

County Health Services



# Annual Report

2021



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Presented To

Audubon and Guthrie County  
Boards of Health

Prepared By

JOTHAM ARBER MPH

# Table of Contents

- 1 Introduction/ Our Story**
- 2 Board of Health Message**
- 3 Public Health Services**
- 4 Revenue/ Expenditure**
- 5 Environmental Health Services**
- 6 Revenue/ Expenditure**
- 7 Transfer Station Services**
- 8 Revenue/ Expenditure**

# Introduction

County Health Services is the Health Department for Guthrie and Audubon as well as the Environmental Health Agency for Audubon, Adair, Cass and Guthrie Counties in Iowa. Our Mission is to build sustainable healthy communities with healthy people enjoying healthy lives. We offer a wide variety of programs and services to resource the needs of the communities we serve.

We have two office locations

- 2002 State Street Guthrie Center IA
- 515 S Pacific Ave Audubon IA

Our Services Include:

- Environmental Health
- Resource Navigation
- Mental Health Counseling
- Psychotherapy
- Family Support Services
- The Imagination Library
- Babies Nest, Passports
- Home Health
- Immunizations
- Health Screenings
- Disease prevention and investigation

What started as a single county home health service for Guthrie County in 1979 is now a multi-county health department that provides a wide array of health services. From 1979 until 2014 the focus of what was then called Guthrie County Public Health Nursing Services was homecare, basis disease investigation and prevention and some family support programs.

In 2014 the Board of Health committed to increasing services in Guthrie County to include a wider spectrum of public health and community health programs to address the continued decline in the counties health. From 2014- 2017 the Guthrie Health department added 7 new programs and hired 6 addition staff to bolster immunizations and community health programing.

In 2017 the Guthrie County Board of Health along with the Guthrie County Board of Supervisor combined the Public Health, Transfer Station and Environmental Health department (covering 4 counties) under one administrative team to increase efficiency and provide additions staffing resources. Also in 2017 Guthrie County Home Health partnered with Cass County Public Health to cover all grant home health clients in Cass County. In 2020 Guthrie County expanded to cover the home care program for Audubon County . In 2021 Guthrie County Health Services was asked to become the health department for all health services in Audubon County and changed its name to County Health Services.

Today as the landscape in rural Iowa health continues to change we are excited and prepared to be a health department committed to being efficient, effective and engaged in the mission of helping people in our communities lead healthy lives!

# Message from our Boards



Twenty Twenty- one was a challenging year for public health in Audubon and Guthrie counties . As the Covid-19 pandemic continued to cause sickness, death and disruption to our communities, Public Health was tasked with keeping our residents safe while keeping things moving.

We understand that the resources that allow us to work on creating a healthier community come from our community and for that we are grateful. Managing those resources in a efficient and effective manner is a top priority for our boards.

Our goal is to provide the highest quality services that prevent illness, protect against bad health outcomes and promote a healthy lifestyle.

The Boards of Health for both Audubon and Guthrie full support health services that work to improve our residents lives. Our Mission is work with our communities today to create a healthier tomorrow, a healthier tomorrow that is for every resident and a health department that serves all people in Guthrie and Audubon county.



