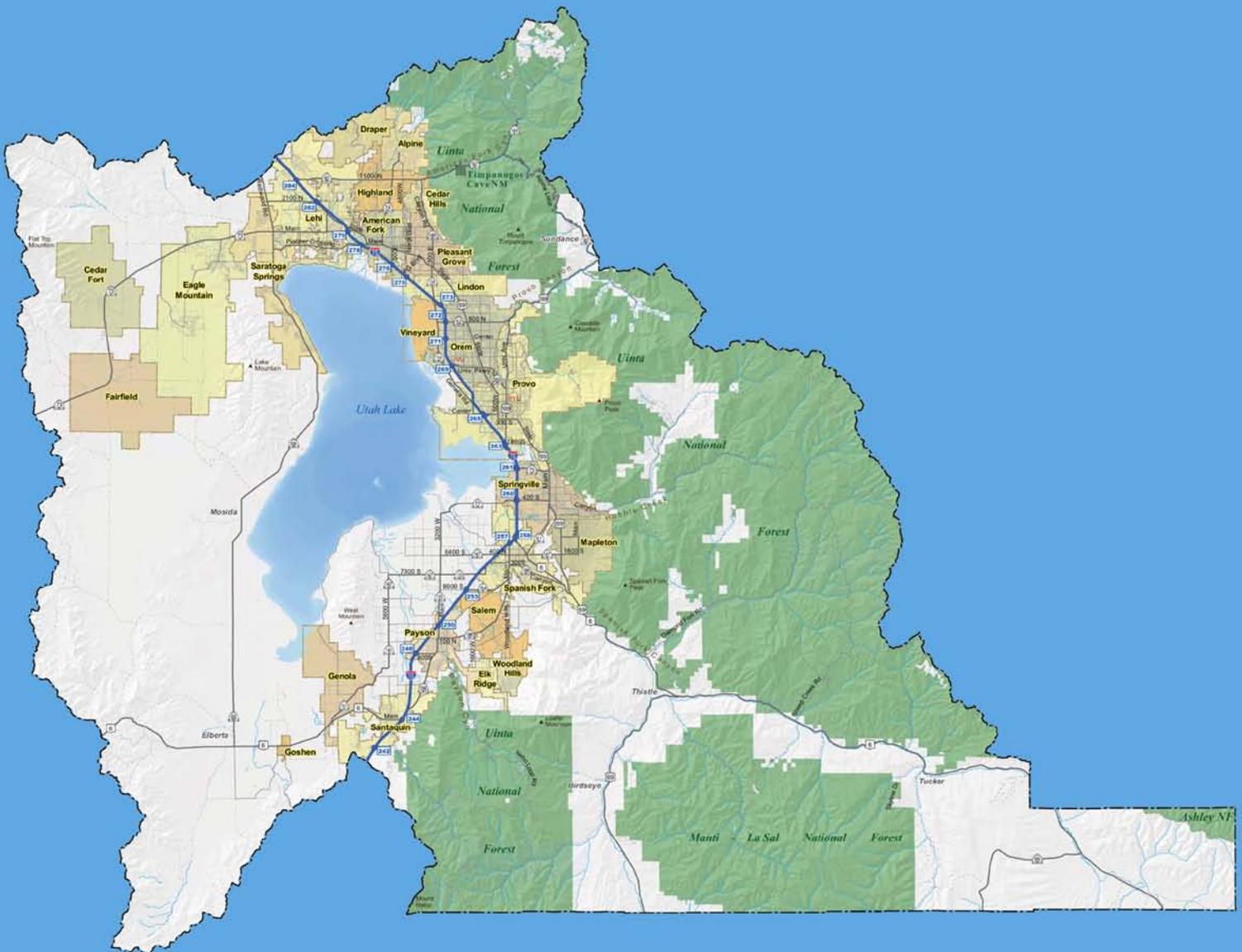




# Utah County

HEART of UTAH

## Health Department



# 2013 Annual Report

# From the Executive Director and Board of Health

Dear Utah County Residents and Community Leaders,

In 2013 our Utah County Health Department continued to work with all of our many public and private partners to keep the people of Utah County one of the healthiest populations in our nation.

Our air quality during fall and winter atmospheric inversions continues to be unhealthy and visibly unattractive. Many requirements on industry and newer automobiles have significantly improved our air over the years. But as our county population continues to grow we have become more dependent on individual efforts to do more.

Now over 60% of our Clean Air Improvement Plan will have to come from all individuals changing our routines to improve the air we all breathe. We can not burn wood or coal or do other burning which creates visible smoke during inversions. One home heating with wood creates as much pollution as 200 homes heated with natural gas or propane. We must plan better to decrease cold starts of our motor vehicles by combining trips to work, shopping and recreation and by carpooling even short distances to schools and commuter parking lots, etc. Starting a cold motor vehicle engine creates most of the pollution of an entire trip of about 50 miles.

This past year we opened a new “Mothers’ Milk Depot” which after the first few months had already received nearly 6,000 ounces of donated breast milk which was pasteurized and used to feed this vital nutrition to premature babies in hospitals. And a new “Talking 2 Teens” website was launched to help parents talk to teens about abstinence from early sexual activity.

