

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 nor 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 the following core areas:

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 and policy advocacy. They work closely with local coalitions and community partners to provide the following educational programs and policy implementation plans:

- Adolescent Pregnancy Prevention
- Comprehensive Cancer Control
- Heart Disease, Stroke, and Diabetes Prevention and Control
- Fall Prevention for Seniors
- Oral Health
- Physical Activity and Nutrition
- Tobacco Use 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
- 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 environmental surroundings. 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 plans 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 and the community 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 17 percent of income comes from the State General Fund and the State Millennium Fund combined. About 83 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 2013 | FY 2014 | FY 2015 | FY 2016 |
|---|---------------------|---------------------|---------------------|---------------------|
| State General Fund | \$8,136,100 | \$8,232,500 | \$8,531,200 | \$8,719,200 |
| Other (fees, contracts and county appropriations) | 40,373,300 | 41,200,800 | 40,947,900 | 45,519,100 |
| State Millennium Fund | <u>399,500</u> | <u>497,800</u> | <u>742,600</u> | <u>714,000</u> |
| Total | \$48,908,900 | \$49,931,100 | \$50,221,700 | \$54,952,300 |
| Expenditures | FY 2013 | FY 2014 | FY 2015 | FY 2016 |
| Personnel Costs | \$36,610,400 | \$36,774,000 | \$36,718,800 | \$39,886,600 |
| Operating Expenditures | 9,019,000 | 8,933,200 | 10,054,700 | 10,881,700 |
| Capital Outlay | 2,709,300 | 1,542,200 | 2,967,200 | 3,646,000 |
| Pass-through Dollars (Hospital, EMS) | <u>1,585,600</u> | <u>1,713,500</u> | <u>481,000</u> | <u>538,000</u> |
| Total | \$49,924,300 | \$48,962,900 | \$50,221,700 | \$54,952,300 |

Profile of Cases Managed and/or Key Services Provided

| Provide of Cases Managed and/or Services Provided | FY 2013 | FY 2014 | FY 2015 | FY 2016 | Benchmark |
|--|--------------------|--------------------|--------------------|--------------------|---------------------|
| 1. # Communicable Disease Reports & Investigations | 10,258 | 9,049 | 10,562 | 10,759 | N/A |
| 2. # Environmental Health Inspections | 14,280 | 14,665 | 14,515 | 15,749 | 14,225 |
| 3. # Child Care Inspections | 1,962 | 1,789 | 1,601 | 1,808 | 1,500 |
| 4. # Women, Infants and Children (WIC) Clients | NDA** | 70,255 | 67,256 | 67,682 | 73,000 |
| 5. # Reproductive Health Clients Served | 20,779 | 19,173 | 14,028 | 11,783 | 30,000 |
| 6. # Individuals Receiving Tobacco Use Cessation Education | 1,431 | 1,712 | 2,127 | 1,736 | 1,500 |
| 7. # Children Receiving Dental Varnish/Sealant Services | NDA | 12,428 | 12,016 | 10,697 | 10,000 |
| 8. # Adult and Child Vaccines Given | Adult 37,960 | Adult 33,250 | Adult 32,486 | Adult 31,478 | Adult 50,000 |
| | Children 71,533 | Children 56,022 | Children 60,280 | Children 46,413 | Children 100,000 |