**Our Mission is  
work with our  
communities  
today to create  
a healthier  
tomorrow!**

# County Health Services Staff



**Jotham Arber MPH**  
Executive Health Director



**Paula Sheeder RN**  
Deputy Director -Nursing



**Kent Irwin MS**  
Deputy Director- Emergency  
Preparedness/Environmental Health



**Jerri Christman CPA**  
Assistant Financial Coordinator



**Sara Hart RN**  
Nurse



**Mike Stringham BS**  
Sanitarian



**Jo Rasmussen**  
Financial Coordinator



**Leslie Stork RN**  
Nurse



**Justin Downing EHS**  
Environmental Health Specialist



**Penny Lafoy CNA**  
Nursing Aide



**Kristi Carper RN**  
Nurse



**Shirley Brown CNA**  
Nursing Aide



**Cheryl Jensen**  
Nursing Aide



**Cheyenne Hester**  
Nursing Aide



**Joni Butler**  
Nursing Aide

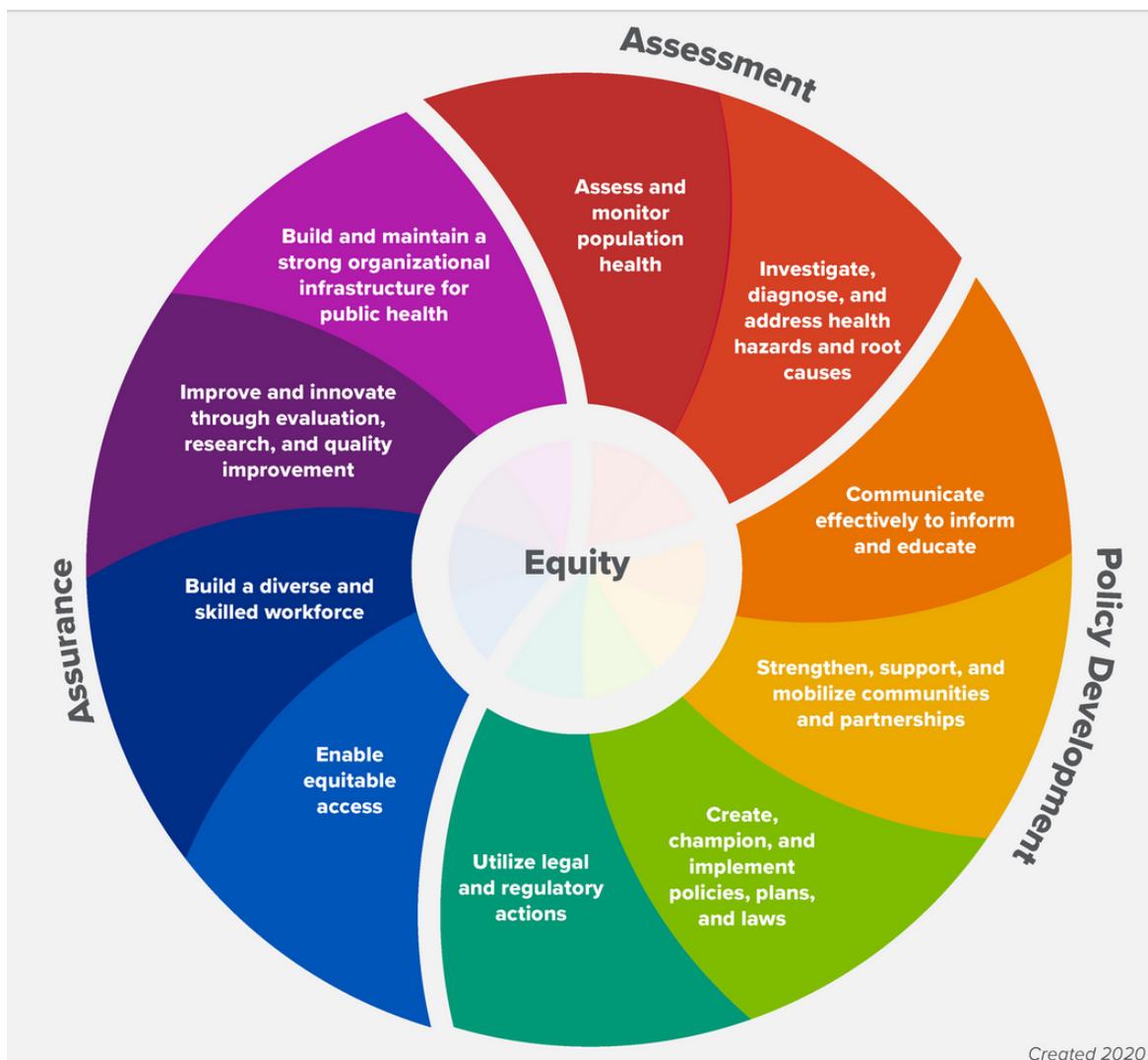


**Jenny Jessen**  
LSW Social Worker

# Public Health Services

Public Health covers a large range of services for the residents of Audubon and Guthrie County . These services fall under the 10 essential services that are outlined in at US federal level and codified into law at the state level. At County Health Services we provide the highest quality services in the most efficient and equitable manner that we are able.

The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve equity, the Essential Public Health Services actively promote policies, systems, and overall community conditions that enable optimal health for all and seek to remove systemic and structural barriers that have resulted in health inequities. Such barriers include poverty, racism, gender discrimination, ableism, and other forms of oppression. Everyone should have a fair and just opportunity to achieve optimal health and well-being.



# 1 Monitor the status and understand the health issues facing the community

In 2021 County Health Services continued to monitor the health of our counties through our ongoing community health needs assessment and health improvement plan. Community Health Needs Assessments are done every 3 years in partnership with our communities and health care providers.

