



SARPY / CASS

Health Department

2018-2019 ANNUAL REPORT

SARPYCASSHEALTHDEPARTMENT.ORG

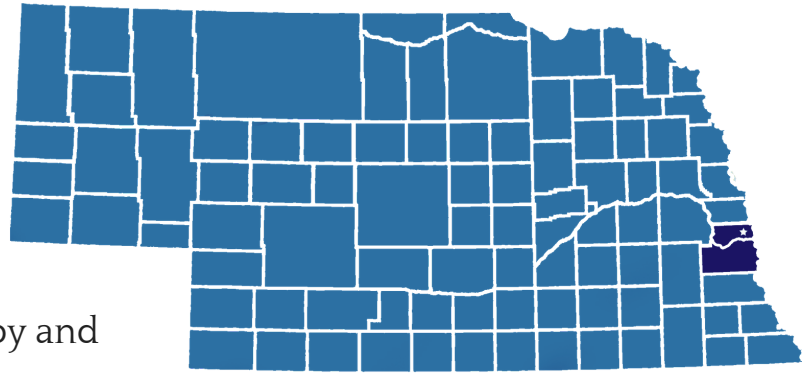


TABLE OF CONTENTS

About Us	3
Letter From Our Health Director	4
What Guides Us	5
Assuring Community Health	6
Fiscal Outlook	8
2018-2019 Highlights	9
Health Prevention	10
Health Promotion	12
Health Protection	15

ABOUT US

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.



BOARD OF HEALTH

Dr. John Harris
President

Janet McCartney
Vice President

Dr. Matt Neumann
Treasurer

John Sheehan
Secretary

Dr. Arman Pajnigar
Medical Consultant

Gary Mixan

John Warsing

Dr. Brandon Grimm

Autumn Sky Burns

STAFF

Sarah Schram
Health Director

Jenny Steventon
Assistant Director

Erin Ponec
Office Manager

Monica Ulses
Public Health Nurse

Katie Graves
Public Health Nurse

Rachel Dysico
Health Educator

Michelle Leahy
Public Health Nurse

Arlene Williams
Public Health Nurse

Brittney Hensley
Emergency Preparedness Coordinator

2
COUNTIES SERVED

814
SQUARE MILES

207,328
TOTAL POPULATION

The Department works to prevent and control diseases, injuries, and illnesses; promote and encourage preventative health care and healthy lifestyles; and protect the public from infectious, occupational, environmental, and biologic threats.

LETTER FROM OUR HEALTH DIRECTOR

To the Residents of Sarpy and Cass County:

I am pleased to present the 2018-2019 annual report of the Sarpy/Cass Health Department. The Department is committed to improving the lives of all Sarpy and Cass County residents through prevention, promotion, and protection of the public's health. The work of public health may seem invisible at times but it is actually all around us – impacting our lives daily. When you see no smoking signs, farmers markets, immunization clinics and bike lanes you are seeing public health in action.

This annual report outlines the work done daily by Department staff to achieve our mission of the highest quality of life for all Sarpy and Cass County residents. From supporting our youngest residents through prenatal classes to wellness clinics for seniors, the Department helps citizens of all ages achieve and maintain good health. This year the Department has experienced many notable achievements. From securing new, first-time funding opportunities to creating partnerships to begin to address community health concerns as a region, all are outlined in the following pages. Continue to read and explore the public health programs, supports and activities outlined in this report. Visit our website at sarpycasshealthdepartment.org or follow us on Facebook or Twitter to learn more about our programs and stay on top of public health news.

As you look through these pages, don't hesitate to contact me with any questions or concerns you may have.

Sarah Schram, Health Director

WHAT GUIDES US

OUR MISSION

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

OUR VISION

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

OUR VALUES

Collaboration • Empowerment
Excellence • Integrity • Respect

CORE FUNCTIONS OF PUBLIC HEALTH

- ✓ Assessment
- ✓ Policy Development
- ✓ Assurance

10 ESSENTIAL PUBLIC HEALTH SERVICES

1. Monitor health status
2. Diagnose and investigate health problems
3. Inform, educate, and empower
4. Mobilize community partnerships
5. Develop policies and plans
6. Enforce laws and regulations
7. Link people to needed health services
8. Assure a competent public health workforce
9. Evaluate health services
10. Research for new insights

