

2023 Annual Report



Cape Girardeau County Public Health Center
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Table Of Content

Message from the Director.....	1
Mission & Vision.....	2
Health Priorities Overview.....	3
Integrating Services.....	4
Nursing Services.....	5
Women, Infant & Children (WIC).....	6
Rural Health Clinic.....	7
Communicable Disease.....	8
Communicable Disease Data.....	9
Environmental Health Services.....	10
Emergency Preparedness.....	11
Additional Services	12
Additional Services (Cont'd).....	13
Financial Report.....	14
Community Partnerships.....	15

Message from the Director

Public Health is all around us, it is an integral part of our daily lives. Without health what else do we have? We are pleased to share with you all the hard work and accomplishments of the Cape Girardeau County Public Health Center for 2023. This report provides a summary of the multitude of services and activities that the health center provides to ensure the health and safety of our citizens.

Highlights from the year include an updated community health assessment and strategic plan, building improvements to streamline services, incorporation of new programs and services, and realignment of foundational public health functions to name a few.

You will find, contained in the following pages, a breakdown of the different services that we are able to provide through the county mill tax coupled with funding opportunities provided by our state and other community partners. As we entered 2023, we were still recovering from the continued response to the COVID-19 pandemic and continuing to build stronger partnerships with our community allies ensuring a united response to future crisis. Public health work is a continual process that is ever changing and all encompassing. We are ready to face these challenges with steadfast conviction, fortitude, and dedication to make Cape Girardeau County one of the best counties to live and work in.

The work could not be done without the dedication of the center's staff as well as the countless hours our board spends helping guide our services and activities. Community partners along with our County Commissioners enable us to be successful in these efforts. True forward momentum is only achieved when team effort is deployed. We are grateful for the community wide support that allows us to provide these services that keep the citizens of Cape Girardeau County both safe and healthy.

With much appreciation,



Autumn Grim, MPH, CPHA
Director





Vision And Mission

Vision

A community where all people can achieve their full potential for health and well-being.

Mission

Cape Girardeau County Public Health Center fosters a culture of engagement that achieves and advances health equity through leadership, partnerships, and service delivery.

The Cape Girardeau County Public Health Center was created in 1986 when county residents approved the establishment of a property tax to support public health activities. Public health works daily to carry out the core public health functions through:

Respect. We value everyone and meet them where they are.

Inclusiveness. Providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized.

Competency. The high-expectation of standards in carrying out the Core Functions and Essential Services.

Communication. To communicate the responsibility of public health to the communities of Cape Girardeau County.

Service. We are here to help people find what they need or connect them to services where their needs can be met.

Partnerships. We value the work of other organizations in our community and strive to build partnerships to reach and serve more people.

Trust. The community places their trust in us and values our services and public health knowledge.

Quality work. We perform and work to a standard that meets or exceeds the expectations of the residents.

Ethics. Our work is guided by a compass of character and doing what's right.

Community. We are in service to the residents and visitors of our county. We work to build working relationships with colleagues in pursuit of our public health goals. We focus on the betterment of the community.

Health Priorities Overview



BEHAVIORAL HEALTH

The county is a Health Professional Shortage Area (HPSA) for behavioral health. Approximately 98% of Missouri counties are considered full shortage areas for mental health, Cape Girardeau County is one of the 98% of counties in Missouri that are HPSAs. Mental Health America (2022) in 2020 to 2022 used the Patient Health Questionnaire 9 (PHQ-9). This survey asks questions related to interest in doing things, feelings, sleep habits, energy, appetite, personal feelings, concentration, physical movement, and thoughts about hurting yourself (Kroenke et al., 2001); 115 per 100,000 people scored severe depression in Cape Girardeau County.



ACCESS TO CARE/WORKFORCE PIPELINE

Overall, clinical care is measured by access to care and quality of care. For Cape Girardeau County, there are 70 primary care physicians for a ratio of 1,130:1. Missouri's ratio is 1,400:1 with a range of 23,920:1 to 700:1 (Robert Wood Johnson Foundation, 2022). Health insurance is a gatekeeper for optimum health. In order to prevent or treat health conditions before they worsen, having health insurance encourages a relationship with a primary care physician. The Missouri county minimum uninsured is 7%, while the maximum uninsured is 23%. Cape Girardeau County has 12% uninsured.



GENERAL HEALTH AND WELLBEING

The County Health Rankings (2022) defines Quality of Life (QOL) as “how healthy people feel while alive, the well-being of a community, and underscores the importance of physical, mental, social, and emotional health from birth to adulthood”. Four measures are used to rank each county. Cape Girardeau County ranks 33rd out of 114 counties and 1 city. The 16 indicators of opportunity were measured for the county. Variables that were worse than the state, comparison county, and/or national levels were median household income, poverty, number of children ages 3 and 4 in preschool, number of associate degree or higher, violent crime, and grocery stores and produce vendors.

