

YOLO COUNTY'S HEALTH

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Annual Report

COUNTY OF YOLO

Woodland, California

YOLO COUNTY HEALTH DEPARTMENT

HERBERT BAUER, M.D., M.P.H.

Public Health Director

Dear Friend:

No disease known to humans has ever been controlled by treating the sick. It is only by community-wide application of preventive measures that we can hope to achieve lasting benefits for the public health. A shining example of preventive medicine is the control of communicable diseases by immunizing those who are susceptible. Our goal must be to apply similar principles to chronic diseases, to mental illness, and eventually to the social sickness of our society. This annual report describes some of our modest efforts in this respect as they apply to Yolo County.

Cordially,



Herbert Bauer, M.D.
Public Health Director and
Director of Mental Health

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VITAL STATISTICS



During 1969, 4 babies were born every second somewhere in the world. Yolo County, with a population slowly but surely approaching the 100,000 mark, contributed 986. At the other end of the line, Yolo County recorded 570 deaths so that life wins over death by a healthy ratio of almost 2 to 1. However, we must recognize that with increasing overpopulation on

earth, this ratio may become less and less healthy until a balance is achieved which allows for space, air, and food for all.

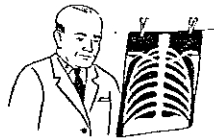
Death itself, if it comes after a long, happy, and useful life, is hardly a disease since all of us must eventually die. In fact, the process of birth probably creates more "dis-ease" than a normal death. It is however an unfortunate fact that about two-fifths of the people who died in Yolo County last year did so prematurely, namely under the age of 70. Here are the ten leading causes of death.

<u>CAUSE</u>	<u>1969</u>	<u>Five Year Mean</u>
Heart Disease	262	261
Cancer	85	75
Accidents	55	75
Pneumonia & Influenza	32	32
Diseases of Early Infancy	17	23
Cirrhosis of the Liver and Alcoholism	14	14
Emphysema	12	7
Suicide	11	9
Nephritis	9	5
Homicide	4	4

HEART DISEASE, again responsible for about half the deaths, is a composite picture of "normal death"

in old age, congenital heart disease of the newborn, rheumatic heart disease of the young adult, and coronary heart disease of the middle-aged. The more preventable and treatable the latter types become, and the more causes of death other than from heart disease become avoidable, the more "heart deaths" after the age of 70 we should expect. Ideally, all other causes of death should gradually disappear from the list so that death in and from old age may remain the last and inexorable member of the list.

CANCER deaths remain remarkably stable by number, and again lung cancer is by far the most frequent site; concomitantly, cigarette smoking seems to remain the most frequent addiction among men. Breast cancer is



next in number, although only one-third compared to lung cancer deaths. Periodic breast examination is of considerable importance in recognizing early signs of breast cancer. Cervical cancer which at least theoretically could be removed from the list entirely, claimed two lives in our County. Every woman of any age should have "PAP smears" regularly.

ACCIDENTS have shown a gratifying decline compared to the year before, but still claimed 55 lives during the year. Popular attitudes which sometimes misconstrue sound legislation as infringement upon our civil liberties explain the strong opposition which is encountered in such instances as gun control laws or tough measures against drunk driving. The Health Department is proud to acknowledge an award from the County Safety Commission since we were able to avoid accidents at least among our own staff members.

PNEUMONIA & INFLUENZA still claim their annual toll and immunization against influenza is recommended for the elderly as well as for persons of any age whose heart or lung function is impaired.

CIRRHOSIS OF THE LIVER and ALCOHOLISM, acute and chronic, continue as unabated threat to the public health on a global scale, and Yolo County is certainly

no exception. A separate chapter in this report is devoted to dependence on alcohol and other drugs.

DISEASES OF EARLY INFANCY showed further and gratifying decline, but still claimed the lives of 17 babies. Prematurity, as usual, was the most frequent cause. Prenatal care, nutrition and parental age are the most important factors.

