

*Public Health*

*Prevent. Promote. Protect.*



**Sarpy/Cass**

**Department of Health & Wellness**

**Annual Report**

**July 1, 2015 - June 30, 2016**

# Our Vision

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

# Our Mission

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

# Our Values

- **Collaboration:** We work together with our community partners to achieve common goals.
- **Empowerment:** We provide our community with education, resources, and support to make well-informed decisions.
- **Excellence:** We strive to provide the highest quality of services through individual efforts, teamwork, innovation, and accountability.
- **Integrity:** We are honest, open, and accountable for our actions.
- **Respect:** We treat all people with dignity by understanding, accepting, and valuing their differences.

## Board of Health Members

**John Harris, M.D., President, Sarpy County Representative**  
**Jeffry Strohmyer, M.D., Medical Director, Sarpy County Representative**  
**Matt Neumann, D.D.S., Treasurer, Sarpy County Representative**  
**John Sheehan, Secretary, Sarpy County Representative**  
**John Warsing, Cass County Commissioner**  
**Brenda Carlisle, Sarpy County Commissioner**  
**Ruth Cover, Cass County Representative**  
**Linda Finney, Sarpy County Representative**  
**Demetria Geraldts, Sarpy County Representative**

## Staff

**Shavonna Lausterer, Health Director**  
**Jenny Steventon, Assistant Health Director, Environmental Health Coordinator**  
**Erin Ponec, Office Coordinator**  
**Cindy Ossino, School Health Coordinator**  
**Monica Ulses, Public Health Nurse/Disease Investigator**  
**Dale Tedder, Emergency Response Coordinator**  
**Jim DiMauro, Emergency Response Program Specialist**  
**Michelle Leahy, Maternal Child Health Coordinator**  
**Katie Graves, Maternal Child Health Nurse**  
**Rachel Dysico, Safe Kids Coordinator/VetSET Coordinator**  
**Leslee Campbell, Active Aging Program Coordinator**  
**Arlene Williams, Public Health Nurse**

# Message from the Health Director



It's been said that the only thing constant is change. 2015 was the year of change for Sarpy/Cass Department of Health and Wellness (SCDHW). There was a change in leadership, new Board of Health members were selected and the Department's vision and mission were revised. These collective changes paved the way for staff and board members to work together to develop a three year strategic plan. The results of the 2015 Community Health Needs Assessment (CHNA) conducted by Professional Research Consultants identified the needs and areas of opportunity for Sarpy and Cass Counties. Having the strategic plan and CHNA will give us the foundational pieces needed to develop a Community Health Improvement Plan in 2016-2017.

This year's highlights include:

- Received a total of \$107,163.98 in first-time grants and contracts.
- Out of 78 Nebraska counties, Sarpy County ranked 4th and Cass County 17th, for health outcomes in the 2016 County Health Rankings Report.
- Responded to a multi-jurisdictional mumps outbreak by providing an on-site vaccination clinic at a summer camp for the entire month of June.
- Hosted a "Climb Out of the Darkness" walk to bring awareness to maternal mental health.
- Partnered with the Intercultural Center to integrate our Active Aging program to seniors who are refugees.
- Implemented an outreach program for veterans and their families, VetSET.

We are proud of what we've accomplished this year and know it couldn't have been done without our community partnerships. We look forward to fostering new relationships, exploring opportunities and expanding our services to improve the lives of all Sarpy and Cass County residents.

Shavonna Lausterer, MPH, CPH  
Health Director

## Strategic Planning

The Department was awarded a grant from the National Association of City, County, and Health Officials (NACCHO) to develop a strategic plan. To begin the process, Sarpy/Cass board members and staff considered activities, approaches, ideas and other trends both internal and external to the Department. The group spent time reviewing vital statistics and other health data supplied by NE DHHS and the CHNA, participated in an environmental scan exercise, and identified potential focus areas to address in the coming three years. During the strategic planning session, the group identified the strategic work the Department must do in the next three years to meet its mission. The full version of the strategic plan can be found on our website at [www.sarpycashealthdepartment.org](http://www.sarpycashealthdepartment.org).

