

CENTRAL VALLEY HEALTH DISTRICT

ANNUAL REPORT

2025

Central Valley Health



CVHD

Central Valley
Health District

DEPARTMENTS & PROGRAMS

NURSING.

Public Health Nursing Services
School Nursing Services
Family Planning Program
Health Tracks Program
Ryan White Program
Title III Program
Tuberculosis Program

UJ STUDENT
HEALTH.

FINANCE.

ENVIRONMENTAL HEALTH.

PROGRAMS

Aquatics
Body Art
Food Service
Municipal Facilities
Tanning
Waste Management
On-Site Sewage Treatment Systems

SERVICES

Air Quality
Emergency Response
Environmental Assessment
Institutional
Nuisance
Water Quality

EMERGENCY
PREPAREDNESS
& RESPONSE.

HEALTH PROMOTION.

INJURY PREVENTION

Car Seat Program
Bike Helmet Safety Services

MATERNAL CHILD HEALTH

Lactation Support Program
Safe Sleep Program

SUBSTANCE USE PREVENTION

Tobacco Prevention & Control Program
Opioid Overdose Prevention Program
Youth Alcohol Prevention Program

WIC.

WOMEN'S
WAY.

FROM THE EXECUTIVE DIRECTOR



KARA FALK
Executive Director

Central Valley Health District has experienced a lot of changes throughout 2025. When change occurs, there are inevitably exciting times and some bumps along the way. Public Health, both locally and nationally, has been through a roller coaster of change as the change of presidential administration occurred. We have seen a shift in areas of health promotion focus, loss of funding, new funding and recommendations from national organizations.

We have seen several changes in staff and roles this year and are excited to have new faces in the office. CVHD has welcomed three new Administrative Assistants, Amber Moller, Tori Pierce, and Hannah Barnick and our new Finance Director, Sadie Barnick. After many years of dedication to CVHD, Nancy Neary retired. With program changes and shifts in funding, we have had many staff take on new roles and responsibilities. I am forever grateful for the adaptability and investment of our staff into community needs.

Change can happen quickly. In April, both our Board of Health and the community unexpectedly lost an amazing leader, mentor, and person, Jerry Berquist. Jerry brought invaluable knowledge and experience to our Board of Health. The Board of Health welcomed Levi Taylor, our new County Commission representative, and is excited to have his insights and fresh perspectives.

Central Valley Health District continues its commitment to community by providing a wide variety of health prevention and promotion programs and services. CVHD's Women, Infants, and Children (WIC) program took on a significant change by adding three additional sites and is ranked second for total infants breastfed across the state. Kari Johnson became a Tobacco Treatment Specialist as she moved into a Prevention Specialist role and will be leading CVHD in tobacco prevention efforts. Our public health nurses continue to provide a wide array of services from immunizations and footcares to tuberculosis control. Frank Balak has had a busy year as the Regional Emergency Preparedness and Response Coordinator with involvement across our region with many training sessions and participation in emergency exercise.

The Environmental Health (EH) Department have continued to be increasingly busy with food service, body art, aquatics, and on-site sewage treatment systems. Dylan Tarno obtained his Registered Environmental Health Specialist/Registered Sanitarian certification to expand his career. The EH program received the Dr. R. Neil Lowry Grant by the Pool and Hot Tub Alliance. Once again, this team has worked incredibly hard to provide services throughout 13 programs and services within eight counties.

One area where little change was appreciated is our amazing community partners and relationships. Coming together as a community for events such as Kids Safety Day, UJ Block Party, and Running of the Pink really highlights the commitment of health promotion and prevention to each other. This year has been remarkable in the amount of speaking engagements that our staff presented to share information and knowledge to the community including education on measles, nutrition, aquatic health, bike helmet safety program, mental health, healthy relationships, and maternal and child health programs. Once again, there cannot be enough appreciation given to R.M Stoudt's for their generosity to our Women's Way Resource Fund from their Running of the Pink and Baskets, Bags, and Bubbly campaigns. There really are no words to express how blessed we are to receive those gifts.

Central Valley Health District has seen changes and persevered through some unknowns in 2025, but the staff has continued to dedicate their work and provide strength to the community. We are looking forward to an exciting year for public health and what new and expanded services we can bring to the community.

