

Southwest Nebraska

Public Health Department

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2015
ANNUAL
Report

Southwest Nebraska Public Health Department manages its programs keeping the viewpoint of Healthy People 2020 foremost in its planning and execution of programs.

Healthy People 2020 is a national health promotion program to improve the health of all Americans. Initiated in 1979 and led by the U.S. Department of Health and Human Services

(HHS). Healthy People provides science-based, ten-year national objectives for improving the health of all Americans.

HP2020 is organized into 42 subject areas with 600 public health objectives. These

objectives provide a framework for monitoring and measuring improvements in health status of the American population over the decade from 2010 to 2020.



Example: Tobacco Use 1.1 Reduce cigarette smoking by adults. The baseline is that 20.6% of adults over age 18 are current smokers. The target by the year 2020 is to reduce the baseline to 12.0%.

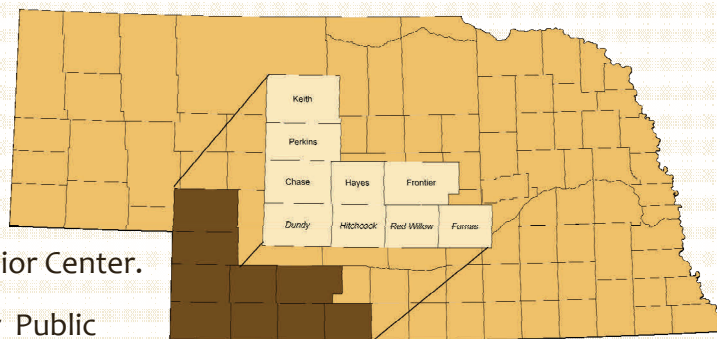
SWNPHD is working towards this target by promoting the 1-800-QUITNOW line, tobacco cessation counseling and tobacco education.

SWNPHD Adds Keith County

Southwest Nebraska Public Health Department (SWNPHD) announces the addition of Keith County to our health district. Commissioner Lonnie Peters and Pete Peterson representing Keith County were welcomed to our board.

Our excellent established programs and skilled staff will be an asset to Keith County. The first immunization clinic was held June 23rd at the Ogallala Senior Center.

SWNPHD is a lead agency for Public Health Emergency Response, Disease Surveillance, Immunizations, Data Resources, Tobacco Education, Wellness, Radon Testing and Education, Clean Indoor Air Inspections, and Environmental Complaints.



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Mission Statement

The mission of Southwest Nebraska Public Health Department, in partnership with other entities, is to promote a healthy and secure quality of life for our communities.



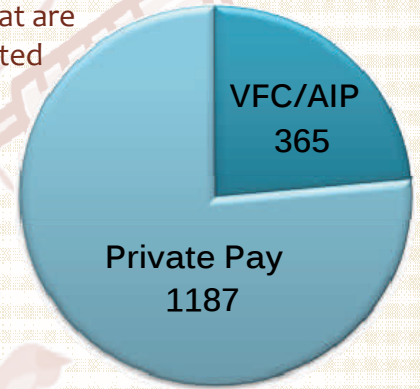
Staff: Helena T Janousek, Joy Trail, Melissa Propp, Janet Brenning, Denise Garey, Heidi Wheeler, and Myra Stoney.

Clinic Services

Immunizations

Along with private pay clients we participate in Nebraska's Vaccine for Children and Adult Immunization Programs. Our clinic is rated A1+ in verifying our clients are current with all recommended vaccines. We see clients daily in our office and we also have four off-site clinics that are held monthly or during peak times. They are located in the cities of Curtis, Trenton, Hayes Center and Ogallala.

Fiscal year 2015, we saw a total of **1,000** clients giving **1,552** shots, of those, 752 were flu. Travel shots, rabies, Typhim and Japanese Encephalitis vaccines were added this year.



Lab Services

Fiscal year 2015 was our first year providing preventative lab services. 112 clients utilized this service. The last Tuesday of each month is our scheduled lab day. However, we can accommodate clients for a date and time that fits their schedule.

Tests offered include a General Health Panel (CMP, TSH, CBC), Hemoglobin A1c, Lipid, PSA, and Vitamin D.

West Nile Virus

The West Nile virus infects certain wild birds. The infected birds, especially crows, are known to get sick and die from the infection. Mosquitoes acquire the virus from the infected birds and pass it on to other birds, animals and people.

