



SAN ANTONIO'S PUBLIC HEALTH TEAM



BUILDING THE FOUNDATION FOR A HEALTHIER SAN ANTONIO

SAN ANTONIO METROPOLITAN
HEALTH DISTRICT
ANNUAL REPORT
FISCAL YEAR 2007-2008

WHAT IS PUBLIC HEALTH?

Public health has been defined many ways. Some see it as the science and art of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention. Others say public health is the practice of preventing disease and promoting good health within groups of people, from small communities to entire countries.

We also see public health as the role we play in your everyday life. In some form or fashion, public health touches everyone, everyday, everywhere. From the time you get up in the morning until the time you go to bed, and throughout the night, public health is there. Public health touches you when you turn on your faucet; have a cup of coffee; eat out for a meal; send your child to school; protect yourself or your family against illness; seek ways to improve the well being of those in your community; learn about health statistics or the fitness of our residents; and many other largely unseen impacts on your daily environments and activities. Think of it this way – when public health is working well, you and your family are protected in many ways. You are able to enjoy clean air and water, safe food choices, and living places free of communicable diseases and certain health hazards. When dangers do place your daily lives in jeopardy, public health is there to control and limit the spread of those risks. Directly and indirectly, public health serves you. It always has and always will.

WHO ARE WE?

Over the years, our name has varied but our core mission has not. Our official name is the San Antonio Metropolitan Health District. We prefer Metro Health for short. Our team is composed of physicians, nurses, epidemiologists, nutritionists, emergency responders, dentists, dental hygienists, sanitarians, vector control technicians, health educators, lab technicians, and other public health and business professionals.

We look forward to serving you, the Greater San Antonio community and the millions of tourists who visit our culturally rich and diverse city. Our dedicated service is performed whether you request it or not because we see ourselves as the protective barrier between you and a long list of public health dangers.

Who are we?

We are Metro Health – “San Antonio’s Public Health Team.”

LETTER FROM THE DIRECTOR

Dear Friends,

Greetings and welcome to the San Antonio Metropolitan Health District's inaugural annual report, a publication intended to increase knowledge and awareness of your local public health department and its daily efforts to promote health and well-being.

This publication builds on the yearly assessment of our community's health via the electronic version of Health Profiles. This new document highlights our work in the programs and services offered that address many of the conditions depicted in the existing data-driven report.

Without question, overall, we live in a healthy community. We have certainly thrived in many different ways and capitalized on opportunities to improve our overall health status. However, there are specific preventable conditions which persistently strike at core efforts to raise our community's health to new heights. Obesity, diabetes, tobacco use and risk-taking behaviors are just a few of these problematic areas.

These conditions besetting our community, state, and nation contribute to shortened life expectancy, disabilities, and rising health care costs that are financially devastating to us individually and to our families, businesses and governments. Therefore, it is critical for us to accept the responsibilities we share for the health and wellness of our community and, ultimately, our nation.

As your public health department, our obligation is to advocate for those whose health status is at risk. We also are here to be a resource for the medical community to help them serve their patients better.

ADVISORY BOARD OF HEALTH

Community partnerships addressing public health issues in our city and county have never been more important. As health care costs continue to escalate in an economy that is extremely challenging to all of us, a focus on programs and services designed to reduce the risks of preventable disease and injuries is absolutely essential. Such initiatives have to be ingrained into our work places, schools, homes, and neighborhoods to be effective. Good health and the practices that get us there involve lifestyle changes that occur in all of these settings. The San Antonio Metropolitan Health District is the leader in developing and promoting such programs, especially as they apply to the highest-risk populations and the environments in which they live.

It starts with education and health promotion which is the focus of Metro Health's Population-based Services Division. While many of the clinical prevention services were transferred to the University Health System in 2008, there remains a close working relationship between Metro Health and the University Health System to assure a more continuous system of care for those who move between the prevention system, the primary care system, and the specialty medicine system. Metro Health identifies and tracks the key indicators of health status and disease trends so that both the larger medical provider community and the general public receive direction on how to make our city healthier.

Metro Health also continues to provide essential leadership to our community in the area of disaster and emergency preparedness. Because of these efforts, the San Antonio response to natural disas-

Moreover, we are vigilant in protecting this community from public health dangers and promoting safer and better living choices.

Over the years, we have achieved a number of accomplishments. The fluoridation of our water supply, reduction of vaccine-preventable diseases, greater control of communicable diseases, and our local emergency response during hurricanes Katrina and Rita are just some examples of public health achievements.

Now, we all must partner together and focus more intensely on prevention. As a community, we should engage in changing behaviors, habits and attitudes that are resulting in preventable deaths, chronic health conditions and a health care system in crisis.

To this end, Metro Health created a new division entitled Population-based Services in Spring 2007 to focus on prevention through services that encompass health education and promotion. The addition came prior to a second transformation in early 2008 as Metro Health transferred its clinical preventive services to the University Health System in a City-County integration initiative. The goal was to create a more efficient and effective model to address prevention and provide greater access to follow up care. This partnership is resulting in even better service to residents through not only the existing clinics but also a new model of care involving Goodwill Industries.

As you peruse this report, take note of what your public health department is doing to protect you and to promote health and well being in this community on a daily basis. I humbly ask you to join us by taking action to improve your individual and family health as we build on the foundation for a healthier San Antonio.

Fernando A. Guerra, M.D., M.P.H.
Director of Health

ters (like hurricanes Katrina and Rita and more recently, Gustav and Ike in 2008) has been recognized as one of the best in the state. The continued need to be prepared for the possibility of man-made threats, unfortunately, remains a high priority as well and your public health department is working hard to make sure that we are ready.

The San Antonio Metropolitan Health District will continue to be an active and forward-thinking agent for change to improve our quality of life and our health status. We ask your continued support and personal commitment to make San Antonio a healthier community.

Steve Enders
Advisory Board of Health
Chairman

The Advisory Board of Health is composed of 13 members, 11 of which are appointed by the City Council, one member appointed by University Health System, and one that may be appointed by the Bexar County Commissioners Court. The Board advises and makes recommendations on the health functions of the San Antonio Metropolitan Health District to the Director of Health and to the governing bodies of the City of San Antonio and Bexar County.



OUR COMMUNITY

The San Antonio Metropolitan Health District serves more than 1.2 million residents within the San Antonio City limits and a total of nearly 1.6 million, including the unincorporated areas of Bexar County. With a team of approximately 400 public health professionals and support staff, our daily efforts also protect nearly 26 million annual visitors who seek relaxation, romance, or business-related results in the River City.

