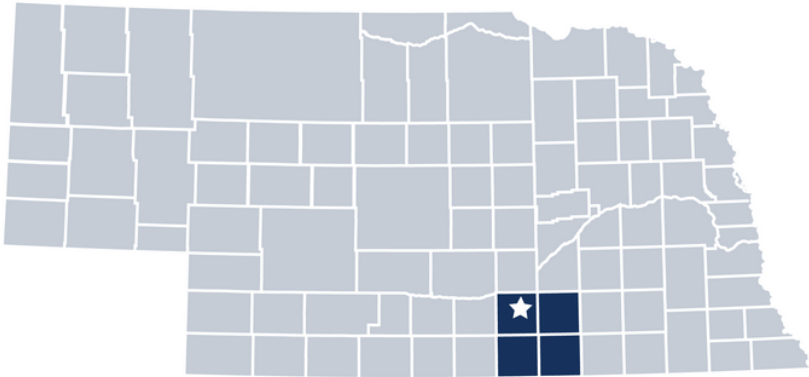


South Heartland District Health Department

Serving the Adams, Clay, Nuckolls, and Webster
counties



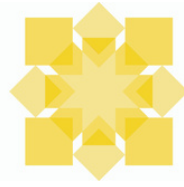
2022

ANNUAL REPORT





SOUTH
HEARTLAND
DISTRICT



**HEALTH
DEPARTMENT**

A Message from South Heartland's Health Director:

Michele Bever, PhD

Health Director
michele.bever@shdhd.ne.gov
(402) 462-6211
www.southheartlandhealth.ne.gov

Fiscal year 2021-2022 saw continued intense pandemic response by our staff, along side a return of focus to some of our other public health priorities. Responding to additional surges of COVID cases caused by new SARS-CoV-2 variants, and assuring access to COVID-19 testing and vaccination, filled most of our time. However, after a year of being sidelined, we were able to re-establish the 5 steering committees overseeing the Community Health Improvement Plan (CHIP) priorities. The Steering Committees reviewed the progress being made on the CHIP, and made adjustments to the plan, if needed. We also completed a mid-cycle community health assessment to check the status of our district with respect to our 5 priorities - Access to Care, Mental Health, Substance Misuse, Obesity & Related Health Conditions, and Cancer. The assessment also gave us some insight on how the pandemic was impacting our residents' health and their ability to access care and services.

Please see the pages of this report for some highlights and successes in the past year. We are so grateful for our many community partners - you have been indispensable to South Heartland in all of our public health efforts - for the pandemic response AND the community health improvement activities.

Looking forward to another year in partnership and health,

Michele Bever, PhD, MPH





SHDHD'S CHIP STEERING COMMITTEES DRIVE HEALTH IMPROVEMENT PLAN FORWARD

Five steering committees meeting biannually in April and October are helping the South Heartland District Health Department (SHDHD) make progress on the Community Health Improvement Plan (CHIP) priorities: Access to Care, Mental Health, Substance Misuse, Obesity and related health conditions, and Cancer.

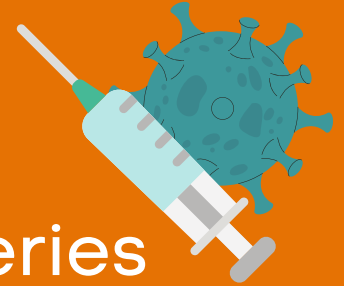
The committees include community members, leaders, professionals, and SHDHD staff. The committees review the most current data, including the 2021 Community Health Assessment (CHA). They evaluate plan progress (CHIP objectives/strategies), changes in environment or resources, and the need for course corrections or revisions.