A new mosquito abatement facility was opened in Spanish Fork from where we dispatch the field staff who monitor and control mosquito populations and the West Nile Virus and other encephalitis diseases mosquitoes spread. Our epidemiology staff investigated about 1,300 cases of reportable communicable diseases, many of which were preventable with immunizations. And the Trauma Team from Utah Valley Regional Medical Center brought to the Board and public awareness a large increase in serious injuries from commercial trampoline gyms’ high performance trampolines.

It takes caring cooperation from everyone to keep Utah County a healthy place for all of us to live. We appreciate the support of our County Commission, other community leaders, involved citizens and our outstanding employees.

Sincerely,

Joseph K. Miner, MD, MSPH  
UCHD Executive Director



## Utah County Board of Health

**Doug Witney**, Chair  
*Utah County Commissioner*

**Clyde Nielsen**, Vice-Chair

**Jeff Acerson**, Mayor  
*Lindon City*

**Keith C. Rittel**, Superintendent  
*Provo School District*

**Dianne C. Carr**

**Teresa Taveres**

**Diane Lohner**

**Henry M. Yeates**

**Gaye L. Ray**



# Friends of Public Health

As part of National Public Health Week, the Utah County Health Department and Board of Health traditionally honor one individual and one organization for their efforts and dedication to the health and welfare of the citizens of Utah County. This year, they honored Dr. Eugene C. Cole, Ph.D. and Harmons Grocery Stores.

**Dr. Eugene Cole** has served as a Professor at Brigham Young University (BYU) since 2002, providing teaching, research, and national and international community outreach in public health. He also conducts applied public health research and investigation aimed at low-cost solutions to important public health problems. Areas of concentration include hygiene promotion/behavior change, indoor environmental quality, exposure assessment, antibiotic resistance, children’s health, asthma and allergy prevention and control, occupational health, emergency preparedness and disaster response.

Dr. Cole has served as a valuable asset to the UCHD’s environmental health initiatives. Over the past five years, Dr. Cole has recruited over 250 public health student volunteers to assist at our Household Hazardous Waste (HHW) collection events. Dr. Cole also serves as a dedicated volunteer at these events. He encourages public health students to apply their academic training in practical real-world settings. He has a remarkable history of providing opportunities that benefit both academic students and public health practitioners in collaborative ways. Dr. Cole is also a great resource for our Utah County Asthma Coalition. His knowledge of environmental issues and how they affect asthma is very helpful and he also participates on the Utah Asthma Task Force and an asthma prevention work group.



**Harmons Grocery Stores** made a courageous decision to protect the health of citizens in their communities. Company leaders decided selling tobacco products was at odds with the company’s goal of providing healthy, quality food. Because of that disconnect, the company began preparing so that the loss of revenue from those sales wouldn’t negatively affect the company or their employees. The stores started using the space tobacco once occupied to expand other services and products like postal service and specialty foods for those with food allergies.

Harmons employees also participate in a wellness plan, and selling tobacco was at odds with the message the company wanted to send to its customers and 2,700 employees.

Harmons began removing tobacco products from stores in June 2011 and was finished less than a year later. The last three stores to be built were all built tobacco-free from the beginning. Harmons management wants their customers to focus on healthy living. Harmons believes that part of their responsibility as a community member and local grocer is to provide the wellness choices that help local families live a healthy lifestyle.

Harmons is Utah’s oldest and largest family-owned grocery. This proactive move, in the name of health shows real dedication and foresight by Harmons to create a healthy environment for everyone.

Cigarette smoking is the leading cause of preventable death in America and even in Utah County. Smoking causes more than 443,000 deaths each year. According to the U.S. Centers for Disease Control Prevention, in Utah more than 1,150 Utahns die every year due to tobacco-related illnesses.

The UCHD wishes to express a heart felt “thank you” to Harmons for showing bold leadership and commitment to Public Health by discontinuing the sale of tobacco products in your stores.

## Health Department Revenues/Expenditures

**Total Budget for 2013 was \$18,179,003, not including \$8,000,000 in non-cash WIC Food Vouchers.**

### Revenue Sources

Contracts/grants	\$5,144,293	28.3%
Fees	8,607,033	47.3%
Taxes	3,335,948	18.3%
Fund balances interest/other	1,109,729	6.1%

**TOTAL \$18,179,003**

### Expenditures

Personnel costs	\$11,999,803	65.9%
Operating costs	6,129,774	33.7%
Capital costs	67,426	0.4%

**TOTAL \$18,179,003**

# Vital Records

The Utah County Health Department Office of Vital Records is responsible for the registration of all births and deaths occurring in Utah County. Birth and death records are monitored for conditions which require investigation by the Health Department.

In 2013, the total number of initial birth certificates issued was 20,910. There were 2,753 initial death certificates issued.

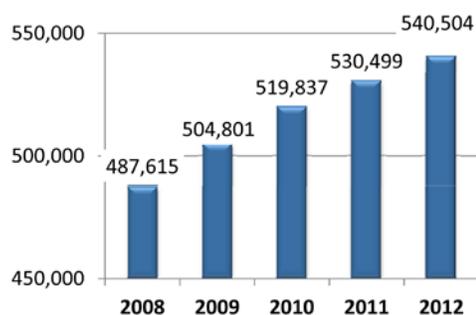
In 2013 the impact of the Driver's License law change continued to increase the need for certificates. This law will only affect every driver until the end of 2014 then it will only affect new and out-of-state drivers.

In November, 2013, PEHP health insurance company required birth certificates to verify relationships of dependents insured by them. This was a huge push at the end of the year to help people get the insurance they needed.

