2000 Annual Report

Highlights of the Williamson County & Cities Health District
January 1, 2000—December 31, 2000

www.publichealthwilliamson.org
The Health District Leadership is
Charting a Course for Healthy Communities.

The Board of Health thanks you for your past support and we look forward to meeting the public health needs of our community in the years ahead.

Take a look on the Web.

You can access online information about Williamson County, including the Williamson County Community Assessment Data to date. Find our web site at www.publichealthwilliamson.org, your online resource for walking trails, health and human service data, locations, schedules of services, health information and environmental rules and regulation.
Your public health department’s mission is to protect and promote the health of the people of Williamson County.

WCCHD is:

*Charting a Course for Healthy Communities* by partnering with the Greater Williamson County United Way, and the Williamson County Commissioners Court, and the Texas Department of Health to implement a Community Needs Assessment in Williamson County. The partnership is taking steps towards mapping community conditions including strengths, needs, and gaps in health and human service programs. This community assessment process is building a foundation of reliable, credible information upon which future planning, policy recommendations, program development, and resource allocations can be made.

*Charting a Course for Healthy Communities* by partnering in a community-wide initiative to increase the number of children covered by health insurance in Travis and Williamson Counties. A grant from the Michael and Susan Dell Foundation to the SETON Healthcare Network, provided funds for insure-a-kid, a public education campaign and outreach network in cooperation with TexCare Partnership. One in five children living in Travis and Williamson counties does not have health insurance, leaving an estimated 56,000 children uninsured.

*Charting a Course for Healthy Communities* by being a partner in a collaborative effort with providers of indigent health care in Travis and Hays Counties to address the issue of health care for the uninsured in these three counties. This collaboration received a planning grant from the "Communities in Change" Program to:

- Expand indigent care provider participation in the regional health care planning process,
- Assess the size and scope of the uninsured problem,
- Determine the adequacy of the existing system in meeting the needs of this population in this area,
- Develop alternative approaches for delivering and financing care to the uninsured,
- Analyze the alternatives,
- Create an appropriate model for this service area,
- Work with state and local policy makers and legislators to support changes and ensure buy-in, and,
- Develop indicators for ongoing evaluation of the program.
The Williamson County & Cities Health District (WCCHD), works in a county that supports all its residents in their quest for personal satisfaction and fulfillment.

The Williamson County & Cities Health District (WCCHD), with the mission of protecting and promoting the health of the people of Williamson County, is Charting a Course for Healthy Communities by being the official public health agency for Williamson County. The Health District has been providing public health services to Williamson County since 1943. Currently, 80 staff members (56 full time, 8 part time, 4 contract, 9 contract breastfeeding peer counselors, and 3 consulting physicians) serve the 249,967 county residents through five offices located in Georgetown, Round Rock, Taylor, and Cedar Park. Services are provided through six divisions: Environmental Health, Public Health Nursing, Social Services, WIC Nutrition, Community Health Promotion, and Administration.

Through a cooperative agreement among the governing bodies of Georgetown, Round Rock, Taylor, Cedar Park and the County Commissioners; WCCHD was organized as a health district in 1989 (prior to that date we were known as the Williamson County Health Department). These entities appoint citizen representatives to the Board of Health, which has administrative authority. Each city appoints one member and the county appoints two members to staggered 3-year terms. The WCCHD Director is a non-voting member. The Board of Health meets at least quarterly and more often as needed.

WCCHD contracts with three local physicians to provide specialized consultation in maternal health, STD, child health, adult health, and communicable disease. The Communicable Disease Consultant also serves as the County Health Authority. These physicians consult with the nursing staff, review plans of care, and authorize standing orders. They do not provide direct care to clients. Clients who require medical diagnosis and treatment are referred to physicians in the community.

All Divisions play an active role in the community. Staff serve as members of many coalitions, task forces, and advisory councils such as:

