
TRICOUNTY HEALTH DEPARTMENT

ANNUAL REPORT

2023



Introduction

TriCounty Health Department (TriCHD) has been supporting the health of our communities in Daggett, Duchesne, and Uintah counties for 45 years; from ensuring healthy environments with clean water to drink and fresh air, to healthy children, families and businesses.

TriCHD supports families with programs for children and parents, education on STIs and teens, car seats, immunizations and nutrition.

TriCHD is here for you as you build your home, test a new home or rental, want to eat better and have a healthier lifestyle or desire to quit smoking.

Public health works with community partners, businesses and government officials to create opportunities locally for you and your family to stay healthy and enjoy peace of mind as you live, work, and play.

Our purpose as a public health organization is to apply the science of protecting and improving the health of people and their communities.

Everyday we work to promote healthy lifestyles, research disease and injury prevention, and detect, prevent and respond to infectious diseases.

Our vision is to be leaders in professional service toward safe and healthy communities.

TRICOUNTY HEALTH DEPARTMENT

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2023 BOARD OF HEALTH

Board Chair



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Keith Goodseed



Tracy Killian



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Richard Jolley

MESSAGE FROM OUR DIRECTOR

Kirk Bengte



We are proud to be part of a long history of efforts to improve the health and wellbeing of Utahns and all Americans. From Boston's first Board of Health created in 1799 to the 1849 Society of Health created by Brigham Young, which was aimed "to give information to the masses of the people, to lessen their burdens, and to enable them to help themselves."

The science, understanding and practice of public health has improved and refined over time, but our overarching mission has remained unchanged: to teach health, provide information, and enable individuals to help themselves in preventing disease, death, and disability. TriCounty Health is proud to be part of a continuing heritage of improving health and preventing disease.

I am passionate about giving every person the best chance possible to experience good health and to help them thrive in their life. Sometimes this involves helping them get educated about something; like the dangers of lead paint or the benefits of exercise. Other times this might mean that we need to create policies or infrastructure that help protect them; like requiring a minimum distance between drinking water wells and septic tanks, or regulating industrial waste streams. Sometimes, this might mean helping someone get access to a vaccine. No matter what front we are working on, I take pride in knowing that we serve our community by helping them get healthy.

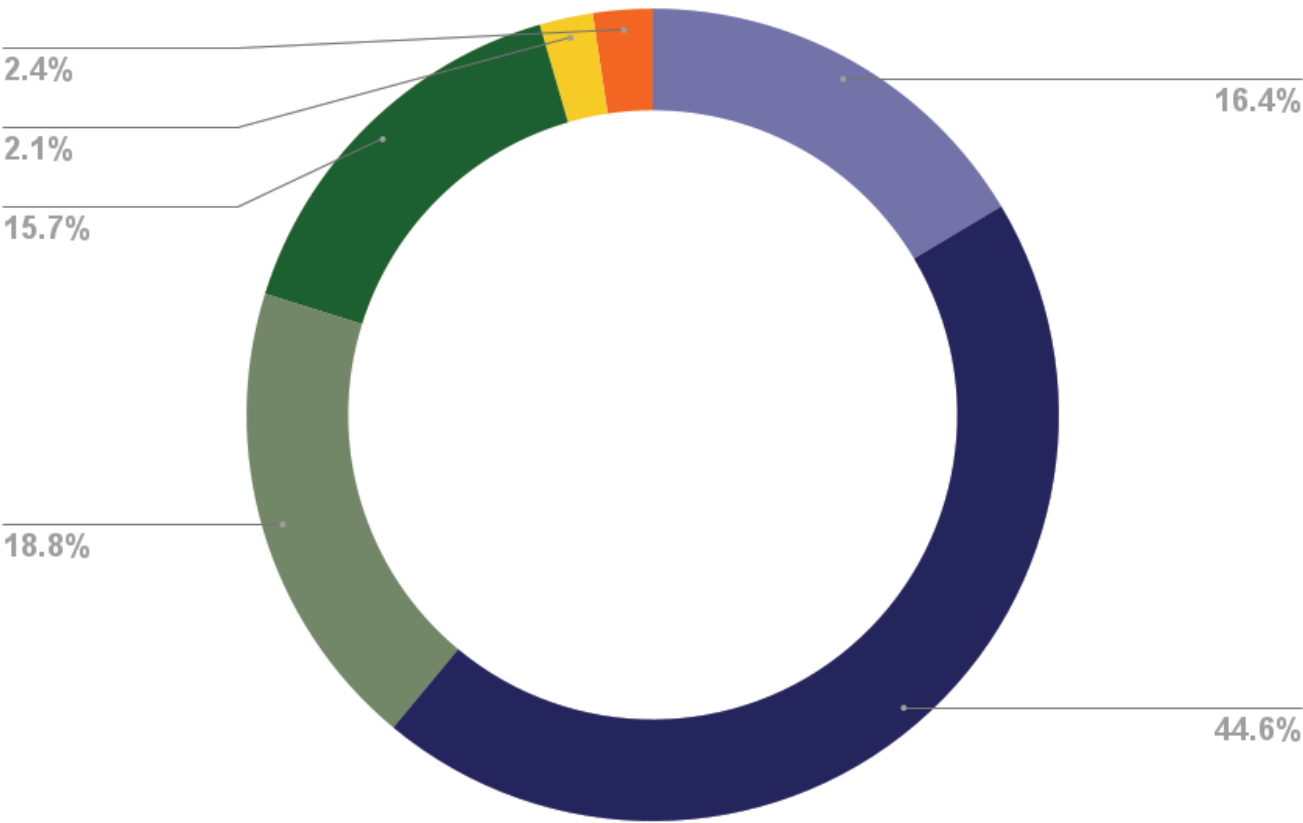
As you read through this year's annual report, I encourage you to consider how public health has impacted your life and where our society would be without it. It is my pleasure to present our 2023 Annual Report. I encourage you to visit our website at tricountyhealth.gov to learn more about our organization and the services we provide in our mission to "protect and promote the health and wellbeing of our communities."

