



Taking Steps Towards a Healthier Community

Annual Report 2010



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Niles, MI 49120
269-684-2800

Three Oaks
21 North Elm
Three Oaks, MI 49128
269-756-2008

2010 Friend of Public Health Award Recipient Community and Economic Development Department of Benton Harbor

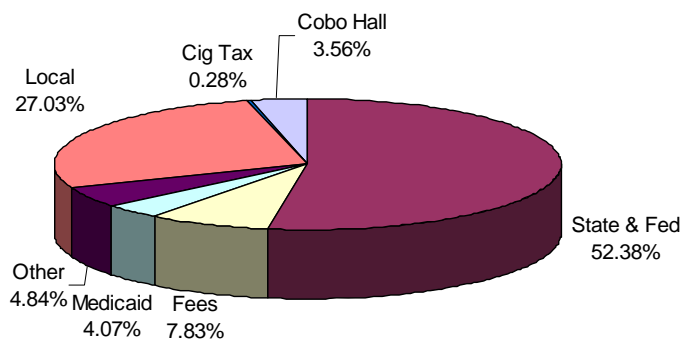


Nicol Brown, Director, Regina Sistrunk, Deputy Director

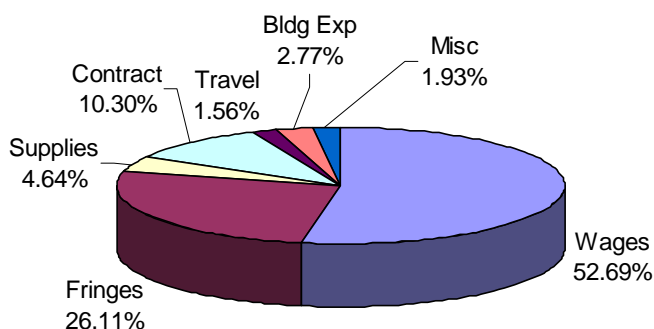
The Community and Economic Development Department of Benton Harbor was announced as the 2010 Friend of Public Health. Nicol Brown, Director, and Regina Sistrunk, Deputy Director, show what social policy to improve the health of a community is all about. They have been successful in Community Development, but have done so recognizing the importance of health in their decisions. Some examples of the work include a Safe Routes to School project, working with BCHD to complete the Promoting Active Communities assessment, assured the Benton Harbor master plan contained provisions for “complete streets,” worked with BCHD’s Lead Safe Kids coalition and lead remediation program using Michigan State Housing Development Authority and Community Development Block Grant funding for home repairs, and organized lead training for contractors to name a few. The Berrien County Health Department would like to thank Nicol, Regina and their staff for all the work they do to improve the built environment in Benton Harbor.

2010 Financials

2010 Revenues (\$6,721,284)



2010 Expenditures (\$6,783,287)



Special Project Funding

BCHD would like to thank the 2010 special project supporters that provided funding in the following categories:

Safe and Healthy Infants

- Heart of Cook Foundation for Baby’s Own Bed supplies
- Frederick S. Upton Foundation for Nurse Family Partnership operating support
- United Way of Southwest Michigan for NFP operating support
- Michigan Children’s Trust Fund for NFP operating support
- Target Foundation for books for NFP babies

Substance Abuse Prevention

- U.S. Substance Abuse and Mental Health Services Administration for the Community Alliance Against Substance Abuse
- Berrien Community Foundation for a substance abuse prevention curriculum for middle school students

Farmers Market

- Allen Foundation for increased market awareness and EBT acceptance
- U.S. Department of Agriculture for market expansion and increased promotion
- Michigan Farmers Market Association for wireless EBT machine

Health Disparity Reduction

- Michigan Department of Community Health for Planning Phase for a health equity task force
- Michigan Department of Community Health for Phase II for implementation of health disparity reduction programs
- Genesee County Health Department through the CDC’s REACH US program to address disparity in infant mortality



Total Quality Improvement

Continuous Quality Improvement (CQI) processes can greatly improve the quality of services and processes that impact a local health department's ability to improve the health of a community. In 2010, the Berrien County Health Department was one of 13 health departments nationwide to receive funding from the Robert Wood Johnson Foundation to explore whether purposeful continuous quality improvement would increase efficiency and quality in public health services. Specific focus areas were the Children's Special Health Care Services (CSHCS) and

the Environmental Health Food Inspections Service.

Through this initiative, health services were greatly improved. CSHCS average client encounters increased by 312%, nearly doubling revenue for that service area. Response time to client requests was decreased significantly and patients reported improved satisfaction on several different measures.

For food inspections, the time to return to re-inspect restaurants after they have fixed a violation decreased

substantially, and we were already performing above state standards. A newsletter was developed to better inform restaurant managers.