Our oversight of this community's public health is wide-ranging, touching every single aspect of all our routines. Whether it is family, school, work or a variety of other areas, our job is to prevent illness and injury, promote healthy behaviors, and protect against health hazards for you and your family as well as our own. Following are highlights of how we accomplished our mission in the previous fiscal year (October 1, 2007 – September 30, 2008).

Public health's visibility in our community is sometimes high profile and at other times it works behind the scenes to quietly lead, collaborate or advise. Even when not so visible, our divisions and programs have a presence and make an impact in our community.

Diabetes (A1c) Registry

In Summer 2008, Metro Health began a groundbreaking pilot program that ultimately could lead to interventions for the growing epidemic of diabetes in our community. The department implemented the Diabetes (A1c) Registry pilot program following the approval of House Bill 2132 in the 80th Texas Legislative Session and with the support of City Council. Authored by then Representative Joe Straus and sponsored by Senator Leticia Van de Putte HB 2132, granted legal authority for a registry to be created for the purposes of studying the prevalence and management of diabetes mellitus. San Antonio's registry is only the second database of its kind in the U.S. and is now being used as a model for others.

Through this initiative, hemoglobin A1c test results from four major lab systems in Bexar County are being electronically collected and analyzed. The pilot project may one day make diabetes a reportable disease to State health officials.

By the end of FY08, three of the four labs were providing data, showing that more than 116,000 individual patients were tested in Bexar County from July 2006 through September 2008. The A1c

test measures long-term glucose control in patients diagnosed with diabetes. Failure to control glucose levels leads to diabetic complications such as amputations, kidney disease, blindness, cardiovascular disease and death.

Methicillin-resistant *Staphylococcus aureus* (MRSA) Pilot Program

Metro Health called attention to the need for a pilot program to determine the prevalence of methicillin-resistant *Staphylococcus aureus* (MRSA) in our community. House Bill 1082, also authored by then Representative Straus and sponsored by Senator Van de Putte, passed during the 80th Texas Legislative Session. As a result, Bexar County and two other sites in Texas were given authorization to collect community-wide data as a pilot program for reporting MRSA infections. This tracking effort could lead to MRSA being added to the list of reportable conditions and recommendations for effective prevention efforts.

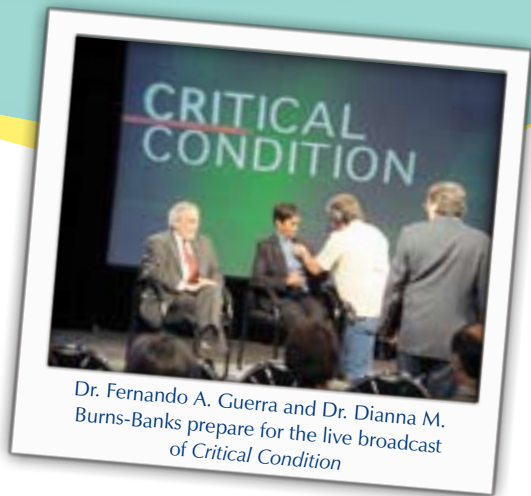
City-County Integration of Services

Under the direction of City and County leadership, Metro Health and the University Health System (UHS) facilitated the transfer of prenatal care, family planning, well-child screenings, breast and cervical cancer screenings, senior health screenings, and refugee health services. This transition of clinical preventive health services in February 2008 also led to the transfer of 125 Metro Health positions to UHS and involved the reallocation of more than \$6 million in grant and City general funds.

In FY08, these clinics, under the joint operation of Metro Health and UHS, provided more than 9,000 pediatric, 12,000 family planning, and 11,000 prenatal care visits. This unique integration of services has captured the attention of the prestigious Commonwealth Fund Commission on a High Performance Health System and has garnered awards from the Texas Municipal League and the Texas Association of Counties.



Mayor Phil Hardberger, Dr. Fernando A. Guerra and George Hernandez, UHS President/CEO detail the City-County Integration



Dr. Fernando A. Guerra and Dr. Dianna M. Burns-Banks prepare for the live broadcast of *Critical Condition*

Town Hall Meeting

Metro Health partnered with KLRN-TV for a community conversation about some of the chronic health conditions facing our community and their root causes. On September 18, a panel of nearly a dozen medical and community experts joined Metro Health leaders for *Critical Condition: A Town Hall Meeting*. The two-hour, live broadcast addressed the issues of obesity, diabetes, immigrant health and related topics.

Website Redesign

Visitors to www.sanantonio.gov/health are now greeted with a dynamic and easier-to-navigate design following the unveiling of Metro Health's improved website in May 2008. The site is simpler and more efficient as users search for public health information such as permits and licenses, immunizations, birth and death certificates, public health emergency preparedness tips, and other vital programs and services.

Health Reports

Metro Health continued efforts to assess and communicate the health issues of the entire San Antonio community, as well as specific segments of the population. In addition to the release of its 2007 Health Profiles report, the Director of Health gave many presentations throughout the year on local health issues to national and area leaders, physicians, medical students and the community.

- Health data were provided for evidence-based approaches for grants/programs, including the UTHSCSA Patient Navigator Program, National Children's Study, Health Disparities, Clinical & Translational Science Award (CTSA) and premature birth studies.
- Health assessments guided part of the BRAC Growth Management Plan, Blue Ribbon Task Force on Child Abuse, and United Way efforts to have an impact on inner-city zip codes.
- The assessment team also acted as a local public health resource guiding the community on the use of health data and assessments.

Metro Health, through its Steps to a Healthier San Antonio (Steps-SA) program, also funded the administration and analysis of a Behavioral Risk Factor



Steps to a Healthier San Antonio (Steps-SA) is a community health promotion program grant-funded by the CDC. Steps works closely with nearly 20 community partners to implement activities that focus on reducing the burden of diabetes, obesity, and asthma and address three related risk factors - physical inactivity, poor nutrition, and tobacco use.

Surveillance System (BRFSS) survey for Bexar County. This survey focused on assessing personal behaviors related to physical activity, nutrition, tobacco use, and health care use for chronic disease management.

Federally Qualified Health Clinics

In 2007, voters approved \$800,000 in bonds for Federally Qualified Health Clinics as the City sought to improve access to community health services. Metro Health has provided oversight for those two external projects, which allocated \$550,000 to CentroMed and \$250,000 to CommuniCare. These projects are resulting in additional community clinic services in the south and west sides of the city.

Community Health Promotion

Providing funding, guidance, and technical support to the following community partners, Steps-SA took action to reduce the burden of diabetes, obesity and asthma.

