

Part I – Agency Profile

Agency Overview

Idaho Public Health Districts were established in 1970 under Chapter 4, Title 39, Idaho Code. They were created by the Legislature to ensure that preventive public health services are available to all citizens of the state — no matter how small or large their county population. It was the intent of the Legislature in creating the Public Health Districts that public health services be locally controlled and governed. Idaho's 44 counties are grouped into seven Public Health Districts and are governed by policy boards appointed by the county commissioners in those Districts. The District partnership has served Idaho well since 1971 and has received national attention due to the way it provides decentralized public health services designed to meet the unique needs of the citizens of each District. Each Board of Health adopts a budget and defines the public health services to be offered in its district based on the particular needs of the local populations served. Idaho Public Health Districts are not state agencies or part of any state department; they are recognized much the same as other single purpose districts, and are accountable to their local Boards of Health.

While Idaho Public Health Districts are locally based, they share a common vision and mission. Their vision is "***Healthy People in Healthy Communities.***"

The Public Health Districts' mission is to:

- **Prevent** disease, disability, and premature death,
- **Promote** healthy lifestyles, and
- **Protect** the health and quality of the environment.

Although services vary depending on local need, all seven Public Health Districts provide the essential services that assure healthy communities. These may include:

- Monitoring health status and understanding health issues
- Protecting people from health problems and health hazards
- Giving people information they need to make healthy choices
- Engaging the community to identify and solve health problems
- Developing public health policies and plans
- Enforcing public health laws and regulations
- Helping people receive health services
- Maintaining a competent public health workforce
- Evaluating and improving programs and interventions
- Contributing to the evidence based practice of public health

Idaho Public Health Districts make a difference every day and their work touches everyone. They play a critical role in improving and maintaining the health of Idaho citizens. They strive to prevent diseases and help keep the food and water supplies safe. Idaho is fortunate to have a strong system of Public Health Districts—one that is the envy of many other states.

Core Functions/Idaho Code

As outlined in Idaho Code 39-409, the Public Health Districts are to provide basic health services of public health education, physical health, environmental health, and public health administration. The law also states that services shall not be construed to restrict the programs offered by the local Boards of Health of the Public Health Districts solely to these categories.

While the services provided by Idaho Public Health Districts are not exactly the same in each district, they generally include:

Epidemiology/Communicable Disease Control

Epidemiology is one of the core functions of public health. Idaho Public Health Districts work to investigate, report, prevent, and control communicable diseases by:

- Reporting on over 70 reportable diseases and conditions (IDAPA 16.02.10)
- Investigating and managing outbreaks of communicable diseases (e.g., Cryptosporidiosis, Hepatitis A, Salmonella, Pertussis, Syphilis, Tuberculosis, West Nile Virus, H1N1, etc.)
- Utilizing the National Electronic Disease Surveillance Systems (NEDSS) that provides a direct link to the Centers for Disease Control and Prevention (CDC)
- Maintaining and utilizing the Health Alert Network (HAN) to rapidly communicate with state and local partners
- Working in partnership with medical facilities and infection control practitioners

Health Education

Prevention is the key to success in public health. Idaho Public Health Districts focus on promoting healthy lifestyles through educational programs. They work closely with local coalitions and community partners to provide the following educational programs:

- Adolescent Pregnancy Prevention
- Chronic Disease Self Management
- Comprehensive Cancer Control
- Diabetes Prevention and Control
- Fall Prevention for Seniors
- Oral Health
- Physical Activity and Nutrition
- Tobacco Cessation
- Tobacco Prevention and Control

Physical Health

Idaho Public Health Districts strive to maintain the health of families and the community through health district programs and referrals to community partners. Services and/or programs offered include, but are not limited to:

- Child and Adult Immunizations
- Community and Child Health Nursing
- HIV/AIDS Testing and Case Management
- Reproductive Health
- School Health
- Sexually Transmitted Disease Testing and Treatment
- Women's Health Check/Mammography Services
- Women, Infants and Children Program (WIC)

Environmental Health

Environmental Health recognizes the connection between human health and the health of our environment. Idaho Public Health Districts work to prevent disease and injury through control and protection of environmental factors such as water, air, and food by:

- Permitting and inspecting food establishments
- Monitoring public water systems
- Permitting and inspecting public swimming pools
- Permitting and inspecting subsurface sewage disposal systems
- Approving and inspecting solid waste facilities
- Inspecting child care facilities and providing education for child care providers
- Reviewing proposed subdivision plats for land development and conducting site evaluations

