



Public Health
Prevent. Promote. Protect.



Annual Report 2019

Central Valley Health District

Staff



2019 Staff

Angie Allmer - 9 years

Jenn Amundson - 3 year

Frank Balak - 8 years

Marcie Bata - 11 years

Anita Berland - 30 years

Marcia Bollingberg - 35 years

Coralynn Dallmann - 11 years

Tami Dillman - 17 years

Tonya Drenth - 16 years

Kara Falk - 4 years

Deb Fischer - 18 years

Karena Goehner - 10 years

Robin Iszler - 31 years

Shannon Kaiser - 3 year

Kim Lee - 5 years

Sara Moser - 6 years

Nancy Neary - 18 years

Annette Niemeier - 28 years

Lakken Paulsrud - 4 years

Beth Schwartz - 18 years

Lynn Walden - 11 years

Jill Wald - 1 year

CVHD Board:

Dr. James Torrance,,

Medical Director/Chair
Darla Reed, Vice Chair

Heidi Larson

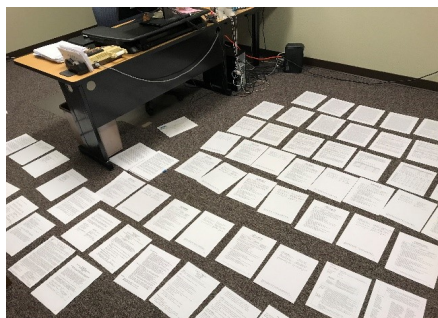
Laurel Haroldson

Cindy Schaar

Dennis Ova

Dean Entzminger

Staff



1. Grant submission for DFC
2. NACCHO annual ND Staff Attending
3. October 2019 Blizzard
4. 2019 - PH Day at the Legislature

Executive Summary

Grant Opportunities:

Central Valley continued to receive **opioid prevention funding**. This included \$35,714.29 and \$110,000 in addition to the previous amount of \$112,000 received in 2018. Central Valley partnered with the Jamestown Police Department, Stutsman County Sheriff Department and Jamestown Fire Department on this issue and paid out \$64,915 to assist with the grant objectives. CVHD received \$50,624 in Supplemental funding to assist the **Family Planning** Program with increasing client numbers. We are working with Dickey County to set up services there. **Car Seat Program** CVHD received funding from Wells Fargo of \$5,000 to assist with purchasing car seats. **Cancer Grant** \$8,875 was received to improve walking/biking opportunities in Jamestown and to assist with the kids safety day and to promote sun safety. We also began work with a HRSA grant written by City County Health. This project is known as ROPES and will address substance use and mental health issues.

In 2019 we applied for the Drug Free Community grant application. This grant would have provided \$125,000 per year for 5 years. We did not have a successful grant application due to the low amount of data on our population. Challenges included 2019 Legislative session and continued support to public health programs along with On-site Septic Regulation.

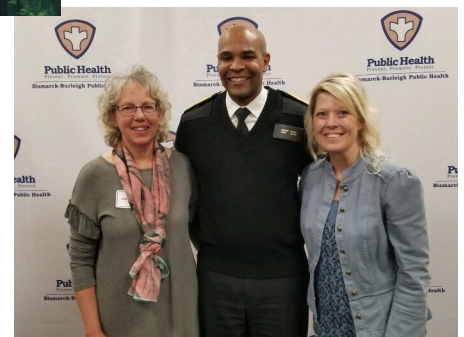
Updated Website – we hired an outside contractor to help redesign our website to be more user friendly on mobile applications.

We had two staff changes in 2019(accountant, and administrative assistant). We did not fill those positions and chose to streamline our work to help cut program costs.



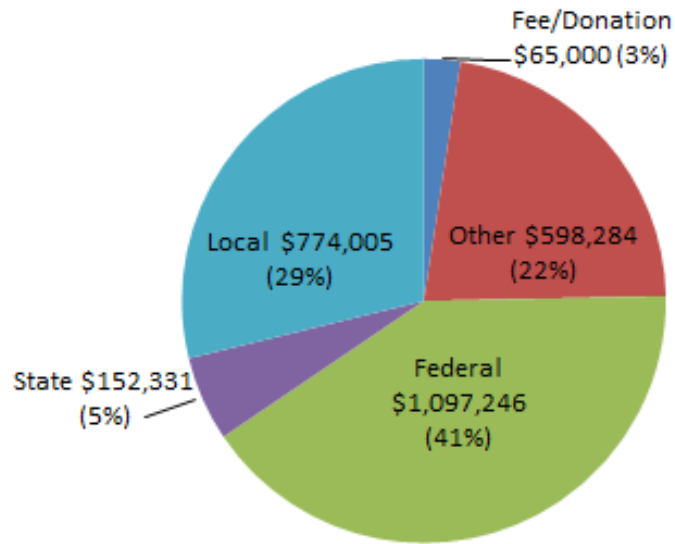
U.S . Surgeon General visiting North Dakota 2019