FUNCTIONS OF PUBLIC HEALTH GOVERNANCE

1. Policy Development
2. Resource Stewardship
3. Legal Authority
4. Partner Engagement
5. Continuous Improvement
6. Oversight

ASSURING COMMUNITY HEALTH

COMMUNITY HEALTH ASSESSMENT

The Department utilizes the community health assessment (CHA) process to ensure that the health and behavioral needs of residents within the jurisdiction are met in the most effective and efficient manner. The Department participates in a collaborative planning process that results in a regional CHA that includes Douglas, Sarpy and Cass counties in Nebraska and Pottawattamie county in Iowa. The CHA is sponsored by a coalition of local health departments, health systems, federally qualified health centers, and non-profit agencies. The assessment is a systematic, data-driven approach to determine health status, behaviors and needs of residents that reside in the four county Omaha metropolitan region.

The 2018 CHA served as a tool to collect and analyze health data and answers questions such as:

- What are the health issues in the community?
- Why do health issues exist in a community?
- What resources are available to address the health issues?

AREAS OF OPPORTUNITY IDENTIFIED IN THE 2018 CHA

Access to Healthcare Services

Cancer

Dementia

Diabetes

Heart Disease and Stroke

Injury and Violence

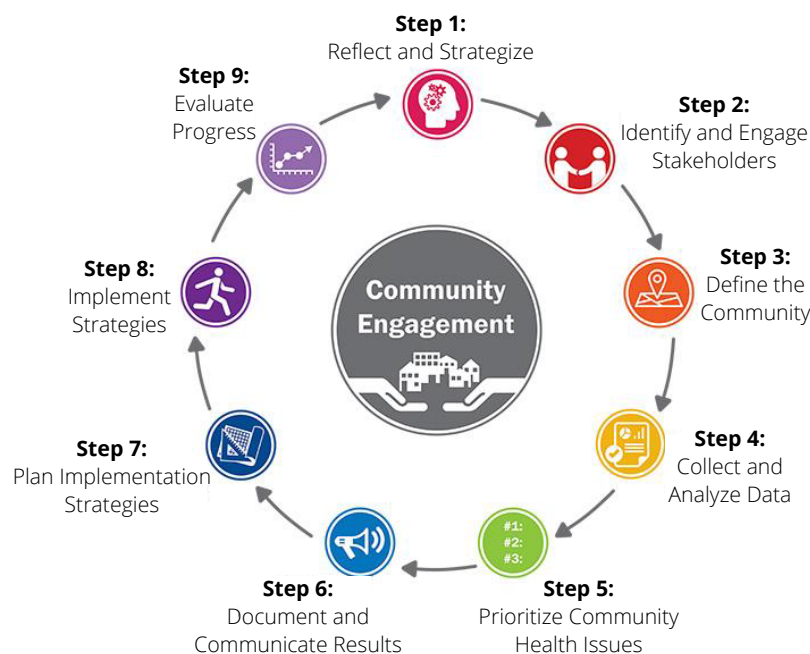
Mental Health

Nutrition, Physical Activity and Weight

Respiratory Diseases

Sexually Transmitted Diseases

Substance Abuse



ASSURING COMMUNITY HEALTH

COMMUNITY HEALTH IMPROVEMENT PLAN

The community health improvement plan (CHIP) process uses data from the community health assessment (CHA) to develop and implement strategies for action to ensure quantifiable improvements in health outcomes and/or behaviors. Every three years the Department engages community partners and residents to analyze CHA data, prioritize community health issues, identify strategies to impact health outcomes and evaluate progress.

In an effort to see greater impacts on community health outcomes, the Sarpy/Cass Health Department has engaged in a collaborative, regional CHIP planning process with public health departments and community-based partners across the Omaha metropolitan region. This resulting regional health council, consisting of Sarpy/Cass, Douglas and Pottawattamie County Health Departments, Live Well Omaha, UNMC College of Public Health, United Way of the Midlands and MAPA, are working collectively to identify one shared community health priority across the region. Over the course of nearly eight months, the Department and our regional health council partners have engaged residents and community partners across the region to identify one clear priority: mental health.

