



Annual Report 2024

Health Officer Message

To the Citizens of Central Utah:

I am privileged to present the annual report for the Central Utah Health Department (CUHD). Throughout the following pages, you will see the commitment that the staff of CUHD have in improving the health of all citizens throughout the Central Health District. We take great pride in embracing our department mission to improve and protect the health of all citizens. From community events that focus on healthy activities and lifestyles, to classes that educate individuals on how to best manage chronic illnesses, CUHD seeks to provide positive prevention measures that improve the health of individuals and the community as a whole. In addition, the routine work of disease surveillance, vaccination services, and resource protection help to prevent both ongoing and emerging threats to public health. Through these and many additional efforts, CUHD staff continue to progress towards building healthy communities throughout Central Utah.

CUHD enjoys valuable engagement and leadership from our Board of Health, and we appreciate their volunteer service with the Department. Likewise, we have many partner agencies who are consistently involved with our efforts and are supportive of public health on many levels. This support is essential in maximizing the ability of our staff to serve the community.

As you look through this annual report, please keep in mind that as the landscape of public health continues to change due to evolving health issues, changing priorities, and new trends, CUHD looks forward to the opportunity to improve current services while adding new resources that help to accomplish the protection and continued growth of public health.

Sincerely,
Nathan Selin
Executive Director
Central Utah Health Department



Central Utah Board of Health

The Central Utah Health Department is governed by the 13-member Central Utah Board of Health, which includes one county commissioner from each county in the district and seven lay members representing the public. County commissioners serve for the duration of their elected terms, while lay members serve three-year terms and may be reappointed.

Board meetings are held on the third Thursday of February, April, June, August, October, and December at the Richfield CUHD office. These meetings are open to the public.

CUHD sincerely appreciates the time, service, and dedication of the Board members in supporting the Department's mission and goals.

Kasey King, Chair
Millard County

Bruce King
Sanpete County

Nichole Harward
Sevier County

Kerry Cook, Vice Chair
Wayne County Commissioner

LaNeeta Sudweeks
Sevier County

Ralph Brown
Sevier County Commissioner

Clint Painter
Juab County Commissioner

Vicki Lyman
Millard County Commissioner

Scott Bartholomew
Sanpete County Commissioner

Kecia White
Juab County

Will Talbot
Piute County Commissioner

Brenda Bartholomew
Sanpete County

WIC Program Report

The Women, Infants, and Children (WIC) Program at the CUHD continued its mission in 2024 to safeguard the health of low-income women, infants, and children up to age five who are at nutritional risk. WIC provided nutrition education, breastfeeding support, supplemental nutritious foods, and referrals to local services to residents across the Central Health District.

Key Highlights for 2024:

- ▶ **Participation:** Nearly 500 participants were served monthly across Juab, Millard, Piute, Sanpete, Sevier, and Wayne counties.
- ▶ **Nutrition Services:** Over 2,800 nutrition sessions were delivered, with increased focus on personalized counseling and digital tools.
- ▶ **Breastfeeding Support:** Peer counselors provided more than 3,600 lactation consultations to meet rising demand.

- ▶ **Vendor Partnerships:** Contracts with 14 local and chain grocery stores ensured accessible food options.
- ▶ **Outreach:** Collaborations with clinics, Head Start programs, and community partners helped reach underserved groups.
- ▶ **Technology:** The WICShopper app and eWIC enhancements improved client experience and reduced wait times.

Staffing and rural outreach remained challenges, especially in remote counties. CUHD is exploring telehealth and community events to address these gaps in 2025.

WIC continues to be a vital resource for healthy pregnancies and early childhood. In 2024, the program advanced through technology, partnerships, and client-centered care—positioning it to meet the needs of Central Utah’s diverse population.

Parents as Teachers Program

The Parents as Teachers (PAT) program is an evidence-based home visiting initiative designed to support parents and caregivers of children from pregnancy through age five. The program aims to enhance child development, promote school readiness, and strengthen families within local communities.

CUHD Registered Nurses (RNs) provide these services as certified parent educators, and participants in the PAT program typically receive:

Certified parent educator provides 1–2 monthly home visits to teach healthy parenting skills.

Age-appropriate child development information and activities.

Assistance in connecting to community resources when needed.

Child development screenings and referrals to healthcare resources.

Join in Group Connections, allowing parents to learn and share information on parenting and child development.

The PAT Program focuses on :

Increasing parents' knowledge and improving parenting practices.

Detect developmental delays early and refer to helpful services.

Preventing child abuse and neglect.

Enhancing school readiness and academic success.

In 2024, CUHD continued to implement and expand the PAT program throughout the Central Health District. Although funding and resources for this program are limited, CUHD staff have been able to work with many families to improve parenting skills, identify developmental delays in children, and increase the ability for families to achieve greater independence. CUHD's PAT program is committed to building strong communities and thriving families by providing essential support during the crucial early years of child development.

