Recognition

The staff of the Bell County Public Health District deserves recognition for their hard work.

We invite those looking for more information about the Health District and those wanting to follow information we provide to follow us on twitter @BellCountyPUBH, like us on Facebook, and visit our website at www.bellcountyhealth.org.

Funding for the Bell County Public Health District is provided through the contributions of our Member Cities (Bell County, Killeen, Temple, Belton, Morgan’s Point, Rogers, Salado, Harker Heights, Holland, Troy, and Little River/Academy) and revenue from fees for service as well as through grants from the State of Texas and the Federal government.

We would like to thank all of our collaborators and stakeholders in the local community as well as with surrounding jurisdictions and the State of Texas.

Suggested Citation:

From the Director

As Director of the Bell County Public Health District it is my pleasure to come into another what will be my third year with the staff here at the Health District. While this year has just begun there is a lot we have accomplished already. My focus this year is to try and address efficiency in Health District functions. Being efficient is incredibly important in public health because we all know that we consistently operate on a shoestring budget but our work load never gets smaller. The growth in population in Bell County certainly makes that true for us.

I cannot emphasize enough my appreciation for the staff here at the Health District. They have all shown over and over again the willingness and ability to buckle down and do the hard work of public health for those in the community that need us and I am glad to be working on this with them.

In addition to staff continue to work with the cities, Bell County, the State, the Texas Association of City and County Health Officials (TACCHO), the Greater Killeen Free Clinic, Baylor Scott & White, Metroplex, Seton, Fort Hood, United Way and so many others who have offered indispensable partnerships in addressing public health in Bell County and we will continue to work to build partnerships as the county grows.

I hope that this report is enlightening and provides valuable information about the Health District and what we are doing to better the health of our residents. It has been an honor to serve Bell County thus far and I look forward to more work to come.

Bell County Public Health District
Director

Amanda Robison-Chadwell, MPH, PhD

Follow us/Like us on (click images to be redirected to our social media sites):
About Bell County

Bell County is the 16th most populous county in Texas (Texas Center for Health Statistics, 2015) with a population of approximately 347,833 people according to the most recent estimates. The demographic breakdown is provided in the chart below demonstrating a diverse community. The median age in Bell County is approximately 30.6 years of age (U.S. Census Bureau, 2018). We also have a racially and ethnically diverse population that continues to become more diverse and complex as we grow.

![Race/Ethnicity in Bell County](chart)

**FIGURE 1: RACE AND ETHNICITY IN BELL COUNTY (TEXAS DEMOGRAPHERS OFFICE, 2018)**

Socioeconomic Indicators

An average of 50,409 Bell County residents participate in TANF, CHIP or SNAP per month and our average income is $41,582 which is less than the Texas state average income level indicating that there is a need for public service and public health to support our communities in need (Texas Center for Health Statistics, 2015).

Bell County is continuing to grow and become more diverse and so we expect to see some dramatic changes in our communities in future years. The Texas Demographer’s Office (2018) released population estimates for Bell County and the tentative estimates indicate that our 2035 population will exceed 400,000 people. Some projections place show a possible 2050 population at over 700,000 residents. Bearing all of this in mind, the Health District is preparing for significant growth in the next several decades.
Figure 2: Population Estimates and Projections in Bell County (Texas DSHS Center for Health Statistics, 2015 & Texas Demographers Office, 2018)
History of the Health District

The Bell County Public Health District was known as the Bell County Health Department until 1994 (having operated as the Health Department since 1942). In 1994 representatives in Bell County and the Director worked together to establish the Health District. A Cooperative Agreement was established which set the terms for the operation and oversight of the Health District.

The mission of the Bell County Public Health District is to promote healthy lifestyles in the communities served through education, service, and leadership; to prevent disease and protect the public’s health, and to serve as highly trained and skilled professionals dedicated to public health service.

