

Health Director's Report
September 12, 2019

Division / Program: Dental Division/ Back to School Smiles Event
(Accreditation Activity 20.1- Collaborate with community health care providers to provide personal and preventative health services.)

Program description

- On Wednesday, August 21st, the Dental Clinic hosted its annual Back to School Smiles event, prior to the start of the traditional school year.

Statement of goals

- Provide exams (including x-rays), to children who are not covered through insurance and do not have a dental home.
- Provide oral health instruction to patients and their families.
- Provide children the chance to start the school year with a treatment plan in place to address oral health issues.

Issues

- **Opportunities**
 - In addition to the Division's Dental team, a UNC School of Dentistry faculty member and resident participated in the event.
 - Due to the number of providers, in addition to exams, the team was able to offer other services (as needed) including operatory procedures.
 - By moving to an all-day event there was an opportunity to see more patients.
 - Benco donated supplies for the event, including toothbrushes/toothpaste for patients.
- **Challenges**
 - Although the event was free, there were ten patients unconfirmed (contact information changed). The front desk worked to ensure all but three slots were filled.
 - One of the Autoclave's had to be serviced, requiring a team member to stay in the sterilization room, readying instruments to make sure there were enough sets.

Implication(s)

- **Outcomes**
 - The team worked expeditiously, and parents were able to schedule their child for an initial exam.
 - Follow-up appointments or referrals were arranged for most patients.
- **Service delivery**
 - The clinic treated 39 patients.
- **Staffing**
 - Service providers in the clinic area included the Dental Practice Administrator, a UNC faculty member, UNC resident, two hygienists, four dental assistants, and Tooth Ferry Coordinator.

- **Revenue**
 - The Division provided patients with \$8,983 in services.

Next Steps / Mitigation Strategies

- The team will work with internal (Nutrition and Health Education) and external (Head Start, etc.) partners to make next year's event even more expansive.

Division / Program: Nutrition Division /Clinical Nutrition - Lactation Promotion and Support

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

Program description

- August is national breastfeeding month. Durham County Department Public Health supports breastfeeding in a variety of ways including provision of a lactation support room, breastfeeding education for clients and staff, and allowance of flexible break schedules for lactating employees. In recognition of breastfeeding month, a promotion was held in the Family Planning and OB Clinics including posted breastfeeding education materials and client incentives.

Statement of goals

- Recognize lactation support as an integral part of service provision by the Durham County Department of Public Health.
- Celebrate national breastfeeding month.

Issues

- **Opportunities**
 - This year's breastfeeding month theme "*Support Changes Everything*" emphasizes the support that is needed for successful breastfeeding.
 - Because of its significant health advantages, breastfeeding is recommended by all major medical organizations as the optimal way to feed infants.
 - The benefits of offering breastfeeding support as a public health service translates into both highest quality healthcare provision and lower health care costs.
- **Challenges**
 - According to the Center for Disease Control (CDC), in the United States, most mothers want, and try, to breastfeed. Unfortunately, a mother's interest alone is not always enough to make breastfeeding possible. Currently, the CDC reports that 6 in 10 mothers stop breastfeeding earlier than they would like. Rates of breastfeeding vary widely because of the multiple and complex barriers mothers face when starting and continuing breastfeeding.
 - The DCoDPH has a lactation room available to DCoDPH staff and Women's Health Clinic clients. The room is available for clients in the Women's Health Clinic for services or with badge access for Health Department staff. There is the current need to establish a lactation room/space in the building for visitors.

Implication(s)

- **Outcomes**
 - Breastfeeding benefits mothers by contributing to lower rates of several health risks and improving recovery from pregnancy.
 - Infants who are breastfed have reduced risks of asthma, obesity, diabetes, sudden infant death syndrome, and ear and respiratory infections.
 - DCoDPH promotes breast milk as the expected, optimal food for growth and development of infants.
 - Breastfeeding employees can successfully merge their priorities of family and work through onsite lactation support.
- **Service delivery**
 - Inclusion of breastfeeding promotion and education to clients and staff encourages a positive attitude toward women who are breastfeeding and/or expressing milk and empowers mothers with the ability to choose optimal health behaviors.
 - The lactation support room is available for use by employees and Women's Health Clinic clients. It provides a safe, private area for expressing milk or for a woman to feed her child. This dedicated room is equipped with a sink, a diaper changing table, a rocking chair, and facilities for electrical breast pump use.
 - DCoDPH employees who are lactating are allowed a flexible break schedule to accommodate time to collect and save breast milk.
- **Staffing**
 - The clinical nutrition program manager for DCoDPH is an International Board-Certified Lactation Consultant (IBCLC). She serves as a consultant for DCoDPH on lactation issues.

