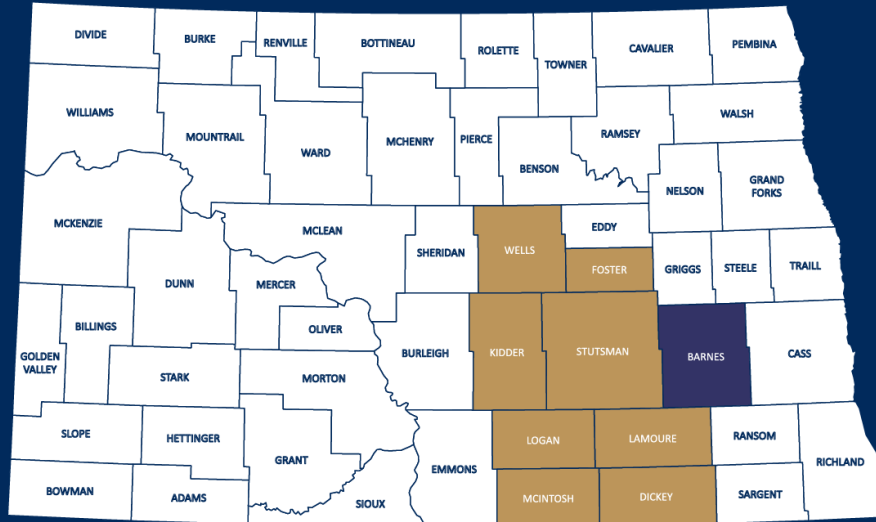


# CITY-COUNTY HEALTH DISTRICT



**Public Health**  
Prevent. Promote. Protect.  
City-County Health District

## 2022 ANNUAL REPORT



# ABOUT CCHD

We are the public health district serving **Barnes County** in North Dakota. Our office is located in Valley City, ND.

While our District primarily serves our county populations, some of our programs reach our regional partners in south central North Dakota. Through this collaborative effort, we are able to serve our communities to achieve optimal health and well-being.

## OUR MISSION

*To protect and improve the health of all people and places in Barnes County.*

## OUR VISION

*Health and well-being for all*

### STRATEGIC PRIORITIES

- Foster a positive work environment that develops, values, and supports employees.
- Strengthen proactive and effective communication, within the agency and in the community.
- Enhance agency efforts to reduce inequities that contribute to health disparities.





# OUR STAFF

## Back Row (L to R):

Rosalie Knutson (5), Evonne Johnson (2), Alexis Elton (2), Theresa Will (33).

## Middle Row (L to R):

Kerry Due (7), Amber Schmidt (3), Kaitlen Lee (1), Tamara Langland (28), Amanda Nielsen (3).

## Front Row (L to R):

Kallie Gruman (2), Emma Tufte (2), Kristen Bear (22), Samantha Storhoff (1), Andrea Winter (6), Katie Beyer (7)

\*(#) represents years of services at CCHD.

## BOARD of HEALTH

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**Dr. Chelsea Traverse**  
*Health Officer*

**Tom Overn**

**Cindy Schwehr**

**Richard Gulmon**

**Sarah Hansen**



# EXECUTIVE SUMMARY

by *THERESA WILL, ADMINISTRATOR*

Public Health has learned to become more agile to maneuver the many changes and challenges that have taken place over the past several years. While the year 2020 and much of 2021 were consumed with our COVID-19 response, 2022 allowed us to fully resume all programs, almost fully staffed. We continued to watch the Omicron variant (as well as several other variants), administer COVID-19 vaccine, provide community testing options and to assure appropriate education regarding mitigation of COVID-19 was provided throughout the year.

City-County Health District (CCHD) currently employs 15 full time staff who provide home visits, school health, jail health, prevention programming, finance, and administration. This staffing number has remained quite constant over the past several years, hiring to fill grant-funded positions as they arise and to replace occasional staff who move elsewhere. The staff at CCHD are top notch and go above and beyond on a regular basis to assure appropriate, equitable and professional services are provided within our communities.

The strong community partnerships built over the past many years continue to be extremely valuable as we collaborate to develop, improve, and expand local services. We continue to work closely with local health systems, city and county leadership, area businesses and community members as we strive to make Barnes County the best place to live, work, learn and play.