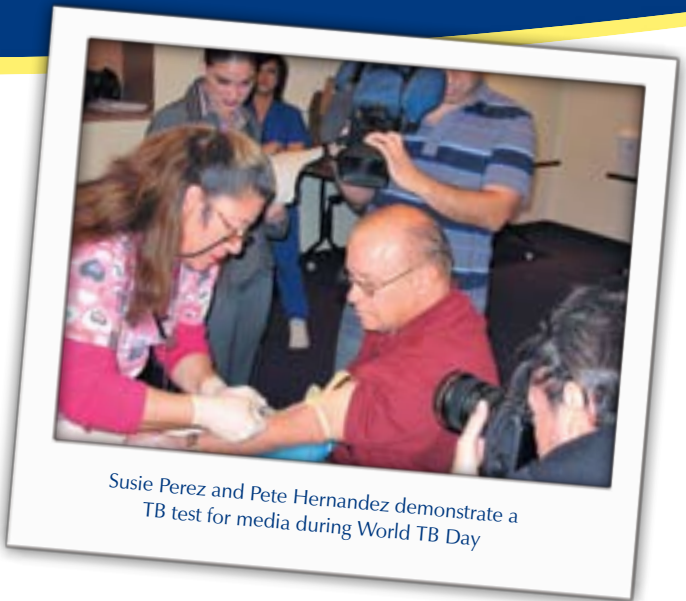
- The San Antonio-Bexar County Metropolitan Planning Organization (MPO) conducted *Walkable Community and Safe Routes to School Workshops* to identify barriers to pedestrian and bicyclist travel through different areas of the city. MPO created recommendations for improvement to the communities assessed and to the City and County governments.
- The University Health System-Texas Diabetes Institute's *Salsa Caliente* Program yielded positive results. Almost half (47%) of the participants increased their intentions to make healthier choices about the foods they eat, how much water they consume daily, portion sizes, and the amount of fat in their diet.
- Steps-SA partnered with the Parks & Recreation Department to place signs in City parks that included information on the length of the park walking trails and messages promoting fruit and vegetable consumption and physical activity.
- The YMCA implemented *Fit City*, a multi-faceted health and wellness initiative, at six new sites. There were 3,126 active members with 63% participating in locations within the SAISD area. A total of 2,734 body composition screenings were completed with almost a million minutes of physical activity reported.
- The American Diabetes Association held its Diabetes Expo in March 2008. There were an estimated 3,500 individuals in attendance. During the event, 656 glucose screenings, 152 cholesterol screenings, 250 blood pressure screenings, 227 foot exams, and 123 vision screenings were conducted.

OUR COMMUNITY

Immunization Service and Outreach

The San Antonio area community continues to experience low levels of vaccine preventable diseases due to the diligent efforts of Metro Health's Immunization Division, its partnerships with the medical community, and parents. The immunization clinics served 15,321 clients, providing 33,416 doses of vaccine during FY08. Additionally, 5,000 clients were served in the travel immunization clinics.

- The Immunization Division manages the Federal Vaccines for Children (VFC) Program, which supplies vaccine doses and support to more than 240 local healthcare providers, enabling them to provide immunization services to eligible patients. Nearly 290,000 local children were served by the network of VFC providers through the Immunization program team which processed vaccine orders. More than half-a-million doses of vaccine were delivered to VFC providers during 2008.
- The Quality Assurance team was instrumental in working with VFC enrolled providers to ensure they were on track to meet Healthy People 2010 goals of 90% coverage for universally recommended vaccines among young children. As a result of the team's efforts, the VFC Program currently has 77 provider offices that have reached and/or exceeded the goal, while 28 are within 10% of the 2010 goal. Metro Health recognized more than 100 VFC providers for outstanding services rendered to their patients.
- The Immunization Division continued the collaboration with Goodwill Industries by providing immunization services through the *Good Health! at Goodwill* initiative. The concept began in March 2007 with an onsite children's immunization clinic at the Loop 410 and Blanco Goodwill location. In its first year of operation and with the partnership of University Health System, *Good Health! at Goodwill* served nearly 5,800 clients.
- The Special Projects Clinical Trial Program participated in seven clinical vaccine studies that serve as an enhancement to the Immunization Program.
- The WIC Linkage staff updated 13,925 records in the San Antonio Immunization Registry System and conducted 73 health fairs at Metro Health's WIC clinics. The team provided immunization education for 2,444 clients and distributed more than 8,600 pieces of bilingual educational materials.
- Through the Immunize San Antonio (IZSA) Collaborative, Metro Health and volunteer representatives from 50 agencies provide leadership and education to increase immunization rates. IZSA was formed in June 2007.



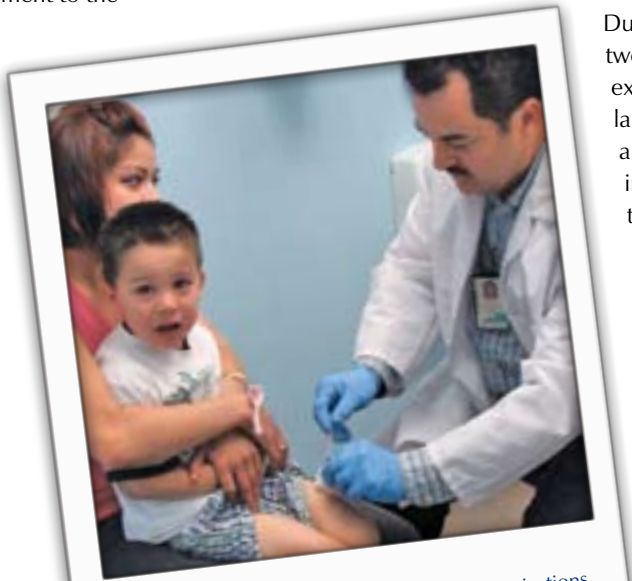
Susie Perez and Pete Hernandez demonstrate a TB test for media during World TB Day

STD and TB Prevention and Investigations

Reports of confirmed new cases of tuberculosis and sexually transmitted diseases, including HIV/AIDS, are managed by the communicable disease control staff. The disease investigation and surveillance teams in the TB and STD/HIV programs maintain surveillance for potential outbreaks throughout Bexar County.

The Tuberculosis Control Program provided services during 5,200 visits to the TB Clinic. Case reporting, medical evaluation and follow-ups are available through in-clinic services, home visits, community outreach and contact tracing. Nearly 9,000 visits were conducted outside of the clinic setting within Bexar County.

