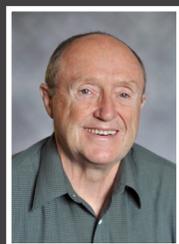


BOARD OF HEALTH

The Wasatch County Board of Health is proud to support Jonelle Fitzgerald and her staff as they continue to explore and institute new and innovative ways to improve the public health of Wasatch County. This is reflected this year in an updated website, a volunteer Medical Reserve Corps that teaches self-reliance skills, improved WIC services and an evidence based diabetes prevention program (DPP). We also welcome Coleen Nielsen to our board this year.



Neal Burton
Chair



Kendall Crittenden



Jay Eckersley



Michele Ludlow



Britt Manning



Coleen Nielsen



Sara Simonsen
Vice-Chair

VISION

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

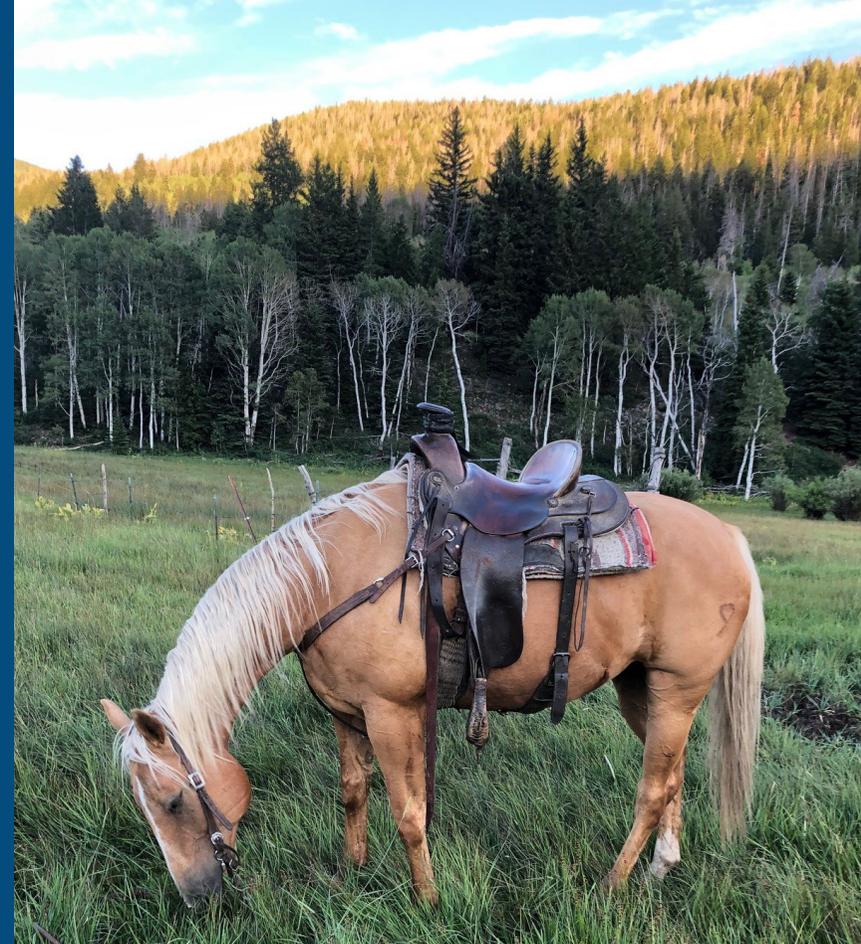
MISSION

To promote and protect the health and well-being of individuals, families, and our community



**55 SOUTH 500 EAST
HEBER CITY, UT 84032
(435) 657-3307**

WWW.WASATCHCOUNTYHD.ORG



WASATCH COUNTY HEALTH DEPARTMENT

2023
Annual Report

HEALTH OFFICER MESSAGE



Jonelle Fitzgerald
Health Officer

I am pleased to present the 2023 annual report of the Wasatch County Health Department, showcasing some of our work to advance public health throughout the community. This past year, strategic priority areas for our department included environmental health protection efforts, disease surveillance and control, community health assessment, public health emergency preparedness, health promotion, and individual and family health services.