Health Preparedness

Idaho Public Health Districts are working to improve their ability to respond to all types of hazards, ranging from natural disasters, to infectious disease outbreaks, to acts of terrorism by:

- Exercising all-hazard response plans that have been developed by the health districts
- Planning for and management of the Strategic National Stockpile
- Partnering with public health professionals to ensure they are educated about and prepared for such events
- Working with community partners to develop plans and exercise for surge capacity events
- Responding to public health events, such as the H1N1 pandemic

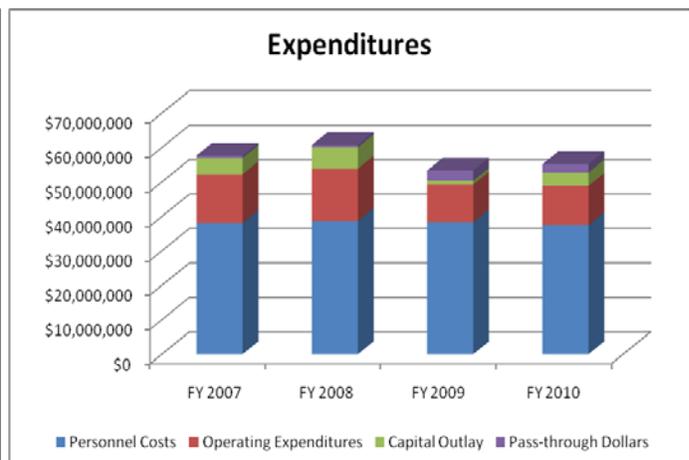
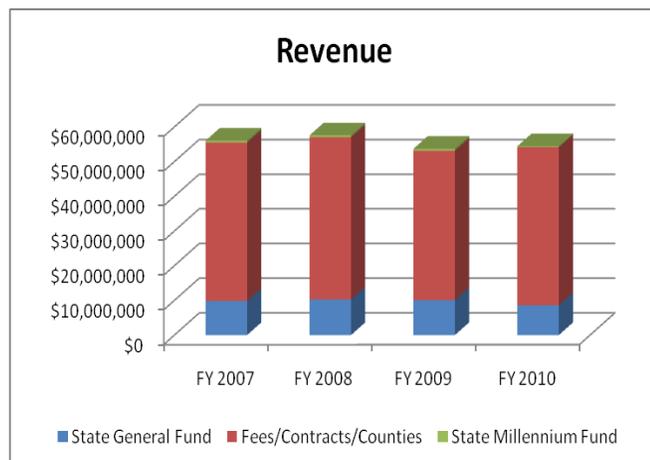
Revenue and Expenditures

Idaho Public Health Districts receive income from four funding sources. Approximately 16 percent of income comes from the State General Fund and the State Millennium Fund combined. About 84 percent is from fees, service contracts, and the counties. Idaho Public Health Districts are accountable to the State, to local counties, and to the general public to ensure that these limited funds are used efficiently and effectively.

Idaho Public Health Districts are not State agencies; therefore, their entire budget is not set by the Idaho Legislature. The counties that make up each District are responsible for setting and approving the District's overall budget. The portion of funding that is requested by Idaho Public Health Districts from the State's General and Millennium Funds are the only portion of their budget that is approved by the Idaho Legislature.

Revenue	FY 2007	FY 2008	FY 2009	FY 2010
State General Fund	\$9,809,700	\$10,270,900	\$10,073,400	\$8,601,500
Other (fees, contracts and county appropriations)	45,730,100	46,789,000	43,109,200	45,552,588*
State Millennium Fund	495,600	493,500	492,100	267,388
Total	\$56,035,400	\$57,553,400	\$53,674,700	\$54,421,446
Expenditures	FY 2007	FY 2008	FY 2009	FY 2010
Personnel Costs	\$38,120,700	\$38,669,900	\$38,290,100	\$37,495,409
Operating Expenditures	14,104,400	15,186,200	10,971,800	11,383,138
Capital Outlay	4,759,800	6,235,700	1,118,500	3,883,820
Pass-through Dollars (Hospital, EMS)	691,000	663,200	2,936,300	2,392,396
Total	\$57,675,900	\$60,755,000	\$53,316,700	\$55,154,764*

*Contract and expenditure increase of \$5,329,740 due to H1N1 Response funding.



