



**Riverside  
University**  
**HEALTH SYSTEM**  
Public Health

**Public Health**  
**ANNUAL REPORT 2017**



**BUILDING HEALTH INTO EVERYDAY LIFE**

# BOARD OF SUPERVISORS



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Health System

## PUBLIC HEALTH ADMINISTRATIVE OFFICES



### HEALTH ADMINISTRATIVE BUILDING

4065 County Circle Drive

Riverside, CA 92503

### PHONE

Public Health: 951.358.5000

Hearing Impaired: 951.358.5124

### WEBSITE

[www.rivcoph.org](http://www.rivcoph.org)

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# INTRODUCTION

Riverside University Health System–Public Health is comprised of 600-plus doctors, nurses, administrators, clerks and support staff working together to protect the health and well-being of Riverside County residents and visitors.

Public Health’s dedicated staff provides a variety of services, including nurse home visits, nutrition education for new mothers and in-home care for those coping with physical disabilities.

We offer classes aimed at preventing teen suicide and drug abuse. We monitor the spread of disease and distribute tens of thousands of vaccines to prevent influenza, whooping cough, measles and other illnesses.

We strive to treat everyone with compassion and professionalism, whether they are receiving information about the benefits of breastfeeding, or need a birth or death certificate.

Why?

Because YOU matter.



# MESSAGES TO THE COMMUNITY

## Kim Saruwatari

Director, Department of Public Health



The goal of Riverside University Health System–Public Health is to provide services that help improve the lives and health of Riverside County residents and visitors.

After spending most of my career supporting emergency services and public health, I was named director of the 600-plus employee department in 2017 and was immediately struck by the passion and professionalism of the doctors, nurses, nutritionists, social workers, administrators and support staff who work each day to serve the community.

Our staff members have made it their mission to help residents and visitors stay healthy through a wide range of programs.

This publication is one way for Public Health to show the community the many services that are available, from the monitoring of diseases and illnesses, to nutrition education for children and adults and classes to prevent teen suicide.

Each day we hope to earn the trust of Riverside County residents by working for you and providing the best services possible. This is a responsibility we do not take lightly, and we will always work hard to keep that trust.

Learn more about Public Health and the services available by going to [www.rivcoph.org](http://www.rivcoph.org) or tell us how we are doing through Facebook and Twitter, including me at [@rivcohealthdir1](https://twitter.com/rivcohealthdir1).

## Dr. Cameron Kaiser

Public Health Officer, Riverside County



In 1893, Riverside County's first public health officer lived in a world where tuberculosis and cholera raged, and a baby could expect to live about 47 years.

This changed in the 20<sup>th</sup> century as life expectancies increased and changed the way public health departments operate.

Today, in addition to its many functions, public health tends to divide itself into the twin spheres: communicable and chronic diseases.

Communicable disease has one thing in common with chronic disease: most advances to reduce the impact of contagious diseases were made before antibiotic treatment was available. They were made through better sanitation and improvements in housing, employment and living conditions. This demonstrates that health is more than simply health care.

As you read this report, I hope it demonstrates that the improvements RUHS–Public Health is making in the health of our community can ultimately be traced back to improving everyone's overall lot in life.

People who do better get sick less. Our goal is to enable residents to understand what affects their own health, live in better surroundings with better access to health, and be empowered to take care of themselves and their families in an environment that values them and their well-being. Doing so will make them more productive, better adapted and, most of all, well. Follow me on Twitter [@RivCoDoc](https://twitter.com/RivCoDoc).



