

# Annual Report

## 2020



*To protect, nurture, and advance the health of our communities.*

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## Washington County Public Health Staff 2019-2020

		<b>Years of Service</b>
<b>Administrator</b>	Danielle Pettit-Majewski, MPH	7
<b>Clinical Nurse Manager</b>	Karri Fisher, RN, MSN, CNM	10
<b>Fiscal Administrator</b>	Peggy Wood, BA	14
<b>Public Health Nurses</b>	Lynn Fisher, RN, BSN	14
	Erin James, RN, BSN	1
	Carol Detweiler, RN, BSN	25
<b>Home Health Nurses</b>	Rebecca Frederick, RN	25
	Virginia Miller, LPN	7
	Jenifer Roberts, RN, BSN	1
	Diane Waldschmidt, RN, BSN	8
	Megan Waterhouse, RN, BSN	5
<b>Home Health Aides</b>	Jackie Brown, CNA	1
	Cindy Johnson, CNA	2
	Bonnie Lins, CNA	5
	Irene McDowell, CNA	7
<b>Administrative Support Staff</b>	Susie Beatty	28
	Maxine Hervey	8
	Jessica Janecek	7
	Kim Vogel	14
<b>Social Worker</b>	Jen Weidman, BSW	19
<b>Dental Assistant</b>	Lori Hobscheidt, RDA	22
<b>I-Smile™ Coordinator</b>	Martha Hernandez-Lopez, RDH	3
<b>1st Five Coordinator</b>	Roberta Sloat	20
<b>The Family Connection</b>	Chris Glosser, Coordinator	2
	Jessica Haro-Ponce	1
	Catalina Hernandez	9
	Becky Widmer	15

### Washington County Board of Health 2019-2020

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

# STAFF NEWS



In June of 2020, Becky Widmer (L) and Carol Detweiler (R) retired from WCPH.

Carol served as our Maternal Health Nurse, Certified Lactation Consultant, and Parent Educator for The Family Connection for 25 years.

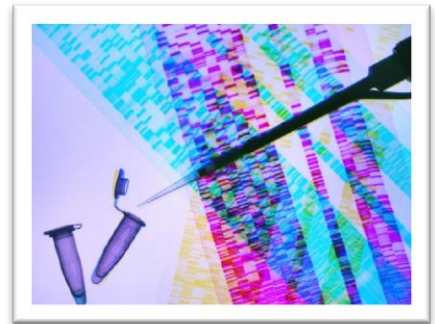
Becky was a Parent Educator for The Family Connection and play group leader for 15 years.

We thank you for your service to children and families.

# 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 have 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.

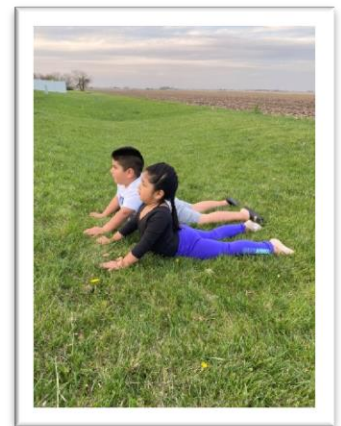


## Community Outreach



Due to COVID-19 there were changes to the way KidzFest was held in 2020. Washington County Public Health participated in the Virtual KidzFest event sponsored by Washington County Hospital and Clinics in May of 2020. This is an annual health fair for children and their families.

Children that watched the Washington County Public Health virtual presentation had the opportunity to participate in a Yoga event. Participants were provided information on the Hawki program, oral health program, 1st Five Healthy Mental Development Initiative, and the Child Health Nurse Consultant program serving Washington County.



## **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 2020.

**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 planned on hosting was a mental health speaker event at the High School. Due to the COVID-19 pandemic, activities were mostly halted and the event was postponed. The Mental Health Coalition has been attempting to spread more information about mental health on their Facebook page, which can be found at @Wash Co. Mental Health Coalition.

***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 well-being through awareness, connections, and education.

Membership in the coalition includes:

Washington County Sheriff's Department	Washington County Mental Health & Disability
City of Washington Police Department	1 <sup>st</sup> 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 Grunewaldt, 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 FY20 we collaborated with the City of Washington, the City of Riverside, the City of Kalona and Washington County Conservation to purchase new bottle-fill stations for their parks. This will increase access to water for their community members using the parks. A grant was received from Health For Iowans in the amount of \$11,800.

