The mission of the Wicomico County Health Department is to maximize the health of the citizens by providing access to opportunities that promote physical, behavioral and environmental health through preventive, educational, assessment, clinical, monitoring and regulatory programs.

**Message from the Health Officer:**

“This Annual Report provides information related to how ‘Public Health’ affects all residents of Wicomico County. Based on community surveys and input from the Health Planning Board, the Health Department has been charged with developing strategies to address the following three priority areas: Diabetes, Obesity and Mental Health.

With the support of County Executive Richard Pollitt and the County Council, the Health Department is addressing the public health needs of our county. Activities conducted by the Health Department during Fiscal Year 2011 are outlined in this report. If you have any questions or comments about this report or the work of the Health Department, or would like to participate on one of our advisory groups please call (410)543-6930.”

- Lori Brewster, Health Officer

**Message from the County Executive:**

“Since accepting my appointment as Wicomico County’s newest Health Officer two and one-half years ago, Lori Brewster has led our Health Department through the most challenging and difficult economic times. Significantly, though, she has not compromised on the high quality of service offered by her department to Wicomico County residents. Throughout her tenure, Ms. Brewster and staff have continued to make a profound positive impact on the quality of life that our residents enjoy. We are fortunate to have the dedication of so many qualified and caring health care professionals and associates serving our community.”

- Rick Pollitt, County Executive

**EMERGENCY PREPAREDNESS PROGRAM**

Telephone: (410) 219-3957

Staff within the Emergency Preparedness program utilize various tools to develop plans and systems that can be utilized to share knowledge and improve overall readiness.

After Action Reports (AAR) are developed that address agency response to healthcare issues that are outside of the norm. After the H1N1 Pandemic, the Health Department utilized the AAR to create an Improvement Plan and in May 2011, tested some of those improvements during the State of Maryland’s 2011 Pandemic Influenza Exercise.

The program has been involved in development of the Delmarva Regional Healthcare Mutual Aid Group, which focuses on a system-wide approach during events that have an impact on the healthcare system. DRHMAG is made up of public health, acute care hospitals, long term facilities, rehabilitation facilities and multiple support agencies.

**PREVENTION AND HEALTH COMMUNICATION**

Telephone: (410) 334-3480

The mission of the Prevention and Health Communication Program is to give individuals the knowledge and skills needed to make informed choices regarding their health and safety through Education, Health Risk Assessments, Outreach, Marketing and Community Partnerships.

In fiscal year 2011, the program provided:

- 23 Child Passenger Safety Classes
- 306 Car Seats Checked
- 1,000 Children Educated about Poison Safety
- 395 Vision and Hearing Screenings Completed
- 4,419 Individuals (all ages) Educated about Tobacco
- 54 Press Releases Issued
- 32 Media Interviews Conducted
- 148 Clinical Breast Exams
- 147 Screening Mammograms for Hispanic Women
- 14 Diagnostic Mammograms for Hispanic Women
- 334 Health Risk Assessments at 14 worksites county-wide:
  * 139 individuals had a BMI of > 30 (obese)
  * 117 individuals had a BMI of 25 — 29.9 (overweight)
DISABILITY SERVICES
Telephone: (410) 543-6790

Services provided to eligible individuals with developmental disabilities in one or more of four areas: Access and Eligibility for State funding, Information and Referral, Resource Coordination, Family and Individual Support Services.

Services provided in FY11:
- 108 Referrals
- 86 Individuals Receiving Information and Referral
- 400 Individuals Receiving Resource Coordination
- 109 Individuals Receiving Support Services

ENVIRONMENTAL HEALTH SERVICES
Telephone: (410) 546-4446
24-Hour Emergency Line: (410) 543-6996

Through quality and timely customer service, it is the mission of Environmental Health to serve and educate the residents of Wicomico County in the essential functions of environmental public health, including drinking water, sewage disposal, food safety, recreational water safety, clean indoor air, and rabies.