Approximately 10,000 Bexar County residents accessed comprehensive testing, diagnosis and treatment for sexually transmitted diseases at the STD clinic. The clinic also provides community education and outreach to inform clients and the broader community about HIV and STDs and encourages testing and adoption of safer sex practices. Staff also reported visits from 400 out-of-county clients.



Javier Salazar provides a young boy his immunizations

During the past year, these two teams of public health experts took part in several large-scale, institutionally based investigations, including two at correctional facilities.

- A large, multi-jurisdictional contact investigation for a multi-drug resistant (MDR) case of tuberculosis (TB) was conducted in May and June 2008 at the Bexar County

and Maverick County jails. Collaboration between agencies facilitated the success of this investigation, which resulted in the screening of more than 530 inmates and staff at both jails. Inmates also were offered screening for HIV and syphilis, with counseling available from STD/HIV staff as needed.

- The local jail investigation utilized staff from Bexar County, University Health System, the Texas Department of State Health Services (DSHS), and the Heartland National TB Center. Metro Health mobilized internal assets from TB, STD/HIV, Health Facilities, IT, Finance, Public Health Emergency Preparedness, Epidemiology, Immunizations, Population-based Services and the Laboratory to assist in this response.

Health Fairs and Community Outreach

Various divisions throughout the department deliver messages and services to residents through health fairs, special events and community outreach activities. Metro Health participated in more than 150 events, the largest of which was the 2008 Healthy Baby and Child Expo. The expo attracted thousands of expectant parents and families. Metro Health provided dental screenings, on-the-spot immunization records, and educational one-on-one opportunities with public health experts. HEB is the leading partner for the annual event, which is also supported by Baptist Health System.

OUR FAMILIES

Healthy families combine to create healthy communities. That is why Metro Health strives to provide both family focused services and links to resources through our partnerships with public and private entities. Before birth and through adulthood, we encourage optimal health for all families regardless of economic, racial, or physical status. We help men, women, and children work towards good outcomes through preventive services and programs that focus on oral health, nutrition, and family health.

Food Benefits and Nutrition

A record high number of 50,712 San Antonians kept food on the table in September 2008 as Metro Health's Women, Infants, and Children (WIC) Supplemental Nutrition program provided them food vouchers and nutritional information. In fiscal year 2008, the program issued approximately \$39 million worth of vouchers and food benefits that were spent within our local economy. WIC maintained an average of 48,000 participants monthly

and implemented a convenient electronic benefits card system that ended the use of paper vouchers.

WIC collaborates with a number of other Metro Health divisions to insure healthy outcomes for families.

These partners include the dental and immunization divisions along with Healthy Start, which offers case management for qualifying WIC participants. WIC also partners with the San Antonio Food Bank to do community outreach; the San Antonio Breastfeeding Coalition for the annual Quintessence Breastfeeding Challenge; and Spina Bifida Texas for its annual Folic Acid Awareness Campaign in May. WIC is supported by the U.S. Department of Agriculture and the Texas Department of State Health Services (DSHS).

Diabetes Prevention and Management

Teaching diabetics and their family members how to properly self-manage their condition and special needs is the goal of Families Preventing Diabetes or *Familias Previendo la Diabetes*, a family-focused bilingual program. Funded by a grant from DSHS, the program performs blood glucose, cholesterol, and body mass index monitoring for participants and other San Antonio residents and coordinates a weekly diabetes support group for program clients among other activities.



Dr. Alvin Elsik checks a boy's teeth during a dental screening



Moms and little ones gather for the Quintessence Breastfeeding Challenge

OUR FAMILIES

Families Preventing Diabetes delivered diabetes self-management courses to 100 people living in east San Antonio and collaborated with the House of Neighborly Services and the Antioch Community Transformation Network to develop and deliver their own diabetes management programs to the public.

Oral Health

Through the operation of three safety net dental clinics, Metro Health's Dental Division had more than 5,400 visits by economically disadvantaged patients in FY08. The program emphasizes the need for all children to establish a dental home by their first birthday. Low-income adult patients in need of urgent dental care can access evaluation, problem-focused treatment and referral services by appointment and through walk-in clinics.

The Dental Division organized and/or participated in community outreach programs that reached more than 12,000 residents of Bexar County. More than half of those opportunities took place through the City of San Antonio and Bexar County Head Start program. Other outreach operations included:

- **WIC - First Dental Home Initiative:** Early diagnostic and preventive services for children 6-35 months of age took place during First Dental Home visits in Metro Health WIC clinics. Visits can include comprehensive oral health evaluation, plaque removal, caregiver education, fluoride varnish applications and referral services to pediatric dentists.
- **Texas Diabetes Institute:** A collaborative effort with the University Health System/Texas Diabetes Institute assisted diabetic patients in need of periodontal care with accessing dental services. Through this program patients may receive non-surgical periodontal treatment as well as extraction of severely periodontally involved teeth.
- **Metro Health Mobile Unit/Sealant Program:** Utilizing portable dental equipment, Metro Health began providing services to children enrolled in the Parks and Recreation Summer program in 2008. Eight recreational sites also offered on-site dental sealants and screenings.
- **Professional Network Collaborations:** Combined efforts with the San Antonio District Dental Society and the Texas Dental Hygiene Association for clinical and outreach activities resulted in the production of more than \$614,000 of in-kind services for economically disadvantaged residents of the community.

Another key function of the Dental Health Program is in training future oral health professionals. Through participation in Metro Health outreach activities, dental students with the University of Texas Health Science Center at San Antonio gain practical experience in community-based practices utilized to eliminate oral health disparities.

Healthy Pregnancies and Births

Designed to reduce infant mortality and poor birth outcomes among Hispanic and African American populations, the Healthy Start project provided one-on-one intensive case management to 177 pregnant and 129 postpartum women considered to be high-risk for poor birth outcomes. The case management services include in-depth monthly home visits from a case coordinator, as well as outreach and health education that is specific to the needs of each woman and her family. These services target women in 15 zip codes where the infant mortality rate is nearly double the national average.

- Healthy Start reached 3,144 community fair attendees and provided health education presentations to 1,700 participants. In 2008, the project conducted five educational consortium meetings for program and community participants. These activities provided education on topics such as: nutrition, exercise, prematurity, prenatal education, healthy relationships, parenting, safe sleep practices, HIV, hepatitis C, STDs, breastfeeding, and obtaining childcare assistance.
- In March 2008, Healthy Start hosted domestic violence training at the Barbara Jordan Community Center. Thirty-four local community organizations networked and received training on assessing victims of domestic violence. Local agencies discussed their current screening tools for domestic violence.

