Evidence Based Practice and Nurse-Family Partnership

Katie Eilers, MPH, MSN, RN
Director, Community Health
KITSAP PUBLIC HEALTH DISTRICT

Amended 2011 – 2021 STRATEGIC PLAN
Amendment Approved by the Kitsap Public Health Board on January 5, 2016

Our Mission: The Kitsap Public Health District prevents disease and protects and promotes the health of all persons in Kitsap County.
Our Vision: Striving to make Kitsap County a healthy and safe place to live, learn, work, and play.

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<th>Initiative 4</th>
<th>We will promote healthy child development and health equity by ensuring all children have healthy starts.</th>
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<td>Goals:</td>
<td>- Increase evidence-based prenatal and early childhood interventions.</td>
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<td>- Build capacity to assess poor birth outcomes.</td>
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<td>- Increase access and linkage to pre-conceptual, inter-conceptual and prenatal care.</td>
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Nurse-Family Partnership is...

- An evidence-based, community health program
- Transforming lives of vulnerable first-time mothers living in poverty
- Improving prenatal care, quality of parenting and life prospects for mothers by partnering them with a registered nurse
Working Together to Ensure Healthier Families

Nurse-Family Partnership Overview
"There is a magic window during pregnancy...it’s a time when the desire to be a good mother and raise a healthy, happy child creates motivation to overcome incredible obstacles including poverty, instability or abuse with the help of a well-trained nurse."

David Olds, PhD, Founder, Nurse-Family Partnership
Human Brain Development

Synapse formation dependent on early experiences

Program Goals

• Improve pregnancy outcomes
• Improve child health and development
• Improve parents’ economic self-sufficiency

Key Program Components

• First-time, at-risk mothers
• Registered nurses
• Intensive services (intensity, duration)
• Focus on behavior
• Program fidelity (performance management system)

Why Nurses?

• Knowledge, judgment and skills
• High level of trust, low stigma
• Credibility and perceived authority
• Nursing theory and practice at core of original model
Home Visit Overview

**Personal Health**
- Health Maintenance Practices
- Nutrition and Exercise
- Substance Use
- Mental Health Functioning

**Environmental Health**
- Home
- Work, School, and Neighborhood

**Life Course Development**
- Family Planning
- Education and Livelihood

**Maternal Role**
- Mothering Role
- Physical Care
- Behavioral and Emotional Care

**Family and Friends**
- Personal network
- Relationships
- Assistance with Childcare

**Health and Human Services**
- Service Utilization
Trials of the Program
Dr. Olds’ research & development of NFP continues today...

1977
Elmira, NY
Participants: 400
Population: Low-income whites
Studied: Semi-rural area

1988
Memphis, TN
Participants: 1,139
Population: Low-income blacks
Studied: Urban area

1994
Denver, CO
Participants: 735
Population: Large portion of Hispanics
Studied: Nurse and paraprofessionals
Academic Achievement
Grades 1–3, Age 9—Memphis
(Born to low-resource mothers)

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<th>Nonparticipants</th>
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Reading and Math Achievement Test Scores (percentiles)

Preschool Language Scale
Age 4—Denver
(Born to low-resource mothers)

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Total Language Score

Source: Reproduced with permission from *Pediatrics*, Vol. 120, e838, Copyright © 2007 by the AAP.

Source: Reproduced with permission from *Pediatrics*, Vol. 114, 1565, Copyright © 2004 by the AAP.
Cover this gray area with one of the 8 provided filmstrip photo JPG files.
Nurse-Family Partnership is Cost-Effective

• Every $1 invested in NFP is estimated to yield $2.90 savings to government and $6.40 to society.

