



Southwest Nebraska Public Health Department

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2016 ANNUAL Report

Public Health Pete Joins our Team

Public Health Pete, a Flat Stanley inspired character, travels with our staff to help educate our community about the many public health issues happening in our health district, the state and even nationally. Follow us on Facebook and Twitter to find his informative messages.



Come in and check out his scrap book of adventures.

Public Health Week Activities

We put a fun twist on celebrating National Public Health Week. This week is a reminder to live healthier lives. Public health can be very helpful, yet so many do not understand its many aspects. During National Public Health Week we encouraged our residents to view movies, documentaries, YouTube videos, and to read books to better understand what we do. So many times we are behind the scenes to keep the public healthy and safe.

Some suggestions were: *Outbreak*, *Contagion*, *Erin Brockovich*, and *The Deadly Fever: A Documentary on America's Yellow Fever Disaster*. Different roles of public health are featured in all of these movies: surveillance investigation, emergency preparedness, environmental health, immunizations, and education. Our core preventive actions are also included: use good handwashing skills, stay home when you run a fever, cover your cough and be prepared for emergencies.

Other recommendations:

Apps: [Quealth](#) [TravWell](#) [FEMA](#) [Kids get a plan.](#)

YouTube videos:

Should you get vaccinated?	What is Public Health?
Are you breathing Radon?	Disaster Preparedness Episode 2



Our most used resource is the Center for Disease Control website, cdc.gov.

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Our Staff



Helena Janousek, Respite Coordinator; Joy Trail, Program Assistant; Melissa Propp RN, Public Health Nurse; Janet Brenning, Office Manager; Denise Garey, Assistant Director; Heidi Wheeler, Emergency Response Coordinator; and Myra Stoney, Director.

Not pictured:
Mason Holmes,
Program Assistant.



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.

Summer Internship

Henry Miller from Crofton, NE worked as a summer intern for SWNPHD. Henry is a senior at Wayne State College majoring in Speech Communication/Sociology.

Henry was able to participate in several areas of public health which included a rabies investigation, surveillance studies, conducted an environmental health survey, helped in planning a project for National Preparedness Month, attended a decontamination training, and assisted in a health assessment process.



Staff members: Myra Stoney, Director, Public Health Pete, Melissa Propp and Joy Trail with Henry Miller.

Disease Surveillance Investigation

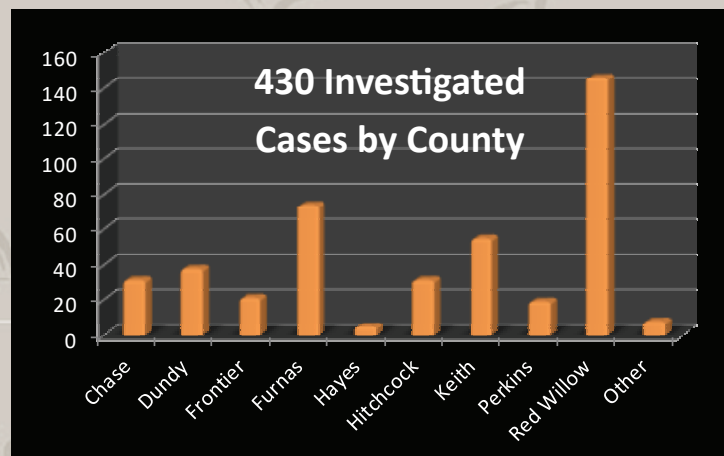
Physicians, hospitals and laboratories are required by law to submit reports of communicable diseases. This information is submitted to SWNPHD and/or the Nebraska Health and Human Services System (NHHSS) where it is tracked and monitored; follow-up is conducted and then reported to the Center for Disease Control and Prevention (CDC).

Southwest Nebraska has faced a high rate of rabies cases in the last two fiscal years. In 2015, SWNPHD recorded 25% of the states total confirmed rabies cases with nearly 30 investigations and continues at this level for 2016.

SWNPHD joined forces with veterinarians in the health district to provide rabies educational materials for their clients. Media interviews and news releases focused on making sure your pet's vaccinations are current.

