

# 2022 IN REVIEW

It has been the year of a "new normal". Although COVID-19 continued to make headlines with new boosters and new variants, there were plenty of other public health developments this past year that made headlines including a surge in Monkey pox, avian flu and a case of Polio reported in New York. Vaccinations rates took a hard hit during the pandemic and public health cannot afford to lose our hard-won advances in working towards eradication of communicable diseases. We will always work tirelessly to counter misinformation on the safety of all vaccines and be at the lead as a vaccine provider.

On the home front, our local health department was busier than ever. Harrison County Health Department and Hospice continued to work every day to keep our communities healthy and safe, implementing sustainable programs without barriers so all community members have the same opportunities to improve their health. We have several contracts in place with the State of Missouri to address barriers to adverse health outcomes especially in injury prevention, nutrition, physical exercise, smoking cessation and exposure to second hand smoke. We are active leaders in two community coalitions and are proud of the work both these coalitions do to address suicide prevention efforts and health and wellness of our communities. The work of all the vested community members volunteering their time in these coalitions is an incredible gift to our rural communities.

We were excited to have our 5 year Community Health Needs Assessment completed and will work diligently to address the priority health issues identified. While the true burden of COVID-19 is still being unraveled, it is evident that a strong public health infrastructure must be at the forefront. As public health servants, we continue to seek to prevent problems from happening, preparing for and exercising our plans in hopes of preventing emergencies by creating strong partnerships, developing policies, training our public health workers and extending our knowledge to the communities. One of our strongest partnerships within our community has been with Harrison County Community Hospital. Because of this partnership, we will shift our services and home health skilled nursing services will return to the health department once all federal and state approvals are attained, hopefully at the beginning of the New Year. As always, we will continue to strive for a public health system that is equitable and resilient by preventing, promoting and protecting those we serve.

Courtney Cross, Administrator

Harrison County Health Department & Hospice

# HOSPICE

Hospice is more than just treatment for those facing a life limiting illness. It is a philosophy of care. Harrison County Hospice takes care of the emotional, physical and spiritual well-being of each patient, along with caring for their family and caretakers. Many families contact hospice during the final days or weeks of their loved ones' lives, unaware that their loved one was eligible for hospice care much earlier. One of the most common statements we hear from patient's family members is "I wish I would have known about Hospice care sooner."

In 2022 we increased our service area to include all of Daviess, Mercer, Worth and Gentry counties. Our staff served 41 patients and drove over 20,907 miles throughout Harrison, Daviess, Gentry, Worth and Mercer counties to provide patient care. Patient pay sources included: Medicare-34, Medicaid-1, Private Insurance-5 and one patient received services without a pay source. Beyond the day-to-day care, our hospice team provides to patients, we hosted a remembrance service and luncheon at Christmas time, and offer a monthly grief support group to our community members.

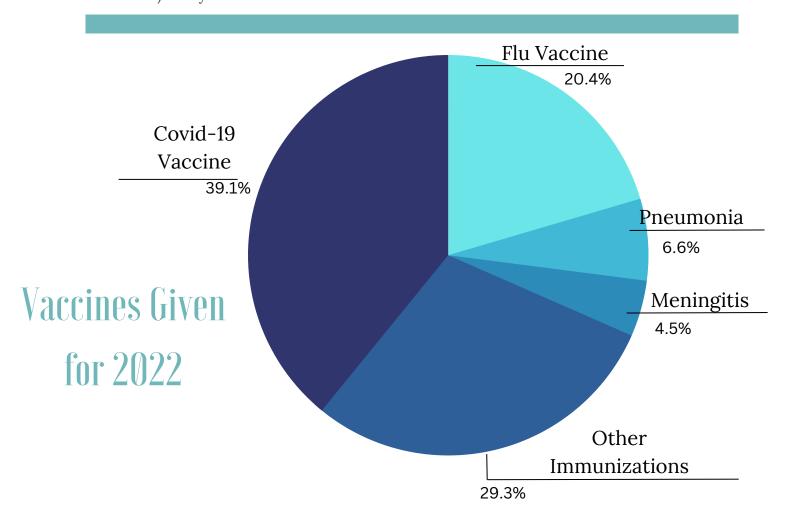
2022 brought new faces to our hospice service. Bryan Sweet, RN, Reva Rocha, Social Worker and Bruce Williams, Chaplain joined our Hospice department in February. Wes Joyce, RN came on staff in October. They joined Courtney Hamilton, RN, Pam Walker, Hospice Nursing Supervisor, Sharon Miles, Billing Manager and Rachel Jones, Certified Nurse Aide. Dr. Dean continues to serve as our hospice medical director.

