

2016 Annual Report



“Unique Characteristics of SHDHD”

South Heartland District Health Department (SHDHD) serves one frontier and three rural counties in South Central Nebraska. SHDHD was the first health department formed under LB 692, a 2001 bill that created public health infrastructure using Nebraska’s Master Tobacco Settlement Funds. Many district challenges exist, but strong collaboration with community partners assists us with strategies to protect and promote the health of the district’s residents.

The four counties are served by three hospitals, but also utilize hospitals from surrounding counties and their satellite clinics in the district. Rural geographic isolation hinders access to care, and emergency health responders volunteer, except for in the largest town. The Hastings Regional Center, created in 1887 as the State Asylum for the Incurably Insane, was phased out to community-based services during the past decade’s state mental health reform. Although there is a deep immigrant/pioneer history tied to the land, agriculture, water and railroads, the current immigrant influx brings multicultural richness and challenges (diversity resistance, language barriers).

Our district has the potential for seasonal weather problems (tornados, drought, flooding, storms). Rural outdoor air quality is high, but agricultural chemicals and dust can cause problems seasonally. Radon potential in indoor air is high. District ground water quality is Impacted by agricultural nitrates, and chemicals from storage bunkers from the largest WWII Naval Munitions Plant (EPA superfund site).

Large numbers of livestock are in owner-operated and commercial feedlots, and at the U.S. Meat Animal Research Center (MARC), where scientists increase livestock production and consumer benefit.

International travel (personal and work-related) and large numbers of livestock increase potential for disease transmission. The central bird migration flyway and diverse wildlife are also conducive to infectious and vector-borne diseases. SHDHD’s Board of Health includes a veterinarian (not a statutory requirement) to advise on agricultural and wildlife concerns.

*Created with input from Board and Staff
for SHDHD’s Accreditation Application
May 18, 2016*



Area health care clinics request Zika virus testing for their patients

Local health care providers submitted **18** requests to SHDHD in order for lab specimens to be sent to CDC for Zika virus testing. All were negative.

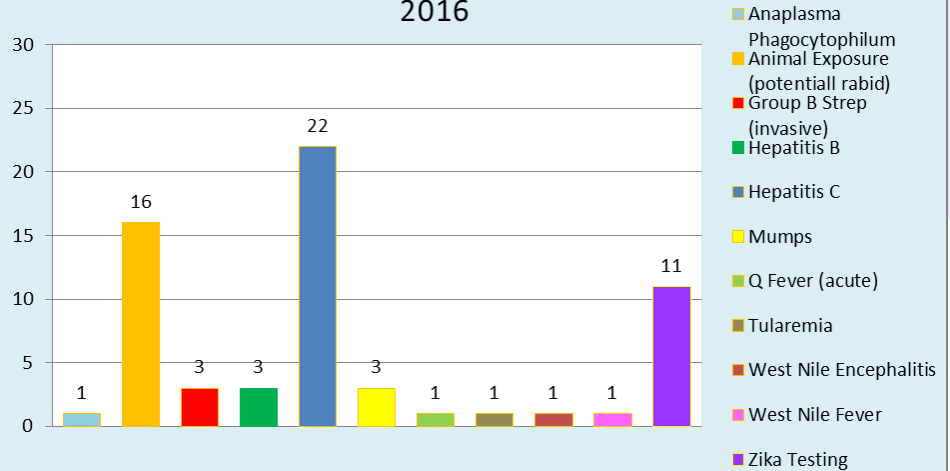


Lead Poisoning Prevention

58 children had elevated blood levels reported to SHDHD during 2016. SHDHD staff educated parents on reducing exposure to lead, sent reminders to ensure follow up blood testing at recommended intervals, and arranged for lead testing of their home environment when appropriate.

