



# SARPY/CASS HEALTH DEPARTMENT

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ANNUAL REPORT 2017-2018

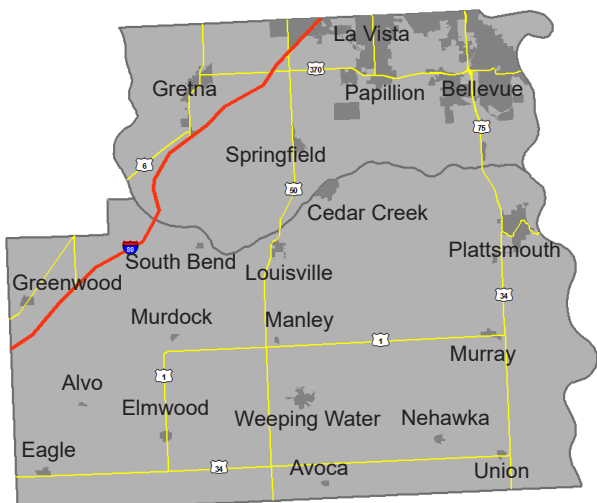


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## AT A GLANCE

In 2001, the Nebraska Legislature passed LB 692, which established the system of local public health departments across the state. The Sarpy/Cass Health Department was founded that same year when the Sarpy and Cass County Commissioners created an interlocal agreement for the establishment of a shared local public health department. Public health services have been provided by the Department since that time.



The Department is guided by a nine member Board of Health whose duties include assessment of community health status and available resources for health matters, policy development for proposals to support and improve public health, and assurance that needed services are available through public or private sources in the community.

The Department serves the populations of Sarpy and Cass Counties in east-central Nebraska, which includes 20 cities and villages across 814 square miles, and 207,328 residents. Over 95% of our residents are high school graduates, and the median household income is over \$70,000.

# PUBLIC HEALTH: PREVENT, PROMOTE, PROTECT

Public health is the science of protecting and improving the health of people and their communities. This is achieved by preventing and controlling diseases, injuries, and illnesses across the lifespan, promoting and encouraging preventative care and healthy lifestyles, and by protecting the public from infectious, occupational, environmental, and biologic threats.

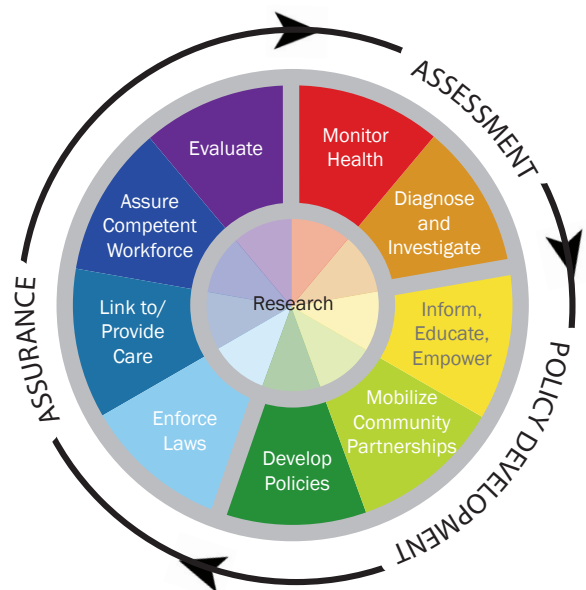


## PUBLIC HEALTH FRAMEWORK

The three Core Public Health Functions and 10 Essential Services of Public Health provide a working definition of and a framework for public health.

The Core Public Health Functions are assessment, policy development, and assurance. Each core function is divided into services that ensure the functions are being met.

These 10 Essential Services of Public Health describe the basic public health activities that should be conducted in all communities. These essential services are the foundation for all public health activity in the Department.