- The Williamson County Wellness Collaboration (WC)²
- Central Texas Health Ministries Collaboration
- Travis Service Area STAR Partnership
- Travis County CHIP Coalition
- Williamson County CHIP Coalition
- Austin Area Perinatal Coalition
- Central Texas Sustainability Indicators Advisory Committee
- East Williamson County Interagency Network
- Skippy School Health Mobile Clinic collaboration
- Robert Wood Johnson Communities in Charge Steering Committee
- Round Rock ISD Health Advisory Committee
- Williamson County Child Fatality Review Team
- GISD Safe School Healthy Students Initiative
- CAPCO Solid Waste Management Advisory Committee
- Georgetown Community Clinic Board of Directors
- PEP (Pregnant and Parenting Teens) The Georgetown ISD Prevention Partnership
- Williamson County Domestic Violence Prevention Coalition
- Board of Directors Georgetown ISD Early Impact Team
- Williamson County Community Resources Coordination Group (CRCG)
- Georgetown ISD Employee Wellness Committee
- Georgetown Project Advisory Committee
- Head Start Advisory Council
- Georgetown Community Network Steering Committee
**WIC Nutrition** provides nutrition education and food vouchers for highly nutritious foods to low-income, nutritionally at-risk women who are pregnant or breast-feeding, and infants and children up to the age of five.

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**YOUR Williamson County & Cities Health District WIC Program met the challenge in the year 2000!**

<table>
<thead>
<tr>
<th>PROGRAM PARTICIPATION BY CLINIC SITE:</th>
<th>PROGRAM PARTICIPATION BY CATEGORY:</th>
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<tbody>
<tr>
<td>WIC Contact Total for 2000 42,323</td>
<td>A snapshot of the participation level of one month (December 2000) of your WIC Program</td>
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<tr>
<td>• Round Rock 13,560</td>
<td>• Pregnant Women 338</td>
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<tr>
<td>• Georgetown 9,946</td>
<td>• Breastfeeding Women 276</td>
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<tr>
<td>• Cedar Park 9,169</td>
<td>• Postpartum Women 340</td>
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<tr>
<td>• Taylor 8,140</td>
<td>• Infants 1,013</td>
</tr>
<tr>
<td>• Seton Northwest Hospital 1,048</td>
<td>• Children 1,601</td>
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<tr>
<td>• Bartlett Head Start 460</td>
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</tbody>
</table>
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**WCCHD’s WIC Nutrition Division is Charting a Course for Healthy Communities by:**

The Special Supplemental Food Program for Women, Infant and Children (WIC) was enacted by Congress in 1972 in response to documentation linking nutritional inadequacy to mental and physical defects and poor health.

**PROGRAM BENEFITS:**

- Nutrition Education
- Breastfeeding Support and Education
- Supplemental Foods
- Access to Public Health Care System:
  - Prenatal Care
  - Child Health
  - Family Planning
  - Immunizations

During the summer months, WIC participants receive vouchers redeemable at the local markets for Texas grown fruits and vegetables. During the month of June 2000, $35,000 worth of WIC vouchers were issued for Williamson County farmers’ market.

WIC’s Breastfeeding Peer Counselor Program also influences the health of women and infants throughout Williamson County. WIC Breastfeeding Peer Counselors are a specially trained group of women who model both good parenting and breastfeeding skills to new mothers. Currently, our peer counselors reach out to women through the Georgetown Healthcare System and the WIC clinics in Georgetown, Taylor, Round Rock and Cedar Park. During 2000, 65% of WIC infants were breastfed.
The Williamson County & Cities Health District Social Service’s programs improve the odds of favorable outcomes for families at-risk by offering a range of services broad enough to match the needs of the Williamson County population.

WCCHD’s Social Services Division is Charting a Course for Healthy Communities by:

- Being designated by the Governor's office as the information and referral (I&R) center for this county. A social worker is "on-call" during operating hours to quickly respond to requests for information and assistance with health and social services needs (1-800-890-6296)
  I&R Calls. 6,344 calls recorded

- Arranging primary health care services through community providers for eligible individuals.

- Administering Williamson County's Indigent Health Care Programs.
  Primary Health Care Programs (PHC) 805 families served 1,092 individuals served 817 medical visits paid 761 prescriptions paid including: 175 pregnant women 133 one-time medical services 83 emergency dental service
  County Indigent Health Care Program (CIHCP) 419 individuals served 2,830 medical visits paid 2,331 prescriptions paid including: 62 pregnant women

- Providing case management services to high-risk pregnant women and infants and medically fragile children in the Targeted Case Management Program and Medical Case Management Programs.
  Case Management 404 individuals served

- Developing a pharmacy assistance program (Rx Access). Eligible clients are assisted to obtain medications through pharmaceutical companies' indigent care programs.
  RX Access 530 individuals served

- Having a Department of Human Services Eligibility Specialist works on site in the various WCCHD offices to determine Medicaid eligibility for pregnant women and their families.
  DHS Program Eligibility 634 individuals approved for Medicaid
  54 individuals approved for Food Stamps
  3 TANF (Temporary Aid to Needy Families)
Make Physical Activity a Part of Your Life.
Lack of physical activity is now clearly shown to be a risk factor for heart disease, the No. 1 killer in America.