# MISSION STATEMENT

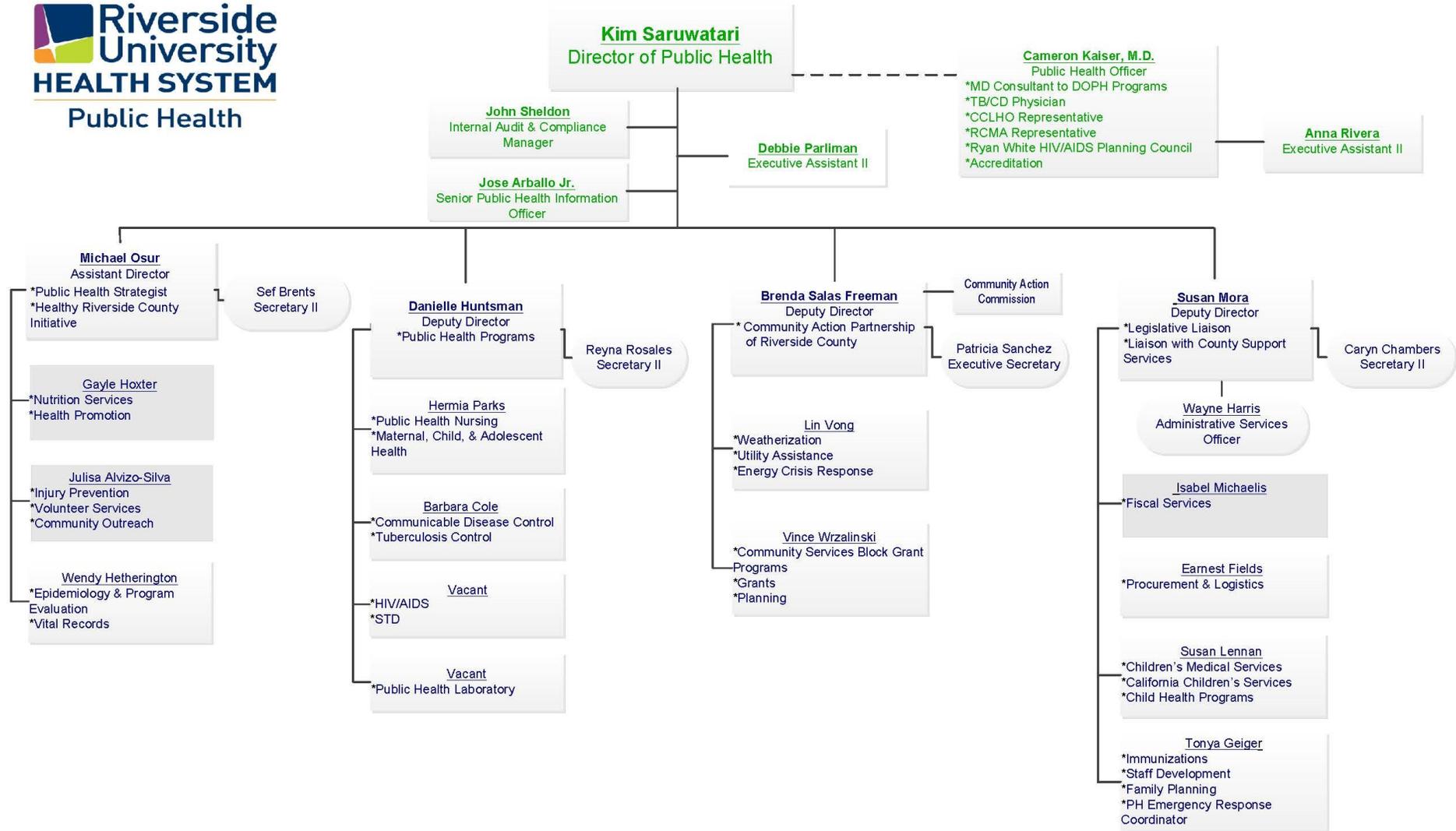
Riverside University Health System–Public Health promotes and protects the health of all County residents and visitors in service of the well-being of the community.



# PROMISE

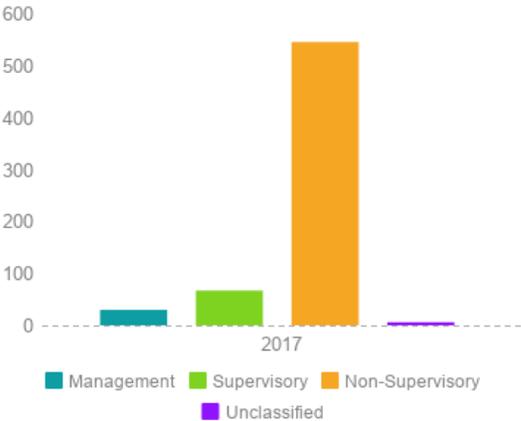
To provide the best services and programs possible to support the community's overall health.

# PH ORGANIZATIONAL CHART



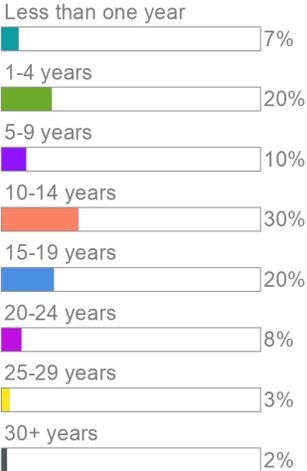
# A Look at Public Health Staff...