The goals of protecting the public’s health cannot be achieved by just the staff of the Health District and require cooperation and coordination with the communities that we serve. In order to do this the Health District has and endeavors to continue to coordinate resource utilization with the local communities and stakeholders in order to achieve our mission.

The Health District recognizes the importance of promoting and maintaining a health community through education, prevention, and addressing the social determinants of health. The social determinants of health (SDH) are the conditions, in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems” (WHO, 2018).

FIGURE 3: LANIER CENTER TEMPLE TEXAS. HOUSES ADMINISTRATION, PREPAREDNESS AND TEMPLE WIC
# Board of Health

The Bell County Board of Health is another important component of the operations of the Health District. The Board of Health is an administrative board of Directors appointed by the Member cities that govern the operation of the Health District. The Director is appointed by the Board of Health to carry out the policies and procedures adopted. Last, and certainly not least, the Health District operates in conjunction with a Board approved Health Authority who is a medical doctor within the community who offers valuable services and insight toward the accomplishment of our goals.

<table>
<thead>
<tr>
<th>Bell County</th>
<th>Morgan’s Point Resort</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr. Bill Schumann, Chair</td>
<td>Mr. John Moseley</td>
</tr>
<tr>
<td>Ms. Kathy Long</td>
<td>City of Little River/Academy</td>
</tr>
<tr>
<td>City of Belton</td>
<td>Mr. Elmer Williams</td>
</tr>
<tr>
<td>Mr. Wayne Carpenter</td>
<td>City of Troy</td>
</tr>
<tr>
<td>City of Harker Heights</td>
<td>Mr. Tom Robinson, Vice Chair</td>
</tr>
<tr>
<td>Mr. Michael Blomquist</td>
<td>City of Temple</td>
</tr>
<tr>
<td>Village of Salado</td>
<td>Dr. Andre Avots</td>
</tr>
<tr>
<td>Mr. David Broecker</td>
<td>City of Holland</td>
</tr>
<tr>
<td>City of Killeen</td>
<td>Ms. Lori Kinard</td>
</tr>
<tr>
<td>Dr. Sam Fiala</td>
<td>City of Rogers</td>
</tr>
<tr>
<td></td>
<td>Mr. RJ McDonald</td>
</tr>
</tbody>
</table>
**Administration**

The main offices for the Health District are in our Temple location. Administration is the central component of the Health District in that their focus in the department is on coordinating the efforts of all of the different divisions. This is done through functioning as a primary communication hub between divisions, managing the budget and coordinating communication with external stakeholders. The division is composed of six employees.

<table>
<thead>
<tr>
<th>Name</th>
<th>Position Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amanda Robison-Chadwell, MPH, PhD</td>
<td>District Director</td>
</tr>
<tr>
<td>Dr. Janice Smith</td>
<td>Healthy Authority</td>
</tr>
<tr>
<td>Judy Porubsky, MPH</td>
<td>Chief Financial Officer</td>
</tr>
<tr>
<td>Charlsie Barfield</td>
<td>Executive Secretary</td>
</tr>
<tr>
<td>Stephanie Chavez</td>
<td>Accounting Assistant</td>
</tr>
</tbody>
</table>
The WIC Program

The Special Supplemental Nutrition Program for Women, Infants and Children, popularly known as WIC, is a nutrition program for pregnant, breastfeeding and postpartum women and families or caregivers with children younger than 5. WIC provides support and inspiration to eat right, have a healthy pregnancy, breastfeed successfully and raise amazing kids.

WIC participants receive healthy foods, take nutrition classes, meet with other families and get one on one nutrition counseling to make smart choices and delicious family meals. WIC also supports breastfeeding as the best way to feed babies for as long as mom (and baby) want.

Texas WIC helps families to buy the foods they and their children need to stay healthy. The WIC foods in the monthly food package are low in fat, high in fiber and help families get important nutrients and promote a healthy weight. WIC helps families to buy many of the foods already on their grocery list.

