



# Southwest Nebraska Public Health Department 2008 Annual Report

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*Serving Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins, & Red Willow Counties*



**Public Health**  
Prevent. Promote. Protect.

**SWNPHD Mission:**  
In partnership with other entities,  
to promote a healthy and secure  
quality of life for our  
communities.

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## 2008 Nebraska Clean Indoor Air Act

In 2008, the Nebraska Legislature passed the Nebraska Clean Indoor Air Act (LB395). The purpose of the Act is to protect the public's health and welfare by prohibiting smoking in public places and places of employment. Effective June 1, 2009, LB395 requires every indoor public

place and public workplace to be smoke-free. The Nebraska Clean Indoor Air Act eliminates smoking in enclosed indoor workspaces including restaurants, bars, keno establishments, horse racing venues and other workplaces (retail/office space, manufacturing, etc.) as well as indoor

public places. Businesses may choose to create smoke-free workplaces or smoke-free outdoor areas for patrons at any time prior to June 1, 2009. For questions or more information on the Nebraska Clean Indoor Air Act, visit [smokefree.ne.gov](http://smokefree.ne.gov) or call SWNPHD at (308)345-4223.

## The Nebraska Respite Network

The Nebraska Respite Network-Southwest Area serves as a resource and referral service for families and providers needing Respite or In-home Services across the Lifespan. We assist families in locating providers, accessing information for respite funding, maintaining listings of independent care providers, and provide trainings/support for family caregivers, providers, agencies, and community members.

Several mini-grants were distributed for the development of new or enhancing existing Respite Programs, increasing the availability of Respite Services and Caregiver Supports across the area.

Information about the services can be obtained by calling directly at 1-866-RESPITE or on the website [www.swhealthdept.com](http://www.swhealthdept.com) - click on RESPITE.

Eighteen counties make up the Nebraska Respite Network Southwest Area. Those include, Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Lincoln, Logan, Keith, McPherson, Perkins, Red Willow, and Thomas.



## Fitness Reaching Older Gen's



# FROG



These are all normal processes of aging. Exercise and Nutrition play a huge part in keeping aging bones and muscles more flexible to help protect your body from serious injuries should you fall.

In October of 2007, the health department received an injury prevention mini-grant from Nebraska Department of Health and Human Services which was applied to the FROG program. During this time, the name FROG was established as well as the FROG logo.

In the start of 2008, Benkelman Senior Center and Strat-

ton Senior Center were both introduced to the FROG program. Communities that have implemented the FROG program are Grant, Imperial and Indianola which is an outreach site for McCook Community Hospital. McCook Community Hospital is in the process of having Trenton and Curtis, their other outreach sites, join the FROG program through the tele-health network. Cambridge Senior Center and Arapahoe Senior Center are currently in the beginning stages of implementing the FROG program in their communities.

[www.swhealthdept.com](http://www.swhealthdept.com)

**FREE!**  
Health Risk Assessment



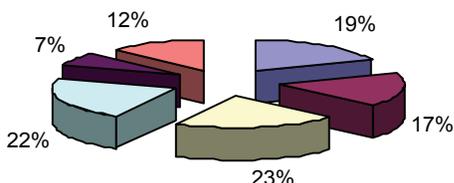
Visit  
[www.swhealthdept.com](http://www.swhealthdept.com)  
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Personal Health Risk Assessment  
Learn your overall health status

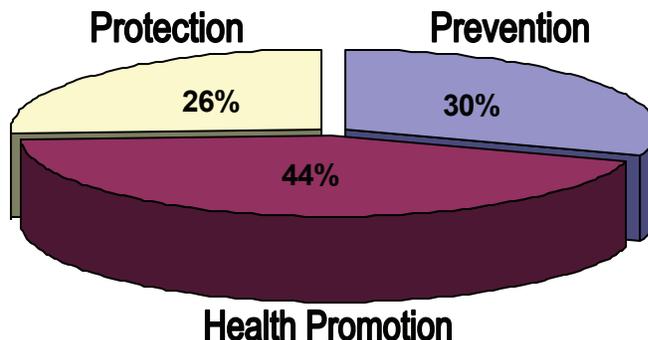
# Financials- July 1, 2007 to June 30, 2008

