

St. Francois County Health Center 2017 Annual Report



St. Francois County Health Center

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From the Director...

St. Francois County Health Center (SFCHC) is a non-profit agency governed by an elected five member board of trustees. The Health Center is supported financially by county tax dollars, state/federal contracts and grants.

SFCHC's budget for the 2016-2017 fiscal year was \$1,724,173 of which about 40% was from county tax money; 40% was from federal contracts and grants; and 5% was from state contracts or grants.

Decreases in funding at the State and Federal level have led many local public health agencies like SFCHC to explore other sources of revenue to make up the remainder of their budgets. We have seen changes including billing for purchased vaccines and charging fees for other services that in the past we were able to provide for free to the public.

The achievements of 2017 are a testament to the dedication of our staff and the collaboration of many community partners. We thank you for your continued support in our mission to promote and protect the health of our community.

On behalf of the St. Francois County Health Center Board of Trustees and staff, it is my pleasure to present the 2017 Annual Report.

Jessica McKnight

Director of St. Francois County Health Center



County Health Data

There are several areas that influence the health and well-being of a community including health behaviors, social & economic factors, physical environment, and access to care. According to the Robert Wood Johnson Foundation 2017 County Health Rankings St. Francois County was ranked 100 out of 115 counties for Health Outcomes and 95 for Health Factors or Behaviors. The county has a high rate of smoking, obesity, and physical inactivity, which are considered risk factors for chronic disease and cardiovascular disease. The rate of chronic disease and premature death is much higher in St. Francois County than both the Missouri and national rate. Over 20% of the county's population reported they were not able to see a healthcare provider due to cost.

The St. Francois County Health Center (SFCHC) strives to provide dependable, efficient, quality services to all citizens and visitors of St. Francois County Health Center. We have several programs to address access to care as well as disease prevention and health promotion. We are continuously evaluating our current services and looking for ways to better meet the needs of the community.



Our Mission

To promote and protect the health and welfare of the public

Our Goals

1. Reduce or prevent the incidence of disease in our community
2. Reduce or prevent the incidence of injury during emergencies in our community

Emerging Public Health Topics

The Opioid Crisis

According to Kaiser Health News, about 30,000 people die annually from opioid overdose — overdoses of heroin or prescription painkillers including oxycodone, hydrocodone, codeine, morphine and fentanyl. Throughout the last decade, abuse of opioids, such as oxycodone, hydrocodone, codeine and morphine, has skyrocketed 137 percent in Missouri.

Additional research suggests a strong link in opioid abuse and heroin addiction with some studies suggesting that about eighty percent of people who use heroin started on prescription opioid medication.

Opioid abuse impacts all Missourians and has become a major focus for the future of public health. A multidisciplinary and collaborative solution is necessary to address the problem of prescription drug abuse in our state.



PDMP

In 2017 SFCHC worked with the St. Francois County Commissioners to pass a Prescription Drug Monitoring Program (PDMP). A PDMP is an electronic database which collects designated data from pharmacies on substances dispensed and makes that data available to authorized users or medical providers.

Missouri has the distinction of being the only state in the U.S. without a statewide PDMP. Due to the state's continued inability to pass legislation for a statewide program the St. Louis County Department of Public Health obtained the necessary technology to establish their own system and allowed local jurisdictions to pass legislation to participate voluntarily in their program.

The Saint Louis County PDMP monitors the prescribing and dispensing of schedule II-IV controlled substances to assist in the identification and prevention of prescription drug misuse and abuse. The program's goals are to 1) improve controlled substance prescribing by providing critical information regarding a patient's controlled substance prescription history, 2) inform clinical practice by identifying patients at high-risk who would benefit from early interventions, and 3) reduce the number of people who misuse, abuse, or overdose while making sure patients have access to safe, effective treatment.

The St. Francois County Commission passed an ordinance upon recommendation from SFCHC to join the St. Louis County PDMP and went live on the system in September 2017.

Heath Education Services

Arthritis Exercise Classes

SFCHC received the MRC Challenge Award from NACCHO (National Association of County and City Health Officials) again in 2017. The funding helped the Health Center continue the arthritis exercise program that began in early 2016. In 2017 there were over 30 people enrolled in Arthritis Foundation exercise classes. The classes are offered on Mondays and Fridays from 9 a.m. until 10 a.m. at the First Baptist Church in Desloge. Through the grant funding SFCHC was also able to have a community partner trained to lead an additional class each week. Participants in the classes have reported improved strength, mobility, and flexibility.



