



**EAST-CENTRAL DISTRICT  
Health Department**  
**PLATTE, COLFAX, BOONE & NANCE**  
*Better Health Through Partnerships*



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## **Information about ECDHD Public Health activities in Colfax County in 2015**

### **Colfax's Chosen Community Health Top Areas:**

Community leaders in Colfax County met at the St. Benedictine Center in June 2012 to launch the June 2012 – June 2015 Colfax County Community Health Improvement Plan process (CHIP). The overarching question for the day-long session revolved around “What will we choose to focus on over the next three year to improve the health of all who live, work and play in Colfax County and how will we mobilize our efforts?” The three year CHIP cycle of June 2012-June 2015 has ended and ECDHD, in conjunction with Catholic Health Initiative of Schuyler, has summarized below the progress of the three health improvement planning groups that resulted from the June 2012 meeting. Each group is made up of agencies and individuals working together to achieve a common goal.

### **Focus Area One: Family Support/Child Well Being:**

This group's purpose is to support the family. The third goal of the coalition on their plan is to increase the proportion of children who are ready for school in all five domains of healthy development. One way they accomplished this was to help parents with infants learn how to gain confidence in their ability to interact with their baby and to provide an opportunity for parents to network with each other, Parents Interacting With Infants (PIWI) was implemented. Two staff members at the Schuyler Elementary School were trained as Parents Interacting with Infants (PIWI) trainers. These trainers impacted 17 families as they provided parents with the confidence and enjoyment of interacting with their infant.

The second objective of this group related to the first goal was to engage community partners. In an effort to engage parents of elementary students, three focus groups were held in April and May of 2015 in Schuyler. Roughly 25 parents were present during the English and Spanish speaking focus groups and the communication received from the parents will provide the

school with direction on how best to engage parents to improve the parent/child relationship. As a result of these focus groups a Parent Teacher Organization was started.

The first goal of this group is to Increase well child visits from 35.67% to 39.23%. The first action step was to hire a new pediatrician and thereby increase the number of children getting well child checks. The pediatrician was hired in collaboration with CHI Health Schuyler who will work in Colfax County two days a week starting in July of 2016!



Dr. Pramod Shrestha was jointly interviewed by Rebecca Rayman from ECDHD and Connie Peters from CHI Health in Schuyler. After the interview both agencies agreed that he would be great provider for the two agencies to share, Dr. Pramod will work two days per week in Schuyler and two days per week in Columbus seeing children for the two agencies.

Other activities ECDHD has completed in Colfax County related to this topic:

**Early Development Network:** Thirty two children newborn to three years of age in Colfax County were provided with home visits by ECDHD staff to assist with their developmental skills between January to June of 2015.

**Schuyler Community Schools Community Event:** Sixteen organizations plus ECDHD participated in an event on August 20<sup>th</sup> to promote keeping kids healthy and active. The event connected parents to many services, over 2,000 people attended.

**School Parent Teachers Conference:** Parents were provided with a variety of health information at the school to include tobacco and alcohol substance abuse information, immunization information and information on how to sign up for health coverage and economic assistance.

**School Supplies Giveaway:** ECDHD outreach and enrollment workers provided 279 students grade K-8<sup>th</sup> grade with free school supplies at the “Back 2 School Bash” outside of Didier’s grocery store on August 5<sup>th</sup>.

**WIC:** 2807 participants were served this year in Colfax County. Nutrition education is a key component of the WIC program. Clients receive healthy supplemental food.

**Focus Area Two: Family Health & Wellness:**

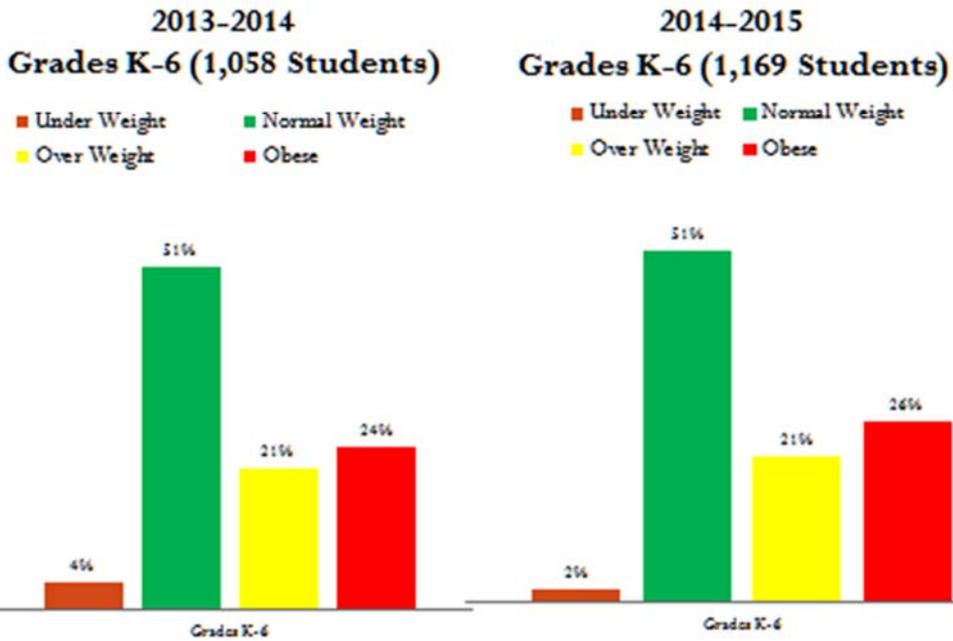
This coalition (formally known as youth and adult obesity) developed as a direct result of the June 2012 CHIP and has worked diligently to promote healthy weight and reduce chronic disease risk. The first goal of the group was to reduce childhood obesity by 1%, before when can reduce childhood obesity you must know the current level. ECDHD worked with local schools and as a result of sharing aggregate Body Mass Index (BMI) data which is data gathered to include height, weight, sex and age of a person a baseline and understanding of the trend could be made. Based on the initial data the Schuyler Elementary School increased the frequency of Physical Education classes for students from once every ten days to every other day. This one policy change which increases time spent in physical activity affected all of the children in the elementary school.

