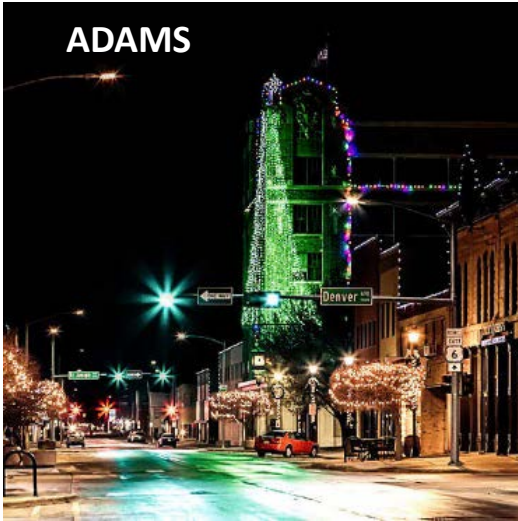
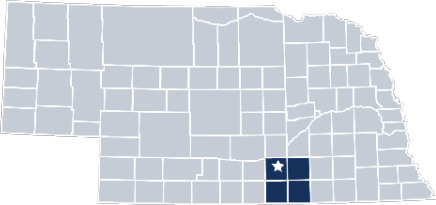


OUR VISION IS... HEALTHY PEOPLE IN HEALTHY COMMUNITIES



**South Heartland
District
Health Department
Annual
Report 2019**



ADAMS



CLAY



WEBSTER



NUCKOLLS



A Message from the Board President

The Board of Health for South Heartland District Health Department is made up of a diverse group of 15 dedicated individuals which has ultimate responsibility for public health in Adams, Clay, Nuckolls and Webster Counties. By state statute, the Board of Health must include:

- one county commissioner or supervisor representative for each county (these individuals are appointed by their County Boards)
- at least one community-minded individual from each county (according to the South Heartland bylaws, we have 2 public-spirited individuals appointed by each County Board)
- a physician (appointed by the Board of Health)
- a dentist (appointed by the Board of Health)

South Heartland bylaws also require:

- a veterinarian (appointed by the Board of Health)

Our Board is responsible for

- making sure the department has adequate resources (legal, financial, human, technological, and material) to carry out the essential public health services mandated by state statute and guided by ethical public health practice (**Resource Stewardship**)
- developing policies that protect, promote, and improve public health (**Policy Development**)
- building and strengthening community partnerships and engaging stakeholders to help promote and protect the community's health (**Partner Engagement**)
- exercising legal authority as applicable by law (**Legal Authority**)
- setting measurable community improvement goals and then evaluating and monitoring progress toward these goals (**Continuous Improvement**)

The South Heartland Board of Health meetings are held every other month and rotate locations among the 4 counties. These meetings are open to the public. Please don't hesitate to attend a meeting or contact a representative from your county to share your public health concerns or report on public health successes in your county.

- Nanette Shackelford, SHDHD Board President

South Heartland's Vision: *Healthy People in Healthy Communities*

Mission

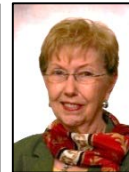
The South Heartland District Health Department is dedicated to preserving and improving the health of residents of Adams, Clay, Nuckolls and Webster Counties. We work with local partners to develop and implement a Community Health Improvement Plan and to provide other public health services mandated by Nebraska State Statutes.

2019 Board of Health

Adams County



Charles Neuman
Secretary/Treasurer
County Supervisor



Judy Reimer



Donna Fegler-Daiss

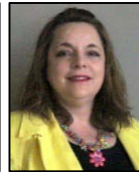
Clay County



Eric Samuelson
County Supervisor



Sondra Nejezchleb



Nanette Shackelford
Board President

Nuckolls County



James Keifer
County Commissioner



Jean Stichka



Peggy Meyer

Webster County



TJ Vance
County Commissioner



Mirya Hallock
Vice President



Torey Kohmetcher

Professional Representatives



Daniel Brailita, MD



Michael Kleppinger,
DDS



Lindsay Waechter-Mead,
DVM

A Message from the Health Director



Welcome to the South Heartland District Health Department's 2019 Annual Report! Within the pages of this report, you will find highlights of our efforts to protect, promote and improve public health in Adams, Clay, Nuckolls and Webster Counties in south central Nebraska.

Michele Bever,
PhD, MPH
Executive Director

This past year our staff and Board finalized and approved a new SHDHD community health improvement plan focusing on five improvement priorities: Access to Health Care, Mental Health, Substance Misuse, Obesity and Related Health Conditions, and Cancer. We also completed a new Strategic Plan which will help us to implement the community health improvement plan as well as improve our capacity to carry out the Department's mission.

