Cape Girardeau County Public Health Center



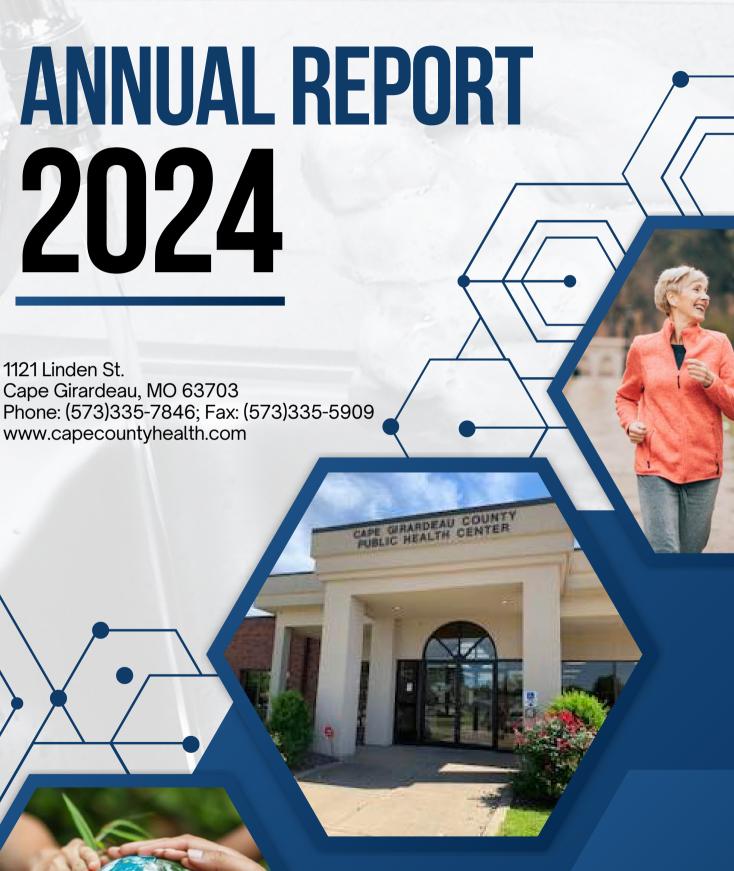


Table of contents

MESSAGE FROM THE DIRECTOR	01	
MISSION & VISION	02	
HEALTH PRIORITIES	03	
FOUNDATIONAL PUBLIC HEALTH SERVICES	04	
NURSING SERVICES	05	
WOMEN, INFANTS & CHILDREN (WIC)	06	
RURAL HEALTH CLINIC	07	
COMMUNICABLE DISEASE	08 & 09	
ENVIRONMENTAL SERVICES	10	
EMERGENCY PREPAREDNESS	11	_
OTHER PUBLIC HEALTH SERVICES	12 & 13	
FINANCIAL SUMMARY	14	
COMMUNITY PARTNERSHIPS	15	



Since 1986, the Cape Girardeau County Public Health Center (CGCPHC) has been monitoring the health of the citizens of Cape Girardeau County. In such, CGCPHC has been charged with presenting a comprehensive set of health data annually, that exams trends in the health status and determinants of its residents, as well as monitoring healthcare resources and expenditures. Monitoring the health of our citizens informs evidence-based health policy decisions and helps us set program priorities. There is a continual reevaluation and redesign that occurs to ensure that we utilize the health statistics we gather to inform our actions. We strive to achieve health equity, the opportunity for all people to reach their full health potential, which requires focused efforts to address these inequalities. The important work we do revolves around ensuring that there is continuity of services and adequate opportunities to access those services.

Data is essential for identifying where these health disparities may exist. Data directs efforts and resources to address disparities as they are identified. Data allows us to measure progress toward achieving greater equity and establishing accountability for achieving progress. Data can provide insights into the overall health status of a community, revealing areas of concern and priorities for improvement. Data is the life force of public health actions.