• Savings accrue to government from decreased spending on:
  - health care
  - criminal justice
  - child protection
  - mental health
  - education
  - public assistance

And increased taxes paid by employed parents
Nurse-Family Partnership Projected Outcomes

Based on 177,517 pregnant women enrolled in NFP from 1996-2013, Miller projects that by 2031, NFP will prevent an estimated:

- 500 infant deaths
- 10,000 preterm (first and subsequent) births
- 42,000 child maltreatment incidents
- 36,000 intimate partner violence incidents
- 90,000 violent crimes by youth
- 594,000 property/public order crimes (e.g. vandalism) by youth
- 36,000 youth arrests
- 41,000 cases of youth substance abuse
NFP is a growing, national program

As of September 2017, NFP programs are in 42 states (586 counties) + the U.S. Virgin Islands

Australia
Bulgaria
Canada
England
Netherlands
Northern Ireland
Norway
Scotland
Kitsap NFP Client Demographics

2-year profile, 2015-2016

• 19% moms 19 years of age or younger
• 47% moms between 20-23 years of age
• 75% single
• 68% have high school degree or less than high school
• 63% unemployed
• 12% foster care, homeless, or live in group facility
Kitsap NFP Client Demographics

2-year profile, 2015-2016

• 72% have an ACEs score of 3 or more
• 50% have an ACEs score of 5 or more

By comparison, statewide prevalence of 3 or more ACEs among women was 24.2%
Statistically significant improvement when averaged across several growth areas including: mental health status, caretaking/parenting, health care utilization, substance use, housing stability, abuse of mother or child
Client Story – Felix
For More Information:

Kitsap Public Health Nurse-Family Partnership
360-728-2235

Nurse-Family Partnership
National Service Office
1900 Grant Street, Ste 400
Denver, Colorado 80203
www.nursefamilypartnership.org
SHW PROGRAM UPDATE

March 6, 2018    Jan Brower BA, MA , RS
Enforce regulations govern the handling, treatment, storage, transportation, recycling and disposal of solid and hazardous wastes in Kitsap County.
Solid Waste Definition.....

...including garbage, rubbish, ashes, industrial wastes, swill, animal wastes, construction and demolition wastes, land clearing wastes, contaminated soils, contaminated dredged spoils, junk vehicles or parts thereof (including waste tires), recyclable materials, and discarded commodities.
Solid Waste Continued

Solid waste also includes agricultural wastes, wood waste, dangerous wastes, yard wastes, bulky waste, biomedical waste, animal waste, waste tires, recyclable materials, and problem wastes.
Solid Waste Enforcement Activities

- Complaint response 500+ complaints/year
- Kitsap Nuisance Abatement Team (KNAT)
- Homeless camp response
- Permitted and conditionally exempt facility oversight
- Landuse reviews (e.g. fill & grade permits)
- Interagency coordination (e.g.,) dangerous building designations
Solid Waste Complaint Response

- 80% premises complaints
- Notice to correct gives 7-30 days to correct
- Ticket issued if not corrected
- Approximately 50+ tickets issued annually
- 50-60 days till court appearance
- $25,000 fines collected annually – State general fund
- Clean Kitsap Vouchers -48 for 103 tons (2017)
Rest PL NE, Bremerton
CONFOUNDING ISSUES

- Problems with chronic sites are compounded by poverty, age, disability, hoarding, dementia, lack of transportation and a lack of a support system.
- “Gift of Public Funds” issue
- No low income assistance programs
- Waste companies won’t provide new service with an unpaid bill on the books.
- Foreclosures – finding and communicating with the financial institution
Challenges to More Efficient Complaint Resolution

- Routine enforcement can take a long time
- Up to a month if it doesn’t go to court
- 3 ± months if it does go to court
- Fail to appear – ticket found committed and goes to collections
- Either issue a new ticket to start the process over or refer to Kitsap Nuisance Abatement Team
Things to Consider.....

• Mandatory Collection
• Solid Waste Management District
• Make sure that planning and building codes support integrated approach to waste and recycling management
• “Built Environment”
• Bulky item collection programs
• Require all foreclosures to provide a local agent responsible for property
Kitsap Nuisance Abatement Team (KNAT)

- Monthly meetings with stakeholders
- Provides a “hammer” to get compliance from some violators
- Only way to recover clean-up expenses through liens is through the County nuisance abatement process
- KNAT currently working on 13 sites
- 100 site backlog
Homeless Camp Response

- Under current funding and staffing—provide training and supplies to volunteers and respond to complaints
- Normally would participate in both County–wide homeless committees
  - Kitsap Community Resources-Continuum of Care Coalition
  - Kitsap County Homeless Committee
Solid Waste Permitting