Freedom From Smoking®

The Health Center partnered with the American Lung Association to provide Freedom from Smoking® cessation classes to help individuals quit smoking. The free seven-week program has helped over a million Americans begin smoke-free lives. It approaches the difficulties of quitting smoking by focusing on how to quit, not just why to quit.

SFCHC's partnership with the American Lung Association targeted pregnant women and offered them incentives to complete the 7-week program. Incentives included diaper bags, free diapers, car seats, and baby monitors. The Health Center had five people complete the program in 2017, of which, three were pregnant women.

Nutrition Counseling

The Health Center received a grant from the United Way of St. Francois County in 2017 to help with the implementation of a Nutrition Counseling program. Registered Dietitians and Nutritionists meet one-on-one with clients to provide personalized diet information and science-based nutrition information about topics such as weight loss, diabetes, high cholesterol, high blood pressure, weight gain, heart disease, and food allergies.



SFCHC saw over 30 people in 2017 for nutrition counseling. The majority of the appointments were for weight loss and diabetes. Some of the clients were seen for both issues. The Health Center referred five individuals from nutrition counseling to their self-management programs and arthritis exercise class. Three people were referred for nutrition counseling from the agency's Diabetes Self- Management Program.



Self-Management Programs

SFCHC has three staff members trained as facilitators of the Chronic Disease Self-Management Program (CDSMP) and two for the Diabetes Self-Management Program (DSMP). Backed by Stanford University research, the free six-week workshops are designed to help attendees set goals and make step-by-step plans for living a healthier, happier life.

The Health Center provided five CDSMP workshops in 2017 and had 23 participants complete the program. There were four DSMP workshops held with 18 people completing the program.

In addition to classes offered in St. Francois County SFCHC partnered with other local public health agencies to offer the workshop in Ste. Genevieve County.

Youth Tobacco Prevention

Teams from North County and Farmington High Schools participated in the Youth Leadership in Tobacco Program in 2017. This was the second year that SFCHC oversaw the program in our county.

The students attended local trainings led by other youth on the Tobacco Free Missouri Youth board to learn about the dangers of secondhand smoke and skills to be advocates in their community. Each team worked on projects in the community and The Farmington High School team attended the Kick Butts Day rally at the Capital in Jefferson City. After the rally they met with local legislators for a private tour of the capitol and got to see the House in session.

The students also partnered with the local Health Coalition to raise awareness of the dangers of secondhand smoke at community events such as the Health Expo at Mineral Area College.

The program underwent restructuring in late 2017. This will be the last year for SFCHC's involvement in the program due to a lack of funding.



Safe Crib Program

SFCHC participates in the Safe Cribs for Missouri program through the Department of Health and Senior Services, which provides portable cribs and safe sleep education to qualifying families who have no other resources for obtaining a crib. In 2017 the Health Center provided seven portable cribs.

Child Care Health Consultation

The Health Center offers services from a public health Nurse trained in child care consultation to all licensed, license exempt, and non-regulated child care providers within St. Francois County. Services include education, health promotion, and clock hour training for child care staff. In 2017 SFCHC provided over 15 clock-hour trainings to child care workers.

Nursing Services

Immunizations

An estimated 10 million cases of vaccine preventable diseases and 33,000 deaths are prevented each year through timely immunization. Immunizations are given at SFCHC Monday through Friday walk-in or by appointment. Walk-in shot clinics are held on Mondays from 1pm until 3pm unless there is a holiday. During August the shot clinic hours are extended from 3-6 pm on Mondays. During flu season staff is also available for one late-night immunization clinic.

SFCHC can bill Medicare, Medicaid and most private insurances for immunizations. SFCHC utilizes the Vaccines for Children (VFC) program and federal 317 program funded through the CDC to provide free vaccines to uninsured or under-insured children under the age of 19 and adults that meet certain requirements.

In 2017 the Health Center added one additional late-night shot clinic each month from April through July to try to alleviate some of the August back-to-school immunization rush. SFCHC nursing staff also started going into local schools to provide flu vaccines for students and faculty. In 2017 the Health Center saw almost 3,500 people for immunizations and gave over 900 flu vaccinations.