We began the paperwork to acquire home health from Harrison County Community Hospital in June of 2022. As many know, this is never a quick process with needing both state and federal approval before we can move forward with the change of ownership. Home Health was a part of the Health Department from 1981-2012 so we were excited when approached by the hospital to bring this service back to the health department. Both Home Health and Hospice are needed services in our community and we are excited to continue to bring you quality of care, close to home as your local Home Health and Hospice provider as we move into the New Year.

Pam Walker, RN
Hospice Nurse Supervisor

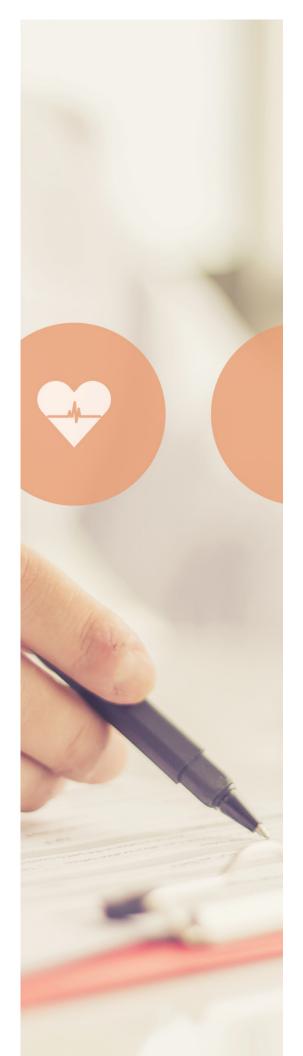
#### PUBLIC HEALTH

Each year brings new challenges. Looking back throughout the year of 2022, public health was faced with several different obstacles. The COVID-19 pandemic continued, however knowledge about the virus, its transmission, and vaccines to prevent sickness advanced greatly. The Omicron variant peaked, vaccines were made available to children, boosters were approved, at-home testing kits were accessible, masking and quarantine guidelines were relaxed, and in April of 2022, Missouri began recognizing COVID-19 as endemic in our state. As we have seen, this did not mean that COVID-19 was over, but that this virus was continuing to spread at a "expected" level for the time. COVID-19 is still a part of our everyday work in public health and there is still much more to learn, but large amounts of development and progress have been made in a years' time. We will be dealing with the aftermath of the pandemic for many years to come, however public health will continue making great strides during the year 2023. Per the CDC, vaccination continues to be our best defense against COVID-19. In fact, we gave roughly 800 covid-19 vaccines (booster included) this year. We still have these available at our office.



## PUBLIC HEALTH

continued.....It's important that we continue this- our future relies on it. We have the tools, let's use them. At our office, we gave almost 2,000 immunizations throughout the year. The immunizations we provided offered protection against pneumonia, shingles, polio, hepatitis, tetanus, diphtheria, pertussis, meningitis, mumps, measles, rubella, varicella, rotavirus, haemophilus influenzae type B, human papillomavirus, covid-19, influenza, and other diseases. Speaking of diseases, communicable disease investigations were new to me this year at the health department! As the new communicable disease nurse, I have learned a lot about communicable diseases and why investigations are important. Communicable diseases are those that can be spread from person to person. Identifying, preventing, and controlling the spread of communicable diseases is an important part of public health. There are over 100 communicable diseases and conditions that are reportable in the state of Missouri. Investigating communicable disease cases that are reported to us (by law) helps us learn more about the cause of the disease. This knowledge then can be used to prevent additional illnesses. Information that is gathered during these investigations are used to develop recommendations on how to prevent illness from happening in the future. This year, over 35 communicable disease reports were investigated in Harrison County. These included cases of Strep Pneumoniae, E. Coli Shiga Toxin, Rocky Mountain Spotted Fever, Campylobacteriosis, Cryptosporidiosis, Salmonellosis, and Giardiasis. Animal bites are also reportable to county health departments, because there is risk for rabies exposure depending on the nature of the situation, the vaccine status of the animal, etc. There were 18 animal bites reported to our office in 2022. Each of these cases were investigated to ensure the safety of the bite victim. Sexually Transmitted Disease cases must also be reported to local public health agencies.