# 2017-2018 HIGHLIGHTS

This year, the Department engaged in new partnerships and implemented new programs to improve the health outcomes of Sarpy and Cass County residents. Highlights include:

- Received over \$23,000 in first-time grants and contracts.
- Out of 78 Nebraska counties participating in the 2017 County Rankings Report, Sarpy County ranked 9th and Cass County 28th for health outcomes.
- The Department's Environmental Health Coordinator was appointed to the Radon Resistant New Construction Task Force by the Nebraska Governor as the Community Health Representative for Legislative District 2.
- Implemented a program to provide elevated blood lead level education, resulting in childhood lead poisoning prevention education being provided to over 2,000 families.
- Hosted a Veteran, Active Duty, and Service Member Family event at Mahoney State Park in which over 400 individuals were in attendance.

The Department offered programs addressing maternal child health, adolescent health, chronic disease prevention, facility inspections, emergency preparedness, senior health, disease surveillance, and community outreach. The following highlights program successes from the past fiscal year:

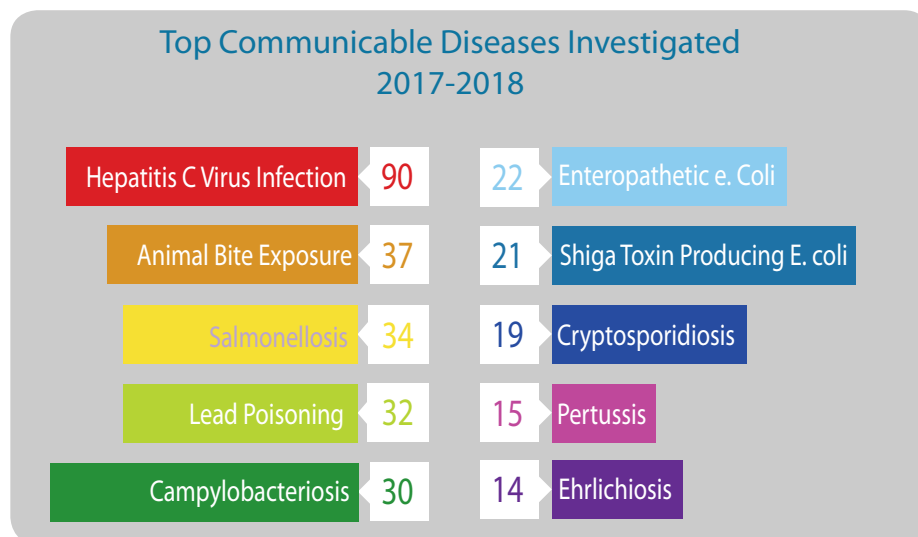
FY17-18 PROGRAM HIGHLIGHTS	
<b>435</b>	435 cases of reportable communicable diseases were investigated. Case management for seven patients with Tuberculosis resulted in over 100 Direct Observation Therapy appointments.
<b>302</b>	The Sharing and Caring program provided 172 home visits for pregnant women and children up to age three. The Active Aging program provided 130 visits to homebound seniors.
<b>95</b>	95 child passenger safety seats were installed by Department certified child passenger safety seat technicians. 21 of these seats were provided for no cost to families in need.
<b>142</b>	The Active Aging program provided basic foot care and health screenings to 1,000 clients through 142 individual clinics. This showed a 77% increase in the number of clients over FY15-16.
<b>1500</b>	Over 1500 residents received information during presentations offered throughout the communities. Topics included nutrition, fire prevention, bike helmet safety, and military cultural competence.

# HEALTH PREVENTION

Health prevention seeks to improve the level of health in the population by preventing diseases and unintentional injuries, controlling hazards, improving fitness and well being, and enhancing the capacity to work and function in society. The Sarpy/Cass Health Department promotes community health through our Disease Surveillance, Health Hub, and Mental Health education programs.

## Disease Surveillance and Investigations

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, 435 cases of reportable diseases were investigated by Department disease investigators. Each patient was interviewed, pertinent information collected, and recommendations made to prevent, promote, and protect the health of community members. Below is a summary of the most frequently investigated diseases this year and the number of investigations conducted:



## School Surveillance

During the school year, school absentee data is collected through a collaboration between the Department and all Sarpy and Cass County schools. Each week the schools report the number of students that are absent from school due to specific medial reasons, including influenza-like illness, gastrointestinal illness, strep, asthma, fever, or rash to the Department. This data is uploaded into the State of Nebraska's Guardian computer system, and is used to identify trending illnesses in schools. When trends in reported illnesses are noted, the Department collaborates with school personnel to offer targeted education and support, as well as to provide guidance on educating parents and guardians of students enrolled in those schools.

