



Sarpy / Cass
Department of Health & Wellness

Annual Report

2012-2013

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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 also updated, with a formal evaluation score of 100/100 received. The plan continues to be updated.
- 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.

Training

- Two Community Emergency Response Team (CERT) trainings were sponsored by the Department. One training was held in each county, and a Department staff member was the primary instructor of each.
- 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 22 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 15 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 four partner-sponsored exercises this past year, and evaluated two others.

Outreach

- To increase awareness and provide a tool for family emergency planning, emergency preparedness staff distributed emergency preparedness placemats and preparedness booklets to six restaurants in Sarpy and Cass counties to give out to families on Sundays during September.
- 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. If a school had a 10% or higher absentee rate or confirmed cases of influenza, the School Health Coordinator contacted the school nurse. During January 2013, the Department saw a significant rise in absentee rates (as high as 16% in some schools) and many confirmed cases of influenza. The School Health Coordinator kept daily contact with the schools until rates returned to normal.

Head Start

- Throughout the year, the Department dietitian completed 241 nutrition assessments for children enrolled in the Sarpy County Head Start program and 167 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.
- The Department dietitian and food service manager at Plattsmouth Head Start continued to make improvements on the six week cycle menu implemented during the 2011-2012 school year. The new menu format proved to be very efficient. Food service staff were able to make quick changes as needed to accommodate student food preferences and market availability of foods.
- As part of the Great American Smoke Out, the Department promoted smoke free materials and quit tobacco information by distributing almost 400 smoke-free home and car packets through the Sarpy and Cass County Head Start programs.

Outreach

- During the fall of 2012, the Department dietitian participated in a project with the UNMC Gretchen Swanson Center for Nutrition to assess Nebraska food systems. As a community partner, the Department assisted with collecting information from local producers and consumers. The Department's dietitian distributed 27 Producer Surveys and 78 Consumer Surveys in Sarpy and Cass counties.
- Quit smoking packets were developed using English and Spanish materials from the Tobacco Free Nebraska program. Packets included Nebraska Tobacco Quitline information, quit tobacco resources, a tin of mints, a list of cessation programs and smoke free materials. About 45 packets were distributed at local community and employee health fairs, home visitations, and Head Start programs.
- The Department's School Health Coordinator continued to partner with the Live Wise Coalition on the Drug Free Communities Grant. Materials were distributed to local pharmacies to prevent prescription drug abuse. During the year, local pharmacies were provided with 42 medication lock boxes and 850 magnets imprinted with tips for medication disposal. Pharmacies distributed these materials directly to their customers.
- The Department developed a new brochure for parents to help prevent prescription drug abuse among teens, and distributed it to schools and at community events.

Maternal and Child Health

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

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 28 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.

Surveillance

- West Nile Virus (WNV) surveillance began in early June. As of September 2013, the Department had submitted seven birds to DHHS for WNV testing. None of the birds tested positive for the virus. Over 2,000 packages of mosquito repellent and 140 infant mosquito nets were distributed throughout the community. Ten mini-grants were awarded to cities within the service area to provide WNV-related prevention activities, including mosquito prevention, city-wide junk clean-up days, and public education.

Outreach

- The Department has distributed free short-term radon gas testing kits to residents since 2005. Evaluations of the program found the usage rate of the testing kits to be lower than anticipated. In the fall of 2012, the Environmental Health Coordinator implemented a series of follow-up activities to increase the usage rate of distributed testing kits.
- Recycling education was presented to elementary school students and included story time, recycling bingo, and a cut-and-paste activity.

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, Pertussis cases continued to present health issues in the Sarpy and Cass communities:

Total number of Pertussis cases in 2011 = 11

Total number of Pertussis cases in 2012 = 16

Total number of Pertussis cases in 2013 (as of October 1) = 11

- With every new pertussis case, letters are written for either observation or recommendations for treatment depending upon information gathered during an investigation. With cases involving daycares and children under four years of age, prophylactic recommendations are sent to the daycare and home with parents to contact their physician for treatment.
- The Department has also noted a high number of Hepatitis C cases in the Sarpy and Cass communities

Total number of Hepatitis C cases in 2011 = 53

Total number of Hepatitis C cases in 2012 = 47

Total number of Hepatitis C cases in 2013 (as of October 1) = 43

Testing

- Department nurses conducted tuberculosis skin testing as a result of contact investigations completed by a neighboring health department. Education was provided to the families, and clients were treated with prophylaxis to prevent risk of tuberculosis infection. In all, 12 tuberculosis skin tests were conducted by Department nurses.

Outreach

- During the annual Department seasonal influenza clinics, public health nurses administered 200 vaccines to community members.
- The Department Public Health Nurse and Environmental Health Coordinator assisted a local school with providing bed bug education to their elementary school nurses and counselors. Staff participated in a learning session which included information about bed bugs, how to work with families affected with bed bugs, and the identification of community partners offering bed bug eradication assistance.
- The Department Public Health Nurse partnered with Clarkson nursing students, the Sarpy County Courthouse, and the Shadow Lake Hy-Vee to present information on colon cancer awareness for the annual "Dress in Blue Day." Colon cancer information, including the progression of the disease, who is at risk, and the importance of screenings, was provided to over 500 individuals at the Sarpy County Courthouse and the Shadow Lake Hy-Vee.
- This was the first year that 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. In all, the Department received a total of 750 kits.