Our 2021 Community Health Needs Assessment, done jointly with CHI Mercy Health, noted our top community concerns were related to availability of mental health services, depression/anxiety in our youth and youth drug use/abuse. In response, CCHD is providing Mental Health First Aid (Adult and Youth versions) and working to provide Teen Mental Health First Aid. CCHD has developed a strong partnership with Healthy Families North Dakota (HFND). HFND is an accredited program that provides in-home visits, partnering with parents to build nurturing, safe and secure relationships between parents and children.

We continue to provide education and information regarding the importance and safety of vaccines. Working with our local health care providers we assure that Barnes County maintains the high rates of vaccinations needed to prevent vaccine preventable diseases. Vaccines have saved millions of lives and protect everyone against the spread of disease.

CCHD transitioned to a new accounting system in 2022, working with Eide Bailly. This allowed us to create many efficiencies and to support our commitment to excellent stewardship of public dollars.

After completing two large federal grants in 2022, we were, again, fortunate to receive a federal Health Resources and Services Administration grant, allowing us to work with our health care systems, looking closely at integration of primary care and behavioral health (mental health and addiction) care services, assess gaps and determine how to fill the gaps in our eight-county region. This grant along with many other grant opportunities, additional revenue from administering vaccines and a very dedicated staff, have contributed to the current financial stability within the health unit.

We look forward to the challenges that may arise in 2023 and the work that we do within our communities! Thank you for giving us your trust throughout the pandemic and for your ongoing support.

If you have any questions, please contact me or our Program Coordinators at 845-8518.

