



ANNUAL REPORT 2018

2018 Knox County Health Department Annual Report



Public Health
Prevent. Promote. Protect.
309.344.2224

1361 West Fremont Street
Galesburg, Illinois
 knoxcountyhealth.org 

 **KCHC**
*Knox Community
Health Center*
309.344.2225

Message from the President

Residents of Knox County

It's been another busy year at the Knox County Health Department. We've seen an increase in the number of patients served, as well as an expansion of the services provided. This past year, we took over administration of the Low Income Housing Energy Assistance Program (LIHEAP), which helps keep families safe and healthy through assistance with energy costs. LIHEAP can help you stay warm in the winter by providing income assistance directly to utility companies and other heating fuel providers for low income households. It is expected that over 1,500 Knox County households will benefit from this program.

Working in partnership with local food establishments, the Department implemented new food safety regulations. These partners helped us meet our goal of fulfilling new state requirements and federal guidelines while still emphasizing our goal of education in a manner that made sense for Knox County.

We hope you will take advantage of the services provided at the Knox County Health Department. Whether it's the drive-through flu clinic (a service I personally use, and the only time I look forward to getting a shot), or any of the dental, mental or physical health services we offer. We are here to serve you.

Dan Harris
Board of Health, President



Back row, from the left: Dan Harris, President; Bruce Bobofchak, D.D.S; Doug Gibb, Treasurer; DuRae Fletcher, Sr.; Kevin Satsky, M.D., Vice-President. Front row, from the left: Elvith Santoyo-McNaught Secretary; Carol Scotton; David Amor, County Board Liaison; Not pictured: Samuel Fox, M.D.

KCHD MISSION

To serve Knox County by assessing health and environmental needs, developing policies, and assuring those needs are effectively addressed.

KCHD VISION

“Healthy people in a healthy community!”

KCHD VALUE STATEMENTS

EXCELLENCE! Make every effort to ensure services are the best they can be.

INTEGRITY! Adhere to set standards to provide consistency and accountability for our actions.

CREDIBILITY! Ensure our name is consistent with lawful, ethical and empathetic actions in the community.

DEPENDABILITY! Establish services that are consistently reliable and repeatable.

RESPECTFUL! Treat everyone with dignity and acceptance; recognize everyone has something to offer.

KNOX COMMUNITY HEALTH CENTER GOVERNANCE BOARD

Message from the President

Residents of Knox County

This past year it has been my privilege to be the president of the Governance Board of the Knox Community Health Center. As a group of volunteers that live in our community and who many use our health center, we are able to see what our needs as a community are, first hand.

We have made great strides this last year with our Health Center and with the needs of our community. Offering dental, medical and behavioral health all under one roof on an income based program. We have expanded our staff this last year. We have hired a great doctor, behavior health experts and

dental staff. All to help serve you our patients. We have tried to stay on top of all your needs and have developed plans to help with prescreening, help with addictions, and behavior health needs that are developing in our communities. We have also started working with the LIHEAP program to help with other needs our communities are facing.

We will strive to continue to stay on top of your needs as a community. We hope you will take advantage of all the services we offer, because your health and well-being is our first and up most priority.

Karen Lynch
President, Governance Board for
Knox Community Health Center



Back row from the left: Deborah Dyer, Secretary; Angela Petersen; Sally Fischell, Treasurer; Helen Ludwig; Harlan Cook; Marty Andrews, Vice-President. Front row from the left: Karen Lynch, President; Therese Shelton; Christina King; Not pictured Komi S Adamessi.

KCHC VISION

A community without barriers to healthcare.

KCHC MISSION

The mission of the Knox Community Health Center is to serve as a medical home providing comprehensive health care for all walks and stages of life. We are dedicated to providing services which unite the ideals of prevention, wellness, and disease management; resulting in enhanced physical and mental well-being for the community members we serve.

KCHC VALUE STATEMENTS

INTEGRITY! We act with a consistency of character and are accountable for our actions.

RELIABLE! We provide forthcoming, impartial, and courteous care for every patient, every time.

QUALITY! We achieve an exemplary level of service through individual efforts and teamwork.

ATTAINABLE! We eliminate barriers that impede an individual's ability to access medical and dental care.

COMPASSIONATE! We nurture a sense of family and community among our patients and ourselves.

2018 Knox County Health Department ACCOMPLISHMENTS

- Adopted a new Knox County Food Safety Ordinance.
- Re-established the Knox County Food Service Advisory Group.
- Adopted updated Food Safety Enforcement Procedures.
- All five (5) Knox County High Schools held a Kick Butts Day 2018 event.

