



Annual Report 2019

SERVICES



Child Health

Public health promotes the health of Washington county children, youth and adolescents by providing health care services through collaborative efforts.



The Family Connection

The Family Connection offers personal visits, free of charge, to any family residing in Washington County with children from conception through the age of 48 months.



Immunizations

Immunizations have the potential to protect the health of families, friends, and communities. Vaccines are available for children, adolescents, and adults.



Community Health

Washington County Public Health collaborates with a number of organizations on multiple community health endeavors: overall wellness endeavors, access to mental health services, mobile food pantries, blood pressure clinics and multiple community outreach events.



Maternal Health

Maternal health services provide preventive health services to women. These services ensure early and adequate prenatal care, early identification of risk factors, promotion of health lifestyle choices and resource/referral.



Home Care

Home Care is both the oldest and newest form of health care. It is the most cost effective and satisfying type of health care service available to preserve the family unit and keep you or your loved one at home as long as possible.



1st Five

The 1st Five Healthy Mental Development Initiative builds partnerships between physician practices and public service providers to enhance high quality well-child care.



Dental Services

I-Smile is a statewide initiative to help keep kids healthy. The ultimate goal is to ensure that all children have a dental home. I-Smile can help link you and your family to dental care.



Emergency Preparedness

WCPH collaborates with State and Local partners to protect citizens in Washington County and increase our ability to respond to bioterrorism, infectious disease outbreaks and other public health emergencies.



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Staff & Board Members

Administration



Danielle Pettit-Majewski, MPH
Administrator
6 years



Karri Fisher, RN,
MSN, CNM
Clinical Nurse
Manager
9 years



Peggy Wood, BA
Fiscal Administrator
13 years

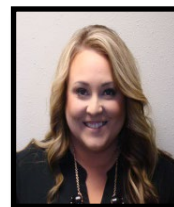
Support Staff



Susie Beatty
27 years



Maxine Hervey
7 years

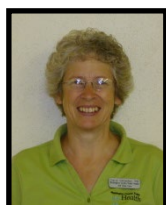


Jessica Janecek
6 years



Kim Vogel
13 years

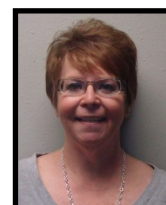
Public Health and Home Health Nurses



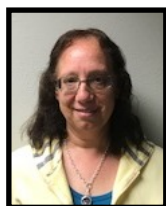
Carol Detweiler, RN, BSN
23 years



Lynn Fisher, RN,
BSN
13 years



Becky Frederick, RN
24 years



Virginia Miller, LPN
6 years



Diane
Waldschmidt,
RN, BSN
7 years



Megan Waterhouse, RN, BSN
4 years

Social Worker



Jen Weidman, BSW
18 years

**First Five
Coordinator**



Roberta Sloat
19 years

Dental Assistant



Lori Hobscheidt, RDA
21 years

I-Smile™ Coordinator



Martha Hernandez-Lopez, RDH
2 years

Family Connection



Chris Glosser
1 year



Catalina Hernandez
8 years



Tina Garrett
1 year



Becky Widmer
12 years

Board of Health Members

Cathy Buffington, RN, Chairperson
Jack Seward, Vice Chairperson
Chris Grier, DC, Secretary
Trevor Martin, DO
Connie Larson

Advisory Board Members

Cathy Buffington, RN, Chairperson
Linda Gonshorowski, RN
Trevor Martin, DO
Liz Miksch, PT
James VanWinkle, PharmD
Beverly Zwicky



New look for WCPH website



WCPH, in collaboration with Equatek Interactive, unveiled a newly designed website in the Spring of 2019. The new website is more user friendly in format and allows for more flexibility in viewing across all technology platforms. Many new features are accessible from the reformatted Home Page.

Current news and job postings are easily viewable:	Key service areas are highlighted which allows for ease of navigation to program specific information:
	<p style="text-align: center;">SERVICES</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 33%;"> <p>Child Health Public health promotes the health of Washington county children, youth and adolescents by providing health care services through collaborative efforts.</p> </div> <div style="width: 33%;"> <p>The Family Connection The Family Connection offers personal visits, free of charge, to any family residing in Washington County with children from conception through the age of 48 months.</p> </div> <div style="width: 33%;"> <p>Immunizations Immunizations have the potential to protect the health of families, friends, and communities. Vaccines are available for children, adolescents, and adults.</p> </div> <div style="width: 33%;"> <p>Community Health Washington County Public Health collaborates with a number of organizations on multiple community health endeavors: overall wellness endeavors, access to mental health services, mobile food pantries, blood pressure clinics and multiple...</p> </div> <div style="width: 33%;"> <p>Maternal Health Maternal health services provide preventive health services to women. These services ensure early and adequate prenatal care, early identification of risk factors, promotion of health lifestyle choices and resource/referral.</p> </div> <div style="width: 33%;"> <p>Home Care Home Care is both the oldest and newest form of health care. It is the most cost effective and satisfying type of health care service available to preserve the family unit and keep you or your loved one at home as long as possible.</p> </div> </div>

