

Annual Report

live, learn, work, and play.



For a Healthier Panhandle

Panhandle

Public Health District

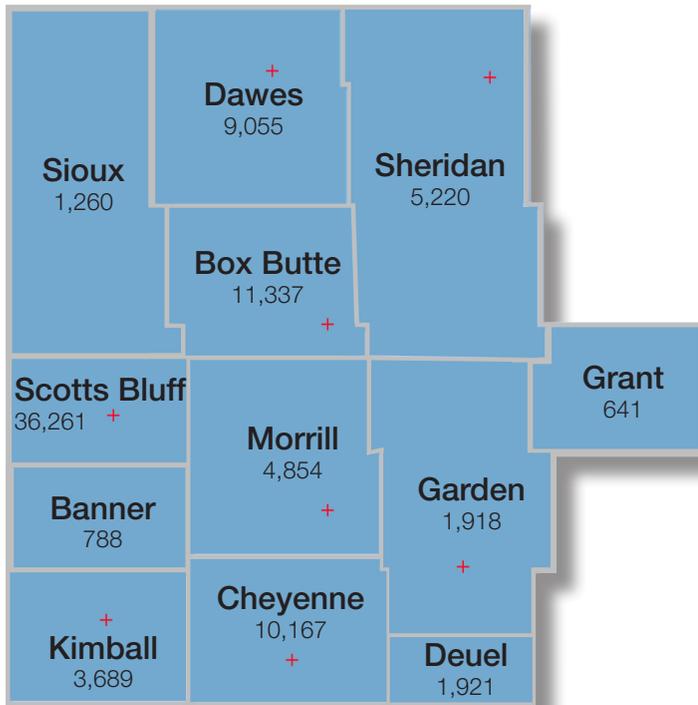
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The logo for Panhandle Public Health District features the word "Panhandle" in a large, bold, black sans-serif font. Below it, the words "Public Health District" are written in a smaller, bold, black sans-serif font. The text is set against a background of two overlapping horizontal bars: a purple bar on top and a white bar on the bottom, with a jagged, torn-paper-like edge between them.

This document is a part of a coordinated effort on behalf of the U.S. Federal Government and the State of Nebraska under the direction of the Nebraska Department of Health and Human Services, Division of Public Health and Panhandle Public Health District.

**Panhandle Public Health District's
Counties and Population Estimates**



+ Hospitals

Source: 2015 U.S. Census Bureau Estimates

Produced by: Panhandle Public Health District, 2016

Message from the Board President

Two significant accomplishments in 2016 are worthy of noting.

First, PPHD was recognized in May 2016 for achieving national accreditation status! It was a success by the Board of Health and all staff to demonstrate that we are meeting national standards of public health performance.

Secondly, PPHD recently added Scotts Bluff County, making it a 12 county jurisdiction. Scotts Bluff County is unique in that it will maintain a health department within the PPHD.

The benefits to the region will be continued common goals, increased funding opportunities, and a more seamless approach to health strategy implementation.

PPHD has worked closely with SBCHD toward our mission which is: *Working together to improve the health, safety, and quality of life for all who live, learn, work, and play in the Panhandle.* We hope that you enjoy reading this annual report that highlights the staff and the work they do!



Susan Lore
Board of Health
President

Susan Lore
Board of Health President

2016 Panhandle Public Health District Board of Health

Banner County

Bob Gifford
County Commissioner
Marie Parker
Community-Spirited Citizen

Box Butte County

Susan Lore
County Commissioner
Carolyn Jones
Community-Spirited Citizen

At Large

Cheyenne County

Steve Olson
County Commissioner
Mandi Raffelson
Community-Spirited Citizen

Dawes County

Vic Rivera
County Commissioner
Darrel Knotte
Community-Spirited Citizen

Dr. Timothy Narjes, MD

Deuel County

Steve Fischer
County Commissioner
Judy Soper
Community-Spirited Citizen

Garden County

Randy Dormann
County Commissioner
Terri Gortemaker
Community-Spirited Citizen

Dr. Brandon Wilcox, DDS

Grant County

Brian Brennemann
County Commissioner
John Werth
Community-Spirited Citizen

Kimball County

Daria Anderson-Faden
County Commissioner
Kenneth Mars
Community-Spirited Citizen

Dr. Richard Jagers, DVM

Morrill County

Susanna Batterman
County Commissioner
Kay Anderson
Community-Spirited Citizen

Scotts Bluff County

TBD
County Commissioner
TBD
Community-Spirited Citizen

Sheridan County

Dan Kling
County Commissioner
Pat Wellnitz
Community-Spirited Citizen

Sioux County

Hal Downer
County Commissioner
Adam Edmund
Community-Spirited Citizen

Upstream Thinking

There is an often quoted parable that tells of fishermen fishing downstream. Suddenly a person comes down the river struggling for life. The fishermen pull him out. Then another comes and again must be rescued. This happens all afternoon and the fishermen are getting very tired from constantly pulling people from the river.

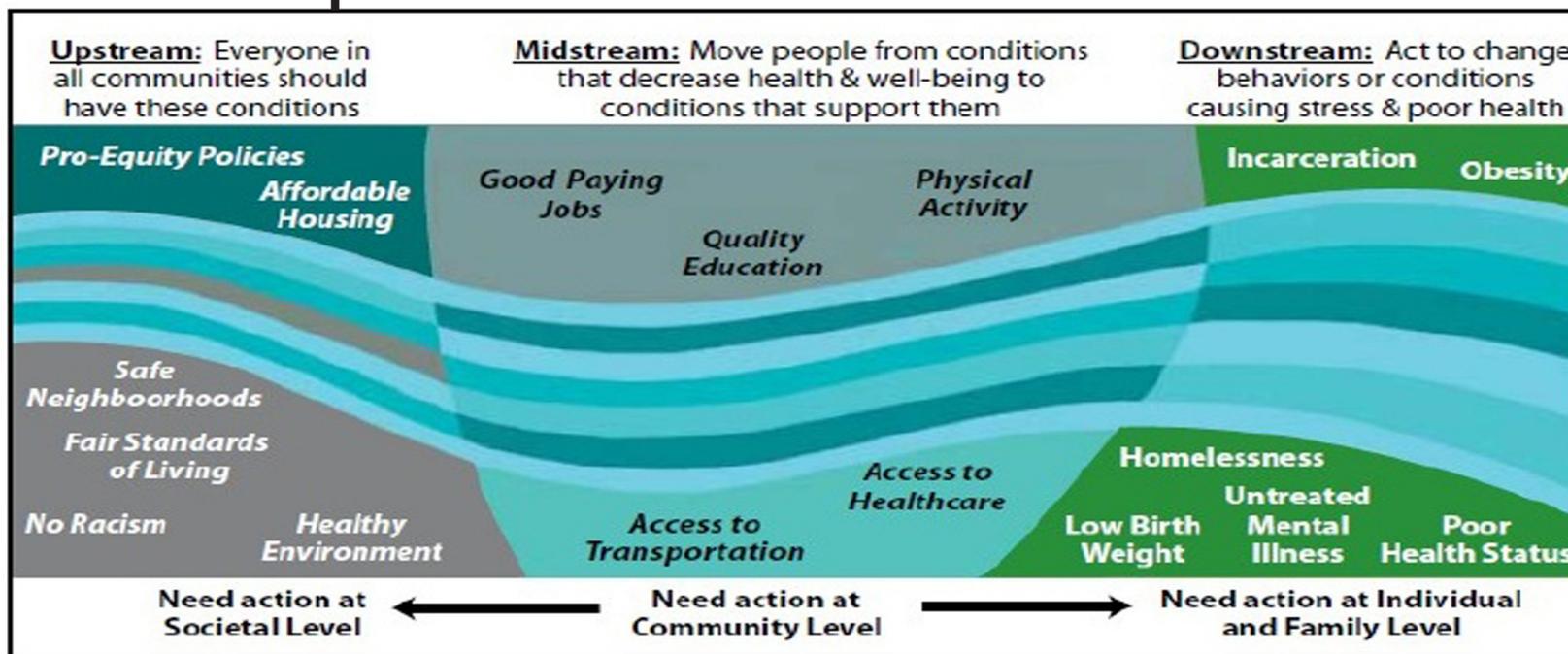
Eventually they think, “We need to go upstream and find out why so many people are falling in the water.” When they go upstream, they find that people are drawn to the edge to look at the river, but there is no safe way to do this. Many of them fall. The fishermen go to the community leaders and report the number of people who have fallen

into the river. They also report that this is due to the lack of a protective barrier on the cliff. Community leaders build a fence behind which people may safely view the water. Some still fall, but there are many fewer victims to rescue.

This is the “moving upstream” analogy for prevention. Instead of expending all resources and energy on rescuing people, why not stop the problem from even happening? This is not to say that the problem can be totally eliminated—or at least not right away—but there may be fewer people to rescue downstream.

The upstream analogy demonstrated in the image below describes primary prevention—a key concept in population health or public health approach. By focusing on primary prevention, population-based health consists of populationwide efforts to prevent disease or injury.

Upstream . . . Downstream



Courtesy of Bernalillo County Health Equity Tool

Community Health Needs Assessment

A comprehensive Community Health Needs Assessment is completed every three years. All eight of our local hospitals, the Panhandle Partnership, and local public health lead this effort. This results in a Community Health Improvement Plan to implement strategies that are based on science to improve the health of the Panhandle.

