



Sarpy / Cass
Department of Health & Wellness

Annual Report

2013-2014

Table of Contents

Staff	2
Emergency Preparedness	3
School and Family Health	4
Environmental Health	5
Maternal and Child Health	6
Public Health Nursing	7
Safe Kids Sarpy/Cass County	8
Senior Programs	9
Board of Health	10

Staff

- Dianne Kelly, Director**
- Erin Ponec, Office Coordinator**
- Nancy Braswell, Emergency Response Coordinator**
- Cindy Ossino, School Health Coordinator**
- Jenny Steventon, Environmental Health Coordinator**
- Monica Ulses, Public Health Nurse/Disease Investigator**
- Carol Timm, Maternal Child Health/Community Outreach Coordinator**
- Jane Husz, Safe Kids Coordinator/Maternal Child Health**
- Marilyn Larson, Safe Kids Project Assistant**
- Dale Tedder, Emergency Response Program Specialist**
- Nicole Evans, Community Health Educator**

Emergency Preparedness

Planning

- The Emergency Response Coordinator updated the Department's Emergency Response Plan (ERP) using templates provided by the Nebraska Department of Health and Human Services (DHHS), with Appendices particular to local jurisdiction, and Attachments that included regulations and public information regarding particular hazards. The new ERP addresses the 15 Public Health Targeted Capabilities.
- The Cities Readiness Initiative Mass Dispensing Plan was revamped when the CDC implemented a new Medical Countermeasure (MCM) plan and Operational Readiness Review (ORR). The plan continues to be updated to fall in line with the new measures.
- Emergency preparedness staff attended planning meetings for the two Healthcare Coalitions for Emergency Response (OMMRS and SEMRS) and were active in planning and exercise design. Between the two coalitions, preparedness staff participated in 12 committees.
- Two preparedness templates were developed for child care providers, one for in-home child care and one for child care centers. One hundred and fifty child care centers were visited and educated.

Training

- Four Community Emergency Response Team (CERT) trainings were sponsored by the Department, with two trainings held in each county.
- Eight recruitment and training events were held for medical and non-medical volunteers to increase capability for the Department's Points of Dispensing. There were follow up Strategic National Stockpile and Point of Dispensing trainings held for each group.
- Emergency preparedness staff gave nine presentations to civic and faith-based groups. Topics included general preparedness for individuals and families, preparing a faith-based organization and its membership, and winter storm preparedness.
- The Department sponsored 10 administrators and clinical staff from jurisdictional long term care facilities to attend a two day conference on emergency preparedness for long term care, assisted living, extended care and nursing homes. Emergency preparedness staff began working with three facilities to update their preparedness plans.

Exercising

- Emergency preparedness staff participated in eight partner-sponsored exercises this past year, and evaluated two others.

Outreach

- To increase awareness and provide a tool for family emergency planning, the Department partnered with six restaurants in Sarpy and Cass counties to give out emergency preparedness placemats and preparedness booklets to families.
- Veterinarians, groomers and boarding facilities were given posters on pet emergency planning and brochures with checklists for their patrons.
- Schools were given Influenza guides to give to staff and to send home with ill children. These guides included home care instructions.

School and Family Health

School Surveillance

- The Department's School Health Coordinator collected weekly school absentee data from 68 local schools and submitted to DHHS. During the past school year, the weekly absentee rate was usually 1-2% for most schools. During the flu season, about one third of schools had rates between 3-6%, but the majority of schools remained in the usual range. There were only a few cases of confirmed Influenza with about a dozen cases of Influenza A or B and four confirmed H1N1 cases. During the first week of reporting in September, a case of pneumonia was reported by one school and the Department continued to see cases throughout the school year. Gastrointestinal illnesses (GI) were consistently high throughout the school year, with more GI illnesses reported each week than Influenza or other illnesses.

Head Start

- Throughout the year, the Department dietitian completed 254 nutrition assessments for children enrolled in the Sarpy County Head Start program and 122 for the Cass County Head Start Program. The assessment included a 24-hour dietary recall, food preference list, and weight for height percentile based on CDC growth charts. Information was also assessed for iron status based on the hemoglobin/hematocrit lab results. Dietary recommendations were made based upon the Nebraska WIC Nutrition Program guidelines. A copy of the report was mailed to parents. After the assessment was completed, any healthy concerns that were identified such as very low or high body mass index, food allergies or intolerances, special medical diets or medical conditions were then discussed with the Health Manager at the Head Start Office.
- The Department's School Health Coordinator and the Health Manager for Cass County Head Start partnered to develop health education toolkits for classroom teachers. Materials were purchased with funding from the Department and included plastic totes, plastic food models, puzzles, games, books and activities for physical fitness. Nine toolkit totes were developed which covered topics such as the five food groups, healthy snacking, the digestive system, hand washing, and physical fitness. The kits were implemented during the 2013-2014 school year, and the totes were rotated to different classrooms each month.