Health Officer

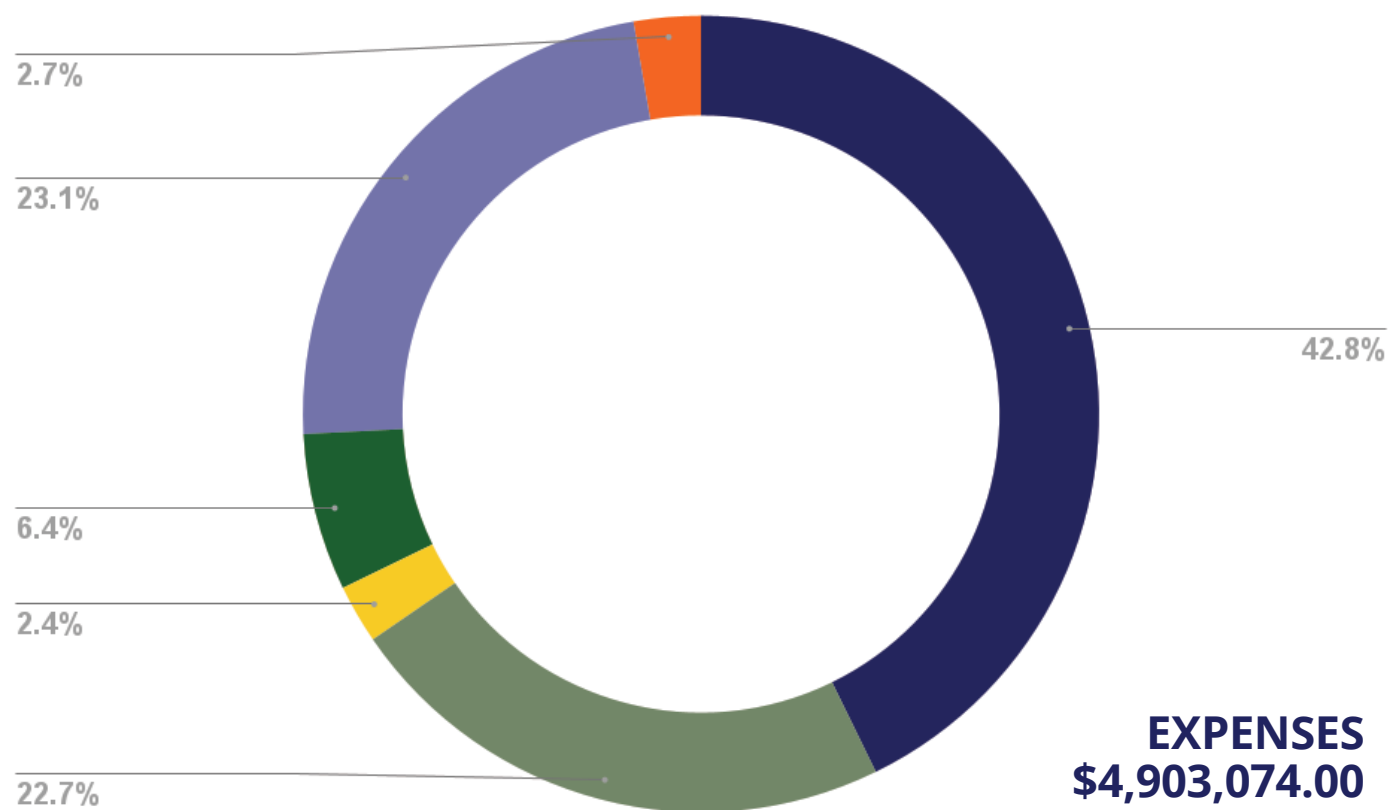
FINANCIAL
SUMMARY

From 2023

REVENUE
\$5,349,170.00



- Federal Grant Revenue
- State Grant Revenue
- Charges For Services (Fees)
- Interest Earnings
- County Tax Contributions
- Miscellaneous