NDA – No Data Available

**No data available due to State WIC computer program changes

- Communicable Disease Reports & Investigations:** Epidemiology is essentially the study of diseases, their causes, and their 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 (Zika) or re-emerging (Tuberculosis).
- Environmental Health Inspections:** The environmental health staff perform regulatory and educational functions for a number of programs including food, on-site wastewater, solid waste, public swimming pools, public water systems, land development, and indoor air quality. The functions performed include plan and site reviews, inspections, consultations, compliance monitoring, and educational classes. While the number of facilities has remained relatively constant for swimming pools, solid waste, and public water systems, the land and individual lot development programs and the food program are continuing to grow as the economy sustains its recovery.
- Child Care Inspections:** The environmental health staff conducts annual and biennial inspections of both licensed and unlicensed child care facilities to provide a level of protection to Idaho's children and 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 and are required to have background checks. 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 investigations are used to minimize the spread of communicable disease in these facilities.
- 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. Participation in WIC has shown a declining trend both in Idaho and nationally. There is not one cause to explain the decrease. A declining birth rate, changes in the economy, and a perceived decrease in values of WIC benefits may play a part. Additionally, some eligible participants may self-disqualify themselves as they may feel someone else can use the benefits more.
- Reproductive Health Clients:** Idaho Public Health Districts provide comprehensive family planning services to low income men and women, including teenagers, who lack access to reproductive health services. Title X Family Planning clinics offer direct client services, counseling, community education, and outreach activities

throughout the various service areas. From July 1, 2015 through June 30, 2016, the seven Public Health Districts served 11,073 family planning clients through Title X. Approximately 85% of these clients were at or below 150% of the federal poverty level and paid no fee or paid a small percentage of the actual fee based on their stated income. Ensuring access to reproductive health services is one of the leading health indicators for Healthy People 2020, a set of goals and objectives designed to improve the health of all people in the United States. Idaho's Public Health Districts play a vital role in working towards these health promotion and disease prevention efforts.

6. Tobacco Use 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. Funding can fluctuate from year to year depending on the Millennium Fund appropriation amount to the health districts. In FY16, the Public Health Districts served 1,736 tobacco use cessation participants. Of these, 773 were adults with a quit rate of 21%; 236 were pregnant with a quit rate of 14%; and 727 were teenagers with a quit rate of 38%. Use of tobacco products is linked to increased risk of heart disease, stroke, diabetes, multiple types of cancer, and many other health conditions. This program continues to provide a valuable health benefit to Idahoans.
7. Fluoride Varnish/Dental Sealants: Idaho Public Health Districts promote improved oral health for all Idaho children through programs associated with Idaho Oral Health Program. The main focus of this program is the access of elementary school aged children to a Dental Hygienist to be evaluated and offered dental sealants in the schools, and by promoting fluoride varnish in children coming for WIC services and some selected preschool programs. Although program specifics may vary from one district to another, the use of dental sealants and fluoride varnish follow evidence-based programs to reduce dental caries and improve the oral health and overall physical health of the children of Idaho.
8. Vaccines Given: Disease prevention is a primary function of the Idaho Public Health Districts, and vaccines are a first-line defense to protect children and adults against many infectious diseases. The public health districts strive to improve Idaho's immunization rates, yet many children do not receive all of their recommended vaccines. Idaho Public Health Districts' staff seeks opportunities to increase Idaho's immunization rates by focusing on policies to promote childhood vaccines, community outreach, and collaboration with medical providers, pharmacists, educators, and other advocates. In 2016, 31,478 vaccines were given to adults at public health clinics in Idaho, and another 46,413 vaccines were given to children.

Performance Highlights

1. 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 use 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. Currently, Idaho is below the national average on the percentage of adults that smoke. Through a targeted, multi-faceted approach, Idaho Public Health Districts facilitate tobacco use cessation programs, provide advocacy for policy development, provide education and awareness for youth and adults, and work to make Idaho a smoke-free environment.
2. 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, but the earlier an individual is diagnosed, the sooner he or she can take efforts to help reduce complications from the 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.
3. Overweight/Obesity: According to the Idaho Behavioral Risk Factor Surveillance System (BRFSS), 65.7 percent of Idahoans are overweight, which is defined as having a body mass index (BMI) ≥ 25 . Furthermore, trend data shows that more than one in four adults in Idaho have been classified as obese (BMI ≥ 30) since 2007. Idaho's Public Health Districts continue to address this epidemic by bringing key community partners together in an effort to address the broad scope of issues that are contributing to this trend. Schools, healthcare providers, insurers, community leaders, public health workers, and parents are just some of the people working to curb the epidemic. The Public Health Districts are facilitating the use of policy as well as

systems and environmental changes to both assist people in making healthier choices and to create an environment where Idahoans can live healthier lives.