We also partnered with Washington's Farmer's Market and The Commission co-chairs wrote a successful mini grant to WCRF to purchase an EBT machine, and we were able to expand accessibility of healthy fruits and vegetables to those utilizing SNAP and Double Up Food Bucks.

We remain 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 were hoping for implementation in Spring 2020, but due to the COVID-19 pandemic, this was postponed.



## 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:

- 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 Coalition Surge Test with Region 5A in February



# Communicable Disease Surveillance

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.

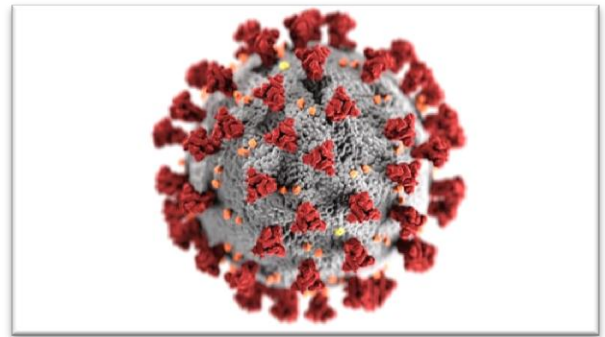


## Washington County Reportable Diseases 2019-2020

Campy	6
Cryptosporidium	2
E. Coli	2
Shigella	1
Cyclosporiasis	1
Pertussis	9
Salmonella	6
<b>Total</b>	<b>27</b>

## COVID-19

We started preparing for COVID-19 before it became the buzz word that would define 2020 and how we lived our lives. We started weekly webinars with the Iowa Department of Public Health on January 29<sup>th</sup>. We had no idea how it would change everything. At that time, we were stressing the importance of getting a flu shot, washing your hands, avoiding touching your face and staying home when you were ill. By all indications, I figured this would play out in the same way that Ebola and Zika did – as an emerging infectious disease we could learn about from afar.



But on the evening of Sunday, March 8<sup>th</sup>, we realized that would no longer be the case, and we had our first close contacts of travel associated infections. A week later it would be declared a public health emergency in the State of Iowa and we'd see our schools and businesses close. We busted out our pandemic plan, sent all non-essential staff to work from home, and made arrangements to provide what services we could virtually. It seems like we've lived a lifetime since then.



From a public health perspective, it was fascinating, exhausting, and terrifying all at once. We were learning about this virus in real time, while trying to give guidance and comfort to the community. Compared to other rural counties our size, Washington County was hit early and hit hard. With our proximity to Iowa City, the meatpacking plant in a contiguous county, and an early outbreak in a local nursing home, we saw our case numbers rise quickly.

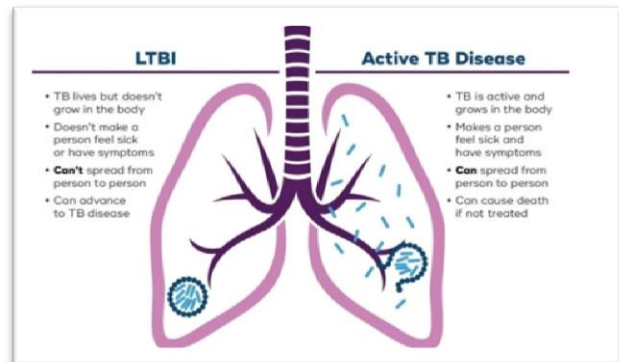
At the time, I didn't appreciate it, but it gave us the chance to learn a lot about the disease and how to handle certain nuanced situations we would face over and over again in the coming months. This pandemic has given us a front row seat to the scientific process; which made things challenging and frustrating as we learned more and got new guidance and recommendations. Keeping up with everything and finding ways to share information with the public kept us on our toes.

But it also highlighted the importance of investing in public health infrastructure. Our work is often invisible and focuses on prevention, which makes it easy to undervalue the importance of it all. But when faced with a global pandemic, it's

impossible to ignore. At the end of the fiscal year, Washington County had tallied 230 cases and 9 deaths, and we know this is nowhere near over.