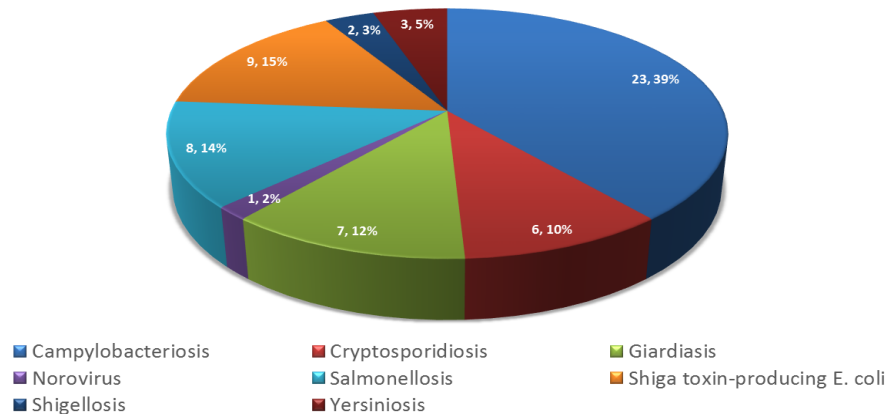


Communicable Disease Investigations 2016



Illnesses and conditions investigated by SHDHD during 2016

Enteric Illness Summary - SHDHD Reportable Disease Investigations 2016



SHDHD tracks diseases, helps prevent their spread



South Heartland monitors notifiable conditions using the NEDSS (National Electronic Disease Surveillance System) and direct reports from local healthcare providers. Investigations are completed in order to identify sources of exposure and prevent illness. Information collected during the investigation process is sent on to the State and the Centers for Disease Control and Prevention (CDC) as required by law. This year we reviewed **1,531 lab reports**, including **158 reports of STDs**, and we conducted **125 disease investigations**.

South Heartland participates in the Nebraska school illness surveillance program with **35** participating schools in our district. Absence due to illness is reported on a weekly basis providing a sample of what illnesses are circulating in our communities. We provide schools a summary of the illness data for their school and the district summary at the end of each semester.

Zika virus education and testing was an important surveillance activity in 2016 with **18** requisitions processed for specimens to be sent for testing at the CDC.

- Jessica Warner, Health Surveillance Coordinator



Minority Women's Health Event - October 2016



Protecting kids from vaccine-preventable diseases

SHDHD protects area children from pertussis (whooping cough), mumps, measles, hepatitis, influenza and other childhood diseases through the **Vaccine for Children program**. For many of these diseases, the shots provide life-long protection. The Vaccine for Children program serves children under age 19 who are uninsured, underinsured or on Medicaid. In 2016:

211 patients vaccinated
535 immunizations for
16 preventable diseases

69% uninsured
17% underinsured
15% Medicaid

Spanish speaking patients/families make up approximately half of clinic patients. Through assistance with SHDHD's bilingual Community Health Worker patients/families are provided interpretation through the scheduling process, during the clinic visit and are assisted with finding a local provider. Clinic is held the first Thursday of each month at SHDHD.

Tetanus, Diphtheria, Pertussis shots offered for eligible adults

SHDHD's Adult Immunization Program provides Tdap (Tetanus, Diphtheria and Pertussis) vaccination to adults. In 2016, 13 adults received Tdap vaccine. To qualify, adults must be 19 and over, be without insurance or have insurance that does not cover vaccines. Adult vaccine is offered during clinic hours and at the yearly Project Homeless Connect event each July.

92% uninsured
8% underinsured
62% no medical provider

- Dorrann Hultman, Community Health Services Coordinator



Linking people to services

Through SHDHD's Every Woman Matters and Community Health Hub programs, staff look for ways to connect with men and women at worksites, in homes, at small group meetings, at community events. We educate and assess each individual's health needs and risks, refer community members to appropriate services and empower individuals to take charge of their own health.

When we identify women needing breast, cervical or colorectal cancer screening, we help them make appointments for cancer screening and provide assistance with transportation, interpretation or advocacy, as needed.

When we find women who are ready to make lifestyle changes to improve their health, we provide one on one personal support to help with goal setting, and financial support to enroll in community programs such as Smart Moves, Diabetes Prevention Program.

