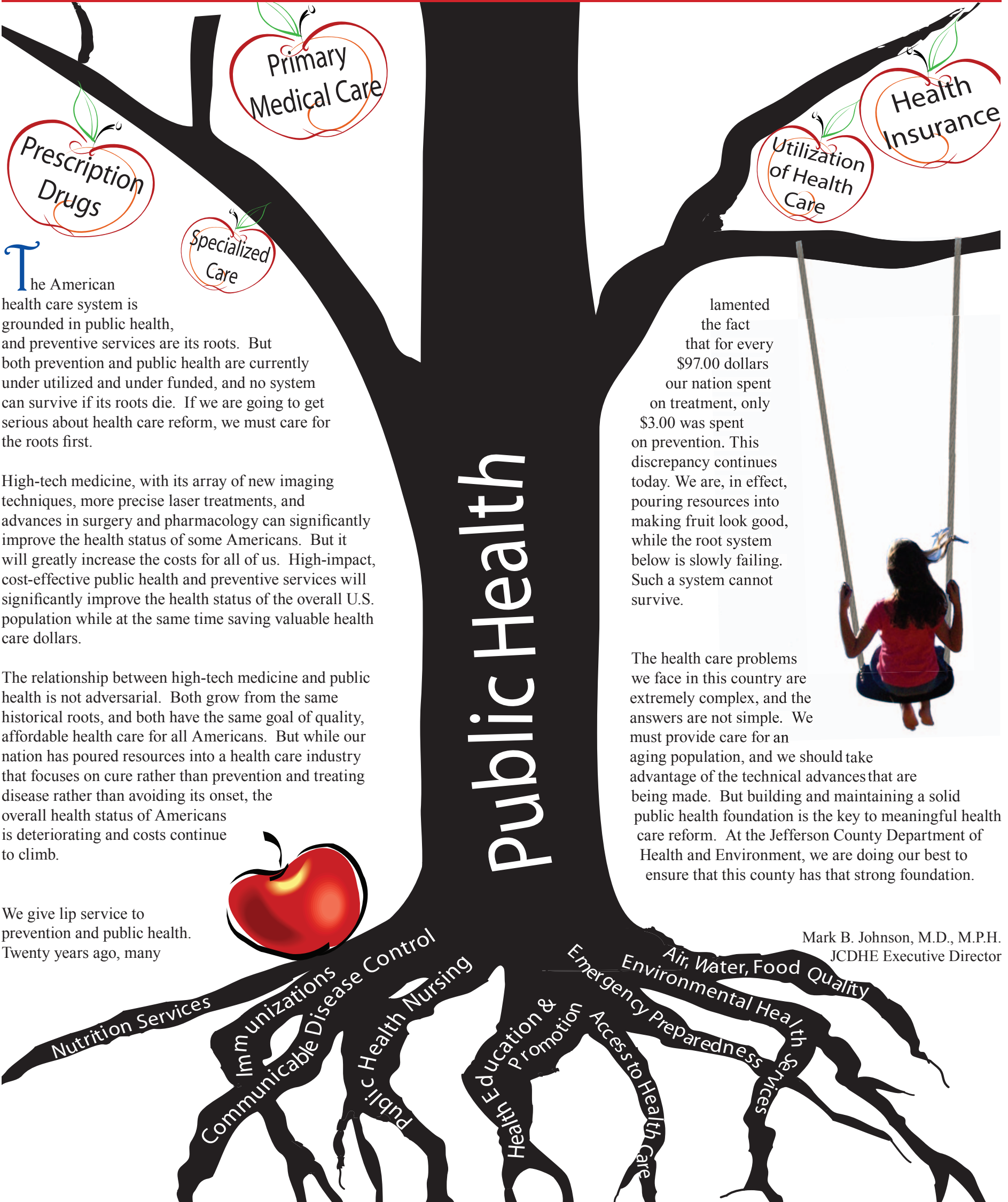


Our Health Care System --

GROUNDING In Public Health



The American health care system is grounded in public health, and preventive services are its roots. But both prevention and public health are currently under utilized and under funded, and no system can survive if its roots die. If we are going to get serious about health care reform, we must care for the roots first.