Implemented LIHEAP (Low Income Housing Energy Assistant Program) for Knox County.

- Created an Assistant Public Health Administrator position for the Health Department.
- Created the Chief Operations Officer position for the Community Health Center.
- Successfully worked with community partners to address active TB case.
- Successful drive through flu clinic in partnership with HPW.
- Partnered with the Klein Foundation, OSF, and District 205 to provide access to back to school physicals and immunizations to District 205 students on the first day of School.
- Held three workshops for the food industry on the new food code.
- Successfully completed third Operational Site Visit for the Community Health Center.
- Hired a full-time Medical Doctor to provide services within the Community Health Center.
- Received funding to expand access to mental health and substance use services in the Community Health Center.
- Successfully implemented the WIC Farmers Market program and distributed all available vouchers.

Health Department Implements LIHEAP

The Knox County Health Department was awarded the Low-Income Home Energy Assistance Program (LIHEAP) grant in September of 2018. LIHEAP helps eligible low-income households pay for home energy services (primarily heating during winter months).

LIHEAP is a state and federally funded energy assistance program that provides one-time benefits to income eligible households to help with winter energy bills and for reconnection of energy service. Benefits are paid directly to the utilities on behalf of the eligible households. LIHEAP applications are processed through a network of local administering agencies around the state. The program is administered by the Illinois Department of Commerce and Economic Opportunity (DCEO),

Office of Community Assistance.

Annual eligibility levels are determined based on available funding and may not exceed 150% of the federal nonfarm poverty level. If a household's combined gross income for the 30 days beginning with the date of the application is at or below 150 percent of the federal poverty level, households may be eligible to receive assistance. A single-person household can qualify for the program with a monthly gross income of up to \$1,518; a two person household up to \$2,058; and a family of four can earn up to \$3,138.

For more information on Low-Income Home Energy Assistance Program, contact the Knox County Health Department by calling (309) 344-2224.



972

Applications entered
October 1, 2018
to December 31, 2018

Women, Infant and Children

WIC is focusing on the execution of “Wildly Important Goals” (WIG). There are two WIGs: increase the percentage women exclusively breastfeeding in the first 12 weeks of their infants’ lives and to increase the number of women being asked breastfeeding intention and support questions at pregnancy certification (WIC onset). This provides a road-map for helping women achieve their personal breastfeeding goals. Knox County Health Department (KCHD) has 3 Certified Lactation Consultants and one International Board Certified Lactation Consultant.

Breastfeeding provides the most health benefits for both mom and baby since this is true, KCHD will continue to work on goals that support a mom’s choice to breastfeed. WIC is about Supplemental Nutrition and education. Breastfeeding is the preferred method of infant feeding, especially within the first six months of life. However, KCHD does not judge those women who do not desire to breastfeed.



IBCCP Services

Women between the ages of 35 and 64 living in Knox, Warren or Henderson counties can qualify for free screenings and treatment for breast and cervical cancer if they are uninsured, underinsured, or have a high deductible for these services. If symptomatic, younger women can also qualify for free treatment.

Nutrition Services (WIC)

2018	
Clients Certified	1345
Clients who attended nutrition education	1520
Clients who attended breastfeeding education	191
Clients enrolled in program (average monthly)	701

Family Case Management

The Family Health Program provides services to ensure that Knox County babies are born healthy and remain that way after birth.

- The Family Case Management program assists women and infants up to one year of age who financially qualify. This program provides supportive personal contact, health education, assessment of needs, coordination of medical care and referral to other social service agencies.
- The High-Risk Pregnancy/Infant Program provides women and infants, deemed at high-risk, home visits, follow-up education and linkage to social service agencies and medical care.
- Blood lead testing is available for pre- and school-aged Knox County children.

Lead Poisoning Prevention Program

2018	
Number of Children Screening at KCHD	82
Number of Children with Elevated Lead Levels	40
Number of Nurse Home Visits	32
Number of Environmental Investigations	6

Family Case Management Program

2018	
Face-to-Face Visits	3125
High-Risk Home Visits	21

Health Protection Programs

Health Protection Programs provide the four core services that all local health departments must provide to be certified. In addition to the core programs of food, water, onsite wastewater, and communicable disease surveillance health protection also conducts West Nile Virus surveillance, environmental lead investigations, immunizations, STD testing, and PrEP case

management. Health Protection utilizes regulatory codes, best practices, education, enforcement, surveillance, and case management to prevent exposure, eliminate hazards, and provide treatments to protect every visitor and resident of Knox County whether they are dining out, grocery shopping, drinking water, or participating in recreational activities.