Metro Health also provided prenatal education to 926 maternity patients through the Learn, Eat & Enjoy Program under the Title V Population-based initiative. These patients are reached in venues such as local community clinics, rehabilitation facilities and high schools. The March of Dimes partnered with the program by supplying the curriculum called *Comenzando Bien*, a prenatal curriculum for Hispanic women. Texas AgriLife Extension Service (a Texas A&M System partner) also assists in making this education experience possible.

The Title V program also offers a preconception educational toolkit intended to raise awareness about the risks associated with unplanned pregnancies, close interval conception, unprotected sex and the importance of prenatal care. This intervention initiative is targeted to low-income women ages 18 to 26 years who live within the 78207 zip code area.



A mother and baby join others for a Healthy Start meeting

The Title V Population-based Services program is a community-based effort to improve pregnancy outcomes and decrease teen pregnancy rates in targeted areas of Bexar County. The program works in conjunction with the federally funded Healthy Start Initiative.

OUR SCHOOLS

Young people are our most precious resource. They also can be the most vulnerable group of all the populations served by public health. It is critically important that our future generation receives information about healthy choices and the support they need to adopt these behaviors.

Metro Health services are at work in every school in San Antonio and unincorporated areas of Bexar County, impacting hundreds of thousands of students, teachers, and faculty as well as volunteers. Vaccine preventable diseases, food safety, healthy food and drink choices, teen pregnancy prevention, physical activity, and chronic health conditions such as asthma and diabetes are some of the areas that public health focuses on in local schools.

School Health Coordination

Area schools have the resources and expertise of Metro Health at their fingertips through the School Health Liaison. This public health nurse coordinates the delivery of public health information and updates to schools and serves as a consultant for school districts and childcare facilities. The liaison currently serves on several local ISD School Health Advisory Councils and Medical Advisory Committees.

Whether it is advising school nurses about the latest changes in the school immunization requirements, the exclusion rules for students with communicable diseases, or providing schools with community resources for students without health insurance, the School Health Liaison has become a trusted resource for area schools.

During the 2008 school year, this restored position helped lay the groundwork for an eight-week coordinated curriculum addressing diabetes. Students and parents at a Northeast ISD school are learning about diabetes as well as healthy lifestyle choices such as good nutrition and increased physical activity to help reduce the risk of developing this chronic health condition. Physical education classes and the cafeteria staff support the curriculum.

Food Services and Sanitation Inspections

Partnering with schools to help insure the safety of student meals and student recreational time is an important function for Metro Health's Food and Environmental Health Division. The division's sanitarians inspect kitchens and perform school sanitation inspections at 494 public, private and charter schools located in San Antonio and Bexar County.

Asthma and Childhood Obesity

- The Asthma Action Plan (AAP), an asthma treatment plan for students, continues to be a success for the San Antonio Independent School District (SAISD), South Texas Asthma Coalition (STAC), and Steps-SA. During the 2007-2008 school year, 13 school districts used the AAP. An electronic version of the AAP is also available for end users and health care providers.

The Centers for Disease Control and Prevention (CDC) has highlighted the AAP as a success story.

- The SAISD held two parent summits, which attracted approximately 600 parents. Keynote speakers addressed childhood obesity and children's emotional wellness. Representatives from STAC and the American Cancer Society conducted sessions on asthma management and tobacco use/cessation, respectively, and other Steps-SA partners provided educational materials.
- The American Lung Association of Central States trained 32 SAISD school nurses in Open Airways for School (OAS), a school-based asthma management curriculum for students, in October 2007. In addition, SAISD identified 432 asthmatic students to participate in the OAS sessions. Of these, 248 (57%) completed the program.
- The SAISD Early Childhood Obesity Prevention Program, which utilizes the Social and Health Research Center Pre-K Bienestar curriculum, was implemented at three campuses. Among the 284 students who participated, there was a 67% change in health awareness scores.

Teen Pregnancy Prevention

Community education and outreach to prevent teen pregnancies and STDs is an ongoing effort passionately pursued through Project WORTH (Working on Real Teen Health). The teen pregnancy prevention program conducted 843 education sessions, reaching 5,619 teens and 629 adults/parents during the 2008 fiscal year. Several large youth-oriented events benefitted from the presence of Project WORTH.

- SAISD is a long-time partner of Project WORTH, which provides sexuality curriculum and developmental assets education and trainings. The BIG DECISIONS curriculum was evaluated by the University of Texas at San Antonio which found "85% of students rated it great or good." Post-test results show many agree with this statement: teens would be better off if they said no to sex.
- Univision radio station KBBT, 98.5 FM, "The BEAT" also partners with Project WORTH to raise awareness and educate youth about making healthy decisions and avoiding unplanned pregnancies. The station contributed an in-kind value of \$91,000 for production and airtime. Other partners include Communities in Schools, Family Violence Prevention Services, Inc., Bexar County Juvenile Probation, Juvenile Justice Academy, San Antonio AIDS Foundation, Northside ISD, area charter schools and the National Campaign to Prevent Teen and Unplanned Pregnancy.

Head Start Oral Health Exams

All 6,789 children enrolled in Head Start benefitted from Metro Health's dental services. Each student received a basic oral health examination and 93% received preventive services from the department's fluoride varnish program. Students in need of urgent dental care also obtained case management services.



OUR SAFETY

Protecting you and your family from hazards and mitigating risks when they arise are primary functions of public health. Metro Health is committed to helping you live a safer and more hazard-free life through public health messages, effective responses to dangers, and investigation and monitoring of reportable diseases and outbreaks. The department also properly uses its regulatory power as the sole public agency responsible for public health programs per State law, City Code and County resolution.

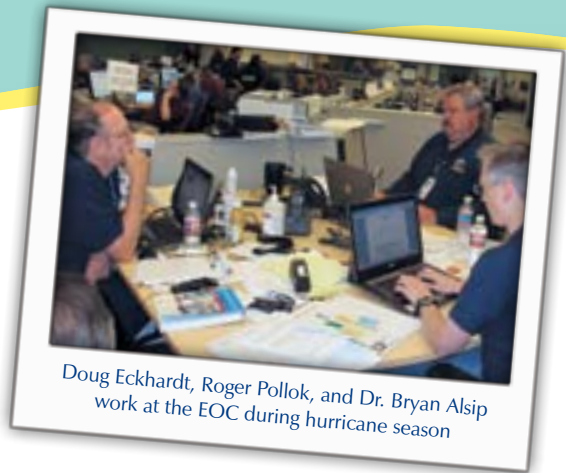
From natural to manmade disasters as well as societal issues such as drinking and driving, Metro Health is working to create a safer environment for you. Whether you are on the road, in your home, or out in the community, be assured that our public health commitment to your safety continues.

