

East Central District Health Department



Public Health

Activities in Platte County from
January to September of 2015,

A report for Key Stakeholders

Information about ECDHD Public Health activities in Platte County in 2015

Platte's Chosen Community Health Top Areas:

Community leaders in Platte County met at the East Central District Health Department in June 2012 to launch the June 2012 – June 2015 Platte 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 Platte 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 Columbus Community Hospital, has summarized below the progress of the five 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. The areas are listed in alphabetical order as they are not prioritized.

Focus Area: Access to Health Care

This group is working to increase access to healthcare in Platte County. The goal is to increase the percent of persons who visit a doctor in the past twelve months from 62% to 65% (which is up from 52% in 2009). The group is led by Mike Hansen at Columbus Community Hospital. 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 Platte County. One of the main goals is to increase access to points of care to preventative screenings across Platte County. Some of the of the main action steps include implementing an annual free PAP smear screening event like the one held in April of 2015 where the goal of 60 PAP smears was surpassed. Also the group continues to look at mammogram screenings for low income and uninsured women as well as to assist the Columbus Cancer Care Foundation in exploring options for a vehicle for cancer patients to get to appointments. The hospital will continue to support access to care with the Nurse Triage line used by all area providers the home monitoring program from CCH, diabetes screenings and expanding providers in the area.

Between January to September of 2015 some of the successes of this group have been to offer a free cervical cancer screening day where 100 women in the area called in for an appointment

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and over 70 screenings were completed. In addition the group has been able to continue to provide low cost mammograms through the Komen Foundation and the Columbus Community Hospital Foundation. The Komen foundation helped subsidize over 60 mammograms for area women in 2015 to date. The Columbus Cancer Care Foundation was able to secure a vehicle to provide patient rides and the funding for ancillary services.

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

Cancer Prevention Presentation: ECDHD provided the keynote speech to 400 individuals at the first annual “Blue Jean Ball” on September 17th. The talk was on the importance of cancer diagnostic screenings.

Cervical Cancer Screenings at Good Neighbor Community Health Center: To date a total of 1,027 pap smears have been completed in 2015 through the Columbus health center.

Colon Cancer Kits: Colon cancer screening was provided to 248 individuals.

Dental Student Training: The Good Neighbor Community Health Center provided 928 hours of dental training so far in 2015 to students from UNMC, of those were 15 future Dentists or students who have their dental degree and are becoming specialists who put in 767 hours until Dr. Susan Alexander a faculty member at UNMC who is the Dental Director for GNCHC.

Dental Visits: January to September 1,732 unique patients completed 3,282 visits in the dental clinic.

Health Fair: ECDHD held a health fair in Columbus on June 13th and provided blood sugar screenings, colon cancer test kits, radon kits, oral health screenings and health information.

Immunizations: Expanded hours of operation in Columbus to 20 hours a week. To date 209 individuals received 468 vaccinations in the public vaccination clinic (not counting vaccinations in the health center). The public vaccination clinic provides immunizations to children, adults, underinsured, uninsured and insured.

Insurance Benefit Information events: The Good Neighbor Columbus Community Health Center has provided insurance information days at the Columbus Public Library (February 11th - 44 attended), at the Platte Valley Literacy Association (March 2nd- 35 attended), At the YMCA (April 25th – 196 attended), At the ECDHD (June 13th-97 attended), at the Platte County Fair (July 9-11th - 388 attended the booth), Columbus Frankfurt Square “Sundaes on the Square” (July 18th -246 attended), At Columbus Super Saver for the Back 2 School bash (August 7th- 548 attended), Columbus Days (August 15-16-137 attended), Columbus Middle School Open House (August 20th,-43 attended).

Mammograms: 180 women in the Columbus Good Neighbor Health Center received mammograms.

Mental Health: 620 individuals in the Columbus Good Neighbor Health Center received mental health services down from 700 in the same period (January to September).

