

BOARD OF HEALTH

The Board of Health is a nonpartisan body that sets public health policy for the Wasatch County Health District. The board may adopt public health rules, regulations, and standards that allow the health department to implement those policies. Board members are appointed by the Wasatch County Council for three-year terms and receive no compensation for their service.



Neal Burton
Chair



Michele Ludlow



Kendall Crittenden



Jay Eckersley



Sara Simonsen
Vice-Chair



Britt Manning



Barbara Rodriguez

VISION

Optimal community health through collaboration in a highly integrated community health system

MISSION

Enhance community health status and promote the well-being of individuals, families, and the community

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WASATCH COUNTY HEALTH DEPARTMENT

2022

Annual Report

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HEALTH OFFICER MESSAGE



Jonelle Fitzgerald
Health Officer

I appreciate this opportunity to share the 2022 annual report of the Wasatch County Health Department. In it, you will find highlights from a few of the many services and programs of the health department and learn more about who we are and what we do. It will give you a glimpse of areas of focus this past year.

Public health is about prevention, promotion, and protection. Our mission is to enhance community health status and promote the well-being of individuals, families, and the community. As Health Officer, I recognize the contribution and professional expertise of a dedicated and committed staff as we work towards this mission. We strive to operate according to the highest level of professionalism and ethics to inspire public confidence and trust. We recognize great value in the many community partners that share our commitment to health and wellness and provide support on coalitions, committees, and projects.

I am very thankful for an engaged and dedicated Board of Health that carefully studies and thoughtfully considers community health needs. Board members are appointed by the Wasatch County Council and serve voluntarily. The board oversees planning, establishes public health policy, rules and standards, and provides guidance and direction to enhance service delivery.

I hope you enjoy reviewing information in this report and find it helpful and informative. We welcome your feedback and value your input as we work together to identify needs and promote community health.

Sincerely,

PROGRAMS & SERVICES

HEALTH SNAPSHOT: HIGHLIGHTS FROM THE YEAR

AT A GLANCE

ADMINISTRATION

- **Dental Clinic**
- **Public Health Policy, Budget, and Finances**
- **Public Relations**
- **Vital Records:** Birth & Death Certificates, Marriage Certificates

ENVIRONMENTAL HEALTH

- **Emergency Services:** Preparedness Planning and Coordination; Hazardous Materials Incident Response; and Volunteer Management (Medical Reserve Corps)
- **Permitting & Inspections:** Body Art Facilities; Food Handlers; Food Service Establishments; Liquid Waste Haulers; Mass Gathering Events; Mobile Home & RV Parks; Public Lodging Facilities; Public Swimming Pools; Public Water Systems; Schools; Septic Systems; Solid Waste Facilities; Tanning Facilities; and Used Oil Facilities
- **Public Health Complaints**

EPIDEMIOLOGY

- **Disease Surveillance and Data Analysis**
- **Case Investigations and Infection Prevention**

HEALTH PROMOTION

- **Cancer Awareness & Prevention:** Sun Safety; Radon Testing
- **Healthy Eating & Active Living:** Diabetes Management; Gold Medal Schools; Mile by Mile Marathon
- **Injury Prevention:** Wasatch Safe Kids Coalition; Child Passenger Safety; Bike Helmet Promotion; Suicide Prevention; Senior Fall Prevention; Zero Fatalities
- **Tobacco Prevention & Control:** Utah Indoor Clean Air Act; Youth Tobacco Access Regulation; Tobacco Prevention; Tobacco Cessation

PUBLIC HEALTH NURSING

- **Blood Tests and Urinalysis**
- **Children's Services:** Well Child Exams; Early Intervention Program; Parents as Teachers (PAT)
- **Immunizations:** Vaccines for Children Provider; Adult Vaccines; International Travel Clinic
- **STD & TB Testing and Treatment**
- **Women's Clinic:** Breast & Cervical Cancer Screening; Family Planning & Birth Control: Lifestyle Coaching for Women 40 to 64 Years Old

WOMEN, INFANTS, & CHILDREN (WIC)

- **Checks/eWIC Cards for Healthy Foods**
- **Community and Healthcare Referrals**
- **Nutrition Assessment, Counseling, and Breastfeeding Support**

PLAN DEVELOPED TO TRACK GROUNDWATER QUALITY



SWCA Environmental Consultants, in conjunction with health department staff, developed a groundwater monitoring plan for the Heber Valley and Round Valley aquifers to address data gaps identified in the department's 2020 groundwater quality study. The department intends to use this plan as the guidance document for tracking groundwater quality moving forward.

The plan has three objectives:

1. Continue to gather and evaluate groundwater quality data in the Heber Valley and Round Valley aquifers to characterize watershed scale conditions, and assess long-term trends
2. Attempt to document a specific groundwater flow path from contamination sources in the east side of Heber Valley through the Heber Valley aquifer to Deer Creek Reservoir, with an aim to evaluate the risk to down-gradient receptors. Through analysis of data collected in Objectives 1 and 3, characterize water quality changes along an aquifer transect from the North Fields through the Heber Valley

aquifer to Deer Creek Reservoir with an aim to better understand aquifer dynamics.