The Community Health Promotion Division is Charting a Course for Healthy Communities by:

Promoting physical activity, increasing knowledge of healthy behaviors and motivating the people of Williamson County to adopt lifestyle changes that will improve their health.

Initiating and participating in needs/assets assessment activities and collecting, compiling, projecting, and disseminating health data and statistics.

Responding to community requests for presentations, participating in health fairs, and coordinating media contacts.

Implementing the Parish Nurse/Health Ministries Program in partnership with hospitals and faith communities. This is a ministry to the whole person – body, mind, and spirit – whose purpose is to promote wise lifestyle choices, the prevention of disease, personal responsibility, and the care and support of loving families and communities.

Number of churches participating 17

Developing worksite wellness programs in partnership with Georgetown, Round Rock, Leander, and Florence ISDs for their 8,300 employees. Each employee has the opportunity to receive an individual health risk assessment, individual health counseling and educational materials based on their identified risk factor(s).

Educating the community about Shaken Baby Syndrome and its prevention. A key prevention activity of this program is educating WIC and Maternity clinic clients on infant massage techniques.

Number of people reached in classes and demonstrations 1,065

Empowering our teens. The Knowledge is Teen Empowerment (KITE) program empowers youth to make healthy life decisions by providing them with health information pertinent to 10–18 year olds. The KITE Program addresses five of the six "youth risk behaviors" identified by the Centers for Disease Control and Prevention (CDC): nutrition, physical activity, tobacco, alcohol and drug abuse. KITE provides professional presentations, peer educator presentations, and awareness information on the following topics: conflict resolution, alcohol, tobacco, eating and body image, physical activity, and stress.

Number of students reached in 2000 756

Developing and maintaining www.publichealthwilliamson.org.
A vital step in creating a healthy community is making sure that the people in Williamson County have access to preventive health care.

In 1950, 7,233 examinations were made in Williamson County with 180 persons showing evidence of chest troubles, including tuberculosis.

Year 2000
5 cases of tuberculosis
A vital step in creating a healthy community is making sure that the people in Williamson County have access to preventive health care.

WCCHD’s Public Health Nursing Division is Charting a Course for Healthy Communities by:

Providing preventive health care services for residents who don’t have other resources for health care.
- Prenatal Services: 2,458 clinic visits
- Child Health Services: 585 clinic visits
- Immunizations: 17,394 immunizations given

Giving flu shots to at-risk individuals and issuing vaccine to other medical providers participating in the annual Flu Fight.
- Flu Immunizations: 6,222 people immunized

Preventing the spread of illness through reporting and investigation of communicable diseases, educating the public, and providing treatment when indicated.
- Communicable Disease Investigations: 280 investigations completed
- Sexually Transmitted Disease (STD) Exams: 695 exams
- "The WCCHD Reporter" Newsletter: 365 distributed quarterly

Providing health information and referral to other services upon request by the public.
- Requests for Health Information: 13,881 requests answered
- Referrals to WCCHD and Community Resources: 9,103 referrals made

Administering the Texas Vaccine for Children Program. This program provides state-purchased vaccine to private physicians and clinics and public health agencies at no cost to administer to uninsured and underinsured children. These providers agree to charge only a modest administration fee. WCCHD staff recruits providers, distributes the vaccine, offers technical assistance, and evaluates immunization levels for 18 private and 4 public providers.

Facilitating the work of community coalitions to improve the health of our communities. The HIV Coalition increases community awareness of HIV/AIDS and of those living with this disease. This coalition sponsors an annual World AIDS Day awareness activity. The Breastfeeding Coalition provides information and technical assistance to employers to encourage the development of breast-feeding mother friendly worksites. Successful worksites are nominated for recognition by the Texas Department of Health.
We visualize a county where each individual can live a healthy, productive life in a clean, safe environment.

January 17, 1978 The Williamson County Health Department issued the first “license to operate” a private sewage facility.

Year 2000 — 4,896 inspections of Septic Systems

Williamson County & Cities Health District protects the Environment
We visualize a county where each individual can live a healthy, productive life in a clean, safe environment.

