

GUIDE TO SERVICES

HEALTH INFORMATION,
EDUCATION, AND
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HEALTH STANDARDS
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HEALTH CARE
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Regular medical care can prevent many health problems and save unnecessary loss of life, productivity, and money. The good news in health today is you are in control. The Alabama Department of Public Health works closely with the community to protect the public's health and provide caring, quality services for individuals and their families. We hope you use the services listed in this guide to help us put wellness to work for Alabama. The following services are provided by Public Health.

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Making Appointments
Can Help Us Save You
Some **Waiting Time.**

When visiting your county health department, you'll help us save you some waiting time if you make an appointment. While making the appointment, ask if you need to bring any information with you.

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ALABAMA BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

- Free breast and cervical cancer screening is provided to women age 40-64 who are uninsured or underinsured and whose income is at or below 250 percent of poverty level.
- Screening includes breast examination and mammogram, pelvic exam, and Pap smear. If appropriate, free diagnostic testing is also provided.
- All counties are participating in the program. For more information, call toll free 877-252-3324.
- For women diagnosed with cancer through the ABCCEDP, treatment services may be available through Medicaid.

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ALABAMA BREAST AND CERVICAL CANCER TREATMENT PROGRAM

Free treatment for breast or cervical cancer is provided to women under age 64 who are uninsured and whose income is at or below 200 percent of the poverty level. Treatment is provided through Medicaid. Diagnosis must be determined through a biopsy. For more information, call 334-206-6227.

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STATE PERINATAL PROGRAM

- The mission of the State Perinatal Program is to work collaboratively with providers, partners, and institutions to identify and provide recommended strategies that advance the improvement of quality perinatal healthcare through community awareness and education with the goal of reducing maternal, fetal, and infant morbidity and mortality.
- The purpose of the Alabama Fetal and Infant Mortality Review Program is to understand the social, economic, health, educational, environmental, and safety issues that contribute to fetal and infant loss on a local level. The goal is to enhance the health and well-being of women, infants, and their families through improved community resources and service delivery systems.
- The Alabama Maternal Mortality Review Program is an ongoing quality improvement cycle by which a multidisciplinary committee at the state level identify and review cases of maternal death that occur during pregnancy or within one year of the end of pregnancy to analyze data, disseminate aggregate findings, and promote evidence-based interventions to improve the well-being of child-bearing age women, their infants and families.

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CHILD HEALTH

Newborn Screening Program

- Alabama law requires all newborns be screened for 31 primary disorders including phenylketonuria (PKU), congenital hypothyroidism, sickle cell disease, galactosemia, congenital adrenal hyperplasia, biotinidase deficiency, cystic fibrosis, severe combined immunodeficiencies, hearing loss, critical congenital heart disease, and a panel of metabolic disorders which includes amino, fatty, and organic acid disorders.
- Early identification and treatment of infants affected with certain genetic or metabolic conditions can prevent premature death and reduce morbidity, intellectual disability, and other developmental disabilities.
- Newborn screening services include the following: the bloodspot screening to detect life-threatening disorders; the newborn hearing screening to detect hearing loss; and the pulse oximetry screening to detect critical congenital heart disease. Newborn screening should be ordered and performed before the baby leaves the hospital.
- Newborn screening follow-up requires close coordination among the various components of the screening program: the hospital of birth, the state laboratory, the infant's family and physician, community service agencies, and specialists at an appropriate diagnostic and treatment center who oversee long-term treatment and monitoring.

Adolescent Pregnancy Prevention Program

- Administers grants to community based organizations to implement programming to reduce the rate of pregnancy and sexually transmitted disease infections among Alabama's teens.
- Promotes positive youth development through provision of resources and partnership with other youth serving agencies throughout the state.
- Provides access, via the program's Web site, to the Centers for Disease Control and Prevention's School Health Index. This access makes resources available on topics such as health and safety activities for children, reproductive health, and state data, including youth risk behavior study results.