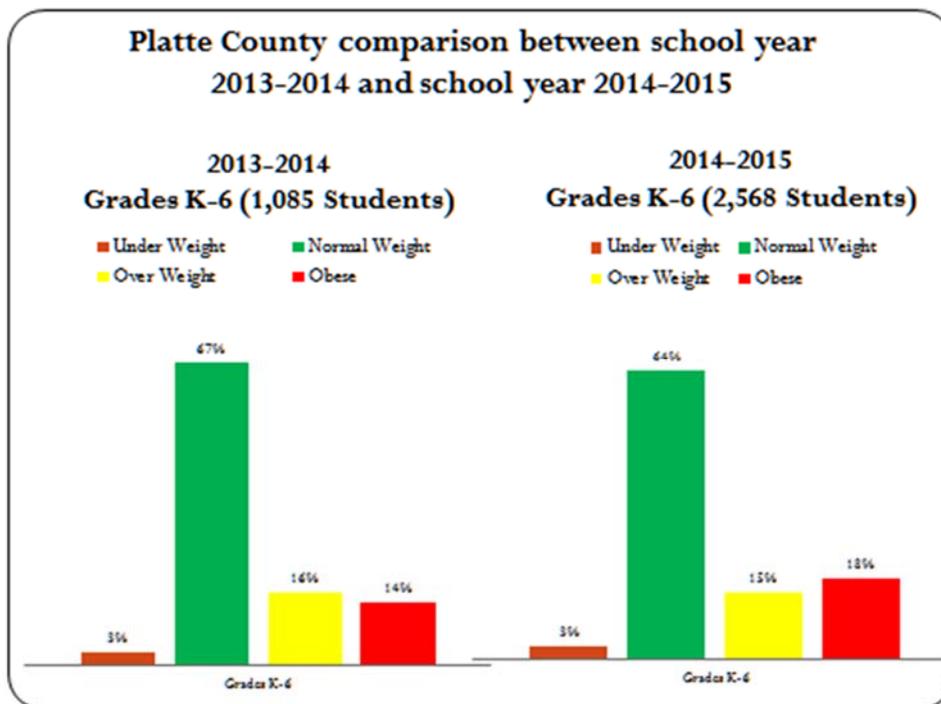
Oral Cancer Screenings: April 14th ECDHD assisted Dr. Novotny with oral health screenings.

Patients seen at the health center: From January to September of 2015 the clinic has seen 6,067 patients. This is more patients seen in the full year of 2014 and the year still has three months to complete.

Pediatrician: Dr. Aviles started in August at Good Neighbor Community Health Center. Dr. Aviles is patients who are uninsured and those as of September with Medicaid insurance.

