WCCHD

Healthcare Helpline
512-248-3252
or
1-800-890-6296

Clinics

Cedar Park
350 Discovery Blvd., Suite 102
Cedar Park, TX 78613
Nursing 512-260-4240
WIC 512-260-4241

Georgetown
100 West 3rd St.
Georgetown, TX 78626
Nursing 512-943-3640
WIC 512-943-3680
Communicable Disease 512-943-3660

Round Rock
211 Commerce Blvd.,
Round Rock, TX 78664
Nursing 512-248-3257, Suite 109
WIC 512-248-3254, Suite 115

Taylor
115 West 6th St.
Taylor, TX 76574
Nursing 512-238-2121/512-352-4121
WIC 512-238-2109/512-352-4109

Visit your public health department online at
www.publichealthwilliamson.org
www.wcbikemap.org     www.wcgardens.org
Vision

Healthy People thriving in healthy communities in Williamson County

Mission

The Williamson County and Cities Health District, in partnership with communities, protects and promotes the health of the people of Williamson County.

WCCHD Values Statement

WCCHD employees commit to:

• Act honestly and ethically
• Show respect toward each other and the public we serve
• Support, educate, and partner with the public we serve to achieve our mission and vision
• Promote a positive work environment through teamwork, good communication, and continuous learning

WCCHD will take reasonable steps to provide language services to participating clients with limited English proficiency and/or hearing impairments, as needed.

This institution is an equal-opportunity provider.
WCCHD Funding Sources

WCCHD’s funding comes from a variety of sources including: state contracts, Williamson County contributions, client service fees, city contributions and other sources—in that order. The pie chart below demonstrates the percentage of funding from each source. Also below is a more detailed breakdown of the funding sources.

State Contracts .......................................................... $2,154,097.00
Williamson County .................................................. $1,411,033.00
City Contributions ...................................................... $306,321.00
  Cedar Park ........................................................ $66,931.00
  Georgetown ....................................................... $69,721.00
  Round Rock ..................................................... $140,000.00
  Taylor .............................................................. $25,778.00
  Leander ............................................................ $3,900.00
Client Service Fees ................................................. $918,179.00
  Client Service Fees ........................................... $865,916.00
  Medicaid/Medicare ........................................... $52,263.00
Other .................................................................... $240,765.00
  Medicaid Cost Claiming ....................................... $80,360.00
  United Way of Williamson County ....................... $25,300.00
  insura-a-kid ...................................................... $17,500.00
  Friends of Public Health Inc ............................... $995.00
  All other Sources ............................................. $116,610.00
Total ..................................................................... $5,030,395.00
Health District Leadership

Your public health department has promoted and protected the health of Williamson County since 1943. The Williamson County and Cities Health District (WCCHD) is a governmental entity that was formed by a cooperative agreement among the governing bodies of the cities of Cedar Park, Georgetown, Round Rock, Taylor, and Williamson County.

Board of Health Members

The Board of Health is the administrative authority for the health district. The board oversees the operation of WCCHD. Each member city appoints one citizen representative to the board and the county commissioners’ court appoints two members. Board members serve staggered 3-year terms. The WCCHD executive director is a non-voting member of the board.

As of December 2006, Mary Faith Sterk and Robert Stluka represented Williamson County on the board. Katherine M. Galloway represented the city of Cedar Park. Lettie A. Lee represented the city of Georgetown. Margaret R. Fink represented the city of Round Rock until she retired from the board in December 2006 after nine years of service. Pamela Sanford represented the city of Taylor. Robert Stluka and Pamela Sanford were new appointees to the board in 2006.
Karen Wilson, RN, MN, MPH, has served the people of Williamson County through WCCHD since 1987. In 1993, she was appointed executive director of the health district by the Board of Health. Between 1984 and 1987, Ms. Wilson worked for the Texas Department of Health and was headquartered in Temple. Prior to 1984, Ms. Wilson held leadership positions in academic and public health practice settings in Montana, Oregon, and Minnesota.

