

**Tompkins
County
Health
Department
Annual
Report**

2011



Your Partner for a Healthy Community

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HOME HEALTH CARE

For over forty-five years Tompkins County Health Department provided home care services to the residents of Tompkins County. The care included skilled nursing, speech, occupational and physical therapy and assistance with personal care. People in need of home care require medical care but not hospitalization. The goal of Tompkins County’s Home Health Care was to provide the support needed to allow patients to stay at home as long as possible and achieve independence in their care management. In 2011 the Tompkins County Legislature voted for divestiture of the Home Health Care Program due to increasing costs to County taxpayers.

Tompkins County Home Health Care continually received high patient satisfaction ratings. One patient comment summed up the satisfaction of many: “The special care provided by my nurse made my stay at home as comfortable as possible. Her cheery visits, wonderful professional competency, warmth and support made my recovery so much more!”

The New York State Department of Health awarded the Home Health Care Team the 2011 Public Health Works Honor Roll Award in recognition of their outstanding commitment to public health by promoting the overall health of the community, preventing disease the helping New York to become the healthiest state in the nation.

TOMPKINS COUNTY BOARD OF HEALTH

- WILL BURBANK, COUNTY LEGISLATOR
- AMY DiFABIO, M.D.
- BROOKE GREENHOUSE
- ERIN HALL-RHOADES, M.D.
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- JANET E. MORGAN, PHD, R.N.

DIRECTOR'S WELCOME

Welcome to the Tompkins County Health Department's 2011 Annual report. If you have seen previous years' reports you may notice that we have made a change in the format this year. We have focused on presenting the work of the Health Department through the eyes of our dedicated Public Health Professionals. Everyday we have nurses, engineers, sanitarians, nutritionists and many others working to keep the residents and visitors to Tompkins County healthy and safe.

Our past annual reports have been very data intensive and I know many of you use that data to inform your work or measure the success of the Health Department. All of that data is still available through our website www.tompkins-co.org/health. If there is something you need and cannot find please contact us and we will get you what you need.

2011 will always be special to me because it I the year I was appointed as Public Health Director in Tompkins County. You will see that a lot happened over the course of the year and I hope you enjoy getting to know the Public Health Professionals featured in this year's annual report. I encourage you to join me as I continue to learn how the Tompkins County Health Department strives to be Your Partner for a Healthy Community.

— Frank Kruppa

Public Health Director Frank Kruppa (left)
with Medical Director William Klepack, M.D.



FROM THE MEDICAL DIRECTOR

THE PHOTO OF FRANK KRUPPA AND ME illustrates the close partnership that exists between the Public Health Director and Medical Director. The Public Health Director brings his expertise in administration with all of his skills in finance, human relations, networking, and organizational dynamics. The Medical Director brings medical acumen, a sense of medical priorities, collegial collaboration with health care professionals and institutions, and skills for crafting and sharing health care messages with the public.

Day to day, I review individual care plans for individuals, and policies for the delivery of care to groups of people. I review procedures that the Department will follow in everyday affairs and others followed in a time of disaster. On the one hand, I review the investigation and treatment of a person potentially exposed to whooping cough, and on the other, consider the potential public health risks of high volume slick water hydrofracking. I may be on the phone with a clinician to explore their patient's need for rabies shots, and at another time be advising the Board of Health on what is known about Health Care Reform and its impact on public health services.

Together the Public Health Director, Medical Director and senior leadership take into account the resources available to Tompkins County Health Department and within those constraints seek to maximize the health of individuals and our community.

— William Klepack, M.D., Medical Director

PROFILE: SKIP PARR

Summer is a special time in Tompkins County. Along with it comes swimming at area beaches and pools — a favorite activity during the short, precious season. Each year we head out to the water with the confidence that it will be a safe place to swim and enjoy.

And it will be, thanks to Skip Parr, Public Health Sanitarian who is a perfect example of public health working behind the scenes. Skip, a graduate of the College of Environmental Science and Forestry at Syracuse is responsible for making sure that all public pools and bathing beaches are ready for operation by Memorial Day. “Before an operating permit can be issued, I inspect the water quality and treatment systems,” he explains. “I also check that the proper supervision — lifeguards for example — is in place and that everything is up to code.” He also visits the sites a

couple of times during the season to ensure that everything continues to be in place and helps pool and beach operators make corrections if necessary. But that part of his job doesn’t end when swimming season is over. “The Environmental Health (EH) Division is also responsible for inspecting and ensuring safety compliance regulations in hotel and other indoor pools and saunas in the County that operate year round,” he adds.