You will find in this report highlights including the development and launch of an updated website to help residents access vital health resources and information as well as the coordination of the Wasatch County Medical Reserve Corps to ensure that our community is well-equipped to respond effectively to crisis. Our WIC program was able to enhance food package benefits, promoting access to nutritious foods crucial for the health of women and children, and finally, our Diabetes Prevention Program continues to make a profound impact, empowering individuals to adopt healthier lifestyles. These accomplishments are a just a sample, but a testament to our unwavering commitment to promote health and well-being.

As we reflect on these achievements, I am immensely proud of the dedication and hard work demonstrated by our team and partners and I am thankful for community volunteers serving on the Wasatch County Board of Health for their support and guidance. Our journey towards a healthier community is ongoing and we remain steadfast in our mission to promote and protect the health and well-being of individuals, families, and our community. Thank you to everyone who has contributed to our successes this year. Together, we are building a healthier, stronger community for generations to come.

Sincerely,

ADMINISTRATION

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

EMERGENCY SERVICES

- **Preparedness Planning and Coordination**
- **Hazardous Materials Incident Response**
- **Volunteer Management (Medical Reserve Corps)**

ENVIRONMENTAL HEALTH

- **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

EPIDEMIOLOGY

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

HEALTH PROMOTION

- **Cancer Awareness & Prevention:** Sun Safety; Radon Testing
- **Health & Wellness:** 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:** Childhood and 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**

UPDATED WEBSITE IMPROVES DEPARTMENT'S OUTREACH



The health department launched an updated website in the summer of 2023. The goal was to make the website easy to navigate while providing more functions for users.

Some highlights of improvements include online scheduling for flu shots, online ordering for birth certificates, and a move from an organization-based layout to a services-based layout.

The department also added pages dedicated to air and water quality to help the public stay up-to-date on the latest conditions and provide resources to keep residents and the environment healthy.

MEDICAL RESERVE CORPS VOLUNTEERS TEACH SELF-RELIANCE SKILLS

In April 2023, the Wasatch County Medical Reserve Corps (MRC) co-sponsored a community preparedness fair at Wasatch High School. The focus of the fair was to inform the public about how to prepare for an emergency and become self-reliant.

MRC volunteers taught participants some of the 12 general areas of preparedness:

1) Shelter, Clothing, and Fire; 2) Water; 3) Food and Nutrition; 4) Hygiene and Sanitation; 5) Light and Power; 6) First Aid; 7) Communication; 8) Safety and Security; 9) Tools and Personal Items; 10) Cooking; 11) Important Documents and Money; and 12) Transportation and Navigation.

The MRC is a national network of volunteers working together to strengthen the health and safety of their communities. The Wasatch County MRC is the local unit of this network and serves as the primary volunteer organization of the Wasatch County Health Department.

Disasters can happen at any time, whether they are community-wide events or a personal emergency. The MRC encourages everyone to do what they can now to be ready. To learn more about the 12 areas of preparedness, visit bereadyutah.gov/family-preparedness/12-areas-of-preparedness/

WIC FOOD PACKAGE ADJUSTED TO BETTER MEET DIETARY & CULTURAL NEEDS

The Women, Infants, and Children (WIC) program expanded food choices in 2023 to align with current dietary guidelines and address cultural food preferences.

The fruit and vegetable allowance continues to increase, it is now \$26 for children and up to \$52 for women. Participants can use this benefit to buy fresh or frozen produce. An additional change is the inclusion of more culturally appropriate food items, such as tofu. These changes are significant because they help individuals meet up to 50% of the Dietary Guidelines for Americans.

DIABETES PREVENTION PROGRAM RESTARTED IN 2023



The health department reintroduced the National Diabetes Prevention Program (DPP) in the fall of 2023.

DPP is an evidence-based lifestyle change program that reduces the risk of developing type 2 diabetes. This yearlong program provides participants with lessons, handouts, and other resources to help make healthy changes, a lifestyle coach trained to help learn new skills and stay motivated, and a support group of people with similar goals and challenges.

