



2018 Annual Report

IMPROVING THE HEALTH AND WELL-BEING
OF OUR COMMUNITIES



**EAST-CENTRAL DISTRICT
Health Department**
a nebraska *health+* center



4321 41ST AVE. COLUMBUS NE 68601 (402) 562-8965

OUR VISION AND MISSION

Our Vision: To improve the health and well-being of our community.

Our Mission: To complement community health services in order to make a positive difference in the quality of life to all individuals and families.

OUR TEAM



Dana Spindola
Infectious Disease Surveillance Coordinator



Tyler Woodard
Emergency Response Coordinator



Jacqueline Cruz
Health Promotion and Outreach Coordinator



Jamie Rodriguez
Project Coordinator



Ricardo Sanabria
Minority Health Coordinator



Marina Channer
WIC Program Coordinator



Jennifer Callahan
Early Development Network Program
Coordinator

OUR BOARD

Wendy Ramaekers, President
Mary Staub, Vice President
Connie Peters, Secretary

Dr. Dana Bailey, Director
Alan Rasmussen, Director
Lynton Cattau, Director

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Fred Liss, Director
Dr. Robert Miller, Director



A MESSAGE FROM East Central District Health Department's CHIEF PUBLIC HEALTH OFFICER, **Charles E. Sepers, Jr., M.A., M.P.H.**

Dear Friends,

I am pleased to present the 2018 annual report for the East Central District Health Department (ECDHD), highlighting the accomplishments of the District and the public health services provided to residents of the member municipalities in coordination with our community partners.

This year marked a year of change for the East Central District. Caitlin Schneider, Chief Public Health Officer, left the District in January 2019, when she and her husband pursued other opportunities out of state. The Board of Directors, ECDHD staff, and I wish her all the best as she embraces new endeavors. Rob Hotovy, Dental Office Manager, served as Interim Chief Public Health Officer until mid-April, when I joined the district.

As a resident Nebraskan for more than 21 years, I am excited to join the ECDHD team as the new Chief Public Health Officer. I bring with me more than 13 years of public health experience from the University of Nebraska at Kearney and the University of Kansas. With family in Central City, Grand Island, Phillips, and York, my wife and I are thrilled to be returning to state we've always thought of as home.

At the ECDHD, our public health responsibilities follow the 10 Essential Services as defined by the Centers for Disease Control (CDC) guide to public health services in Nebraska at both the state and local level.

According to the CDC, these services fall into three key areas: assessment, assurance, and policy development. The assessment standards include services for monitoring health status to identify and solve community health problems and diagnosing and investigating health problems and health hazards in the community. The policy development standards include informing, educating, and empowering people about health issues; mobilizing community partnerships and action to identify and solve health problems; and developing policies and plans that support individual and community health efforts. The District accomplished much in these service areas during the 2018 calendar year. With a renewed emphasis on partnerships and collaboration, we plan, together, to accomplish even more in the weeks and years to come.

Kind regards,

Charles E Sepers, MA, MPH
Chief Public Health Officer

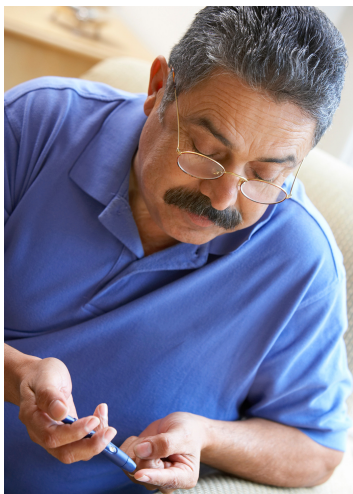
10 ESSENTIAL

1. MONITOR HEALTH STATUS TO IDENTIFY AND SOLVE COMMUNITY HEALTH PROBLEMS. ECDHD

works to protect the health of residents through public health surveillance by responding to disease outbreaks, and preventing and controlling the spread of disease. ECDHD Surveillance Coordinators routinely assess communicable disease in the community through reportable diseases, sentinel medical office surveillance, school absentee surveillance, and influenza-like illnesses (ILI) hospital admissions. All the reports are initiated within 24 hours of the disease report, and in outbreak cases we investigate the outbreak, interview affected individuals, work closely with the state office on the survey questionnaires and the responses analysis to determine the cause of the disease, pattern of spread of disease and identify steps to stop the outbreak. ECDHD Sentinel providers reported ILI in outpatients all year round. In 2018 there were 271 reported cases; 191 communicable diseases, 53 animal exposures with rabies risk ruled out, and 27 investigations on lead poisoning in children. ECDHD investigated one foodborne outbreak due to Salmonella which originated in a private household and involved 17 persons in three jurisdictions. ECDHD worked in collaboration with 43 schools, 18 long term care facilities and four hospitals in our four counties.