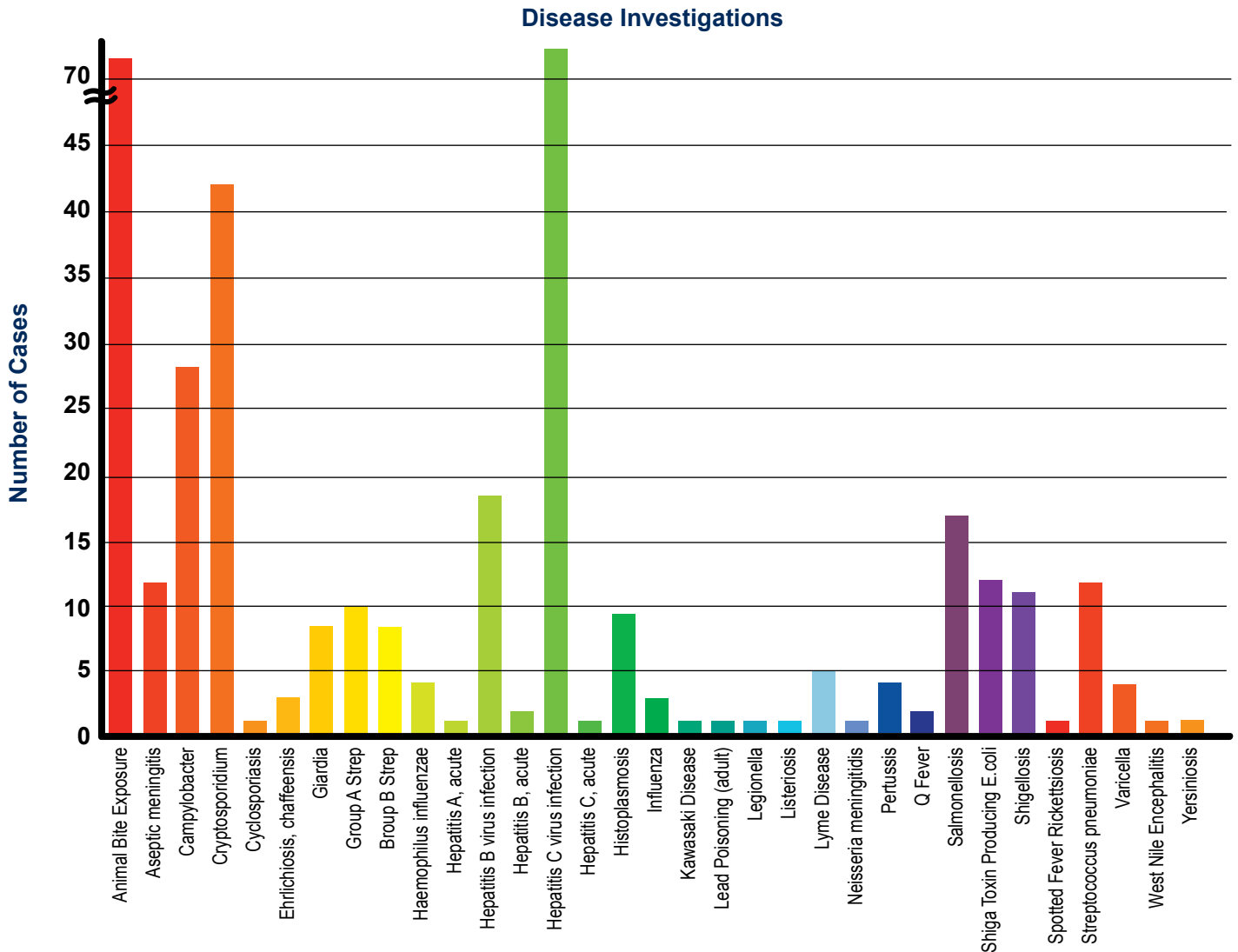
The goals and objectives identified are:

Strategic Direction	Strategic Goals
Securing Departmental Sustainability	1. Generate additional funding sources 2. Grow BOH advocacy efforts
Expanding Internal Capacity	3. Establish quality improvement procedures 4. Develop staff capacity 5. Identify and prioritize programs and services 6. Expand our physical space
Strengthening Identity and Partnerships	7. Cultivating community partnerships 8. Market and communicate about the Department

# Health Prevention

## 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, 400 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. Following is a summary of the types and numbers of diseases investigated this year:



## School Surveillance

The Department collected weekly school absentee data from 70 local schools and submitted to the Nebraska Department of Health and Human Services (DHHS). During the past school year, the weekly absentee rate was usually 1-2% for most schools. Reports of illnesses in excess of 10% are investigated by the Department's public health nurses. Gastrointestinal illnesses were consistently high throughout the school year, with more of these types of illnesses reported each week than Influenza or other illnesses.

# Health Prevention

## Medical Services

The Department provides no-cost or low-cost medical services to the residents of Sarpy and Cass counties. This year, seasonal influenza vaccination clinics, mumps booster vaccination clinics, and foot care clinics were offered throughout the communities.