In 2016:

79 community or home connections

504 client connections

407 clients linked with a medical provider and/or one or more community resources



Lorena Najera
 Bilingual Community Health Worker



Liz Chamberlain
 Community Health Worker

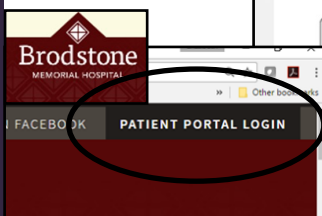
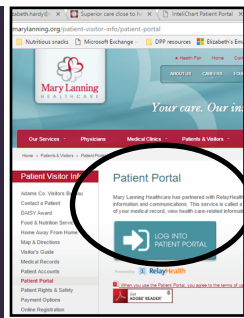
Smart Moves in South Heartland:

- 5 classes offered since start of program
- 50 participants in 1st full year of classes
- 1 Spanish-speaking class
- 2 programs seeking CDC recognition status
- 11 coaches trained
- 88% of Superior class participants **lost weight** and had **improved blood glucose levels!**



Know your BP numbers!

SHDHD is encouraging self-measured blood pressure monitoring and sharing your numbers with your healthcare provider. SHDHD hosted a collaborative for clinics to share their chronic disease prevention work, which included new ways of working with patients who have high blood pressure.



SM = Self-Management Indicates if an action plan was created.

	1	2	3	4	5	6	7	8	9	10	11	12
Name	DOC SM	BP DATE	BPI/s	BP/d	LDL Date	LDL	A1c DATE	A1c	DIABETIC	SMOKER	DATE ASKED IF SMOKES	
Patient A	NO	2/21/2011	127	70	11/30/2010	93			NO	NO	11/20/2010	
Patient B	YES	2/15/2011	110	55	2/15/2011	145	9/25/2010	11.3	YES	YES	2/15/2011	
Patient C	NO	4/7/2010	158	87	4/11/2010	81	4/11/2010	6.7	YES	NO	3/15/2008	
Patient D	YES	1/20/2011	148	95	12/14/2010	170	12/14/2010	8.9	YES	YES	12/12/2009	
Patient E	NO	10/28/2010	129	72	12/10/2010	54	12/10/2010	9.6	YES	YES	3/30/2010	
Patient F	NO	8/21/2010	125	88	4/20/2010	125			NO			
Patient G	YES	6/24/2010	149	85	4/16/2009	102			NO	NO	12/2/2008	
Patient H	NO	3/5/2011	147	90	3/5/2011	81	3/5/2011	12.1	YES	NO	3/5/2011	
Patient I	NO	1/29/2010	120	64	2/3/2010	65			NO	NO	12/22/2004	
Patient J	YES	1/5/2011	117	81	1/5/2011	112	1/5/2011	5.9	YES	YES	7/5/2010	
Patient K	YES	7/24/2008	152	85	7/14/2008	157			NO			

Most current date that blood pressure measured

Most current date that LDL cholesterol measured

Most current date that HbA1c measured

Indicates the most recent date patient was asked about smoking



Mary Lanning and Brodstone patient portals. Brodstone is encouraging patients to use the portal to log their self-measured blood pressure, which helps the health care provider more accurately treat the patient. Quality Clinic in Sutton uses a dashboard to track whether their patients are getting the follow up they need.

'Smart Moves' for diabetes prevention



South Heartland is promoting the CDC's evidence-based Diabetes Prevention Program we call 'Smart Moves' at least once each month through free introductory classes. Smart Moves is a lifestyle change program for people who are at risk of developing diabetes, but don't yet have diabetes. This year-long program helps people lose weight and reduce body fat by increasing their physical activity and improving their eating habits. In 2016 there were 4 Smart Moves classes started in the district and one of those was a Spanish-speaking program.

SHDHD helps clinics use their electronic health records

We worked with **8 primary care clinics** to help them prepare for required reporting to the Centers for Medicare and Medicaid Services. This reporting on how they use their electronic health record (E.H.R.) to improve patient care is called demonstrating 'meaningful use' of the E.H.R.

Quality Clinic in Sutton now identifies patients with high blood pressure that need closer follow up by marking them in the E.H.R. and then uses a dashboard report to track if their patients are getting the follow up they need. They are sharing their progress using a dashboard tool with other local clinics. Brodstone clinic is promoting a patient portal where patients can add information, like self-measured blood pressure, into their own E.H.R. so their healthcare provider can more accurately treat their high blood pressure.