The Cancer Steering Committee made a course correction for the goal, "Reduce the number of new cancer cases as well as illness, disability and death caused by cancer", specifically with respect to a performance measure to reduce incidence rates. In reviewing the most current cancer registry data, the committee was concerned that three of the five cancer incidence metrics were trending in the wrong direction and were worse than overall state trends. However, the committee proposed that if the SHDHD is successful in increasing screening rates, this could produce an increase in diagnoses (incidence). The committee agreed to add a performance measure considering the cancer stage at diagnosis. If increased screening is successful, the SHDHD expects increased early-stage diagnoses, reduced late-stage diagnoses, and decreased mortality for cancers where intervention is effective. The SHDHD added this performance measure to the CHIP Cancer goal and is requesting the appropriate data to share trends with the committee at their next meeting.

CHIP progress and revisions were reported in SHDHD's 2021 CHIP Annual Report. The SHDHD is also developing a public-facing interactive data dashboard to assist the public and partners in visualizing progress on the community's health priorities.

July 2021-June 2022

49% South Heartland Residents Completed their Primary COVID-19 Vaccine Series



2162.5

COVID 19 doses given at SHDHD vaccine clinics



18,512

COVID-19 doses delivered to State Immunization Program approved providers



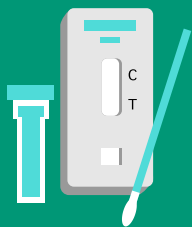
514

Total vaccines administered through the Vaccine for Children (VFC) Program to **239 VFC patients**



5,659

Positive COVID-19 cases Reported



5,138 Free At-Home COVID-19 Test Kits Distributed

1st

Diabetes prevention program offered online

8 Elevated Lead Labs Investigated



44



Home Radon Kits Completed

2 SHDHD Staff members enrolled in a Health Literacy Specialist Certificate Program



ABOUT THIS REPORT

This report includes examples of efforts by this local health department to make the “Good Life” a healthy one in their jurisdiction. The following examples reflect work supported through multiple sources of funding, including monies from the Nebraska Health Care Funding Act (HCFA).

Local health departments act as communities’ Chief Health Strategists by assuring that the health and wellbeing of Nebraskans are protected and improved. Local health departments do this by working in each of the Three Core Function Areas of Public Health:



Assessment: Collect and analyze information about health problems in Nebraska communities.



Assurance: Promote effective coordination and use of community resources to protect the health and wellbeing of Nebraskans.



Policy Development: Work with partners to apply data, educate the public, and develop programs and policies—all to address and prevent illness, disease and disability.

Community Health Assessment (CHA) / Community Health Improvement Plan (CHIP)

The SHDHD and community partners completed an interim CHA in 2021. The assessment included 1,102 community surveys, (four focus groups with the general community, and two focus groups targeting minority communities). The assessment results helped the SHDHD determine progress on 2019-2024 CHIP performance measures, as well as the impact of the pandemic on the public’s health. Data reports, including progress on the objectives, were reviewed with the five steering committees (one for each of the five health priorities), which moved the health improvement process forward and helped SHDHD adjust strategies, where needed.

Outcomes: 2021 CHIP Annual Report; 2021 Interim CHA Report; minority community focus group transitioning to a minority advisory committee; and results communicated to staff, Board of Health, partners, and the public.

CHIP PRIORITIES:

- Access to Care
- Mental Health
- Substance Misuse
- Obesity and related health conditions
- Cancer

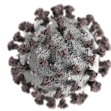
AREAS OF WORK

Communicable Disease Control and Prevention

Includes communicable disease epidemiology (disease outbreak management/response), tuberculosis (TB), immunizations, sexually transmitted infections, and surveillance (tracking and following up on reports and provider/school reports).

Over the last year, the SHDHD's epidemiology team received 5,655 positive COVID-19 lab reports, collaborating, investigating and providing education as necessary. The team monitors and orders sequencing for emerging variants and continues to assist schools/colleges, nursing homes, daycare facilities, and other group settings with COVID-19 prevention.

As the global monkeypox outbreak expands into Nebraska, the team is providing the most current information to providers and the public and is preparing to conduct case investigations and contact tracing, as well as provide vaccines to those at risk.