*Theresa*





# FINANCIAL REPORT

**TOTAL REVENUE**

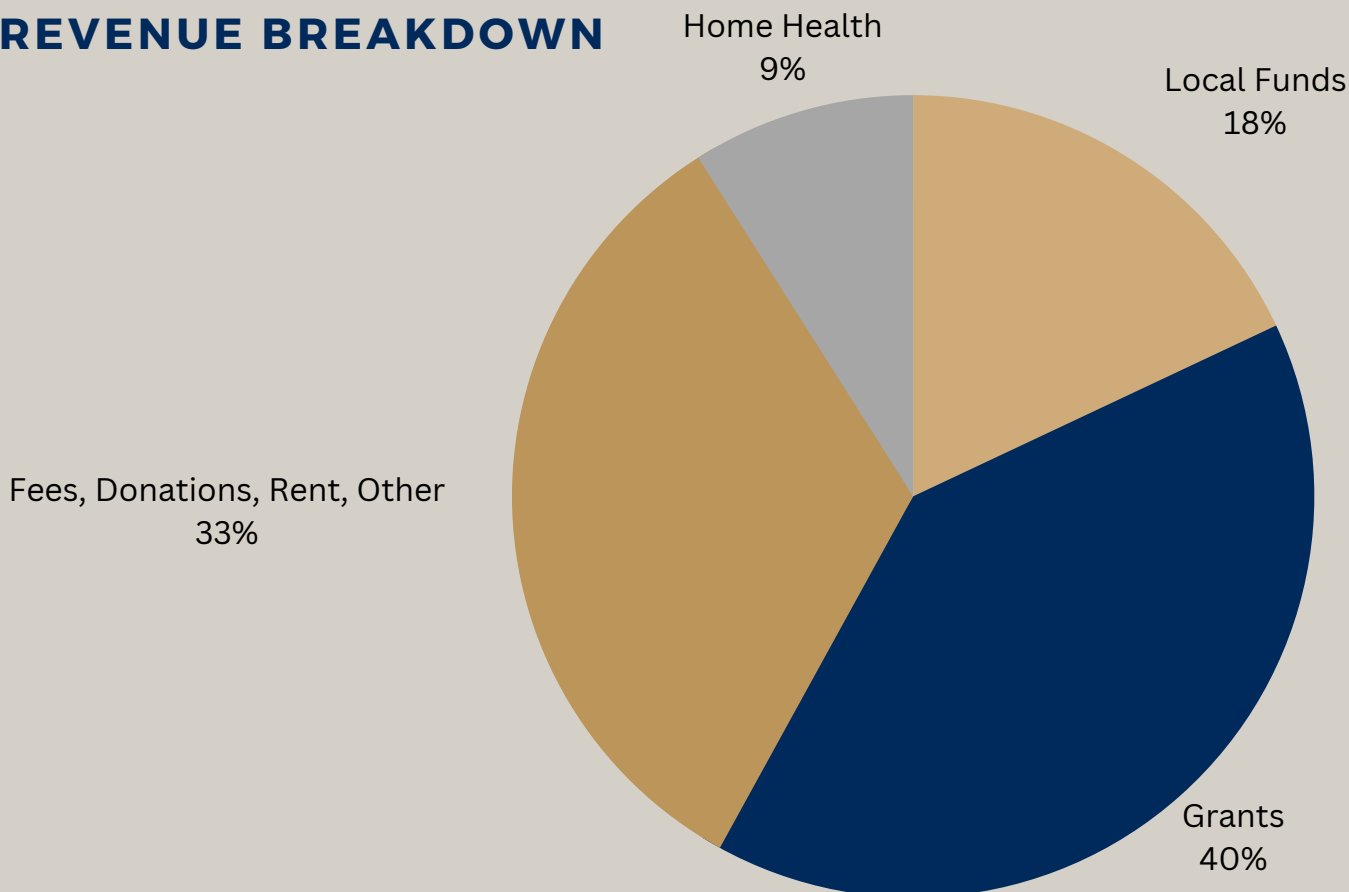
**\$1.9M**

## EXPENSE BREAKDOWN

Administration	13%
Public & Home Health	38%
Grants	45%
Building	4%

*Financial Report is based on revenue received in calendar year 2022 and expenses incurred in calendar year 2022. Grant percentages reflect the time required to receive reimbursements.*

## REVENUE BREAKDOWN



# NURSING SERVICES

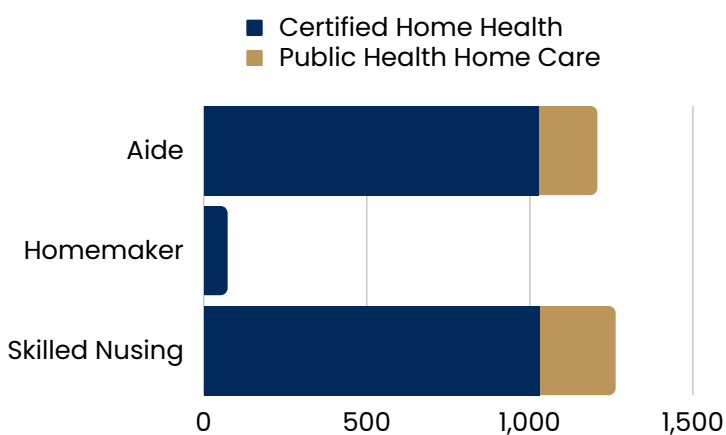
## HOME CARE

Our home care team includes Registered Nurses and Home Health Aides. Home care is provided throughout Barnes County.

**Certified Home Care** is paid by Medicare, Medical Assistance, Veterans Administration (VA) or Private Insurance. Homemaker services are only available if approved by VA.

**Public Health Home Care** is paid by individuals. This program is supported with county mill levy funds.

*Home Care Visits: Annual Total*



Home Health Aides provided 1024 visits in Certified Home Health and 181 visits in Public Health Home Care. 71 homemaker visits occurred. Nurses provided 1027 visits in Certified Home Health and 234 visits in Public Health Home Care.

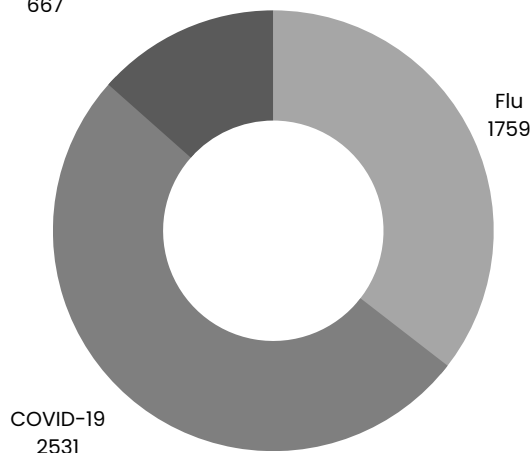


*A nurse administers a vaccine.*

## IMMUNIZATIONS

In 2022, our nurses administered a total of **4,737 immunizations** in-office, in-home, at businesses and at local public schools. During 2022, we provided **53 off-site clinics** for COVID-19, influenza and school immunizations.