Four clinics in the South Heartland District attended at least one of the clinic trainings hosted by Remedy Healthcare consulting. The trainings were offered on topics such as team-based care, panel management, and chronic care management.

- Elizabeth Hardy, RN, MSN, Diabetes Prevention Coordinator and Clinical Integration Specialist



SHDHD's *Prevention Connection* chronic disease prevention initiative promotes increased physical activity: Healthy Hastings Action Summit Flyer; Nebraska's 'Step and Repeat' walking promotion

Moving more in South Heartland



3 Communities Hastings, Superior and Harvard are making strides to increase physical activity. Healthy Hastings Coalition hosted a walking summit in April at Central Community College with **72** community members in attendance. From the summit there were **20** action items which were assigned to subcommittees for completion. SHDHD leads the "Get People Moving" subcommittee with 4 community partners assisting. A follow-up to the summit in Hastings engaged **40** community members.

2 of 20 Action Items on Hastings's plan were completed by December 2016: creating a clear communication process and developing a funder list. Other action items are in progress led by **5** subcommittees: Get People Moving, Keeping Hastings Green, Community Wellbeing Investment, Infrastructure and Trails, and Engaging the Community. Community organizations or individuals interested in helping Hastings move toward becoming the "Healthiest City in Nebraska" may contact Brooke Wolfe for more information about ways to be involved.

Worksites learn how to make it easy for employees to be physically active

5 worksites (Adams County Court House, Bruckman Rubber, Nebraska Aluminum, The College Heritage View and Nebraska Cold Storage) joined the Worksite Wellness Network. At monthly Network meetings, Mary Lanning and SHDHD provide guest speakers covering a variety of topics, along with tools, resources, sample policies and example assessments.

Highlight: DHHS's Brian Coyle provided Action Planning training on how to increase physical activity at the worksite.

Superior gets moving!

Superior's Walkability Team is carrying out the Walking Summit action plan from October of 2015. This includes monthly team meetings and event planning. The team encouraged a city resolution supporting physical activity and wellbeing initiatives (it passed!), began communicating the action plan with community members, planned **3** community walking events and influenced the city to paint a bike lane to connect the parks. The Walking School Bus initiated by the team in the fall was a popular activity for Superior students and one the team plans to continue.



New Bike Lane & Cross Walk in Superior, NE

Harvard steps up!

SHDHD helped connect groups in the Harvard community and facilitated action planning for a Joint Use Agreement that, once completed, will allow community members to utilize Harvard Public Schools' outdoor facilities free of charge. The Agreement will provide community members with an accessible and safe place to be physically active.

SHDHD creates Nutrition Advisory Board

SHDHD invited a group of individuals with interest and expertise in 'healthy food access' to participate on a Nutrition Advisory Board (NAB).

The NAB assists SHDHD in finding partners for healthy food promotion, provides input on activities, finds volunteers, and promotes healthy food activities offered by SHDHD.

One NAB member led the initiative to convert a traditional food pantry to a 'Choice' pantry to allow for client choice, assisted with cooking demonstrations at Allen's Grocery, and volunteered her time to help educate shoppers on the NuVal system at Ideal Market of Superior.



Healthy Food Demonstrations and Taste-Testing at Grocery Stores (left) and Vending Machines with Healthy Label "Pushers" (green pushers identify healthier options, right)