Employee Classifications

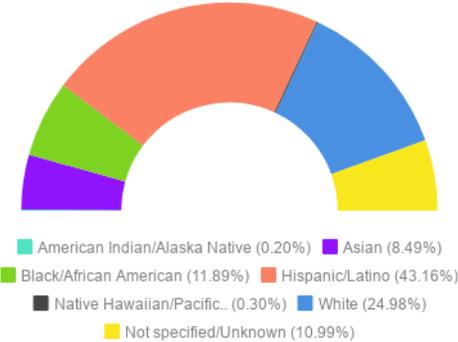


The median age of Public Health staff: 46

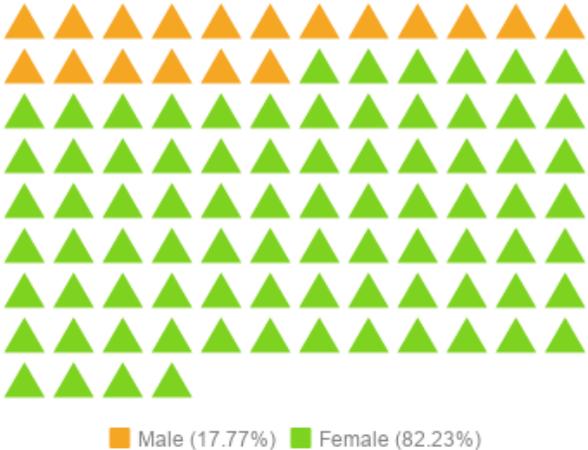
Years of Service



Race/Ethnicity



Gender



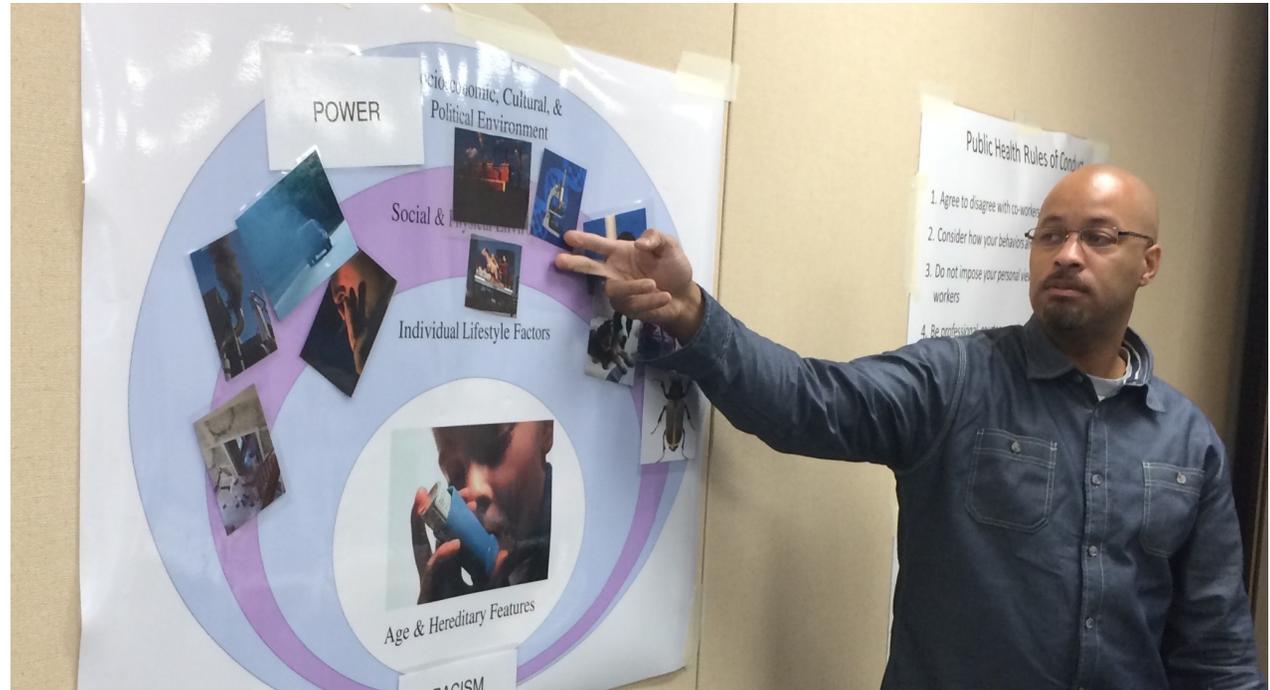
Total Public Health employees for 2017:

648

# Staff Training



- What conditions that promote better health?
- How does your environment influence your health choices?
- What would you like to see improved in your community?
- What will it take to make these changes happen?



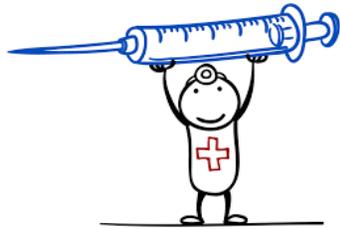
## The Improving Health for All Dialogue Series

Public Health requires continuous training for its staff, including the “Improving Health for All” modules. The series, which consists of six sessions, aims to build a public health workforce capable of addressing health inequities through the social determinants of health.

Each session is four hours long and is facilitated by two trained RUHS-Public Health staff. Development and implementation of this program began in fall of 2010 and continues today. The purpose of Improving Health for All (IHA) is to foster a deep understanding of social determinants of health and build commitment to eliminate health inequities in our diverse population.

Since its launch, over 90 percent of RUHS-Public Health employees have participated in the discussion series, with a representation of staff across all disciplines and jobs represented in each training session. Due to the successful introduction of the IHA series at a Learning Institute at APHA 2012 and a sharing session at NACCHO 2012, the IHA discussion series is now used as a template for health equity trainings across the nation.