Immunization Program

CUHD offers a comprehensive immunization program aimed at preventing vaccine-preventable diseases across all age groups to ensure community health and safety. Core services within the immunizations program include:



Routine Childhood and Adult Vaccinations

CUHD administers vaccines for children and adults, including those for measles, pertussis, hepatitis A and B, human papillomavirus (HPV), and many other serious diseases. These services are available to individuals with insurance, Medicaid, Medicare, and those without insurance, often at a reduced cost or on a sliding fee scale.



Vaccines for Children (VFC) Program

This federal initiative provides vaccines at no cost to eligible children who are uninsured or underinsured, ensuring access to necessary immunizations.



Seasonal Vaccinations

CUHD administers seasonal vaccines, such as Influenza and COVID vaccines to prevent the spread of these diseases which may cause significant illness in those at higher risk.

Vaccination is one of the most effective public health interventions in history, and plays a critical role in preventing the spread of infectious diseases, protecting individuals and communities, and reducing the burden on healthcare systems. The importance of vaccination can be understood through several key areas:

Disease Prevention

Vaccines stimulate the immune system to recognize and fight pathogens to help individuals build immunity without suffering through an illness.

Community Immunity (Herd Immunity)

When a significant portion of the population is vaccinated, it becomes more difficult for diseases to spread.

Eradication of Diseases

Vaccination has led to the global eradication or drastic reduction of the incidence of certain diseases.

Economic Benefits

Vaccines prevent illness, reducing healthcare costs associated with treating vaccine-preventable diseases.

CUHD staff continue to promote the benefits of vaccination in Central Utah communities, while providing education and resources that allow individuals to make informed decisions regarding vaccine use. By providing accessible and affordable immunization services, CUHD plays a

crucial role in safeguarding public health. These efforts contribute to the reduction of vaccine-preventable diseases, promote community well-being, and support the overall health infrastructure in Central Utah.

Data Modernization within Public Health

The CUHD has been actively pursuing data modernization to enhance public health responsiveness, data-driven decision-making, and interagency collaboration throughout the year. These efforts align with national and state-level initiatives to strengthen public health infrastructure through more timely, interoperable, and accessible data systems.

Key objectives that CUHD has implemented include the following:



Improve Data Interoperability

CUHD aims to integrate disparate data systems across programs to share information more easily with local, state, and national health partners.



Enhance Data Quality and Timeliness

CUHD aims to improve surveillance and use real-time tools to reduce delays and improve accuracy in tracking diseases and chronic conditions.



Modernize Infrastructure

Efforts are underway to update or replace out of date or ineffective platforms with better solutions that support secure, scalable data storage and faster analytics capabilities.



Develop Workforce Capacity

Training programs and partnerships are being developed to ensure staff are equipped with modern data skills, including data analytics, visualization, and cybersecurity best practices.

Recent accomplishments include the following:



Electronic Case Reporting (eCR) Expansion

CUHD has expanded its use of eCR to automate case reporting from healthcare providers to the health department.



Data Dashboard Deployment

Launched an internal dashboard for real-time tracking of communicable disease trends and vaccination coverage.



Data Governance Framework

Initiated the development of a department-wide data governance policy to standardize data access, privacy, and quality controls.

While these efforts continue to move forward, CUHD has seen challenges due to limited IT resources, as well as ongoing budget limitations. Despite these challenges, CUHD continues to look for ways to innovate and expand data resources.

Data modernization is essential to the CUHD's mission to protect and promote community health. While progress is ongoing, continued investment and collaboration are key to building a more responsive and resilient public health data infrastructure.

