

Annual Newsletter

July 1, 2017 - June 30, 2018



THREE RIVERS

PUBLIC HEALTH DEPARTMENT

Dodge, Saunders & Washington Counties



PREVENT

PROTECT

PROMOTE

A MESSAGE FROM THE DIRECTOR...

On behalf of the Three Rivers Public Health Department (3RPHD) Board and Staff it is my pleasure to present to you our 2017-2018 Annual Newsletter. I encourage you to learn more about the many programs and services we offer as well as the great staff who work each day to make 3RPHD an ongoing resource to the communities we serve. 3RPHD serves approximately 77,709 residents in Dodge, Saunders, and Washington counties which are adjacent to the state's two largest cities.

This last fiscal year was a full and productive one with the completion of many different projects. I am proud to present the 2017-2020 Strategic Plan which was completed. It is a reflection of our department's vision for the future with a commitment to the continued strengthening of our collaboration with local public health and other critical public and private partners. The four strategic visions for 3RPHD are:

1. Supporting Three Rivers' Sustainability
2. Expanding Public Health Awareness
3. Nurturing Human Resources
4. Enhancing Needed Services

Another core component of the important work we do each and every day is assessment of the population's health to ensure the health and safety of the communities that we serve. Surveillance for communicable diseases is one type of assessment, epidemiological surveillance is the systematic collection, analysis, and dissemination of health data for the planning, implementation, and evaluation of health programs. We are conducting more investigations than ever before which gives us the ability to assess what is happening locally. This allows outbreaks to be recognized in a timely fashion and therefore prevent additional cases.

The 3RPHD staff is dedicated to improving the health and quality of life of our residents by offering programs which promote healthy life choices, wellness for children, disease control, and environmental safety (just to name a few). We strive every day to continue to provide excellent service to everyone.

We hope you enjoy reading this annual report that highlights the work we do. I would like to thank all of the staff and the Board of Health for their service. If you have any questions or comments, please don't hesitate to contact me.

Sincerely,
Terra Uhing, MS
Executive Director

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Board of Directors

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Dr. Adam Lamprecht (Dentist)

Cathi Sampson

Dan Weddle

Mary Specht

Scott Sukstorf

Mary Le Arneal

Linda Wardell

Mark Powell Sr.

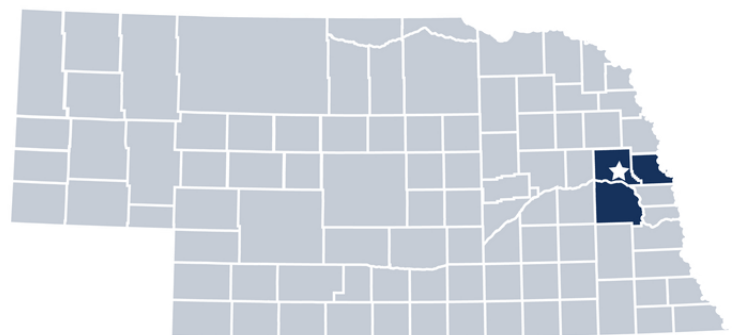
Steve Dethlefs

MISSION

To empower families while promoting healthy living for the improvement of our communities.

VISION

In cooperation with our communities, we will always be compassionate and respectful in our public health endeavors.