“In 2006, the health district staff continued to provide excellent service to the people of Williamson County. Staff members exceeded goals for educating and empowering community members to prevent disease and disability, to promote health in their community, and to protect themselves from disease and disaster. As a long time public health practitioner, I can say that public health works best when accurate and timely information, presented in effective ways, motivates action by individuals and groups to take charge of their own health. I encourage Williamson County residents to prevent, promote, and protect in their families, neighborhoods, communities, and the county.”

---Karen Wilson, WCCHD Executive Director

Ed Sherwood, MD, has served as the Williamson County local health authority since 2002. By Texas statute, a local health authority is a physician appointed to administer the local laws relating to public health. In addition, Dr. Sherwood consults with health district staff on emergency response and preparedness, immunizations, and communicable diseases. Dr. Sherwood is board certified in Internal Medicine and Infectious Disease. His career has included military service, academic practice, and senior management positions in hospital administration, biotechnology, and managed health care.
Friends of Public Health, Inc.

Friends of Public Health, Inc. is a public non-profit organization in Williamson County that supports local public health programs by augmenting funding for innovative programs provided by WCCHD. Margaret R. Fink is the chair of Friends of Public Health. Ms. Fink was a member of the Board of Health for nine years through December 2006. Geoff Ryan is the vice chair. Katherine M. Galloway is the treasurer of Friends of Public Health and a current Board of Health member. Marjorie Tripp is a retired WCCHD employee and the secretary of Friends of Public Health. Other Friends of Public Health board members include: Judy Barrett, Melvin Cobb, Dean Hamilton, Robert Hazelwood, Lara Reinhard, Robert B. Sterk, and Jewel Thomson.

The Friends of Public Health website can be found at www.friendsofpublichealth.org. In addition, Friends has launched a “Get Up and Get Out” website to inform the public about health, nutrition, physical activity, and community events at www.getupandgetout.org.

Scott D. Evans Excellence in Public Health Award

At their regular meeting on July 6, 2006, the Board of Health voted to establish an employee recognition award named in memory and honor of Scott D. Evans. Mr. Evans died in May 2006. He was the first chairperson of the Board of Health and had served on the board from January 1990 to January 1993. He was re-appointed to the board January 2000 and had served on the board for a total of 9 ½ years at the time of his death. He was also a founding board member of Friends of Public Health, Inc. Mr. Evans was a vocal supporter of WCCHD’s employees and expressed pride in the excellent public service and innovative programs offered to the community.

Natalie Vreeland, WCCHD horticulturalist, was the first recipient of the Scott D. Evans Excellence in Public Health Award in April 2006. In 2004, Ms. Vreeland was hired as the first horticulturist at WCCHD and has shaped a unique position within the health district that teaches community members the benefits of gardening for physical activity as well as the importance of eating fresh, seasonal produce. The award will be given twice a year based on employee nominations and final selection by the Board of Health.
Public Health: education is key

Prevent, promote, protect—that is the job of your local health department. Since 1943, the Williamson County and Cities Health District has been preventing disease, promoting healthy lifestyles, and protecting residents of Williamson County from health threats.

Ninety-five (95) WCCHD employees serve Williamson County and work hard to prevent, promote, and protect. Williamson County has more than 353,000 residents. Educating groups and individuals to be their own public health advocates multiplies the public health workforce and empowers people to make a difference every day in their community.

Every program at WCCHD has an education component. Every WCCHD employee spends time educating community members about health. In short, WCCHD staff teach groups and individuals about:

- Healthy living
- Preventing disease through good health practices and immunizations
- Preparing for and responding to emergencies
- Community resources for medical care
- Prenatal and diabetes care
- Behavioral health risks in the community
- Construction practices that mitigate environmental damage
- Food safety

Learn, teach, do—be a public health advocate!
Community Health Promotion

Health education and promotion are vital parts of public health’s strategy to improve child and adult health. Reversing negative trends in diet and exercise and increasing the number of “well” days for all people living and working in Williamson County benefits everyone. Upward trends in obesity are associated with alarming increases in diabetes and other chronic conditions. Examples of health promotion activities include:

- The WCCHD website is an excellent source for all kinds of public health information and information about health district programs, activities, staff and locations, as well as links to other public health and county resources. In 2006, the WCCHD website had 33,470 unique visitors. Please visit us virtually soon and often at www.publichealthwilliamson.org.