EMPHYSEMA is rising and incapacitates and eventually kills a growing number of people. This disease which again seems to be complicated by cigarette smoking claimed 12 lives.



SUICIDE, the last way out for people who suffer from existential despair, ended the lives of 7 men and 4 women. Suicide is no respecter of age; the youngest victim was 16 years, the oldest 69. All of us owe deep gratitude to the many volunteers who every day and every night man the "suicide telephone".

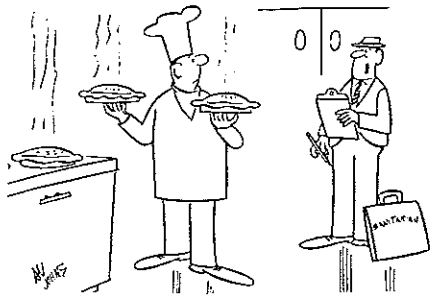
NEPHRITIS is responsible for a small but persistent number of deaths every year. Long-range medical support is most often helpful in prolonging life from this disease.

HOMICIDE, as for the past several years, concludes the list: 4 men and 4 guns met in fatal arguments. And lest we forget: 32 Yoloans have so far died in Vietnam since the war began.

ENVIRONMENTAL HEALTH

The November 1969 copy of California's Health, a publication of the State Department of Public Health, quotes: "An individually acceptable amount of water pollution, added to a tolerable amount of air pollution, added to a bearable amount of noise and congestion, can produce a totally unacceptable health environment." It is the business of our

sanitarians to see to it that the various pollutants and congestants which we propel into our environment remain on a level compatible with human survival. It is their task to protect us from the wastes and fumes of our civilization. To this end, their main concerns are sanitary conditions of food, water, milk, air, radioactive wastes, housing, occupational health,



sewage disposal, recreational health, pesticides and vector control. There is less and less space for more and more people, and the proper balance between isolation and overcrowding will have to be found. An Air Quality Control Committee has been established in our region and it is hoped that adequate measures will result so we may continue to breathe without the aid of filter masks.

To quote some specific examples of activities performed during 1969: As part of housing sanitation, it became necessary to destroy 34 homes and 5 commercial buildings which were beyond repair. In 96 other buildings suggested repairs were implemented and resulted in noticeable improvement of substandard housing throughout the County.

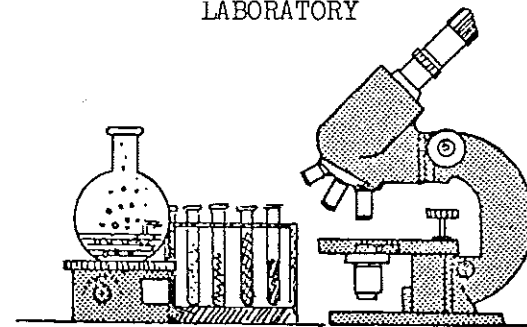
There are about 130 food-serving establishments in Yolo County, each of which was visited by our sanitarians on an average of three times per year. In addition, 81 grocery stores are inspected. There has been no noteworthy outbreak of food poisoning throughout the year.

Vector control remains an important though time-consuming activity and includes, among other things, cooperation with the Sacramento-Yolo Port District. The number of animal bites continues unabated and resulted in 559 investigations during the year which required more than 1300 individual contacts with animal owners. The animals involved were 486 dogs, 34 cats, 11 rats, 7 hamsters,

5 squirrels, 4 mice, 3 bats, 3 rabbits, 2 monkeys, 2 gophers, 1 guinea pig, and 1 skunk. Rabies is an ever-present threat and since most human bites are inflicted by dogs, 14 rabies vaccination clinics for dogs were held in 1969, and 17 are already planned for 1970.

Today's professional sanitarian must master the fundamentals of biological science, food technology, public administration and, last but not least, psychology.

LABORATORY



Increase is the best word to describe our laboratory activities, increase not only in the total number of examinations but also in the yield per number of specimens examined. This is particularly true of two diseases, namely tuberculosis and gonorrhoea.