We are energized by the community engagement of our partner organizations, professionals and individuals from all four counties as we began implementing the community health improvement plan strategies this past year. We launched steering committees - one for each of the 5 improvement priorities - to oversee the strategies for improvement, to monitor progress on the strategies, and to make any needed course corrections. We are grateful to the volunteers who are serving as members and leaders of these committees. These partnerships are awesome demonstrations of public health in action!

We invite you to join in our efforts to protect, promote and improve public health as we strive toward our vision: *Healthy People in Healthy Communities!*



SHDHD Staff

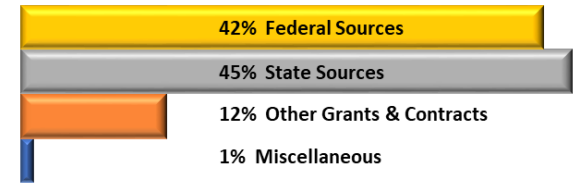
Front Row: Jim Morgan, Michele Bever, Janis Johnson, Joe Streufert
Back Row: Jessica Warner, Dorrann Hultman, Brooke Wolfe, Alex Stogdill, Liz Chamberlain, Jean Korth, Albert Pedroza and Odeth Méndez-Peraza

2018 - 2019 Financial Report



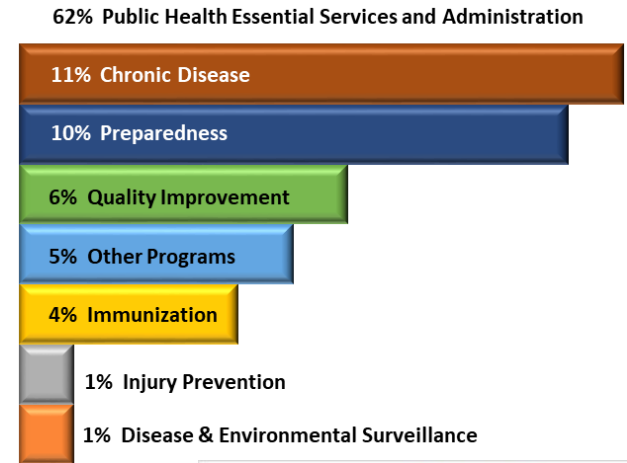
Joe Streufert
Finance and
Operations Manager

Where the \$\$ Come From... Revenue by Source: \$671,212

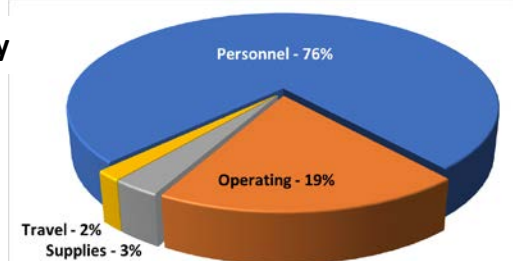


To view a list of all current funding sources go to:
<https://southheartlandhealth.org/about-us/funding-sources.html>

How these \$\$ are Supporting Public Health... Expense by Program: \$718,488



Expense by Category



Community Health Improvement Plan 2019-2024



Community Health Priorities 2019-2024

Access to Health Care

Goal 1: Access to Health Care

Improve access to comprehensive, quality health care services by addressing identified gaps in services and barriers to accessing care

Goal 2: Mental Health

Improve mental health through prevention and by ensuring access to appropriate, quality mental health services

Goal 3: Substance Misuse

Reduce substance misuse/risky use to protect the health, safety and quality of life for all

Goal 4: Obesity & Related Health Conditions

Reduce obesity and related health conditions through prevention and chronic disease management

Goal 5: Cancer

Reduce the number of new cancer cases as well as illness, disability and death caused by cancer

Putting the Plan into Action!

Each Priority Area, determined by the Community Health Assessment process, has a 10-15 member CHIP Implementation Steering Committee. Members of the committees represent different sectors of the community, diverse stakeholders and key leaders/experts in the priority area.

The purpose of the Implementation Steering Committees is to:

- Provide oversight of the Community Health Improvement Plan (CHIP) by meeting bi-annually to review progress on community-based efforts related to specific strategies, for their respective priority area(s).
- Coordinate the transfer of data between organizations involved in community-based efforts related to specific strategies.
- Review data collected, including outcomes data and key performance indicator data.
- Make recommendations for quality improvement and strategy adjustments.

The leaders (chair, vice chair) for each steering committee are volunteers from community partner organizations with missions that support the priority area. One South Heartland District Health Department staff member is participating on each of the Implementation Steering Committees. SHDHD is providing the meeting space for each steering committee to convene two times per year, and coordinating technology connections between participating counties. SHDHD is also managing the data gathering processes to measure progress on the improvement strategies and will be compiling an annual CHIP report based on data collected and the steering committee recommendations.

