



Southwest Nebraska Public Health Department

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



2017 ANNUAL Report

National Preparedness Month Activity

Senior citizens were recognized during National Preparedness Month. Through our communities Senior Centers Meals Delivery programs, all patrons were given an emergency kit that would sustain them if their meals could not be delivered. The kit contained food items such as a can of soup, tuna, peanut butter crackers, graham crackers, apple sauce, fruit cup and a flashlight.



Fun time putting the kits together.

Joy Trail headed this project collecting food items and putting 396 kits together. West Central Medical Reserve Corp co-sponsored this event.



Walk to Health

The 14th annual Walk to Health program kicked off Sunday, April 2nd. This 12 week program is open to residents of all ages in the SWNPHD health district.

Through a grant provided by Community Hospital Health Foundation (CHHF), this year's program had its own website for registration, tracking, recognition and encouragement. It was advantageous to use the technology for collecting and reporting personal data.

A new level of recognition was added, the Million Step Club. Participants achieving one million steps during the program received a water bottle from Community Hospital of McCook. There were 61 walkers with over a million steps. Kudos to all!!

Excellent results were achieved by these 350 motivated participants with a total of 177,274,653 steps.

Vike Francis (Dundy County) took the Million Step Challenge to a new level, reaching 2,003,225 steps and achieving first place. His mother, Chris McAfoos (Dundy County) was right behind with 1,907,979. Gail Dinnel (Chase County) was 3rd with 1,817,002.



Chris McAfoos and Vike Francis

SWNPHD utilizes Healthy People 2020 national goals for the Walk to Health program, which is to increase the proportion of adults who engage in aerobic physical activity for at least 150 minutes per week.

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Shiuvau Jaeger, MD

Dentist

Melanie Jones-Wier, DDS

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Our Staff



Myra Stoney, Director;
 Crystal Lakey LPN, Health Educator;
 Joy Trail CHW, Program Assistant;
 Janet Brenning, Office Manager;
 Helena Janousek, Respite Coordinator;
 and Melissa Propp RN, Public Health Nurse.

Respite

Nebraska Lifespan Respite Network (Southwest Service Area) partnered with 14 area grocery stores to share information on respite. Helena Janousek, Respite Coordinator, traveled throughout the 18-county area delivering grocery bags and meeting with the public. Customers were given an opportunity to ask questions about the Respite program and to spin the wheel to win a prize.



Helena Janousek with a customer at the Hyannis Market

Respite provides family caregivers a break from taking care of a loved one 24 hours a day/7 days a week. Many people do not realize that they need a break or that they could receive help from Respite. Grandparents often fall into this category, as they may be raising grandchildren with various disorders, such as: autism spectrum, reactive attachment (RAD), attention deficit hyper (ADHD), bipolar, and aggressive or disruptive behaviors. Children with individualized education plans (IEP) may also qualify for respite care.



Cases reviewed and investigated 2017

Adenovirus	1
Animal Bite	25
Brucella	1
Campylobacter	30
Carbon Monoxide	5
C-diff	5
Chickenpox	1
Cocci	1
Cryptosporidias	1
Diarrheal illness	1
E Coli	16
Food Borne	2
Giardia	1
Hep B	26
Hep C	73
Hepatitis	2
HIB	3
Histoplasmosis	1
Influenza A	1
Lead	203
Lyme Disease	7
Mercury	3
Meningitis	1
Mumps	2
TB	1
Noro Virus	31
Pertussis	9
Q Fever	5
Rabies	33
Rocky Mountain Spotted Fever	9
Rotavirus	4
Salmonella	34
Sapovirus	2
Shingles	1
STEC	40
Strep	12
West Nile	19
Yarsiniosis	4
Zika	2

Total Cases 618

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.

- 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.