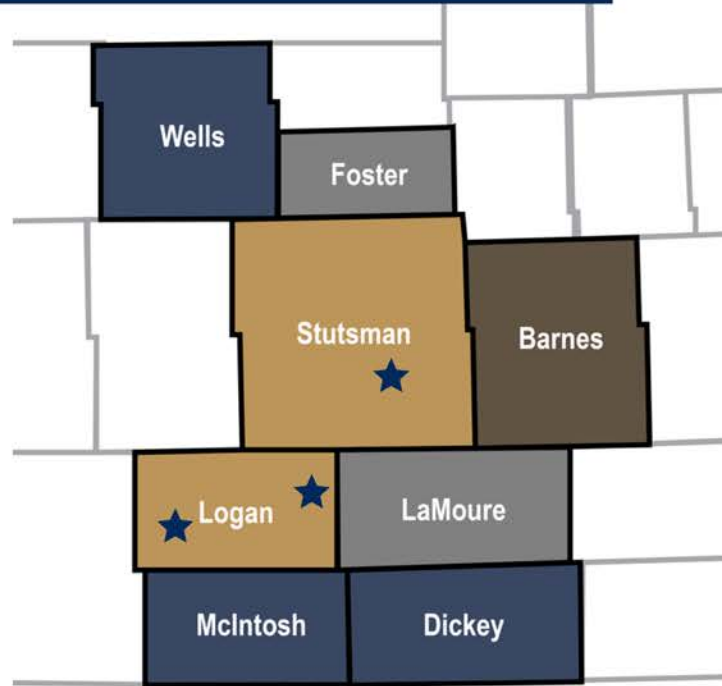


ORGANIZATION OVERVIEW

ABOUT US.

Central Valley Health District is the public health department serving Stutsman and Logan Counties in North Dakota. Our main office is located in Jamestown, with satellite offices in Napoleon and Gackle.

While our primary focus is on the residents of these two counties, many of our programs extend to regional partners throughout south-central North Dakota. Through collaboration and strategic partnerships, we work to enhance community health and well-being, ensuring access to vital public health services for those we serve.



OUR STAFF.

Abby Nelson (5)
 Amber Moller (<1)
 Annette Niemeier (34)
 Beth Schwartz (23)
 Carli Pickard (3)
 Deb Fischer (24)
 Dylan Tarno (4)
 Emily Ash (1)
 Frank Balak (14)
 Hannah Barnick (<1)
 Jenn Amundson (9)

(#) represents years of service

Jill Wald (7)
 Kara Falk (10)
 Karena Goehner (15)
 Kari Johnson (4)
 Kim Lee (11)
 Maggie Remmick (4)
 Marcie Bata (17)
 Sadie Barnick (<1)
 Sara Moser (10)
 Shannon Klatt (9)
 Tori Pierce (<1)

FOND FAREWELLS.

Lynn Walden (17)
 Tonya Drenth (22)
 Jerry Bergquist - 2 years of service on the Board of Health

Nancy Neary (24) - retirement
 Liz Smith (<1)

BOARD OF HEALTH.

James Torrance, MD
 Health Officer / Chairperson

Brianne Huber, MD
 Business and Professional Representative

Bryan Batsch
 Logan County Commission Representative

Heidi Larson
 City of Jamestown Representative

Rob Lech
 Jamestown Public School Representative

Sandy Rivinius
 Logan County Representative

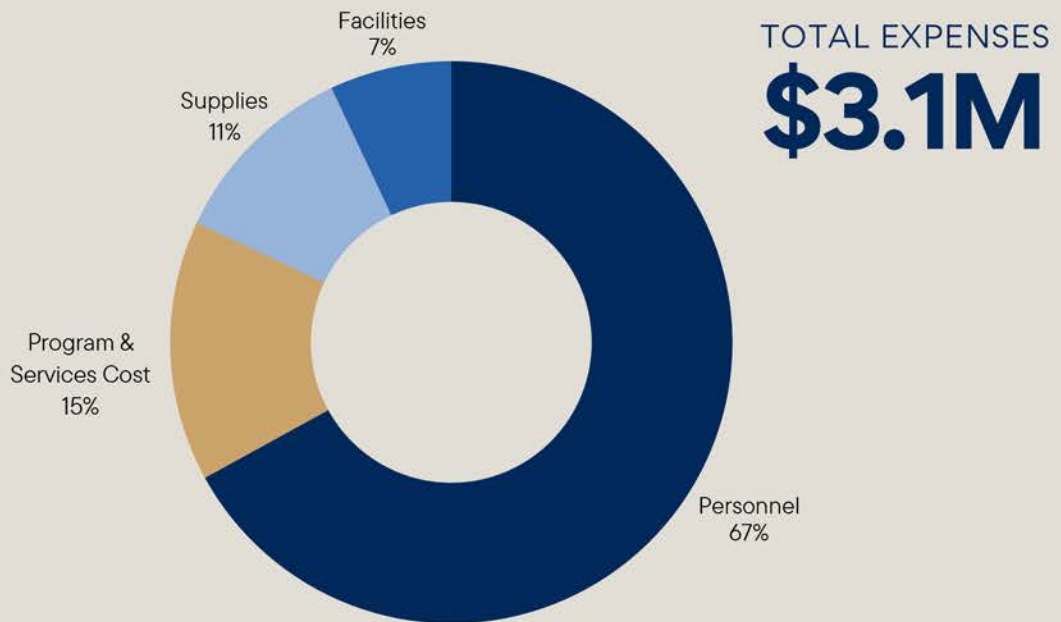
Levi Taylor
 Stutsman County Commission Representative

