



# 2022 ANNUAL REPORT OF ACTIVITIES

A report of activities and accomplishments of the Joint City-Cowley County Health Department for the year ended December 31, 2022, provided to the elected representatives and citizens of Cowley County, Kansas.

**City-Cowley County Health Department**  
**320 E 9th, Suite B**  
**Winfield, KS 67156**  
**620-221-1430**

[www.cowleycountyks.gov/departments/publichealth](http://www.cowleycountyks.gov/departments/publichealth)



City-Cowley County  
Health Department

Prevent ~ Promote ~ Protect

115 E. Radio Lane      320 East 9th, Suite B  
Arkansas City, KS      Winfield, KS  
67005                      67156

# A Special Letter to the Community

## A look back and a look ahead.

The ebb and flow of the year 2022 began with record breaking illness and ended with renewed hope that the saga of COVID-19 will become less of a daily factor in our lives. As we do every year we have taken time to perform a serious evaluation of our annual operational activities. We examine where we started and where we ended, what we did well and where we can improve. During our evaluation we found information that we believe you should know about. Specific milestones or facts that can provide a better “picture” of what the City Cowley County Health Department has done during the past year.



During the course of the pandemic your Health Department became the focal point of many emotional outpourings and discussions. Nationally Public Health was given a black eye for the way the pandemic was handled. It has professionally saddened me as I have always trusted science and the benefits of preventative medicine. There were days during which local public health was reviled and other days when we were celebrated. It became a never-ending cycle of activities all of which were carried out under our guiding principles; provide the people of the community with the facts, provide them a choice, and do our best to improve the health and wellbeing of all the residents in Cowley County. There were times that I wondered if we would ever be able to return to any type of normalcy again.

However, even in the grim periods, your Health Department did its job. The report contained in the following pages highlights accomplishments of Health Department during 2022 and seeks to illustrate the importance and value to the community that your Health Department provides. This year’s report has taken on a different look, fewer words more descriptive pictures, charts, and graphs. We hope it will provide you a deeper understanding of what has been accomplished in an easy-to-understand format.

As the Health Department Administrator and County Public Health Officer I am very proud, not only of the accomplishments recorded herein, but more so of the people of public health here in our community that made these results possible. The members of the City Cowley County Joint Board of Health, the school nurses across the county, the directors of infection control in health care facilities, the hospitals and long-term care facilities. Most importantly I want to thank the staff of the Health Department. All of them live here in our communities, have families and friends, and are committed to providing you the best public health services that we can.

Our focus moving forward during 2023, will be to further “unwind” from the pandemic mayhem that fundamentally changed our lives, and to continue to provide you with the finest preventative health care service that we can. As always we will work to prevent illness, promote good health, and enforce protective measures to help everyone attain the lifetime benefit of good health. We promise that we will be here each day, that we will be responsive to you and assist you in your quest to be healthy, because at your Health Department we work hard every day to help you stay well!

It remains my honor to serve the Cowley County community.

**Thomas Langer, MPA**  
Administrator & Public Health Officer

A handwritten signature in blue ink that reads "Thomas Langer". The signature is written in a cursive, flowing style.

# 76 YEARS OF SERVICE

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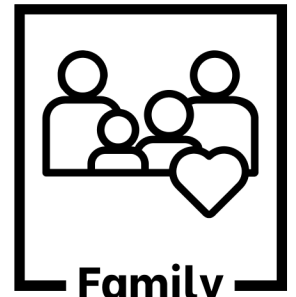
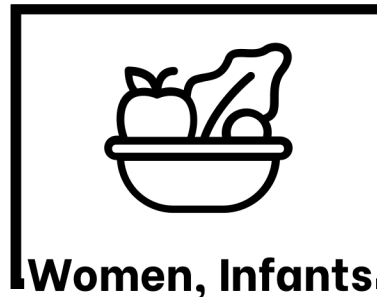
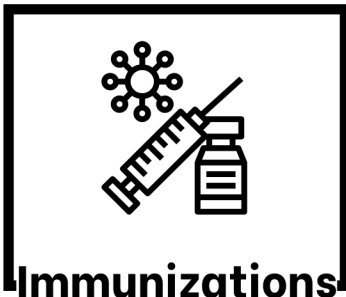
+ OVER

# 30

Health &  
Support  
Services

# 7 CORE PROGRAMS

## TO HELP YOU STAY WELL

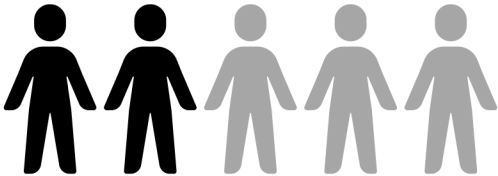


# Clients Served

**16,536 Clients Served**

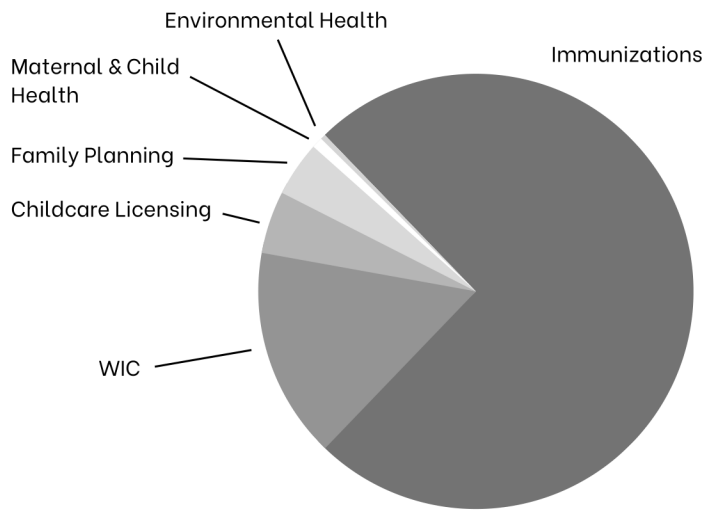
**3,193 1st Time Clients**

**19,324 Appointments**



At least 2 in 5 Cowley County residents received a Health Department service.