Upcoming events change in accordance with the Agency calendar:	<p style="text-align: center;">Upcoming Events</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>WIC Clinic Every 1st Tuesday, 10am to 4pm. Lead, Dental & Developmental Screening</p> </div> <div style="text-align: center;"> <p>Immunization Clinic Immunization Clinic 1st Tuesday of each month, 10am-4pm</p> </div> <div style="text-align: center;"> <p>Play Group Join us each week for group play time</p> </div> </div>
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Agency Activities

Agency Potluck



IPHA Conference Presentation



Domestic Violence Awareness Month



Staff Attending County Christmas Tea



Public Health Day On the Hill



1st Five Mental Health Awareness Month



Strategic Planning and Performance Management

A robust group of staff and leadership meet bi-monthly to continue work on the activities listed in the Strategic Plan that was approved in March of 2016. The current plan was revised by the Board of Health to be approved through December 31, 2019, so we can implement a new electronic format called ClearPoint. The team is already working with the rest of the staff to find activities that will stretch them in the plan that will start on January 1, 2020.

The overarching objectives in the current plan for the agency are as follows: improve the efficiency of the agency; increase staff engagement, morale and satisfaction; achieve measurable improvements using quality improvement (QI) and quality assurance (QA) tools; establish a process to follow home health regulatory mandates; and find a permanent home for public health.

Some of the outcomes from our Strategic Planning initiatives this year brought the opportunity to update our website, promote more engagement on our social media through Facebook and Twitter, and work with ClearPoint solutions to transition our new platform to have more engagement in our daily work.

Our Performance Management team continued working on three main goals for the agency: Increase Performance of the Organization, Program Enrichment, and Financial stability of the organization. In Performance Management, we say “what gets measured gets done”. During the fiscal year, the agency tracked several measures and held quarterly meetings to discuss results.



Public Health Services

DNA Testing

The DNA testing program provides accurate and confidential paternity testing to families seeking answers to pressing questions in their lives. Washington County Public Health and Home Care has offered DNA testing (paternity testing) since June, 2006. Currently, the agency collaborates with a nationally recognized DNA testing laboratory, the DNA Diagnostics Center, which is based in Fairfield, Ohio. The testing laboratory schedules the appointment dates and times and provides the agency with specimen collection supplies and specimen processing. Immigration cases from surrounding communities have also been referred to the health department for genetic testing.



Head Start

Washington County Public Health contracts with HACAP in Hiawatha, Iowa to provide nursing services for the Head Start Preschool in Washington. Nursing consultation services that were provided this last year included:

- reviewing immunizations of incoming students
- performing height and weight measurements on all students in compliance with federal Head Start regulations

In addition, Public Health offers dental screening and fluoride varnish services as well as dental case management services to all Head Start participants through the dental program.

Community Outreach

● KidzFest

Washington County Public Health participated at KidzFest in May of 2019. This is an annual health fair for children and their families. The event was organized by Washington County Hospital and Clinics with sponsorship from businesses within the county. Approximately 600 - 800 children attend the KidzFest event each year. The theme for KidzFest 2019 was "Investigate Health." This year the event was held indoors at the Washington High School due to inclement weather.



Children that visited the Washington County Public Health table were provided information on the Hawki program, immunization program, oral health program, 1st Five

Healthy Mental Development Initiative and The Family Connection program and staff gave away hundreds of fun promotional items.

● Latino Festival

Washington County Public Health participated in Latino Festival in June of 2019. This is an annual festival geared towards sharing and highlighting Hispanic culture, music, food, and entertainment. The event was organized by Latinos for Washington, Inc. with sponsorship from businesses and private vendors within the county. Hundreds of families attend the Latino Festival event each year and this year was no exception! The event was held outdoors in downtown Washington on the square.



Families that visited the Washington County Public Health table received many take-away gifts. WCPH was able to share information on the Hawki program, immunization program, I-Smile program, and 1st Five Healthy Mental Development Initiative. Public Health staff gave away hundreds of fun promotional items.



● Community Health Needs Assessment/Health Improvement Plan (CHNA/HIP)

The health status of community residents is not only the responsibility of doctors, hospitals, and healthcare providers. Many things affect the community's health, from the environment to the people who live in it. In the summer of 2015, the Iowa Department of Public Health and Washington County Public Health lead the Community Health Needs Assessment for Washington County.

At the conclusion of the final meeting, the community members voted on the top three health priorities, areas on which to focus for the next five years. The top three priorities are:

- Physical Activity Throughout Life
- Nutrition and Food Systems
- Access to Mental Health Care

Based on information gained from the Community Health Needs Assessment process, the 5-Year Health Improvement Plan for the county was developed.

Health Improvement Plan activities continued during fiscal year 2019.

● **Mental Health Coalition:** Chairperson: Bobbie Wulf, Washington County Mental Health & Disability. Secretary: Lynn Fisher, RN, BSN, Washington County Public Health

The Washington County Mental Health coalition is a 50-member active coalition that has been meeting on a consistent basis since 2015. The coalition's long term goals are to reduce barriers for

those who seek mental health treatment, increase support for individuals experiencing mental health crises, and promote resilience and community healing.