There are approximately forty mobile home parks in Tompkins County. Mr. Parr ensures that the parks provide healthy and safe environments for their residents. He does that by checking to see that there is adequate spacing between homes and that general safety requirements for fire, electrical and general health and safety requirements are up to code. And he conducts annual water inspection and sanitary surveys of on-site water systems.

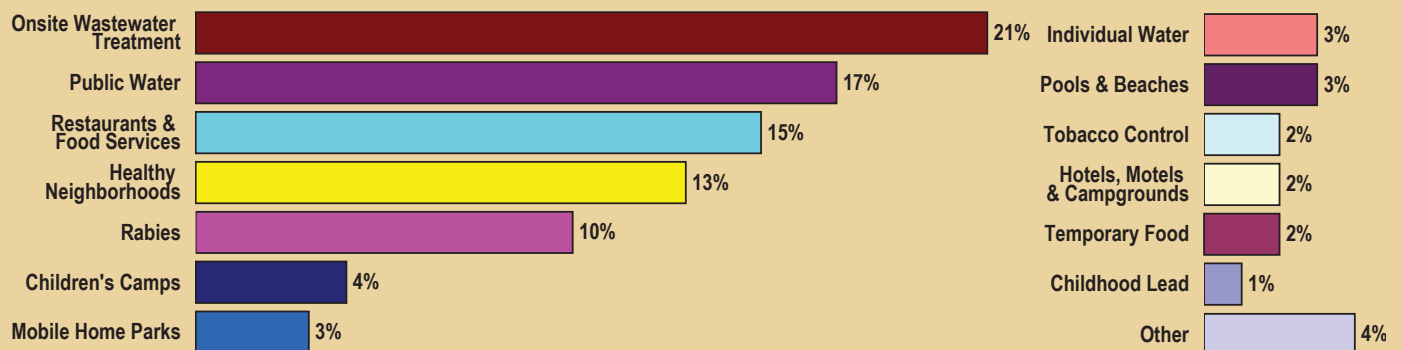
“A lot of the work that EH does is regulatory,” Skip Parr notes. “That’s important for health and safety reasons, but it also provides opportunities for education,” he said. “The public’s health is what’s important and what we’re really about so we do our best to work with and help mobile home park operators, hotels, restaurants, and home owners to make health a top priority.”

“The beauty of this job is that I never know what my day will be like when I come to work. One phone call can determine what I’ll do.” On any given day Skip may be enlisted when someone calls with a concern about a rabid animal or to help with food vendor inspections during one of Tompkins County’s many events where food is served.

Skip says. “It’s really a team effort in EH and the program areas are diverse and we’re responsible for a variety of programs which makes for an interesting work environment.”



Percent of Staff Time in Environmental Health Programs, 2011



PROFILE: DIANE OLDEN

Birth to the age of three is a critical time in the development of a child,” explains Diane Olden, RN, Community Health Nurse in the Children with Special Health Care Needs Division (CSHCN). Ensuring that children between those ages with developmental delays receive essential services is the core of Diane’s day to day job responsibilities. She adds that, “it’s very important that these children receive the help they need — it can change the trajectory course of their lives.”

The Division offers and coordinates a range of services for children from birth to three years old who are experiencing one or more developmental delays. These delays may include vision or sensory neural hearing loss, motor skill delay, communication or cognitive impairment – learning or thinking. Some children may also have problems with feeding that can impact growth and development. Causes often cannot be traced. However, some delays are characteristic of certain conditions such as autism, cerebral palsy or Down syndrome. Each child is unique and services are planned accordingly.

