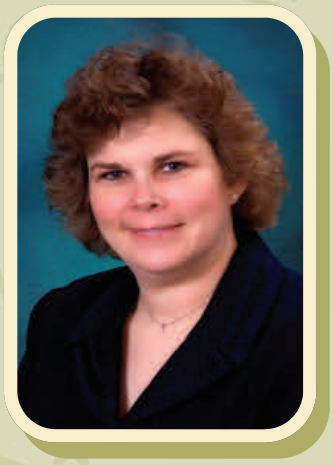
Southwest Nebraska Public Health Department

ANNUAL REPORT 2013

PREVENT • PROMOTE • PROTECT

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.

PHAN Announces new Chairman of Local Health Directors Section



Public Health Association of Nebraska (PHAN) announces the selection of Myra Stoney as the new Chairman of the Local Health Directors Section of PHAN. Stoney assumed the new duties in January following her election during the PHAN annual conference held in Grand Island.

Twenty-four health departments across Nebraska were represented in the voting for the Chair, Vice-Chair and Secretary positions.

Stoney's duties will include regularly scheduled meetings with health department directors, executive committee meetings, and designating committee members for special projects. She will also represent the health directors on the PHAN board.

Stoney has an excellent executive team with Vice Chair, Michele Bever of South Heartland Public Health Department and Secretary, Shannon Vanderheiden of West Central Nebraska Health Department. Stoney is Director of Southwest Nebraska Public Health Department which covers eight counties: Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow.

PHAN's mission is to protect and promote the personal, community and environmental health of all people in Nebraska. They are active in identifying and resolving Nebraska's health problems and provide a forum for discussion of the significant public health concerns facing our state. The PHAN website can be found at www.publichealthne.org.

Chase & Perkins County TTX

*A tornado has hit the elementary school in Grant….*was the beginning statement of an emergency tabletop exercise held at the Grant Fire hall in May 2013. Jim Brueggeman, Perkins County Sheriff/Emergency Manager and Heidi Wheeler, Emergency Response Coordinator for SWNPHD created the tornado disaster exercise to help numerous organizations hone their emergency planning skills. A similar exercise was also held in Imperial through a partnership with Chase County Community Hospital. Both communities have excellent volunteers that continue to practice their emergency response skills.

Board of Trustees

Our governing board is composed of one county commissioner and one public spirited person from each county plus one physician and one dentist.

Chase County
Charles Vette - Chairman
Jordan Hammerlun

Furnas County
William Lewis - Treasurer
John Kutnink

Perkins County
Sid Colson
Ann Regier

Dundy County
Scott Olsen
Rita Jones - Vice Chairman

Hayes County
Leon Kolbet
Kate Repass

Red Willow County
Earl McNutt
Sharleen Reimenschneider

Frontier County
Kevin Owens
Barbara Scharf

Hitchcock County
Scott McDonald
Lisa Lewis

Physician
Shiuvaun Jaeger, MD

Dentist
Melanie Jones-Wier, DDS

Staff Members

L-R: Tami Herskowitz, RN, Myra Stoney, Director, Linda Gordon, Program Assistant, Denise Ringenberg, Assistant Director, Melissa Propp, RN, Janet Brenning, Office Manager, Helena T. Janousek, Respite Coordinator and Heidi Wheeler, ERC.

Walk to Health

Southwest Nebraska Public Health Department kicked off its 10th annual *Walk to Health* walking program on May 1st. This program lasts for 12 weeks and is open to residents of all ages in the SWNPHD eight-county service area. Myra Stoney, Director of SWNPHD led the effort of 388 residents to become more active and sustain a higher level of activity. We saw excellent results of weight loss, inches lost and increased exercise with this year's Walk to Health. Weekly motivational tips were sent to provide education and encouragement to participants throughout the 12-week program.