Lead

Childhood lead poisoning is one of the most common pediatric health problems in the United States and is entirely preventable. Missouri has been the #1 lead producing state in the US since 1907. Adverse health effects caused by lead exposure include intellectual and behavioral deficits in children and hypertension and kidney disease in adults. SFCHC offers lead testing for children between 1 and 6 years of age. In 2017 the Health Center checked the blood lead levels of 381 children.

Labs

SFCHC continues to offer discounted laboratory services through Quest for qualifying individuals. The lab tests are paid for out-of-pocket by clients and an order from their medical provider is required. The Health Center has seen an increase in interest for our lab services. Nurses at SFCHC drew labs for 436 individuals in 2017.

Cholesterol and glucose screenings are also available to the public at a discounted rate on a walk-in basis with no provider order required. SFCHC again offered these tests for free on Men's and Women's Health Day in the spring of 2017 thanks to funding from the NACCHO Challenge Award Grant. Over 50 individuals took advantage of the free lipid and hemoglobin A1C testing at the Health Center this year.

Communicable Disease

SFCHC performs surveillance on communicable diseases in the county. The communicable disease nurse monitors a number of reports on illnesses/diseases that are transmitted through contact with microorganisms. People, animals, food, surfaces, and air can all be carriers of the microorganisms that pass infectious illnesses from one host to the next. This information is received from reporting agencies in the county such as labs, medical providers, hospitals, urgent cares, or the Missouri Department of Health.

Accurate identification and timely reporting are integral parts of successful disease control, enabling public health agencies to:

- Identify contacts who may be infected or other individuals at risk for infection,
- Determine the incidence and prevalence of disease in a specific area of the state,
- Assist physicians and hospitals in evaluating illnesses in their patients and communities, and
- Assist the public in making better decisions regarding their health and lifestyle.

In 2017, Health center staff investigated 106 animal bites and potential rabies cases, 49 potential Tuberculosis cases, more than 200 cases of hepatitis, more than 25 gastrointestinal illnesses, more than 50 tick-borne illnesses, one potential mumps case, and more than 30 other reportable communicable diseases. These investigations only include reportable illnesses. The Health Center also conducts influenza surveillance. There were 1792 cases of influenza reported for the 2016-2017 flu season. The early 2017-2018 flu count was 567 at the end of 2017.

SFCHC offers confidential testing and counseling for Sexually Transmitted Diseases (STDs) and Sexually Transmitted Infections by appointment. In 2017 the Health Center provided 674 STD and STI tests.

Teen Outreach Program

2017 was the second year that SFCHC participated in the Teen Outreach Program (TOP).

TOP is a nine-month curriculum program for teens in sixth through 12th grades based on contemporary research. The program focuses on reducing problem behavior by promoting healthy choices and empowering teens to lead successful lives and build strong communities. Part of the club's curriculum also has the students identifying community services opportunities to complete.

SFCHC works with local school districts to get clubs started. The Central Outreachers was the first club started in our county last year for 6th graders at Central Middle School. In 2017 A second club was started at Central Middle School and a new club was formed in the West County school district.

Women's Health

The **Show Me Healthy Women & WISEWOMAN** programs are offered at SFCHC for low-income women age 35 and older. The programs help detect breast and cervical cancers and provide screenings and lifestyle education to help reduce the risk of heart disease and stroke. SFCHC saw an average of three patients each month for these programs.

Temporary Medicaid Cards

Presumptive eligibility offers clients and their family's immediate access to health care while they wait to learn if they qualify for regular Mo HealthNet Medicaid coverage. In 2017, SFCHC staff issued presumptive eligibility for MO HealthNet coverage to 178 clients.

Emergency Preparedness

St. Francois County Exercise

The Public Health Emergency Preparedness (PHEP) cooperative agreement provides SFCHC funding to help build and strengthen our abilities to effectively respond to a range of public health threats, including infectious diseases, natural disasters, and biological, chemical, nuclear, and radiological events.

SFCHC partnered with Parkland Health Center, Southeast Missouri Mental Health Center, St. Francois County Ambulance District, 911, the City of Farmington, and other community agencies to plan and hold a county-wide emergency exercise in October. The event allowed the agencies to work together to exercise their own response plans and identify gaps in communication.

POD Training

All employees at SFCHC also participated in a POD (Point of Distribution) training in December. The training was organized by SFCHC's Assistant Director and Emergency Planner. Staff was trained to deliver prophylactics in the event of an emergency where mass distribution would be necessary.