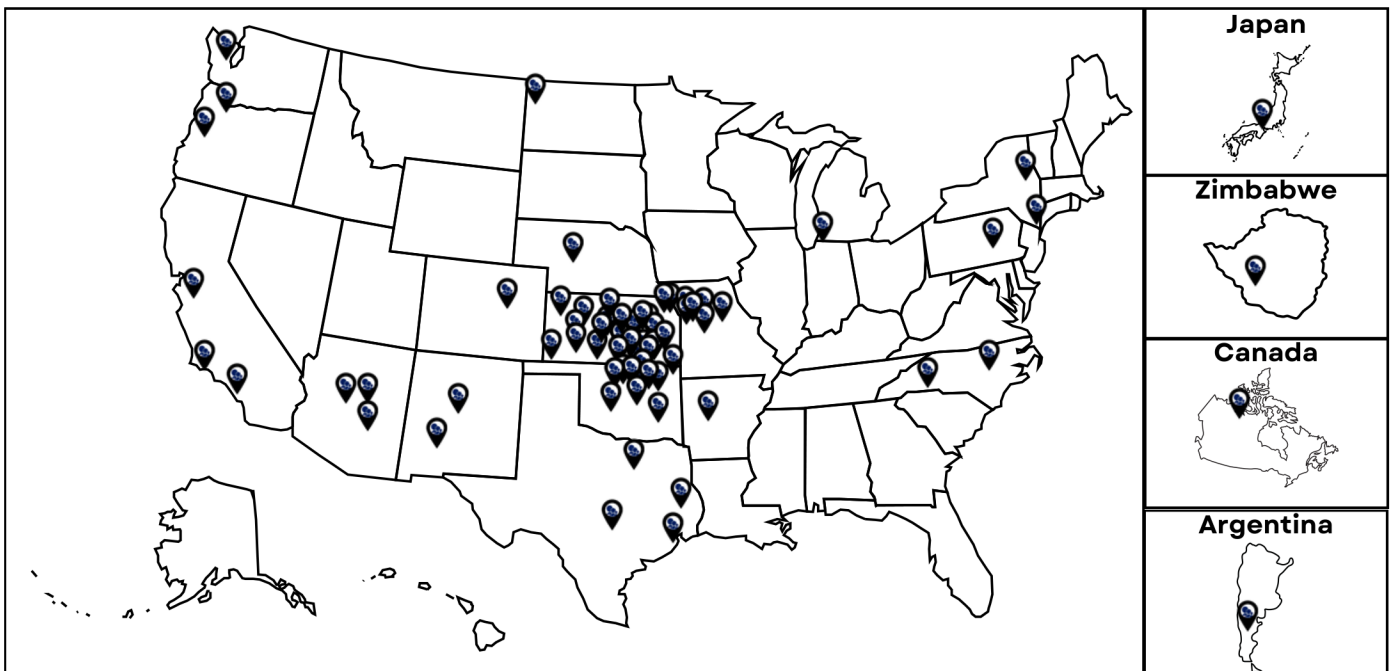
## Service Visits by Program



## Service Through Every Stage of Life



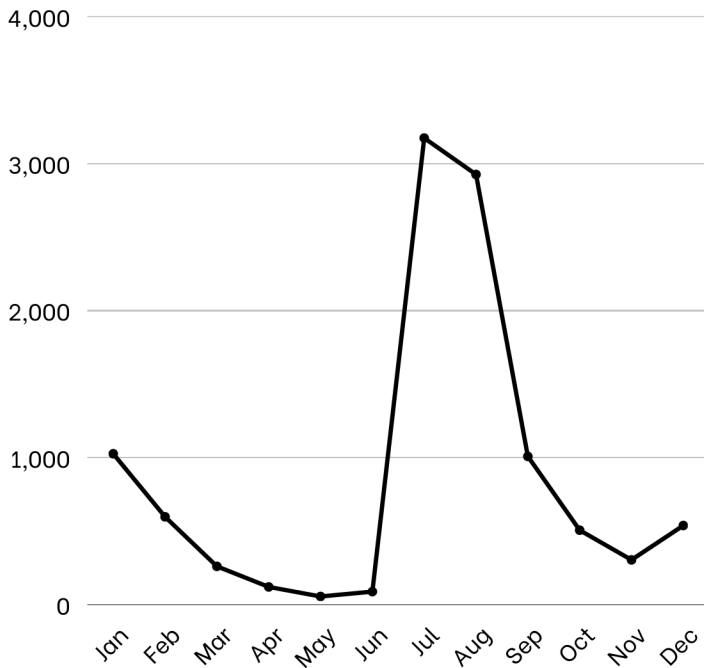
## Clients Served From Around the World\*