This report is not meant to be all encompassing but rather a highlight of the work and activities that are being done through our funding sources such as the county mill tax and state funded contracts. We hope to bring those activities into the light so that residents of Cape Girardeau County can feel secure knowing that there remains a charge of individuals working on their behalf to make certain that they can live to their full potential and lead healthier and happier lives.

This important work could not be completed without the partnerships of our local community allies, our incredible health center staff and certainly not without the direction of our board of trustees. We also could not fully commit to the work without our county commissioners clearing the way for us to do the important work we do. I am eternally grateful to all of our professional community partners, but especially grateful for our wonderful community members that are genuinely committed to better health for all. For he who has health has hope; and he who has hope, has everything. Please join me in reading these pages and continuing our commitment to keeping hope alive.

With tremendous respect,

Autumn Grim, MPH, CPHA

Director



VISION AND MISSION

VISION

A community where all people can achieve their full potential for health and well-being.

MISSION

Cape Girardeau County Public Health
Center fosters a culture of engagement
that achieves and advances health
equity through leadership, partnerships,
and service delivery.



HEALTH PRIORITIES

Overarching health priorities did not change significantly in 2024. Finding ourselves on the other side of an incredibly impactful pandemic, mental health issues came to the forefront once again. Recognizing the importance of mental health and lacking in-house resources to provide this service, CGCPHC continued partnering with our local mental health practitioners to ensure that our clients have access to mental health resources. We were able to connect our clients to those essential mental health resources through our community health worker program. Further, clients being seen in our rural health clinic that needed mental health referrals received appropriate contacts and assistance in setting up necessary appointments with mental health practitioners.

Access to care continues to be an issue for many in Cape Girardeau County. While we have a multitude of providers, often times insurance, or lack thereof, becomes a hurdle that many cannot traverse. CGCPHC accepts all forms of payment for services and sees anyone with a need. We have many programs that allow us to provide service to individuals without the ability to pay. Because we feel strongly in the effectiveness of these interventions, we want to be certain that no individual goes without the opportunity for services. We also have funding resources to provide assistance to those that might have insurance but a high deductible or high co-payment amounts. We continually look for ways to ensure that our citizens have resources at their fingertips to receive the care they need.

General wellness and health remain in the top health priorities for our county. To ensure that individuals have access to those resources we held a large community-wide health and wellness event in 2024, bringing together many local partners as well as national partners to meet any unmet needs in our community. Below is a summary of the outcomes for our health and wellness event:

102 Food boxes given, 144 lunches served & 500 lbs of produce distributed

9 Blood donations made

performed on-site

1,500 Diapers & 12 Mammograms 64 packs of wipes handed out

116 Hygiene kits distributed

During 2024 we bolstered our pre-exposure prophylaxis (PrEP) for HIV program. PrEP is an antiretroviral medication that reduces the risk of getting HIV from sex or sharing needles. When taken as prescribed, PrEP is highly effective at preventing HIV. For 2024, we enrolled 7 clients into the program and have helped them remain HIV negative. We continue to work tirelessly in our community to increase our health education reach as well as continue looking for new program opportunities to address health priorities.



FOUNDATIONAL PUBLIC HEALTH

SERVICES

During 2024, CGCPHC fully aligned our services to meet the state and national standard for foundational public health. The Foundational Public Health Services (FPHS) model describes a minimum set of fundamental services and capabilities that must be available in every community in order to ensure the public health system delivers equitable opportunities for good health to all citizens.



