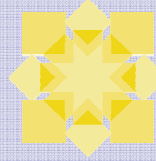


South Heartland Annual Report 2009-2010

SOUTH
HEARTLAND
DISTRICT



HEALTH
DEPARTMENT

Expanding Community Outreach

Department holds January Open House at new facility,
Launches Satellite Offices in March 2010



Open House January 2010

Satellite Office Schedule:

Clay County Office

Second Tuesday of every month from 8:30 A.M. to 4:30 P.M. at the Clay County Courthouse, 111 West Fairfield Street, Clay Center, NE in the Veterans Affairs Office.

Nuckolls County Office

Fourth Tuesday of every month from 8:30 A.M. to 4:30 P.M. at the Nuckolls Co. Extension Office, 825 Main Street, Nelson, NE.

Webster County Office

Third Thursday of every month from 8:30 A.M. to 4:30 P.M. at the Webster County Courthouse, 621 North Cedar Street, Red Cloud, NE.

In January 2010, as renovations to South Heartland's new address, 606 N. Minnesota in Hastings, were completed, South Heartland District Health Department hosted an open house to showcase the new office space that was greatly needed due to growth and expansion of staff, services and activities. The new space offers meeting and training areas, a room for confidential health consultations by video-conference (called Tele-Health), and an immunization clinic.

To promote the new office hours, South Heartland hosted open houses at each of the 3 new locations and invited the general public as well as community partners.

The new satellite office hours include one day a month in each county. One staff member is on hand at each site to provide education and assistance and connect residents with community, district, or state resources.

South Heartland's activities include health and wellness education and programming, investigation of communicable diseases, assessment and surveillance of community health and environmental risks, public health emergency planning and response, enforcement of public health laws and regulations and promoting coverage and access to medical, dental, vision, and behavioral health care services.

As part of South Heartland's mission to serve the entire district, the Department also expanded services and community outreach by launching satellite offices in Clay, Nuckolls, and Webster Counties. This expansion augments the new home office location by providing residents with additional opportunities to access SHDHD staff and services.

South Heartland's Mission

The South Heartland District Health Department is a combined health district dedicated to preserving and improving the health of the residents of various municipalities and townships within Adams, Clay, Nuckolls, and Webster Counties. Our mission is to provide those services mandated by statutes of the State of Nebraska in a courteous, efficient and effective manner within the limits of sound economic responsibility. Through interaction with other community agencies and leaders, the Board and staff will determine which public health services are needed and how that need may be met and financed. The Board will conduct continuing review of these activities to judge their effectiveness and continued need.



South Heartland's Vision:

Healthy People
in
Healthy Communities

Inside this Report:

Welcome from the Board President and Executive Director	2
Public Health Improvement Plan	3
Public Health Surveillance and Disease Investigation	4
Responding to Emergencies	5
Healthy Lifestyles and Making Healthy Choices	6
Linking People to Services	8
Partnering for Public Health	9
Enforcing Laws; Training Public Health Workforce	10
Annual Financial Report	11
Board of Health Members & Staff Directory	12

Public Health
Core Functions

ASSESSMENT

POLICY
DEVELOPMENT

ASSURANCE

Essential Public
Health Services:

- (1) **Monitor Health Status and Understand Health Issues Facing the Community**
- (2) **Protect People from Health Problems and Health Hazards**
- (3) **Give People Information They Need to Make Healthy Choices**
- (4) **Engage the Community to Identify and Solve Health Problems**
- (5) **Develop Public Health Policies and Plans**
- (6) **Enforce Public Health Laws and Regulations**
- (7) **Help People Receive Health Services**
- (8) **Maintain a Competent Public Health Workforce**
- (9) **Evaluate and Improve Programs and Interventions**
- (10) **Contribute to and Apply the Evidence Base of Public Health**

Welcome from the Board President



As another year has quickly passed, South Heartland District Health Department has continued to make strides in meeting our Public Health Improvement Plan Performance Goals and Strategic Objectives. In the past five years, progress has been made locally and state-wide for Health Departments to obtain baseline data on important public health issues. This data has allowed us to more accurately determine progress toward the outcome measures and goals we have established and in providing background data needed in grant applications. Thank you to all of our staff who have worked diligently to provide citizens of our area quality public health education and programs.

Another group of individuals that deserve much recognition for their dedication, knowledge and vision of public health is our Board of Directors. Much gratitude goes out to the current and former board members that have committed many volunteer hours to protect and promote health as well as to prevent disease and injury.

As we look to the future, the coming years will be pivotal both on a national and local level with the uncertainties of how the Health Care Reform Bill will impact the country and us locally. For the Health Department, the coming years may prove to be a shift from a Health Department just beginning, to one that is a leader in the promotion of healthy lifestyles as a community and as individuals.

Remember, to reach our vision of a healthy community, we must all do our part as individuals to be the healthiest we can be.