Emergency Preparedness

The Metro Health team, under the leadership of its Public Health Emergency Preparedness (PHEP) Division responded to hurricanes Dolly, Edouard, Gustav, and Ike. In conjunction with local, state, and federal responders, including the San Antonio Fire Department, San Antonio Police Department, and University Health System (UHS), PHEP coordinated health and medical needs for evacuees and first responders in a multitude of shelters, triage sites and the reception center. More than 150 Metro Health team members provided 24-hour support in shelters and the Emergency Operations Center (EOC) during the height of the 2008 hurricane season. During hurricanes Gustav and Ike, San Antonio sheltered nearly 11,600 people and 1,200 pets.

- Metro Health and UHS formalized emergency response partnership roles through a joint emergency response annex. This annex outlines detailed roles and responsibilities, which include those for clinical providers and accessing UHS resources.
- The PHEP Division has implemented the Medical Volunteer Coordinating Committee (MVCC) to provide volunteer management for medical surge capacity during large scale events. Members include the Bexar County Medical Society, local medical staffing agencies, mental health agencies, and university

The Public Health Emergency Preparedness (PHEP) Division is responsible for emergency readiness and response planning and training. PHEP develops local capacity to prevent, prepare for and respond to a broad range of emergency scenarios, including biological, chemical, radiological, natural disasters, and emerging infectious diseases that may affect Bexar County.



Doug Eckhardt, Roger Pollok, and Dr. Bryan Alsip work at the EOC during hurricane season

medical/nursing students. In large scale events, the MVCC links to other community resources such as regional hospitals and Federally Qualified Health Centers to provide additional surge capacity. The MVCC was successfully activated during the 2008 hurricane season.

- As a result of hurricanes Katrina and Rita, PHEP has expanded preparedness efforts to incorporate an All-Hazards (15 National Planning Scenarios) approach to include natural disasters. All emergency plans are in place, updated and maintained, and incorporate the regional health systems and other community partners as an integral part of the County's response team in the event of a disaster.
- PHEP continues to update the Strategic National Stockpile Plan to provide prophylaxis to Bexar County for bacterial and viral agents. In 2008, the PHEP Division was audited by the CDC and the Texas Department of State Health Services (DSHS). The audit team rated Metro Health's SNS Plan as "Excellent."

Laboratory Testing

Metro Health's Laboratory team includes nearly 20 professionals educated and trained in microbiology, biochemistry, medical technology and other scientific disciplines. Hundreds of samples and cultures are tested daily.

- Metro Health's BioSafety Level 3 Lab analyzes highly virulent microorganisms in the event of a bioterrorism or an infectious disease outbreak. The lab supports the PHEP Division and operates as part of the nationally recognized Laboratory Response Network (LRN) with jurisdiction for South Central Texas. It is capable of testing for numerous food and water borne pathogens.
- The LRN laboratory participates in the CDC's flu surveillance program for the San Antonio area during flu season. Suspected flu cases are typed for their specific strain and reported through the regional epidemiologist to participating physicians and hospitals. Results are then transmitted to the CDC's national surveillance program.
- Metro Health's Water Bacteriology laboratory section is certified by the Texas Commission on Environmental Quality (TCEQ) and typically tests 35-100 samples daily. Testing consists of coliform presence/absence and quantitative bacterial counts. Service is provided to:



Rebecca Vera insures food safety at a shelter during hurricane season

- 100 public water systems
- 25 bottled water companies
- Local military bases
- 18 sewage treatment plants
- Private well owners
- Municipal swimming pools
- Area water parks
- Analysis of milk and dairy products also is provided from the laboratory, which is certified by DSHS. Annually, approximately 5,000 milk samples from processing plants located in San Antonio and the surrounding DSHS Region 8 areas are analyzed. Samples are tested for bacteria, pasteurization, antibiotics and excess water. Lab services also include products such as sour cream, yogurt, cottage cheese and ice cream.
- The Medical Serology laboratory section serves the greater regional area and Metro Health's STD and TB clinics. The laboratory performs 20,000 tests annually each for syphilis, gonorrhea, chlamydia, and HIV. Another section of the laboratory, medical and environmental bacteriology, provides bacterial and viral culture support for those clinics. It also serves to support epidemiological investigations into disease outbreaks such as West Nile Virus, salmonella, and Legionnaire's Disease.
- All regional veterinarians and municipal animal control operations receive analytical support from the department's Rabies laboratory section. It performs necropsies (autopsies) on 40-100 suspected animals per month involved with potential human or pet exposure to the rabies virus. The lab then provides those results to various agencies responsible for follow-up care and treatment.

The Regional Laboratory Services Division provides much needed analytical support for various programs in the greater San Antonio metro area. The laboratory is essentially composed of five sections that serve different functions for a variety of customers and regulatory agencies in a 29 county region and beyond.



Laboratory Technician Ernest Solis works in the Bacteriology lab section

Surveillance and Investigations

Routine investigations of food-borne illnesses, vaccine-preventable diseases and reportable communicable diseases are continuous duties for Metro Health's epidemiology team. During the past fiscal year, this group of experts confirmed 1,540 reportable communicable diseases. The Epidemiology section also maintains surveillance for clustering of any one disease as an indicator of potential outbreaks throughout our local community.

- Epidemiology surveillance efforts included heightened observation regarding a nationwide salmonella outbreak linked to serrano peppers and for infectious diseases of interest, including the West Nile Encephalitis virus and other arthropod-borne diseases.
- Metro Health continues to use the RedBat syndromic surveillance system to monitor information from area hospitals on daily emergency room visits. This system provides an early warning profile of health issues affecting the population. In addition, 13 private clinics submit influenza specimens to Metro Health's lab for analysis during the flu season.
- Last year, Metro Health used its quarantine and isolation authority, to isolate 122 patients with suspected or confirmed tuberculosis during their infectious period and to quarantine three non-compliant patients with active tuberculosis.

Food Safety

Metro Health sanitarians performed more than 60,000 food inspections at food and retail establishments and with mobile food vendors in FY 2008.

To further protect residents and visitors, the Food and Environmental Health Division coordinated changes to the City Code on food handling requirements with input from key community stakeholders including the San Antonio Restaurant Association and other agencies. All parties share a common goal of providing better protection for consumers. The Food Code now is current with modern standards, is simpler for food establishments and vendors to comply with, and requires a food handler safety course for workers in those establishments with major violations.