3. Characterize water quality conditions in the shallow aquifer. Document and understand the transport pathway from the shallow aquifer to the deeper aquifer.

To achieve objective 3, several nested groundwater monitoring wells need to be drilled. This type of well allows investigation of water quality at different depths within the same well.

The monitoring plan was presented to the Wasatch County Board of Health in September 2022. The board responded positively to the plan and approved the drilling of new wells. The health department feels this monitoring plan will be critical in protecting groundwater resources as growth continues in the county.

FAMILIES GAIN IMPROVED ACCESS TO WIC BENEFITS

Innovation continues to make the benefits of the Women, Infants, and Children (WIC) program more accessible to families with young children.

During 2022, self-checkout lanes were made available to WIC participants for their purchases. Using the e-WIC card independently at self-checkout registers is more discreet and convenient for WIC customers.

Another improvement for WIC participants in 2022 was an increase in benefits to align with USDA Dietary Guidelines. Children now receive \$25 and women receive up to \$49 for fresh or frozen fruits and vegetables.

FALL PREVENTION PROGRAM LAUNCHED TO REDUCE RISK



The health department introduced "Stepping On," an evidence-based fall prevention program, to help reduce the risk of falling and injury by those most vulnerable – older adults.

Falls among older adults are common, costly, and preventable. According to the Behavioral Risk Factor Surveillance System, nearly one-third of Wasatch County residents aged 65 and older report experiencing a fall in a given year. Statewide, falls are the leading cause of injury-related hospitalization and death for this age group. Even falls that don't result in hospitalization or death can be costly, with many leading to EMS service calls, visits to the emergency department, and physical therapy. Complications may also develop when treatment is not sought. The latest statistics from the Centers for Disease Control and Prevention (CDC) show that \$165 million was spent in one year alone on medical costs related to falls in Utah.

Stepping On is proven to reduce falls in older people. The 8-week program covers a range of topics, including fall risks, balance and strength exercises, home hazards, safe footwear, safety in public places, coping after a fall, and how

to initiate a medication review. Based on the success of classes in 2022, the health department will continue to offer Stepping On in 2023 with the addition of a new component, Tai Chi for Falls Prevention.

To learn more or sign up for a class, call (435) 657-3502.

HEALTH DEPARTMENT AND SCHOOL DISTRICT TEAM UP TO FIGHT THE FLU

In an effort to reduce absenteeism during the winter season, the health department teamed up with the Wasatch County School District to provide flu vaccines at a series of school-based immunization clinics.

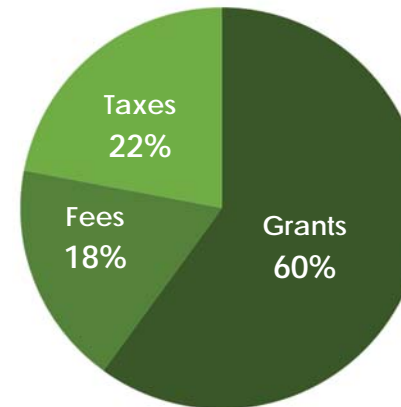
Working with the school district's administration and nursing staff, a cooperative plan was developed to offer the FluMist vaccine to students during the school day. Parents were able to sign-up their children and provide consent using a convenient online form developed by Wasatch County Information Systems. Participating students were called out of class at an appointed time, immunized, and returned to class with minimal disruption to their learning.

Two staff members from the health department and one nurse from the school district worked at each of these clinics. These teams immunized 488 students, approximately 3.5% of the student body. The average time a student was out of class was 12 minutes.

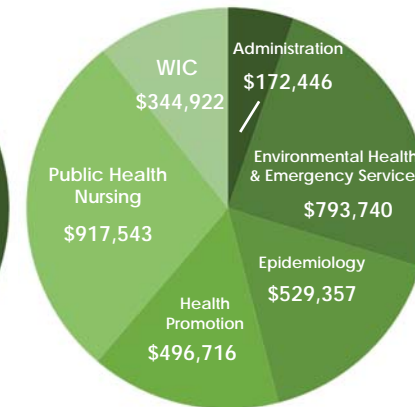
The health department hopes to make school-based flu clinics a yearly event, with a goal to immunize 10% of the student body.

2022 BUDGET

REVENUE



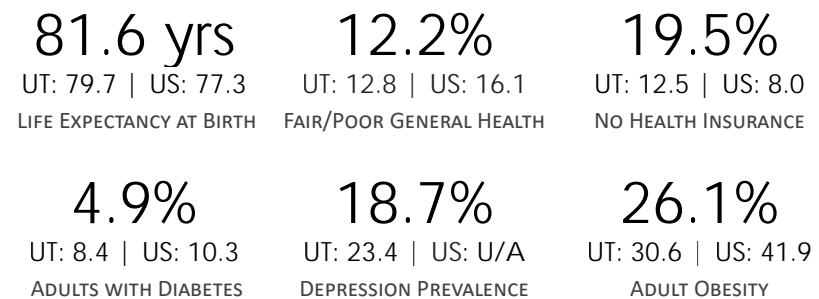
EXPENSES



TOTAL EXPENDITURES:

\$3,254,724

FEATURED STATISTICS



Source: [Utah Dept. of Health and Human Services - Indicator-Based Information System](#)