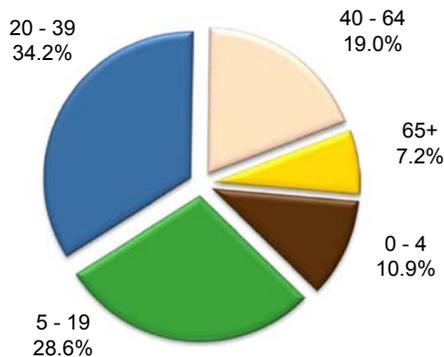
## Vital Records Goal:

To offer our services to the south area of the county possibly joining with WIC in Payson.

### Population



### Population by Age Category



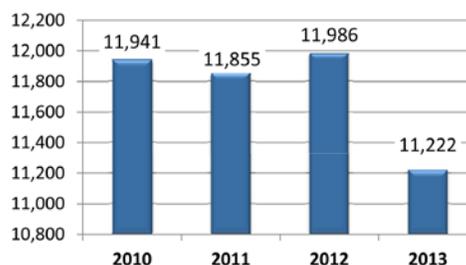
### Median Household Income

Utah County	\$58,167
Utah	\$58,341
U.S.	\$51,017

### Percentage of Persons Living in Poverty

Utah County	14.2%
Utah	12.8%
U.S.	15.9%

### Number of Total Births



Location of Birth	2010	2011	2012	2013
Home	201	225	304	223
Facility	11,740	11,630	11,682	10,999

### Birth Rate

Per 1,000 population

Utah County	22.2
Utah	18.02
U.S.	12.6

### Infant Mortality Rate

Per 1,000 live births

	2012
Utah County	4.4
Utah	4.9
United States	6.1

### Leading Causes of Death

### Number of Individuals

Heart Disease	442
Cancers	387
Unintentional Injuries	146
Strokes	136
Suicide	77
Diabetes Mellitus	68
Chronic Lung Disease	52
Alzheimer's Disease	48
Birth Complications/Defects	46
Pneumonia/Influenza	45
Kidney Disease	40
Parkinson's Disease	40

### Deaths of County Residents

Total Number	
2013	2,203
2012	2,089
Fetal Deaths Registered	
2013	98
2012	50

### Traumatic Death

	2012
Drug Related	97
Firearms	40
Undetermined	43
Falls	33
Suffocation/ Hanging	32
Motor Vehicles	32
Poisonings	21
Homicides	6

IN PARTNERSHIP WITH  
**UTAH'S PUBLIC HEALTH**  
 DEPARTMENTS

# Health Promotion



**Miss Orem and attendants at the 2013 Bike to Work Event.**

The Division of Health Promotion works to improve the health of all Utah County residents by providing individuals, groups and communities with the tools to make informed decisions about their well-being. Moving beyond the traditional treatment of illness and injury, Health Promotion efforts are centered primarily on the social, physical, and economic factors that affect health, and include such activities as the promotion of physical fitness, healthy living and good nutrition.

**The Utah County Health Department earned more than 400 media articles, interviews, stories, and placements in 2013.**

Our team of health educators are professionals who design, conduct and evaluate activities that help improve the health of all people in Utah County. These activities can take place in a variety of settings that include schools, communities, health care facilities, businesses, colleges and government agencies.



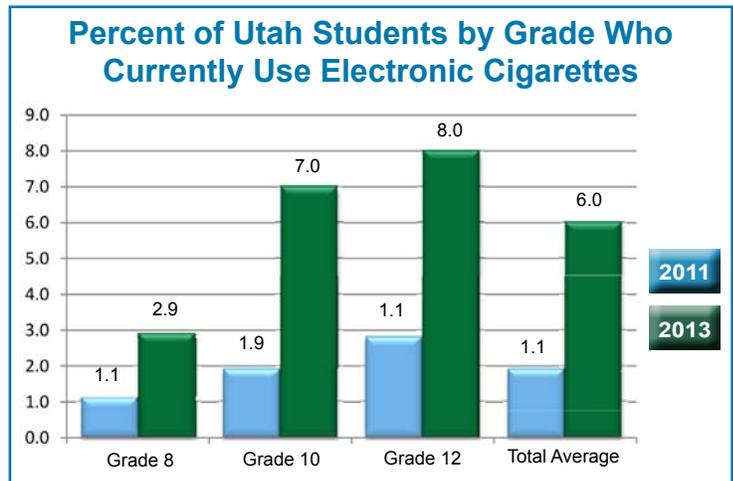
**Asthma** has no cure, but it can be controlled. The majority of problems associated with asthma, including staying in the hospital, can be prevented if asthma is managed properly. The Utah County Asthma Program developed a Newly Diagnosed Asthma packet to assist individuals in achieving effective management. This useful resource was showcased at the 2013 American College of Chest Physicians in Chicago, Illinois. It is currently being used statewide in doctor's offices, by the Utah School Nursing Association and other local health departments. Several states, including Illinois, Washington and Indiana are interested in using the packet for their local asthma prevention efforts. It is available in both English and Spanish.