Symptoms of a mild case include a slight fever and/or headache. Severe infections are marked by a sudden onset of high fever, with body aches usually occurring five to fifteen days after exposure. Since the cause is a virus, there is no specific treatment other than to treat the symptoms and provide supportive care. The highest risk population is over 50 years of age. Healthy people of all ages are at very low risk for infection.

SWNPHD participates in the West Nile program by collecting birds and trapping mosquitoes to submit to the state laboratory for testing. Awareness and education was done through special events held by local radio stations.



Melissa Propp, Public Health Nurse shoots local radio personality Rich Barnett while he is live on the air. Local radio stations help us to promote the importance of getting your annual flu shot.



Katelyn Wheeler trapping mosquitoes in Chase County.

Emergency Preparedness

Leading Age Presentation

In March, Heidi Wheeler, Emergency Response Coordinator, was invited to speak at the Leading Age Spring Conference in Kearney. The title of her presentation was “Public Health Disaster Preparedness for Long-term Care Facilities (LTCF): The Three P’s of Readiness.” The three objectives that were covered included Preparedness, Planning, and Partnerships.



Disasters are becoming larger, more destructive, and more frequent. In addition, our country is seeing an increase in the number of persons aged 65 and older with increasingly complex health needs. Preparedness for the older population is imperative, which is being recognized by LTCF and disaster management personnel everywhere. Preparedness professionals are also recognizing that LTCF are an asset and resource to the healthcare system in disaster planning and response. Heidi led the group of facility administrators through planning activities and information that will soon be required of all facilities.



The year 2014 was marked with the tragedy of the first death in the U.S. caused from the Ebola Virus Disease (EVD). The ensuing cases originated from four countries in West Africa and, although rapidly contained here in the U.S., set off a firestorm of public health planning and preparedness activities at the federal, state, and local levels. Southwest Nebraska Public Health Department (SNWPHD) engaged many of their local partners, including fire, EMS, law enforcement, Nebraska Plains Healthcare Coalition, and hospitals to engage in regional planning for a highly infectious disease.

More planning will continue in the coming year to include a functional exercise, coordinating with the Department of Health and Human Services and the Nebraska Public Health Lab, improving local and regional plans, and increasing the amount of personal protective equipment in our region.

Environmental Complaints

The health department is a resource center to assist our residents in resolving issues which may affect their health. Most issues can be resolved by linking the complainant with the appropriate agency. Often times, the health department assists in finding educational materials and additional information to resolve the issue. SWNPHD assisted in the following issues:

- Rodent infestation/animal feces
- No working water/sewer in a private residence
- Mold
- Potential chemical exposure
- Standing water potentially harboring WNV mosquitos
- Fleas, feral cats
- Bats
- Illegal dumping of human waste



Judy Hayes, Safety Director for Tri Valley Health Systems, inventories their SNS Cache. The Strategic National Stockpile Cache are supplies that are held in preparation for an emergency event. The hospital rotates the supplies to make sure they are not outdated.



Heidi Wheeler, with the other Emergency Response Coordinators from across the state toured Nebraska’s Biocontainment Unit (NBU). Nebraska, and the local public health departments are very fortunate to be able to coordinate and learn from NBU’s plans and expert staff.

Nebraska Respite Network

Nebraska Respite Network Coordinator, Helena Janousek was on a “Respite Road Tour” in November to visit and take photos with caregivers, care recipients and providers in her 18-county area. A respite photo contest was conducted that allowed participants to email, mail or post a “selfie” with their loved one (care recipient) on Facebook or Twitter. Winners were Karen Licking, Tryon (\$50 gift card), Laura Wolken, North Platte (Respite goodie bag), and Kelly & Isaiah McCauley, Trenton (Respite Goodie Bag & t-shirt).

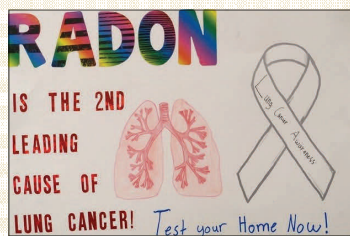
The participation through ‘selfie’ photos created a lot of enthusiasm for Respite. Respite is growing in awareness but the need for more caregivers and providers to give them a break, is a constant. According to the National Family Caregivers Association, in any given year, over 65 million people provide some level of caregiving services. Of today’s family caregivers, 40% provide some level of nursing support.



