Message from the Director

Most people know that public health is important, but they may not really know or understand how public health organizations affect their lives. In fact, the work of public health professionals is everywhere around us, and it plays a key role in ensuring the health and well-being of our communities. By definition, public health is the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research on disease, injury prevention and detection, and control of infectious diseases.

Every day, our team at Summit County Public Health is out in the community, working to protect your health. Eating at a restaurant? Our food-safety experts inspected it. Have a septic system? Our environmental health specialists reviewed plans, conducted an inspection and issued a permit. Are your children vaccinated? We conduct vaccine education and provide walk-in immunization clinics for vaccine administration. Hear about a case of pertussis or influenza at your child’s school? We conduct disease surveillance and investigations to identify increases in cases, root causes and potential exposure risk. Our public health nurses work to educate staff at these facilities on how to prevent the spread of illness and keep numbers of infected individuals to a minimum.

This year’s Summit County Annual Public Health Report highlights just a few examples of the many ways public health touches our daily lives. Public health really is for everyday, everyone, everywhere. We are here to be a resource for you!

To learn more about the programs and services Summit County Public Health provides, visit www.summitcountyco.gov/PublicHealth.

National Public Health Week is not only an opportunity for us to share what we’re doing. It’s also a chance to celebrate the power of prevention, advocate for health and fair policies, forge successful partnerships and champion the role of a strong public health system. Focusing on our health means ensuring conditions where everyone has the opportunity to be healthy.

To start, we must acknowledge that having health care accounts for only 10 percent of what determines our health. Though genetics play some role, the greatest determinants of health by far are the choices we make: what we eat, where we live, whether we exercise, smoke, drink, text and drive, use our seatbelts, and so much more. And research has demonstrated that the choices we make are highly influenced by education level, income, cultural expectations and the ease or inconvenience we have.

The Institute of Medicine defines public health as “what society does collectively to assure the conditions for people to be healthy.” So we all have roles to play. Join the movement! Visit www.nphw.org to find out what you can do today to help make our community and our nation the healthiest they can be.

Amy Wineland, RN, MSN, ND
Director, Summit County Public Health Department
Meet Buster, The Summit County Public Health mascot!

Buster spends a lot of his time out in our community, busting health myths, battling germs and sharing tips for staying healthy. When Buster isn't on the job, he incorporates key public health strategies into his daily life. We invite you to tag along with Buster for a typical day so you can learn how he keeps himself and his family safe, strong and healthy.

**Buster always starts his day with a glass of clean, fluoridated tap water.**

*Know what’s in your water.*

Summit County Environmental Health, housed within Public Health, promotes, supports and ensures safe drinking water. One aspect of safe drinking water is community water fluoridation. Fluoride is the 13th most common element in the earth’s crust, and it exists naturally in waterways, such as rivers and lakes. It is sometimes referred to as “nature’s toothbrush,” because it’s so effective in reducing cavities. In the United States, Protecting the health of the public is the No. 1 priority year in the United States are caused by food borne illness.

An estimated 128,000 illnesses and 3,000 deaths per year in the United States are caused by food borne illness. Protecting the health of the public is the No. 1 priority for Summit County’s Environmental Health Department, which works with nearly 400 food establishments throughout the county. In addition to routine food safety inspections, Summit County Public Health responds to reports of suspected food borne illness. In 2016, Summit County Public Health responded to 21 reports. The food borne illnesses we encountered most frequently were norovirus, Listeria and Salmonella.

Whether in a restaurant kitchen or your home, know the temperature danger zone: 42-135 degrees Fahrenheit. Hold your foods at 41 degrees or below to control growth of pathogens. Reheat foods rapidly to 165 degrees, and hold them above 135 degrees. Remember to always wash your hands: hand washing is the most effective way to prevent food borne illness.

**Buster safely secures his child in an appropriate and properly installed car seat.**

*Buckle up! Every age, every seat, every trip.*

Motor vehicle injuries are a leading cause of death among children in the United States, and many of these can be prevented. Securing children in your vehicle with age- and size-appropriate car seats, booster seats and seat belts reduces the risk of critical and fatal injury by more than half.

Seventy-three percent of car seats are not correctly used or installed, so before you hit the road, check your car seat. If you have any questions about proper car seat installation, or whether your child’s car seat meets federal safety standards, or has been recalled, contact Public Health at 970-668-9161 to speak with a certified car seat technician.

Sweeten the deal with fluoridated tap water! Summit County Environmental Health, housed within Public Health, promotes, supports and ensures safe drinking water. One aspect of safe drinking water is community water fluoridation. Fluoride is the 13th most common element in the earth’s crust, and it exists naturally in waterways, such as rivers and lakes. It is sometimes referred to as “nature’s toothbrush,” because it’s so effective in reducing cavities. In the United States, Protecting the health of the public is the No. 1 priority year in the United States are caused by food borne illness.