All Other Immunizations  
667



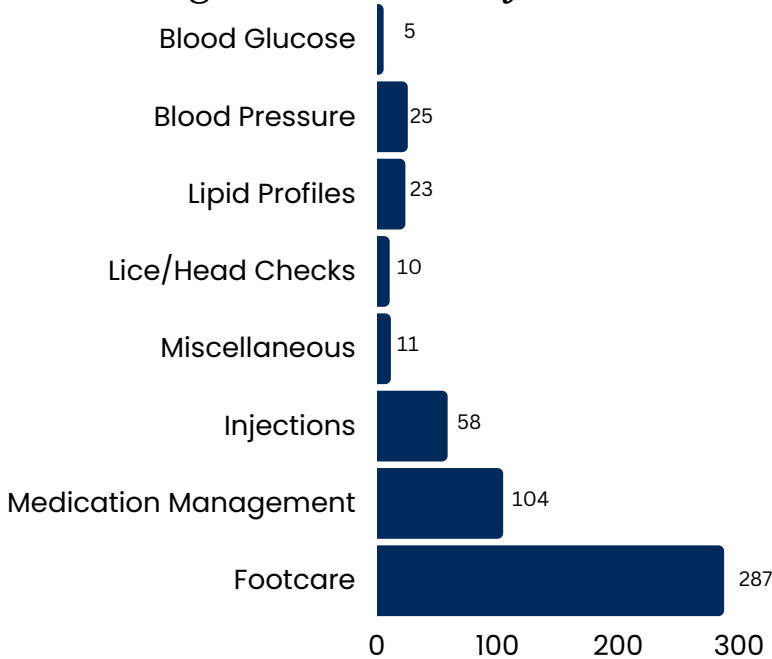


# NURSING SERVICES

Our public health nurses offer nursing services throughout Barnes County. We serve in-office, in-home, at businesses, and at the local public schools.

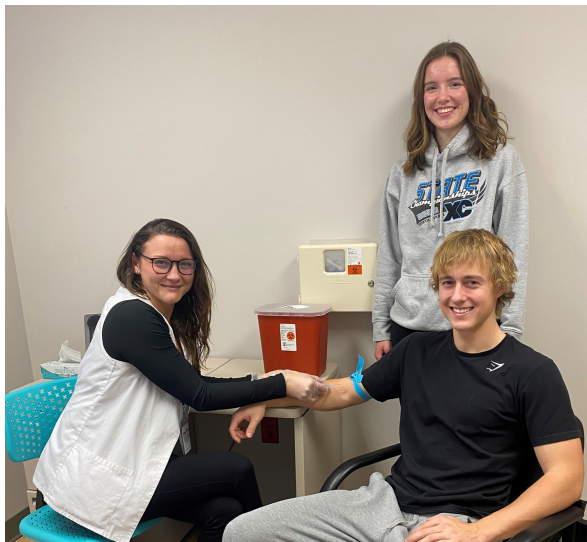


*Nursing: Annual Total by Service*

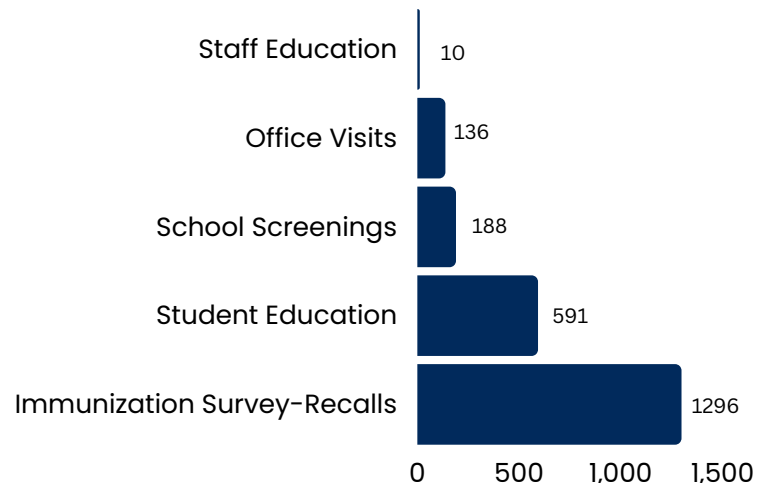


# SCHOOL NURSING

Our public health nurses provide school nursing services at all schools in Barnes County and Maple Valley Public Schools. Valley City Public Schools contracts for additional services. Education includes Handwashing, Puberty and Personal Wellness Profile.