# HEALTH PREVENTION

## Tuberculosis Case Management

As part of the Department's Tuberculosis case management program, public health nurses collected sputum samples, oversaw Direct Observation Therapy, and conducted contact investigations. In addition, the Department worked with the Nebraska DHHS Tuberculosis Program and a Civil Surgeon to determine if Tuberculosis treatment was needed for residents with latent (non-infectious) Tuberculosis.

## Outbreak Investigations

In the fall of 2017, Department staff partnered with the CDC, Nebraska DHHS, Nebraska Department of Agriculture, and city personnel to investigate and control the spread of Norovirus at a local event center. Additionally, three separate Pertussis outbreaks were also investigated.

## Chronic Disease Self Management

This year the Department began implementation of the chronic disease self-management program "Living Well". "Living Well" is designed to educate adults living with a chronic health condition on strategies to manage symptoms, organize medications, and communicate with loved ones and medical providers. Trained Department staff provide this evidenced-based program to community members. Additionally, staff began the creation of an active aging advisory council, recruitment of locations to host the six-week sessions, and establish physician referral mechanisms. Sessions are expected to begin in early 2019.

## Health Hub

The Department's Health Hub program primarily provides women with navigation support to encourage them to become more invested in their breast, cervical, and colon health so that they can live longer, fuller lives. This year program staff conducted over 200 health coaching sessions, distributed 22 colon cancer home test kits, and gave six community presentations on breast, cervical, and colon cancer prevention and awareness.

## Mental Health Education

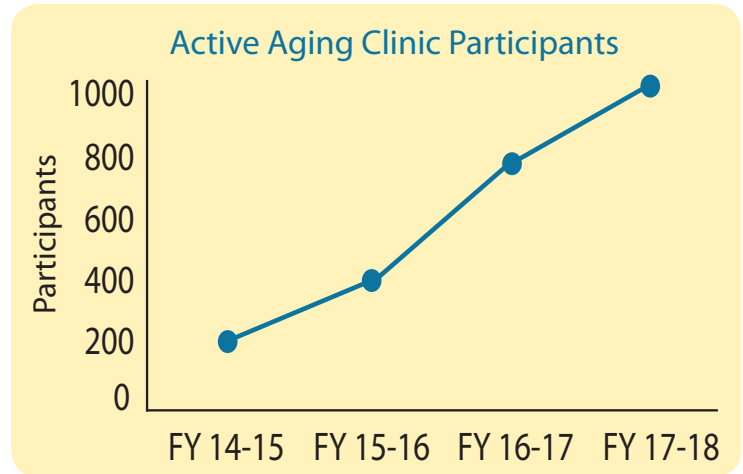
The Department initiated programs aimed at educating community partners and school personnel about mental health and suicide prevention. Through a partnership with the Nebraska Association of Local Health Directors, the Department provided QPR (Question, Persuade, Refer) training to 66 people. Additionally, the Department collaborated with Region 6 Behavioral Healthcare to provide Youth Mental Health First Aid and Psychological First Aid trainings to community partners.

# HEALTH PROMOTION

Health promotion seeks to improve the level of health in the population by promoting health behaviors and systems changes. The Sarpy/Cass Health Department promotes community health through our Active Aging, Maternal Child Health, Safe Kids and Veterans Outreach programs.

## Active Aging

The Active Aging program serves seniors in both Sarpy and Cass Counties with the goal of helping them remain safe and in their homes for as long as possible. The program focuses on chronic disease prevention, nutrition, and physical activity, and offers blood pressure screening, home visitations, educational presentations, and low-cost foot care.