Andrea Jensen, Asthma Prevention Specialist, manages an informative blog "My Life as an Asthma Mom", which has been recognized over the past two years as being one of the top 11 Asthma blogs on the internet by Healthline.com. Recently, the U.S. National Library of Medicine included this blog in their new collection of online archives of web content they are collecting "as part of their mission to collect, preserve and make available to the public materials that provide information in medicine and public health". They wrote, "Including 'My Life as an Asthma Mom' in this online archive will greatly enhance the value of the Library's collection". Andrea has also authored two educational articles that were published in a national parent's magazine.

Andrea Jensen, Asthma Prevention Specialist, manages an informative blog "My Life as an Asthma Mom", which has been

Over the past two years, current use of **electronic cigarettes** tripled among students in grades 8, 10, and 12. Action by the Utah State Legislature has resulted in restrictions on the use, possession, and sales of electronic cigarettes. For example, tobacco specialty

businesses (including e-cigarette shops) cannot be located within 1,000 feet of a community location such as schools,



## Health Promotion Goal:

- To increase the availability of programs and services to the public by offering prevention classes in new locations throughout Utah County.
- To advocate for policies that require retail licensing for businesses that sell e-cigarettes.

parks, libraries, etc. (UC 10-8-41.6 & 17-50-333). In 2013, the Utah County Tobacco Prevention and Control program educated business owners, law enforcement, schools and local cities about these laws. This improved local efforts to prevent illicit youth access and exposure.

# Mosquito Abatement

Besides being a nuisance, mosquitoes can be a vector or method for disease to spread in the community. As such, the UCHD's Mosquito Abatement Division works through the summer to control the spread of these insects.

2013 was the second consecutive very low water year. Spring runoff was almost negligible. By midseason many normal wet spots had dried up and the focal point for mosquito control was the periphery of Utah Lake. Air sprays prove very effective in reaching areas around the lake. Our field workers treated approximately 760 acres in larval control, 43,000 acres with Ultra Low Volume spray for adult mosquitoes, 23,000 catch basins and Vector Disease Control, Inc. (airplane spray contractor) sprayed 65,000 acres in mosquito control this season.



*A new Mosquito Abatement building was completed in 2013, providing a better and more efficient facility for staff delivering mosquito trapping and control.*

## Number of Reported Human West Nile Virus Cases and Fatalities

Year	USA Total Cases	USA Fatal Cases	Utah Total Cases	Utah Fatal Cases	Utah County Total Cases
1999	62	7			
2000	21	2			
2001	66	10			
2002	4,156	284			
2003	9,862	264	1		
2004	2,539	100	11		1
2005	3,000	119	52	1	16
2006	4,269	177	158	5*	66
2007	3,630	124	70	2	2
2008	1,356	44	26	0	1
2009	720	32	2	0	0
2010	1,021	57	2	0	0
2011	690	43	3	0	0
2012	5,387	286	5	1	0
2013	2,374	114	7	0	0

\* There have been only two fatalities in Utah County from West Nile Virus. These were in 2006.

# Emergency Response Planning

The Utah County Health Department would be a major partner if a disaster such as an earthquake or bio-terrorist attack were to take place in Utah. The Emergency Response Planning Team works with other emergency response organizations for such planning as all hazards preparation, medical surge response, volunteer management, and epidemiological surveillance.



Last year the UCHD partnered with state-wide agencies in several areas to address emergency preparedness issues. We participated in the 2013 Utah Shake Out, the largest earthquake drill ever planned in the U.S. We also participated in a dirty bomb exercise in February. We continued to be the lead agency in organizing the Utah County Medical Reserve Corp, as well as helping to coordinate the Healthcare Preparedness Coalition of Utah/Wasatch Counties. The UCHD also participates in numerous emergency training and planning activities.

# Environmental Health

The Division of Environmental Health Services is responsible for the enforcement of rules governing things such as on-site wastewater systems, food service, public pools and drinking water. The Division of Environmental Health performs a variety of facility inspections and responds to citizen complaints. While other areas have been affected by the economic downturn, the food service industry continues to be very active.

We are experiencing an ownership turnover of approximately five food establishments a week plus an average of two new establishment plan reviews a week.

Compliance with the requirement of having all food service workers obtain a current food handlers permit has greatly improved with the implementation of an approved online food handler course.

The selling of food at special events and celebrations such as Fourth of July, city celebrations and athletic events is quite common. Vendors must first obtain a Temporary Food Permit from UCHD. These temporary food facilities create unique challenges for food safety. Vendors must complete an application which includes a menu and then



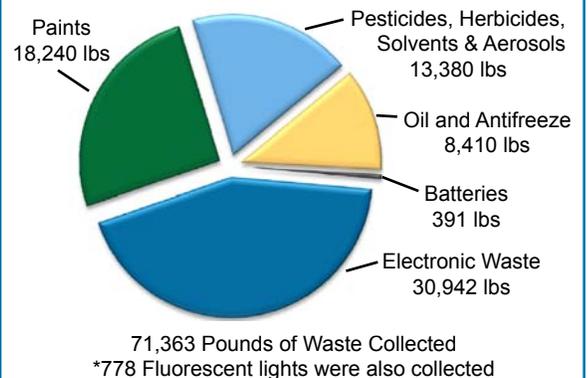
*Underground Storage Tanks are inspected as installed.*

discuss safe food handling procedures with UCHD prior to receiving a permit. As the number of events, restaurants, pools, schools, and other facilities have increased with the population, the UCHD increased efficiency with the use of technology and cross-training without a proportional increase in staff.