The Mental Health Coalition is a diverse, community-driven coalition whose members are deeply committed to improving the mental well-being of the community. One activity the coalition participated in this year was sponsoring a booth at the Washington County Fair for the entire week of the fair. Coalition members had the opportunity to talk with a variety of citizens about mental well-being. Currently, the coalition is focusing on building a trauma-informed community and community resilience. To that end, coalition members attended a 1-day *Connections Matter* training, in which they increased their knowledge base and learned how to teach community members about building resilience. Finally, the coalition is beginning to develop an awareness campaign and has created both a vision and mission statement.



Vision Statement: *A society where mental health well-being is the root of a health community.*

Mission Statement: *Our mission is to promote mental health wellbeing through awareness, connections, and education.*

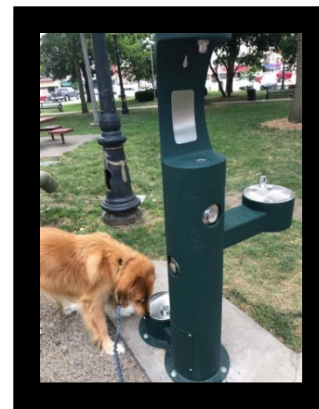
Membership in the coalition includes:

Washington County Sheriff's Department	Washington County Mental Health & Disability Department
City of Washington Police Department	1 st Five Healthy Mental Development Initiative
Washington Community School District	Washington County Jail
Washington County Hospital & Clinics	Washington Community YMCA
Washington County Public Health	Prelude Behavioral Services
Early Childhood Iowa	Grace C. Mae Advocacy Center
CHOICES Adult Drop In Center	Hillcrest Family Services
Community citizens	Transition Link- Jail Alternatives Coordinator

● **Wellness Commission:** Chairperson: Sarah Grunewald, Executive Director, Main Street Washington, Co-chairperson: Danielle Pettit-Majewski, Administrator, Washington County Public Health

The Wellness Commission was formed in March of 2016 and has taken on many phases during its tenure, and we took a hiatus from August '17-February'18. However, in April of 2018, we started partnering with Wellmark's Healthy Hometown to focus our strategy and make a plan for moving forward. We invited a diverse group of individuals to our breakout meeting – City Officials, County Officials, Medical Providers, Conservation, ISU Extension, Main Street Washington, HACAP, Washington Farmer's Market, etc – and we have focused our priorities by having small groups of experts working on each priority. Some of our priorities include healthy vending and concessions, improving walkability and bike ability, and improving usage of our public spaces for improved health.

In FY19 we collaborated with the City of Washington to help them with a successful grant application to Wellmark for \$100,000 to assist in paving the trail connectivity to the new Wellness Park. We also increased water access to Central Park through collaboration with Delta Dental for a new bottle-fill station. A grant was written to Washington County Riverboat Foundation (WCRF) to expand the program to the rest of the County. It was unsuccessful, but will be reattempted.



We have partnered with HACAP to increase healthy donations to the Community Food Pantry. We also partnered with Washington's Farmer's Market and ISU Extension to provide healthy recipes and a food demonstration during the Market. Commission co-chairs wrote a successful mini grant to WCRF to purchase an EBT machine, so we can expand accessibility of healthy fruits and vegetables to those utilizing SNAP and Double Up Food Bucks.

We're currently in the planning phase for a Community Garden. We've been partnering with the schools and their greenhouses, along with interested community residents. We reached out to other communities to determine what has been successful there. We're hoping for implementation in Spring 2020.

● Emergency Preparedness

Washington County Public Health is prepared to respond to public health emergencies and has detailed response plans that guide planning, operations, logistics, and communications during emergencies.



Activities completed this year:

- Working with the Washington County Emergency Management Coordinator, created an emergency preparedness tabletop exercise for the Washington County Public Health staff. The scenario included response planning to an evolving severe weather event.
- Active involvement in the Washington County Local Emergency Planning Committee (LEPC).
- Health Alert Network (HAN) test participation and completion of related activities.
- Participated in monthly tests of the BeOn system, assuring a redundant communication method.
- Continuous revision of the Public Health Emergency Plan
- Assurance of the required staff competency in accordance with the Federal National Incident Management System (NIMS) standards.
- Provision of clear, concise and effective education, information and consultation about the prevention, management and control of communicable disease to the public and health care community.
- Continued planning and preparation to respond to pandemic influenza.
- Worked within a nine-county service area to plan, prepare and coordinate with Service Area Region 5A activities and trainings.
- Participated in a Full Scale Functional Mass Shooter exercise.
- Attended the NACCHO Preparedness Summit on behalf of the 5A Service Area.



Communicable Disease

Communicable disease surveillance is in place to protect Washington County residents from infectious diseases. Washington County Public Health’s purpose and responsibility in communicable disease investigation is to provide prompt investigation of possible outbreaks and to start control measures to contain further spread of disease to others. Communicable diseases are reported to local public health departments through a state-wide mandatory reporting system. This system of surveillance and reporting is maintained through communication channels between public health, private physicians, hospitals, labs, schools, nursing homes, and the Iowa Department of Public Health. In addition, the nursing staff at Washington County Public Health fields dozens of telephone calls over the course of the year on topics ranging from pinworms and head lice to Influenza and Measles.