We also utilize the yearly county health rankings survey to determine each year what health issues are facing our population and where we are in comparison to our neighboring counties.

In 2021 Guthrie County was ranked 23/99 in Iowa putting it into the top 25th percentile of health outcomes and Audubon county improved to 76 form 90/99 the year before a 14 % increase in health outcomes. The top health priorities of 2021 were adult obesity, adult smoking ,mental health access ,child poverty and sexually transmitted infections.

**Guthrie is in the top 25 percentile in Health Outcomes**

**Audubon improved to 76/99 in Health Outcomes**

**Guthrie life expectancy  
80.4  
Audubon life expectancy  
77.7**

## TOP HEALTH PRIORITIES 2021

**Adult Obesity  
Adult Smoking  
Mental Health Access  
Child Poverty  
Sexually Transmitted Infections**

	Iowa	Guthrie (GT), IA <span style="color: red;">✘</span>	Audubon (AU), IA <span style="color: red;">✘</span>
<b>Health Outcomes</b>			
<b>Length of Life</b>			
Premature Death	6,500	5,200	8,600
<b>Quality of Life</b>			
Poor or Fair Health	<span style="color: red;">i</span> 14%	14%	15%
Poor Physical Health Days	<span style="color: red;">i</span> 3.1	3.3	3.5
Poor Mental Health Days	<span style="color: red;">i</span> 4.1	4.2	4.3
Low Birthweight	7%	7%	5%
<b>Health Factors</b>			
<b>Health Behaviors</b>			
Adult Smoking	<span style="color: red;">i</span> 17%	18%	20%
Adult Obesity	<span style="color: red;">i</span> 34%	39%	35%
Food Environment Index	<span style="color: red;">i</span> 8.4	9.0	8.9
Physical Inactivity	<span style="color: red;">i</span> 26%	28%	29%
Access to Exercise Opportunities	73%	43%	59%
Excessive Drinking	<span style="color: red;">i</span> 25%	24%	24%
Alcohol-Impaired Driving Deaths	27%	0%	33%
Sexually Transmitted Infections	<span style="color: red;">i</span> 508.5	233.9	218.3
Teen Births	16	12	17
<b>Clinical Care</b>			
Uninsured	6%	6%	7%
Primary Care Physicians	1,350:1	2,670:1	1,370:1
Dentists	1,440:1	2,680:1	2,740:1
Mental Health Providers	570:1	5,370:1	
Preventable Hospital Stays	3,134	2,206	1,361
Mammography Screening	53%	48%	51%
Flu Vaccinations	54%	56%	40%
<b>Social &amp; Economic Factors</b>			
High School Completion	92%	94%	90%
Some College	71%	71%	77%
Unemployment	<span style="color: red;">i</span> 5.3%	5.0%	3.4%
Children in Poverty	12%	11%	15%
Income Inequality	4.2	4.0	3.5
Children in Single-Parent Households	21%	20%	27%
Social Associations	14.8	20.6	20.0
Violent Crime	<span style="color: red;">i</span> 282	33	70
Injury Deaths	70	84	137
<b>Physical Environment</b>			
Air Pollution - Particulate Matter	8.2	7.8	7.8
Drinking Water Violations		No	No
Severe Housing Problems	12%	11%	6%
Driving Alone to Work	80%	82%	78%
Long Commute - Driving Alone	21%	42%	19%

## 2 Protect people from health problems and hazards

In 2021 County Health Services provided disease investigation/ outbreak mitigation, PPE resourcing, disease testing and immunization services in an effort to protect people from health hazards.

County Health Services investigated 91 non-Covid diseases and followed up on 6189 Covid cases. We provided 7290 Covid Vaccinations, 450 Flu Vaccination, and 152 routine vaccinations during our 71 clinics throughout Audubon and Guthrie County.

County Health Services provided 15000 Gowns, 65000 Gloves , 1500 N95s, 25000 masks, 1000 Pairs of Goggles, 15 PAPRs and 85 Gallons of Hand Sanitizer to our communities to protect our residents.

