

Health Director's Report
June 13, 2019

Division / Program: Health Education Division / Parents Matter!

(Accreditation Activity 10.3 The local health department shall employ evidence-based health promotions/disease prevention strategies, when such evidence exists.)

(National Accreditation Measure 3.1.2 A - Health promotion strategies to mitigate preventable health conditions, RD 2)

Program description

Parents Matter! is an evidence-based HIV/STI and Adolescent Pregnancy Prevention program for parents of pre-teens. The program is designed to equip parents/guardians with the knowledge, skills, confidence and comfort level to discuss sexual health/sexual risk reduction strategies with their children ages 9-12 years.

Statement of goals

- To increase parental awareness concerning issues children face
- To improve parents' ability to communicate with their children about sex
- To encourage parenting practices that increase the likelihood that children will not engage in sexual risk behaviors
- To help parents feel more competent and comfortable addressing issues of sexual health and sexual risk reduction with their pre-teens.

Issues

- **Opportunities**
 - Continue to build relationships with community organizations
 - Increase partners for the Parents Matter! program and potentially other department initiatives
 - Despite the significant time commitment of five 2.5-hour sessions (Total=12.5-hours) required to complete the program, collaboration with the Durham Housing Authority has allowed for recruitment of adults within our intended audience who are unemployed or between jobs. This has allowed us to reach program participants who were available during week day mornings.
- **Challenges**
 - The 2018-2019 school year has made it particularly challenging to offer the Parents Matter! program on week days. Efforts were made to recruit participants who could participate in the program on weekends. ECU Student Intern, Jasmine Chambliss, developed a presentation previewing the program to recruit churches willing to host the program on Saturdays. She presented this preview for a parent group at the Monument of Faith Church in September 2018. In February 2019, the church requested the program to begin in mid-March and run for five Saturdays.
 - To improve participant retention in the program, meals/snacks are served during some sessions and gift cards are given to those who complete the program.

Implication(s)

- **Outcomes**
 - In 2019, one DCoDPH Public Health Educator and an additional trained facilitator implemented the Parents Matter! Program at the Monument of Faith Church.
 - A total of 6-participants completed the program.
- **Service delivery**
 - Recruitment for the Parents Matter! program is initiated by Public Health Educators, who contact a DHA Resident Opportunity for Self-Sufficiency (ROSS) Services Coordinator, who, in turn, circulates an interest sheet during Resident Council meetings
 - Public Health Educators also contact church leaders via email and request to preview the program with parent groups to see if they are interested in hosting the program.
 - The Parents Matter! Program is implemented in five (5) 2.5-hour sessions.
 - The final session includes parents and children which allows parents to role play communication skills they have learned during the training.
- **Staffing**
 - One Public Health Educator trained in facilitation of the Parents Matter! program and one additional trained facilitator from the UNC Center for AIDS Research, who assists as her schedule permits.
- **Revenue**
 - The Parents Matter! program is offered to program participants at no cost.

Next Steps / Mitigation Strategies

- DCoDPH staff will continue the Parents Matter! program.
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Division / Program: Health Education: Faith-based event: Faith, Health & Wholeness

Activity 13.1: The local health department shall broaden existing partnerships by cultivating innovative and new community contacts, such as businesses and industries, healthcare practitioners, faith communities, and grassroots organizations, and increasing their awareness of public health through outreach and training.

Program description

- Durham County Department of Public Health hosts the Durham County Health Ministry Network (DCHMN), which is a group of representatives from faith-based organizations (FBO) that meet quarterly to discuss how to incorporate health activities at their site. Periodically, a gathering or training is held for DCHMN members and other faith-based organizations to learn about available resources and encourage collaboration of ideas and activities. This year's event took place on Saturday, May 18, 2019.

