Message from the Director of
The Waco-McLennan County
Public Health District

Public Health has long been considered a necessary intangible, helping to achieve a higher quality of life so desired by those that practice it. The last century saw a dramatic improvement in life span from an average of 45 years in the early 20th century to 75 years today. This improvement to longevity is primarily attributed to vaccine development, where 8 of the top 10 causes of morbidity and mortality were vaccine preventable!

Today Public Health continues to meet the challenge, providing essential services such as immunizations, food inspections, dental care, sexually transmitted disease monitoring, education, testing and treatment, communicable disease reporting, nutrition education and counseling, health education, vital statistics records, and "all hazards' emergency preparedness. In a world of emerging diseases, reduced resources, and uncertainties for personal and public safety, Public Health is at the forefront providing critical support to the health of our communities.

This past year Health District staff have been instrumental in providing the public health services so vital to our citizens. Staff efforts have resulted in additional achievements that are worthy of recognition. Through a collaborative process with medical providers, City of Waco Parks and Recreation, and numerous other partners, staff coordinated an assessment of heart disease and stroke criteria. This assessment resulted in a Silver Award presented to the City of Waco for being a Heart/Stroke Healthy City, the top honor given to a major municipality in the State of Texas! Initial bioterrorism planning and exercise has been expanded to include "all hazards" conditions that may compromise our communities. As a result of Hurricanes Katrina and Rita, Public Health Preparedness and Health District staff rose to the occasion by providing key nursing, sanitarian and epidemiological work as shelters were opened to evacuees. Working closely with Emergency Management these Public Health professionals were the difference in providing critical health services to individuals with special health care needs.

As Public Health continues to evolve we need to further emphasize partnership and support to help us realize our fullest potential. This annual report is a comprehensive review of programs and services that have made a difference in the lives of those we serve. I am confident that with the continued support of our elected officials, health partners, and the public we will continue to provide what every citizen deserves, a healthy and safe community in which to live.

Sincerely,

Roger D. Barker, MBA (HCA), RS
Director of Public Health
Message from the Chairman of the Waco-McLennan County Public Health District

What a year! We said goodbye to our Health District Director, Janet Emerson. Janet was so enthusiastic and compassionate about her work and the McLennan County Community. We know that Janet’s spirit will guide us in the days ahead.

We also welcome our new Health District Director, Roger Barker. Roger is also very knowledgeable and compassionate as well and we are looking forward to working with him to keep our County a healthy community.

We should all take the time to thank the staff at the Health District. They never missed a beat. Although their hearts and minds were with Janet and the selection of our new Director, they continued to work as hard as they could to ensure the healthy standards we expect in McLennan County.

In spite of these trying times, it is nice to know that the Health District staff will not waiver or falter in their pursuit to educate and address the needs of our Citizens. I have great confidence in our system and in all those that participate in it.

As Citizens, we all need to do our part. The health of our community is important to all of us!

Sincerely,

Michael Nicoletti, Chairman
Waco-McLennan County Public Health District Board

Waco-McLennan County Public Health District Board Representatives 2004-05

**City of Bellmead**
Scooter Radcliffe

**City of Hewitt**
Dennis Woodard

**City of Lacy Lakeview**
Michael Nicoletti

**City of McGregor**
Dennis McDuffie

**McLennan County**
Wanda Koon

**City of Waco**
Larry D. Groth, P.E.
Malcolm Duncan, Jr.
Mayor Virginia DuPuy
Councilman Randy H. Riggs

**City of Woodway**
Yousry Zakhary

**Cities of Beverly Hills, Bruceville Eddy, Crawford, Lorena, Moody, Ross, West**
Monica Hendrix
Mary Jo Crider Jaska
Public Health Preparedness and Response

This was the third year that the Health District received funds for public health preparedness efforts. This year’s focus was to train staff and recruit volunteers to increase the District’s capacity to respond to any local public health threat.

A total of 116 programs related to preparedness activities were presented or facilitated by the Health District’s Preparedness staff and over 1,825 community leaders, first responders, volunteers, nurses and other McLennan County citizens were trained in some aspect of public health preparedness. Training is a crucial element of emergency plans because in the event of a natural disaster or other public health threat the trained individuals will be those who can quickly assist in the operation of emergency vaccination or drug dispensing sites and perform other tasks as needed to protect the public’s health. In addition, sixty-nine volunteer healthcare workers were educated on Smallpox disease and would be able to help educate and vaccinate our community in the event of an outbreak.