Food Protection

	2018	2017	2016
Licensed Food establishments	352	306	335
Number of Routine inspections conducted	610	527	622
Number of Re-inspections	187	178	202
Number of Foodborne Illness Risk Factors identified and eliminated	242	170	247
Number of Temporary Food Permits Issued	368	408	358



Potable Water Safety

	2018	2017	2016
Number of water well permits issued	16	21	17
Number of water wells installed	13	10	4
Number of water wells inspected	17	6	4
Number of water wells sealed	22	12	13

Onsite Wastewater Treatment Program

	2018	2017	2016
Sewage System Permits Issued	35	43	38
Sewage Systems Installed	25	44	11
Sewage Systems Inspected	26	45	11

Communicable Disease Investigation, Surveillance

	2018	2017	2016
Hepatitis	28	37	31
HIV Infection	0	2	1
Lyme Disease	2	5	2
Salmonellosis	10	6	8
Tuberculosis	2	0	0

	2018	2017	2016
Chlamydia	252	268	268
Gonorrhea	85	83	68
Syphilis	6	6	2

	2018	2017	2016
HIV Tests Performed	52	200	163
STD Tests Performed	581	172	200

Immunizations

	2018	2017	2016
Children served	458	719	554
Immunizations given - children	902	1712	1139
Adults served	814	901	969
Immunizations given - adults	868	1002	1076



Drive-thru Flu Clinic: a continued success

The Knox County Health Department held its Annual Drive Thru Flu Clinic on September 26, 2018. We gave 185 Flu shots in 3 hours, or in other words, 76.6 shots per hour!

A huge THANK YOU to Hinchliff-Pearson-West, Inc. for allowing us to use your facility.

Protect Yourself against HIV with PrEP

PrEP: Pre-Exposure Prophylaxis. This means you can take a medication (Truvada) that can protect you from getting HIV if you have unprotected sex or share needles with someone who is HIV-positive.

HIV is the Human Immunodeficiency Virus, which can damage the immune system and prevent it from fighting off infections. It is transmitted through semen, vaginal and rectal fluids, blood, and breast milk.

We at the Health Department are now capable of providing the education and direction for clients that are eligible for this program. We can test clients through our on-site STD Clinic and refer clients to providers that offer

evaluation and on-going screening.

Any further questions, please see or call Tammy Nelson at the Health Department.

PrEP

ONE PILL. ONCE A DAY.

Protect Against HIV.

For more information: **309-344-2224**

www.knoxcountyhealth.org



Public Health
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Knox County Health Department

Wellness and Health Promotion

The Wellness and Health Promotion Division strives to promote good health within Knox County. As part of this effort, health educators encourage healthy lifestyles through:

- serving as a resource center for health education materials
- conducting presentations on a variety of health education topics
- development of health prevention programs
- coordination of health screening activities

The Knox County Health Department offers a Speakers Bureau as part of its continuing public services. Department staff are available to speak to community organizations and groups in Knox County on a variety of health-related topics.



We empowered youth to stand out, speak up and seize control against Big Tobacco at "Kick Butts Day" events.

Emergency Preparedness and Medical Reserve Corps

The best things you can do to prepare for an emergency are: get informed, make a plan, and build a kit. Visit www.ready.gov for more information about personal and family preparedness.

The Health Department's volunteer group the Knox County Medical Reserve Corps is open to anyone who would like to help the Health Department prepare for and respond to emergencies. To learn more contact the Unit Coordinator at (309) 344-2224 ext 229, or visit www.illinoishelps.net to register as a volunteer.



Staff participating in the "Stop the Bleed" class



Promoted our services at the 2018 NAACP Cookout

PHEP Grant Funding

The Public Health Emergency Preparedness (PHEP) grant is a critical source of funding for public health departments.

Since 2002, the PHEP grant has provided assistance to public health to help health departments build and strengthen their abilities to effectively respond to a range of public health threats, including infectious diseases, natural disasters, and biological, chemical, nuclear, and radiological events. Preparedness activities funded by this grant specifically targeted the development of emergency-ready public health departments that are flexible and adaptable.

8,727 PEOPLE ATTENDED
250 PROGRAMS

Community Health Center



MEDICAL DIRECTOR
Carol Sacco, MSN, APRN, NP

Carol comes with 40 years' experience in the medical field. She graduated with a Master of Science in Nursing from Northern Illinois University and is certified as a Family Nurse Practitioner.