# SNAPSHOT: ACHIEVEMENTS IN 2017



**Distributed 20,000  
flu vaccinations.**



**Submitted application  
for Public Health  
accreditation.**



**Published first ever  
transgender health  
report for Riverside  
County.**



**Hosted inaugural “Building  
Resilient Communities” town  
hall event with more than 250  
attendees.**



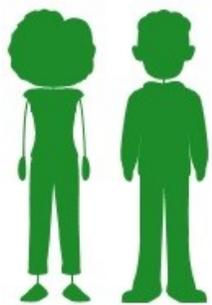
**Released Healthy  
Development Checklist for  
city planners to incorporate  
health in all city policies.**



**Reached nearly 5,000  
residents with positive health  
messages at Home Run for  
Health hosted by the Inland  
Empire 66ers baseball team.**

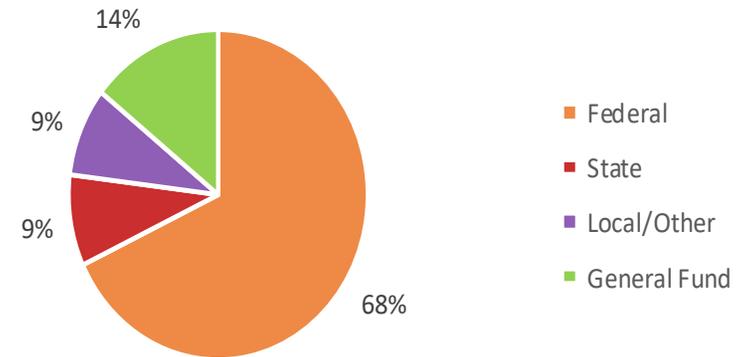
# PARTNERSHIPS & SUPPORT

Public Health enjoys the support and partnership of numerous agencies and community organizations throughout Riverside County, along with grants from federal, state and local sources.

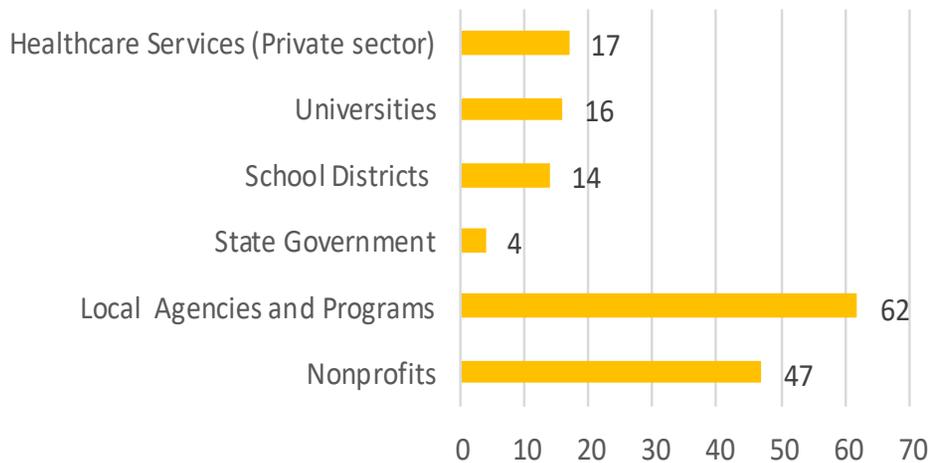


- More than 600 employees helped Riverside county residents achieve health and wellness in 2017.
- 218 public health interns and volunteers joined the effort in 2017.
- 20,179 hours were logged by volunteers and interns in 2017.

## Public Health Funding 2017



## Number of Partnerships In 2017



# PROGRAMS & SERVICES

Public Health is comprised of a broad and diverse selection of programs that touch every community and neighborhood in Riverside County.

Among our many services, Public Health staff educates residents about the dangers of lead poisoning in children and they strive to promote making healthy food choices with store tours, as pictured here.

They make an impact on daily lives. We're proud of all of them.

What follows is a sampling of just a few of our programs...



# CALIFORNIA CHILDREN'S SERVICES

## CALIFORNIA CHILDREN'S SERVICES

California Children's Services (CCS) is a statewide program that arranges, directs and pays for medical care, equipment and rehabilitation for children with serious medical conditions.

## BY THE NUMBERS

Staff provides specialized medical case management services to more than 14,000 children with complex health conditions. Roughly 1,500 of the children in this program receive occupational and/or physical therapy services through the Medical Therapy Program at one of the 10 Medical Therapy Units located on public school sites throughout the county.

## ENSURING CARE

This team of physicians, nurses, social workers, therapists, technicians and office assistants utilizes a client/family-centered approach to ensure that each child receives medical services, referrals to other agencies and the support they need to participate in daily life.