Public health is moving towards a system of national accreditation which represents quality assurance for the public. It follows that CQI can be used as a means of improving performance to meet accreditation standards. This project contributes to the body of evidence showing the significant improvements that can be gained from implementing CQI.

BCHD Services Provided in 2010

Service	Number Provided in 2009	Number Provided in 2010
Breast and Cervical Cancer Screenings	313	293
Restaurant inspections	1,288	1,332
Temporary Food Licenses	313	260
Well Permits	337	334
On-Site Sewage Permits	299	277
Family Planning appointments	2,161	1,763
WISEWOMAN contacts	62	48
Court-Ordered Substance Abuse Contacts	249	668
School Prevention Contacts	839	1,145
Community Prevention Contacts	285	585
Substance Abuse Treatment contacts	1,068	941
Drug Screenings	7,898	6,461
STD Testing	1,492	1,257
TB Tests	948	846
Hearing Tests	7,345	6,077
Vision Tests	11,437	10,236
Nurse Family Partnership clients	149	134
Immunizations	4,895	6,818
Flu Vaccinations (including H1N1)	14,415	5,415
WIC clients	3,820	4,450
HIV Cases Investigated	26	35

RESA Partner in Education

The BCHD was recognized in 2010 as one of seven local awardees as a Berrien Regional Education Service Agency (RESA) *Partner in Education*. The achievement signifies BCHD's longstanding commitment of fostering relationships that encourage student development and achievement. BCHD is proud to have been selected to be among this elite group of individuals, organizations and agencies in partnering with education in Berrien County.

Accreditation

The Berrien County Health Department underwent a week-long review of our processes, policies and procedures by the Michigan Local Public Health Accreditation Program. Of the 140 essential indicators that applied to the Berrien County Health Department, 136 were determined to be met without question. The other 4 indicators require very minor changes to our procedures. The health department is extremely proud of this accomplishment which marks 10 years of full accreditation status indicative of high quality care for the people of Berrien County.

Striving for Health Equity in Berrien County

There is much more to health than health care. Although health care is vitally important, what makes people sick in the first place? Factors such as environment, socio-economic status, race/ethnicity and education level are strong contributors to whether or not a person will be unhealthy. Unfortunately, these factors are not equal in Berrien and therefore health outcomes are not equal either.

The Berrien County Health Department focused 2010 on addressing

health inequity through both internal and external interventions. There were four education sessions with our Board of Health and two sessions with the entire health department staff exploring social factors that effect health and how the health department can assist in equalizing health outcomes. We acquired two grants to explore this issue further, one from the Genesee County Health Department through federal funding to explore infant mortality especially among African American women.

The other is a three year grant from the Michigan Department of Community Health with which we will explore health inequities throughout Berrien County, and try to decrease the differences in health outcomes among different sub-populations.

Through these opportunities, the health department has initiated the Health Equity Task Force of Berrien County which strives to achieve equal health for all people.

Farmers Market brings fresh fruits and vegetables to Benton Harbor

Decreased access to fresh, healthy foods is a growing problem in this country and is having a tremendous impact on the nation's health. Berrien County is not immune to these issues, particularly in low-income communities. Farmers markets offer one way to increase physical access to fruits and vegetables in communities that may not have other sources of fresh food. This was the impetus for BCHD and MSU Extension establishing the ProjectFRESH Farmers Market over a decade ago.

In 2010, the ProjectFRESH Farmers Market underwent some big changes, including receiving a new

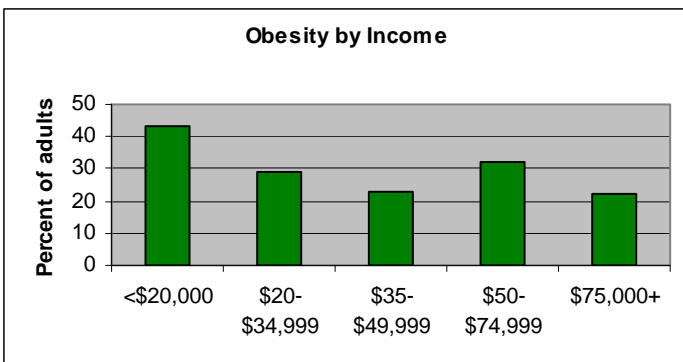
name, the Benton Harbor Farmers Market. A new location and increased advertising helped the market appeal to a broader customer-base than had previously been reached. Moving to City Center Park in downtown Benton Harbor allowed for higher visibility along two of the busiest streets in the city.

From July through October, a wide variety of locally grown fruits and vegetables were available each Wednesday at the farmers market. Customers enjoyed getting to know the farmers that grew their food, and the market provides great economic opportunity for small-scale farmers

for sale, the market hosted MSU Extension Nutrition Services staff who conducted nutrition education activities and provided samples of market fares. This helped customers feel more comfortable purchasing items they were less familiar with.



