

WEST CENTRAL DISTRICT HEALTH DEPARTMENT

ANNUAL REPORT HIGHLIGHTS 2009

*Serving Lincoln, Logan, McPherson, Arthur, Keith,
Thomas, Hooker and Grant Counties*



THIS ISSUE

History of Public Health	pg 1
Message from Our President	pg 2
Financials	pg 3
Programs and Services	pg 4-6
Staff Director	pg 7
Message from Health Director ..	pg 7

Prior to the passing of the Nebraska Legislature bill 692 in July of 2001, Nebraska lacked stable funding for public health activities. This bill marked the beginning of public health coverage for the entire state, a bill intended to encourage the formation of District Health Departments and cover the entire state of Nebraska with a public health department. At the same time, a public health assessment process was started known as Mobilizing for Action through Planning and Partnership (MAPP). This planning process heightened the awareness and understanding of local community needs through partnerships, resulting in moving toward a healthier and safer community.

MISSION STATEMENT

Early Detection, Intervention, & Prevention of Disease, Disability, & Premature Death.

OUR GOAL

Our responsibility is the health and safety of the 47,076 residents of Lincoln, Logan, McPherson, Keith, Grant, Hooker, Thomas, and Arthur Counties, giving particular attention to those who cannot otherwise afford services. Our staff members are dedicated to educating and protecting the community by offering programs that promote environmental safety, healthy life choices, and wellness for children, disease surveillance, and more.

Vision: Promote and protect the wellness of our community through education and programs.



ESSENTIAL SERVICES OF PUBLIC HEALTH

To best meet the health needs of the community, West Central District Health Department uses the Ten essential services of Public Health as our guide.

Essential Service 1:

Monitor health status and understand health issues facing the community

Essential Service 2:

Diagnose and Investigate health problems and health hazards in the community

Essential Service 3:

Inform, educate, and empower people about health issues

Essential Service 4:

Mobilize community partnerships to identify and solve health problems

Essential Service 5:

Develop policies and rules that support individual and statewide health efforts

Essential Service 6:

Enforce laws and regulations that protect health and ensure safety

Essential Service 7:

Link people to needed medical and mental health services and assure the provision of health care when otherwise not available

Essential Service 8:

Assure a competent public health and personal health care workforce

Essential Service 9:

Evaluate effectiveness, accessibility, and quality of services within the health care industry and public health departments

Essential Service 10:

Contribute to and apply the evidence base of public health.

Board and Staff Training

WCDHD in partnership with Global Consultants, Inc, and SALBOH staff members conducted an all day training and orientation workshop to assess the understanding and gain feedback from staff and board members on their role in community health needs. Solutions were based on the simple mission of public health: To prevent disease, disability, premature death through surveillance, early detection, and appropriate response.



WEST CENTRAL DISTRICT HEALTH DEPARTMENT, BOARD OF HEALTH MEMBERS:

Board President and Medical Director:
David Lindley

Dental Representative: Trent States

Lincoln County:
Willis Roethemeyer, Janelle Hawks

McPherson County:
Carl Rundback, Joann Gaites

Logan County:
Kenneth Kramer, Mark Frey

Keith County:
Doug Teaford, Diana Santero

Arthur County:
Mick Knott, Travis Wentzel

Grant County:
Brian Brennemann, Toni Ring

Hooker County:
Bryan Crisp, Steve Boyer

Thomas County:
Charlie Daly, Pat Neben

Message from Our Board President:



Welcome to the West Central District Health Department's annual report. Many in our community probably know very little about the local Public Health Department. Indeed Public Health is often referred to as the "silent" or "invisible" branch of medicine. Many people see and use our local department as the "shot" or immunization clinic. This is of course one role, yet hopefully this report shows that Public Health is much more. Public Health has indeed significantly reduced morbidity and mortality in the 20th Century more than any other medical advance and continues to be at least as important in the 21st Century. In essence, public health measures are key to protecting us from our environment and helping prevent the spread of serious diseases. This year has heightened everyone's awareness to public health issues with the emergence of H1N1 influenza and all the measures directed to the prevention of morbidity and mortality from this disease. Other examples of public health include clean air to breathe and drinking water free from pollution. Disease free food at restaurants, vehicle and bicycle safety measures and public education and campaigns to reduce smoking, obesity and heart disease are all led by public health officials.

Our local Public Health Department has a board of directors made up of local spirited people and County Commissioners, along with a doctor and a dentist. My board members are all dedicated volunteers with an active interest in making our communities safer and healthier. We strive to offer a full range of public health services to protect and improve wellness in our communities. We meet at least bi-monthly to ensure the health department is meeting these needs.