DENTAL SERVICES/HEALTH EDUCATION AND COMMUNITY FLUORIDATION PROGRAMS

- Information on the following programs may be obtained by contacting the Oral Health Branch in Montgomery at 334-206-5675. School dental health education programs, fluoride mouth rinse programs for grades 1-6, tobacco prevention programs, oral health screening and survey programs, dental sealant projects, and other dental programs are available for qualifying schools and facilities. Continuing education presentations are provided for nurses, nursing home staff, dental professionals, and other groups. Information regarding the state community water fluoridation program and a downloadable version of ***Alabama Water Fluoridation: A Community Toolkit*** are also available. Information regarding the ***Share Your Smile With Alabama*** annual smile contest is available as well.
- Click on "Oral Health" at the ADPH Web site for a list of dental clinics located throughout the state or contact the Oral Health Branch at the number listed above for assistance in locating a dental clinic nearest you.

Healthy Child Care Alabama

- Program promotes safe, healthy child care environments for all children, including those with special needs, and provides health, nutrition, and safety education for children, their families, and child care providers. Free services include the following:
 - On-site consultation and assessment of the health and safety risks in child care.
 - Linkage of children, families, and child care providers with community health resources.
 - Assistance with the professional development of child care providers.
 - Provision of health and safety information and training – such as CPR and first aid.
 - Advocacy to promote quality child care in the community.

EMERGENCY MEDICAL SERVICES (EMS) BY AMBULANCE PROVIDERS

All calls on the quality of EMS services will be referred to the Office of Emergency Medical Services in Montgomery at 334-206-5383.

FAMILY PLANNING

The Family Planning Program promotes the well-being of families, responsible behavior, and healthy mothers and babies. Our goal is to prevent unintended pregnancies through education and contraceptive services, allowing for the planning and timing of pregnancies. All services are confidential and may be available for free or at a reduced cost. Call 1-800-654-1385 or contact your local county health department.

- Birth control method information and supplies.
- Physical exam (including a medical history, pap smear, clinical breast exam, and height, weight, and blood pressure check).
- Testing for pregnancy, HIV, and STD.
- Sterilization (including counseling, education, and referral).
- Pre-conception counseling (planning your pregnancy).
- Care coordination for some clients.
- Info Connection, 800-654-1385.

HIV/AIDS

- Alabama Drug Assistance Program: HIV medication assistance.
- HIV/AIDS brochure distribution program.
- HIV/AIDS statistical data.
- HIV prevention network groups.
- Technical assistance for collaborative partnerships.
- HIV and pregnancy information and consultation.
- Grants and proposal opportunities.

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HOME CARE SERVICES

- The department offers home care services through our home care programs.
- Skilled nursing, physical therapy, medical social work, and home health aide services are available statewide through the department's 25 Medicare-certified home health agencies.
- Occupational and speech therapy services are available from most of the home health offices.
- Medicare, Medicaid, and other forms of insurance are accepted for home health services.
- For home care referral information, contact your doctor's office. Call your local county health department for more information about home care services.

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IMMUNIZATION

- **Childhood Vaccines:** All vaccines required for day care, Head Start, and school attendance are administered at each county health department. An up-to-date Alabama Certificate of Immunization (COI) is required for entry into these institutions and is available at each county health department. Pneumococcal and influenza vaccines are administered at most county health departments.
- **Adult Vaccines:** Routine booster doses of some vaccines are available at each county health department. Pneumococcal and influenza vaccines are administered at most county health departments.
- **International Travel:** Vaccines needed for travel outside the United States are available at only a few county health departments. Please call your local county health department to locate a clinic near you, or visit the ADPH Web site at alabamapublichealth.gov for a list of international travel clinic sites.

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INFECTION CONTROL

Information and consultation regarding infection control procedures, infectious diseases, Alabama's Infected Health Care Workers Act, and Centers for Disease Control and Prevention (CDC) recommendations may be obtained by contacting the Infectious Diseases & Outbreaks Division at 334-206-5971.