There are two new types of tests which we now perform routinely, one for rubella and one for various dangerous drugs. The rubella test tells us which persons are immune and which ones are susceptible to this disease which is essentially harmless for the patient but may have disastrous effects in the form of congenital malformations on a fetus whose mother develops German Measles during the first part of pregnancy. The newly arrived rubella vaccine will hopefully eradicate this threat to the unborn, primarily by immunizing our preschool population.

In cooperation with the Probation Department our laboratory is now equipped to diagnose the presence

of various drugs which may have been taken either by habitual drug users or by suicidal persons.

As in the past, our laboratory also processes 70 mm chest x-ray films of which more than 4000 were taken last year.

COMMUNITY HEALTH NURSING



This has been a good year. Vacancies on our nursing staff were filled, the most noteworthy event being that a permanent director and a nursing supervisor joined us. Also, a substantial increase in nursing salaries was granted by the Board of Supervisors. The nurses made over 9000 home visits during the year, about 750 for each district nurse; an additional 13,000 clinic visits were made in our main office in Woodland and the branch office in Broderick. Most of the home visits were on the basis of traditional public health teaching procedures, but since our nursing division is also certified as a Home Health Agency, a substantial amount of time was spent in giving professional nursing care to the sick at home. Control efforts in tuberculosis and venereal diseases still take up a considerable portion of nursing time. Urgently needed family planning services are being expanded beyond the service rendered directly in the Health Department; our public health nurses participate in clinics arranged by a newly created Family Planning Agency in Yolo County, and in Migrant Health Clinics. In

giving service to migrant agricultural workers, our efforts are closely coordinated with clinical services rendered to this group of citizens through the Department of Community Health of the Medical School at Davis. Regular visits to hospitalized patients are an important duty of our nurses.

Child health conferences are organized throughout the County and bring public health services within easy reach of all pre-school children not under private care. A large share of school health services is likewise rendered through the Health Department; our public health nurses provide services to the schools within their district which have no other health personnel and cooperate closely with those school districts in which separate school nurses are employed.

Staff nurses provide liaison between patients from our County and their families at home during hospitalization at Weimar Medical Center or DeWitt State Hospital.

Inservice education is provided in form of demonstration sessions at the Health Department, lecture attendance in local hospitals, and meeting assignments on a regional basis. The topic of such workshops include child development, immunization, heart disease, legal aspects of nursing, working with teenagers, suicide prevention, and others. Some nurses enroll in courses at the University or nearby colleges in such fields as "Psychology of Personality" and "Chicano Culture and Personality".



Community organization requires intensive involvement of our nursing staff, both with official and voluntary health agencies. Thoughts for the future are to expand public health nursing services in the Davis area and to consider the feasibility

of including licensed vocational nurses and home health aides in some parts of our nursing programs.

CRIPPLED CHILDREN SERVICES

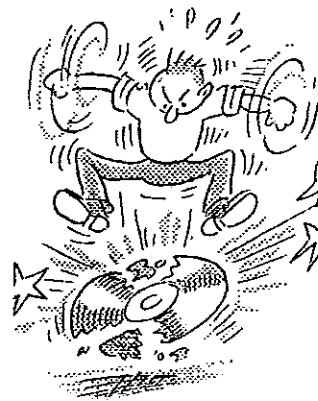


This urgently needed service for handicapped children is well utilized and a panel of highly qualified specialists provides services for those children which otherwise would not be available to them. In spite of increasing money shortage on State level, from where this service is partially financed, we hope to continue this valuable program at least on its present scale. The number of children served in our County is fairly constant. During 1969, 207 handicapped children were admitted to the service and at the same time the treatment of 244 others could be completed. Most referrals were made because of orthopedic handicaps; next in line were diseases of the ears, eyes, and of the heart. Plastic surgery was needed in some cases and orthodontic services were also part of the program.