### *Seasonal Influenza Clinics*

During the annual Department seasonal Influenza vaccine clinics, public health nurses administered 70 vaccines to community members. Public clinics were offered in Papillion, Elmwood, and Plattsmouth, and a private clinic was held for the Sarpy County Head Start program. Department nurses also distributed vouchers for free influenza vaccine at Walgreens to those without medical coverage or the ability to pay cash for the vaccine at clinics.

### *Mumps Vaccination Clinics*

In the summer of 2016, the Department was notified of a camp counselor at a local summer camp who had been diagnosed with mumps three days after showing up for work at the camp. The Department provided education, notification letters, established partnerships and held on-site mumps vaccinations clinics, free of charge, to all staff and campers weekly for a month. All activities were done to contain and prevent the spread of mumps infection to other staff and incoming campers. A total of 424 boosters were given, and an additional 329 waived the vaccine. The Department investigated eight suspect, probable, or confirmed cases of mumps among camp counselors; no campers were symptomatic.

State-level experts from two states, staff from the Nebraska Public Health Laboratory, two local public health departments, camp administration and staff, and local physicians and nurses all partnered together to contain the mumps infection outbreak this summer at this camp.



Mumps Vaccination Clinic, 2016



Mumps Vaccination Clinic, 2016

### *Foot Care Clinics*

The Department's Active Aging program provided basic foot care and blood pressure clinics at nine monthly clinics throughout Sarpy and Cass counties. These clinics were available at low cost to participants and were provided by a licensed nurse. The nurses conducted blood pressure screenings and basic foot care and toenail trimming, as well as provided health information such as heart disease, stroke, diabetes prevention, nutrition, and exercise. This year, 430 individuals were serviced at these low-cost or no-cost clinics.

These same services were also provided to seniors as part of the Active Aging's home visitation program.

# Health Promotion

## Active Aging

The Department's Active Aging program focuses on prevention of chronic disease and improving the health of seniors in our community. The program works to connect seniors and caregivers with community resources, provide wellness checks and health education on senior health and wellness topics, and ensures supportive needs are met to help seniors remain safely in their homes.

This year, public health nurses conducted 34 home visits (which included blood pressure checks, toenail trimming, medication education and management, and help accessing community resources); served 430 clients at nine monthly foot care clinics; and provided information to over 675 seniors attending presentations.

### Active Aging Presentations (with number of participants)

- Basic foot care (8)
- Community resources (79)
- Diabetes (83)
- Farmer's market program (96)
- Healthy aging (15)
- Healthy cooking (65)
- Insomnia (17)
- Managing blood pressure (19)
- Medication interactions and disposal (42)
- Nutrition (124)
- Over-the-counter medications (17)
- Senior fitness (25)
- Staying healthy in winter (50)
- Walking challenge – Papillion Senior Center (37)

## Health Education

### *Colon Cancer Awareness*

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.

### *Smoke Free Homes and Cars*

The Department packaged and distributed 500 smoke free homes and cars packets to local Head Start families to provide information about the health hazards of secondhand smoke. The packages included a brochure, window clings, magnet, a notepad, and information about the Nebraska Tobacco Quitline. The packets were available in both English and Spanish.

## Health Hub

In the spring of 2016, the Department began participating in the Nebraska Health Hub project. An environmental scan was conducted, which consisted of gathering information about the demographics, vital statistics, screening rates, incidence/mortality rates, community resources and referral patterns for medical screenings for both counties. A community referral and resource directory was created with over 70 community resources including hospitals, Federally Qualified Health Centers, pharmacies, tobacco cessation resources, health education, and fitness resources. Implementation of health coaching resulting from the environmental scan will begin in the next fiscal year.

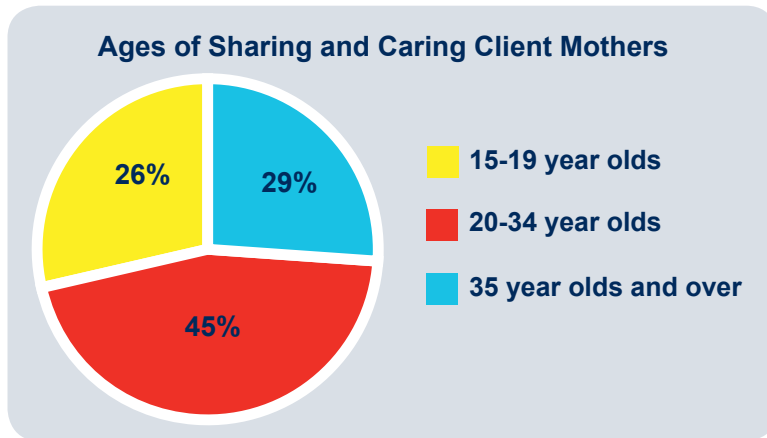
# Health Promotion

## Maternal and Child Health

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

### *Maternal Child 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. Public health nurses provided 344 home visits this year.