Food packages can include fresh and frozen fruits and vegetables, 100% fruit and vegetable juices, milk, cheese and yogurt, eggs, whole grains like brown rice, whole wheat tortillas, pasta and breads, healthy cereals, beans, peanut butter, canned fish and baby formula and baby foods.

Food benefits are issued for each WIC client. The primary caregiver or parental custodian (can include mother, father, grandparent, relative or foster parent) can receive and spend the food benefits for their children. Electronic Benefit Transfer (EBT) Cards are loaded with food benefits for clients to use at eligible stores such as HEB, Wal-Mart, Killeen Nutritional Store, IGA and Commissaries. The monetary food benefit on an EBT card
is approximately $60 or more per client each month. Based on program participation in 2018, approximately 180,000 benefits were issued to families in the Bell County community. This amounts to over $11,000,000 spent in area stores and contributed to the local economy this year.

In 2018, the Texas WIC Program implemented TXIN throughout the state, a cloud based paperless computer system. Recently, BCPHD WIC Program received a mobile conversion van and RV mobile unit which along with TXIN will enable the local clinics to provide WIC services outside the traditional clinic. In 2019, the local program plans to be more mobile and accessible to the community during outreach events and traveling to the smaller rural communities within Bell County.

WIC promotes a better quality of life for Texas’ most vulnerable children by providing healthful foods, nutrition education for parents, support for mothers who breastfeed, and medical and social-service referrals. Through referrals, WIC is able to connect participants to job programs and other health and educational benefits.

The Bell County Public Health District WIC Program employs approximately 50 staff persons who provide services to the community in 4 locations: Temple, Killeen, Copperas Cove and Fort Hood. Staff includes the Division Director, 4 clinic supervisors, and clinic support staff comprised of nutritionists, Registered Dietitians (RD), Licensed Vocational Nurses (LVN), Lactation Consultants (IBCLC), breastfeeding peer counselors, WIC Certifying Specialists and clerical staff.

Nikki Morrow, BS, IBCLC, RLC
WIC Director
Bell County Public Health District
WIC Program, Local Agency 31
Environmental Health

The Environmental Health Division has two sections. The first is the On Site Sewage Facilities (OSSF) Section which is primarily responsible for regulating the sewage disposal of residential and commercial properties, not served by organized sewage systems in Bell County. Serving as the Authorized Agent for Bell County, the staff works closely with the Texas Commission on Environmental Quality (TCEQ), the county and multiple city staff members as well as designers, installers, builders, business owners and homeowners throughout Bell County. This department permits all new on-site sewage disposal systems (OSSF) and tracks maintenance contracts required on many systems. The staff responds to complaints or public health issues associated with these responsibilities. Municipalities often request on-site review and approval before building permits are issued for properties served by OSSF’s. Many mortgage lenders request OSSF inspections for residences and businesses at point of resale. The Health District provides documentation as to conditions observed on the site that may affect future system operation. The Environmental Health staff also work closely with the Bell County Commissioner’s Court, multiple city staff and the County Engineer in subdivision of land served by OSSF’s.

OSSF Section staff also inspects and permit mobile home parks and trailer parks served by OSSF’s. Staff investigates these properties as well as many other sites within Bell County for public health nuisances associated with violations of the Texas Health and Safety Codes. The violations may include improper sewage or trash disposal, rodent/insect harboring, mosquito breeding and other potential health violations.

We have information for developers available on the website that can be very helpful including our Local Order and our OSSF Approval Process.

The Retail Food Sanitation Section is dedicated to the prevention of food related illness through its primary goals of retail food operation compliance, education of food worker personnel in food safety and sanitation practices, and other food sanitation concerns that affect public health.

The Food Protection Division offers a State Accredited Food Worker Class. This class is unique in that it is a short course (45 minutes) that is offered in two locations in Bell County and the card is good for 2 years. This card is provided to course attendees directly after completion of the class and there is no required testing. For more information about our Food Worker Classes call the Health District Environmental Health Office at 254-771-2106 or visit our website at www.bellcountyhealth.org.