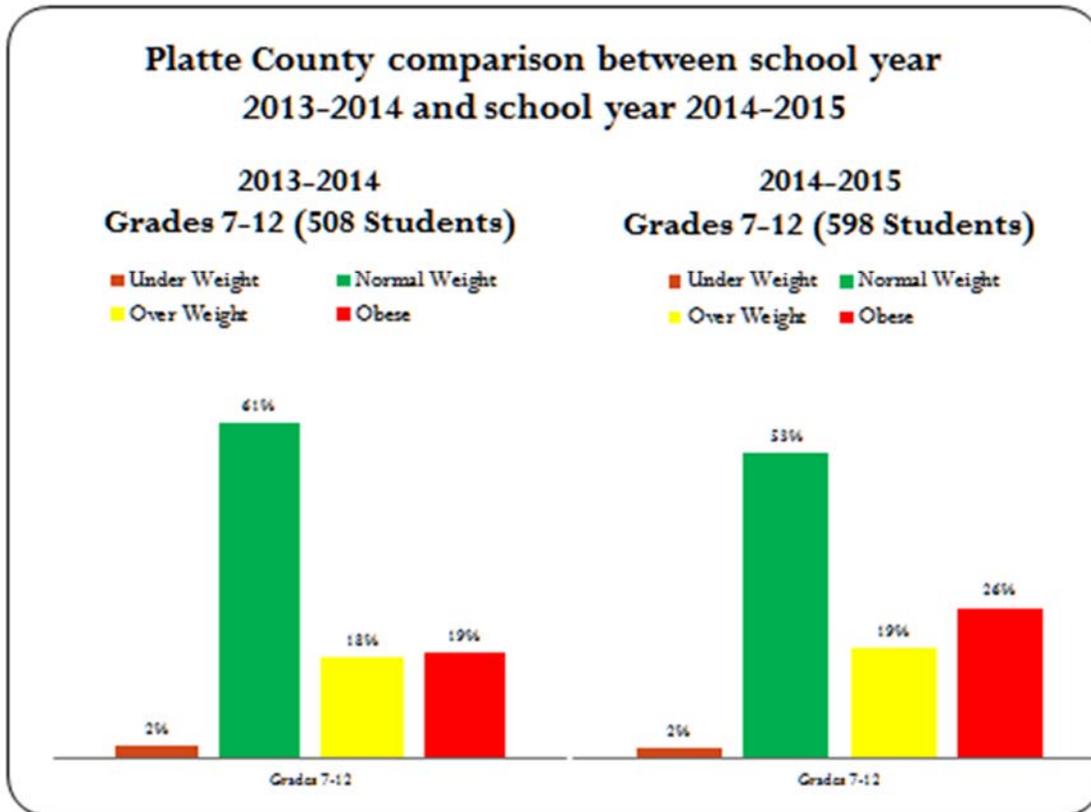
Focus Area : Family Health & Wellness:

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 decrease the obesity rates in area youth both those who are K-6 group and those in the 7-12 grades. 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 from Platte County the coalition has much work to do.



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Children who were obese increased from 14% to 18% among Platte County K-6th grade students between 2013-2014 school year and the 2014-2015 school year. The percentage of those 7th to 12th grades are also getting heavier with only 19% obese in 2013-2014 and 26% obese in 2014-2015.



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

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: 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. This coalition has several activities going on in Platte County.

PIWI: Parents interacting with Infants. A course of nine interactive sessions developed to provide tools and support for parents to strengthen their families and provide environments where their children can learn and thrive. In Platte County these sessions are implemented at Youth for Christ, Columbus Community Hospital's Healthy Families and Central Nebraska Community Services (CNCS). New PIWI sessions have started at Youth for Christ and CNCS and will be completed to fidelity during autumn 2015. Between January to June 44 families received this service.

PCIT: Parent Child Interactive Therapy. An evidence based therapy service created for children ages 2-7 with emotional and behavior disorders, done through intentional play between a caregiver and child in a controlled environment with help and feedback from a licensed therapist. Skills taught to the caregiver during PCIT are useful in establishing a secure and nurturing relationship with the child. Meadows Behavioral Health and Good Neighbor Community Health Center offer this program in Columbus.

Summer Enrichment Program: A summer program with the goal of reducing the "summer slide" by engaging student's academic skills when school is not in session. The program had an educational activity in the mornings and an enrichment activity in the afternoons, with parents encouraged to attend the afternoon activities as well as weekly family time celebrations.

This program was offered to all Columbus area students in grades K-3, specifically marketing to "at risk" students and families. "At risk" was defined as a student who was either: eligible for free/reduced meals, children of a single parent, children of a teen mother, language primarily spoken in the home is a language other than English. Those students were eligible to attend the program at no charge. The program was open to 100 students, with average daily attendance of 85. Of those students, only 4 were paying, while the others fell into the no charge criteria.

AI's Caring Pals: This program includes materials and training sessions for home childcare providers to build the social-emotional skills of children ages 3-8 years who are in their care. Some examples of skills built with the strategies of AI's Caring Pals are: using self-control, respecting others, cooperating, and problem solving.

A local facilitator trained three trainers for this program in January 2015, and those trainers are in the process of training five in home providers in September and October 2015.