2. DIAGNOSE AND INVESTIGATE HEALTH PROBLEMS AND HEALTH HAZARDS IN THE COMMUNITY.

In 2018, 193 radon kits were given out to people wanting to measure the level of radon in their homes/businesses. Of the 193 kits distributed, 144 were returned and 39% of those detected high radon levels.



3. INFORM, EDUCATE AND EMPOWER PEOPLE ABOUT HEALTH ISSUES In northeast Nebraska, Colfax and Platte counties continue to see a positive change in their population numbers, meaning that people are moving into these areas faster than they are moving out. Most of the persons moving into these two counties are foreign born and first generation immigrants. In order for these counties to continue to thrive and grow, the health of this group must be addressed. ECDHD's Minority Health Fund provides health education and case management to address health disparities in minority populations. In 2018, the Minority Health Fund focused on controlling and reducing the impact of diabetes in our minority community. The strategy: to work closely with pre-diabetic patients to reduce their risk of developing the condition. In the past two years 60 patients living with diabetes have

received case management and more than 1,000 hours of health education.

Educating the public about the dangers of e-cigarettes was another focus area for ECDHD in 2018. The Back to Basics Coalition provided information at several outreach events, including a summer parks program, a back-to-school bash and a county-wide community health day. Presentations on the dangers of smoking were done for 6th graders at three local schools and presentations on e-cigarettes were held at five area middle and high schools. The Coalition also held presentations on e-cigarettes for six community groups. A large community event at Cargill used translators for multiple languages, marking the first time the coalition had had the chance to speak to such a diverse group of persons in their own language. The Coalition also facilitated several drug recognition education events, reaching about 500 area residents.

PUBLIC HEALTH SERVICES

4. MOBILIZE COMMUNITY PARTNERSHIPS AND ACTION TO IDENTIFY AND SOLVE HEALTH PROBLEMS.

Each year, ECDHD, collaborates with the Nebraska Department of Health and Human Services to collect dead birds and trap mosquitos to help detect the onset of West Nile Virus activity in our district. The collection and laboratory testing of dead birds and mosquitoes helps determine how widespread the virus is in our communities.



Mosquito trap



5. DEVELOP POLICIES AND PLANS THAT SUPPORT INDIVIDUAL AND COMMUNITY HEALTH EFFORTS.

In 2018 the Back to Basics Coalition provided sample policies and worked with the following agencies to create or update their tobacco policies; Boone County Hospital, City of Schuyler, and the City of Columbus. Sample policies regarding e-cigarettes were also sent to Humphrey St. Francis, and Leigh Community Schools.

6. ENFORCE LAWS AND REGULATIONS THAT PROTECT HEALTH AND ENSURE SAFETY.

In 2018, ECDHD helped enforce alcohol and tobacco laws by conducting compliance checks at several stores in Platte County. During a compliance check, an underage youth is sent into a store to try and purchase tobacco or alcohol. Overall, Platte County had an 83% compliance rate for sales of alcohol to minors and a 97% compliance rate for tobacco sales to minors.



7. LINK PEOPLE TO NEEDED PERSONAL HEALTH SERVICES AND ENSURE THE PROVISION OF HEALTH CARE WHEN OTHERWISE UNAVAILABLE.

Co-located at the ECDHD offices at 4321 41st Ave. in Columbus is the Good Neighbor Community Health Center, a federally qualified health center that offers high quality medical, dental and behavioral health care to everyone. The majority of the 29,400 square foot building is devoted to patient space, as well as the Women, Infants and Children (WIC) program, x-ray facilities, a medical lab and a FEMA safe room. Good Neighbor offers expanded hours and accepts Medicaid, Medicare, and all forms of private insurance. They also offer a sliding fee scale for patients and no one is refused service due to an inability to pay. To make an appointment or find out more information, call Good Neighbor Community Health Center at (402) 562-7500.



Good Neighbor
Community Health Center

a nebraska *health+* center

8. ASSURE COMPETENT PUBLIC AND PERSONAL HEALTH CARE WORKFORCE. ECDHD program coordinators attend a variety of conferences and trainings to help them stay current on the most up-to-date trends in public and personal health. Conferences attended included:

- National Association of County and City Health Officials (NACCHO).
- New and Emerging Drug Trends workshop.
- National Prevention Network.

10 ESSENTIAL PUBLIC HEALTH SERVICES

9. EVALUATE EFFECTIVENESS, ACCESSIBILITY AND QUALITY OF PERSONAL AND POPULATION-BASED HEALTH SERVICES. 2018 marked ECDHD's third consecutive year of accreditation through the Public Health Accreditation Board (PHAB). ECDHD first earned PHAB accreditation in 2016. The ECDHD has also been accredited through The Joint Commission since 2009. These accreditations demonstrate our firm and continuing commitment to providing population-level health promotion and disease prevention and the quality of our partnership clinic services through Good Neighbor Community Health Center.