\*Based on address provided at the time of service

# Pandemic Response

*COVID-19 Home Tests Distributed During 2022*



**1,709**

COVID-19 Tests Administered

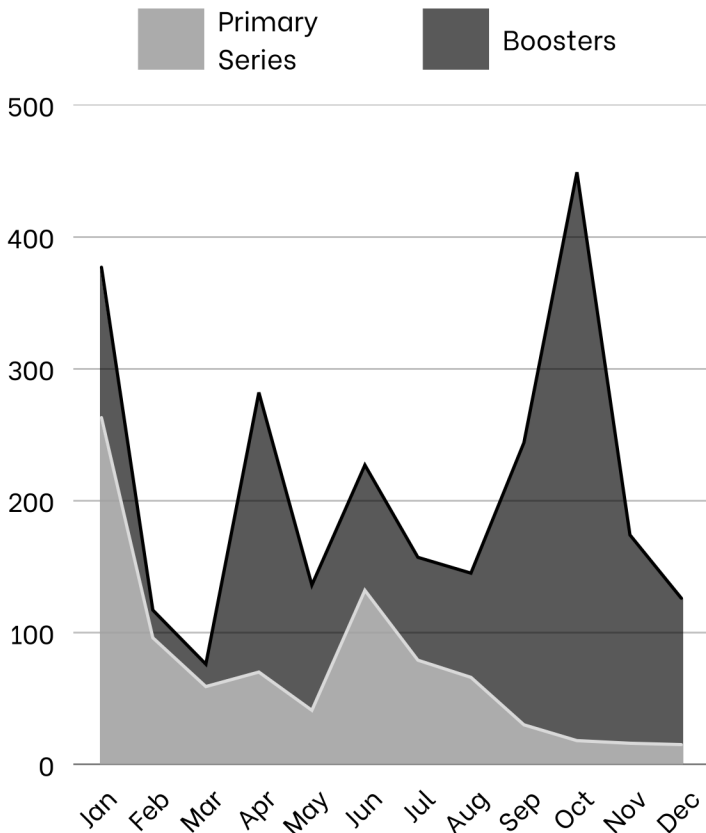
**2,509**

COVID-19 Vaccines Administered

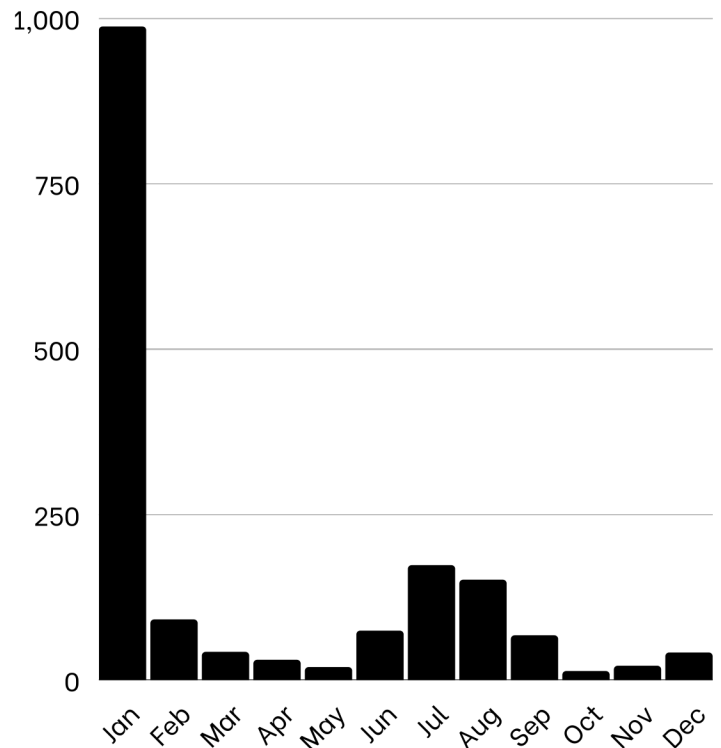
**10,602**

Home Test Kits Distributed

*COVID-19 Vaccines Administered During 2022*



*COVID-19 Tests Administered During 2022*



# Communicable Disease Control

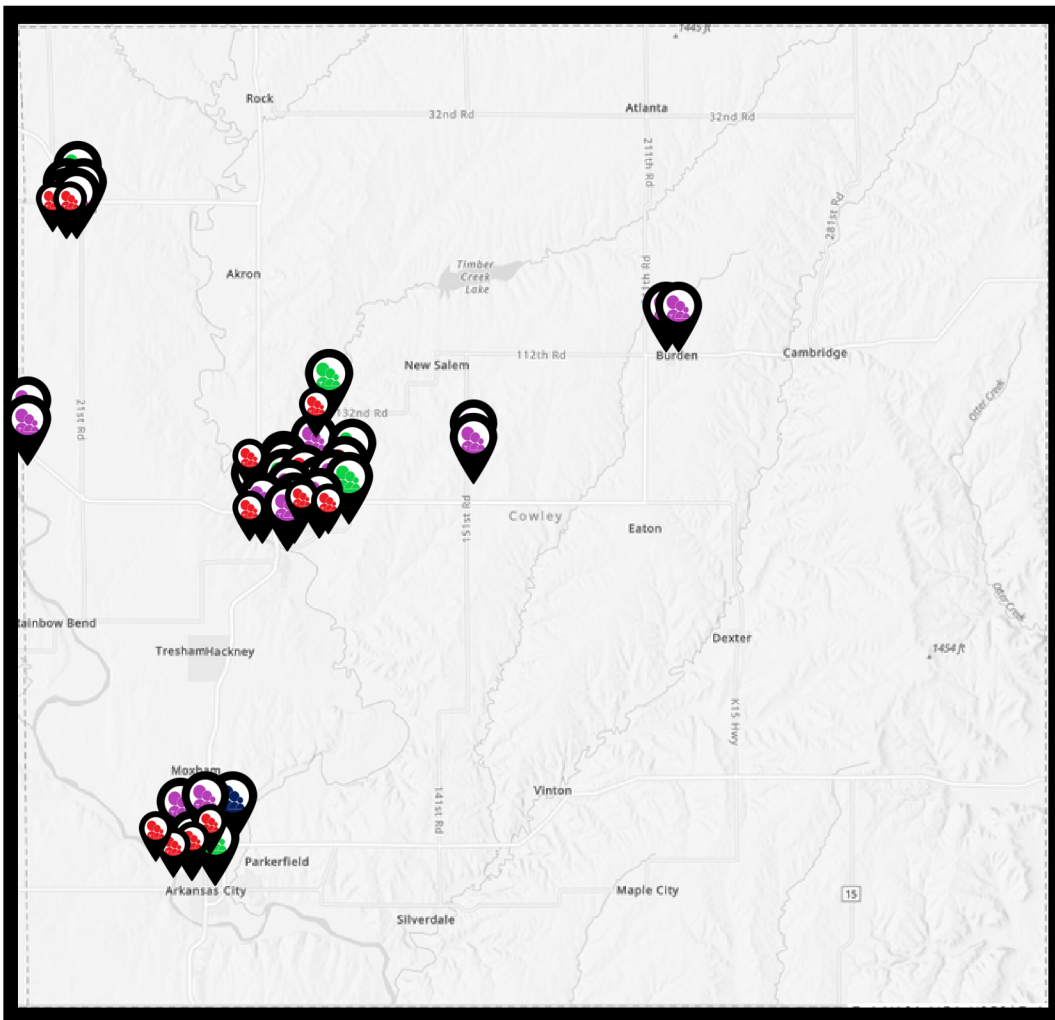
We continue to monitor disease trends that may impact health and work to educate the community on preventative strategies to stay well. For example, in 2022, we investigated suspect cases of sensitive communicable diseases (see left). In addition, we work to reduce illness by offering competitive new-to-market vaccines and vaccination opportunities throughout the county.

Diseases Monitored in 2022\*

<b>Shigellosis</b>	<b>Lyme Disease</b>	<b>Varicella</b>
<b>Gonorrhea</b>	<b>Chlamydia</b>	<b>Tuberculosis</b>
<b>Mumps</b>	<b>Clostridium</b>	<b>Ebola</b>

\*Among others

## Offsite Vaccine Clinics



COVID-19



Influenza



Combination  
(vaccines offered for more than one virus)