Integrating Services

The Cape Girardeau County Public Health Center provides integrated services to residents of the county to address the health priorities that were identified in our community health assessment. By working with our community partners we are able to help our clients realize improved services through collaborative initiatives.

The health center serves as a resource for education and referral to health services through our Community Health Worker contract as well as through many of the other contracts that we hold.

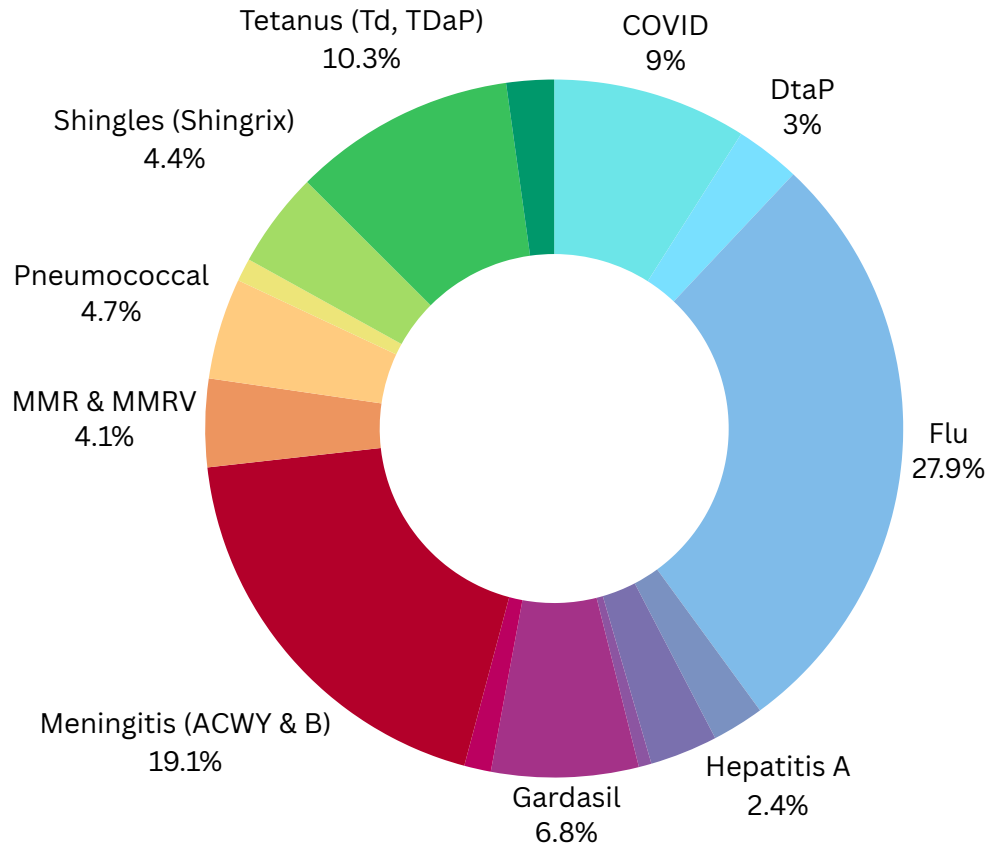


Realizing the need for linkage to care and resources, the Community Health Worker program is a valuable asset to improve health outcomes in underserved communities. Through these activities we are able to more efficiently help clients navigate the healthcare system to receive needed services in shortage areas. Further, we are able to help them get into mental health resource centers to aid in any type of behavioral health issues they may be experiencing.

Our nursing services allow those that might not otherwise be able to receive care an opportunity to receive services at no cost to them or reduced cost aiding in improved health outcomes. The health center ensures that those without insurance or limited coverage receive the life-saving immunizations that they need to lead happy and productive lives. Further, the health center serves as one of the many stops for the Cape Girardeau County Transit Authority allowing clients to access our core public health services as well as be seen through our Rural Health Clinic. We are one of the only health centers in the state that has health services, such as primary care, well woman visits and specialty services for county residents; meaning that we can holistically treat clients to ensure a continuum of care.

The center promotes overall well-being by promoting many interventional activities such as treatment of identified conditions, both acute and chronic; educational opportunities through our health education programs, screenings to ensure early detection and prevention of long term complications from undiagnosed conditions, keeping food resources safe for consumption through inspections, and providing resources for mothers and infants to decrease infant mortality rates.

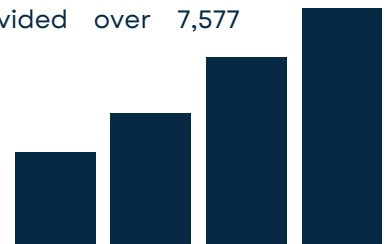
Nursing Services



Nurses at the health center are involved in providing a number of different services. Those services include: immunizations, tuberculosis screening and case management, sexually transmitted disease screening/treatment/counseling, communicable disease investigation, pregnancy testing and issuance of temporary Medicaid, child care consultant services, case management for prenatal and elevated lead levels for infants and children and health services through our Rural Health Clinic.