10. RESEARCH FOR NEW INSIGHTS AND INNOVATIVE SOLUTIONS TO HEALTH PROBLEMS. In 2018, ECDHD worked closely with UNK, UNMC, and the Platte County Lifestyles Coalition as part of UNK's Rural Futures Institute grant to test the effects of export supports and technical assistance for developing the leadership capacity of the coalition. Baseline capacity was assessed in the fall 2017 and will be measured again in the spring 2019.

2018 ECDHD Numbers

3,000 people attended
ECDHD presentations
on e-cigarettes and
drugs.

1,293 unduplicated clients
were served by the ECDHD
WIC program in 2018.

660 hand sanitizers
were distributed to
area schools.

193 radon kits
were distributed to area
homes and businesses.

**316 pounds of expired or
unused prescription medication**
was collected by ECDHD's "Take
Back" program.

March 2019 Flood

While these activities did not take place during the 2018 reporting year, the work done by ECDHD to address the impacts of the devastating 2019 flood deserves mention in this report.

The Public Health Emergency Preparedness (PHEP) program at ECDHD enhances the ability of the Health Department and the greater community to prevent, prepare for, respond to, and recover from the adverse health effects of public health emergencies and disasters. The PHEP program was put into action during the March 19-April 1 flooding that impacted the Columbus area as well as the surrounding counties.



During the flooding, several mobile immunization clinics were held in Platte and Boone counties, with 317 people receiving the Tdap (tetanus, diphtheria and pertussis) immunization. The shots were provided by ECDHD's Public Health Emergency Preparedness (PHEP) program in partnership with Good Neighbor Community Health Center.

Early Development Network

Research has shown that the first three years are the most important time for learning in a child's life. ECDHD's Early Development Network provides early intervention services for families with children birth to age three with developmental delays and/or health care needs. Providing developmental supports and services early on improves a child's ability to develop and learn. Early intervention may also prevent or decrease the need for special help later. The goal of early intervention in Nebraska is to "open a window of opportunity" for families to help their children with special needs develop to their full potential.



Jenn Calahan
EDN Coordinator

Families of children with disabilities often need many different supportive services, including occupational, speech or physical therapy. These services help infants and toddlers grow and develop and also provide support for their families. The EDN Services Coordinator informs families about services available in the community, makes sure services are delivered smoothly and properly, and informs families about advocacy and support groups. Families are entitled to help from a Services Coordinator up to the time of the evaluation and after the evaluation if the child is verified as having a disability.

In 2018, the Early Development Network served an average of 110 children/families a month. Our highest caseload in 2018 was 126 children and families.



**Marina Channer,
WIC Coordinator**

Women, Infants and Children

The Women, Infants and Children program, commonly known as WIC, provides nutrition education, health care access, and nutritious foods to supplement diets for low-income women, infants, and children up to the age of five who are at a nutrition risk.

WIC helps eligible families with:

Healthy Food
Breastfeeding Support
Nutrition Education
Health and community resources

NEBRASKA WIC INCOME GUIDELINES
Effective June 1, 2018

Who can apply?

Pregnant women
Breastfeeding women
New mothers
Infants
Children – up to age 5
Foster children – up to age 5

How do I apply?

Step 1: Find a WIC clinic near you.
Step 2: Call to make an appointment.
Step 3: Bring proof of identification, address and income to your WIC appointment.

Family Size	Annual Income	Monthly Income	Twice Monthly Income	Bi-Weekly Income	Weekly Income
1	22,459	1,872	936	864	432
2	30,451	2,538	1,269	1,172	586
3	38,443	3,204	1,602	1,479	740
4	46,435	3,870	1,935	1,786	893
5	54,427	4,536	2,268	2,094	1,047
6	62,419	5,202	2,601	2,401	1,201
7	70,411	5,868	2,934	2,709	1,355
8	78,403	6,534	3,267	3,016	1,508
9	86,395	7,200	3,600	3,323	1,662
10	94,387	7,866	3,933	3,631	1,816
11	102,379	8,532	4,266	3,938	1,969
12	110,371	9,198	4,599	4,246	2,123
13	118,363	9,864	4,932	4,553	2,277
14	126,355	10,530	5,265	4,860	2,430
15	134,347	11,196	5,598	5,168	2,584
Each add'l family member add	+\$7,992	+\$666	+\$333	+\$308	+\$154

WIC provides monthly benefits so that participants can buy healthy foods for strong bones and teeth; strong muscles and skin, healthy heart and weight; and iron-fortified foods for children and infants who need them. WIC also helps develop strong babies and children by introducing moms to resources outside WIC, like health care providers, dentists, and counselors.

WIC plays an important role in the overall health of our community.