Vaccination clinic provided at location more than once

**55 Total Clinics**

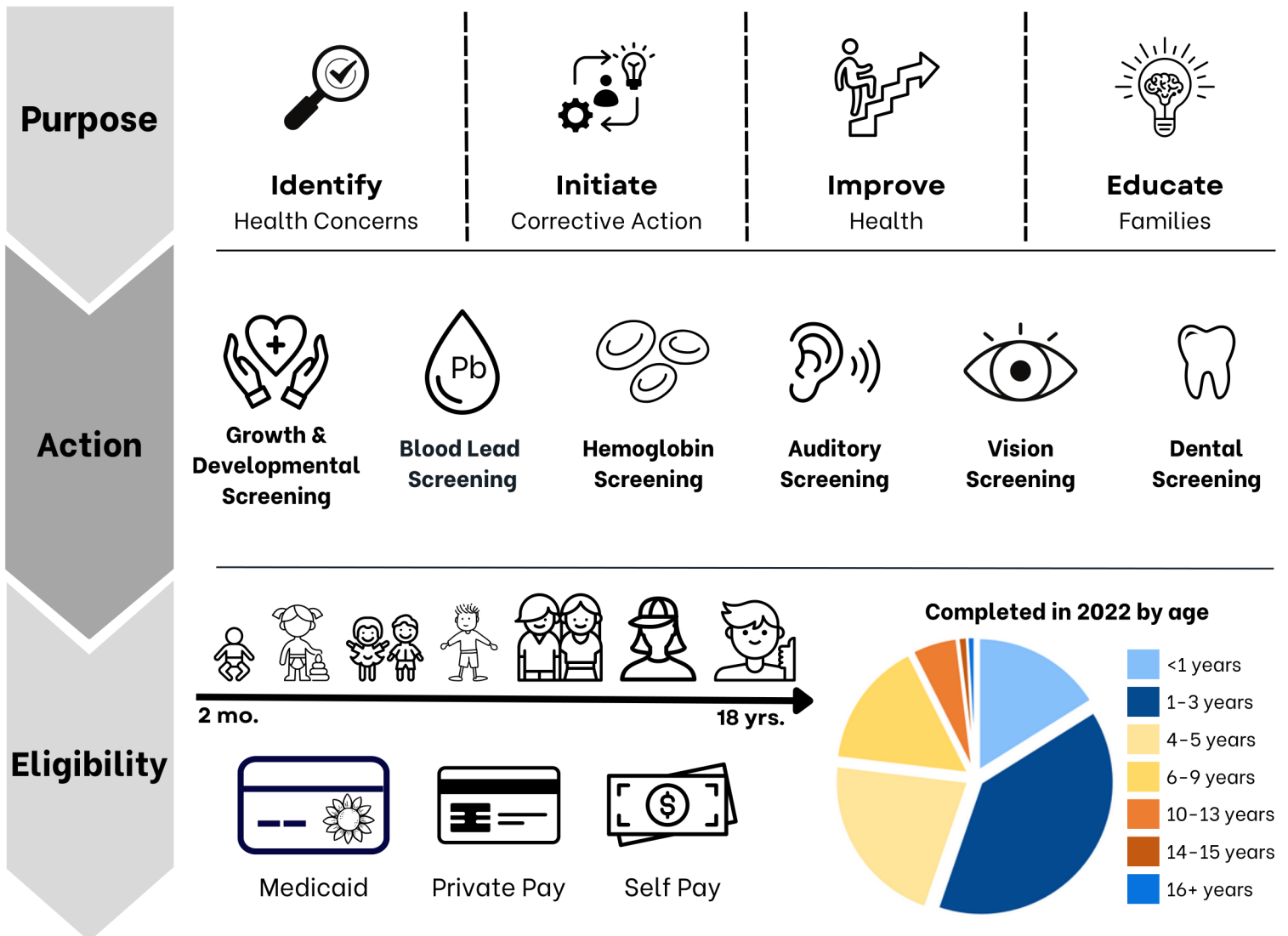
# Healthy Start-Home Visitation Services

Our Healthy Start Home Visitors (HSHV) connect new and expecting mothers with the education, resources, and support they need to ensure their newborn has a healthy start in life.

HSHV Program staff recently updated their curriculum to include screenings and support services on relevant health-inducing topics, including intimate partner/domestic violence, health homes, and much more. In addition, program recruitment was expanded to provide care to ANY pregnant and/or postpartum woman up to 12 months after delivery.



# Pediatric & Adolescent Health Assessments



# Women, Infants, & Children (WIC)

## Benefits

Participants experience improved health through essential education and supplemental food assistance.



Over \$600k added to the local economy in 2022

## Local Impact

**987** Participants  
**228** Newborns  
**2634** WIC Appointments



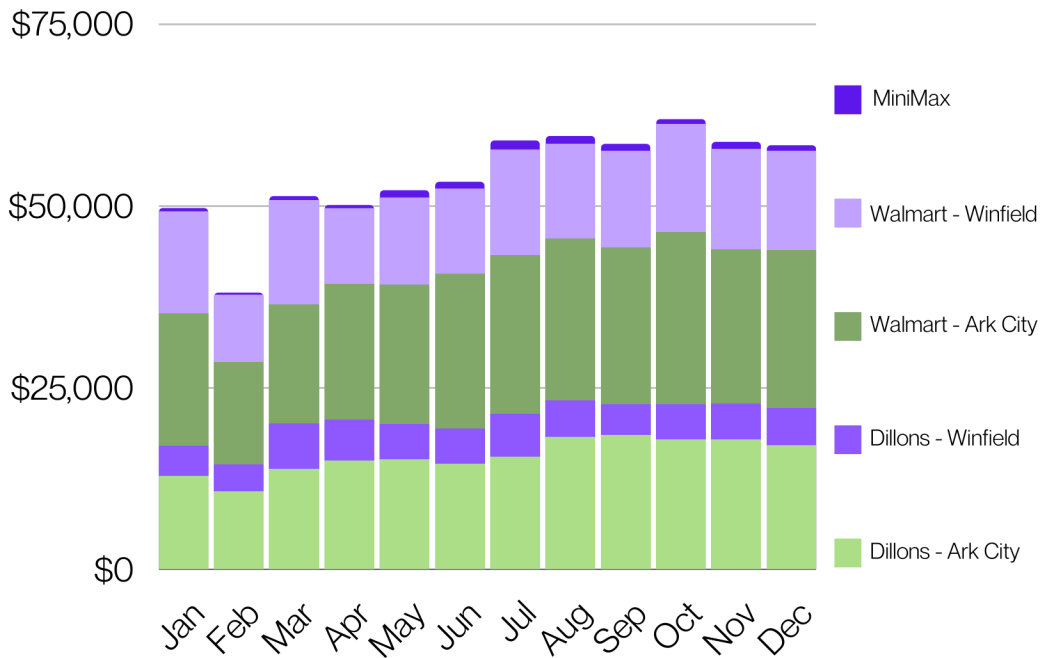
## Participants

Income-eligible new & growing families including:

- Pregnant women
- Postpartum women up to 1 year after birth
- Infants & children up to age 5



## WIC Dollars Spent at Local Grocery Stores



## Our Success

**65.4%**

of Newborns were initially breastfed

**16.7%**

of Newborns were exclusively breastfed at 3 months

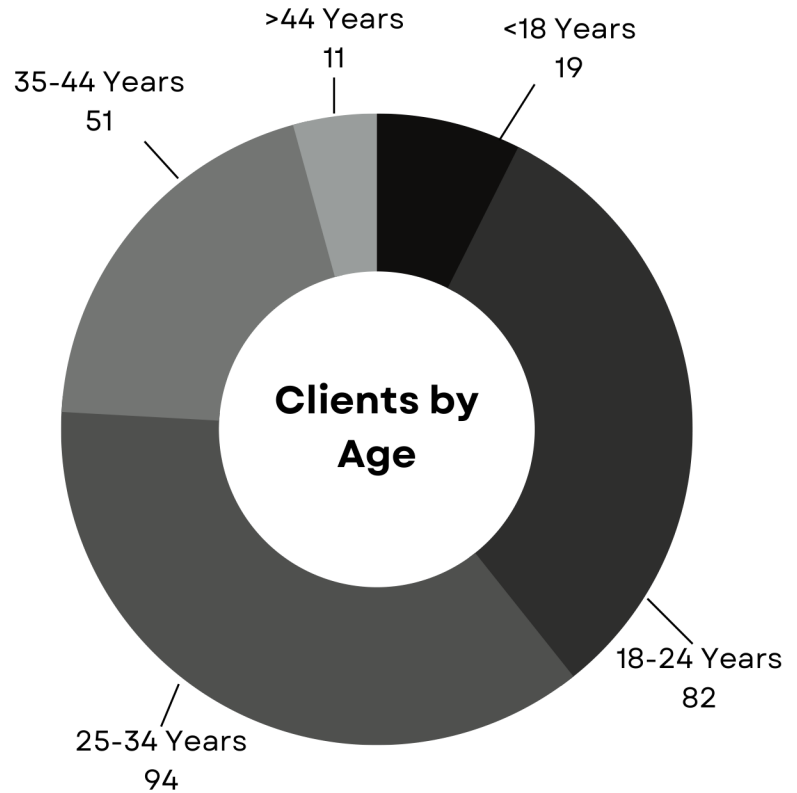
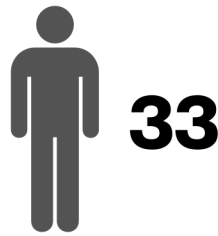
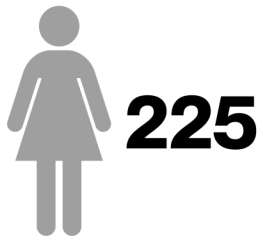
Benchmark Set by Healthy People 2030



