



Strategies for Health

Metro Health • San Antonio's Public Health Team • Annual Report: April 2016

Public health is in a perennial state of flux. New threats pose challenges that require swift but precise action. Meanwhile, the usual public health culprits often demand new techniques to turn the dial in the right direction.

In this state of change, Metro Health is stable, ready to protect our community in an emergency and quietly working behind the scenes to prevent disease and promote healthy lifestyles.

Program updates:

Environmental Health

Food Sanitation – Metro Health paved the way to implement a voluntary ABC grade placard in the summer of 2016. Each restaurant inspected will receive a grade placard to voluntarily post. Metro Health expects the system will encourage restaurants receiving good grades to display that placard and make food establishment scores more transparent to the community, which will encourage long term compliance.

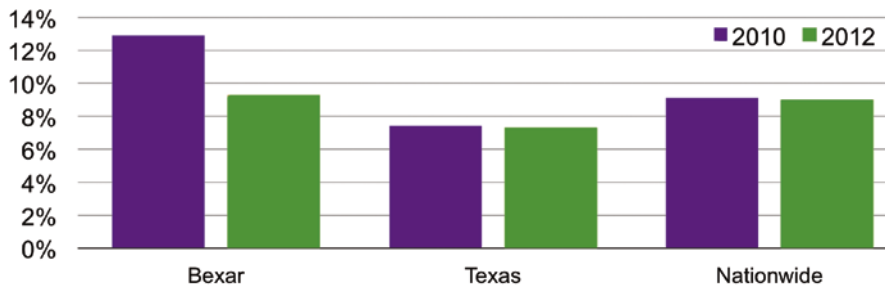
Air Quality – Metro Health implemented the development of an air emissions database of businesses that emit ozone precursor pollutants. This database will allow Metro Health to work with the pollutant-emitting businesses to reduce our regional emissions and stay within EPA levels of air quality attainment. Also, ozone acts to irritate respiratory conditions, including asthma.

Community Health

Chronic Disease Prevention – Nearly 90%

Asthma Prevalence in Adults Bexar County 2010 to 2012

Have you ever been told by a doctor, nurse, or other health professional that you had asthma?



Source: 2010 and 2012 SMART BRFS

of Americans consume too much salt, increasing their risk of hypertension. Most sodium consumed is in foods before purchase. Metro Health implemented dietary and purchasing standards to reduce sodium in prepared meals by working with five worksite cafeterias and three community programs, including Pre-K 4 SA, Parks & Recreation's Summer Feeding Program and the Department of Human Services' Senior Meals Program. These programs serve nearly 20,000 individuals. To date, sodium was reduced in 240 food items.

Diabetes – The Diabetes programs increased participation by 19%. Health educators offered nearly 90 workshops, including several classes in Spanish. The team also established partnerships with the San Antonio Food Bank and the Building a Healthy Temple Program at the University of Texas at San Antonio.

Oral Health – The Oral Health program reached 42% more underserved children, serving 8,782 new patients, through participation in Head Start programs and

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Public Health by the Numbers

- 1** – new state law that mandates syphilis testing of pregnant women in the third trimester
- 3** – cases of typhoid
- 30** – school-based immunization drives
- 98** – percent of WIC participants received prenatal care during their pregnancies

- 786** – pregnant or breastfeeding moms receiving services at Baby Café
- 1,241** – participants enrolled in Diabetes Self-Management workshop
- 2,536** – visits to the Tuberculosis clinic
- 5,800** – epidemiological disease investigations

- 25,000** – vaccine doses administered to 11,000 individuals
- 32,912** – health inspections, including restaurants, mobile food trucks, farmers markets and other temporary events
- 41,214** – average monthly participation at WIC clinics

Program updates:

► *Continued from Page 1*

expansion of the Miles of Smiles program to children in the South San Antonio ISD. Case managers worked to ensure children with urgent dental needs and those uninsured or underinsured gained access to comprehensive care.



Mayor's Fitness Council – As part of its commitment to fostering a more fit community, the Council's 50 Student Ambassadors, representing 38 schools, implemented service projects for their schools that promoted healthy eating and active living.

dreamsa
Reducing teen pregnancy to help teens reach their dreams

Teen Health – More than 170 individuals from Texas and other states attended the Texas Campaign to Prevent Teen Pregnancy annual conference hosted by the San Antonio Teen Pregnancy Prevention Collaborative, led by Project WORTH (Working on Real Teen Health).

WIC – WIC participants' breastfeeding initiation rate increased to 75% through combined efforts of WIC Peer Counselors and Baby Café staff. WIC also provided 750 breast pumps to breastfeeding women who are working or attending school and breastfeed exclusively (without formula supplementation). Additionally, WIC provided nutrition education and counseling to an average of 41,214 participants monthly, resulting in \$3.5 million worth of food benefits issued monthly to use at local grocery vendors for nutritious foods.