"I believe in individualized care. My hope is that by being mindful of this, I can help my patients to be educated and engaged in their health".

In 2010, the world prevalence of diabetes among adults (aged 20-79 years) was 6.4%, affecting 285 million adults, and by 2030 is expected to increase to 7.7%, and 439 million adults.

Carol is a champion for Knox County in treatment and prevention of diabetes and its complications. By helping the individuals with diabetes, she feels she can create positive lifestyle changes for the entire community.

Brooke Thompson, LPN has partnered with Carol to bring the Diabetes Self-Management Program from Stanford University to Knox County residents. This is an eight week course, meeting once a week, to educate participants on steps to healthier living with diabetes. Class objectives include; medication management, healthy eating, making treatment decisions, becoming an active self-manager, understanding and managing common symptoms, and communicating with friends, family and healthcare professionals.



DENTAL DIRECTOR
Kevin Rubnich, DMD

Dr. Rubnich, the Knox Community Health Center's Dental Director, encourages individuals to practice good oral hygiene at any age. A graduate of Southern Illinois University, Dr. Kevin offers 27 years of dental knowledge, with additional experience as a dental hygienist and dental assistant.

According to Dr. Kevin Rubnich, "Healthy teeth and mouth are important parts of a healthy body. The three basic steps to good oral health are; brush with fluoride toothpaste twice each day and floss once each day, eat nutritious foods and limit snacks, and visit your dentist regularly."

Additionally, for those who are apprehensive about visiting a dentist, the Knox Community Health Center offers use of Nitrous Oxide to reduce the anxiety felt by children and adults related to dental treatment. Nitrous oxide (N₂O), more commonly referred to as laughing gas, is used as a local sedation method. It is colorless and odorless. Nitrous oxide's usefulness also stems from how quickly it works and that its effects are reversible. For those and other reasons, nitrous oxide is widely considered to be a safe sedation method. Not only is it safe for children, but Nitrous Oxide is a preferred sedation method for children who are nervous or anxious about a pending procedure.

For information on the next 8 week session or to become a patient of the Knox Community Health Center, call 309.344.2225.

Expanding Services: Substance Use Disorder

Paula Shannon, LCSW

There are millions of Americans who misuse or are dependent on alcohol or drugs. Most of them have families who suffer the consequences, often serious, from living with these individuals.

Many individuals who abuse alcohol or drugs have jobs and are productive members of society creating a false idea in the family that “it’s not that bad.” The problem is that addiction tends to worsen over time, hurting both the addicted person and all the family members.

Substance Abuse Mental Health Service Administration has found that prevention and early intervention strategies



can significantly diminish the negative consequences of drug and/or alcohol consumption before they occur. Given that nearly half of US adults have a close friend or family member who is or has been addicted to drugs, investment in prevention strategies is a necessity. Education about addiction is an imperative first step of prevention. If you are aware of the warning signs of alcohol and drug use, you have a better chance of getting your loved one the help they need in a timely manner.

Some of the most common signs and symptoms of addiction include but are not limited to:

- Disinterest in sports, hobbies, or extracurricular activities he/she or they previously enjoyed
- Becoming defiant, uncooperative, or violent
- Isolation from friends or family
- Lack of respect for authority
- Sudden weight loss or weight gain
- Frequent mood swings

As individuals, it’s up to us to break the stigma of addiction and make a positive impact in our communities. Prevention is everyone’s business.

NOW ACCEPTING NEW PATIENTS



**WELCOMES
DR. WIECHERT**

Dr. Wiechert joins our team of providers with **40 years experience** in the medical field. He is a graduate of Rush University, Rush Medical College.

“I AM PASSIONATE ABOUT PATIENT-CENTERED CARE AND BELIEVE THAT ACTIVELY LISTENING TO MY PATIENTS IS THE FIRST STEP TOWARD PROVIDING EXCELLENT HEALTHCARE”.

Message from our CEO

The Health Center continues to grow every year. We are always looking for great people to join our team of healthcare providers and support staff. We currently have a medical team of Doctors, Nurse Practitioners, Nurses, and Medical Assistants. Our behavioral Health team offers the services of Psychiatrists, Psychiatric Advanced Practice Nurses, Licensed Clinical Social Workers, Licensed Clinical Professional Counselors, and Licensed Practical Nurses. The Dental Team has Dentists, Hygienists and Dental Assistants. All of these teams are supported by our outstanding clerks, case managers and electronic health records specialists. If you are interested in joining our staff we'd love to hear from you.