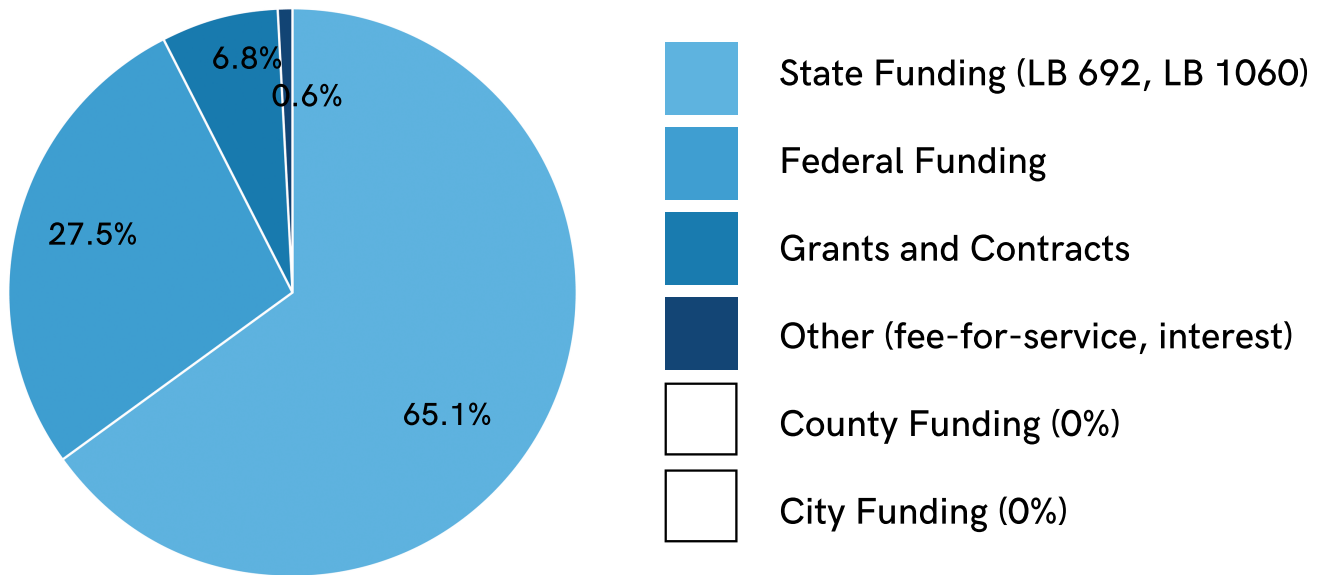
Over the course of the next three years, the Department, regional health council partners, community partners and residents will plan, implement and evaluate strategies to address the mental health concerns of residents and positively impact health outcomes.