Clinics were held for children with cerebral palsy and in addition to the pediatric and orthopedic treatment needed in such cases, our physical therapist whose services are supplied through the Elks Major Project, made 415 home visits throughout the County to treat 23 children afflicted with this disease. We are deeply grateful for this important adjunct to our departmental services.

MENTAL HEALTH

California now supposedly leads the Nation in progressive mental health legislation, and we can only hope that Yolo County's Community Mental Health services set a good example for small counties in the State. New legislation, particularly the Lanterman-Petris-Short Act, provides more financial participation of State funds and thereby makes the initiation of new programs easier. Partly as a result, Yolo County's first psychiatric inpatient service was established in form of a contract with



Woodland Memorial Hospital whereby most of our patients needing hospital care for mental disease can now be expertly treated near their own home. Our own Mental Health staff was increased simultaneously since private psychiatrists now participate on a part-time basis in our program.

With all our improvements, and in spite of conscientious efforts, one goal of our Mental Health Services has not yet been achieved, namely the reduction of patients admitted to State institutions to an irreducible minimum. While our admission rate is significantly lower than that for the State as a whole, vigorous efforts need to continue to reduce our admissions to State hospitals much further.

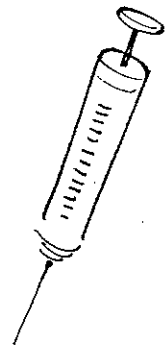
The need for our community service as well as the degree of utilization is perhaps best evidenced by the fact that 674 new patients were admitted to our Mental Health Service during the year, almost two new patients per day for every day of the year. On the average, each patient had five therapeutic interviews.

Needless to say, mental health is not confined to our designated Mental Health Services but pervades each and every program of the department. Just the same, it has been of great help to acquire comfortable and spacious quarters for our Mental Health Service which is now located at 213 West Beamer Street, in Woodland. In Broderick, we continue to share quarters with the rest of the Health Department.

ALCOHOL AND OTHER DRUGS

By a special formula, the so-called Jellinek Formula, the number of alcoholics in a given population can be estimated on the basis of deaths associated with the various forms of alcoholism.

In a State Health Department release, the number of persons who drink excessively in Yolo County was estimated as 5,980. This is about 7% of our County population and it is obvious that serious community efforts to control this disease are long overdue. Alcohol is but one of many dangerous drugs used today, and the most noticeable difference is perhaps that alcohol, unlike other drugs, is used by all age groups. A variety of other dangerous drugs such as stimulants and hallucinogens are used today primarily by people under thirty. It is estimated that at least half the fatal car accidents are connected with drinking. This would be at least partially controllable by lowering the permissible blood alcohol level of drivers so that ironically enough the accident rate on our highways could actually be "set" by the legislature: by allowing a higher alcohol level among drivers, we implicitly accept a higher accident rate.

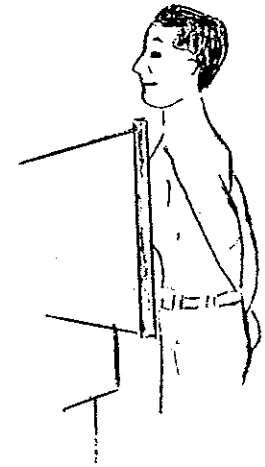


One definite step to decrease dependence on alcohol and other drugs was at least taken when the Board of Supervisors accepted a committee report recommending appropriate control activities, appointed the public health director as coordinator, and set some money aside to initiate an adequate community program. An application for matching funds was filed immediately, and the decision is pending. The main components of such a program would consist of casefinding efforts, outpatient treatment, hospital care, detoxification, drug treatment, and social work with alcoholics as well as other drug users and their families.

So far, admittedly, we have nothing to report but good intentions, but as soon as money and staff becomes available the program will be started in the hope that next year's report will be more specific. In the meantime, Diogenes House was opened in Davis, in an effort to assist youths in difficulty; this venture is supported by the whole community, including an understanding and cooperative police force.