Salaries and Wages



Benefits



Current Expenditures



Travel

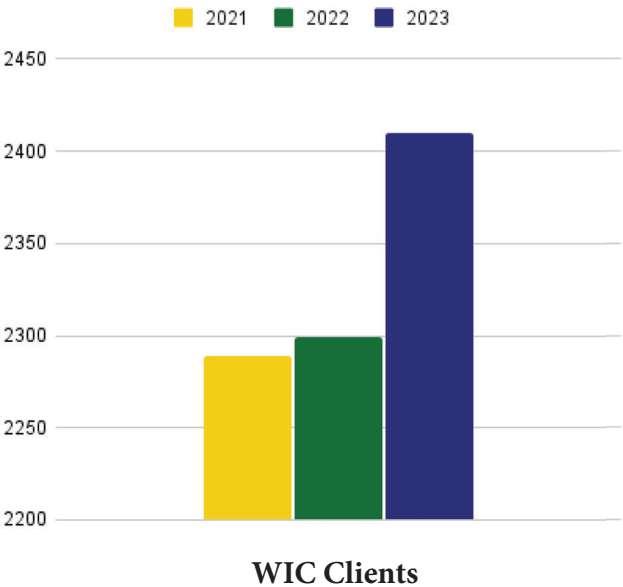


Grant Pass Through



Capital Expenditures

NURSING



Number of clients served in 2023:

- **2,410** / Women, Infants, & Children (WIC)
- **73** / Targeted Case Management (TCM)
- **43** / Baby Your Baby
- **63** / Children with Special Health Care Needs (CSHCN)
- **20** / Preschool Development Grant (PDG-5)

2,609 Total Clients

"I love helping patients with their needs. I love being able to help the less fortunate feed themselves healthier meals during pregnancy and postpartum, and helping their children to have a good, healthier start until they turn five. My motivation definitely comes from serving the public and watching the smiles on their faces when you are able to help them with their needs."

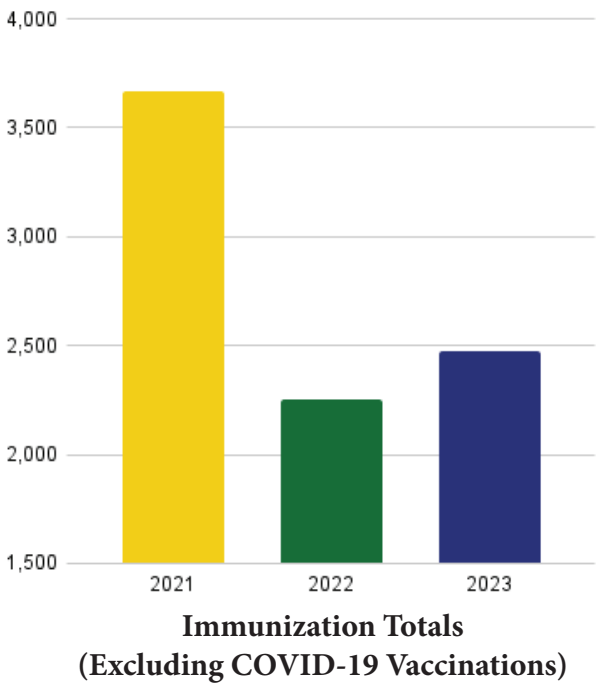
Kim Richens, Nursing Supervisor

Number of immunizations in 2023:

- **1,885** / Private
- **593** / Vaccines For Children
- **315** / COVID-19

2,793 Total Immunizations

In 2021 there were a total of 3,672 immunizations excluding COVID-19 vaccinations. 2022 saw a decline in immunizations with 2,251, likely due to dwindling pandemic concerns, before rising again in 2023 with 2,478. Even post-pandemic, vaccination is important. Vaccines are a simple, safe, and effective way of protecting people against harmful diseases before they come into contact with them.



WHAT WE OFFER

WIC is a nutrition education program that supplies supplemental foods for pregnant, breastfeeding, and postpartum women, as well as infants and children up to age 5. Benefits include healthy foods, nutrition education, breastfeeding information, education and support, and referrals to other programs and services within your community.

We provide services in nutrition and health education, breastfeeding education and support, and referrals and service information.

TCM is a service that assists patients or clients develop a plan that integrates the support services needed to optimize healthcare goals. It is intended for people who may require several health services and have difficulty accessing or sustaining services on their own.

Baby your Baby is a presumptive Medicaid program designed to assist eligible pregnant women with obtaining prenatal care, including prenatal appointments, ultrasounds, prenatal lab work, and prenatal vitamins, while in the

process of applying for Medicaid. The Baby Your Baby program also provides perinatal education and follow-ups to high-risk mothers that apply for the program.

CSHCN is a program designed to partner with families of children and youth with special health care needs to connect and coordinate services which may assist your child's development.

We assist families by creating care plans, exploring solutions to housing and financial issues, provide referrals to resources and support groups, and more.

PDG-5 is a preschool development grant for the benefit of children aged 0 to 8 years old to help facilitate healthy development.

PDG-5 allows our care coordinator to work closely with providers and their services, programs, and partners and assist families with; developmental screening related activities, the referral process to programs, and in identifying barriers and gaps in services to families.



"I wish that our community knew about all of the amazing support and resources that we have. People tend to view what we do with a very small lens and don't get to know what we actually do."