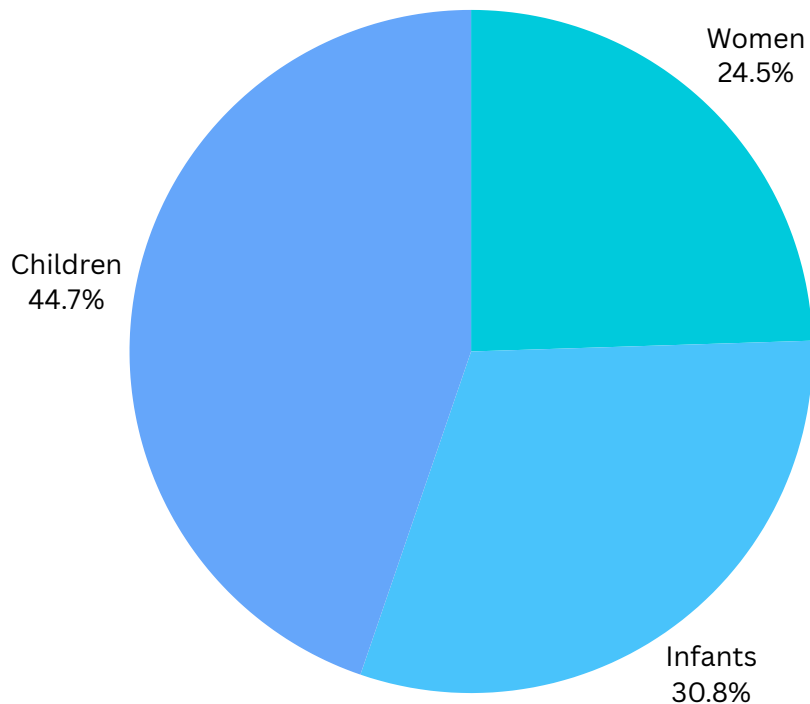
Our nurses continue to provide personal health services for residents that include blood pressure checks, B12 injections and other specialty injections in addition to many other services outside of our typical range of services. In 2023, our nurses performed 238 personal health services, including 548 Tuberculosis skin test.

Immunizations are the bulk of nursing services that the center provides. The graphic above displays the percentages of vaccinations given during the 2023 year. We provide immunizations both in-house and off-site to schools and other community centers to ensure that anyone that needs an immunization has an opportunity to receive it. We have likewise increased the number of drive-through clinics to help increase vaccination rates throughout the county. During 2023, our nursing services provided over 7,577 immunizations.



Women, Infant and Children (WIC)