Peggy Meyer, LIMHP, Board President

FY 2010 At a Glance from the Executive Director



I can hardly believe another year has passed – but take a look at all we have accomplished! South Heartland administered or distributed over 17,000 free H1N1 vaccines in the 4-county area during 2009-10. We are tackling childhood obesity through our *Alliance for Healthy Children in Healthy Schools* program – with nearly 1500 students in 7 schools now benefiting from active school wellness councils. In addition, more than 1200 employees at 7 businesses are already benefiting from new work-site wellness programs thanks to a 3-year \$180,000 Maternal and Child Health grant to SHDHD. We received training at the University of North Carolina's *Management Academy for Public Health*, developed a business plan to address access to mental health services in the district and are now seeking funding to support the project. We helped nearly 400 residents test for radon in their homes, learning that over 75% of homes tested had higher than EPA-recommended action levels. One thousand EMS and Critical Access Hospital Staff will be safer after completing fit-testing for N-95 masks. The Quad County COAD - Community Organizations Active in Disaster - was chartered and is growing in membership to assist in local emergencies. We investigated smoking ban violation reports and responded to more than 150 reportable disease reports to protect the residents in our district. And all of this was possible because we have passionate, high quality staff, dedicated Board Members, and strong community partnerships. I hope you will enjoy reading the following pages to learn more about these and other accomplishments from the past year.

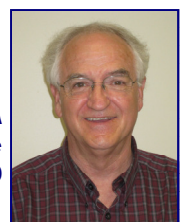
Michele Bever, PhD

New Board Members

Bradley Neet
Adams County
Public-Spirited Representative



Dee Griffin, DVM
Veterinary Representative
To begin August 2010



SHDHD Public Health Improvement Plan

Progress Report on Action Plans

South Heartland is entering the third year of a 5-year public health improvement plan launched in mid 2008. Action plans for each of six public health goals outline activities for (1) data collection and monitoring the health issue, (2) education and prevention, (3) mobilizing partnerships to tackle the issue while seeking resources to support the collaborative efforts, and (4) utilizing best practices and developing innovative approaches in order to be both effective and good stewards of our resources.

Progress highlights:

To promote healthy living through physical activity, nutrition and safety

- ◆ Active School Wellness Councils in 7 schools - impacting 1400 students.
- ◆ Wellness programs in 7 worksites - impacting 1200 employees.
- ◆ Board of Health approved offering Vaccine for Children program to promote protection against vaccine preventable diseases.

To inform area about mental health and wellness and to facilitate access to appropriate services

- ◆ Completed training and Business Plan Development for integrating mental health services into primary care settings; seeking funding to implement the project.
- ◆ Awarded Suicide Prevention grant for awareness, education and training.

To prevent and control oral disease, conditions, and injuries and improve access to related services

- ◆ Connected over 225 people to dental homes through P.H.O.N.E. program.
- ◆ Provided over 1300 dental preventative and restorative services in approximately 620 patient encounters for low-income children since June 2008.
- ◆ Received funds to expand the Sonrisa dental program to include low-income children age 0-6 as well as pregnant women, to reduce incidence of dental caries.

To reduce illness, disability and death caused by lung, breast, prostate & colon cancer

- ◆ Formed South Heartland Colon Cancer (CC) Coalition, completed CC Prevention Strategic Plan, awarded funds for CC awareness & screening promotion.
- ◆ Participated in developing the State Plan for Breast Cancer prevention.

To reduce the illness, disability and death related to substance abuse

- ◆ Collected 70 pounds of expired or unwanted medicines at drug collection events.
- ◆ Investigated 11 violations of Nebraska Clean Indoor Air Act (smoking ban).

To reduce the health impact of environmental hazards

- ◆ Increased number of homes tested for radon by 3.6% and provided education to homeowners on radon mitigation techniques.
- ◆ Provided training to home builders on radon-resistant new construction.
- ◆ Facilitated development of Hastings Wellhead Protection Plan to reduce nitrates in drinking water.

Building Codes May Include Radon-Resistant New Construction

In an effort to initiate local policy change aimed at reducing exposure to radon, South Heartland researched regulations, building codes and model policies regarding radon and developed an action plan to achieve radon resistant new construction practices. SHDHD staff and a student intern from Hastings College presented results along with a summary of local data on residential radon levels to City of Hastings officials. Discussions about adoption of Appendix F of the International Residential Code, which includes language regarding radon-resistant new construction are in progress.

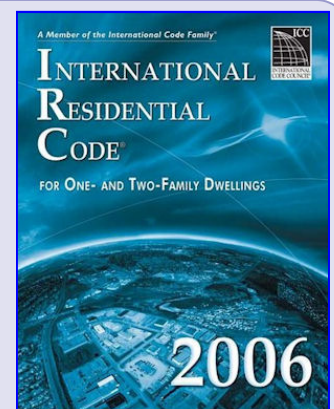
Essential Service

Develop Public Health Policies and Plans

SHDHD trained 23 health care and public health professionals to use the new Nebraska State Immunization Information System (NESIIS) so that all records of the more than 17,000 doses of H1N1 vaccine administered in the 4-county district could be entered into and tracked through NESIIS.



