Public Health
ANNUAL REPORT 2017

BUILDING HEALTH INTO EVERYDAY LIFE
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INTRODUCTION

Riverside University Health System—Public Health is comprised of 600-plus doctors, nurses, administrators, clerks and support staff working together to protect the health and well-being of Riverside County residents and visitors.

Public Health’s dedicated staff provides a variety of services, including nurse home visits, nutrition education for new mothers and in-home care for those coping with physical disabilities.

We offer classes aimed at preventing teen suicide and drug abuse. We monitor the spread of disease and distribute tens of thousands of vaccines to prevent influenza, whooping cough, measles and other illnesses.

We strive to treat everyone with compassion and professionalism, whether they are receiving information about the benefits of breastfeeding, or need a birth or death certificate.

Why?
Because YOU matter.
MESSAGES TO THE COMMUNITY

Kim Saruwatari
Director, Department of Public Health

The goal of Riverside University Health System—Public Health is to provide services that help improve the lives and health of Riverside County residents and visitors.

After spending most of my career supporting emergency services and public health, I was named director of the 600-plus employee department in 2017 and was immediately struck by the passion and professionalism of the doctors, nurses, nutritionists, social workers, administrators and support staff who work each day to serve the community.

Our staff members have made it their mission to help residents and visitors stay healthy through a wide range of programs.

This publication is one way for Public Health to show the community the many services that are available, from the monitoring of diseases and illnesses, to nutrition education for children and adults and classes to prevent teen suicide.

Each day we hope to earn the trust of Riverside County residents by working for you and providing the best services possible. This is a responsibility we do not take lightly, and we will always work hard to keep that trust.

Learn more about Public Health and the services available by going to www.rivcoph.org or tell us how we are doing through Facebook and Twitter, including me at @rivcohealthdir1.

Dr. Cameron Kaiser
Public Health Officer, Riverside County

In 1893, Riverside County’s first public health officer lived in a world where tuberculosis and cholera raged, and a baby could expect to live about 47 years.

This changed in the 20th century as life expectancies increased and changed the way public health departments operate.

Today, in addition to its many functions, public health tends to divide itself into the twin spheres: communicable and chronic diseases.

Communicable disease has one thing in common with chronic disease: most advances to reduce the impact of contagious diseases were made before antibiotic treatment was available. They were made through better sanitation and improvements in housing, employment and living conditions. This demonstrates that health is more than simply health care.

As you read this report, I hope it demonstrates that the improvements RUHS–Public Health is making in the health of our community can ultimately be traced back to improving everyone’s overall lot in life.

People who do better get sick less. Our goal is to enable residents to understand what affects their own health, live in better surroundings with better access to health, and be empowered to take care of themselves and their families in an environment that values them and their well-being. Doing so will make them more productive, better adapted and, most of all, well. Follow me on Twitter @RivCoDoc.
MISSION STATEMENT

Riverside University Health System–Public Health promotes and protects the health of all County residents and visitors in service of the well-being of the community.

PROMISE

To provide the best services and programs possible to support the community’s overall health.
A Look at Public Health Staff...

The median age of Public Health staff: 46

Total Public Health employees for 2017: 648

Years of Service

<table>
<thead>
<tr>
<th>Years of Service</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than one year</td>
<td>7%</td>
</tr>
<tr>
<td>1-4 years</td>
<td>20%</td>
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<tr>
<td>5-9 years</td>
<td>10%</td>
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<tr>
<td>10-14 years</td>
<td>30%</td>
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<td>15-19 years</td>
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<tr>
<td>20-24 years</td>
<td>8%</td>
</tr>
<tr>
<td>25-29 years</td>
<td>3%</td>
</tr>
<tr>
<td>30+ years</td>
<td>2%</td>
</tr>
</tbody>
</table>

Race/Ethnicity

Gender

Male (17.77%) Female (82.23%)
The Improving Health for All Dialogue Series

Public Health requires continuous training for its staff, including the “Improving Health for All” modules. The series, which consists of six sessions, aims to build a public health workforce capable of addressing health inequities through the social determinants of health.