MRC

SFCHC is the lead agency for the St. Francois County Medical Reserve Corps (MRC). The MRC is a network of volunteers, organized locally to improve the health and safety of their communities. MRC volunteers can include medical and public health professionals, as well as other community members without healthcare backgrounds.

The St. Francois County MRC continued restructuring in 2017 and looked to recruit volunteers to help with its efforts to strengthen public health, improve emergency response capabilities and build community resiliency through health activities that promote healthy habits.

Women, Infants, and Children (WIC)

2017 Contracted Caseload: 21,440

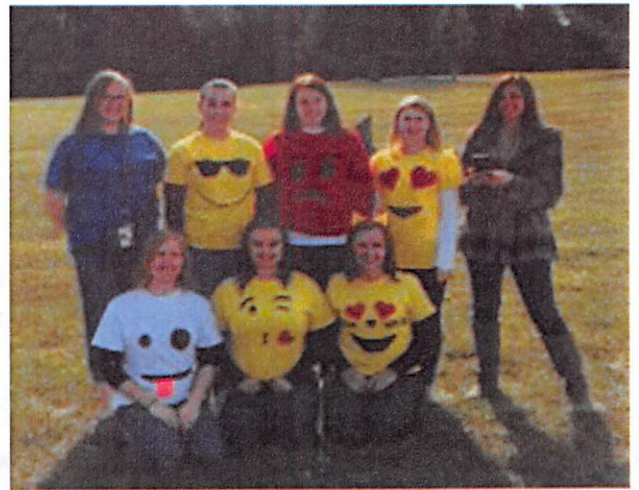
2017 Caseload Served: 20,292 (94.6%)

Breastfeeding Rates:

	<u>FY2016 (SFCHC)</u>	<u>FY2017(MO rate)</u>
Initiation/anytime	64.3%	68.9% (71.1%)
BF at 6 months	13.2%	16.9% (18.3%)
BF at 12 months	6.7%	10.2% (10.4%)

Satisfaction Survey

SFCHC WIC is currently working to develop a short survey that will be sent via text message to our families. This will help us identify our areas of improvement and to determine participant satisfaction.



Community Outreach

SFCHC WIC hosted 3 very successful outreach parties in 2017, which brought roughly 75-125 infants and children to the event. Each event was assessed and evaluated to increase participant satisfaction.

- **Spring party 2017:** Included an offsite Easter egg hunt that attracted approximately 100 children/infants
- **Halloween Trunk or Treat 2017:** Trunk or treat was new this year. Included 10 community partners and attracted approx. 125-150 children/infants.

Holiday Party 2017: Included free photos with Santa and his helper.

Hospital Partnership

SFCHC is developing a partnership with Parkland Hospital's OB/Delivery Department to allow one of our peer counselors visit moms in the OB department to support/encourage breastfeeding. This will allow our peer counselors to see WIC and potential WIC moms in the early days after baby is born to help promote breastfeeding and address basic breastfeeding concerns. They will also be able to schedule moms for their first WIC appointment, with the hope to get more moms and families coming into our clinic and to increase the breastfeeding rates.



CPR



CPR & First Aid

One of SFCHC's nurses completed training through the St. Francois County Ambulance District in 2017 to become a Certified CPR and First Aid instructor. The Health Center began offering certification classes to the public in November.

St. Francois County Health Coalition

SFCHC is a member of the St. Francois County Health Coalition. The group of community partners is working to build a healthier community. Members of the Coalition and the Health Center partnered with the Missouri Million Hearts Initiative and students from the University of Missouri Sinclair School of Nursing to provide over 40 free cardiac screenings at the Missouri Job Center and MOCAP for American Heart Month in February.



In October SFCHC, on behalf of the Coalition, attended the 2nd Annual Stand Down Day at the Farmington American Legion and offered free lipids and hemoglobin A1C tests to those in attendance.

The Coalition held its first Fall Family Fun Event in September. Local vendors provided free demonstrations of fun ways for individuals to get active. Over 100 people attended the inaugural event.

The Coalition has also been focusing on worksite wellness. In 2017 the group recognized two local organizations with A Community Wellness Award for offering free access to work out equipment, partnering with local agencies, and for offering free health programs and classes. Eleven agencies also Received Stamps of Approval from the group.

