

WEST CENTRAL DISTRICT HEALTH DEPARTMENT

ANNUAL REPORT HIGHLIGHTS 2011

Serving Lincoln, Logan and McPherson Counties

WEST CENTRAL DISTRICT HEALTH DEPARTMENT

Message from Our Board President:



Dr. David Lindley

Welcome to the West Central District Health Department's annual report. 2011 has been a busy year with many changes for our health department. West Central serves residents from Lincoln, Logan and McPherson Counties.

The function of a Public Health Department is to assess needs of the local community, develop policies to meet those needs and evaluate their effectiveness. This report shows that the services offered over the past year by our Public Health Department has continued to grow. Some services provided are mandated by State such as prep and disease surveillance. Others are offered based upon recent needs assessments. Our department strives to build relationships with

other organizations within the community to meet these needs and where necessary add extra services ourselves. The health department is never in competition with other health services in the community, but simply complimentary.

With the increase and growth of programs provided by our department the present building has become too small. Staff numbers have grown and clients have minimal parking opportunities at our present location. Consequently the board has purchased land and hopes to build a new health department to better meet the needs of our communities. This is an exciting time of growth that could not have come at a more suitable time with an increase in demand for affordable health care and greater public awareness of the need to prevent illness and promote wellness. I feel that our vision statement is really now becoming a reality: "Promote and Protect the Wellness of our Community through Education, Programs and Services."

I am truly appreciative of my health board members who volunteer countless hours to support this health department. I am extremely thankful and humbled by the staff who work in our health department to make our dreams a reality. Their hours of service and true dedication for minimal financial remuneration make them a true jewel of our community.

Respectfully, David Lindley, MD Board President and Medical Director

MISSION STATEMENT

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

OUR GOAL

Our responsibility is the health and safety of the 37,590 residents of Lincoln, Logan and McPherson 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, Programs and Services.

PUBLIC HEALTH VALUE STATEMENT

Promoting the Understanding of Beneficial Lifelong Individual Choices; Helping Everyone Attain Longevity Through Health.

RADON Mini Grant

West Central District Health Department was awarded a \$3,000 Radon mini grant in September 2009 and September 2010. In January 2010 and 2011, during National Action Month Radon, a total of 405 short term radon test kits were provided to residents in our district.

Many people ask "What is Radon?" Radon is radioactive gas that cannot be seen, smelled or tasted. It comes from the decay of radium and exists in varying amounts in most soils. High radon concentrations can be found in soils and rocks containing uranium, granite, shale, phosphate and pitchblende. So, how does it affect us? Radon is considered to be the leading cause of lung cancer among non-smokers. Radon does not cause headaches, nausea, sneezing or other flu like symptoms. Lung cancer is radon's only known health effect. WCDHD activities accomplished:

- Mark Versch with the State Radon Program spoke about Radon and radon resistant new construction at a Builder's Association meeting and with the building trades class at North Platte Community College
- West Central District Health Department educated realtors at the quarterly meeting of Lincoln County realtors.
- Talked with administration/teachers at all the public and private schools in our district and the local home school association about the Radon poster contest sponsored by West Central District Health Department. Three winners were announced at the end of October 2011. Our local first place winner went on to win first at the state level.
- Radon posters were displayed at the Platte Valley Mall through the month of January and then returned to the students.
- Both radio and print services in our district were provided with radon information. Print materials include "Consumer's Guide to Radon Reduction – How to fix your home", "Home Buyer's and Seller's Guide to Radon". "A Citizen's Guide to Radon – The guide to protecting yourself and your family from radon" from EPA Radon Fact Sheet from Nebraska's DHHS web site.
- The radon grant coordinator attended a Rotary meeting to discuss what Radon is, the health effects of Radon, and the availability of short term Radon test kits.
- Print materials include "Consumer's Guide to Radon Reduction – How to fix your home", "Home Buyer's and Seller's Guide to Radon". "A Citizen's Guide to Radon – The guide to protecting yourself and your family from radon" from EPA Radon Fact Sheet from Nebraska's DHHS web site.
 - All test kits were distributed
 - ≥ 4.0 pCi/L 36 kits (29%) of 124 (35% in 2010)
 - < 4.0 pCi/L 88 kits (71%) of 124 (65% in 2010)

Radon test kits are available year round from the State Radon Program for \$5.00.