### *Breastfeeding Support Services*

Department MCH nurses are Certified Lactation Counselors with experience helping many women successfully breastfeed. Lactation support is available via individual in-office consultation, community breastfeeding support groups, and workplace lactation support programs.

### *Climb Out of the Darkness*

The Department led a local walk on behalf of Postpartum Progress International (PPI), called "Climb Out of the Darkness® to raise awareness about maternal mental health." We distributed information regarding identification of and resources for those suffering from maternal mental illness, as well as building support in the community and raising funds for PPI.



Climb Out Of The Darkness Walk, June 18, 2016

# Health Promotion

## Nutrition

### ***Head Start Nutrition Assessments***

Throughout the year, the Department dietitian completed 256 nutrition assessments for children enrolled in the Sarpy County Head Start program and 128 for the Cass County Head Start Program. The assessment included a weight for height percentile based on CDC growth charts and iron status based on the hemoglobin/hematocrit lab results. This year a new assessment form was utilized which provided a list of foods. Parents indicated which foods were eaten by their child on a regular basis. This provided a great overview of the dietary habits for each child and allowed for the Department's dietitian to provide feedback. The form was developed to accommodate different languages, cultures and literacy levels.

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.

### ***Healthy Snacking***

The Department dietitian partnered with Plattsmouth Middle School to set up a pilot test for selling healthy snacks during a sporting event. Utilizing United States Department of Agriculture healthy snack guidelines, the school's Food Service Manager selected 90 healthy snacks to be sold during a wrestling meet in February. The healthy snacks were sold for 50 cents each at a table next to the regular concession stand.

The selection of choices consisted of apples, bananas, celery, carrots, fruit juice, granola bars, pudding, string cheese, Chex mix, pretzels, Gold fish and other crackers. The inventory of 90 healthy snacks sold out within the two and a half hour event. The regular concession stand staff reported that candy sales were down for the night.

### ***5-4-3-2-1 Campaign***

The Department dietitian promoted the "5-4-3-2-1" campaign during the annual "All About Kids Day" event at Werner Park stadium in April. The "5-4-3-2-1" campaign promotes a healthy lifestyle based on daily amounts of: (5) fruits and vegetables; (4) glasses of water; (3) dairy servings; (2) hours or less of screen time; and (1) hour or more of activity. Over 3,000 students from metropolitan area schools (along with their teachers) attended the baseball game and event.



### ***Women, Infants and Children (WIC) Program***

In the summer of 2015, Department staff began having discussions with the DHHS office of Women, Infants and Children (WIC) and the Douglas County Health Department regarding the transitioning of WIC services to the Department. A survey was developed for current Sarpy and Cass County WIC clients to complete regarding access to WIC clinics in Sarpy and Cass counties. After data from the 86 collected surveys were analyzed, the Department and the Douglas County Health Department WIC program staff developed a plan to gather additional information. The plan for transitioning or not transitioning the WIC program to the Department will be developed in the upcoming fiscal year.



# Health Promotion

## Safe Kids Sarpy/Cass

Safe Kids Sarpy/Cass, founded in 2006, is dedicated to educating families about childhood safety and injury prevention. Safe Kids Sarpy/Cass offers no-cost child passenger safety seat inspections and safety presentations to parent groups, elementary schools, daycare centers, and camp groups.

### *Child Passenger Safety*

The National Certified Child Passenger Technicians at the Department performed 112 Child Passenger Safety Seat inspections this year, and provided 35 seats to families who could not otherwise afford seats. These seats were purchased by the Department with grant funds.

This year, Safe Kids Sarpy/Cass implemented an electronic satisfaction survey for child passenger safety seat installations with the intent of being able to more easily identify trends and make adjustments to our services. The goal is to increase our efficiency while not creating any additional barriers to services. We are working to make sure our process incorporates considerations for health literacy and accessibility for all income levels.

The Department's Safe Kids Sarpy/Cass Coordinator participated in a local child passenger safety coalition with the goals of tracking car seat installation requests and increase the number of free installation checks available to the public. Coalition members recruited nurses from area hospitals and home visitation services to become certified technicians to fill the needs of their clients.