## PUBLIC HEALTH

continued.......This year, there were 26 STD reports reported in Harrison County. COVID-19 cases and Influenza cases are not counted in the numbers mentioned above. For the year of 2022, 879 covid-19 cases were reported. So far this flu season, over 300 Influenza A cases and approximately 17 Influenza B cases have been reported. The flu season generally lasts into the spring months, so we expect these numbers to increase as the flu season continues into 2023. Whether it be covid-19 education, routine vaccine administration, or communicable disease investigation, etc., we look forward to continuing to improve the health of the communities we serve in 2023.

Childhood routine vaccination coverage declined globally due to pandemic-related barriers. Vaccination is important for all individuals, but absolutely essential for children. Vaccines keep children safe and healthy by protecting them from serious and harmful diseases that the world was once faced with. It's important to not "forget" about diseases like polio, tetanus, hepatitis, pertussis, etc., even though these are being eradicated due to immunity provided by vaccination. The bottom line is that vaccine-preventable diseases still exist in other countries and could easily be brought back to us. Stopping routine vaccination could result in finding ourselves fighting serious and often deadly diseases we thought we had once gotten rid of (or were mostly gone) decades ago. Substantial achievements have been made in the control of many vaccine-preventable disease and their complications.

-Breann Bennett, RN, BSN



According to Wikipedia, Public health is "the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private, communities and individuals".

# **ENVIRONMENTAL**

Throughout the year of 2022 I performed 82 inspections. This included restaurants, daycares, schools and lodging establishments. There were 3 new food establishments which opened this year, as well as 2 new food trucks. I had a total of 3 truck wrecks in Harrison County that involved food, one which had 40,000 pounds of French Fries that were burnt due to the trailer catching on fire. Burnt fries smell bad but even worse when they are wrapped in burnt plastic! In May there was a large recall on JIF peanut butter due to the potential Salmonella contamination. Salmonella is an organism which can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Symptoms include fever, diarrhea, nausea, vomiting and abdominal pain. Because of the potential contamination every jar of JIF was pulled from the shelves, so if you couldn't find JIF May/June that is the reason why.



I do see a lot of odd things during my inspections, mostly being dead bugs or mice and the occasional moldy mystery food that got forgotten about in the back of the refrigerator. I am sure 2023 will be full of excitement yet some I'm sure I would be fine without seeing.

*~Cott Bohannon* Environmental Specialist

515 dental screens

with varnish by Jack McCall, DDS & staff and

volunteers

## SCHOOL NURSE

Screenings in the school are one way to detect issues a student may have early on. This is an important piece to having healthy students in and out of school. With the help of others in the community we were able to refer over 45 students for further evaluation.

Assisted Bethany
Eye Center with 295
Vision Screenings

602
Hearing Screens
Completed



School Nurses are an integral part of public health, especially when it comes to children and families. By collaborating with school nurses, state and local health departments can improve school health services, and can better address population health.

our School Nurse traveled 684 miles in 2022. That's enough miles to travel to Cheyenne, Wyoming!

Cheyenne O NEBRASKA IOWA

United States
COLORADO KANSAS MISSOURI

AS OKLAHOMA

ARKANSA

### WIC

In 2022, around 120 participants per month were served at our agency in the Missouri WIC program. WIC is a supplemental food program that provides foods with specific nutrients that are often missing from the participants' diets. Some items included in the food packages are fresh or frozen fruits and vegetables, whole grains, milk, eggs, infant foods, and more.

These items are placed on an eWIC card for convenience for the WIC participant. In addition to the nutritious foods, WIC offers nutrition education, breastfeeding support, and referrals to other services. Children under five, new mothers, and pregnant mothers may qualify if they meet the income guidelines listed below.