## 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.



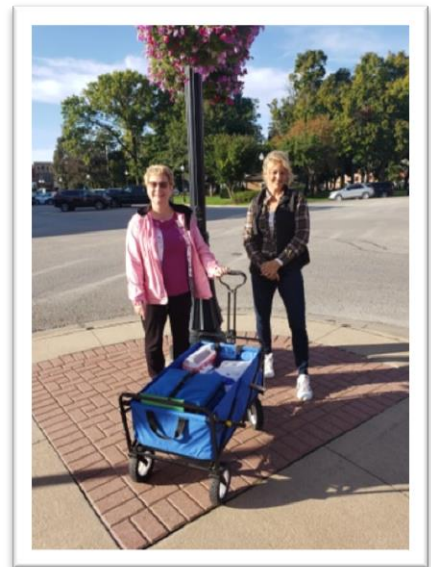
## Immunization

Immunization is one of the most important public health accomplishments of the 20<sup>th</sup> century, sharply reducing or eliminating diseases such as Small pox, Polio, 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 at the Kalona Community Center. 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

	2018-19	2019-20		2018-19	2019-20
<b>DTap</b>	65	70	<b>Hep B, adult</b>	51	42
<b>Tdap</b>	94	96	<b>Hep A, adult</b>	7	3
<b>Tdap (Adult)</b>	15	30	<b>Hep A, child</b>	172	139
<b>DTap-Hep B-IPV</b>	227	217	<b>HPV</b>	124	129
<b>DTap-IPV</b>	57	58	<b>Varicella</b>	108	84
<b>Td (total doses)</b>	18	6	<b>PCV13</b>	248	241
<b>IPV (Polio)</b>	13	26	<b>Seasonal Influenza, adult</b>	765	664
<b>MMR</b>	115	77	<b>Seasonal Influenza, child</b>	289	315
<b>MMRV</b>	51	58	<b>Meningitis (MCV4)</b>	131	141
<b>Hib</b>	199	201	<b>Meningitis B</b>	72	78
<b>Hep B, Child</b>	21	29	<b>Rotavirus</b>	92	108
			<b>Total</b>	<b>2934</b>	<b>2817</b>

The Immunization program is vital to the overall health of the community. 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 immunization awareness month were discussed.

### **School Immunization Audit Data**

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 4,366 school 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. Twelve medical exemptions and 255 religious exemptions were documented during the audit. A total of 81 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 109 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.

For students entering into 7<sup>th</sup> grade and born after September 15, 2004, students need proof of one dose of meningococcal conjugate vaccine. In addition, all students entering into 12<sup>th</sup> grade and born after September 15, 1999, need proof of two doses of meningococcal vaccine (or one dose if received when the student was 16 years old or older).

Number of schools audited	19
Records reviewed	4,366
Medical exemptions	12
Religious exemptions	255
Non-valid records	81
Provisional certificates	109



# 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.

This year also brought the SARS-COV-2 virus to our county and the patients we care for. We instituted changes in our office to protect the public and our staff members. The home health team participated in personal protective equipment and infection control training to sharpen their skills and enhance staff safety and increase our ability to keep our vulnerable patients safe. During the pandemic, it was important that the services we regularly provided be continued and with these safety precautions, we were able to do so. Home health continues to provide chronic disease management, complicated wound care, medication teaching and management along with maintenance care designed to enhance a patient's ability to remain in their home and age in place with enhanced precautions and no interruption in services. The total number of skilled nursing visits for 2019-2020 was 1,939.

## **Contracted Therapy**

Washington County Public Health contracts with three therapy companies to provide our patients with 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 2020, there were 397 physical therapy visits, 121 occupational therapy visits, and 38 speech therapy visits.

Our therapy partners have had to change patient contact methodology to protect themselves and our patients against transmission of the SARS-COV-2 virus during their treatments. This has gone well and we are able to continue treatment for our patients without interruption.

## **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 3,659 visits for 66 patients over the past fiscal year; Homemakers completed 2,362 visits for 68 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 Child Health/WIC 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. Sixteen Social Assessments were completed and 15 depression screens were provided. COVID-19 has had an effect on our agencies ability to provide this service to families. Through the pandemic our agency was available by appointment to meet with families to assist them in receiving needed services. It was difficult locating new referrals for the Maternal Health Program since WIC was not seeing families during the pandemic. Women were also hesitant to allow the Maternal Health nurse in their home due to the pandemic.