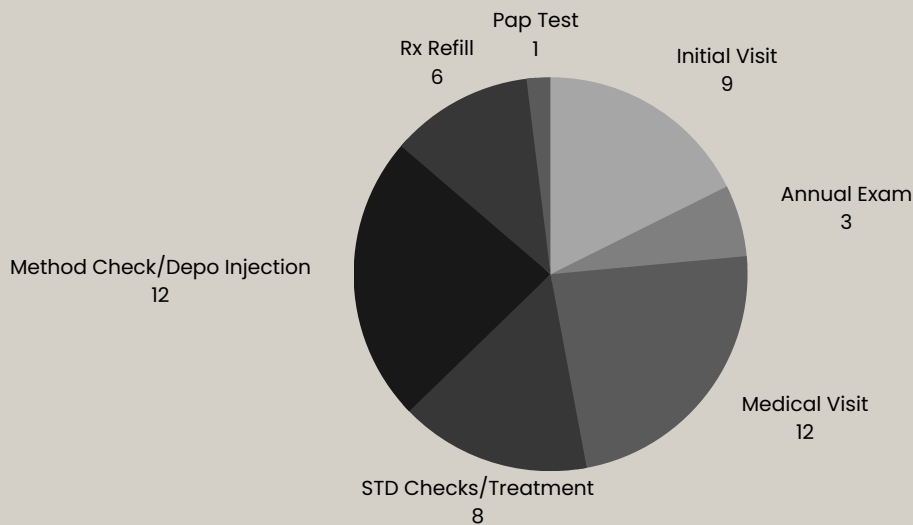
*School Nursing: Annual Total by Service*



# REPRODUCTIVE HEALTH

Central-Valley Health District Family Planning staff provide reproductive and sexual health services in Valley City at CCHD and VCSU.

*Family Planning: Annual Total by Service*

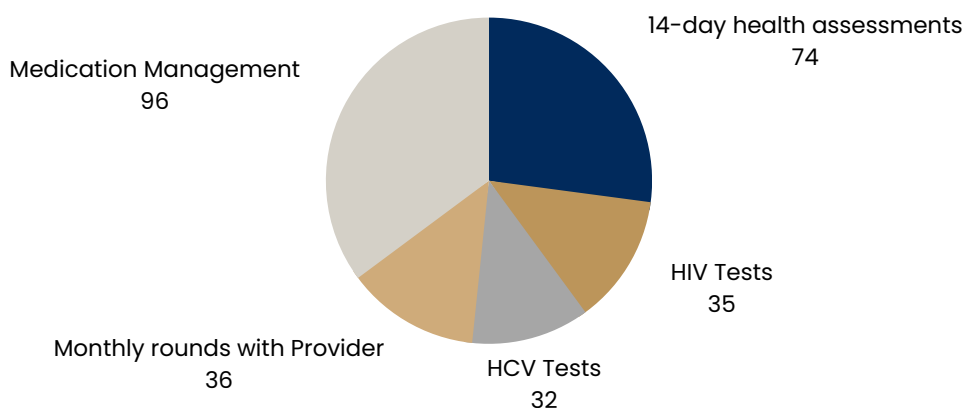


# JAIL NURSING

Our public health nurses provide jail nursing services at the Barnes County Correctional Center (BCCC).

530 total bookings into BCCC occurred in 2022. CCHD ensures that BCCC staff receive appropriate medical training.

*Jail Nursing: Annual Total by Service*



## INJURY PREVENTION

Car seat checks and distributions are available at our office. Currently, there is 1 certified technician to provide services.