One of the largest challenges we face are impacting the social determinants of health. Social determinants of health are economic and social conditions that influence the health of people and communities.¹ These conditions are shaped by the amount of money, power, and resources that people have, all of which are influenced by policy choices. Social determinants of health affect factors that are related to health outcomes including:

- How a person develops during the first few years of life (early childhood development)
- How much education a person obtains
- Being able to get and keep a job
- What kind of work a person does
- How much money a person earns
- Having food or being able to get food (food security)
- Having access to health services and the quality of those services
- Housing status
- Discrimination stemming from race or ethnicity
- Social support

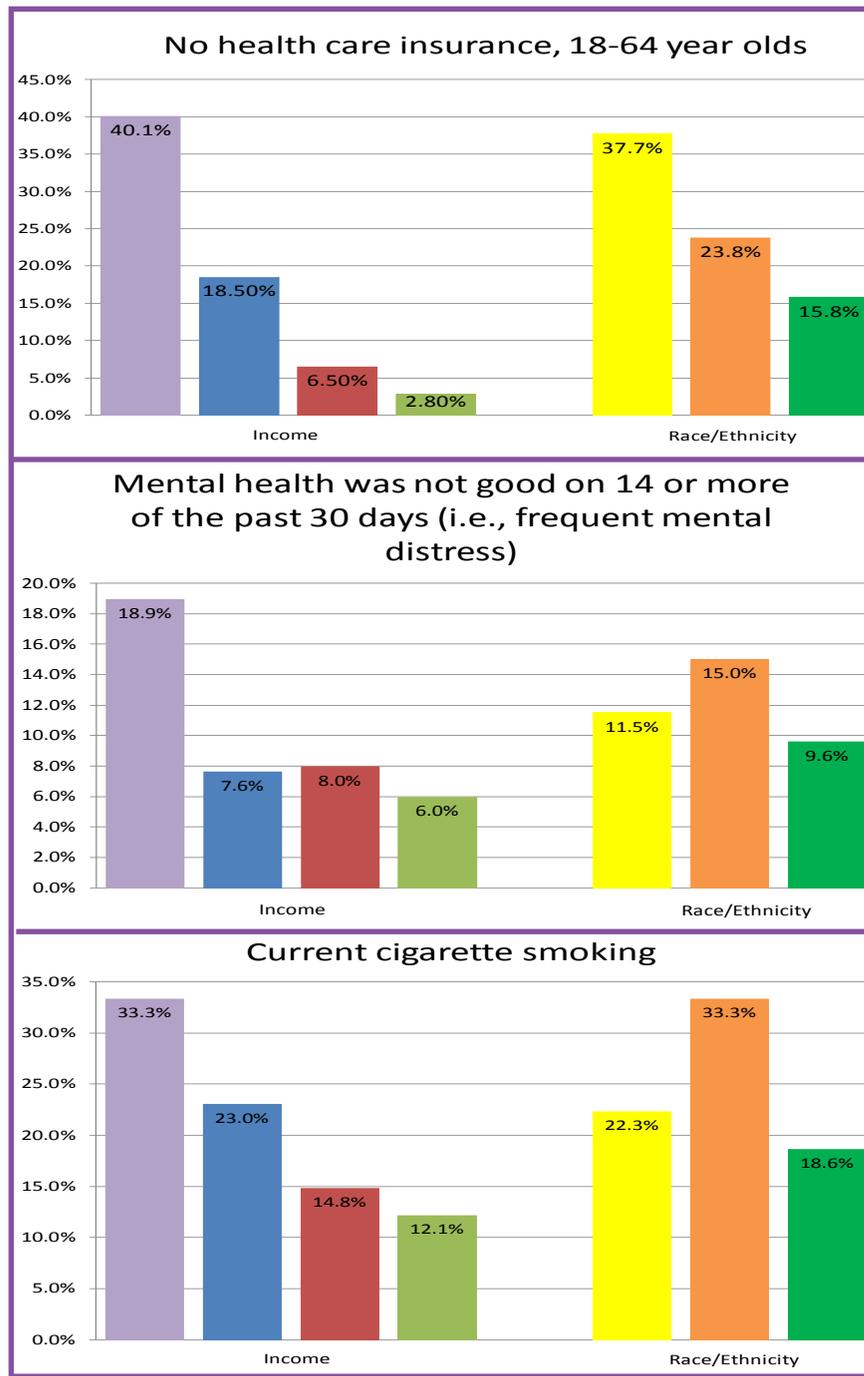
The graphs on the right of this page show different ways social determinants of health impact people in the Panhandle.

¹Commission on Social Determinants of Health (CSDH), Closing the gap in a generation: health equity through action on the social determinants of health. Final report of the Commission on Social Determinants of Health. 2008, World Health Organization: Geneva

Legend:

- < \$25,000
- \$25,000-49,999
- \$50,000-74,999
- \$75,000
- Hispanic
- Non-White, NH
- White, NH

Source: Nebraska Behavioral Risk Factor Surveillance System, 2011-2015
www.pphd.org/CHIPIndex.html



Community Health Improvement Plan and Performance Measures

PPHD prioritizes the work we do based on the goals of the Community Health Improvement Plan.

The following pages of this annual report go into more detail on initiatives that are taking place to meet the goals of the Community Health Improvement Plan. PPHD is not alone in working towards these goals. Area hospitals, schools, community based organizations, law enforcement, economic development, and other organizational members of the Panhandle Partnership all play a role in improving the health of our communities and citizens.

The information on these two pages represents the performance measures for the goals and objectives of the Community Health Improvement Plan. The arrows to the far right indicate the way the data has changed compared to baseline data from 2011. A red arrow indicates a negative change while a green arrow indicates a positive change.

These, and other measures, will continue to be monitored and can be viewed at: <http://www.pphd.org/CHIPIndex.html>.

live, learn, work, and play



For a Healthier Panhandle

| Priority Health Area | Goal | Objective | Data | Current Data | Trend |
|----------------------|--|--|---|---------------------------|-------|
| I. Healthy Living | Achieve and maintain a healthy body weight | ↓ Adult obesity | % of obese adults | 35.5% (2014) ¹ | ↑ |
| | | ↓ Youth obesity | | | |
| I.a. Healthy Eating | Increase consumption of healthy food | ↑ Daily consumption of fruits and vegetables | % of adults who consumed fruits less than 1 time/day | 39.8% (2015) ¹ | ↓ |
| | | | % of adults who consumed vegetables less than 1 time/day | 23.8% (2015) ¹ | ↓ |
| | | ↓ Consumption of sugar-sweetened beverage | % of adults who consumed sugar-sweetened beverages 1 or more times/day in past 30 days | 30.5% (2013) ¹ | — |
| I.b. Active Living | Improve health, fitness, and quality of life through daily physical activity | ↑ Physical activity among adults | % of adults who met both aerobic physical activity and muscle strengthening recommendations | 18.7% (2015) ¹ | ↓ |
| | | ↑ Physical activity among youth | | | |

| Priority Health Area | Goal | Objective | Data | Current Data | Trend |
|-------------------------------------|--|--|---|---------------------------|-------|
| I.c. Breastfeeding | Improve the health and well-being of infants | ↑ Breastfeeding of infants | % of infants (0 – 1 year) who are breastfed | 44% (2014) ² | ↑ |
| II. Mental and Emotional Well-Being | Improve mental and emotional health | ↓ Depression among adults | % of adults who were ever told they have depression | 18.6% (2015) ¹ | ↓ |
| | | ↓ Depression among youth | | | |
| III. Injury and Violence Prevention | Prevent unintentional injuries and violence | ↓ Injuries from violence | Suicide death rate per 100,000 | 10.0 (2014) ⁴ | ↓ |
| | | ↓ Injuries from motor vehicle accident | # of injuries from motor vehicle accidents | 379 (2014) ³ | ↓ |
| | | ↓ Injuries from falls among adults | % of injuries from falls in adults 45 years and older | 13.3 (2015) ¹ | ↑ |
| IV. Cancer Prevention | Reduce the number of new cases, illness, disability and death caused by cancer | ↓ Youth tobacco use | % of youth who report ever having tried cigarettes | 33.4% (2014) ⁵ | ↓ |
| | | ↓ Adult smoking | % of adults who currently smoke cigarette | 19.0% (2015) ¹ | ↑ |
| | | ↑ Recommended cancer screening | % of 50-75 year olds who are up-to-date on colon cancer screening | 58.3% (2015) ¹ | ↑ |
| | | | % of female 50-74 years old who are up-to-date on breast cancer screening | 59.8% (2014) ¹ | ↓ |
| | | | % of female 21-65 years old who are up-to-date on cervical cancer screening | 76.5% (2014) ¹ | ↓ |

Data Sources:

- ¹Nebraska Behavioral Risk Factor Surveillance System, Entire Panhandle Region
- ²Healthy Families America, covers only Box Butte, Morrill and Scotts Bluff Counties
- ³Nebraska Traffic Crash Facts Annual Report, 2014
- ⁴Nebraska Vital Records; National Center for Health Statistics
- ⁵Nebraska Risk and Protective Factor Student Survey, Entire Panhandle Region

“We turn to the Community Guide as a resource to help select interventions to improve health and prevent disease in our communities, businesses, healthcare organizations, and schools.”

–Kelsey Irvine



Kelsey Irvine
Community Health Planner

Panhandle Worksite Wellness Council

Good Business Health is Good for Community Health

Gordon Memorial Health Services (GMHS) adopted a breastfeeding policy to support mothers returning to work. Making the decision to return to work is both an emotional and a financial decision—one an employer can make easier by supporting breastfeeding for working mothers.

“Staff are excited about having a mother’s room and a changing space for families with little ones,” said Courtney Ostrander, Marketing Coordinator with GMHS.

“The benefits to helping breastfeeding mothers are obvious for employers. Creating a breastfeeding-friendly work environment reduces the risk of absenteeism, reduces health claims to employers, and increases employee retention and loyalty resulting in a 3:1 average return on investment,” said Davies, PPHD Assistant Health Director.

Women with children are the fastest-growing segment of the work force. Returning to an unsupportive work environment has been identified as a major reason for avoidance or early abandonment of breastfeeding. Workplace support can bridge this gap and help more women balance working and breastfeeding.

Ostrander added, “This was part of our Community Health Needs Assessment as a need area. We feel as a healthcare facility this is a small but powerful space we could provide for support to both mothers and fathers.”

Breastfeeding is not just good for business, it is also a key strategy in the fight against the obesity epidemic. Multiple studies have shown that a history of not breastfeeding increases the risk of being overweight or obese in childhood and adolescence.

Adolescent obesity often persists into adult life. Breastfeeding plays an important role in obesity prevention and improving overall health outcomes, and therefore, is vitally important to community health.

Kimball County serves as community leader with tobacco-free efforts by adopting a tobacco-free campus policy to include all forms of tobacco, e-cigarettes, and vaping.

“We know the transition will not be easy, but it is important for the county to model good health to our employees and the community,” said Annette Brower, Kimball County Deputy Assessor and Wellness & Safety Committee Chair.