Chronic Disease Control and Prevention

Includes asthma, cancer, cardiovascular disease, diabetes, obesity, tobacco control, and worksite wellness.

HALT participants achieved a **3.4% total weight loss** in 5 months



The SHDHD added a virtual option, called HALT, to the Smart Moves evidence-based diabetes prevention offerings. Participants engage at their convenience using their computer or mobile app to log their weight and physical activity minutes, photo-journal their food, and message with their Lifestyle Coach and other participants through an in-app Community Board. The first cohort of 11 participants lost a combined 79 pounds, 3.4% total weight loss, in 5 months. The goal is 5–7% weight loss by the end of the year-long class: participants are right on track!

Access to and Linkage to Clinical Care

Includes coordination of services between medical providers and providers of health-related social needs, oral health/dental services, and behavioral/mental health.

Limited health literacy affects millions of people, costs billions of dollars each year, and keeps people from getting the most from their health care. Health literacy specialists from the SHDHD offered presentations to 11 staff members from two rural primary care clinics within the district. They focused on the evidence-based practices of Plain Language and Teach Back, techniques that promote the ability to understand and use information in making health-related decisions and taking health-related actions.



Nearly **36% of adults** in the U.S. have **low health literacy**, with disproportionate rates found among **lower-income** Americans eligible for **Medicaid**

AREAS OF WORK

Environmental Health

Includes radon, lead, emergency response, hazardous substances and sites, and Walkable Communities initiatives.

Last year, **over 40%** of SHDHD's tested homes had **high radon levels** that put residents at **risk**



According to EPA estimates, radon is the number one cause of lung cancer among non-smokers, making it the second leading cause of lung cancer. The SHDHD sold 76 radon test kits, with 34 kits completed.

The highest recorded level among tests was 17.9 pCi/L and 14 tests had a level at/or above the action level of 4 pCi/L. To date, 35% of the homes tested have an action plan to retest or mitigate radon in their home.

Injury Prevention

Includes motor vehicle injuries, occupational injuries, senior fall prevention, substance abuse, car seat safety, binge drinking, and distracted driving.

Falls with injuries in the district fell by **more than half** after providing **fall prevention classes**



In 2012, 30.1% of adults in the district age 45+ reported falling and 11.8% reported falls with injuries. The SHDHD started providing evidence-based falls prevention classes, which included Tai Chi in 2010 and Stepping On in 2017.

By 2020, falls in the SHDHD area dropped significantly, to 19.8%, and falls with injuries dropped significantly to 5.5% (Behavioral Risk Factors Surveillance System [BRFSS], 2020). In partnership with Midland Area Agency on Aging, community and professional volunteers, and with support from Nebraska DHHS, the SHDHD is coordinating, promoting, and expanding falls prevention classes across the health district.

Maternal and Child Health

Includes Women, Infant, and Children (WIC), family planning, newborn screening, evidence-based home visitation, Early Preventative Screening, Diagnosis, and Treatment (EPSDT).

Through a partnership with the University of Nebraska Kearney (UNK), the SHDHD became a pilot site for Building Healthy Families (BHF), a family-based pediatric weight management and lifestyle modification program. The SHDHD secured initial funds from UNK and additional funds from Children's Hospital to implement the program in Hastings. With community partnerships (YMCA, Mary Lanning Healthcare, UNL Extension), two cohorts successfully completed the BHF program. The SHDHD is engaging medical providers and school staff to help recruit families for the next cohort.



ADDITIONAL ACTIVITIES

Examples of additional public health activities that South Heartland District Health Department performs to assure that the health and wellbeing of Nebraskans are protected and improved.