Behind the scenes in 2010, the Benton Harbor Farmers Market became equipped to accept Bridge Cards for the 2011 market season! Acceptance of Bridge Cards will allow more Benton Harbor residents to spend their food dollars at the farmers market and give them an opportunity to purchase fresh foods right in their own community instead of having to travel outside their city to get to a supermarket.



in our community. The quality and value of produce available was unparalleled, and even the youngest of eaters took pleasure in selecting fresh healthy foods. In addition to having fresh foods available

Nurse Family Partnership Celebrates Ten Years in Berrien County



On December 7, 2010 the Nurse Family Partnership Program in Berrien County celebrated a decade of delivering services to the families in Berrien County. State Senator John Proos presented a Special tribute award signed by Proos, former senator Ron Jelinek, and US Rep Fred Upton. US Senator Debbie Stabenow sent a Congressional certificate honoring the 10th anniversary. The MDCH also presented Berrien with

a certificate of appreciation. The celebration was attended by staff, funders, NFP champions from across the state and representatives from the NFP National Service Office as well as sister site teams and clients who told their story about the importance of NFP in their life.

During the 2010 year NFP served 134 clients. 30 clients were program graduates in 2010.

WIC Sees Increase in Clients and New Waiting Room

In 2010 WIC increased its caseload from 3,820 to 4,450. This caseload increase resulted in increased revenue for BCHD. The Benton Harbor WIC office also had a makeover in the form a new mural being added to the waiting room. This mural is of ocean life and allows the children to interact with it while waiting to be seen for their appointment. This mural was made possible through a

grant from Berrien Community Foundation. In addition to the mural significant changes in the presentation of nutrition education modules using the waiting room bulletin boards was done at all three office locations. Nutrition education specific topics are presented on the bulletin boards. The topic on these boards are changed quarterly so as to coincide with when clients need

to return for their next appointment thus allowing the client to “learn” something new at each visit.



Delivering Vaccines with American Recovery and Reinvestment Act Funding

In April 2010, Berrien County was awarded ARRA funded vaccines for Meningitis (MCV4), Tetanus/Diphtheria/Pertussis (Tdap), Varicella (Chickenpox) and Influenza (flu).

The intent of the award was to assist families in meeting Michigan’s New School Rules requirements for Fall 2011 and to improve flu vaccination rates especially in school age children. The new school requirements stated that students 11-18 years of age who are changing school districts or will be entering 6th grade have one dose of MCV4 vaccine,

one dose of Tdap vaccine and two doses of Varicella vaccine or history of chickenpox disease. In addition, all students entering kindergarten are required to have two doses of Varicella vaccine or history of chickenpox. For most children who need vaccine the cost could be as high as \$278. ARRA funded vaccine could be used for families whose insurance had high deductibles or co-pays.

During 2010, BCHD administered 758 doses of Meningitis vaccine, 627 doses of Tdap and 772 doses of varicella to school-age children,

who were eligible for ARRA or Vaccine for Children (VFC) vaccine.

In addition, BCHD administered over 1,500 doses of ARRA flu vaccine to our target groups whose insurance does not cover adult vaccines. Our target groups included first responders, school staff, staff in long term care facilities, pregnant women, uninsured adults and seniors. We also targeted children with high co-pays or high deductibles whose parents may not otherwise have requested a flu vaccine because of the out of pocket expense.

Substance Abuse Treatment Services

The Substance Abuse Treatment Services area uses a client-centered approach with a goal of abstinence from all mood altering substances. In addition to individual and family counseling and Secretary of State driver's license evaluations, SATS provides group counseling services focusing on motivational enhancement, cognitive behavioral therapy

and cognitive behavioral relapse prevention for both men and women. Auricular acupuncture and other groups may be offered as needed.

Services are also provided to clients with co-occurring disorders. In 2010, the Substance Abuse Treatment Services division provided counseling

services to 1000 residents throughout Berrien County, along with 6,461 scheduled drug screens. Referrals are received from numerous sources including the criminal justice system, Department of Human Services, mental health agencies, schools, employers and doctors.

Substance Abuse Prevention Responds to Prescription Drug Abuse

Substance Abuse Prevention Services has also seen an emergence of misuse and abuse of prescription drugs in Berrien County and had joined forces with Community Alliance Against Substance Abuse, local law enforcement, pharmacies and volunteers to conduct the first ever prescription drug takeback event in



November. There were 5 drop off locations in Berrien County and over 310 pounds of old or unused prescription medicines were collected within a four hour time frame. The greater-than-expected results demonstrated a need to continuing this type of event, which substance abuse prevention services will do.