Tobacco use remains the single most preventable cause of disease, disability, and death in the US. Last year, 2,500 Nebraskans died from smoking-attributable causes. That’s 48 people a week—nearly seven people each and every day.



*Jessica Davies
 Assistant Health
 Director*

“Tobacco-free employees are healthier, miss less work, and have lower health care costs.”

“We commend Kimball County for creating ideal conditions and support for employee and the community to be tobacco-free.”
 —Davies

Advisory Committee

The following Advisory Committee Members and businesses graciously give their time to provide guidance and oversight for the Council:

- Chair - Dan Newhoff, Box Butte General Hospital
- Vice Chair - Lucas Schumacher, Cabela’s
- Secretary/Treasurer - Annie Loutzenhiser, Gardner, Loutzenhiser, & Ryan
- Brad Snedden, BNSF
- Diana Lecher, Chadron Community Hospital
- Kendra Dean, Cirrus House
- Susan Wiedeman, Panhandle Coop
- Crystal Smith, Platte Valley Companies
- Karen Harbach, Northwest Community Action Partnership
- Terri Allen, WNCC

Council Specializes in Supporting Panhandle Employers

The Council recognizes that many employers support a diverse and remote workforce and offers innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness coordinators, and we work to provide resources and training to make running a worksite wellness program as easy as possible.

Networking

One of the key benefits of membership includes the opportunity to network with and learn from fellow members. PWWC offers:

- Face-to-face networking opportunities with fellow worksite delegates in Alliance, Chadron, Sidney, and Scottsbluff
- “Members only” online networking forum
- Ongoing communications of applicable workshops, conferences, and events throughout the nation

Training

PWWC provides ongoing support and training to help members develop and strengthen their worksite wellness programs. The Council hosts regional training events and an annual conference. Training opportunities include foundational training like Worksite Wellness 101 and more advanced topics and trends. In addition to live events, the Council also hosts webinars.

Tools and Consultation

PWWC provides the resources and consultation that members need to effectively develop and manage a worksite wellness program.

- Research: We ensure members’ success by providing a Health Risk Appraisal to identify health concerns and an electronic interest survey to understand participant preferences.
- Strategy: Next, we provide free consultation to help write an annual wellness operating plan. We provide ongoing support to ensure worksite wellness programs follow the evidenced-based process that aligns with the Governor’s Excellence in Wellness Award criteria.



Turnkey Service

PWWC helps make your job easier. We offer a number of resources to help you engage and educate your wellness participants. Resources include:

- Communication: Two monthly e-newsletters—one targeting wellness committee members and one produced directly for employees—monthly wellness bulletins, brochures, and additional resources.
- Resources: Access to public health resources for screening and testing such as home radon and colorectal cancer screening kits, and samples and templates for environmental change policies.
- Incentives: Free access to five customizable behavior-change programs annually; and access to two web-based incentive programs for an additional discounted fee.
- Education: Access to the members-only section of the PWWC website and closed Facebook group.
- Programming and Services: The Council provides resources and training for the National Walk @ Lunch Day, National Diabetes Prevention Program, and individualized health coaching.

Panhandle Safety & Wellness Conference Award Recipients

Five Panhandle businesses were honored with the Governor’s Wellness Award by Lieutenant Governor Mike Foley at the Panhandle Safety & Wellness Conference & Awards Luncheon in Gering this past fall.

Lieutenant Governor Foley said a good wellness program helps retain current employees and attract new ones. Additionally, when there is a culture of health and well-being, it makes employees feel valued.

Banner County Schools challenges staff and administration to lead by example. The schools offers health screenings, flu shots, healthy food at staff meetings, and a variety of wellness programs. Wellness Coordinator and School Nurse Marie Parker said, “It becomes contagious to see people walking before and after school.”

BNSF-Nebraska Division has seen a dramatic increase in their annual health screenings and flu shots. They have installed blood pressure monitors throughout various locations. BNSF sponsors a number of community events supporting employees and families.

Cabela’s Wellness Manager Lucas Schumacher said, “Our network of over 100 wellness champions across our locations are vital in driving engagement with all wellness programs and initiatives.” Annual employee health screenings show overall body mass index, blood pressure, cholesterol, glucose, and triglyceride values have continued to move in a positive direction. Tobacco use has also decreased.

Ongoing employee wellness supports like healthy food, break time to be active, breastfeeding supports, and blood pressure monitors help keep PPHD’s wellness program at the forefront. They take advantage of the National Diabetes Prevention Program and health coaching through Council services.

WNCC has committed to a “Sit Less Initiative,” encouraging employees to use sit-to-stand desk or walking workstations. This gives employees “parole from their desk sentence” and has been proven to increase productivity and creativity.

“We are so proud of each of these organizations for their commitment to employee health. They are certainly leaders in the region and we commend them for helping build a culture of wellness in this area,” said Asst. Health Director Jessica Davies.



Banner County Schools

(l-r) Marie Parker, Wellness Coordinator; Lana Sides, Superintendent; Lt. Governor Mike Foley; Jeri Revelle, Health Instructor; Angie Hilbert, PE Instructor



Cabela's

(l-r) Lianne Higgins, Senior Benefits Manager; Lt. Governor Mike Foley; Lucas Schumacher, Wellness Manager



Panhandle Public Health District

(l-r) Front row – Melissa Galles, Kim Engel, Erin Sorensen, Kendra Lauruhn, Cheri Farris, Tabi Prochazka – Back row – Janelle Hansen, Kelsey Irvine, Jessica Davies, Lt. Governor Mike Foley, Sara Hoover, Melissa Cervantes, Linda Ainslie



BNSF - Nebraska Division

(l-r) Bradley Snedden, Regional Manager of Wellness Programs, Lt. Governor Mike Foley



Western Nebraska Community College

(l-r) Front row – Amy Winters, Kathy Ault, Jessica Haebe, Dave Groshans – Back row – Carolyn Holcomb, Lt. Governor Mike Foley, Mollie Bonuchi



Panhandle Coop and PPHD team up to increase healthy food in convenience stores. When you are on the go and in a hurry, Panhandle Coop and Panhandle Public Health District have teamed up to make sure you can still keep healthy snacking in check.

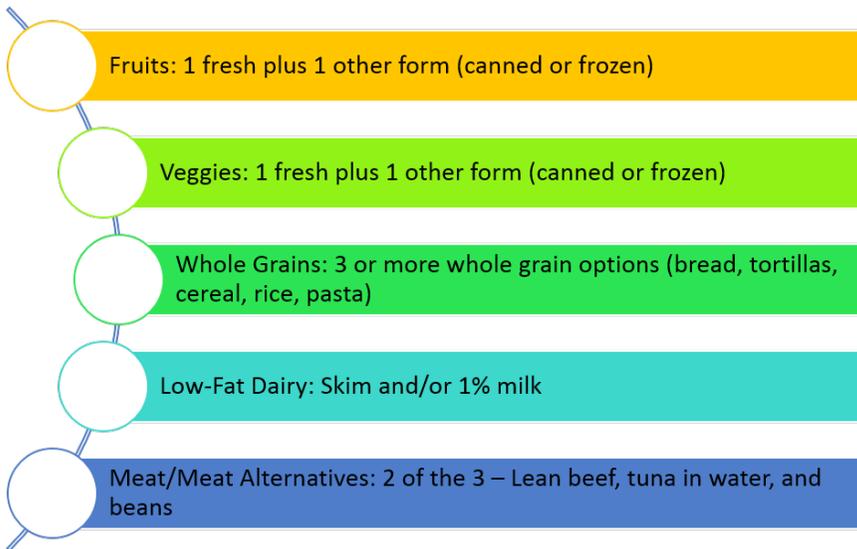
Panhandle Coop Marketing Director Susan Wiedeman said, "We are excited to offer fresher, healthier items in our convenience stores in Bridgeport and Scottsbluff." A recent focus group of Scottsbluff and Bridgeport residents reinforced busy lifestyles and how increasing fresh, nutritious foods are essential for keeping their families healthy. One participant mentioned, "If it's all cut up and everything ready, that's definitely more appealing and convenient."

"We appreciate that consumers are wanting access to things like fruit and veggie cups and low-fat dairy options, and are happy to accommodate."

– Susan Wiedeman, Panhandle Coop Marketing Director



Working to increase the availability of healthy options



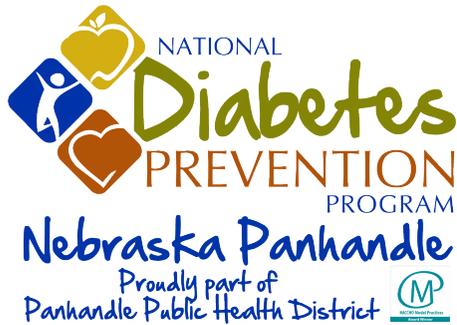
This is the measurement used to assess stores. Evidence shows that by increasing availability you increase consumption.

Studies continue to show that people who can't shop for fresh food close to home are more likely to have early signs of heart disease making the need for nutritious foods in convenience stores all the more important. In small towns where grocery stores often close early in the evening, residents and travelers look to convenience stores as their only food option.

PPHD Assistant Health Director Jessica Davies relayed her excitement for the partnership for healthier options, citing an assessment of all grocery and convenience stores in the area. Many grocery stores showed wonderful access to healthier items, but convenience stores showed an opportunity to significantly increase healthy food access.

PPHD partnered with Erin Kampbell, SNAP-Ed Assistant with UNL Extension, to offer food demonstrations encouraging consumers try healthy items. Stop by Panhandle Coop convenience stores to check out the healthy options.

National Diabetes Prevention Program in the Panhandle



The National Diabetes Prevention Program (NDPP) provides all of the important factors for sustaining long-term weight loss.

During the year-long program, participants get the information and support needed to meet their overall goals of increasing physical activity and losing 5-7% of starting body weight. The support from the group and the coach help guide participants along the way to overcoming

barriers to a healthy lifestyle. NDPP focuses on healthy eating, physical activity, stress management, lifestyle change, and coping skills that support participants in successfully meeting their overall goals.