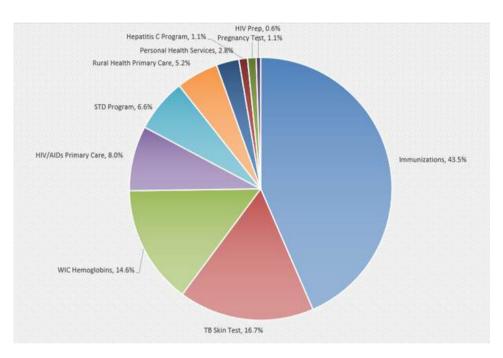
The FPHS model provides a critical and consistent framework for practicing public health. The FPHS model highlights health equity and social determinants of health as a lens through which all public health program and services should be provided. Like a building relies on a strong foundation, we depend on foundational public health services to assure safe food and water, prevent injuries, stop the spread of disease, improve health for our families, and connect us to local resources. This public health framework, together with quality education, safe and affordable housing, accessible healthcare, and employment opportunities, creates a healthier environment for all of us.

The model defines seven cross-cutting skills required to assure the delivery of foundational public health services and achieve equitable health outcomes. The model also identifies six interconnected areas of public health expertise best provided by public health agencies.

^{*}Reference: Ozarks Public Health Institute at Missouri State University, Transforming the Future of Public Health in Missouri; https://www.healthiermo.org/fphs-model.



NURSING SERVICES



Nurses at the health center are involved in providing a number of different services. Those services include: tuberculosis screening and case management, sexually transmitted disease screening/treatment/counseling, communicable disease investigation, pregnancy testing and issuance of temporary Medicaid, child care consultant services, case management for prenatal and elevated lead levels for infants and children and health services through our Rural Health Clinic.

Our nurses continue to provide personal health services for residents that include blood pressure checks, B12 injections and other specialty injections in addition to many other services outside of our typical range of services.

In 2024, our nurses performed 257 personal health services, including 1,536 Tuberculosis skin tests. The graphic above displays the percentages of services provided by our nursing staff during 2024. Immunizations are the bulk of nursing services that the center provides. We provide immunizations daily at the health center and offer off-site clinics to schools and other community centers to ensure that anyone that needs an immunization has an opportunity to receive it. We significantly increased the number of drive-through clinics during 2024 to help increase vaccination rates throughout the county. During 2024, our nursing services provided over 4,000 immunizations.

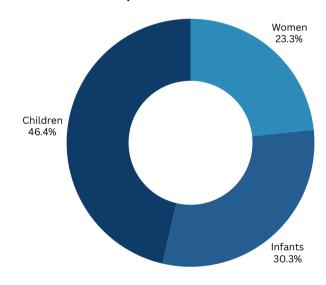


CHILDREN (WIC)

Women, Infants, and Children (WIC) is a nutrition education and supplemental food program for pregnant women, infants, and children under the age of five (income/medical nutrition guidelines apply). Services that are provided include health screening, risk assessment, nutrition education, breastfeeding education & counseling, and referrals for health care. WIC is funded and administered at the national level by the U.S. Department of Agriculture (USDA). Any individual that is pregnant, that is breastfeeding a baby under I year of age, who has had a baby in the past six months and children under the age of 5, may qualify to receive services.

Participants of WIC also qualify for our Safe Sleep for Babies and Safe Cribs for Missouri programs. These programs allow us to provide portable cribs and safe sleep education to families who have no other resources for obtaining a crib. During 2024 we were able to distribute 10 cribs.

WIC Participant Case Loads for 2024



We are able to provide breastfeeding peer counseling through our WIC contract. This allows our counselor the opportunity to teach breastfeeding classes monthly as well as host quarterly support group meetings. Our counselor can provide one-on-one counseling and provide electric breast pumps to those in need. In 2024, we were able to provide 3 electric breast pumps to participants, 644 breastfeeding contacts were made and the rate for breastfeeding initiation rose to 42.3%. The number of breast pumps provided has dropped drastically due to insurance companies covering the cost of this resource. It has become very clear how important breast feeding is for an infant to help them acheive optimal health.



The Rural Health Clinic operates five days a week during normal health center operating hours and provides primary health services and specialized care to subsets of the population. In addition, vaccinations, chronic illness management, and sports physicals are offered. Both Medicaid and the majority of primary insurances are accepted.