Please send a check made payable to:

Nebraska DHHS / NE Radon Program / P.O. Box 95026 / Lincoln, NE 68509

The Nebraska Radon Program staff can be reached at 800-334-9491

Telehealth video conferencing

Telehealth video conferencing is connecting groups and individuals from across the state of Nebraska.

- West Central District Health Department (WCDHD) provides a place for community members to come and learn about health topics such as Parkinson's and Alzheimer's.
- Mental health agencies use Telehealth to provide educational opportunities for their staff.
- The ability to attend administrative type meetings with other health departments from across the state
- Other groups such as Clinical Laboratory Management Association and NE Dietetic Association also hold administrative meetings via telehealth
- School nurses from across the state are able to learn about school health issues
- Telehealth makes available educational opportunities for helping WCDHD staff. These opportunities have included information on infectious diseases, radon, and school nurse topics.
- Mental health specialists from Kearney, Lincoln, and Omaha will arrange appointments with clients via Telehealth
- Other agencies can use Telehealth equipment with prior approval.
- Monthly testing is performed to maintain the equipment.
- Telehealth was used 36 times impacting at least 147 people.

KICKOFF: CHILD WELL-BEING INITIATIVE

The kickoff to the Child Well-Being Initiative started in April 2010 and will be on-going for at least the next five years to come. This extraordinary opportunity was presented to North Platte through a partnership offered by the Nebraska Children and Families Foundation and the Nebraska Department of Health and Human Services. North Platte was one of five pilot communities selected in Nebraska.

Through a series of assessments and the input of several community partners, a plan will be implemented on how to best positively impact the futures of our community's children and families. The plan will help to address any gaps or barriers that exist in North Platte's prevention system and work collaboratively to reduce negative data surrounding the well-being of our city's youth.

As we all know, with money being tight and budget crunches, it is imperative to band together to make the best impacts and changes that we can with the resources we have available. Through this work and the support of all involved we will help shape a brighter future for our children!!

We are a committed community, working together, producing safe and healthy environments for children!

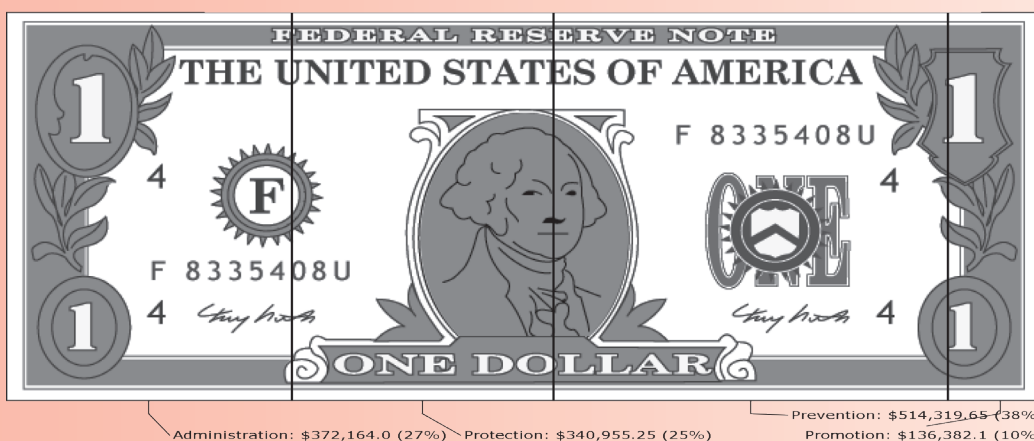


Fiscal Year
JULY 1, 2010 - June 30 2011

Revenues \$1,289,342.00



EXPENSES \$1,363,821.00



Important Dates To Remember To Stay Healthy

Don't forget about immunizations-another way to stay healthy. If your doctor does not offer immunizations, come to West Central District Health Department to have your children immunized. When should your child visit a dentist? Your child can begin seeing a dentist at one year of age. The goal is to keep their teeth healthy and Medicaid allows children under the age of 21 to visit the dentist every six months to have their teeth cleaned and examined by the Dentist.