Two action steps to accomplish this reduction in childhood obesity are to increase physical activity and improve nutrition in the community. The primary goal is implementing 54321 campaigns in Colfax County and bringing back the Healthy Families program at CHI Health.

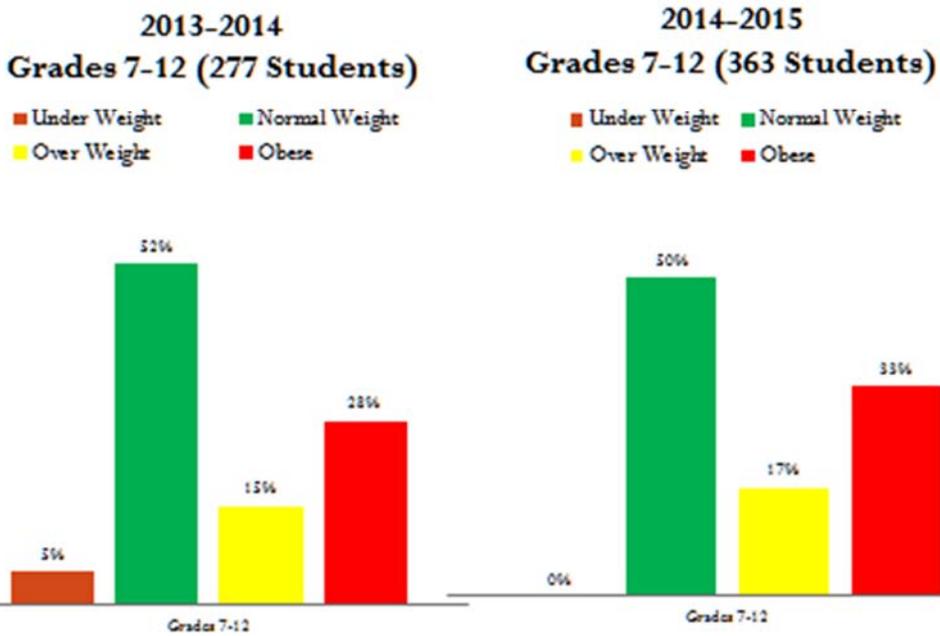
Some of the findings from the gathering of BMI data in Colfax County are found below on the next page in the graphs. It is important to note that more work needs to be done in this area as the children in Colfax County are continuing to be overweight. In the 2013-2014 school year 43% of students were overweight or obese in the 2014-2015 year the total was 50%!



**Colfax County comparison between school year  
2013-2014 and school year 2014-2015**



**Colfax County comparison between school year  
2013-2014 and school year 2014-2015**



The NAP SACC (Nutrition and Physical Activity Self-Assessment of Child Care) program is evidence and provider based program implemented in child care settings. The program is designed to promote healthy weights of preschool children by improving the nutritional quality of food served, amount and quality of physical activity, staff-child interactions, and facility nutrition and physical activity policies and practices. NAP SACC has been provided to five in-home child care providers and one child care center in Colfax County. Through self-selected policy changes, child care settings have either increased physical activity and/or improved the nutritional setting for children in their establishment.

### **Focus Area Three: Access to Health Care**

This group is working to increase access to healthcare in Colfax County. The goal is to increase the percent of persons who visit a doctor in the past twelve months. The group is led by Connie Peters at CHI Health in Schuyler. The group has been working together since late 2012 and at the June 2015 Community Health Improvement Plan meeting reenergized and recommitted to increasing access to health care in Colfax County. One of the main goals is to increase access to points of care across Colfax County. One of the action steps is to increase behavioral health care, well women visits and increase the number of screenings offered for Colfax County.