FINANCE REPORT

REVENUE

<u>Source</u>	2025	2024	2023
State & Federal	42%	45%	50%
Service Fees & Insurance	23%	22%	20%
Stutsman County	20%	19%	19%
Other Project Income	6%	5%	5%
Local Opioid Settlement Funds	3%	3%	-
Logan County	3%	3%	3%
City of Jamestown	2%	2%	2%
Jamestown Public Schools	1%	1%	1%
TOTAL REVENUE =	\$3.1M	\$3.3M	\$3.2M

EXPENSES



NURSING DEPARTMENT



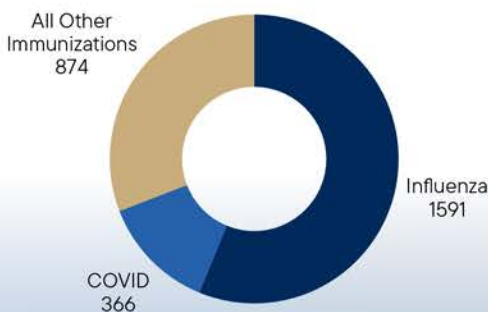
Our CVHD nursing staff offer essential public health nursing services throughout our service area in a variety of settings including in-office, in-home, at businesses or facilities, and at the local schools. Available services are listed in the chart below.

TITLE III PROGRAM

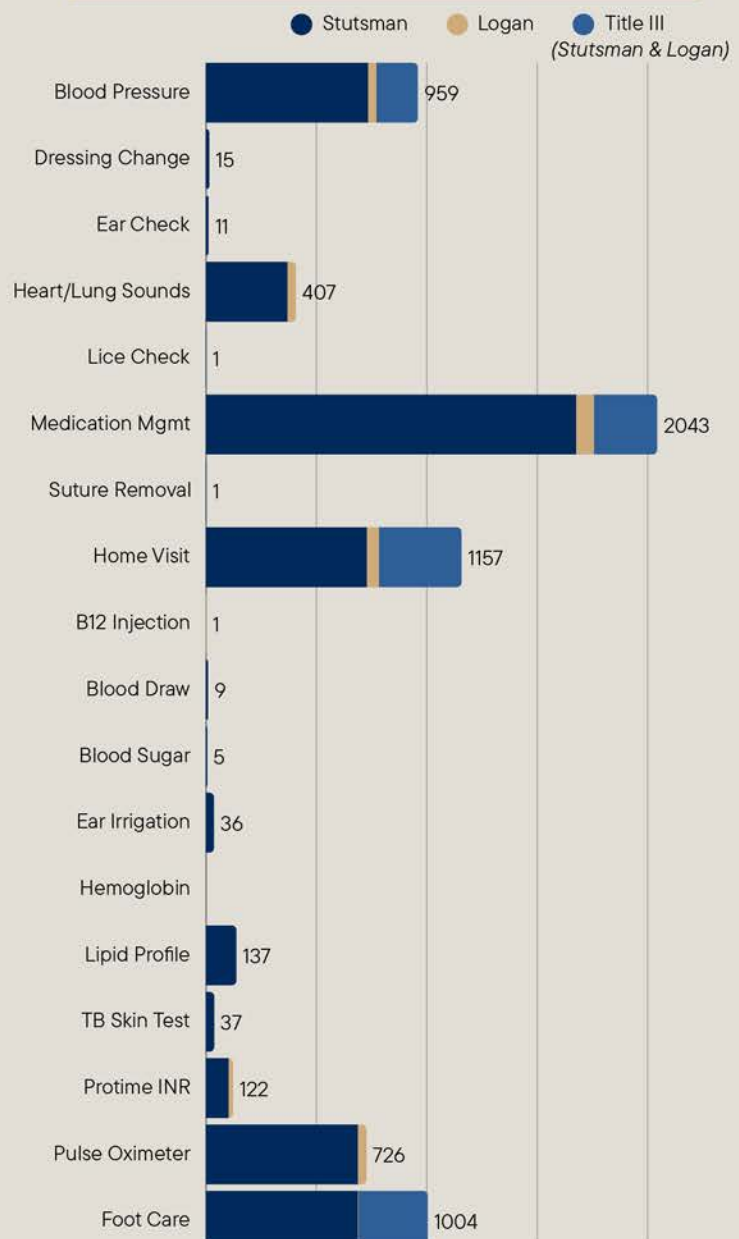
In addition to our regular nursing services, we partner with area health departments including LaMoure, McIntosh, and Sargent counties to provide the TITLE III program. Services for this program include blood pressure checks, foot cares, home visits, and medication management to qualifying individuals over the age of 60.