Efforts by this division, in conjunction with Metro Health's IT Division, will soon result in the complete installation of the Digital Health Department system. This software program for food and environmental inspections is expected to improve reporting, analysis, and staff management when it is fully launched during the current fiscal year. It also will make detailed restaurant inspections available online.

Underage Drinking

Partnering with the San Antonio Police Department, staff from the Population-based Services division addressed the issue of teen drinking and underage drinking and driving. Superintendents from all South Texas schools in Region 20 received a presentation from the Director of Health and Police Chief William McManus on the dangers associated with teen drinking, which include risk-taking behaviors, violence, abuse of other substances as well as poor academic performance.

OUR ENVIRONMENT

Clean air and water and proper sanitation, along with a host of other environmental factors, help control preventable illnesses. Healthy environments are critical to efforts aimed at insuring public health. Metro Health endeavors to promote and sustain healthy environments for children and adults. Our team of professionals provide expertise, guidance, surveillance and testing to prevent environmental risks and help manage surrounding influences.

Public Center for Environmental Health (PCEH)

For more than six years, PCEH has had a successful partnership in air monitoring with the Texas Commission on Environmental Quality (TCEQ). This partnership has provided more than \$1.2 million of funding over several years to establish an air monitoring program operated and maintained by the PCEH. PCEH maintains eight air quality stations with twenty-four equipment units in operation, collecting more than 200,000 hours of continuous data annually.

In 2008, PCEH continued to conduct numerous other environmental monitoring activities. The center assisted the Environmental Protection Agency (EPA) with a Vapor Intrusion Study in the residential community located near the former Kelly Air Force Base (now Port San Antonio). This study continues in 2009.

PCEH conducted a sediment study of Leon Creek and other watersheds in conjunction with the United States Geological Survey, the San Antonio River Authority, and the TCEQ.

PCEH collaborated with Texas A&M University to produce an Environmental Health and Dietary Survey of Bexar County.

Food Safety and Environmental Health

A shift to hybrid vehicles by the Food Safety and Environmental Health Division is helping cut down on air pollution. The fleet of fuel-efficient and environment-friendly cars is one of two major improvements to support the performance and efficiency of sanitarians as they conduct daily inspections of restaurants, commercial and public pools, mobile living parks and other facilities. Metro Health Sanitarians performed nearly 9,000 environmental inspections during FY08. In 2009, the division will begin using portable Toughbook® computers to complete onsite inspection reports, reducing the use of paper.

Mosquitoes and other Disease Vectors

Arthropod-borne diseases such as West Nile Virus and Dengue Fever are prevented through pesticide applications, pest management techniques and other services of the Vector Control division as well as public health messages teaching residents to limit breeding grounds of disease-carrying organisms. Vector Control conducted 67,864 inspections for activities such as mosquito,



One of Metro Health's fleet of hybrid vehicles

rodent and bee control and sprayed 5,533 acres of land to control mosquito populations.

Environmental Health and Wellness

Local children found to have elevated blood levels of lead receive nursing case management from Metro Health's San Antonio Childhood Lead Poisoning Prevention Program (SACLPPP). Case management services include visits to the home and environmental investigations. In FY08, SACLPPP opened 258 new cases, completed 29 home visits, and conducted 23 environmental lead investigations on homes of lead poisoned children.

The SACLPPP partners with the City's Housing and Neighborhood Services Department to insure homes with lead exposures are remediated. This comprehensive effort abates the effects of lead poisoning in children. Lead poisoning can result in permanent damage to nearly any organ or system in the body, developmental delays, behavior problems and low IQ scores. The most common source of lead is deteriorating lead-based paint in older homes or buildings constructed before 1978. Other sources include toys, pottery or dishes, fishing weights, jewelry, batteries and a variety of other products.

The Environmental Health and Wellness Center (EHWC) published and disseminated the *San Antonio Strategic Plan to Eliminate Childhood Lead Poisoning*. The plan recommends that all pre-school/ kindergarten age children be tested for lead before entry into school as a legislative initiative. Additionally, the Lead Task Force began monthly meetings with Housing and Neighborhood Services and other representatives from the EPA, Texas Department of State Health Services, UTSA and UTHSCSA.

The EHWC also concluded a seven year, grant-funded project performing environmental health assessments in communities surrounding the former Kelly Air Force Base. The results of this project garnered additional federal funding to provide health education classes and healthy home inspections to residents living in those communities. Additional funds were received to perform lead testing for pre-k and kindergarten students in schools in the former Kelly AFB community.

OUR JOBS

Healthy people are productive people who are able to provide for their families, reducing stress, anxiety and other risk factors for the household. Costs to do business are also decreased with a healthy workforce. Metro Health partners with businesses and other organizations to improve the health status of individuals working in our community.

Worksite Wellness

- Steps-SA convened the Worksite Wellness Task Force in May 2008. The task force commits to improving the health of the San Antonio community by sharing ideas, knowledge and resources to encourage the development or enhancement of employer-sponsored worksite wellness efforts. The organizations represented on the task force include the American Cancer Society, American Diabetes Association, the City's Human Resources Department, Health Collaborative, San Antonio Water System, Texas Diabetes Institute, Methodist Healthcare, TAMU-Kingsville and San Antonio-Bexar County Metropolitan Planning Organization (MPO).
- Metro Health assists the City's Human Resources (HR) Department with various worksite wellness initiatives aimed at improving and maintaining the health of more than 12,000 City employees. The health department contributed to HR's process for developing a more comprehensive facility to serve employees. The Employee Health and Wellness Center opened in August 2008 and provides services to City employees that cover minor illnesses and injuries, on-the-job injuries, preventive care and health screenings.
- Through Steps-SA, Metro Health distributes and contributes to Bathroom Banter, a one-sheet newsletter with various health and wellness information and tips. This captive audience communications tool developed by HR is posted in restrooms at City worksites, including the health department, and various Steps-SA partner organizations.

- SAISD, a Steps-SA partner, concluded its Employee Weight Loss and Fitness Challenge in April 2008. Of the 630 individuals who enrolled in the challenge, 61 fully met all participation requirements and lost a combined weight of 630 pounds. The individual winner lost 49 pounds.

Walk & Roll to Work

- To promote modes of transportation other than driving, the MPO held its annual Walk & Roll to Work Rally in May 2008 at Main Plaza. Approximately 700 participants walked, biked or bused to the event. In addition, MPO held the Walk & Roll Fest at the Botanical Gardens with an estimated 500 individuals in attendance.