In FY 2011, the program provided:
- 84 Land Evaluations
- 70 Nuisances Investigated
- 296 Well Permits Issued
- 502 Plumbing Inspections
- 82 Subdivision Plats Reviewed
- 33 Nutrient Reduction Units Installed on Individual Septic Systems
- 33 Burning Permits Issued
- 209 Septic Permits Issued
- 126 Permits Issued for Additions and Accessory Dwellings
- 482 Freedom of Information Requests Fulfilled
- 1,762 Food Service Facility Inspections
- 463 Pool and Spa Inspections
- 60 Sanitary Surveys Completed
- 465 Rabies Exposures Investigated

WICOMICO COUNTY DEMOGRAPHICS

HOUSEHOLDS: There are 36,554 households in Wicomico County, with an average household size of 2.48. ¹

POPULATION: Wicomico County’s 98,733 residents represent 2% of Maryland’s total population. 48% of county residents are male and 52% are female. ²

<table>
<thead>
<tr>
<th>U.S. Census Data ²</th>
<th>Wicomico</th>
<th>Maryland</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population (2010)</td>
<td>98,733</td>
<td>5,773,552</td>
</tr>
<tr>
<td>Age (in 2009)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Under 5 years</td>
<td>6.9 %</td>
<td>6.7 %</td>
</tr>
<tr>
<td>Under 18 years</td>
<td>23.3 %</td>
<td>23.7 %</td>
</tr>
<tr>
<td>65 years and older</td>
<td>13.4 %</td>
<td>12.2 %</td>
</tr>
<tr>
<td>Race/Ethnicity (2010)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White (not Hispanic)</td>
<td>66.6 %</td>
<td>54.7 %</td>
</tr>
<tr>
<td>Black</td>
<td>24.2 %</td>
<td>29.4 %</td>
</tr>
<tr>
<td>American Indian and Alaska Native</td>
<td>0.2%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Asian</td>
<td>2.5 %</td>
<td>5.5 %</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>4.5 %</td>
<td>8.2 %</td>
</tr>
</tbody>
</table>

INCOME: The median household income in Wicomico County is $47,280. ³

POVERTY: 12% of people in Wicomico County live in poverty. 15% of related children under age 18 live below the poverty level, compared with 9% of people age 65 and over. ³

EDUCATION: 85.1% of people age 25 years and over have at least graduated from high school and 24.5% hold a bachelor’s degree or higher. 14.9 percent of those age 25 and older are not high school graduates. ³

DISABILITY: 13% (11,486) of Wicomico County residents at least five years old reported having one or more disabilities. ⁴

¹ American Community 3-year Survey, 2007-2009
² U.S. Census Bureau, 2010
³ American Community 5-year Survey, 2005-2009
⁴ American Community Survey, 2006
HEALTH STATUS OF WICOMICO COUNTY

STATE HEALTH IMPROVEMENT PROCESS
The State of Maryland has embarked on an important method to address health disparities and improve the health of all Marylanders. The method is called the State Health Improvement Process (SHIP) and the Wicomico County Health Department is working with local partners to plan and address local health priorities.

SHIP is based on 39 health indicators focused on several categories: healthy births, healthy social environments, safe physical environments, infectious disease, chronic disease and access to health care. The purpose of SHIP at the state and local levels is to make communities accountable for lessening disparities and improving the health of all residents by 2014 through implementing local action and engaging the public.

In order to spur and support local action, county-level data were examined as part of the SHIP. The following provides a brief overview of the current health status in Wicomico County.

WICOMICO COUNTY STRENGTHS
Wicomico County has outperformed the Maryland baseline in several objectives. The following are the top three objectives in terms of percent and rate difference between the county and state baselines.

HIV Infections
*Rate of new (incident) cases of HIV in persons age 13 and older per 100,000. (IDEHA 2009)

HIV is a preventable and significant public health problem. In 2009, 1,513 people were diagnosed with HIV in Maryland.