Clean and safe food and water are essential to the health of every community. Williamson County faces unique challenges in the management of On-Site Sewage Facilities (OSSF). The soils in Williamson County are not generally appropriate for small lot conventional septic systems. Also, a significant part of Williamson County is in the Edwards Aquifer recharge or contributing zone. The Williamson County Board of Health, in acknowledgement of these technical facts and the unprecedented rapid residential and commercial growth in the County, in 1999 adopted more restrictive OSSF regulations to better protect human health and the environment. Among the revised regulations was the requirement of one acre or more to install an OSSF.

The Environmental Health Division is Charting a Course for Healthy Communities by:

Enforcing the On-Site Sewage Facility (OSSF) orders in Williamson County. Each new or altered single family dwelling, multi-family dwelling, business, commercial, or industrial structure must be connected to an approved OSSF or be connected to an authorized wastewater disposal system. The staff also administers the flood plain program for the County.

- Total inspections for 2000: 4,896 OSSF inspections
- Inspecting Food establishments four times each year.
- Total food inspections for 2000: 3,274 inspections
- Providing food handler education classes throughout the county every week: 7,856 food handlers trained
- Investigating complaints on public health nuisance violations: 256 complaints investigated

Continuing to seek out opportunities to safeguard our environment. The staff participates in special community initiatives such as motor oil recycling, and hazardous household waste clean-up days.
Local, state, and federal, public and private resources contribute to the achievement of public health goals.

The WCCHD Administration Division is Charting a Course for Healthy Communities by being good steward of the funds.

2000 Funding

WCCHD’s funding is derived from contributions by the member governments, Texas Department of Health Contracts, client fees, Medicaid and Medicare reimbursement, United Way support and other grants, contracts, and contributions.

State Contracts $1,481,874.
Williamson County $613,229.
City Contributions
   Cedar Park $34,881.
   Georgetown $37,388.
   Round Rock $82,529.
   Taylor $22,599.
   Leander $3,600.
Client Service Fees $738,906.
Medicaid/Medicare $51,596.
United Ways
   Greater Williamson County $41,889.
   Georgetown $33,610.
   Taylor $1,750.
Other $165,926. (Seton/Dell—$78,207)

Total $3,309,777.

*Williamson County also provides in-kind contributions which include facilities, utilities, maintenance, telephone, payroll processing, and management of the employee benefits program.
In Charting a Course for Healthy Communities by 2025 there will be some Challenges, Strategic Issues, and Infrastructure Issues that the people of Williamson County will need to address.

**Growth:**

The Texas State Data Center reported with the 2000 census that Williamson County grew by 79.1%, adding more than 100,000 residents since 1990. It is estimated that 35 individuals move into Williamson County everyday, and by the year 2030 the county population is projected to be approximately 1,000,000. In 2000, Williamson County was the 7th fastest growing county in the United States, and the second fastest growing of Texas’ 252 counties. Public health infrastructure, along with other community services, must expand to meet the needs of county residents.

The distribution of Williamson County’s population by gender for 2000 was 50.1% female and 49.9% male.

**Lifestyle Issues:**

Tobacco use, poor diet, lack of exercise, and alcohol abuse account for 42% of all premature illnesses and death in the United States. Results of the 1999 Behavioral Risk Factor Surveillance Survey (BRFSS) on these and related factors for Williamson County present a challenge to each of our communities to get the message out that physical activity and good nutrition play critical roles in promoting and maintaining health and in reducing the risk for chronic diseases. However, communicating the message alone is not enough. If people are to adopt and maintain healthy behaviors, such changes must be supported by programs, policies, and the environments in which we live. Please join your local public health department as they work towards building healthy communities.

**Transportation:**

Transportation has been the number one concern expressed by the residents of Williamson County in that it affects their quality of life. The issue is complex and includes infrastructure for vehicular travel, availability of public transportation, accommodations for non-motorized modes of transportation (biking and walking), and recreational use of streets, roads, sidewalks, and trails. In addition to providing access to work, schools, and services; transportation infrastructure provides links to other neighborhoods, creates a venue for exercise, and can become a community space that facilitates interaction with neighbors. Some of the negative impacts of population growth and increased usage of transportation resources, such as noise, vibration, air pollution, water pollution, and congestion, will reduce residents' quality of life and lead to serious health problems if not addressed in a timely manner.
Home of the
Williamson County & Cities
Health District

Cedar Park
350 Discovery Blvd
512-260-4240

Georgetown Office
100 West 3rd
512-930-4387

Taylor
115 West 6th
512-365-7122

Round Rock
211 Commerce Cove
512-248-3257

Environmental Office
300 Main
512-930-4390

Social Services
211 Commerce Cove
1-800 –890-6296

www.publichealthwilliamson.org