### **Safe Kids Sarpy/Cass Presentations (with number of participants)**

- Bike safety (481)
- Car seat safety and installation (33)
- Fire safety (128)
- Handwashing (247)
- Home safety (478)
- Hydration and sports safety (75)
- Parking lot safety (20)
- Pedestrian safety (100)
- Playground safety (22)
- Poison safety (34)
- Safe Kids programming (20)
- Stranger danger (64)
- Sun safety (103)

## Veterans Outreach

The Department's veterans outreach program, VetSET, is a rural veteran coordination project funded through a grant from the Veterans Affairs Office of Rural Health to the Nebraska Association of Local Health Directors. The goal of the program is to support veterans and their families who reside in rural or underserved areas.

This year, the VetSET program coordinator offered numerous one-on-one military cultural competency trainings for health care providers, facilitated a military cultural competency seminar, moderated two communication conversation focus groups utilizing Technology of Participation methods, and distributed information to veterans and their families concerning their increased risk of specific diseases such as diabetes and COPD. The program assisted local veterans by connecting them to resources such as fitness coaches, exercise routines, and community agencies offering financial assistance.



# Health Protection

## Emergency Preparedness

The Emergency Preparedness program is responsible for identifying all risks that could impact the public health of our communities. We create, maintain, and practice emergency preparedness plans designed specifically to address the potential disasters. Department staff work closely with many local and federal agencies to help ensure the continued well-being of the residents should we face a disaster.



## Training and Exercising

Three progressive exercises were conducted last year to test the Department's response to a disaster involving mass dispensing of medical countermeasures. A tabletop exercise was conducted in September of 2015, involving representatives from 27 partner agencies. A functional exercise was conducted two months later in which volunteers set up a dispensing site. A full scale exercise was conducted in March of 2016. The Department tested the medical countermeasure request process, distribution, dispensing, and demobilization of supplies. Prior to each exercise, Department preparedness staff conducted a series of staff and partner training.

## Environmental Health

### Enforcement of 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.

### Radon Awareness and Risk Reduction

This year the Department was the recipient of two separate grants to provide radon education to the public. The Nebraska Department of Health and Human Services Radon Program and the Nebraska Comprehensive Cancer Control Program provided funding for the Department to purchase and distribute over 900 short-term radon gas testing kits to homeowners in Sarpy and Cass counties. An educational media campaign was implemented that included radio announcements, billboards, newspaper and electronic media advertising.



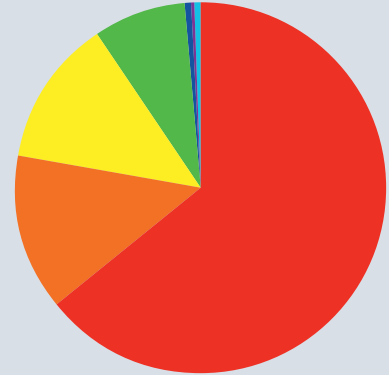
### West Nile Virus Prevention

West Nile Virus (WNV) surveillance began in early June. As of September, the Department had submitted one bird to DHHS for WNV testing. Over 2,000 packages of mosquito repellent were distributed throughout the community. Nine mini-grants totaling \$3,950 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.

# Financial Information

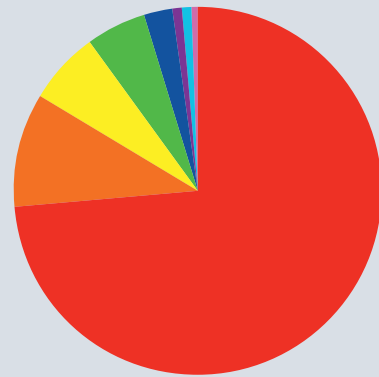
## 2015-2016 Fiscal Year Revenue

● State Funding (LB 692)	\$488,834.82
● State Funding (LB 1060)	\$105,458.11
● Federal Funding (state pass through)	\$96,896.87
● Grants and Contracts	\$60,448.11
● Fee-for-Service	\$4,667.00
● Miscellaneous (income/refunds)	\$829.48
● Interest	\$2,141.00
<b>Total:</b>	<b>\$759,275.39</b>



## 2015-2016 Fiscal Year Expenses

● Personnel/Benefits	\$727,277.02
● Operating Expenses	\$98,690.11
● Contractual	\$62,560.35
● Public Health Programs	\$51,360.34
● Insurance	\$24,724.49
● Communications	\$9,434.38
● Trainings and Travel	\$8,805.85
● Equipment	\$2,816.40
<b>Total:</b>	<b>\$985,668.94 *</b>



\* Budget deficit in 2015-2016 fiscal year:

-\$48,245.68 General Funds (all programs); -\$177,872.24 Public Health Emergency Preparedness



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