Having eyes examined is also part of "HEALTH CHECK". Eye exams may not be necessary until age three, unless a vision problem is noticed before then. Do your child's eyes work together, look straight? If not, these may be reasons to take them to the eye doctor.

Finding a doctor, dentist or eye care provider may be challenging for families new to town or who have Medicaid. An updated list of resources is available by the public health nurse for families, she will assist in finding medical, dental and eye care provider homes.

What is a medical home? Being seen in the same medical office allows families to receive ongoing health care. The office and family become familiar with each other.

The health records are with one provider to provide continuity of care. While visiting with parents, the public health nurse performs a verbal health assessment to determine if further care or resources are needed. Health providers also benefit from services of the Public Health Nurse. Case management includes working with families who are late or missing appointments, attending Dr. appointments with families, and providing health information.

During July 2009 – June 2011 our Public Health Nurse helped find a doctor for 104 people. Some of these individuals were new to town others just did not have a doctor to go to for care. Dental referrals were given to 219 individuals. Eighty three people were helped in locating an eye care provider. Parents of 50 children were given information about the Kids Connection application (health care coverage for children under the age of 19) Many of those who applied for Kids Connection did qualify for health care coverage for their children. To contact one of West Central District Health Departments Public Health Nurses, call 308-696-1201 Ext. 221 or toll free 1-877-409-4400.

Below is the schedule when your child should have a well-child exam:

When should my child have a well-child exam?

- * Birth
- * 1 Month
- * 2 Months
- * 4 Months
- * 6 Months
- * 9 Months
- * 1 Year
- * 15 Months
- * 18 Months
- * 2 Years
- * 2 ½ years or 30 Months
- * Annually beginning at age 3

CPR

You hear labored gasps and see a young child in distress, she's grasping her neck and then there's SILENCE. You are alone and the only one who can help his/her. Do you know what to do? There are critical steps that need to be taken to save his/her life. West Central District Health Department will be offering the American Heart Association's Heartsaver courses and BLS course for the healthcare provider. These courses will cover topics such as Adult, Child, Infant CPR/AED and First Aid. The Health Department will offer these courses on-site or will bring the training to your organization. Don't be caught wondering if you could have made a difference, get armed with the right knowledge and skills to react appropriately in an emergency situation. You could save a life!

Coming in 2012

Tdap has been approved for ages 65 and older! This vaccination is a tetanus/diphtheria booster with the Pertussis (Whooping Cough) component! The Tdap reduces the risk of Pertussis by 60-80%. Pertussis is a serious life threatening disease that affects the upper airway of infants and children. Infants and unvaccinated small children acquire the disease from close contact with parents, grandparents, and siblings. Want to protect the new grandbaby? Get vaccinated today!

Great news for people who are in need or wanting a pneumonia vaccination, but do not meet the age requirements. Prevnar 13 has now been approved for ages 50 and over. What does that mean for you? Thought to be a childhood vaccination, Prevnar 13 protects against the most common types of pneumonia. Streptococcus pneumonia affects the younger and older population causing severe symptoms including death. One vaccination is all you need to be covered! Already had pneumonia vaccination? Prevnar 13 is recommended with or without pneumococcal 23.

Mobilizing for Action through Planning and Partnerships (MAPP)

West Central District Health Department (WCDHD) and community partners first engaged in the process holding the first introductory meeting in October 2010. Three additional meetings have been held to engage in the four MAPP assessments to evaluate our communities' strengths and weaknesses.