- Television, radio, and newspapers are important vehicles for public health education. WCCHD works closely with the media to educate the public about important health issues. WCCHD issued more than twenty-five press releases throughout the year in response to various incidents and to help highlight public health issues and events. WCCHD produced several Public Service Announcements (PSAs) in partnership with the city of Round Rock. The PSAs, which are available for viewing on the WCCHD website, focus on defining public health, immunizations and disease prevention, food safety, and physical activity/nutrition. Articles featuring public health were published bimonthly in the Williamson County Sun.

WILLIAMSON COUNTY AND CITIES HEALTH DISTRICT

SAMPLE NEWS RELEASE

By: Melanie Moss

The Williamson County and Cities Health District Recommends the Best Gift This Holiday Season

December 8, 2006 (Williamson County) –

With the hustle and bustle of the holidays the last thing on your mind is getting a flu shot. Running here and there to holiday shopping and parties, while still being tasked with your usual day to day activities, is time consuming enough. But remember that the best gift you can give to yourself and your family is good health.................

For further information from WCCHD, contact Jennifer Jackson, Director of Nursing at 512-943-3660.

For public health information please visit our website at www.publichealthwilliamson.org.
• WCCHD, in partnership with the Round Rock Express minor league baseball team and St. David’s Round Rock Medical Center, held the 4th annual Children’s Health Festival at the Dell Diamond in February 2006. Thirty-seven exhibitors provided families information on community health, nutrition, and safety resources. In addition, qualified families were able to apply for children’s health insurance programs. Throughout 2006, WCCHD staff disseminated information and educated the public at more than 20 outreach events.

• WCCHD partnered with Georgetown Independent School District (ISD), Round Rock ISD, and Taylor ISD to host the annual school and public health nurses conference. More than 150 Williamson County public health and school nurses received training in emergency preparedness, children and asthma, and the latest immunization requirements for children.

• WCCHD staff provided 51 diabetes education classes and 15 support groups for 67 people with diabetes in 2006. The invitation to participate in those classes and support groups was extended to more than 400 people.

• WCCHD continues to work with local planning departments and community groups to support the use of sidewalks and trail systems throughout the county.
Nutrition

Gardening and cooking programs teach the value of growing and eating fresh vegetables and fruits every day. In 2006, the WCCHD gardening and cooking programs conducted activities throughout the county, such as:

- WCCHD organized 26 field trips to Heritage Community Gardens in Georgetown. More than 750 children participated in these field trips.
- Forty-four gardeners graduated from WCCHD’s Expert Gardeners class. Following completion of the class, Expert Gardeners each gave 40 hours of volunteer time to the community and gardens.
- In 2006, Heritage Community Gardens donated more than 800 pounds of fresh organic produce to the Caring Place, a nonprofit organization that assists residents with temporary needs.
- WCCHD partnered with the city of Taylor, Taylor Independent School District, and Keep Taylor Beautiful to build Taylor Community Gardens.
- Six The Happy Kitchen/La Cocina Alegre™ class series were held in 2006, providing 100 participants with hands-on experience preparing healthy nutritious meals.
- Four Big Wheel™ rodeos for children ages 3 to 8 taught bicycle safety and promoted the benefits of regular physical activity and healthy eating. There were 134 children participants in the rodeos.

The Women, Infants, and Children Special Supplemental Nutrition Program (WIC) is a federally funded program coordinated by the Texas Department of State Health Services and administered in the county by WCCHD. WIC provides nutrition education, breastfeeding support, help accessing health care, and food vouchers to pregnant, postpartum, and breastfeeding women, infants, and children less than five years of age.
Nutrition education is provided at each client visit and through several venues including interactive cooking classes, facilitated discussion, informative videos, self-paced and Internet-based nutrition modules, and one-on-one counseling with a WIC registered dietitian, nutritionist, or nurse. WIC staff also participate in community nutrition education activities.