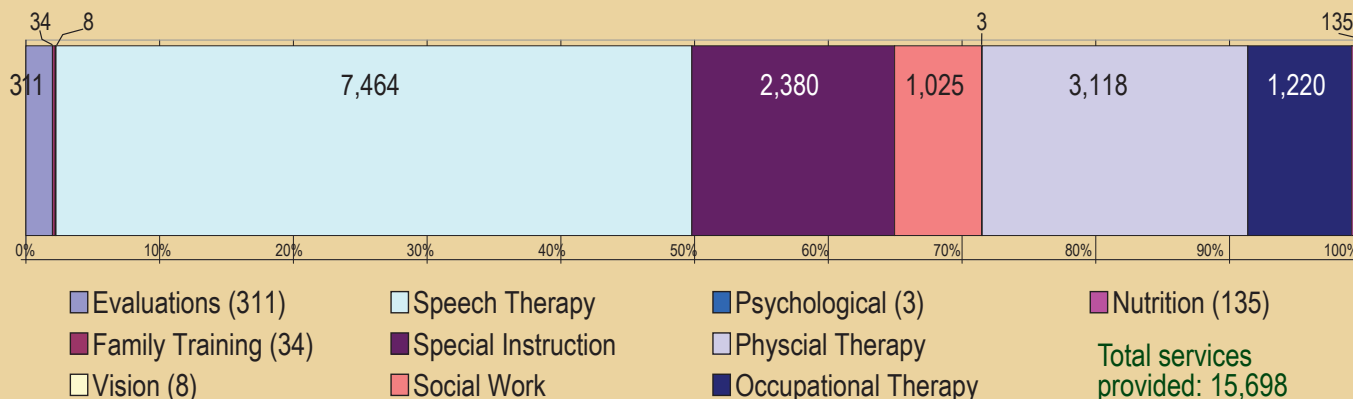
As the Ongoing Service Coordinator, Ms. Olden meets the child and family after a medical history and an evaluation have been completed and it’s determined that the child qualifies for services. “I work with the family to establish outcome goals for the child and engage them in the child’s care. That’s very important. I help everyone understand the process and the purpose of the services the child will receive,” she says. Some of these include physical, occupational or speech therapy, social work/ play therapy for behavioral concerns, and special education. Needs can be complex and a child may receive several services. Once the family agrees to the plan of service and it’s put into place,

Ms. Olden stays connected with the family and providers and monitors the child’s care.

The nurses in CSHCN receive special training to do their job. But most of all families appreciate that a nurse is involved in their child’s care. “They feel that I’m approachable and can interpret the “medical speak;” they trust me to tell them when to call the doctor,” says Ms. Olden. She adds, “One of the hardest things is helping parents deal with their grief. Many hopes and expectations come with the birth of a child and a developmental delay is not one of them. I do what I can to help them with that along with moving forward with participating in the care their child needs.” In her time at the Health Department, Diane Olden has also worked in the Maternal/Child program which has proved to be valuable experience in CSHCN.



Number of Early Intervention Services Provided, 2011



PROFILE: ALISON RICE

You're as likely to find Alison Rice, RN at Loaves and Fishes in downtown Ithaca on a given week day as you would at the Health Department. Loaves and Fishes is a place for free meals, hospitality, companionship, health screenings and advocacy for those in need. Ms. Rice is likely talking with a group about a recent health issue in the community such as pertussis and its symptoms, for example. She may be taking someone's blood pressure which provides an opportunity to discuss an individual's health concerns. "Loaves and Fishes is a vital community that welcomes everyone," she says. "There are those who come for the noon meal that are unemployed, who are working — people of all ages. And the food is wonderful."

An important part of her involvement there is to provide anonymous HIV testing and counseling. Testing is also available at the Health Department but bringing this service to the community is an effective public health outreach effort. "It's important to safeguard a person's privacy — that's why testing is anonymous. Unfortunately, HIV/AIDS still carries a stigma," she says. The number of people interested in a HIV test has steadily decreased over the years in part because of new drugs — protease inhibitors — that allow those infected to live with HIV as a chronic disease without developing into AIDS.

Alison Rice is a member of the Community Health Services team that is responsible for the lead prevention program, surveillance of communicable diseases, and care for pre- and post natal women. As HIV testing declined, Alison Rice joined other staff in providing flu shots, childhood immunizations and following up with people who have been diagnosed with a sexually transmitted infection (STI). "The Health



Department is notified by labs, the State Health Department or other providers when someone has a STI. Public Health's role is to prevent further transmission of disease — to protect the health of the public," she explains.

Protecting the public's health does not stop when the Health Department office doors close on Friday afternoon. When someone needs rabies shots because they've come in contact with a rabid animal, a strict schedule of inoculations has to be followed. And that can mean weekends and holidays. You'll find Ms. Rice there at the Health Department providing those shots to an individual or an entire family if it's necessary. Asked why the job she does is important, Ms. Rice says, "To safeguard the public. And on top of that I get to work with a group of people who are smart, competent, and dedicated to what they do."