## Eligible Medical Conditions

- Congenital heart disease
- Cancers
- Cystic Fibrosis
- Chronic lung disease
- Serious birth defects
- Hearing loss
- Cerebral Palsy
- Tumors
- Epilepsy
- Rheumatoid Arthritis
- Muscular Dystrophy
- Hemophilia
- Sickle Cell Anemia
- Disabling injuries and poisonings
- Kidney disease



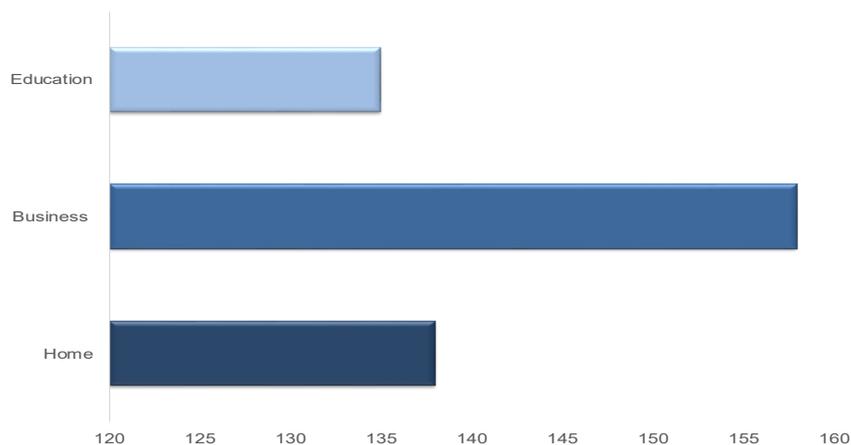
Physical Therapist Krista Panaro and Mobility Solutions' James Castruita fit Cambria "Cami" Tate diagnosed with acute flaccid myelitis, a one-in-a-million disease, for a walker and a wheelchair at Murrieta Medical Therapy Unit in Murrieta. Fank Bellino/The Press-Enterprise/SCNG

# Community Action Asset Building

The **Savings for Success Program** is a matched savings incentive program for residents of Riverside County seeking economic stability.

Participants must have income to be eligible for the program and attend a series of mandatory and elective workshops to increase financial knowledge as well as to become better prepared to reach their goal.

Participants open a savings account, contribute to reach the goal in savings to be matched by Community Action, and choose to pursue one of the three goals: purchase a first home, college or vocational school or start or expand a business.



There have been over 400 individuals who have graduated the program. Category breakdown is reflected above.



## Tech for Success

The Tech for Success program provides laptops to families that take part in a series of workshops where they acquire skills and learn about community resources.

The participants in these series complete workshops where they learn about financial literacy, raising money-smart children, child support and conflict resolution.

Each participant is presented with a laptop and certificate for completing course requirements that help them and their families thrive and prosper in their lives.

## Lingafelter Development Fund

Lingafelter Program Development Fund provides small grants to grassroots organizations to help with start-up costs and obtaining incorporation and 501c(3) status.

# COMMUNITY OUTREACH

## ENRICHING COMMUNITY INTERACTION

Community Outreach is more than just a program – it plays a vital role in planning interactive employee events and an array of other activities that introduce services and programs to the residents of Riverside County.

The result? Our communities are enriched by annual health fairs, educational outreach and volunteer opportunities that promote health and wellness in neighborhoods throughout Riverside County.

## PUBLIC HEALTH SCORES BIG WITH BASEBALL

What better way to reach thousands of residents with a positive health message than with a summer evening spent at the ballpark enjoying America's favorite pastime?

The inaugural Home Run for Health event kicked off as the Inland Empire 66ers played host to the Lake Elsinore Storm on Aug. 10 at San Manuel Stadium.

Public Health and its partners – San Bernardino Public Health and the California Health Collaborative – were successful in fostering community involvement and public health education and awareness with nearly 5,000 fans in attendance that night.

There were games, public service announcements, silly on-field activities and tons of family fun.

Now, that's how you hit a home run for health!

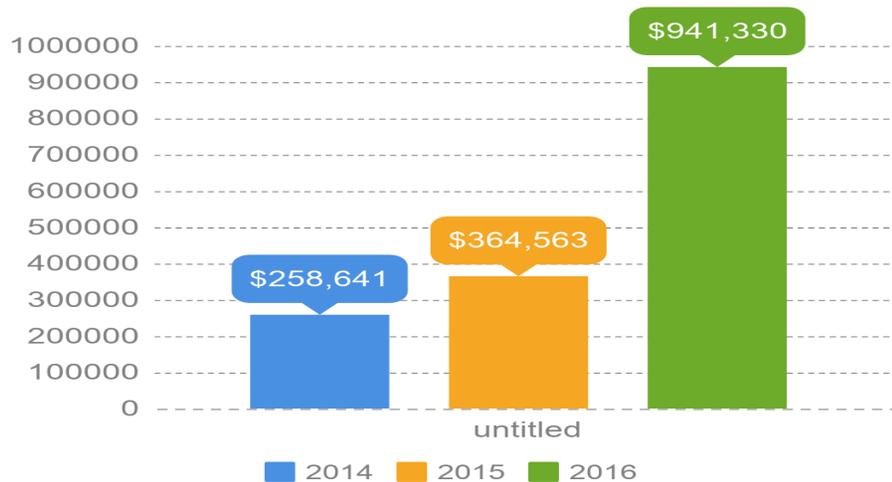


Public Health Assistant Director Michael Osur and Injury Prevention Services' Kimberly Jow greet visitors on the 66ers concourse at San Manuel Stadium.