# Family Planning

Reproductive health services are available to men and women of all ages. Program policies prioritize your health needs. Fees are determined by income level and ability to pay.

<b>173</b> Pregnancy Tests	<b>55</b> Well-Woman Visits	<b>617</b> Contraceptive Services
<b>782</b> Service Visits	<b>700</b> STI Tests	<b>55</b> STI Treatment



# Childcare Facility Licensing

This program guarantees that Cowley County daycares comply with state regulations to protect the health and safety of children in attendance.

If you are interested in establishing a daycare in Cowley County, contact **Patty Wimmer** at 620-221-1430.

If you are seeking licensed child care providers in your area, please contact ChildCare Aware of Kansas:

**1-877-678-2548**

[www.ks.childcareaware.org](http://www.ks.childcareaware.org)

**4** Daycare Centers

**51** Daycare Homes (Residences)

**4** Integrated Daycare Groups

**80** Surveys Performed



# Environmental Health

## Program Updates

The Environmental Health program updated the policy and procedure regarding residential wastewater inspections. These updates were made in the interest of transparency and clarity, and were approved by the Cowley County Board of Commissioners on November 15th, 2022 and the Joint Board of Health on December 6th, 2022. The update can be found in its entirety on the Health Department’s website under the Local Environmental Protection Program page.

<b>49</b>	Residential Inspections Performed
<b>21</b>	New Residential Wastewater System Installations
<b>7</b>	Residential Wastewater System Rehabilitations
<b>28</b>	New Building Permits Issued
<b>32</b>	Private Well Water Screenings



### Residential Inspections

Properties in the county with private wastewater systems are required to have those systems inspected should those properties be sold. These inspections search for any evident problems within the system.

### New Residential Wastewater System Installations

All new wastewater system installations are required to be designed, inspected, and permitted by our subject matter experts prior to installation.

### Residential Wastewater System Rehabilitations

Wastewater systems require maintenance and occasional repairs. These repairs are permitted to ensure proper design and installation.

### Building Permits

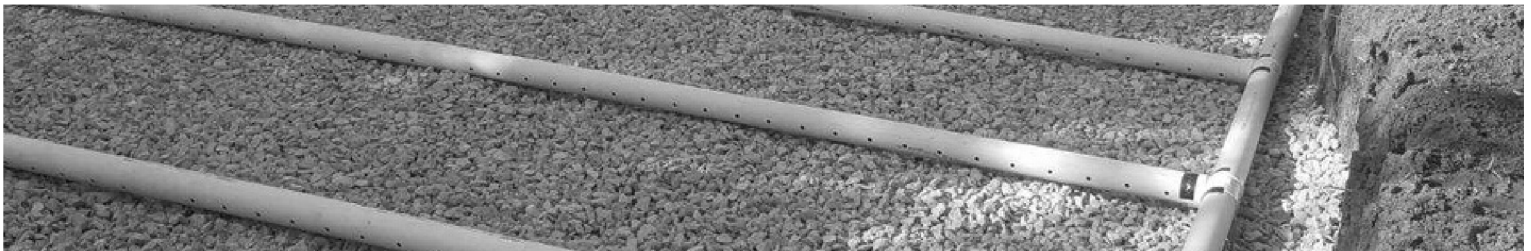
We permit new building constructions in Cowley County outside of incorporated areas. This provides a secure record of the property and maintains county compliance with the National Flood Insurance Program.

### Well Water Screening

Private wells are always prone to contamination. We screen private wells for coliform bacteria and harmful nitrates. Contact the Environmental Health Department for more details if you would like to request a water screening.

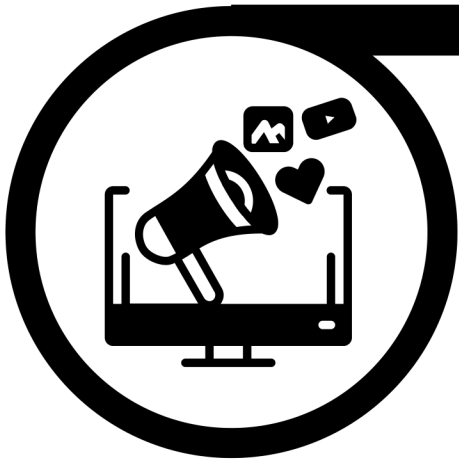
*Above: flexible corrugated pipe is installed for a wastewater absorption field.*

*Below: perforated pipe is installed in a bed configuration with gravel beneath*



# Emergency Preparedness

One of the key roles of the Health Department within the community is in Public Health Emergency Preparedness. Alongside our community partners, we strive to continually engage with preparedness efforts in order to fortify our capabilities to respond to emergencies.



## Social Media Campaigns

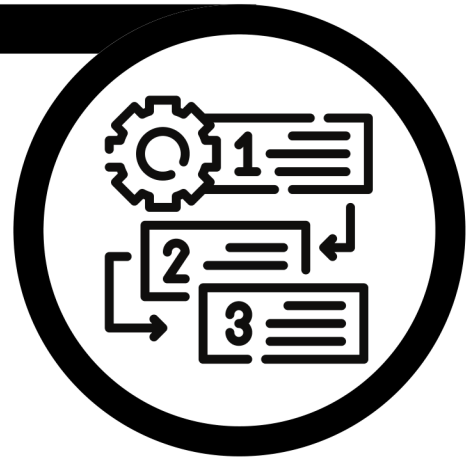
In an effort to help bolster community preparedness, the Health Department participated in two month-long preparedness campaigns on social media. These campaigns highlighted safety topics, resources, and educational opportunities to help citizens prepare for emergencies.