Vaccination Records are available on-line at www.dhhs.ne.gov/imm/immindex.htm



Public Health Surveillance and Disease Investigation

Essential Service

Monitor Health Status and Understand Health Issues Facing the Community

Investigating Reportable Diseases & Monitoring School Illness

Over 70 illnesses are required by state statute to be reported to public health. This year SHDHD investigated or monitored over 200 reports of 17 different types of illnesses, including: 25 reports of food- or water-borne illness, 29 reports of hepatitis C, 25 confirmed influenza cases, and 108 reports of STDs. Health Surveillance Coordinator Anita Sullivan monitors reportable diseases using the NEDSS system (National Electronic Disease Surveillance System) and direct reports from providers. Disease reports included hepatitis B, hepatitis C, tuberculosis, campylobacteriosis, cryptosporidiosis, salmonellosis, West Nile fever, aseptic meningitis, streptococcal pneumonia, Lyme disease, pertussis, giardiasis, mumps, syphilis, brucellosis, rabies exposure, and H1N1 influenza A. For communicable diseases,

SHDHD staff follow up to ensure that exposed contacts are educated on symptoms, available prophylaxis to reduce the chances of developing illness, and recommendations for reducing spread of the illness.

Schools affected by H1N1 Influenza.

Forty-two schools in Adams, Clay, Nuckolls and Webster counties collaborate annually with SHDHD to monitor the absentee rates and illnesses of 7802 students. The 2009-2010 school year began with high rates of students absent due to illness; approximately 60% of these absences were due to influenza-like illness. By week 7 of the school year, absences due to Influenza-like illness were 14 times higher compared to the same week in 2008! (See Pink Bars in chart below).

Home Radon Levels are High in South Heartland District

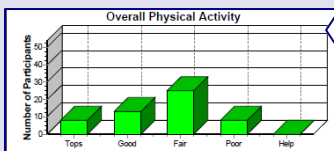
Radon is the second leading cause of lung cancer in the United States. Results of Rapid Radon Tests obtained from SHDHD by area residents indicate that 79% of the 157 homes tested in Adams County had higher than 4 pCi/L radon gas (EPA action level). Radon levels were also above the action level in 5 of 6 residences tested in Clay County, 5 of 6 residences tested in Nuckolls County and 12 of 14 residences tested in Webster County.

RADON GAS

Can't see it,
Can't smell it,
Can't taste it...
But SHDHD has kits to test for it!

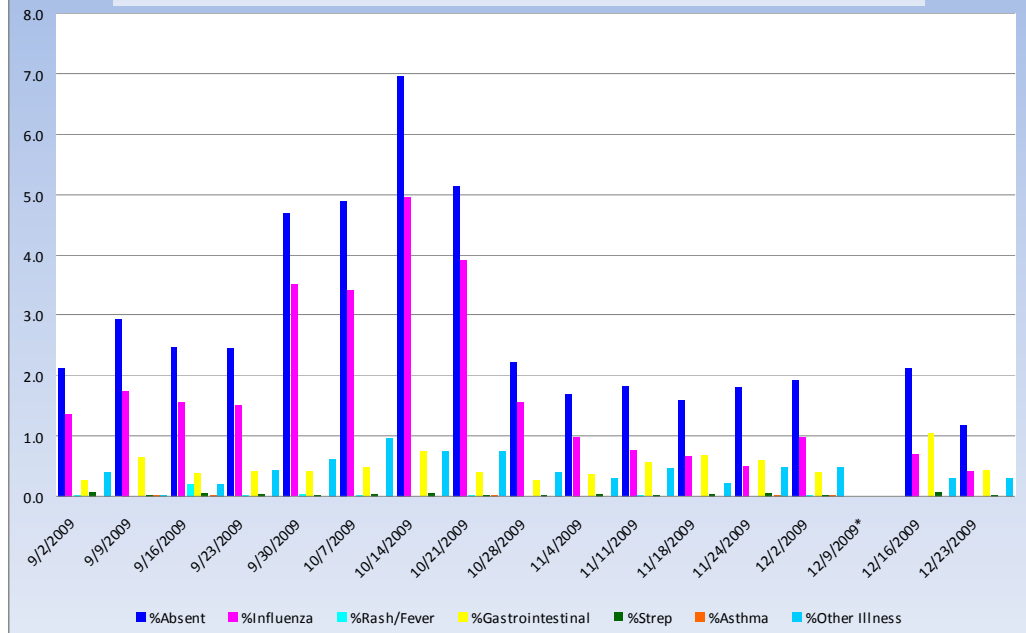
Monitoring Risk Factors for Chronic Disease

Overall Physical Activity Levels in *Inspirado* participants as measured using the Spanish version of the TRALE Health Risk Assessment



Percentage of Students Absent due to Illness in all Schools of South Heartland District Sept - Dec, 2009

There are 42 schools with 7802 students in the South Heartland District
* School cancelled for inclement weather



Inspirado en el Bienestar (Inspired by Wellness) is the current phase of a partnership between Mary Lanning Health Care Foundation, Mary Lanning Memorial HealthCare Diabetes Department, Hastings YMCA and SHDHD to serve the health and wellness, medical

education and exercise needs of the Hispanic population in the Hastings area with or at risk for diabetes. Spanish HRAs administered by SHDHD to 72 participants in the *Inspirado* Diabetes Management Program provided baseline data to measure progress of participants in the interventions.

