

# Annual Newsletter

July 1, 2016-June 30, 2017



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Fremont, NE

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[www.threeriverspublichealth.com](http://www.threeriverspublichealth.com)



## MESSAGE FROM THE DIRECTOR

It is my pleasure to welcome you to our 2016-2017 Three Rivers Public Health Department (3RPHD) Annual Newsletter. I encourage you to learn more about the many programs and services we offer and about the terrific staff who make 3RPHD a terrific resource to the communities we serve.

We are dedicated to bringing you the highest level of public health expertise and to keep the individuals that reside within our health jurisdiction healthy and safe.

Promoting wellness is also a key component of our mission, and we believe the health of a community begins with education. Our goal is to provide you with accessible healthcare information, and educate the community about the variety of programs we offer.

Please invite your neighbors, your co-workers, your faith communities, and others to visit [www.threeriverspublichealth.org](http://www.threeriverspublichealth.org), where they'll find more information about the different ways that 3RPHD is making a difference each and every day.

I hope you will visit us often, and find 3RPHD to be a dynamic resource for you and your family. Thank you again for your continued support it is our privilege to serve you.

Sincerely,

Terra Uhing, MS  
Executive Director

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# MEET THE STAFF



**Terra Uhing, MS**  
Executive Director



**Alison Shanahan, RN**  
Manger of Nursing Services



**Erin Kopietz, APRN**  
Nurse Practitioner



**Sofia Toben**  
Manager of Business Operations



**Coartney DiGiorgio**  
Health Educator



**Karmen Dickes, MPH**  
Emergency Preparedness Coordinator



**Lacey Taylor, MSW**  
Health Educator



**Amy Roberts, MPH**  
Disease Surveillance



**Melissa Poesnecker, LPN**  
Public Health Nurse



**Evelyn Martinez**  
Medical Assistant



**Esmeralda Linares**  
Administrative Assistant



**Ivette Jarquin**  
Receptionist

# THREE RIVERS BY THE NUMBERS

5,430

Number immunizations given to children and adults

50, 23, 3

Number of schools, long term care facilities, and hospitals participating in weekly flu reporting

1,727

Number of visits to our Reproductive Health Clinic

215

Number of car seat inspections completed

72

Number of colon cancer screening kits provided

274

Number of reportable diseases investigated

324

Number of Radon testing kits distributed

171

Number of free bicycle helmets distributed

## ----- 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.



## PREVENTING ILLNESS AND DISEASE

Three Rivers Public Health Department utilizes public health nurses to help prevent illness and diseases by extending immunization clinics to the community. Influenza immunizations are an important public health service that we provide to businesses and organizations in our three county district. During the 2016-2017 influenza season, 3RPHD immunized 2,786 individuals at 104 different flu clinic locations.



In addition to the influenza vaccines, our clinic nurses also administer Vaccinations for Child and adult immunizations in our clinic in Fremont, NE. During the 2016-2017 fiscal year, our nurses provided a total of 5,430 immunizations to protect against vaccine preventable diseases.

*"Getting recommended vaccines can give your family peace of mind. They will have the best possible protection available against a number of serious diseases."*

*- Centers for Disease Control and Prevention*



### CLINIC STAFF

- ◇ Melissa Poessnecker
- ◇ Alison Shanahan
- ◇ Evelyn Martinez
- ◇ Erin Kopietz

## REPRODUCTIVE HEALTH SERVICES

Three Rivers Health Department is the recipient of Title X funding. Title X family planning clinics play a critical role in ensuring access to a broad range of family planning and preventive health services. During the 2016-2017 fiscal year, Three Rivers reproductive health clinic conducted 1,727 client visits.

These 1,727 visits provide preventative health services such as: contraception, or birth control, cervical cancer screenings, pelvic exams, pap smears, testing and treatment of sexually transmitted infections, and STI prevention and education.