High-tech medicine, with its array of new imaging techniques, more precise laser treatments, and advances in surgery and pharmacology can significantly improve the health status of some Americans. But it will greatly increase the costs for all of us. High-impact, cost-effective public health and preventive services will significantly improve the health status of the overall U.S. population while at the same time saving valuable health care dollars.

The relationship between high-tech medicine and public health is not adversarial. Both grow from the same historical roots, and both have the same goal of quality, affordable health care for all Americans. But while our nation has poured resources into a health care industry that focuses on cure rather than prevention and treating disease rather than avoiding its onset, the overall health status of Americans is deteriorating and costs continue to climb.

We give lip service to prevention and public health. Twenty years ago, many

lamented the fact that for every \$97.00 dollars our nation spent on treatment, only \$3.00 was spent on prevention. This discrepancy continues today. We are, in effect, pouring resources into making fruit look good, while the root system below is slowly failing. Such a system cannot survive.

The health care problems we face in this country are extremely complex, and the answers are not simple. We must provide care for an aging population, and we should take advantage of the technical advances that are being made. But building and maintaining a solid public health foundation is the key to meaningful health care reform. At the Jefferson County Department of Health and Environment, we are doing our best to ensure that this county has that strong foundation.

Mark B. Johnson, M.D., M.P.H.
JCDHE Executive Director



Prevention . . . A Healthy Population is the Best Way to Save Health Care Dollars

"An Ounce of Prevention is Worth a Pound of Cure"



population. JCDHE helps to assure that preventive services are available to everyone in Jefferson County.

JCDHE CLINICS/OFFICES

The JCDHE Clinics are located in Arvada, Lakewood, and Conifer. There is also a WIC Clinic in Edgewater. Environmental Health Services & Administrative Services are located in Golden.

Public Health Services Include:

- Access to Health Care (assistance with Medicaid application process and benefits)
- Adult Health: comprehensive physical examinations, health screenings
- Cancer Control: breast exams/pap tests
- Communicable Disease Control
- Diabetes/Cardiovascular Disease Prevention
- Family Planning & Reproductive Health
- Fetal Alcohol Disorders Prevention - Party Wise
- Health Care Program for Children with Special Needs
- HIV Counseling and Testing
- Immunizations & TB skin tests
- STD Testing & Treatment
- Partners for Healthy Families
- Prenatal Plus
- Health Promotion & Lifestyle Management
- Health Communications & Public Information
- Nutrition Services & WIC Program
- Tobacco Prevention & Health Education
- Substance Abuse Counseling Program & Animal Assisted Therapy Program

Call 303-232-6301

Prevention is the backbone of public health. Preventive health is based on the principle that it's better to prevent illness and disease than to treat it. Preventing health problems before they occur can save billions of dollars each year in health care costs, increase longevity and improve quality of life. In addition, public health programs and services designed to provide basic health care services to low-income, uninsured and under-insured greatly reduce expensive emergency room and other health care provider visits. A report by the Kaiser Commission on Medicaid and the Uninsured found that uninsured children are five times more likely than privately insured children to use the emergency room as a regular source of care. The uninsured or under-insured are also more likely to delay seeking treatment for potentially serious conditions resulting in needing more costly care.

Today, the leading causes of death in Jefferson County are chronic diseases such as heart disease, stroke, diabetes and cancer. These are conditions that don't occur overnight, they can take years to develop. These are also conditions that can often be prevented through individual behavior change or adherence to public health education on reducing risks combined with public health screenings and interventions.

Regular health screenings, health education and immunizations are essential to a healthy

Immunizations help to prevent disease and its spread. JCDHE offers adult and child immunizations as well as a travel clinic.



NEW VACCINES:

Tdap is a new booster vaccine to protect school-aged children and adults from the contagious and serious respiratory disease, Pertussis, also called whooping cough.

GARDASIL is a new vaccine to prevent cervical cancer and other diseases in females caused by certain types of genital human papillomavirus (HPV). The vaccine is recommended for 11-26 year-old women, and can be given to girls as young as nine years of age. Ideally, females should receive the vaccine before they are sexually active. The vaccine doesn't protect against all cancer-causing types of HPV, so Pap tests are still necessary even if vaccinated.