4. **Adult Suicide:** Suicide is a major public health issue that affects tens of thousands of Americans every year. In 2014, Idaho had the 6th highest rate of suicide in the nation. Our greatest protection against suicide is a caring community; which is a cornerstone of the Idaho Public Health care system. Even though Idaho Public Health Districts are not funded nor do they have the infrastructure to provide mental health and suicide prevention services, we strive to provide a healthy and caring community environment that addresses public health issues. With suicide being an increasing public health concern, Idaho public health districts work to provide mental health and suicide prevention referrals to the Idaho Department of Health and Welfare, and the Idaho Suicide Prevention hotline to assist with meeting the needs of our community members.
5. **Teen Pregnancy:** More than 249,000 teenage girls, ages 15-19 years, gave birth in the US in 2014. The rate of teenage pregnancy has declined across the US during the past 20 years, and Idaho has followed this trend. However, despite this decline, there is still considerable work to be done because of the impact teen pregnancy has on the future of America's children. Teen pregnancy carries high costs—physical, emotional and financial—to the teen parents, the child, the immediate family, and the community. In Idaho, the teen pregnancy rate is 27.5 per 1,000 in the 15-19 year old age group. Idaho's public health districts focus on pregnancy prevention through one-on-one counseling in our reproductive health clinics and through education in the local school districts. Together the seven health districts are working to reach the Healthy People 2020 national objectives to reduce unintended teen pregnancy and to improve adolescent health.

Part II – Performance Measures

| Performance Measure | | FY 2013 | FY 2014 | FY 2015 | FY 2016 | Current Year |
|---|-----------|-----------------|-----------------|-----------------|------------------|------------------|
| Goal 1 | | | | | | |
| <i>Monitor health status and understand health issues.</i> | | | | | | |
| <i>Objective 1: Obtain data that provides information on the community's health to identify trends and population health risk.</i> | | | | | | |
| <i>Strategies:</i> | | | | | | |
| <ul style="list-style-type: none"> • <i>Monitor existing data sources.</i> • <i>Analyze data and trends.</i> • <i>Promote information through agencies to policy and decision makers and the general public.</i> | | | | | | |
| 1. Percent of adults who smoke ¹ | actual | 17.2% | 16.4% | 17.2% | 15.9% | ----- |
| | benchmark | 21.6% | 15% | 15% | 15% | 15% |
| 2. Percent of adults diagnosed with diabetes ¹ | actual | 9.4% | 8.5% | 9.4% | 7.6% | ----- |
| | benchmark | <7% | <7% | <7% | < 7% National % | < 7% National % |
| 3. Percent of adults who are overweight ¹ | actual | 62.3% | 62.5% | 64.9% | 65.7% | ----- |
| | benchmark | <40% | <40% | <40% | < 40% National % | < 40% National % |
| 4. Percent of adults who are obese ¹ | actual | 27% | 26.8% | 29.6% | 28.9% | ----- |
| | benchmark | <25% | <25% | <25% | <25% National % | <25% National % |
| 5. Adult suicide rate per 100,000 population ² | actual | 18 | 19 | 19.2 | 19.6 | ----- |
| | benchmark | 12 (death rate) | 12 (death rate) | 12 (death rate) | 12 (death rate) | 12 (death rate) |
| 6. Teenage pregnancy rates (15-19 year olds) ² | actual | 33.6 | 34.1 | 29.9 | 27.5 | ----- |
| | benchmark | 39.3/1,000 | 30.3/1,000 | 30.3/1,000 | 30.3/1,000 | 30.3/1,000 |

1 Data obtained from Idaho Behavioral Risk Factors Surveillance System (BRFSS)

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

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 2016 Report"** that is available on each health district's website or contact any of the District Directors below.

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