The Stamp of Approval is a decal the Coalition presented to these groups to display so others can recognize their efforts toward employee and community wellness.



Vital Records



St. Francois County Health Center issues certified copies of vital records including birth and death certificates for individuals born and deceased in the state of Missouri. The Health Center provided over 3,000 vital records to the public in 2017.

Environmental Public Health Services

Environmental Health is a key part of the public health system. The Environmental Public Health Services (EPHS) staff in St. Francois County work to reduce environmental exposures in air, water, soil and food to protect people and provide healthier environments. The EPHS staff at SFCHC conducts sanitation inspections of licensed child care family homes, licensed group homes and licensed child care centers, retail food establishments, and commercial lodging facilities within the county. In 2017 the EPHS department conducted over 1,300 inspections.

Food Safety classes are offered by SFCHC to introduce/reinforce safe food handling practices within a food establishment. The courses focus on the safe handling of food products and personal hygiene within the food establishment. A ServSafe Food Protection Manager Certification Final Examination was proctored for 1 person at SFCHC in 2017. The basic food safety courses were held twice this year at MAC. In addition, a basic food safety course was given to the City of Farmington food concession employees at the civic center on June 14, 2017. Total enrollment for all the basic food safety classes offered was 115 persons.

SFCHC also administers the on-site sewage program through a contractual agreement with the Missouri Department of Health and Senior Services. This program regulates the operation, maintenance, installation and major repairs and modifications of on-site wastewater treatment systems (OWTS). Twenty OWTS construction permits were issued for the installation of alternative systems, (i.e. Drip irrigation, Low pressure pipe [LPP], holding tanks and waste stabilization ponds/lagoons) and three OWTS construction permits were issued for conventional systems, (i.e. sewage tanks and soil dispersal fields, etc.) in 2017.

HIV Case Management

SFCHC provides HIV Case Management through the Ryan White program. HIV Case Management links clients with health care, psychosocial, and other services to insure timely, coordinated access to medically appropriate levels of health and support services, continuity of care, on-going assessment of the client's and other family members' needs and personal support systems, and patient medical case management services that prevent unnecessary hospitalization or that expedite discharge, as medically appropriate from inpatient facilities. HIV Case Management is available to any qualifying resident of the service area who is HIV infected and prepared to actively participate in medical care. In 2017 SFCHC worked with Butler and Cape Girardeau Counties to cover the southeast Missouri regional area, offering HIV Case Management to over 200 clients.

Board of Trustees

Dr. Victoria Damba	Chair
Sharon Carron	Secretary
Jack Marler	Treasurer
John Poston	Member
Sherry Cauley	Member

Our Board members are elected by the citizens of St. Francois County for a four (4) year term. Our Board members do not receive any compensation for their services. Candidates for the Board of Trustees must be a citizen of the United States, a resident of the State of Missouri one year preceding their election, a resident taxpayer of St. Francois County and be at least 21 years of age.

The Board of Trustees is responsible for developing public health policy, making rules and regulations for their own guidance and for the governing of the St. Francois County Health Center.

The Board meets at the St. Francois County Health Center on the fourth Thursday of each month at 4:00 PM.





MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
LOCAL PUBLIC HEALTH AGENCY
ANNUAL FINANCIAL REPORT

Detail Sheet for Listing of Other Revenue Sources/Expenditures and Amounts.