## CAR SEATS

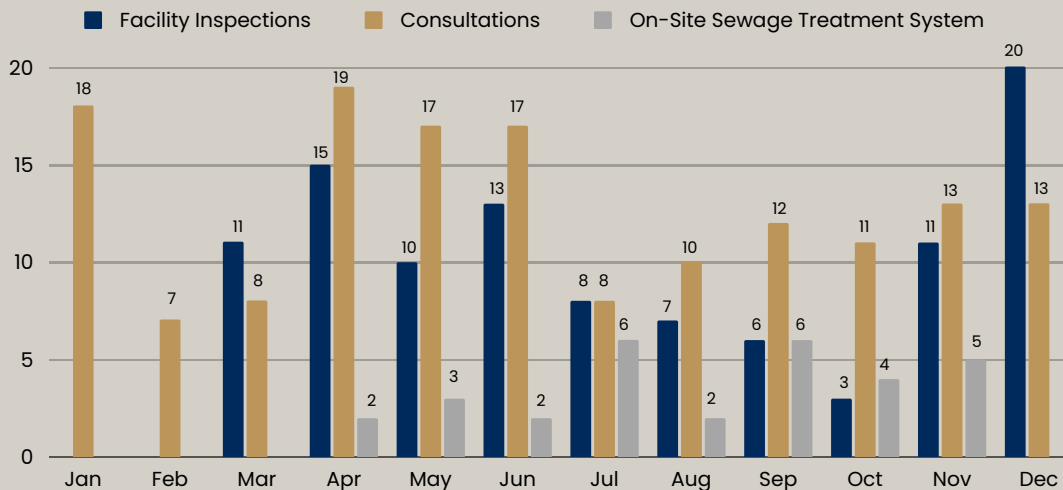




# ENVIRONMENTAL HEALTH

Central Valley Health District Environmental Health Specialists provide services throughout the south central region including Barnes County.

*Environmental Health: Total Services by Month & Service Type*



## SERVICES PROVIDED

*Inspections, consultations, licensing, and/or permitting of the following programs:*

- AIR QUALITY
- AQUATIC\*
- BODY ART\*
- EMERGENCY PREPAREDNESS
- FOOD SERVICE\*
- INSTITUTION
- MUNICIPAL FACILITIES
- NUISANCE
- ON-SITE SEWAGE TREATMENT SYSTEM\*
- SOCIAL SERVICES
- TANNING\*
- WATER QUALITY
- WASTE MANAGEMENT

*\*Depicts programs that are licensed and permitted by CVHD*



# EMERGENCY PREPAREDNESS & RESPONSE

The Regional Preparedness and Response Coordinator and Public Information Officer at CVHD serve the counties of the south central region.

## COVID-19 RESPONSE:

- Provided in-office COVID tests
- Plans to demobilize the CCHD community testing site as of January 30, 2023 due to decreasing demand.
- Over 5,100 home test kits were distributed to businesses, community partners, and the public.

## PREPAREDNESS ACTIVITIES:

- Attended Active Shooter exercise with VCSU and VCPS.

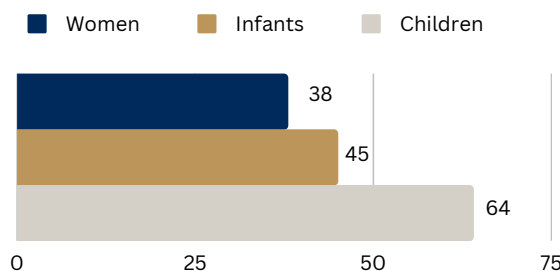
# WOMEN, INFANTS & CHILDREN (WIC)



WIC provides supplemental food for low-income women, infants, and children up to age five. Participants receive recipes and information on how to use the foods.

- In 2022, WIC monitored the Abbott formula recall.
- 98 referrals were made to education services, food assistance programs, housing/fuel, or medical/health services.

*WIC: Unduplicated Participation by Client Type*



*WIC: Unduplicated Participation Annual Total*

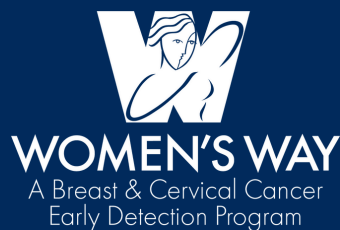
Year	Total
2022	147

## HEALTH TRACKS

The North Dakota Health Tracks program is a preventative health care program for newborns, children, and young adults through age 20 who are enrolled in Medicaid.

*Services include:*

- Physical exams
- Hearing and vision checks
- Vaccinations and lab work
- Basic dental care
- Behavioral health screenings
- Growth and development
- And more



## WOMEN'S WAY

Women's Way is a program that pays for breast and cervical screening services for women who meet certain age and income qualifications. Central Valley Health District staff provide the program in Barnes County.