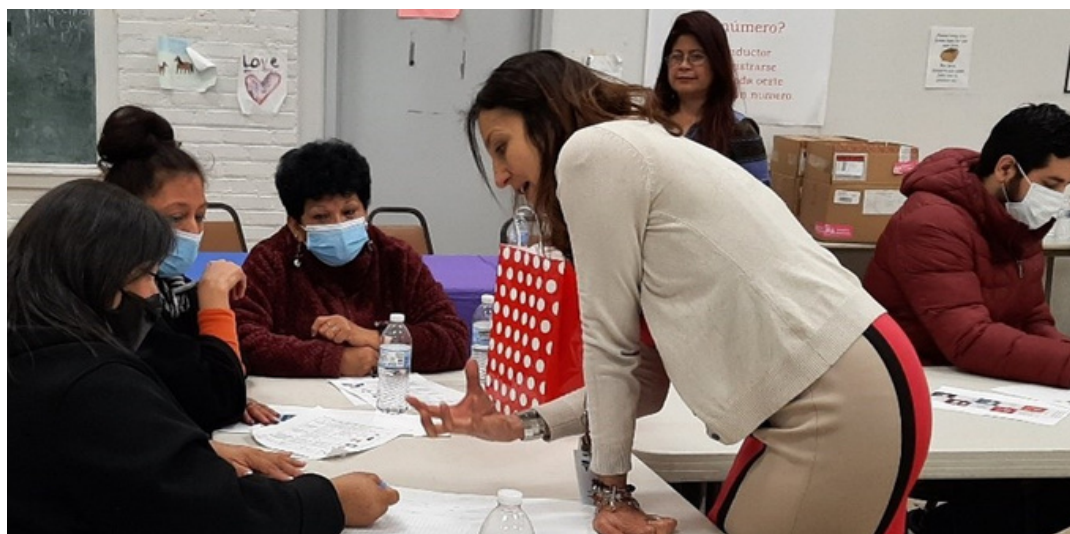
Engaging Our Minority Community Members in Community Health Improvement

The SHDHD is fortunate to have a trusted leader helping our team connect with minority community members. On top of her full-time job with Migrant Education, Aida Evans works part-time with the SHDHD, connecting people to information and resources and engaging community members in their health.

This year, the SHDHD conducted a Community Health Assessment (CHA) to update the Community Health Improvement Plan (CHIP). The health department wanted to help the district do a better job serving all residents. To do this, the SHDHD needed to hear from a good cross-section of the population: the health department needed to give as many people as possible the opportunity to communicate about the health issues that matter most to them, and identify barriers which keep them from getting the care they need.

Aida helped the SHDHD bring together minority residents for a minority outreach planning session, where participants were asked how best to reach Spanish-speaking residents for community assessment surveys and listening sessions. The 17 attendees provided great ideas and committed to a goal of recruiting at least 5% of the Hispanic community members across the four counties to complete the community assessment survey. Each participant in the planning session met the challenge to promote the survey to 10-25 others, exceeding the 183 total surveys required for the 5% goal. Of the 300 racial/ethnic minority respondents, 276 (92%) were Hispanic or Latino. Additionally, 29 racial/ethnic minority participants attended 2 listening sessions.

Participants met again to review results, choose priorities, and create a plan for improvement. Some participants have committed to oversee the improvement initiatives and offer ongoing input to the SHDHD and the Board of Health through forming a minority health advisory board.





**"Farmers Under Stress"
Presentation in Blue Hill**
(Supported by Central States Center for
Agricultural Safety and Health)