SACCHO representatives from North Dakota



Business and Finance Report

**2019 Budget by
Category—
\$2,686,866**

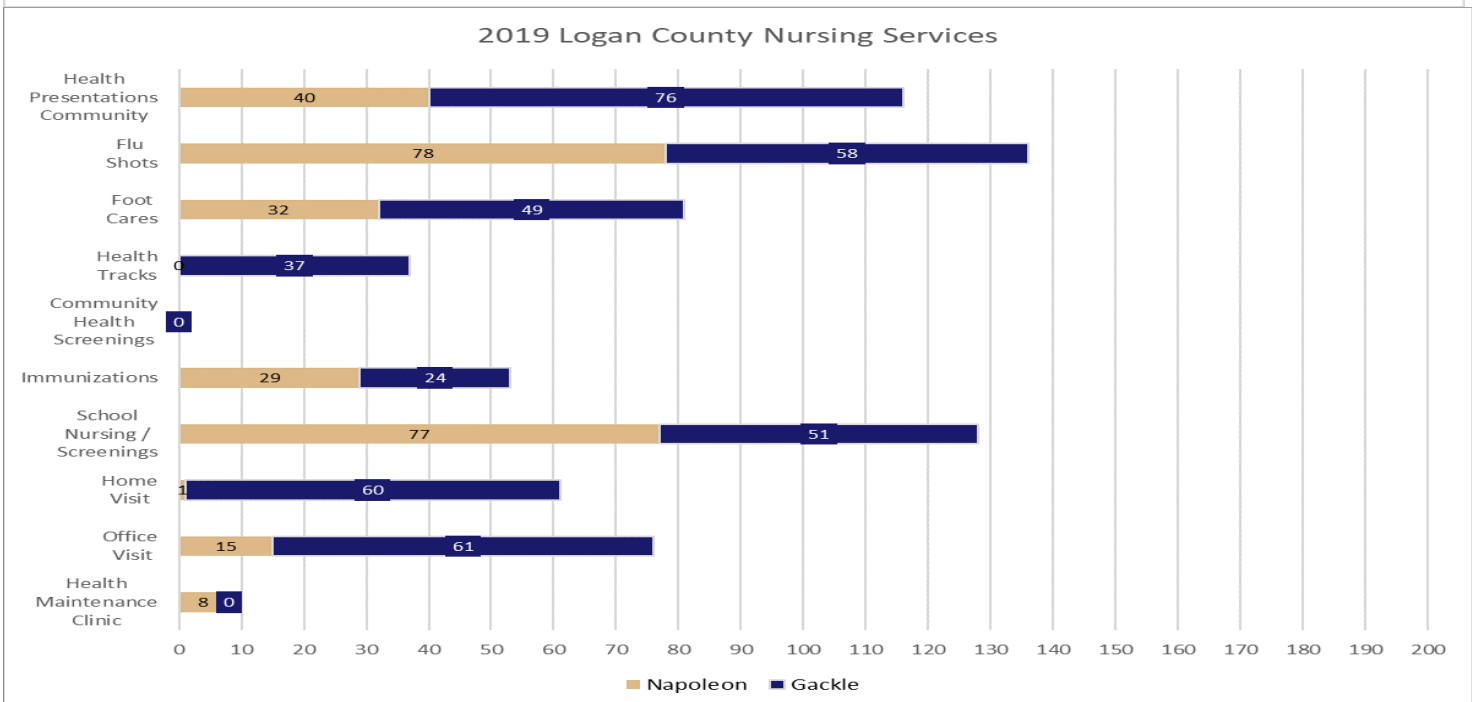
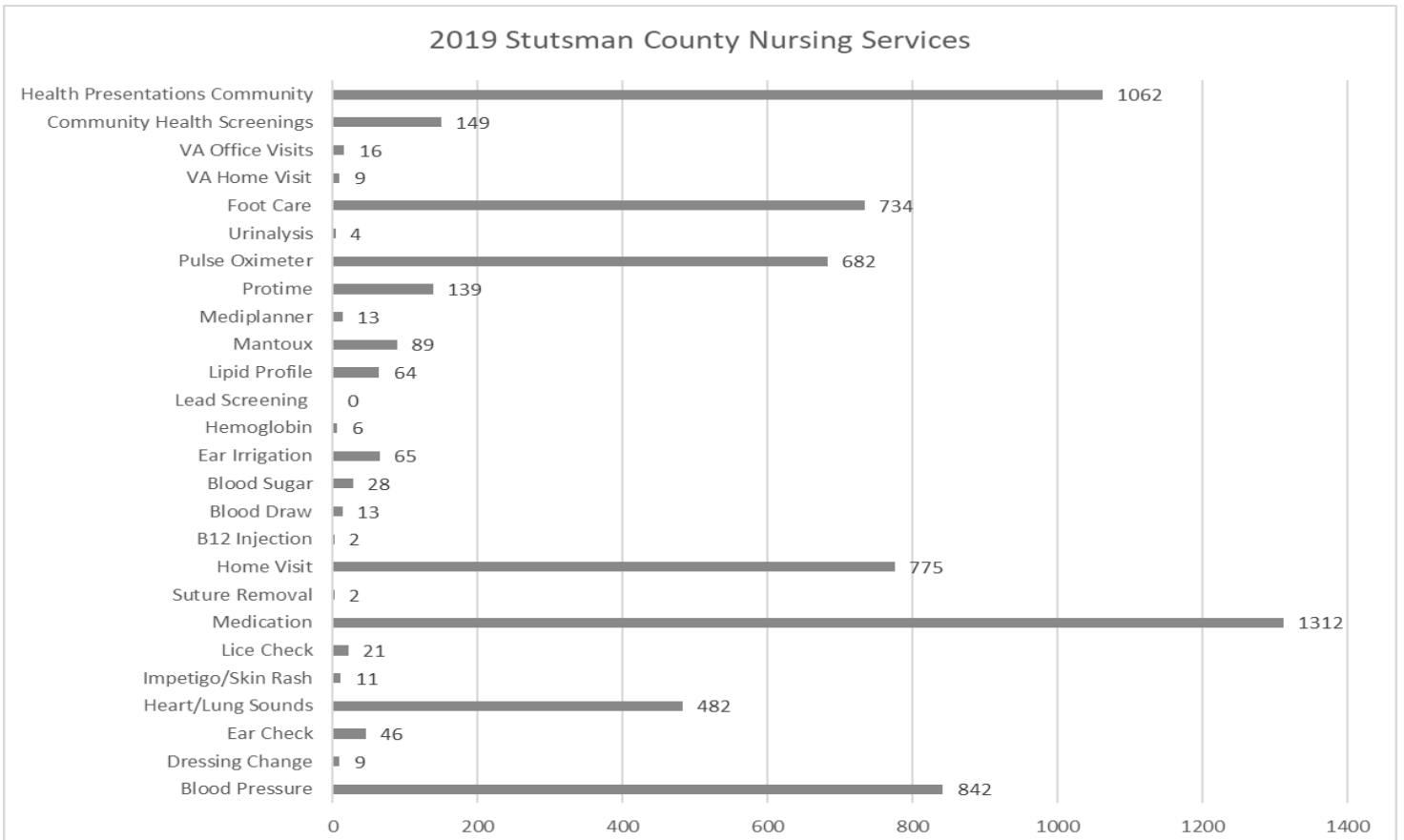