Statement of goals

- To promote and share resources
- To build capacity through train-the-trainer sessions
- To promote collaboration and share ideas
- To increase the incorporation of health and wellness activities, policies and practices in the faith-based settings

Issues

- **Opportunities**
 - DCHMN members helped to plan, secure speakers and promote the event
 - Attendees were able to visit the Admin II Building, which was a first for many.
 - Some attendees made new connections and discussed possibilities of sharing resources
 - Two new FBOs have requested to be part of the DCHMN
- **Challenges**
 - Attendees were unfamiliar with the Admin II Building, so parking was challenging for some.
 - Some attendees confused the Human Services Building (HSB) with Admin II and showed up at another event held at HSB.
 - Three speakers cancelled, but staff members were able to cover the open sessions.
 - Space for the event was limited so we under registered participants. Even with this some of the sessions, there was room for only 10-12 participants due to the size of the room with equipment.
 - The use of the space was over \$1,500 for four hours.

Implication(s)

- **Outcomes**
 - 32 participants registered for the event. 17 showed and 9 walk-ins.
 - All sessions had participants for which all were understanding about some of the changes in the sessions.
 - Evaluations indicated the participants would like a similar event held again next year
 - Two participants who were not members of DCHMN volunteered to help plan next year's event
- **Service delivery**
 - The half=day event was held at the Admin II Building on the first floor from 9:00am-1:00pm.
 - Durham County Government allowed staff to use manikins and AED trainers for the train-the-trainer Hands Only CPR sessions led by the American Heart Association.
- **Staffing**
 - Three staff members and four volunteers helped to implement the event.
 - Of the four volunteers, two were former intern students that graduated in May, one wants to intern with DCoDPH, and one is expected to be assigned to the department in Fall 2019.

Next Steps / Mitigation Strategies

- DCHMN will help to plan a similar event either in FY2020 or the year after depending on the available resources.

Division / Program: Health Education & Community Transformation Division – ICO4MCH
(Accreditation Activity 10.1: The local health department shall develop, implement, and evaluate population-based health promotion/disease prevention programs and educational materials for the general public.)

Program description

- Improving Community Outcomes for Maternal and Child Health (ICO4MCH) is a state-funded program that aims to reduce infant mortality, improve birth outcomes, and improve the health of children 0-5 in Durham County. The program addresses these goals by supporting reproductive justice and improving patients' access to the method of contraception of their choosing, supporting tobacco prevention and control efforts, and supporting Family Connects Durham and its newborn home visiting program.
- As part of the grant contract, each site is required to perform a health equity impact assessment (HEIA) each grant year. This exercise is designed to assess whether a program or policy is functioning in an equitable way and to help identify modifications if it's less than ideal. This year Durham chose to perform a HEIA with Family Connect Durham. (A HEIA had already been performed with the other two arms of the program.)

Statement of goals *(pertains to the desired outcomes for activity or event being reported)*

- To use data to assess if and how Family Connects Durham is working with Durham's population equitably
- To provide modifications to improve the equity of Family Connects Durham

Issues

- **Opportunities**
 - Staff was able to convene a group of 16 people from various agencies working with issues pertaining to child health and well-being, as well as a community volunteer who had received a Family Connects visit.
 - Relationships with partner agencies and staff were strengthened by including them in this process and valuing their feedback and input.
 - The relationship between DCoDPH and Family Connects Durham was strengthened.
 - Staff worked closely with Family Connects staff to create a data profile that showed various data (e.g., % of scheduled home visits by race, % of completed visits by mother's age, etc.) about the Family Connects Durham program.
- **Challenges**
 - Many of the people invited were unable to attend, so the HEIA team was not as diverse in terms of agencies and partners as we wanted it to be.
 - The HEIA took a lot of time (5 hours), which was a big ask for people. It would be good if it could be shorter.
 - The proposed modifications might be difficult for Family Connects Durham to implement. For example, the team proposed hiring a more diverse staff. Family Connects Durham can try to do this, but there is no guarantee that they will be able to achieve it.

Implication(s)

- **Outcomes**
 - A total of 16 people attended and completed the HEIA exercise.
 - The HEIA team generated a list of proposed modifications to improve the equity of the Family Connects Durham program.
- **Service delivery**
 - This event took place from 11am-4 pm on Monday, April 29, 2019.