IMMUNIZATIONS

In 2025, CVHD nurses administered a total of **2,831 immunizations** in the community. During respiratory season, our nurses visited **45 businesses** to provide flu and COVID shots.



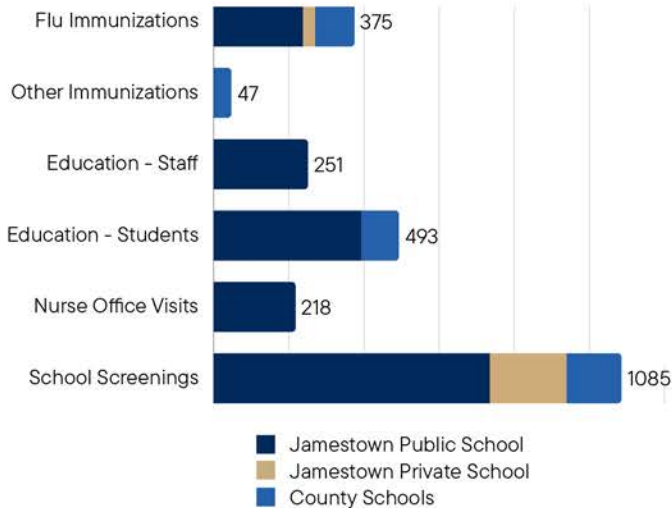
Public Health Nursing: Annual Total by Service Unit



SCHOOL NURSING

Our public health nurses provide school nursing services at all schools in Stutsman and Logan counties. Student education includes growth and development puberty education to students in 4th, 5th, and/or 7th grade.

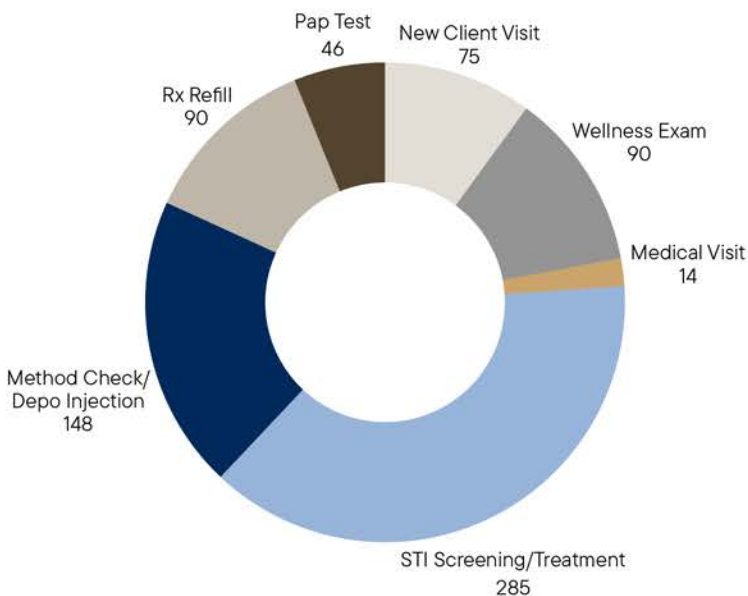
School Nursing: Annual Total Encounters by Service



REPRODUCTIVE HEALTH SERVICES

Our Family Planning Program staff provide services in **Jamestown, Carrington, and Valley City.**

Reproductive Health Services: Annual Totals by Service



WELL-CHILD CHECKS

The North Dakota Health Tracks Program is a preventative health care program for those under age 20 years old who are enrolled in Medicaid. Services include physical exams, hearing and vision checks, vaccinations, lab work, basic dental care, behavioral health screenings, growth and development and more.