MOMS Program	
Medicaid Obstetric and Maternal Services	
459 pregnant women assisted in 2011	
84%	entered care in their 1st trimester
28%	were first time mothers
557	prenatal visits made
277	postpartal visits made
299 babies born to MOMS participants	
(35% of births at CMC)	
1	birth was <28 weeks gestation
11	births weighing <5 lbs 8 oz
4	births weighing <4 lbs 3 oz
1	fetal death at 36 weeks gestation

2011 Communicable Disease Report TOMPKINS COUNTY, N.Y.	
DISEASE	TOTALS
ARTHROPODA-BORNE DISEASES	110
ANAPLASMOSIS	1
*LYME DISEASE	107
MALARIA	2
BLOODBORNE DISEASES	54
HEPATITIS C, CHRONIC	54
CENTRAL NERVOUS SYSTEM DISEASES	-
MENINGITIS, BACTERIAL	-
GASTROINTESTINAL ILLNESSES	80
BACTERIAL	49
PARASITIC	31
MYCOBACTERIUM AGENTS	3
TUBERCULOSIS	3

2011 Communicable Disease Report TOMPKINS COUNTY, N.Y.	
DISEASE	TOTALS
RABIES EXPOSURE	112
SEXUALLY TRANSMITTED DISEASES	312
INVASIVE DISEASES, NOT VACCINE PREV.	6
VACCINE PREVENTABLE DISEASES	36
HAEMOPHILUS INFLUENZAE, INVASIVE	2
HEPATITIS B, ACUTE	1
HEPATITIS B, CHRONIC	11
**PERTUSSIS	13
STREPT PNEUMO, INVASIVE	6
MISCELLANEOUS	3
GRAND TOTAL OF REPORTS	713

*Due to high incidence, Tompkins Co. designated "sentinel county" only 20% of reported lab confirmed cases are investigated.

**Mayo lab not NYSDOH approved for pertussis, all positive PCR results = "probable" case.

PROFILE: WIC

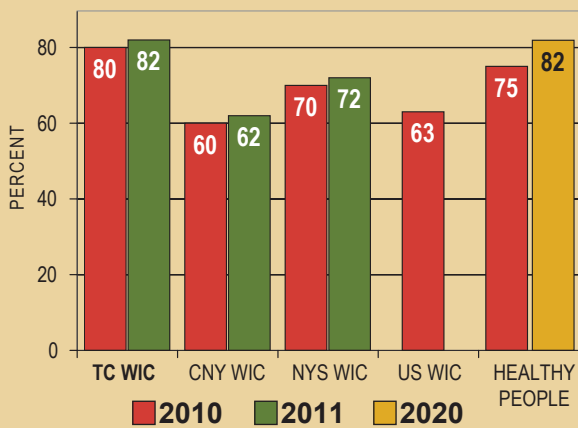
The team of nutrition educators, nutritionists and clerks in the WIC program are committed to helping babies, children, and moms off to a healthy start. When a pregnant woman visits WIC she will learn about the importance of healthy eating for herself and her children. She'll be supported in creating other healthy behaviors that will improve her overall well-being. And as she plans for the arrival of her baby, an educator or nutritionist will encourage her to breastfeed her child and will provide support and guidance when the baby is born. Breastfeeding is a top priority in WIC. The Tompkins County WIC has one of

the highest rates of mothers who initiated breastfeeding in New York State.

Pregnant and breastfeeding women, infants, and children under the age of five who meet income criteria may participate in WIC. Staff assess the nutritional needs of each participant and provide a plan for healthy eating. As mothers learn about nutritious food, they can follow through on what they've learned by selecting healthy food at local stores with their WIC benefit. Fruits and vegetables, whole grain bread, tortillas, peanut butter, beans, lentils, and milk, and cheese are some of the foods that WIC participants may obtain.

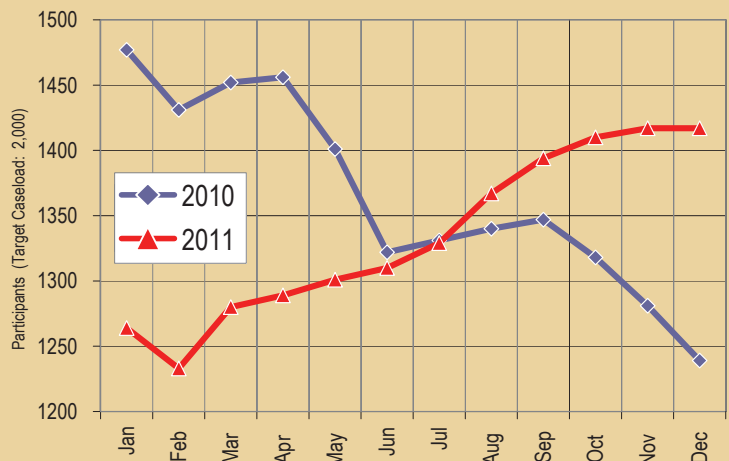


Percent of WIC Mothers Who Initiated Breastfeeding
Tompkins Co., CNY, NYS, US, in 2010, 2011, & Healthy People 2020