- WIC decreases the rates of birth defects and preterm delivery by educating parents about the risks and outcomes of certain types of lifestyle behaviors during pregnancy.
- WIC monitors iron levels of participants; we educate mothers on the importance of a healthy iron level for the development of their child.
- WIC provides nutrition education and healthy foods, enabling families to make lifelong healthy eating and lifestyle choices.
- WIC foods are specifically selected for their nutritional value and provide essential vitamins, minerals and key nutrients to ensure good health, growth and development.
- Providing breastfeeding education to mothers increases the likelihood that mothers will breastfeed. Breastfeeding reduces risks such as: breast cancer, ovarian cancer, Type 2 diabetes, and postpartum depression.
- Babies who are breastfed reduce their risk of: obesity; lower respiratory infections; Type 2 diabetes; asthma and; SIDS (Sudden Infant Death Syndrome).



Our Expenditures FY 2018

General Funds

LB692	\$ 229,852.17
LB1060	\$ 105,458.13

Federal, State or Local Direct

WIC (Women, Infants, Children	\$ 304,021.09
EDN (Early Development Network	\$ 285,127.04
PHEP	\$ 57,834.50
West Nile Virus	\$ 2,028.60
PHAB Accreditation grant	\$ 8,164.88
Immunization	\$ 28,430.21
Lead	\$ 16,739.87
Health Hubs	\$ 7,975.06
Radon	\$ 2,992.55

Grants and Contracts

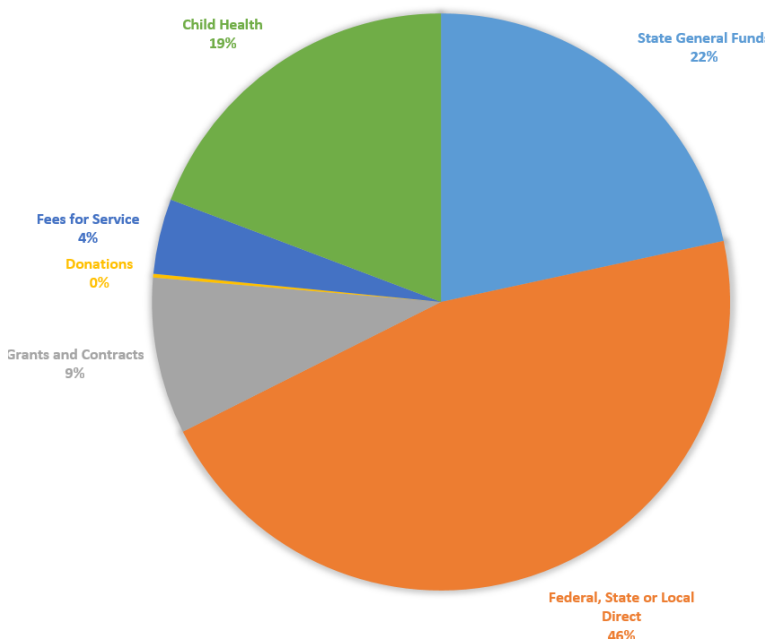
Tobacco	\$ 29,635.39
Minority Health	\$ 53,854.12
Child Health	\$ 4,692.63
Health Hubs	\$ 783.00
Substance Abuse	\$ 47,195.48

Donations	\$ 3,283.83
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Fees for Services	\$ 65,383.13
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Child Health	\$ 298,269.17
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Total Revenue: \$1,551,720.85



East Central District Health Department

For Radon test kits, colon cancer screening kits, or information about programs in Environmental Health, Tobacco and Youth Substance Abuse Prevention, Health Promotion and Education, Public Health Emergency Response or Community Well-being call **(402) 563-9656**

For WIC Services or information, call:

Columbus Office.....(402) 564-9931
Schuyler Office.....(402) 352-4221
Boone County Office.....(402) 395-3248
Nance County Office.....(402) 564-9931

For the Early Development Network, call:

(402) 564-4497 or Toll Free (800) 564-2805

Good Neighbor Community Health Center

For appointments with Medical, Pediatrics, OB/Gyn, Reproductive Health, Dental, Behavioral Health or Immunizations call **(402) 562-7500** or Toll Free **(866) 466-9339**

Many ECDHD programs have their own Facebook pages where they post information about their various activities. Our main Facebook page is **fb.ecdhd**. You can also find us on Twitter **@neighbor_center**.

You can find out more about East Central online at **www.ecdhd.ne.gov**

Good Neighbor, our co-located medical provider, at **www.bit.ly/gnchc**





EAST-CENTRAL DISTRICT Health Department

a nebraska *health*⁺ center



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Columbus, NE

68601

(402) 562-7500



ECDHD provides equal employment opportunities to all employees and applicants for employment and prohibits discrimination and harassment of any type without regard to race, color, religion, age, sex, national origin, disability status, genetics, protected veteran status, sexual orientation, gender identity or expression, or any other characteristic protected by federal, state or local laws.