The division duties include food sanitation inspections for all retail food establishments, public and private school and college dining facility inspections, dining areas at assisted
living facilities and hospitals. They also will investigate foodborne illness complaints, environmental health inspections for daycares and foster homes, bed bug complaints locations such as: public hotels and motels. The department works closely with cities to ensure compliance. If requested they may also participate in emergency investigations relating to fires, accidents and other emergencies that involve food or food related items. They can take on an investigative role for other events that fall within the scope of retail food sanitation and safety.
Bell County Environmental & Food Protection Division Services

January 1, 2018 through December 31, 2018

<table>
<thead>
<tr>
<th>Type of Establishment</th>
<th>East Bell County</th>
<th>West Bell County</th>
<th>Total</th>
<th>Frequency of Inspections</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concession</td>
<td>50</td>
<td>48</td>
<td>98</td>
<td>2 x year</td>
</tr>
<tr>
<td>Convenience Store</td>
<td>90</td>
<td>95</td>
<td>185</td>
<td>2/3 x year</td>
</tr>
<tr>
<td>Day Care</td>
<td>52</td>
<td>81</td>
<td>133</td>
<td>1 x year</td>
</tr>
<tr>
<td>Grocery</td>
<td>24</td>
<td>21</td>
<td>45</td>
<td>3/4 x year</td>
</tr>
<tr>
<td>Manufacturer</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1/2 x year</td>
</tr>
<tr>
<td>Mobile Food Unit</td>
<td>118</td>
<td>78</td>
<td>196</td>
<td>1/2 x year</td>
</tr>
<tr>
<td>Non-Profit</td>
<td>12</td>
<td>7</td>
<td>19</td>
<td>1/2 x year</td>
</tr>
<tr>
<td>Restaurant</td>
<td>306</td>
<td>357</td>
<td>663</td>
<td>3/4 x year</td>
</tr>
<tr>
<td>Retail Food</td>
<td>29</td>
<td>40</td>
<td>69</td>
<td>2 x year</td>
</tr>
<tr>
<td>School</td>
<td>50</td>
<td>55</td>
<td>105</td>
<td>2 x year</td>
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<tr>
<td>Taverns/Clubs</td>
<td>27</td>
<td>53</td>
<td>80</td>
<td>2 x year</td>
</tr>
<tr>
<td>Warehouse</td>
<td>5</td>
<td>2</td>
<td>7</td>
<td>1/2 x year</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>764</strong></td>
<td><strong>837</strong></td>
<td><strong>1602</strong></td>
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**Services Provided**

<table>
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<th>Service</th>
<th>Number</th>
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<tr>
<td>Establishment Inspections</td>
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<tr>
<td>Foster Home Inspections</td>
<td>189</td>
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<tr>
<td>Complain Investigations</td>
<td>232</td>
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<tr>
<td>Food Worker Classes Taught</td>
<td>500</td>
</tr>
<tr>
<td>Food Worker Students Taught</td>
<td>3992</td>
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<tr>
<td>Food Manager Classes</td>
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**Environmental Service**

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>OSSF Permits Issued</td>
<td>545</td>
</tr>
<tr>
<td>OSSF Design Reviews</td>
<td>801</td>
</tr>
<tr>
<td>OSSF Contract Tracking</td>
<td>5848</td>
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<tr>
<td>OSSF Court Cases Filed</td>
<td>229</td>
</tr>
<tr>
<td>Loan Inspections</td>
<td>118</td>
</tr>
<tr>
<td>Subdivision Evaluations</td>
<td>48</td>
</tr>
<tr>
<td>Mobile Home Park</td>
<td>27</td>
</tr>
<tr>
<td>Environmental Complaints</td>
<td>76</td>
</tr>
<tr>
<td>Building Reviews for Cities</td>
<td>158 (Morgan’s Point Resort)</td>
</tr>
<tr>
<td></td>
<td>167 (City of Harker Heights)</td>
</tr>
<tr>
<td></td>
<td>13 (City of Belton)</td>
</tr>
<tr>
<td></td>
<td>30 (City of Temple)</td>
</tr>
<tr>
<td></td>
<td>5 (Village of Salado)</td>
</tr>
<tr>
<td><strong>TOTAL:</strong></td>
<td><strong>373</strong></td>
</tr>
</tbody>
</table>
Public Health Emergency Preparedness (PHEP) is a program that exists in a number of local public health jurisdictions. The intent is to prepare for large scale events that can impact the day to day function of the jurisdiction. Such events include: infectious disease outbreaks, bioterrorism events, chemical spills, contamination of drinking water, and natural disasters. Events such as those listed above, if not adequately prepared for, can cripple the function of government, business, healthcare operations and numerous other critical societal organizations. The focus of PHEP is to anticipate the threats facing Bell County and to conduct exercises to train for and thus prepare for response to such events. In so doing the fallout can be less severe.