- **Staffing**
 - 2 staff from DCoDPH, as well as 4 staff from Family Connects Durham, worked to put together the HEIA.

Next Steps / Mitigation Strategies

- The ICO4MCH program coordinator is working with Family Connects Durham staff to think through the proposed modifications and see what is most feasible to implement.

Division / Program: Health Education / Communicable Disease & Maternal and Child Health / Making Proud Choices

(Accreditation Activity 10.3 - The local health department shall employ evidence-based health promotions/disease prevention strategies, when such evidence exists.)

Program Description

- Making Proud Choices (MPC) is an evidenced-based curriculum that addresses the prevention of adolescent pregnancy and sexually transmitted diseases (STDs), including HIV. It acknowledges that abstinence is the best choice but emphasizes the importance of condoms, if participants choose to have sex.

Statement of Goals

- To empower adolescents to change their behavior in ways that will reduce their risk of becoming infected with HIV and other STDs, and their risk for an unplanned pregnancy.
- Youth participating in this intervention will:
 - Increase their knowledge about prevention of HIV, STDs and pregnancy.
 - Believe in the value of safer sex, including abstinence.
 - Develop confidence in their ability to negotiate abstinence/safer-sex practices.
 - Have stronger intentions to use condoms if they have sex.
 - Improve their ability to use condoms correctly.
 - Have a lower incidence of HIV/STD sexual risk-taking behavior.
 - Take pride in choosing responsible sexual behaviors.

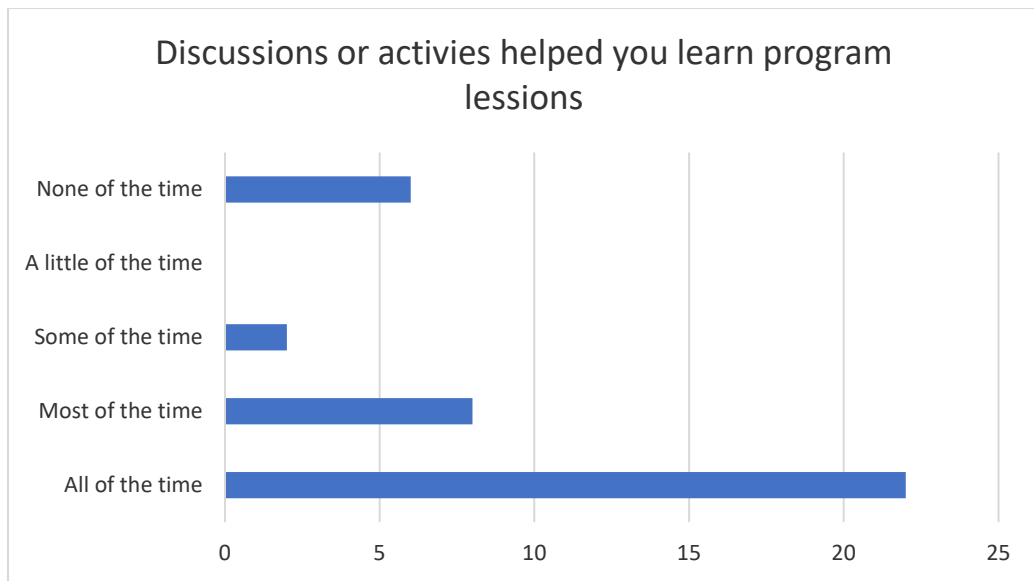
Issues

- **Opportunities**
 - Making Proud Choices was implemented with three youth groups: Project BUILD, Carter Community Charter School, and Rebound
 - The Public Health Educator traveled to each group to provide programming.
 - Participants received refreshments during sessions. Each participant also received a certificate of completion and a \$50 Walmart gift card upon successfully completing the 8-hour series.
- **Challenges**
 - The Public Health Educator experienced some challenges completing all the activities planned for Carter. Although an hour allotted, sometimes it took longer for students to transition, physically and mentally, from one class to the to the next. Also, MPC is an interactive curriculum; engaging 16 eighth graders and responding to their comments and questions can quickly fill an hour.