Michele Gabriel, CEO

49%

Forty-nine percent of our patients participated in the sliding fee schedule.

12,021

Total completed appointments for all three disciplines; medical, dental, and behavioral health in the health center was 12,021.

4,632

Individual patients were seen by providers at the Health Center (unduplicated patients).

Sliding Fee Scale Program

Anyone can become a patient of the Knox Community Health Center. The Center accepts all patients regardless of their ability to pay or place of residence. Transportation assistance is available for patients. Services on the Sliding Fee Scale Individuals/families applying for discounted fees are expected to provide proof of income each year by providing 30 days of total household income; which may include: paycheck stubs, W-2 tax forms, disability benefits, child support, social security and/or retirement income.

- Patients stating they have zero income will have

to complete a zero income affidavit form.

- Patients refusing to provide income documentation are responsible for full charges.

The Sliding Fee Scale is based on the most recent Federal Poverty Level (FPL) guidelines and will be approved annually by the Community Health Center Governance Board. Any changes to a patient's Sliding Fee Scale Plan resulting from Governance Board approval of newly published FPL guidelines will be effective at the patient's next scheduled visit.

Phone Bank Scheduling

Better patient check-in implemented

The Knox Community Health Center has made positive changes to serve the community better. In 2018, we created a phone bank to receive all Health Center phone calls streamlining appointment scheduling. This allows the registration staff to serve you without interruption, and providing a better patient check in experience.



This center receives Section 330 funding and has federal Public Health Service deemed status with respect to certain health or health-related claims, including medical malpractice itself and its covered individuals. For more information, please see www.bphc.hrsa.gov/ftca/



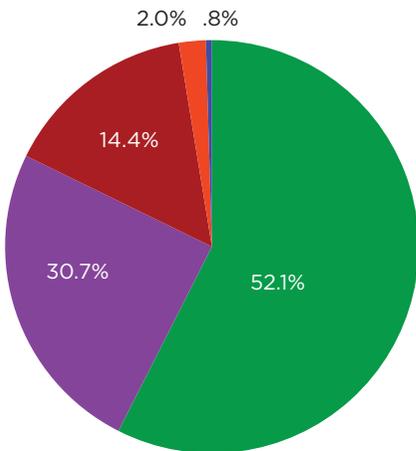
KNOX COUNTY HEALTH DEPARTMENT

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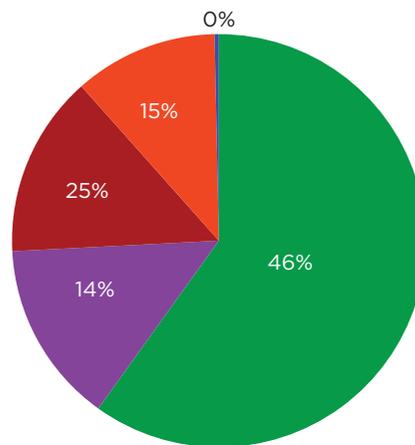
www.facebook.com/KCHD92/



**2018 Revenue Summary for
Knox County Health Department**

■ Federal & State Grants/ Foundation Awards	2,174,776.55
■ Service Fees	1,281,375.01
■ Tax Levy	603,350.98
■ Miscellaneous	83,061.65
■ Interest	33,831.71
■ Account Transfer	0.00

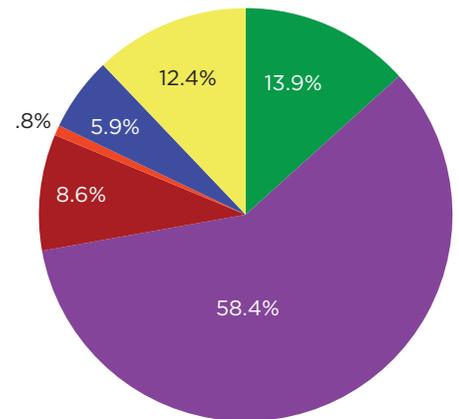
Total 4,176,395.90



**2018 Expense Summary for
Knox County Health Department**

■ Personnel	1,929,609.70
■ Personnel (Grant Contingent)	1,052,754.81
■ Grant Program Activities	639,887.03
■ Operating Expense	563,173.34
■ Building Construction	4,089.91
■ Account Transfer	0.00

Total 4,189,514.79



**Distribution of Knox County
2017 Property Taxes**

■ Education	58.4%
■ County	13.9%
■ Fire, Library, Sanitary, Misc.	12.4%
■ Cities & Villages	8.6%
■ Township	5.9%
■ Knox County Health Dept.	0.8%