ZOSTAVAX is a new vaccine for adults over 60 to help prevent Shingles (herpes zoster). Shingles is an outbreak of blisters or rash on the skin that is caused by the same virus that causes chickenpox in children — the varicella-zoster virus.

Eat Healthy, Stay Active & Quit Tobacco

Public Health programs and services prevent heart disease, obesity, diabetes, cancer, nutrition deficiencies, and many other health conditions that can lead to death and disability. Adopting an active lifestyle, eating healthy and quitting smoking can greatly improve both quantity and quality of life.



Heart Wise The Heart Wise Program was implemented in 2006 to address cardiovascular disease in some of the most vulnerable residents of Jefferson County, women 40-64 years old without health insurance. Women who qualify work with a public health nurse and receive free blood pressure screenings, cholesterol screening and body mass index screening. Women also receive information about heart disease and valuable education to reduce their risks. **Call 303-239-7046**

Stop Smoking . . . You Can Quit, We Can Help

Heart disease kills many more smokers than lung cancer. When you smoke or breathe secondhand smoke, your heart works harder with less oxygen, increasing your risk for cardiovascular diseases. According to the American Heart Association, more than 170,000 people die from smoking-related heart disease each year. If you smoke, think about quitting. JCDHE offers a free Getting Ready to Quit class in addition to support and resources for quitting or reducing exposure to secondhand smoke.

Call 303-275-7555.



Nutrition Education and Counseling

Healthy eating habits and good nutrition can improve quality of life and help prevent illness and premature death. The Nutrition Education and Counseling Program works with Jefferson County residents to improve their nutrition knowledge and increase their ability to make better food choices. JCDHE

dietitians provide education and nutrition services for individuals and groups at risk of coronary heart disease, certain types of cancer, stroke, diabetes mellitus, and coronary artery disease.

Call 303-239-7160.

La Buena VIDA . . . Preventing and Controlling Diabetes in the Latino Community



In 2006, JCDHE received a grant to improve awareness and self-responsibility in the prevention of diabetes among the uninsured and under-insured adult Latino population. La Buena VIDA (Victory in Diabetes Awareness) works with clients utilizing Spanish-speaking promotores (community health workers) to work with the Latino community in reducing their risks of diabetes. The cause of diabetes continues to be unknown, however both genetics and lifestyle factors such as obesity, poor diet, and lack of exercise play important roles.

Call 303-239-7059.



Thriving Wheat Ridge Project

JCDHE is working with the City of Wheat Ridge and many community partners to facilitate a healthy eating, active living (HEAL) project entitled, "Thriving Wheat Ridge" (TWR). TWR is committed to working with the students, residents, workers and businesses of Wheat Ridge towards a healthier community.

Call 303-271-5719.

Growing Up with Public Health

Investing in public health means investing in prevention, investing in the ability to detect and respond to health threats, investing in a safe environment and in communities that are healthy to live in and raise our children.



Many JCDHE programs work to prevent illness and promote health in the county's children. All of our programs are based in prevention. **Public Health Nurse home visits** have proven to reduce child abuse and substance abuse, as well as decrease pre-term births and low-birth weights. **Family planning** programs reduce unintended and undesired pregnancy, poorly spaced pregnancies and sexually transmitted diseases. **Nutrition services and education** such as that delivered by the Women, Infants and Children (WIC) program reduce the incidence of anemia,

obesity, failure to thrive and poor nutrition in children and adults. The **Party Wise** program works to prevent alcohol exposed pregnancy and fetal alcohol disorders. JCDHE works to improve the health of all of Jefferson County children and to assure that basic health care services are available.