South Heartland District Health Department in *Action*



Unloading eMed COVID Test Kits



**Unloading and
stacking Personal
Protective
Equipment (PPE)
wherever there is
space**



17th Annual Kids Fitness and Nutrition Day



Roseland Health Fair Event

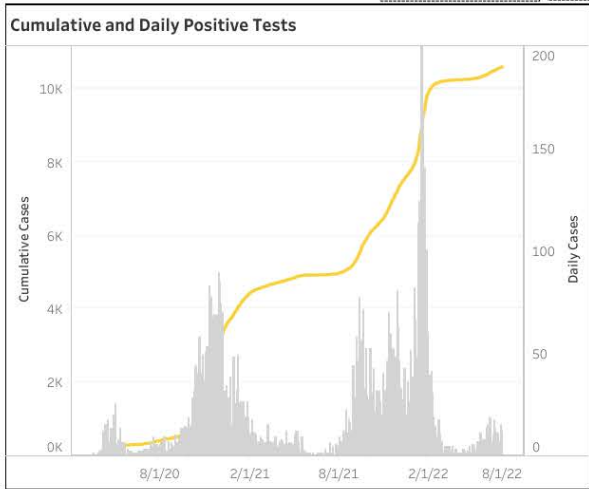


Minority Health Fair Event



Weekly COVID-19 Vaccine Clinic

Main Dashboard Hastings Data Vaccine Data



Cumulative Confirmed Cases

10,592

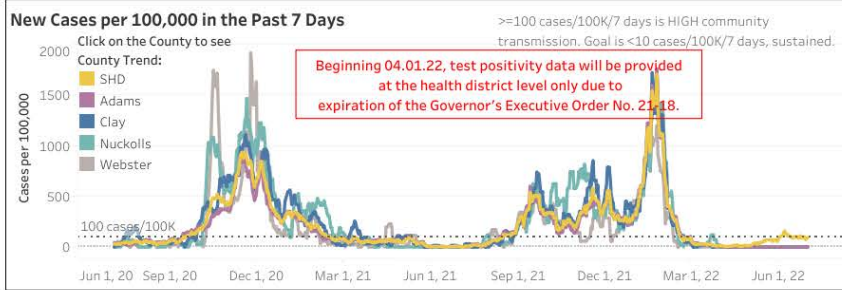
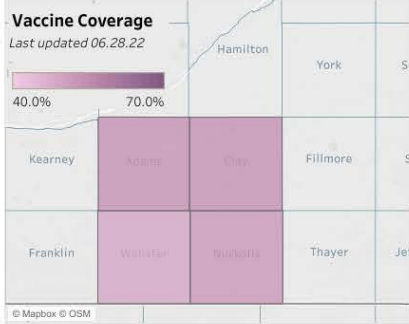
Data Quality Review
with updates: completed 06/28/22

CDC's COVID-19 County Check
Find community levels and prevention steps by county:
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

CDC's COVID-19 Integrated County View
<https://covid.cdc.gov/covid-data-tracker/#county-view>

Nebraska Respiratory Illness Dashboard
https://atlas-dhhs.ne.gov/Atlas/Respiratory_Illness

The CDC and NE DHHS sites are not the responsibility of SHDHD. They may collect data differently from SHDHD and may differ on how metrics are cal..

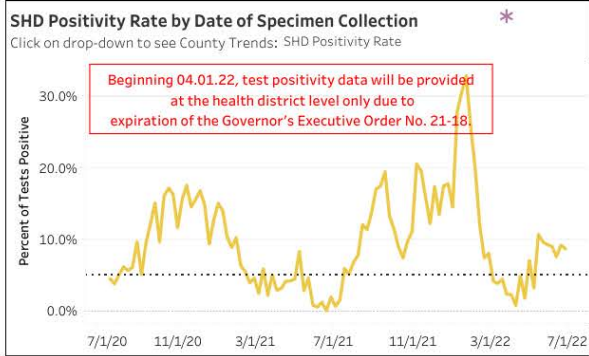


New Cases per 100,000 in the Past 7 Day
Last updated 07.01.22

SHD: 95.1

Note: This metric is based on the number of reported test results. Since at-home testing is not reported, this metric is an underestimate of the true number of positive cases in the district.