Success Since 2012

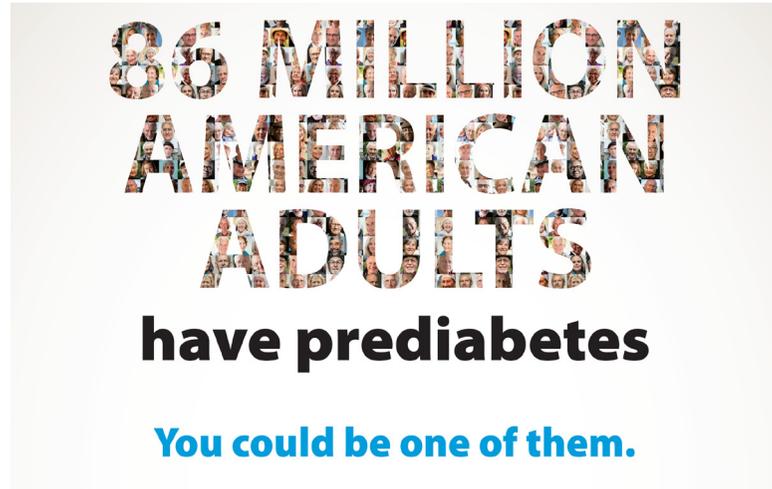
59 Community Classes
27 Business Classes
914 Participants
7,847 Pounds Lost

NACCHO Model Practice Award

PPHD 1st site in Nebraska to receive Full Recognition from CDC-DPRP

88% of Panhandle Hospitals have NDPP in their Community Health Improvement Plan

Offered as a benefit through Panhandle Worksite Wellness Council



| Know your risk for prediabetes. Answer these quick questions. | | | | | Yes | No |
|--|-----------|-----------|------------|-----------|------------------------|----|
| Are you a woman that had a baby weighing more than 9 lb at birth? | | | | | 1 | 0 |
| Do you have a brother or sister with diabetes? | | | | | 1 | 0 |
| Do you have a parent with diabetes? | | | | | 1 | 0 |
| Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? | | | | | 5 | 0 |
| 4'10 - 129 | 5'2 - 147 | 5'6 - 167 | 5'10 - 188 | 6'2 - 210 | | |
| 4'11 - 133 | 5'3 - 152 | 5'7 - 172 | 5'11 - 193 | 6'3 - 216 | | |
| 5'0 - 138 | 5'4 - 157 | 5'8 - 177 | 6'0 - 199 | 6'4 - 221 | | |
| 5'1 - 143 | 5'5 - 162 | 5'9 - 182 | 6'1 - 204 | | | |
| Are you younger than 65 and get little or no exercise in a typical day? | | | | | 5 | 0 |
| Are you between 45 and 64 years of age? | | | | | 5 | 0 |
| Are you 65 years of age or older? | | | | | 9 | 0 |
| 0-8 low risk 9+ high risk you qualify for NDPP | | | | | Add your Score: | |

Are you ready to improve your health, increase your energy, lose weight, and reduce your risk for chronic disease? If you answered yes, this program is for you. Trained lifestyle coaches lead these classes throughout the Panhandle. To find a class in your community call (308)262-2217 or (855)227-2217 or email Cheri Farris at cfarris@pphd.org.

“I just had my health screening done and all of my numbers were down 3% or more!! I am confident that I can meet my personal goal and maybe beyond! Thank you NDPP for helping me get on the right track to a healthier me! P.S. my family thanks you, too!”

Cindy, Panhandle NDPP Participant

Tobacco-Free in the Panhandle



Tabi Prochazka
Tobacco-Free in the Panhandle
Coordinator

Tobacco-free policies are sweeping the Panhandle. Policy makers are looking at the scientific evidence and passing policies to protect those that live, learn, work and play in the Panhandle.

The evidence is clear: secondhand smoke causes serious diseases and premature death among nonsmokers. Secondhand smoke is harmful in outdoor settings, as there is no safe level for exposure. Tobacco use remains the single most preventable cause of disease, disability, and death in the US.

Tobacco-Free in the Panhandle supports policies to eliminate secondhand smoke exposure and prevent youth initiation.

Five Panhandle Communities in five weeks passed all-inclusive tobacco-free recreational facilities resolutions. Ten additional communities have designated their pools as tobacco-free zones and one included their ball fields. Tobacco-free recreational facilities protect children at play and make for a healthier environment.

In Scottsbluff, this resolution covers over 300 acres of parks and pathways and 25 parks. There are over 120 signs communicating that the social norm is not to use tobacco around children.

Kimball County serves as a community leader with tobacco-free efforts. Kimball County passed a tobacco-free campus policy that includes all forms of tobacco, e-cigarettes, and vaping effective on January 1, 2017. This includes all county facilities, county grounds and county vehicles, with the exception of designated smoking areas at the Golf Course, Kimball County Recreation Area, and the Visitor Center.

Kimball Public Schools is 'Proud to be Tobacco Free'. They have implemented an awareness campaign that includes increased signage inside and out, and messages in their game programs, notification on all calls, and promoted at school events. Awareness including signage is a vital part of enforcement.

Smoking is a public health concern and you can do something about it. It is a CHIP priority in the Panhandle, and we are committed to assisting you to pass a tobacco-free or smoke-free policy to make the Panhandle a healthier community.

For technical assistance contact Tabi Prochazka, tprochazka@pphd.org, (308) 487-3600 ext. 107.

Funding for Tobacco-Free in the Panhandle is provided by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.

Tobacco-Free Recreational Facilities

- City of Scottsbluff
- Village of Hemingford
- Village of Big Springs
- City of Chappell
- Village of Lewellen

Additional Communities with Tobacco-Free Zones including their Pools

- Alliance, Bridgeport, Crawford, Gordon, Oshkosh, Sidney, Harrison, Hay Springs, Bayard and Dix

Healthy Lungs at Play!

Kimball Public Schools
Proud to be Tobacco Free



Panhandle Public Health District

PREVENTION COALITION

WELCOME TO



Kimball County

COUNTY PROPERTY IS TOBACCO FREE

Policy prohibits the use of tobacco products.
Everywhere - By everyone - At all times
We thank you for your cooperation and support.

Panhandle Public Health District | panhandle HEALTH SERVICES COUNCIL

HEALTHY LUNGS AT PLAY!



THIS IS A TOBACCO-FREE ZONE

Tobacco Products Prohibited
Everywhere - By everyone - At all times

PREVENTION COALITION

Join the Movement to Activate the Panhandle



Scottsbluff/Gering Planning Meeting November 2016

The Scottsbluff-Gering communities kicked off their planning to increase walking, biking, and overall health in August.

A diverse group of community members came together to plan an Open House and Action Planning Summit, soliciting input and strategizing essential components to provide support and access for all residents. Roughly 40 people provided important strategies to issues like crosswalks being ignored by drivers, lighting issues, accessibility for wheel chairs and strollers, bike rack availability, and access to key venues. The planning summit formalized these key strategies:

- Safe Active Transportation on All Travel Ways
- Creating Collaborative Community Ownership
- Complete Streets: Planning for a Safer, More Connected, Healthier Community
- Seeking Funding Opportunities

To encourage walking, running, and biking for overall health, signs on the Sidney Deadwood Trail have recently been installed.

The Sidney Active Living Advisory Committee, with funding from PPHD through the Nebraska Department of Health and Human Services, is excited to provide support for the trail signs. Signs are at each entry point of the trail and posted at each 1/2 mile segment of the 4 1/2 mile long trail system. The signs promote various locations along the pathway and prompt users to the next location.

Maps of the trail system has also been distributed throughout the community and can be accessed at the Cheyenne County Community Center.

“The pathway is just one support for the health of Sidney residents and others that use it,” said Tom Von Seggern, Parks/Cemetery Superintendent with the City of Sidney. “Connected sidewalks, trails, and safe streets create environments that support an active lifestyle. With that foundation in place, walking is a great next step.”

We make time for the things that matter most—our families, their future, and our to-do list. Walking is an easy way to make sure you are healthy enough to keep it all together. It’s simple. Just Step and Repeat.

Sidney is part of a select group of cities across Nebraska focusing on these efforts as part of the #WalkNE Nebraska Walkable Communities Project. The initiative grew out of a community-wide meeting held in October 2015 where residents discussed specific ideas centered on safety and physical activity for all abilities and ages.



Research has shown that walking for **10 MINUTES**, three times a day, can lead to dramatic reduction in the risk of:

- Heart Disease
- Type 2 Diabetes
- High Blood Pressure
- Obesity
- Osteoporosis

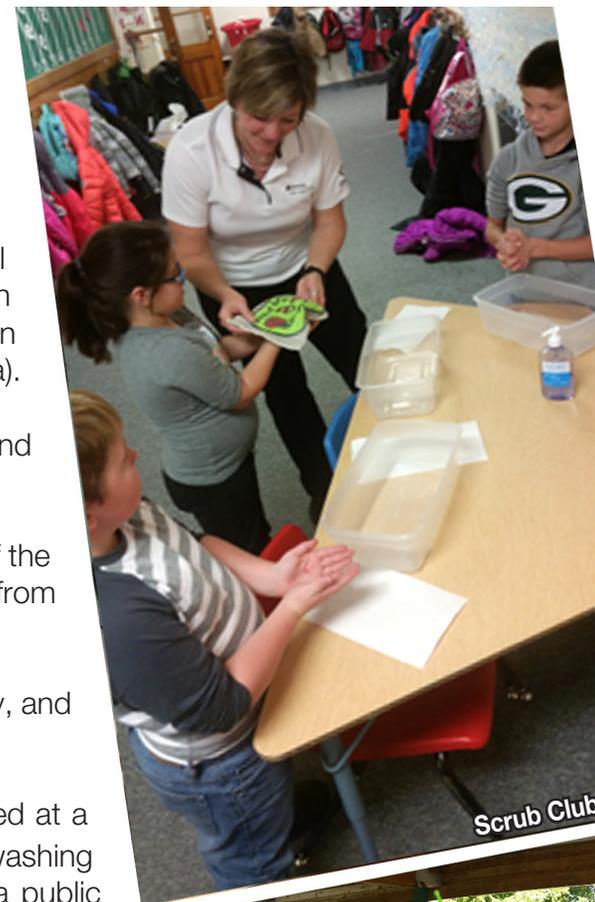
Children's Health



Janelle Hansen
Health Educator

Dental Day was held in June for the 13th consecutive year. Students from the University of Nebraska Medical Center (UNMC) College of Dentistry and Dental Hygiene trekked out to the Panhandle to be part of Dental Day. About 240 children without dental insurance were treated in Sidney, Alliance, and Gordon.