WIC Participant Case Loads for 2023

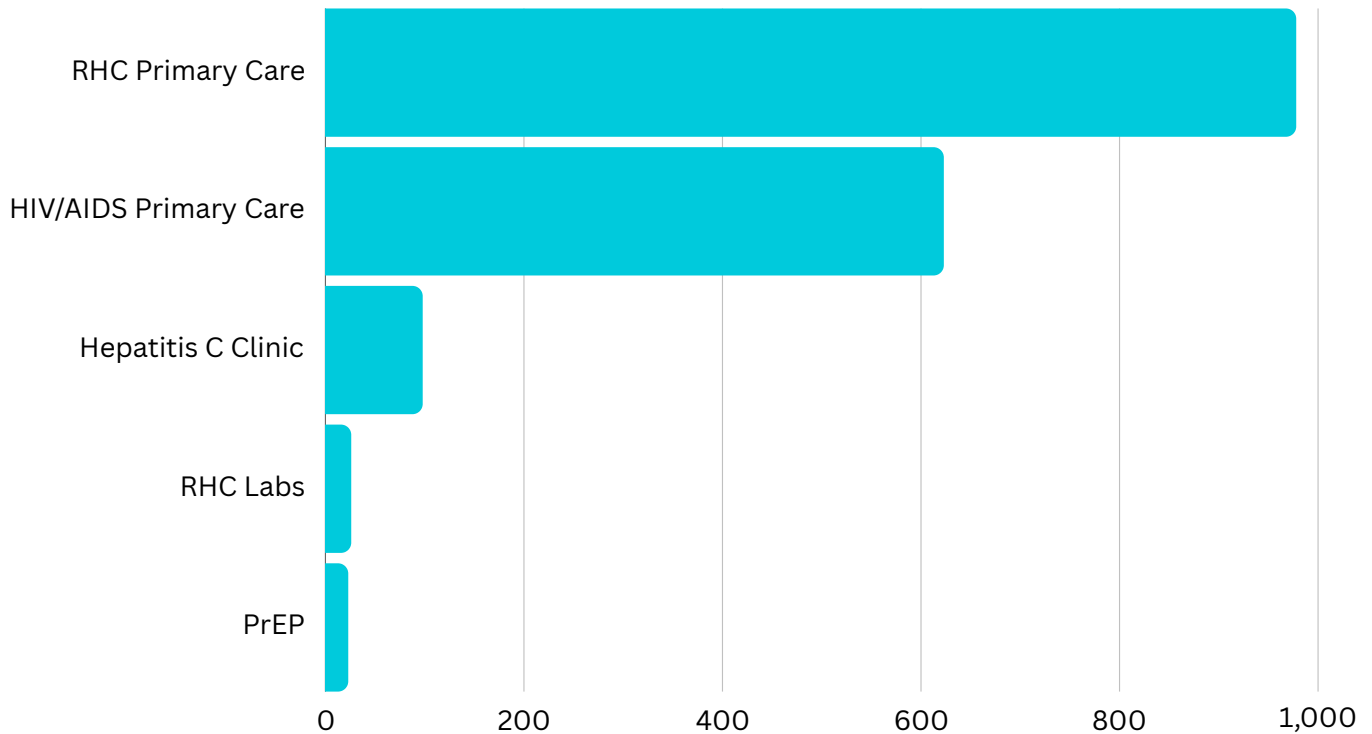


Women, Infants, and Children (WIC) is a nutrition education and supplemental food program for pregnant women, infants, and children under the age of five (income/medical nutrition guidelines apply). Services that are provided include health screening, risk assessment, nutrition education, breastfeeding education & counseling, and referrals for health care. WIC is funded and administered at the national level by the U.S. Department of Agriculture (USDA). Any individual that is pregnant, that is breastfeeding a baby under 1 year of age, who has had a baby in the past six months and children under the age of 5, may qualify to receive services.

We are able to provide breastfeeding peer counseling through our WIC contract. This allows our counselor the opportunity to teach breastfeeding classes monthly as well as host quarterly support group meetings. Our counselor can provide one-on-one counseling and provide electric breast pumps to those in need. In 2023, we were able to provide 30 electric breast pumps to participants, 1,556 breastfeeding contacts were made and the rate for breastfeeding initiation rose to 41.7%.

Rural Health Clinic

Patient Visits



The Rural Health Clinic operates five days a week during normal health center operating hours and provides primary health care for children birth through 18 years of age. These services include well child checks and sick visits. In addition, vaccinations, chronic illness management, and sports physicals are offered. Both Medicaid and the majority of primary insurances are accepted.

Care is provided to women through our Rural Health Clinic which include well-women exams and participation in the Show Me Healthy Woman program through the state that provides diagnostic capabilities for those in need. These visits include comprehensive care to discuss birth control options, cancer screenings, vaccinations, sexually transmitted diseases and opportunities to address any other female related concerns.

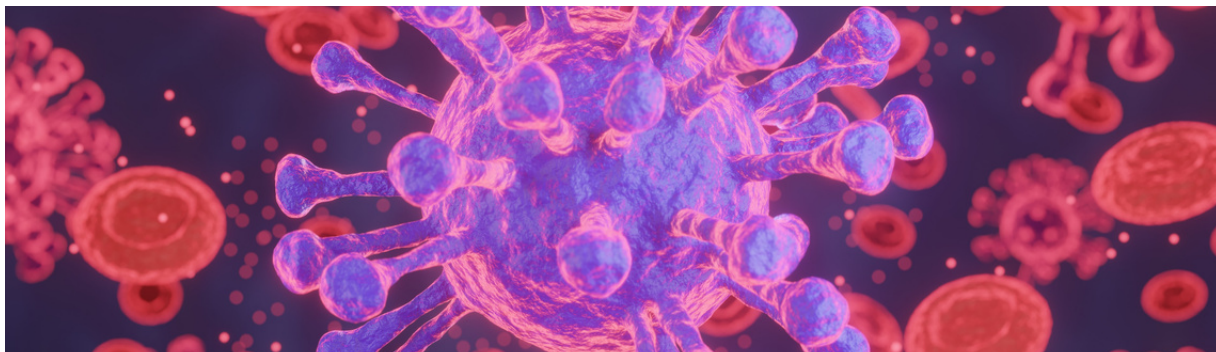
During 2023, the Rural Health Clinic realized the long-term goal of starting a PrEP (pre-exposure prophylaxis) program for human immunodeficiency virus (HIV) prevention to enhance services through our specialty services that we provide. PrEP is medicine taken that reduces your chances of getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV. Receiving a contract from the state has allowed the Rural Health Clinic to begin to see patients for PrEP initiation as well as manage their treatment course.

Communicable Disease

COMMUNICABLE DISEASE: Missouri has 116 reportable communicable diseases that local healthcare providers are required to report to the health center. Public health nurses investigate and follow up on the reported communicable disease. Collected data is then analyzed and distributed to the Missouri Department of Health and Senior Services (MDHSS).

SEXUALLY TRANSMITTED DISEASE: Sexually Transmitted Disease (STD) testing is now available on Tuesdays from 10 a.m. to 12 p.m. and 1 p.m. to 4 p.m. and also on Thursdays from 1 p.m. to 4 p.m. on a walk-in basis. The clinic offers confidential screenings, treatment & counseling for STDs, such as gonorrhea, syphilis, Chlamydia, Hepatitis C, and HIV.