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LABORATORY

The Bureau of Clinical Laboratories (BCL) consists of laboratories located in Montgomery and Mobile. The BCL provides quality laboratory results for Alabama citizens in support for the following ADPH programs: maternity, family planning, child health, STD, tuberculosis control, diabetes, HIV/AIDS, newborn screening, infectious diseases and outbreaks, and environmental services. Some areas of testing performed by the BCL include lead screening, chemical terrorism, bioterrorism, food testing, parasitology, tuberculosis, fungal identifications, emerging infectious diseases, newborn screening, STD, water quality, dairy, shellfish, rabies, recreational water, and a host of other tests.

WIC - SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN

- WIC provides nutritious foods, nutrition education, breastfeeding counseling, and support to pregnant, breastfeeding women, women who had a baby within the past 6 months, infants, and children up to age 5.
- Eligibility is based on household income and identification of a nutritional risk that could improve with proper nutrition.
- Nutritious foods are purchased using an eWIC card at authorized grocery stores.
- For more program information or to locate WIC clinics throughout the state, click on "Women, Infants & Children (WIC)" at the ADPH website, download our free Alabama WIC App, or call toll free 888-WIC-HOPE (888-942-4673).

CLINICAL NURSING SERVICES

Patient care in county health departments in Alabama is provided by registered nurses and nurse practitioners with the support of licensed practical nurses and nursing assistants. Services provided include family planning, vaccines, sexually transmitted disease, and tuberculosis screening and treatment, other screenings such as those for children needing early intervention, and referral to other medical services including mammograms. Nurses may also provide screenings and health education at community events.

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SEXUALLY TRANSMITTED DISEASES (STDS)

- Confidential testing, treatment, counseling, partner referral, and epidemiologist investigations for most sexually transmitted diseases.
- Reduction of syphilis, gonorrhea, chlamydia, and HIV infections and related sequelae.
- Public education and consulting by trained public health officials.

SOCIAL WORK SERVICES

Licensed public health social workers provide case management/care coordination for family planning, newborn screening disorders, elevated lead levels, and home health. Services consist of psychosocial assessments, individualized service plans, linkage with resources, patient advocacy, and evaluation of service delivery.

TUBERCULOSIS

Testing, medication, physician services, hospitalization, epidemiologic investigations, and laboratory services for those with known or suspected TB disease and those who are contacts to people diagnosed with TB disease.

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The Alabama Department of Public Health ensures standards in environmental health and service areas to protect the public from the spread of disease. These health protection activities include providing public information, professional training and certification, permitting, inspections, complaint investigations, and health regulation enforcement in several areas, including the following:

FOOD AND LODGING PROTECTION

- Questions about food quality and safety are handled by county health department environmentalists. Reports of illness caused by food may also be made by calling 800-338-8374 or by filling out a Foodborne Illness Complaint Form on the department website.
- Lodging protection includes hotels/motels, camps, jails/prisons, and body art/tattoo facilities. Inspections and questions concerning sanitation in these facilities are handled by county health department environmentalists.

MILK AND FOOD PROCESSING BRANCH PROGRAMS

- Regulates all Interstate Milk Shipment requirements involving the state of Alabama. Regulates all frozen dessert processors as well as cheese, butter producers, and single service container manufacturers. Issues permits for operation of milk, milk products, and frozen dessert manufacturers; and enforces sanitation standards in accordance with state and federal laws through direct regulatory involvement in the production, shipping, manufacture, and retail distribution of these products.
- Inspects food processing facilities using federal Food and Drug Administration standards. Also, provides education and support for local environmentalists regarding food processing.
- Provides citizens with information regarding the milk and food processing regulatory requirements and health-related concerns and questions. For more information, please call 334-206-5375.

SEAFOOD BRANCH PROGRAMS

- Regulates shellfish (oyster) processors, seafood, and blue crab processors. Collects water samples from oyster harvest areas in Mobile Bay for bacterial analysis.
- Provides citizens with information regarding Alabama seafood, oysters, and water sampling conducted in Mobile Bay. The Seafood Branch is based in Mobile. For more information, please call 251-433-2428.