National Volunteer Week

National Volunteer Week provided an opportunity for SWNPHD to recognize the numerous volunteers involved with the Community Preparedness Committees (CPC) in each county of our district. CPC volunteers meet once a year for annual planning and review their roles in a disaster. Many attend disaster training exercises. You do not need a background in law enforcement, medical or fire to be a volunteer. There are numerous positions that can be fulfilled by those that "just want to help". For more information on becoming a volunteer contact Heidi Wheeler, Emergency Response Coordinator at 308-345-4223 or email at erc@swhealth.ne.gov.

National Preparedness Month

National Preparedness Month provided an opportunity for SWNPHD to partner with Hi Line Home Health and Community Hospital Home Health & Hospice by donating twenty fans for use in extreme heat. Heidi Wheeler, Emergency Response Coordinator encourages all residents to be prepared for emergency situations by developing disaster plans, gather emergency supplies, learn how to shelter in place and get involved through community emergency training.

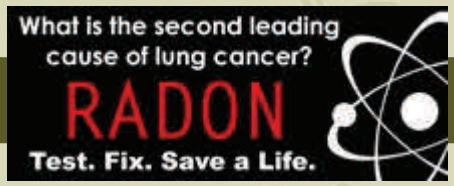
Nebraska Respite Network

NEBRASKA RESPITE NETWORK
1-866-RESPITE

Two "Caregivers Night Out" events were held in Mullen and Trenton to give caregivers an opportunity to recharge and focus on themselves for one evening. Fellowship, a fabulous meal, respite information and inspirational messages were provided to all in attendance.

These events were coordinated by Helena T. Janousek of the Nebraska Respite Network, Southwest Nebraska Service Area at Southwest Nebraska Public Health Department. Respite care is available to caregivers of people who are unable to care for themselves because of their physical, mental, or medical condition regardless of age.

Environmental



Smoke-Free Housing

Mark Versch with the Nebraska Radon Program presented two trainings in McCook: Radon for Realtors and Radon for Contractors. McCook requires radon ready construction of new homes in their city limits and Versch answered questions on compliance with home building. Versch shared from experiences in the field of radon measurement situations for real estate. SWNPHD has two licensed radon measurement specialists that perform 48 hour testing with continuous radon monitors.

SWNPHD hosted Dr. Barb Ogg from Lincoln and her Bed Bug presentation for several interested businesses. Her experience with various outbreaks has made Dr. Ogg the leading state expert on bed bugs. SWNPHD works with environmental and clean indoor air complaints in the eight counties.

Steer Clear of Tobacco message was present at the Heritage Days Parade in McCook. Rodeo Queens and friends of the local 4-H Clubs helped spread the message: *Tobacco Free Youth*.

Kudos to East Ward Village LLC on your Smoke Free Designation for your apartments and duplexes. McCook Housing Authority is in the process of making several of their facilities smoke free. East Ward Village also underwent radon testing for their facility.

Teach Our yoUth Choices: Activities and Nutrition

1,072 K-3rd grade students participated in TOUCAN (Teaching Our yoUth Choices: Activities and Nutrition) through June 30th. Our goal is to reduce childhood obesity by providing education to children at a young age. Stories, puppets, and activities specific for each grade are used to help students learn about MyPlate, food groups, calories, and staying active. This is the sixth year for the TOUCAN program. We started with McCook Elementary School our first year and have expanded to eight schools. Schools participating in the 2012-2013 school year include: Chase County, Dundy County/Stratton, Hitchcock County, McCook, Medicine Valley, Perkins County, Southwest, and Wauneta/Palisade.

Nebraska Kids Fitness and Nutrition Day

Nebraska Kids Fitness and Nutrition Day is held every year in McCook for all 4th grade students in our eight county health district. Through partnerships with University of Nebraska-Kearney, Nebraska Beef Council, Land O' Lakes, Nebraska Academy of Nutrition and Dietetics, McCook Public Schools, Ed Thomas YMCA and numerous local sponsors, over 400 students annually experience fitness and nutrition stations in a highly entertaining educational experience. Helena T. Janousek is the SWNPHD coordinator who works closely with Carrie Goltl and Matt Wiemers, McCook Physical Education Instructors, Michelle Gonzales with the YMCA and Susan Hardin, McCook Dietician.