Cases per 100,000 Scale
 Low: 0 - 9.99
 Moderate: 10 - 49.99
 Substantial: 50 - 99.99

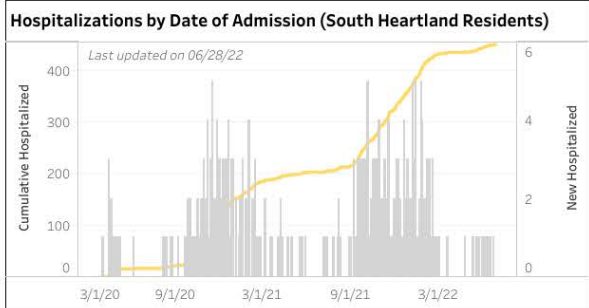
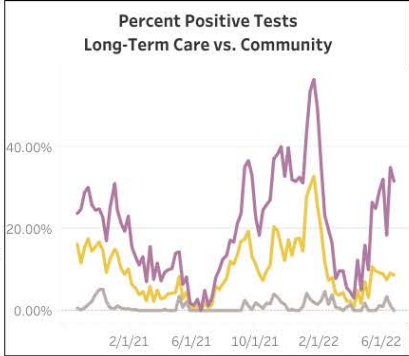


Weekly Positivity Rate Overall / Community (w/o LTC)
For the week ending 06/25/2022

SHD: 8.7% / 31.7%

Caution: Positivity is the # of reported positive tests divided by the # of reported tests conducted. At home testing is not reported. Therefore, SHDHD is unable to know how well thi..

Positivity Scale
 Low: <5%
 Moderate: 5 - 8%
 Substantial: 8.1 - 10%
 High: >10%



Total Hospitalizations (South Heartland Residents)

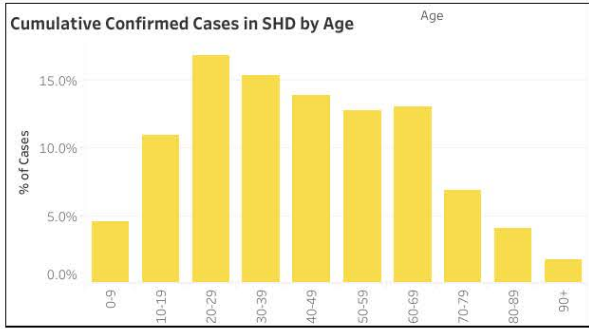
450

Hospital Capacity Metrics
Last updated 07/01/22

Staffed ICU Bed Availability: **54.6%**
Percent of Inpatients with COVID-19: **0%**

Note: The Hospital Capacity summary includes Webster County Community Hospital, Brodstone Memorial Hospital, and Mary Lanning Healthcare

Hospital Capacity Dashboard
https://public.tableau.com/app/profile/pam_stromer/viz/SouthHeartland_16329428860620/Dashboard1?publish=yes



COVID-19 Confirmed Variants of Concern Identified in the South Heartland District
Last updated 07/01/2022

Variant

- B.1.1.7 (Alpha)
- B.1.351 (Beta)
- B.1.617 (Delta)
- B.1.1.529 (Omicron)
- B.1.1.529.2 (BA.2)
- B.1.1.529.4 (BA.4)

