

South Heartland District Health Department

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Annual Report 2005

Executive Director's Report

From the Director:

As a district health department, we are dedicated to preserving and improving the health of the population in Adams, Clay, Nuckolls and Webster counties. Our success requires collaboration with many agencies and dedicated persons who support our mission.

In the following pages, you will find information, essential services and activities of our health department.

Thank you!

Joyce Crawford

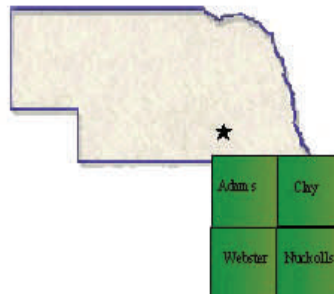
Executive Director

Mission Statement:

Dedicated to preserving and improving the health in Adams, Clay, Webster and Nuckolls Counties.



Back Row: Janet Staehr– Public Health Outreach & Nursing Educator (P.H.O.N.E.), Dixie Zoucha– Resource & Program Development Coordinator, Denise Ferguson– Administrative Assistant/Office Manager, Rosa (Guia) Infante - Public Health Educator. Front Row: Joyce Crawford– Executive Director, Michele Bever– Public Health Risk Coordinator



Wellness Activities

“Healthy people in healthy communities” - This is the vision of the South Heartland District Health Department. With this vision in mind, SHDHD’s Wellness program is very active in the development, implementation and evaluation of programs that promote healthy lifestyles, including those that address physical inactivity, nutrition, safety, health education and disease prevention.

Nebraska On the Move Kids Fitness and Nutrition Day — Over 500 students and 60 teachers/school staff from Adams, Clay, Nuckolls and Webster Counties attended this event held on the Hastings College campus on Sept. 30, 2005. Students participated in 16 physical activity stations and six nutrition education stations. A healthy sack lunch was served and all students received a pedometer and t-shirt. Joining the SHDHD and Nebraska On the Move as sponsors of the event was Hastings College, the Hastings Family YMCA, The University of Nebraska at Kearney and the All Recreate on Fridays (ARF) Movement of the Nebraska Health & Human Services System (NHHSS). Funding for the event was provided, in part, by the Nebraska Beef Council and the Cardiovascular Health Program of the

Salud Para Su Corazón—Health for your Heart is a joint Minority Health Initiative with Mary Lanning Health Care Foundation and South Heartland District Health Department. This initiative seeks to promote healthy lifestyles and reduce the prevalence of overweight/obesity and cardiovascular risk factors by implementing culturally relevant strategies among the Latino population. Currently there are approximately 50 families in the program with more than half of the families enrolled at the YMCA.

Physically Active Communities Excel (P.A.C.E.) Challenge - From February 1— June 30th, all residents of Adams, Clay, Nuckolls and Webster Counties were invited to participate in the P.A.C.E. Challenge. Together the four counties competed against Gage County, North Central District Health Department, Loup Basin Public Health Department and Chadron to log the most steps per capita. Although SHDHD did not win the Challenge, residents logged a total of 462,585,162 steps or 9,778 steps per capita. Approximately 2,300 pedometers, as well as a variety of items promoting physical activity and healthy eating were given away to SHDHD residents. The Challenge was funded by a grant sponsored by the Peter Kiewit Foundation, Blue Cross Blue Shield, Well Workplace Nebraska, Welcom, the First National Bank and Union Pacific.

Scrubby Bear – In cooperation with the Mid-Rivers Chapter of the American Red Cross. SHDHD has taken Scrubby Bear on the road to health fairs, elementary schools, pre-schools, daycares and Head Start facilities throughout the District. During the 2005-06 school year. Scrubby Bear and his helpers educated over 1,586 children and adults to prevent the spread of germs by practicing proper hand-washing techniques.

All Recreate on Fridays (ARF) Movement -

The SHDHD conducted three workshops to educate elementary and middle schools, daycares, pre-schools and youth organizations about the ARF program. Kids participating in ARF, sponsored by the Nebraska Cardiovascular Health Program, aim to be physically active for at least 60 minutes through school, family, and community activities every Friday. The workshops resulted in 776 youth joining the ARF Movement.