Preparing for events such as these requires coordination with multiple local, state, and sometimes federal agencies. Only some of these agencies work together day to day and, without preparedness, may only interact during an emergency which complicates response efforts. Therefore, staff works to improve capacity in planning, epidemiological response, education and training, public risk communication and information dissemination, and the improvement of current information technology resources.

Cathy Brem, MS
PHEP Division Director

Gene Mikeska, MPH
SNS Coordinator / Epidemiologist

Santonio Hoke
Epidemiologist
In working to prepare for disasters and disease outbreaks our PHEP team has worked for quite some time on a concept which is a Mobile Point of Dispensing (POD). A POD is meant to distribute medicine or medical material in an emergency to a large number of people. After the Strategic National Stockpile (SNS) Program was developed Local Health Department Preparedness programs were tasked with working with other agencies throughout the local area and the State to prepare for such events at the local level. In many situations communities may have the public assemble at a large building in their community such as a school or stadium, but we recognize that some rural communities simply do not have that ability. Our Preparedness team has taken that to heart.

The Mobile POD can be used in just about any location including urban and rural areas and can be deployed quickly.

The Preparedness team exercised the concept in rural Buckholts in conjunction with DSHS Region 7, DSHS Central Office, Milam County and many other community partner agencies in early 2019. Our MRC also was on hand to run the exercise. It was very successful and demonstrated that the concept will work in practice. It was so successful that partners throughout the State are interested in learning more about it in order to consider the concept in their own jurisdictions.

![FIGURE 4: BELL COUNTY MOBILE POD UNIT](image)

![FIGURE 5: BCPHD PHEP STAFF EXERCISE TRAINING](image)

![FIGURE 6: BCPHD SNS COORDINATOR IN EXERCISE TRAINING](image)
Medical Reserve Corps

The Medical Reserve Corp (MRC) is a National program that seeks to build response capability by recruiting and training healthcare professionals and other non-medical citizens interested in volunteering their time to address community health issues and to aid their community in large-scale emergencies.

The Bell County Medical Reserve Corps (BCMRC) is sponsored by the Bell County Public Health District’s PHEP department. The BCMRC is Directed by Gene Mikeska who is the Bell County Medical Countermeasures Coordinator has taken on the building of the MRC in the hopes that it will soon be volunteer sustained. MRC volunteers are an integral part of the preparedness efforts in our community because we know that waiting to prepare for a disaster until one occurs is not effective. Training staff and volunteers and coordinating with agencies throughout the County helps to ensure that we are better prepared to address community health challenges.

So far our MRC has 120 Members with 11 medical providers, 25 nursing staff and some 24 Mental health professionals in less than 3 years.

In 2018 the BCMRC Partnered with the Oklahoma Medical Reserve Component and the University of Mary Hardin-Baylor Psychological and Social Departments to train some 40 area mental health and preparedness professionals for emergency stress response capabilities. In addition, BCMRC members conducted more than a dozen additional training events for members to prepare responders, conducted mosquito surveillance for Bell County during mosquito season and deployed to county cooling shelters during the hottest days of summer.