Year	Local	State	Federal	Fees/	Other	Total
2019	\$774,005	\$152,331	\$1,097,246	\$65,000	\$598,284	\$2,686,866

Program	2019 Budget
Stutsman (with Environmental Health)	\$ 1,351,967
PHEP	207,596
Family Planning	148,311
WIC	147,877
Opioid Prevention	145,714
Substance Abuse	142,021
Logan	138,526
Title III	126,227
Tobacco	116,184
Women's Way	79,110
Regional Network	38,000
Prevention	25,875
Immunizations	19,458
Total	\$ 2,686,866

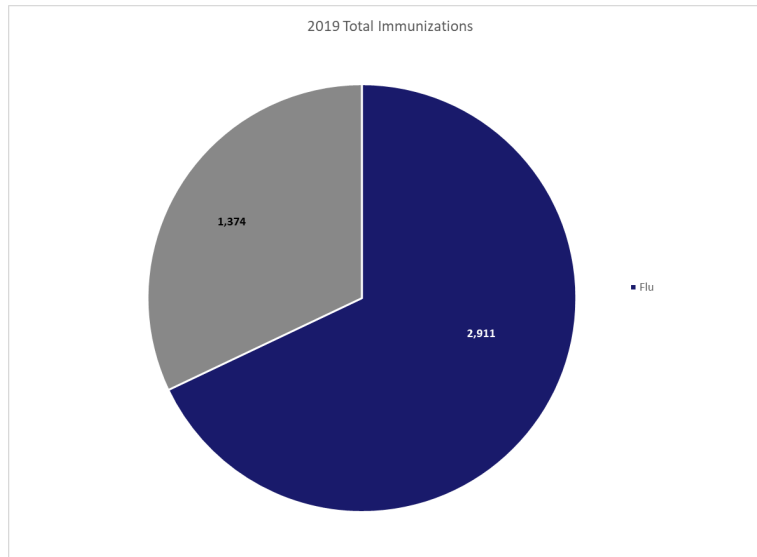
Nursing Services

The monthly average number of public health nursing services provided In **Stutsman County** **stayed about the same** from **552** in 2018 to 548 per month in 2019. **Logan County increased** from **49** per month in 2018 to **58** per month in 2019.



Nursing Services

CVHD provided immunizations at various locations in the community. Total immunizations provided by CVHD nurses decreased from **4,783** in 2018 to **4,285** in 2019. In 2018, there were **2,999** flu vaccinations in Stutsman County and **177** in Logan County. **In 2019 We provided 191 Flu vaccinations in Logan County and 2,720 in Stutsman County.**

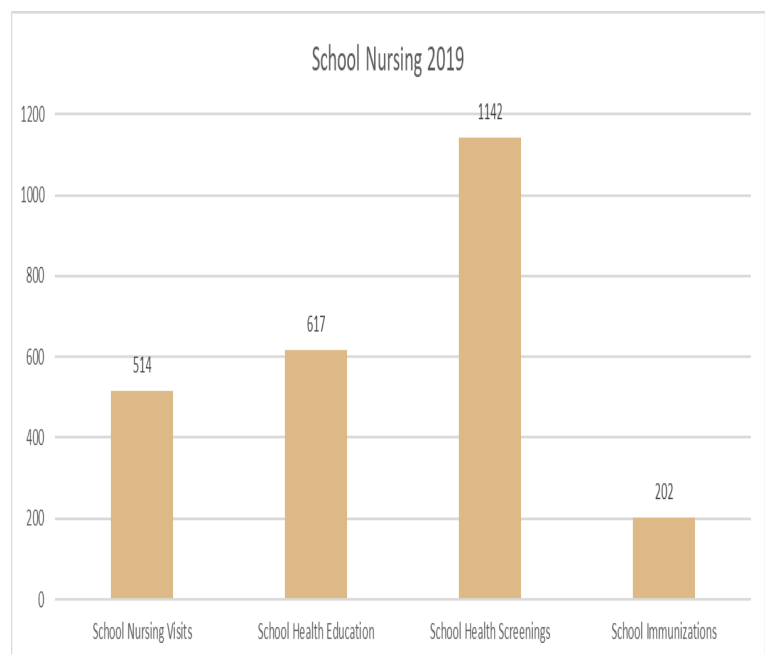


School Nursing

Central Valley Health District nurses provided influenza vaccinations at all schools located in Stutsman and Logan counties. School flu shots administered increased from **810** in 2018 to **826** in 2019.

Total school nursing services for both counties: 3,010 in 2018 and **decreased in 2019 to 2,603.**

School	Flu Shots
Jamestown (all public schools)	507
Montpelier	42
St. John's Academy	38
Kensal	25
Buchanan	12
Pingree	55
Hillcrest	6
Napoleon	28
Gackle	36
Medina	67
Victory Lutheran	10
TOTAL	826

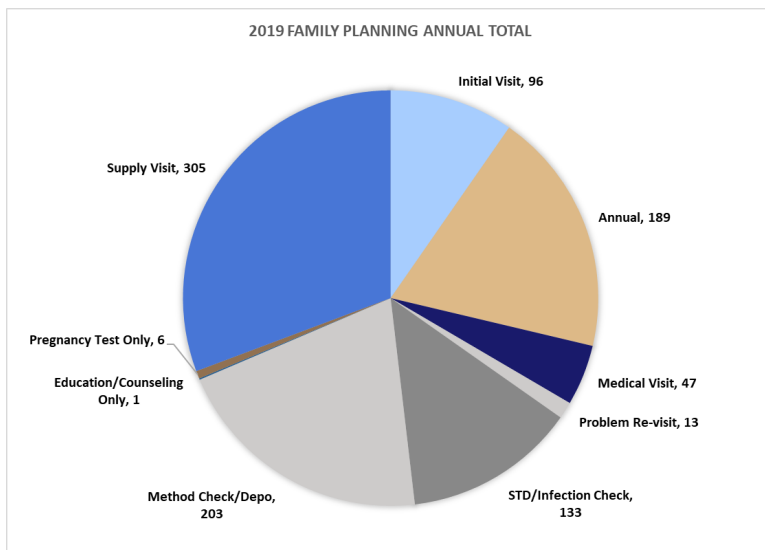


Nursing Services

Family Planning

Reproductive health services for men and women. Total unduplicated users decreased from **449 in 2018 to 405 in 2019**. Family planning received funding for HIV/HEP C and provided the following number of tests **HIV = 154 & HEP C = 30**.