Outreach

- The Department dietitian worked with two local convenience stores to pilot test a new Snack & Go store program. This unique Nebraska initiative was developed by the Nebraska Department of Health and Human Services, Teach a Kid to Fish, Douglas County Health Department, University of Nebraska 4-H program, EMSpace Group and the Gretchen Swanson Center for Nutrition. Participating stores received assistance along with Snack & Go branded materials to inventory and promote healthy snack products and beverages in their store.
- During the spring of 2014, the Department dietitian and Director met with personnel from Midlands Hospital and the Sarpy YMCA to begin implementing the Healthy Families program. The free family-based community intervention focuses on improving the health behaviors of overweight and obese youth and their families. The first Healthy Family course was scheduled for the fall of 2014.
- The Department's School Health Coordinator continued to partner with the Live Wise Coalition on the Drug Free Communities Grant in which prescription drug abuse prevention materials were distributed to local pharmacies.
- The Department distributed 650 colored informational cards to provide parents with "talking points" on three important prevention topics for youth: prescription drug abuse prevention, alcohol use prevention, and marijuana use prevention. The Department provided brochure holders with our logo and contact information for pharmacies to display the cards. An additional 130 packets were provided to parents during summer registration for a local school district.
- The School Health Coordinator prepared 60 packets of information that were mailed to all local school nurses. Included was a Nebraska Helpline brochure, business card and a poster for schools to display at their site. In addition, the Department's Preventing Risky Behaviors work group distributed several hundred copies of the Helpline materials to local child care centers, Head Start offices, pharmacies and other community organizations.

Maternal and Child Health

Sharing and Caring

The Department's Maternal Child Health Coordinator made home visits under the Sharing and Caring maternal and child home visitation program. The program helped clients receive free education and support, including:

- Parenting support, including connecting them with other parent groups, parenting classes, and community resources
- Newborn care support
- Newborn safety (car seat safety, childproofing the home, summer safety such as drowning, bugs and burns, winter safety such as appropriate clothing and storm safety, and household safety such as wires and latching down televisions and book cases)
- Breastfeeding support from the Department's Certified Breastfeeding Educator and National Certified Lactation Counselor. Support included constant monitoring of weight and teaching of breastfeeding techniques.
- Immunization information, including the immunization schedule, a discussion of the importance of each immunization, and reminders of the need to make these doctor appointments

Outreach

- In the 2013-2014 fiscal year, the Sharing and Caring program nurses conducted a total of 406 home visits, which included 17 newborns, eight prenatales, and three post-partums.
- Through collaboration with Head Start and the Early Childhood Center, parents were given access to education, resources, and home visits for their infants. The Sharing and Caring program continued to collaborate with A Woman's Touch, Bellevue Medical Center OB Department, The Midwife Center, and the Family Advocacy Program at Offutt to offer prenatal teaching.
- During this past fiscal year, Sharing and Caring program nurses reached out to the French African community in Sarpy county, providing services and connecting them with resources for their babies. Two of the four mothers began taking English as a Second Language courses at Metropolitan Community College in preparation for getting their associate degrees.

Environmental Health

Public Health Laws and Regulations

- The Department conducted inspections of public swimming pools in Sarpy County. Under the guidance of the DHHS Swimming Pool Program, Department staff inspected 48 swimming pools for compliance with Nebraska Regulation Title 178 Chapter 2: Operation and Management of Public Swimming Pools.
- The Department responded to complaints of violations of the Nebraska Clean Indoor Air Act, Title 178 Chapter 7. The Environmental Health Coordinator visited two businesses to discuss the complaint and provide the owner with information regarding the act.
- The Environmental Health Coordinator provided information to the public regarding food and drink inquiries, nuisance complaints, mold, lead and well water questions. When necessary, the interested individual was referred to the appropriate resource.
- In June of 2014, Department staff were notified of a seized clandestine drug laboratory at a multi-family housing complex. Under the guidance of the DHHS Environmental Risk Assessment program, Department staff enforced Nebraska Regulation Title 178 Chapter 24: Methamphetamine Cleanup.