### Services offered:

#### *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 that are not currently seeing a counselor. One listening visit was provided in 2019-2020.

#### *Social work*

- Performs social and emotional assessment and referrals as needed
- Informs of available resources
- Assists in obtaining an appropriate payment source; Five presumptive eligibility applications were completed throughout the past year.
- 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

## **Breastfeeding Support**

Throughout the past year Washington County Public Health was able to provide a monthly breastfeeding support group for mothers and pregnant women. A certified lactation counselor was present and is available to:

- Weigh your baby
- Answer questions about breastfeeding
- Help you reach your breastfeeding goals

The group allowed time for sharing with other moms and walk-ins were welcome. COVID-19 has had an effect on our agencies ability to provide this service to families. Through the pandemic our agency was available by appointment or phone call to work with women to assist them in lactation questions. From April through June no in person groups were held.



## **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 14 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

## Women Infant and Children (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. Beginning in April 2020 – June 2020 WIC services took on a different look due to the pandemic, COVID-19. Johnson County Public Health received a waiver through the USDA that allowed them to not meet with families face to face but to provide all counseling for WIC services telephonically.

Washington County Public Health provides the nurse and clerk 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, and developmental screenings at all WIC clinics in Washington County. When Johnson County Public Health began providing telephonic counseling to clients in April 2020 – June 2020 due to the pandemic our agency had to look at new ways to provide enhanced services to families. Johnson County Public Health provided confidential referrals to the Maternal, Child, Adolescent Health (MCAH) program so that follow up could occur. MCAH staff continues to look at new and innovative ways that these important enhanced services can be provided within the community.

## 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. COVID-19 has had an effect on our agency's ability to provide these services to families. Through the pandemic our agency has been available by appointment to meet with families to assist them in receiving needed services.

## 1<sup>st</sup> Five Healthy Mental Development Initiative



WCPH successfully bid for the 1<sup>st</sup> Five grant in 2016. Since that time, the number of medical clinics and individual providers utilizing the services offered by 1<sup>st</sup> Five has increased every year. The 1<sup>st</sup> 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. 1<sup>st</sup> Five provides care coordination for identified children and their families by connecting them with resources that best fit their individual needs.

1<sup>st</sup> Five experienced both successes and challenges in fiscal year 2020. Our first success came early in the year when 1<sup>st</sup> Five met with the medical providers and appropriate staff from Family Medicine of Mt. Pleasant. The purpose of this face to face meeting was to share information about the benefits the 1<sup>st</sup> Five model can bring to both the clinic and the families they serve. As a result of this meeting, the clinic incorporated the use of the ASQ-3 developmental screening tool, at all three times recommended by the American Academy of Pediatrics, into their practice. The number of children screened for developmental delay dramatically increased at this clinic, resulting in an increase in the number of 1<sup>st</sup>

Five referrals that included the screening tool. This is important because it not only helped the program achieve the Performance Measure, but it provided families with valuable information about their child's developmental abilities and needs. Additionally, the families who were referred to the program received care coordination services to help them navigate appropriate interventions for their child, and the medical provider received complete information about the results of their referral to 1<sup>st</sup> Five.

1<sup>st</sup> Five will continue our efforts during the 2021 fiscal year with the goal of providing quality services for medical providers and families in Washington and Henry Counties.

## **Lead Monitoring**

The lead monitoring program in Washington County is primarily carried out during WIC clinics which are held four times a month throughout the year. Our agency is also available by appointment 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 2019-2020, 89 children were screened for lead toxicity. COVID-19 has had an effect on our agencies ability to provide this service to families. Through the pandemic our agency was available by appointment to meet with families to assist them in receiving needed services. It was difficult locating new referrals for the Maternal Health Program since WIC was not seeing families during the pandemic. Many families expressed concern on leaving their homes to receive this service during this time.

## **Early Periodic Screening Diagnostic and 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 FY19 the EPSDT coordinator was able to reach 936 children through this outreach program. COVID-19 has not affected our agencies ability to provide these services to families.

## Healthy and 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 Hawki 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. The pandemic did not affect our agencies ability to assist families in enrolling in insurance coverage.

## Vision Screening

Vision disability is the single most prevalent disabling condition among children. 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 191 vision screens to children ages 0-5 years of age at WIC clinics.