This program will also be offered to center based providers in the near future, under the name Second Steps. The same trainers used for Al's Caring Pals will help to implement the Second Steps program.

Service Point: This is a shared data system software that allows emergency needs agencies and caseworkers in the community to see all areas of a client's needs. They are able to see what goals are set for that client and where and when the client received resources. This also helps the clients to avoid filling out the same information at each separate agency since they are all interconnected. Zero 2 Eight Child Well Being Family and Parent Support workgroup was able to add three new agencies, Columbus Rescue Mission, Simon House, and Emergency Relief, to Service Point. Child Well Being provided the funds for licensing the software for Simon House and Emergency Relief for their first year in this system.

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

Early Development Network: Sixty-six children newborn to three years of age in Platte County were provided with home visits by ECDHD staff to assist with their developmental skills between January to June of 2015.

School Supplies Giveaway: ECDHD outreach and enrollment workers provided 548 students grade K-8th grade with free school supplies at the "Back 2 School Bash" outside of Super Saver grocery store in August.

WIC: 3,530 participants were served this year in Colfax County between January and June. Nutrition education is a key component of the WIC program. Clients receive healthy supplemental food.

Focus Area: Substance Abuse Prevention

The main goal of the *Back to Basics* group is to reduce substance abuse to protect the health, safety, and quality of life for all, especially children in grades 6-12. This is done with a combination of evidence based strategies to include Compliance Checks to make sure that Platte County businesses are not selling alcohol to minors. In 2015 to date, 51 businesses have been checked with 98% in compliance with the states laws on alcohol and minors. The coalition has also completed Shoulder Taps, Shoulder Taps are where youth sit in a car and ask people going in to a store to buy alcohol for them. In 2015 these were done seven times. One shoulder tap the suspect refused to buy the minors alcohol but offered to sell them marijuana. This lead to two arrests. Education is one of the main focuses of the Back to Basics Coalition. The coalition sponsored a TIPs University for college dorms on January 10, 2015: 1 resident hall director and 7 assistants at Central Community College in Columbus were trained and on August 10, 2015: 1 resident hall director and 6 assistants were trained. Responsible Beverage

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Server Training was also held in Platte County in 2015 with 11 participants trained in June. Funding is provided to Youth for Christ to hold the Northland Class Action with GAPS reaching 300 kids/year. Education is also done via ongoing media campaigns found in Platte County to include “Take Time Out to Talk about Underage Drinking”, “Talk. They Listen” Radio, TV, billboard, and newspaper ads, Movie theater ads, Facebook, resource library, and banners. The Back to Basics Coalition has also been busy in 2015 at a variety of education events to include:

- April 18, 2015: CHS Post Prom Fatal Vision Goggles – 500 students
- April 25, 2015: YMCA Healthy Kids Day – 196 people
- April 28, 2015: Central Community College Presentation – 21 people
- June 9, 2015: Coordinated School Health Presentation – 8 people
- June 11, 2015: Summer Youth Program – 76 kids K-3rd grade
- June 13, 2015: ECDHD Health Fair – 96 people

The last activity for 2015 was a “Medication Take Back” days, 185 pounds of medications were collected September 26th at Walgreens.

Other Public Health Activities for ECDHD in Platte 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 Platte 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 Platte County include:

Auto Safety Day : Over 150 youth participated in Mikes auto safety day where they learned the dangers of tobacco smoking and also underage drinking from ECDHD staff.

Compliance Checks for Tobacco: In total in the past eight months the ECDHD has conducted 45 tobacco compliance checks to see if businesses in Platte County would sell tobacco products to minors. Out of these businesses, four or 11% sold tobacco products to teens. Checks were done March 13th, May 15th and September 4th.

Disease investigations: During this period 39 disease investigations including a variety of diseases that were investigated in Platte County to include Campylobacteriosis, Meningitits, Chronic HCV, Invasive Group A and Group B streptococcus, Histoplasmosis, Kawasaki disease, Lyme disease, Pneumococcal Disease, salmonellosis, spotted fever and West Nile Virus.