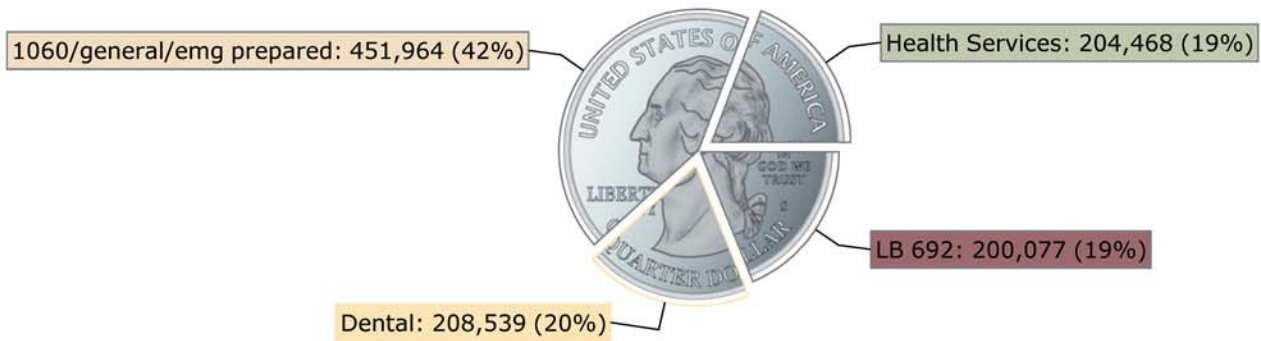
I am always impressed with the wonderful dedication and commitment of our staff and the amount of programs we are able to offer with limited financial resources. I hope in reading this report you are able to gain a better understanding of the local Public Health Department and that you will become an advocate for this "invisible" branch of medicine.

Respectfully ,

David G Lindley, MD.

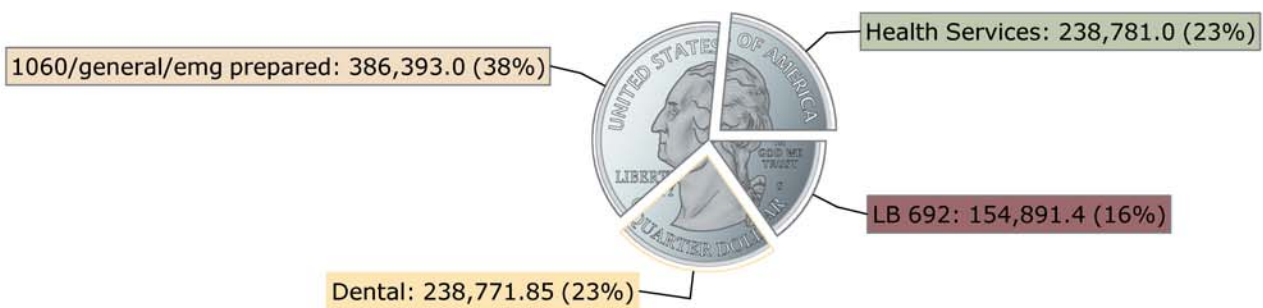
Board President and Medical Director

REVENUE



	Revenue
Health Services	204,468
Dental	208,539
1060/general/emg prepared	451,964
LB 692	200,077

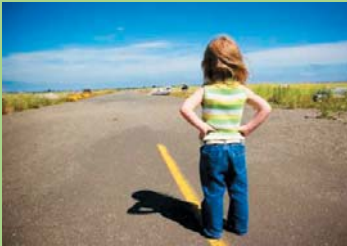
EXPENSES



	Expenses
Health Services	238,781.0
Dental	238,771.85
1060/general/emg prepared	386,393.0
LB 692	154,891.4

Clean Indoor Act:

June 1, 2009 was the date the Nebraska Clean Indoor Air Act of 2008 went into effect. To inform and educate, WCDHD launched an education campaign. This campaign included public service announcements, newspaper ads and door-to-door delivery of information packets which included information on the law, regulations, no smoking decals and contact information. WCDHD reached out to over 75 businesses in our eight county area.



“TRALE” health risk assessment tool that analyzes health risk factors on an individual level. This service is free and can be accessed on our website www.wcdhd.org. TRALE has also been made available at health fairs to assist community members in determining their risk factors and guidance to improved well-being.

Meth Cleanup Regulations:

WCDHD staff met with Law Enforcement, city officials and the county attorney to discuss protocol of proper cleanup related to a clandestine meth lab bust. A total of three clandestine meth lab busts were reported to WCDHD.