Implication(s)

- **Outcomes**

- 32 participants completed the exit survey; 22 boys and 10 girls and the average age was 15 (range 13 – 19).
- 71% participants felt interested in program sessions and classes most or all the time.
 - 93% thought the discussions and activities helped them learn the lessons.
 - 93% thought the materials were clear.
- More than half (62%) felt comfortable and (31%) felt somewhat comfortable about their ability to put on a condom
- 62% reported being much more likely to use birth control in the next 6 months





- **Service delivery**
 - MPC consists of eight, one-hour modules.
 - The Public Health Educator facilitated modules, at each site, on the following dates:
 - Project Build (February 4, 2019 – February 25, 2019)
 - Carter Community (March 12, 2019 – May 21, 2019)
 - Rebound (5/28/2019 – 6/3/19)
- **Staffing**
 - One Public Health Educator was responsible for MPC.
- **Revenue**
 - Received TANF funds to provide program supplies, refreshments and gift cards.

Next Steps / Mitigation Strategies

- The public health educator will search for additional sites to implement MPC.

Division / Program: Laboratory/ North Carolina State Laboratory of Public Health Drinking Water Inspection

(Accreditation Activity 10.1 -The local health department shall develop, implement, and evaluate population-based health promotion/disease prevention programs and materials for the general public.)

Program description

- The DCoDPH Laboratory was inspected by the North Carolina State Laboratory of Public Health Certification Team on May 22, 2019.
- All laboratories that analyze water from public water supplies are subject to regulation under the North Carolina Drinking Water Act.

- On-site inspections occur, at a minimum, every 2 years and the laboratory must meet all requirements in order to maintain certification.

Statement of goals

- To maintain Drinking Water certification through the North Carolina State Laboratory of Public Health by meeting, successfully maintaining, and continually improving upon the North Carolina Drinking Water Act regulatory standards.
- To meet an internal goal of receiving 2 or less deficiencies as identified by the Inspection Team.

Issues

- **Opportunities**
 - Previous inspection results have been sub-optimal (2017: 7 deficiencies) leaving opportunities for improvement.
 - Inspections are a learning experience for all participants and encourage discussion among peers regarding processes and improvement opportunities.
 - Offers Lab Technicians and Lab Assistants the opportunity to experience an external inspection process.
- **Challenges**
 - Regulations are numerous, varied, and open to interpretation.
 - Previous 5 years of laboratory documentation must be available to the inspectors.

Implications

- **Outcomes**
 - The Inspection Team cited 1 minor deficiency for the Drinking Water testing process.
 - The Inspection Team made a few suggestions to continue improve processes within the Laboratory.
- **Service delivery**
 - Process improvements, record retention, and inspection planning have been underway since June 2017 by the Laboratory Division Director, Medical Laboratory Supervisor, and Laboratory Technical Consultant.
 - The Plan for Corrective Action is being completed by the Laboratory Division Director and Laboratory Technical Consultant.
- **Staffing**
 - DCoDPH staff assisted in process changes, laboratory documentation, record retention, etc. which culminated in a successful inspection.

Next Steps / Mitigation Strategies:

- Implement the Plan of Corrective Action for the identified deficiency.
- Maintain high standards of integrity and efficiency while preparing for the next inspection in 2021.

Division / Program: Pharmacy & Health Education / Safe Syringe Program

(Accreditation Activity 10.1 -The local health department shall develop, implement, and evaluate population-based health promotion/disease prevention programs and materials for the general public.)

Program description

- On April 2, 2018, the DCoDPH Pharmacy launched the Safe Syringe Program based on the guidance and program requirements from the NC Division of Public Health.

Statement of goals

- To offer new needles, syringes, and injection supplies to reduce the transmission of HIV and Hepatitis C in the community.
- To offer free HIV and Hepatitis C testing and follow-up care.
- To offer education, treatment information, and referrals to community members.
- To provide a safe method of disposal for used needles and syringes.

