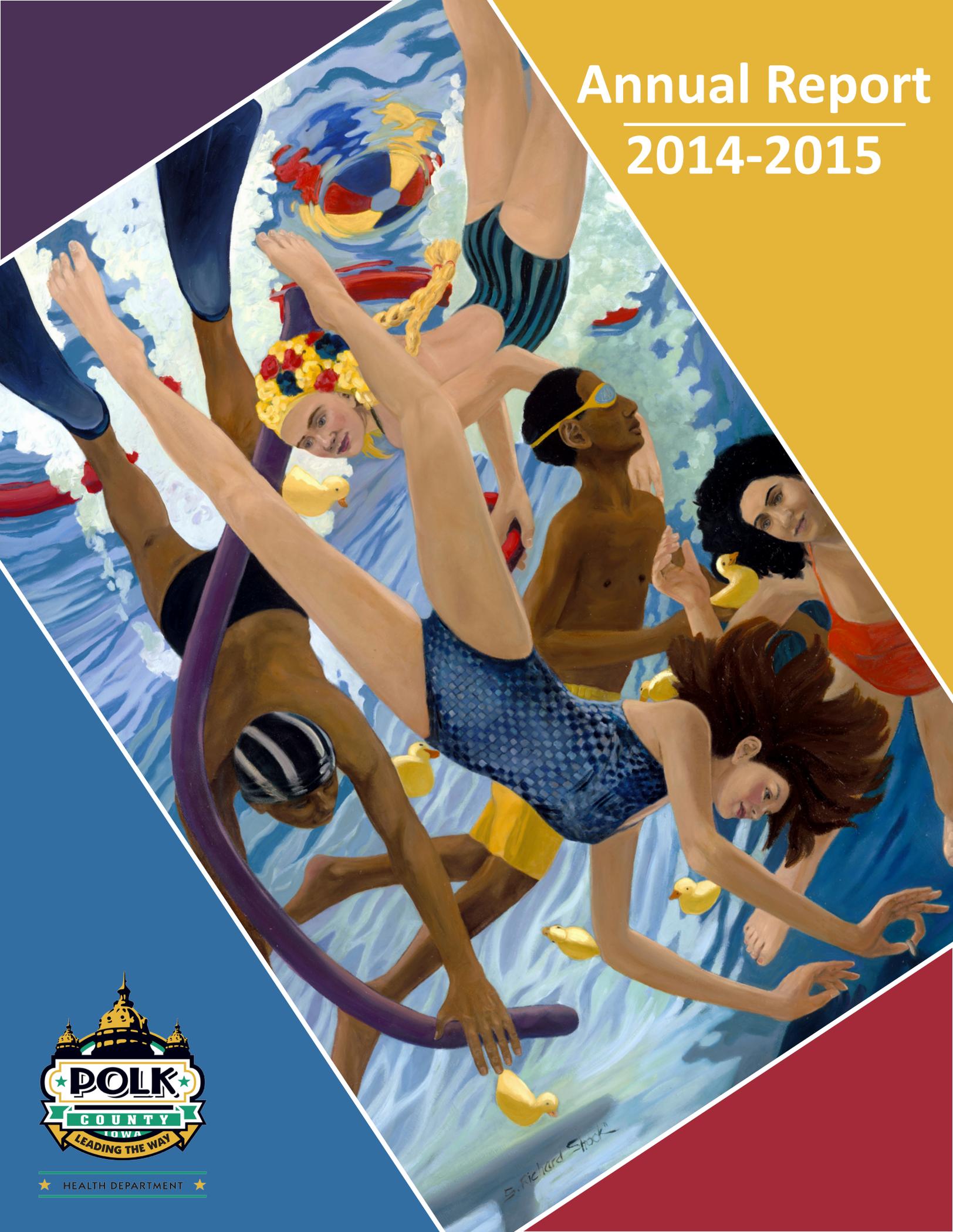


Annual Report

2014-2015



Our Mission: To create the conditions for all people to live healthy lives by engaging residents, reducing health disparities and attending to the needs of our most vulnerable families.