1st Place: James Neel
Central Elementary - McCook



2nd Place: Werner Winkel
Perkins County Middle School



3rd Place: Kaydence Steinbeck
Central Elementary - McCook

Radon Test Kits

Short-term test kits are available at our office for **\$10 each**. Price includes test kit, postage and testing.

Great Plains Public Health Leadership Institute



Helena T. Janousek graduated from the 10th Great Plains Public Health Leadership Institute (GPPHLI). Helena was a highly active scholar in this year-long program designed to build and enhance leadership skills for established and emerging leaders. GPPHLI is a professional development

program of the University of Nebraska Medical Center, College of Public Health.

Janousek was a member of a project team that researched and worked together on *Stigma of Mental Illness in Adolescence in Rural Areas*. Their finished video “Stomp Out Stigma” has received high acclaim and has become a valued resource for many organizations.

Radon Poster Contest

Congratulations to the 255 outstanding students that entered our radon poster contest. We appreciate the talented students and dedicated teachers from seven different schools that created these excellent posters.

The poster contest brings awareness to students, teachers and parents of the harmful effect of radon gas - lung cancer. Radon is the leading cause of lung cancer next to smoking.

The posters were displayed in businesses throughout the health district for all to see.

Radon is an odorless, tasteless and invisible gas. The only way to know if your home has a high level of radon is to test.

Disease Surveillance

Physicians, hospitals and laboratories are required by law to submit reports of communicable diseases and other situations that pose a threat to the health of the public. This information is submitted to the Nebraska Health and Human Services System (NHHSS) where it is tracked and monitored; follow-up is conducted and then reported to the Center for Disease Control and Prevention (CDC). Examples of reportable cases include lead poisoning, hepatitis, pertussis (whooping cough), tuberculosis, food-borne illnesses, rabies, and many others.

SWNPHD receives cases from NHHSS on a secure web-based system developed by the CDC. The health department and the state use the information to track outbreaks of disease or other health emergencies.

25% of all Nebraska positive rabies cases in 2015 were located in SWNPHD's district. The health department follows up with all cases to find a potential for human exposure.

Fiscal Year 2015 - 308 investigated cases

Bacteria Culture	4	Lead	130
Campylobacter	10	Legionella	2
Chickenpox	2	Lyme Disease	2
Cryptosporidias	2	Mercury	2
E Coli	1	Mycobacterium Avium	1
Enterovirus D68	2	Rabies	33
Giardia	2	Salmonella	11
Haemophilis Influenza	1	Shigella	1
Hep A	1	Shingles	2
Hep B	8	Streptococcus Pneumonia	12
Hep C	71	Valley Fever	1
Human Rhinovirus	2	West Nile	5

Cases per County

Chase	21
Dundy	25
Frontier	15
Furnas	57
Hayes	1
Hitchcock	35
Keith	9
Perkins	12
Red Willow	129
Unknown	4

The Nebraska Clean Indoor Air Act of 2008 required indoor workplaces in Nebraska to be smoke-free as of June 1, 2009. The purpose of the Act is to protect the public health and welfare by prohibiting smoking in public places and places of employment.

The Act eliminates smoking in enclosed indoor workspaces including restaurants, bars, keno establishments, other workplaces (retail/office space, manufacturing, etc.) and indoor public places.

SWNPHD has contracted with the State of Nebraska to follow up with reported violations of the Act. This fiscal year, three businesses were out of compliance with the CIAA.

tidbits

- ◆ The health district is 96 miles (north to south) and 128 miles (east to west) = 7600 sq. miles.
- ◆ 46 towns
- ◆ Six hospitals located in Benkelman, Imperial, Grant, Ogallala, McCook and Cambridge
- ◆ Population 39,100 in 2014. 93.7% white and 4.6% Hispanic.
- ◆ 20% of population is age 65 or older.
- ◆ 29.6% is age 24 or younger.

Walk to Health

SWNPHD held its 11th annual **Walk to Health** walking program. The program lasted 12 weeks and included 285 residents of all ages in the SWNPHD nine-county service area. Each participant that completed the program received a free t-shirt. The program was created by our staff to encourage residents to become more active and sustain a higher level of activity.

Excellent results were achieved by these motivated participants: 193.6 pounds lost, 153.25 inches lost, 49,196,384 steps walked and 224,889 minutes were walked through Walk to Health.