KayCee Asay, Director of Nursing

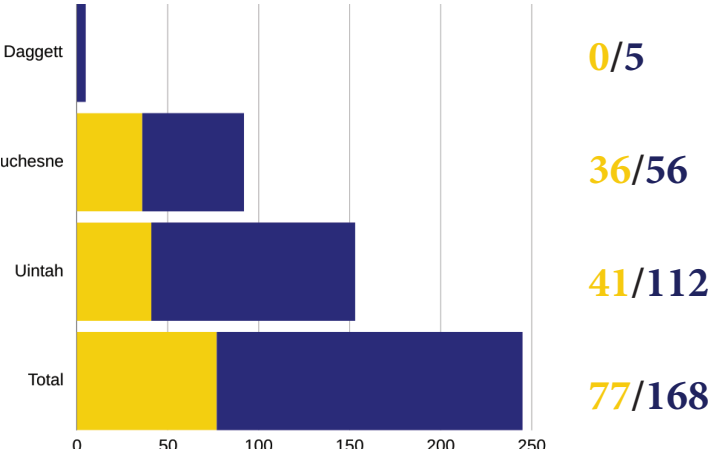
PROMOTION & PREVENTION

2023 Compared to other years with health education programs

TOBACCO CESSATION

Quitline Referral Participants 2022/2023

118% Increase in participants



Quitlines are telephone-based resources available in every state and can be accessed by calling 1-800-QUIT-NOW.

Quitlines are effective, evidence-based tobacco cessation interventions that help tobacco users quit through a variety of service offerings including counseling, practical information on how to quit, referral to other cessation resources and mailed self-help materials.

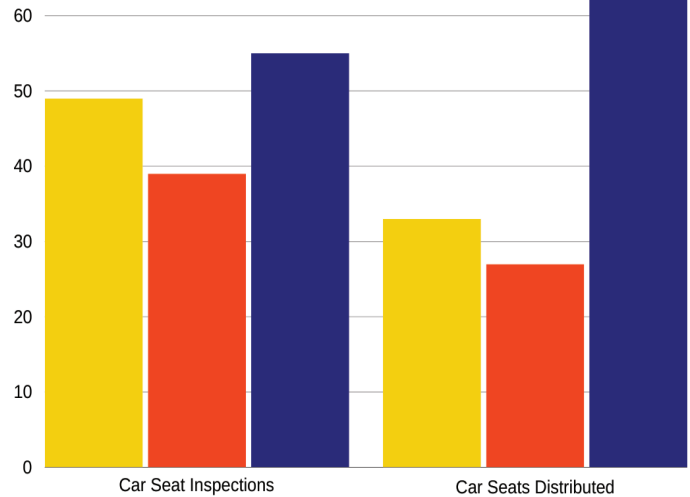
INJURY PREVENTION

Car Seat Safety

Suicide Prevention

2021/2022/2023

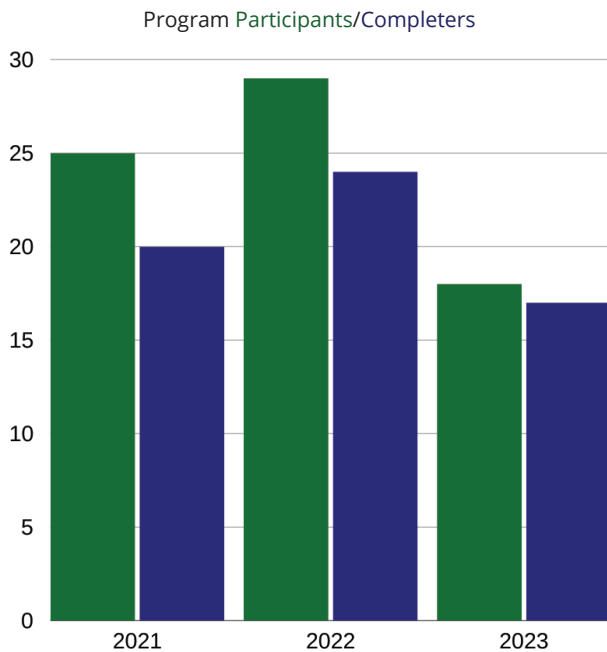
72 PEOPLE TRAINED IN QUESTION, PERSUADE, REFER (QPR)



QPR is a suicide prevention training that teaches participants to recognize the warning signs of suicide and question, persuade, and refer people at risk for suicide for help.

Suicide is a major health threat in Utah, but anyone can learn emergency mental health intervention skills to help save a life. If you or someone you know is struggling, call the Suicide & Crisis Lifeline at 988.

DIABETES PREVENTION PROGRAM



While participant numbers decreased, the DPP had a **94% completion rate** in 2023.

TEEN OUTREACH PROGRAM

52 Students across 6 locations

TOP is an evidence-based after school program designed to equip teens with the tools necessary to build a happy, healthy life. The program is intended to prepare youth to navigate life's challenges and avoid risky behaviors.

TOP empowers teens by building leadership skills, developing a positive sense of self, and connecting them with their community.

The program encourages teens to learn about themselves by exploring their values and learning how to take care of their personal health and wellness.

