

East Central District Health Department



Public Health

Activities in Colfax County from July 2015 through June 2016

An Annual Report for the Community

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

Community leaders in Colfax County met at the St. Benedictine Center in June 2015 to launch the June 2015 – June 2018 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 meeting. Each group is made up of agencies and individuals working together to achieve a common goal.

Colfax’s Chosen Community Health Top Areas:

Focus Area One: Family Support

This group’s purpose is to support the family. 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 and will work in Colfax County two days a week beginning late summer of 2016.

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. Trainers impacted five families as they provided parents with the confidence and enjoyment of interacting with their infant.

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

Early Development Network: Thirty eight 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 July 2015 and June 2016.

Schuyler Community Schools Community Event: Sixteen organizations plus ECDHD participated in an event on August 20, 2015 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-8th grade with free school supplies at the “Back 2 School Bash” outside of Didier’s grocery store in August 2015.

WIC: 3912 participants were served in 2015 in Colfax County. Nutrition education is a key component of the WIC program. Clients receive healthy supplemental food.

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 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 is 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.

From July 2015 – June 2016, four hundred thirty-five students through four schools were screening in Colfax County during student health screenings to calculate BMI.

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 visited 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.

Colon Cancer Kits: Colon cancer screening kits were provided to 10 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 2015, 412 unique patients were served in the dental clinic from Colfax County.

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. Five hundred twenty-one of these vaccines were provided to folks living in Colfax County (not counting vaccinations in the health center). The public vaccination clinic provides immunizations to children, adults, under-insured, 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.

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 July 2015 – June 2016, 430 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: In 2015, the health center served 1115 unduplicated patients from Colfax County.