Surveillance

- West Nile Virus (WNV) surveillance began in early June. As of August 2014, the Department had submitted one bird to DHHS for WNV testing. Over 3,000 packages of mosquito repellent and 75 infant mosquito nets have been distributed throughout the community. Twelve mini-grants were awarded to cities within our service area to provide WNV-related prevention activities, including mosquito prevention, city-wide junk clean-up days, and public education.

Outreach

- The Department received grant money from the Nebraska Department of Health and Human Services, Radon Program, to conduct Radon Awareness and Risk Reduction activities. Short-term radon gas test kits were purchased and distributed to community members. An average radon concentration of 7.24 pCi/L (picocuries per liter) of air was determined from those distributed test kits. Educational material was provided with each test kit, as well as press releases, newspaper ads, and Facebook posts.
- The Department's Environmental Health Coordinator was able to be trained and licensed as a Nebraska Radon Measurement Specialist through a grant with the Nebraska Comprehensive Cancer Control Program. The Department now has the capability to work with government agencies and schools to conduct radon measurements.

Public Health Nursing

Communicable Disease Investigation

- All communicable disease investigations conducted by the Department were reported into the Nebraska Disease Surveillance System (NEDSS), which is linked to the Centers for Disease Control and Prevention. This year, Department nurses investigated 11 confirmed cases of cyclosporiasis. Each patient was interviewed, pertinent information collected, and recommendations made to protect, prevent and promote the health of community members. No deaths were reported. According to the Nebraska Department of Health and Human Services, the source of the cyclospora outbreak was prepackaged salad mix.
- Department nurses noted an increase in Hepatitis C cases over the past few years. The Department investigated 59 cases of Hepatitis C in 2012, 63 cases in 2013, and 47 cases as of June, 2014. The CDC, and the Department, now recommend all Baby Boomers receive a one-time Hepatitis C test to protect and save lives.

Outreach

- During the annual Department seasonal influenza clinics, public health nurses administered 100 vaccines to community members.
- Dress in Blue Day is a key awareness day encouraging eligible individuals to contact their physician for screening of colorectal cancer. The Department partnered with nursing students from Clarkson College to provide education and distribute information to community members on disease progression, risks of having colon cancer, and where the screenings are done. The students enjoyed the opportunity to educate others while increasing their knowledge of the disease and the importance of teaching awareness in the public health community.
- The Department partnered with the American Cancer Society (ACS) to provide administrative support for their Colon Cancer Awareness campaign. The ACS placed fecal blood kits around the metropolitan Omaha area that members of the community could pick up for testing at home. The Department served as the collection location for all test kits to be mailed. After the kits were received here, the patient names were logged into a database and then collected by one of three hospital laboratories for analysis.
- Department staff responded to the Pilger tornado disaster scene to help administer Tdap vaccines to residents and volunteers. Hundreds of people came to receive the vaccine and prevent getting tetanus. Education was also given along with emotional support.
- At the request of a local adult community gathering facility, the Department nurses presented information on scabies and its transmission and treatment. Two presentations were offered to approximately 40 concerned community members.

Safe Kids Sarpy/Cass County

Seatbelt and Child Passenger Safety

- Sarpy/Cass Department of Health and Wellness holds a child passenger safety seat inspection station twice a month using five dedicated Department employees that are nationally certified child passenger safety technicians. Safe Kids Sarpy/Cass partnered with Nebraska Office of Highway Safety, AAA Cornhusker Motorclub, and Aidan's Animals to furnish 65 safety seats to families that could not afford the appropriate seats for their children. During the last year, the Department child passenger technicians performed 123 child passenger safety seat inspections.

Distracted Driving

- In an effort to raise awareness about distracted driving, specifically, texting and driving, Safe Kids Sarpy/Cass offered a "Don't Text and Drive" 3' x 8' vinyl banner that area organizations displayed on a monthly basis. The banner was on continuous display at schools, police departments, daycares, hospitals, and libraries.
- Safe Kids Sarpy/Cass helped with the mock crash at the Papillion-La Vista High school on the Friday before Prom. Students learned about real crashes and the dangers of distracted driving, and visited a Safe Kids table where they could sign a don't text and drive pledge banner and pick up educational materials. The banner was given to the school principal to display in the school as a reminder to the students about their pledge.