- Permit 35 entities-18 facilities, 17 haulers
- 5 decant facilities
- 5 landfills
- 1 compost
- 6 solid waste handling facilities
- 1 Household Hazardous Waste (HHW) facility
Olalla Recycling and Garbage Facility
Port Gamble Limited Purpose Landfill
Olympic Organics Compost
Dangerous Building Assessments

- Building departments can request the Health District to provide a dangerous building evaluation based on unsanitary conditions.
- It then falls to building departments to vacate the property pursuant to its Dangerous Building Ordinance.
- The Health Officer can also vacate a premises on his/her own authority if conditions warrant.
Unsanitary Conditions
Bird Hoarding
Interagency Coordination

- Kitsap County Public Works
- Department of Community Development (DCD) and city code enforcement
- Solid Waste Advisory Committee (SWAC)
Community Partnerships include:

- Homeless Issues
- Kitsap Nuisance Abatement (KNAT)
- Clean Water Kitsap
Hazardous Waste Definition.....

- A solid waste that has a characteristic that makes it more dangerous to public health and/or the environment
- Toxicity, ignitability, corrosivity, reactivity, or contains a listed chemical
- KPHD enforces hazardous wastes requirements for small quantity generators (< 220 lbs/mo) and hazardous wastes generated by homeowners
Business Assistance Program

- Provide business assistance to Small Quantity Generators (SQGs) 286 visits in 2017
- Non-regulatory approach
- Provide education and outreach, spill kits, and drum covers
- Converting to the new online EnviroStars business certification and incentive program
- Responds to business complaints and referrals
Hazardous Sites Related Activities

• Oversee and inspect closed and abandoned landfills
• Provide GIS mapping of landfill parcels to local building departments
• Monitor development at or near landfills
  Olympic College
  Westpark - Bay Vista Development
  Victory Station Landfill
• Oversee removals – Gorst Creek
Gorst Creek Landfill Removal and Stream Restoration – By The Numbers

- Restored 1,000 feet of Gorst Creek
- Planted over 7,500 plants, 26 different species
- Close to $40 million spent
- Removed 337,000 tons of wastes and sediments
- 2,854 environmental samples collected and analyzed
- 100 tons of granite slabs set aside for reuse
- 32 tons of granite donated to local parks for reuse
337,534 Tons Recycling and Disposal

- 3,852 tons of hazardous waste soils
- 577 tons of tires
- 899 tons of scrap metal
- 6,598 tons concrete
- 2.5 tons of batteries, asbestos, and radiation sources
- 1 potentially live artillery shell
- 18 cylinders and drums dug up
- 325,599 tons of non-hazardous soils and debris
- 10,671 truckloads of materials
AFTER.....
Secure Medicine Return Regulation

- BOH adopted the Secure Medicine Return Regulation last December
- Product stewardship approach
- To provide a legal option for Kitsap residents to legally dispose of unused or expired medicines
- Help address access to and misuse of prescription opiates
Initial Kiosk Drop-Off Sites

- Law Enforcement Agencies
  - Kitsap County Sheriff’s Office
  - Bainbridge Island Police Dept.
- Health Care Facilities
  - Harrison Medical Centers
  - Peninsula Community Health Services
- Pharmacies
  - Kaiser Permanente
  - CVS
What Goes Into The Kiosks?

• Accepted
  • Medicines sold in any form (solids, liquids, patches, etc.)
  • Prescription Medications
  • Non-Prescription (over-the-counter medications)
  • Pet Medications

• Not Accepted
  • Medicines from a business
  • Herbal remedies, vitamins, supplements, cosmetics, other personal care products, compressed cylinders, aerosols, inhalers, medical devices, pet pesticide products, sharps, illicit drugs, iodine-containing medications
SMR - Current Schedule

• 12 Kiosks arrive from manufacturer March 1
• Med-Project technicians will install the kiosks week of 3/5 through 3/16
• Webpage mailback available on March 1, 2018
• Media rollout towards the end of March.
• Promotional materials available March 1, 2018
If Getting To A Kiosk Isn’ t An Option
Questions??