Former Surgeon General Dr. Jocelyn Elders once described collaboration as “an unnatural act among non-consenting adults.” Dr. Elders obviously never visited our community. Given our health department’s relatively small size and limited resources, investing them in partnerships and collaborations is necessary to our community’s success. In fact, our staff interact with 291 organizations, agencies and groups on a pretty regular basis. Let me just highlight two of the new exciting partnerships the Health Department is active in.

Together with representatives from Broadlawns Medical Center, Dallas County Public Health, Warren County Public Health, Des Moines University, Hospice of Central Iowa-Visiting Nurse Services of Iowa (HCI-VNS), Healthiest State Initiative, Mercy Medical Center-Des Moines, Mid-Iowa Health Foundation, Primary Health Care, United Way of Central Iowa, UnityPoint Health, Wellmark, Greater Des Moines Partnership and the YMCA, we have been working on a community health needs assessment for our 3-county region.

Healthy Homes East Bank is a partnership between Broadlawns, Mercy, UnityPoint, Polk County Housing Trust Fund, HCI-VNS, Mid-Iowa Health Foundation and the Viva East Bank Coalition to reduce pediatric asthma-related visits to the emergency room by remediating the asthma triggers in their home.

In December 2014, the Polk County Health Department was accepted into a leadership development program sponsored by the Kresge Foundation. Emerging Leaders in Public Health (ELPH) is a new initiative that focuses on the development of local governmental public health officials and the agencies they lead. The program is a 16-month, action-oriented leadership development experience that will enable public health leaders to flourish in these most challenging times. ELPH is designed to help local governmental public health officers and their learning partners develop the skills and competencies required to thrive in the new healthcare environment. We are one of the 12 local health departments participating in this new initiative. The other health departments are: Arkansas Department of Health, Portsmouth (Virginia) Health Department, San Francisco Department of Health, Los Angeles County Department of Public Health, Florida Department of Health in Seminole County,



Hennepin County (Minnesota) Public Health, New Orleans Health Department, San Antonio Metropolitan Health District, Montgomery County (Maryland) Health Department and New Bedford (Massachusetts) Health Department.

Since the adoption of the Affordable Care Act, we have worked with our community partners to encourage people without insurance to get enrolled. There is some evidence these efforts are paying off. In the 2013-2014 flu season of the 2605 people who came to the health department for their flu shots, 27% were uninsured adults. Last year, of the 2685 people immunized at our clinic, 19% were uninsured adults. So far this year only 11% of the 1410 people who have been immunized were uninsured adults.

Once again we were reminded that all of our attention to chronic diseases notwithstanding, we are still somewhat vulnerable to infectious diseases wherever they originate. Forty-nine people who had been in one of the three west African countries (Guinea, Liberia or Sierra Leona) during the Ebola outbreak traveled to Polk County. None of them was sick when they arrived. And our staff monitored their symptoms for up to 21 days to make sure none of them developed symptoms while here. None did.

Rick Kozin
Polk County Health Department Director

Board of Supervisors



Tom Hockensmith



Angela Connolly



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Tom Newton, Vice President of Network Engagement - Wellmark Blue Cross & Blue Shield

Dr. John Olds, Medical Advisor - Iowa Board of Medicine

Reylon Meeks, Nurse Manager - Blank Children's Hospital

Dr. Donald Anderson, General Surgeon - Private Practice

Bobbretta Brewton, Executive Consultant - Executive Resource Consulting

Engaging residents



The Health Department works to provide health assessments such as sports physicals, school physicals and well child checkups to ensure our youth's health and safety. In FY 2014-2015, we provided **30 well child physicals, 123 school physicals and 116 sports physicals.** Ninety-seven percent of these children met the recommended milestones and staff made sure to offer families the appropriate resources and referrals to ensure their health and wellbeing.