EPSDT Administrative Case Management and Outreach
The Early, Periodic Screening, Diagnosis, and Treatment program provides children under the age of 21 years and on Medicaid with regular physical exams, immunizations and treatment for health problems. It also assists pregnant women with accessing prenatal care. **Call 303-271-4739.**

Prenatal Plus
The Prenatal Plus team consists of a public health nurse coordinator, a registered dietitian, and a mental health professional. Women are seen in the office and at home for visits throughout their pregnancy and for up to two months after the baby is born. Prenatal Plus team members empower women to make lifestyle choices that positively impact their pregnancies and result in healthier babies. **Call 303-275-7511.**



Partners for Healthy Families
Partners for Healthy Families is a free prenatal and early childhood nurse home visitation program for first time mothers who meet financial guidelines. Public Health Nurses visit as early in pregnancy as possible and continue through the first two years of the child's life. **Call 303-239-7074.**

"Health care is vital to all of us some of the time, but Public Health is vital to all of us all of the time."

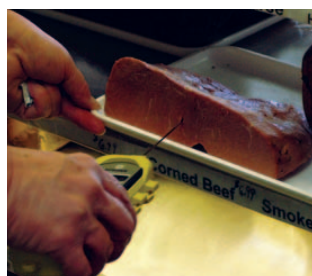
Healthy Populations Depend on Safe Air, Water and Food



The quality of the air we breathe, the water we drink, the food we eat is vital to our health and well-being. Regardless of our scientific advances, if our environment deteriorates so will our health. JCDHE Environmental Health Services administers programs dealing with every aspect of our environment: controlling emissions into our air and water, assuring a safe food supply, mandating safe disposal of waste, and enforcing regulations to protect the health and safety our children in schools and day care centers. Environmental Health Services also work to prevent animal-borne disease in our communities, such as West Nile Virus, Plague, Tularemia and Hanta Virus. Through collaboration with businesses and individuals, Environmental Health Services works to protect our natural and man-made environment, the very foundation of our quality of life.

Environmental Health Services Call 303-271-5755

- Water Quality
- Food Safety
- Air Quality
- Facility Health Inspections- pools, day care centers, schools
- Zoonosis-animal borne disease prevention



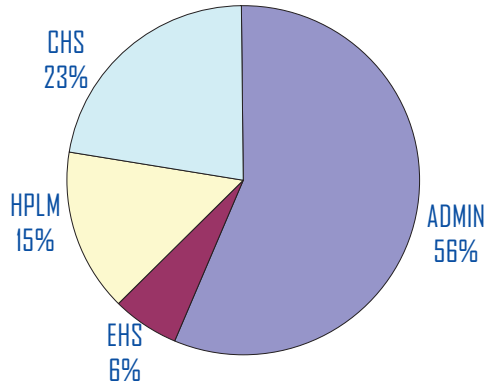
Planting the Seeds for Community Pandemic Preparedness

Public health officials worldwide have been preparing for a pandemic flu for several years. JCDHE has a Pandemic Flu Response Plan that addresses the actions the department will take to prepare for a pandemic. The goal of our plan is to minimize the impacts of pandemic disease on Jefferson County. No one really knows when or if the avian flu will become a worldwide epidemic, or pandemic. Pandemic diseases have occurred periodically throughout human history. Since we know that, we have an advantage: We can plan for the next one, whenever it might be. Planning includes individual and family preparedness.

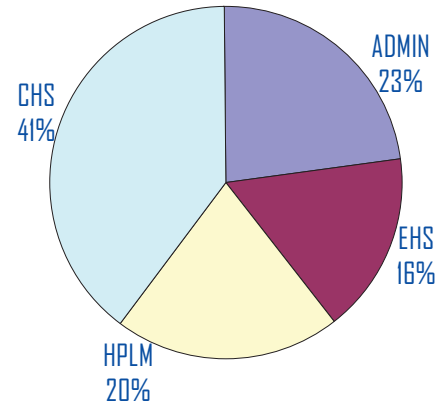
Residents are encouraged to become more diligent about good hygiene. Washing your hands regularly is one of the best ways to protect yourself against any kind of infectious disease, so it's a good idea to develop the habit now. The same goes for coughing into a tissue or your sleeve instead of into your hands, and keeping your hands away from your nose and mouth. Get used to doing these now so they'll be second nature if and when a pandemic occurs. Everyone agrees, the healthier you are, the more resistant your body is to disease. So it's a better time than ever to quit smoking, improve your eating habits, exercise regularly, and get regular medical checkups and recommended immunizations.