Access to Care Priority: Steering Committee Leadership

Chair: Jodi Graves, Executive Director, United Way of South Central Nebraska

Vice Chair: David Long, Vice President of Ambulatory Services, Mary Lanning Healthcare

WHY Access to Care?

Access to care is one of the top 5 Health Priorities as rated by South Heartland's Communities

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

6% IMPROVEMENT IN 6 YEARS

Access to Care

Adequate access to health education and services directly impacts health outcomes.

In Adams, Clay, Nuckolls and Webster Counties, our communities identified the most important gaps in health care services and the most concerning barriers to accessing health care.



Gaps in Health Care Services

- Mental Health Practitioners
- Substance Abuse Prevention/Treatment
- School-Based Services
- Specialty Services
- Emergency Services
- Chronic Disease Management Services

Barriers to Accessing Health Care

COST
NAVIGATING THE HEALTH SYSTEM

INSURANCE COVERAGE
HEALTH LITERACY

TRANSPORTATION
POVERTY AND ECONOMIC STATUS

AWA RENESS OF AVAILABLE HEALTH RESOURCES

"Accessibility to primary care and prevention is a huge issue, be it due to financial restraints, transportation issues, or knowledge deficit."

Resident response to SHDHD Community Themes and Strengths Assessment, 2018

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code ▶




HOW will we make a difference?

Access to care is one of the top 5 Health Priorities as rated by South Heartland's Communities

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

6% IMPROVEMENT IN 6 YEARS

Our goal is to improve access to comprehensive, quality health care services by addressing identified gaps in services and barriers to accessing care.

We are working together to improve access to quality health care for everyone!

STRATEGIES/OBJECTIVES

Action	Setting
Provide affordable primary care, oral health and behavioral health services.	Federally Qualified Health Center
Expand substance misuse services.	Community, healthcare system
Improve transportation options.	Community
Help people understand and use insurance	Community, providers, hospitals, worksites
Build a workforce to assist people with accessing health care	Community, healthcare, public health department
Promote using proven practices to improve health information communication	Healthcare, public health department
Assist people who experience greater barriers to accessing health care	Community, public health department
Create a health services resource guide	Libraries, schools, clinics, hospitals, community and the public health department

EXPECTED RESULTS

Fewer people say that cost is a barrier to visit their health care provider

More people have health care coverage and know how to use it

More people have a personal health care provider

More people visit their doctor and dentist for routine exams

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code ▶




Mental Health Priority: Steering Committee Leadership

Chair: Kim Kern, Director, Behavioral Services, Mary Lanning Healthcare

Vice Chair: Treg Vyzourek, CEO, Brodstone Memorial Hospital

WHY Mental Health?

Mental Health is one of the top 5 Health Priorities as rated by South Heartland's Communities

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

Mental Health

There is a shortage of mental health professionals and people are unaware or unable to access services.

Adams, Clay, Nuckolls and Webster Counties are designated Federal and State mental health professions shortage areas.

6% IMPROVEMENT IN 6 YEARS

What do the South Heartland numbers say?

9-12th GRADERS

- 28% were depressed in the past year
- 19% considered suicide
- 13% attempted suicide

ADULTS

- 20% reported depression
- 9% reported frequent mental distress

43% of adolescents with depression receive the treatment they need

47% of adults with mental illness receive the treatment they need

"Our community needs to be more vocal about the issues leading up to suicide. I know more teens that have died from suicide in the past year than I have in my whole life - and they all have happened in Hastings."

Resident response to SHDHD Community Themes and Strengths Assessment, 2018

"Mental illness is an important public health problem in itself and is also associated with chronic medical conditions such as cardiovascular disease, diabetes, obesity, and cancer."

Ileana Arias, Ph.D., Centers for Disease Control and Prevention

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code ▶

CONNECTING PEOPLE & RESOURCES

ADAMS CLAY WEBSTER NUCKOLLS STRONG & HEALTHY COMMUNITIES

HOW will we make a difference?

Mental Health is one of the top 5 Health Priorities as rated by South Heartland's Communities

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

Our goal is to improve mental health through prevention and by ensuring access to appropriate, quality mental health services.

We are working together to connect people to timely and appropriate mental health services.