INDOOR AIR QUALITY/LEAD/ASBESTOS/MOLD PROGRAMS

The Indoor Lead Program

- 1 Certifies contractors or firms who perform lead-based paint inspections, risk assessments, design projects, conducts abatement activities, issues lead abatement and renovation project permits, and enforces work practice standards and regulations for these activities.
- 2 Performs environmental lead hazard surveys in the homes of children diagnosed with elevated lead blood levels and ensures that further medical treatment or case management is undertaken.
- 3 Provides citizens with information regarding indoor air quality, and mold. For more information, please call 800-819-7644 or 334-206-5373.

Insect and Animal Nuisances that Can Transmit Disease to Humans

These are known as vectors and include bats, rodents, birds, fleas, mosquitoes, and ticks. Environmentalists provide information on ways to reduce the risk of disease transmission from vectors, as well as general control recommendations. Animal bites must be reported to your county health department environmentalist. For questions concerning vectors, contact your county environmentalist or call 334-206-5969. For rabies questions, call 800-677-0939.

Onsite Sewage Disposal Systems

Regulatory responsibilities cover onsite sewage disposal systems such as those using septic tanks and other treatment methods for rural/subdivision housing and for public facilities. Contact your county health department environmentalist before you buy property that will require an onsite system, to:

- 1 Evaluate the site to determine if it is suitable for onsite system installation and to obtain the required installation application.
- 2 Obtain a list of licensed septic tank installers.
- 3 Provide notification that the existing septic system at the site needs to be evaluated.

Solid Waste

The Health Department has the responsibility to oversee the collection and transportation of solid waste containing garbage from the generator to the disposal site. Regulatory responsibilities also include oversight of the treatment and disposal of septage and other permitted wastes. Additionally, county environmentalists provide inspections and information on vector control. Reports on illegal dumps, illegal land application of septage activities, and incidences of vectors affecting public health should be made to your county health department environmentalist.

Water Supply in Individual Residential Wells

Department environmentalists handle calls about bacterial contamination and sampling of individual residential wells. To obtain a water sample bottle for your individual residential water supply, contact your county health department environmentalist.

HEALTH PROVIDER STANDARDS

- If you have questions regarding licensure and certification applications for health care facilities and suppliers such as nursing homes, hospitals, assisted living facilities, end stage renal disease treatment centers, hospices, independent clinical laboratories, residential treatment facilities, abortion or reproductive health centers, ambulatory surgical treatment centers, rehabilitation centers, sleep disorder centers, cerebral palsy treatment centers, or home health agencies, call the Provider Services Unit at 334-206-5175. In addition you may contact this unit with questions concerning the Provider Services Directory, facilities licensure rules, bed change, name change, relocation, and change of ownership applications.
- Questions regarding surveys of long-term care facilities should be directed to the Long Term Care Unit at 334-206-5111. Questions regarding surveys of health care providers other than long term care facilities, assisted living facilities, and laboratories should be directed to the Medicare Other Unit at 334-206-5075. Questions about surveys of assisted living facilities should be directed to the Assisted Living Unit at 334-205-5575. For information relating to building and life safety codes and the plan review process for health care facilities, call the Technical Services Unit of the Office of Facilities Management at 334-206-5177.
- For information regarding the Clinical Laboratory Improvement Amendment, contact the CLIA Laboratory Unit at 334-206-5120.
- For inquiries regarding the Nurse Aide Registry and patient activities directors, call 334-206-5169.
- To make a complaint against a health care provider (other than assisted living facilities) you may call 800-356-9596. To make a complaint against an assisted living facility, call 866-873-0366.

RADIOACTIVE MATERIALS/X-RAY/PARTICLE ACCELERATORS/RADON/NORM/ ENVIRONMENTAL MONITORING/EMERGENCY PLANNING & RESPONSE/ RADIOLOGICAL TRAINING

The Office of Radiation Control

- 1 Regulates the possession/use/disposal of radioactive materials.
- 2 Regulates the possession and use of X-ray equipment and particle accelerators.
- 3 Maintains a statewide environmental, radiological monitoring program.
- 4 Provides statewide emergency response to radiological events in the state.
- 5 Administers a statewide radon and naturally occurring radioactive materials (NORM) program.
- 6 Provides training for "first-on-the-scene" responders and emergency response personnel statewide.
- 7 Acts as the Radiation Control Agency for the State of Alabama.