#### **Other activities ECDHD has completed in Colfax County related to this topic:**

**Cancer Prevention Presentation:** Noon rotary group was provided a presentation on breast cancer, colon cancer and cervical cancer on June 10<sup>th</sup>

**Colon Cancer Kits:** Free colon cancer kits are available for Colfax residents.

**Immunizations:** Opened a Colfax Immunization Clinic at the WIC building to date 94 individuals received 209 vaccinations to date. Providing immunizations to children, adults, underinsured, uninsured and insured.

**Mammograms:** Working with CHI Health to provide lower cost mammograms to women in Colfax County via CHI Health.

**Mujer Sana:** Meaning the Healthy Women summit which was held at the summit at the St. Benedict Center, ECDHD was there in May and provided 65 women with information about health insurance coverage and economic assistance programs.



# Public Health

## Other Public Health Activities for ECDHD in Colfax County

ECDHD also works on other Public Health Priorities to help Prevent Disease both chronic and infectious. Such activities focus on reducing tobacco which is a leading cause of both heart disease and cancer, two of the top causes of death in Colfax County. In addition the ECDHD service area has a long history of alcohol abuse and ECDHD works to address this issue as well.

Disease surveillance and preparing for public health emergencies is also a core function of public health and one that ECDHD is doing continuously in the background.

Some of the activities carried out specifically in Colfax County include:

**Compliance Checks for Tobacco:** In March the ECDHD conducted tobacco compliance checks to see if businesses in Colfax County would sell tobacco products to minors. Out of eight businesses, four or 50% sold tobacco products to teens.

**Dental:** The ECDHD Good Neighbor Community Health Center provided 126 residents of Colfax County with dental care between January and June.

**Direct Observation Therapy:** Disease investigation staffs provide medication and direct observation of taking medication for tuberculosis.

**Disease investigations:** During this period include a variety of diseases that were investigated in Colfax County to include Chronic HBV, HCV, pertussis, Hepatitis B, Meningeal infection, Tuberculosis Varicella, West Nile Virus, Rabies and humans exposed to non-rabid animals.

**Hand Sanitizers:** Provided to every classroom in Colfax County and to the Colfax County Fair for livestock presenters. The goal is to reduce the spread of infectious diseases such as influenza.

**Hispanic Festival:** ECDHD participated by having a booth at this festival hosted by the St. Augustine Catholic church to provide educational materials and information about health coverage.

**Influenza Surveillance:** Every week during the school year all the Colfax schools are contacted once a week to check on students absent from school due to respiratory symptoms. A small influenza outbreak in a nursing home was monitored by the ECDHD early in 2015.

**Influenza B rash Information:** Information from the CDC shared with providers to increase surveillance and awareness of a rash with influenza B.

**Kick Butts Day:** ECDHD assisted 12 youth from the Schuyler FCCLA to attend the “Kick Butts Day Rally” to encourage smokers to quit in Lincoln. This was sponsored by the group “No Limits”. Schuyler students also wrote anti-tobacco messages on the school fence and were encouraged to take and post “selfie’s” with anti-tobacco messages that they were not replacements for smokers who are dying of cancer.

**Long Term Care Education:** Materials and Education provided to long term care facilities as requested/needed on influenza and tuberculosis.

**Measles:** A poster on measles was translated and provided to the Colfax County Sheriff office at his request in March.

**Medication Take Back:** Ads were done in Colfax County to remind residents that medications can be safely disposed of at the Sheriff’s office.

**Mosquito Wipes:** To prevent West Nile Virus were provided to the Sheriff’s office and also to the golf course.

**N95 Respirator Fittings:** ECDHD provided N95 Mask Fit Testing for Fire Departments in Colfax County in March of 2015.

**Park Surveys on Tobacco Use:** 144 surveys from Colfax Residents were taken about tobacco use in the parks. Of those 129 were Schuyler residents, 3 Leigh residents and 12 residents of other areas of Colfax. The majority of respondents 50% were between the ages of 31-49 years. The second highest age group was 19-30 years with 38 in that age group. The results indicate that most people would use the parks more if tobacco use was restricted in the parks.

**If tobacco use were restricted in any of the outdoor areas of the park system, how would it affect your usage of the parks?**



**Pertussis:** Case investigation completed in April by disease investigator.

**Public Health Emergency Preparedness:** The ECDHD Public Health Emergency Manager attended three Colfax County Emergency Planning meetings so far in 2015 to discuss preparedness activities.

**Radon kit ads were ran in the Schuyler Sun and the Colfax County Press** during January and February to promote the detection of radon in housing in Colfax. In total between January to June of 2015, 55 radon kits were provided to Colfax residents.

**Salmonella:** Letters and laminated posters were sent feed stores regarding the prevention of Human Salmonella Infections linked to contact with live poultry. All materials in English and Spanish.

**Tuberculosis:** Provided education to a group of 30 individuals on a Sunday in March.

**Youth Alcohol Shoulder Taps:** In June the ECDHD conducted shoulder taps in Schuyler looking for adults who procure alcohol illegally for minors.