Women access reproductive care through our Rural Health Clinic which include well-women exams and participation in the Show Me Healthy Woman program through the state. This program provides diagnostic capabilities for those in need. These visits include comprehensive care to discuss birth control options, cancer screenings, vaccinations, sexually transmitted diseases and opportunities to address any other female related concerns. During 2024, the Rural Health Clinic aligned more closely to our foundational public health services model by focusing efforts on women's reproductive health, hepatitis C testing and care, HIV/AIDS care, and PrEP clinic services.



COMMUNICABLE DISEASE: Missouri has 116 reportable communicable diseases that local healthcare providers are required to report to the health center. Public health nurses investigate and follow up on the reported communicable disease. Collected data is then analyzed and distributed to the Missouri Department of Health and Senior Services (MDHSS).

SEXUALLY TRANSMITTED DISEASE: Sexually Transmitted Disease (STD) testing is now available on Tuesdays from 10 a.m. to 12 p.m. and 1 p.m. to 4 p.m. and also on Thursdays from 1 p.m. to 4 p.m. on a walk-in basis. The clinic offers confidential screenings, treatment & counseling for STDs, such as gonorrhea, syphilis, Chlamydia, Hepatitis C, and HIV. We saw a significant increase in STD reports for 2024.

INFECTIOUS DISEASE TASK FORCE: In 2005, the health center created an Infectious Disease Task Force made up of public health professionals, physicians, emergency responders, county government officials, and other community leaders and stakeholders. This task force meets regularly to discuss current trends in infectious diseases in the area and the appropriate response to various infectious disease outbreak scenarios.

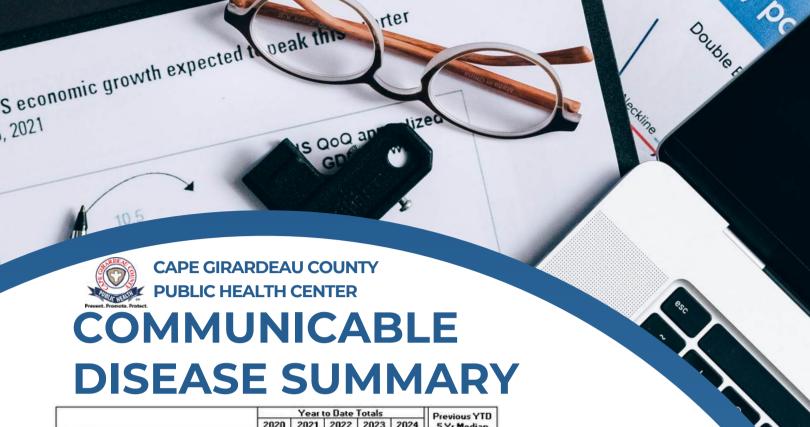
STD Visits = 420
Tests =

1.401

STD treatments provided = 180

HIV/AIDS CARE AND MANAGEMENT: To increase capacity to diagnose and treat communicable disease the Rural Health Clinic began a communicable disease clinic in 2000. This clinic continues to be one of the only clinics between St. Louis and Memphis that provides primary care and follow up to individuals diagnosed with human immunodeficiency virus (HIV) and/or acquired immunodeficiency syndrome (AIDS). Clients come from several counties in the bootheel region of the state to receive care provided by infectious disease specialists. Additionally, our infectious disease physicians provide services for other communicable disease issues through this clinic. The health center is contracted with the State of Missouri through funds from the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) to provide case management services for Southeast Missouri residents living with HIV and/or AIDS.

HEPATITIS C: Services for Hepatitis C were identified in 2017 as another unmet need in the Southeast region and our physicians began accepting patients to evaluate and treat for Hepatitis C. Patients receive individualized treatment plans based on various disease factors and are released from care after completion of the recommended treatment and follow-up laboratory work. We added additional services for testing to increase access to treatment option during 2024.