Amount	PPE
15000	Gowns
65000	Gloves
1500	N95s
25000	masks
1000	Pairs of Goggles
15	PAPRs
85	Gallons of Hand Sanitizer

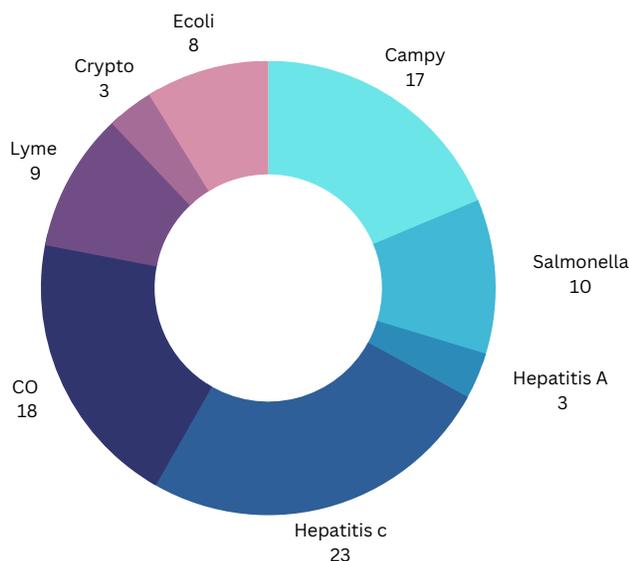
### Covid-19 Tests

1535

### Covid-19 Follow Ups

6189

### Disease Investigation



### Vaccine Clinics

71

### Non-Covid-19 Vaccines Given

702

### Covid-19 Vaccines Given

7290

### 3 Give People information they need to make healthy choices

County Health Services provides health information in a variety of ways to the public. In 2021 County Health services provided 200 hours of health education to our residents that included 35 webinars and 65 Facebook live events and 6 in person health promotion events. The Health Department also maintains a website and Facebook account that is updated with current health information and holds annual health fairs.

200 hours of health education

65 Facebook live events

35 Webinars and 6 Promotional events



#### COVID-19

How can people protect themselves?



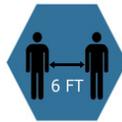
WASH YOUR HANDS OFTEN



COVER YOUR COUGH AND SNEEZES



WEAR A MASK WHEN YOU ARE UNABLE TO SOCIAL DISTANCE



STAY 6 FEET APART WHEN YOU CAN

For more Covid-19 Related Information call 833-833-4600 or visit [adairguthriecounty.com/covid](http://adairguthriecounty.com/covid)

# 4

## Engage the community to identify and solve health problems

County Health Services conducts regular community surveys and works with local partners to identify community health problems. In 2021 as part of our health improvement plan developed in 2018 in response to our community health needs assessment we held several community meetings to develop a strategic plan for addressing resource navigation and mental health deficits in our counties.

In response to the development of the mental health strategic plan County Health Services hired a social worker and mental health therapist to begin providing resource navigation immediately and begin providing talk therapy services to both Audubon and Guthrie Counties by December 2022. In 2021, 562 hours of resource navigation services were provided

In 2021 County Health Services also formed a nonprofit called Our Communities Health Foundation to raise money to address health and health related challenges and disparities throughout our communities that would otherwise have no other funding sources.

The first project driven by community stakeholder engagement was to increase child literacy through Dolly Parton Imagination Library Project. The Dolly Parton Imagination Library Project provides free age appropriate reading material to children age 0-5 throughout both Audubon and Guthrie County.

**562 hours of Resource Navigation Provided**

**1 Social Worker/Therapist Hired**



**Free books for Children 0-5 through the Imagination Library**

## 5

### Develop public health policies and plans

County Health Services is charged with maintaining all health policies and the all health hazard mitigation plan for Audubon and Guthrie County. Each year we evaluate all health policies and update them as laws changes and the health of our communities. The all health hazard mitigation plan which included the health departments plans for deploying medical countermeasures and health disaster response is reviewed and exercised by our Emergency preparedness team .

In 2021 we updated all of the home health nursing policies to comply with the centers for Medicare and Medicaid rule changes. We also updated and exercised emergency response plans for severe weather disasters. In 2021 we spent 780 hours planning for and conducting 3 drills and 2 functional exercises related to public health's response to severe weather.

**780 hours of Emergency Planning**

**3 Drills and 2 Functional Exercises**

## 6

### Enforce public health laws and regulations

County Health Services enforces public health laws and regulations passed by the Guthrie County and Audubon County Boards of Health for the counties the represent. These laws and regulations include infectious disease control, animal bite disease mitigation, tanning beds, tattoo parlors, pools, septic systems, drinking water wells, and general health nuisance ordinances.