The fifth annual Jumpstart was held in July 2014, so Polk County students could receive physicals, immunizations and other health screenings before heading back to school. The Health Department, Des Moines University and other community partners performed **449 health screenings** such as blood pressure, weight/height and vision screenings. **Four hundred twenty-three students received dental screenings and 85 students were vaccinated.** Sixty families were referred to Visiting Nurse Services of Iowa for assistance with Medicaid or Hawk-I health insurance.

Our staff works to keep the community, employees and employers safe through work physicals and drug tests. In FY 2014-2015, we performed **252 work physicals and 252 drug tests.**

Each year, we offer community flu clinics and additional outreach clinics to encourage residents to live healthy lifestyles. During FY 2014-2015, the Health Department hosted **63 community flu clinics** around Polk County. We partnered with the African American Leadership Forum to perform blood pressure and blood glucose checks at grocery stores, which resulted in **150 blood pressure checks and 55 blood glucose checks.** Additional outreach clinics were held at food pantries, apartment complexes and senior health fairs throughout the county.

engage



Our Public Health Investigators work with residents who test positive for a sexually transmitted disease to make sure they receive proper treatment, education, re-testing services and counseling. During FY 2014-2015, staff confirmed **2,830 cases of chlamydia, 528 gonorrhea cases, 134 cases of syphilis and 37 HIV cases.**

The Health Education Team is responsible in educating residents about health and safety to improve the quality of their lives. The team delivered **64 presentations with over 2,400 participants** in attendance. They also participated in 17 health fairs where over 50% of individuals learned a new fact about health and wellness after attending the health fair. Last year, our Community Health Educator taught **four Spanish diabetes classes with 36 participants and three Spanish nutrition classes with 27 participants.** Ninety-seven percent of participants felt the teacher was knowledgeable and helpful when answering questions.

Our clinic staff members promote disease prevention through adult and travel immunizations. Our nurses provided **immunizations for 1,720 individuals traveling out of the country.** Adult immunizations were given to **1,698 Polk County adults.** Our Health Services Coordinator and clinic staff **vaccinated 9,084 individuals for the flu.**

Accurate and time sensitive health information is vital to engage residents in the steps necessary to stay healthy and safe. During FY 2014-2015, our Health Education Team sent out 13 media releases, which were translated into Spanish and sent to Spanish radio stations and newspapers. The team developed **98 articles for Spanish and English news.** Our Public Information Officer **responded to 57 media inquiries and more than half were unsolicited inquiries.**

Reducing health disparities



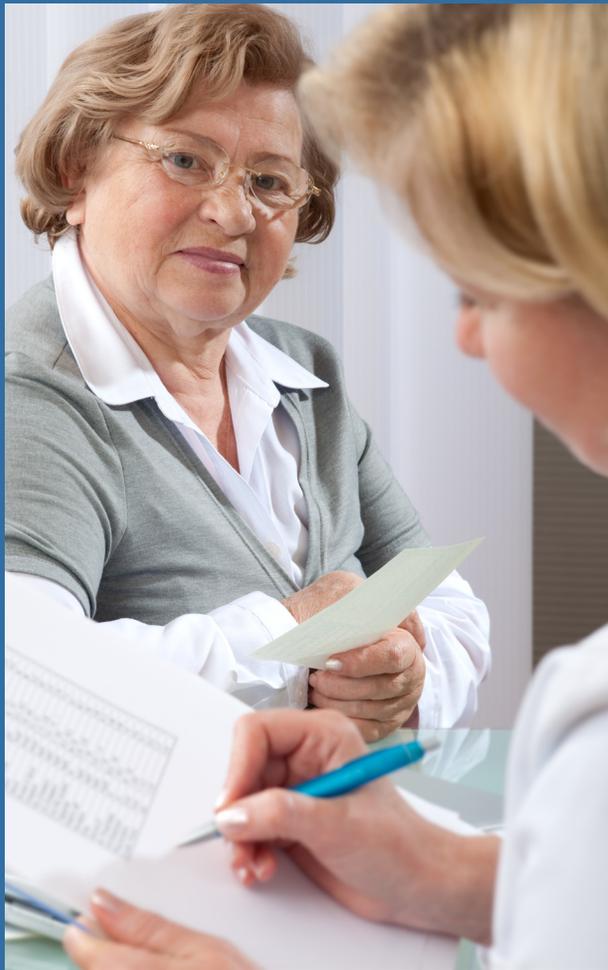
The Metropolitan Partnership for Lead Safe Housing identifies health hazards such as lead that could be harmful to resident's health, especially children. The partnership provided lead hazard control mitigation for **69 interior and exterior house renovations in Polk and Dallas counties**. One hundred fifty children are now able to live in lead-safe housing. Renovations at each property were completed within 15 days.