INFECTIOUS DISEASE TASK FORCE: In 2005, the health center created an Infectious Disease Task Force made up of public health professionals, physicians, emergency responders, county government officials, and other community leaders and stakeholders. This task force meets regularly to discuss current trends in infectious diseases in the area and the appropriate response to various infectious disease outbreak scenarios.



HIV/AIDS CARE AND MANAGEMENT: To increase capacity to diagnose and treat communicable disease and further meet a need in the community that was unmet prior to initiation, the Rural Health Clinic began a communicable disease clinic in 2000. This clinic continues to be one of the only clinics between St. Louis and Memphis that provides primary care and follow up to individuals diagnosed with human immunodeficiency virus (HIV) and/or acquired immunodeficiency syndrome (AIDS); see previous graphic for number of patient visits. Clients come from several counties in the bootheel region of the state to receive care provided by infectious disease specialists. Additionally, our infectious disease physicians provide services for other communicable disease issues through this clinic.

The health center is contracted with the State of Missouri through funds from the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) to provide case management services for Southeast Missouri residents living with HIV and/or AIDS. Counties served include Cape Girardeau, Bollinger, Scott, Perry, and Mississippi.

HEPATITIS C: Services for Hepatitis C were identified in 2017 as another unmet need in the SE region and our physicians began accepting patients to evaluate and treat for Hepatitis C. Patients receive individualized treatment plans based on various disease factors and are released from care after completion of the recommended treatment and follow-up laboratory work.

Communicable Disease Data

	Year to Date Totals					Previous YTD 5 Yr Median
	2019	2020	2021	2022	2023	
Animal Bites						
Animal Bites*	130	88	89	140	205	130
Enterics						
Campylobacter	26	26	35	30	44	30
Cryptosporidiosis	12	19	22	26	33	22
Cyclosporiasis	0	8	2	0	5	2
E Coli Shiga Toxin Positive	5	5	9	9	16	9
E Coli O157:H7	1	1	1	3	2	1
Giardiasis	2	7	5	0	4	4
Hepatitis A Acute	8	3	1	5	6	5
Salmonellosis	24	19	30	28	24	24
Shiga Toxin Positive (Non E Coli, Unknown Organism)	1	1	0	0	0	0
Shigellosis	2	2	0	0	4	2
Vibriosis	3	0	2	2	3	2
Yersiniosis	5	1	0	2	4	2
Respiratory						
COVID-19	0	7,754	6,435	10,836	2,974	6,435
Haemophilus Influenzae, Invasive	3	4	1	5	0	3
Influenza A**	1521	11	1037	2739	109	1037
Influenza A Novel**	2	1	0	0	0	0
Influenza B**	1186	1	21	36	163	36
Legionellosis	1	0	1	1	0	1
Pertussis	2	1	2	3	2	2
Psittacosis	0	1	0	0	0	0
Strep Pneumoniae, Invasive	15	12	8	8	9	9
Tick-Borne						
Anaplasma Phagocytophilum	3	2	4	2	4	3
Ehrlichia Chaffeensis	10	1	3	2	3	3
Lyme	7	6	1	4	2	4
Rocky Mountain Spotted Fever	65	32	41	42	30	41
Tularemia	0	5	1	3	2	2
Hepatitis						
Hepatitis B (Preganancy) Prenatal	0	3	2	0	2	2
Hepatitis B Acute	5	9	4	3	3	4
Hepatitis B Chronic Infection	12	14	11	10	16	12
Hepatitis C	34	21	25	33	48	33
Hepatitis C Acute	1	1	0	2	0	1
Hepatitis C Chronic Infection	60	49	23	43	45	45
STD						
Chlamydia	455	449	426	491	393	449
Gonorrhea	233	344	207	194	149	207
HIV/AIDS	5	5	3	3	10	5
Syphilis	17	10	32	114	140	32
TB Disease, LTBI, MOTT						
MOTT	16	10	12	10	15	12
TB Disease	0	0	2	1	0	0
TB Infection	28	20	50	99	155	50
Other						
Creutzfeldt-Jakob Disease	0	1	0	3	1	1
Mumps	5	2	2	0	0	2
Q Fever Chronic	0	1	0	0	0	0
Rabies Post Exposure Prophylaxis	18	15	11	26	28	18
Varicella (Chickenpox)	0	1	1	1	2	1

*Animal Bites: Includes in both WebSurv and aggregate reporting system.

**Influenza date starts MMWR Week 40 and ends MMWR Week 20. 2023 year to date totals from 10/06/2023 to 12/31/2023.

***All data is provisional and subject to change.

Cells highlighted are counts that are well above the 5 year median.