Three Rivers is also proud to be a recipient of the Susan G. Komen Great Plains Community Grant, which provides life saving breast cancer awareness and screenings. Through the funding Three Rivers is committed to offering the CARES program—Cancer Awareness, Resources, Exams, and Screenings. To raise awareness of the CARES program, staff hosted an event with a movie screening and free breast exams. Staff also participated in "Pink Out" events in collaboration with Saunders Medical Center, as Saunders County is our highest priority area for decreasing breast cancer.



# SAFE K:DS THREE RIVERS



Certified Car Seat Technicians

**Working to prevent unintentional injuries in children in Dodge, Saunders, and Washington counties. Three Rivers has 3 priority areas : Child Passenger Safety, Distracted Driving, and Bike and Pedestrian Safety.**

## **Child Passenger Safety**

Three Rivers has 4 Certified Child Passenger Safety Technicians who completed 215 car seat inspections, and provided 125 brand new car seats to low income families. Car Seat Check Events are held every year in each county.

1

2

3

## **Bicycle Safety**

Three Rivers coordinates Bike Rodeos in each county. Families learn about helmet use, ride their bike through an obstacle course, and walk away with a brand new helmet. 171 free helmets were distributed this year.

## **Distracted Driving**

The Safe Kids Coordinator works with local teenagers at schools and drivers education classes to reduce distracted and dangerous driving among young drivers.

## IMPLEMENTING EVIDENCE-BASED PROGRAMS



*Health Educators*

Step It Up is a free walking program offered to residents of Dodge, Saunders and Washington Counties. One of the grant requirements for Health Hub funding is to implement an evidence-based lifestyle program. Three Rivers chose Step It Up to be the program because walking is an inexpensive way to increase your physical activity and improve overall health.

Three Rivers offered two Step It Up sessions, one in the fall/winter of 2016, and one in the winter/spring of 2017. Once a week, Step It Up participants met at local gymnasiums to walk for a minimum of 15 minutes over the lunch hours (11am-1pm). During the 8 week program, Three Rivers staff recorded participant's BMI and blood pressure on the first, fourth, and final walking session. Participants also received educational material each week to encourage healthy behaviors. At the end of the program, participants who attended 6 of the 8 weeks received a brand new Fitbit.

Walking decreases the risk of...

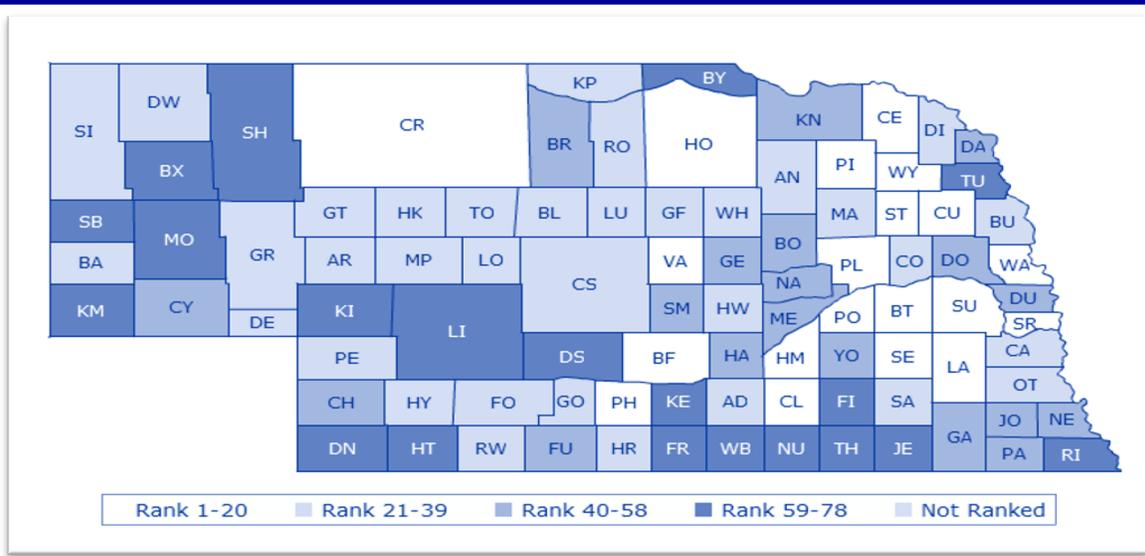
- Cardiovascular disease
- Type 2 Diabetes
- Obesity

Walking works several muscle groups that pumps blood back to the heart, improving circulation, endurance, & balance.

