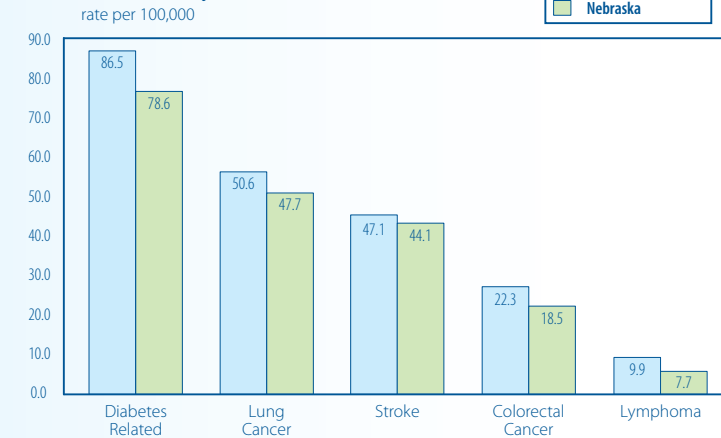
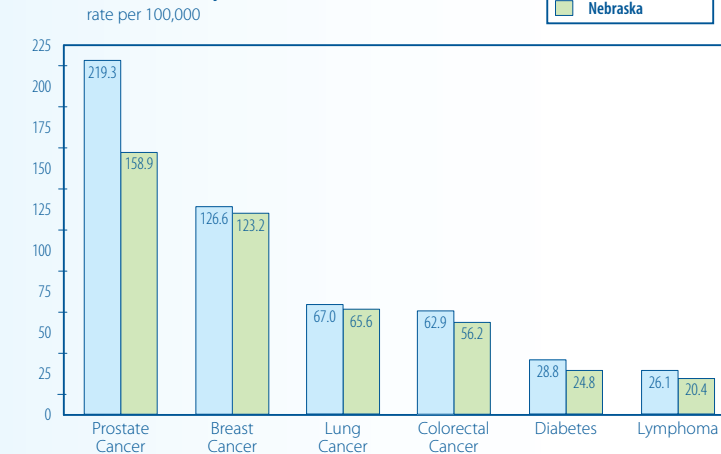


Local Health Indicators

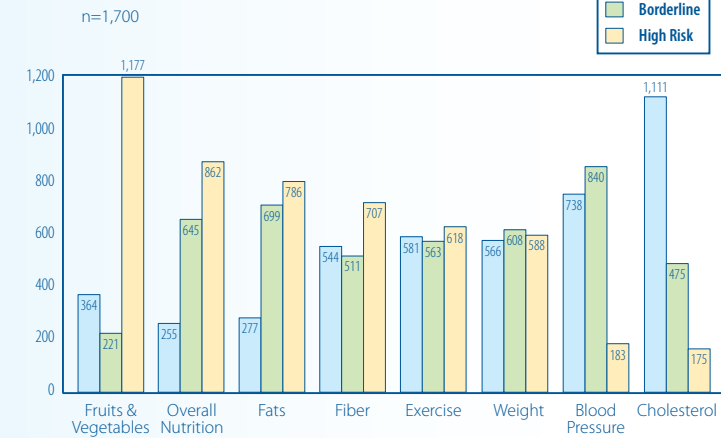
Mortality Rates (Deaths)



Morbidity Rates (Illnesses)



Behaviors



Local Health Priorities

Information Resources

Morbidity and mortality information for the Three Rivers District is obtained through the Nebraska Vital Statistics Report. Behavioral information for our local population is obtained through an aggregate report of the approximately 1,700 Health Risk Assessments that we administer locally each year. A morbidity or mortality indicator is considered a priority when the rate of death or illness for the Three Rivers population exceeds the rate for Nebraska as a whole. Behavioral priorities, on the other hand, are those that are most reflective of the risks associated with identified morbidity and mortality priorities.

Identifying Key Issues

In the Three Rivers District, the priority health areas related to mortality (death) are: diabetes, lymphoma, lung cancer, colorectal cancer, and stroke. The priority health areas related to morbidity (illness) in the Three Rivers District are: diabetes, lymphoma, lung cancer, colorectal cancer, breast cancer, and prostate cancer. Considering that all of the morbidity and mortality health priorities for the Three Rivers District are chronic diseases, it will be important for future community programs to place emphasis on the risk factors that have been identified as behavioral priorities for the Three Rivers District. Those priorities are: excess weight, lack of exercise, poor nutritional practices, high cholesterol, and moderate to high blood pressure.

Forces of Change

The vision in presenting this information is that local agencies offering community health programs and services will use it in developing their operating objectives. By knowing what the key health concerns are we can better address them through collaborative efforts. As the Three Rivers District Health Department receives annual updates to vital statistics, and continues to collect information through the health risk assessment process, the health priorities will be updated, and will hopefully reflect positive change in the health of our local residents.