Environmental Health Services

The Public Health Environmental Specialists (PHES) inspect school cafeterias, restaurants, retail grocery stores, temporary food events, child care facilities, lodging establishments, taverns, and sewage systems. Technical information and advice are available to residents about other environmental issues including private drinking water, air quality, pest control, and mold. Food safety education classes are provided to satisfy county requirements for all food handlers to be trained in proper food safety practices.

FOOD SAFETY TRAINING

Basic Sanitation Class is a two-hour required course for all food handlers that can be taken in-person at the health center or online at State Food Safety. ServSafe® is a two-day, accredited, food safety training and certificate program required for all food services managers that discusses foodborne illness prevention through safe food handling.

TRAININGS HELD: 14

INDIVIDUALS TRAINED: 259

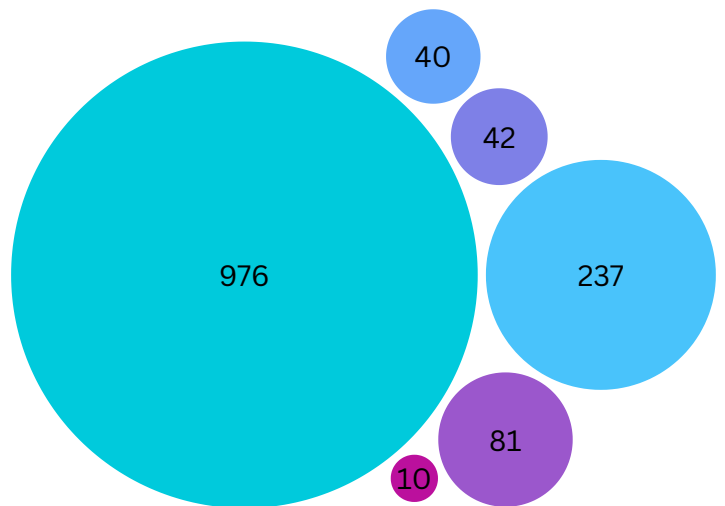
ON-SITE SEWAGE

A county ordinance regulates the construction, modification, repair, and location of on-site sewage systems in Cape Girardeau County. The Cape Girardeau County Ordinance was adopted in 2003 and applies to: all properties generating 3,000 gallons or less of wastewater each day, except where the Missouri Department of Natural Resources may have precedence.

SEPTIC PERMITS = 67

FOOD ESTABLISHMENT INSPECTIONS

Local food establishments are inspected to ensure compliance with the Missouri Food Code. Inspections are unannounced and conducted at a frequency of every 6 months, 9 months, or yearly basis depending on the establishment's potential risk of spreading disease. Establishments at low risk are inspected on an annual basis. Temporary food stands are also inspected during all public events.



RESTAURANT/FOOD INSPECTIONS = 976

TEMPORARY EVENTS = 237

COMPLAINTS = 81

LODGING INSPECTIONS = 42

CHILDCARE INSPECTIONS = 40

EMERGENCY RESPONSE = 10

Emergency Preparedness

A public health emergency is any threat to the public's health or safety, such as a naturally occurring infectious disease outbreak, a natural disaster, a bioterrorism attack, or any event that has the potential for a significant health impact on the community. The health center continues to update response plans for disasters due to weather, illness, and manmade incidents. The staff of the health center is continually trained on how to best assist the community in a disaster. The health center's Regional Public Health Emergency Response Planner assists in coordinating emergency plans and responses for Cape Girardeau County.

EMERGENCY PREPAREDNESS CAPABILITIES ADDRESSED IN 2023: There are a total of 15 established capabilities that serve as national standards for public health preparedness planning. Each year Local Public Health Agencies place significant emphasis on identified capabilities while maintaining response measures for all fifteen. In 2023, Cape Girardeau County Public health center focused on the following capabilities:

CAPABILITY 7: Mass Care, DOMAIN #5 Surge Management: The Public Health Emergency Planner met with Assistant Emergency Management Director to discuss roles of Public Health that are documented in the city EOP's for mass care operations. This partnership is a coordinated effort to support emergency management and public health's ability to address the public health, health care, mental/behavioral health, and human services needs of those impacted by an incident.

CAPABILITY 8: Medical Countermeasure: The Public Health Emergency Planner strengthened the ability to provide medical countermeasures to targeted population(s) to prevent, mitigate, or treat the adverse health effects of a public health incident by developing Closed POD Memorandum of Understandings (MOU's). These MOUs were created in collaboration with partners to assist with dispensing efficiency and planning for future distribution. MOUs were signed with the following partnering agencies: Cape Girardeau City Fire Department, Fruitland Fire District, and Jackson Fire District.

CAPABILITY 13: Biosurveillance: To maintain, support, and strengthen routine surveillance, detection systems and epidemiological investigation processes in response to the most recent incidents of public health significance, (COVID-19 Pandemic), Annex E of the Emergency Response Plan was evaluated and updated. Communicable disease surveillance processes/procedures were reviewed with the responsible staff members and the processes/procedures were coordinated to match those used by DHSS.