*Annual Total  
# Women Screened*

Year	Total
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2022	10
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# HEALTH PROMOTION & PREVENTION

## SUBSTANCE USE PREVENTION

### TOBACCO PREVENTION & CONTROL



#### YOUTH PREVENTION

- Implemented media awareness campaigns on the impact of vaping
- Completed INDEPTH - Alternative to Suspension - Facilitator Training. Provides education to students that vape or smoke in the schools.

#### POLICY EFFORTS

- Obtained grant to conduct compliance checks of tobacco retailers

#### PROTECTING NORTH DAKOTA'S SMOKE-FREE LAW

- Implemented a media campaign targeting the 10th Anniversary of the ND Smoke-free Law
- Advocated for the law to stay intact without exemptions for cigar bars by educating legislators

#### CERTIFICATIONS COMPLETE

- Tobacco Treatment Specialist Training (TTS).

## ROPES PROJECT

(Rural Opioid Prevention, Education and Support) - Harm Reduction programming helps people who use drugs, to do so in a way that is safer. The primary goal of the project is to reduce the spread of infectious disease.

INDIVIDUALS  
44  
SUPPORTED

## OPIOID OVERDOSE PREVENTION

The State Opioid Response (SOR) Grant allowed for us to continue to provide and educate the community on Naloxone administration and overdose prevention.

BOXES OF NARCAN  
214  
DISTRIBUTED

# HEALTH PROMOTION & PREVENTION

## MENTAL HEALTH

### MENTAL HEALTH FIRST AID



MENTAL HEALTH  
**181**  
FIRST AID TRAINED

Through a partnership with Central Valley Health District and a Health Resources and Services Grant (HRSA), select staff were trained to provide mental health first aid training in the region for the following cohorts: **youth, teens, and adults.**

## ALCOHOL PREVENTION

City-County Health District was awarded a state contract for the development of new resources for the locally created, grassroots campaign called NOT IN MY HOUSE. The campaign seeks to reduce underage drinking by creating awareness around the harms of social hosting (adults over 21 hosting parties). Through this partnership between CCHD, Central Valley Health District and North Dakota's Behavioral Health Division, the campaign is now at home on the state's ParentsLead.org website.

**NOT IN MY HOUSE**

Through Community Block Grant funding, a partnership was developed with the City of Valley City, Valley City Police Department, and The Chamber to place security cameras in high risk areas (parking lots) in the community where substance use and criminal activity occur.

**DECREASE  
IN CALLS  
FOR SERVICE**  
*in targeted areas.*

**ONE**

ONE (the opioid and naloxone education program) screenings occur when a home care client is admitted or renewed. **43 screenings** occurred in 2022.

# HEALTH PROMOTION & PREVENTION

## PHYSICAL ACTIVITY & NUTRITION



**LET'S WALK VALLEY CITY** was held on July 17. Over 350 people attended the wellness fair held along a 1.5 mile walking path.

### YEAR OF TRANSITION

- Physical Activity and Nutrition transitioned from a \$200,000 per year budget through the Health Resources and Services Administration (HRSA) grant. CCHD hired a new grant coordinator. CCHD worked to identify services consistent with community and partner needs within the new grant funding levels.

### POLICY EFFORTS

- Supported review of the Valley City Public School's School Wellness Policy.

### COMMUNITY OUTREACH

- Community ON THE MOVE was offered January - April. Tai Ji Quan: Moving for Better Balance was a popular class.

### STUDENT EDUCATION

- Student ON THE MOVE Bingo Cards as well as Grab & Grow Gardening Kits were distributed to 900 students.
- 110 K-6 students received nutrition education in the schools.

### YOUNG PEOPLE'S HEALTHY HEART

- Celebrated 40 years in 2022.

TEST TUBE  
1302  
VISUALS SOLD

# COMMUNICATIONS

**7700**  
REACHED

*on social media*



MONTHLY RADIO & BILLBOARD ADVERTISEMENTS  
76 "SENIOR REPORT" SEGMENTS  
WEEKLY "YOUR HEALTH" COLUMNS in TIMES RECORD  
INDOOR ADVERTISING AT HAC  
194 FOLLOWERS ON FACEBOOK