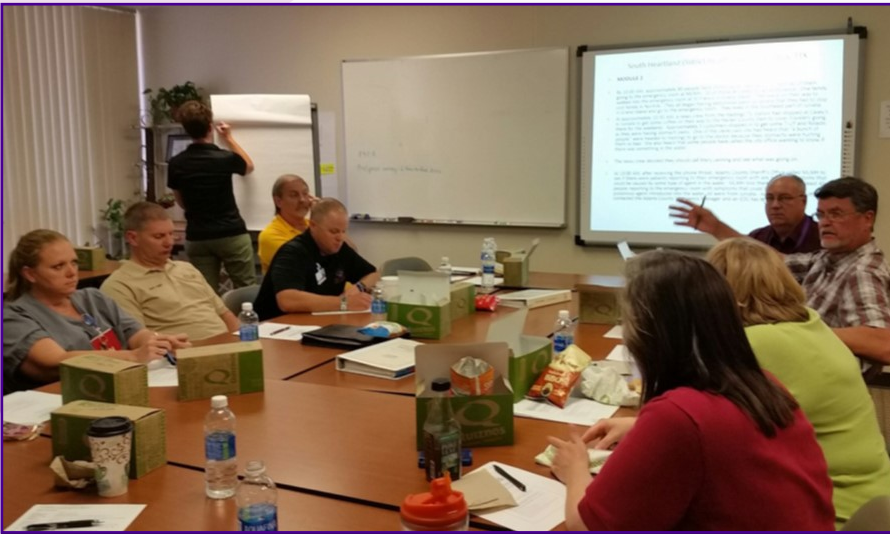
More healthy food options in South Heartland

2 food pantries and 3 grocery stores are partnering with SHDHD to increase healthy food access, promotion and education. In 2016, two traditional food pantries became 'Choice' pantries allowing clients the ability to choose healthier foods. Three grocery stores (Allen's of Hastings, Harvard Food Mart and Ideal Market of Superior) hosted monthly taste testing sessions with the assistance of UNL Extension staff who interacted with customers and provided education and demonstrations for how to make a healthy snack see graph. Stores posted "Choose Healthy Here" signage to identify the healthier choice foods and what makes it a healthier choice.

SHDHD worked with **4 partner vending sites** to improve their vending options: Hastings YMCA, Nebraska Cold Storage, Brodstone Memorial Hospital and Mary Lanning Healthcare. SHDHD staff assessed the vending machines and rated them based on healthy food access and also surveyed employees. The results were reviewed at vendor/vending site meetings to establish goals and action items to improve the healthy options. The vending machine at YMCA of Hastings was the first to receive healthy labeling 'pushers', along with signage, and taste-testing and education for employees.

- Brooke Wolfe, Health Promotion Coordinator and Prevention Connection Project Coordinator





Participants discuss their roles in response to a chemical contamination scenario in Hastings

Agencies discuss roles and response to chemical threat

Representatives from Adams Co Emergency Management, Hastings Police Department, Adams County Sheriff's office, Hastings Utilities, Mary Lanning Hospital, Hastings Fire Department, and South Heartland District Health Department came together to determine roles and responsibilities when responding to a chemical terrorist event involving the public water system. The group discussed the process of establishing an Emergency Operations Center, how and when to notify the public, forming a Unified Command which takes advantage of skills and leadership from multiple agencies, and capability to conduct rapid situational assessments among others objectives. The exercise was co-designed and led by staff from SHDHD and Mary Lanning Healthcare.

Making plans to respond to highly infectious diseases

SHDHD developed a plan for responding to highly infectious diseases then conducted three Tabletop exercises which included scenarios of an Influenza case, a TB case, and an Ebola case. The incidents started with a call to the dispatcher in the area, dispatch of an ambulance, transportation to the hospital, and care given at the hospital. Participants included dispatchers, EMS, law enforcement, emergency management, mortuary representative, Tri-cities Medical Response System, hospital staff representing a variety of hospital functional areas, and South Heartland District Health Department. Exercises were held in Edgar, Red Cloud and Hastings and included representatives from all 4 counties.

What we learned

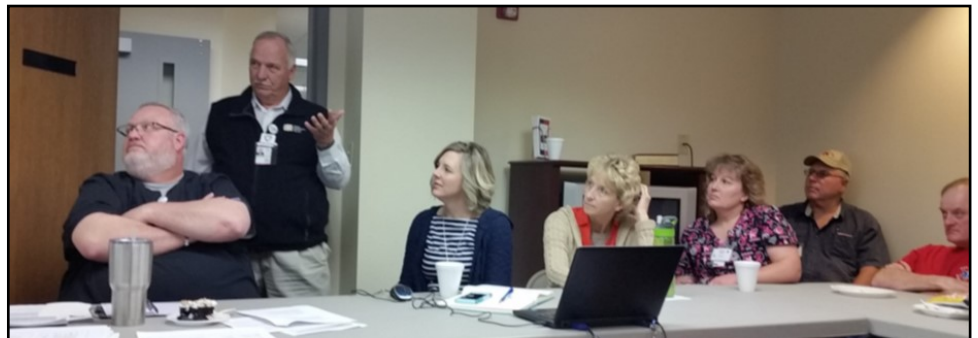
Some takeaways from these highly infectious disease exercises:

1. Agencies defined their roles and responsibilities and stated what they would and would not be able to do.
2. We identified resources and assistance that would be needed and discussed how to request these.
3. We identified additional training needs, such as donning and doffing (putting on and taking off) personal protective equipment [PPE] and discussed whether hospitals would have sufficient staff to meet the patient care needs and maintain the best practices required for these situations.

"[Our area] is fortunate to have agencies that work together so well..."
- Participant



Jim Morgan, Public Health Risk Coordinator



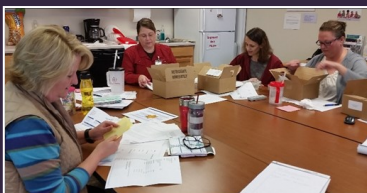
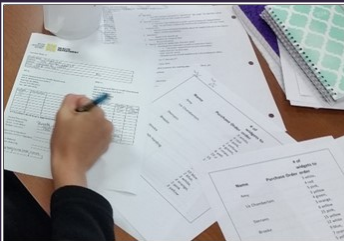
Jim Morgan leads a planning exercise in Webster County for responding to highly infectious diseases

How Are We Improving Our Practices?

At SHDHD, improving our programs and practices is becoming part of our every-day work.

For example, we began improving our financial coding and accuracy by modifying our purchase ordering processes, developing new forms and training staff.

A Staff Exercise helped us practice using the new forms for ordering and receiving items (widgets). To test staff knowledge of mail handling procedures, the scenario included a delivery man who delivered suspicious packages.



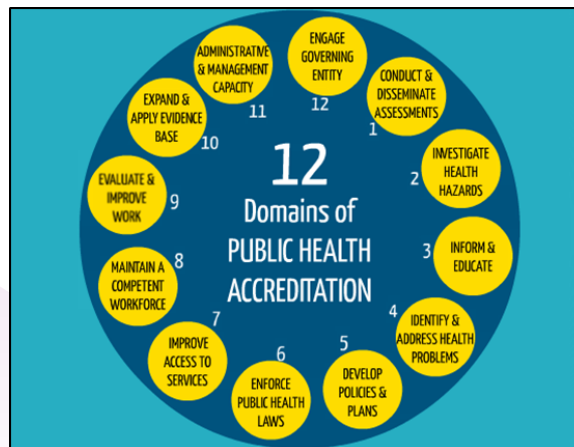
SHDHD Performance Management System Framework

SHDHD is working toward National Accreditation



- ◆ Public Health is moving toward all health departments achieving national accreditation. Currently this is voluntary in most states, including Nebraska. Some states have mandated their health departments to be accredited.
- ◆ Public health department accreditation is defined as the development of a set of standards, a process to measure health department performance against those standards, and reward or recognition for those health departments that meet the standards. *The accreditation process seeks to advance quality and performance within public health departments.*
- ◆ South Heartland District Health Department is moving toward aligning all of our work with the accreditation standards and measures. We are in the process of uploading required documentation for submission in 2017.
- ◆ Accreditation standards are evidence based. There are **12 domains**: the first ten domains address the Ten Essential Public Health Services. Domain 11 addresses management and administration and Domain 12 addresses governance.

- Janis Johnson, Standards and Performance Manager



The strength of a public health system rests on its capacity to effectively deliver the 10 Essential Public Health Services, enabling health systems to assess how well they perform.



Nelson Advanced Tai Chi with Instructors Kathy Brethour and Dennis Melvin

Seniors move with Tai Chi



Tai Chi Moving for Better Balance helps older adults improve their balance and reduces the likelihood of falling. Research shows that people who complete the program are half as likely to fall and are less fearful about falling.