PREPAREDNESS EXERCISES AND PLANNING IN 2023: Cape Girardeau County Public Health Center, with the help of the Medical Reserve Corps volunteers, tested the capability of mass vaccination clinics, mass notifications and communications, and held evacuation and fire drills. Participation in a regional water purification drill was an additional highlight of 2023.

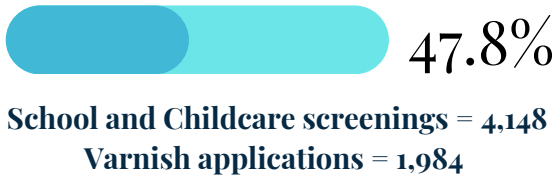


Additional Services

VITAL RECORDS: The health center is the Local Registrar for all births and deaths that occur in Cape Girardeau County and can issue certified copies of birth certificates for anyone born in the State of Missouri after 1920. We can issue certified copies of death certificates for anyone dying in the State of Missouri after 1980. Birth Certificates are currently \$15 per copy, and death certificates are currently \$14 per copy; \$11 for additional copies.



Birth Certificates = 4,731
Death Certificates = 5,668



DENTAL SCREENINGS & VARNISH: The health center provides dental varnishes at area schools. A certified dental assistant is a staff member who stays in contact with the schools, dentists, and volunteers to be able to provide no-charge fluoride varnishes to all students who have received permission from their parents. Prior to the varnish application, a licensed dentist does a screening. Parents are notified of any irregular findings.

LEAD TESTING: Children, 9 months through 5 years of age, are assessed for lead risk factors during routine visits to the health center's Rural Health Clinic. Outreach lead testing at the local Head Start is also provided. Capillary lead testing is also available for children in this age range on a walk-in basis. Children who show an elevated capillary blood lead level then receive a confirmatory venous blood test. Due to updates and adjustments in the guidelines in the Missouri State Lead Poisoning Program, any child with a capillary lead test over 3.5µg/dl was followed and provided Lead Poisoning education and guidance through the Lead Case Management program until their lead levels dropped back down below 3.5µg/dl.



Lead Assessments/Tests = 97
Children Followed for Elevated Levels = 68

Additional Services (Cont'd)

PREGNANCY TESTING: Pregnancy testing is offered by appointment on Tuesdays from 8:30 a.m. to 12 p.m., at no cost. Temporary Medicaid can be issued if income requirements are met. A risk appraisal is performed on all positive pregnancies to assess any behaviors, environmental factors, previous health history, etc. that would show a higher risk for poor birth outcomes and therefore a needed referral to case management services. Those who have a positive pregnancy test and smoke are referred to local programs to assist with quitting, if interested.

65

**PREGNANCY TEST/
ASSESSMENTS**



CASE MANAGEMENT: Case management services are available for any eligible pregnant woman that may be at risk for poor pregnancy outcomes. These services are intended to encourage adequate prenatal care to help reduce the incidence of infant mortality and low birth weight. Prenatal clients that wish to participate are enrolled in case management and seen by a public health nurse for assessment, education, referral, and support. Due to the expansion of the Medicaid Managed Care Network in Missouri, lead case management at the local public health level has decreased significantly. No case management occurred during 2023.

CHILDCARE HEALTH CONSULTS: We are committed to helping child care providers offer the best possible care to our community's children through our Child Care Health Consultation (CCHC) Program. Public Health Nurses at the Cape Girardeau County Public health center assist child care providers, families, and children enrolled in child care through services by providing child care health consultation and training for child care providers in our county, promoting safe, healthy, and developmentally appropriate environments for children in child care, assisting families and child care providers in accessing needed health and social service programs, decreasing injury, disease, and abuse for our children. We serve both Cape Girardeau and Scott County through this contract.