Total Number of Participants:

- Dodge County—29 participants
- Saunders County—33 participants
- Washington County— 16 participants
- Total — 78 participants





Nebraska County Health Rankings

## WORKING TO IMPROVE HEALTH OUTCOMES

The map above shows all counties in Nebraska and how each county ranks in health outcomes. The health outcomes are measured by looking at resident’s length of life, quality of life, health behaviors, clinic care, physical environment, and social & economic factors.

By understanding the health needs of our communities through resources like the County Health Rankings, Three Rivers is able to provide staff with the opportunity to develop their public health skills that will address the needs of our counties. Each staff member plays a critical role in insuring we are providing quality public health services. Here is a glimpse of some of the trainings staff attended from the past year:

- Emergency Preparedness Summit—Atlanta, GA
- Child Passenger Safety Technician Training— Lincoln, NE
- Mental Health 1st Aid—Lincoln, NE
- Public Health Association of Nebraska—Lincoln, NE
- Kids In Motion— Orlando, FL
- Human Trafficking—Fremont, NE
- Evidence Based Public Health Training—Lincoln, NE
- CityMatCH, Maternal and Child Health—Philadelphia, PA
- Animal Disease Response—Columbus, NE

### NEBRASKA COUNTY HEALTH RANKINGS

The Nebraska county health rankings help counties understand what influences how healthy residents are and how long they will live. The rankings look at a variety of measures that affect the future health of communities such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births.

Overall Ranking in Health Outcomes

#3 Washington County

#12 Saunders County

#58 Dodge County

# HEALTH EDUCATION

Three Rivers extends public health education to the community by participating in outreach events. All staff spend time in the community offering services, or educating the public on who we are. This year staff attended 80 outreach events throughout the year. Many of these events are health fairs

where we can educate the public on health trends such as breast cancer awareness, nutrition and exercise, bike and pedestrian safety, protection from environmental hazards, and veteran services.



## KLAS—KIDS LEARNING AWARENESS AND SAFETY

Three Rivers Public Health Department strives to bring community resources together to educate the community. An example of community collaboration is the Kids Learning Awareness and Safety (KLAS) day. 3RPHD partnered with Fremont Health to plan the one-day event where students can learn about health and safety from experts in our community.