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An important part of the Health Department's work to protect the public's health is informing people of ways to prevent disease and injury to enhance health quality. The Alabama Department of Public Health provides the following health-related information, education, and access services to the public:

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BIRTH AND DEATH CERTIFICATES

- Certified copies of Alabama birth, death, marriage, and divorce certificates may be obtained in any county health department in Alabama on a while-you-wait basis, regardless of where in the state the event occurred.
- To order copies of these records by mail, contact the Center for Health Statistics, P.O. Box 5625, Montgomery, AL 36103-5625, telephone 334-206-5418, or visit www.alabamapublichealth.gov. Click on the selection "Apply for a birth/death/marriage or divorce certificate" in the How Do I section of the Web page. The price of certified copies is \$15.00 for the first copy and \$6.00 for each additional copy of the same record ordered at the same time.
- Valid identification is required to obtain a restricted vital record, which is a birth certificate less than 125 years old or a death certificate less than 25 years old. For specific information on identification requirements, click on the selection "Apply for a birth/death/marriage or divorce certificate" in the How Do I section of the Web page.

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DISEASE SURVEILLANCE AND OUTBREAK INVESTIGATIONS

- The Infectious Diseases & Outbreaks Division investigates disease outbreaks, maintains surveillance of reportable diseases, and answers queries about infectious diseases and their control. These include questions about communicable diseases, rabies, tick and mosquito-borne diseases, food and waterborne diseases, and healthcare associated infections. For information, call 334-206-5971.

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EMERGENCY PREPAREDNESS

- Training for emergency preparedness is provided to health departments, health care providers, and emergency responders. For more information call 334-206-3394.

HEALTH STATISTICS

The Center for Health Statistics conducts statistical studies and prepares analyses of data on birth, infant death, pregnancy, and other health data for the state and its geographic subdivisions. Many special studies are done on causes of death, teenage births, and maternal behaviors during and after pregnancy and other health-related topics. Information is released in narrative, graphic, and tabular form through annual publications, newsletters, special reports, presentations, and ad hoc tabulations. Data are also available on the website at www.alabamapublichealth.gov. Click on Contents A-Z, then Health Statistics. More information may be obtained by contacting the Center for Health Statistics, Statistical Analysis Division, by mail to P.O. Box 5625, Montgomery, AL 36103-5625, by email to VSDData@adph.state.al.us, or by telephone 334-206-5429.

CHILDREN'S HEALTH INSURANCE PROGRAM (ALL KIDS)

- ALL Kids is a low-cost, comprehensive healthcare coverage program available to children under age 19 who qualify. Benefits include regular checkups and immunizations, sick child doctor visits, prescriptions, vision and dental care, hospitalizations, mental health and substance abuse services, and more. You may visit www.alabamapublichealth.gov/allkids or call 888-373-KIDS (5437) for more information about the ALL Kids program.
- ALL Kids applications may be completed online by visiting www.alabamapublichealth.gov/allkids. Paper versions of the application are also accepted and are available at county health departments, hospitals, medical offices, and schools throughout the state. All applications are available in both English and Spanish versions.

MINORITY HEALTH

- Promote minority presence and participation in health planning and policy formation.
- Enhance and promote public awareness of health care needs of minority populations.
- Engage communities in increasing awareness and developing strategies to eliminate health disparities.
- For more information or for technical assistance, please call 334-206-5226 or visit www.alabamapublichealth.gov/minorityhealth.