An estimated 21% of people with HIV are undiagnosed. We have the knowledge and tools needed to slow the spread of HIV infection and improve the health of people living with HIV.

<table>
<thead>
<tr>
<th>HIV Infections (Rate per 100,000)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wicomico Baseline</td>
</tr>
</tbody>
</table>

School Based Wellness Center at Wicomico Middle School
- Clients Served 158
- Medical Visits 423
- Mental Health Visits 274

Oral Health Services
- Pregnant Women 464
- Children 5,950

Child Abuse Prevention
- In Home Service visits 690

Lead Poisoning Prevention
- Lead Screening for Children 2,342

Infant Mortality Prevention
- Car Seat Safety (Infants) 48
- SIDS Prevention (Infants) 31
- Multivitamins with Folic Acid to Women 1,489
- Pertussis Vaccinations (Adults) 100

MCHP, PAC and MA For Families Care Coordination
- Maryland Children’s Health Applications 5,625
- Children 558
- Adults 1,934
- Children with Disabilities 45

Teen Pregnancy Prevention
- Children 1,215
- Families/Community 589

Colorectal Cancer Prevention
- Adults Screened by Colonoscopy 86
- Adults Educated 343
- Educated through Media Campaign 179,461

Skin Cancer Prevention
- Adults Screened by Colonoscopy 86
- Educated through Media Campaign 342,341

Long Term Care
- Aged/functionally disabled adults evaluated 886

Tri-County Women, Infants & Children (WIC)
- FY2010 Total Participation 5,388
COMMUNITY HEALTH SERVICES
Telephone: (410) 548-6943 or (410) 543-6962

The focus of the community Health Services (CHS) Program is provision of preventive health services and prevention/treatment of communicable diseases. Outreach and prevention education to medically indigent Wicomico County citizen are also program priorities.

Notable services provided during FY 2011 include, but were not limited to:

**Communicable Disease Services**

- **STD Clinical Visits** 2,381
- **TB-Related Clinical Visits** 1,405
- **HIV/AIDS Related Services** 2,041

**Immunizations**
- **Adult** 454
- **Child** 309

**Influenza Vaccinations**
- **Injections** 1,119
- **FluMist** 1,788

**Epidemiological Investigations** 1,410

**Family Planning Services**

- **Family Planning Clients Served** 2,789
- **Family Planning Visits** 5,074

**Breast and Cervical Cancer Program (BCCP)**

- **BCCP Clients** 472
- **BCCP Visits** 1,221

---

**HEALTH STATUS OF WICOMICO COUNTY**

**Child Maltreatment**

*Rate of indicated non-fatal child maltreatment cases reported to social services per 1,000 children under age 18. (Department of Human Resources FY2010)*

"Child abuse or neglect can result in physical harm, developmental delays, behavioral problems, or death. Abused and neglected children are at greater risk than other children for delinquency and mistreatment of their own children."

(Governor’s Office on Children)

| Child Maltreatment (Rate per 100,000 Children) |
|-----------------|-----------------|-----------------|
| Wicomico Baseline | Maryland Baseline | MD 2014 Target |
| 3.7 | 4.7 | 4.5 |

**Dental Care Among Children and Adolescents**

*Percentage of children 4 to 20 years enrolled in Medicaid that received a dental service in the past year. (Medicaid CY2009)*

Oral health is integral to general health. Oral diseases of the teeth, gums and mouth soft tissues can lead to problems with nutrition growth, school and workplace readiness and speech.

| Dental Care Among Children and Adolescents |
|-----------------|-----------------|-----------------|
| Wicomico Baseline | Maryland Baseline | MD 2014 Target |
| 64.2% | 53.6% | 56.3% |

Adoption and use of safe and effective oral disease prevention measures are critical to improve oral health and prevent disease and can be improved by receiving dental care.
WICOMICO COUNTY CHALLENGES

Wicomico County is in need of improvement in several objectives. The following are the bottom five objectives compared to Maryland baselines.