## Emergency Staffing Plan



In 2022, the Health Department secured a key grant from the National Association of County & City Health Officials (NACCHO). This grant enabled the Health Department to develop a new Emergency Staffing Plan. The plan lays the groundwork for ensuring that our agency can expand its workforce in response to emergencies in Cowley County.



## Community Readiness



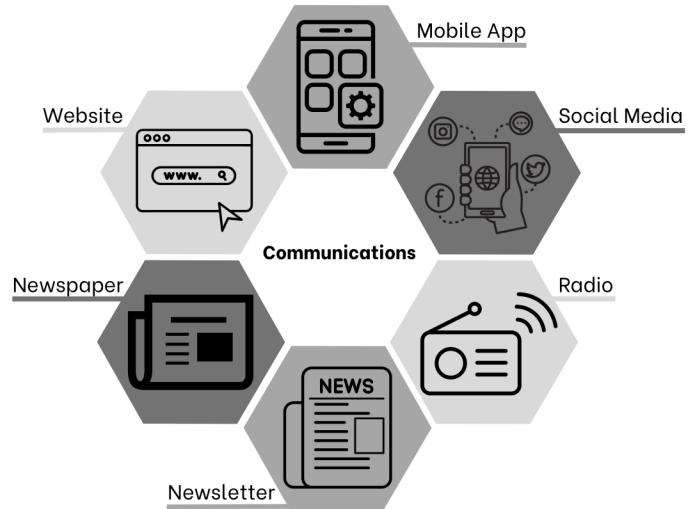
In partnership with Cowley County Emergency Management, the Health Department hosted a Mass Care tabletop exercise in June. This exercise focused on the long-term care facilities within the community, allowing them to test their emergency plans and create better connections with community partners.



# Communications

Throughout the pandemic, we learned that the residents of Cowley County wanted more consistent and transparent communications from the Public Health Officer. So, in 2022, we made efforts to expand significantly our ability to inform and communicate with the public.

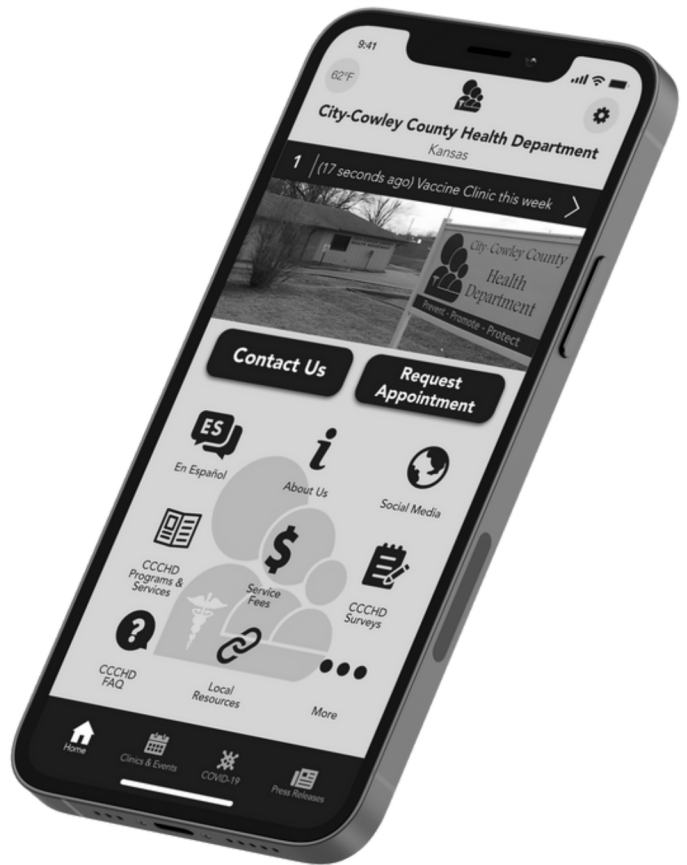
Through multiple forms of communication, we have significantly broadened our ability to disseminate messages to the community effectively.



## Health Department Mobile App

In July, we released our mobile app, making the City-Cowley County Health Department the first in our state to do so. The app has become a crucial part of our communications efforts with the community. It allows us to disseminate important messages in real-time without competing with algorithms developed by social media platforms. In addition, our communications team worked strategically to guarantee that the public is informed about the app's availability and usefulness. Downloading the app will allow users to access other features:

- Requesting Appointments
- Information About Health Department Services
- NWS Notifications
- Health Department Contact Information
- Community Resource Information



**You can download the mobile app from the Apple or Google Play store by searching for “Cowley County“.**

## Social Media Expansion

### Facebook



Our page reaches over **50,000** people  
Over **12,000** profile visits during the year.  
Our page is followed by over **4,000** people

### Twitter



Over **500** Tweets made during 2022  
Over **23,000** Tweet Impressions from these tweets  
Over **4,000** profile page visits during the year.

# Communications

**February 2022 | CITY, COWLEY COUNTY HEALTH DEPARTMENT | VOL. 11**

**PUBLIC HEALTH UPDATE**

**What's New in Public Health?**  
**Health Department Award**  
 On Saturday March 19th, your local Health Department received the Open Arms Award from the Arkansas City Area Chamber of Commerce. This award is given to area non-profits and organizations that go above and beyond for the community and presented at the Arkansas City Area Chamber of Commerce Annual Banquet. Katelyn Howerton, director for the Health Department, noted, "We are grateful for all of the efforts they've made to keep us healthy and safe - especially over the past couple of years."

**Breast Cancer Awareness Month**  
 Nationally, 1 in 8 women will develop breast cancer. In Arkansas, breast cancer is the most common cancer among women with around 2,200 women diagnosed and an average of 375 deaths every year. This year support for Breast Cancer Awareness Month by encouraging regular check-ups and doctor's visits. Routine and preventative care can help keep women safe from breast cancer. The earlier the disease is detected, the easier it can be treated. In the fight against breast cancer, the Health Department participates in the Early Detection Works Program (EDW). This program provides screening, resources, and referrals for uninsured women who are at risk for developing breast or cervical cancers. If you are in need of this program or interested in participating, call the Health Department today.

**COVID & Illness Data**

Month	2021	2022
January	2,024	1,022
February	2,041	521
March	90	156
April	27	1
May	59	0
June	28	0
July	165	0
August	208	0
September	212	0
October	386	0
November	406	0
December	413	0
<b>TOTAL</b>	<b>4,859</b>	<b>1,579</b>
<b>% of cases</b>	<b>100%</b>	<b>33%</b>

## The Public Health Update

In March, we released a bi-weekly newsletter to communicate with the public: *The Public Health Update*. This publication evolved from COVID-19 reports issued in 2020-21 by the Public Health Officer. *The Public Health Update* informs readers about relevant health topics and upcoming events.

You can access the Public Health Update on our website, social media pages, and mobile app and by subscribing to the Health Department mailing list.