Deaths

148

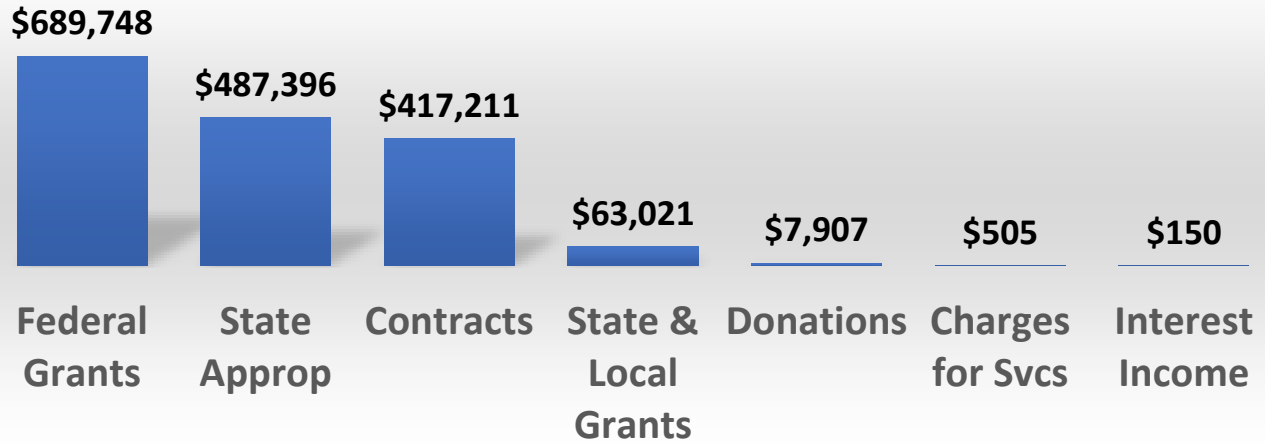
Last updated 05/05/2022. Note: Deaths of South Heartland residents are not counted until SHDHD receives a death certificate COVID-19 confirmation from NE DHHS.

CDC Death Count Information
<https://www.cdc.gov/coronavirus/2019-ncov/covid-data/about-us-case>

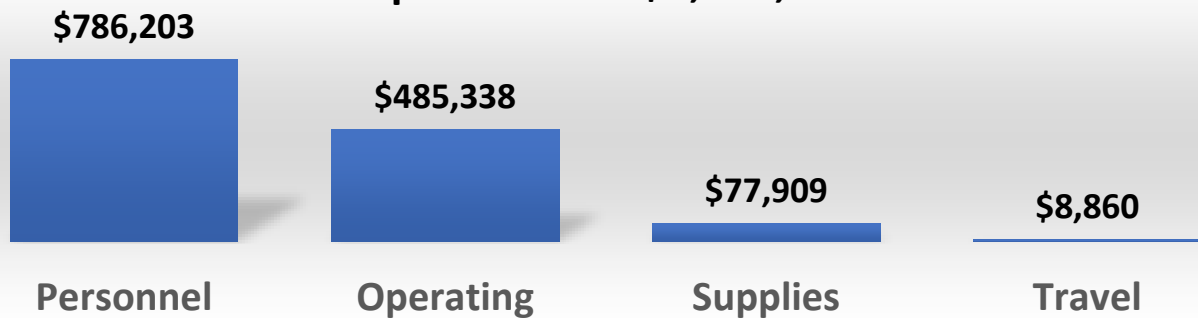
COVID-19 Genomics Surveillance (Nebraska Variant Trends) and NE Wastewater Surveillance (includes Hastings)
<https://dhhs.ne.gov/Pages/COVID-19-Genomics-and-Wastewater-Surveillance.aspx>