Issues

- **Opportunities**
 - Reduce the transmission of HIV and Hepatitis C by offering new needles, syringes, and injection supplies.
 - Reduce the risk of bacterial infections (i.e. endocarditis) that occur when injection supplies are reused.
 - Connect participants with community resources including treatment options, health care, and housing assistance.
 - The following items are provided in the Safe Syringe Kit:
 - 10 sterile 1.0mL syringes with fixed needles
 - Alcohol swabs
 - Tourniquet
 - Condoms
 - Sharps Container
 - Additional injection supplies
 - Participant ID card
 - Printed material for harm reduction and ancillary services
 - Fentanyl testing strips and Naloxone kits are also offered with each SSP Kit.
 - The NC Injury and Prevention Branch received grant funds to purchase SSP supplies in February 2019. Durham County's portion of the grant was \$1,000. SSP supplies have been ordered with these funds to include antibiotic ointment, hand sanitizer, and feminine hygiene products.
- **Challenges**
 - Ensure that used needles and syringes are properly discarded in a puncture proof container. Sharps containers are included with SSP Kits and participants are encouraged to use of them and return the container to the DCoDPH Pharmacy.
 - Ensure that used needles and syringes are not deposited in the medication drop box in the HHS lobby.

Implications

- **Outcomes**
 - The following statistics have been collected for April 2019:
 - Unique individuals: 4
 - Total contacts: 6
 - Syringes dispensed: 120

- Syringes returned*: ~ 30
 - Sharps containers dispensed: 5
 - Fentanyl strips dispensed: 2
 - Naloxone kits distributed (with SSP): 4
 - Naloxone kits distributed (non-SSP): 28
 - Naloxone reversals reported: 0
- Year-to-date statistics, FY18-19:
 - Unique individuals: 33
 - Total contacts: 55
 - Syringes dispensed: 1300
 - Syringes returned*: ~ 2156
 - Sharps containers dispensed: 73
 - Fentanyl strips dispensed: 59
 - Naloxone kits distributed (with SSP): 31
 - Naloxone kits distributed (non-SSP): 222
 - Naloxone reversals reported: 2

*“Syringes returned” metric includes needles/syringes returned directly to staff regardless of usage (i.e. substance use, medical use, prescription use)

- **Service delivery**
 - Planning and implementation was completed by the Opioid Response Committee with guidance and support from the NC Division of Public Health, Injury and Violence Prevention Branch.
- **Staffing**
 - Pharmacy, Health Education, and Bull City United team members have received training from the NC Division of Public Health and the NC Harm Reduction Coalition regarding harm reduction strategies and Safe Syringe Program practices.

Next Steps / Mitigation Strategies:

- Statistics from the Safe Syringe Program will be monitored and reported to the Board of Health monthly.
- The Opioid Response Committee will continue to work with the NC Division of Public Health to improve our program and develop strategies to further our goals.

Division / Program: Dental Division / Oral Health Screenings in Durham Public Schools
(Accreditation Activity 20. 1- The local health department shall collaborate with community health care providers to provide personal and preventative health services.)

Program description

- Per an MOU with Durham Public Schools, the Dental Division conducts dental screenings for children in Kindergarten and 5th grades during the school year. For schools visited by the Tooth Ferry, the hygienist will screen 1st – 4th graders as well.
- The Division also screens in Head Start programs and provides exams with fluoride in Early Head Start Programs.
- Parents are provided letters detailing the screening, and they have the option to opt-out. After the screening, parents receive a letter with the results immediately after screening is completed. The letters state whether the child has or does not have cavities and explains that if the child does not have a dental home they may qualify for care at the Department.

Statement of goals

- Provide annual dental screenings determine the prevalence of dental disease in school aged children in the County and how Durham compares with other counties within the state.
- To collaborate with the State Oral Health Section when their hygienist screens two schools as they obtain data to use in their report.