Jefferson County Department of Health and Environment 2006 Budget

Total 2006 Revenue = \$12,480,695



Total 2006 Expenditures = \$12,480,695



COMMUNITY HEALTH SERVICES Community/Clinic Activities

Adult Health Visits	231
Breast and Cervical Cancer Screenings	445
Cardiovascular and Diabetes Screenings	34
Diabetes Outreach	50
Family Planning Visits	8,350
FAS-PACE/Party Wise Outreach	353
HIV Counseling and Testing Visits	138
International Travel Visits	1,156
Maternal/Child Health Visits	271
Mental Health Contacts	215
Partners For Healthy Families Visits	2,936
Prenatal Plus Visits	890
Resource Nurse Contacts	5,015
Sexually Transmitted Disease Visits	494
Communicable Disease Control	
Diseases Reported	1,734
Disease Surveillance Contacts	9,686
TB Skin Tests	474
Vaccinations Given	14,629
Access to Health Care	
CHP+, Medicaid, Kaiser Connections Enrollments	1,242
EPSDT Contacts (Early, Periodic Screening, Diagnosis and Treatment)	14,184
Health Care Program for Children with Special Needs Clients	243



HEALTH PROMOTION Individuals Served

Tobacco Community Education	20,935
Tobacco Media Reach	1,175,727
Adult Tobacco Cessation	4,484
Youth Tobacco Cessation	4,323
Health Education & Technical Assistance (non-tobacco related)	423
Substance Abuse Treatment	283
Substance Abuse Counseling (client sessions, evaluations, activities)	3,278
Animal Assisted Therapy (2 dogs/ hours worked)	865.5
Health Communications educational materials distributed via library displays	31,562
Health Communications web site hits	83,177
Nutrition Counseling/Education	4,018
Nutrition-Special Needs	1,012
WIC Program	7,942



ADMINISTRATIVE SERVICES

Vital Records	1st copy	Total
Birth Certificates Issued	8,580	11,699
Death Certificates Issued	3,560	26,838

ENVIRONMENTAL HEALTH SERVICES Total Activities

Water Quality - 23,000 + septic systems	
Individual sewage disposal inspections	1,341
Permits issued	316
Use permits issued (time-of-sale inspections)	656
Failing systems investigations	109
Repair permits issued	60
Food Service - 1,847 facilities	
Plans reviewed	171
Inspections performed	3,919
Food handlers trained and certified	701
Food-borne outbreaks investigated	68
Retail Food Inspection Reports web site hits	33,589
Air Quality - 900 sources	
Inspections performed	375
Indoor Air Quality investigations	6
Public Pool Inspections - 101 facilities	
Inspections performed	257
Schools / Child Care Centers - 335 facilities	
Child care inspections performed	500
School safety inspections performed	54
Environmental Quality Planning cases/ referrals	382
Environmental file searches	111
Zoonosis (animal & insect-borne diseases)	
Mosquito trapping events	516
Mosquito breeding site inspections	8,892
Mosquito breeding sites treated	1,464
Animal/insect specimens submitted for testing	235

Where to Find Us:

Arvada: 6303 Wadsworth Bypass, Arvada, CO 80003	303-275-7500
Conifer: 11030 Kitty Drive, Conifer, CO 80433	303-838-7552
Edgewater WIC: 1711 A & B Sheridan Blvd., Edgewater, CO 80214	303-239-9580
Lakewood: 260 S. Kipling Street, Lakewood, CO 80226	303-232-6301
Administrative Offices: 1801 19th Street, Golden, CO 80401	303-271-5700
Environmental Health Services: 1801 19th Street, Golden, CO 80401	303-271-5755
EPSDT: 900 Jefferson County Parkway, Suite 130, Golden, CO 80401	303-271-4379
Vital Records: 800 Jefferson County Pkwy, Suite 1300, Golden, CO 80401	303-271-6450



Jefferson County Board of Health

Cathy Corcoran - President
 Lou D'Auria - Member
 Bonnie McNulty - Secretary
 John A. Jehn - Vice President
 Beverley Dahan - Member

Jefferson County Board of Commissioners

Jim Congrove - Chairman, District 1
 Kathy Hartman - Chairman Pro Tem, District 3
 J. Kevin McCasky - District 2