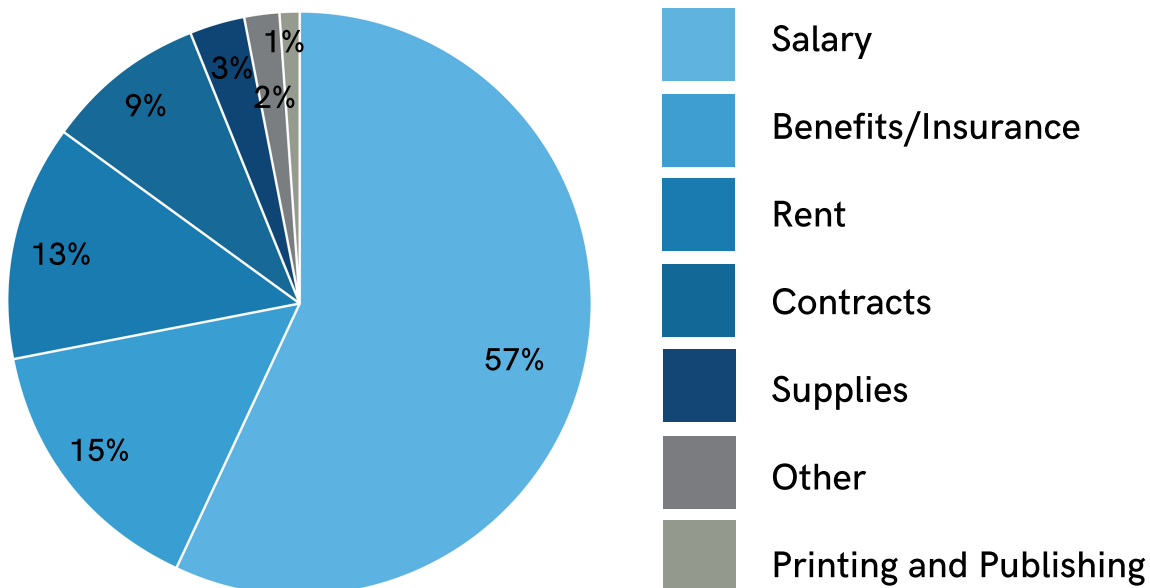
FISCAL OUTLOOK

Responsible fiscal management and transparent reporting allows the Sarpy/Cass Health Department to continue to deliver essential public health services while maintaining the public's trust. The Department secures funding from a variety of sources, as evidenced in the revenues chart below. State and Federal partners are a vital part of keeping the Department functioning at full capacity.

2018-2019 REVENUES



2018-2019 EXPENSES



2018-2019 HIGHLIGHTS

This year, the Department engaged in new partnerships and implemented innovative programs to improve the health outcomes of Sarpy and Cass County residents. Skilled staff work to promote and enhance the health of our communities and environments. Here are some of our program highlights over the past year:

- Received over \$154,000 in first-time grants and contracts.
- Through a partnership with the Douglas/Sarpy County WIC Program, WIC Breastfeeding Peer Counselors were hired by the Department and provide services at various community WIC locations.
- A Nutrition Environment Measures Survey assessment was conducted at 103 retail food outlets to better understand the availability of healthy foods within Sarpy and Cass Counties.
- Out of 79 Nebraska counties participating in the 2019 County Rankings Report, Sarpy County ranked 5th and Cass County 31st for health outcomes.

DISEASE SURVEILLANCE

537

537 cases of reportable communicable diseases were investigated. Case management for seven patients with Tuberculosis resulted in over 100 Direct Observation Therapy appointments.

HOME VISITATION

270

The Sharing and Caring program provided 70 home visits for pregnant women and children up to age three. The Active Aging program provided 200 visits to homebound seniors.

FOOT CARE CLINICS

150

The Active Aging program provided basic foot care and health screenings to 1,000 clients through 150 individual clinics. The number of clients serviced through these clinics has grown 26% since the program began in 2013.

CHILD PASSENGER SAFETY

50

50 child passenger safety seats were installed by Department certified child passenger safety seat technicians. 18 of these seats were provided for no cost to families in need.

RESIDENTS SERVED THROUGH COMMUNITY EDUCATION

31

Child Passenger Safety

12

Chronic Disease

5

Closed Points of Dispensing

15

Older Adult Driving Safety

151

Handwashing

248

Home Safety

37

Maternal and Child Health

120

Pedestrian Safety

20

Poison Prevention

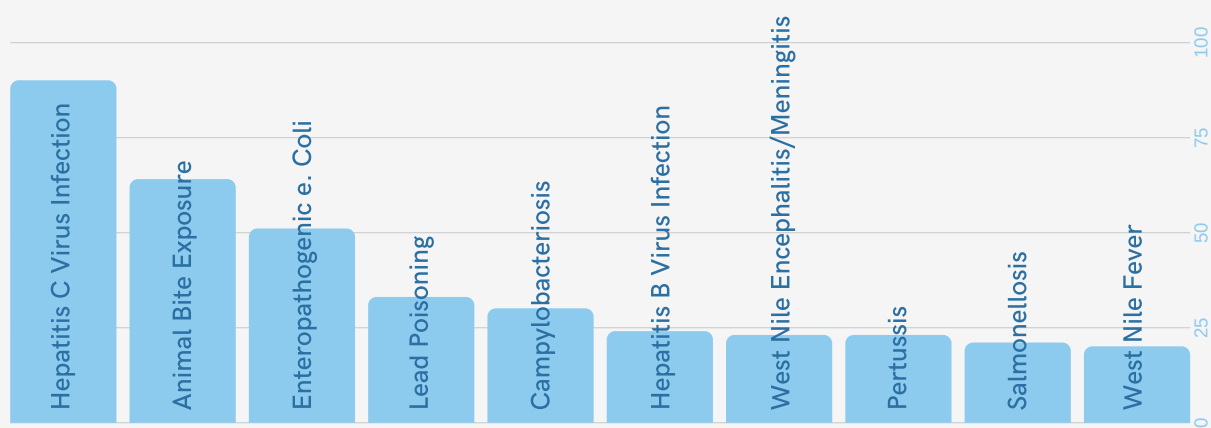
72

QPR Suicide Prevention

HEALTH PREVENTION

DISEASE SURVEILLANCE AND 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, 537 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 medical 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.