	8	Year	to Date	Totals		Previous YTD
	2020	2021	2022	2023	2024	5 Yr Median
Animal Bites						
Animal Bites*	88	89	140	205	195	140
Enterios						
Campylobacter	26	35	30	44	33	33
Cryptosporidiosis	19	22	26	33	6	22
Cyclosporiasis	8	2	0	5	0	2
E Coli Shiga Toxin Positive	5	9	9	16	13	9
E Coli O157:H7	1	1	3	2	3	2
Giardiasis	7	5	0	4	3	4
Hepatitis A Acute	3	1	5	6	0	3
Salmonellosis	19	30	28	24	39	28
Shiga Toxin Positive (Non E Coli, Unknown Organism)	. 1	0	0	0	. 0	0
Shigellosis	2	0	0	4	3	2
Vibriosis	0	2	2	3	0	2
Yersiniosis	1	0	2	4	1	1
Respiratory						
COVID-19	7,754	6,435	10,836	2,974	1970	6435
Haemophilus Influenzae, Invasive	4	1	5	0	5	4
Influenza A**	11	1037	2739	74	199	199
Influenza A Novel"	1	0	0	0	0	0
Influenza B**	1	21	36	75	12	21
Legionellosis	.0	1	1	0	1	1
Pertussis	8 1 8	2	3	2	- 6	2
Psittacosis	1	0	0	0	0	0
Strep Pneumoniae, Invasive	12	8	8	9	4	8
Tick-Borne	S					
Anaplasma Phagocytophilum	2	4	2	4	3	3
Ehrlichia Chaffeensis	1	3	2	3	3	3
Lyme	6	1	4	2	5	4
Rocky Mountain Spotted Fever	32	41	42	30	25	32
Tularemia	5	1	3	2	0	2

Total
Communicable
Disease
Reports 2024 = 3,275

	Year to Date Totals				Previous YTD		
	2020	2021	2022	2023	2024	5 Yr Median	
Hepatitis							
Hepatitis B (Preganancy) Prenatal	3	2	0	2	1	2	
Hepatitis B Acute	9	4	3	3	0	3	
Hepatitis B Chronic Infection	14	11	10	16	11	11	
Hepatitis C	21	25	33	48	85	33	
Hepatitis C Acute	1	0	2	0	0	0	
Hepatitis C Chronic Infection	49	23	43	45	41	43	
STD							
Chlamydia	449	426	491	393	228	426	
Gonorrhea	344	207	194	149	70	194	
HIVIAIDS	5	3	3	10	3	3	
Syphilis	10	32	114	140	112	112	
TB Disease, LTBI, MOTT							
MOTT	10	12	10	15	32	12	
TB Disease	0	2	1	0	1	1	
TB Infection	20	50	99	155	134	99	
Other							
Creutzfeldt-Jakob Disease	1	0	3	1	0	1	
Mumps	2	2	0	0	0	0	
Q Fever Chronic	1	0	0	0	0	0	
Rabies Post Exposure Prophylaxis	15	11	26	28	23	23	
Varicella (Chickenpox)	1	1	1	2	5	1	



The Public Health Environmental Specialists (PHES) inspect school cafeterias, restaurants, retail grocery stores, taverns, temporary food events, child care facilities and lodging establishments. Our PHES also permit on-site sewage septic systems within the county and collect private drinking water samples for bacteriological and chemical analysis. Technical information and advice are available to residents about other environmental issues including private drinking water, air quality, pest control, and mold. Food safety education classes are provided to satisfy county requirements for all food handlers to be trained in proper food safety practices.

FOOD SAFETY TRAINING: Basic Sanitation Class is a two-hour required course for all food handlers that can be taken in-person at the health center or online at State Food Safety. ServSafe® is a two-day, accredited, food safety training and certificate program required for all food services managers that discusses foodborne illness prevention through safe food handling.