**14 Animal Bite Cases**

**154 Septic Inspections**

**13 Tanning Bed Inspections**

**49 Well Permits**

**3 Tattoo Parlor Inspections**

**139 Septic Permits**

**9 Pool Inspections**

**31 Nuisance Complaints**

# 7

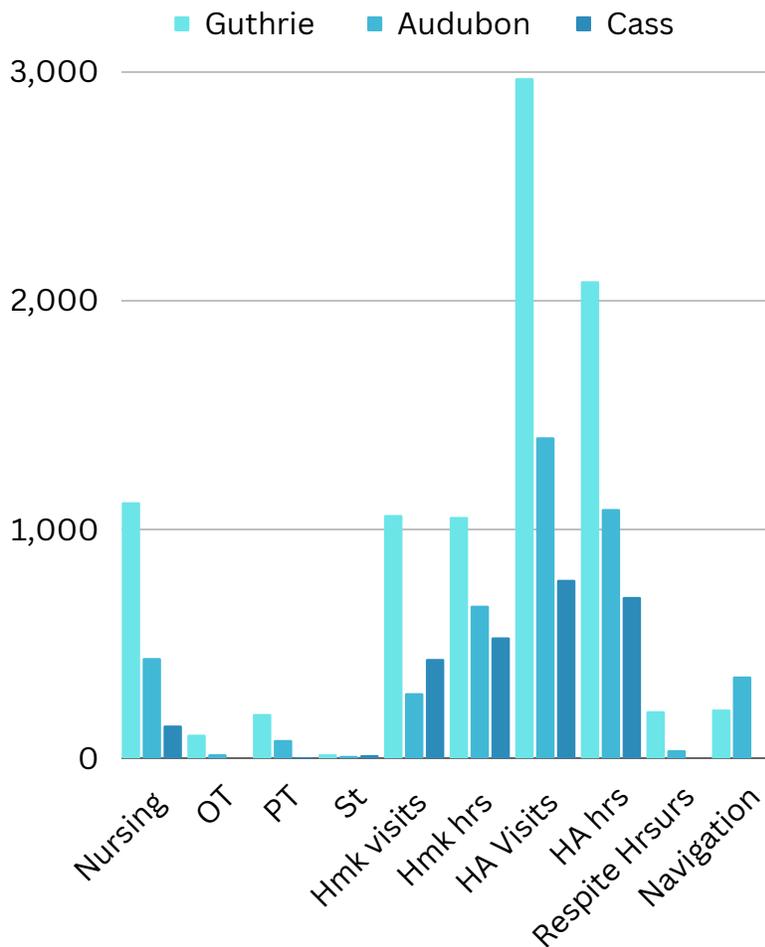
## Help people receive health services

County Health Services provides our communities with a wide range of health services from home health to family support programming.

In 2021 our home health programs saw 310 patients and delivered thousands of hours of service including nursing, health aide, homemaker, physical therapy, speech therapy, occupational therapy and respite care.

Our family support program had 17 family and 35 kids that received 500 in home visits.

### Home Health services



	Guthrie	Audubon	Cass
Nursing	1116	437	143
OT	98	17	0
PT	191	79	5
St	15	9	12
Hmk visits	1060	284	433
Hmk hrs	1051.7	664.95	527.05
HA Visits	2968	1401	779
HA hrs	2081.3	1087.58	704.01
Respites Hr	200.6	34.67	
Navigator	210	352	

### Family Support Services

**17 Families 35 children**

**500 visits**

# 8

## Maintain a competent public health work force

County Health Services is dedicated to delivering high quality public health services and as such mandates that all employees receive adequate training to perform their jobs well.

All County Health Service employees are required to maintain all licensure they hold and remain to date on CPR and First aid skills. All staff are also required to train on infection control and disease investigation as part of our emergency preparedness and public health standards.

In 2021 our medical staff received no less than 12 hours of in-service training for a total of 180 hours of skills training in nursing, nursing assistant skills, vaccinations, and disease prevention.

Our Environmental Health staff are also required to receive no less than 12 hours of training per year and had a combined 85 hours of environmental health training in 2021

Our Family Support staff are required to receive no less than 15 hours of training per year and had a combined 39 hours of Family Support training in 2021

**304 Combined hours  
of training**  
180 Medical  
85 Environmental  
39 Family Support

# 9

## Evaluate and improve programs and interventions

At County Health Services we are committed to continued improvement in every area of our organization.