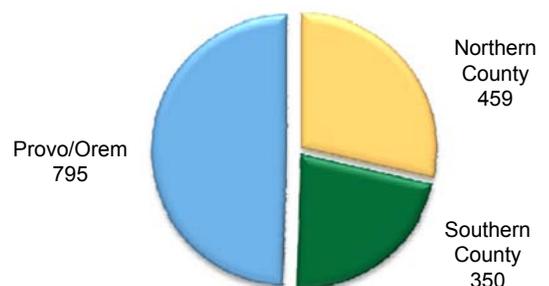
Number of Environmental Health Permits / Approvals	2010	2011	2012	2013
Food Establishments	1,509	1,564	1,526	1,604
New Food Establishment Plan Reviews	96	105	110	139
Temporary Food Permits Issued	776	781	812	659
Mass Gathering Permits	22	17	17	22
Public Pools/Splash Pads Permitted	352	352	360	389
Pool Plan Reviews	9	6	15	16
Body Art (Tattoo, piercing, permanent cosmetics, etc.) Facilities Licensed	43	25	24	28
Tanning Facilities Licensed	82	37	33	36
Motor Vehicle Inspection Stations Permitted	186	187	202	205
Motor Vehicle Inspection Technicians Licensed	554	625	627	671
Sanitation Complaints	227	270	272	242
Water Systems Inspected	11	21	16	16
New Septic Tank Permits	75	60	60	75
Underground Storage Tanks Inspected*	81	74	46	38
Used Oil Recycling Centers	86	84	96	96

\* Utah Department of Environment Quality inspection regulations changed in 2012, decreasing the frequency of storage tank inspections.

## 2013 Household Hazardous Waste Collection



## 2013 Restaurants by Region



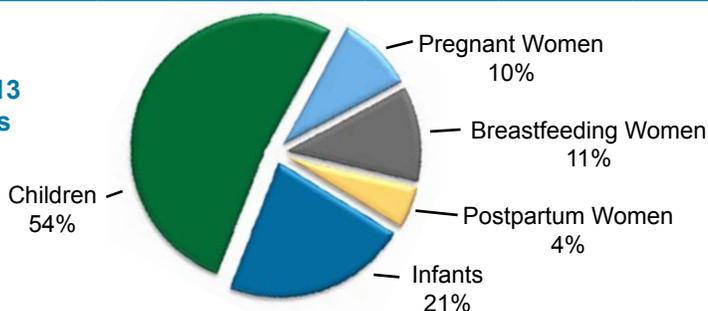
# Women, Infants, and Children (WIC) Nutrition

Women, Infants, and Children (WIC) works within each state to improve healthcare access for low and moderate income women and children with, or at risk of, developing nutrition-related health problems. Year 2013 was an eventful year for WIC. Funding was an issue for most of the year. First of all we anticipated an across the board cut for WIC, then the subject of sequestration came up and finally at the end of our fiscal year, it looked like the federal government could shut down and WIC could be drastically cut. WIC staff were furloughed for two days in October with the government shut down before receiving emergency funding and reopening.

## Clients Receiving WIC Benefits (average per month)

	2009	2010	2011	2012	2013
Pregnant	1,610	1,680	1,263	1,360	1,125
Breastfeeding Women	1,635	1,589	1,545	1,564	1,420
Non-BF Women	637	613	697	699	632
Breastfed Infants	1,898	1,654	1,444	1,535	1,395
Non-BF Infants	1,510	1,604	1,531	1,381	1,359
Children	7,222	7,313	7,571	7,188	6,424
<b>Total</b>	<b>14,512</b>	<b>14,453</b>	<b>14,051</b>	<b>13,727</b>	<b>12,355</b>

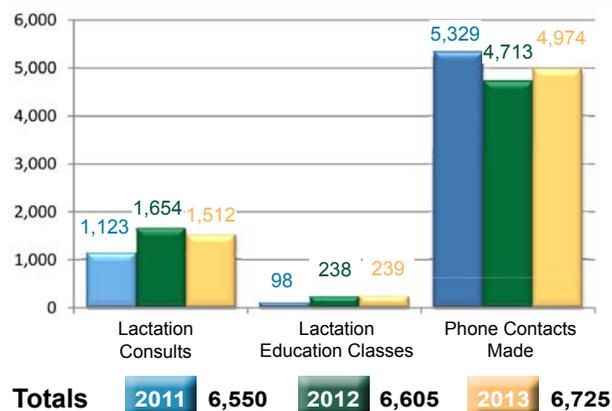
October, 2013  
WIC Census



## Lactation (Breastfeeding) Services

Breastfeeding has been shown to be of great benefit to both mother and baby. WIC strives to help mothers breastfeed more and longer. WIC has been able to provide more Lactation Support Specialists, increase the number of electric breast pumps for loan, purchase single user pumps, and regularly scheduled classes.