TUBERCULOSIS

Good, but not good enough! Sixteen patients needed to be treated for tuberculosis, four of them had had the disease before and twelve of them were newly discovered. For 1970, there are three specific goals which need to be reached before tuberculosis can be written off as a disease of major public health proportions: the number of people who die from tuberculosis should not be more than one for every 100,000 population; the number of fourteen-year olds whose tuberculin skin reaction gives evidence of previous exposure to tuberculosis should not be more than 1% in that particular age group; and the number of newly discovered cases should be no more than 10 for every 100,000.

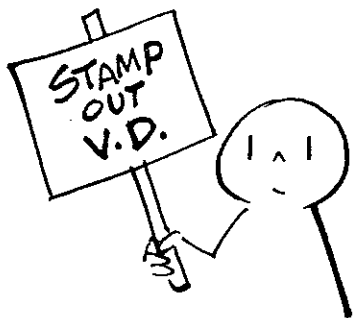


As far as the first criterion goes, Yolo County will almost certainly qualify since tuberculosis is now a thoroughly curable disease which can be treated successfully in almost every case unless the diagnosis is made in a far advanced state. How many of our eighth graders will react to tuberculin needs to be determined, and we hope that in cooperation with our friends from the local Tuberculosis and Respiratory Disease Association such County-wide screening can be performed without undue disturbance of classroom routine. However, to qualify for the third and last criterion, a significant reduction in our newly discovered tuberculosis patients will need to occur.

Until this is achieved, our energetic efforts in prevention as well as treatment will continue as they were during this past year: more than 4000 chest x-ray pictures were taken and interpreted, more than 1600 tuberculin skin tests were given and so-called positive reactors examined; many persons who had been exposed to tuberculosis were

given prophylactic medication to prevent clinical symptoms of the disease at some time in the future. At the end of the year, only eight of our tuberculosis patients were still hospitalized. As we said at the beginning: good, but not quite good enough yet.

VENEREAL DISEASE



During the last decade, California has experienced a 300% increase in gonorrhea. By comparison, Yolo County's rate has been reasonably stable over the last few years, but 198 new infections during 1969 is certainly nothing to be proud of. The largest number of infections occurred in the age group

between 20 and 24, but the spread is considerable: There were 3 patients between 10 and 14, 45 between 15 and 19, 86 between 20 and 24, 28 between 25 and 29, 15 between 30 and 34, 15 between 35 and 44, 4 between 45 and 54, and 2 between 55 and 64.

Syphilis remained at a relatively low rate and five patients received treatment for this disease here, three of whom were Yolo County residents and two who just happened to come by.

Popular attitude toward venereal diseases is still largely one of blame and resentment. Very few parents would view the gonorrheal infection of a teenager in the family with the same compassion and helpful attitude which they would display toward infection, say pneumonia. We are far more willing to accept the complications of love without sex than of sex without love. Yet the ultimate solution will certainly not come from moralizing, and probably not even from better diagnostic and treatment methods, but rather by the development of a preventive immunizing agent which at the moment is nowhere in sight.

In the meantime health education is our best

weapon. Be careful in choosing your playmates! In case of the slightest doubt that an infection may have occurred, please go to your doctor, or come to the Health Department; and don't forget to bring your friends along!

ALIFNATION

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

Henry David Thoreau

Each year we substitute for at least one chapter of our report a new topic of public health significance. This year an increasingly pressing problem consists of alienation of a large part of our population, particularly our youth. To many of them, any kind of governmentally rendered service is simply part of the "Establishment" and thereby unacceptable. Yet they are exactly the ones often in greatest need of public health services whom we must try to seek out and reach.