12 SESSIONS/48 CLOCK HOURS

107 Trained

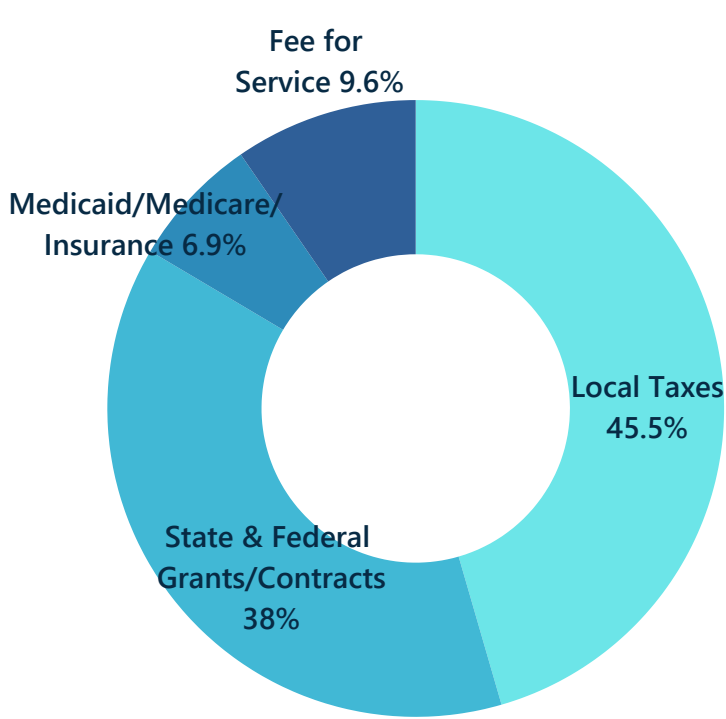
24 CHILDCARE FACILITIES

CHILDCARE CPR: Through a state contract, the Cape Girardeau County Public Health Center was able to provide free CPR and First Aid courses for registered childcare providers. These classes provided CPR cards that are good for 2 years and fulfilled the State requirements for CPR and First Aid training under childcare regulations.

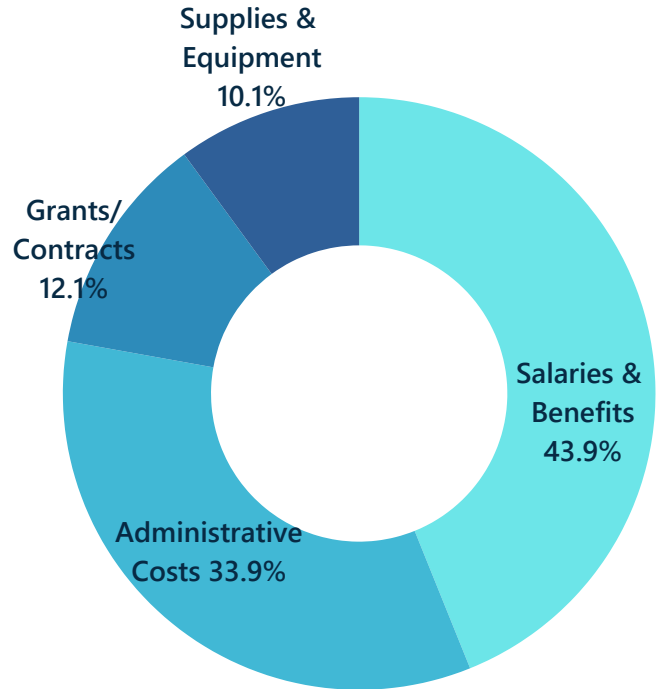
CPR CLASSES HOSTED = 38

INDIVIDUALS CERTIFIED IN CPR & FIRST AID = 266

Financial Statements



Total Revenue 2023:
\$3,949,319.39



Total Expenditures 2023:
\$3,288,349.41

Activities and programs of the Cape Girardeau County Public Health Center are supported by the members of the health center's Board of Trustees.

John Freeze, Chairperson
Georganne Syler, Vice Chairperson
Nancy Johnson, Secretary/Treasurer
Diane Howard, Member
Eric Becking, Member

Community Partnerships

Cape Girardeau County Public Health Center continually collaborates and works closely with community partners. We are able to do the work we do by collaborating with several area coalitions, task forces and other community groups. The list of partners is too extensive to list all but below is a short sample of community groups that we were a part of during 2023.

AGING COMMITTEE

CHILD CARE CONSULTANT ADVISORY COMMITTEE

CHILD FATALITY REVIEW BOARD

ENVIRONMENTAL TASK FORCE

HEALTHY COMMUNITIES COALITION

HOUSING COMMITTEE

INFECTIOUS DISEASE TASK FORCE

LOCAL EMERGENCY PLANNING DISTRICT

MO ASSOCIATION OF LOCAL PUBLIC HEALTH

MO CENTER FOR PUBLIC HEALTH EXCELLENCE

MO EMERGENCY MANAGEMENT ASSOCIATION

MO IMMUNIZATION COALITION

NACCHO MEDICAL COUNTER MEASURES WORKGROUP

ORAL HEALTH COALITION

PORCH (PEOPLE ORGANIZED TO REVITALIZE COMMUNITY HEALING)

PROJECT HOPE

REGION E COMMUNITY RESPONSE TEAM

REGION E HEALTHCARE COALITION

REGION E MULTI-AGENCY COORDINATION CENTER

REGIONAL HOMELAND SECURITY COMMITTEE

REGIONAL PLANNING GROUP

SEMO BREASTFEEDING TASK FORCE

SEMO ENVIRONMENTAL PUBLIC HEALTH SPECIALIST ASSOCIATION

SOUTHEAST COALITION FOR ROADWAY SAFETY

SOUTHEAST MISSOURI EMERGENCY MANAGEMENT ASSOCIATION

Contact Us

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Rural Health Clinic
+573-335-2229

Women, Infant & Children (WIC)
+573-335-4300



www.capecountyhealth.com

Hours:

Monday: 7:30am - 4:30pm

Tuesday - Friday: 8:30am - 4:30pm

Late clinics available. Call for details.