Every year we use our QAIP ( quality and performance improvement) program to drive improved clinical outcomes. In 2021 using our QAIP goals we reduces fall in our homebound patients by 10% and ER visits by 15 %.

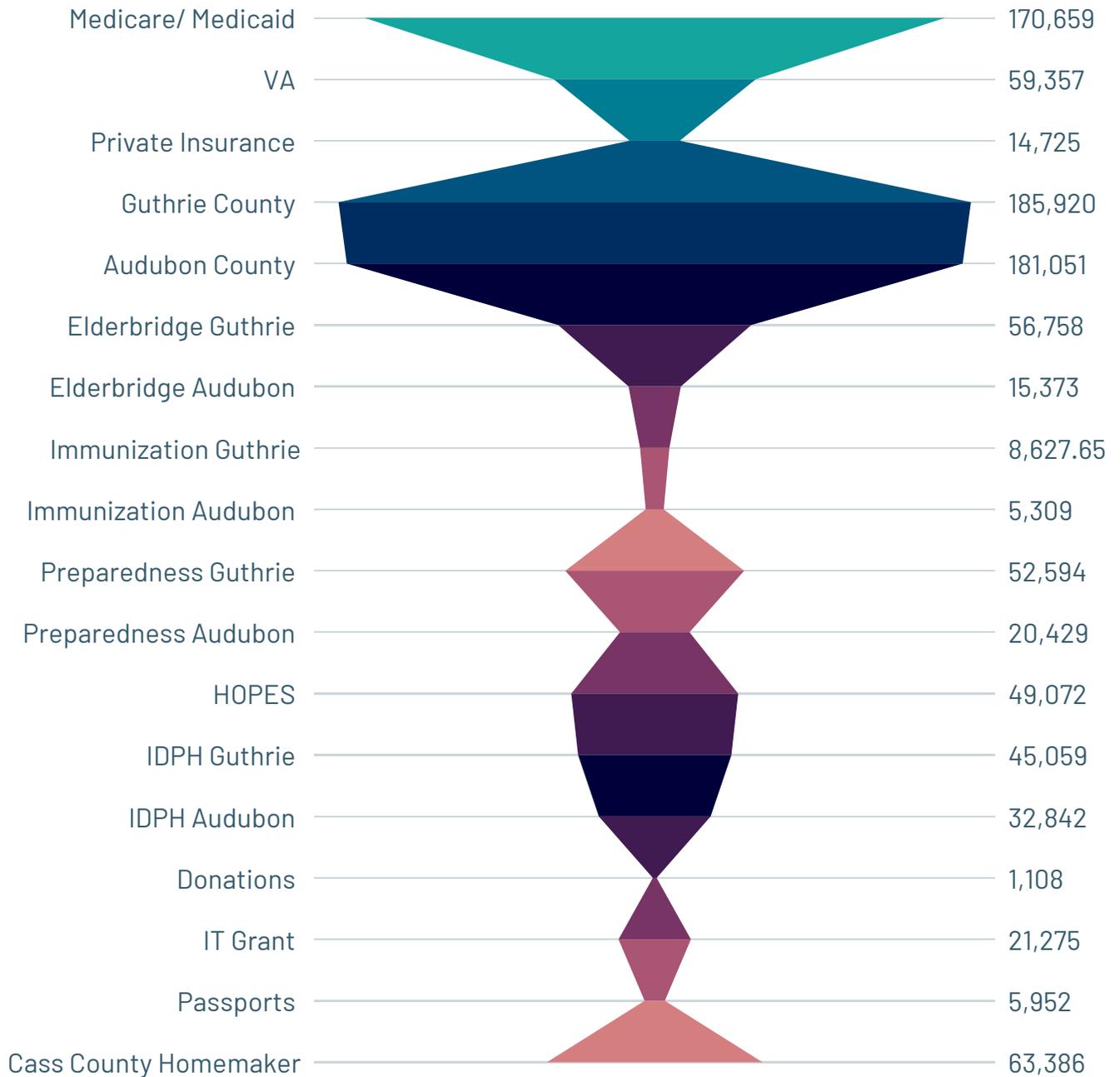
# 10

## Contribute to apply to the evidence base of public health

In 2021 County Health Services provided ongoing data collection from Covid-19 follow-ups to the Iowa Department of public health for analysis and trend data to inform mitigation efforts.

We also conduct our own sero-prevalence study to develop a more accurate understanding of the total number of Guthrie and Audubon County residents that had been infected by SARS- COV2.