Washington County Reportable Diseases 2018-2019

Norovirus	1
Cryptosporidium	1
E. Coli	7
Ehrlichioses	1
West Nile virus	1
Pertussis	10
Salmonella	7
Total	28

● Latent TB Infection Program

Early detection of tuberculosis infection and public education to reduce the risks of becoming active with TB infection is crucial. While most people diagnosed with Latent TB infection do not progress into active TB disease, there is a potential for this to occur. For this reason, people who have a positive TB skin test and have risk factors that increase their risk for developing active TB are provided with preventive antibiotics for 9 months. Washington County Public Health Department works with the state of Iowa TB program, the client, and the client’s physician to provide these medications *free of charge*. The local public health nurse provides ongoing monitoring on a monthly basis to assure the entire prescribed course of antibiotics is taken. A total of three clients were case-managed through Washington County Public Health’s Latent TB program this fiscal year.

● Immunization

Immunization is one of the most important public health accomplishments of the 20th century, sharply reducing or eliminating diseases such as Small pox, Polio, Measles, Diphtheria, and Pertussis. However, many viruses and bacteria could re-emerge and increase if vaccination levels should decrease. The Washington County Public Health Department’s immunization program provides

immunizations to both children and adults. In addition, the health department provides guidance and consultation to the medical community and the community at large.



The state-sponsored Vaccines for Children Program allows Washington County Public Health to provide immunizations free of charge for children who meet certain guidelines, including enrolled in Medicaid, uninsured, underinsured, American Indian or Alaskan Native, and 0-18 years of age. In addition, the immunization program provides seasonal influenza vaccinations during public influenza clinics and influenza clinics held at county businesses and worksites. Washington County Public Health offered a “Flu Stomp” event again this fiscal year. Immunization staff walked the downtown Washington square, offering seasonal influenza vaccines to businesses and their customers.



Washington County Public Health provides services to improve vaccination compliance in Washington County, including reminding patients of appointments, recalling children who are behind schedule with immunizations, as well as encouraging medical providers to use the Immunization Registry Information System (statewide database).

Immunization services are offered in conjunction with Washington WIC clinics four times a month. In addition, an evening immunization clinic is held once monthly at Washington County Public Health and once monthly in Kalona. Washington County Public Health also offers community vaccination clinics and onsite business immunization services, particularly during influenza vaccination season.

Total Doses Administered By Vaccine Type Comparison

	2017-18	2018-19		2017-18	2018-19
DTap	77	65	Hep B, adult	49	51
Tdap	101	94	Hep A, adult	5	7
Tdap (Adult)	16	15	Hep A, child	239	172
DTap-Hep B-IPV	277	227	HPV	143	124
DTap-IPV	64	57	Varicella	116	108
Td (total doses)	18	18	PCV13	320	248
IPV (Polio)	26	13	Seasonal Influenza, adult	521	765
MMR	103	115	Seasonal Influenza, child	359	289
MMRV	71	51	Meningitis (MCV4)	162	131
Hib	245	199	Meningitis B	34	72
Hep B, Child	20	21	Rotavirus	118	92
			Total	3084	2934

The Immunization program encompasses more than “giving shots” to children and adults. The immunization program staff coordinated and hosted two school nurse “Lunch ‘n Learns” for the

county's school nurses. The public health nurse also participated in numerous radio interviews over the course of the year. During the radio interviews, topics such as back-to-school immunizations, adult immunizations, and National Infant Immunization Week were discussed.

The purpose of the VAX group is to plan and prepare for vaccine distribution and administration during a pandemic event, in particular, an influenza pandemic event. The VAX Group consists of nearly all county pharmacies and health-care practitioners.



School Immunization Audit data

	2018-19
Number of schools /childcare centers audited	19
Records reviewed	4297
Medical exemptions	25
Religious waivers	233
Non-valid records	93
Provisional certificates	50

Each year, Washington County Public Health staff audits the immunization records of all students enrolled in the school system and all registered day cares and pre-schools in the county. School immunization audits ensure compliance with Iowa Immunization Law and assure protection for all children from communicable diseases. A total of 4,297 records were reviewed this year. Home-schooled students' records were included in the audit this year, as well as the Amish schools within the County. Twenty-five medical exemptions and 233 religious exemptions were documented during the audit. A total of 93 children did not have a valid immunization certificate at the time of the audit. Provisional certificates were provided to students who were behind schedule on receiving immunizations, allowing families a specifically allotted amount of time to get their child immunized. A total of 50 provisional certificates were provided this last school year. School nurses, preschool teachers, and the local public health nurses all worked with the families to assure that the required immunizations were received and on file at the school.