#### Missouri WIC Income Guidelines – May 1, 2022 Guidelines reflect gross (pre-tax) income.

Family Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly	
1	\$25,142	\$2,096	\$1,048	\$967	\$484	
2	\$33,874	\$2,823	\$1,412	\$1,303	\$652	
3	\$42,606	\$3,551	\$1,776	\$1,639	\$820	
4	\$51,338	\$4,279	\$2,140	\$1,975	\$988	
5	\$60,070	\$5,006	\$2,503	\$2,311	\$1,156	
6	\$68,802	\$5,734	\$2,867	\$2,647	\$1,324	
7	\$77,534	\$6,462	\$3,231	\$2,983	\$1,492	
8	\$86,266	\$7,189	\$3,595	\$3,318	\$1,659	
9	\$94,998	\$7,917	\$3,959	\$3,654	\$1,827	
10	\$103,730	\$8,645	\$4,323	\$3,990	\$1,995	
11	\$112,462	\$9,372	\$4,686	\$4,326	\$2,163	
12	\$121,194	\$10,100	\$5,050	\$4,662	\$2,331	
13	\$129,926	\$10,828	\$5,414	\$4,998	\$2,499	
14	\$138,658	\$11,555	\$5,778	\$5,333	\$2,667	
15	\$147,390	\$12,283	\$6,142	\$5,669	\$2,835	
16	\$156,122	\$13,011	\$6,506	\$6,005	\$3,003	
Each additional family member	Plus \$8,732	Plus \$728	Plus \$364	Plus \$336	Plus \$168	

#909

Income guidelines are based on 185% of the poverty level.
This institution is an equal opportunity provider.

(04/22)





#### What is Perinatal Depression?

Perinatal depression is a condition that many pregnant women and new mothers struggle with. A woman with this condition may feel very sad or anxious. Perinatal depression can make it hard for a woman to take care of herself or her baby.

It can happen to any mother.

**How You Can Help** 

#### Encourage her to get help.

Have her call her doctor, nurse or midwife. Help her to make the call if needed.

**Listen to her.** Let her talk about her feelings and offer support.

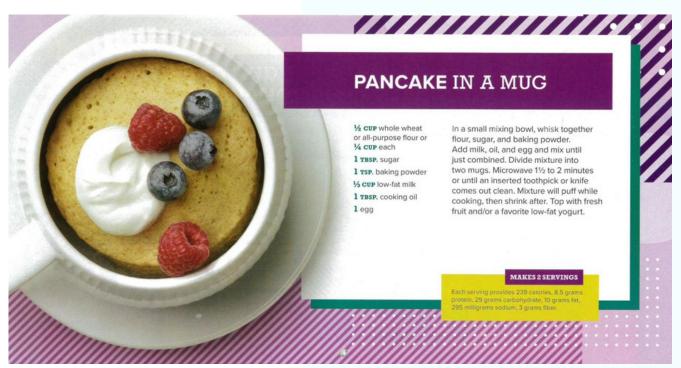
Help out around the house.

Help with baby care and household chores.

Take time for yourself. A mother's depression can be hard on the whole family, so remember to take care of yourself too.

Postpartum Support International 1-800-944-4773 or Text: 503-894-9453

#### WIC



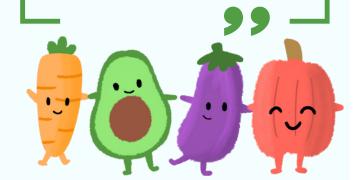
Of all the families served at our agency \$131,777 worth of benefits were issued in Fiscal Year 2022!

\*This is money spent in our local community!



I have three children. We have been utilizing the WIC program since they were born. The extra money for fruits and vegetables helps to keep my kids happy and healthy. The pandemic has been difficult, and by being in the WIC program, I know my kids will get nutritious foods that will keep them healthy and happy.

~Maria, WIC Mom



### **BCBH**

In August we started Cohort 2 of our Building Communities through Better Health (BCBH) contract. We were 1 of 2 entities to be awarded this contract in the state of Missouri. Active community participation is vital to improving the health of our communities. Our goal during this contract period will be to continue our efforts to promote health equity by improving social determinants of health. Our strategies encompass tobacco cessation efforts and reducing access to second hand smoke, and and creating promoting active transportation plans that support safe, accessible routes to every destination.

Our Health and Wellness Coalition (HAWC) continues to meet the 4th Thursday of the month at noon at the Health Department and anyone is welcome. We average 8 members at our monthly meetings. Courtney, Charlotte, and I were able to attend the National Conference on Tobacco or Health with BCBH funding which was held in June in New Orleans.