Meet Our Staff



Terra Uhing
Executive Director



Alison Shanahan, RN
Manager of Nursing Services



Erin Kopietz, APRN
Nurse Practitioner



Sofia Toben
Manager of Business Operations



Coartney DiGiorgio
Health Educator



Angelia Wimberly
Emergency Preparedness Coordinator



Lacey Taylor, MSW
Sexual Health Educator



Amy Roberts, MPH
Disease Surveillance



Melissa Poessnecker, LPN
Public Health Nurse



Evelyn Martinez
Community Health Worker



Esmeralda Linares
Medical Assistant

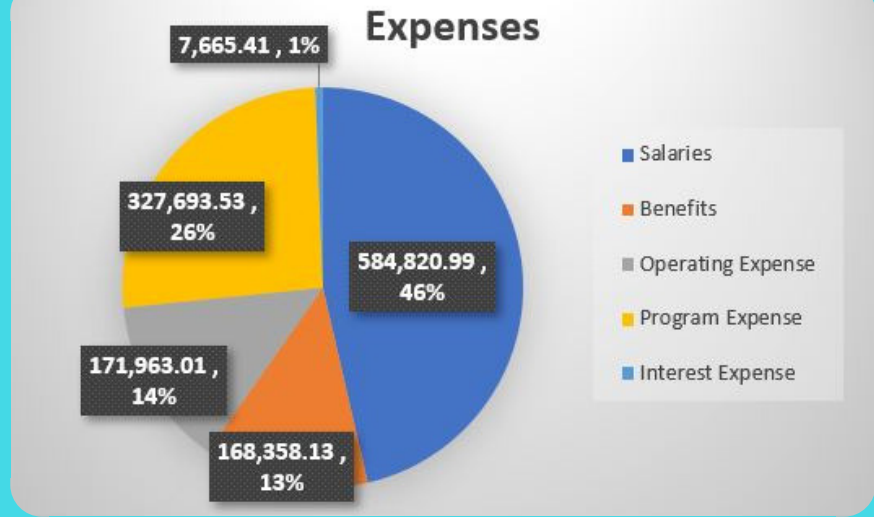


Ivette Jarquin
Receptionist

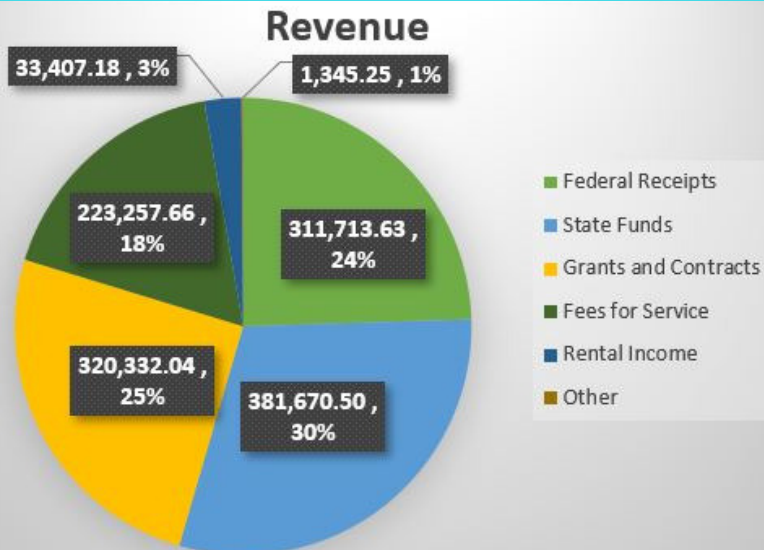
Financial Report

GRANTS FUNDED THIS YEAR:

- Accreditation Support
- Safe Kids
- Maternal Child Health
- Vaccine for Children
- Reproductive Health
- Emergency Response
- Cities Readiness Initiative
- West Nile Virus



Total Expenses: \$1,260,501.07



Total Revenue: \$1,271,726.26

- Nebraska Office of Highway Safety
- Health Hub
- Making Connections
- Susan G. Komen Great Plains
- Lead Prevention Grant
- Radon
- Contraceptive Access Project
- Buckle Up for Life
- Minority Health Initiatives
- Tobacco Retail Data Collection

DISEASE SURVEILLANCE

Three Rivers works to prevent the spread of disease through investigation and follow-up of reportable illnesses. During this past year, this included investigation of an active case of tuberculosis and assistance with a foodborne outbreak at a local health care facility. The most commonly investigated diseases are shown in the chart below.