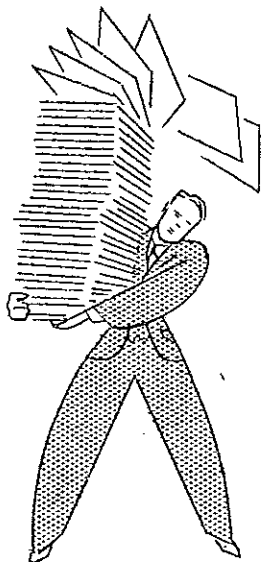
Conventional methods of approach are bound to fail since so many of them are fed up with our computerized society, our "instant people" culture, and feel bruised and brutalized by human contacts they have experienced. They may display the "Three B Syndrome": bearded, beaded, barefoot; their language may at times enrich our vocabulary; their self-destructive tendencies may push them into dependence on dangerous drugs. Their attitudes toward government, sex, conduct, dress, education, Robert's rules, and people above thirty, may be starkly unorthodox. They feel compelled to walk away from a society in



which the birthday of the Prince of Peace would draw draft lottery number 84, which legalizes war but confiscates as "obscene" paintings by Rembrandt and Picasso, which spends enough money to send men to the moon while tolerating hunger on earth. We must try to answer their questions and we must not be offended if they question our answers.

Public Health workers can render valuable human service by reaching out across the gap. After all, language and appearance were the main differences between the vulgarity of the Hatfields and McCoys and the nobility of the Capulets and Montagues. The thoughts and the deeds were largely the same.

ADMINISTRATION



The word is comprehensive health planning, but comprehensive health planning is still only a word. What is more, there begins to be a stir among the various agencies in the country competing for the ever-decreasing number of Federal dollars allotted to health programs which sometimes makes it necessary for the heads of such agencies to outplan and outcomprehend each other.

On local level, agency policies and departmental standards are often forced to match their set of requirements against the clients' set of needs; it is almost invariably the agency that wins and propels the applicant to a different door which again opens only in response to a different formula. In administrative jargon, this is known as "trampoline game", also "punitive referral and restrictive intake"; but those on the other side of the table are often not quite in a mood to play; they call this system more prosaically, but also more succinctly,

"getting the run-around". At a time when concern for the individual is at a premium, public health administrators must exercise utmost care to see to it that we examine people rather than policies and treat patients rather than standards.

Under this philosophical umbrella, our programs and projects continue with traditional public health programs being financed locally, and special projects being funded by State or Federal money. Examples of the latter type would be our care for seasonal agricultural workers which is conducted in close cooperation with a parallel project at the University in Davis; our Vaccination Assistance Project which makes it possible to distribute expensive vaccines such as those against measles and German Measles to children not under private care. A small cancer grant supports cervical cancer screening on all women who come to the Health Department for family planning, for VD examinations, for other pelvic disorders, or who simply have no opportunity to have this often lifesaving examination performed otherwise. Our nutritional consultation service is an important part of our effort to assist in the control of chronic disorders. A grant from the State Department of Public Health provides us with a full-time social work consultant, part of whose time is spent in supervising graduate students of social work placed in one of our school districts by Sacramento State College. This interesting cooperation between our Health Department and a school district in our County provides far more social work service to the families of our school population than could be achieved by any one single worker.



The chief guidelines for the administration of this department must come for the population we attempt to serve. All of us welcome your questions, your comments, your suggestions.

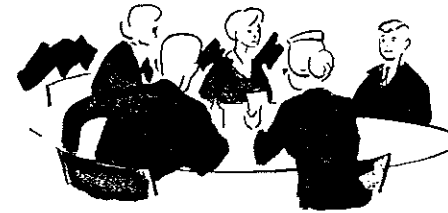
BUDGET

Did the preposterous thought ever strike you that there may be no virtue at all in saving money? Particularly in the field of health where a cent of prevention may actually save a dollar in treatment, not to speak of the human value involved? What would be wrong with a tenfold budget to provide immediate and continuous public health, mental health, and social work services to every block in town? Are we quite sure that it would really take more than a shift of national priorities to accomplish this task? The chemical ingredients of an average human have been rated as worth about \$35.00. Should we not match this sum with at least the same amount of money to protect the non-chemical properties of man?