The WIC program maintains an active breastfeeding peer counseling program. WIC peer counselors are WIC mothers who have successfully breastfed at least one child and have gone through extensive training. The peer counselors offer services at WCCHD clinics and provide phone consultation as needed. World Breastfeeding Month in August was observed by informative fairs and celebrations at each of the four WCCHD clinic sites. WIC continues to have great breastfeeding success with clients. Approximately 77% of infants born to WCCHD WIC mothers during 2006 were breastfed at or before the time of their WIC certification appointment. This percentage exceeds the Texas Department of State Health Services performance measure of 60%.

Food vouchers are given to WIC participants as an incentive to receive nutrition education. Vouchers are funded by the federal government. The vouchers are redeemable at local grocery stores for healthy foods such as milk, infant formula, eggs, cheese, cereal, beans, and fruit juice. The average value of the foods that WIC clients receive each month is $52.75.

During 2006, more than $3.4 million in food voucher redemptions were paid to Williamson County grocers. Eligible WIC recipients also receive Farmers’ Market program vouchers for locally grown fresh, unprocessed fruits and vegetables. During 2006, $17,016 in Farmers’ Market vouchers were redeemed and paid to Williamson County farmers (members of their local Farmers’ Market Associations). WCCHD issued 79,346 sets of WIC vouchers in 2006, a nearly 5% increase from 2005.

Number of Sets of Vouchers Issued by Clinic Site during 2006:
- Cedar Park 20,658
- Georgetown 17,848
- Round Rock 28,576
- Taylor 11,739

In addition, WCCHD provides WIC services at the Bartlett Head Start program. In 2006, WCCHD issued 525 sets of vouchers in Bartlett.
Immunizations

WCCHD preventive health care services include immunizations. Immunizations are available to children and adults by appointment and on a walk-in basis. WCCHD also administers the Texas Vaccine for Children (TVFC) program. TVFC is a program for improving vaccine availability by providing vaccines free of charge to eligible children through public and private providers. WCCHD provides education and technical assistance to TVFC providers and works to recruit other providers into the program. In 2006, 52 providers in Williamson County received vaccine through the TVFC program. In 2006, rotavirus and meningococcal vaccines became available through TVFC. WCCHD also monitors compliance with Texas immunization requirements for daycares and schools.

In 2006, WCCHD staff:

- Administered 20,182 immunizations to 7,194 WCCHD clients
- Conducted 5 school immunization records audits
- Conducted 18 daycare immunization records audits

Every monitoring visit to a TVFC provider, daycare facility, or school includes education about the latest vaccines and the latest protocols for administering vaccines. WCCHD staff participate in numerous community events to educate attendees about immunizations.

Pokey the Immunization Turtle
Texas laws require any person having knowledge that a person is suspected of having a reportable condition should notify the local health authority or local health department and provide all relevant information he/she may have. Reportable conditions for 2006 include conditions such as: any vaccine-preventable disease, human immunodeficiency virus (HIV), elevated lead levels in blood, and drownings. There are a total of 64 reportable conditions. Health care providers, hospitals, laboratories, schools, and others are required to report patients who are suspected of having a reportable condition. Communicable disease staff at WCCHD educate healthcare providers on an ongoing basis about reporting requirements and reportable conditions.

WCCHD provides screening and treatment for sexually transmitted diseases (STDs). The health district provides HIV infection education for Williamson County residents. Confidential and anonymous HIV testing and counseling are available through all of the WCCHD clinics. Clients who are HIV positive are referred to a case manager to assist them in obtaining medical care and other services.

In 2006, WCCHD staff:

• Processed over 2,300 reports of disease (including STDs) or other reportable conditions resulting in 1,141 investigations
• Investigated 16 outbreaks of four different conditions: varicella or chickenpox (8), pertussis (6), cryptosporidium (1), and shigella (1)
• Tested 214 clients for HIV
• Tested 147 clients for STDs
“Preparedness” means having a plan for addressing emergencies, practicing that plan, and effectively executing the plan during disasters. WCCHD, our partners in emergency response and preparedness, community leaders, and volunteers learn a lot from drills about inter-organization collaboration, available resources, and gaps in response policies. WCCHD also uses drills to learn more about and improve our roles and responsibilities in disaster situations.