90 older adults benefitted from **8** Beginning Tai Chi classes and **63** more benefitted from 4 Advanced classes offered in Hastings, Red Cloud, Superior, Nelson and Sutton. Of the participants who completed the 12 week beginning series, **79% improved** functioning, mobility, strength and balance.

- Liz Chamberlain, Tai Chi Program Coordinator

Schools help students get active and eat healthy



SHDHD hosted **6 schools** in a four-session Policy Implementation, Evaluation and Sustainability (PIES) school wellness training. The participating schools received technical assistance and funding from SHDHD to carry out their action plans developed at Coordinated School Health Institute training and to communicate and evaluate their programs to ensure sustainability.

CATCH Kids After School Program and Kid's Fitness and Nutrition Day promote physical activity and healthy eating

SHDHD conducted **2 CATCH Kids Club** trainings for schools throughout the health district to attend for free. CATCH Kids is a proven approach to promoting physical activity and healthy eating and includes lessons and activities that can be used in before or after school programs. **45%** of schools in the health district took advantage of CATCH Kids training and are holding CATCH Kids Club activities for their students.

SHDHD hosted the annual Kids Fitness and Nutrition Day event on October 4th with **472 4th grade students** attending from Adams, Clay, Nuckolls and Webster Counties. In spite of rain, the kids enjoyed their time learning about being active and eating healthy. Partners: Hastings College, YMCA, UNL-Extension Nutrition Education Program, UNK and the NE Beef Council.

- Brooke Wolfe, Health Promotion Coordinator

Sun Safe South Heartland

10 community pools partnered with SHDHD for sun safety. They each adopted a Pool Cool Sun Safety Policy and took advantage of SHDHD's sun safety training for pool staff, signage placement, sun screen promotion, pool patron education, and shade structure (umbrellas) installation.



Pool Staff at Hastings AquaCourt

Sun Safety lessons at the doctor's office

SHDHD surveyed primary care providers to select 1-2 providers from each county to serve as Sun Safety Champions and to be pilot sites for an evidence-based skin cancer prevention behavioral counseling activity with their patients. The **5** new Sun Safety Champions received a banner on sun safety for their clinic waiting room and sun safety kits to hand out to their patients.

"This project made me aware of how little people know and how much they should know – showing me I need to do more instruction at time [of visit] and more specific about sun"

- Clinic Healthcare Provider & SHDHD Sun Safety Champion

Thank you to part-time staff, interns & volunteers

Vaccine for Children Clinic

- Sheryl Buescher

West Nile Virus Program

- Kimberly Spartz

Sun Safe South Heartland

- Jake Fowler
- Sophia Pankratz

Hastings College Interns

- Anthony Cloyd
- Kimberly Spartz

Volunteers

- Odeth Mendez-Pedroza
- Lena Market
- Crossroads Mission
- Jim Hardy
- Elaine Petersen

SHDHD served 13 years as fiscal agent for the Tri-Cities Medical Response System (TRIMRS)

Beginning Balance:	\$57,077
New Revenue:	\$110,000
Expenses:	\$167,077



Denise Ferguson, Operations Manager, serves as SHDHD's financial and administrative coordinator

Mental Health and Wellness

With Pepper, her Saint Bernard certified therapy dog, Denise is active with SHDHD's behavioral health support and emergency responses activities. You might find them at a Day of Caring event for caregivers, or strolling through a health fair to calm people as they wait in line for blood pressure checks.