# COOL & WARM CENTERS

Community Action Partnership (CAP) facilitates cool and warm centers throughout Riverside County that provide a safe place for people, especially those most vulnerable, to escape extreme seasonal temperatures and save money on their utility bills. Cool Centers are active June 1 through Oct. 15, and Warm Centers are active Dec. 1 through March 31. In 2017, more than 50 Cool and Warm centers operated throughout Riverside County, serving over 20,000 visitors.

## In-Kind Support



The Cool & Warm Centers receive in-kind support in the form of donations, rent space and volunteers.

Cool Center Attendance: 20,633

Warm Center Attendance: 1,672



# DISEASE CONTROL

## TUBERCULOSIS IN RIVERSIDE COUNTY

With more than 300 persons suspected of having tuberculosis (TB) being evaluated each year, Public Health nurses offer many vital services to the residents of Riverside County, whether they are caring for patients with active TB, assessing their needs or providing referrals.

Our health services assistants support nurses by ensuring patients' complete treatment that allows for a comprehensive approach to care.

Disease Control staff also pursues reports of emerging infectious diseases such as Zika and influenza. This involves coordination with the Public Health lab; Vector Control on mosquito-borne diseases; Animal Services for management of animals at risk for rabies who have contact with people; and with Environmental Health for food-borne illness investigations.

Reporting Year	Number of TB cases reported
2013	54
2014	65
2015	52
2016	51
2017	60

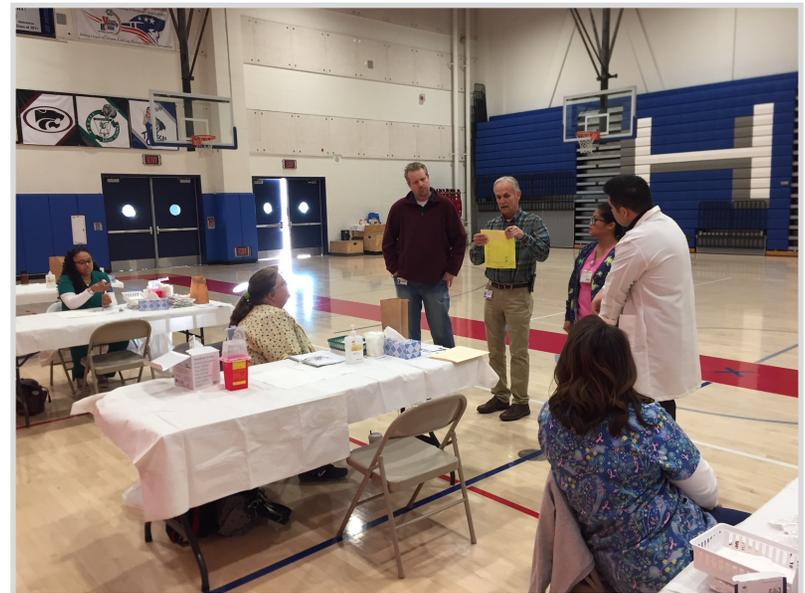
The table above depicts the number of TB cases over the past 5 years. On average, at least seven contacts are identified for each infectious case who must also be evaluated and treated if infected.

## PROTECTING RESIDENTS AND VISITORS

The Disease Control branch is committed to the protection of public health through early detection, intervention and treatment of communicable diseases.

A variety of services are provided by the branch, including preventive care (TB screening); treatment of acute problems and investigations to prevent the spread of communicable disease.

The Communicable Disease Program provides investigation, consultation and information on contagious diseases, including water and food-borne outbreaks, along with referrals for treatment of individuals exposed to a communicable disease.



Members of the Public Health team receive some last-minute details before conducting a TB clinic at a local high school in 2017.

# IMMUNIZATION PROGRAM

Riverside County residents can achieve optimal health with the support and services provided by the Public Health Immunization staff. The program offers information about child vaccinations, current immunization guidelines for healthcare providers and recommendations for travelers setting out on an upcoming trip abroad.

The Immunization program works to improve vaccine coverage rates that protect against illnesses such as influenza, measles and whooping cough. We are proud that Riverside County has some of the highest kindergarten vaccination rates in California.