Outreach

- On October 9, 2013, Safe Kids Sarpy/Cass coordinated International Walk to School Day for Plattsmouth Community Elementary School and St. John the Baptist School in Plattsmouth. This community event focused on pedestrian safety and included a poster contest. The winning posters were made into a "Be a Safe Kid" color book. Seventy-two percent of students, joined by parents, siblings, pets, school staff, and community volunteers, walked at the event. All participating students were eligible for the drawing of one of six free bikes and bike helmets. The classes at both schools with the largest percentage of students walking in the event received a sack-pack with the school logo on it.
- Safe Kids Sarpy/Cass went to local schools and daycare centers to teach students how to avoid illness with proper hand washing and some other healthy habits. The students enjoyed a hands-on presentation that included the "sneeze bear" demonstration, glow in the dark germs, learned a catchy song, and then took home a "bubble" to remind them of the importance of lathering up for 20 seconds.
- Safe Kids Sarpy/Cass partnered with local libraries, churches, and daycares to remind parents of the danger of heatstroke when a child is left inside a vehicle. A display was set up to show the temperature inside and outside a vehicle. Parents were given information about the hyperthermia dangers of leaving kids in cars, and received a free keychain that had a pictorial reminder to not leave kids in cars and a place for their own child's picture.
- Safe Kids Sarpy/Cass made learning about sun safety a fun activity for 275 students with the help of Louie the sun safety puppet. Louie taught children that it is important to wear a brimmed hat, sunglasses, and sunscreen to avoid the harmful rays of the sun. Each child made a sun visor and a bracelet with sun sensitive beads.
- Safe Kids Sarpy/Cass coordinated a free safety event on April 12, 2014, at the Plattsmouth Community Center. Attendees learned about many aspects of safety and wellness with 21 exhibitor booths. Some of the booths included the seatbelt roll-over truck, don't text and drive, poison safety, food safety, concussion prevention, home safety, healthy snacks, sports safety, fire safety and more. At the end of the event, a drawing was held to award prizes like bikes, games, bike helmets, gift cards, and family zoo passes.
- Safe Kids Sarpy/Cass implemented a home safety program for families with small children through local in-home case manager programs that were already in place in Sarpy and Cass Counties. The program included an in-home safety assessment, donation of needed safety items to make their home safer, and a follow-up visit to assess how the items were being used. Over 100 families took advantage of this program.

Senior Program

Outreach

In 2013, the Department implemented the Senior CARE (Community, Advocacy, Resource and Education) program to help bridge identified gaps in the senior care continuum by connecting seniors and caregivers with community resources, providing health education, and ensuring supportive needs are met to help seniors remain safely in their homes, thereby improving the overall health and well-being of seniors in Sarpy and Cass counties. Senior CARE was made available to seniors age 55 and older, and consists of three areas of focus: in-home visitation, community talks, and foot care clinics.

Key outcomes of the program during this fiscal year include:

Individual Interactions:

- 26 home visits
- 19 phone consultations
- Estimated cost savings to clients of \$10,335
- Spiritual/Emotional issues addressed: depression, emotional distress, grief/loss, relationships, spiritual distress, and stress.
- Health behaviors addressed: diet/nutrition, general health, knowledge deficit, living alone, medications, mobility, non-compliance, physical activity, safety, senses impaired, weight loss/gain.
- Medical diagnosis/concerns: cancer, cardiac, CHF, HTN, pain, diabetes, thyroid disorder, mental health, stress, hearing loss, respiratory, and smoking.
- Interventions provided: active listening, arrangement of meals, coordination of support, empowerment, chronic disease management, presence, promoting understanding, providing information, transportation, and health promotion.
- Referrals provided: case management, community resource, congregational resource, healthcare professional, home care, hospice, and physician.

Group Interactions:

- 931 total participants
- 263 clients attended clinics
- Estimated cost savings to clients of \$14,710
- Interventions included: blood pressure screening, foot care and toe nail trimming, weight screening, medication review, diabetes screening, and health education (including diabetes, safe driving, nutrition, elder abuse prevention, hoarding behaviors, pharmacy and medication safety, fall risk reduction, respite training, CPR/AED training, end of life care, hospice workshop, advance directives, and exercise.



Board of Health

Vicky Roberts, President, Cass County Representative

John Harris, M.D., Vice-President, Sarpy County Representative

Matt Neumann, D.D.S., Treasurer, Sarpy County Representative

Jeffry Strohmyer, M.D., Medical Director, Sarpy County Representative

John Warsing, Cass County Commissioner

Jim Thompson, Sarpy County Commissioner

Jane Nitchals, Sarpy County Representative

Dale Davenport, Sarpy County Representative

John Sheehan, Sarpy County Representative

Sarpy/Cass Department of Health & Wellness

701 Olson Drive, Suite 101

Papillion, Nebraska 68046

(402) 339-4334

(800) 645-0134

FAX (402) 339-4235

www.sarpycasshealthdepartment.org