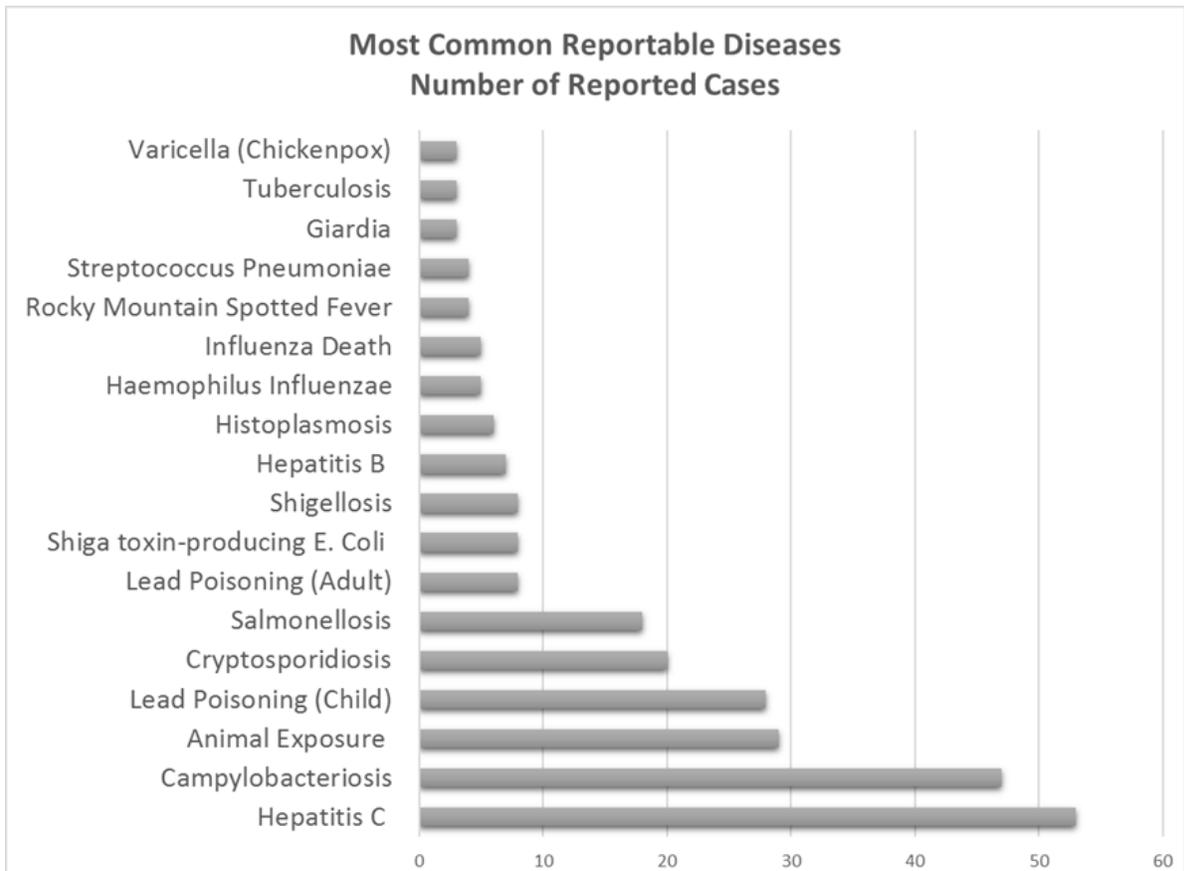
KLAS was held on May 25th and May 31st with a total of 56 different youth, grades 3-6, preparing for a safe summer. Many students in our community spend the summer months at home alone, and as the public health department, this is our opportunity to bring education to our youth. Our partners and community speakers included: Fremont Fire & Rescue (fire prevention, severe weather planning), The Bridge Crisis Center (internet safety, anti-bullying), YMCA (water safety), Law Enforcement (seatbelt convincer), and Fremont Health (CPR, meal planning, and medication safety).

## KNOW YOUR NUMBERS

The first annual Know Your Numbers Health Fair & Screening took place on July 27th, 2016 at the Saunders County Fair Grounds in Wahoo, NE. This was a free health screening event for anyone 19 or older. Screenings included: Blood Pressure, Cholesterol, BMI, Balance & Flexibility, and Lung Function. Health coaches were also available to discuss diabetes and COPD. Participants also received a souvenir bag filled with items to promote health and wellbeing.

**KNOW  
YOUR  
NUMBERS**





## MONITORING COMMUNITY HEALTH

Disease surveillance is a critical service provided by Three Rivers Public Health Department. During the 2016-2017 fiscal year, the Disease Surveillance Coordinator conducted investigations on 274 confirmed, probable, and suspect cases of reportable diseases. The graph above shows the most common diseases that were investigated.

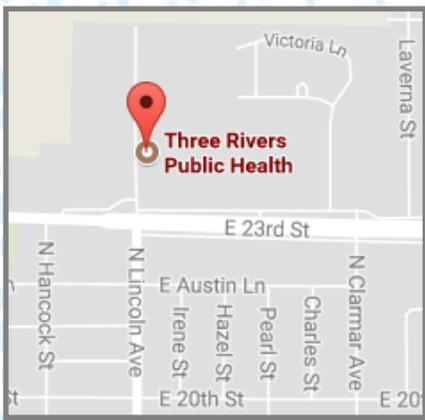
We also monitor West Nile Virus by participating in biweekly collection of mosquitoes in Dodge County. The mosquito traps are set in the evening and collected the following morning to be sent to the lab for testing. The data is compiled with the rest of the state's data in order to analyze the current status of West Nile Virus in Nebraska.