* Source: WICSIS Report CT056T

Tompkins County WIC - Total Served



HEALTH PROMOTION PROGRAM

Health Promotion Program staff employ a spectrum of strategies to involve Tompkins County residents in becoming a Partner for a Healthy Community. They draw on several disciplines to achieve that objective — social marketing, social and behavioral sciences, epidemiology, medicine, nursing, and health and risk communication. The goal is to prevent and reduce the impact of such chronic diseases as diabetes, cardiovascular disease, asthma and cancer.

Health Promotion Program staff in 2011 included a Certified Health Education Specialist, a Planner/Evaluator and a Community Health Nurse. They implement several complementary strategies that together achieve greater effectiveness. The Health Promotion Program:



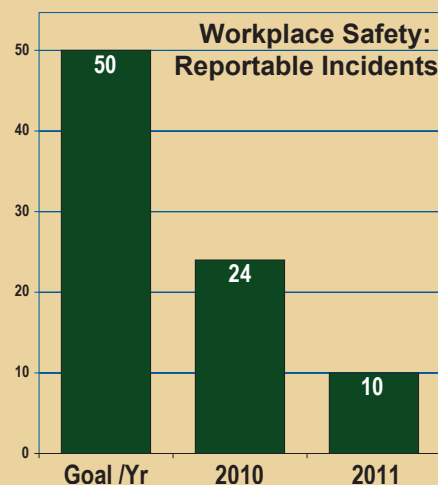
- Strengthens individual knowledge and skills
- Educates providers on local resources that will benefit their patients and enhance patient care
- Convenes and participates in local coalitions to achieve broader goals and achieve greater impact
- Empowers residents with information on health and health care resources that allow them to make better choices
- Encourages work sites and community agencies to adopt organizational practices that shape norms to improve the health of their employees and clients
- Builds awareness of how cultural, physical, and social environments impact our health and the importance of a changing laws and policies to positively influence the health of a community.
- Coordinates outreach and maintains media relations to inform the community on health issues.

2011 HPP HIGHLIGHTS

- 104 community residents learned about programs, initiatives or health topics in different presentations.
- 38 people completed one of four Diabetes Self Management or one Chronic Disease Self Management course; 70% reported that they maintained the healthy behaviors learned in the course
- “It Could Be Asthma,” flier produced by the Asthma Committee chaired by Health Promotion Program staff and distributed through local agencies
- 6 worksites agreed to participate in the Creating Healthy Places initiative
- Friends of Stewart Park initiated to preserve and maintain Stewart Park
- Participated in the New York State Parks and Trails Conference at Cornell University to promote the importance of parks and trails to health and wellness of a community
- 12 monthly WHCU interviews on a variety of public health issues and initiatives
- 13 press releases issued relating to Health Department programs; 16 contacts with the press
- Ithaca Common Council extended the area covered by regulation of outdoor smoking to include the 100 blocks of N Cayuga, S Cayuga and W State Streets
- Tompkins County property became smoke-free on Nov. 1