Cases Investigated

Campylobacter	22
Crypto	11
E Coli	4
Enterovirus	1
Giardia	4
Hep B	9
Hep C	115
Lead	123
Lyme Disease	1
Mercury	2
Rabies	28
Salmonella	14
Shigella	2
Strep	9
WNV	8
Rocky Mountain	5
Animal Bite	26
Coccidioides	1
Vericella	1
Tularemia	3
Noro	16
Ebola	1
Rotavirus	1
TB	2
Yersinia Enterocolitica	1
Desert Fever	1
Zika	3
Bordetella Pertusis	1
CMV	1
STEC	7
Histoplasmosis	2
HIB	1
MRSA	1
Klebsela	1
Piutes Mirabilis	1
Citobacter Koseri	1
Total	430



Emergency Preparedness

Highly Infectious Disease Training

Numerous staff participated in a regional exercise led by the Nebraska Plains Healthcare Coalition (NPHCC). Heidi Wheeler, NPHCC Coordinator, developed the exercise which specifically addressed Ebola. Lessons learned from the event will prepare participants for any highly infectious disease we may experience.

This functional exercise provided an excellent opportunity for area hospitals, emergency management, law enforcement, fire, public health departments and additional partners to improve their local and regional planning.



Media Training: What you should know before you talk to the media.

Public Information Officer (PIO) media training was conducted by former broadcast journalist, Norm Hartman. The training was held in Ogallala in conjunction with Mid-Plains Community College. Hospitals, health departments,

nursing homes and other medical entities attended this top-notch media experience. Mr. Hartman shared his experiences on how to take control when facing a reporter, how to anticipate a reporter's questions, how to deliver compelling and quotable messages and be confident managing the most challenging interviews. Participants concluded with a live interview that was recorded and evaluated. Trained PIO's are a major asset for the health district and is a focus within the health department.



Zika is a virus that usually causes mild symptoms, which include fever, rash, joint/muscle pain, headaches, and conjunctivitis (red eyes) that can last 2-10 days. The CDC (Center for Disease and

Prevention) states that Zika is spread through two distinct types of mosquitos with only one found in Nebraska. The most common type of mosquito in Nebraska does not transmit the Zika virus.

Last year two cases of Zika were reported in Nebraska. Both cases became infected during visits to other countries.

The health department has had training with the CDC and DHHS concerning Zika transmission and follow up. Area physicians with clients needing Zika testing are required to coordinate through us. We have handled less than 10 requests.



Shelter-in-place buckets were purchased by the Wesleyan Church in Imperial as part of their emergency plan. Church leaders Pastor Todd Burpo and Pastor Phil Harris were leaders in the development of their emergency response document. SWNPHD held a faith based training that has helped numerous faith communities plan more extensively.

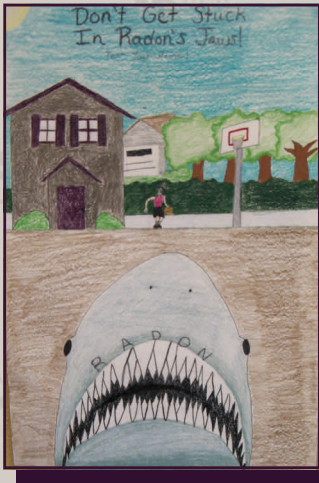
Shelter-in-place buckets are available for \$35 each by contacting SWNPHD.



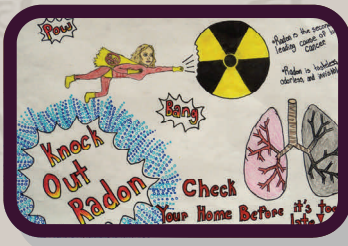
To celebrate National Preparedness Month, sample emergency communication plans were featured on our website and promoted through newspaper articles, radio interviews and social media. Families and businesses were encouraged to complete communication plans which followed the National Preparedness Month theme: Don't Wait. Communicate. Make your Emergency Plan today! West Central Medical Reserve Corp provided education materials and recruited volunteers for their program.

Radon Poster Contest

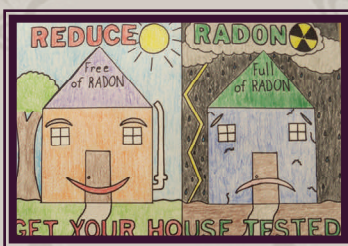
2015 Winners !!



1st Place: Miah Long
Perkins County Jr School



2nd Place: Harper Stevens
McCook Elementary



3rd Place: Kamden Bose
Southern Valley Elementary

Mold Test Kits & Radon Test Kits

are available at our office for **\$10** each.