Healthy Start – Metro Health's Healthy Start team managed 555 prenatal and postpartum cases, serving more than 3,500 individuals. A backbone for the Healthy Families Network, Healthy Start maintained consistent attendance at meetings with an average of 45 individuals representing 30 agencies involved in maternal-child health. Their work focuses on increasing access into early prenatal care and reducing premature birth, low birth weight and infant mortality.



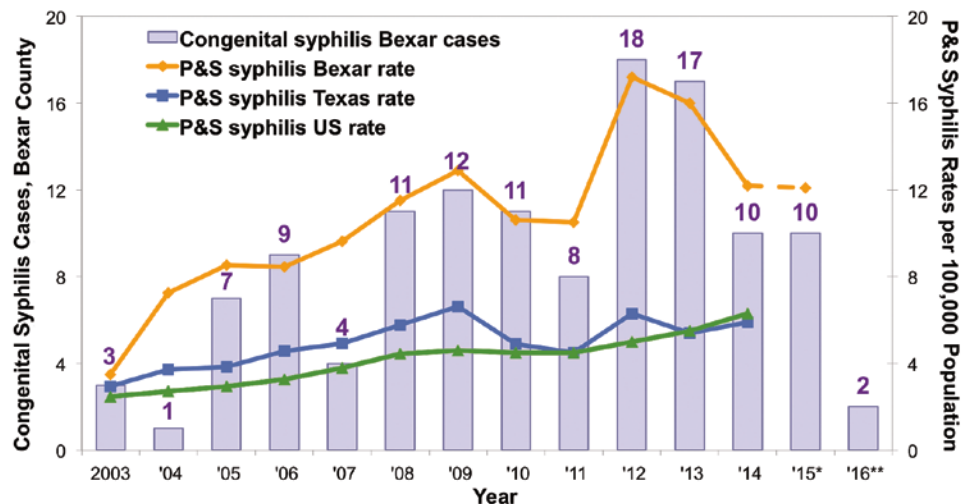
Communicable Disease

Tuberculosis – Metro Health's TB Program published a case study in the Morbidity and Mortality Weekly Report (MMWR), a prestigious, worldwide publication from the Centers for Disease Control and Prevention. The study highlighted a tuberculosis investigation that took place at Madison High School. This was one of the largest and most successful contact investigations conducted by the Tuberculosis program. The study used a recently developed blood test for tuberculosis, the T-Spot.

Immunizations – The Centers for Disease Control and Prevention awarded Metro Health two awards for outstanding achievement in influenza coverage rates during the 2014-2015 influenza season: Healthy People 2020 Immunization Coverage Award for Influenza Vaccination among Children, and Immunization Coverage Award for Highest Influenza Coverage among adults aged 18 years and older.

STD/HIV – The STD/HIV clinic expanded clinic hours and enrolled 135 pregnant women in the Healthy Beats program to ensure high-risk women received the 3rd trimester syphilis test. Metro Health's efforts helped decrease congenital syphilis cases by 45% in 2015 to 10 cases from 18 cases in 2012.

Congenital Syphilis Cases by Year of Birth plus Primary and Secondary (P&S) Syphilis Rates for Bexar County and the U.S., 2003 – 2016*



* Preliminary 2016 data, as of 3-18-2016

Metro Health Strategic Priorities 2012-2015

1. Evidence-based, teen pregnancy prevention.

Goal: By 2020, reduce the teen birth rate in Bexar County for females ages 15-19 by 20%. (Reduce to 40.24 per 1,000 births; based on 2010 birth rate of 50.9 per 1,000)

Third-year accomplishments:

1. The 2013 teen birth rate for females ages 15 to 19 was 40.1 per 1,000, a drop of 21% since 2010.
2. With community partners, trained 25 San Antonio ISD teachers on the "Draw

the Line, Respect the Line" evidence-based teen pregnancy prevention curriculum. Gave booster training on the "Reducing the Risk" evidence-based teen pregnancy prevention curriculum to Edgewood ISD teachers.

3. Signed a Memorandum of Understanding with Northeast ISD to select an evidence-based teen pregnancy prevention curriculum for their middle schools.
4. Project WORTH created the #DreamSA campaign now being used in the community.
5. Contracted UTSA to evaluate the

DreamSA campaign. UTSA found that teens recommended making DreamSA about more than just teen pregnancy prevention.

2. Built Environment for Active Living

Goal: By 2015, increase Bexar County physical activity by 10%.

Third-year accomplishments:

1. More than 225 individuals attended the third annual conference, Public Health and the Built Environment, held in November 2015.