11 clients were provided case management services under the Ryan White Program.

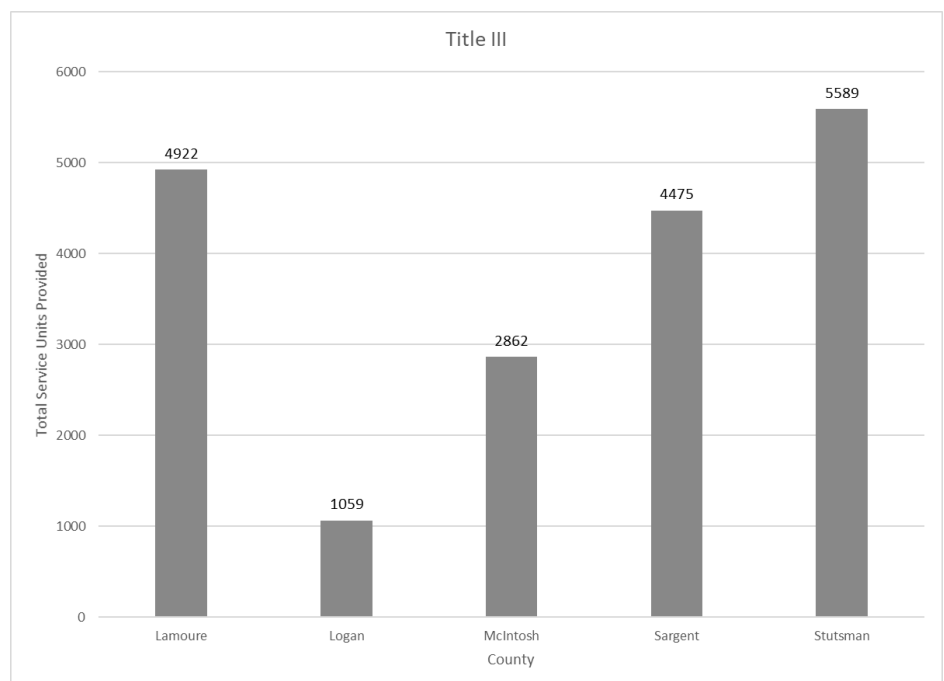


	2017	2018	2019
Central Valley	491	449	405
CAP*	549	451	0
Custer	969	857	733
Fargo Cass	1968	1691	1670
First District	631	566	520
Lake Region	234	203	197
Richland	182	181	141
Upper Missouri	436	366	372
Valley Health	1567	1493	1432
Spectra Health	0	0	188

*Community Action Partnership

Title III

Aging service program for those 60 and older. Eligible services include Blood pressure, foot care, home visit and medication management. **Goal 13,000 service units for all counties. 18,907 service units were provided.**



Nursing

Health Science Careers

Enrollment Numbers

Fall Semester = 65 Females (56) Males (9) Spring Semester = 68 Females (60) Males (8)
Out of District Students 1 Montpelier

Classes include: Introduction to Health careers, Health Science careers, Nurse Assistant, Sports Medicine and Medical Terminology.

SkillsUSA

Membership of 18

Fall Leadership Conference held Oct. 8th at VCSU with 16 students

State Leadership Conference coming up April 5-7, 2020 in Bismarck

Will have 14 students in 6 different competitions

3 Students chosen & attending monthly Community Health Partnership (CHP) meetings representing the youth of JPS.



Student Activities

10/3/2019 took 42 students to NDSCS Health Career Day

11/4/2019 took 20 students to UJ Nursing Day

11/18/2019 16 students attended LRSC Health Career Presentation here

1/21/2020 10th Grade Tours of CTC

1/28/2020 8th Grade Tour Day – Students educated at 5 different stations

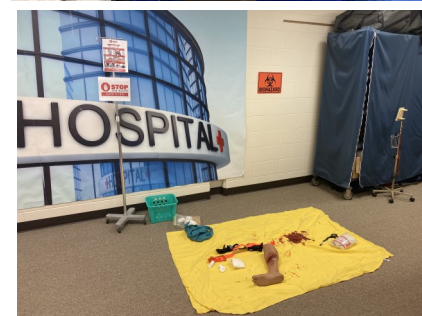
2/11/2020 “LIVE” Sports Med. Surgery with Anatomy students- 108 students

3/31/2020 taking 29 students to BSC Health Career Day

Plan to have students attend JRMC Annual SCRUBS Camp when scheduled

5/12/2020 students will have educational stations for Market Place for Kids

Marketplace for kids – Students educated at 4 different stations



Educator Activities

State CTE 5 year evaluation 10/9 & 10/10

Certified 59 people in BLS Healthcare Provider CPR

Participated as an interviewer for UJ Education students “Speed Job Interviews”

Participated as a judge for UJ Student Nurse of the Year

NDSCS staff utilized room/facility to train CNA’s for Community LTC Agencies 3 times this year! Wonderful partnership!



Women's Way

Women's Way provides a way to pay for most breast and cervical cancer screenings for eligible North Dakota women. CVHD continues to exceed Women's Way enrollment goals.

- **2018-2019: Goal 130. Screened 192**
- 2017-2018: Goal 130. Screened 168.
- 2016-2017: Goal 124. Screened 162.
- 2015-2016: Goal 124. Screened 168.



CVHU	County	192 Screened
	Barnes	11
	Foster	4
	LaMoure	46
	Logan	18
	McIntosh	21
	Stutsman	91
	Others	1

No Excuses screened **66 women** in 2019 partnership with Jamestown Regional Medical Center. More days were added to the screening event to increase the number.

Diabetes Prevention Program

Number of Participants:

2017 = 6, 2018 = 6, 2019 = 8

The National Diabetes Prevention Lifestyle Change Program helps participants prevent type 2 diabetes through healthy eating, weight loss, and regular physical activity.