During influenza season, Three Rivers Public Health Department assesses the community health's through collaboration with 3 hospitals, 50 schools, and 23 long term health care facilities in Dodge, Saunders, and Washington Counties. Each facility reports on influenza activity weekly. This assessment helps Three Rivers monitor trends and cases of influenza.



# We're Social Follow Us

-  [www.threeriverspublichealth.org](http://www.threeriverspublichealth.org)
-  [facebook.com/threeriverspublichealthNE](https://facebook.com/threeriverspublichealthNE)
-  [instagram.com/threerivers\\_publichealth](https://instagram.com/threerivers_publichealth)
-  [twitter.com/threerivers\\_ph](https://twitter.com/threerivers_ph)

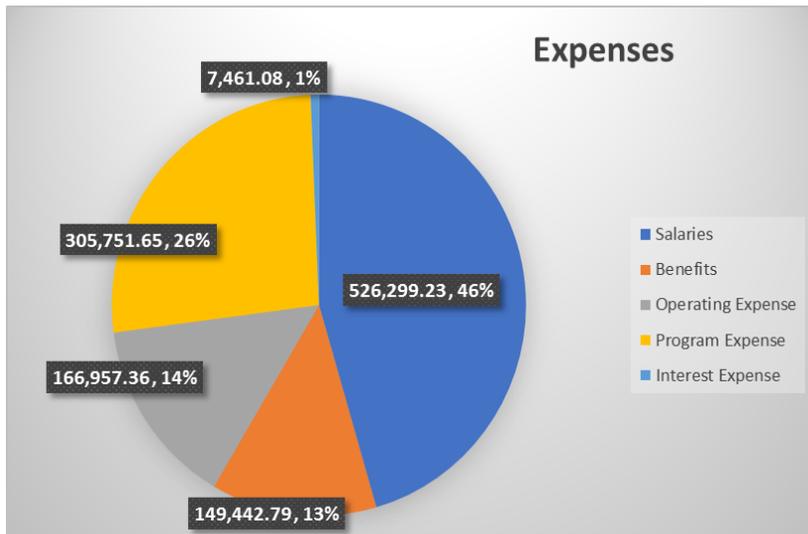
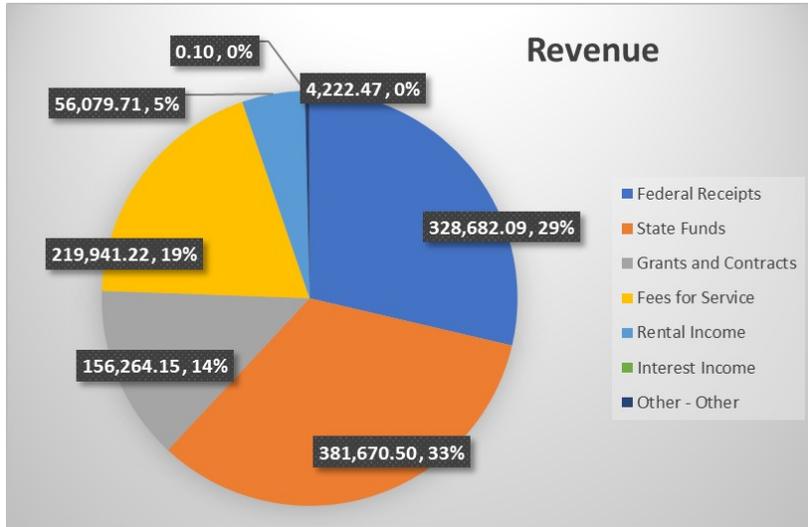


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# FINANCIAL REPORT



### GRANTS FUNDED THIS YEAR:

- Accreditation Support
- Safe Kids
- Maternal Child Health
- Distracted Driving
- Vaccine for Children
- Reproductive Health
- Emergency Response
- Cities Readiness Initiative
- West Nile Virus
- Nebraska Office of Highway Safety
- Health Hub
- VetSET
- Making Connections
- Susan G. Komen Great Plains

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