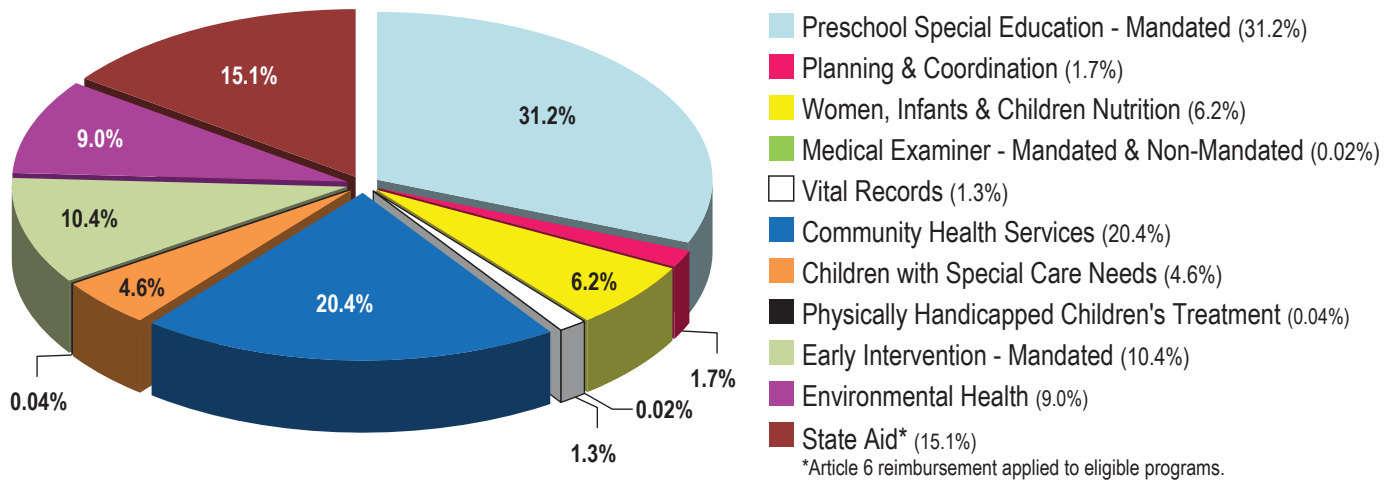
DIVISION OF HEALTH AND SAFETY

HEALTH AND SAFETY COORDINATOR, Frank Croteau is responsible for a comprehensive safety program for County departments. He supervises training activities that range from safety standards to workplace and violence protection. Mr. Croteau completed over 350 employee assessments including respirator fit and hearing tests and ergonomic assessments. The Program ensures that requirements of local, state, and federal regulations are met for the protection of employees, clients and the public. Employees learn safety methods that help them on the job and at home.

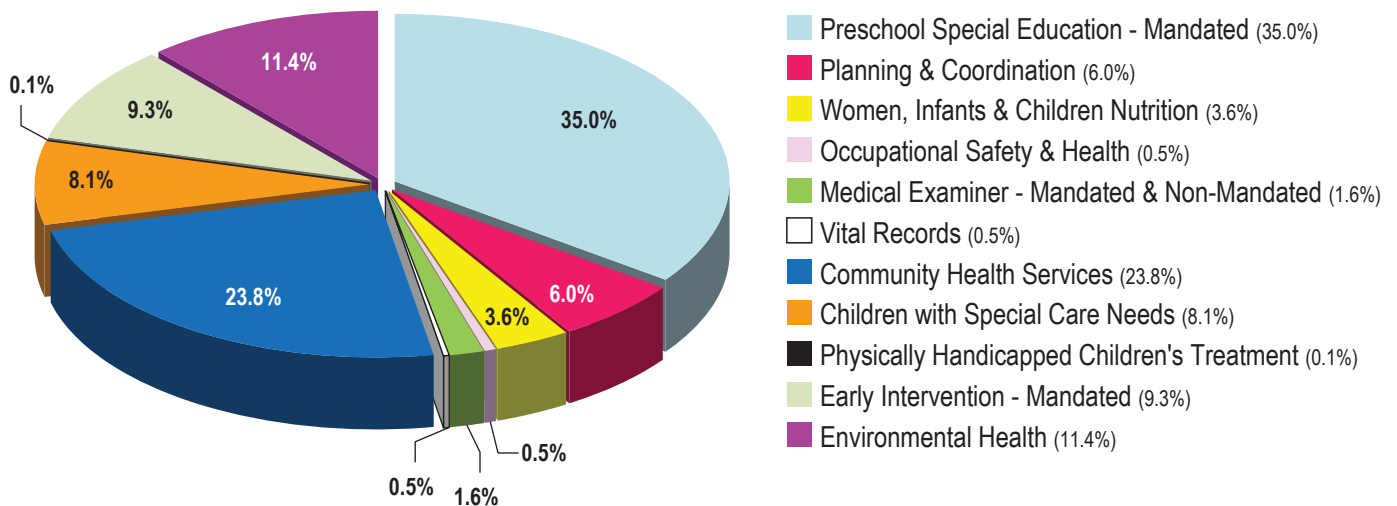


REVENUES AND EXPENDITURES, 2011

Revenues by Program Functional Unit, 2011



Expenditures by Program Functional Unit, 2011



PUBLIC HEALTH PREPAREDNESS

THE BIOTERRORISM PREPAREDNESS PROGRAM'S goal is to increase the Department's and the County's ability to plan for and respond to public health emergencies. Flu pandemics, snowstorms, heat waves, floods, major power outages, are a few examples. Every emergency is different and yet basic planning and coordination are always involved. Adam Hartwig, the Bioterrorism Preparedness Coordinator collaborates with community partners and Department staff to plan and implement drills, participate in trainings, and inform County residents on how to prepare for and stay safe in an emergency.