Each session is four hours long and is facilitated by two trained RUHS-Public Health staff. Development and implementation of this program began in fall of 2010 and continues today. The purpose of Improving Health for All (IHA) is to foster a deep understanding of social determinants of health and build commitment to eliminate health inequities in our diverse population.

Since its launch, over 90 percent of RUHS-Public Health employees have participated in the discussion series, with a representation of staff across all disciplines and jobs represented in each training session. Due to the successful introduction of the IHA series at a Learning Institute at APHA 2012 and a sharing session at NACCHO 2012, the IHA discussion series is now used as a template for health equity trainings across the nation.
SNAPSHOT: ACHIEVEMENTS IN 2017

- Distributed 20,000 flu vaccinations.
- Submitted application for Public Health accreditation.
- Published first ever transgender health report for Riverside County.
- Hosted inaugural “Building Resilient Communities” town hall event with more than 250 attendees.
- Released Healthy Development Checklist for city planners to incorporate health in all city policies.
- Reached nearly 5,000 residents with positive health messages at Home Run for Health hosted by the Inland Empire 66ers baseball team.
- Submitted application for Public Health accreditation.
Public Health enjoys the support and partnership of numerous agencies and community organizations throughout Riverside County, along with grants from federal, state and local sources.

- More than 600 employees helped Riverside county residents achieve health and wellness in 2017.
- 218 public health interns and volunteers joined the effort in 2017.
- 20,179 hours were logged by volunteers and interns in 2017.

![Number of Partnerships In 2017](image)

| Healthcare Services (Private sector) | 17 |
| Universities                        | 16 |
| School Districts                    | 14 |
| State Government                    | 4  |
| Local Agencies and Programs         | 62 |
| Nonprofits                          | 47 |

![Public Health Funding 2017](image)
PROGRAMS & SERVICES

Public Health is comprised of a broad and diverse selection of programs that touch every community and neighborhood in Riverside County.

Among our many services, Public Health staff educates residents about the dangers of lead poisoning in children and they strive to promote making healthy food choices with store tours, as pictured here.

They make an impact on daily lives. We’re proud of all of them.

What follows is a sampling of just a few of our programs...
California Children’s Services (CCS) is a statewide program that arranges, directs and pays for medical care, equipment and rehabilitation for children with serious medical conditions.

**BY THE NUMBERS**

Staff provides specialized medical case management services to more than 14,000 children with complex health conditions. Roughly 1,500 of the children in this program receive occupational and/or physical therapy services through the Medical Therapy Program at one of the 10 Medical Therapy Units located on public school sites throughout the county.

**ENSURING CARE**

This team of physicians, nurses, social workers, therapists, technicians and office assistants utilizes a client/family-centered approach to ensure that each child receives medical services, referrals to other agencies and the support they need to participate in daily life.

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**Eligible Medical Conditions**

- Congenital heart disease
- Cancers
- Cystic Fibrosis
- Chronic lung disease
- Serious birth defects
- Hearing loss
- Cerebral Palsy
- Tumors
- Epilepsy
- Rheumatoid Arthritis
- Muscular Dystrophy
- Hemophilia
- Sickle Cell Anemia
- Disabling injuries and poisonings
- Kidney disease

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Physical Therapist Krista Panaro and Mobility Solutions’ James Castruita fit Cambria “Cami” Tate diagnosed with acute flaccid myelitis, a one-in-a-million disease, for a walker and a wheelchair at Murrieta Medical Therapy Unit in Murrieta. Fank Bellino/The Press-Enterprise/SCNG
Community Action Asset Building

The **Savings for Success Program** is a matched savings incentive program for residents of Riverside County seeking economic stability.

Participants must have income to be eligible for the program and attend a series of mandatory and elective workshops to increase financial knowledge as well as to become better prepared to reach their goal.