## WIC Lactation (Breastfeeding) Services



## Mother's Milk Depot Opens in Provo

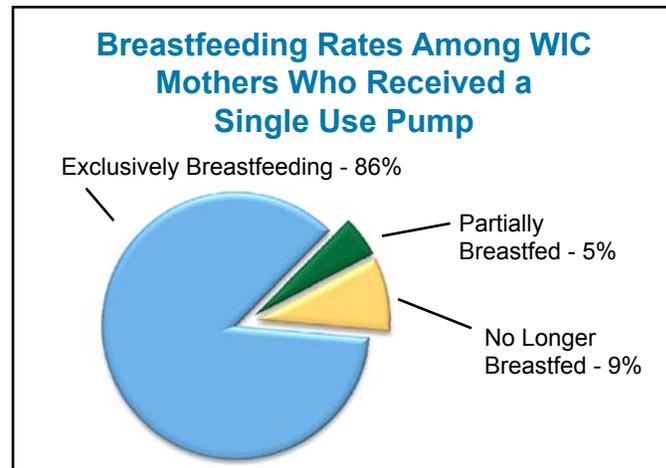
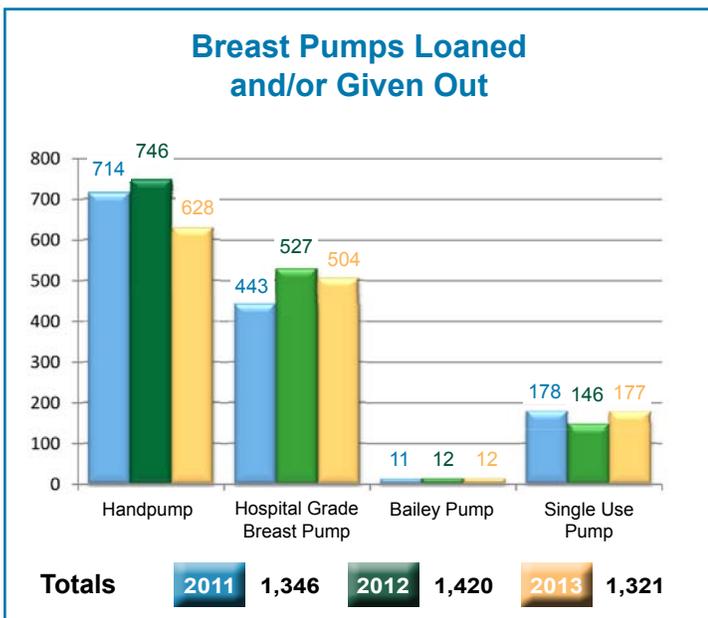
The nutritional benefit of mother's breast milk for newborns -- especially premies -- has long been recognized. In order to help gain greater access for local area babies, the Utah County Health Department partnered with several local agencies to open the fourth milk depot in the state. Frozen breast milk from screened donors is shipped to a not-for-profit Mother's Milk Bank in Denver where it is processed and shipped to Newborn Intensive Care Units (NICU) as needed. With the increase in NICU beds in the state, the milk bank could not supply all the needs for all the premature babies. We received a \$1000 grant from Intermountain Healthcare that



allowed us to purchase a freezer to store the milk and pay for the needed blood draws. The program has been very successful and we will have collected more than 8,100 ounces for the Milk Bank since July.

Our goal for next year, is to continue to work on the Utah Mothers Milk Task Force to establish a Mother's Milk Bank in Utah and update their website.

It was found that when a single user pump was issued to our mothers who met the qualifying criteria, we had 86 percent of the mothers breastfeeding exclusively-- giving their children no formula from WIC and an estimated savings of \$197,521 in formula costs for Utah County WIC.



- ### WIC Goals:
- Look for ways to streamline operations in order to reduce costs.
  - Continue to find ways to improve client's show rate for their appointments.
  - Put into place a continuous quality improvement program to meet new USDA requirements in 2014.

## Senior Services

The Senior Companion and Foster Grandparents Program participants volunteered over 90,069 hours to other seniors, high risk infants and children, troubled teens, and young mothers. Volunteers are 55 to 92 years old and donate up to 40 hours per week.

In 2013, the Foster Grandparent Program, with donations from Utah County employees and their families, assembled and donated 447 "Backpacks for kids" to the Community Action Food Bank for MLK Day of Service. Also, in partnership with the Utah County Senior Companion Program and Central Utah Harley Owners Group, volunteers made and donated 68 fleece blankets to the pediatric units of our local hospitals.

In Utah County, 78 Foster Grandparents spent 53,760 hours serving 987 at risk children and individuals. Volunteers serve as role models, mentors, tutors and friends to children at a critical time in their lives. They serve in Alpine, Nebo and Provo School Districts as well as the Utah State Developmental Center, Lehi Literacy Center and Utah Valley Regional Medical Center.



Senior companions served 386 frail, elderly clients. Services included transportation for 208 clients, companionship visits for 122 clients, and 56 weekly respite visits for caregivers. If these same services were provided by local in-home service agencies the collective cost to the individuals receiving this service would have been approximately \$907,725.

# Family/Personal Health Services

Clinic / Home Clients	2009	2010	2011	2012	2013
Baby Your Baby Intakes	1,513	1,359	1,111	1,034	887
Cholesterol Screenings	252	211	50	511	570
Family Planning Visits	461	452	591	265	193
Fluoride Prescriptions	401	314	326	728	371
General Health Exams	251	276	298	553	245
HIV Screenings	522	550	346	270	165
Immigration Exams	470	581	503	509	620
Immunizations - General	43,870	41,387	37,606	47,425	50,280
Immunizations - Seasonal Flu	18,016	15,711	10,442	14,383	16,717
Immunizations - School Personal Exemptions	1,176	1,283	1,045	1,205	1,247
Lead Screenings	86	8	8	13	4
Malaria Prescriptions	274	360	417	558	577
Mother's Milk Donations in ounces	*	*	*	*	5,896
Pregnancy Tests	288	295	440	780	821
Sexually Transmitted Disease Screenings	1,261	1,286	1,129	1,083	751
Skin Cancer Screening (mini- grant)	535	498	551	555	352
Tuberculosis Clients on Preventive Medications	97	76	80	82	62
Tuberculosis Skin Tests	4,492	4,447	4,334	4,890	5,656
Welcome Baby - Prenatal Visits	2,703	2,558	2,518	2,659	2,457
Welcome Baby - Medicaid Visits	907	868	1,241	1,304	1,286
Welcome Baby - Teen High Risk Visits	373	388	313	243	163
Welcome Baby - Spanish Language Visits	310	666	764	638	729
Women's Cancer Screening - "BeWise Program"	1,690	1,870	1,994	2,074	2,172