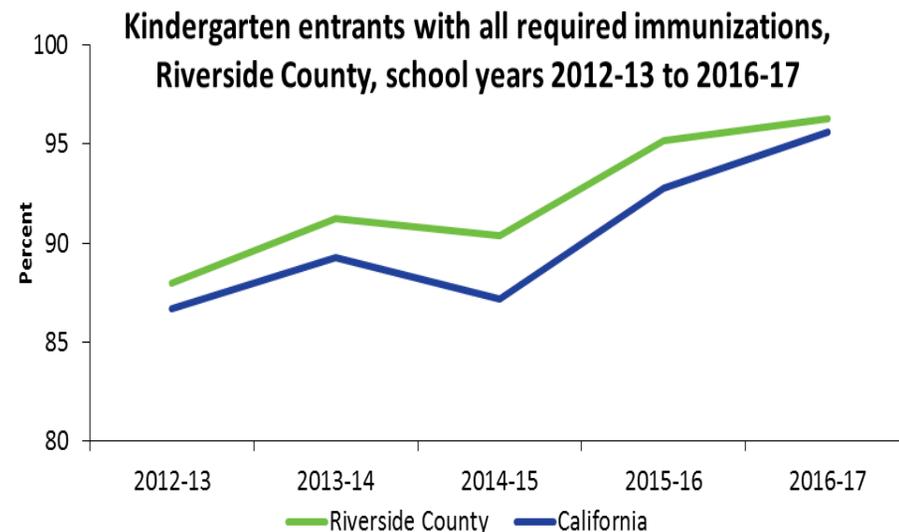
Every day, the Immunization team thwarts illness and saves lives through its diligent efforts to vaccinate the residents of Riverside County safely and effectively.



Dr. Cameron Kaiser, public health officer, receives a flu shot from Public Health Nurse Marie Weller.

## 9 in 10 children

entering kindergarten in Riverside County for the 2016—2017 school year received ALL required immunizations.



# NURSE – FAMILY PARTNERSHIP

**Nurse–Family Partnership (NFP)** is an evidenced-based nurse home visitation program that improves the health, well-being and self-sufficiency of low-income, first-time parents and their children.

The mother, father and child are visited in their home regularly by a public health nurse over a period of two years, culminating in a celebratory graduation ceremony for mom, dad and toddler, along with other family members.

There are many smiles and hugs as the nurses hand the graduates their gifts and certificates, along with special smooches from the toddlers.

Some speak of the special bond that develops between participants and the nurses, who they describe as friends and family who often took phone calls or read text messages in the middle of the night asking everything from what to do about diaper rash to tips for stopping a baby from crying.

## **PUBLIC HEALTH NURSES:**

- Support a healthy pregnancy and healthy baby
- Improve a child’s health and development
- Offer parenting tips
- Build a strong network of support for family
- Make home a safe place for baby to live and play



“One of my favorite events is when our moms ‘graduate’ the program with their two year-olds. I love seeing the pride and look of accomplishment among the mothers and, the little ones are adorable.”

- Hermia Parks, Director of Public Health Nursing

# NUTRITION EDUCATION & OBESITY PREVENTION



At the Beaumont Child Development Center, 45 pre-schoolers listens as Amy Apple encourages them to try new fruits and vegetables while reading “Potter the Otter’s Market Adventure.”

## OVERCOMING THE NUMBERS

In Riverside County, 12 percent of children ages 2-11 are overweight. These rates increase with age as 39 percent of teens and 67 percent of adults are obese. Obesity can contribute to chronic diseases like type 2 diabetes, heart disease and certain types of cancer. The Nutrition Education and Obesity Prevention (NEOP) program confronts this challenge head-on.

## WHAT WE DO FOR RIVERSIDE COUNTY RESIDENTS

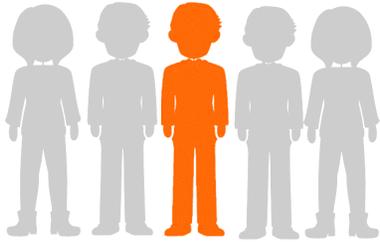
We partner with Riverside, Desert Hot Springs, Jurupa Valley, Perris and cities throughout Riverside County to improve outcomes related to childhood obesity and promote health while making a difference in the community.

We make an impact in the lives of children and their families throughout Riverside County with the involvement of our Champions for Change, through dedicated teamwork with our school districts and by maintaining a strong presence in our schools and neighborhoods.

## HEALTHY CHOICES IN ACTION

Staff utilizes creative and interactive teaching techniques to involve children and adults. When children learn to make healthier food choices and enjoy physical activity early in life, healthy life-long habits are formed. Throughout the county, NEOP staff leads Wellness Day events at schools.

## ACCESS TO HEALTHY FOODS IN RIVERSIDE COUNTY



**1 in 5**

Riverside County residents are low income and have minimum access to nutritious, affordable, high-quality foods.

Image Source: Storyboardthat.com

A **food desert** is a neighborhood or area with limited or **no access** to supermarkets and other healthy neighborhood food stores.

These areas have an abundance of **fast-food** restaurants and **convenience** stores (USDA, 2017).

**Almost 1/2**

of Riverside County neighborhoods are located within **foods deserts**.