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. COVID-19 has had an effect on our agencies ability to provide this service to families. Through the pandemic our agency was available by appointment to meet with families to assist them in receiving needed services.



## 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. Priority is 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. There is a bilingual Parent Educator, who is fluent in both English and Spanish. 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 possible delay are referred for additional services to help them assess and 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.

A visit from Santa is the highlight of the holiday party! Memories for attending families are captured through pictures taken with Santa.

Services acquired a different look the fourth quarter due to the COVID-19 world health crisis. Because in-home visits were not an option, visits were provided virtually, either through telephone calls or through a video conferencing platform. Families readily adapted to the virtual visits. As it was not possible to provide a summer picnic for TFC families, reusable shopping bags were filled with learning supplies and delivered to each family, while observing social distancing recommendations. Other changes made during the fourth quarter include: play group was unable to be offered, and a lot of parent educators' time was spent working from home.

The Family Connection offers an incentive program to families who participate in TFC in-home visitation program. Diapers and baby wipes are provided to families at every second visit. Funding for diapers and baby wipes during 2019-2020 was provided through a mix of grant monies, private donations, and reimbursement for interpretive services from WIC.

### **The Family Connection 2019-2020 Program Data**

- 67 families with 87 children participated in the program
- 663 in-home visits completed
- 77% of families served were at or below 200% of Federal Poverty Level
- 43% of families served identified as Hispanic or Latino
- 31 new families enrolled in the program
- 46% of families maintained enrollment for 1 year or longer
- 68 visits included male caregiver/guardian

### **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.

15 preschools in Washington and Henry counties were provided education, screening, fluoride varnish, referral and care coordination as needed by the dental hygienist or social worker. Three rounds of Fluoride varnish were planned for the 2019-2020 school year, however, with the onset of the pandemic, only

three schools in Henry County received all three rounds and all others two rounds.

A total of 1,167 children were served. 1,022 number of children received a dental screening and fluoride varnish applications. 929 students were cavity free. 40% of clients served were referred to the dentist and went to the dentist.

## **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, Registered Dental Assistant and dentists to provide the following services:

- Dental Exam
- 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. I-Smile @ School is required to serve all kids in 2<sup>nd</sup> & 3<sup>rd</sup> grade of qualifying schools otherwise, at least dental education should be done. Schools that qualified in Washington County are: Lincoln, Stewart and WACO Elementary. Schools in Henry County are: Winfield, Harlan, Lincoln, Van Allen, Salem and New London Elementary. Everyone received dental education but not all completed dental sealants. I-Smile @ School services was completed for all of Washington County schools and only three schools in Henry County due to the COVID-19. A total of 310 kids received service. 179 kids received sealants and 521 sealants were placed in both counties.

## 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.

Annually, I-Smile partners and participates in many events throughout the year. Due to the pandemic, many activities were cancelled or implemented in other ways that was safe for the community. Events cancelled this year that I-Smile hold part of are: Washington & Henry County Fairs, the Homecoming Parade, Latino Festival and the Safe Sitter Course in Washington,

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 9<sup>th</sup> grade students.
- The I-Smile™ Coordinator partnered with schools and the community to assist students who needed a screening or required follow-up dental care by opening a Dental Screening Clinic in Washington & Henry County. This event was held prior to school starting to provide dental screening to kids returning to school. All Iowa kids going into Kindergarten & 9<sup>th</sup> Grade are required to have a dental screening. A total of 60 kids received dental screening during this clinic dates.

- Multiple venues were utilized to provide public outreach: Trick or Treat night around the town square (distributed toothbrush and toothpaste), partnering with Healthy Henry County for the “Healthy Halloween Walk” for participating kids and families, puppet shows for preschoolers and daycares during National Children’s Dental Health Month, a Virtual Kidzfest event. The I-Smile Coordinator along with other programs in the agency partnered to create a yoga video



that families could do at home. ISC’s main role was to do a Spanish version of the yoga video.

- 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 usually visit these centers every 3 months to provide new toothbrushes, toothpaste, and to answer any questions they may have, but due to the pandemic only a few received three visits and all completed two visits.
- Visits continued with all medical providers to dispense dental promotional packets (toothbrush, I-Smile brochures, Cavity Free Iowa Initiative and I-Smile™ coordinator contact information) to be dispensed to families during their visit.