## REVENUES

- Nebraska Tobacco Settlement Funds & Interest (19%)
- Assessments & Disease Surveillance (17%)
- Health Education, Disease Prevention & Environmental (23%)
- Preparedness Contracts with the State of NE (22%)
- Public Health Nursing Contracts (7%)
- Respite Grant (12%)



## EXPENSES



## Preparedness Planning

SWNPHD worked with the eight counties in the district to improve readiness in the event of a natural disaster or a terrorist event. One avenue was working with the West Central Medical Response System (WCMRS) to help hospitals prepare for events that may overwhelm their facilities. Plans and agreements were developed to help facilities utilize other resources in the region. SWNPHD also helped long term care facilities discuss options of moving residents in the event of a disaster.

SWNPHD purchased a cache of disaster supplies that could be used in an emergency situation. SWNPHD also worked with other agencies to place other caches of supplies in and around the district. These supplies would be available to any area in the district in need.

SWNPHD along with NE Department of Health & Human Services, provided funding to area cities to upgrade their ability to protect their water systems. Part of the upgrade was equipment for disinfecting water in case of contamination issues. SWNPHD also worked with government entities and private businesses to make plans for continuity of operations in the event of an emergency over a sustained period of time.

*Quick Tip:*  
**To start a disaster supply kit for your family, visit:**  
[www.swhealthdept.com](http://www.swhealthdept.com)

## Cancer Prevention



"Spit tobacco has ruined my life. Every time I turn around, they are putting me in the hospital either to have surgery or some kind of treatment. If I had known then what I know now, I never would have put a dip in my mouth. Spit tobacco seemed harmless, but in reality it was more than I could handle." -Gruen Von Behrens

SWNPHD was pleased to have oral cancer survivor Gruen Von Behrens visit two schools on April 8, 2008. Mr. Von Behrens presented his anti-spit tobacco message to students grades 6-12 at Maywood Public Schools and repeated his message at the Nebraska College of Technical Agriculture in Curtis, with Medicine Valley High School students also in attendance for the presentation.

Students and staff at the schools were presented with a very powerful message on the dangers of spit tobacco use and the gruesome outcomes that oral cancer can have on spit tobacco users. Gruen also pointed out that spit tobacco is not a safe alternative to smoking and that tobacco causes cancer, no matter how it is absorbed by the body. For more information on the dangers of tobacco, visit: [www.swhealthdept.com](http://www.swhealthdept.com).

## Public Health Nursing Program

SWNPHD contracts with the Nebraska Department of Health and Human Services through the P.H.N. program for Medicaid and Kids Connection eligible families. The nurse, Beverly Powers, RN, helps link individuals and families to health care and services, educates on responsible use of services, and encourages early and regular preventive care for children and pregnant women. A total of 1034 Medicaid clients and at least 19 potential Medicaid clients were served.

Beverly assists both health care providers and individuals and families with the following:

- \* **Missed or late appointments or failure to present current Medicaid or Kids Connection card** at appointments – 158 were contacted
- \* **Inappropriate use of the emergency room** –222 were contacted with 18 found "medical homes".
- \* **HEALTH CHECKS** are promoted for children–626 Newly Eligibles were educated on the importance of well-child checkups, including lead screening.

Funded largely by DHHS, SWNPHD uses LB692 funds for its portion of program costs.



## Radon Awareness

Radon is the second leading cause of lung cancer and the leading cause of lung cancer amongst non smokers. Radon is an odorless, colorless, and tasteless gas that occurs from the natural breakdown of uranium found in the soil.

SWNPHD received a grant to promote radon awareness in the district. Short and long term radon test kits were purchased for distribution throughout the health district. All homes need to be tested. Any home may have radon; sealed or drafty, new or old, and with or without basements. Radon test kits are available by contacting SWNPHD, while supplies last.