Home Health Services

● Skilled Nursing

As the life expectancy continues to lengthen across the nation, Iowa continues to boast a growing percentage of adults over the age of 85 years. Many of these elders are making the choice to remain in their homes and inviting Washington County Public Health and Home Care to partner with them and their families to make this happen. Our agency continues to provide care through a Medicare certified home health program and serving the county residents regardless of their ability to pay. Home Health nurses provide care using a team approach. They complete evaluations in homes to determine which services would benefit our patients and collaborate with doctors and other providers to bring services to the patient. Our goal is to allow our seniors to live out their final years safely in the comfort of their own homes, as independently as possible.



Our Agency continues to work with Iowa's managed care organizations to create a cohesive partnership and to provide the best care possible to our patients. The Agency also receives reimbursement for services through private insurance, Medicare, and private pay. A state grant allows our staff to provide services under a sliding fee scale. Eligibility is determined through financial criteria when a patient has no insurance or other means to pay.

Skilled Nurses provide in home care for many medical problems. Registered Nurses may perform evaluations and teaching for many chronic diseases such as heart failure, diabetes and chronic respiratory problems. They may also perform complicated wound care with newer technology such as negative pressure wound therapy, assist patients in the administration of intravenous antibiotics, coordinate with other providers and assist the patient in making connections with other services throughout the community and state. Our home health team meets regularly to review changes being made to the program at federal and state levels and determine process changes necessary to insure that these requirements are placed into daily processes.

2019 skilled nursing visits = 1,986

- Nursing assessment & evaluation
- Care of and management of chronic diseases such as Diabetes & Congestive Heart Failure
- Medication set-up & teaching
- IV infusion therapy
- Wound care (simple & complicated)

● Contracted Therapy

Washington County Public Health contracts with four therapy companies to provide options for in-home services. Home Health nurses work closely with the therapists and physicians to establish an individualized plan of care that meets the needs of the patient. Third party payers and insurances are billed whenever possible to cover the costs of these services. In fiscal year 2019, there were 341 physical therapy visits, 47 occupational visits, and 36 speech therapy visits.

● Home Health Aide/Homemaker

This program provides personal care and light housekeeping tasks to the residents of Washington County enabling them to remain safely in their homes.

There is a wide variety of services that are available to our clients, such as:

- Showers & bed baths
- Hair shampoo & skin care
- Assistance with physician-prescribed home exercise programs
- Assistance with dressing & undressing
- Light housekeeping & laundry

Home Health Aides completed 3,291 visits for 64 patients over the past fiscal year; Homemakers completed 2,262 visits for 74 patients over the past fiscal year.

The physical condition of our clients often improves over time and many of them now live independently in their own homes after discharge from our services.



● Maternal Health

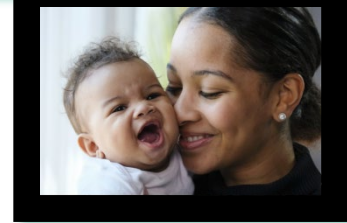
The Maternal Health Program is a supportive service to encourage optimal health for women and infants in Washington County. The program is available to women who have Title 19, no insurance, are underinsured, or a sliding fee scale based on income. Services were provided to 33 women in 2018-2019 with 24 being new admissions. Twenty women initiated breastfeeding at delivery and thirty-eight depression screens were provided.



Services offered included:

Public health nurse

- Assists client to find a medical home to start prenatal care in the 1st trimester
- Offers prenatal and postpartum home visit and education
- Supplies prenatal vitamins if needed
- Educates and supports infant feeding practices
- Provides breastfeeding support. A breastfeeding support group meets monthly at the Kalona library.
- Screens for prenatal and postpartum depression with referral to provider if needed
- Offers 4-6 Listening Visits to clients who score 10 - 23 on the Edinburgh Postnatal Depression Scale who are not currently seeing a counselor. No listening visits were provided in 2018-2019.



Social work

- Performs social and emotional assessment and referrals as needed
- Informs of available resources
- Assists in obtaining an appropriate payment source; can obtain a presumptive number on-line for Title 19
- Arranges for dental care
- Offers 4-6 Listening Visits to clients who score 10 - 23 on the Edinburgh Postnatal Depression Scale who are not currently seeing a counselor.

Dental services provided by RDH

- Dental screening
- Fluoride varnish application
- Oral health education
- Referral to local dentists for treatment as needed

● Newborn Assessment Visit

The Newborn Assessment program offers a home visit to every infant in the maternal health program. A visit may also be provided at the request of a family or a physician or WCHC OB department referral. A newborn home visit was provided to 22 families.

Services provided include:

- Maternal postpartum and newborn assessments
- Screen for postpartum depression
- Breastfeeding support
- Answer questions or help the family find answers to questions
- Inform of resources or refer if needed
- Educational information about infant growth/development, safety, immunizations, shaken baby syndrome, and The Family Connection program.



● Women, Infant, Child (WIC) program

WIC (Women Infants, & Children) is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. WIC helps families by providing healthy foods, nutrition education, and referrals to other health care agencies. Income guidelines must be met for eligibility for the program. This program utilizes an EBT system which is an efficient method for families to utilize their benefits. WIC services are available four days per month in Washington, Iowa with services provided by Johnson County Public Health.