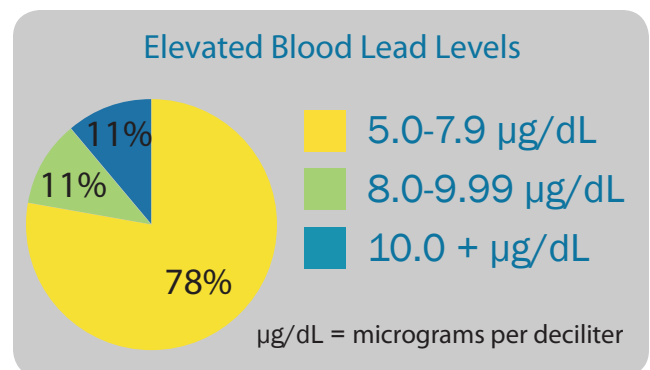
This year the Active Aging program offered 142 basic foot care and blood pressure clinics throughout Sarpy and Cass County, providing services to over 1,000 individuals. An additional 130 clients were seen during home visitations. All participants received blood pressure screenings, basic foot care and toenail trimming, and health information on topics related to the individual's needs and interests.

## Nutrition Environment Measures Survey

The Department partnered with Healthier Communities at CHI Health and University of Nebraska - Lincoln Bureau of Sociological Research to complete the 2018 Nutrition Environment Measures Survey. The goal of the survey was to assess residents access to healthier foods, specifically fruits, vegetables, meat and meat alternatives, whole grains, and low-fat milk. Data obtained from the survey will be used by the Department to identify areas of Sarpy and Cass County where access to healthy foods are limited and where priority should be placed to increase access.

## Elevated Blood Lead Level Education

This year the Department conducted elevated blood lead level surveillance, and provided education to 2,026 families of children with blood lead levels below 5 micrograms per deciliter. Additionally, staff provided education to 37 families with a child whose level was greater than 5 micrograms per deciliter. Staff collaborated with the Nebraska Department of Health and Human Services to ensure environmental home inspections were conducted for those children with very high blood lead levels.



# HEALTH PROMOTION

## Maternal and Child Health

The Department's Sharing and Caring Program offers a variety of maternal and child health (MCH) services to the community. Goals of the program are to promote healthy families, empower parents through education and support, improve breastfeeding success, and develop community connections. MCH nurses provide education and support on a variety of pregnancy and parenting-related topics through three strategies:

- *Home Visitation*

Department MCH nurses utilize the Growing Great Kids curriculum during home visits for pregnant women and families parenting children up to age three. The evidence-based curriculum aims to engage parents, bolster child development, build parenting and life skills, and strengthen family support networks. The MCH nurses tailor the curriculum with each family, based on their specific needs. The nurses provided 172 home visits this year.

MCH nurses established partnership agreements with Head Start programs in both counties to provide healthy pregnancy education to pregnant women enrolled in the Early Head Start programs, and continue to provide breastfeeding support and health assessments after the women deliver their babies. In conjunction with the Head Start staff, the MCH nurses encourage regular contact with medical providers and health services, and provide information and referrals to community services as appropriate.

- *Lactation Support*

As Certified Lactation Counselors, Department MCH nurses provided lactation support classes to residents of Sarpy and Cass counties. The classes focused on the basics of breastfeeding, what to expect during hospitalization, the importance of skin-to-skin contact, and how to prepare to be home with baby following delivery. MCH nurses are actively involved in both the Nebraska Breastfeeding Coalition and the Douglas/Sarpy County Breastfeeding Coalition.

- *Becoming a Mom Prenatal Education*

The Department offered the evidenced-based program "Becoming a Mom" prenatal education program, which is focused on healthy pregnancies and newborn care. The classes were taught by Department maternal child health nurses.



# HEALTH PROMOTION

## Safe Kids Sarpy/Cass

Safe Kids Sarpy/Cass is dedicated to educating families about childhood safety and injury prevention. The program offers no-cost child passenger safety seat inspections and safety presentations to parent groups, elementary schools, daycare centers, and camp groups. The following services were provided this year by the Safe Kids program:

- Safety presentations were given to over 700 adults and children, with topics including child passenger safety, handwashing, fire prevention and planning, home safety, hydration, and bike safety.
- Over 120 bike helmets were fitted and distributed, for no cost, to Sarpy and Cass County youth.
- Department certified child passenger safety technicians installed 95 child passenger safety seats. Twenty-one seats were provided for no cost to families in need.