The event included 50 students studying dentistry and dental hygiene, 6 dental residents, and 6 faculty members from UNMC. Panhandle sites included: Gordon Memorial Hospital, Box Butte General Hospital, Dr. Maxwell and Dr. Wilcox in Alliance, Summit Dental Clinic (Dr. Neal), and Life Smiles in Sidney (Dr. Hlavinka).



Scrub Club

Kids Fitness & Nutrition Day is an annual event for area third-graders to learn about fitness and nutrition. Activities at the event include noncompetitive physical activity and nutrition stations.

This year there were three Kids Fitness & Nutrition Days in Alliance, Chadron, and Sidney. Each of the events drew students from area schools, with a total of 577 third-graders attending the events from 18 participating schools.

This event is developed and funded by the Nebraska Beef Council, University of Lincoln at Kearney, and PPHD.

Scrub Club is aimed at students in preschool through third grade. One single, simple act learned at a young age could prevent many illnesses, from the common cold to serious staph infections – washing your hands regularly. Statistics show only one in three adults washes their hands after using a public restroom, but today's children are learning differently.

There are six simple steps to proper hand washing to effectively remove germs from your hands: wet with warm water, lather with a squirt of soap, scrub tops, bottoms and between fingers, scrub finger nails, rinse all the soap off, and dry your hands with a towel. Handwashing is a win for everyone, except germs.



Kids Fitness & Nutrition Day

Handwashing is a great way of staying healthy. Keeping our hands clean and germ-free can help keep us from getting sick and also spreading germs.

Dental Health Program – Keeping Teeth Strong



Garden County School Nurse Nicole Loomis and Kindergartener Allison Ardissono.

SERVICES OFFERED

1. Screenings to detect early signs or suspicious areas of dental disease
2. Apply a fluoride varnish treatment to strengthen the teeth and help prevent cavities
3. Promote dental oral hygiene through education and provide new tooth-brushes
4. Send home referrals to local dental offices
5. Sealants will begin in the 2017/2018 school year for certain grades

Contact PPHD at (308) 633-2866 ext. 106 to learn more about the Dental Health Program.

PPHD has launched the new Dental Health Program – Keeping Teeth Strong! We will be serving children and adolescents, as well as the elderly population in long-term facilities.

The Dental Health Program will reach children and adolescents in schools, WIC, Head Start, Early Head Start, preschools, and childcare. PPHD has offered services to the schools in the district that don't already have a school-based dentistry program. PPHD works closely with the school nurses and administration to maximize the benefit of bringing in a school-based dental program.

PPHD will begin offering services to long-term care facilities in the summer of 2017.

DO THE DAILY 4

1. Brush 2 times per day
 2. Floss daily
 3. Rinse with mouthwash
 4. Chew sugar-free gum
- Visit your dentist regularly!

During fall 2016, the Dental Health Program:

- Screened **1,026** students.
- Gave **484** fluoride varnish treatments.
- Referred **238** students that required follow up with a dentist immediately or within the next 30 days.



Kendra Lauruhn, RDH
Dental Health Program
Coordinator

Dental
Health Program
Keeping Teeth Strong

Proudly part of
Panhandle Public Health District

Healthy Families America



Becoming a parent is a joyful and momentous event. The excitement of bringing a new, perfect little person into the world is life-changing. It is also perfectly normal for new parents to experience some anxiety when it's time to bring baby home and the magnitude of it all washes over them.

Since the program was developed, documented studies have shown improvements in: birth outcomes, breastfeeding, child health and development, parent-child interaction, school readiness, and incidents of child maltreatment.

Parent coaches not only build parents' understanding of their child, but also help to connect them to community resources. Many families face life stressors like depression, homelessness, substance use, financial stress, and lack of social structure. Parent coaches help to reduce those stressors by aiding families in connecting in the community with referrals to medical homes, substance abuse counsel, domestic violence programs, mental health resources, and a number of other services.

“HFA goes into families’ homes and helps them to build parenting skills, develop a bond with their child, build upon family strengths and become the best parents they can be.”

Melissa Galles, Healthy Families America Program Manager

There are a number of tools our parent coaches use to fill each parent's parenting cup. The program uses a structured curriculum covering topics like basic childcare, social and emotional development, cues and communication, physical and brain development, play and stimulations, and Parent's Corner. Parent's corner focuses on parents taking care of their own needs, the goal being to strengthen the parent-child bond, enhance family functioning, and promote healthy childhood growth and development.

“When we reach out and support children and their parents together, we see far greater results and whole family success,” Galles stated.

The service is free of charge and offered in Scottsbluff, Morrill, and Box Butte counties. HFA accepts clients from prenatal to three months post-natal, and the service is offered until the child reaches 3 years of age.

For more information contact
Melissa Galles
mgalles@pphd.org
www.pphd.org/hfa.html
308-633-2866 | 877-218-2490



L-R Program Manager/Program Supervisor Melissa Galles; Parenting Coach/Intake Specialists: Linda Ainslie, Sandra Babin, Jennifer Eversull, Myrna Hernandez

Healthy Families America: The Daily Do's of Parenting

“Daily-Do’s” help parents remember the fundamentals of child development. These techniques based off the Growing Great Kids Curriculum are an easy way for parents to do purposeful activities and actions to each day.

Empathetic Parenting:

- Letting your child know that you understand what they are feeling by identifying and labeling their emotions
- Help them learn to feel supported: smile with them, hold them, and remove them from stressful situations; hug them, interact with them, and make them feel comfortable

Brain Builders:

- Infants begin learning through simple sensorimotor experiences
 - Cause and effect
 - Understanding space
 - Patterns, opposites, and the order of things (sequencing)
- Object permanence
- Use of tools

Character Building:

- Babies learn to trust when their parents help them feel safe and valued
- They are safe and valued when parents respond quickly to their needs
- By getting their needs cared for, they in turn learn how to care for others

Body Builders

- Physical Development and Healthy Living Guidelines for each Stage of development



Play by Play

- Supports early language development
- Before using words they need to understand words
 - For instance before a child can say “wet” he must first know how “wet” feels
 - Parents describe to baby what they are hearing, seeing, feeling and doing throughout the day, acting like a “broadcaster” of life events to teach children what they are experiencing by using many words

Four Steps to Success

- Encourages the development of self-esteem and learning for school readiness
 - Get baby’s attention
 - Show her how to do an activity or something you’d like her to learn
 - Watch and wait for her to do it herself
 - Praise her for what she did well
 - Follow these steps consistently whenever learning something new

Panhandle Prevention Coalition

The Panhandle Prevention Coalition (PPC) raises awareness of current social norms and trends while seeking to change social context and individual behaviors around substance use and abuse by collaborating with partners, open discussions, education, policy change, and mobilizing resources to change community norms.

Efforts include – but are not limited to – reducing underage drinking, binge drinking, drinking and driving, prescription drug abuse, and tobacco prevention. Prevention also strives to optimize well-being through mental health promotion and mental illness prevention.

Data trends are moving in the right direction since the PPC was established in 2002 themes from the Nebraska Risk and Protective Factor Student Survey indicate a dramatic reduction in drinking and tobacco use behaviors.

Here is what you can do:

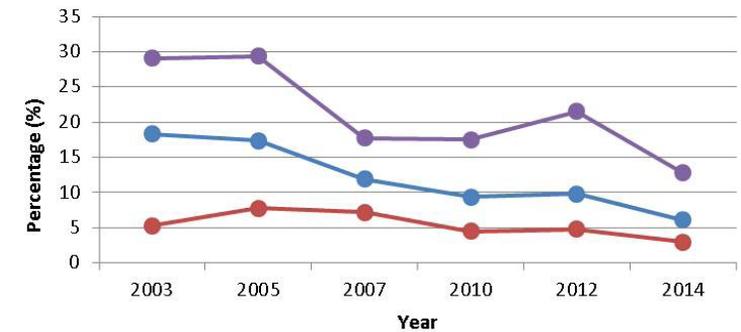
- Join the movement. The PPC meets every other month in Bridgeport. For more information visit: <http://www.panhandlepreventioncoalition.org/>
- Talk early and often to your kids about not using tobacco, alcohol, and other drugs. Create clear expectations.
- If you smoke, quit.
- Always enforce the minimum drinking age of 21.
- Call law enforcement if you suspect underage parties or drinking and driving at any age at 1-888-MUST-BE-21.
- Thank law enforcement for providing compliance checks and responsible alcohol and tobacco retail training.
- Involve youth in planning and implementing healthy activities.

The PPC is a part of the Panhandle Partnership, united together by passion and dedication to healthy and safe people across the lifespan in the Nebraska Panhandle.

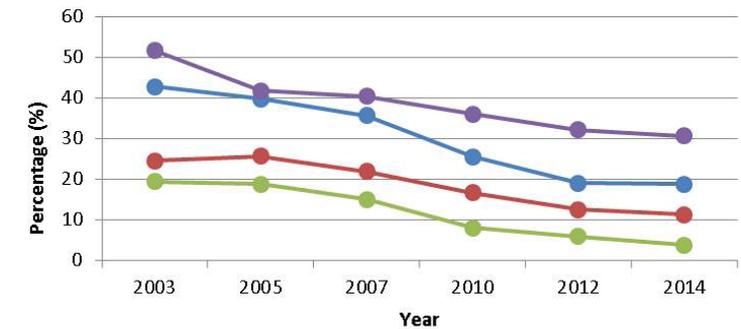
“Prevention is an active process of creating conditions and fostering personal attributes that promote the well-being of people.”