### ALCP

We were granted another year for our ALCP (Active Living Community of Practice) grant. With the money we received we partnered with the Community Gym and purchased two bike repair stations to be placed at the Bethany Community Gym and the Bethany Aquatic Center. We also purchased one outdoor water bottle filling station that will placed at Babe Adams ballfield.

-Shila Callaway RN, BSN

Community Partnership: a partnership with a corporate business provider, or citizen organization to develop methodologies to improve the health and well-being of the community.



Our Maternal Child Health priority health issue is to promote protective factors for youth and families that will be addressed through adolescent suicide prevention. The Northwest Missouri Suicide Prevention Coalition continues their amazing work in bringing awareness to mental health issues and breaking the stigma that it is "okay to not be okay". This past year, the coalition held a mental health awareness event with Valerie Wink presenting on mental health topics. It was a great turn out for the event with 32 participants! The coalition also vetted many mental health and/or suicide prevention programs and organizations. This list was provided to all our area schools in Mercer, Harrison and Daviess counties for them to present to their students. After last year's great success with the development of a mental health resource booklet, we created a one-page resource handout, which has been distributed throughout all Harrison, Mercer and Daviess counties. We also developed our NWMO Suicide Prevention Coalition Facebook page that now has 458 followers with 411 likes.

The NWMO Suicide Prevention Coalition is open to anyone interested in helping spread awareness about mental health and suicide prevention. Meetings are held in a hybrid format both virtually and in person option at the health department every 2nd Wednesday of the month at 3:30pm. The leaders of the coalition are Hillary Castleberry, Shila Callaway, Alisha Noble and Kimberly Koch. If you want more information or resources regarding the coalition or mental health, contact the Harrison County Health Department.

On August 4, 2022 the NWMO Suicide Prevention Coalition hosted a presentation called Mental Health Awareness by Valarie Wink. It was a free 1.5 hour presentation for the public with the topics of signs and symptoms, myths and facts, resources and treatment, and ended with questions and answers. The presentation was targeted for ages 12 and over. We did have child care activities for young children to participate in during the presentation. We had a great turn out with 32 participants. Our coalition will host future presentations. Contact the Health Department for information regarding coalition and resources that





Coalition Leaders
Hillary Castleberry
Shila Callaway
Alisha Noble
Kimberly Koch

#### SAFE CRIBS



Sleep-related infant death is the number one cause of infant mortality. Prevention is key by providing a safe sleep environment for the infant, no matter where they stay. Our agency offers the Safe Cribs Program to low-income families. Eligibility for a crib is determined on an individual basis. If the client is eligible for WIC or Medicaid, has no appropriate place for their child to sleep, and is in the last term of pregnancy or newly postpartum they will meet the criteria for a portable crib. We provide only one crib per family unless they are expecting multiples.

While receiving a crib, our trained staff provides safe sleep education to the family to help maintain a safe sleep environment for the child. It is recommended to always place a baby on their back for all sleep times and put the baby's crib in the same room as the caregiver to sleep. Sleeping in the same bed is not recommended. Infants should be placed on a firm sleep surface and clear of items such as stuffed animals, blankets, crib bumpers, etc.

The goal of the program is to support families and reduce the risk of sleep-related infant deaths. We feel providing a portable crib and education to families can help prevent infant deaths.

#### Car Seat Program

Parents and caregivers can make a difference in motor vehicle death and injury in children by ensuring that their children are properly buckled on every trip. We all want our children to travel safely in cars. Installing a car seat for younger children and babies can be a challenge. Seats must be the appropriate type and size based on the child's age, height, and weight and other factors. Positioning and location in the vehicle are also important considerations. The type of seat changes as the child grows. State laws and best practice recommendations all change frequently.

Our Health Department has two certified Child Passenger Safety Technicians, Shila & Alisha, that teach hands-on education to parents and caregivers on the correct way to install and use the car seats properly in their vehicle. They also organize car seat events in the community. Families eligible for WIC or Medicaid can receive a car seat, installation, and education. Anyone is eligible to get their installed seat inspected for proper use and to ask questions. Reviewing the car seat instruction manual and vehicle manual can also be a good resource for caregivers to review as well. Together we can decrease and prevent injuries and death in children in motor vehicle accidents with the proper use of car seats.

