

East Central District Health Department



Public Health

Activities in Platte County from July 2015 through June 2016 2016

An Annual Report for Key Stakeholders

Information about ECDHD Public Health activities in Platte County between July 2015 through June 2016

Platte's Chosen Community Health Top Areas:

Community leaders in Platte County met at the East Central District Health Department in June 2015 to launch the June 2015 – June 2018 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 2015-June 2018 is moving forward 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 2015 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.

During this time frame, the Access to Health Care group has worked on a number of different accomplishments such as linking folks to Medicaid and helping them navigate through the process, advocating for expanding Medicaid in Nebraska, physician recruitment to help fill gaps in services, making screenings more affordable and accessible, head and neck screenings in April, home monitoring with equipment that monitors vital signs and getting this out to those

who live in remote areas, after hours nurse triage line, 100 miles 100 days campaign, expanded patient transportation (cab service) and health mobile bus screening.

The Access to Health Care work group is currently working on cancer patient transportation, a breast cancer survivor celebration, senior festival screenings, diabetes day, continued physician recruitment, a therapy wellness garden, day care construction, and behavioral health service line expansion.

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

Cancer Prevention Promotion: Staff utilized several avenues of increasing cancer prevention such as speaking at the '100 Miles in 100 Days' walking promotion, connecting with the public and the Farm Show at Ag Park and YMCA Health Fair. Cervical cancer awareness and screening was specifically promoted during a women's basketball game at Central Community College in Columbus.

Cervical Cancer Screenings at Good Neighbor Community Health Center: A total of 647 cervical cancer screens were completed at the health center.

Colon Cancer Kits: Colon cancer screening kits were provided to 36 individuals.

Dental Student Training: The Good Neighbor Community Health Center provided 194.75 hours of dental training so far October 2015 through February 2016 to dental hygiene and pediatric resident students from UNMC, of those were 10 future Dental Hygienists or Dentists further studying to become specialists who put in 48.5 hours. Dr. Susan Alexander is a faculty member at UNMC who is the Dental Director for GNCHC.

Dental Visits: During this time frame, 2,375 unique patients were served in the dental clinic from a number of different counties.

Immunizations: This time period captured the busiest time of year for the public health Immunization Clinic as fall is typically when the majority of influenza vaccines are provided. Nearly 900 vaccines were provided (897) to clients in the health district. Three hundred ninety of these vaccines were provided to folks living in Platte County (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 continues to provide Outreach and Enrollment Navigators for the public to access as they determine the insurance to select from the Marketplace.

Mammograms: 39 women in the Columbus Good Neighbor Health Center received referrals for mammograms through the Susan Komen grant funding.

Mental Health: 779 individuals in the Columbus Good Neighbor Health Center received mental health services (August 2015 through July 2016). Additionally, 95 Substance Abuse referrals were received and served. Many of the clients served are from the local area yet many are from other counties.

Minority Health Initiative: The Minority Health Program strives to improve the quality of life for all minorities who have or are risk for diabetes, obesity, and chronic disease by providing education on nutrition, exercise and a healthy lifestyle. The agency has two community health workers that work with this program. From October – March, 288 Platte and Colfax County patients met one-on-one with a community health worker in the Good Neighbor Community Health Center.

Oral Cancer Screenings: These screenings are conducted on a routine basis with patients coming in for comprehensive or recall exams.

Patients seen at the health center: From August 2015 through July 2016, the health center served 7,044 unduplicated patients which came from a number of different counties.

Pediatrician: Dr. Aviles started in August at Good Neighbor Community Health Center and through July saw 1,037 unduplicated pediatric patients.

Focus Area : Family Health & Wellness:

In late 2015, the Columbus Community Hospital Coalition merged with the Platte County Lifestyle Improvement Coalition which brought together two smaller groups of community members to move forward with the Family Health and Wellness coalition. 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. One goal of the coalition is to decrease the obesity rates in area youth of those in kindergarten through 6th grade and students in grades 7-12. ECDHD provided 1,038 student health screenings (dental, vision and hearing) in five Platte County schools. Additionally, staff gathered Body Mass Index (BMI) data on these students. Data gathered to assess a student's BMI includes taking a student's height, and weight, along with indicating the sex and age of the student.

ECDHD utilizes aggregate BMI data to provide us with trend data on the weight status of students in the health district. For example, this data can tell us what portion of students is at normal weight, overweight or obese.

A presentation on the student BMI data gathered in 2014-2015 was provided to two different community groups, (Lion's Club, and morning Rotary) with a total of 40 people present.