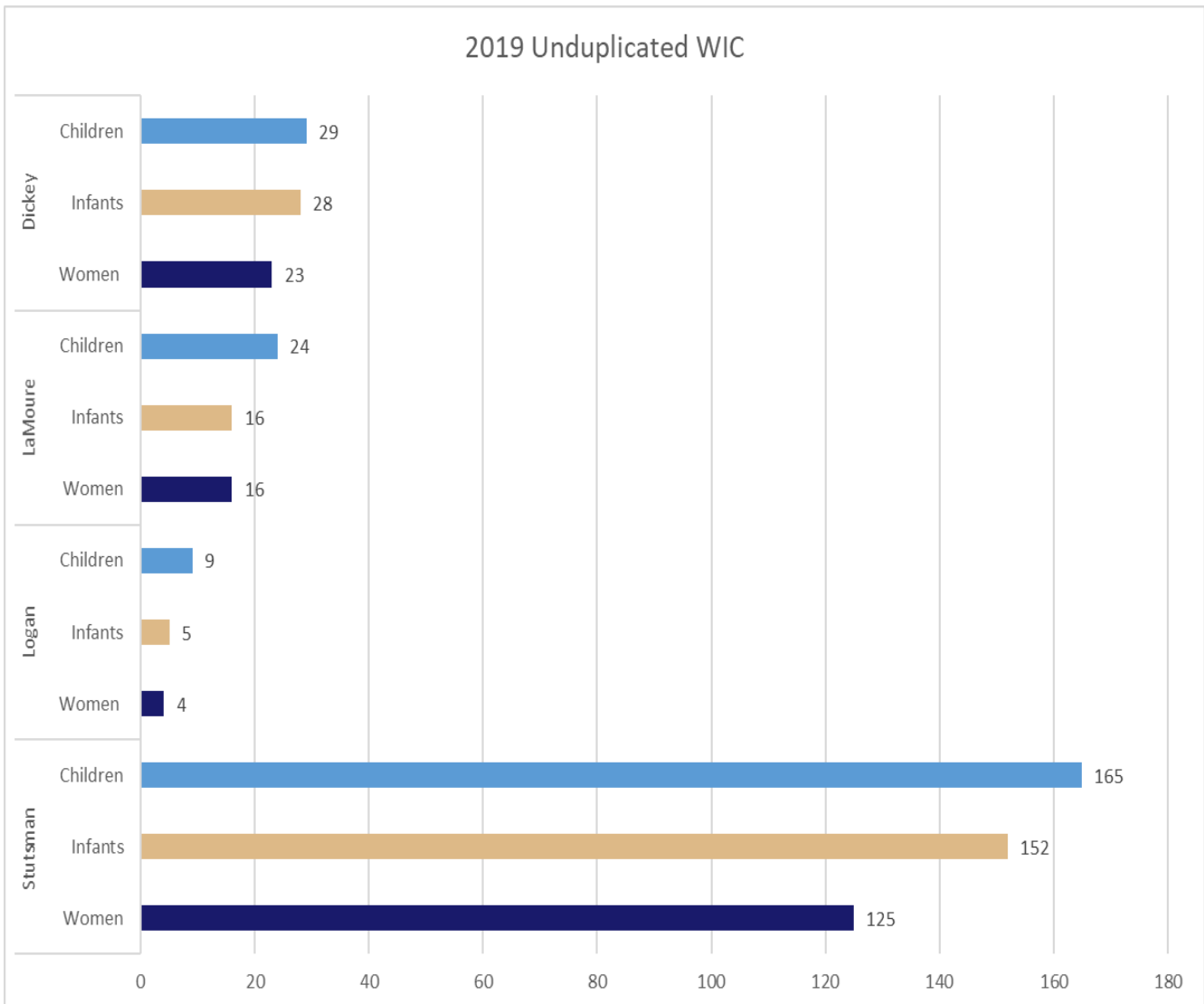
Participants are encouraged to lose 7% body weight.



Women, Infants & Children (WIC)