South Heartland Responds to 2009 H1N1 Influenza Outbreak

Throughout this year, SHDHD was committed to helping protect people from H1N1 influenza A. Staff prepared Local Health Alerts and press releases, held interviews with media, translated materials to Spanish, worked with partners at the State (Chief Medical Officer, communications staff, surveillance staff, State Epidemiologist) as well as local partners (Infectious Disease specialist, hospital infection preventionists, laboratorians, and primary care providers) to follow up with confirmed or probable H1N1 cases, to coordinate messages and press releases about the 2nd Nebraska death from H1N1, to provide up-to-date informa-

tion on the spread of H1N1, and to give recommendations for reducing the spread of illness. Staff provided presentations and informational materials to school superintendents, principals, surveillance staff, school nurses, faculty and staff to prepare them to monitor for flu in school and college settings, to provide the latest CDC guidance and to prepare for vaccine distribution scenarios. Health care providers partnered with South Heartland to administer vaccine at their offices – at first just for priority groups, including the health care staff - and later for the general public. Community partners, including churches and senior services, businesses,

area health professionals and allied health professionals, the Central Nebraska Medical Reserve Corps and the newly formed Quad County Community Organizations Active in Disaster (COAD) were engaged to assist with information distribution and vaccine dispensing at school-based clinics, public clinics and targeted dispensing locations, such as worksites. South Heartland also made vaccinations available at their office after the public clinics were completed. South Heartland received over 19,000 doses of H1N1 vaccine and as of June 2010 more than 28% of the population had been vaccinated.

Essential Service

Protect People from Health Problems and Health Hazards



SHDHD distributed 11,100 hand sanitizers to area businesses and churches to highlight the importance of preventing infection.



H1N1 Vaccine Preparation



Protecting the Staff from H1N1

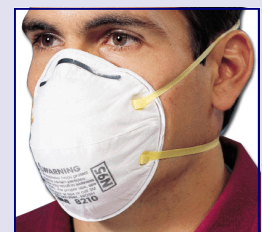


H1N1 Public Clinic Highlights



Protecting Health Care and EMS Professionals

SHDHD is ensuring that emergency medical response personnel are fit-tested for N-95 masks so they can be protected from exposure to respiratory illnesses at work. SHDHD has trained several local EMS and hospital personnel to use fit-testing equipment resulting in N-95 fit-testing for over 730 EMS and 269 Critical Access Hospital Staff in the South Heartland District.



Healthy Lifestyles.....

Essential Service

Give People Information They Need to Make Healthy Choices

West Nile Virus Education at Water Jamboree



SHDHD developed a new educational program on West Nile Virus targeted to 5th and 6th graders. The curriculum was rolled out at the Water Jamboree, a two-day outdoor event at Liberty Cove near Lawrence, NE. Students enjoyed a wide variety of "hands on" learning experiences in which they participated in activities to help them understand the important role they play in preserving

water quality and quantity. South Heartland hosted a session titled "A Skeeter's Life." Sessions were presented to 785 area students from 27 schools and focused on the life cycle of the mosquito, including giant models and live mosquitoes from each stage of the life cycle, as well as education on reducing mosquito breeding sites and protecting yourself from mosquito bites.

Scrubby Bear Shows Children How to Wash their Hands

Scrubby Bear gave 50 presentations to nearly 1000 elementary and pre-school children about the importance of washing hands and how to stop the spread of germs. Scrubby Bear's messages to the

district's young population were complementary to SHDHD's messages to the greater population on how to reduce the spread of H1N1 influenza.

573 Fourth Graders Attend South Heartland's 5th Annual Kids Fitness and Nutrition Day at Hastings College

Five hundred and seventy-three 4th grade students from 22 area schools came to Hastings College in September 2009 to participate in a day focused on physical fitness and nutrition activities.

Our partners (Hastings College, Hastings YMCA, and UNL Extension-Adams County) helped coordinate and provided most of the 100 volunteers for the event activities. At the physical activity stations the students tried out the Fitness Stability Balls, Dead Bug Freeze Tag, Parachute,

and many more. At the Nutrition Stations, students learned about Label Logic, Hand Washing & Food Safety, Energy Balance, Healthy Snacks, and MyPyramid.

Pre and post tests were administered to the students to evaluate the effectiveness of the nutrition curriculum and instructors. The data collected will be used to evaluate the need for any changes next year.

Sun Safety Education for Pool Staff & Swim Lesson Children

As part of a sun safety and awareness campaign, South Heartland partnered with Hasting Aquacourt Waterpark, Blue Hill Pool, and Sutton Pool to provide sun safety education to pool staff, Pool Cool Sun Safety Curriculum for swim lesson children, and sunscreen for staff and all

pool users. Seventy seven lifeguards received training for sun safe behaviors, sun safety pool policy, and Pool Cool curriculum prior to the start of the pool season. As part of this program, 232 swim lesson participants received training on sun safe behaviors during their swim lesson sessions.