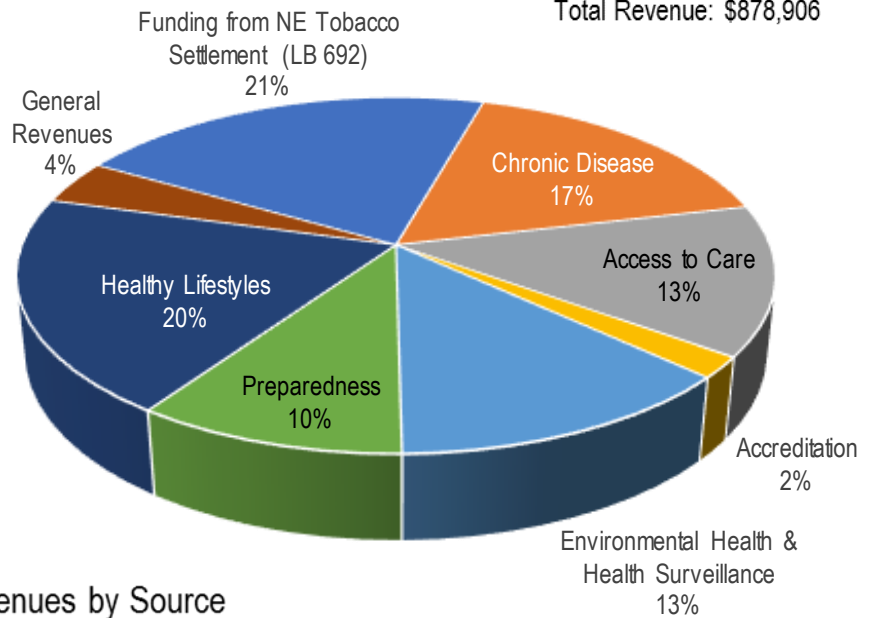


More than **2,000 veterans** live in the South Heartland District. Rural veterans & their families can be isolated from resources, services, & each other. As a community health worker and SHDHD's VetSET coordinator, Liz Chamberlain works with partner agencies to improve our communities' ability to support our military service members and their families. Liz visited with over **450** veterans or their family members and is networking with **43** area organizations to offer training and build referral networks (encouraging "no wrong door").

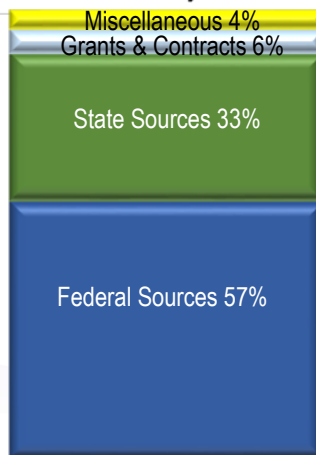


Revenue by Program

Total Revenue: \$878,906

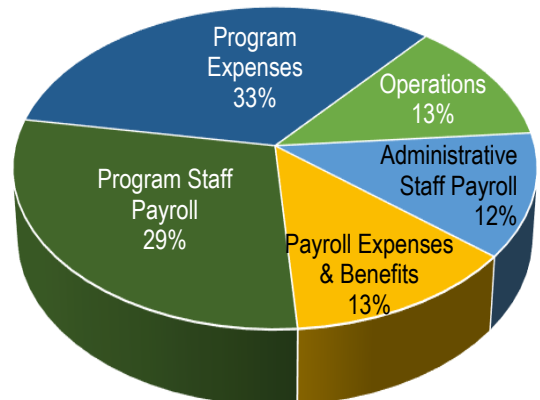


Revenues by Source



Expenses by Source

Total Expenses: \$956,565



SHDHD Finances for Fiscal Year 2016

Board of Directors

County Officials

Charles Neumann	Adams County Supervisor
Eric Samuelson	Clay County Supervisor
Doyle Christensen	Nuckolls County Commissioner
Roger Bohrer	Webster County Commissioner

Public Spirited Citizens

Judy Reimer	Adams County
Michelle Oldham	Adams County
Nanette Shackelford	Clay County
Dixie Siemsen	Clay County
Peggy Meyer	Nuckolls County
Matt Blum	Nuckolls County
Mirya Hallock	Webster County
Ron Kuehner	Webster County

Professional Representatives

Phyllis Salyards, MD
Lindsay Waechter-Mead DVM
Michael Kleppinger, DDS

Officers (March 2016-March 2018)

President	Ron Kuehner
Vice President	Phyllis Salyards
Treasurer	Nanette Shackelford

We thank these former Board members for their service!

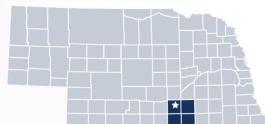
Derek Clark, Nuckolls County Public Spirited Citizen
Luke Poore, Webster County Public Spirited Citizen
Dee Griffin, DVM, Veterinarian



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Public Health
Prevent. Promote. Protect.