The Preparedness staff continues to work with other emergency management partners to ensure appropriate responses will be taken should public health emergencies or threats occur. Throughout the year exercises were conducted on emergency response time, disease reporting, and dispensing clinics as well as ongoing planning for the receipt of the Strategic National Stockpile (SNS). When Waco-McLennan County was faced with caring for evacuees from Hurricane Rita, the Public Health District was one of the first agencies called in to the Emergency Operations Center to assist and coordinate the medical needs of individuals at the locally operated shelters. Public Health personnel acted quickly to provide medical monitoring and securing resources from partners to meet the special health needs of evacuees.

Public Health Local Immunization and TB efforts

The Immunization program continues its efforts to provide routine childhood, adolescent and adult vaccinations to residents of McLennan County. The District hired two new part-time nurses to provide clients with timely service and staff collaborated with the Caring Foundation and Blue Cross/Blue Shield to increase the availability of the Care Van (a mobile Immunization clinic) to the citizens of the county.

Early in the year an unusual flu season presented itself due to a national flu vaccine shortage. The Immunization program secured 2,300 doses and immunized over 1,000 high-risk people in one day. The program also managed the re-distribution of flu vaccine to nursing homes and other clinics throughout the county. TB services provided treatment for 14 cases of active TB and 191 clients were placed on preventative therapy.
The National Breastfeeding month was celebrated at the City of Waco Water Park with over 200 mothers and infants attending.

Women, Infants and Children Nutrition Program
The Women, Infants and Children (WIC) Nutrition program continues to assist in improving the health status of WIC participants. The WIC program boosts the local economy as the increased number of participants exchange WIC food vouchers at local authorized retail grocery stores. The Farmers Market program was a major success this year as the voucher redemption rate for fresh fruit and vegetables increased from last year.

The number of breastfeeding mothers continued to increase in 2005, as trained peer counselors were ready to assist mothers due to additional grant funding. This funding allowed for 24 hour, 7 days a week breastfeeding peer counseling service. An average of 94% of families who participated in the WIC program received nutrition education and dietary counseling services. Over 97% of WIC participants that had no source of health care were referred to appropriate medical providers.

Health Education
A major accomplishment of our health education staff was the City of Waco Silver Level recognition as a Heart and Stroke Healthy City by the Texas Council on Cardiovascular Disease and Stroke. The award was based on the implementation of recognized best practices in policies and environmental change.

Throughout the year, Health Education strengthened partnerships to advance public health’s efforts to educate the community on adopting healthy behaviors. Some of these valuable partnerships included publishing articles in the U Monthly Magazine and combining presentational efforts with McLennan County Youth Collaboration’s Lighted Schools and Headstart programs.

National Public Health week incorporated a “Family Fun Day” experience for residents of the county. Staff continues to provide a Public Health District Speaker Bureau, that last year alone, presented to over 11,016 citizens from 16 cities.

WIC monthly participation:
5,200 clients, over 800 infants received WIC services,
2,500 parents and caretakers attended monthly nutrition education activities

“Precious” welcomed families at the 2005 National Public Health Week Health Fair
**Dental a Population Based Service**

The dental program continues to partner with the EOAC Head Start program to perform dental assessments in an effort to reduce disparities in both childhood dental disease and access to dental care. This year marks the first year that dental assessments were conducted at the City of Waco Parks and Recreation children’s summer camps.

The mobilization of community partnerships with Texas State Technical College and Dental Assistant Program assures that the public health and personal health work force have the capacity and expertise to effectively address oral health needs.

**Dental Clinic served over 4,674 clients for routine and emergency dental care services.**

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**Efforts in Epidemiology**

The Waco-McLennan County Public Health District was awarded grant funding to participate in the data collection and survey administration for the School Physical Activity Nutrition Survey (SPAN) project. Collaboration with the Texas Cooperative Extension office allowed the District to survey fourth, eighth and eleventh graders in seven Independent School Districts throughout McLennan County. A total of 2,025 students were surveyed from fifteen elementary schools, twelve middle schools and 9 high schools. Students surveyed also participated in a Body Mass Index study. These efforts allowed the Health District to create a baseline of data on childhood obesity and behavioral risk for children in McLennan County. This was work that had not previously been done in McLennan County. The statistical data is expected to be available at the end of 2005 and the information will be used to develop programs designed to further our intervention efforts in childhood obesity.

In January of 2005, the Health District began active participation in the National Electronic Disease Surveillance System (NEDSS). The System was developed by the Centers for Disease Control and Prevention and improves the public health monitoring of disease data collection. The Health District is also able to report communicable diseases to the Department of State Health Services more efficiently. NEDSS improved accurate surveillance of current disease trends in our community. The epidemiology staff also increased its partnerships and communication efforts with community health care providers who report diseases to the Health District. Health Care partners now receive an annual and quarterly informational mailer on communicable diseases and statistical information. Staff also began posting communicable and morbidity data, disease reporting requirements and reporting forms on the District’s website.