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**Buster drops his child off at a quality child care center that partners with Public Health.**

*Early childhood is a critical time in a person’s life. Public Health supports the early childhood education community.*

Child care centers (CCCs) in Summit County partner with Summit County Public Health to receive consultation services, including training, delegation and supervision of medications and special health procedures, hygiene, disease prevention, equipment safety, nutrition and support for interactions between children and adult caregivers. When questions arise about typical growth and development, Public Health nurses discuss and support the use of screening tools and community resources.

Seventeen percent of children have some kind of developmental delay before age 3. Early identification is critical. The Early Intervention program provides service coordination to qualifying children ages 0-3. Seventy percent of children who participate in Early Intervention achieve developmental success within six months to one year of enrollment.

**At work, Buster ensures that food safety practices are followed in his restaurant kitchen.**

*Public Health conducts retail food establishment inspections and food borne illness investigations.*

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Buster’s newly pregnant wife visits Public Health.

If you are pregnant, visit Public Health to find out about prenatal care and other resources for pregnant women.

Public Health offers prenatal care coordination for expecting mothers. During an appointment with a registered nurse and our Community Care Coordinator, you can receive information about the physical and emotional aspects of pregnancy, nutrition, fetal development and eligibility for programs such as Nurse Family Partnership, WIC, Tobacco Free, Baby & Me, Parents as Teachers, Head Start and many more.

Depression screenings are also available. One in five women experiences a mood disorder such as depression or anxiety during pregnancy, and one in 10 fathers experiences postpartum depression. These mood disorders are treatable. Screening and early intervention can protect the well being of your entire family. If you think you might have a mood disorder, you are not alone, and you are not to blame. With help, you will be well.

After work and school, Buster and his family go swimming.

Make sure your personal hot tub is as safe as Summit County’s public recreational water.

Public Health promotes active living, which includes at least one hour of physical activity every day. Many Summit County families and visitors enjoy swimming or soaking in hot tubs after a long day of work or play.

Summit County Public Health performs inspections for all public recreational water facilities in the areas of planning, review, construction and complaints. These inspections verify that recreational facilities are using proper systems and oversight to maintain safe environments for our public. Without proper oversight and halogen-based disinfection procedures, recreational facilities risk spreading waterborne illnesses among patrons. Outbreaks can occur from the following pathogens: Cryptosporidium, Giardia, Shigella, norovirus and E. coli O157:H7. Certified operators of public recreational water facilities in Summit County are required to test chemical levels of swimming pools three times daily, and at two-hour intervals for hot tubs and spas, in order to maintain compliance with regulations, and to ensure a safe swimming environment for you and your family.

Buster’s family eats dinner together without distractions from screens.

Turn off the screen and eat together as a family.

Meals are a time for families to connect and nourish their bodies. Children learn by watching their parents. Parents have the power to be positive role models and can teach healthy habits during meal times by modeling healthy choices. Research shows that too much screen time, including television, video games, cell phones and tablets, can lead to obesity and other health problems. Public Health programs like WIC (the Supplemental Nutrition Program for Women, Infants and Children) teach families strategies to make healthy diet and lifestyle choices, including limiting screen time to two hours per day, family meal time, healthy recipes that encourage children to help with cooking, eliminating sugar-sweetened beverages and promoting physical activity.

When it’s time for bed, Buster and his family sleep soundly, knowing they are breathing high-quality indoor air.

Limit moisture, test your home for radon and install carbon monoxide detectors. Never smoke inside your home.

Fresh outdoor air is one of Summit County’s greatest assets, but dangerous air can lurk inside our buildings. Dust, strong cleaning agents and air fresheners can all be asthma triggers. Mold can grow anywhere that moisture is present. To reduce moisture, use strategies like fixing leaks and running fans while cooking and showering.

Radon is the second-leading cause of lung cancer, and this radioactive gas is present inside many Summit County homes. Both carbon monoxide and radon are colorless, odorless and tasteless. The only way to know about exposure is to test your indoor air quality. Free radon test kits are available at Summit County Environmental Health, and all homes should have a functioning carbon monoxide detector. As of 2017, all schools and child care centers in Colorado are required to test for radon.
**2016**

**BY THE NUMBERS**

- **107** Child Care Consultations
- **294** Child Care Consultation Hours
- **35** Child Care Inspections
- **23** Car Seat Inspections
- **18** Tobacco-Free Baby & Me Participants
- **55** Counseling Sessions
- **234** Septic System Construction Inspections
- **168** Operational Septic System Inspections
- **60** Septic System Construction Permits Issued
- **16** Failing Septic Systems Corrected
- **326** Radon Tests Dispensed
- **972** Healthy Communities Contacts
- **31** Prenatal Care Coordination Appointments
- **215** Hearing & Vision Screenings
- **200** Intermountain Nurse-Family Partnership Clients and
- **1,853** Appointments
- **84** Private Wells Tested
- **125** Responses to Environmental Health Complaints
- **1,055** Individuals Immunized
- **1,410** Immunizations Administered
- **519** WIC Clients and Appointments
- **300+ LBS** Produce Distributed by Grow to Share
- **669** Retail Food Inspections
- **21** Foodborne Illness Investigations
- **57** Early Intervention Referrals
- **11** Pools brought into compliance for proper disinfection

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