Five Healthy Homes assessments were provided throughout FY 2014-2015. Homes were assessed for 29 risk factors such as mold, moisture, radon, pests and chemical exposures, to name a few. All the homes were assessed for all 29 risk factors and **90% of the hazards identified were remediated**.



Our nurses and health staff utilize health coaching sessions to help individuals with chronic health conditions improve their overall health. Throughout FY 2014-2015, staff worked with **50 participants to identify health risks and areas** to make changes and to set goals to improve their health. **Eighty-two percent of participants had positive health outcomes** as a result of health coaching sessions.



To reduce the risk of health disparities such as communicable diseases, our Communicable Disease Team investigates how diseases spread. They use public health tools and actions such as interviews, contact tracing, food diaries and laboratory testing. These tools help them to better understand the disease, it's transmission and treatment. Our team investigated

229 cases including:

- 19 cryptosporidium
- 18 e.coli
- 23 pertussis
- 75 salmonella
- 7 norovirus

Staff followed up with **358 pertussis contacts** as well.

Health

One in seven Iowa women risks being diagnosed with breast cancer in their lifetime. Our Healthy Women Program works with women who have no health insurance or are underinsured have access to life saving health screenings such as mammograms, pap tests and other health diagnostic screenings. In Polk County, we have two programs, The Care For Yourself Program and The Iowa Susan G. Komen Program to help women receive these screenings. In FY 2014-2015, both programs helped **1,136 women**. Of those women, **360** received case management and guidance. **One hundred percent** of those diagnosed with breast cancer, cervical cancer or cervical pre-cancer received treatment.



Attending to the needs of our most vulnerable families



The **Vaccines for Children Program** provides free immunizations to children under the age of 19 who might not otherwise be vaccinated due to the inability to pay. Children are also eligible for this program based on ethnicity and medical coverage. Our Childhood Immunization Nurse and clinic staff **immunized 2,890 children** in Polk County. **Ninety-three percent** of those children were eligible for the Vaccines for Children Program.

During a natural disaster or emergency, our staff is trained to meet the needs of our most vulnerable families. We do this through training and exercises. During FY 2014-2015, our staff participated in **one exercise and three drills**. **All staff** completed specific training designed by the Federal Emergency Management Agency on how to respond effectively during any situation either a planned event, natural disaster or an act of terrorism.

The Health Department works to ensure the health of **newly immigrated individuals and refugees** through our green card immunization services. Our Communicable Disease Team **immunized 992 patients** wishing to adjust their immigration status during FY 2014-2015.

Families

Needs

The Health Department works with individuals who are uninsured to address their chronic health conditions, such as diabetes, high cholesterol and hypertension, to name a few. Our Nurse Practitioner and staff worked with **152 patients** during FY 2014-2015 and a **majority of our patients** felt our health professionals understood their needs and concerns.

Our Communicable Disease Team works to identify individuals with tuberculosis and provide treatment and resources for them. The team treated **10 cases of active tuberculosis** and **288 cases of latent tuberculosis**. **One hundred active and latent tuberculosis contacts** received case management and directly observed therapy to make sure the patient took their prescribed medication.

Our laboratory staff provides laboratory services and lead testing to detect diseases and chronic health conditions. This year, we performed **127 lead screenings**, **211 lipid panels for cholesterol**, **76 diabetes tests** and **167 chemistry panels** to look for additional chronic health conditions.





★ HEALTH DEPARTMENT ★

Nurturing a culture of wellness.

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