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**ANNUAL REPORT**  
2020

MILLER COUNTY  
HEALTH CENTER

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PREVENT. PROMOTE. PROTECT.

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PUBLIC HEALTH WORKS TO IMPROVE THE HEALTH, SAFETY, AND WELL-BEING OF THE COMMUNITY. THE GOAL OF PUBLIC HEALTH IS TO PREVENT DISEASES AND INJURIES BEFORE THEY OCCUR AND MAKE IT EASIER FOR EVERYONE TO LIVE A HEALTHIER LIFESTYLE.

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# ABOUT THE HEALTH CENTER

## VISION

Better Health. Better Miller County.

## MISSION

It is the mission of Miller County Health Center to promote health, prevent illness, and control communicable disease by providing quality services, health education, and environmental services for Miller County.

## WE PREVENT THE SPREAD OF DISEASE

We provide flu shots and other vaccines, STD testing, and we are ready to respond to any disease outbreak.

## WE PROTECT AGAINST ENVIRONMENTAL HAZARDS

We make sure daycares, lodging facilities and restaurants are clean and safe environments. We also permit on-site septic systems.

## WE PROMOTE HEALTHY BEHAVIORS

We provide you with the information you need to make healthy decisions about exercise, eating right, quitting smoking, and safe sex.

## WE PREVENT INJURIES AND ILLNESS

We work to keep people safe and healthy. We educate families about safe sleep practices, check and install car seats, and promote safe practices like seatbelt and sunscreen usage in all ages.

## WE GET YOU THE SERVICES YOU NEED

Our clinical staff provides a variety of vaccinations and lab testing you may need to live a healthy life. Our WIC program provides nutrition support for local women, infants, and children.



WIC Satellite clinic at the Eldon Lake Regional Clinic



# A LETTER FROM THE ADMINISTRATOR

Michael Herbert

Miller County Health Center serves as your local public health agency. This Annual Report is new for this agency and will become more robust every year. We believe it is important to share information about how we serve the community and hope you find it useful! Public Health is one of those programs that when we do our job well, the public never knows about it. Most of us take it for granted that the people we encounter every day are vaccinated for communicable diseases or the places we get our food are clean and safe!

The Health Center has an amazing team eager to serve the citizens of Miller County. We are always interested in your ideas on how to make Miller County a healthier, safer place to live, work, and visit. 2020 was the 4th consecutive year of awarding Health & Wellness Grants to recipients focused on improving health and wellness in the County. Each year, \$200,000 was budgeted to be given back to the community in individual awards up to \$20,000 each. These awards improved playgrounds and walking trails in city parks, schools, and churches; provided AEDs to churches,

social-emotional and mental health support for schools, CPR/Stop the Bleed training, resources for food banks and buddy packs, parenting training, and many other great things that increased opportunities for physical activity, nutrition, and preparedness.

2020 has been a very challenging year for everyone, especially public health. It is our responsibility to keep our citizens safe by preventing the spread of communicable diseases, including COVID-19. We personally talked to every new COVID-19 case and made every effort possible to notify all of their close contacts about the importance of isolation and quarantine. We provided recommendations to businesses, churches, municipalities, and organizations on how to implement the safest possible practices. We are very proud of our schools! All Miller County schools successfully "reopened" in the fall on time with very sound, science-based practices that kept the vast majority of our students and teachers safe. We had many successes in the County related to COVID, but we did not go unscathed. It is unfortunate that there were far too many hospitalizations and deaths related to this virus. It is important to remember that the reason we wear masks and distance ourselves is to help the vulnerable!

We are excited about what 2021 brings! Hoping for successful vaccinations leading to a major reduction of cases and the re-opening of schools, businesses, and fun things to do all over the world! You deserve a vacation and trust me, we do too! Please stay connected with us by liking us on Facebook. We can't wait to get involved with community events again!

“ WE ARE EXCITED ABOUT WHAT 2021 BRINGS! HOPING FOR SUCCESSFUL VACCINATIONS LEADING TO A MAJOR REDUCTION OF CASES ”



# ADMINISTRATION

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The Miller County Health Center is governed by a five-member elected Board of Trustees. The agency has a budget of approximately \$1 million dollars, of which the majority comes from property tax revenues and contracts with the Missouri Department of Health and Senior Services. The Health Center employs thirteen full-time staff, four regular part-time staff, and two regular contracted staff including a Women's Health Nurse Practitioner. In 2020, at the peak of the pandemic, it was necessary to have twelve additional contractors to assist with the COVID-19 response.

The Administration Unit is responsible for the overall management of daily operations. Staff within this unit strives to achieve goals in the areas of strategic planning, budgeting, vital records (issue birth and death certificates), and public communications. Staff support is also provided to assist the Board of Trustees.