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Message from the Director

Sometimes a novel disease can garner the public's attention and shift it from the ongoing fight against preventable chronic diseases, like Type II Diabetes and obesity. These chronic diseases claim thousands of lives each year, many more than the novel diseases that appear all over the news. Public health must strike a careful balance—tackling continual, slow moving threats that cause tremendous harm to a population, and the latest attention-grabbing diseases. This balance is critical in today's public health world.

Last year's threats illustrate this well. Metro Health was at the center of a national multi-jurisdictional response to the first Ebola case in the country. Metro Health has developed plans to effectively respond to high consequence infectious diseases. The coordinated effort in conjunction with the state health department, local health care systems, San Antonio Fire Department EMS, and the Southern Texas Regional Advisory Committee resulted in a series



Vincent R. Nathan,
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of guidelines on Ebola widely distributed to local health care providers. The plan addressed partner communications, detection and surveillance, laboratory testing, legal quarantine, disinfection and sterilization, and patient treatment.

Also last year, Metro Health formed part of the

national multi-jurisdictional response to mislabeled anthrax samples sent to several cities around the country. In both situations, the CDC recognized Metro Health for its expert assistance and guidance in resolving these crises.

San Antonio's ozone levels exceed the federal National Ambient Air Quality Standards set by the U.S. Environmental Protection Agency (EPA). In the coming years, the EPA might declare the San Antonio area in nonattainment for ozone. The Metro Health air quality team worked with the San Antonio City Council to pass ordinance #2015-11-19-0967 requiring business facilities with air pollution emissions to register

with Metro Health. This air emissions database of businesses that emit ozone precursor pollutants allows Metro Health to work with the pollutant emitting businesses to reduce our regional emissions and stay within EPA levels of air quality attainment.

During the 84th Legislative session, Metro Health also worked closely with Texas Sen. Judith Zaffirini (D-Laredo) to pass Senate bill 1128, signed into law by Gov. Greg Abbott. The law mandates syphilis testing of pregnant women in the third trimester, in addition to the existing first trimester test. The additional test helps prevent infants from being born with congenital syphilis and have a real chance at living syphilis-free.

This year, we continue our work as we tackle the Zika threat. I am confident that our public health infrastructure and team of our well-qualified professionals will continue working to promote healthy lifestyles, protect the community and work to prevent disease. Visit our website to find the latest news and find out what are the top issues occupying our public health team.

Metro Health Strategic Priorities 2012-2015 continued

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2. Conducted six Phase 1 Environmental Site Assessments on brownfield properties, three Asbestos Assessments, and five Community Action Plans in inner city neighborhoods.
3. Coordinated with the San Antonio Food Policy Council on the first-ever adoption by City Council of Unified Development Code standards for urban agriculture.
4. Strengthened community biking relationships to increase physical activity among children and families. At the request of the City of San Antonio Eastpoint Office, provided 140 bicycles for the Martinez Street Women's Center and worked with Dante's Roll Models in Prospect Hill.



3. Neighborhood Engagement

Goal: By 2015, implement asset mapping, action plans and active engagement in 10 neighborhoods.

Third-year accomplishments:

1. Exceeded the number of neighborhood residents engaged in Asset-Based Community Development and the number of residents engaged in obesity prevention interventions. The goal was to reach 200 residents through community engagement and 1,250 residents with obesity prevention strategies. We exceeded both metrics.
2. Completed annual surveys for 11 neighborhoods to collect baseline data using the Centers for Disease Control and Prevention (CDC) Quality of Life Questionnaire, used to measure physical and mental health data.
3. Neighbors Engaged in Health worked with the Mayor's Fitness Council's Student Ambassador Program to optimize

partnerships with schools and families in inner city neighborhoods.

4. Identified funding for upgrades to City parks to improve the local built environment and increase access to physical activity. Community Health Workers worked with residents to increase healthy lifestyle changes.

4. Communicable Diseases

Goal: By 2015, reduce congenital syphilis by 50% and reverse the trends in syphilis incidence.

Third-year accomplishments:

1. Reduced congenital syphilis cases by 45% in 2015 to 10 cases from 18 cases in 2012.
2. In 2015, the Texas Legislature passed Senate Bill 1128, developed by Metro Health, revising Texas law to require that every pregnant woman be tested for syphilis at her first prenatal visit and during the third trimester, no earlier than 28 weeks gestation. This law took effect September 1, 2015.
3. The STD 1115 Medicaid Waiver Program purchased a mobile unit to provide testing and treatment in low income and high risk areas, including 3rd trimester testing to pregnant women.
4. Metro Health's Healthy Beats program enrolled 135 pregnant women and provided case management and follow-up services, exceeding the goal for 2015.
5. 2015 was a momentous year in laying the groundwork for new laws and innovative programs that will considerably facilitate reaching our new goal: **By 2020, reduce congenital syphilis by 50%.**

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