6% IMPROVEMENT IN 6 YEARS

STRATEGIES/OBJECTIVES

Action	Setting
Promote screening and assessment to facilitate referral.	Providers, schools, community
Train professionals and community members.	Providers, community, public health department
Create a local Behavioral Health Advocacy Group.	Community
Expand use of proven technologies for mental health services	Health care, behavioral health care and community
Create a health services resource guide	Libraries, schools, clinics, hospitals, community, public health department

EXPECTED RESULTS

- Fewer youth feel sad or hopeless
- Fewer youth attempt suicide
- More people receive timely mental health services
- Fewer adults have depression
- Fewer adults have frequent mental distress

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code ▶

CONNECTING PEOPLE & RESOURCES

ADAMS CLAY WEBSTER NUCKOLLS STRONG & HEALTHY COMMUNITIES

Substance Misuse Priority: Steering Committee Leadership

Chair: Shannon Short, Pharmacist, Brodstone Memorial Hospital

Vice Chair: Stefanie Creech, Executive Director, Area Substance and Alcohol Abuse Prevention (ASAAP)

WHY Substance Misuse?


Substance Misuse is one of the top 5 Health Priorities as rated by South Heartland's Communities

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

Substance Misuse is harmful and costly to individuals, relationships and communities, but it can be prevented and treated.

In Adams, Clay, Nuckolls and Webster Counties, residents are concerned about the health impacts, community burden and dangers associated with substance misuse and abuse.

6% IMPROVEMENT IN 6 YEARS





What do the South Heartland numbers say?

9-12th GRADERS	ADULTS
24% Drink alcohol	60% Tried to quit smoking in the past year
15% Use electronic vapor products (e-cigarettes)	18% Use electronic vapor products (e-cigarettes)
11% Smoke cigarettes	18% Smoke cigarettes
11% Misuse or abuse prescription drugs in their lifetime	15% Binge drinking
11% Use marijuana	

"Drug misuse and abuse and alcohol misuse and abuse are difficult community issues, but I think we must continue to look for solutions."
Resident response to SHDHD Community Themes and Strengths Assessment, 2018

"Abuse of tobacco, alcohol, and illicit drugs is costly to our Nation, exacting more than \$740 billion annually in costs related to crime, lost work productivity and health care."
National Institute on Drug Abuse, 2018

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code

HOW will we make a difference?

Substance Misuse is one of the top 5 Health Priorities as rated by South Heartland's Communities

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

Our goal is to reduce substance misuse and risky use to protect the health, safety and quality of life for all.

We are working together to promote prevention, expand treatment and connect people to resources.

6% IMPROVEMENT IN 6 YEARS

STRATEGIES/OBJECTIVES

Action	Setting
Promote screening and assessment to facilitate referral.	Providers, schools, community
Train professionals and community members.	Providers, community, public health department
Create a local Behavioral Health Advocacy Group.	Community
Expand the teen drug court program to all counties	Community, Judicial
Expand drug take back programs and encourage safe pain management	Home, community and health care, public health department
Create a health services resource guide	Libraries, schools, clinics, hospitals, community, public health department

EXPECTED RESULTS

- Fewer adults misuse substances
- Fewer youth are involved in risky behaviors that lead to substance misuse
- More people receive timely substance misuse and mental health services
- Resources will connect people to the help they need

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code




Obesity and Related Health Conditions Priority: Steering Committee Leadership

Chair: Troy Stickels, Executive Director, Hastings Family YMCA

Vice Chair: Marisa L'Heureux, APRN, Blue Hill Clinic

WHY Obesity?

Obesity is one of the top 5 Health Priorities as rated by South Heartland's Communities



Obesity is associated with many chronic conditions including high blood pressure, heart disease, stroke, diabetes and some cancers.

In Adams, Clay, Nuckolls and Webster Counties: heart disease, stroke, and diabetes account for half of all deaths.

6% IMPROVEMENT IN 6 YEARS



What is going on in South Heartland?

- 6% of adults have heart disease
- 11% of adults have diabetes
- 35% of adults have high blood pressure
- 1 in 3 high school students and...
- ...7 in 10 adults are overweight or obese

23% of total U.S. healthcare costs are related to diabetes

\$1.42 trillion in U.S. healthcare costs can be linked to obesity

What can I do?

- DECREASE Salt
- INCREASE Physical activity
- DECREASE Processed food and sugar
- INCREASE Fruits, vegetables, whole grains
- WATCH PORTION SIZES

"We are seeing a huge surge of patients with obesity and obesity-related health problems. There needs to be a way to educate our community on nutrition."


Health care provider response to SHDHD Community Themes and Strengths Assessment, 2018

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code




HOW will we make a difference?

Obesity is one of the top 5 Health Priorities as rated by South Heartland's Communities



Our goal is to reduce obesity and related health conditions through prevention and chronic disease management.

We are working together to change our environment and culture to make healthy choices the easy choices!