## In 2020 We Issued

**749**

CERTIFIED COPIES OF  
MISSOURI BIRTH  
CERTIFICATES

**1,352**

CERTIFIED COPIES OF  
MISSOURI DEATH  
CERTIFICATES





# THE 2020 COVID-19 PANDEMIC

**2,189** CONFIRMED POSITIVE CASES

**3,849** CLOSE CONTACTS

**53** COVID RELATED DEATHS

**115** HOSPITALIZATIONS

**5,569** STAFF HOURS WORKED

To prevent the spread of COVID-19, the Miller County Health Center formed a COVID-19 Investigation Team of over 20 individuals to complete case investigations and contact tracing.

Case investigations were conducted to immediately identify, interview, and isolate people with confirmed or suspected COVID-19 infection, as well as educate and support these individuals.

Contact tracing was conducted to determine who had close contact with the infected individual while they were contagious. The investigators assisted in warning these individuals of their potential exposure as rapidly and sensitively as possible. Exposed persons were quarantined to help ensure a safe environment for the citizens of Miller County.

Lastly, the Miller County Health Center team has worked diligently to educate and support the community during this pandemic.



# CHILD HEALTH & SAFETY PROGRAMS

## SAFE SLEEP

Our safe sleep program provides portable cribs and safe sleep education to low income families who have no other resources for obtaining a crib. We gave 19 pack-n-plays to participating families in 2020.

## CAR SEAT SAFETY CHECKS & INSTALLATIONS

Our certified car seat technicians inspected, fit, and installed 42 car seats for Miller County families. Car seats are checked for expiration, damage, and a proper fit for the child.

## DIAPER DISTRIBUTION

Diaper need is a critical issue that can affect babies and their families. Through a partnership with Diaper Bank of the Ozarks and The Well Rural Resource, we were able to distribute 3,050 diapers to 45 families



# ENVIRONMENTAL HEALTH

The Environmental Public Health Unit enforces laws and ordinances that keep our surroundings safe and healthy. Staff members dedicate their time to educating the public and providing services such as restaurant inspections and food handler education; daycare, and lodging inspections, onsite water infections, and foodborne illness investigations.,

102

RESTAURANT  
INSPECTIONS

18

WASTE WATER  
COMPLAINTS

29

LODGING  
INSPECTIONS

12

WASTE WATER  
PERMITS

27

DAYCARE  
INSPECTIONS



# COMMUNITY HEALTH

The Community Health Unit prevents and treats diseases in order to help our community stay healthy. Staff provides services ranging from reproductive health services to immunizations and communicable disease investigations (i.e. foodborne disease outbreaks, STDs, TB, etc.). The unit works to screen, assess, educate, and promote the overall health of the community.

MAMMMMOGRAM VAN  
APPOINTMENTS

60

106

STD TESTS

WOMEN'S HEALTH  
ENCOUNTERS

148

169

PREGNANCY TESTS

FLU SHOTS

513

606

IMMUNIZATIONS

LAB DRAWS

662

966

COMMUNICABLE DISEASE INVESTIGATIONS  
(EXCLUDING COVID-19)



# HEALTH AND WELLNESS GRANTS

The Miller County Health Center provides an annual opportunity to submit grant applications for funding to improve the Health and Wellness of our community. These grants are eligible for not-for-profit 501(c)3 or tax-exempt organizations, such as schools, local governments, civic groups, community-based organizations, emergency responders, churches, or others serving Miller County residents.



Iberia R-V School District (above) received \$20,000 to increase physical activity opportunities with all-inclusive and sensory playground equipment that is open to the public.

Our Lady of the Snows (below) also improved the playground equipment.



Lake Regional hosted a variety of lifesaving first aid courses titled "Stop the Bleed" throughout the county. Participants in a Tuscumbia course are shown below.



The 2019-2020 grant was very popular resulting in over half of a million dollars in applications. We were able to fund almost \$230,000 for projects across our county. These projects ranged in focus from:

- Increasing access to healthy foods in our communities through food banks and our schools
- Increasing access and opportunity to physical activity in our public parks
- Improving mental health for our students and community members
- Increasing knowledge, skills, and equipment for emergency preparedness
- Providing parents with the necessary resources to promote health and wellness within their families.



# WIC

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The Women, Infants, & Children (WIC) and Community Nutrition Unit provides income-based nutrition services to pregnant women, new mothers, babies, and children up to their 5th birthday. WIC staff helps families eat well and stay healthy through the implementation of breastfeeding support, nutrition education and counseling, health screenings and risk assessments, and referrals to health care as appropriate. WIC is hosted at our Tuscumbia location and at our satellite clinic in Eldon.

**1,379**

TOTAL WOMEN SERVED

**4,770**

TOTAL INFANTS AND CHILDREN SERVED

**79%**

WIC PARTICIPANTS BREASTFEED



# SOCIAL MEDIA

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Social Media was the best tool for communicating all of the newsworthy events of 2020. From promoting healthy living to updating the public on the COVID-19 pandemic, and everything in between. Our Facebook page was the best place to receive local information in 2020, as a result we saw a huge growth to our page.

**120%** INCREASE IN FOLLOWERS

**4,106%** INCREASE IN AVERAGE INTERACTIONS

## CONNECT WITH US



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