Local Revenues		DHSS Revenues		Federal	State	Other
Other (source)	Amount	Other (source)	Amount	Amount	Amount	Amount
SERV SAFE TESTING	\$70.00	TEEN OUTREACH PRO	\$28,672.84			
BREAST PUMP RENTAL	\$30.00	YOUTH TOBACCO	\$3,949.31			
HSI PAYMENTS	\$348.07	TOBACCO COALITION	\$15,720.48			
LABS	\$19,579.99	SAFE CRIB			\$600.00	
FLU REFERRALS	\$45.00	ON SITE SEWAGE			\$1,980.00	
IMMS & FLU SHOTS	\$2,905.33	PRESUMPTIVE ELIG			\$1,995.21	
LEAD TESTING	\$20.00					
STD TESTING/MEDS	\$178.00					
PPD TESTING	\$19,570.56					
STIPEND AMERICAN LUN	\$500.00					
PREG TEST	\$740.00					
MISC (MED RECORDS, COPIES, INS. CLAIMS)	\$19,127.92					
Other Local Revenue Total	\$63,114.87					
Other Revenues						
Other (source)	Amount					
Other Public Health Revenue						
Grants:						
MRC	\$13,000.00					
AFDO	\$6,836.70					
MFH	\$30,000.00					
UNITED WAY	\$1,500.00					
Misc Public Health Revenue		Other DHSS Revenue Total	\$48,342.63		\$4,575.21	\$0.00
Other PH Rev. Total	\$51,336.70	Comments:				
Other Non- Public Health Revenue						
Hospice (all pymt. sources)						
Primary Care (all pymt. sources)						
Misc Non-Public Health Revenue						
Other Non-PH Rev. Total	\$0.00					
Expenditures						
Other	Amount					
REPAIR & MAINTENANCE	\$15,003.46					
TRASH SERVICE	\$3,058.68					
INSURANCE	\$23,918.00					
LEGAL & PROFESSIONAL	\$11,209.85					
LABS/TEST	\$16,228.04					
DUES & SUBSCRIPTIONS	\$2,628.92					
TRAINING COSTS	\$10,719.99					
PROMOTIONAL ITEMS	\$3,053.09					
NUTRITION EDUCATION	\$13,078.29					
LICENSES & FEES	\$5,659.61					
ADVERTISING	\$3,871.06					
Other Expenditure Total	\$108,428.99					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
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Agency Name: ST FRANCOIS COUNTY HEALTH CENTER						Fiscal Year: 2017	
Agency Fiscal Year						Previous Year Ending Balance	
From:			Through:				
Month	Day	Year	Month	Day	Year		
01	01	2017	12	13	2017	\$1,290,501.96	
Local Revenues			DHSS Revenues			Federal	State
Local Taxes		\$674,502.28	Core Public Health		\$69,117.02	\$34,223.46	
Interest		\$8,940.60	MCH		\$40,313.99		
Vital Records		\$79,289.00	SUMMER FOOD		\$650.00		
Donations		\$200.00	WIC Administration		\$319,616.42		
Fees			Child Care Inspections		\$5,360.00		
Other Total (attach detail)		\$63,114.67	Child Care Nurse Consultant		\$6,202.61		
Total Local Revenue		\$826,046.75	AIDS Funding		\$121,911.18		
			PHEP		\$44,108.11		
Other Revenues			BCCCP/Show Me Healthy Women		\$8,971.28	\$1,570.53	
Medicaid/MC+ (non Home Health)		\$68,568.11	Chronic Disease Prevention		\$12,804.11		
Medicare (non Home Health)		\$2,986.99					
Family Planning Title X, etc.			Immunizations/Vaccine				
Other MO Departments (DOC, DESE, etc.)			Other DHSS Total (attach detail)		\$48,342.63	\$4,575.21	\$0.00
Insurance Billing		\$57,541.11	Total DHSS Revenue		\$677,397.35	\$40,369.20	\$0.00
Other Public Health Revenue			Total DHSS Funding				\$717,766.55
Total (attach detail)		\$51,336.70	TOTAL REVENUES (from all sources)				\$1,724,246.21
Home Health (all pymt. Sources)							
Home Maker (all pymt. Sources)							
Other Non-Public Health Revenue							
Total (attach detail)		\$0.00					
Total Other Revenues		\$180,432.91	Accrual Basis Adjustment		(+/-)		
			Balance on hand as of the close of the fiscal year				\$1,449,759.93
			(Balance at the end of previous fiscal year, plus revenues, minus expenditures)				
Expenditures			Expenditures from Local Funds				
Salaries/Wages		\$1,108,018.77	Total Expenditures				\$1,564,988.24
Fringe Benefits		\$109,469.64	Less actual expenditure of DHSS funds.				\$717,766.55
Supplies/Equipment		\$71,747.32	Less actual expenditure of Other source funds.				\$180,432.91
Contracted Services		\$36,268.94	Less actual expenditure for Capital costs.				\$78,023.99
Travel		\$27,050.11					
Utilities		\$25,980.48					
Election Costs							
Capital Expenditures		\$78,023.99					
Other Total (attach detail)		\$108,428.99					
Total Expenditures		\$1,564,988.24	TOTAL LOCAL PUBLIC HEALTH EXPENDITURES				\$588,764.79
Report completed by (Name, Title)						Date:	