Cases Managed/Services Provided	FY 2008	FY 2009	FY 2010	Benchmark
# Communicable Disease Reports & Investigations	7,196	7,163	9,647	N/A
# Preparedness Efforts	699	462	520	500
# Health Education Classes	7,202	7,502	7,368	7,000
# Environmental Health Inspections	16,782	15,870	15,170	17,600
# Child Care Inspections	3,015	3,100	2,549	3,500
# Women, Infants and Children (WIC) Clients	74,615	80,738	83,153	70,000
# Reproductive Health Clients Served	30,073	28,518	25,972	25,000
# Individuals Receiving Tobacco Cessation	2,045	2,326	1,195	1,750
# Children Receiving Fluoride Mouth Rinse	35,765	34,824	29,547	30,000
# Adult and Child Vaccines Given (Totals Do Not Include H1N1*)	Adult 57,134	Adult 48,159	Adult 52,034	Adult 50,000
<i>*H1N1 Vaccine Total: 211,078</i>	Children 114,286	Children 96,715	Children 72,171	Children 100,000

Cases Managed/Key Services Highlights

1. **Communicable Disease Reports & Investigations:** Epidemiology is essentially the study of diseases, their causes, and patterns. It is core to the foundation of public health. To accomplish this, Idaho Public Health Districts investigate and report on over 70 diseases/conditions that are legally reportable according to the Rules and Regulations Governing Idaho Reportable Diseases (IDAPA 16.02.10). Most of these diseases have been around for decades, while others are newly emerging (Novel H1N1 Influenza virus) or re-emerging (Tuberculosis). In FY10, the number of disease reports and investigations remained fairly steady over the previous year; however, public health staff investigated numerous cases of Novel H1N1 Influenza virus from mid-April 2009, through the end of the winter months. Continued surveillance, case identification, and disease prevention strategies (e.g., vaccination, hand washing education campaigns, situational updates to community partners, etc.) were critical in containing and effectively managing the outbreak.
2. **Preparedness Efforts:** Planning for public health emergencies (e.g., naturally occurring disease outbreaks; natural disasters such as earthquakes, floods, or wildfires; severe weather such as blizzards; and bioterrorist events) has become a major focus of Idaho Public Health Districts. To achieve this end, Districts collaborate closely with local community partners and state agencies to assess, plan, exercise, and evaluate community response capacity. These planning and preparation efforts proved to be extremely valuable when a new influenza strain was identified in Southern California in mid-April 2009, ensuring Idaho communities were better prepared to address issues such as the possibility of school closures and other disease prevention strategies. Preparedness planning efforts also proved extremely valuable in the Fall of 2009, when public health districts and their community partners conducted Novel H1N1 Influenza mass vaccination clinics.
3. **Health Education Classes:** Idaho Public Health Districts provide information and education to individuals, community groups, businesses, and the general public about physical, behavioral, environmental, and other issues affecting the public's health. Just a few examples of health education class topics include tobacco cessation, warning signs of cancer, food safety, nutrition, physical activity, and STD/HIV prevention.
4. **Environmental Health Inspections:** The environmental health divisions of Idaho's seven public health districts perform regulatory and educational functions for a number of programs including food, onsite wastewater, solid waste, public swimming pools, public water systems, land development, indoor air quality, etc. The functions performed include plan and site reviews, inspections, consultations, compliance monitoring, and educational classes. The present recession is being felt most intensely in the land and individual lot development programs. The decline in number of inspections began in 2008 and is now less than 50 percent of what we were experiencing in FY07. Other programs are also experiencing a milder decline in numbers of establishments and/or inspections. There has also been a reduction in the statewide workforce.