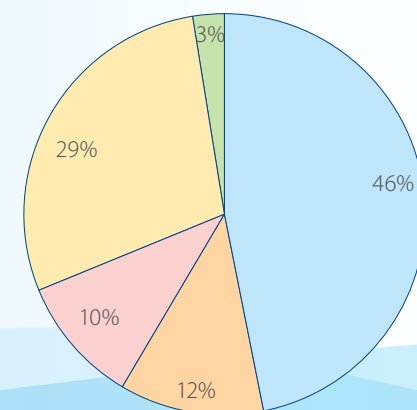
Board of Directors

- Bob Roesch, DDS, President
- Dianne Travers-Gustafson, PhD, RN, Vice-President
- Lynn Lamprecht, Secretary
- Rob George, Dodge County Supervisor
- Ron Hinline, Washington County Supervisor
- Jim Jordan, MD
- Dean Lux
- Madeleine MacDonald, MD
- Mary Specht, BSN, RN
- Scott Sukstorf, Saunders County Supervisor
- Linda Wardell, APRN-NP

Financial Report

Expenditures

Salaries	\$ 433,836	46%
Fringe	\$ 107,670	12%
Administration	\$ 95,481	10%
Program Costs	\$ 265,126	29%
Equipment	\$ 23,579	3%
Total	\$925,692	100%

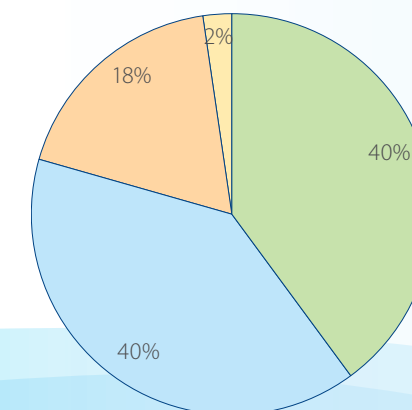


Staff

- Jeff Kuhr, PhD, Executive Director
- Lyndsay Osborn, MHP, Disease Surveillance Coordinator
- Kelly Dinslage, Emergency Response Coordinator
- Keerun Kamble, MPH, Community Health Program Coordinator
- Jackie Olson, Fremont Office Manager
- Trino Nuno, Minority Health Coordinator
- Tricia Homan, Program Coordinator
- Julie Eggen, BSN, RN, Every Woman Matters Coordinator
- Tim Vater, RN, Call Care Coordinator
- Tonja Frank, RN, School Nurse / Every Woman Matters Coordinator
- Melissa Poessnecker, LPN, Fremont Clinic Coordinator
- Linda Voboril, LPN, Wahoo Clinic Coordinator
- Kathy Hageman, Wahoo Office Manager
- Nan Pollack, Every Woman Matters Coordinator / Medicare Billing
- Deb Wolfe, LPN, Flu Clinic Coordinator
- Justin McMillan, Project Extra Mile Coordinator

Revenue

State Funding	\$ 380,954	40%
Grants	\$ 377,352	40%
Charges for Services	\$ 174,392	18%
Other Revenue	\$ 22,143	2%
Total	\$954,841	100%



THREE RIVERS DISTRICT HEALTH DEPARTMENT

Serving Dodge, Saunders, & Washington Counties

Promoting & Protecting Public Health Annual Report 2009- 2010

Agency Mission Statement

"Our mission is to facilitate personal responsibility while promoting health and preventing disease among the residents of Dodge, Saunders, and Washington Counties."

The Mission is accomplished through three core functions:

1. Assessment of community health status.
2. Health policy development to support effective programs.
3. Assurance of high quality effective education and service.

The core functions are addressed through the following ten essential public health services:

1. Monitor health status to identify community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure a competent public health workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.

Fremont Office
33 West 4th Street • Fremont, NE 68025 • (402) 727-5396

Wahoo Office
1102 North Chestnut Street • Wahoo, NE 68066 • (402) 443-4603

Visit our website: www.threeriverspublichealth.org



Health Services

Vaccinations are an important tool for protecting the health of the community. As a Nebraska Vaccine for Children Provider, Three Rivers District Health Department offers low cost or no cost immunizations for infants, children, and some adults who are uninsured, whose insurance does not cover immunizations, or who are unable to access services. Three Rivers has also made arrangements with the Nebraska Department of Health and Human Services to provide free vaccinations to homeless, high risk, and underserved individuals who are in need of immunizations but cannot afford them or do not have access to them. The Three Rivers clinic is open daily and in

many instances vaccine is administered at schools, places of employment, and churches throughout the three-county area.

Call Care is a local hotline that is available Monday thru Friday from 7am to 7pm to answer medical questions and make referrals to applicable community resources. Calls are handled by a staff of professionally trained public health nurses. Call Care is an excellent choice for people who are looking for fast and accurate information to resolve their minor medical needs.

Every Woman Matters is a program that offers financial assistance for various

diagnostic procedures. The program is for women between the ages of 40 and 64 who meet income eligibility guidelines. The Three Rivers District Health Department provides case management for Every Woman Matters in 35 Eastern Nebraska Counties.