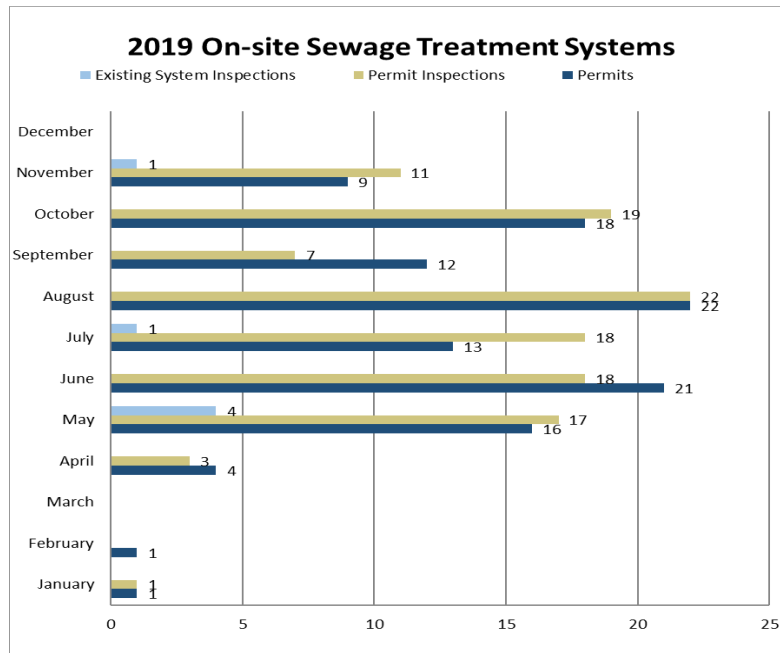
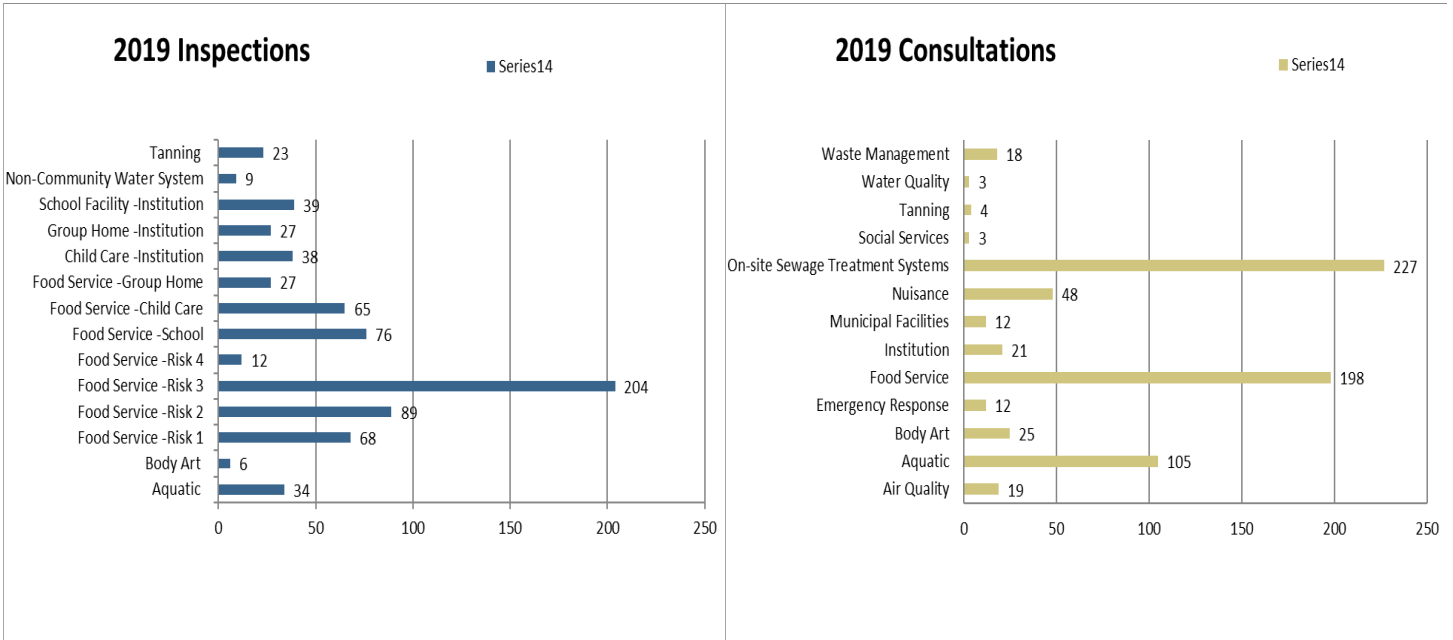
Women, Infants, and Children (WIC) provides funding for supplemental food for low-income women, infants and children up to age five. In 2018, Central Valley Health combined with LaMoure and Dickey County to form one multi-county WIC agency.

- LaMoure/Dickey unduplicated client count for 2016-17 = 144, 2017-18= 131
- Stutsman/Logan unduplicated client count for 2016-17 = 417, 2017-18 = 464.
- **Combined total 2019 = 596 for all counties as compared to 595 in 2018**



Environmental Health

Environmental Health Division Staff provide environmental health services and education in Barnes, Dickey, Foster, LaMoure, Logan, McIntosh, Stutsman, and Wells counties.



Annual Totals:
Inspections: 2018:715 & 2019: 717
Consultation: 2018: 786 & 2019 695

Emergency Preparedness & Response

2019 EPR Summary

Preparedness Activities:

- Attended Local Emergency Planning Committee meetings in Barnes, Foster, LaMoure, Logan, McIntosh, and Stutsman Counties
- Attended routine video conference and in person meetings for Hospital Preparedness Program, Public Information Office, Public Health Emergency Preparedness, Community Health Partnership, Coordinated Regional Interoperability Board, State Interoperability Executive Committee
- Provided respiratory fit testing to health units in South East Central region
- Initiated and participated in CVHD preparedness drills
- Ongoing development and maintenance of SEC Regional Plans
- Facilitated a tour of Anne Carlsen Center with NDDoH EPR leadership to provide NDDoH staff a better understanding of the special requirements of Anne Carlsen if they need to evacuate their medically fragile clients
- Met with Barnes County Emergency Manager and Open Door Center on exercises and Emergency plan reviews for their group homes
- Attended planning meetings in Foster County for upcoming Table Top, Functional and Full Scale Hazardous Materials release and no-notice Nursing Home Evacuation
- Delivery and setup of the NDDoH First Aid Trailer at the Dickey County Fairgrounds
- Attended Hazard Mitigation meetings in Dickey County

Other Activities:

- EPR Coordinator became vice-chairperson of the Stutsman County Local Emergency Planning Committee (LEPC)
- EPR Coordinator became the chairperson for the Southeast Coordinated Radio Interoperability Board (SECRIB)
- EPR Coordinator deployed to Tumwater, Washington for 18 days in February as part of the North Dakota response to an Emergency Management Assistance Compact (EMAC) request for assistance during the Washington State measles outbreak.

Exercise Activities:

- Participated in the Jamestown Regional Airport mass casualty incident full-scale exercise as evaluators
- Part of the evaluation team at the Devils Lake Regional Airport mass casualty incident full-scale exercise
- Acted as evaluators at an Active Shooter Exercises at St. Aloisius Medical Center in Harvey
- Assisted the NDDoH at table top exercises and evacuation training at the spring and fall Long Term Care Conferences
- Participated in the Hospital Preparedness Program no notice medical surge table top exercise
- Assisted Anne Carlsen Center with a full-scale evacuation exercise
- Assisted Fargo-Cass Public Health with Full Scale Exercise and a Table Top Exercise
- Participated in the statewide measles table top exercise
- Assisted Bismarck-Burleigh Public Health with a communications failure table top exercise

Training Activities:

- Attended the Public Health Emergency Preparedness Summit in Atlanta
- Attended the annual EPR staff training in Bismarck
- Attended a FEMA Evacuation and Re-entry course



Community Health Prevention - Tobacco

Vaping Presentations/Education (290 teachers, students, admin staff)

Napoleon School Staff: 24
Wishek School Staff: 33
JHS Admin Staff: 7
JHS 9th Graders (all health classes): 90
Region Six FCCLA Conference: 105
Health Tracks: 20
Local Dental Group: 11