West Nile Virus

The health department has been surveilling for West Nile Virus since 2004. Mosquito trapping began in Chase County with six area site locations. In 2014, Red Willow county was added for testing. Mosquitoes are collected every two weeks and shipped to the State lab in Lincoln where they are sorted by species and tested for West Nile. The state sends us a report on each mosquito pool.



Our awareness campaign included distribution of deet wipes at county fairs and events in partnership with the local radio station. West Nile information was available at health fairs. Press releases were sent to area newspapers and radio stations to keep our community informed of positive test pools and any confirmed West Nile cases.

Environmental

SWNPHD is a resource for residents and communities dealing with issues that may affect their health. Numerous calls are received on mold concerns. Mold is a potential health threat making mold elimination and cleanup very important. We have mold test kits available for purchase in which you collect mold samples and mail them off to the laboratory for testing. The lab will send you results identifying the type of mold.

Radon awareness continues to be a very important message. We offer a short term test kit that residents may purchase and set for themselves. We also conduct real estate radon testing with our continuous radon monitors. Radon real estate classes for CEU's were offered in Ogallala and McCook by the Nebraska Radon Program staff.

Nebraska Department of Health & Human Services contracts with SWNPHD to investigate Nebraska Clean Indoor Air Act violations. Four businesses were investigated by SWNPHD for smoking in enclosed indoor workspaces.

Other areas of concern with residents, renters and landlords include: feral cats, bats, water, mold, safety issues, air, noise, mosquitos and bed bugs.

Nebraska Respite Network

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.

Respite baskets containing a pink spatula, chocolate and respite information are being used to introduce businesses to Respite. This gesture has allowed the coordinator to visit one-on-one with business owners and their employees about Respite services available for those who care for a loved one (of any age) with a disability in which they require constant care.

The southwest service area has twenty nine active care recipients. Provider recruitment and public awareness of respite services are ongoing efforts.

Walk to Health

The 12th annual **Walk to Health** walking program kicked off April 1st and ended June 30th. The program was created by our staff to encourage residents to become more active and sustain a higher level of activity. A total of 309 residents were registered from the SWNPHD nine-county service area and 177 completed the program. A Walk to Health t-shirt was awarded to all who completed the program.



Mary Shirkey received the prize package for most inches lost.

Excellent results were achieved by these motivated participants: 88,637,556 steps walked, 138.5 pounds lost, 18.63 inches lost, and 182,493 minutes were walked through Walk to Health. Prize packages were given to the top performers and recognition to the 23 who reached the **Million Steps Club**.

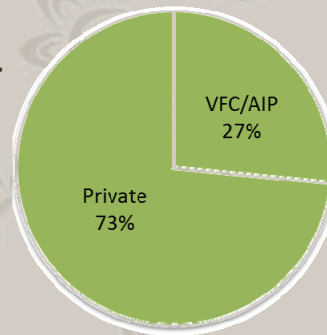
SWNPHD utilizes Healthy People 2020 goals set as a nation for our Walk to Health program. Our plan is to increase the proportion of adults who engage in aerobic physical activity.

Clinic Services

Immunizations

Along with private pay clients, we participate in Nebraska's Vaccines 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 also offer 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 2016, we saw a total of **860** clients giving **1,131** shots, of those, **653** were flu.



Lab Services

Preventive lab services are offered monthly or 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 Profile, PSA, and Vitamin D. We served **126** clients in 2016

Good Practices for Staying Healthy



Cover Your Cough

Wash Your Hands

Stay Home with a Fever

Get Vaccinated

- Free
- Confidential
- 24/7

NEBRASKA TOBACCO QUITLINE

QuitNow.ne.gov
1-800-QUIT-NOW (784-8669)
NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES
 DIVISION OF PUBLIC HEALTH
 TOBACCO FREE NEBRASKA

The 1-800-QUIT-NOW line is being utilized by residents in the health district.

Chase	2	Hitchcock	5
Dundy	2	Keith	14
Frontier	2	Perkins	3
Furnas	7	Red Willow	12
Hayes	0	TOTAL	47

SWNPHD was selected as a partner for the University of Nebraska-Kearney Building Healthy Families program. Their program was funded by the Rural Futures Institute. SWNPHD reached out to potential partners and potential participants. Radio and newspaper promotion was conducted.



building healthy families

Confirmed partners included Community Hospital, McCook Clinic, McCook Public Schools, local dietician and physical therapist.