Participants open a savings account, contribute to reach the goal in savings to be matched by Community Action, and choose to pursue one of the three goals: purchase a first home, college or vocational school or start or expand a business.

**Tech for Success**

The Tech for Success program provides laptops to families that take part in a series of workshops where they acquire skills and learn about community resources.

The participants in these series complete workshops where they learn about financial literacy, raising money-smart children, child support and conflict resolution.

Each participant is presented with a laptop and certificate for completing course requirements that help them and their families thrive and prosper in their lives.

There have been over 400 individuals who have graduated the program. Category breakdown is reflected above.

**Lingafelter Development Fund**

Lingafelter Program Development Fund provides small grants to grassroots organizations to help with start-up costs and obtaining incorporation and 501c(3) status.
ENRICHING COMMUNITY INTERACTION

Community Outreach is more than just a program – it plays a vital role in planning interactive employee events and an array of other activities that introduce services and programs to the residents of Riverside County.

The result? Our communities are enriched by annual health fairs, educational outreach and volunteer opportunities that promote health and wellness in neighborhoods throughout Riverside County.

PUBLIC HEALTH SCORES BIG WITH BASEBALL

What better way to reach thousands of residents with a positive health message than with a summer evening spent at the ballpark enjoying America’s favorite pastime?

The inaugural Home Run for Health event kicked off as the Inland Empire 66ers played host to the Lake Elsinore Storm on Aug. 10 at San Manuel Stadium.

Public Health and its partners – San Bernardino Public Health and the California Health Collaborative – were successful in fostering community involvement and public health education and awareness with nearly 5,000 fans in attendance that night.

There were games, public service announcements, silly on-field activities and tons of family fun.

Now, that’s how you hit a home run for health!
Community Action Partnership (CAP) facilitates cool and warm centers throughout Riverside County that provide a safe place for people, especially those most vulnerable, to escape extreme seasonal temperatures and save money on their utility bills. Cool Centers are active June 1 through Oct. 15, and Warm Centers are active Dec. 1 through March 31. In 2017, more than 50 Cool and Warm centers operated throughout Riverside County, serving over 20,000 visitors.

The Cool & Warm Centers receive in-kind support in the form of donations, rent space and volunteers.

Cool Center Attendance: 20,633

Warm Center Attendance: 1,672
DISEASE CONTROL

TUBERCULOSIS IN RIVERSIDE COUNTY

With more than 300 persons suspected of having tuberculosis (TB) being evaluated each year, Public Health nurses offer many vital services to the residents of Riverside County, whether they are caring for patients with active TB, assessing their needs or providing referrals.

Our health services assistants support nurses by ensuring patients’ complete treatment that allows for a comprehensive approach to care.

Disease Control staff also pursues reports of emerging infectious diseases such as Zika and influenza. This involves coordination with the Public Health lab; Vector Control on mosquito-borne diseases; Animal Services for management of animals at risk for rabies who have contact with people; and with Environmental Health for food-borne illness investigations.

<table>
<thead>
<tr>
<th>Reporting Year</th>
<th>Number of TB cases reported</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>54</td>
</tr>
<tr>
<td>2014</td>
<td>65</td>
</tr>
<tr>
<td>2015</td>
<td>52</td>
</tr>
<tr>
<td>2016</td>
<td>51</td>
</tr>
<tr>
<td>2017</td>
<td>60</td>
</tr>
</tbody>
</table>

The table above depicts the number of TB cases over the past 5 years. On average, at least seven contacts are identified for each infectious case who must also be evaluated and treated if infected.

PROTECTING RESIDENTS AND VISITORS

The Disease Control branch is committed to the protection of public health through early detection, intervention and treatment of communicable diseases.

A variety of services are provided by the branch, including preventive care (TB screening); treatment of acute problems and investigations to prevent the spread of communicable disease.

The Communicable Disease Program provides investigation, consultation and information on contagious diseases, including water and food-borne outbreaks, along with referrals for treatment of individuals exposed to a communicable disease.