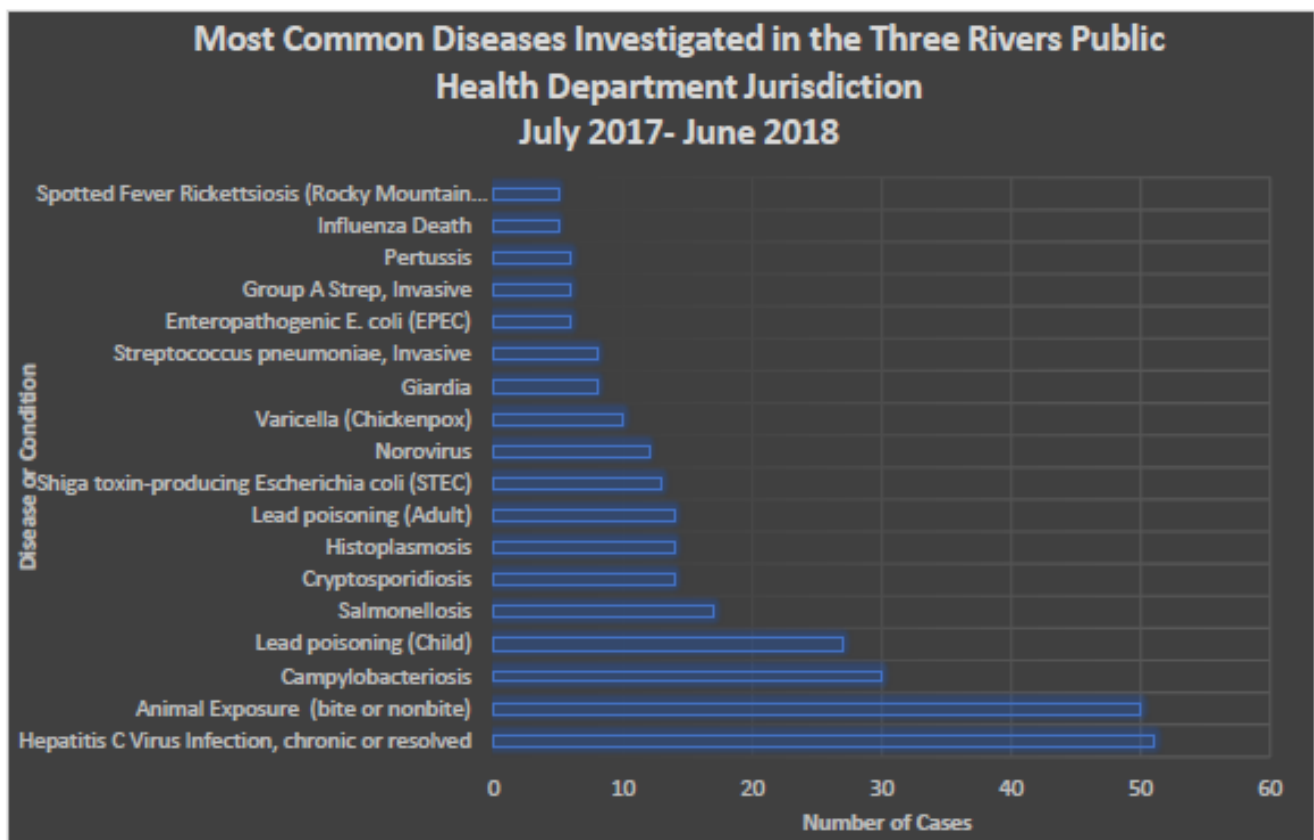
During influenza season, Three Rivers partners with local schools, hospitals, and long-term care facilities to monitor levels of influenza in the community and provide guidance as needed.

During the summer months, Three Rivers conducts surveillance for West Nile virus through bi-weekly collection of mosquitoes at 5 sites in Dodge County. During the season, one positive mosquito pool was identified.

324
reportable disease
cases investigated

Top 3 Investigated Diseases:

1. Chronic Hepatitis C
2. Animal Exposure (Bite or Non-Bite)
3. Campylobacter



EMERGENCY PREPAREDNESS AND RESPONSE

Good planning leads to good response.



Planning and exercising plans help ensure that health departments are ready to respond and save lives when emergencies occur. Three Rivers Public Health Department, coordinates with emergency medical services (EMS), hospitals, law enforcement agencies, fire departments, as well as providers and local chapters of non-profit disaster relief organizations, such as the Red Cross. We all work together to make sure the community and its members are as safe and prepared as we possibly can be in the event of an emergency.