Issues

- **Opportunities**
 - The screenings serve as a positive dental experience for students, assisting in collecting vital information to help improve children's dental health programs.
 - Those children without a dental home may have the opportunity to begin dental treatment when the Tooth Ferry visits their school and/or complete treatment plan in the clinic if needed.
 - The screenings provide education to the students which include oral health presentations at the school.
 - The Division works with Durham Head Start and Early Head Start to provide dental screening and presentations.

Challenges

- Some schools have been hesitant to supply classroom rosters, promote the screenings, etc. which led to additional conversations with school leadership.
- Some schools allow the Smiles Van to screen children.
- There are often last-minute adjustments to the screening schedule upon arrival at the schools, including finding space for the hygienist and assistant to conduct the screenings.

Implication(s)

- **Outcomes**

Through the first three quarters of this fiscal year, the Division has screened 7,120 students (annual goal is 8,500) and delivered 90 presentations to 1300 students and 340 adults. The Division has provided exams with fluoride for 87 children, surpassing its original goal of 65,
- **Service delivery**
 - The Division's goal is to screen up to 8,500 students per year and provide 40 oral health presentations in the community.

- **Staffing**
 - Public Health Hygienist provides the screenings, and is aided by a dental team member, or Dental Hygiene students from UNC. This year the Division's second Public Health Hygienist has also assisted with screenings.

Next Steps / Mitigation Strategies

- The Division will continue to meet with school administrators to promote screening, as well as Tooth Ferry services.

Division / Program: Nutrition Division / Clinical Nutrition/City of Durham Police Wellness Presentations

(Accreditation Activity 10.1 –The local health department shall develop, implement, and evaluate population-based health promotions/disease prevention programs and materials for the public.)

Program description

- Members of the DCoDPH Clinical Nutrition team provided a total of 6 Nutrition presentations focused on healthy eating to the City of Durham Police Department as a part of the City's Wellness program. Two sessions were held weekly from April 16-May 21. Topics included *What's on your Menu, Making Sense of the New Food Label, Boost Your Success at Maintaining a Healthy Lifestyle, Let's Get on Track with Mindful Eating, What's Hot and What's Not, and Meal Planning.*
- The City of Durham Employee Wellness Program provides a comprehensive and innovative wellness program to employees. The wellness program is designed to help employees prevent disease and illness by lowering health risks through education, adopting healthy lifestyles, increasing the use of preventative medical screenings, and preventative health care.

Statement of goals

- To deliver health promotion and disease prevention education and medical nutrition therapy to residents and employees of Durham County.
- To promote and market DCoDPH's Nutrition Clinic services.
- To provide simple and actionable steps for healthy eating and meal-planning to encourage city employees to eat more healthy meals prepared at home.

Issues

- **Opportunities**
 - Collaborate with the City of Durham Police Department to promote the goals of both agencies.
 - Provide sound nutrition advice to Durham City employees in attendance.
 - Promote Nutrition Division services and programs to city employees.
- **Challenges**
 - Staffing group presentations can be a challenge because the Nutrition Clinic must remain open during regular business hours. Nutrition clinic staff time is mostly spent counseling clients in 1:1 medical nutrition therapy sessions.
 - Making time to research and prepare group presentations can be challenging.

Implication(s)

- **Outcomes**
 - 101 Durham Police employees received education and resources on several aspects of nutrition.
- **Service delivery**
 - A total of 12 one-hour-long education sessions were conducted.
- **Staffing**
 - 2 Nutrition Specialists collaborated to create and deliver the presentations. The same presentation was presented twice each week by the two Nutrition Specialists to allow multiple opportunities for police staff attendance.
- **Revenue**
 - N/A
- **Other**
 - Based on the high number of presentation and workshop requests received by the Nutrition Clinic from the City of Durham, the City of Durham Employee Wellness Program values the services and expertise of the nutrition clinic personnel.

Next Steps / Mitigation Strategies

- Continue to build the partnership between the Durham Police Department and the DCoDPH Nutrition Clinic.