Next Steps / Mitigation Strategies

- Continue to promote breastmilk as the optimal food for babies. The DCoDPH dedicated area for lactation will continue to be available to employees and Women's Health Clinic clients.
- Explore possibilities for establishing a dedicated lactation room/mobile pod for visitor of the building who would like to breastfeed or express their milk.
- Provide breastfeeding education and promotion to clients and staff and flexible break schedules will be allowed for lactating employees.

Division / Program: Nutrition / Double Bucks Senior Day at Durham Farmers' Market (Accreditation Activity 10.2 - The local health department shall carry out or assist other agencies in the development, implementation and evaluation of health promotion/disease prevention programs and educational materials targeted to groups identified as at-risk in the community health assessment.)

Program description

- Double Bucks is a program run at two local farmers' markets. Customers can shop with their SNAP (EBT) cards (formerly known as food stamps) and the market will match any amount of money the participant wants to spend. The program has recently expanded to include a cash match option for WIC participants, people living in Durham Housing

Authority sites, those who have section 8 vouchers, and to seniors participating at Durham Center for Senior Life (DCSL). The program will also double WIC and Senior Farmers' Market Nutrition Program (FMNP) vouchers.

- On August 7th, Durham Farmers' Market (DFM) hosted a Senior Day celebration in collaboration with DCoDPH's DINE team and DCSL. Seniors were invited to learn more about Double Bucks in a friendly environment which included tastings, help with navigating the market, and assistance from volunteers with walking groceries to their vehicles or back to DCSL.

Statement of goals

- Promote the Double Bucks program among the senior population.
- Increase access to nutritious foods.
- Support local farmers and the local economy.

Issues

• Opportunities

- Seniors are making greater use of the FMNP vouchers distributed at DCSL's congregate meal sites and doubled in value at DFM. So far, \$1,038 have been redeemed this summer season (July-August), compared to \$330 during the same months in 2018. There appears to be a desire to participate and seniors seem to be redeeming more vouchers as they learn more about the program.
- Five extra dollars in tokens were given to every senior on senior day, which helped increase buying power and learn how to navigate the program.
- Funding for Double Bucks' 2019 season was provided by grants from Burt's Bees Greater Good Foundation and Duke Health, in addition to community donations.
- DCoDPH's DINE staff and DFM's staff have been working with DCSL to help promote their congregate meal sites, so seniors can access the FMNP vouchers while receiving a healthy, balanced meal.
- DFM and DINE staff hope to make a case for increased funding of FMNP vouchers to the State, given the redemption rates have increased significantly in the last 2 year. In 2017, only 8 transactions totaling \$118 were recorded at DFM, compared to 34 transactions in 2018 totaling \$714, and 45 transactions so far this summer totaling \$1,038.

• Challenges

- Plans for transportation to the Senior Day event, from the various congregate meals sites and housing authority sites did not materialize. Having transportation to the event may have increased participation at Senior Day.
- All congregate meal sites are located driving distance from DFM and transportation to and from the market can be a barrier to seniors trying to utilize the Double Bucks program. Distributing the vouchers at the DCSL main site (located across the street from DFM) could allow for easier access to the program.

Implication(s)

• Outcomes

- FMNP participation has greatly increased since 2017 and gained momentum following the Senior Day celebration.

- New customers are shopping at the farmers' market.
- **Service delivery**
 - The FMNP program distributes vouchers to seniors at the congregate meal sites in the summer months. Market hours at DFM are Wednesdays 3-6pm and Saturdays 8am-12pm during the summer season, and Saturdays 10am-12pm during the winter season. The Double Bucks program is available year-round at both DFM and South Durham Farmers' Market.
- **Staffing**
 - DINE Healthy Environments Nutritionist planned and ran the activities of Senior Day in collaboration with DFM, DCSL, and DINE Nutrition staff.
 - DFM staff runs the Double Bucks program during market hours.
 - The DINE Healthy Environments Nutritionist provides technical assistance and marketing and the DINE Nutrition Program Manager assists with grant writing.
- **Revenue**
 - Senior Day did not generate any revenue for DCoDPH. However, it brought in and additional \$600 to the market.
 - Double Bucks provides no revenue for DCoDPH.
 - An average revenue of about \$15,000 is being generated annually by local farmers that participate in the Double Bucks program.

Next Steps / Mitigation Strategies

- DINE and DFM have begun visiting the congregate meal sites and talking to participants about the FMNP program directly. We envision conducting visits to these sites more regularly in the future and are investigating the possibility of piloting a mobile market that would bring produce to the sites, allowing folks with less mobility and lack of transportation to take advantage of their vouchers.
- DINE and DFM staff have begun administering customer surveys at the market, to assess program impact and customer satisfaction. Changes may be made to the program based on feedback from seniors and other Double Bucks participants.