Additional health services offered by Three Rivers District Health Department include:

- Tuberculosis screening
- Lead screening
- CPR training
- Employee drug testing
- Daycare employee physical exams
- School nurse consulting services

Surveillance & Assessment

As one of the primary functions of a local health department, Reportable Disease Surveillance serves as the early alert system for all communicable diseases. Three Rivers District Health Department is notified of all lab confirmed communicable diseases and conducts public health investigations with assistance from the National Electronic Disease Surveillance System (NEDSS). Our partnership with local hospitals, health care providers, nursing homes, and schools to receive prompt notification of reportable diseases enables us to begin the disease investigation process in a timely manner as well as to disseminate helpful information to prevent their further spread. Syndromic

surveillance is a way for Three Rivers to collect real time information on symptoms that may indicate local disease outbreaks. Syndromic surveillance is conducted in Dodge, Saunders, and Washington counties as follows:

- 55 schools report absences every week throughout the school year
- 21 nursing homes report influenza-like-illnesses every week throughout the influenza season
- 3 hospitals report influenza-like-illnesses every week throughout the influenza season

A local physician serves as one of 17 statewide sentinel physicians and reports influenza-like-illnesses seen in his office every week throughout the influenza season

Three Rivers uses Geographic Information System (GIS) Mapping to view, understand, question, interpret, and visualize data in many ways that help to reveal relationships, patterns, and trends in the form of maps, globes, reports, and charts. GIS helps us answer questions and solve problems by looking at our data in a way that is quickly understood and easily shared.

Community Health Education

The major purpose of community health education is to design, test, promote, and implement intervention programs which result in health-positive behaviors among individuals, families, and community groups. The success of our community health education efforts is based greatly upon strong collaborations with health and human service agencies such as local hospitals, county extension agencies, and schools.

One of our efforts involves administering Health Risk Assessments to our residents through local employers, churches, and community events. Having approximately 1,700 residents complete the assessment each year allows Three Rivers District Health Department to identify the population-based health needs in our

community. The Health Risk Assessment consists of:

- A simple blood test for total cholesterol, HDL, LDL, triglycerides and glucose
- A blood pressure reading
- Height and weight measurements
- Completion of a health survey

The results from the biometric screening and health survey are compiled into an easy-to-read and detailed report that also includes helpful tips for improving a person's health status through appropriate lifestyle changes.

Additional community health education programs offered by the Three Rivers District Health Department include:

- Telehealth Education for School Health Program (TESH)
- Weekly Health Update (radio spot)
- www.threeriverspublichealth.org
- Pool Cool Program partnering with local swimming pools
- Project Extra Mile to reduce underage drinking
- Glo Germ hand washing campaign with locals schools
- Diabetes education program in cooperation with Nebraska Department of Health and Human Services Office of Public Health

Three Rivers staff is available to provide programs and presentations at work, school, and places of worship.



Emergency Preparedness

Emergency Preparedness is an important component to the local public health department. There is always a threat to the community in relation to natural disasters, large scale disease epidemics, and bioterrorism. The Three Rivers District Health Department is prepared for public health response to such events. Our response plan addresses the following:

- Early detection of disease
- Public risk communication
- Environmental safety specific to the event
- Quarantine and isolation policies and procedures
- Mass vaccination/dispensing of medical countermeasures

The Three Rivers District Health Department does all of this in an effort to better prepare, educate, and protect

our communities in times of need. Three Rivers continues to be involved in the City Readiness Initiative, the Medical Response System, and the Emergency Management System for the communities we serve.

The Novel H1N1 Pandemic of 2009 was a great way to test our emergency preparedness and response plans. On October 8th, the first shipment of Novel H1N1 vaccine arrived locally. In Nebraska, all of the H1N1 vaccine was distributed through the local health departments.

Vaccinations were initially administered based on CDC-defined priority groups. Three Rivers District Health Department received 26,335 doses of H1N1 vaccine. On December 21st, the H1N1 vaccine was made available to the general public in Nebraska. In Dodge, Saunders, and Washington Counties, the vaccine was available through most local health care providers, and through various public clinic locations.

Environmental Health

It is important that our residents remain safe from the physical, chemical, and biological factors that are a product of our environment. The Three Rivers District Health Department implements programs that encompass the assessment and control of the environmental factors that can potentially affect health. As such, our staff provides assistance to residents on the following environmental matters:

- Indoor air quality in areas such as mold, radon, and tobacco smoke
- Toxic materials such as mercury

- Prevention of zoonotic diseases that may be transmitted to humans from insects and rodents

Each year the Three Rivers District Health Department distributes radon and water test kits to our residents, from which individual results are plotted to determine the public health impact from a geographic perspective. In addition, Three Rivers keeps a database of complaints related to restaurant cleanliness, landlord/tenant property maintenance issues, indoor smoking

violations, mold issues, and general public health nuisances. In most cases, the health department is able to provide solutions to these issues.

With the new smoke-free Nebraska law that went into effect June 1, 2009, we have partnered with area businesses in order to create a smooth transition into making public places smoke-free.

We work with local businesses to assist them in maintaining compliance to Nebraska's smoke-free law.