**October 2022 | CITY, COWLEY COUNTY HEALTH DEPARTMENT | VOL. 11**

**PUBLIC HEALTH UPDATE**

**What's New in Public Health?**  
**Breast Cancer Awareness Month**  
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**National Fire Prevention Month**  
 Next month is National Fire Prevention Month. Dropping temperatures will have more people lighting up fireplaces, plugging in space heaters, and starting up their furnaces. These can all lead to devastating house fires. That's why it's so important to make sure that your home is prepared for a fire. Here are some ways you can prepare today:  
 • Maintain your smoke and carbon monoxide detectors  
 • Regularly testing the units, replacing batteries twice a year, and replacing the units every 10 years can ensure that they are in good working order.  
 • Have a fire extinguisher ready in your home.  
 • Have a fire escape plan.  
 • Make sure you and your family have a place in place that you practice regularly.  
 • Replace worn, damaged, or frayed electrical cords.  
 Check out next week's National Preparedness Month posts on our social media and visit [ready.gov/home-fire](http://ready.gov/home-fire) for more information on fire preparation and prevention.

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<b>% of cases</b>	<b>100%</b>	<b>33%</b>

**21** Issues released during 2022

## The Public Health Minute

Tune into 102.5 The River on Wednesdays to hear the *Public Health Minute*: a valuable message about improving your health and accessing essential services from the Health Department. In 2022, the *Public Health Minute* evolved from regular pandemic updates to include various health-inducing topics.

**156** Radio spots played during 2022

## Propio ONE

An estimated 7% of Cowley County's population speak a language other than English at home, and many more speak English as a second language. In order to better engage this segment of the population, the Health Department expanded its interpretation services through the use of Propio ONE.

Propio ONE is a telehealth, video-based interpretation service with access to 350 languages, including sign language and dialects. This service has proven to be a valuable tool in connecting our clients with vital Health Department services and community resources.



**350** Different Languages | **24/7** Availability

# Health & Safety Fair



In June, the Health & Safety Fair engaged community members with essential information to improve their well-being. Local and state community partners showcased available resources and health prevention strategies. Attendees learned tips for healthy eating, CPR techniques, etc., and had the chance to win exclusive door prizes.

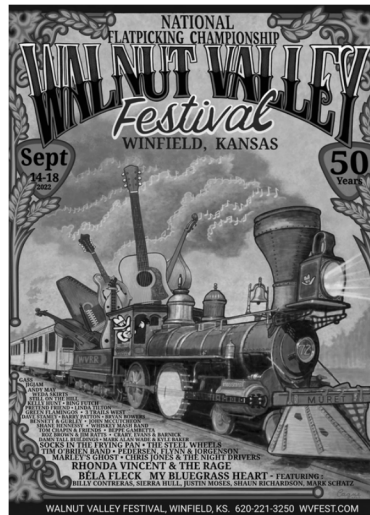
Over **400** Attendees  
 Over **40** Community Partners



# Walnut Valley Festival

The Health Department supported the festival by offering influenza and COVID-19 vaccines, home test kits, and sanitizer. Festival goers were engaged through our mobile app and provided opportunities to win prizes, including two tickets to next year's event!

<b>18</b> Influenza Vaccines	<b>52</b> COVID-19 Vaccines	<b>940</b> Home Test Kits
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# COPE Community Health Worker



In partnership with the Communities Organizing to Promote Equity (COPE) Project, we proudly host a Community Health Worker, **Carmelyna Andres**. Carmelyna connects our clients with resources that the Health Department does not provide (i.e., food and housing assistance, etc.). Her ability to assist in English and Spanish and her knowledge of the Ark City community make her a solid asset to our clients.

# Board of Health

The Board of Health is assembled by nine appointments made from local governing bodies. The Cowley County Commission appoints three at large members, one physician, and one dentist. The cities of Arkansas City and Winfield each appoint one member. Unified School District Boards #462 and #471 each appoint one member. Once appointed, members of the Board serve three-year terms. The Board annually elects a Chair and Vice-Chair in January. The Health Department's Administrator serves at the pleasure of the Board as Secretary-Treasurer. A Licensed Physician is contracted to serve as a Medical Consultant to advise the Public Health Officer/Administrator on medical matters. The Board maintains two offices, one in Winfield and another in Arkansas City.

## 2022 Board of Health Members

## Appointed By:

K.C. Colvin - Chair	USD #471 Board of Education
Mary Benton - Vice-Chair	Arkansas City Commission
Anita Judd-Jenkins	Cowley County Commission
Dared Price, PharmD	Winfield City Commission
Ed Trimmer	Cowley County Commission
John Seitz, DDS	Cowley County Commission
Rick Shaffer	USD #462 Board of Education
Sandra Jirak, BSN, RN	Cowley County Commission
Physician Vacant	Cowley County Commission
Thomas Langer, MPA - Secretary-Treasurer	Health Department Administrator

# Health Department Staffing

Thomas Langer, MPA	Administrator/Public Health Officer
Allyson Payne, MPH	Executive Assistant/Epidemiologist
Karen Sattler, RN	Director of Nursing/MCH Supervisor
Kelli Waggoner, RN, BSN	Public Health Nurse/WIC Coordinator
Rochelle Graham, RN	Public Health Nurse
Karen Hardin, RN	Public Health Nurse
Tara Finuf	Fiscal Accounts Manager
Teri Bruner	Medical Services Accounts Coordinator
Tanner D. Langer	Environmental Health Officer/PHEP
Daniel Vildasol	Public Information Officer/PHEP
Josephine Olivarez	Healthy Start Home Visitor
Jessie Percell	Healthy Start Home Visitor/WIC Breastfeeding Peer Counselor
Patricia Wimmer	Child Care Licensing Surveyor
Gretchen Walker	Office Assistant
Jessica Dorman	Office Assistant
Aleashia Tanner	Office Assistant
Ashley Leighty	Office Assistant