Financial Summary

2024 Revenue

Local Contracts

3.0%

County Assessments

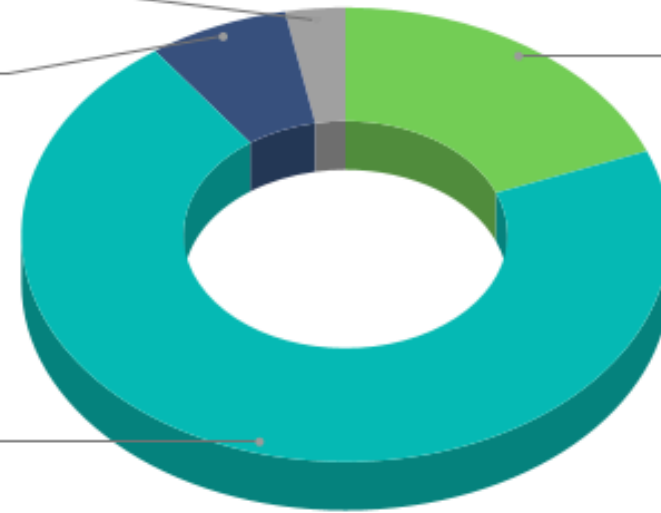
7.0%

DOH & DEQ Contracts

71.0%

Self Generating Funds

19.0%



2024 Expenses

Current Expenses

13.0%

Operating Expenses

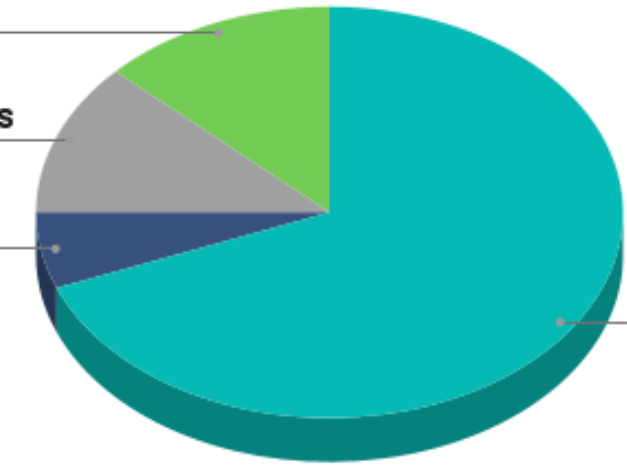
12.0%

Travel

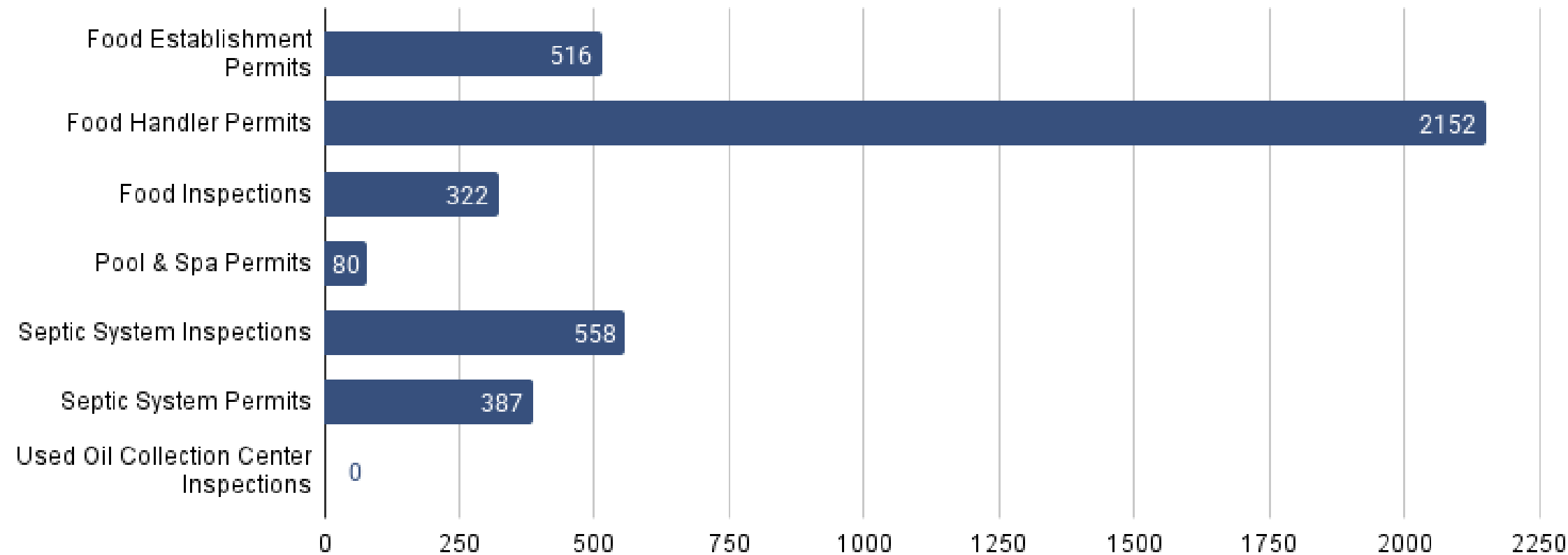
6.0%

Personnel

69.0%



Environmental Health Services in 2024



Environmental Health Summary

Contact Information



Fillmore

40 North 400 West
435-743-5723

Delta

362 West Main, Suite 1
435-864-3612

Junction

545 North Main
435-577-2521

Loa

18 South Main
435-836-1317

Manti

125 North 100 East
435-835-2231

Nephi

160 North Main
435-623-0696

Richfield

70 Westview Drive
435-896-5451

Visit us online at www.centralutahhealth.gov