Kids Fitness and Nutrition Day introduces area fourth graders to a variety of fitness activities to get them moving.



Step Aerobics Station



..... And Making Healthy Choices

Forming Coalition to Encourage Colon Cancer Testing

With grant funding from NE Department of Health and Human Services, South Heartland was able to form a Colon Cancer Coalition to address one of the goals of the Department's health improvement plan: To reduce illness, disability

and death caused by Lung, Breast, Prostate, and Colon Cancer. SHDHD recruited members from all four counties including primary care providers, public health, hospital staff, cancer center staff, survivors, pharmacists, faith-based

ministry, area agency on aging administration representatives, Relay for Life coordinators and media representatives. The coalition developed a strategic plan for raising awareness and promoting prevention through screening.

Promoting Radon Awareness and Testing to Home Owners

South Heartland launched another Radon Awareness project in January, including media campaign, public education through presentations, and distribution of low-cost radon kits. SHDHD invited State Radon Program specialist Mark Versch to provide informa-

tion on radon mitigation in a program for residents and another targeted to the community of builders, contractors and government officials and zoning boards. By April, 366 radon kits had been distributed to the public for home testing.



Mark Versch with NE DHHS State Radon Program was a guest speaker for a radon education presentation to homeowners.

South Heartland works on Suicide Prevention

South Heartland served as a videoconference host site for the State Suicide Prevention Coalition Summit. Assistant Director Cindi McDowell worked with state personnel on marketing and planning for the event and held a follow-up meeting to form a local Suicide Prevention Coalition to work with the State Coalition. South Heartland submitted and was awarded a mini-grant to identify, recruit and train "gatekeepers" to the area youth such as

teachers, coaches, youth pastors, etc. and train them to recognize signs of depression and signs of suicide ideation and to intervene using the QPR (Question, Persuade, Refer) evidence-based model. The grant is also training LOSS teams of law enforcement, suicide survivors, and other members including clergy and counselors to respond to a suicide event in the 4-county area. The coalition has 35 active members and many more that subscribe

Promoting Workplace Wellness in Area Businesses

Through South Heartland's *Wellness for Women at Work* project, supported by a 3-year Maternal Child Health grant, employers in the South Heartland area are joining in the effort to make worksites healthier for their employees. Seven employers serving a total of 1200 employees have formed wellness teams, completed health risk assessments and lab screenings and have developed or are working on wellness plans that include wellness activities and environmental / policy change components.

In addition to helping area businesses incorporate worksite wellness into everyday business activities, South Heartland has formed it's own wellness team called

SHDHD WoW. This project has helped SHDHD employees receive education on pertinent wellness topics that staff are interested in such as healthy eating, office ergonomics, and stress reduction techniques.



SHDHD WoW team helps to raise awareness about heart health by wearing red.

Goal:
Inform, Educate & Empower People About Health Issues to Reduce Risk and Promote Improved Health

Approximately 400 short term radon test kits were distributed in the 4-county district at a low cost of \$3.00 per kit.



QPR training hosted at South Heartland to educate stakeholders on suicide prevention.

Hastings Public School employees participate in Workplace Wellness Program health screening.



Linking People to Services...

Essential Service

Help People Receive Health Services

Making a Difference:

A P.H.O.N.E. program story

P.H.O.N.E. Coordinator Janet Staehr, RN, contacted the mother of a child seen in the ER at Mary Lanning regarding that visit. Mom's husband had been deployed about 3 months prior. She had had problems getting Medicaid; now she was having trouble getting assistance with food stamps.

In the military, instead of a pay check with an amount written on it, they receive a blank pay stub along with a direct deposit into a checking account. This mother was having a hard time getting the documentation DHHS requested.

Previously she would have had her case handled by a case worker in Hastings, only fifteen miles away, but her case was deferred to Broken Bow some 98 miles away in an effort to equalize the case loads in the state. The PHONE nurse contacted the mother's case worker and asked specifically what this mother needed to provide. After a phone call to the mother, mom's trip to the bank, and a fax to the case worker, this family received food stamps the next day.

The PHONE nurse also noted during the health assessment that there were 5 children in the family. Mom shared that it was difficult being a single parent with her husband deployed. The nurse contacted a local woman's veteran group who offered to provide the mother with 4 hours of free babysitting once a month for 3 months to help lighten her load just a little. The members of this group knew what it was like having a husband away. This may not seem like much, but the mother was so appreciative.

...With a Public Health Outreach Nurse

Whether it's a missed appointment, follow up for emergency room visits, notification of newly eligible persons on Medicaid and Kids Connection, or just a phone call of inquiry, the people contacted by SHDHD's Public Health Outreach Nursing Education (P.H.O.N.E.) program benefit from an age-appropriate health assessment. This helps South Heartland identify health care barriers or needs and to connect people with resources to improve their health. Well over 1270 such contacts were made during the last year in South Heartland District. The P.H.O.N.E. program provides information on topics such as immunization schedules, well-child check ups, importance of lead screening and other diagnostic screening tests, oral health practices, and healthy homes. In addition, the P.H.O.N.E. coordinator fol-

lows up on Medicaid and Kid's Connection clients who have accessed the emergency room at Brodstone Memorial Hospital and Webster Co. Community Hospital with the goal of reducing E.R. visits by connecting clients to regular medical homes. Mary Lanning Memorial Hospital is to provide SHDHD with data on ER visits in July 2010.