Members of the Public Health team receive some last-minute details before conducting a TB clinic at a local high school in 2017.
Riverside County residents can achieve optimal health with the support and services provided by the Public Health Immunization staff. The program offers information about child vaccinations, current immunization guidelines for healthcare providers and recommendations for travelers setting out on an upcoming trip abroad.

The Immunization program works to improve vaccine coverage rates that protect against illnesses such as influenza, measles and whooping cough. We are proud that Riverside County has some of the highest kindergarten vaccination rates in California.

Every day, the Immunization team thwarts illness and saves lives through its diligent efforts to vaccinate the residents of Riverside County safely and effectively.

Dr. Cameron Kaiser, public health officer, receives a flu shot from Public Health Nurse Marie Weller.

9 in 10 children entering kindergarten in Riverside County for the 2016—2017 school year received ALL required immunizations.
Nurse–Family Partnership (NFP) is an evidenced-based nurse home visitation program that improves the health, well-being and self-sufficiency of low-income, first-time parents and their children.

The mother, father and child are visited in their home regularly by a public health nurse over a period of two years, culminating in a celebratory graduation ceremony for mom, dad and toddler, along with other family members.

There are many smiles and hugs as the nurses hand the graduates their gifts and certificates, along with special smooches from the toddlers.

Some speak of the special bond that develops between participants and the nurses, who they describe as friends and family who often took phone calls or read text messages in the middle of the night asking everything from what to do about diaper rash to tips for stopping a baby from crying.

**PUBLIC HEALTH NURSES:**
- Support a healthy pregnancy and healthy baby
- Improve a child’s health and development
- Offer parenting tips
- Build a strong network of support for family
- Make home a safe place for baby to live and play

“One of my favorite events is when our moms ‘graduate’ the program with their two year-olds. I love seeing the pride and look of accomplishment among the mothers and, the little ones are adorable.”

- Hermia Parks, Director of Public Health Nursing
In Riverside County, 12 percent of children ages 2-11 are overweight. These rates increase with age as 39 percent of teens and 67 percent of adults are obese. Obesity can contribute to chronic diseases like type 2 diabetes, heart disease and certain types of cancer. The Nutrition Education and Obesity Prevention (NEOP) program confronts this challenge head-on.

**WHAT WE DO FOR RIVERSIDE COUNTY RESIDENTS**

We partner with Riverside, Desert Hot Springs, Jurupa Valley, Perris and cities throughout Riverside County to improve outcomes related to childhood obesity and promote health while making a difference in the community.

We make an impact in the lives of children and their families throughout Riverside County with the involvement of our Champions for Change, through dedicated teamwork with our school districts and by maintaining a strong presence in our schools and neighborhoods.

**HEALTHY CHOICES IN ACTION**

Staff utilizes creative and interactive teaching techniques to involve children and adults. When children learn to make healthier food choices and enjoy physical activity early in life, healthy life-long habits are formed. Throughout the county, NEOP staff leads Wellness Day events at schools.
**ACCESS TO HEALTHY FOODS IN RIVERSIDE COUNTY**

Riverside County residents are low income and have minimum access to nutritious, affordable, high-quality foods.

Image Source: Storyboardthat.com

1 in 5

Almost 1/2 of Riverside County neighborhoods are located within food deserts.

**HEALTHY FOODS ON THE MOVE IN RIVERSIDE COUNTY**

A food desert is a neighborhood or area with limited or no access to supermarkets and other healthy neighborhood food stores.

These areas have an abundance of fast-food restaurants and convenience stores (USDA, 2017).