–William Lofquist

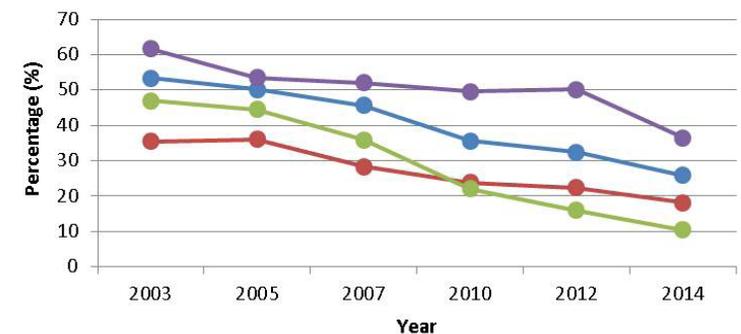
8th Grade Panhandle Data
Nebraska Risk & Protective Factor Student Survey



10th Grade Panhandle Data
Nebraska Risk & Protective Factor Student Survey



12th Grade Panhandle Data
Nebraska Risk & Protective Factor Student Survey



● 30-Day Alcohol Use ● Binge Drinking
● Impaired Driving ● Lifetime Tobacco Use

VetSET Nebraska – Serve. Educate. Transition.



VetSET is available for all military Veterans and their family members. We are here to assure that when they return to rural Nebraska they have the support and resources to successfully reintegrate with their families and communities.

Being in the military is not like any other job—it's not what you do, it's who you are. Regardless of where or how you serve, you come home to your community different from when you left, with needs and experiences unique to you.

The use of community providers by veterans, service members, and their families has increased dramatically in recent years—a trend expected to grow.

Are you ready for them when they walk in your door?

For Veterans and Service Members

- Connect you to resources in your local community
- Provide information on activities and support for veterans
- Ensure your voice and needs are heard

For Community Providers

- Provide training on the unique culture, experience and language of veterans and their families
- Assist with serving your veteran populations
- Refer veterans and their families to your organization

A veteran's family and friends are all affected by their loved one's service. When your military member returns home, the family dynamic can change dramatically.

For Families

- Connect you to resources in your local community
- Provide information on activities and support for veterans
- Ensure your voice and needs are heard



Avenue of Flags Hemingford, NE | Photo courtesy of Lyle Fodnes

Cancer Prevention

FREE Colon Cancer Test!

"I don't have time for colon cancer."

Colon cancer is the 2nd leading cause of cancer related deaths in the U.S. but it can be prevented.

Take the time.

If you're 50 or older and don't have time for colon cancer, talk to your doctor and get screened.



This coupon is good for a FREE home testing kit so you can get screened for colon cancer.

To get your kit you can call:

Panhandle Public Health District 308-262-2217
Scotts Bluff County Health Department 308-630-1580



Colon Cancer is the second leading cancer killer in the United States. Getting screened for colon cancer saves lives. The Nebraska Colon Cancer Screening Program and PPHD are working together to improve colon cancer screening rates in Nebraska by offering free fecal occult blood test (FOBT) kits.

Colon cancers almost always develop from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests find polyps, so they can be removed before they change into cancer. Screening tests find colon cancer early, when treatment works best and the chance for a full recovery is very high.

Colon cancer develops with few, if any, symptoms at first. If symptoms are present they may include: blood in the stool; a change in bowel habits; general unexplained stomach discomfort; frequent gas, pains, or indigestion; unexplained weight loss; and chronic fatigue. Because people often do not have any symptoms in the early stages of colon cancer, regular screening tests beginning at age 50 are the most effective way to reduce your risk of colon cancer.

"An FOBT kit is simple, free, and it's an important step in preventing cancer," explained Cheri Farris, Community Health Worker with PPHD. It is recommended that you get screened at regular intervals after turning 50. Contact PPHD today at 1-855-227-2217 for a free FOBT kit.

Pool Cool promotes sun safety through policies. Adopting a sun-safe policy at swimming pools establishes sun protection standards. This policy will inform pool users and lifeguards of the importance of sun protection, and it can also be the key to preventing skin cancer.

As of the end of summer 2016, forty-seven percent of the Panhandle pools have adopted policies for sun safety for their pool staff.

The policies include components such as:

- Wear sunscreen with an SPF of at least 15 whether in or out of the pool.
- Apply sunscreen to all areas exposed to the sun.
- Thirty minutes before going outdoors, apply an SPF 15 or greater broad-spectrum (UVA/UVB), water-resistant sunscreen so it has time to set in.

- Wear four-inch brimmed hats that, when worn, create a shadow that completely covers the head, face, nose, ears, and neck when they are in the sun.
- Wear sunglasses that protect from 100 percent of UVA & UVB (full-spectrum).
- Use lip balm that has an SPF rating of at least 15.
- Seek shade when possible.

Pool staff receive training and materials from PPHD to teach and promote sun safety and are encouraged to model sun safe practices. Pool Cool signage also promotes healthy behaviors.



Hyannis Swimming Pool Staff

PANHANDLE REGION MEDICAL RESPONSE SYSTEM

- Box Butte General Hospital
- Chadron Community Hospital
- Gordon Memorial Hospital
- Kimball Health Services
- Morrill County Community Hospital
- Regional West Garden County
- Regional West Medical Center
- Sidney Regional Medical Center
- Region I Behavioral Health
- Community Action Partnership of Western Nebraska
- Region 21 Emergency Management
- Region 22 Emergency Management
- Region 23 Emergency Management
- DHHS-EMS Trauma Program-Western Division
- DHHS-Health Disparities & Health Equity
- Panhandle Public Health District
- Scotts Bluff County Health Department

ACTIVATION & AWARENESS
 Coordinator
 Melody Leisy
 BSN, RN, CHEP
 (308) 262-2217

The threat of Mass Casualty Incidents to our Panhandle hospitals and healthcare system continues to grow as national incidents highlight the importance of preparing for potential threats. In response to these events, the Panhandle Region Medical Response System (PRMRS) continues to work together, strategizing response efforts and providing key support.

Areas of Focus:

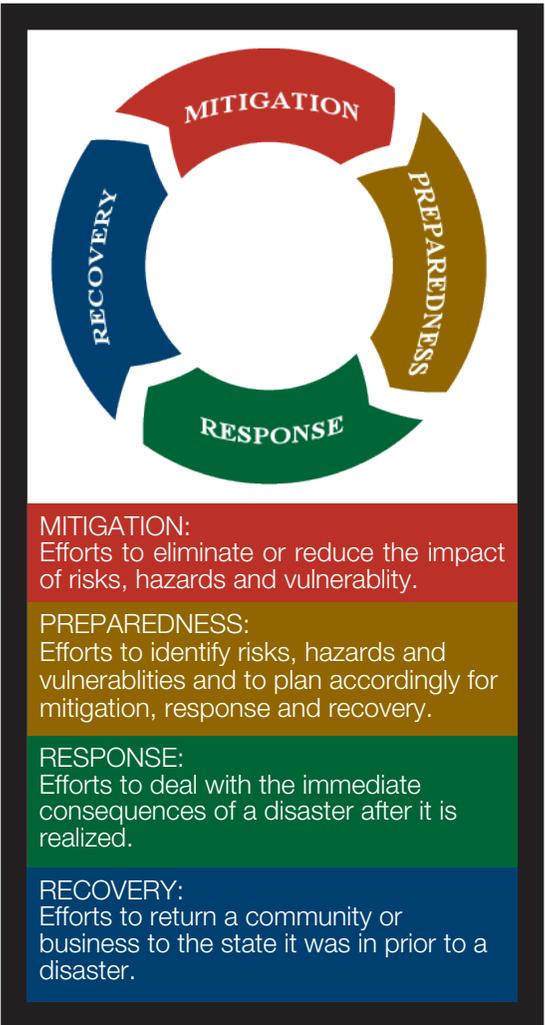
Mitigation: Reducing the impact through relationship building, training, exercising, and managing resources.

Preparedness: Emergency planners identify gaps, determine specific priorities, and develop plans for building and sustaining the healthcare system.

Response: Committed to sharing resources, analyzing information, providing timely and efficient care to patients, and coordinating strategies to deliver medical care to all populations during emergencies.

Recovery: Striving to provide uninterrupted, optimal medical care to all populations in an event that may damage or disable health care infrastructure.

The Healthcare Preparedness and Response Capabilities, Centers for Medicare and Medicaid Services, and Joint Commission provide guiding preparedness principles to each partner institution. The PRMRS Healthcare Coalition works to meet or exceed the preparedness practices. When the disaster events exceed the day-to-day capacity and capability, the collaboration will enable the health care delivery system to save lives and minimize the public health system impact.



*****Mission***** To create and maintain a system for responding to public health emergencies by enhancing existing local planning efforts for resources, expertise, communication and personnel, in order to increase the capabilities to manage a large number of casualties and/or disruption of service.

Preparedness Protects the Public



Are You READY!

Some disasters strike without any warning. Have you thought about those supplies you'll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family's emergency kit. It'll bring you a sense of relief, and your kids a feeling of empowerment.

Make sure you have enough supplies to last for at least **three days**. Think about where you live and your needs. Consider having a large kit at home, and smaller portable kit in the car or your workplace.

If a big storm is coming...

- ✓ Fill your car with gas
- ✓ Fill plastic bags with water and place them in the freezer
- ✓ Get extra cash out of the bank
- ✓ Fill prescriptions

Research on preparedness shows that people who believe themselves “prepared” for disasters often aren’t as prepared as they think. Forty percent of survey respondents did not have household plans and 80 percent had not conducted home evacuation drills.

Our nation’s emergency managers, firefighters, law enforcement officers, EMT/paramedics, and other emergency responders do an incredible job of keeping us safe, but they can’t do it alone. We must all embrace our individual responsibility to be prepared – in doing so, we contribute to the safety and security of our community as well.

Becoming more prepared in case of an emergency is easier than you might think. You can take a few simple steps to prepare your community. Visit www.ready.gov for preparedness tools.

Box Butte County Fair Board received the Excellence in Community Preparedness Award in 2016, which recognizes an individual or organization committed to creating a stronger community through preparedness planning and disaster preparation to enhance community readiness and resilience. The Fair Board is being recognized for their initiative to bring partners together and conduct a disaster exercise, so that multiple agencies and organizations would be better prepared to respond to a disaster or emergency during the county fair.

Disease surveillance involves early detection, prompt investigation, and monitoring the occurrence and distribution of disease to protect individuals and families from disease, and control spread.