MRC volunteers are working toward developing tele-medicine capability for remote areas as well as Points of Dispensing (PODs) capability and work to develop shelter operations capabilities. In recent years, the BCMRC has responded for Public Health information campaign for Zika and provided nursing and mental health capabilities during shelter operations in response to Hurricane Harvey.

Bell County residents interested in becoming a member of our Medical Reserve Corp who would like more information can contact the Health District and speak with Gene Mikeska and/or visit our website to get more information.
Health Trends in Bell County

There are a number of interesting health trends in Bell County. We have focused on a few specific areas in this report including cancer incidence and mortality, infectious diseases, chronic illness mortality and sexually transmitted diseases. For more information on conditions listed click on the links in green to be taken to websites with additional resources.

Cancer

According to data from the Texas Cancer Registry (2017) Bell County has an age-adjusted incidence rate for all cancer sites 480.8 per 100,000 people for new cancer cases diagnosed between 2012 and 2016. This puts Bell County in the highest incidence rate range in the state of Texas (that range of incidence rates is 436.4-576.4 per 100,000 people).

The age-adjusted mortality rate for cancer in Bell County was 174.0 per 100,000 people for all cancer deaths 2012-2016 (Texas Cancer Registry, 2019). Below are charts showing the age-adjusted incidence rate (new cases per year) per 100,000 people and the age-adjusted mortality rate (new cancer deaths per year) per 100,000 people. While it may seem alarming that the incidence rate in Bell County is climbing we also must consider that increases in the population have contributed to the increase in the number of cases.

![Cancer Incidence Rates by Year 1995-2016](image)

**FIGURE 7: BELL COUNTY AGE-ADJUSTED CANCER INCIDENCE RATES BY YEAR COMPARED WITH TEXAS (TEXAS CANCER REGISTRY, 2019)**
According to data from the Texas Department of State Health services the top causes of cancer incidence and mortality are as follows:

**Top 5 Cancers in Bell County, 2012-2016**

**Cancer Mortality Rates by Year 1995-2016**

**Incidence 2012-2016**
FIGURE 10: CANCER MORTALITY RATES IN BELL COUNTY FOR TOP 5 CANCER SITES COMPARED WITH STATE RATES. (TEXAS CANCER REGISTRY, 2019)

Rates are per 100,000 and age-adjusted to the 2000 U.S. Standard Population (19 age groups - Census P25-1130). Confidence Intervals (CI) are 95% for rates (Tiwari mod). Confidence intervals provide a range of values that have a specified probability of containing the rate or trend. For 95% confidence intervals, it can be stated that 95% of the time the true rate will lie within these limits.


Prepared by: Texas Cancer Registry, Cancer Epidemiology and Surveillance Branch, Texas Department of State Health Services, Data Request #19100, 3/15/2019.

Infectious Diseases

We often forget that infectious diseases are not a thing of the past. We deal with them every year and we have influenza epidemics annually. Here in Bell County our 2018-2019 Influenza season was much calmer compared to the previous year. For updates on the data visit the Influenza section of our website where information on the influenza season is available and will be updated annually.
Beyond influenza there are some other infectious diseases that we see frequently in Bell County. Those are salmonella, campylobacter, shigella, streptococcus groups A and B and cryptosporidiosis. These conditions are generally preventable with practices such as cooking food thoroughly, proper food handling and proper hand hygiene. More information about that is available by clicking on the links below for each condition.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Condition</th>
<th>Confirmed Cases</th>
<th>Probable Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Salmonella</td>
<td>104</td>
<td>62</td>
</tr>
<tr>
<td>2</td>
<td>Campylobacter</td>
<td>83</td>
<td>31</td>
</tr>
<tr>
<td>3</td>
<td>Shigella</td>
<td>59</td>
<td>34</td>
</tr>
<tr>
<td>4</td>
<td>Cryptosporidiosis</td>
<td>42</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>Strep Group B</td>
<td>33</td>
<td>0</td>
</tr>
</tbody>
</table>