Students participate in NOM Kids Fitness & Nutrition Day

Public Health Risk Activities

The South Heartland District Health Department conducted bird and mosquito surveillance in our four counties. Twenty Nine Dead birds (corvids and raptors) and weekly mosquito pools were shipped to Health and Human Services System for testing. Ten of these birds tested positive for **West Nile Virus**.

West Nile education and information was shared with the public and local media.

West Nile and DEET brochures were developed for the public's use. These brochures may be obtained through the health department.

FIGHT THE BITE!



The Department awarded \$17,000.00 in **mini-grants** to 15 communities in our four county area for mosquito control.

These include Superior, Bladen, Nora, Oak, Sutton, Saronville, Ong, Inland, Harvard, Glenvil, Fairfield, Deweese, Edgar, Clay Center and Kenesaw

May 2005 Storm Response

On May 11, 2005 severe **storms** bringing hail and torrential rain devastated communities in Adams County. South Heartland District Health Department staff collaborated with many other agencies to assist residents of Kenesaw and Hastings in their recovery. The Health Department prepared news releases on the status of sewer systems and drinking water quality, had bottled water on standby for delivery if required, went door-to-door in flooded neighborhoods to assess needs and provide informational materials, held a tetanus clinic to provide 48 doses of tetanus vaccine, assisted residents with moisture meter use to assess flood damage, and organize multi-agency informational meetings for affected residents. Partnering agencies included the Mid-Rivers Chapter of the American Red Cross, Adams County Emergency Management, Kenesaw Emergency Management, Adams County Extension, UNL, Healthy Homes Program, City of Kenesaw, and City of Hastings.

The South Heartland District Health Department routinely answers **questions** about mercury spills, homes with mold, and tattoo regulations. We have provided information on vaccine recommendations for persons traveling overseas. We counsel people who may have been exposed to rabies when they find a bat in their home, or their livestock or pets have encountered a rabies infected wild animal.



Disease Investigation and Infection Control

A new South Heartland **Infection Control** Group was initiated by the Health Department in October 2004. This group of infection control practitioners from hospitals, schools, long term care facilities, and public health meets quarterly to discuss current infection control issues. The Health Department provides the organizational structure and sponsors peer-reviewed Continuing Education credits for participating nurses.

The Health Department works with Nebraska Health & Human Services System (NHHSS) to **investigate** disease outbreaks such as pertussis (whooping cough), influenza and foodborne illness.

One event– associated **food borne** illness outbreak affecting resident's in our district required Health Department staff to complete surveys on food consumption and illness symptoms on 10 persons. Two respiratory illness outbreaks in long-term care facilities resulted in collaborations between the facility directors, Health Department staff and Nebraska Health and Human Services to discuss approaches to managing the outbreaks.

The national **influenza** vaccine shortage during the 2004-2005 influenza season also impacted the South Heartland District. The Department surveyed providers to assess the scope of the shortage in our district, fielded hundreds of calls from citizens inquiring about where to receive the vaccine, and redistributed approximately 2500 doses of vaccine to providers that needed it.

Pertussis has appeared with vigor in the district– with 14 confirmed cases—and staff has followed up on over 200 contacts. The Department sent Local Health Alert notification to physicians and infection control practitioners throughout the district providing them with updates on gold standard diagnostic tests, recommended treatment, how to protect contacts, and pertussis fact sheets for distribution to patients.

School Surveillance

One of the functions of the local health department is **early detection** of unusual events that adversely affect the health of communities.

The South Heartland District Health Department contacts 35 schools in our district on a weekly basis to determine absenteeism due to illness. These reports are submitted to Nebraska Health and Human Services for analysis. An unusual report from a school initiates an immediate phone call to Nebraska Department of Health and Human Services from South Heartland District Health Department.

**Keep illness
from spreading!**



In 2004-2005 the Health Department followed up on 10 potential human exposures to rabies

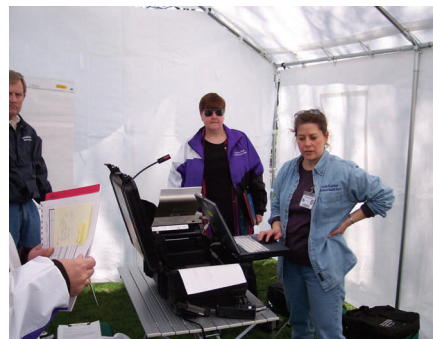
Emergency Preparedness Planning and Exercises

Public Water System Emergency Preparedness.