Environmental Health Complaints: Eleven complaints were followed in Platte County including five housing complaints, one restaurant, two mold complaints, one air quality complaint and two other complaints.

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

Health Fairs: ECDHD participated in the Tune up for Life Health Fair with 100 people attending the environmental booth, the East Central District Health Fair with 97 individuals, YMCA healthy kids day with 196 individuals.

Influenza Surveillance: Every week during the school year all the Platte County schools are contacted once a week to check on students absent from school due to respiratory symptoms.

Mosquito Traps: Mosquito traps were set out every other week from June to September in five locations in Columbus to include Elks Country Club, Quail Run Golf Course, West Pawnee Park, East Pawnee Park and the Bark Park. Mosquitos were collected every two weeks letting us know when the mosquitos in the area were positive for West Nile Virus.

Mosquito Wipes: To prevent West Nile Virus were provided to the Sheriff's office, golf courses, WIC office and the public – over 2,100 wipes were given away.

Park Surveys on Tobacco Use: 254 surveys from Platte Residents were taken about tobacco use in the parks. Of those 119 were Columbus residents and 133 were residents of other areas of Platte County. The majority of respondents (136) were between the ages of 31-49 years. The second highest age group was 19-30 years with 77 in that age group. The results indicate that most people would use the parks more if tobacco use was restricted in the parks. Platte County residents indicated by nearly 48% that they would use parks more in the county if tobacco was restricted.

There were many comments posted from Platte County Residents including:

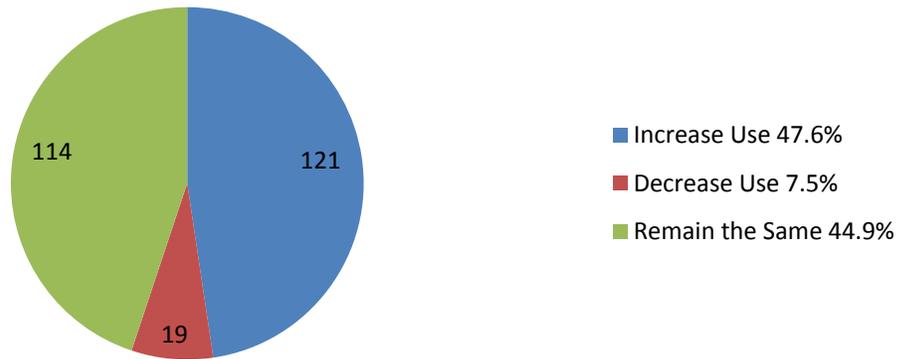
"I love the idea of smoke free parks and recreational areas. Our children mimic others so if I can prevent my child from having to see others smoking would be great."

"Thank you for doing this survey. I strongly support tobacco free parks."

"I do not want my children to be around smokers. I do not want to be around it myself."

"I am a smoker. But do not smoke anywhere near my children and do not think any child or person that chooses not to smoke should have to inhale my smoke against their will. If you have to have a smoke, stay home. It can wait a few hours. My children's health is more important."

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



Public Health Emergency Preparedness: The ECDHD Public Health Emergency Manager attended multiple meetings in Platte Colfax County for Emergency Planning to include Regional planning meetings so far in 2015 to discuss preparedness activities.

Radon ads: 400 TV ads, 2 print ads in the Telegram, 1 in the Choice and 1 in the Columbus Healthcare Directory were done to increase awareness of radon which is the second leading cause of lung cancer in the area.

Radon kits: Residents of Platte County picked up 66 affordable radon kits from the health department between January to September.

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

Tobacco Business Policy Changes: ECDHD worked with the following businesses to date in 2015 to change policies about tobacco: State Farm, Central Community College Platte Campus, FLEXcon, the Plunge Water Park and ESU7. In addition several schools re-evaluated their policies in regard to e-cigarettes to include Lakeview, Columbus Public, and Scotus.