Vision

"Individuals and organizations collaborating and cooperating to create healthy and sustainable communities"



West Central District Health Department and community partners developed six priority groups: *Access to Health Care, Domestic Abuse/Child Abuse, Healthy Pregnancy, Mental Health, Physical Activity (Disease Prevention/Management), Substance Abuse, and Teen Pregnancy Prevention.* By developing these priorities our community is looking to create or enhance the health of our community for better quality of life, increase the invisibility of the public health system within the community, anticipate and manage change, create a stronger public health infrastructure, and engage the community and create community ownership for public health issues. This process has allowed our communities to focus on strengthening the whole system rather than separate pieces, allowing diverse interests to collaboratively determine the most effective way to conduct public health activities by addressing the identified priorities. We will continue meeting through December 30, 2011 to conclude the process. Once completed, WCDHD and partners will be able to implement actions determined from this process to work towards community improvements.

Thank you to our participating partners!



North Platte Recreation Center
Logan County
McPherson County
NE Department of Labor - Workforce Development
NAF
DHHS
Agency on Aging

Hand Washing

Hand washing is one of the most important steps we can take to avoid getting sick and spreading germs to others. Germs are everywhere and impossible not to pick up, but with proper hand washing these germs can be eliminated. Eighty percent of infectious diseases are passed by human contact, either direct or indirect. This includes viruses like pneumonia, the common cold, and flu. West Central District Health Department has partnered with the schools in our district to promote healthy hand hygiene in the school systems. We have educated 1,462 kids and traveled approximately 550 miles and counting! West Central hand washing program has not only impacted schools in North Platte, but also branched out to Wallace, Stapleton, Brady, and all the schools in between! We are currently booking schools into the New Year and hope to visit all the schools in Lincoln, Logan, and McPherson counties. WCDHD is educating the students on proper hand washing techniques, why, when, and for how long we should wash our hands. The CDC recommends rubbing and scrubbing for 20 seconds. The "Happy Birthday" song, sang twice is a great way to ensure timing. With special products and equipment we are able to show the students and faculty what germs are left on our hands after washing. The goal of WCDHD is to promote healthy habits, prevent, and decrease the spread of infection during this cold and flu season.

Serena Findley, RN

Disease Surveillance

Disease Surveillance is a practice by which the spread of disease is monitored in order to establish patterns of progression. The main role of disease surveillance is to predict, observe, and minimize the harm caused by outbreak, epidemic, and pandemic situations. By observing these we increase our knowledge as to what factors might contribute to such circumstances. West Central is responsible for all communicable disease that is deemed reportable. When a reportable disease is positive WCDHD investigates with a goal of treating and preventing the spread of the disease. A key factor in disease surveillance is case reporting. Case reporting is the diagnosis, treatment, and follow-up of an individual patient. The health department receives and follows up on reports from the local hospital, medical clinics, schools, laboratories, and epidemiology division of DHHS. For 2011 WCDHD worked on 463 cases with the focus of education and interventions. The mission of public health is early detection, intervention, and prevention of disease transmission, disability, and death.

Sally Brecks, RN

TeamMates

TeamMates Mentoring Program was founded by Tom and Nancy Osborne in 1991 in an effort to provide support and encouragement to school aged youth. "In 2011 they celebrated three milestones – 20 years, 100 chapters and 5,000 mentors."² "The goal of the program is to see youth graduate from high school and pursue post-secondary education. To reach this goal, youth meet one hour per week with a caring adult who serves as a mentor. Mentors are volunteers from the community who have dedicated themselves to making a difference in the life of a young person. Mentors give youth a sense of hope, purpose and vision."¹

"The natural outcomes of caring adult relationship are good grades, attendance and behavior. Students in the TeamMates Mentoring Program have consistently shown an improvement in these areas. TeamMates mentors average over 27 hours with their mentees during the course of the school year. Research shows that 24 or more hours has a significant impact on the quality of the mentoring relationship."²

Mentoring is a great way to give back to the youth of our community and shows them that adults do care about their success in school and life. For more information about TeamMates and how to get involved with your local chapter visit their website at www.teammates.org.