Our McCook site reported weekly results from the participants in the program. Measurements, DEXA scans, weight, and timed running were completed at UNK at the beginning and end of the 12 week program.

SWNPHD conducted weigh-ins, hands-on nutrition training and physical activities every week.

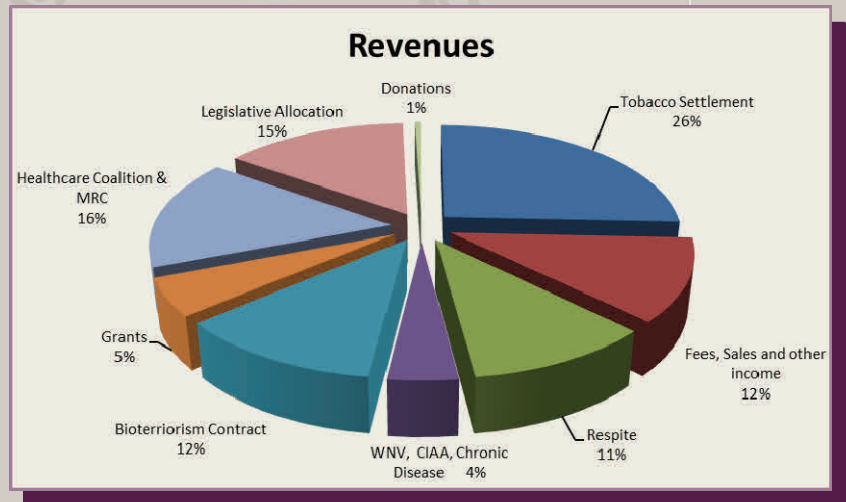
Financials

July 2015 - June 2016
Unaudited

Where the Funding Comes From

Tobacco Settlement	\$177,641.78
Fees, Sales and other income	\$80,880.81
Respite	\$73,295.92
WNV, CIAA, Chronic Disease	\$27,425.53
Bioterrorism Contract	\$81,903.95
Grants	\$36,744.55
Healthcare Coalition & MRC	\$108,947.27
Legislative Allocation	\$101,364.53
Donations	\$3,563.20

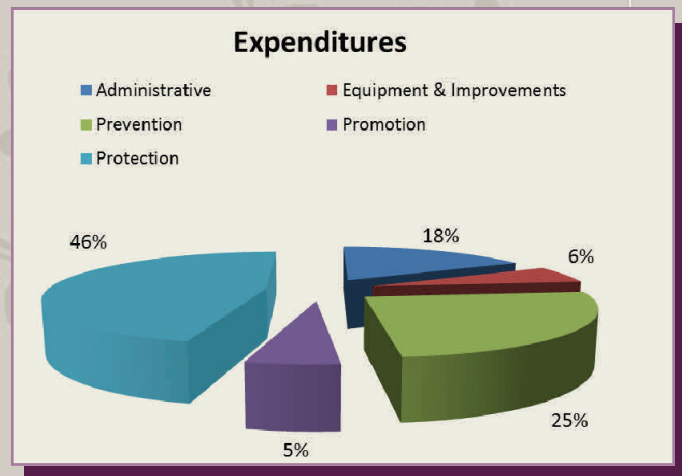
Total **\$691,767.54**



Where the Money Goes

Administrative	\$127,660.14
Equipment & Improvements	\$44,137.79
Prevention	\$186,397.64
Promotion	\$39,067.67
Protection	\$340,125.78

Total **\$737,389.02**



Nebraska Kids Fitness and Nutrition Day

We held our tenth annual Nebraska Kids Fitness & Nutrition Day (NKFND) event for 4th grade students at two locations this year. The McCook event was held at a new location, the Peter & Dolores Graff Event Center/McCook Community College. Perkins County Schools in Grant hosted for all schools in the Mountain Time Zone.

A total of 623 students, teachers, dieticians, and volunteers were involved with these two events held in October 2015. NKFND was created by UNK and the Nebraska Beef Council, to address obesity in children. We co-chair this event with McCook Public Schools, Perkins County School and other strong local partners.

These fourth grade students wore their NKFND t-shirts to participate in 14 physical activities and six nutrition stations. Instructors for each station are assisted by high school students or community volunteers to provide a high energy learning environment. The curriculum involves targeted concepts using MyPlate guidelines and creative fitness activities that reinforce new knowledge.

Sponsors giving \$100 or more are recognized on the back of the participant and volunteer t-shirts.