6% IMPROVEMENT IN 6 YEARS



STRATEGIES/OBJECTIVES

Action	Setting
Increase counseling and communication about nutrition, physical activity, weight and chronic disease management.	Clinics and hospitals
Increase physical activity. Increase healthy eating of foods and beverages.	Schools/daycares, community and faith-based organizations, worksites and the public health department
Increase physical/environmental changes to promote activity	Communities, organizations and worksites
Improve culture and environment for healthy food/beverage choices	Communities, organizations and worksites
Create a health services resource guide	Libraries, schools, clinics, hospitals, community and the public health department

EXPECTED RESULTS

- Fewer people are overweight or obese
- More people are empowered to manage their health
- Fewer people are at risk for chronic conditions
- More people are physically active and choosing healthy foods and beverages

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code

Cancer Priority: Steering Committee Leadership

Chair: Sally Molnar, Director, Morrison Cancer Center, Mary Lanning Healthcare

Vice Chair: Danielle Malchow, APRN, Hastings Family Care

WHY Cancer?

Cancer is one of the top 5 Health Priorities as rated by South Heartland's Communities

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

Cancer is the second leading cause of death in Adams, Clay, Nuckolls and Webster Counties. The top five most frequently diagnosed cancers in our district are breast, prostate, melanoma of the skin, colon/rectum and lung.

6% IMPROVEMENT IN 6 YEARS

We can make a change.
70% of cancer risk can be affected/reduced through lifestyle changes.

- Radiation (Sun, Radon, etc.)
- Physical Activity
- Diet/Nutrition
- Alcohol Use
- Hazardous Chemicals/Drugs
- Age
- Race
- Gender
- Family History

70% can be affected/reduced
30% NOT affected/reduced

What can I do?

- Do not smoke
- Limit the amount of alcohol you drink
- Keep a healthy weight
- Test your home for Radon gas
- Protect Your Skin

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code ▶

CONNECTING PEOPLE & RESOURCES
ADAMS CLAY
4
NUCKOLLS
STRONG & HEALTHY COMMUNITIES

HOW will we make a difference?

Cancer is one of the top 5 Health Priorities as rated by South Heartland's Communities

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

Our goal is to reduce the the number of new cancer cases as well as illness, disability and death caused by cancer.
We are working together to reduce barriers and increase access to cancer screening, diagnosis and treatment!

6% IMPROVEMENT IN 6 YEARS

STRATEGIES/OBJECTIVES

Action	Setting
Increase counseling about risk factors.	Clinics and hospitals
Consistent messaging about cancer risk – education and awareness.	Clinics, hospitals, schools, community, workplaces and the public health department
Help people stay up to date on cancer screenings.	Clinics, hospitals, imaging centers and cancer centers
Increase access by removing barriers to screening, diagnosis and treatment.	Clinics, hospitals, imaging centers, cancer centers, the public health department and community
Look into risk factors for other types of cancer.	Community and the environment
Create a health services resource guide.	Libraries, schools, clinics, hospitals, community and the public health department

EXPECTED RESULTS

- More people are educated on cancer risk factors
- More people are empowered to make healthy choices
- More people are able to access cancer screening, diagnosis and treatment
- More cancers are caught early for less disability and death

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code ▶

CONNECTING PEOPLE & RESOURCES
ADAMS CLAY
4
NUCKOLLS
STRONG & HEALTHY COMMUNITIES

Health Promotion & Prevention

Lead: Brooke Wolfe

Team: Liz Chamberlain, Dorrann Hultman, Odeth Mendez-Peraza, Jean Korth, Alex Stogdill, Albert Pedroza



Brooke Wolfe:
Public Health Promotions
and Prevention Coordinator

South Heartland Rural Behavior Health Network Partners



Behavioral Health: SHDHD and **four** area partners are working together to develop a Rural Behavioral Health Network. Since the initiation of the Network in October, 2018, the Network partners were awarded a planning grant from the Health Resources and Services Administration, established a mission and basic network structure, conducted a behavioral health needs assessment, and will soon be developing a strategic plan. Each partner is contributing time, resources and expertise toward this effort. **Network Mission: To empower, educate, refer, and increase access to care for all members of our communities in Adams, Clay, Nuckolls, and Webster counties.**



All Staff School Wellness Training



Healthy Kids: SHDHD partnered with **five** district schools, **two** after school programs and **eight** area childcare centers to implement physical activity and nutrition goals. Sites chose their implementation strategies ranging from more nutrition education, implementation of a vegetable grow tower, offering more wellness activities for staff to participate in, implementing the Nebraska fruit and vegetable program, increasing physical activity minutes indoors and engaging the community/parents through wellness promotion activities.

Sutton Walkability Summit



Walkability: SHDHD partnered with the Sutton Community to host a community-wide summit to help determine a vision for the community, make a plan to improve the walkability of their community and make it easier for people to be active. **38** Sutton Community members participated in the summit with **12** summit participants volunteering to be a part of the implementation phase. The implementation team has begun implementing **6** of the **15** actions on the action plan.