TRAININGS HELD: 25; INDIVIDUALS TRAINED: 308

ON-SITE SEWAGE: A county ordinance regulates the construction, modification, repair, and location of on-site sewage systems in Cape Girardeau County. The Cape Girardeau County Ordinance was adopted in 2003 and applies to: all properties generating 3,000 gallons or less of wastewater each day, except where the Missouri Department of Natural Resources has precedence.

SEPTIC PERMITS = 70

FOOD ESTABLISHMENT INSPECTIONS: Local food establishments are inspected to ensure compliance with the Missouri Food Code. Inspections are unannounced and conducted at a frequency of every 6 months, 9 months, or yearly basis depending on the establishment's potential risk of spreading disease. Establishments at low risk are inspected on an annual basis. Temporary food stands are also inspected during all public events.



Restaurant/Food Inspections = 989
Temporary Events = 177
Water Samples = 124
Complaints = 106
Lodging Inspections = 37
Childcare Inspections = 53
Emergency Response (ER) = 10



A public health emergency is any threat to the public's health or safety, such as a naturally occurring infectious disease outbreak, a natural disaster, a bioterrorism attack, or any event that has the potential for a significant health impact on the community. The health center continues to update response plans for disasters due to weather, illness, and manmade incidents.

EMERGENCY PREPAREDNESS CAPABILITIES ADDRESSED IN 2024: There are a total of 15 established capabilities that serve as national standards for public health preparedness planning. Each year Local Public Health Agencies place significant emphasis on identified capabilities while maintaining response measures for all fifteen. In 2024, CGCPHC focused on the following capabilities:

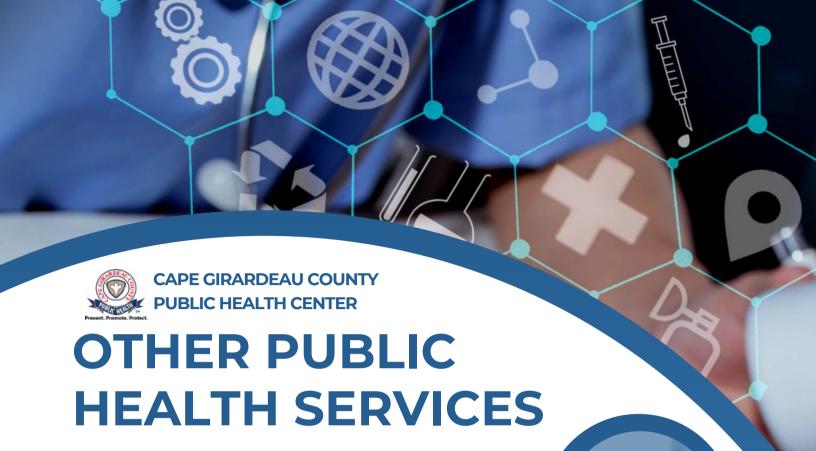
• CAPABILITY 2: Community Recovery, Domain #1 Community Resilience:

As members of the Nonurban Healthcare Coalition, the CGCPHC participated in a regional Hazard Vulnerability Analysis during 2024. To further help identify local community needs specific to our county, the Emergency Planner developed a Community Preparedness Survey that was utilized by local public health staff to survey over 200 county residents on their preparedness needs.

- CAPABILITY 7: Mass Care, Domain #5 Surge Management:
- The Emergency Planner and other local partners engaged in a tabletop exercise to practice and refine our respective roles in response to a mass fatality event if it were to occur at the local airport. Additionally, CGCPHC participated in the New Madrid Seismic Zone Collaborative Team Meeting. The meeting consisted of partners including law enforcement, LPHA's, fire departments, city and county EMDs, healthcare, SEMA and DHSS. Together the group participated in discussing planning assumptions, GIS data, logistics, state and local planning responsibilities, and other collaborative strategies.
- CAPABILITY 13: Public Health Surveillance & Epidemiological Investigation, Domain #6 Biosurveillance: CGCPHC reviewed each of the following four components: 1) staff access to surveillance programs, 2) the process for ensuring daily notifications, 3) the investigation and reporting procedures, and 4) the review process for surveillance data.

