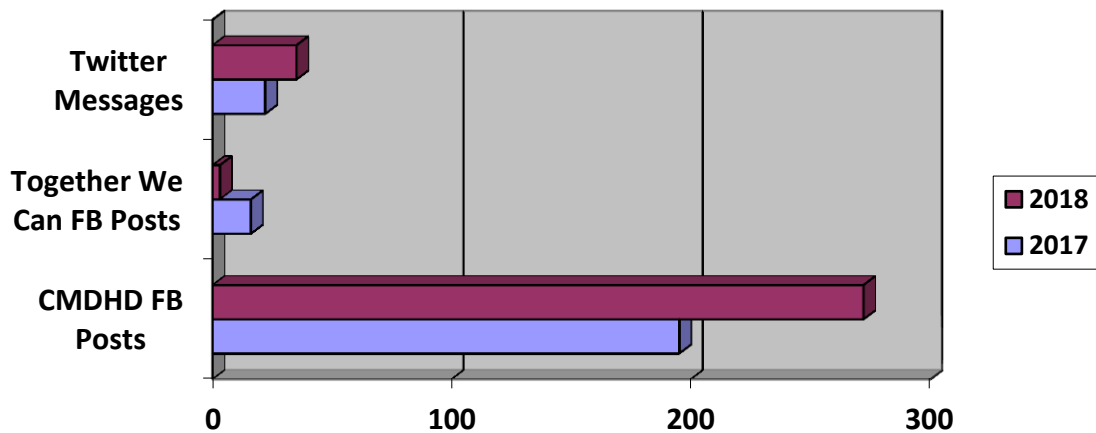
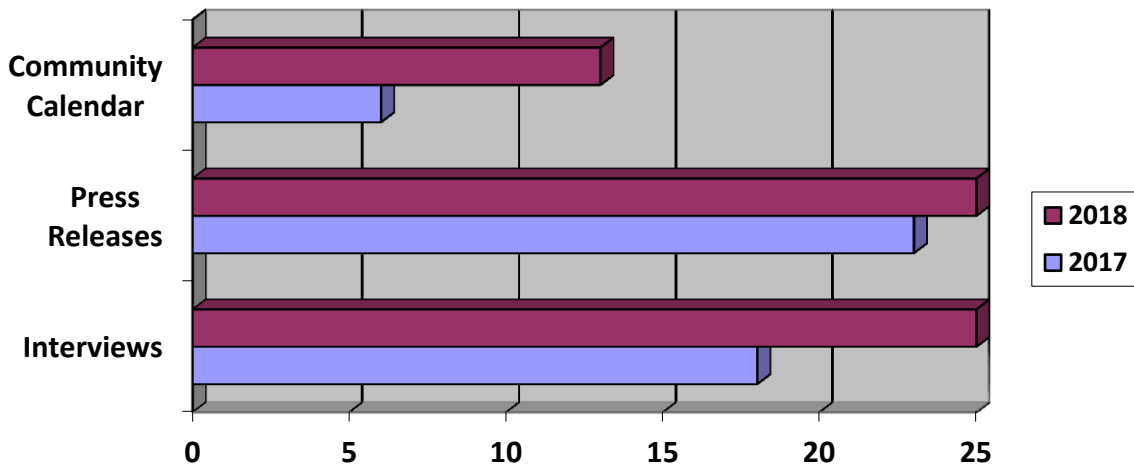


Educating our communities about preparedness through community presentations and information booths continued to be an important aspect of our program. Staff provided two presentations and attended two community events this year. Our educational efforts continued through the use of traditional and social media via press releases and social media posts (35 posts were made on social media).

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

EDUCATION THROUGH MEDIA

Traditional and social media continue to be our some of our main avenues of providing education to our communities and promoting our services. A total of 356 messages were conveyed through press releases, community calendar announcements, Twitter messages and Facebook posts.



Central Michigan District Health Department's (CMDHD) "LIKES" increased from 683 to 1425 during this time. Together We Can "LIKES" increased from 104 to 110 during this time.

- Central Michigan District Health Department (www.cmdhd.org)
- Together We Can! (www.together-we-can.org)
- Central Michigan District Health Department Facebook page (<https://www.facebook.com/CMDHD/>)
- Together We Can! Facebook page (<https://www.facebook.com/TogetherWeCanMI/>)
- Central Michigan District Health Department Twitter Feed (@CMiDHD)

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 Dale Majewski (Clare)
 Don Birgel (Gladwin)
 Sandra Aultman (Gladwin)
 George Green (Isabella)
 Jim Moreno (Isabella)
 Jack Nehmer (Osceola)
 Roger Elkins (Osceola)
 Marc Milburn (Roscommon)
 Bob Schneider (Roscommon)

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 Jessica Sova, MS, RD**
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 Christina Vernier, BS

Jonna Winter****

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 Dr. Jennifer Morse-Nummerdor,
 M.D.
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 Lynn Wilson
 Mark Weber, BS*
 Lorrie Youngs, RN, CRNP,
 DIS**

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 Leslie Fate
 Bryana Fryczynski, BS

Erica Hansen, BS
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 RN*****
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 Raelyn Fate
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 Jaclyn Grobelski
 Haylie Lenon
 Madison Livingston
 Andrew Morehouse
 Ashley Nykamp
 Jeff Payton
 Timothy Rowe
 Amber Simonye
 Heather Wright

*5+ years
 **10+ years
 ***15+ years
 ****20+ years
 *****25+ years
 *****30+ years

LOCATIONS

Arenac County Branch Office

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Gladwin County Branch Office

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Isabella County Branch Office

2012 E. Preston St.
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Osceola County Branch Office

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