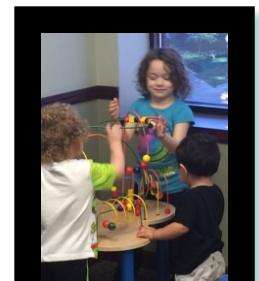
Washington County Public Health provides the nurse for the WIC services in Washington County. By WCPH partnering with the local WIC program the nurse is able to screen all children seen for lead and offer the Maternal Health services provided through our agency. WCPH also provides a social worker for vision screenings, referral to The Family Connection, resource and referral and a dental hygienist for oral screenings and referral at all WIC clinics in Washington County.

● Child Health

The goals of the child health program are to:

- Promote the health of infants and children by ensuring access to quality preventive health service, especially for low-income families or families with limited access to health services.
- Reduce infant mortality and the incidence of preventable diseases and disabling conditions.
- Increase the number of children fully immunized against disease
- Promote the development of community-based systems of medical and oral health care for infants, children, youth and their families.

Screening services for children through age 21 years are available in conjunction with the WIC program. Children may receive a developmental screening, vision screening, dental screening, lead screening and social assessment. Medical and dental homes are also found for children needing services. Assistance is also provided in making sure that all children have access to health insurance.



● 1st Five Health Mental Development Initiative

The 1st Five Healthy Mental Development Initiative was developed to promote earlier identification of developmental delay and social-emotional stressors in the lives of young children. Research indicates that when children are identified at an early age, they have better outcomes in both school and throughout their lives when provided with early intervention and social supports. The initiative promotes the use of screening tools by primary medical care providers as 90% of children in the US are seen by a medical provider during the early years of their life. Medical providers who see children age 0 to 5 are encouraged to use approved screening tools during well child exams at ages targeted by the American Academy of Pediatrics. By using tools that screen for social-emotional, developmental, and family risk factors, providers are able to identify children at risk for a variety of concerns. Without the use of a developmental screening tool, only 30% of children with a developmental delay, and 20% of children with mental health issues are identified prior to school age. 1st Five provides care coordination for identified children and their families by connecting them with resources that best fit their individual needs.



Fiscal year 2019 brought more successes for the 1st Five Healthy Mental Development Initiative in Washington and Henry Counties. 1st Five sponsored a presentation about Adverse Childhood Experiences (ACEs) and how the use of screening tools can help identify children

at risk for a variety of developmental, social-emotional, and behavioral concerns. The event was well attended and resulted in two of the larger Washington County clinics adopting the use of the most recommended developmental screening tool, the ASQ-3.

The Washington/Henry County 1st Five site achieved our goal to increase the number of referrals accompanied by a screening tool during fiscal year 2019. The program goal for fiscal year 2020 is to continue this momentum and increasing, by 3%, the number of incoming referrals accompanied by one of the 1st Five recommended screening tools.

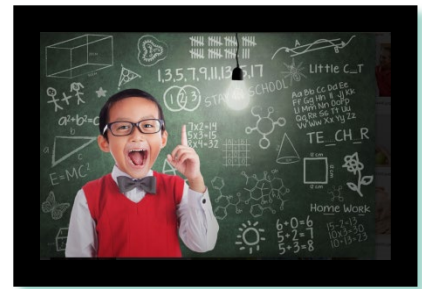
● Lead Monitoring

The lead monitoring program in Washington County is primarily carried out during WIC clinics held four times a month throughout the year. We are also available to provide lead testing to any child who needs a lead level before entering kindergarten.

All children on the WIC program are assessed for possible lead exposure risks and are also screened for lead toxicity and anemia through a finger-stick blood sample starting at one year of age. The State of Iowa recommendations for childhood blood lead testing and case management are followed for screening follow up and referral. Lead education information is provided to each family. Any child with a venous lead level greater than 20 mg/dl will be offered a referral to receive Early Access services. In 2018-2019, 155 children were screened for lead toxicity. Nine children had a lead result greater than 5 ug/dl. Two were greater than 10 ug/dl and were sent for venous levels to be drawn.

● Early Periodic Screening Diagnostic & Treatment (EPSDT)

EPSDT is the Early Periodic, Screening, Diagnosis and Treatment program for children who are enrolled in Medicaid. The focus of this program is to assure that eligible children ages birth through 20 years receive preventive health care services, including oral health care. In Iowa, the EPSDT program is called *Care for Kids*. EPSDT *Care for Kids* services are free to children enrolled in Medicaid.



The acronym EPSDT stands for:

Early	Children should receive quality health care beginning at birth and continuing throughout childhood and adolescence including the identification, diagnosis and treatment of medical conditions as early as possible.
Periodic	Children should receive well child check-ups at regular intervals throughout childhood according to standards set by the American Academy of Pediatrics. Health care may be provided between regularly scheduled check-ups.
Screening	Children should be screened for health and developmental problems. Services shall include health history, developmental assessment, physical exam, immunizations, lab tests, health education, dental exam, and vision and hearing screenings.
Diagnosis	Children should receive further evaluation of health or developmental problems identified during check-ups that may require treatment.
Treatment	Children should receive treatment for health or developmental problems identified during check-ups.