Statistics from the Department

1,774

Number of
Immunizations given
to children & adults
(other than flu)

1,664

Number of
reproductive
health visits

69

Number of colon
cancer screening
kits distributed

3,251

Number of influenza
vaccinations given to
children & adults

181

Number of radon
test kits distributed

232

Number of car seat
inspections
completed

DIABETES PREVENTION PROGRAM (DPP)

For the first time this year, Three Rivers Public Health Department (3RPHD) offered the Prevent T2 program. Prevent T2 is an evidence based diabetes prevention program developed by the Center for Disease Control & Prevention (CDC). Our program was offered in Spanish and geared to minority race individuals who were considered pre-diabetic with the goal of preventing the onset of Type 2 diabetes. A trained lifestyle coach and 3RPHD staff member led the program, helping educate participants on how to improve certain aspects of their lifestyle such as eating healthier, reducing stress and increasing physical activity. The program also included a group support component where participants could meet with others who shared the same goals and challenges.



Quick Facts:

During the first six months...

- 13 participants
- 71% increased activity level
- 43% lost weight

Testimonial from a 58 year old participant:
"Thank you for the program. It has helped me how to learn to eat healthier. Maintain a more active life to maintain healthy."

Title X Clinic Services

Three Rivers Public Health Department is a recipient of federal Title X funding. Title X funding plays a critical role in ensuring access to a broad range of family planning and preventative health services. During the 2017-2018 fiscal year, Three Rivers reproductive health clinic conducted 1,664 client visits.

The 1,664 visits provide health services such as: contraceptive, or birth control; cervical cancer screening; pelvic exam; pap smears; testing and treatment of sexually transmitted infections (STI); and STI prevention and education.

CLINIC SERVICES

- Vaccines for Children
- Adult Immunizations

REPRODUCTIVE HEALTH SERVICES

- Birth control and counseling
- Pregnancy Testing
- Sexually transmitted infection (STI) testing and treatment
- HIV testing
- Colposcopy
- Pelvic exam, pap smear, & cervical cancer screening
- Infertility evaluation and counseling
- Preconception counseling
- Teaching of breast self-exam

Komen

Three Rivers was also proud to be a recipient of the Susan G. Komen Great Plains Communication Grant, which provided lifesaving breast cancer awareness and screening. To raise awareness of the program, staff hosted a movie screening event at the Wahoo Library where free breast exams were also provided. We also partnered with a girl scout troop to educate young girls on the importance of breast exam and breast cancer.



CONTRACEPTIVE ACCESS PROJECT

88
LARC methods placed
(IUD's & Implants)



550
visits covered for youth
age 15-24 years

In July of 2017, Three Rivers was awarded funding for the Contraceptive Access Project (CAP), a program of the Women's Fund of Omaha. CAP is a multifaceted program with a major component targeted at increasing access to highly effective forms of contraception and, as a result, reduce unintended pregnancies across all ages and ability, with particular focus on youth and young adults age 24 and under.

Under the funding available, visits are covered for youth and young adults (age 24 and under), who are seeking information on birth control, to obtain a birth control method, or removal of a long-acting birth control method. All visits also include confidential education and counseling opportunities. To ensure adolescents' choices are fully informed and completely voluntary, youth are educated about *all* contraceptive methods that are appropriate for them, so they can choose freely from among the range of contraceptive options, including highly effective long-acting, reversible contraceptive (LARC) methods.

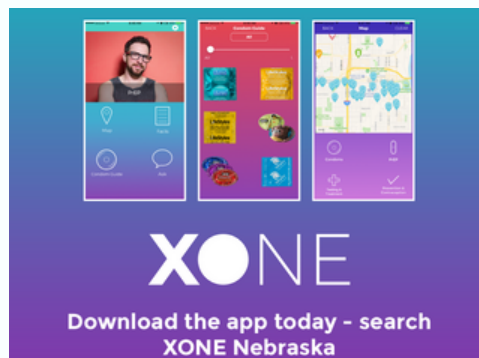
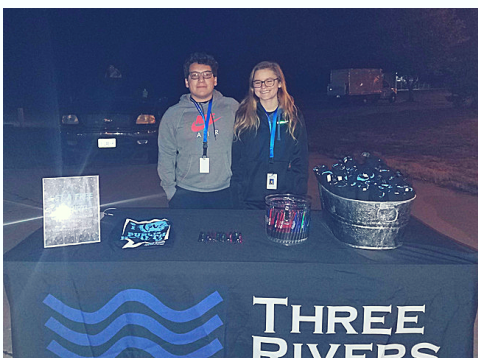
All forms of contraception are also offered at no cost to people age 25 and older who do not have private insurance coverage or Medicaid. The client is responsible for all other charges on a sliding scale based on household income, including the cost of the office visit.