FIGURE 11: TOP 5 INFECTIOUS DISEASE CASE COUNTS FOR BELL COUNTY CONFIRMED AND PROBABLE CASES. (TEXAS NEDSS REPORTING SYSTEM, 2017)

The above information was pulled from the Texas NEDSS system (2018) based on confirmed and probable diagnoses in 2017. The data for 2018 is not yet final. Confirmed cases are those in which a laboratory was able to confirm with a specimen using an approved test. Not all people who are diagnosed with a particular condition will necessarily undergo the testing necessary to consider a case confirmed under the state’s case criteria. Such instances of illness are considered probable cases. For more information on each of these conditions please click the links which will bring you to the CDC website where you can find tips on prevention, diagnosis, and treatment.

- **Salmonella**
- **Campylobacter**
- **Shigella**
- **Streptococcus** [Group A & Group B]
- **Cryptosporidiosis**

Among infectious diseases of note, Sexually transmitted diseases (STD) are particularly problematic in Bell County and we boast a higher rate of infection than most other counties in the state. We have the fourth highest rate of gonorrhea in the state. However those counties that ranked 1-3 all had fewer than 100 cases. Bell County by contrast had over 1,500 cases. We also have the third highest rate of chlamydia in the state.
FIGURE 12: CHLAMYDIA INCIDENCE RATE. BELL COUNTY AND TEXAS 2010-2017. DATA FROM TEXAS DSHS HIV/STD UNIT ANNUAL REPORT

FIGURE 13: GONORRHEA INCIDENCE RATE. BELL COUNTY AND TEXAS 2010-2017. DATA FROM TEXAS DSHS HIV/STD UNIT ANNUAL REPORT
FIGURE 14: SYPHILIS INCIDENCE RATE. BELL COUNTY AND TEXAS 2010-2017. DATA FROM TEXAS DSHS HIV/STD UNIT ANNUAL REPORT

FIGURE 15: HIV INCIDENCE RATE. BELL COUNTY AND TEXAS 2010-2017. DATA FROM TEXAS DSHS HIV/STD UNIT ANNUAL REPORT
Chronic Diseases

In Bell County the most prevalent chronic illness mortality rates are charted below with County and Texas rates compared using data from the Texas Center for Health Statistics (2015).

What becomes clear from Figure 9 below is that our highest mortality rate is due to diseases of the heart. This matches the trends we find statewide. Cerebrovascular diseases refer to diseases that affect the blood vessels of the brain (i.e., stroke). Heart disease, cerebrovascular disease and diabetes are preventable with changes in lifestyle and diet. There is still quite a lot to be learned about Alzheimer’s and research is ongoing to find better options for prevention and treatment. For more information on prevention click the links for each condition.

![Chronic Disease Mortality](image)

**FIGURE 16: AGE-ADJUSTED MORTALITY RATES IN BELL COUNTY AND TEXAS, CHRONIC DISEASES (TEXAS CENTER FOR HEALTH STATISTICS, 2015)**
Medical and Nursing

Bell County Public Health District's Medical and Nursing Division is responsible for providing quality nursing care for those in need in the community. We offer most of our services on a sliding scale and do accept payment from some insurance providers. Our services include:

- Immunizations
- Community Health Education
- Family Planning
- STD Testing and Treatment
- Disease Surveillance
- Tuberculosis Testing and Treatment
- Pregnancy Testing

For more information on any of these programs click the links to be taken directly to the appropriate section on our website.

The Director of Nurses (DON) serves as the program manager for all funded programs in the Medical and Nursing Division. The Texas Department of State Health Services (DSHS) provides funding for the Immunization section and a portion of tuberculosis operations. Women’s Health and Family Planning Association of Texas (WHFPT) manages the Title X grant, of which BCPHD is a sub recipient for family planning services. Health and Human Services Commissions (HHSC) provides state funding for a portion of the family planning program. The remainder of the Medical and Nursing Division is funded through revenues receive from fees and other revenues as well as grants from both the state and federal governments.
Growth in Bell County in the last few years has led to a large uptick in the number of patients seeking care in our clinics. The largest shift was seen in 2016 as shown by our data below. These numbers are unduplicated meaning that this data does not include repeat visits by the same patient for one service.