## HEALTHY FOODS ON THE MOVE IN RIVERSIDE COUNTY



### Farmers Markets

- Open to all
- EBT accepted
- Fresh and in-season fruits and vegetables

### Locations include:

- RUHS-Medical Center
- County Administration Center
- County Circle Drive
- Rubidoux/Jurupa Valley

**rethink**  
YOUR DRINK



We educate residents about the health benefits of drinking water with:

- Installations of hydration stations in schools
- Howie Hydrate community appearances
- Educational activities in schools and neighborhoods
- City policy implementation that influences healthy beverage availability

# PUBLIC HEALTH IN ACTION



Public Health Laboratory staff



Water Safety Coalition



Heal Zone kick-off



Store Tour at Cardenas Market



International Walk to School Day



Family Laptop Savings Program

# PUBLIC HEALTH PROGRAMS

## **Birth and Death Certificates**

Obtain certified copies of Riverside County births and deaths for current and previous year only. Website: [rivcovitalrecords.org](http://rivcovitalrecords.org) Phone: 951-358-5068

## **Black Infant Health**

Services for pregnant/parenting African-American women offered via group sessions and case management with the goal of lowering infant mortality rates and improving health disparities. Website: [rivcophn.org](http://rivcophn.org) Phone: 951-358-5438

## **California Children's Services (CCS)**

CCS is a statewide program that arranges, directs and pays for medical care, equipment and rehabilitation for seriously ill children under 21. Website: [rivcoccs.org](http://rivcoccs.org) Phone: 951-358-5401

## **Child Health and Disability Prevention Program**

Comprehensive well-child check-ups are provided for children 0-21 years of age. Health care providers are located throughout Riverside County. Website: [rivcochdp.org](http://rivcochdp.org) Phone: 951-358-5481

## **Childhood Lead Poisoning Prevention Program**

Provides education about the dangers of lead and assists families in eliminating sources of lead in their homes. Offers referrals for blood-lead tests and case follow-up for children with lead poisoning. Website: [rivcoclpp.org](http://rivcoclpp.org) Phone: 951-358-5481

## **Epidemiology and Program Evaluation**

Provides latest information on health data, including analysis of trends and issues that impact the community. Website: [rivcohealthdata.org](http://rivcohealthdata.org) Phone: 951-358-5557

## **Family Planning**

Provides basic contraceptive services for both male and female clients. This includes exams, testing, education and counseling on birth control. Website: [birthcontrol4u.com](http://birthcontrol4u.com) Phone: 951-358-5192 Teen clinic toll free number: 888-728-1113

## **Healthier Living Program (HELP)-Plus**

Provides seven-session weekly interactive workshops to help adults and seniors with ongoing chronic health conditions learn how to take control of their health. These workshops include food demonstrations. Website: [rivcophn.org](http://rivcophn.org) Phone: 951-358-5438

## **HIV/AIDS and Sexually Transmitted Disease (STD) Program**

Provides HIV and STD education, HIV testing and counseling, HIV medical treatment, case management and links to care services for people living with HIV. Website: [rivcohiv aids.org](http://rivcohiv aids.org) Phone: 951-358-5307 800-243-7275 (1-800-AIDS-ASK) 800-783-3228 (1-800-STD-FACTS)

## **Injury Prevention Services**

Services include low-cost child passenger safety seats and education, Safe Routes to School and pedestrian/bicycle safety education, teen suicide prevention and teen impaired driving prevention. Information on home, water and pool safety is also available. Website: [rivcoips.org](http://rivcoips.org) Phone: 951-358-7171

## **Loving Support Breastfeeding Program**

Loving Support offers FREE breastfeeding support services to all women living or working in Riverside County. Website: [lovingsupport.org](http://lovingsupport.org) Phone: 888-451-2499 or 951-358-7212 NEOP Phone: 951-358-5311

## **Medical Marijuana Identification Card (MMIC)**

The Medical Marijuana Program (MMP) was established to provide a voluntary medical marijuana identification card issuance and registry program for qualified patients and their caregivers. Website: [rivcommic.org](http://rivcommic.org) For appointments call: 888-358-7932

## **Public Health Laboratory**

Provides laboratory testing in the diagnosis and control of emerging and re-emerging communicable diseases. Website: [rivcolab.org](http://rivcolab.org) Phone: 951-358-5070

## **Riverside University Health System – Public Health:** [www.rivcophn.org](http://www.rivcophn.org).

## **SIDS**

Counseling and support for families coping with the loss of an infant and its devastating effects. Website: [rivcophn.org](http://rivcophn.org) Phone: 951-358-5438

## **Tobacco Control Project**

Committed to reduce secondhand smoke exposure, reduce the availability of tobacco and provide smoking cessation resources. Website: [rivcotcp.org](http://rivcotcp.org) Phone: 951-358-4977

## **Women, Infants, Children (WIC)**

WIC helps pregnant women, new mothers and young children eat well, stay healthy and be active. Website: [rivhero.com](http://rivhero.com) Phone: 855-RIV-HERO Phone: 800-455-4942

# DEPARTMENT OF PUBLIC HEALTH



Public Health Administrative team: (from left):

Danielle Huntsman, deputy director; Susan Mora, deputy director; Kim Saruwatari, director; Brenda Salas Freeman, deputy director; and Michael Osur, assistant director.



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