CLASSES



Tai Chi is an exercise class targeted at minimizing the affects of arthritis and helping prevent falls in the older population, but is open to all. Tai Chi is a form of gentle exercise proven to reduce the risk of falls by 70% through emphasis on balance and higher stances that put less stress of the knees and joints.

Narcan training is an opioid overdose prevention class where participants learn how to use Narcan (Naloxone) to reverse the effects of an opioid overdose. This training gives participants skills to recognize the signs of an overdose and help save a life.

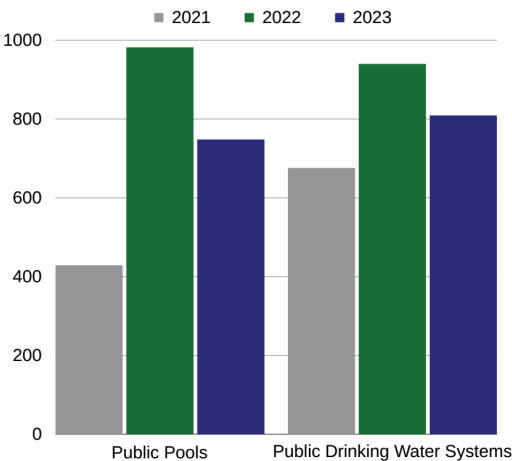
"There are some amazing classes and educational programs that are of immense benefit to the physical and emotional health of all ages."

Rachael Merrick, Community Health Worker

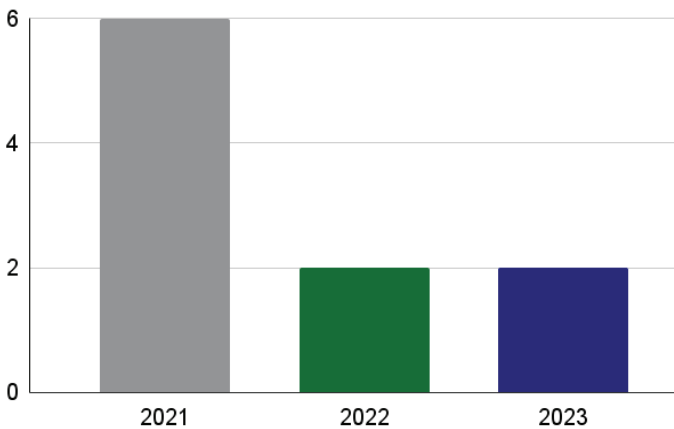
ENVIRONMENTAL HEALTH

The environmental health program is responsible for monitoring residential, institutional, and recreational environments for environmental health hazards, developing policy, providing training and technical assistance, establishing statewide priorities, assuring the quality of environmental health services and assisting state and local agencies in identifying and addressing environmental health issues.

WATER SAMPLES



LARGE SPILLS



"I want to create an environment that people want to live in. I hope that future generations are proud of the community we have created. [One thing I wish everyone in the communities we serve knew] is that we work full time to make their lives better."

Darrin Brown, Environmental Health Director/
Deputy Health Officer

Water Quality

Surveillance of water quality is one of TriCHD's responsibilities. Lakes, rivers, streams, surface water, ground water, standing water, and other bodies of water are all checked for potential issues related to harmful algal blooms, E. Coli, mercury, and other public health issues.