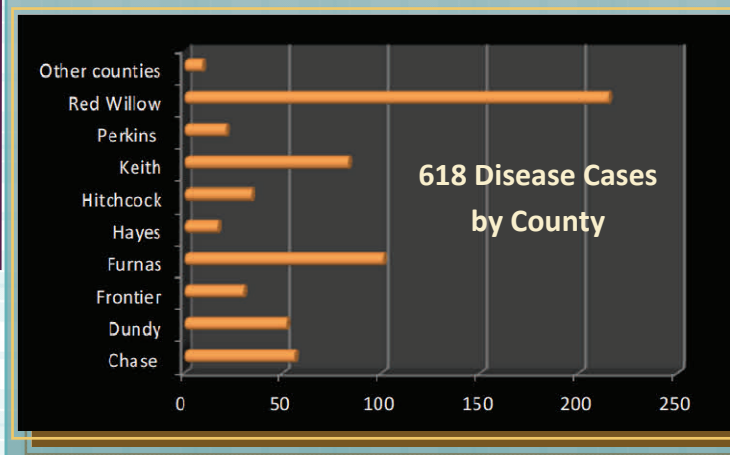
Chase	7	Hitchcock	4
Dundy	4	Keith	29
Frontier	1	Perkins	2
Furnas	8	Red Willow	23
Hayes	1	TOTAL	79

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 (NHSS) 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.



Nebraska Kids Fitness & Nutrition Day

This event was held in McCook October 5th at the Peter and Delores Graff Event Center with approximately 260 fourth grade students and also in Grant on October 11th at Perkins County Schools with approximately 165 fourth grade students attending. These students came from the Southwest Nebraska Public Health Department (SWNPHD) nine-county health district to participate in this one-day fitness and nutrition event.



Schools participating in McCook included: Arapahoe, Cambridge, Wauneta/Palisade, Hayes Center, Hitchcock County, Stratton, Maywood, McCook Central Elementary, St. Patrick's, Medicine Valley, Southern Valley, and Southwest. The Grant event hosted schools from Chase, Dundy, Perkins counties and Ogallala, Paxton and St Luke's.

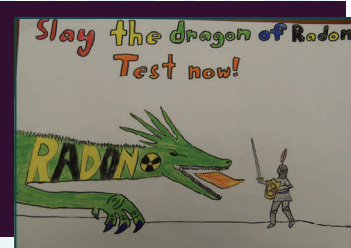
NKFND was developed and funded, in part, by the Nebraska Beef Council and the University of Nebraska at Kearney. SWNPHD, McCook Public Schools and Perkins County Schools co-chair the event with the partnership of McCook Community College, McCook Lettering, McCook Optimist Club, Land o Lakes, Perkins County Schools, Hatch's, In and Out, CashWa, and the Nebraska Academy of Nutrition and Dietetics.

This one-day event includes six nutrition and fifteen fitness stations focused on teaching youth healthy choices. Over 75 volunteers were utilized teaching and assisting at each of the fitness and nutrition stations.

Radon Poster Contest Winners



1st: Jessie Craig - 8th Grade
Perkins County School



2nd: Bailey Hidy - 6th Grade
Hitchcock County School



3rd: Miah Long - 8th Grade
Perkins County School

Clinic Services

Immunizations

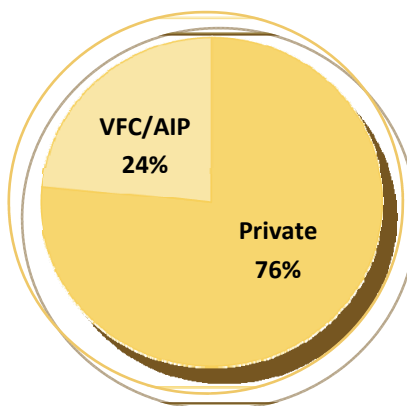
Along with private pay clients, we participate in Nebraska's Vaccines for Children and Adult Immunization Programs. Our clinic is rated A1+ in verifying our clients are current with all recommended vaccines. We see clients daily in our office and also offer four off-site clinics that are held monthly or during peak times. They are located in the cities of Curtis, Trenton, Hayes Center and Ogallala.

Fiscal year 2017, we saw a total of **1,056** clients giving **1,375** shots, of which, **825** 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 saw 144 clients in 2016



We have moved our Imperial office to 501 Broadway. Centrally located to serve you better. Crystal Lakey, LPN is there to help you with your public health needs.