PREPAREDNESS EXERCISES AND PLANNING IN 2024

The Cape Girardeau County Public Health Center along with the Cape Girardeau Volunteer Medical Reserve Corps, tested the capability of mass vaccination clinics, mass notifications/communication, provided vital records to the community from an off-site location, held various drill including evacuation drills, fire drills, and tornado drills, and exercised our ability to continue operations during events or other incidents.



VITAL RECORDS: The health center is the Local Registrar for all births and deaths that occur in Cape Girardeau County and can issue certified copies of birth certificates for anyone born in the State of Missouri after 1920. We can issue certified copies of death certificates for anyone dying in the State of Missouri after 1980. Birth Certificates are currently \$15 per copy, and death certificates are currently \$14 per copy; \$11 for additional copies.

Birth Certificates = 4,741
Death Certificates = 6,212



DENTAL SCREENINGS & VARNISH: Dental screenings in school are important to allow for early identification of oral health issues in children enabling prompt treatment and prevention of more serious problems. The health center works with local partners to provide dental varnishes at area schools. We have a certified dental assistant that stays in contact with the schools, dentists, and volunteers to be able to provide no-charge fluoride varnishes to all students who would want or need services. Prior to the varnish application, a licensed dentist does a routine oral health screening and parents are notified of any irregular findings and encouraged to seek further dental services beyond varnish.

LEAD TESTING: Children, 9 months through 5 years of age, are assessed for lead risk factors during routine visits to the health center's Rural Health Clinic. Outreach lead testing at the local Head Start is also provided. Capillary lead testing is also available for children in this age range on a walk-in basis. Children who show an elevated capillary blood lead level then receive a confirmatory venous blood test. Due to updates and adjustments in the guidelines in the Missouri State Lead Poisoning Program, any child with a capillary lead test over 3.5μg/dl was followed and provided Lead Poisoning education and guidance through the Lead Case Management program until their lead levels dropped back down below 3.5μg/dl.



PREGNANCY TESTING: Pregnancy testing is offered by appointment on Tuesdays from 8:30 a.m. to 12 p.m. at no cost. Temporary Medicaid can be issued if income requirements are met. A risk appraisal is performed on all positive pregnancies to assess any behaviors, environmental factors, previous health history, etc. that would show a higher risk for poor birth outcomes and therefore a needed referral to case management services. Those who have a positive pregnancy test and smoke are referred to local programs to assist with quitting, if interested.

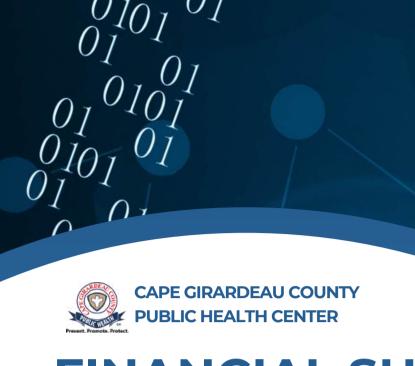
CASE MANAGEMENT: Case management services are available for any eligible pregnant woman that may be at risk for poor pregnancy outcomes. These services are intended to encourage adequate prenatal care to help reduce the incidence of infant mortality and low birth weight. Prenatal clients that wish to participate are enrolled in case management and seen by a public health nurse for assessment, education, referral, and support. Due to the expansion of the Medicaid Managed Care Network in Missouri, lead case management at the local public health level has decreased significantly. No case management occurred during 2024.

CHILDCARE HEALTH CONSULTS: We are committed to helping child care providers offer the best possible care to our community's children through our Child Care Health Consultation (CCHC) Program. Public Health Nurses at the Cape Girardeau County Public health center assist child care providers, families, and children enrolled in child care through services by providing child care health consultation and training for child care providers in our county, promoting safe, healthy, and developmentally appropriate environments for children in child care, assisting families and child care providers in accessing needed health and social service programs, decreasing injury, disease, and abuse for our children. We serve both Cape Girardeau and Scott County through this contract.