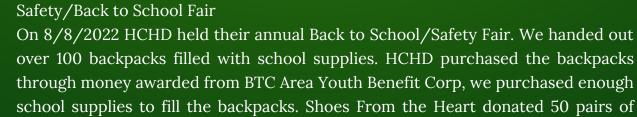
## **COMMUNITY GARDEN**

This year our Community Garden had 3 local community members utilize the garden and tools/supplies. One of our community gardeners donated over 500lbs of produce he grew to the local food pantry and the Senior Center.

We tried something new this year and partnered with a company called Small Axe Peppers. Small Axe Peppers is a hot sauce that is made with peppers purchased from community gardens in cities across America. They reached out to us and asked if we would like work with them. They shipped a pack of pepper seeds and I started them from seed in March. They did wonderful and grew big enough and strong enough to put them outside and plant by June. Unfortunately, with lack of time to work in the garden the pepper plants were over taken by weeds and we were unable to grow any peppers. Maybe we will have better luck next year!!



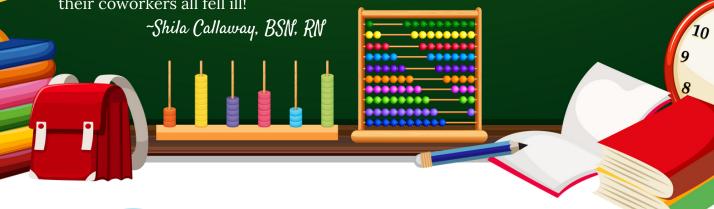
## PUBLIC EDUCATION



shoes and hand them out. Bullseye Trading loaned their bounce house for the kids to play and jump in while their parents were able to get resources and information from various booths that were set up. This year was our biggest and busiest one yet! We had over 200 people show up! We want to thank the amazing community support we receive each year for this event along with the Health Department and

8 other vendors who provided valuable resources to all attendees. To understand the adaptability of our small Health Department and the importance of these events, only 2 Health Department staff pulled off this event by themselves after









## PUBLIC EDUCATION



The Northwest Missouri State Fair started on 9/1/2022. It was another great turnout and our booth was visited frequently. We had handouts regarding Mental Health, Suicide prevention/awareness/resources, outdoor safety, lead and CO2 safety/awareness, vaccine education, safe sleep, WIC and child passenger safety. We had the breast feeding booth set up for nursing moms to use. It is important to have a clean, private area to feed and change their babies anywhere they go! During the fair time there is a lot of foot traffic and we definitely reached multiple community members and families.

Walk To School

On October 5th the Harrison County Health
Department participated in the National
Walk to School Day sponsored by Safe Kids
Worldwide in efforts to raise awareness
about pedestrian safety. We had 96 kiddos
participate with about 20 adults there to
help. This was the most participates we have
ever had! The Bethany police department
was also there to help with traffic control
and walk with the students. The class with
the most students that participated received
a pizza party!



### PUBLIC HEALTH WEEK

During the first full week of April each year, we observe National Public Health Week as a time to recognize the highlight issues that are important to improving our nation's health. To ensure everyone has a chance at a long and healthy life, we must also tackle and disease risk. Those causes are rooted in how and where we live, learn, work and play. It's the child who goes to school hungry and can't take full advantage of the education that who must choose between losing much-needed income and staying home with a sick child. It's the family affordable food anywhere in their community. It's the student who can't sidewalks. These are the types of Determinants of Health", that shape people and communities. This year our theme was "Public Health is Where You Are". Public Health Week took

Monday-Fitness Monday

\*Kickoff to our Fitness Challenge

\*Facebook live of easy office workou

Tuesday-Health Choices

~\$2 off salad order at Sweet Baby B's

~Facebook live of how to make a

quick healthy snack

Wednesday-Community Pride
#Outdoor cleanup day at the
Health Dept.
#Introduction to our local