Two major exercises were conducted for the first time in 2006. In June 2006, WCCHD and Georgetown Independent School District (GISD) conducted the first exercise of an emergency medication dispensing center in Williamson County. In the event of a naturally occurring disease outbreak or an intentional release of a biological agent, medication dispensing centers would be opened to administer medication to the affected populations. The WCCHD/GISD dispensing drill was designed and planned by a multi-agency team, with representation from both WCCHD and independent school districts (ISDs). Forty-five people representing WCCHD, Williamson County, city of Georgetown, Georgetown Police Department, Salvation Army, and two school districts (Georgetown and Taylor) participated in the drill. The Williamson County Office of Emergency Management (OEM), Georgetown ISD, and the Georgetown Police Department provided evaluators. Youth from a venturing program assisted with monitoring the “through-put” and flow of volunteer clients during the drill. Representatives from various organizations provided volunteer clients including Georgetown Hospital, Williamson County Intervention Services, Hays County Health Department, Red Cross, and Capital Area Council of Governments.
Emergency Preparedness and Response

The second exercise was conducted in November 2006. WCCHD opened a distribution center to “push-out” over 200 doses of influenza vaccine throughout Williamson County to protect critical first responders. Over three days, emergency medical technicians from Emergency Medical Services and fire departments vaccinated their first responders. This was the first exercise to test WCCHD’s ability to distribute medication or vaccine to first responder agencies.

In 2006, WCCHD continued to offer preparedness and response courses to staff and community partners. Fifty-five students attended three different WCCHD courses. WCCHD staff also participated in numerous exercises and other training opportunities organized by outside entities.

Social Services

WCCHD offers multiple services to connect county residents to needed health services. The Healthcare Helpline provides medical resource information for uninsured, underinsured, and low-income county residents, and eligibility screening for medical assistance programs. In 2006, 14,753 Healthcare Helpline calls were received. WCCHD also administers other social service programs.

In 2006, WCCHD staff:

• Enrolled 1,103 persons in the County Indigent Health Care Program (WilCo Care Card)
• Enrolled 220 persons in the Primary Health Care Diabetes Program
• Provided 106 persons with WilCo Care Card diabetes management services
Prenatal Care

All four health district clinics provide prenatal care, case management, and referral services for pregnant women in Williamson County who do not have access to care from other providers. Clinical services are provided by registered nurses and an advanced practice nurse with oversight by a consulting physician. Case management services are provided by WCCHD social workers.

In 2006, WCCHD prenatal program staff:
• Enrolled 485 pregnant women in 2006 in the prenatal care services program
• Served 749 maternity clients at four clinic sites
• Conducted 38 prenatal care education classes

On-Site Sewage Facilities and General Sanitation

WCCHD enforces state and local On-Site Sewage Facility (OSSF) regulations in Williamson County. These regulations protect water supplies and promote good sanitation practices. New subdivisions are reviewed to assure that the development plans conform to regulations requiring safeguards for OSSF, floodplains, and wells. WCCHD investigates possible environmental threats such as illegal dumping, hazardous waste, septic system failure, and improperly treated wastewater. In all the environmental services WCCHD provides, the objectives are education and compliance to avoid or mitigate public health problems.

In 2006, the WCCHD environmental program staff:
• Conducted 3,598 OSSF inspections
• Issued 690 OSSF permits
• Reviewed 176 new subdivisions
• Conducted 398 environmental complaint investigations
Floodplain Regulation

WCCHD administers the county’s floodplain regulations to minimize the public and private losses due to flood conditions and to promote the National Flood Insurance Program. Residents must have proper permits before they can build or make major improvements within floodplain areas. Buildings or structures determined to be outside of the 100-year floodplain must have a “Certificate of Compliance.” Any development within the 100-year floodplain must have a “Floodplain Development Permit” before work can begin. The 100-year floodplain consists of those areas of Williamson County that have a one-percent chance of flooding in any given year. Other floodplain requirements include regulations for the placement of bridges, driveways, ponds, fill (dirt), placement of recreational vehicles, and excavation or alteration of creek channels.