Public Health Nursing



The goal of the Public Health Nurse (Phone nurse) Program is to provide effective outreach and education to Kids Connection eligible youth under the age of 19 and individuals receiving Medicaid benefits. This includes informing parents of the availability of Medicaid Early & Periodic Screening & Diagnostic Treatment Benefit (EPSDT) and to assure access to health care and to support rural access to health care. West Central District Health Department partners with a number of agencies to meet the needs of our clients.

Stroke Awareness Initiative:

Through collaboration with area partners and sponsors, WCDHD hosted 9 “Lunch and Learns” on Stroke Awareness throughout our eight county area. Reaching out to those most at risk for strokes, the events focused on healthy living with emphasis on primary prevention: Healthy eating habits, blood pressure and cholesterol awareness, and exercise. Education Materials were based on the “ACT FAST” campaign.

What is FAST?

FAST requires an assessment of three specific symptoms of stroke.

Facial weakness – can the person smile? Has their mouth or eye drooped?

Arm weakness – can the person raise both arms?

Speech problems – can the person speak clearly and understand what you say?

Time to call 999

Immunization:

Through our Vaccination For Children Program (VFC) we gave over 6500 vaccinations and served over 1750 clients.



Operation Immunization: One of our area School Districts voiced to the state and local health department, their need to make vaccination available to school age children at their “kindergarten round up” . The District verbalized the understanding of the importance of vaccination and put into place at a district level, that no child would start school without being current on vaccinations. WCDHD in partnership with the school district successfully administered approximately 200 vaccinations in one evening.

To better meet the needs of our community, WCDHD changed its vaccination hours from 2.5 days to 5 days a week. We extended hours on Wednesday to 6 pm to better accommodate parents working schedules. No appointment is needed; parents can walk in during office hours and receive vaccinations for their child.

H1N1



ON THE ROAD

Late April 2009, WCDHD began emergency preparedness and response efforts to the H1N1 outbreak. A 24/7 hot line was established for people to call in with questions regarding H1N1. Numerous presentations were given on H1N1 including church groups, business, community groups, and daycares.

Notification to key stakeholder included guidance, recommendations and/or education (hospitals, clinics, labs, schools, emergency managers, businesses, daycares, elected officials, pandemic planning committees).

Additional H1N1 planning included a focus on vulnerable populations/special populations.

Disease Surveillance Ramped up during the H1N1 Outbreak

School Surveillance included monitoring of absenteeism related to illness increased from weekly reports to daily reports.

Healthy Lifestyles

WCDHD attended a number health fairs and provided education materials and or services provided: Immunizations, prevention of MRSA, West Nile Virus, Lead Poisoning Prevention, Radon Awareness, Nebraska Clean Indoor Act, Hand Washing, Obesity and Oral Health.

DISEASE SURVEILLANCE

West Central District Health Department works with the State to conduct epidemiological investigations and follow up on public health concerns, which include but not limited to : food and water borne illness, vector borne disease, vaccine-preventable disease, influenza, and animal related diseases such as rabies and West Nile virus.

The Health Departments strives to identify specific causes of morbidity and mortality in our district and to decrease the incidence of disease to the lowest possible level.



This year, WCDHD worked in partnership with Office of Minority Health (OMH) to organize pandemic influenza education to the hard to reach population communities. Lay Health Ambassadors' were identified, Blanca Lopez, Naf Multicultural Human Development and Donita Mains, Nebraska Commission of the Deaf and Hard of Hearing for this project to help communicate to these hard to reach populations. Although more could be identified only two could be chosen with the short amount of time available to coordinate this project.

Pandemic Influenza 101 training was held at the Holiday Inn Express in July 2009 targeting our Hispanic population within the West Central District jurisdiction. Discussions were held after the training for questions and answers. Community meeting was held in September at the Holiday Inn Express to follow up on the Pandemic Influenza 101 and questions regarding the Novel H1N1 influenza. The groups needs were identified and goals created at our community meeting.

An agency meeting was also held at the Ogallala Community Hospital involving agencies from Lincoln and Keith County to discuss communication plans with at risk hard to reach populations.