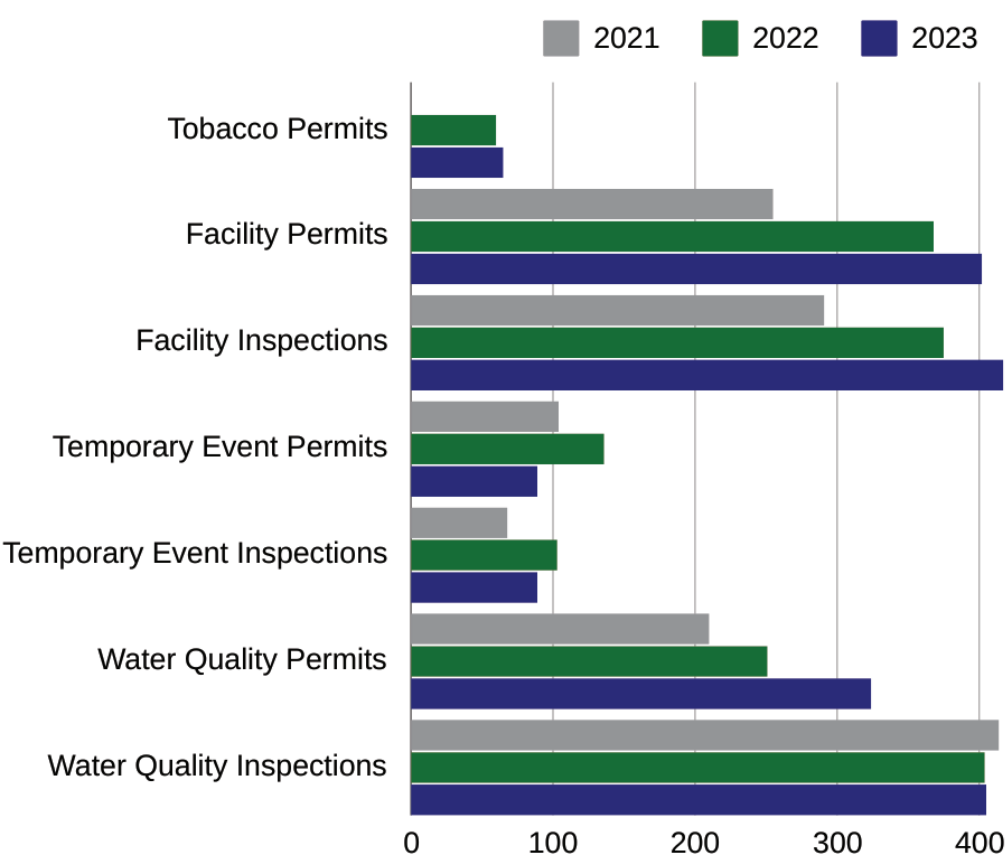
Air Quality

TriCHD also investigates and monitors air quality and concerns. The environmental health department tracks and investigates all concerns about asbestos, lead-based paint, smoke, dust, and other air quality pollutants.

Waste Management

TriCHD maintains adherence to waste management regulations regarding solid waste, used oil, hazardous waste, radiation control, and tires, to shield the public and environment from contamination caused by improper waste treatment, storage, and disposal.

PERMITS & INSPECTIONS



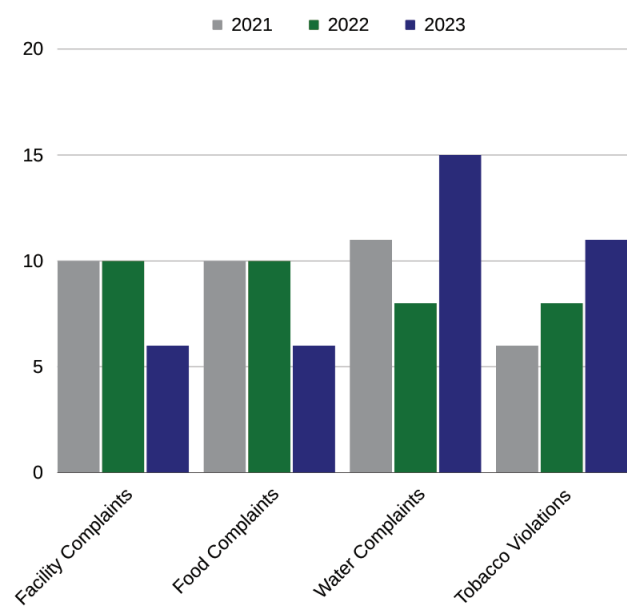
TriCHD conducts regular inspections of businesses that could potentially affect public health.

Facility inspections include: cosmetology, tanning, body art, public schools, and food establishments.

Temporary event inspections include: food booths at fairs, festivals, celebrations, exhibitions, carnivals, and other community gatherings.

Water quality inspections include: public drinking water systems, public pools, and onsitewastewater.

COMPLAINTS & VIOLATIONS



Another aspect of maintaining environmental health (EH) is responding to public complaints.

If someone in the community notices a potential health hazard or violation, they can report it to the environmental health department.

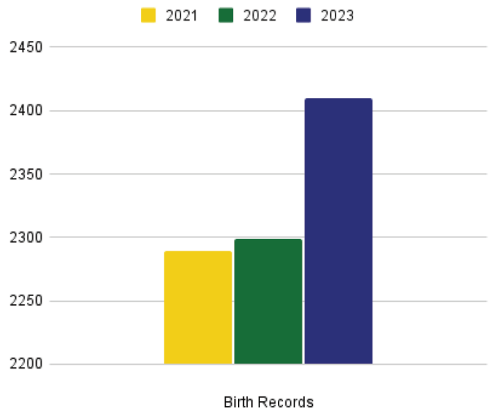
Our EH team responds to complaints by either making referrals to appropriate partner agencies or by going out and performing an inspection.

An inspection is conducted if a complaint has to do with a public hazard like dust, asbestos, garbage or waste.

PAST YEARS COMPARISON

2023 data compared to other years

Vital Records



Records Distributed in 2023:

- 1,983 Birth Certificates
- 680 Death Certificates
- 23 Marriage/Divorce Certificates
- 39 Free Copies
- 3 Still Birth Certificate

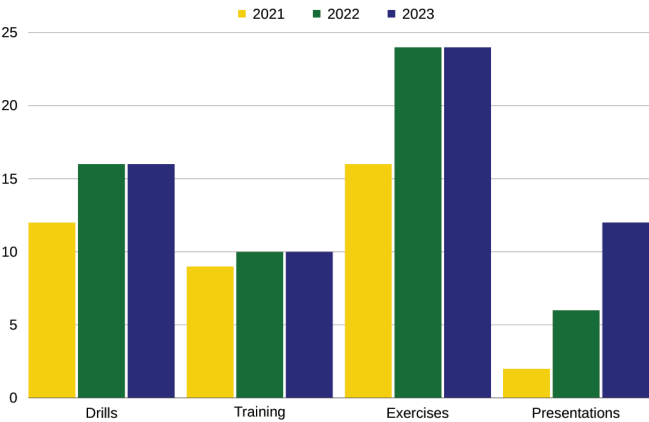
2,778 Total Records

Top 10 Reportable Diseases

Disease	Cases in 2021	Cases in 2022	Cases in 2023	Disease	Cases in 2021	Cases in 2022	Cases in 2023
COVID-19 Hospitalizations	3307	3603	127	Gonorrhea	21	24	26
Chlamydia	142	96	118	Cryptosporidiosis	14	19	38
Influenza	1	43	48	Giardia	2	3	6
Hepatitis C	30	15	17	Chickenpox	0	1	0
Campylobacterosis	68	85	97	Syphilis	3	1	2