More Health Promotion & Prevention...

Health Education

- **5 Scrubby Bear** handwashing presentations to 220 kids and 24 adults
- More than **35 educational Community Presentations**
- **15 News Releases**
Topics: Cervical Cancer, Weather, Heart Health, Flood Clean Up, Colorectal Cancer, General Well-Being, Prom Safety, Physical Activity/Mental Health, Health Literacy, West Nile Virus, Mental Health, Emergency Preparedness, and Falls Prevention
- **13 Columns / Articles** - Topics: Radon, Heart Health, Sun Safety, National Public Health Week, Health Literacy, West Nile Virus, Mental Health Tips, Emergency Preparedness, Vaping, Suicide Prevention, and Cold Weather Safety
- **10 Public Library Partnerships:** Providing pamphlets on Diabetes Prevention Program (Smart Moves), Every Woman Matters, Sun Safety, Emergency Preparedness, Falls Prevention, Managing Stress
- **12 Radio Podcasts** - Topics: Radon, Heart Health Skin Cancer, General Well being, Physical/Mental Health, Health Literacy, West Nile Virus, Mental Health, Emergency Preparedness, Vaping, Suicide Prevention, and Winter Safety
- **36 'Smart Moves' Participants** completed one of the District's year-long National Diabetes Prevention Program (NDPP) 'Smart Moves' classes held in Red Cloud, Superior, or Hastings and led by trained lifestyle coaches from Brodstone, Village Pharmacy, Mary Lanning, and SHDHD.



Falls Prevention: Stopping Elderly Accidents Deaths Injuries (STEADI) recap for 2019. SHDHD partnered with two Mary Lanning clinics (Community Health Center and Hastings Family Care) to conduct Fall Prevention Assessments on clients over the age of 60. During the four month pilot project, **22 patients** at risk for falls were referred from these clinics to SHDHD for enrollment into Falls Prevention classes – *Stepping On or Tai Chi Moving for Better Balance*. During 2019, a total of **59** individuals reduced their risk of falls by participating in a falls prevention class.



Liz Chamberlain
Fall Prevention
Coordinator
VetSET Coordinator

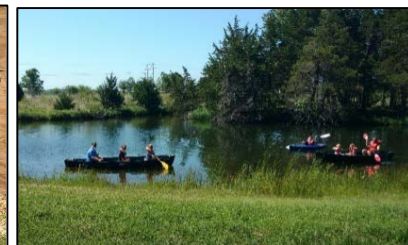
VetSET Making Connections – A Success Story

South Heartland held a second annual Military Family Fun Day, June 29 from 9:00 am – 4:00 pm at Timberlake Ranch Camp. This event, supported by Making Connections funds, had **115** participants.

Informational booths were set up throughout the day for participants to attend including: Janelle Brock - GI VA Suicide Prevention, Charles Wess – Lincoln VA Whole Health, David Conrad – Omaha VA Outreach Specialist, Ken Colson – Mobile Vet Center Lincoln, Karla Palmer – MCNA Dental Lincoln and Steven Dillman – Cease Fire Ministries.

Veterans and their families had a great time with some expressing “thank you” at the event (one veteran repeatedly throughout the day) and others sharing their appreciation through evaluations and by email:

“Want picture of the whole group for my album for the memory of a great day.”
“My son LOVED that he was able to get his own dog tags made.”
“My husband is active duty, he’s a recruiter. He has very long hours. We rarely have a chance to spend time together as a family. It was an absolute blessing to have a day for family fun together!!!”



Health Surveillance, Epidemiology & Assessment

Lead: Jessica Warner

Team: Dorrann Hultman, Janis Johnson



Jessica Warner:
Health Surveillance
Coordinator

Investigating Reportable Diseases, Protecting Our Residents from Outbreaks

We Investigated **213** infections/exposures and **110** sexually transmitted diseases in Adams, Clay, Nuckolls and Webster Counties during 2019.

A norovirus outbreak involving at least **13** ill patrons required a joint investigation with the Department of Agriculture in June. No food source was identified as the cause of illness, but two dates and two events with the same food service were identified for ill individuals in this outbreak.

Influenza hit our schools and long-term care facilities hard during the winter of 2019. Six schools reported closure or higher than **11%** absence due to influenza like illness. **Two** long-term care facilities reported influenza outbreaks requiring outbreak reports to be sent to DHHS.

Our jurisdiction was part of a state-wide mumps outbreak with one individual attending an event where a mumps outbreak began. **Four** additional cases of mumps were investigated in the following 3 months that may have been associated with a separate outbreak in our region. We used our Health Alert Network to notify healthcare facilities and providers to inform them of the status of these local cases.