**OSSF**

The OSSF Division is responsible for ensuring the integrity of On-Site Sewage Facilities (septic systems) by conducting construction inspections, investigating complaints, and enforcing state OSSF regulations.

The division inspects the installation of septic systems at various times throughout the construction process and monitors conditions that may lead to system failure. Reported investigations of failed or unmentioned septic systems provide the assistance necessary to bring the system into compliance. Enforcement actions are taken in situations where property owners will not repair or keep their OSSF in proper working order. Actions may include filing cases in the local Justice of the Peace Courts.
**HIV/STD Health Services**

The Waco-McLennan County HIV and STD services are responsible for the identification, treatment and follow up of all cases of reportable sexually transmitted diseases (STDs) including HIV, in McLennan County. In 2005, the District received 1,038 reports of positive test results from physician offices, clinics and hospitals. Disease intervention specialists interview individuals diagnosed with a sexually transmitted infection. Approximately 85 investigational interviews were conducted to obtain information to locate individuals exposed to sexually transmitted diseases.

In an effort to reduce homelessness for persons infected with HIV the Housing Opportunities for People with AIDS grant allowed the District to provide funding for housing assistance. Approximately 18 individuals and their families were able to stay in their homes that might otherwise be at risk of eviction due to the inability to pay rent. The funding also provided for utility payments for short-term assistance.

The work of the HIV Prevention staff to target high-risk individuals and work with them on a one-on-one, long-term basis enrolled 14 new clients in 2005. The program presents lifestyle options that help make these individuals less at risk for HIV and STDs.

**Department of Vital Statistics**

The Waco-McLennan County Public Health District’s Vital Statistics Program joined the state in transitioning to the electronic submission of birth certificates utilizing the Texas Electronic Registrar (TER) as of January 1, 2005. A network of 301 hospitals, birthing centers and midwives and 113 local registrars in Texas now utilize the Texas Electronic Registrar for birth record registration across the state. Staff was also trained and met the challenge created by new birth certificate registration. The new federal standards requirement details the collection of more information at the time of registration.

Vital Statistics hosted the 12th Annual Funeral Directors’ Continuing Education Conference on April 27-28, 2005. Over 150 funeral directors attended the training each day. The Texas Funeral Service Commission approves the conference, which allows for attendees to receive 16 hours of continuing education to renew their licenses.

**The Environmental Health Division**

The Environmental Health Division performs functions relating to comprehensive programs of inspection, education, investigation, and enforcement of applicable rules and regulations. This includes inspections of food establishments, teaching food worker and food manager classes, investigating consumer complaints about health nuisance conditions, inspecting public/semipublic swimming pools and spas, and responding to emergency situations.

Significant accomplishments included providing training of more than 5,500 food workers and food managers; 98% of citizen complaints investigated within 24 hours; and no disease outbreaks reported related to food establishments, swimming pools, sanitation, and vectors.
Approved FY 2005-06 Budget

Excludes $855,760 to the Heart of Texas Community Health Center, Inc. (Family Practice Center)

| State Funds | $2,336,744.00 | 43% |
| Funding Member Contributions | $294,966.00 | 5% |
| City of Waco | $1,317,135.00 | 24% |
| Revenue from Fees | $1,204,883.00 | 22% |
| **Total Other Funds** | **$334,488.00** | **6%** |
| Other Funds County | $62,051.00 | 5% |
| Interest on Investment | $6,790.00 | 5% |
| Miscellaneous Revenue | $15,647.00 | 5% |
| Transfer from Surplus | $250,000.00 | 5% |
| **Total Funding** | **$5,488,216.00** | **100%** |

2005 Community Health Information

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<td>Shigellosis (Food- or Waterborne)</td>
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<td>STD: Chlamydia</td>
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* HIV seropositive includes all positive tests. AIDS cases meet the definition for presence of disease.

There were 385 instances of reportable disease (not including sexually transmitted diseases) recorded in 2004.

Local reporting for many diseases began improving in 2000. Hepatitis A 2001 includes an outbreak associated with a childcare center. The varicella increase in 2001 is also due to an outbreak associated with a childcare center. Pertussis increase in 2002 and 2004 reflects a statewide trend. Incidence rates of pertussis continue to increase in 2005. However, since greater emphasis has been placed on increased surveillance for pertussis cases and the importance of reporting, 2005 has seen an increase in reporting for all diseases and conditions.