Back to reality: The total budget for the Health Department during the current fiscal year amounts to \$446,700.00. The increase compared to last year's figure is explained through a much needed, well earned, and greatly appreciated salary raise. Less than a third, namely \$133,041.00, is covered by revenues from outside funds. Yolo County's total budget is stated as \$18,399,324.00. Relating those figures to our present County population, it appears that the County of Yolo spends \$214.00 per person to provide public services of which about \$5.20 are marked for public health. In other words, somewhat less than $2\frac{1}{2}\%$ of County expenditures go to public health which by and large is an appreciable percentage. While of course the fiscal audit is performed by the County Auditor and additionally by auditors of various granting agencies, we feel that the public at large should participate in this process. Thus, if you know of a better way to spend your tax money, this is the time to let us know; your wishes will be considered.

PERSONNEL



PUBLIC HEALTH DIRECTOR AND DIRECTOR OF MENTAL HEALTH
Herbert Bauer

ASSISTANT HEALTH OFFICER
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ADMINISTRATIVE ASSISTANT
Evelyn Musgrove

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Gertrude Bradshaw
Suzanne Card
Shirley Hickman
Marsha Kleiber
Maria Leandro
Mary Lohse
Doris McElfresh
Kathryn Spencer
Mary Taylor
Solveig Vestal
Ann Wilcox

SANITATION DIVISION
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Robert Muir
Donald Franchi
Nabil Nasir
Edward Trautt
Robert Waldorf

LABORATORY

Walter Schauer, Director
Ann Santos

TYPIST CLERKS

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Sandra Brown
Dolores Lopez
Gertrude Lorda
Jane Pardini
Marvelle Richardson
Elva Russell
Dorothy Wallace

MENTAL HEALTH SERVICE

Captane P. Thomson, Psychiatrist, Program Chief
William M. Asher, Psychiatrist
Richard V. Normington, Psychiatrist
Edward Doehn, Psychiatrist
B. Kent Wilson, Psychiatrist
Rosalie H. Rosenfelt, Clinical Psychologist
Frances Owen, Sr. Psychiatric Social Worker
Howard Westpeiser, Sr. Psychiatric Social Worker
John McDowell, Mental Health Nurse
Elin Rhyne, Sr. Stenographer
Marian Close, Intermediate Typist-Clerk
Betty Justice, Intermediate Typist-Clerk

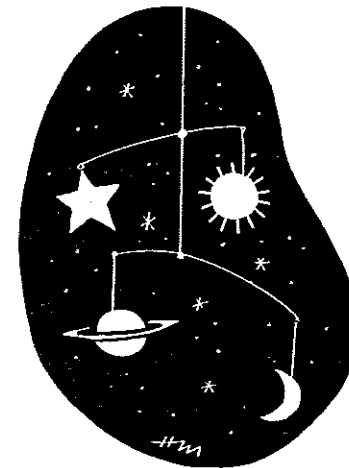
CHILD HEALTH CONFERENCE PHYSICIANS

William S. Freeman, Jr.
Helen Kao
Helen Klevickis
Christel Winterling
Corbin Young

CONSULTANTS

Hanna Bauer, Clinical Psychologist
Albert H. Chavannes, Pediatrician
Dorothy Fletcher, Physical Therapist
Karmen Gallo, Social Work Consultant
R. R. Hansen, Pediatrician
Don Ruberti, Public Health Advisor
Lynn Keys, Orthopedist
Vera Mrak, Nutritionist

Roy R. Fatterson, Otolaryngologist
William T. Robinson, Pediatrician
Ernst Tarnow, Orthopedist



AFTERTHOUGHT

"Our earth is degenerate in these latter days; bribery and corruption are common; children no longer obey their parents; every man wants to write a book, and the end of the world is evidently approaching." Thus ran the sentiment in 450 B.C., carved on a stone by a concerned anonymous Assyrian. Apparently, things have not changed much over the last few thousand years, and our future is not what it used to be. Anyhow, that was the year that was.

Good luck and good health!

YOUR HEALTH DEPARTMENT