Year	Total Served
2025	44

RYAN WHITE PROGRAM

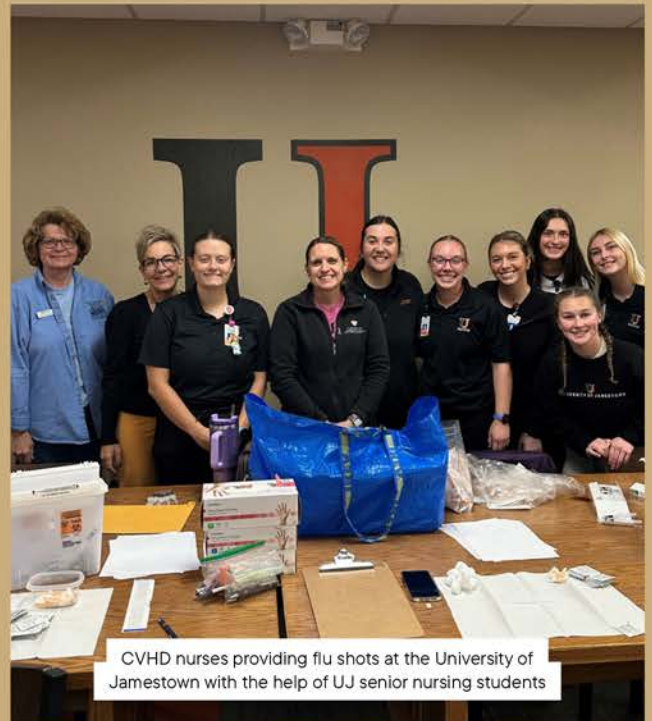
State funded program that provides essential core and supportive services to meet the needs of persons living with HIV in North Dakota.

Year	Total Served
2025	12

TUBERCULOSIS CONTROL PROGRAM

State funded program for surveillance, education, screening, and treatment of latent tuberculosis of high risk populations.

Year	Total Screened
2025	34



CVHD nurses providing flu shots at the University of Jamestown with the help of UJ senior nursing students

ENVIRONMENTAL HEALTH DEPARTMENT

This department safeguards public health and the environment by preventing disease, injury, and illness through evidence-based practices, education, and scientific expertise. The department provides licensure, permitting and/or inspections for its 13 programs and services to the south central region including the counties of: **Barnes, Dickey, Foster, LaMoure, Logan, McIntosh, Stutsman, and Wells.**

ENVIRONMENTAL HEALTH PROGRAMS

AQUATICS

Licenses and inspects facilities based on requirements and any complaints received.

Type	Total
Licensed Facilities	26
Inspections	33
Consultations	90

ON-SITE SEWAGE TREATMENT SYSTEMS

Licenses and inspects facilities based on requirements and any complaints received.

Type	Total
Permitted Installations	104
Inspections	98
Consultations	355

BODY ART

Licenses and inspects facilities based on requirements and any complaints received.*

Type	Total
Licensed Facilities	12
Permanent	11
Temporary	1
Licensed Operators	55
Permanent	17
Temporary	38
Inspections	116
Consultations	64

2025 Highlights:

- Awarded the 2024 Dr. R Neil Lowry Grant of \$5,000 by the Pool & Hot Tub Alliance.
- Dylan obtained REHS/RS certification.
- Hired and trained a new department administrative assistant.
- Launched the Aquatic Newsletter that issues on a quarterly basis.

Central Valley Health Dist
event. Promote. Prote



2024 Dr. R. Neil Lowry Grant Award

36
NEW
licensed facilities
*includes change of ownership



FOOD SERVICE

Licenses and inspects facilities based on requirements and any complaints received.*

Type	Total
Licensed Facilities	286
Childcare	16
Restaurant	233
Schools	37
Inspections	493
Consultations	296

TANNING

Licenses and inspects facilities based on requirements and any complaints received.*

Type	Total
Licensed Facilities	15
Inspections	16
Consultations	21

MUNICIPAL FACILITIES

Inspections of private wells and water samples taken on request. Inspections provided in conjunction with ND Department of Environmental Quality.