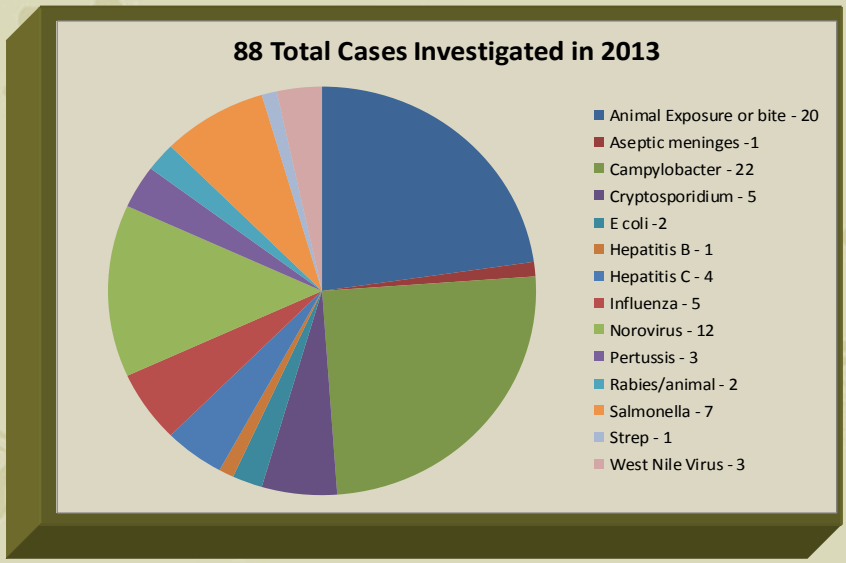
404 West 10th St (1 block north of Arby's) | McCook, NE 69001 | 308-345-4223 | www.swhealth.ne.gov

Disease Surveillance

SWNPHD celebrated National Handwashing Awareness Week in December 2012 with numerous handwashing demonstrations at daycares throughout the eight counties. Using good handwashing skills can be the most important thing you can do to keep from getting sick according to the Centers for Disease Control. Tami Herskowitz, RN leads this program for SWNPHD and provides demonstrations for schools, daycares and any interested groups.

West Nile Virus is an active program at SWNPHD with mosquito trapping biweekly in Chase County and Red Willow County at twelve sites. Mosquitos are sent to the State laboratory to confirm West Nile Virus. Dead birds are also collected for WNV testing. Educational materials including DEET wipes were distributed to daycares throughout the health district and at health fairs.

SWNPHD works with the State of Nebraska to investigate reportable infectious diseases. This is an early warning system for possible public health emergencies. 88 cases were investigated from July 1, 2012 to June 30, 2013. Surveillance is also conducted with 33 schools and five hospitals to monitor the flu season.



Stay well and stop the spread of Germs

- Stay away from sick people
- Stay home if you have a fever (should be fever free for 24 hours without taking fever lowering medicine; Advil, Tylenol)
- Cover your mouth with a tissue when you cough or sneeze, (you may use your elbow if you do not have a tissue)
- Throw tissue in trash right away
- Try not to touch your nose, eyes, or mouth
- Wash your hands often
- Get plenty of rest
- Drink lots of liquids