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PRIMARY AND RURAL CARE

- Assesses communities for the availability of health care providers and recommends areas with critical shortages for federal shortage designation status.
- Assists provider clinics and small rural hospitals with recruitment efforts in underserved communities, through candidate referrals and physician placements under a J-1 Visa Waiver Program, with special emphasis on health care services for the medically indigent.
- Provides resources for grant writing and workforce development, while collaborating with and providing other technical assistance to health care providers and organizations in rural and medically underserved areas.

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ALABAMA STATEWIDE CANCER REGISTRY

- Collects data on persons diagnosed with and treated for cancer in the state from hospitals and health care providers to identify high risk groups which can specifically be targeted for education, prevention, and screening efforts.
- Provides marketing and planning information for hospitals and health care providers in assessing the need for new equipment, personnel, target markets, and location of new facilities.
- Evaluates the effectiveness of education and intervention programs.
- Investigates potential community cancer excesses.

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INJURY PREVENTION

- Provides information as well as educational presentations regarding sexual assault, suicide prevention, child safety restraints, motor vehicle safety, and seatbelt use. The department also offers information on fire safety, poisoning prevention, drowning prevention, and other forms of violence and injury prevention.
- The Occupant Restraint Program provides educational programs across the state to increase seat belt and child restraint usage.
- The Rape Prevention and Education Program supports the Alabama Coalition Against Rape and its member rape crisis centers in their efforts to provide educational programs addressing violence against women and men. The programs include 24-hour hotlines and educational activities in schools, organizations, and communities.
- The Suicide Prevention and Awareness Program provides support to crisis centers in their efforts to provide suicide prevention gatekeeper training and awareness activities geared toward youth, ages 10-24. In addition to trainings and awareness activities, the program works with hospitals and mental health centers to link individuals at-risk for suicide with referral and follow-up services after a suicide attempt.

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TOBACCO CONTROL AND PREVENTION BRANCH

- Educates decision makers and the general public on tobacco-related policy issues that protect Alabamians from exposure to secondhand smoke, discourages use of tobacco products, and assists those who wish to quit tobacco use.
- Disseminates data on city ordinances, worksite policies, hospital policies, university and school board policies, state and local tobacco excise taxes, compliance checks, and youth and adult beliefs and behaviors about tobacco use.
- Facilitates local and state coalitions to implement the Alabama State Tobacco Plan for Tobacco Prevention and Control 2015-2020.
- Funds communities to attempt to help prevent youth tobacco and e-cigarette use, empower youth to strengthen tobacco control policies in their communities, and help youth quit tobacco.
- Provides free counseling and eight weeks of nicotine replacement therapy to medically eligible Alabamians who want to quit tobacco use. (Call the Alabama Tobacco Quitline at 800-QUIT-NOW (800-784-8669) or visit www.Quitnowalabama.com)
- Enforces FDA tobacco-related regulations in Alabama.

TELEHEALTH: PROVIDE ACCESS TO HEALTHCARE

The Telehealth Program Office works to promote telecommunications technologies for administrative, educational, telehealth, and telemedicine services throughout the state. With this technology, patients can simply go to their county health department to have a medical appointment with a healthcare clinician who may be located hundreds of miles away. Patients receive the same level of care without distant trips for medical appointments.

Both you and your healthcare provider can see and talk with each other with a secure audio-video Internet connection. These telehealth services are HIPAA compliant and encrypted. A county public health nurse or social worker will assist and follow the provider's instructions for these telehealth appointments. As necessary, examinations may include the use of additional specialized equipment such as a Bluetooth stethoscope, handheld examination camera, or ultrasound.

In addition to ADPH staff utilizing the technology, numerous external medical organizations including UAB, USA, Children's of Alabama, and Medical Advocacy and Outreach collaborate to provide services including nephrology, neurology, cardiology, behavioral health, genetic counseling, maternal-fetal-medicine, HIV/AIDS, and diabetes education.



All services from the Alabama Department of Public Health are provided to eligible persons without regard to race, color, creed, national origin, political beliefs, handicaps, or sex. Payment for services varies.

No one will be denied services if unable to pay.



**For additional copies of the Guide to Services,
please visit www.alabamapublichealth.gov.**