1. "About TeamMates." teammates.org. TeamMates Mentoring Program, n.d. Web. 23 December 2011.
2. "Celebrating 20 Years of Making a Difference, One Hour at a Time." TeamMates Mentoring Program Annual Report, 2011. Print.

Are You Planning on Traveling Overseas?

If so, WCDHD and CDC.gov are your travel headquarters. Before you leave for any overseas destination you may look on the CDC.gov website to determine what vaccinations are required for your destination. WCDHD staff members are available to look up destinations and assist planning vaccination requirements.

WCDHD maintains a supply of Typhoid, Yellow Fever, Hepatitis A & B, Tetanus, Polio, and Meningitis. Japanese Encephalitis is available upon request as this vaccination is not routinely stocked. If traveling to an area that recommends or requires vaccination for malaria, a physician will need to be consulted. It is recommended that all vaccinations are completed two weeks before travel, in order to start building immunity. Please call us for group rates at (308)696-1201 x 227 or email breckss@wcdhd.org.

TDAP & CHILDHOOD IMMUNIZATIONS

Every August begins an exciting new school year and a new adventure for parents and children. Hours are spent at the store deciding on school supplies and at the mall picking out new clothes because the kids grew like weeds over the summer! One area of back to school preparation that can be easily overlooked is immunizations. In Nebraska, children can't attend classes in public or private school until the school has written proof of their immunization status. Each school in Nebraska is required to keep the immunization history of the students enrolled on file. Parents or guardians must present one of the following documents to the school to verify immunization status:



- An immunization record showing that the child is protected by age-appropriate immunizations.
- A statement signed by a physician that the required immunization would be injurious to the student or members of the student's family or household.
- An affidavit signed by a legally authorized representative stating that the immunization conflicts with the tenets and practices of a recognized religious denomination of which the student is a member.

2011-2012 Summary of Immunization Rules and Regulations

Ages 2 through 5 years enrolled in a school based program not licensed as a child care provider

4 doses of DTaP, DTP, or DT vaccine,
3 doses of Polio vaccine,
3 doses of Hib vaccine or 1 dose of Hib given at or after 15 months of age,
3 doses of pediatric Hepatitis B vaccine,
1 dose of MMR or MMRV given on or after 12 months of age,
1 dose of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted.
4 doses of pneumococcal or 1 dose of pneumococcal given on or after 15 months of age

Students from Kindergarten through 12th Grade, including all transfer students from outside the State of Nebraska and any foreign students

3 doses of DTaP, DTP, DT, or Td vaccine, one given on or after the 4th birthday,
3 doses of Polio vaccine,
3 doses of pediatric Hepatitis B vaccine or 2 doses of adolescent vaccine if student is 11-15 years of age.
2 doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month,
2 doses of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted. If the child has had varicella disease, they do not need any varicella shots.

Additionally, for 7th Grade Only

1 dose of Tdap (must contain Pertussis booster)

No appointments are necessary for immunizations and is on a first come first serve basis. To access your child's immunization record visit www.dhhs.ne.gov/nesiis. For more information or questions regarding immunizations contact our Health Services Department at 308.696.1201 ext 221



WEST CENTRAL DENTAL CLINIC

West Central Dental is a division of West Central District Health Department. The main focus of the Dental Clinic is prevention and education. Dental Hygiene services provided on a daily basis include: cleanings, x-rays, fluoride treatments, and dental sealants. Dr. Sedlak is the participating Dentist, and is available one to two weeks a month for fillings, extractions, and exams.