Funded in large part by DHHS, South Heartland uses LB692 funds for its portion of the program costs. During the past year:

- 216 persons were linked to medical and dental homes.
- Over 550 calls were made to patients who visited the emergency room or missed a dental appointment.

...When Your Child Needs Vaccinations

Following Board approval, South Heartland assumed responsibility for the Vaccine for Children program for Hastings/Adams County, which had been coordinated by Head Start for the past 15 years. The program provides more than 1800 vaccines annually. South Heartland hired staff and worked closely with the State Immunization Program to ensure local clinic staff met competencies in the VFC program before implementing the first of monthly clinics on July 1, 2010.

Although vaccine is provided free through the federal Vaccine for Children program, South Heartland receives no state or federal dollars to administer this program locally, relying instead on generosity of client donations supplemented in part by a small amount of City of Hastings and Adams County funds.



...And Bringing Smiles



The highly successful Sonrisa ("Smile") program offers evaluative and restorative dental care to children under 18 with no insurance who reside in the South Heartland Health district. A co-pay of \$5 was requested for each appointment through January 2010. Beginning May 2010, a co-pay of \$10 was requested for each appointment. SHDHD has

continued to partner with Central Community College (CCC-Hastings) oral hygienist students, local pediatric dentist Dr. Jessica Meeske, and the Mary Lanning Health Care foundation to conduct the evaluation clinics which provide sealants and help to determine each child's need for further dental care. A partnership with UNMC College of Dentistry enables instructors and dental students to travel to CCC-Hastings to conduct restorative dental work such as crowns and fillings. Four restorative clinics in

the fall of 2009 provided 88 patient encounters and 242 procedures. An additional sealant clinic in January provided 199 sealants to 29 patients, and 6 patients were referred to Dental Day in February at UNMC College of Dentistry. Two clinics in May and June 2010 provided evaluations, cleaning, fluoride, and X-rays to 145 children ages 3 through 19 to identify any restorative needs. These children will be scheduled for restorative clinics beginning in August 2010.

Working Together to Improve Public Health

...Becoming an ACHIEVE Community

“Healthy Hastings”, a collaboration of core members Hastings YMCA and YWCA, Hastings Park and Recreation, Prairie Loft Outdoor Education Center, SHDHD, and Mary Lanning Memorial Hospital, came together with the purpose of developing and submitting a short proposal to the Robert Wood Johnson Foundation to combat obesity in children and adults in Hastings. The goal was to move beyond program activities to target policies, practices and infrastructure in the community. Although the first grant proposal was not funded, the group continued to build momentum by developing a mission and vision, continued to collaborate on projects around improving the health of the community, and expanded coalition partners. The group collabor-

ated in developing 3 ACHIEVE (Action Communities for Health Innovation & Environmental Change) Community Grant proposals, one of which was awarded to the City of Hastings. This grant is helping to strengthen the coalition of partners as the coalition develops a community action plan to address comprehensive chronic disease prevention through Policy, System, and Environmental level interventions. Ten members attended a national training and have completed a multi-sector community assessment using a variety of methods outlined in the CDCs CHANGE tool to establish a baseline to measure policy, systems, and environmental change. These valuable tools can also be applied to other public health issues.

...Teaching Tai Chi for Better Balance!

SHDHD in partnership with Midlands Area Agency on Aging, applied for and received a grant through DHHS Injury Prevention Program to expand Tai Chi classes in the 4-county area, train new instructors and update training for existing instructors. Partnering physical therapists will assess participants at baseline and completion of the classes to note tracked changes in strength, balance and agility. Many of the participants who are currently enrolled in the classes report better balance and an improvement in stretching and reaching capabilities.

...By Forming Alliances to Advance School Wellness

South Heartland is partnering with 7 public schools, one in Webster County, 2 in Nuckolls County, 2 in Clay County and 3 in Adams County for South Heartland’s **Community Alliance for Healthy Children in Healthy Schools** project. The project promotes the devel-

opment of active school wellness councils with members representing school staff, administration, and students, and also health care providers, parents, and community members. Project coordinator Sandi Stevens assists the school wellness councils in assessing the health of their stu-

dents and staff as well as the “health” of their school (curriculum, environment, policies, etc.). Wellness councils review the data and develop a school wellness action plan to address their priority goals.