Washington County Public Health has a social worker available to assist with referrals, follow-up or setting up of appointments. For 2018-2019 the EPSDT coordinator was able to reach 509 families through this outreach program.

● Healthy & Well Kids in Iowa (Hawki)

Hawki (Healthy and Well Kids in Iowa) is Iowa's effort to make affordable health insurance coverage available to children in working families with incomes too high to qualify for Medicaid, but too low to afford private family coverage. If a family's income meets certain guidelines, and the family does not qualify for Medicaid, the uninsured children may be eligible for coverage under a plan sponsored by United Healthcare or AmeriGroup. The amount a family pays for the insurance is based on their income. Some families pay nothing. Other families may have to pay between \$0 and \$40 a month for hawk-i coverage. Hawki will provide coverage for children and teens under the age of 19. Hawki does not provide insurance for other family members.



All children deserve to start life with healthy bodies and healthy minds. To do this, children need access to health and mental services that can provide them with preventive care and treatment for illness. Washington County Public Health provides assistance to families in answering questions about the program and providing assistance in the application process. Our agency serves as an advocate for families to ensure their children receive necessary coverage.

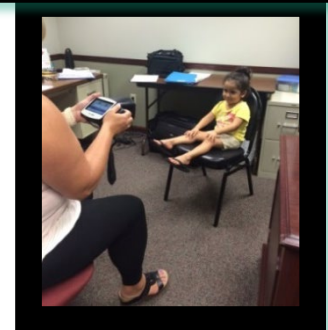
● Vision Screening

Vision disability is the single most prevalent disabling condition among children. Failing to detect and treat vision disorders may lead to full or partial blindness. Our agency has been able to incorporate vision screenings into our Child Health programming.

The Welch Allyn Spot Vision Screener is an acceptable child vision screening method approved by the Iowa Department of Public Health to meet the child vision screening requirements pursuant to Iowa code for kindergarten and 3rd graders. This screener can be used on all patients regardless of age, eye color, disability, or other limiting factors. WCPH was able to provide 117 vision screens to children ages 0-5 years of age at WIC clinics in 2018-2019. Our agency was also available for numerous community events that allowed for an additional 70-90 screens for children.



While vision charts are subjective, the Sure Spot Vision Screener provides reliable, objective, automatic screenings so we are able to reliably refer patients on for necessary follow up care. The Sure Spot Vision Screener ensures children get appropriate and timely referral to an optometrist if necessary. Failing to detect and treat vision disorders has been shown to negatively impact child development, academic achievement, self-esteem, social-emotional behavior and juvenile delinquency. Providing the screening during the provision of other services improves accessibility for low-income children.



● The Family Connection

The mission of The Family Connection is to provide the information, support, and encouragement parents need to help their children develop optimally during the crucial early years of life. In order to achieve this mission, TFC promotes strong connections of love, trust, and respect between parents and their children. In addition, TFC encourages connections between the families served by our program and the community in which they live. Connecting families to a variety of local resources as well as to other families with young children strengthens families, children, and our community. Our vision is for all children to learn, grow and develop to realize their full potential and we believe that, in order for this to be possible, strong relationships are essential.



The Family Connection is an Affiliate and Model Certified with Parents as Teachers National Center which allows the staff, or Parent Educators, to utilize the Parents as Teachers Foundational Curriculum as a base to help parents learn more about how to provide a healthy, safe, and educational environment for their child in order to help each child reach his/her potential. Services are provided in the homes of the families served and are available to any Washington County parent with a child from conception through age 4 years, with priority given to families who meet one of three criteria: low income, low education, or a child with a delay or disability. 100% of the funding

for The Family Connection program is provided through the Des Moines, Henry, Louisa, Washington Early Childhood Iowa Board.

Parents who enroll in TFC are paired with a Parent Educator who works with the family to establish individualized family and child-centered goals that utilize the family's strengths while focusing on areas they would like to address. Visits include a time to share information and discuss questions about child development, or other family issues, and are enhanced with age appropriate books and activities to promote parent-child attachment as well as school readiness. Developmental screening is conducted for each child within the first 90 days of enrollment and at least annually thereafter to determine if children are meeting their milestones and identify possible delays. Children who are identified with a delay are referred on for additional services to help them address the identified area of need. All of these elements are combined to create an in-home visitation service that is tailored to the unique needs of each family that is served. TFC also offers weekly play groups, periodic classes on a variety of parenting topics, and family activity nights that include fun for the whole family. The family activities include a summer picnic and a holiday party, complete with a visit from Santa!

The Family Connection offers an incentive program called Parents Place to families who are WIC eligible and participate in TFC in-home visitation program. Parents Place provides diapers and baby wipes for families at every other visit. There is a bilingual Parent Educator, who along with completing home visits, provides interpretive services to families and WIC staff during clinic hours. Funding for Parents Place during 2018-2019 was provided through a mix of grant monies and reimbursement for interpretive services from WIC.