Census Tracts that are Food Deserts

<table>
<thead>
<tr>
<th></th>
<th>Wicomico County Baseline</th>
<th>Maryland Baseline</th>
<th>Maryland 2014 Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of census tracts with food deserts - areas that are low income and where 33% of the population lives more than 1 mile from a grocery store. (USDA 2000)</td>
<td>22.2%</td>
<td>5.8%</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

Access to healthy food is important to a healthy diet and is associated with achieving and maintaining a healthy weight. Increasing access to healthy food options by eliminating food deserts may lead to decreases in obesity and other chronic diseases like diabetes and heart disease.

Salmonella Infections

<table>
<thead>
<tr>
<th></th>
<th>Wicomico County Baseline</th>
<th>Maryland Baseline</th>
<th>Maryland 2014 Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rate of Salmonella infections per 100,000 (IDEHA 2010)</td>
<td>38.2%</td>
<td>14.1%</td>
<td>12.7%</td>
</tr>
</tbody>
</table>

Salmonella infections due to contaminated food products make many people ill each year and are responsible for substantial economic costs. Salmonella infections are potentially serious and may be fatal, particularly for the elderly and people with weak immune systems.

BEHAVIORAL HEALTH

Telephone: (410) 334-3497

Promotes emotional health in the community through outpatient mental health, psychiatric rehabilitation, targeted case management, forensic services and outreach.

Services are provided in the home, community, schools, local detention center and at the Department of Juvenile Services. Services include assessment, evaluation, counseling, therapy, rehabilitation, health promotion, education, social support, client advocacy, parenting support, case management, housing, homeless outreach and financial assistance. Evidence based child and adolescent trauma therapy and early childhood mental health specialization are also offered.

- 751 Clients Treated
- 8,113 Outpatient Mental Health Visits
- 1,151 Targeted Case Management Visits
- 2,138 Psychiatric Rehabilitation Visits
- 1,426 Educated through Outreach in the TriCounty Area

CORE SERVICES

Telephone: (410) 543-6981

Plan, develop and manage a coordinated, comprehensive, accessible, culturally sensitive, and age appropriate system of publicly funded mental health services and supports for individuals with psychiatric disorders. To further promote an environment of resiliency, health and recovery for all individuals living with mental illness in Wicomico County.

- Provided and monitored 15 grant programs to serve behavioral health consumers in Wicomico and/or Somerset Counties.
- Completed over 40 inspections of specialized housing for individuals living with mental illness and/or co-occurring disorders.
- Assisted in offering 14 training events for mental health and addictions professionals and consumers.
The Wicomico County Health Department offers a wide range of public health services via eight program divisions. Below is a description of each division and examples of services provided during fiscal year 2011.

**ADMINISTRATIVE SERVICES**
**Telephone: (410) 543-6976**

This program supports all facets of the agency by providing Human Resources, Budget Monitoring, Vital Records, Accounts Payable, Accounts Receivable, Medical Assistance Transportation, Facilities Operations and Information Technology Services.

<table>
<thead>
<tr>
<th>204</th>
<th>Health Department Employees</th>
</tr>
</thead>
<tbody>
<tr>
<td>5,017</td>
<td>Birth Certificates Issued</td>
</tr>
<tr>
<td>6,299</td>
<td>Death Certificates Issued</td>
</tr>
</tbody>
</table>

**ADDITION SERVICES**
**Telephone: (410) 742-3784**

The Wicomico County Behavioral Health Addictions Program provides a variety of outpatient addictions treatment services to residents of Wicomico County.

1,558 Individuals Received Treatment Services

Services Provided:
- Adult and Adolescent Outpatient Treatment
- Adult and Adolescent Intensive Outpatient Treatment
- Adult Dual Diagnosis Services
- Adult Methadone Maintenance and Suboxone Programs
- Adult Forensic Treatment
- Temporary Cash Assistance
- Adult Drug Court through Wicomico County Circuit and District Court
- Assistance with Primary Adult Care applications

Alcohol, cocaine, and marijuana abuse were most common with increasing evidence of prescription drug abuse.