Red Cloud School Health Day



Sutton Elementary Breakfast Week

Diabetes Awareness Walk at Lincoln Elementary



Essential Service

Engage the Community to Identify and Solve Health Problems



Tai Chi Class at Harvard Rest Haven

Mini-Grants

South Heartland uses LB692 funds to **support community efforts** to identify and solve health problems. This year, SHDHD awarded a total of **\$12,263** in mini grants to four organizations for health-related projects or programs that support the SHDHD Public Health Improvement Plan:

- **Reading the World Program**-Prairie Loft Center
- **Update DVD Resources** - Healthy Beginnings, Hastings
- **Behavioral Health Evaluations**-Horizon Recovery, Hastings
- **Youth Focus Groups**-South Central Partnership Youth Task Advisory Boards
- **Dads Earn While You Learn Curriculum**-Hope Pregnancy Services, Superior

Protecting Public Health by Enforcing Laws

Essential Service

Enforce Public Health Laws & Regulations

SHDHD Enforcing NCIAA and Meth Clean Up Regulations

During 2009-2010, South Heartland investigated 11 reports of smoking violations or NCIAA non-compliance. Establishments investigated included bars/taverns, municipal shop buildings, an apartment complex, a motel, and a keno facility. Using an educational approach during the first visit, most establishments were in compliance when SHDHD staff returned for a follow-up visit. SHDHD worked with local law enforcement when appropriate. In only one case was a police citation necessary, with the fine ultimately paid by the owner of the estab-

lishment. Regulations for methamphetamine cleanup were finalized August 30, 2009. SHDHD assured clean up on a clandestine meth lab in a building owned by a local community housing authority.



SHDHD worked with officials to monitor and assure clean-up.

Essential Service

Maintain a Competent Public Health Workforce

Training & Expertise in Public Health

South Heartland Holds Quarterly Training on Infection Control

SHDHD coordinates quarterly meetings of the South Heartland Infection Control Group. RNs, LPNs, APRNs, CMAs, and other health care providers working in school, clinic, long term care, hospital, and public health settings are invited to attend our educational programs on a variety of public health topics. Invited experts provided the following training:

(NESIIS)" Training presented by a DHHS Immunization Program staff member. (23 attendees)

- July, 2009 - **"Vector Borne Illness"** presented by Dr. Annette Bredthauer, NE Public Health Veterinarian at NE DHHS. (25 attendees)
- October, 2009 - **"Trends in Tuberculosis"** presented by Kristin Gall and Pat Infield, RN, DHHS TB Program (22 attendees - 18 live and 4 by telehealth). SHDHD applied to Creighton University School of Nursing in order to provide continuing education contact hours to attendees.
- January, 2010 - **"Nebraska State Immunization Information System**

- April, 2010 - **"Electronic Medical Records"** - a panel consisting of representatives from Moscati Health Center, Mary Lanning Memorial Hospital, Douglas County Health Department, and NE DHHS Epidemiology Department presented their experiences using EMR followed by a panel discussion with participants. (16 attendees - 10 live and 6 by telehealth)



Dr. Michael Skoch from Moscati Health Center discussing **Electronic Medical Records** at the April 2010 Infection Control Meeting.



Hastings College student Apollo Stack worked on mosquito trapping and collection for West Nile Virus monitoring activities during the 2010 WNV season. He also developed an educational West Nile Jeopardy game for 5th and 6th graders.

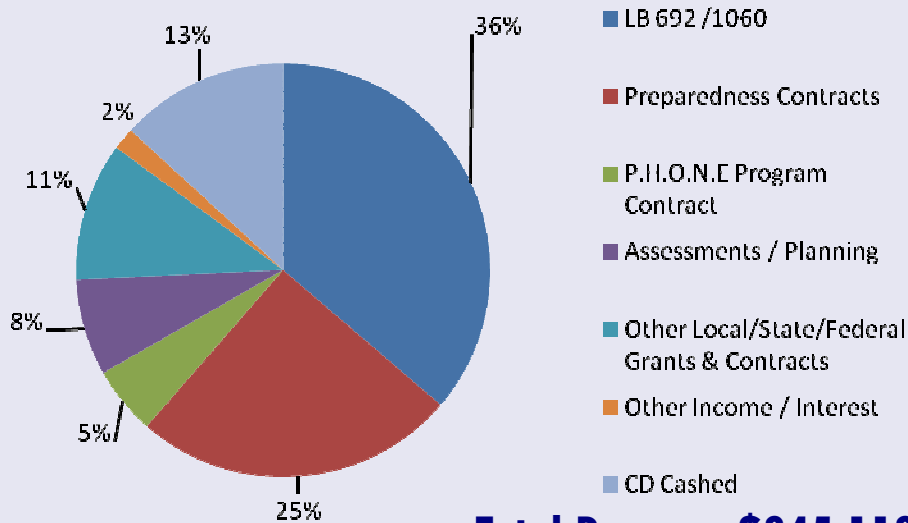
Public Health Internships at South Heartland

South Heartland partners with Hastings College to provide internship and temporary employment opportunities for college students who may be interested in pursuing a career in public health. Kevin Wright, a Hastings College Biology major, researched radon policies, the Inter-

national Residential Code, and lessons learned from other communities that have implemented radon policies, then developed fact sheets and a PowerPoint presentation as educational tools for the Department's meeting with city officials.