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

Columbus Community Hospital (CCH) has offered a pilot project of the Complete Health Improvement program, also known as CHIP. This is a strategy for those older than 18 years that aims to normalize blood pressure, lower cholesterol, lower fasting blood glucose and lower Body Mass Index (BMI). A handful of hospital staff has been trained as trainers of CHIP and are conducting the first cohort/class of approximately 20 individuals. After the sessions are completed, data will be gathered and from this, CCH will determine how this strategy might be carried out such that a wider community audience might be reached.

The coalition provides monthly electronic nutrition and/or physical activity reputable information to CCH's Occupational Health department for distribution to over 600 businesses linked to Occupational Health. Those who receive the electronic information can share the information with others in the workplace for greater reach and distribution. An example of one item shared is shown below.



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 29 day care providers in Platte County with a total of nearly 20 policy changes being made as a result of the training. Some of the policy changes have been selected by a number of day care

providers. Through self-selected policy changes, child care settings have either increased physical activity and/or improved the nutritional setting for children in their in-home day care or center based day care establishment.

Fifty elementary aged girls at Platte County schools participated in Girls on the Run, an evidence based strategy designed to incorporate exercise, education and mentoring. The girls, along with adult female coaches, met twice weekly for 60-75 minutes to play running games and discuss topics of interest to pre-teen girls. The objective is to strengthen girls physically and emotionally as they prepare to complete a 5K walk/run.

CATCH or the Coordinated Approach To Child Health, a six hour training, was presented to staff of two Platte County schools. This evidence based strategy is designed to improve health in a school through cafeteria, classroom, and physical activity interventions. Schools participating with CATCH received curricula as well as physical activity equipment. This strategy alone has the potential of impacting the health of 300 students and staff. CATCH items the schools received are shown below.



CATCH® 3 - 5 Activity Box



CATCH® K - 2 Activity Box



CATCH® Kids Club Grades K - 5 Nutrition Manual & Activity Box

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 had several activities or strategies occurring in Platte County.

PIWI: Parents Interacting With Infants. This is 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 Action Partnership, Inc. (CNCAP). From October 2015 through July 2016, 90 families took part in 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. Three families received this service in this reporting period.

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.

Six in-home childcare providers were trained in the AI's Caring Pals curriculum in September-October 2015. These six providers then reached 28 families, both children and parents, with providing AI's Caring Pals. Coming up in the next few months will be another training session for eight additional childcare providers.

Second Steps: Second Steps is a similar program to AI's Caring Pals, but is designed to be used in childcare center classrooms rather than with in-home providers. Eight Head Start teachers utilize the Second Steps curriculum in their classrooms.

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. Three local agencies, Columbus Rescue Mission, Simon House, and Emergency Relief, utilize Service Point.

Sizzling Summer Enrichment Program: 53 K-2 youth participated in educational activities to help deter the 'summer slide' in reading and other academic skills.

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

Early Development Network (EDN): The staff of EDN works diligently as a team with local school districts and the Educational Service Unit in assessing newborn to age three children who are referred to the program. Between August and July, 82 referrals were received. For

each referral, staff meets with the family, typically in their home, about the developmental concerns of their child. They work with the parents as they set up a plan of services to offer the child based on their needs. Multiple home visits occur with families and children who qualify for the program.

WIC: 1,438 Women, Infant and Children (duplicated) participants were served between October 2015 and July 2016 in the four county health district. Nutrition education is a key component of the WIC program. Clients receive healthy supplemental food in the form of WIC checks where only certain nutrition foods may be selected by the participant. WIC provides food rich in calcium, iron, protein, and vitamins A, C and D.

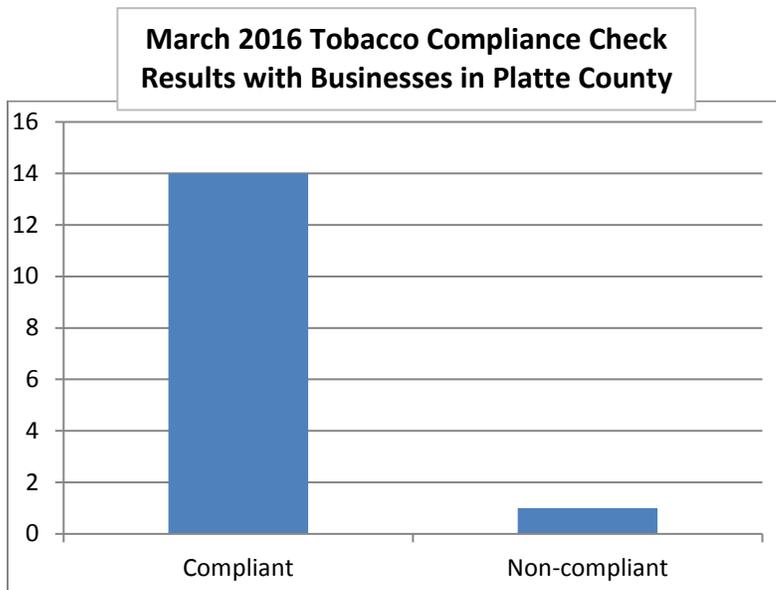


During October 2015 and June 2016, **\$361,715.03** store vendor dollars were brought into Platte County from the WIC checks participants receive.