# Revenue



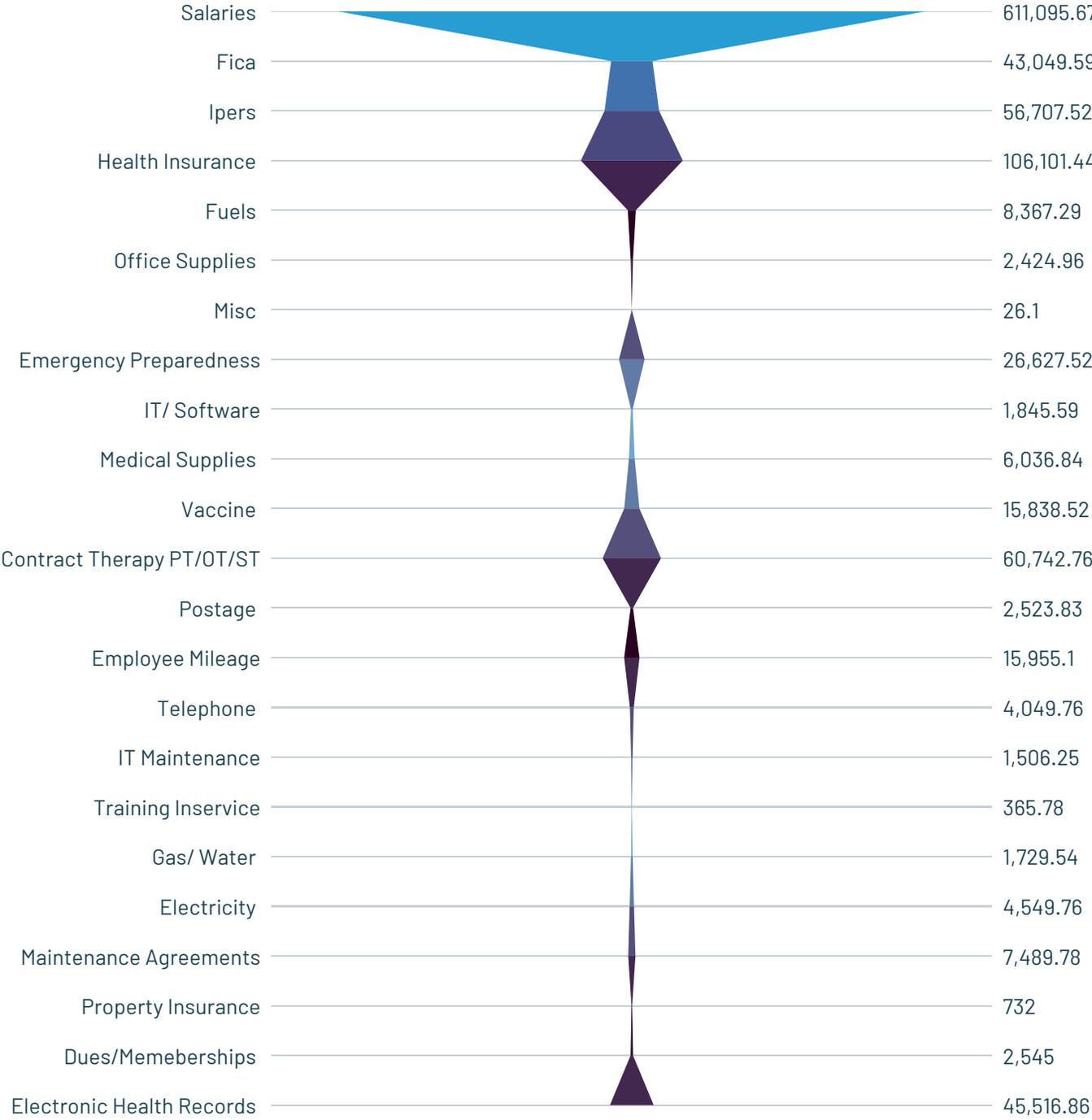
**\$366,971**

Tax dollars

**\$185,920 - Guthrie**

**\$181,051- Audubon**

# Expenditures



**Audubon and Guthrie- 16230 Residents**  
**\$22.61** per resident for 2021

# Environmental Health Services

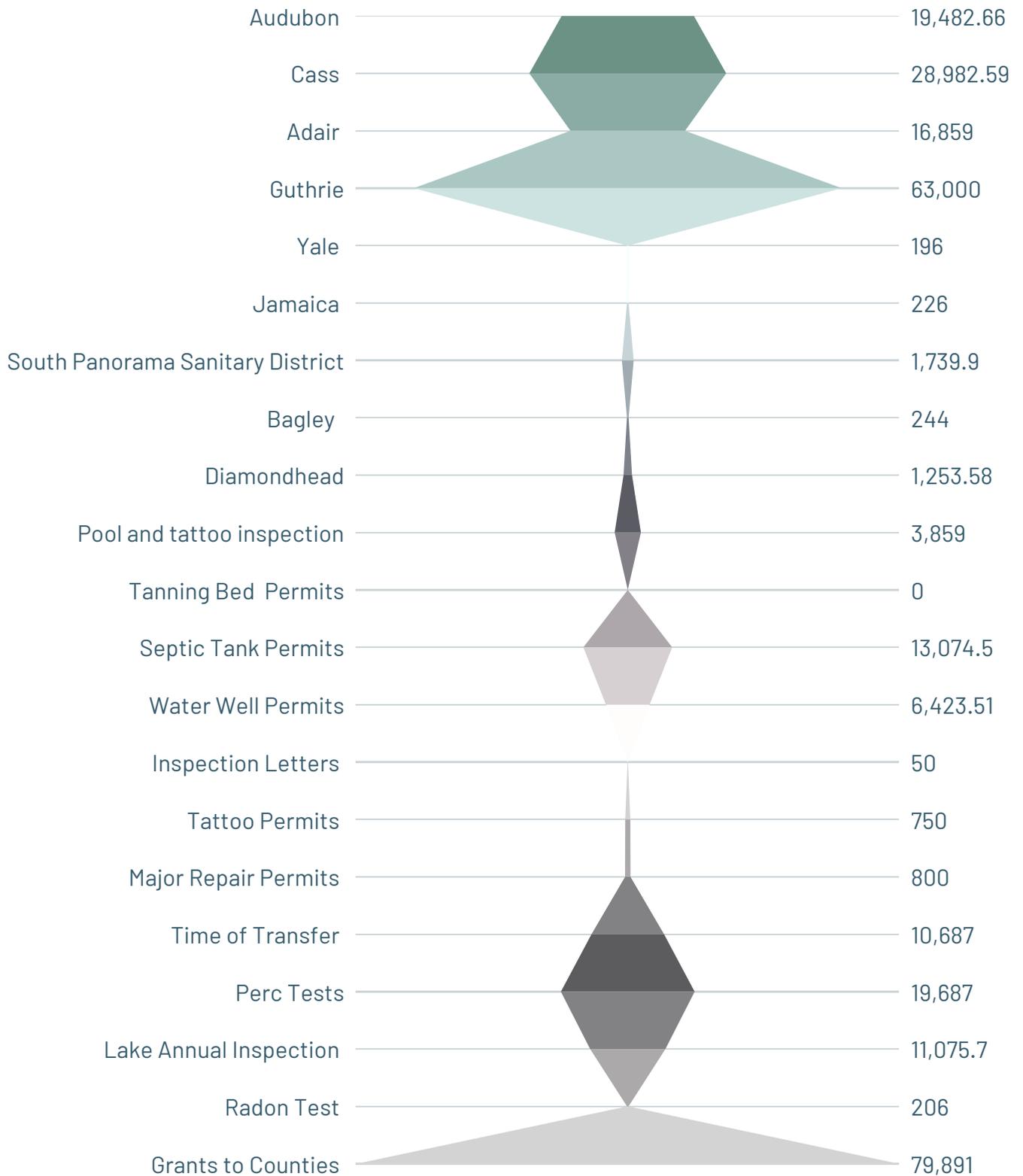
County Health Services is tasked with providing Environmental Health services to Adair, Guthrie, Cass, and Audubon counties. Environmental Health services are important to keeping the people healthy and disease free.

## Billable Hours

Guthrie	Adair	Audubon	Cass	Total
1702.15	444.96	331.05	559.45	3037.61

Services	
Nuisance Call	31
One Call	210
Perc Test	158
Pool Inspection	9
Pumper Inspection	12
Radon Test	102
Septic Drawing	168
Septic Inspection	154
Septic Permits	139
Tanning Inspection	13
Tattoo Inspection	3
ToT	196
Water Test	142
Well Permit	49
Well Plugging	88
Well Rehab	5

# Revenue



# Expenditures