Financial Report July 2021 - June 2022

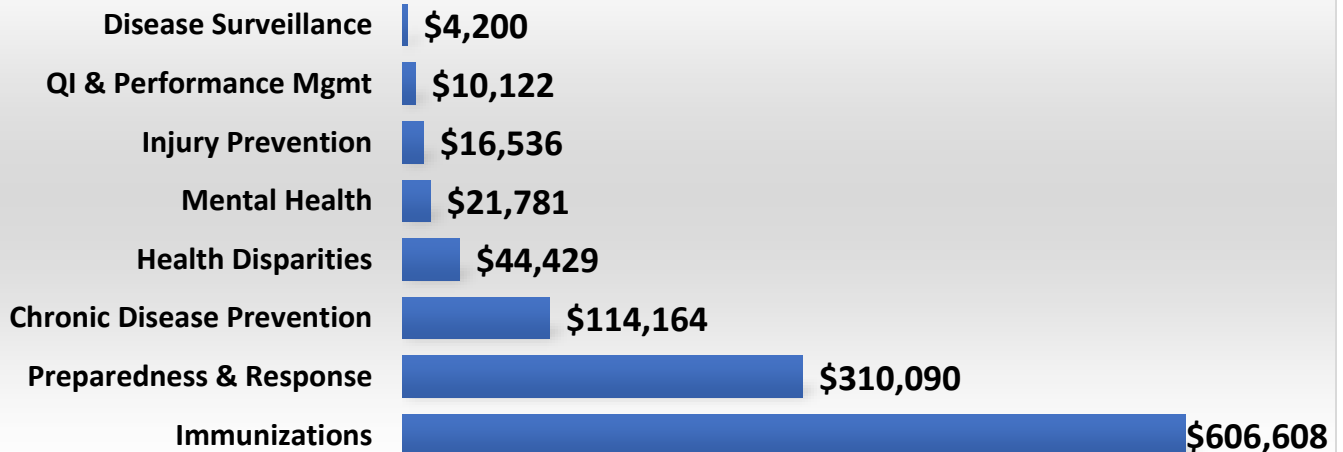
Revenue Total: \$1,665,938



Expense Total: \$1,358,310



Program Expenses Total: \$1,127,931



South Heartland District Health Department

Board of Health 2021-2022

<i>Adams County</i>	Charles Neumann, Board of Commissioners Barbara Harrington Donna Fegler-Daiss						
<i>Clay County</i>	Richard Shaw, Board of Supervisors Sandra Nejezchleb Nanette Shackelford						
<i>Nuckolls County</i>	James Keifer (now Kenneth Rempe), Board of Commissioners Peggy Meyer (now Megan McMeen) Jean Stichka						
<i>Webster County</i>	T.J. Vance, Board of Commissioners Mirya Hallock (now Kathy Murphy Buschkoetter) Torey Kohmetscher						
<i>Professional Representatives</i>	<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Medical:</td> <td>Timothy Blecha, MD</td> </tr> <tr> <td>Dental:</td> <td>Michael Kleppinger, DDS</td> </tr> <tr> <td>Veterinary:</td> <td>Lindsay Waechter-Mead, DVM</td> </tr> </table>	Medical:	Timothy Blecha, MD	Dental:	Michael Kleppinger, DDS	Veterinary:	Lindsay Waechter-Mead, DVM
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<i>Officers</i>	<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">President:</td> <td>Nanette Shackelford</td> </tr> <tr> <td>Vice President:</td> <td>Mirya Hallock (now S. Nejezchleb)</td> </tr> <tr> <td>Secretary/Treasurer:</td> <td>Charles Neumann</td> </tr> </table>	President:	Nanette Shackelford	Vice President:	Mirya Hallock (now S. Nejezchleb)	Secretary/Treasurer:	Charles Neumann
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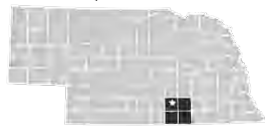


Our Vision is...
Healthy People in Healthy Communities

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.

Visit www.southheartlandhealth.org
for full Annual Report



- Promoting Health
- Responding To Emergencies
- Cultivating School Wellness
- Improving Access To Health Care
- Preventing Cancer
- Investigating Diseases
- Reducing Obesity
- Improving Mental Health
- Reducing Substance Misuse
- Helping Kids Get A Healthy Start
- Conducting Community Assessments
- Creating Walkable Communities
- Protecting Our Most Vulnerable
- Connecting Veterans
- Preventing Diabetes
- Reducing Radon Exposures
- Measuring Our Performance
- Preventing Falls

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Tel (402) 462-6211 1-877-238-7595 FAX (402) 472-6219

PROUDLY SERVING ADAMS, CLAY,
NUCKOLLS, AND WEBSTER COUNTIES

WWW.SOUTHHEARTLANDHEALTH.ORG