Educational Booths/Information on Vaping at Health Fairs, Etc

Behavioral Health Fair
State Hospital Wellness Fair
JHS Family Support Fair
UJ Block Party
UJ Substance Abuse Awareness Day - booth and survey on vaping
Headstart - vaping and secondhand smoke
Sanford Tobacco Treatment Specialists – parental education on vaping

JHS Youth Advocacy

Recruited two students to begin youth coalition for substance abuse
Two students attended training at the Fargo Youth Tobacco Summit
Students distributed coffee sleeves with vaping education
Trained student advocates on T21 and tobacco tax
Two Students testified before the ND Interim Tax Committee
Recruited Mr. Conway to share nicotine poisoning experience at the ND ENDS Summit
Youth distributed vaping cessation for the Great American Smokeout
Surveyed JHS student body on vaping issues (391 students responded)
Surveyed JHS 9th Grade Health classes on vaping issues (90)

Legislative Advocacy

2019 Legislative advocacy efforts: vaping, sustaining smoke-free law, tobacco tax, and funding
Provided education and outreach to Representative Grueneich, chair of the Interim Tax Committee on classification
and taxation of ENDS products as tobacco products

Smoke-Free Efforts

103 smoke-free law signs distributed to service area businesses
Assisted 2 area tenants with smoke-free policy violation complaints
Booth at Region 6 Housing Conference – distributed 20 Smoke Free Housing landlord guides
One new 100% smoke-free policy at an apartment building in Gackle
100% tobacco-free outdoor policy at the Jamestown Arts Center Hanson Arts Park
Investigated and referred 4 smoke-free law violations to local law enforcement

Compliance and Educational Outreach to Tobacco Retailers

Provided outreach and education to 17 area retailers on: Synar compliance survey, Federal T21 law, temporary signage for T21 law
Worked with JPD on Synar compliance check grant, however we were unable to complete them due to the severe shortage of officers at JPD

Tobacco Treatment

Completed 240 hours required for certification as a Tobacco Treatment Specialist
Bridge NRT provided to 4 CVHD clients

NDQuits
1.800.QUIT.NOW
www.ndhealth.gov/ndquits

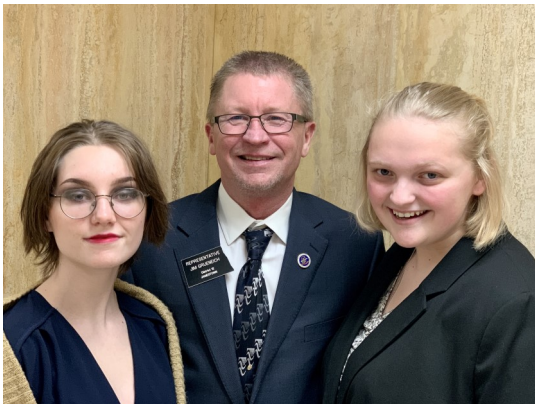
Community Health Prevention



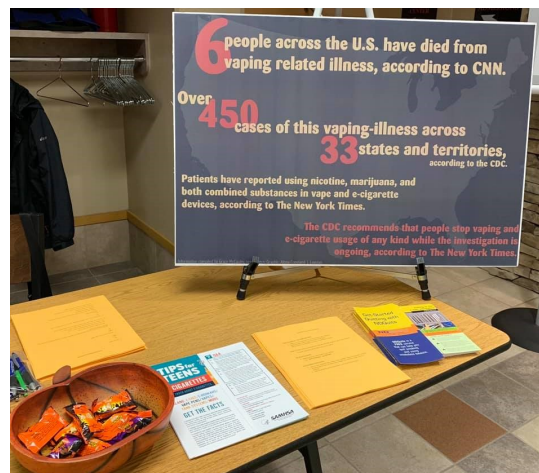
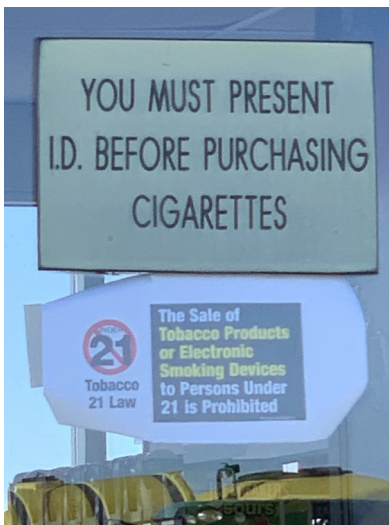
Nancy, Shannon and Robin—Behavioral Health Fair



Jamestown Arts Park



Youth Advocates and Rep. Jim Grueneich



Community Health Prevention - Youth Alcohol

Alcohol Prevention—Partnership for Success Grant

The Partnership for Success (PFS) grant is a federally funded grant program requiring states to use the successful evidence-based prevention systems and structures put in place through their completed Strategic Prevention Framework State Incentive Grant (SPF SIG). The PFS grant focuses on youth alcohol prevention.



Shannon Kaiser speaking at the Behavioral Health Conference



‘Not in My House’
Campaign to limit minors’ access to alcohol grows

By Alex Taylor
The Jamestown Sun

The “Not in My House” campaign that started in Stutsman County and aims to limit minors’ access to alcohol is gaining momentum across the state. It has been implemented in several different communities including nine in Wisconsin, according to Shannon Kaiser, community grant coordinator at Central Valley Health District.

Kaiser said the state of Wisconsin has discussed rolling it out as a statewide program.

Not in My House is focused on altering societal views and community norms surrounding alcohol and youth, Kaiser said.

CVHD and City-County Health District were invited to present on the campaign at a training session at the 18th annual Mid-Year Training Institute hosted by the Community Anti-Drug Coalitions of America on Monday, July 15, in Dallas, Texas. The training session focused on tactics to effectively collaborate with rural communities and communicate the dangers of underage drinking through the use of statistics.

The two districts explained the necessity of the Not in My House campaign in rural communities and how to break the social-norm of underage drinking by limiting a minor’s access to alcohol.

“It’s pretty cool to get national attention,” Kaiser said. “It’s struck a chord with a lot of people.”

“A lot of alcohol for minors comes from within their own households,” she said. “Annual rural communities often use alcohol as a right-of-passage ... people think ‘I did it as a kid and I turned out fine’ and that is enabling their children.”