2016 Disease Report

| Panhandle Public Health District | 2016 | 2015 |
|--|------------|------------|
| Animal Exposure (bite or nonbite) | 8 | 15 |
| Aseptic meningitis | 1 | 2 |
| Brucellosis | 2 | 0 |
| Campylobacteriosis | 15 | 13 |
| Cryptosporidiosis | 7 | 9 |
| Diarrheal Disease, not otherwise specified | 14 | 0 |
| Giardiasis | 3 | 2 |
| Group A Streptococcus, invasive | 0 | 1 |
| Group B Streptococcus, invasive | 1 | 1 |
| Hepatitis A acute | 1 | 0 |
| Hepatitis B, chronic (probable and confirmed) | 1 | 1 |
| Hepatitis C, chronic or resolved | 29 | 30 |
| Legionellosis | 0 | 1 |
| Lyme Disease (confirmed and probable) | 1 | 1 |
| Mumps | 0 | 2 |
| Noroviruses | 2 | 0 |
| Pertussis (confirmed, probable, suspect) | 1 | 6 |
| Q Fever, acute | 1 | 0 |
| Rocky Mountain Spotted Fever (confirmed and probable) | 1 | 0 |
| Salmonellosis (confirmed, probable, suspect) | 11 | 10 |
| Shiga toxin-producing Escherichia coli (STEC) (confirmed, probable, suspect) | 5 | 3 |
| Spotted Fever Rickettsiosis | 0 | 4 |
| Strep, other, invasive, beta-hem (non-A, non-B) | 1 | 0 |
| Streptococcus pneumonia, invasive disease (IPD) | 2 | 0 |
| Toxoplasmosis | 0 | 1 |
| Active Tuberculosis | 1 | 1 |
| Tularemia | 1 | 11 |
| Varicella (chickenpox) | 2 | 2 |
| West Nile, Encephalitis/meningitis | 1 | 1 |
| West Nile Fever | 2 | 7 |
| Yersiniosis (non Plague) | 1 | 0 |
| Total confirmed, probable, and suspect cases | 114 | 124 |

Prevent Childhood Lead Poisoning

Exposure to lead can seriously harm a child's health. Effects of lead exposure can include:

- Damage to the brain and nervous system
- Slowed growth and development
- Learning and behavior problems
- Hearing and speech problems



Melody Leisy, RN
Public Health Nurse

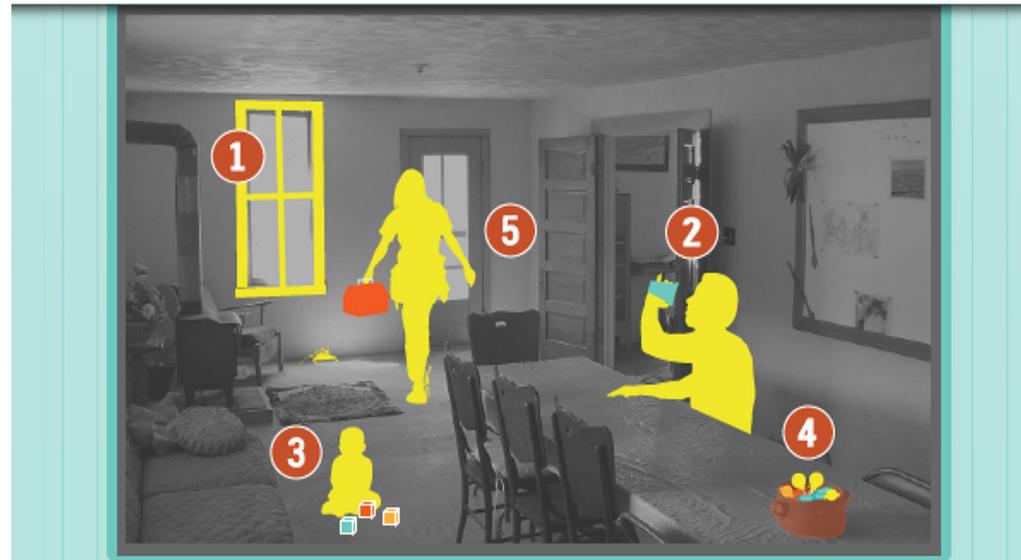
PPHD collaborated with students from the UNMC College of Nursing-Western Division with their project on prevention and awareness of lead poisoning. The students' interventions involved reaching out to hospitals and clinics that performed well-infant and child exams for testing and reporting, visiting local elementary schools to share educational materials, and promoting awareness of the risk to children with select childcare facilities.

Lead can be found throughout a child's environment. The good news: **Lead poisoning is 100% preventable.**

Take these steps to make your home lead-safe.

- Talk with your doctor about a lead test.
- If your home was built before 1978, test the paint and dust in your home for lead.
- Renovate safely. Common renovation activities (like sanding, cutting, replacing windows, and more) can create hazardous lead dust.
- Remove recalled toys and toy jewelry from children and discard as appropriate. Check the Safety Commission's website: www.cpsc.gov.
- For more information check out www.cdc.gov/lead.

Lead can be found throughout a child's environment.



1 Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint.



2 When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



3 Certain water pipes may contain lead.



4 Lead can be found in some products such as toys and toy jewelry.



5 Lead is sometimes in candies imported from other countries or traditional home remedies.



6 Certain jobs and hobbies involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.

Zika and West Nile Virus

CDC's Response to **Zika**

PROTECT YOUR PREGNANCY FROM ZIKA

- 1 Mosquitoes carry Zika.
- 2 Mosquitoes can give you Zika when they bite.
- 3 You can pass Zika during pregnancy.
- 4 Zika can hurt your pregnancy.
- 5 Protect your pregnancy. Wear insect repellent.

Normal head size Microcephaly

WWW.CDC.GOV/ZIKA

Zika can be transmitted by sexual contact with an infected person, potentially from blood transfusions, and from mother to baby during pregnancy. If you are pregnant or suspect you are pregnant and have recently traveled to an area that has confirmed cases of Zika, contact your doctor to discuss testing.

Zika is a virus that is primarily spread through the bite of an infected mosquito. Much like West Nile, Zika symptoms can be mild with 80% of infected people showing no symptoms. However Zika can also have serious neurological effects especially for pregnant women. Zika has been linked to Guillain-Barre-Syndrome as well as other birth defects such as microcephaly in newborn infants.

The CDC has issued travel warnings for areas that have been found to contain Zika virus, and are continuing to update these maps as new information is available. If you are planning a vacation and want to know if it falls into the advisory area, you can check for travel warnings here: www.cdc.gov/zika/

If you are planning to travel to one of these areas, please use caution when outdoors and make sure to follow these precautions:

- Wear EPA-registered repellent
- Choose a hotel with air conditioning or with screens on the doors and windows
- Sleep under a mosquito bed net if you are outside or the room is not properly screened
- Wear long sleeved shirts and pants
- Abstain from or avoid unprotected sexual contact with a man who may have been exposed
- Use condoms during sex to lower risk

West Nile activity for the 2016 season included:

- West Nile Virus positive pools of mosquitoes were found in Garden, Scotts Bluff, and Sheridan Counties, with a total of 32 positive pools found
- The Panhandle has 10 positive human clinical cases for West Nile Virus
- Two confirmed cases of St. Louis encephalitis
- A confirmed case of West Nile found in a horse

WEST NILE VIRUS Prevention Tips

Protect your family.

- ▣ Use a mosquito repellent that contains DEET.
- ▣ Wear long-sleeved shirts, long pants, shoes, and socks.
- ▣ Take extra precautions at dawn and dusk.
- ▣ Get rid of standing water.
- ▣ Add larvicides to animal drinking troughs, water gardens, ornamental fountains, ditches and ponds.
- ▣ Keep window screens in good repair.

Radon is a Preventable Cause of Death



Melissa Cervantes
Environmental
Health Coordinator

Radon is an invisible, radioactive gas that occurs naturally in soil, and is a risk to Panhandle residents. Half the homes in Nebraska have high radon levels. Radon is the second leading cause of lung cancer in the United States. The good news is that radon lung damage is preventable.

Radon is dangerous because the only way to know if your home has high levels is to test it. PPHD offers test kits at no cost to Panhandle residents. Initial testing is done by using a simple short-term kit (3-7 days). PPHD recommend retesting your home every 3 years, since radon levels change over time.

If you test your home and detect low levels of radon, try these low cost suggestions to lower your radon levels then retest to be sure the level has lowered to below 4 pCi/L.

- Open the air registers
- Ensure that your return air ducts are completely sealed
- Fill any cracks or openings in your basement floor
- Fill any openings through the first floor
- If you have a sump pump, take steps to make it air tight

Panhandle communities can be proactive by adopting Appendix F of the International Residential Code. Appendix F provides requirements for new homes to be built using Radon Resistant New Construction (RRNC) methods which includes a mitigation system that is built into the home to reduce radon gas.

Using RRNC when building a new home can save money and time. In most cases a basic radon reduction system lowers radon levels to below the recommended action level of 4 pCi/L and the cost is much lower than the cost to fix a pre-existing home. RRNC techniques also keep moisture and other soil gases from coming in the home.

For more information on Appendix F or to request a free radon test kit contact Melissa Cervantes, mcervantes@pphd.org, (308) 487-3600 ext. 108.

www.pphd.org/radon.html

Free Lifesaving Radon Test Kit

Get your free radon test kit from PPHD by emailing mcervantes@pphd.org, mailing this coupon to Panhandle Public Health District, PO Box 337, Hemingford NE 69348, or calling (866)701-7173 ext 108. Be sure to tell us you received this coupon in the annual report!

Name: _____

Physical Address: _____

Mailing Address: _____

City: _____ Zip: _____

Phone Number: _____

By requesting a free kit,
I give my permission for results to be reported to myself and PPHD.

*Must reside within the Nebraska Panhandle to receive free kit.