When asked what some of the most important things everyone should do to prepare for an emergency, Mr. Hartwig says, "Have enough water for up to seventy – two hours. That would be one gallon of water for each person for drinking and personal hygiene. Emergency responders may not be able to reach you immediately." He also suggests having a paper copy of important contact information. "We rely on our cell phones to store phone numbers and addresses. But if the phone is lost or can't be recharged due to lack of power, you may not be able to get the help you need."

VITAL STATISTICS, BIRTHS, 2011

Total All Births, 2011	880
Non-Resident	116
Resident	764
Additional Stats, Resident Births Only:	
1st Live Birth	346
Cong Malf	47
Premies	16
Teen Births	23
Home Births	30

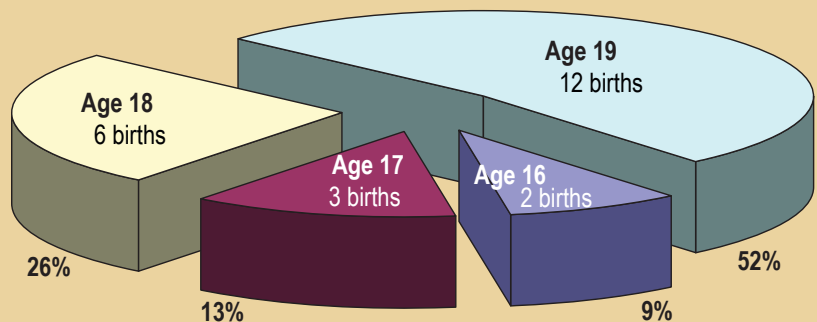
(C) ITHACA	288
(T) CAROLINE	28
(T) DANBY	21
(T) DRYDEN	34
(T) ENFIELD	17
(T) GROTON	17
(T) ITHACA	104
(T) LANSING	49
(T) NEWFIELD	59
(T) ULYSSES	15
(V) CAYUGA HEIGHTS	18
(V) DRYDEN	23
(V) FREEVILLE	30
(V) GROTON	18
(V) LANSING	14
(V) TRUMANBURG	26
(-) UNKNOWN	3
TOTAL RESIDENT BIRTHS 2011	764

Tompkins County Premies - 2011					
Birth Weight	Mother's Age	Residence	# Of Prenatal Visits	# Of Previous Live Births	Race
1276g	33	(C) ITHACA	8	1	WH
1758g	32	(V) DRYDEN	12	1	BL
1843g	36	(T) LANSING	10	0	WH
1928g	29	(-) UNKNOWN	12	0	WH
2041g	32	(C) ITHACA	9	1	OT
2070g	32	(T) NEWFIELD	16	0	WH
2126g	31	(T) NEWFIELD	17	0	WH
2126g	31	(V) CAYUGA HEIGHTS	13	1	WH
2126g	34	(C) ITHACA	8	3	WH
2155g	20	(C) ITHACA	12	0	WH
2155g	23	(C) ITHACA	11	1	WH
2155g	43	(C) ITHACA	10	2	WH
2211g	20	(C) ITHACA	8	2	WH
2211g	33	(C) ITHACA	10	4	WH
2211g	34	(C) ITHACA	12	0	WH
2268g	28	(T) NEWFIELD	10	3	WH

*One of Multiple Births
 Total Resident Premies: 16
 Race: WH=White; BL=Black; AS=Asian; CH=Chinese; IN=Indian; VI=Vietnamese; UN=Undetermined; OT=Other
 Premie = Less than or equal to 2268 grams
 Birth Weight: g = grams