Office hours:
Tuesday - Friday
7:30 am to 3:30 pm (MT)
308-882-4269

Mold Test Kits & Radon Test Kits

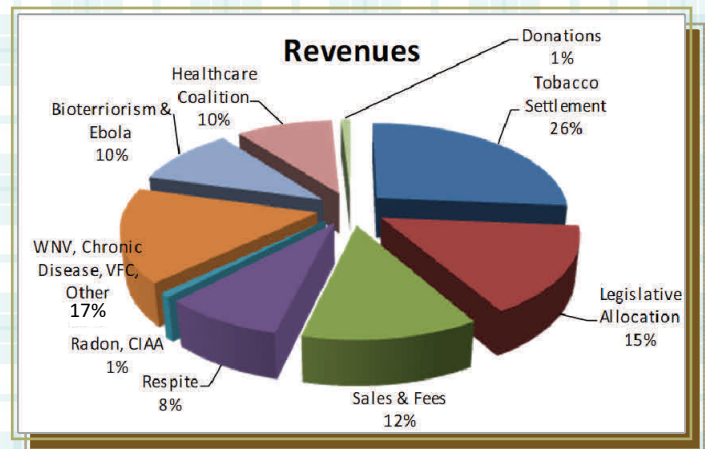
are available at our office for **\$10** each.

Financials

July 2016 - June 2017

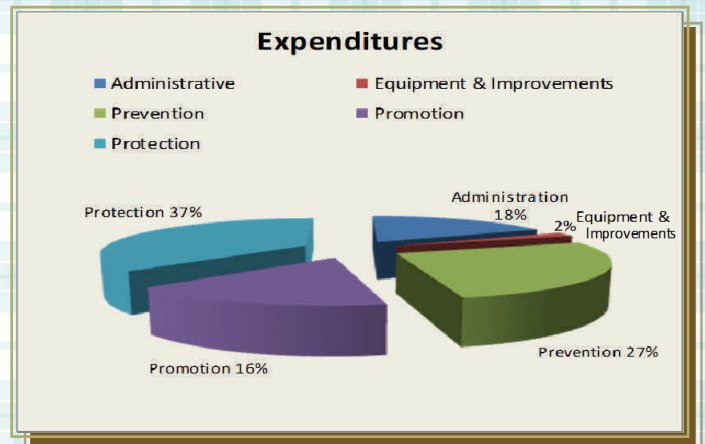
Where the Funding Comes From

Tobacco Settlement	\$183,153.16
Legislative Allocation	\$105,458.11
Sales & Fees	\$84,967.59
Respite	\$57,904.56
Radon, CIAA	\$5,511.26
WNV, Chronic Disease, VFC, Other	\$114,773.09
Bioterrorism & Ebola	\$70,988.30
Healthcare Coalition	\$66,004.93
Donations	\$6,546.00
Total	\$695,307.00



Where the Money Goes

Administrative	\$120,435.57
Equipment & Improvements	\$12,921.49
Prevention	\$180,874.93
Promotion	\$111,554.10
Protection	\$243,791.91
Total	\$669,578.00



Cardiovascular Health

SWNPHD promotes Knowing Your Numbers for preventive heart health. Through three different programs, we offer a general health screening to include blood pressure, height, weight, BMI, preventive lab testing, a health risk assessment, counseling, as well as other health-related resources.

Our **Target Your Health** program is designed for businesses. The service is billed through each employee's insurance carrier or the employer may pay for the service.



A general summary relating to the overall health of the employees is issued to the employer after all preventive testing and health assessments are completed. The summary provides insight on building a wellness program and making it successful for the needs of employees. A total of 35 individuals participated in this program last year.

The **Minority Health Initiative** program served 149 individuals and focuses on minorities living in Chase, Dundy, Keith or Red Willow counties. A Spanish speaking interpreter is available for this program and materials are translated into Spanish.

The **Health Hub** program is geared towards men & women ages 40-74 with additional screening questions regarding cervical, colon and breast cancer for women and colon cancer for men. A total of 90 persons were screened last fiscal year under the Health Hub program.

A total of 109 individuals were referred to a medical provider for follow-up from all three programs.