PERTUSSIS OUTBREAK INVESTIGATION

During an outbreak of pertussis at a local school, Department staff provided education for parents and school staff. Educational materials included signs and symptoms and Center for Disease Control and Prevention recommendations for treatment and control of pertussis.

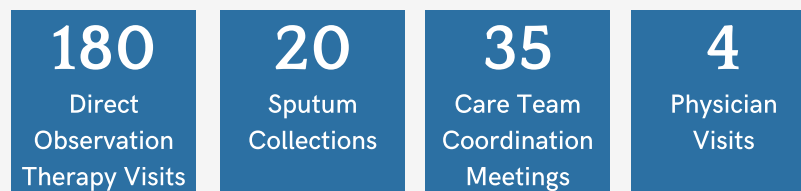
Additionally, the Department's Public Health Nurse supported the school nurse through numerous calls and in-person meetings over the month-long outbreak.

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 for seven residents with Tuberculosis. 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. This year, treatment was finalized for one patient with a multi-drug resistant form of Tuberculosis.

On average, public health nurses provide each patient with Tuberculosis with the following level of care:



ELEVATED BLOOD LEAD LEVEL EDUCATION

Over 40,000 children each year in the United States are determined to have elevated blood lead levels. Even low levels of lead in blood can affect IQ, ability to pay attention, and academic achievement. In order to identify children who may already be exposed to lead, the Department conducts blood lead level surveillance. This year the Department provided education to 40 families with a child whose blood lead level was greater than 5 micrograms per deciliter. Staff collaborated with Nebraska DHHS to ensure environmental home inspections were conducted for those children with very high blood lead levels.

MENTAL HEALTH EDUCATION

With one in five Nebraskans reporting experiencing mental illness within the past year, the Department invests in programs aimed at educating 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 over 70 community partners representing public health, family service, faith-based, military, first responders, and medical professionals.

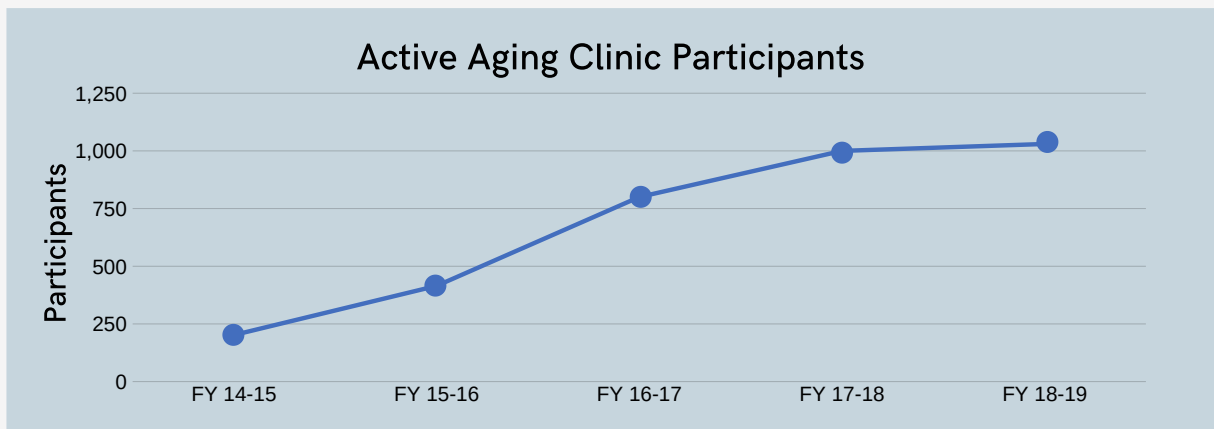


HEALTH PROMOTION

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 150 basic foot care and blood pressure clinics throughout Sarpy and Cass Counties, providing services to over 1,000 individuals. An additional 200 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.



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 the Offutt Air Force Base Family Fair and the Offutt Airman and Family Readiness Operation Backpack event.