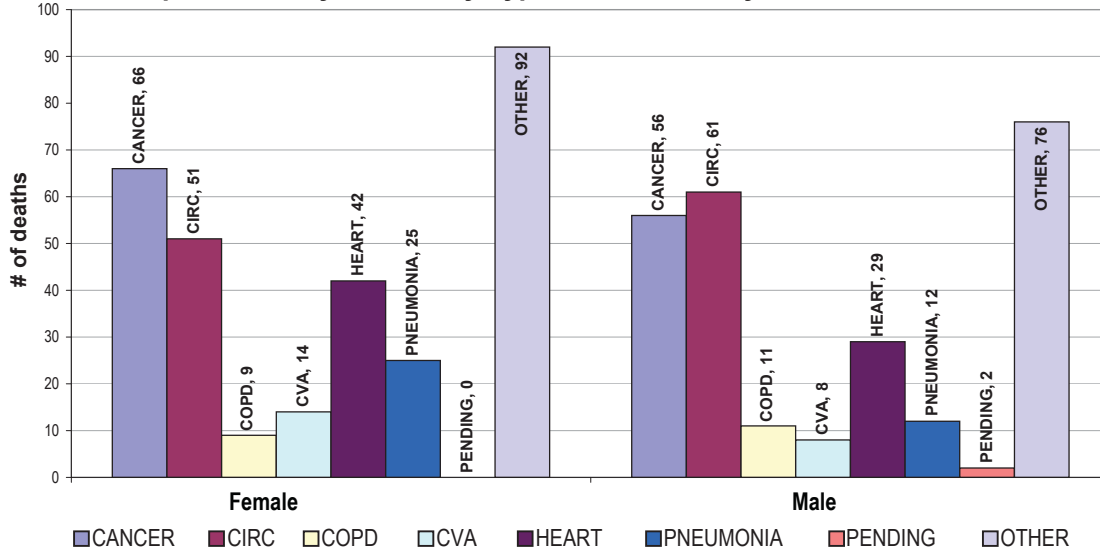
Resident Teen Births	
Residence	# Births
(C) ITHACA	12
(T) DRYDEN	1
(T) ENFIELD	1
(T) ITHACA	4
(V) DRYDEN	1
(V) GROTON	1
(V) LANSING	1
(V) TRUMANBURG	2
Total	23

Teen Live Births: Total by Age of Mother, 2011

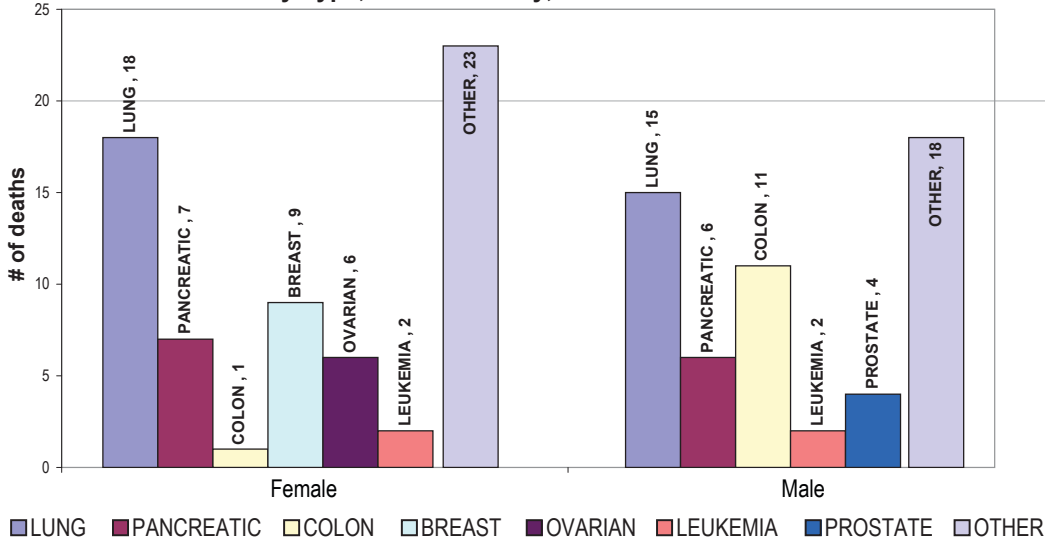


VITAL STATISTICS, DEATHS, 2011

Tompkins County Deaths, by Type, Residents only, 2011



Cancer Deaths by Type, Residents only, 2011



MEDICAL EXAMINER'S ANNUAL REPORT, 2011

Number of Deaths Investigated	143
Number of Autopsies	45
1. Natural deaths	92
2. Accidental, non-vehicular	28
a. Alcohol toxicity	2
b. Hypothermia/alcohol toxicity	1
c. Accidental drug overdose	12
d. Falls	9
e. Asphyxia	2
f. Drowning	2

3. Accidental, vehicular	6
a. MVA – driver	4
b. MVA – passenger	2
4. Suicide	13
5. Homicide	1
6. Pending	2
7. Undetermined	1

Chief Medical Examiner: Dr. Howard Silcoff

Deputy Med. Examiners:

Dr. William Klepack Dr. David Newman

Tompkins County Health Department

55 Brown Road

Ithaca, NY 14850

Frank Kruppa, Public Health Director

Production: Health Promotion Program