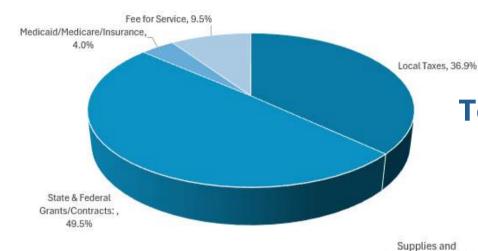
CHILDCARE CPR: Through a state contract, the Cape Girardeau County Public Health Center was able to provide free CPR and First Aid courses for registered childcare providers. These classes provided CPR cards that are good for 2 years and fulfilled the State requirements for CPR and First Aid training under childcare regulations.

CPR Classes
Hosted = 26
of individuals
Certified in
CPR/First Aid =
164

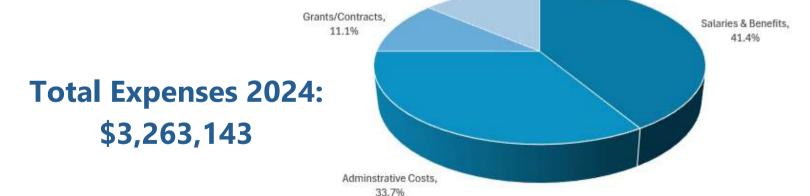
CCHC Training
Events/
Consultations =
16
Individuals Trained =
142



FINANCIAL SUMMARY



Total Revenue 2024: \$3,724,667



Equipment, 13.9%

Activities and programs of the Cape Girardeau County Public Health Center are supported by the members of the health center's Board of Trustees.

John Freeze, Chairperson Georganne Syler, Vice Chairperson Nancy Johnson, Secretary/Treasurer Diane Howard, Member Eric Becking, Member



COMMUNITY PARTNERSHIPS

AGING COMMITTEE

BREASTFEEDING TASK FORCE SEMO

CHILD CARE CONSULTANT ADVISORY COMMITTEE

CHILD FATALITY REVIEW BOARD

ENVIRONMENTAL PUBLIC HEALTH SPECIALIST ASSOCIATION

ENVIRONMENTAL TASK FORCE

GIBSON RECOVERY CENTER

HEALTHY COMMUNITIES COALITION

HOUSING COMMITTEE

INFECTIOUS DISEASE TASK FORCE

LOCAL EMERGENCY PLANNING DISTRICT

MO ASSOCIATION OF LOCAL PUBLIC HEALTH

MO CENTER FOR PUBLIC HEALTH EXCELLENCE

MO EMERGENCY MANAGEMENT ASSOCIATION

MO IMMUNIZATION COALITION

NACCHO MEDICAL COUNTER MEASURES WORKGROUP

ORAL HEALTH COALITION

PORCH (PEOPLE ORGANIZED TO REVITALIZE COMMUNITY HEALING)

PROJECT HOPE

REGION E COMMUNITY RESPONSE TEAM

REGION E HEALTHCARE COALITION

REGION E MULTI-AGENCY COORDINATION CENTER

REGIONAL HOMELAND SECURITY COMMITTEE

REGIONAL PLANNING GROUP SEMO

SOUTHEAST COALITION FOR ROADWAY SAFETY

SOUTHEAST MISSOURI EMERGENCY MANAGEMENT ASSOCIATION

SOUTHSIDE FARMS



Get key and timely health messages, download our app!

ANDROID USERS:

APPLE USERS:





THANK YOU

Hours: Monday: 7:30am - 4:30pm

Tuesday - Friday: 8:30am - 4:30pm

Late clinics available. Call for details.

CONTACT US:

- Cape Girardeau County Public Health Center +573-335-7846
- Rural Health Clinic +573-335-2229
- Women, Infant & Children (WIC) +573-335-4300
- www.capecountyhealth.com