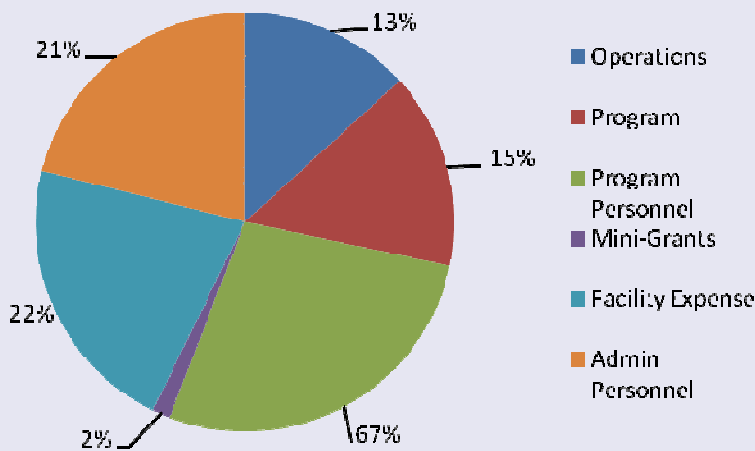
Annual Financial Report 2008-2009

Revenue by Source



Total Revenue \$845,118

Expenditure by Category



Total Expenditures \$880,704

Public Health
Core Functions

ASSESSMENT

POLICY
DEVELOPMENT

ASSURANCE

ABIG "Thank You!" to
part-time SHDHD
Staff & Volunteers

Vaccine for Children Program:

- Leslie Anderson, RN
- Sheryl Buescher
- Amanda Fitzke, RN
- Kari Grams, CMA
- Carol Hamik, RN
- Judy Sandeen, RN
- Dixie Zoucha, LPN

Sonrisa Dental Program:

- Gloria Molina

Suicide Prevention Coalition:

- Sue Kennedy

West Nile Virus Program:

- Apollo Stack

Experience Works Participant:

- Janice Bank

SHDHD partnered with Area Substance & Alcohol Abuse Prevention (ASAAP), local law enforcement and local pharmacists to provide Safe Disposal of Unwanted and Expired Medications at Drug Collection Events



TRI-Cities Medical Response System (TRIMRS)

Revenue (SHDHD FY 2009-10)	\$299,418
Expenses (SHDHD FY 2009-10)	\$220,807

NEW ADDRESS: 606 N. Minnesota, Suite 2
Hastings, Nebraska 68901

Phone: 402-462-6211 / 1-877-238-7595
For Public Health Emergencies: 402-469-2543
Fax: 402-462-6219
E-mail: shdhd@windstream.net

*Protecting and Improving Health
in Adams, Clay, Nuckolls and Webster Counties*

We are on the web at
www.southheartlandhealth.org

Board of Directors

County Officials

Charles Neumann	Adams County Supervisor
Eric Samuelson	Clay County Supervisor
Michael Combs	Nuckolls County Commissioner
Mary Delka	Webster County Commissioner

Public Spirited Citizens

Judy Reimer	Adams County
Bradley Neet	Adams County
Merrill Duntz	Clay County
Bob Rose	Clay County
Peggy Meyer	Nuckolls County
Perry Freeman	Nuckolls County
Barbara Sprague	Webster County
Ron Keuhner	Webster County

Professional Representatives

Michele Durr, MD
Dee Griffin, DVM
David Landgren, DDS

Officers (Elected January 2009)

President	Peggy Meyer, LIMHP
Vice President	Charles Neumann, DVM
Treasurer	Bob Rose

Board Members who completed terms or retired during the 2009-2010 Fiscal Year:

Leota Rolls, Adams County
Keri Wulf, DVM

Mary Delka, Webster County Commissioner

We thank you for your years of service!



Public Health
Prevent. Promote. Protect.

Staff Directory



Michele Bever, PhD
Executive Director

michele.bever@southheartlandhealth.org
Phone: 402-462-6211 Ext. 102



Cindi McDowell, CFRE

Assistant Director & Grants Administrator
cindi.mcdowell@southheartlandhealth.org
Phone: 402-462-6211 Ext. 103



Denise Ferguson
Operations Assistant

denise.ferguson@southheartlandhealth.org
Phone: 402-462-6211 Ext. 101



Janet Staehr, RN

Public Health Outreach Nursing Education (P.H.O.N.E.)
janet.staehr@southheartlandhealth.org
Phone: 402-462-6244



Anita Sullivan, RN

Health Surveillance Coordinator
anita.sullivan@southheartlandhealth.org
Phone: 402-462-6211 Ext. 115



Jim Morgan

Public Health Risk Coordinator
j.morgan@southheartlandhealth.org
Phone: 402-462-6211 Ext. 107



Sandi Stevens, RN, MS

Community Health Education Coordinator
sandi.stevens@southheartlandhealth.org
Phone: 402-462-6211 Ext. 105



Desiree Rinne, BS
**Health Promotion
Public Health Educator**

desiree.rinne@southheartlandhealth.org
Phone: 402-462-6211 Ext. 104



Jorge Perez

Minority Health Educator
minority.health@windstream.net
Phone: 402-462-6211 Ext. 106



Amy Market
Reception

shdhd@windstream.net
Phone: 402-462-6211 Ext. 100