5. Child Care Inspections: The environmental health divisions conduct annual and biennial inspections of both licensed and unlicensed Idaho Child Care Program (ICCP) child care facilities to provide a level of protection to Idaho's children and provide additional education to the operators. Up front requirements of CPR/First Aid training and family and worker background checks have and will continue to affect the number of establishments being opened and operated. Health district inspectors are credentialed through examination, experience, and continuing education. They are experts in the field of food safety, solid waste sanitation, vector control, drinking water quality, and rural onsite wastewater treatment as they relate to child care facilities. The combined health district resources in environmental health and epidemiology are used to minimize the spread of communicable disease in these facilities. During FY10 a new contract was implemented between Health District 4 and the Idaho Department of Health & Welfare (IDHW); District 4 then subcontracted with the other six districts. The health districts now not only conduct the health inspections, but also conduct all the complaint investigations in each of the areas for both licensed and non-licensed facilities. This new arrangement appears to be working very well as the health districts work closely with IDHW, Idaho Stars, and Idaho Association for the Education of Young Children in protecting the health and safety of Idaho children attending child care.
6. WIC Clients: The supplemental nutrition program for Women, Infants, and Children (WIC) is provided by Idaho Public Health Districts. The WIC nutrition program helps pregnant and post-partum women, infants, and children, eat well, learn about nutrition, stay healthy, and save money. WIC participants are informed about other services available to them in the community. The WIC program is provided at no cost to eligible families. Due to the economic struggles that a high number of Idahoans are currently experiencing, more and more eligible residents are deciding to take advantage of this supplemental nutrition program.
7. Reproductive Health Clients: Idaho Public Health Districts offer free or highly reduced-cost reproductive health care services to women in Idaho. Clinical access is provided to reproductive health care clients based on their stated income. These services are offered through Title X clinics. In 2009, the Public Health Districts served 26,571 unique family planning clients through the Title X program. Twenty-one thousand, nine hundred and twenty-seven (82.5 percent of these clients) were at or below 150 percent of the federal poverty level and paid no fee or paid a small percentage of the actual fee based on their stated income. In Idaho, Title X covers approximately 20 percent of the Public Health Districts' cost to deliver reproductive health services. The remaining costs are borne by a limited amount of fees we are able to charge with the majority of funding coming through each agencies general fund and county tax support. Given the current economy, it is becoming difficult to cover those costs. The public health districts support a family planning Medicaid expansion of coverage for a defined population of low income women who meet eligibility criteria for pregnancy related care and breast and cervical cancer prevention as a solution that would greatly assist Idaho in providing clinical reproductive health services for those whose incomes are significantly limited.
8. Tobacco Cessation: Idaho Public Health Districts facilitate tobacco cessation programs for Idaho citizens at no cost to participants. Funding for this program is provided through the Idaho Millennium Fund. In FY10, the Public Health Districts served 1,195 cessation participants. Of these, 527 were adults; 281 were pregnant; and 387 were teenagers. The overall quit rate for all participants was 34 percent. Participation in this program fluctuates slightly from year to year; however, this program continues to provide a valuable health benefit to Idaho's citizens. Due to the decrease in fiscal year 2010 Millennium Funds appropriation to the health districts, the number of participants we were able to serve was reduced. It is anticipated, with increased funding in FY11, the number of participants served should increase.
9. Fluoride Mouth Rinse: Idaho Public Health Districts facilitate fluoride mouth rinse programs in school districts without adequate fluoride levels in the water. This prevention approach helps to strengthen the teeth of children who are at greater risk of dental decay. Each year the health districts evaluate water levels of fluoride and work to provide this service to more children annually. Public health continues to approach schools with low levels of fluoride in an effort to reach more children with this valuable service.
10. Vaccines Given: Idaho Public Health Districts connect adults and children with disease-preventing vaccines, either through clinics at the health district sites or through private healthcare providers. This year during the Novel H1N1 Influenza campaign, the seven public health districts provided 211,078 vaccinations to people in Idaho.
According to a National Immunization Survey report issued in September 2009, Idaho's two-year-old immunization rate is 47.6 percent. This ranks Idaho last in the nation in up-to-date status for two-year-olds, far below the national average of 65.7 percent. The decrease in percents from last fiscal year is due to the addition of four doses of Prevnar as a part of the Advisory Council on Immunization Practices (ACIP) recommendations. District health departments continue to provide only 14 percent of the vaccines given to

children, with the majority of vaccines administered at primary care provider sites. Statewide, district staff work in conjunction with providers, advisory groups, and policy makers to increase up-to-date childhood immunization rates, protecting Idaho's children from vaccine preventable diseases. Additionally, public health districts are in support of the ACIP recommendations for school entry and child care, as well as a change from universal select vaccine status to universal vaccine status for Idaho's children.