The Family Connection 2019 Program Data

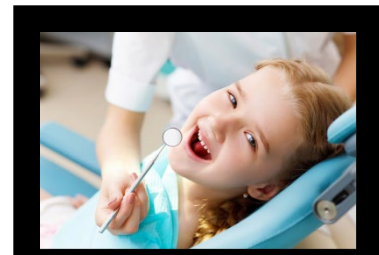
- **69 families with 103 children participating in the program**
- **719 in-home visits completed**
- **74% of families served at or below 200% of Federal Poverty Level**
- **29% of families served were Hispanic or Latino**
- **33 new families enrolled in the program**
- **86 visits included male caregiver/guardian participation**

● Fluoride Varnish

Fluoride varnish has proven to be highly effective in strengthening tooth enamel and re-mineralizing areas of tooth enamel just beginning to show signs of tooth decay. Due to the sticky form of the varnish and the small amount used, fluoride varnish can be used on very young children. Fluoride varnish is used as an important preventive service for clients at higher risk for tooth decay.

11 preschools in Washington and Henry counties were provided education, screening, fluoride varnish, and referral as needed by the dental hygienist two times during the school year. Those needing additional dental care received follow-up by a social worker.

A total of 1,339 dental screenings and 1,338 fluoride varnish applications were completed throughout the school year. 1,154 students were cavity free. 75% of clients served were referred for dental treatment with additional follow up as needed.



● I-Smile™ @ School

I-Smile™ @ School is the Iowa Department of Public Health's preventive school-based dental program that focuses on improving the oral health of Iowa's students.

The I-Smile™ @ School program uses Iowa licensed dental hygienists and dentists to provide the following services:

- Dental screenings
- Fluoride varnish
- Dental sealants
- Oral health education
- Referrals to dentists
- Care coordination

Dental sealants and fluoride varnish save time, money and the discomfort often associated with tooth decay. This is especially important for the health of Iowa children because tooth decay is the most common chronic childhood disease. By providing onsite preventive services, the I-Smile™ @ School program promotes academic success and well-being for all students, regardless of their risk or ability to otherwise receive preventive dental care.

The I-Smile™ @ School program provides education and sealants to schools that meet the requirement of having at least 40% of their student population eligible for the free and reduced lunch program. In Washington County, those schools were Lincoln Elementary, Stewart Elementary, and WACO Elementary.



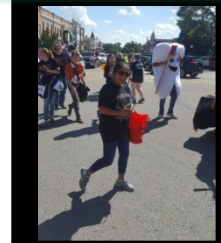
● I-Smile™

The I-Smile™ Dental Home Initiative is a program that helps Iowa's children connect with a dental home and services. A major focus has been on improving the dental support system for families. The role of the I-Smile™ Coordinator was developed for this task. There are 23 regional I-Smile™ Coordinators who are licensed dental hygienists. They serve as the point-of-contact for public health agencies, families, health care providers, school districts, and dental offices.

The outcome of the I-Smile™ Dental Home Initiative is to achieve an integrated system that provides early identification of the risks of dental disease, prevention, improved care coordination, and stronger parental involvement. Ultimately, at-risk children who are currently excluded from the dental care system will be reached and will have a dental home.

Activities this past year were:

- Oral health educational update training was completed for all Family Connection staff.
- Oral health needs assessment was completed to help strategic planning for future programs.
- New information and promotional items were delivered to area physician and dental offices.
- Ongoing work with school nurse and staff (new and veteran) was completed to ensure compliance with the school dental screening mandate for Kindergarten and 9th grade students.
- Dental screenings are provided by an integrated network of health care professionals to supplement Iowa's dental workforce. The I-Smile™ Coordinator partnered with schools to assist students who needed a screening or required follow-up dental care.
- Multiple venues were utilized to provide public outreach: Washington and Henry County fairs (toothbrushes, pencils, I-Smile™ brochures and Sugar Meanies magnets were distributed for Kids Day participants and their families), Trick or Treat night around the town square, partnering with Healthy Henry County for the “Healthy Halloween Walk” for participating kids and families, puppet shows for preschoolers and daycares, Kidzfest providing promotional dental materials, Washington Latino Festival providing oral health educational materials to the Hispanic community and sponsoring free popcorn at the “Movies On Main” nights, and the 2018 Washington High School Homecoming parade.
- Local Farmers Market was targeted to promote oral health and free dental screening clinic information.
- The daily tooth brushing program for licensed daycares is still going strong and has expanded to include any new all day pre-schools this school year. Through this program, centers are provided with the tools they need to start training on infection control and age appropriate oral care procedures. Wall mounted units to store the toothbrush racks were also provided to all centers. Participants are also given resources for “Age 1 Dental” visits and the need for being seen to share with the parents. We visit these



centers every 3 months to provide new toothbrushes, toothpaste, and to answer any questions they may have. Books promoting dental health are distributed to all these programs

- Visits continued with medical providers to dispense promotional packets (toothbrush, toothpaste, floss, “I-Smile™ for my baby and me!” brochure and I-Smile™ coordinator contact information) to be dispensed during the 1st OB visit, and during second trimester.
- We provided infant packets to be given after delivery to the local hospital and also to area clinics to be given out at an infant’s six and nine month well-child check-ups.

Appendix A