## Contracted Professionals:

*Medical Officer:*  
Adam Keesling, MD

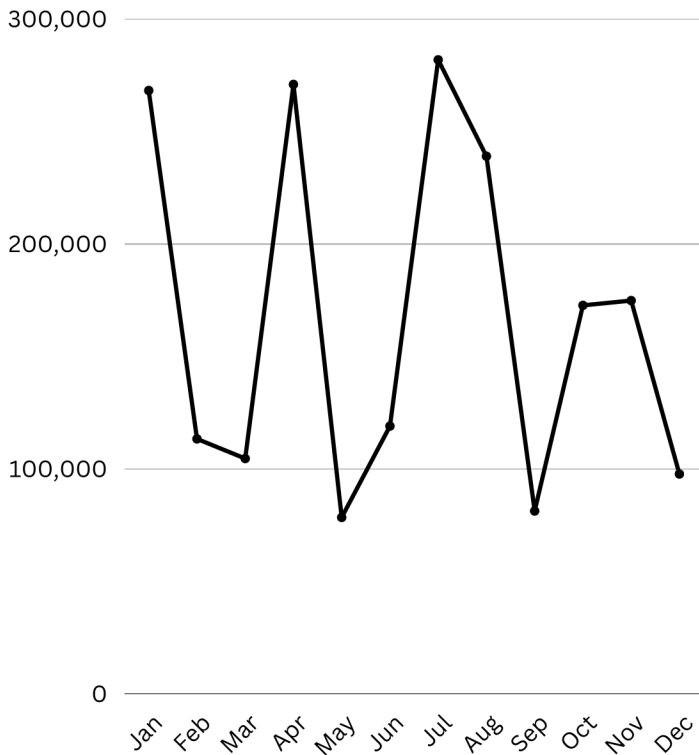
*Family Planning:*  
Ginger Bahruth, PA

*Consulting Pharmacist:*  
Renee Price, PharmD

*WIC Nutritionist:*  
Alicia Ramey, RD

# Financial Report

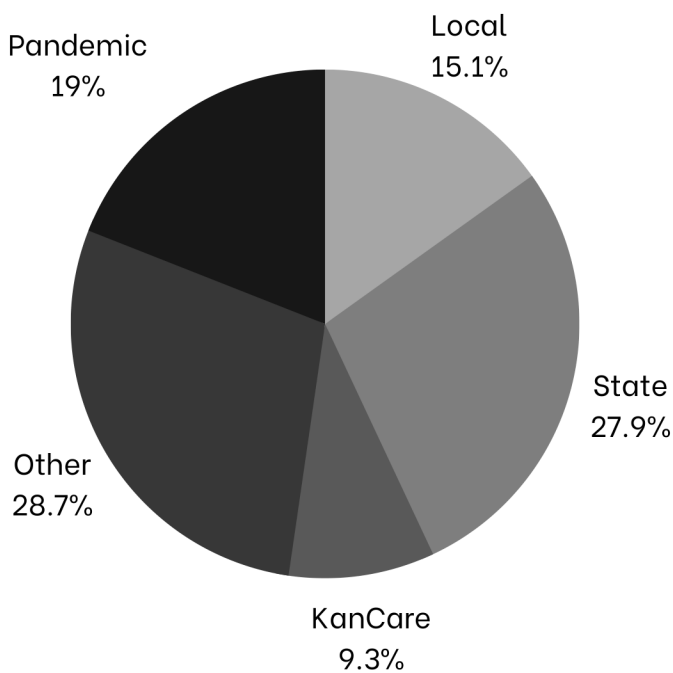
## Revenue by Month



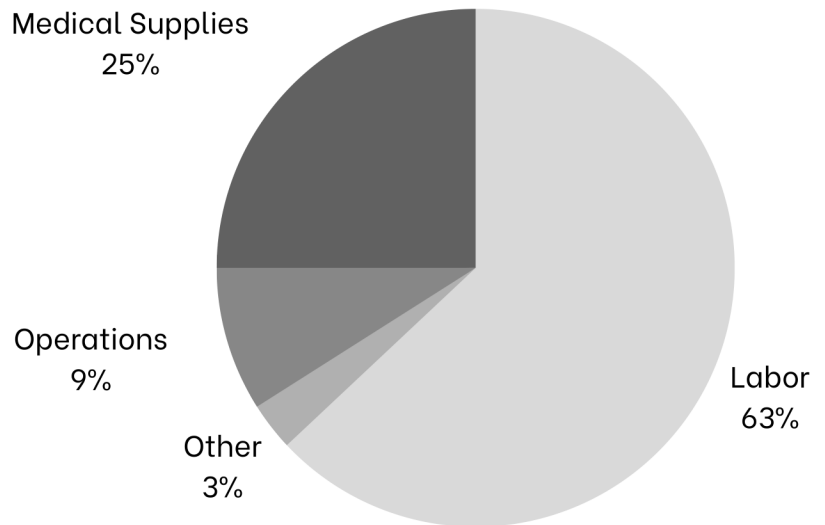
We continue to practice responsible fiscal management to provide the best services for Cowley County residents and visitors. As a result, the fiscal condition of the Health Department remains stable. Thus, we improved care capacity for recipients by expanding inventory to accommodate new-to-market vaccines, augmenting home visitation services, implementing supplemental interpretation services, expediting residential inspections, and much more.

Moving into 2023, we will prepare for an annual budgetary audit to guarantee fiscal practices align with the accepted accounting principles for governmental entities and public law. We anticipate everything running smoothly as we regularly submit all state-required reports and filings accounting for the expenditure of funds to the Joint Board of Health (JBOH) and remain compliant with the approved budget. Safeguards have been established and are monitored by the JBOH to certify that all operations are satisfactory for our clientele and the local, state, and federal governments.

## 2022 HD Revenue by Source %



## 2022 HD Expenditures by Type %





# Coming In 2023

## Winter & Spring

### Public Health Update Vol. 2

2023 will see the 2nd volume of our newsletter, the *Public Health Update*. New features and formats will make this new volume more effective and engaging.

### Community Wide Baby Shower

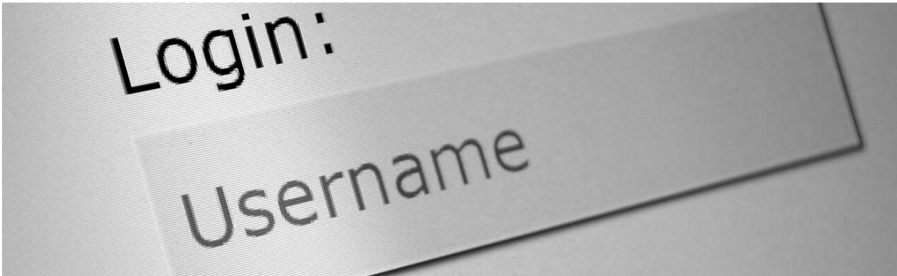
The Community Wide Baby Shower will help to educate new and expecting mothers while also connecting them to community providers. With prize opportunities and free professional baby pictures, this event will be both fun-filled and educational.

### Health & Safety Fair 2023

Our annual Health & Safety Fair will return to Winfield in 2023. This fun and educational event helps to engage the community and connect them with resources and educational opportunities.

## Health and Safety Fair Cowley County

## Summer & Fall



### New Patient Portal

The Health Department's new patient portal will make its debut in 2023. This secure portal will allow clients to schedule appointments, access their records, update their information, and more.

### CPR & First Aid Classes

Next year, the Health Department will resume teaching CPR & First Aid Classes. These classes will help bolster community preparedness through life-saving education.

### Vaccine Clinics

In 2023, we will continue our efforts to provide vaccines to the community. Through off-site clinics, we help to bring vital protection to schools, long-term care facilities, employers, and many others in Cowley County.





# **CITY-COWLEY COUNTY HEALTH DEPARTMENT**

## Our Vision

Cowley County residents enjoying healthy lives, exercising personal responsibility for their health and the health of their family members.

## Our Mission

The City-Cowley County Health Department works to promote excellent health, prevent disease, and to protect the environment to benefit all our citizens.

## Our Values

Prevent ~ Promote ~ Protect