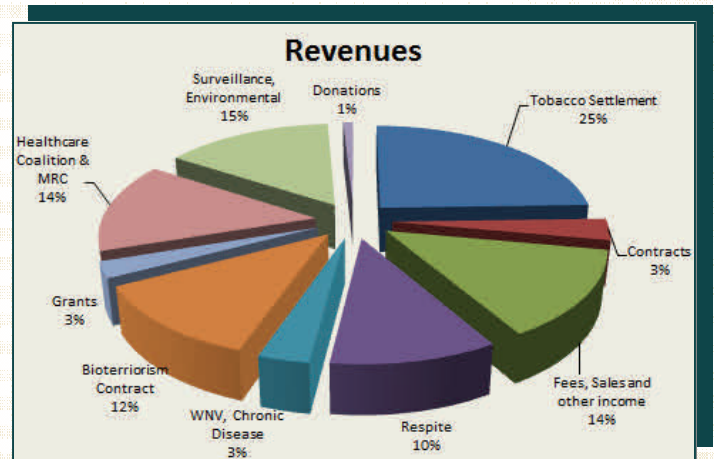
SWNPHD utilizes Healthy People 2020 goals set as a nation for our Walk to Health program. Our plan is to increase the proportion of adults who engage in aerobic physical activity.

Financials

July 2014 through June 2015

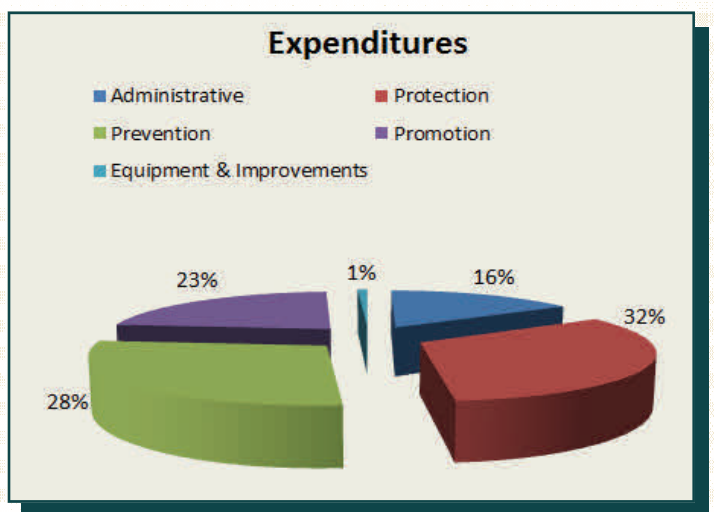
Where the Funding Comes From

Tobacco Settlement	\$172,956.00
Contracts	\$23,939.00
Fees, Sales and other income	\$96,638.00
Respite	\$73,938.00
WNV, Chronic Disease	\$22,769.00
Bioterrorism Contract	\$84,963.00
Grants	\$17,972.00
Healthcare Coalition & MRC	\$101,318.00
Surveillance, Environmental	\$105,458.00
Donations	\$6,089.00
Total	\$706,040.00



Where the Money Goes

Administrative	\$109,707.00
Protection	\$220,392.00
Prevention	\$190,276.00
Promotion	\$153,272.00
Equipment & Improvements	\$5,616.00
Total	\$679,263.00



Nebraska Kids Fitness and Nutrition Day

The 9th annual Nebraska Kids Fitness and Nutrition Day (NKFND) was held October 1st at McCook Junior High and Ed Thomas YMCA with 398 fourth grade students. These students came from across the SWNPHD health district and participated in the one-day fitness and nutrition event.

NKFND was developed and funded, in part, by the Nebraska Beef Council and the University of Nebraska at Kearney. SWNPHD and McCook Public Schools co-chair the event with the strong partnership of McCook Ed Thomas YMCA, McCook Lettering, McCook Optimist Club, Land-O-Lakes and the Nebraska Academy of Nutrition and Dietetics.

This one-day event includes nutrition stations offering information on proper hand washing, label reading, MyPlate food guidelines, healthy snacks, proper portion sizes and energy balance. Fitness stations offered were Stackers with Cardio, Hurdle Hop Scotch, Kids Zone, Kickboxing, HiTT Circuit, Fitness Tic-Tac-Toe, Parachute, Boot Camp, Obstacle Course, Deck of Cards, Hand Hockey and Tennis Ball Madness.