Safe Kids Sarpy/Cass County

Seatbelt and Child Passenger Safety

- Safe Kids Sarpy/Cass County hosted 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 partnered with Nebraska Office of Highway Safety, AAA Cornhusker Motor Club, Reruns R Fun, and Aidan's Animals to help provide child passenger safety seats to parents that could not otherwise afford to provide their child with the appropriate safety seat. This year, 137 child passenger safety seats were inspected by Safe Kids, and 48 seats were given for free to qualified families.
- Safe Kids partnered with St. Matthew's School and the Nebraska Safety Council to educate the families affiliated with that school about seatbelt safety. During an initial surprise seatbelt check of private vehicles during before-school drop-off, 75% of the occupants in checked vehicles were in compliance with the seatbelt law. Students in the school then participated in seatbelt safety education, and information was provided to their parents. At the final seatbelt compliance check later in the school year, the seatbelt compliance had increased to 95%.
- Safe Kids provided education about seatbelt safety to 150 children at the Plattsmouth Community Center Kids Expo and 300 children at the Sarpy Community YMCA. At these events, children made their own personalized seatbelt safety t-shirts.

Pedestrian Safety

- Safe Kids coordinated International Walk to School Day for two Plattsmouth schools in October to increase awareness of pedestrian safety. A total of 72% of elementary students participated in the event, which included a poster contest, drawings for bikes and bike helmets, and other prizes. This program was funded by a National Safe Kids Grant and help from several Safe Kids Cass County members.
- Safe Kids distributed reflective zipper pulls to Sarpy County Head Start students and to children attending the Sarpy Community YMCA Trunk or Treat event.
- Safe Kids educated preschool students about how to be safe pedestrians by playing a pedestrian safety game, and went to several elementary classes and libraries to play pedestrian bingo with the students. The students learned a lot about being safe pedestrians and had fun while they learned this important safety lesson.

Outreach

- Safe Kids conducted an educational seminar for in-home daycare providers which included furniture tip-over safety, safety gates, burning and scalding dangers, baby walkers, window safety, and safe toy chests.
- In October, Safe Kids gave away 10 kid-friendly fire safety DVDs to local daycares and furnished fire safety handouts for those daycare parents. Safe Kids continued to offer fire safety presentations to local daycares and schools in Sarpy and Cass counties.
- In an effort to raise awareness about texting and driving, Safe Kids offered a "Don't Text and Drive" 3' x 8' vinyl banner that area schools, police departments, daycares, hospitals, and libraries in both Sarpy and Cass counties displayed. This banner was a good reminder that texting and driving is dangerous.
- Safe Kids took the opportunity to teach over 200 4-11 year olds about sun safety at the Bellevue Fire Department Training Center. The Safe Kids Coordinator used a marionette puppet to help demonstrate sun safety to the children. The puppet wore a hat to protect his head, sunglasses to protect his eyes, and carried sunscreen with him to use each time he was outdoors. Each child made a sun visor and a bracelet with UV sun sensitive beads.
- Safe Kids donated bike helmets and safety information to the Bellevue Medical Center Emergency Department to be given to children that came to the Emergency Department with bike-related injuries, and over 60 bike helmets to two local pediatric clinics to be given out during routine kindergarten physicals.

Senior Program

Assessment

- Starting in March of 2013, a variety of needs assessments were conducted by the Department to identify gaps in the senior care continuum. Our goal was to put programs in place to meet these identified needs without duplicating services. Through visiting with various community centers, senior centers, faith communities, and healthcare organizations, several unmet needs were identified and as a result, the Senior CARE program was formed.
- The Senior CARE Program Coordinator/Health Educator conducted six focus groups with seniors in the communities of Weeping Water, Plattsmouth, Louisville, Bellevue, and Papillion. Additionally, interviews were held with community leaders, seniors and senior caregivers in Bellevue, Eagle, Gretna, La Vista, Louisville, Papillion, Plattsmouth, and Weeping Water. A needs assessment survey was developed and distributed throughout Sarpy and Cass counties. A limited number of surveys were returned and data from the survey is currently available for the Bellevue community.
- The Department also partnered with Alegent Creighton Health's Faith and Health Network to access a HIPAA compliant web-based documentation program to document outcomes from the Senior CARE program. This program will allow the Department to document both individual and group interactions with seniors in our community. Data from this documentation will be used to measure the impact made from the Senior CARE program.

Senior CARE Program

- The Senior CARE (Community, Advocacy, Resource and Education) program was developed 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.
- The Senior CARE program has three program pillars that include community health education, diabetic foot care clinics, and a free in-home visitation program. These program pillars are designed to help improve senior health and allow seniors to age in place, safely at home.
- The Department Senior CARE Program Coordinator/Community Health Educator has partnered with area faith communities, health organizations, senior centers and community centers to offer health education and diabetic foot care clinics through the Senior CARE program. These programs were designed to provide better access to preventative health services and to help individuals better manage their health. The Senior CARE Clinics improve access to routine foot care for diabetics at a significant cost-savings to the individual. The Senior CARE Community Talks have improved access to health information, resources and empowered participants to take charge of his/her health.



Board of Health

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