In a study conducted by CVHD in Stutsman County in 2018, for a “select all that apply” question, 58 percent of high school students indicated they had obtained alcohol from a friend’s home.

Though the campaign is focused on underage drinking, its target audience is the parents. Representatives of the campaign often give presentations at high schools, giving out pledges for the parents to sign.

“I refuse to buy, provide, or allow use of alcohol, tobacco, and other drugs by youth in my home,” the pledge says.

Kaiser, with a modest graphic design background, created much of the campaign’s content herself.

“I get calls from other states to use our content, and I let them,” she said. “I want the campaign to continue to develop.”

The campaign is funded by the Partnership for Success program, a federal grant administered by the Substance Abuse and Mental Health Services Administration. The grant expires next year, and Kaiser said high school students were surveyed when the program began in 2018, and again this year. Students were asked if they had talked to their parents in the last 12 months about the dangers of alcohol. The number of students who said yes increased by 10 percent.

In 2015, North Dakota led all states with 24.9 percent of adults binge drinking, according to the Behavioral Risk Factor Surveillance System. Kaiser wants to stop the problem before it begins.

To learn more about Not in My House, visit www.prevention.nd.gov/notinmyhouse

may@jamestownsun.com
(701) 952-8455

WHY #NOTINMYHOUSE?

Where are high school students in our community getting the alcohol they drink?

Home	60%
Friend's home	6%
Some other place	23%
Local	23%
In a bar	24%
Hotel	12%
Working bar	11%
Party	4%
Community event	3%
Concert	6%
Sports event	5%
Bar	6%
Street	4%
Work	3%
Restaurant	3%

87% Youth Survey, Central Valley Health District, Stutsman & Logan Counties (2018)

This graphic shows the results of Central Valley Health District’s student survey in Stutsman and Logan counties in 2018.

Kaiser is now focused on sustaining the growth of the program.

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(701) 952-8455

CONTACT US
Local: 701-252-3120

WEATHER
Cloudy
69/49

CLASSIFIEDS
COMICS

Not in my House featured in the Jamestown Sun



2019 Achievements

Priority 1: Social Access

- Implemented the Not in my House campaign via social media, educational and other print materials

Events and educational opportunities:

- Community Block Party, Family Behavioral Health Fair, Red Ribbon Week at JMS

Priority 2: Retail Access

Partnership with local law enforcement:

- Received local law enforcement data
- 65 servers and bartenders trained in Responsible Beverage Server Training

ID Scanners:

- Provided ID scanners for area bars to use
- ID Incentive Program
- ID Scanners at Running O Green registration
- ID Scanners at Stutsman County Fair

Events and educational opportunities:

- Running O the Green in Jamestown
- Prevention education sent to bars

Community Health Prevention - Opioids

Substance Use Prevention

Opioid Prevention—State Targeted Response Grant

The **State Targeted Response to the Opioid Crisis (Opioid STR)** Grant was awarded to Central Valley Health District in November 2018. This grant program aims to address the opioid crisis by increasing access to treatment, reducing unmet treatment need, and reducing opioid overdose related deaths through the provision of prevention, treatment and recovery activities for opioid use disorder (OUD) .

Mental Health First Aid Training. 78 individuals were trained on mental health first aid.




**Number trained in 2019 to administer
Naloxone:
224**

**Drug Take back
750 pounds of
medication destroyed**

UNUSED EXPIRED MEDICATION DISPOSAL

THRIFTY WHITE PHARMACY



**LOCK.
MONITOR.
TAKE BACK.**


Thrifty White
Located in Hugos
310 1st Ave. S
Jamestown

Pharmacy Owned
Thrifty White PHARMACY

Public Health
Central Valley Health District

UNUSED EXPIRED MEDICATION DISPOSAL

LAW ENFORCEMENT CENTER



**LOCK.
MONITOR.
TAKE BACK.**

Stutsman County
Sheriff's Office/
Jamestown Police
Department
205 6th St SE #101
Jamestown

Public Health
Central Valley Health District

Community Health Prevention

Logan County Kids Safety Day

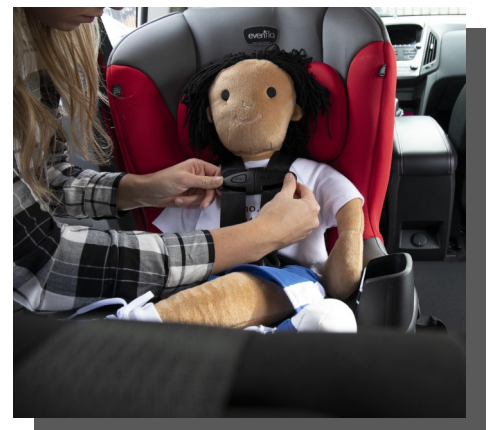


Injury Prevention—Child Passenger Safety

Our Car Seat Technician coordinates two car seat programs at CVHD including a private program and a state distribution program. Car seats in the state program are provided by the ND Department of Health.

State Car Seat Distributions	34
Private Car Seat Distributions	27
Car Seat Checks	34
Car Seat Events	5

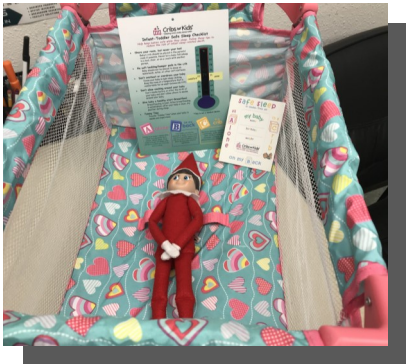
Seats Distributed in 2019: 61



Community Health Prevention

Injury Prevention—Kids Safety Day

Fourth Annual Kid's Safety Day for the community partners of Jamestown. Over **300** kids participated in the safety activities and education.



Safe Sleep

Distributed 9 pack-n-play's to families as part of CVHD's safe sleep program. CVHD partnered with JRMC, Logan Co Social Services and Barnes County Public Health to provide safe sleeping cribs for those in need throughout Stutsman, Logan and Barnes Counties.

Other Grants Awarded in 2019:

- HRSA Grant—Regional ROPES project
- Cancer Grant—\$8,875
- Regional Network to support working collaborations with the counties in the SE Central Region—\$10,000