Emergency Preparedness

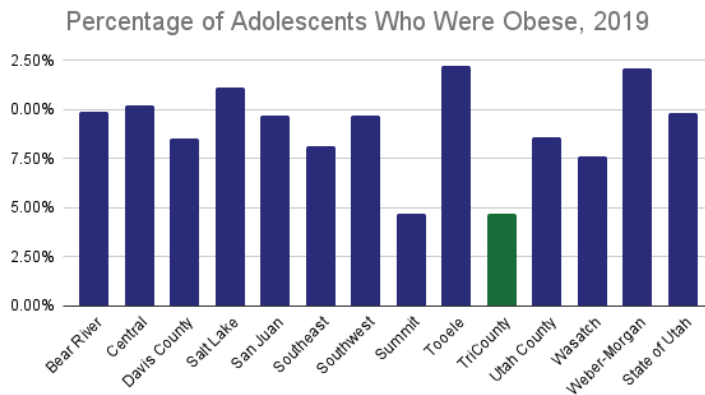
The goal of the TriCounty Health Department's Emergency Preparedness Division is to improve people's ability to prepare for, respond to, and recover from natural or man-made disasters that impact the health of the Daggett, Duchesne, and Uintah communities. This year the department maintained, and in some cases increased, training efforts to ensure that staff are prepared to meet the challenges associated with disasters.



STATE COMPARISON

TriCounty compared to the rest of Utah

Where our community performed better than the state:

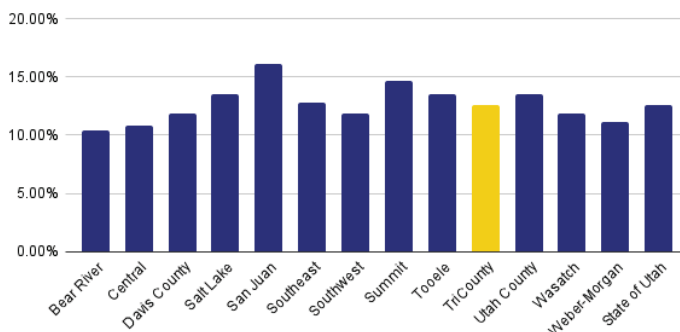


TriCounty had the second lowest obesity rate (4.7%) in 2019 among adolescents in grades 8, 10, and 12.

This matters because the number of overweight or obese children and adolescents is increasing and diseases previously thought to affect mainly adults, are now being diagnosed in adolescents. In addition to physical health risks, childhood obesity also poses negative psychological and social impacts.

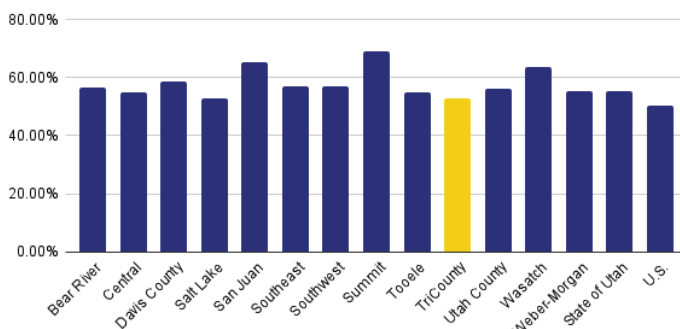
Where our community was average:

Vegetables Consumed Three or More Times Per Day by Local Health District, Utah, 2019 & 2021



TriCounty was on par with the rest of the state for eating vegetables at least three times a day and getting the recommended amount of exercise. Eating a balanced diet and being physically active are two of the most important things you can do to be and stay healthy at any age. The combination of a healthy diet and activity level contribute to less chronic illnesses and improve overall well being.

Recommended Amount of Aerobic Physical Activity by Local Health District, Utah, 2019



Physical activity improves overall physical and mental health. Regular physical activity is beneficial for not only strengthening your body, but also for helping reduce the risk of several health problems like type 2 diabetes, stroke, heart disease, and some cancers.

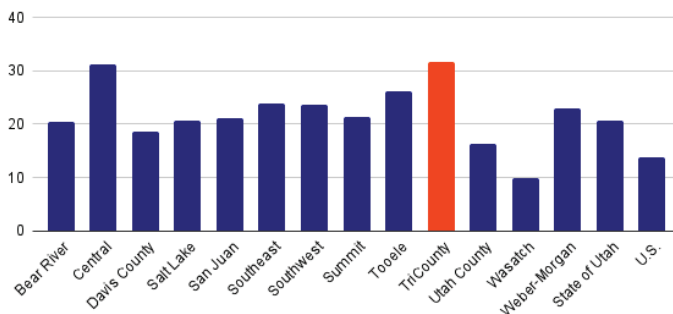
Regular consumption of fruits and vegetables has similar benefits to routine physical activity; people who eat more fruits and vegetables are likely to have reduced risk of the same chronic diseases mentioned above.