Education and Training

Officers in the Armed Services experience public health in a civilian community setting through a long established program with Metro Health. The department partnered with the military for the Residents in Aerospace Medicine program some 15 years ago. The RAM training program is designed for active duty Air Force physicians stationed at Brooks City Base to participate in a four-to-eight week, non-paid rotation with Metro Health through their residency program. They learn about and contribute to public health essential functions via interaction with program managers, front line team members, and leadership in the Director's Office. Nine USAF members trained with Metro Health last fiscal year.

Metro Health also established relationships with area schools of medicine and universities to provide their students orientations to public health through rotations and internship/residency programs. Utilization of all of these educated professionals often leads to valuable projects and lasting contributions. Community learning opportunities for students also help shape the future of our public health workforce.

OUR FUTURE

Metro Health is leading several initiatives within the department to improve the quality and value of services that will be provided to the public in the years ahead. These efforts include strengthening our Advisory Board of Health, the development of a formal quality improvement program, and the launch of our first strategic plan. All of these changes will support our existing programs and put us in a stronger position to receive formal public health accreditation, expected to roll out nationwide in 2011.

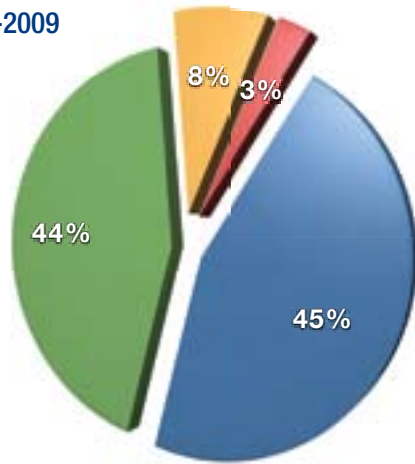
Metro Health has been a leading participant in the development of a national voluntary accreditation program for local public health departments. Accreditation will recognize those departments that can demonstrate high performance across all of the essential public health services and promote standardization and quality improvement for all local health departments.

As Metro Health looks to the future of public health it is diligently working to assure we can exceed the national expectations and, more importantly, continue to assure a safe and healthy community for San Antonio.

**San Antonio Metropolitan Health District
FY 2009 Budget
All Funding Sources**

Source of Funds, 2008-2009

Federal	\$ 14,686,114
City	\$ 14,578,344
State	\$ 2,650,867
Other	\$ 873,518
Total	\$ 32,788,843

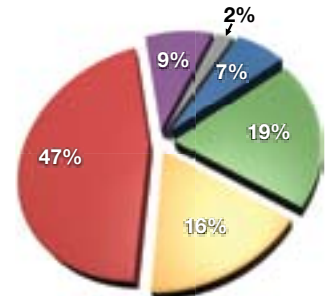


City of San Antonio General Fund

FY 2009 Major Budget Components

(General Fund FY 2009 Budget)

- Salaries \$6,790,894
- Benefits \$2,287,770
- Contractual Services \$2,832,110
- Utilities & Fuel \$330,733
- Commodities \$988,024
- Other \$1,354,065



Three Year General Fund Budget History (\$ in Millions)

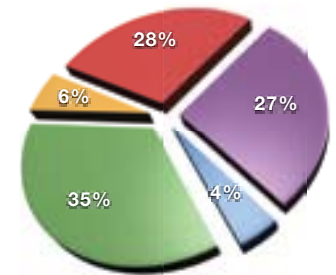
Adopted Budget FY 2006-2007	% Change	Adopted Budget FY 2007-2008	% Change	Adopted Budget FY 2008-2009	% Change
\$16.3	6%	\$18.3	12%	\$14.5	-25.7%*

* Part of budget reduction due to successful transition of clinical preventive health services to University Health System (see page 2).

Health Department Major Functions

(As a percentage of General Fund FY 09 Budget - in millions)

- Community Health & Outreach \$5.06
- Administrative/Support Services \$4.00
- Food & Environmental Health \$3.87
- Laboratory Testing & Reporting \$0.93
- Vital Records Retention & Preservation \$0.63



Awards and Accomplishments

CITY-COUNTY COOPERATION AWARD

Texas Municipal League and Texas Association of Counties
for successful integration of clinical preventive health services by Metro Health and UHS

CUSTOMER SERVICE EXCELLENCE AWARD

City of San Antonio
to the Immunization Division's Main Clinic at 345 W. Commerce

2008 FIVE-STAR LOCAL REGISTRAR VITAL REGISTRATION AWARD

Texas Department of State Health Services
to the Vital Statistics Division

2008 CHAMPION OF HEALTH AWARD

San Antonio Hispanic Chamber of Commerce
to Dr. Fernando A. Guerra, Director of Health

JANET EMERSON PUBLIC HEALTH SERVANT AWARD

Texas Association of Local Health Officials
to Charles Pruski, Assistant Director for Administrative and Environmental Services

PUBLIC HEALTH LEADERSHIP INSTITUTE SCHOLAR

Centers for Disease Control and Prevention and the University of North Carolina
selected Dr. Bryan J. Alsip, Assistant Director of Clinical and Population Based Services

2008 PARTNER AWARD

South Texas Area Health Education Center
to Jennifer Herriott, Population Based Services Administrator

STAR AWARD

City of San Antonio
to Julia Braswell, Sanitarian with Food and Environmental Health Division

BEST PUBLIC HEALTH PRESENTATION OF EDUCATIONAL MATERIALS

84th Annual Texas Public Health Association Conference
to Edwardo Dominguez, Cara Hausler, and Dr. John Nava

HOMBRE NOBLE AWARD

San Antonio Fatherhood Campaign
to Jose Marchan, Jr., Project WORTH Health Program Specialist

JESSE M. SANCHEZ CORAZON DE LA COMUNIDAD AWARD

Hope Action Care
and

FIESTA FRENZY 2007 OUTSTANDING COMMUNITY SERVICE AWARD

Fiesta Commission
to George Perez, PHEP Management Analyst

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For service locations, call 311 or visit www.sanantonio.gov/health



OUR VISION

Optimal health for our communities
and our environment.

OUR MISSION

Provide leadership and services for San Antonio
and Bexar County to prevent illness and
injury, promote healthy behaviors,
and protect against health hazards.

SAN ANTONIO METROPOLITAN HEALTH DISTRICT

332 W. Commerce
San Antonio, TX 78205
(210) 207-8780

www.sanantonio.gov/health