CONTRACEPTIVE ACCESS PROJECT

Another major component of the Contraceptive Access Project (CAP) was the hiring of a health educator. The educator's main goal has been to conduct outreach and educational efforts in order to increase community knowledge about sexual health and promote the use of 3RPHD's sexual and reproductive services. The focus of these efforts is with youth age 24 years and under which means meeting youth where they are at, including but not limited to colleges, high schools, after-school programs, correctional programs, crisis and homeless shelters, as well as within the faith-based community.

In an attempt to increase outreach efforts, the first ever 3RPHD Youth Action Committee (YAC) was formed. The YAC consists of 10 local high school students who have been receiving sexual health education as well as planning and facilitating outreach events. The health educator has also worked with local colleges to obtain a volunteer base. These volunteers have helped with preparing informational outreach supplies, such as brochures and fliers. In addition, they have created bulletin boards with sexual health related topics that can be seen when entering the health department.



HIGHLIGHTS

➔ Bike Rodeos

223 Bike helmets given out

259 Children in attendance



➔ Car Seat Safety

232 Car seat inspections completed

130 Car seats given out



Three Rivers had the opportunity to apply for the competitive grant Buckle Up for Life (BUFL) that provides funding for national car seat programs. While we were not chosen to receive monetary funding, we were chosen to be a Gift of Safety Partner for the 2017-2018 fiscal year. This meant BUFL would provide us with 100 car seats to distribute at no charge to the family.

In March of 2018, we applied for the funding again. We were honored with being one of 14 applicants funded, out of 86 nationwide, for the upcoming 2018-2019 fiscal year. This funding will allow for the purchase of car seats, educational materials, office supplies, staff time, etc. BUFL also provides a curriculum to teach child passenger safety to parents, teens, and children.



SAFE KIDS THREE RIVERS

Safe Kids Three Rivers works to prevent unintentional injuries in children in Dodge, Saunders, and Washington Counties. Three Rivers has 3 priority areas: Child Passenger Safety, Bike and Pedestrian Safety, and Distracted Driving.

Three Rivers has 3 child passenger safety technicians, two of which are bilingual, that work to keep children safe through car seat safety inspections. Parents can schedule an appointment to have their car seats inspected for safety and proper use. Car seats are also available to families in need. Community car seat events are held in each county every year during the summer months.

A bike rodeo is conducted in each of the three counties each summer where families come to learn about proper helmet use, learn to navigate their bikes through an obstacle course, and can go home with a brand new helmet if they do not have one.

Education & Outreach

Three Rivers extends public health education to the community by participating in outreach events. All staff spend time at various events in the community educating on our services, offering offsite services when possible and educating on applicable topics such as breast cancer awareness, sexual health topics, nutrition and exercise, bike and pedestrian safety, and radon prevention. This year the staff attended or hosted over 100 outreach events.

These events included but were not limited to the following:

- Fremont Home Show for Radon Safety/Prevention
- Fremont Elementary Schools for Dental Health
- YMCA Healthy Kids Day for exercise, nutrition & safety information
- Kids Learning Awareness & Safety Day (KLAS) in collaboration with Fremont Health
- Car Seat Safety Checks & Bike Rodeos in Dodge, Saunders and Washington counties
- National Night Out in Dodge and Washington county
- Health Fairs & Educational Classes at Logan View Elementary, Brady's Foods, Hormel, Fremont Contract Carriers, CareCorps, Lutheran Family Services, Dodge County Head Start, Midland University, Saunders Medical Center, & Fremont Housing Agency, etc.



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