## Japanese Encephalitis

UCHD Immunizations has seen increased public awareness, increased recommendations and requirements by countries, and an increased demand for Japanese Encephalitis Vaccine. UCHD Immunizations has begun to counsel and provide Japanese Encephalitis Vaccine to protect international travelers if they meet the criteria prescribed by the CDC. These recommendations include travelers whose risk of exposure is increased by length of stay, season of travel, and itinerary. This allows potential travelers to receive this vaccine in Utah County rather than having to travel to Salt Lake City.

\* Mother's Milk Depot opened for donations in June, 2013

## 2013 Contagious Disease Outbreaks

**Gonorrhea:** While Chlamydia is the most common sexually transmitted disease, an increase in gonorrhea numbers was unusual. Utah County had 68 reported cases of gonorrhea, which is double our yearly average number of cases. Males account for over two-thirds (47) of the cases, most between 18 and 50 years of age. There were 21 female cases with most between 18 and 35 years of age.

**Norovirus at the Missionary Training Center (MTC):** Many missionaries at the Provo MTC had gastrointestinal illness in January with 242 people accessing the health center. The outbreak was later lab confirmed to be Norovirus 2, a new strain from Australia. The MTC reacted quickly by cleaning bathrooms, fountains, door knobs every two hours. Cases were isolated and ill staff were asked not to come to work. Increased hand-washing and no hand-shaking were requested. UCHD commended the MTC for mitigating the outbreak so quickly. Communication and cooperation with the MTC was excellent.

**Pertussis:** Pertussis (or whooping cough) remains high in Utah County, although the number of 2013 cases (254) have gone down compared to 2012 cases (413). These reported numbers are a fraction of the cases believed to have actually occurred due to many not being tested. Unimmunized children are excluded from schools where cases are occurring. Letters of notification were sent to parents and faculty of affected grades. Individual close contacts were notified and necessary intervention was arranged.

## Communicable Disease Reporting and Investigation

Disease	2009-2012 Average Cases	2013 Cases	Disease	2009-2012 Average Cases	2013 Cases
Amebiasis	0.0	0	Legionellosis	1.5	2
Campylobacter	66.3*	77	Lyme	4.25	8
Chlamydia	724.0	772	Meningitis - aseptic and viral	27.6	19
Cryptosporidium	11	16	Meningitis/Neisseria	0.75	1
e Coli 0157	13.0	18	Pertussis	127.8	253
Giardia	56	35	Salmonella	54.5	49
Gonorrhea	32.5	68	Shigella	6.25	3
Hepatitis A	1.25	2.0	Syphilis	6.0	10
Hepatitis B - acute	1	1	Tuberculosis - active	2.25	3
HIV - new cases	4.5	7	Tularemia	0.5	0
Influenza - hospitalized	91.3	96	Varicella (chicken pox)	111.8	89
Influenza - pediatric death	0.3	0	West Nile Virus	0.75	0

\* average does not include 2010 Saratoga Springs outbreak

### 2013 Most Common Food and/or Water Borne Diseases

- |                  |                    |              |
|------------------|--------------------|--------------|
| 1. Campylobacter | 3. Giardia         | 5. Norovirus |
| 2. Salmonella    | 4. Cryptosporidium |              |

## School Nursing

Utah County Health Department employees -- served 137 schools in 2012.

- 111,567 immunization records were reviewed, with 99.2% of students in compliance with state requirements.
- Student immunization exemptions were requested by parents for 4.5% of students.
- 65,503 students received in-school vision screening, with 1,606 receiving glasses/prescriptions.
- 17,346 students in 7th/8th grade were screened for Scoliosis, with 218 referred to their doctor for follow-up.
- School nurses taught/certified 499 school faculty and staff in American Heart Association CPR/First Aid.

### Utah County School Nursing

Students Enrolled	2009	2010	2011	2012	2013
Alpine District	64,351	66,044	68,233	70,863	72,468
Nebo District	28,282	28,500	29,724	30,494	31,251
Provo District	13,603	13,376	13,896	14,648	15,292
Total Utah County Schools	106,236	107,920	111,853	116,005	118,695
School Nurse to Student Ratio					
Alpine District	1 : 5,573	1 : 5,850	1 : 6,004	1 : 6,203	1 : 6,039
Nebo District	1 : 4,088	1 : 4,190	1 : 4,222	1 : 4,403	1 : 4,629
Provo District	1 : 4,555	1 : 7,773	1 : 7,643	1 : 7,941	1 : 8,738