Type	Total
Inspections	5
Consultations	14

WASTE MANAGEMENT

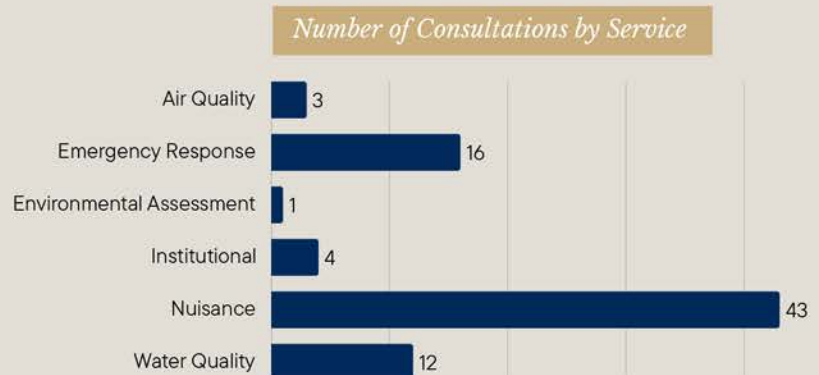
Inspections and consultations provided in conjunction with ND Department of Environmental Quality.

Type	Total
Inspections	11
Consultations	27

(*) Indicates a program is provided under an agreement with NDHHS Food & Lodging Unit.

ENVIRONMENTAL HEALTH SERVICES

Our EH Specialists provide other environmental health services as needed to support protecting environmental health in the community.



PREVENTION & HEALTH PROMOTION DEPARTMENT

MATERNAL CHILD HEALTH LACTATION SUPPORT

Funding for this program is through the state **Maternal Child Health Breastfeeding & Safe Sleep Grants**.

2025 Highlights:

- Supported lactating mothers through **83 consultations** and **4 support group events**.
- Hosted breastfeeding tent at 5 local events.
- Celebrated **5 new lactation friendly local businesses**.
- Sent resources to 131 families through our New Mom Letter Program.

INJURY PREVENTION CAR SEAT SAFETY

CVHD secured **North Dakota Department of Transportation Grant** funding allowing our 5 certified car seat technicians to offer free car seat checks, education, and car seat distributions for free or at a reduced rate.

Community Car Seat Checkup Events = 9 TOTAL

<u>Total Seats Distributed</u>		<u>Total Seats Checked (Only)</u>	
Year	Total	Year	Total
2025	103	2025	101



Providing infant measurements at a breastfeeding support group event.

CRIBS FOR KIDS

State program that provides a free pack-n-play crib kit to those in need of a safe sleep space for a child under the age of 1.

Year	Total
2025	9

BIKE HELMET SAFETY

Our trained staff provide free bike helmets fittings, and education in the community.

Year	Total
2025	130

FARM 2 TABLE GRANT

CVHD was awarded a small state grant to partner and provide **4 local classrooms** with garden boxes to grow food and learn about gardening.



SUBSTANCE USE PREVENTION

OPIOID OVERDOSE PREVENTION

CVHD secured **State Opioid Response (SOR) Grant** funding for the 6th year in a row allowing us to continue to provide and educate on naloxone (Narcan) administration and overdose prevention. This funding is also used to promote local Prescription Drug Take-Back Locations in the community.

Boxes of Narcan (2 doses) Distributed = **234**

of ONEBoxes Distributed = **10**

CVHD continued efforts using **Opioid Settlement Funding** to implement evidence-based prevention activities targeting local youth. One school completed implementation of *Keepin' it REAL* curriculum to 7th graders in 2025 including:

Medina Public School = **21 Students**

Schools that are currently implementing in the 2025-2026 school year include:

Medina Public School = **7th Grade**

Jamestown Middle School = **6th & 7th Grade**

YOUTH ALCOHOL PREVENTION

CVHD secured **Substance Use Prevention, Treatment, & Recover Block (SUPTRS) Grant** funding for efforts targeting the prevention of underage alcohol use.

2025 Highlights:

- Provided **6 total incentives** to bartenders or servers for confiscating fake IDs at local establishments.
- Provided access to ID scanners for establishments to rent (including **5 forensic scanners**).

TOBACCO PREVENTION & CONTROL

State funded program with the goal to reduce disease, disability, and death related to tobacco use.