**Farmers Markets**

- Open to all
- EBT accepted
- Fresh and in-season fruits and vegetables

**Locations include:**

- RUHS-Medical Center
- County Administration Center
- County Circle Drive
- Rubidoux/Jurupa Valley

We educate residents about the health benefits of drinking water with:

- Installations of hydration stations in schools
- Howie Hydrate community appearances
- Educational activities in schools and neighborhoods
- City policy implementation that influences healthy beverage availability
PUBLIC HEALTH IN ACTION

Public Health Laboratory staff

Store Tour at Cardenas Market

International Walk to School Day

Water Safety Coalition

Heal Zone kick-off

Family Laptop Savings Program
PUBLIC HEALTH PROGRAMS

Birth and Death Certificates
Obtain certified copies of Riverside County births and deaths for current and previous year only. Website: rivcovitalrecords.org Phone: 951-358-5068

Black Infant Health
Services for pregnant/parenting African-American women offered via group sessions and case management with the goal of lowering infant mortality rates and improving health disparities. Website: rivcophn.org Phone: 951-358-5438

California Children’s Services (CCS)
CCS is a statewide program that arranges, directs and pays for medical care, equipment and rehabilitation for seriously ill children under 21. Website: rivccs.org Phone: 951-358-5401

Child Health and Disability Prevention Program
Comprehensive well-child check-ups are provided for children 0-21 years of age. Health care providers are located throughout Riverside County. Website: rivcohdp.org Phone: 951-358-5481

Childhood Lead Poisoning Prevention Program
Provides education about the dangers of lead and assists families in eliminating sources of lead in their homes. Offers referrals for blood-lead tests and case follow-up for children with lead poisoning. Website: rivcoclpp.org Phone: 951-358-5481

Epidemiology and Program Evaluation
Provides latest information on health data, including analysis of trends and issues that impact the community. Website: rivcohealthdata.org Phone: 951-358-5557

Family Planning
Provides basic contraceptive services for both male and female clients. This includes exams, testing, education and counseling on birth control. Website: birthcontro14u.com Phone: 951-358-5192 Teen clinic toll free number: 888-728-1113

Healthier Living Program (HELP)-Plus
Provides seven-session weekly interactive workshops to help adults and seniors with ongoing chronic health conditions learn how to take control of their health. These workshops include food demonstrations. Website: rivcophn.org Phone: 951-358-5438

HIV/AIDS and Sexually Transmitted Disease (STD) Program
Provides HIV and STD education, HIV testing and counseling, HIV medical treatment, case management and links to care services for people living with HIV. Website: rivcohivaid.org Phone: 951-358-5307 800-243-7275 (1-800-AIDS-ASK) 800-783-3228 (1-800-STD-FACTS)

Injury Prevention Services
Services include low-cost child passenger safety seats and education, Safe Routes to School and pedestrian/bicycle safety education, teen suicide prevention and teen impaired driving prevention. Information on home, water and pool safety is also available. Website: rivcoips.org Phone: 951-358-7171

Loving Support Breastfeeding Program
Loving Support offers FREE breastfeeding support services to all women living or working in Riverside County. Website: loviningsupport.org Phone: 888-451-2499 or 951-358-7212 NEOP Phone: 951-358-5311

Medical Marijuana Identification Card (MMIC)
The Medical Marijuana Program (MMP) was established to provide a voluntary medical marijuana identification card issuance and registry program for qualified patients and their caregivers. Website: rivcommic.org Phone: 888-358-7932

Public Health Laboratory
Provides laboratory testing in the diagnosis and control of emerging and re-emerging communicable diseases. Website: rivcolab.org Phone: 951-358-5070

Riverside University Health System – Public Health: www.rivcoph.org

SIDS
Counseling and support for families coping with the loss of an infant and its devastating effects. Website: rivcophn.org Phone: 951-358-5438

Tobacco Control Project
Committed to reduce secondhand smoke exposure, reduce the availability of tobacco and provide smoking cessation resources. Website: rivcotcp.org Phone: 951-358-4977

Women, Infants, Children (WIC)
WIC helps pregnant women, new mothers and young children eat well, stay healthy and be active. Website: rivhero.com Phone: 855-RIV-HERO Phone: 800-455-4942
Public Health Administrative team: (from left):
Danielle Huntsman, deputy director; Susan Mora, deputy director; Kim Saruwatari, director; Brenda Salas Freeman, deputy director; and Michael Osur, assistant director.