The Health Department used Bioterrorism Funds in a **mini-grant program** to provide assistance to public water systems for improved security (e.g., fencing or documentation) or for equipment or supplies to provide quality drinking water to communities during a public water system emergency (e.g., chlorinator). Grants totaling \$ 1639 were awarded to the City of Harvard, the City of Red Cloud, the City of Edgar, and Clay County Emergency Management. In addition, the Department purchased 2000 collapsible sterile 1-gallon containers to assist communities in providing emergency potable water from a bulk source to their residents.

Emergency Preparedness Exercise.

The Department sponsored (helped design and hold) 15 emergency preparedness exercises, including 3 orientations, 7 table top exercises, 1 functional exercise and 3 full scale drills. Health Department staff participated in 6 additional exercises sponsored by other partners.



Environmental Issues.

Mercury "Bucket Project"

South Heartland District Health Department is participating in the Mercury "**Bucket Project**" initiated by the Nebraska Department of Health and Human Services Indoor Air Quality Program. The aim of the project is to reduce health-threatening exposures to broken mercury-containing thermometers and other mercury-containing devices. There are 4 mercury recycling drop-off locations in the health district (1 each in Hastings, Clay Center, Superior, and Red Cloud). Since the initiation of the project in October 2004, the district has collected over 25 lbs of mercury plus mercury-containing devices including blood pressure monitors, thermostats, 89 thermometers, and 111 switches. One filled bucket has been turned in for recycling.



Public Health Outreach Nursing Education

The Nebraska Department of Health and Human Services System (HHSS) contracts with South Heartland District Health Department to provide outreach and assistance for Medicaid and Kids Connection clients. The Nurse working with the **Public Health Outreach Nursing Education Program (P.H.O.N.E.)** assists clients to obtain health care and provides information and referrals to those in our health district.

During the fiscal year of July 1, 2004 through June 30, 2005.– Approximately 3,500 **referrals** were made. They included: Health Care, Dental Visits, Vision Examinations, Lead testing, Car seat checks, Immunizations, WIC and Commodities program, Food Coop, Every Women Matters, Clinic of Good Health, and Community Services Coordinators to name a few. Medical homes were found for 11 clients, 61 clients found new dental homes and 84 found vision homes. 458 missed dental appointments were followed up.

Clients are encouraged to have Medical, Dental, and Vision homes as well as seeking medical care for their children



During the past fiscal year booths were at **health fairs** in each of the four counties: Adams, Clay, Nuckolls & Webster

Mini-Grants

South Heartland District Health Department has receives requests to fund health related projects and programs. **Mini-grants** were awarded to 9 organizations for Dental Services, Mental Services, Diabetes Programs, Vision Programs and to promote healthy and safe life styles in the amount of \$37,833



Mini-Grant Application

Board Of Health Members

County Officials

Elmer Murman

(Adams County Supervisor)

Gene Arnold

(Clay County Supervisor)

Arnold Brown

(Nuckolls County Commissioner)

Mary Delka

(Webster County Commissioner)

Public Minded Citizens

Judy Reimer

(Adams County)

W. Michael Kearney

(Adams County)

Jan Baird

(Clay County)

Sam Townsend

(Clay County)

Peggy Meyer

(Nuckolls County)

Perry Freeman

(Nuckolls County)

Barbara Sprague

(Webster County)

Robert Sheckler

(Webster County)

Community Representatives

Jessica Meeske, DDS

(Dental Representative)

Kathy Anderson, MD

(Medical Representative)

John Waddell, DVM

(Veterinary Representative)



Financial Report

Revenues	
State Revenue– LB692	198,674
Emergency Response	107,830
State Oral Health	12,500
Kids Fitness & Nutrition Day	2,500
Women Lead the Way	5,000
West Nile	15,250
Material Child Health	3,286
Public Health Outreach Nurse Educator	41,905
TRlcities Medical Response System Administrative Fee	6,906
Other Income & Interest	8,817
TRlcities Medical Response System	130,000
Total Revenues	532,668

Expenses	
Salary & Benefits	225,274
Mini-grants	56,472
TRIMRS	130,000
Other Expenses	120,890
Excess Revenue	32
Total	532,668