2025 Highlights:

- Hired a new Prevention Specialist who was trained as our new certified Tobacco Treatment Specialist.
- Provided free prevention and cessation resources and materials to schools, in our office, and at community events.
- 100% passing rate for all service area tobacco retailers checked by annual Federal Synar Compliance Checks.

Providing nutrition education to a Jamestown Middle School students who were Farm 2 Table Grant program participants.



Forensic ID scanner at Woolly Bar.



CVHD used **ND Breastfeeding Coalition Mini Grant** funding make the satellite clinic office at the Logan County Courthouse in Napoleon a designated Infant Friendly Workplace.



Hosted a tobacco-free poster contest for 5th graders - putting the winning design on the CVHD bench.



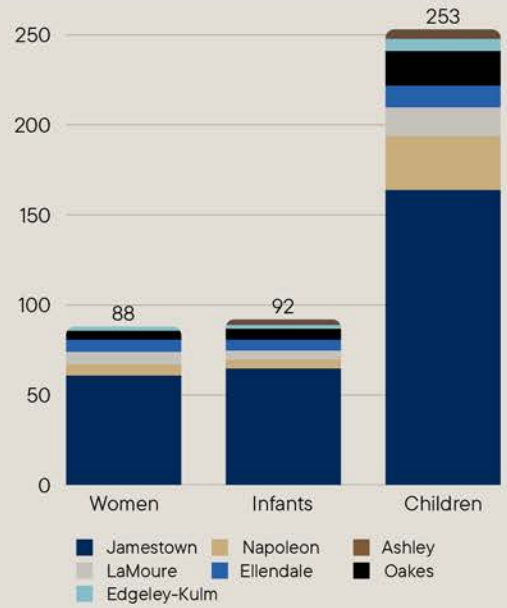
MPH Intern, Emily, joined the Prevention Team for 8 months.



WOMEN, INFANTS & CHILDREN

WIC is a federal supplemental food program for low-income women, infants, and children up to age five. Our WIC team serves the counties of: **Dickey, LaMoure, Logan, McIntosh** and **Stutsman**.

Total Enrollment by Client Type & Location



Enrollment by Month



2025 Highlights:

- Our WIC team added **3 new sites** with the addition of Ellendale, Ashley and Oakes; increasing the total number of WIC sites visit by our program to **7 sites**.
- CVHD WIC ranked 2nd in North Dakota for percent of total infants breastfed at **43.42%**. (2024, USDA)
- Increased WIC accessible grocery stores to **11 stores**.

WOMEN'S WAY

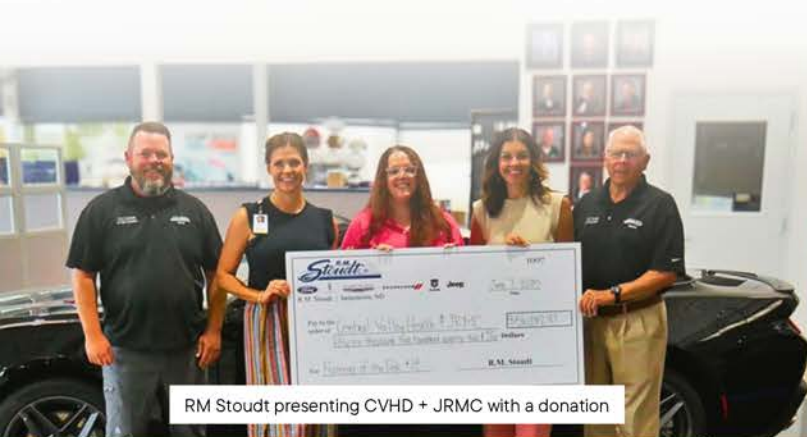
Women's Way is a state program that pays for breast and cervical screening services for women who meet certain age and income qualifications. We provide the program in the following counties:

Barnes, Foster, LaMoure, Logan, McIntosh, and Stutsman.

Total Women Screened

Year	Total
2023	139
2024	119
2025	126

The CVHD Women's Way Resource Fund generously receives additional funding from local campaigns including the **RM Stoudt Running of the Pink** and **Baskets, Bags, and Bubbly**.