Part II – Performance Measures

Performance Measures	2006	2007	2008	2009	Benchmark
1. Percent of adults who smoke ¹	16.8%	19.1%	16.9%	16.3%	< 21.6 % National %
2. Percent of adults diagnosed with diabetes ¹	6.8%	7.9%	7.0%	8%	< 7% National %
3. Percent of adults who are overweight and/or obese ¹	59.7%	64.2%	62.2%	61.3%	< 40% National %
4. Percent of adults diagnosed and still had asthma ¹	9.2%	8.7%	8.9%	8.4%	5.9% -10.7% National %
5. Teenage pregnancy rates (15-19 year olds) ²	46.5%	49.5%	48.7%	N/A	43/1,000

¹ Data obtained from: *Idaho Behavioral Risk Factors* (Results from the 2009 Behavioral Risk Factor Surveillance System-BRFSS)

² Data obtained from: *2008 Idaho Vital Statistics*; Idaho Department of Health and Welfare, Bureau of Health Policy and Vital Statistics

Performance Measure Highlights

- Adults who Smoke:** Idaho Public Health Districts work to reduce the burden of tobacco-related morbidity and mortality through prevention and cessation efforts. They work to achieve the Centers for Disease Control and Prevention (CDC) goals to: prevent initiation of tobacco use by youth; promote tobacco cessation among users; eliminate exposure to secondhand smoke; and identify and eliminate tobacco-related disparities. Idaho Public Health Districts are achieving these goals, reflected by the decrease in number of adult smokers. In addition, Idaho continues to remain below the national rate. Through a targeted, multi-faceted approach, Idaho Public Health Districts facilitate cessation programs, provide advocacy for policy development, and provide education and awareness for youth and adults and work to make Idaho a smoke-free environment.
- Diabetes:** Diabetes is a serious chronic disease which often increases a person's risk for other serious health problems such as heart disease and stroke. One out of every three people with diabetes is unaware they have this chronic disease. Idaho Public Health Districts work closely with community partners to provide community health education; professional education for medical providers; and policy development designed to facilitate prevention, early diagnosis, and comprehensive treatment. Education efforts focus on blood pressure control, blood glucose control, reducing cholesterol, regular eye care, and regular foot exams. More Idahoans are being diagnosed with diabetes. This is due, in part, to more proactive and earlier testing of individuals by healthcare providers. The earlier an individual is diagnosed, the sooner he or she can take efforts to help reduce complications from the disease.
- Overweight/Obesity:** According to the Idaho Behavioral Risk Factor Surveillance System (BRFSS), the proportion of overweight and obese adults increased from 41.2 percent in 1988 to 61.3 percent in 2009. Trend data reveals a ten year increase for obesity: one in four adults was classified obese in 2009. During the past year, each of the seven Idaho Public Health Districts have worked with schools, parents, and local community partners to create Regional Action for Healthy Kids Teams. The focus of these teams is to improve nutrition and physical activity in schools and to support behavior change within families so Idaho youth can avoid becoming overweight or obese Idaho adults.

4. Asthma: The Asthma Prevention and Control program provided increased awareness about asthma prevention and incidence. The Public Health Districts utilized a variety of strategies to assist health care providers, schools, and those with asthma in managing this health issue. Some of these strategies included working with health care providers to promote Asthma Action plans for their patients, provided community education through the Healthy Homes Head Start program, and worked with school administrators in an effort to reduce the incidence of asthma triggers at school. Unfortunately funding for this program was not received for FY10, resulting in discontinuation of the program.

5. Teen Pregnancy: Teen pregnancy is closely linked to a host of critical social issues, including poverty, income disparity, overall child well-being, out-of-wedlock births, and education. According to Idaho Vital Statistics, in 2008 there were 2,697 pregnancies in Idaho females under the age of 20 (2,280 live births, 401 abortions and 16 stillbirths). Over the course of the past decade there has been a decline in Idaho's overall annual teen pregnancy numbers and rate. From 1999 to 2008, the pregnancy rate for females less than 15 years old declined 37.5 percent (from 0.8 per 1,000 to 0.5 per 1,000). The pregnancy rate for teens aged 15-17 years declined 18.7 percent (29.3 per 1,000 in 1999 as compared to 23.8 per 1,000 in 2008). Idaho teenagers 18-19 years have experienced a 5.8 percent increase in pregnancy (80.8 per 1,000 in 1998 as compared to 85.5 per 1,000 in 2008). Idaho's Public Health Districts focus on pregnancy prevention through education. We provide education through our local school districts as well as 1:1 counseling through our reproductive health clinics.

For More Information

If you would like more detailed information concerning the Public Health Districts of Idaho and the services they provide, you may download a copy of health districts' "**Strategic Plan: Fiscal Year 2010 Report**" that is available on each health district's website or contact any of the District Directors below.

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