## Veterans Outreach

The Department's veterans outreach program, VetSET, is a rural veteran coordination project that aims to support veterans and their families who reside in rural or underserved areas. The following services were provided this year by the VetSET program:

- Connected active duty, veterans, and family members with community resources.
- Provided child passenger safety seat installation opportunities for military families.
- Partnered with the Offutt Air Force Base Family Support Center and Bellevue Public Schools to provide a Parent University Event focused on military families.
- Participated in the formation of the Nebraska Veteran and Family Task Force.
- Provided childhood injury prevention education and demonstrations to over 900 active duty service members and their families during Operation Backpack, an event sponsored by the Offutt Air Force Base Family Support Center.



# HEALTH PROTECTION

Health protection involves ensuring the safety and quality of food, water, air and the general environment, and managing incidents which threaten public health. Department staff enforce Nebraska public health laws and create and exercise plans to ensure our resident's health and safety during natural and man-made disasters.

## Mass Dispensing Planning

The Department continued to participate in a regional planning coalition that creates and exercises plans aimed at providing prophylaxis to the entire population of Sarpy and Cass County in the event of a widespread biological agent release. The Department's plans are assessed annually by the Nebraska Department of Health & Human Services and the Centers for Disease Control and Prevention.

## Preparedness Education

To increase public education and awareness, the Department's Emergency Preparedness Coordinator created media campaigns, partnered with local restaurants to distribute preparedness placemats to families with children, and created and distributed brochures on family and personal preparedness topics including severe weather, sun safety, and children's preparedness.

## Nebraska Radon Task Force Representation

This year the Department's Environmental Health Coordinator was selected to represent local public health on the Nebraska Radon Task Force. The Task Force was created to provide a set of comprehensive recommendations to the Nebraska Legislature regarding radon resistant new construction. Because radon gas has been determined to be the leading cause of lung cancer among non-smokers in the United States, legislation ensuring new homes are built with radon resistant techniques has a potentially high public health impact.

## Swimming Pool Inspections

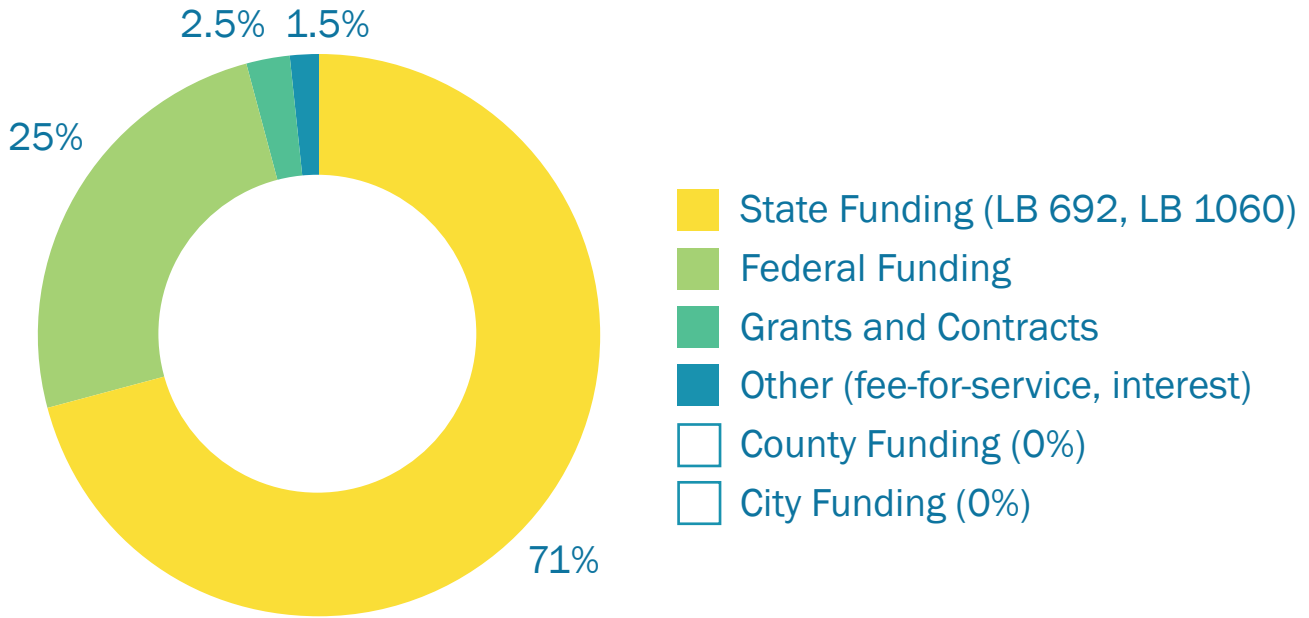
Over 10,000 cases of recreational water illness are diagnosed every year in the United States. To ensure that our swimming pools are safe for use, the Department conducted inspections of 39 public swimming pools in Sarpy County to ensure compliance with Nebraska Regulation Title 178 Chapter 2: Operation and Management of Public Swimming Pools.