STATE COMPARISON

TriCounty compared to the rest of Utah

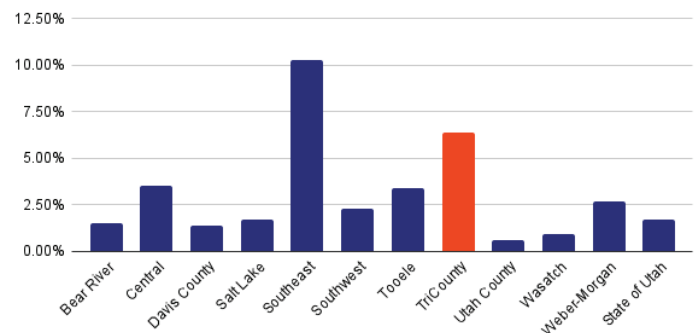
Where our community performed worse than the state:

Suicide by Local Health District, Utah and U.S., Utah 2019-2021 and U.S. 2018-2020



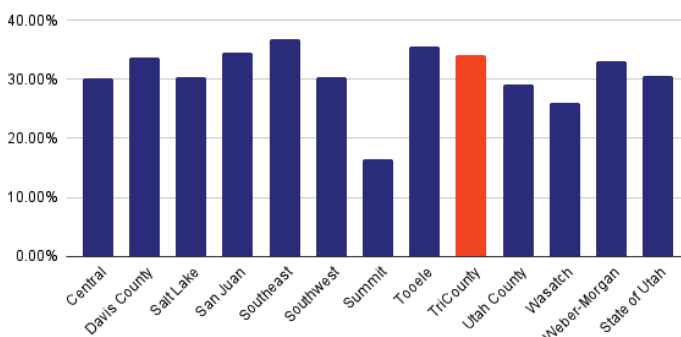
TriCounty had the highest age-adjusted suicide rate at 32.7% per 100,000 population in 2022. Suicidal behavior is a serious and complex public health issue that takes an enormous toll on communities with both economical and human costs. In 2022, suicide was the tenth leading cause of death for Utahns (age-adjusted rate).

Smoking in the third trimester of pregnancy by local health district, Utah, 2019-2021



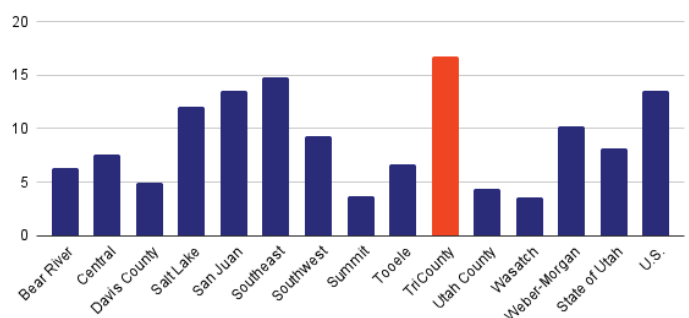
TriCounty had the second highest rate of women smoking in the last trimester of pregnancy at 6.4% in 2022. During pregnancy, women who smoke cigarettes have a higher risk of delivering their infant too early and with low birth weight, making it more likely their infant will be sick and have to stay in the hospital longer.

Adult Obesity by Local Health District, Utah, 2020 & 2021



TriCounty was among the top five counties with the highest age-adjusted percentage of adults who were obese in 2020 & 2021 at 34.2%. Obesity can be costly and serious. Adults who are obese have an increased risk of hypertension, high LDL cholesterol, type 2 diabetes, coronary heart disease, stroke, and osteoarthritis. These are among the leading causes of preventable, premature death.

Birth Rate for Females Aged 15-19 by Local Health District, Utah, 2022



TriCounty had the highest birth rate for females aged 15-19 per 1,000 adolescent females at 16.8%. Research indicates that bearing a child during adolescence is associated with long-term difficulties for the mother, her child, and society. These consequences are often attributable to poverty and other adverse socioeconomic circumstances that frequently accompany early childbearing.

How Can We Help?

If you have any questions about our programs or services, please contact us for more information. Our goal is to extend our services to as many people as we can to help them live happier, healthier lives.

Vernal Office

Main Line
435-247-1177

Environmental Health

Darrin Brown
435-247-1163

Public Information

Sydnee Lamb
435-247-1169

Nursing

KayCee Asay
435-247-1193

Emergency Preparedness

Rob Grove
435-247-1170

WIC

Holli Jackson
435-247-1192

Health Promotions

Ashley Linschoten
435-247-1155

Children with Special Health Care Needs

Ericka Wall
435-247-1196

Birth/Death Certificates

Crystal Slauch
435-247-1180

Serving For Health

tricountyhealthut.gov





TRICOUNTY HEALTH DEPARTMENT

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