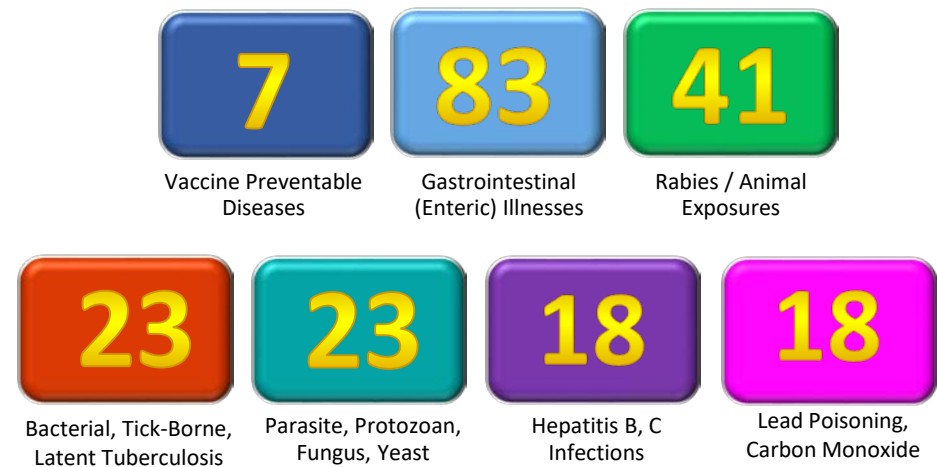
We expanded the health department's capacity to protect our children from lead poisoning. Jessica Warner completed **two** state certifications: Lead Hazard Risk Assessor and Lead Based Paint inspector, in order to work with DHHS in completing lead home assessments and improve initial screenings for children with elevated blood lead levels.



Assessments

We finalized the South Heartland 2018 Community Health Assessment (CHA) Report and all of these data are now available on our website: www.southheartlandhealth.org.

Reportable Disease Investigations by Type, SHDHD 2019



Left: *Salmonella* sp. bacteria,
CDC Medical I illustrator:
James Archer, 2019

Public Health Preparedness & Environmental Health

Lead: Jim Morgan

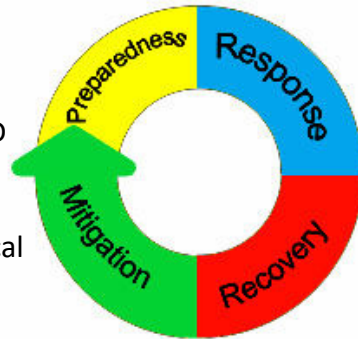
Team: Jessica Warner, Dorrann Hultman, Liz Chamberlain



Jim Morgan:
Public Health Risk
Coordinator

New, Improved Emergency Response Plans!

In order to respond to any Public Health Emergency, you need to have a plan. SHDHD has an Emergency Response Plan (ERP) that we use to cover any type of emergency from tornadoes to disease outbreaks to radiological exposures.



Without a plan in place, we would be slowed down in our response to any emergency. Plans must be kept up to date and we must have proof that our plan works and is applicable to all emergencies. This year, SHDHD reviewed and revised our ERP. Annexes and attachments that give more specific information within the plan are being revised as well. SHDHD also completed the Operational Readiness Review (ORR) that measures our capability to use our plans to respond to an emergency as well as examples of when and how we did respond and exercised our plans.

This plan includes behavioral health response that was activated during a double drowning this year where one of our region's behavioral health teams responded to those affected. In addition to these special teams, SHDHD has disaster behavioral health teams within our district that have responded to tornadoes to help residents in their recovery.

SHDHD receives federal funds through Nebraska DHHS for public health emergency preparedness planning and response.



Radon: Test Your Home. Protect Your Health.

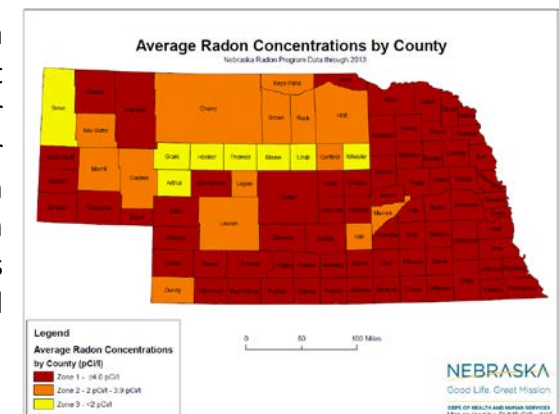
Radon is a colorless, odorless radioactive gas that forms naturally in our soils, moves up through the ground and can collect in our homes.

In South Heartland's counties - Adams, Clay, Nuckolls and Webster – **67%** of the homes tested for radon in 2019 tested high, above the "action level" of 4 picocuries per liter set by the Environmental Protection Agency.