RM Stoudt presenting CVHD + JRMC with a donation



Breast Cancer Awareness Night at the UJ Volleyball Game

CVHD provides health services on campus two times a week offering walk-in services including:

- > Reproductive health education
- > STI testing
- > Mental health screenings
- > Wellness exams
- > Sports physicals
- > Immunizations

STUDENT HEALTH

EMERGENCY PREPAREDNESS & RESPONSE

This program is dedicated to creating and promoting a state of readiness and prompt response to protect the health of North Dakotans during catastrophic events, large scale disasters and emergencies. Our Regional Preparedness and Response Coordinator serve the 8 counties of the south central region.

2025 Highlights:

- Facilitated **6 measles table-top exercises** and **2 full-scale long-term care evacuation exercises** in the region.
- Assisted NDHHS EPR staff during the **4** quarterly Medical Reserve Corps (MRC) and the **2** Disaster Mortuary Operations Response Team (DMORT) trainings/exercises in Bismarck.
- Assisted Fargo EPR and NDHHS EPR staff with providing evacuation training at the North Dakota Long-Term Care Association Conference in Fargo.
- Provided respirator fit test training to University of Jamestown staff and students.
- Responded to the June 20 and August 8 storms by assisting NDHHS with medical cache asset deliveries to impacted facilities.



Frank providing preparedness training at a regional public health meeting



DMORT exercise Recovery Team debrief

PUBLIC HEALTH IN THE COMMUNITY

HIGHLIGHTS:

- Offered **Mobile Mondays** during November and December providing immunizations at the Buffalo Mall.
- Convened community health & safety partners on a monthly basis for **Community Health Partnership** meetings.
- Collaborated to provide the monthly **Buffalo City Memory Café** support group for those living with memory loss.
- Provided worksite wellness lipid screenings at area businesses, including Cavendish and Agricover.
- Connected with legislators at **Public Health Day** at the North Dakota Capitol during legislative session.
- Provided prevention education through **Parents Lead parent packets** targeting parents.
- Provided **sports physicals at rural schools** in the Mobile Unit prior to fall sports.
- Coordinated **Kids Safety Day** welcoming over 300 youth in attendance.



COMMUNITY ENGAGEMENT EVENTS

- Winter Ag and Construction Expo
- University of Jamestown Block Party
- Running of the Pink
- Pound for Pink
- Buffalo City Memory Café
- Mental Health Night at JHS basketball games
- Mobile Mondays at the Buffalo Mall
- Stutsman County Human Rights Coalition Allied Picnic



COMMS & OUTREACH

MONTHLY RADIO ADVERTISEMENTS
 MONTHLY NAPOLEON HOMESTEAD ADS
 BI-WEEKLY BILLBOARD ADVERTISEMENTS
 OUTDOOR BENCH ADVERTISING AT CVHD
 2.2K FOLLOWERS ON FACEBOOK
 CVHD WEBSITE & SOCIAL MEDIA PAGES

224K
REACHED
on social media platforms

SPEAKING ENGAGEMENTS

- Kim presented measles education at Ave Maria.
- Maggie & Jill provided nutrition education at Triumph.
- Marcie educated on aquatic testing to hotel staff.
- Kara educated the JFD on bloodborne pathogens.
- Kim presented on CVHD services to Sanford providers.
- Maggie educated on healthy relationships & boundaries.
- Kara & Emily provided education on mental health to high school senior students at Medina School.
- Jenn presented on Ryan White program quality improvement at the state in-person meeting.
- Maggie, Carli & Emily presented on our bike helmet safety program to the Optimist Club.
- Jill discussed healthy snack options with youth in the Parks and Rec Summer Program.
- Frank provided training at Ave Maria on the PortaCount.
- Shannon presented to the Rotary Club on maternal and child health programs at public health.
- Marcie participated on a council and shared her expertise on the model aquatic health code.
- Shannon & Carli presented on Public Health 101 at the UJ senior nursing community health class.
- Deb provided education opportunities to JPS staff on MRSA, seizure safety, medications, and more.
- Kara, Abby & Karena provided education on safer sex & contraceptive methods to area HS & college classes.
- Marcie educated septic system users at the ND Onsite Wastewater Recycling Association Conference.
- Carli & Jill presented nutrition education to JMS students following their Farm 2 Table projects.



Promoting Women's Way at a UJ volleyball game



JRMC Golf Fore Good



Wearing red in the office for Heart Health Month



Kim did a news feature on measles with the Jamestown Sun





MISSION

Lead the change to become the healthiest community.

VISION

Prevent, promote, and protect to improve the health and wellbeing of our community.

CORE VALUES

Collaboration | Respect | Knowledge | Excellence | Innovation