Division / Program: Nutrition/DINE/Spring Valley Elementary School Summer Program (Accreditation Activity 10.2 - The local health department shall carry out or assist other agencies in the development, implementation and evaluation of health promotion/disease prevention programs and educational materials targeted to groups identified as at-risk in the community health assessment.)

Program description

- DINE is a school- and community-based nutrition education program targeting SNAP-eligible families in Durham
- Spring Valley Elementary School has a school garden that was established last year with grant funding from Action for Healthy Kids as well as technical assistance from a DINE nutritionist. The garden systems established during the school year were maintained over the summer so the garden could be used with the DPS summer camp at the school.

- DINE staff provided a short training to the DPS summer camp staff at Spring Valley Elementary to help them understand how to use the school garden with their students as part of their STEAM (Science, Technology, Engineering, Art and Math) theme. Activities, lesson plans and resources and were provided to the staff and managers to help them plan how to integrate the garden into camp.
- DINE staff provided a three-day program for the summer camp. DINE focused on the science and math aspects of the STEAM theme with nutrition, garden and cooking programming.

Statement of goals

- Provide summer camp staff with training and resources to utilize the school garden as an educational tool for summer camp programming with their students.
- Create systems so the school garden can be used by students, staff and the school community even when school is out of session.
- Provide nutrition education programming that aligns with the STEAM theme of DPS summer camp.

Issues

- **Opportunities**
 - Summer camp allowed for continuation of the school garden. Campers were able to utilize the produce that students had planted at the end of the school year. In addition, campers planted new produce that school students can use this fall.
 - Three days of programming allowed for in-depth and well-rounded nutrition education which also incorporated hands-on garden and cooking experiences.
 - This program provided a model to help summer camp staff use school gardens as part of their educational camp program. The activities and training resources can be used in the future.
- **Challenges**
 - Camp staff reported challenges including: lack of scheduled garden time, and a district rule that summer camp cannot go outside after 12pm due to the heat. Now that DINE and the summer camp administration are aware of these challenges, they can provide alternate options to use the garden successfully next summer.

Implication(s)

- **Outcomes**
 - One training was provided for seven summer camp staff members.
 - Three days of summer camp programming was provided, reaching 94 unduplicated student contacts. Each student received 30 minutes of nutrition education on each of the three consecutive days from July 15-17.
- **Service delivery**
 - Day 1 (94 unduplicated contacts) - DINE taught a quick introduction to garden lesson including: garden overview, review of foods/food groups that grow in the garden, and garden yoga activity. Students then went to the garden for hands-on learning to prepare for planting the next day. Each group either weeded or watered the garden beds.

- Day 2 (97 duplicated contacts) - Garden concepts (parts of the plant, insects, MyPlate) were reinforced through a fun garden trivia activity. Then students went back to the garden for more hands-on learning and garden work including planting new items (beans, flowers and sweet potatoes). The older students harvested food (planted by students in the spring) to be used in the next day's cooking class.
- Day 3 (105 duplicated contacts) – DINE provided a hands-on cooking class utilizing fruits and veggies growing in the garden. Students made a Watermelon Tomato Cucumber Feta salad. Students worked in small groups to make the recipe and participated in cooking jobs including: measuring, cutting and mixing. Most participants ate and liked the salad.
- **Staffing**
 - A total of three DINE staff members and three dietetic interns staffed this program.
- **Revenue**
 - No revenue is generated by this activity.

Next Steps / Mitigation Strategies

- Continue to support Spring Valley Elementary School in creating and maintaining systems to use the school garden with their students and school community.
- Continue to be in communication with DPS community ed. to provide support to include school gardens as part of their summer camp program.

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 August 2019:
 - Unique individuals: 3
 - Total contacts: 5
 - Syringes dispensed: 140
 - Syringes returned*: ~32
 - Sharps containers dispensed: 2
 - Fentanyl strips dispensed: 2
 - Naloxone kits distributed (with SSP): 1
 - Naloxone kits distributed (non-SSP): 29
 - Naloxone reversals reported: 1
 - Year-to-date statistics, FY19-20:
 - Unique individuals: 7
 - Total contacts: 13
 - Syringes dispensed: 360
 - Syringes returned*: ~56
 - Sharps containers dispensed: 6
 - Fentanyl strips dispensed: 10
 - Naloxone kits distributed (with SSP): 2
 - Naloxone kits distributed (non-SSP): 98

- Naloxone reversals reported: 1

*“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.