HEALTH PROMOTION

HEALTH HUB

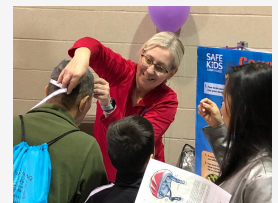
The Department's Health Hub program primarily provides women with navigation support to encourage them to become more invested in their breast, cervical, and colon health so that they can live longer, fuller lives. The program provides evidence-based strategies (i.e. health coaching), behavioral/education supports (i.e. blood pressure cuff) and referrals to primary care providers for cancer screenings. Residents who enroll in the Every Woman Matters program at their primary care provider's office are navigated to appropriate services and/or supports by Department staff for optimal health. This year, 69 health coaching calls were made to women in the program.

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 600 adults and children, with topics including child passenger safety, handwashing, home safety, pedestrian safety, and bike and helmet safety.
- Safe Kids Nebraska Child Care Transportation Training was provided to eight child care providers in Sarpy and Cass Counties.
- Department certified child passenger safety technicians installed 50 child passenger safety seats. Eighteen seats were provided for no cost to families in need.
- Provided over 40 free bike helmets at the Kids Crusin' Kitchen Lunch Series in Bellevue.

**SAFE
KIDS
SARPY/CASS**



NUTRITION ENVIRONMENT MEASURES SURVEY

In an effort to better understand the availability of healthy foods within the Department's jurisdiction, a Nutrition Environment Measures Survey (NEMS) assessment was completed this year. The quality, quantity and price of healthy food options (fruits, vegetables, lean meats, whole grains and low-fat dairy) were assessed at 103 retail food outlets (grocery and convenience stores). Survey results will be used to make informed decisions on identifying areas of opportunity and where strategies to increase access to healthy foods can be implemented.

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 staff provide education and support on a variety of pregnancy and parenting-related topics through these strategies:

Home Visitation

MCH nurses maintain partnerships with Head Start programs in both counties to provide healthy pregnancy education, breastfeeding support, and health assessments to children enrolled in the program. 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. The nurses provided over 70 home visits this year.

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.

The WIC Breastfeeding Peer Counselor Program uses an evidenced-based peer-to-peer model that connects pregnant and postpartum women with paraprofessional breastfeeding counselors who come from the same neighborhood and speak the same language as WIC participants. Sarpy/Cass Health Department WIC Breastfeeding Peer Counselors provide basic breastfeeding information, positive reinforcement, and encouragement to WIC's pregnant and breastfeeding mothers. The Department's Peer Counselors can be found in several of the Douglas/Sarpy County WIC offices.



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 PROTECTION

ENVIRONMENTAL REGULATION TESTIMONY

Because radon gas has been determined to be the leading cause of lung cancer among nonsmokers in the United States, legislation ensuring new homes are built with radon resistant techniques has a potentially high public health impact. This year, the Department's Assistant Health Director, a Registered Environmental Health Specialist, provided in-person testimony to the Urban Affairs Committee in support of legislation that would require the State building code to adopt standards for radon resistant construction for new houses.

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 surveillance program provides mosquito prevention education and products to our communities. This year, over 2,000 packages of mosquito repellent, infant nets, and activity books were distributed. The Department also participated in state-wide mosquito surveillance by conducting bi-weekly trapping for Culex mosquitoes as well as for invasive Aedes mosquitoes.



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.

50

Inspections

15

Violations

10

Closures

FLOODING EMERGENCY RESPONSE

Department staff engaged in activities addressing the Flooding Emergency that affected parts of both Sarpy and Cass Counties this spring. Through a partnership with the Papio-Missouri River NRD, Lower Platte South NRD, Midwest Laboratories, and the Douglas County Health Department, free well water testing kits were distributed to homeowners affected by the flooding. Staff represented the Department at a two-day community resource event in Bellevue, providing information on well water testing and distributing home clean-up kits. The Department continues to communicate with both Sarpy and Cass Counties Emergency Management Agencies to assist with response and recovery.

SARPY / CASS

Health Department

701 OLSON DRIVE
SUITE 101
PAPILLION, NE 68046
402-339-4334

sarpycasshealthdepartment.org



facebook.com/SCHD
facebook.com/SarpyCassSharingandCaring



twitter.com/@SarpyCassHealth