DENTAL PROGRAMS

Making a Difference



West Central Dental Clinic opened in October 2006 to serve low income and Medicaid clients who are unable to access dental care. At the time it opened, there were no dentists in the WCDHD area who served Medicaid patients. The dental clinic made dental care accessible and affordable to those who otherwise had no access to care. The hygienist with the clinic addresses preventative dental care while the dentist addresses restorative care. Approximately 1139 unduplicated people were seen during the July 1, 2008 – June 30, 2009 fiscal year. Of those seen 676 had Medicaid and 463 were seen on a sliding fee scale. In the WCDHD region people have come from as far away as Ashby NE (139 miles), Hyannis (130 miles), Mullen (91 miles), Seneca (74 miles), Stapleton (30 miles), Tryon (35 miles), and Ogallala (53 miles) to seek dental care. Most of the towns in WCDHD region are represented at the dental clinic. Individuals and families have also come from other health department regions, such as Imperial (99 miles), Elm Creek (85 miles), Valentine (130 miles), Cambridge (94 miles), and Grand Island (137 miles).



Dr. Tom Pratt
Dentist



Kari Weir
*Dental Coordinator /
Dental Safety Officer*



Kira Paben
Portable Dental Unit/ Hygienist



Anissa Drenkow
Marshall
Hygienist



Dominica
Huerta
Dental Assistant



Maxine Wehling
Hygienist



Ashley Brott
Dental Assistant

MOBILE UNIT:

We received an outreach grant that helped WCDHD and its partners begin implementation of our project - West Central Smiles - a portable dental clinic designed to provide dental care to Medicaid and uninsured children in WCDHD's eight-county service area.

Consortium partners include: School Superintendents, School Principals, PTA members, health department administration and staff, county commissioners, and local dentists.

Program income will also play a significant role in the sustainability of West Central Smiles. Program income comes from Medicaid billing and from fees collected from self-pay patients. While the sliding-scale fee income will not contribute substantially to the program's income, Medicaid billing does make a significant contribution. We estimate that a minimum of 60% of our patients in Year Two and Year Three will be covered by Medicaid. While WCDHD is working to develop local support, we anticipate that the amount collected will be sufficient to cover costs not covered by grant funds or in-kind or other donations.

West Central's Dental Clinic has made great strides through 2009. From personnel changes to expanded services, Dr. Pratt and staff have slowly seen improvements to all aspects of the clinic.

Though finances have always been a difficult aspect of providing this service, the Board and Health Department have maintained its stance on providing solely for underinsured and Medicaid patients. With the addition of the mobile clinic, the duties of the staff continue to grow and reach further into our counties. Early education and prevention have proven to be the best plan for the youth of this program, and will continue to be a goal of this clinic.

Many thanks to all involved with this project, and additional support, in any form, is always appreciated. Please contact WCDHD if interested.

West Central Health Board Member

Dr. Trent States





Jill Falcon
Administrative Assistant / Human Resource Manager



Melissa Clark
Receptionist / Health Services Safety Officer



Tammy Hall
*Health Services Coordinator/
Immunization Coordinator*



Jean Kay, BSN
P.H.O.N.E.



Cindy Glos
*Emergency Response Coordinator/
Disease Surveillance*



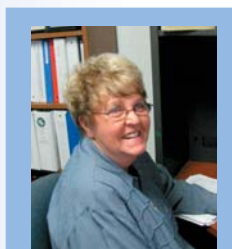
Jodi Miller
BSN



ReNae Ogden
RN



Kristal Ledbetter
RN



Kaye Gibbon
Volunteer

DIRECTOR'S DESK



West Central District Health Department (WCDHD) works to protect, preserve and improve the health of the 47,076 residents of Lincoln, Logan, McPherson, Thomas, Keith, Hooker, Arthur and Grant counties. We are especially dedicated to the health concerns of those most in need. We believe in the power of prevention and work to help all people reach their full potential for health. Our staff is dedicated to improving the health and quality of life for our residents by offering programs which promote healthy life choices, wellness for children, disease control, environmental safety, and more.

WCDHD enjoys strong collaborative relationships with many partners throughout our eight counties and the State. Many thanks to the numerous community agencies, organizations and stakeholders who share the common goal of improving the health and safety for our communities.

More than ever, it is people like you who can help keep our communities and our children safe and healthy. Every citizen has a responsibility to become informed and involved in ensuring a healthy future for themselves, their family and their community.

I hope that this newsletter is informative and allows you to get to know us better. You will find information on WCDHD's programs and services, along with useful statistics and data and current community health issues. You can also find us on the web - check us out at www.wcdhd.org. We think you will find us to be a valuable community resource!

Shannon Vanderheiden
Health Director
West Central District Health Department

WEST CENTRAL DISTRICT HEALTH DEPARTMENT

PO BOX 648

111 NORTH DEWEY STREET
NORTH PLATTE, NE 69103

PHONE: 308-696-1201

FAX: 308-696-1204

WWW.WCDHD.ORG