![Figure 17: Number of Clients Seen in Our Temple and Killeen Clinics 2016-2018](image)

**STD Testing and Treatment**

The Medical and Nursing Divisions goals include attempting to reduce the burden of sexually transmitted diseases (STD) in the county by providing education about STD prevention to all clients in the clinics receiving STD testing. In addition, the Medical and
Nursing Division endeavors to reach more members of the community through outreach in order to educate the community about ways to live healthier lives.

**Family Planning**

Family planning services are one of the most often sought and critical clinical services that are offered in our clinics. Our family planning services include well-woman exams which include breast and cervical cancer screenings (with mammography referrals where necessary), pregnancy testing (we can provide Medicaid proof of pregnancy), birth control options including short term options (the pill, diaphragm, condoms), emergency contraception (Plan B) and long acting contraceptives (IUD, implant). These services are funded through Title X, Texas HHSC’s Family Planning Program and the Healthy Texas Women Program.

**Tuberculosis**

Tuberculosis (TB) is one of the world’s deadliest diseases. In 2017, about ¼ of the population was infected with TB, 10 million people became sick with active disease and 1.3 million people died of TB-related deaths. Contrary to popular belief, in 2018, TB is still very prevalent in the United States with 9,029 active cases reported. In Texas there were 1,129 cases of which 5 were reported in Bell County.

The Centers for Disease Control and Prevention, CDC, encourages all people that have been tested positive for the bacteria that causes TB to be treated. Those that are infected do not feel sick and are not contagious, however, there is a 10% chance that they will develop active disease in their lifetime. Those with active disease are very contagious and can spread the disease even before they know they are sick. The most common symptoms of active disease are a bad cough that lasts for more than 3 weeks, pain in your chest, coughing up blood or sputum, weight loss, low grade fever, chills and night sweats.

If you spend time with a person with active TB, you may be exposed. When a person with active TB disease of the lungs or throat coughs, sneezes, speaks or sings, the bacteria is released into the air. If you think you have been exposed to someone with active TB disease, please contact your doctor or the Health District for testing.

At the Health District, we care for and treat all persons in our area that have active disease as well as any of those they had regular contact with. We also test and treat, if needed, those persons that have come to Texas from a foreign country through the immigration system. Any person presenting to the BCPHD, with a positive TB test, can receive treatment.
**Immunizations**

The Immunizations section of the Medical and Nursing Division focuses on more than just providing immunizations in our clinics, but also on community outreach, provider visits, community event participation and education of school nurses, Peri-natal Hep B services to the county including Fort Hood. In addition the program conducts population assessment to make sure daycares and Headstart programs maintain immunization compliance levels to keep disease at bay from our most vulnerable populations and also have the responsibility for maintaining ImmTrac which is the state wide data base of immunization records. This is done at no cost to our residents. In addition, the Immunization Program also oversees the ordering and distribution of a half a million dollars in vaccine yearly to 30 local doctors’ offices and clinics in our county. This vaccine is provided so that all children who are uninsured or under insured will have access to vaccines at no cost. By providing this service we save the county millions of dollars in lost revenue due to missed work and school days.

To give a sense of the impact that the Immunizations Section has on our community we pulled data from January 2015 through January 2019. In our Killeen Clinic the Immunizations section gave a total of 9,100 vaccines were provided through the Texas Vaccines for Children (TFVC) and the Adult Safety Net (ASN) Programs.

In our Temple clinic for the same time period and 10,491 vaccines were provided through the TVFC and ASN Programs.

In total our Immunizations program not only provided important vaccinations to keep our community healthy, but also saved a total of $878,465 over from 2015-2019 which is approximately $219,616 per year.
References