**RADON IS A
SERIOUS HEALTH
PROBLEM—**

**AND YOU CAN
DO SOMETHING
ABOUT IT.**

**BY BUILDING
RADON-RESISTANT
HOMES, YOU
PROVIDE A PUBLIC
HEALTH SERVICE.**

We are a healthier and safer Panhandle community. 27

Financial Statement

Balance Sheet as of June 30, 2016

Assets

| | |
|--|------------------|
| Cash and equivalents | \$81,814 |
| Accounts receivable | \$78,890 |
| Inventory | \$23,290 |
| Certificate of deposit | \$225,402 |
| Property and equipment, net of depreciation | \$70,770 |
| Deferred outflows of resources for pensions | \$64,232 |
| Net pension asset | \$1,794 |
| Total Assets | \$546,192 |

Liabilities

| | |
|---|-----------------|
| Accounts payable | \$7,004 |
| Accrued payroll liabilities | \$58,206 |
| Deferred inflows of resources for pensions | \$13,701 |
| Total Liabilities | \$78,911 |

Net Position

| | |
|----------------------------|-----------|
| Invested in capital assets | \$70,770 |
| Unrestricted | \$396,511 |

Total Net Position **\$467,281**

Total Operating Revenues **\$1,493,133**

Total Operating Expenses **\$1,763,275**

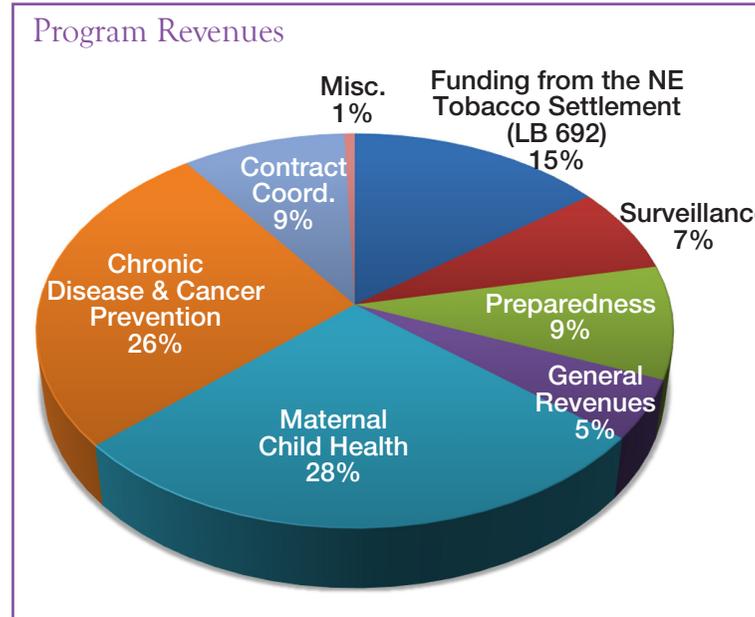


Sara Hoover
CFO, Accreditation
Coordinator

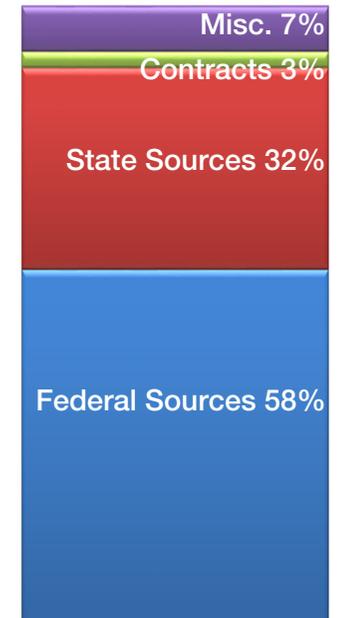


Erin Sorensen
Office Manager,
HR Coordinator

Where does the money come from . . .



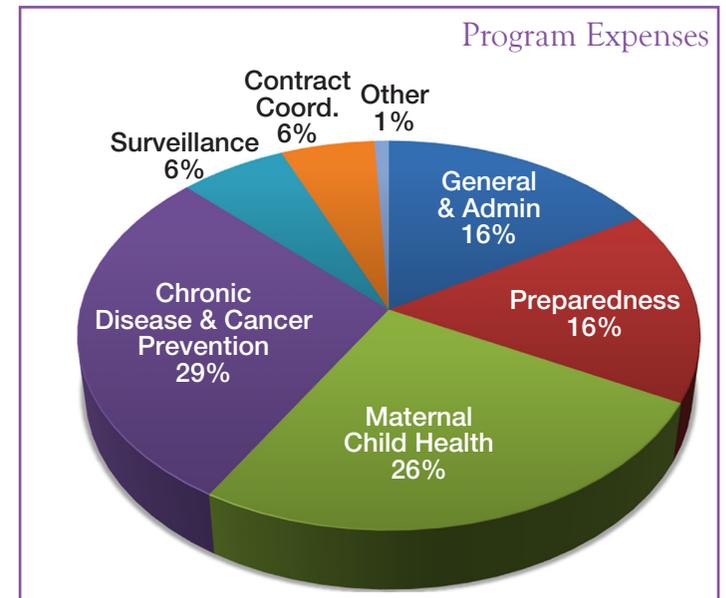
Revenues by Source



Expenses by Source



Where does the money go . . .



PPHD Awarded National Accreditation



PPHD was recognized for meeting the rigorous standards set by the Public Health Accreditation Board (PHAB) on May 17, 2016. This accredited status, good for a period of 5 years, indicates that PPHD is committed to continuous quality improvement and meeting the community's needs as effectively as possible.

“The Panhandle Public Health District joins the growing ranks of accredited health departments in a strong commitment to their public health mission.”
Kaye Bender, PhD, RN, FAAN
PHAB President and CEO

The peer-review process provides valuable feedback to inform health departments of their strengths and areas for improvement, so that they can better protect and promote the health of the people they serve in their communities. Residents of a community served by a nationally accredited health department can be assured that their health department has demonstrated the capacity to protect and promote the health of that community.

www.pphd.org

PPHD is one of 163 accredited local, state, and tribal health departments in the nation. The Nebraska Department of Health and Human Services was also accredited on May 17, 2016, and East Central District Health Department (Columbus, NE) was accredited on March 8, 2016. Nebraska's statewide public health system just celebrated its 15th year. Public health departments play a critical role in protecting and improving the health of people and communities. PPHD promotes policy, system, and environmental supports to develop healthy communities and “make the healthy choice the easy choice.”

The national accreditation program, jointly supported by the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation, sets standards against which the nation's nearly 3,000 governmental public health departments can continuously improve the quality of their services and performance. To receive accreditation, a health department must undergo a rigorous, multi-faceted, peer-reviewed assessment process to ensure it meets or exceeds a set of quality standards and measures.

We Did It!

~~ Accredited May 17, 2016 ~~

Meeting the national standards of public health department performance.



PPHD Staff feeling positive during the Accreditation Site Visit in February 2016.

PPHD Staff

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Message from the Director



Kim Engel
Director

Achieving PHAB Accreditation makes 2016 a monumental year for PPHD! We were the second local health department in the state to reach that status and among the first 150 in the nation. My gratitude goes out to the Board of Health for their support and the highly talented and dedicated staff at PPHD for meeting the national standards of public health department performance. It demonstrates that we are implementing evidence-based strategies that are proven to work.

In 2017 we will be coordinating the regional community health needs assessment and community health improvement planning process. This happens every three years with our area hospitals, the Panhandle Partnership, schools, economic development and other key stakeholders. It allows for strategies to be determined so that collectively we can work toward common goals.

We encourage you to participate in the process by any or all of the following ways:

- Complete the 10 minute survey to determine community themes and strengths found at www.pphd.org.
- Watch for an announcement about stakeholder meetings in your county in the spring.
- Request technical assistance on passing model policies to make the healthy choice the easy choice at your worksite, schools, or community. Please contact us!
- Request more information about the spectrum of prevention and what your role might be in your community.

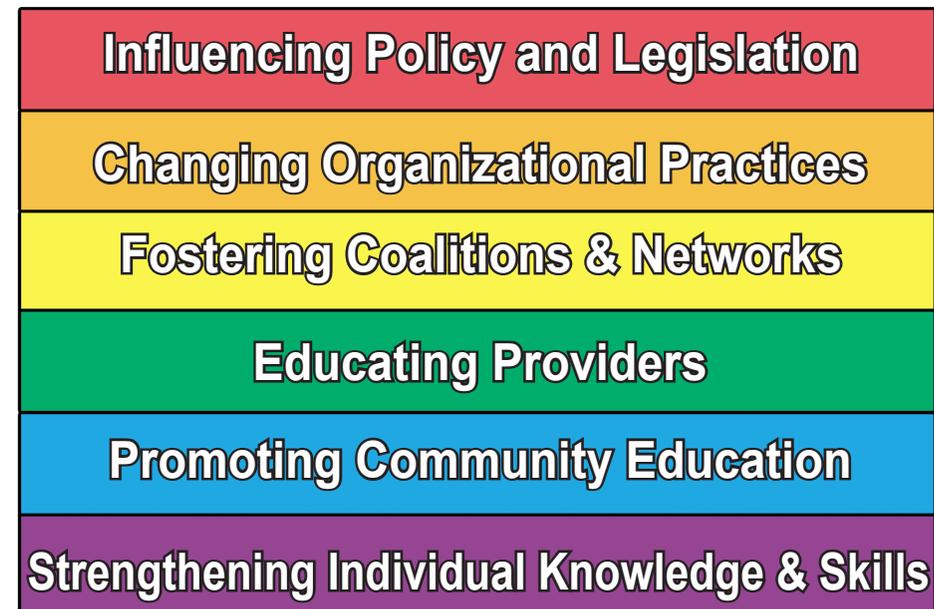
Our goal is to create a community context where everyone can thrive. The Spectrum of Prevention illustrated on this page has been proven to be an effective prevention framework and one from which we work. It helps guides communities to build solutions on six levels all at once for long lasting health and societal impacts. It helps move us “beyond brochures”—improving health and safety broadly.*

Together with Panhandle Partnership members, hospitals, schools, economic development, employers, faith leaders, and other stakeholders, we work throughout the region to become a healthy, safe, and prosperous Panhandle!

Kim Engel
Director

*Cohen, L. (2016), *Prevention Diaries The Practice and Pursuit of Health For All*. New York, NY: Oxford University Press

The Spectrum of Prevention





Chimney Rock, Morrill County.
Photo by Sky Stalkers.

To see more Chimney Rock photos visit [Facebook page CR365](#).

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