## West Nile Virus Surveillance and Mosquito Education

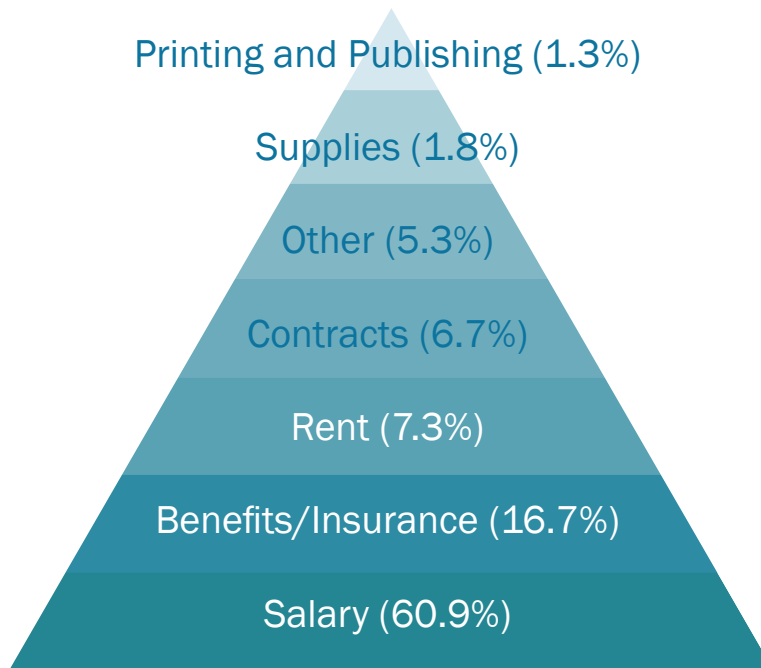
Over one million people worldwide die from mosquito-borne diseases each year. Every summer, the Department's West Nile Virus (WNV) surveillance program provides mosquito-prevention education and products to our communities. This year, over 2,000 packages of mosquito repellent were distributed. The Department also participated in state-wide mosquito surveillance by conducting bi-weekly trapping for invasive Aedes mosquitoes.

# FINANCIALS

The Health Department receives funding from a variety of sources, including appropriated legislative funding, federal funding, various grants and contracts, and fee-for-service. The chart below breaks down the Department's funding sources for the 2017-2018 fiscal year:



The chart below breaks down the Department's expenses for the 2017-2018 fiscal year:



## MISSION

The highest quality of life for all Sarpy and Cass County residents.

## VISION

To improve the lives of all Sarpy and Cass County residents through prevention, promotion, and protection of the public's health.

## VALUES

Collaboration • Empowerment • Excellence • Integrity • Respect

### SARPY/CASS HEALTH DEPARTMENT

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