Michigan Bars and Restaurants Go Smoke-Free

On May 1, 2010 the State of Michigan was the 38th state to go Smoke Free. Paired with the Clean Indoor Air Regulation passed in Berrien County in June 2007, county residents are now able to enjoy smoke free worksites, public places, bars

and restaurants. The passage of the regulation and then the law was a very smooth transition due in part to diligent efforts by local coalitions like the Berrien County Tobacco Reduction Coalition, Community Alliance Against Substance and the sub-

stance abuse prevention staff who spent endless hours promoting and educating our residents on the many immediate health benefits our county will experience because of cleaner air.

Vigilant Guard Exercise a Success

Vigilant Guard is a national emergency preparedness exercise program sponsored by the National Guard Bureau and the United States Northern Command. The program is meant to provide training for National Guard forces in relationships with local, state, regional and federal agencies in a variety of potential threats, including natural disasters, public health emergencies, and terrorist attacks. The Berrien County Health Department, in conjunction

with the VanBuren/Cass District Health Department and the Emergency Management Office of Berrien County planned and conducted this exercise on June 16, 2010.

The exercise was conducted to demonstrate the ability to incorporate military support to civilian authorities within their emergency response plans. The scenario, as designed, was meant to demonstrate incorporating the Michigan Voluntary De-

fense Force into the Point of Dispensing (POD) operations, under the assumption that during a severe public health outbreak, public health staff will be overwhelmed. A scenario was designed to provide *Just in Time* Training to Michigan Volunteer Defense Force personnel as well as other potential volunteers during a public health outbreak. The objectives were achieved via the June 16 exercise in partnering with many disciplines.

Sewage Disposal Ordinance Amended

On August 19, 2010 the Berrien County Sewage Disposal Ordinance was amended to respond to the current needs for the design and installation of appropriate on-site sewage treatment systems. In addition, the revised ordinance would set in mo-

tion a more responsive sewage appeal process in the event there is a question or dispute as to the options that may be considered for the installation of an appropriate system. The revised ordinance was developed by reviewing the emergent technologi-

cal advancements in on-site sewage treatment; by reviewing ordinances in similar local health jurisdictions; and through consultation with on-site sewage treatment specialists.

Drinking Water Monitoring

BCHD's Environmental Health Division was approached by the Michigan Department of Natural Resources and Environment to assist in the Long Term Monitoring program by collecting samples not only in Berrien but also in Van Buren and Cass Counties. The MDEQ contract for Long Term Monitoring was increased by \$9,554 for FY 2010 to include monitoring of drinking water supplies in Van Buren and Cass Counties. A total of 170 samples were collected by the Environment Health Division as part of this contract amendment.

HUD Lead Program

The Berrien County Health Department was awarded a grant from the Department of Housing & Urban Development (HUD) in the amount of \$2 million for the three (3) year grant period of 2010 – 2012 for lead remediation activities for eligible dwellings in Berrien County. The Lead Program Manager and Inspector/Risk Assessor were hired in early 2010 to conduct day to day activities within the program. A total of 21 dwellings had lead remediation activities completed in 2010.

HIV Rapid Tests Now Offered to STD Clients

In 2010, Berrien County had the 3rd highest prevalence for HIV infection in Michigan. The major risk factor for newly identified cases in Berrien County is heterosexual contact and the second is MSM (men who have sex with men).

Research has shown that 50-60% of newly diagnosed people did not report any known risk factor and had never been tested for HIV before. Based on this data, CDC recommends that all adults have an HIV test as part of routine health care. By making HIV testing simple and easy to access, more people can know their status especially those who do have risk factors that can contribute to HIV exposure. Early diagnosis is essential in the treatment of HIV infection.

The Rapid HIV test uses a finger stick and requires only a small drop of blood. The test gives results in 15 minutes rather than conventional tests that require a 1-2 week waiting period. During the time required to perform the test., the nurse provides HIV risk reduction and prevention counseling.

In January 2010, Sexually Transmitted Disease program nurses started offering the Rapid HIV tests to all clients who presented at STD clinic. The Rapid HIV tests are funded by a grant from the CDC. BCHD also received a small grant to support staff training in HIV counseling and testing.

In April 2010, BCHD conducted a client survey. 88% of the STD cli-

ents approved of having the test available during their clinic visit. During 2010, 658 clients were tested at their STD clinic visit. In addition, BCHD has used the test for anonymous and confidential HIV testing through the Health Department and at community wide testing events. It is clear that more people are interested in taking the HIV test and knowing their status when they can receive the results within 15 minutes rather than having to return to the Health Department in 2 weeks to know their test results.

In 2011, BCHD will continue to offer the Rapid HIV test to all STD clients. The goal is to encourage everyone who may be at risk for HIV infection to know their HIV status.

The Mission of the Berrien County Health Department is to prevent disease, prolong life, protect the health of the community, and promote an optimal quality of life for the citizens of Berrien County.



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Berrien County Health Department

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