Focus Area: Substance Abuse Prevention

The main goal of the many agencies that collaborate with the *Back to Basics* coalition 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 (CDC 2014). In December 2015, Shoulder Taps were conducted. Shoulder Taps is where youth sit in a car and asks adults going in to a store to purchase alcohol for them. In December, youth attempted to purchase alcohol through Shoulder Taps 27 times; 25 times they were unsuccessful, twice they were successful in that the adult they approached did purchase alcohol for the youth. Overall, there was a 92.5% success rate of adults abiding the law. The adults who purchased alcohol for the youth were ticketed by law enforcement.

In March, Compliance Checks for tobacco products were held with 15 businesses being checked and one business selling to an underage youth for a 93.3% compliance rate with the law.



The Tobacco Prevention Coordinator attended ‘Kick Butts Day’ rally in Lincoln which provided an opportunity to speak with Senators on projects the coalition is currently doing. The Tobacco Prevention program also completed the ‘Candy Coated Lies’ project with over 500 Columbus Middle School students. This project is designed to teach students about how the tobacco industry deceives youth by providing them with flavored tobacco products which are as dangerous to their health as unflavored tobacco products are.

Twenty three people from Platte County were trained in the Responsible Beverage Server Training. This training provides those working or who own establishments that serve alcohol the knowledge and skills to help them serve alcohol responsibly while meeting the legal requirements of alcohol service.

In an effort to reduce the accessibility of over the counter and prescription medications falling into hands of those that might abuse them, a Medication Take Back day was held in April and over 200 pounds of medication was properly disposed of.

Education is one of the main focuses of the Back to Basics Coalition. Funding is provided to Youth for Christ to hold the Northland Class Action with GAPS which reached 179 in the first quarter alone of 2016. Through community presentation, health fairs and/or outreach events billboards, school activities, newspaper articles, and other avenues, many individuals were reached in this reporting period. Media efforts in Platte County continued which included “Take Time Out to Talk about Underage Drinking”, “Talk. They Listen” radio, TV, and newspaper ads, Facebook, resource library, and banners. Two billboards currently posted in the community are shown below; one in English, the other in Spanish.

Saturday errands.
A perfect moment to talk about alcohol.

Youth Substance Abuse Prevention **BACK TO BASICS** EAST-CENTRAL DISTRICT Health Department a nebraskahealthcenter REGION 4 BEHAVIORAL HEALTH SYSTEM

This project funded by grant #1010034-15 provided by SAMHSA, DHHS Division of Behavioral Health & Region 4 Behavioral Health System.

Durante la cena.
Otro momento perfecto para hablar sobre el alcohol.

Youth Substance Abuse Prevention **BACK TO BASICS** EAST-CENTRAL DISTRICT Health Department a nebraskahealthcenter REGION 4 BEHAVIORAL HEALTH SYSTEM

This project funded by grant #1010034-15 provided by SAMHSA, DHHS Division of Behavioral Health & Region 4 Behavioral Health System.



Signs like the one above can be found throughout city parks in Columbus.

Created: September 1, 2016 for dist

Park Surveys on Tobacco Use: In the previous reporting period (January through October 2015) ECDHD reported on the results of tobacco use in parks by Platte County residents. Results of the survey were presented by Rebecca Rayman, Executive Director of the ECDHD to the Columbus Parks Board who recommended that the Columbus City Council approve a tobacco ban in the city parks. After presenting the survey results to the City Council, a tobacco free parks resolution was passed in the city on February 16, 2016. This resolution makes all areas of the park where children are present including playground areas, picnic shelters, playing fields, swimming facilities, concession area, courts, and spectator areas in but not limited to Bradshaw Park, Gerrard Park, Centennial Park, Wilderness Park, Berne Square, Pawnee Park Baseball Field, Memorial Stadium, and the Pawnee Plunge Water Park to be tobacco free. Columbus joins 18 other Nebraska communities including Central City, Grand Island, Hastings, Kearney, Lincoln, Fremont, and Norfolk who also have policies that restrict tobacco use in public parks at varying levels.

References

Centers for Disease Control and Prevention. (2014). Best practices for comprehensive tobacco control programs. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

National Research Council (US) and Institute of Medicine (US) Committee on Developing a Strategy to Reduce and Prevent Underage Drinking; Bonnie RJ, O'Connell ME, editors. Reducing Underage Drinking: A Collective Responsibility. Washington (DC): National Academies Press (US);2004. Executive Summary. Available from: <http://www.ncbi.nlm.nih.gov/books/NBK37577/>