Clinic Services

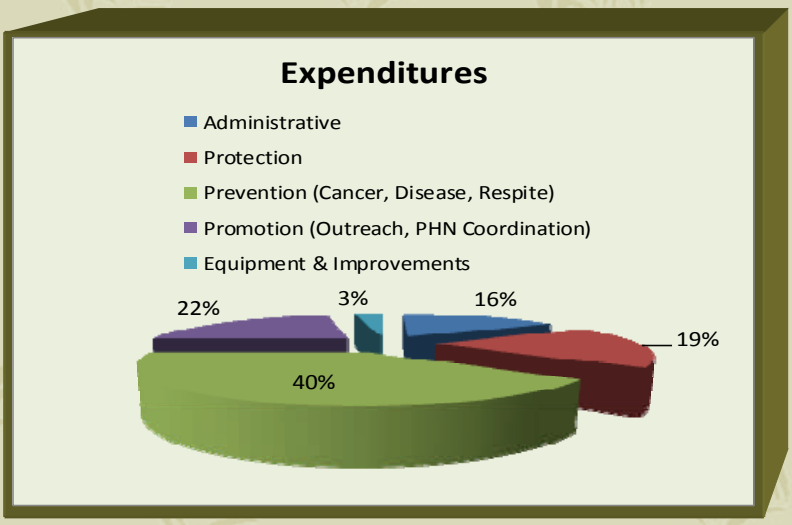
Shot clinics are held for children, as well as, adults. Adult shots include, tetanus/whooping cough (tdap), flu, hepatitis A & B, chicken pox, shingles, pneumonia, MMR, typhoid, Human Papilloma (HPV) and T.B. SWNPHD offers the Vaccines for Children (VFC) program in partnership with Community Hospital at Curtis (Medicine Valley High School) and Trenton (Community Building), Tri Valley Health Systems in Cambridge and Hayes Center Schools.

VFC is a program that provides shots at no charge to eligible children, 18 years old and younger. Insurance payers Medicare, Blue Cross Blue Shield and Midlands are also accepted. A Patient Assistance program is available for those who are eligible.

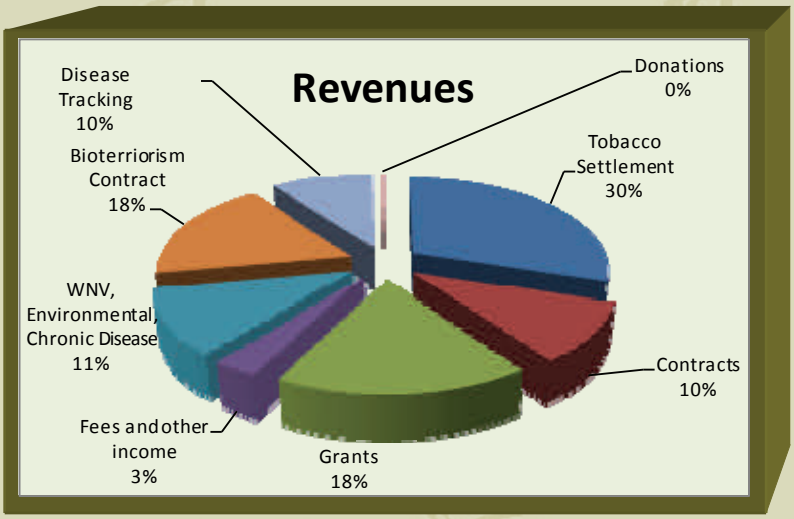
462 immunization shots were given in fiscal year 2013. We have seen a significant increase in vaccinations at our office and the 4 outlying clinics. SWNPHD nurse Melissa Propp, RN coordinates monthly clinics.

Financials

July 1, 2012 to June 30, 2013		
Where the Money Goes		
Administrative	$94,662.36	16%
Protection	$108,125.00	19%
Prevention (Cancer, Disease, Respite)	$230,065.00	40%
Promotion (Outreach, PHN Coordination)	$127,977.00	22%
Equipment & Improvements	$16,980.64	3%
Total	**$577,810.00**	



Where Funding Comes From		
Tobacco Settlement	$158,504.00	30%
Contracts	$54,296.00	10%
Grants	$92,475.00	17%
Fees and other income	$16,603.00	3%
WNV, Environmental, Chronic Disease	$60,148.00	11%
Bioterriorism Contract	$93,550.00	18%
Disease Tracking	$52,729.00	10%
Donations	$1,411.00	0%
Total	**$529,716.00**	



Outdoor Education Day - McCook Elementary

SWNPHD took part in McCook's Outdoor Education Day held for 3rd graders . The event was held at Barnett Park where students experienced hands-on fitness and nutrition education.