SHDHD is proud to say that residents in our district are more educated about the dangers of radon, are testing their homes, and are taking steps to remove radon gas ("mitigation") when levels are too high. We sold **230** radon test kits to area residents, with a **72%** completion rate, from November 2018-November 2019. SHDHD stands ready to guide residents through the process - from testing to mitigation.

We also shared with area realtors information about radon testing during their real estate transactions. Our work to promote radon awareness and risk reduction is supported, in part, by funds from the U.S. Environmental Protection Agency.



Community Health Services

Lead: Dorrann Hultman

Team: Odeth Mendez-Peraza, Liz Chamberlain, Janis Johnson, Albert Pedroza, Alex Stogdill



Dorrann Hultman: RN, Public Health Nurse, Community Health Services Coordinator



Immunization:

Protecting Communities From Vaccine Preventable Diseases

This year South Heartland's Vaccines For Children Program (VFC) and Adult Immunization Program (AIP) delivered **771** vaccinations at **311** patient visits. **292** (94%) visits were VFC, **19** (6%) visits were AIP (adults 19 and over). **110** (35%) total patients from both programs were provided Spanish print materials and interpretation during the visits to reduce language barriers. All recommended vaccines are available for children and Tdap is available for eligible adults.

VFC visits: **215** (74%) uninsured, **54** (18%) Medicaid, **23** (8%) underinsured (insurance that doesn't ever cover vaccinations), with increasing numbers of families reporting faith-based health share plans as an alternative to health insurance. Data tracked from July – December showed **27** (8%) of the uninsured VFC visits fall in this category.

AIP visits: **17** (89%) uninsured, **2** (11%) underinsured.

Influenza Prevention: **134** flu vaccines administered. An additional clinic was held in October for flu vaccination only. Through collaboration with Walgreens, **44** adults received flu vaccination at **2** adult flu shot clinics, with Spanish interpretation available. **38** (86%) were uninsured and benefited from the vouchers for no cost flu vaccine. Student and staff partners at Hastings College worked with SHDHD to educate and increase flu vaccination rates among young adults.



Community Health Workers lead chair exercises at the "Be Well, Feel Good, Get Checked" annual Women's Health Event. The event promotes cancer screenings and other preventive health opportunities.



Cancer Prevention:

Vaccination, Access to Cancer Screenings and Decreasing Barriers to Preventive Care

- **61** HPV (Human Papilloma Virus) vaccinations.
- **28** women navigated through the health care system to receive breast and cervical cancer screening and diagnostic services.
- **8** of these women received access to screening mammograms and diagnostic testing as part of a collaborative impact project between SHDHD and local imaging and radiology partners to reduce financial and language barriers to breast cancer screening.
- **323** FOBT kits for at-home colorectal cancer screening were distributed to men and women (50-74) across the district by SHDHD and partners with **182** (56%) completed. **3** (1%) were abnormal. 100% followed up with colonoscopy.

How we make a difference: The life of one South Heartland resident was significantly impacted when a positive FOBT test led to colonoscopy and **an early diagnosis of colon cancer**. Cancers found early are most treatable. Another person received financial support through the Nebraska Colon Cancer Screening Program (NCP) to pay for their colonoscopy.



COLON CANCER is:

Preventable. Treatable.

BEATABLE.

Regular testing can prevent colon cancer or find it early.
If you're 50 and older, go get tested!



THE OFFICIAL SPONSOR OF BIRTHDAYS!

cancer.org/fightcoloncancer

Standards & Performance

Lead: Janis Johnson

Team: Leadership Team, All Staff



Janis Johnson, BSN
Standards and
Performance Manager,
Public Health Nurse

Action Plan - Build Status	
STATUS	NUMBER OF MEASURES
Not Started	N/A
In Progress	N/A
Ready for Submission to PHAB	16/16

Your Health Department's Action Plan Build is complete. Please notify health department director to submit the Action Plan Report to PHAB.

SUBMIT TO HEALTH DEPARTMENT DIRECTOR

ePHAB website: 16 of 16 measures completed and ready for submission to Michele's approval prior to final submission

Accreditation Action!

SHDHD is in the final steps of the Accreditation journey! Our Action Plan was sent to the Public Health Accreditation Board (PHAB) on December 3. Their decision for our national accreditation will come in March following their quarterly meeting.

The Action Plan addressed primarily workforce and staff development, quality improvement, and performance management. Accreditation activities are helping us to improve our plans, processes and training which, in turn, promotes efficiency, transparency and collaboration with our community partners.



Michele received email from PHAB:

"This is confirmation that PHAB has received your Action Plan Report. It is currently under review. Please contact your Accreditation Specialist with any questions."





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