In the past three years there has been an 89% increase in the utilization of the methadone program due to an increase in opiate use on the Eastern Shore. The methadone program is currently serving a total of 149 patients and 114 of the individuals reside in Wicomico County.

**Diabetes-Related ED Visits**

<table>
<thead>
<tr>
<th>Wicomico County Baseline</th>
<th>624.9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maryland Baseline</td>
<td>347.2</td>
</tr>
<tr>
<td><strong>Maryland 2014 Target</strong></td>
<td>330</td>
</tr>
</tbody>
</table>

*Rate of ED visits for diabetes per 100,000 population. (HSCRC)*

Diabetes can lead to blindness, heart and blood vessel disease, stroke, kidney failure, amputations, nerve damage, pregnancy complications and birth defects. Emergency department visits for diabetes related complications may signify that the disease is uncontrolled.

**Hypertension-Related ED Visits**

<table>
<thead>
<tr>
<th>Wicomico County Baseline</th>
<th>425.4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maryland Baseline</td>
<td>237.9</td>
</tr>
<tr>
<td><strong>Maryland 2014 Target</strong></td>
<td>225</td>
</tr>
</tbody>
</table>

*Rate of ED visits for hypertension per 100,000 population (HSCRC 2010)*

In Maryland, 30% of all deaths were attributed to heart disease and stroke. Heart disease and stroke can be prevented by control of high blood pressure.
LOOKING AHEAD

Wicomico County has some notable population health strengths and other areas where an investment in targeted action could pay dividends over the coming years.

Key strengths in the county include the low rates of HIV infections and child maltreatment, and high percentages of children and adolescents receiving dental care.

The challenges we face include access to healthy food, high rates of salmonella infections, and emergency department visits for domestic violence, diabetes and hypertension. These are concerning challenges because a lack of access to healthy food is associated with poor diet quality, salmonella infections can be fatal, domestic violence ED visits are associated with poorer social environment, and diabetes and hypertension ED visits may signify a lack of control of these diseases.

The good news is that the challenges we are experiencing can be significantly improved through a community wide approach. These challenges are not only public health challenges but challenges across all sectors of government, private industries and communities.

Thus, by working together to generate solutions and a plan of action we can change the health outcomes for Wicomico County.

In 2009, the Wicomico County Health Department Health Assessment Task Force convened to assess community health needs and choose the primary areas of public health concerns to be addressed. Full scale community needs assessments were also conducted in 1995, 2000 and 2005.

Coalition membership includes representatives from community agencies and organizations. Representatives meet to share and review information and statistics on health issues of the county in the areas of: Chronic Disease, Maternal, Infant and Child Health, Injury and Violence Prevention, Acute Illness, Risk Factor Behavior and Environmental.

The Wicomico County Health Assessment Task Force chose three areas for focused programming until 2015:

DIABETES

As many as one third of all adults who have diabetes do not know they have it. In Wicomico County, 9.7% of adults have been diagnosed with diabetes. (Centers for Disease Control)

OVERWEIGHT, OBESITY, LACK OF PHYSICAL ACTIVITY

Obesity is defined as a body mass index (BMI) of 30 or greater. Obesity is a major risk factor for cardiovascular disease, certain types of cancer, and type 2 diabetes.

According to the Centers for Disease Control 26.2% of adults in Maryland are obese.

MENTAL HEALTH

The number of persons served in Wicomico County increased by 12.9% from FY08 - FY09 and by 10.5% from FY09 - FY10.

The number of outpatient providers serving both children and adults has continued to grow. Currently, Wicomico County has six outpatient mental health clinics and one federally qualified health center that runs a mental health clinic. Four of the six providers serve children and adults, two serve children only and one solely serves the adult population.