### Adequately Immunized by School District as of the First Day of School, 2013

Utah County	Alpine		Nebo		Provo	
	Adequately Immunized	Total Exemptions	Adequately Immunized	Total Exemptions	Adequately Immunized	Total Exemptions
Kindergarten School Entry	88%	4.8%	90%	5.0%	83%	3%
Second Dose Measles (K-12)	95%	5.0%	95%	5.0%	95%	4%
7th Grade Entry	90%	5.0%	93%	5.0%	71%	9%

# Health Indicators

	Utah County	Utah	United States
<b>Physical Health</b>			
<i>Reported 7 or more days of poor health in last month</i>	16.5%	15.2%	16.7%
Participated in recommended level of aerobic activity	59.5%	58.9%	49.7%
<i>Had 3 or more servings of vegetables</i>	18.0%	16.7%	15.3%
Had 3 or more servings of fruits	31.1%	29.6%	30.7%
<b>Access to Health Care</b>			
No Health Insurance Coverage	13.6%	13.2%	17.9%*
<i>Reported cost as a barrier to seeking health care*</i>	17.8%	16.3%	17.3%
<b>Chronic Conditions</b>			
<i>Percentage of adults over 18 that have been doctor diagnosed with the following conditions</i>			
Asthma	7.7%	8.5%	8.8%
Arthritis	21.1%	21.8%	23.9%
High Blood Pressure	22.7%	24.5%	30.8%*
High Cholesterol*	22.9%	25.4%	28.4%
Diabetes	7.0%	7.2%	10.1%
Overweight or Obese by Body Mass Index (BMI)	58.8%	59.1%	63.1%
<b>Injury Prevention</b>			
<i>Fall Injury Hospitalizations (unintentional - 2011) Rate</i>	22.5	22.5	n/a
Percentage of residents that wear their seat belt regularly	85.8%	93.0%	93.3%

Health indicators are for 2012 and from Utah's Indicator-Based Information System for Public Health, unless otherwise noted. "n/a" indicates information is not available. \* indicates 2011 data.

	Utah County	Utah	United States
<b>Preventative Screenings/Treatment</b>			
<i>Clinical breast examine in last 2 years - women over 40</i>	64.2%	70.0%	n/a
Mammogram screening in women over 40 years of age	65.3%	66.3%	74.0%
<i>Papanicolaou test in women over 18 years of age in the last three years (2010)</i>	71.6%	74.2%	80.6%
Sigmoidoscopy/colonoscopy in adults over age 50	66.3%	68.3%	67.4%
<i>Men over 40 who have had a PSA prostate test</i>	57.3%	57.3%	53.2% (2010)
Adults who visited dentist in the last year	70.2%	68.6%	65.1%
<b>Immunizations</b>			
<i>Children who have received recommended DTaP, polio, MMR, Hep B, Varicella, and Hib vaccines by 36 months</i>	n/a	74.9% 71.1%*	71.9% 77.0%*
Seasonal Influenza vaccination in adults over 18	57.6%	56.9%	n/a
<i>Seasonal Influenza vaccination in adults over 65 years of age</i>	51.7%	56.0%	59.4%
Pneumonia vaccination in adults over 65 years of age	68.8%	70.4%	70.0%
<b>Tobacco/Alcohol Use</b>			
<i>Current Cigarette Smoker (adult)</i>	4.8%	10.2%	19.2%
<i>Current Cigarette Smoker (12 to 18 year olds)</i>	2.3%	3.8%	18.1%*
<i>Binge Drinking (5 or more drinks) by Adults*</i>	8.4%	12.0%	18.3%

## Contact Us:

**Health and Justice Building**  
151 South University Ave  
Provo, Utah 84601-4427  
Phone: 801-851-7000

**North County Building**  
599 South 500 East  
American Fork, UT 84003  
Phone: 801-851-7333

[www.UtahCountyHealth.org](http://www.UtahCountyHealth.org)  
[www.facebook.com/uchealth](http://www.facebook.com/uchealth)  
[www.twitter.com/uchd](http://www.twitter.com/uchd)  
<http://pinterest.com/uchd/>  
<http://www.youtube.com/user/UtahCountyHealthDept>

**Air Quality**  
3255 North Main  
Spanish Fork, UT 84660  
Phone: 801-851-7600

**Mosquito Abatement**  
476 West 3000 North  
Spanish Fork, Utah 84660  
Phone: 801-851-7637



**WIC - Nutrition Provo Clinic and Administration**  
151 S. University Ave, Suite 2100  
Provo, Utah 84601  
Phone: 801-851-7315

**North County WIC Clinic**  
599 South 500 East  
American Fork, 84003  
Phone: 801-851-7326

**Orem WIC Clinic**  
816 North 980 West  
Orem, UT 84057  
Phone: 801-851-7342

**South County WIC Clinic**  
910 East 100 North, Suite 125  
Payson, UT 84651  
Phone: 801-851-7361

## Divisions

- **Administration**  
Phone: 801-851-7012
- **Family/Personal Health**  
Phone: 801-851-7024
- **Emergency Response**  
Phone: 801-851-7069
- **Environmental Health**  
Phone: 801-851-7525
- **Health Promotion**  
Phone: 801-851-7095
- **Mosquito Abatement**  
Phone: 801-851-7637
- **Senior Services**  
Phone: 801-851-7767
- **Vital Records**  
Phone: 801-851-7007
- **WIC - Nutrition**  
Phone: 801-851-7319