In 2006, WCCHD staff evaluated 1,463 floodplain construction plans.
**Food Safety**

WCCHD inspects food service establishments throughout the county. In 2006, the number of permitted food establishments was 1,169. Establishments inspected include restaurants, convenience stores, schools, daycare centers, hospitals, mobile food vendors, and other types of establishments that serve food to the public. WCCHD also provides general sanitation inspections for day care centers and foster/adoptive homes that are licensed through the Texas Department of Family and Protective Services. These inspections are conducted annually or biannually. Like the environmental services WCCHD provides, the food safety and general sanitation objectives are education and compliance to avoid or mitigate public health problems.

In 2006, the following food safety and general sanitation activities were conducted:

- 3,291 food establishment inspections
- 111 temporary concessions inspections
- 239 general sanitation inspections

The best way to avoid food safety problems is to educate the people that handle the food. WCCHD offers food handler education classes at a variety of locations and times throughout the county. Employees of food establishments and daycare centers are trained in basic sanitation and safe food handling practices. Satisfactory completion of the one-hour training is required every one to two years. The food handler class is taught in Spanish once a month in Round Rock. WCCHD also conducts “train-the-trainer” food handler classes in Georgetown, allowing employers to teach their own classes and submit self-testing results for their employees to WCCHD.

In 2006, WCCHD food safety program staff:

- Taught 183 food handler classes attended by 2,352 individuals (110 individuals attended classes taught in Spanish)
- Taught eight “train-the-trainer” classes attended by 49 participants
- 4,117 individuals attended classes taught by non-WCCHD instructors
Community Assessment

WCCHD strives to target its public health interventions on data that show need. Surveys help identify sub-populations at risk from health threats and behaviors that lead to negative health impacts. WCCHD has been a leader in surveying county residents regarding health issues.

In 2001 and 2005 the Williamson County and Cities Health District (WCCHD) implemented the Youth Activity Weight and Nutrition (YAWN) survey. The YAWN survey evaluated priority health-risk behaviors, specifically unhealthy dietary behaviors, physical inactivity, and overweight among Williamson County youth. The report summarizing the results of the 2005 survey was released in 2006.

The Behavioral Risk Factor Surveillance System (BRFSS) survey is a national survey conducted in every state and funded by the U.S. Centers for Disease Control and Prevention (CDC). Williamson County, through WCCHD, was the first county in the state and one of the pioneers in the nation to conduct a county-level BRFSS in 1999. The county-level BRFSS was conducted again in 2004. The surveys gather information on adults (aged 18 and older) on a variety of health indicators and risk factors that can impact health in both positive and negative ways including: smoking, exercise and diet, access to medical care, quality of life, chronic disease, neighborhood support for healthy habits, and personal/family emergency preparedness.

Data from the YAWN and the BRFSS surveys conducted in Williamson County are used in comparison with other local, state and national data to help WCCHD and our public health partners determine priority health issues and identify populations at highest risk, develop strategic plans and target prevention programs, monitor the effectiveness of intervention strategies, educate the public and policymakers about disease prevention, and support community policies that promote health and prevent disease.
Public Health: what can I do?

What can you do for public health?
Learn, teach, do—be a public health advocate!

What else can you do? Volunteer!

Area residents can help support WCCHD’s efforts to promote good health habits and safety. The health district is seeking volunteers who can lend their time and talents to community outreach and health promotion programs such as the Big Wheel Rodeo™, Children’s Health Festival, and the Community Gardens.

The health district has a variety of projects for both community members and civic organizations. Volunteering is as easy as visiting the WCCHD website at www.publichealthwilliamson.org.
Make it a healthy day and please come by and see us

your public health department