Thursday-World Health Day
\*5-minute medication video on Facebook

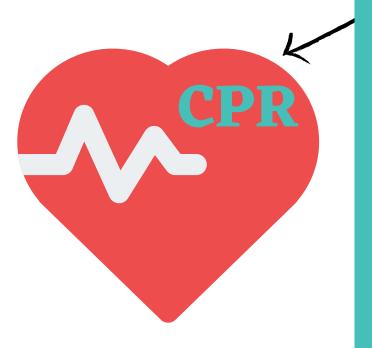
Friday-Mental Wellness

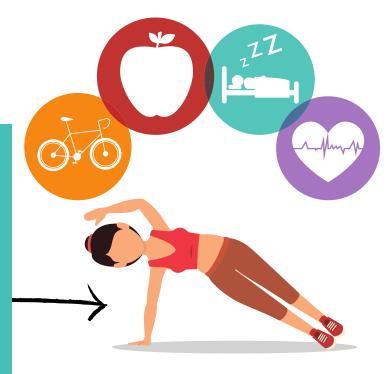
~Wear green for mental health
awareness

~Facebook live at noon with a short
yoga session

## FITNESS CHALLENGE

On April 4th we started a community Fitness challenge. We created a list of physical and mental fitness challenges to do daily. The participant would get points for each challenge they accomplished every day. The participant would turn in points weekly and a prize was given to the participant with the most points. At the end of the challenge the participant with the highest number of total points won a grand prize. There were a total of 15 participates that partook in the challenge and completed it. The grand prize winner was Kelli Young who won a family pass to the Bethany Aquatic Center.





Cardiopulmonary resuscitation (CPR) represents a life-saving skill. It empowers everyday people to become heroes, enabling them to resuscitate someone who goes into cardiac arrest. Becoming CPR-certified YOU COULD HELP SAVE SOMEONE'S LIFE. Four out of five cardiac arrest incidents happen at home; this means a cardiac arrest victim is likely to be a loved one. For every minute that passes without CPR and defibrillation, a cardiac arrest victim's chances of survival decrease between 7 percent and 10 percent. Performing CPR can help preserve an this procedure enables you to supply the chance that you'll be able to keep this individual's blood flowing and vital organs alive. This year I taught a total of 52 individuals which all received a certification.

-Shila Callaway, RN BSN

202	2 PU	BLIC HEALTH & HO	SPICE	E TOTALS	
Public Health Totals					
Public Health Visits	230	Head Lice Screenings	184	Lead Tests	81
Other Office Visits (not listed below)	601	Flu shots	406	TB Tests	55
WIC Caseload as of 12/31/2022	121	All Immunizations Given	1986	Animal Bites	18
Blood Pressure Clinics	355	CPR Classes	9	CPR Attendees	52
Dental Screenings	515	Birth Certificates	358	Hearing Screenings	602
STD Cases	26	Death Certificates	1273	Vision Screenings	295
New Driver Bags	1	Meningitis Shots	90	COVID Positive Cases	712
Blood Pressure Checked in Office	11	Pneumonia Shots	131	COVID Probable Cases	167
HAWC Meetings	6	Communicable Disease Cases	36	COVID Offsite Clinics	2
HAWC Attendees	46	Car Seats Given	4	COVID Vaccine Given	777
Food Inspections	57	Back to School/Health Safety Fair	203	County Commissioners Mtg. Attendees	6
Licensed Childcare Inspections	5	Safe Cribs	3	Car Seat Inspections	1
Lodging Inspections	4	Food Follow Ups	9	Licensed Childcare Consultations	0
Valid Complaints	2	Licensed Childcare Follow Ups	2	Loding Consultations	0
Recalls	33	Lodging Follow Ups	5	Environmental Consultations	10
Onsite Wastewater Consultations	35	Food Consultations	32	Rotary Attendees	12
NWMO Suicide Prevention Mtg.	12	NWMO Suicide Prevention Attendees	106	Walk To School Day Participants	110
Bike Safety Participants	15	HCCH Health Fair	71	Unified Services Infection Control Training	40
Unified Services Staff Pathogen Training	13	Amish Education	2	Offsite Flu Vaccines Given	52
NWMO Suicide Prevention Presentation Reg. H Hazmat Attendees	20	Truck Wrecks	3	NWMO Suicide Awareness Training	35
Free Medication Disposal Bags Distributed	100	Free N95 Masks Distributed	320	Free At-Home COVID Tests Distributed	1260
Hospice Totals					
Hospice Skilled Visits	698	Hospice Social Worker Visits	49	Hospice Aide	229
Hospice PT Visits	2	Hospice Chaplain	117	Hospice Homemaker	4
Hospice OT Visits	0	Hospice Speech Therapy Visits	0		

Harrison County

Stronger

Joyether

HEALTH DEPARTMENT, HOME HEALTH & HOSPICE