Current participants will complete the program in the fall of 2024. Once finished, the department will start the program again with a new group for the following year. Those eligible to participate include adults with a body mass index of 25 or greater, not diagnosed with diabetes, not currently pregnant, and who have received a high-risk result on a prediabetes risk test.

Diabetes is a chronic health condition that affects how the body turns food into energy. The body either doesn't make enough insulin (type 1 diabetes) or can't use it properly (type 2 diabetes). Having prediabetes means blood glucose levels are higher than normal - but not high

enough to be diagnosed as diabetes. Prediabetes can lead to heart disease, stroke, and type 2 diabetes; however, it can often be reversed.

To learn more about DPP or resources for those who already have diabetes, call the health department at (435) 657-3312.

GET UP-TO-DATE ON SCREENINGS AND VACCINES

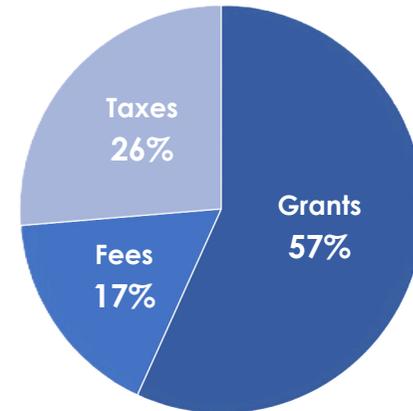
Many children and adults missed check-ups and recommended vaccinations over the past few years. In 2023, health professionals advised individuals and families to review their medical records to check for any missing routine screenings or vaccinations, then catch up if needed to get back on track for school, childcare, work, and beyond.

Wellness checkups and vaccinations are essential to helping everyone stay healthy. It's particularly important for parents to work with their child's doctor or nurse to make sure they get caught up on missed well-child visits and recommended vaccines. Individuals who are not protected by vaccines are more likely to get diseases like measles and whooping cough. These diseases are extremely contagious and can be very serious, especially for babies and young children. In recent years, there have been outbreaks of these diseases across the country, especially in communities with low vaccination rates.

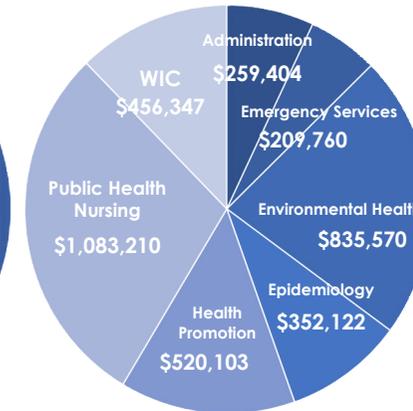
To find out what screenings and vaccines are recommended for you, please visit <https://dhhs.utah.gov/up2date/>. Call (435) 657-3307 to discuss these recommendations or to schedule an appointment for vaccines and screening tests available at the health department.

2023 BUDGET

REVENUE



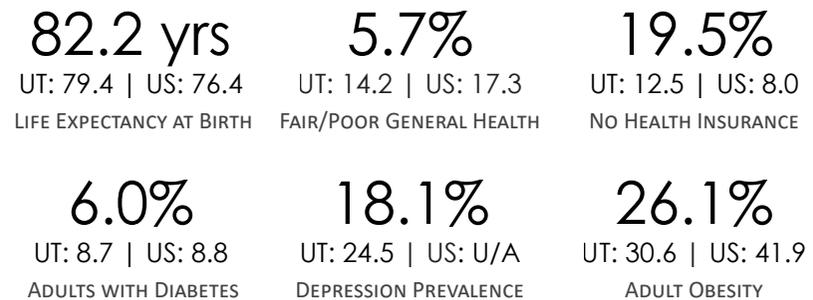
EXPENSES



TOTAL EXPENDITURES:

\$3,716,516

FEATURED STATISTICS



Source: [Utah Dept. of Health and Human Services - Indicator-Based Information System](https://dhhs.utah.gov/indicators/)