There are great advancements currently being made at West Central's Dental department. The third week in February marked the debut of the first ever walk in clinic called "We Care" days, and it was very successful. The waiting room was overflowing before the first patient was seen, showing a great demand for our services. We Care days will be held one to two weeks every month, expanding West Central's ability to serve more patients than before. Patients are seen on a first come, first serve basis, eliminating the need for a scheduled appointment. Patients with Medicaid, Kid's Connection, and those with no insurance are welcome at West Central. Fees are based on a sliding fee scale and monthly income.

As West Central Dental moves into the new year, we will continue to provide excellent dental services and dental education to our community.

Katy Pedersen RDH, PHRDH
Dental Manager WCDHD

WIC Oral Health PROGRAM



Oral Health is an essential component to the overall health of our bodies. According to the American Dental Association, research has shown that periodontal (or gum disease) has been linked to other systemic health concerns such as Heart disease, diabetes and stroke. Poor oral health leads to many problems like poor nutrition, loss of work due to dental pain and illness and loss of self esteem. Substances linked to periodontal disease are cigarettes, alcohol

WIC Oral Health PROGRAM - Continued

and chewing tobacco. Brushing, flossing, eating healthy fruits and vegetables and reducing sugar intake are the steps needed to prevent dental decay. Avoid dangerous products like alcohol and tobacco, and remember to visit the dentist every 6 months for check-ups and cleanings.

West Central Dental is in its fifth year of operation. The main focus of the Dental Clinic is prevention and education. There were 1155 patients seen for hygiene services in 2011. West Central Dental also offers emergency care treatment approximately one week every month; these services included emergency extractions, fillings and exams. There were 2009 patients seen for restorative and emergency care in 2011.

As the research continues to prove more cause and effect relationships between oral health and overall health, it is important to maintain good oral hygiene and routine dental check-ups. We look forward to serving and educating our community on the importance of good Oral Health and its lifelong benefits.

West Central Dental Clinic is open M-F 8:30 am-11:30am and 12:30 pm-4:30 pm

TOOTH TOUR 2011-12

In the spring of 2011, the West Central Smiles portable dental unit provided in chair services which included x-rays, cleaning, exam, and fluoride treatment to 80 students in the WCDHD service area. Five hundred and six students in North Platte received oral health education and toothbrush packets. During the summer of 2011 West Central Smiles did a pilot sealant program and the Kids Club summer program. There were 26 students who participated in this service and had sealants placed on their teeth.

As the mobile dental unit enters into its third year of operation we are taking on a new look. Under the direction of the design team SCORR Marketing "Tooth Tour 2011-2012" came to life. The "Tooth Tour" plans to take our mobile dental services to eleven schools in the spring semester of 2012. Watch for the "Tooth Tour" coming to a school near you!!!!!!

Mandy Brandes, Grant Coordinator

Dental Advisor to West Central Dental Clinic

West Central's Dental Clinic has continued to evolve through 2011. Dr. Sedlak and staff have maintained improving all aspects of the clinic. Our team of part time dentists, has done a wonderful job of filling the gaps. Though finances have always been a difficult aspect of providing this service, the West Central Board and Health Clinic have maintained its stance on providing solely for underinsured and Medicaid patients. Now in the second year of the mobile clinic, the duties of the staff continue to grow and reach further into our counties. Early education and prevention has 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 West Central Dental Clinic if interested.

Dr. Trent J. States
West Central District Health Department
Board Member and Dental Advisor



MEDICALLY HANDICAPPED CHILDREN'S CLINIC

West Central District Health Department has partnered with NE Department of Health and Human Services to provide a location for the Medically Handicapped Children's Specialty clinic and Medically Handicapped Children's Cranio-Facial clinic. The clinics meet every other month. The purpose of these clinics is to see children in this part of the state and to decrease the amount of traveling to appointments in Omaha. The children seen may be referred to the clinic by the school, medical provider, public health nurse or they may be seen at the clinic for surgery follow up exams. At the specialty clinics, a pediatric geneticist, occupational and speech therapist, dietician, and psychologist evaluate the children. During the craniofacial clinic, a pediatric geneticist, dietician, psychologist, and a dental team which includes a pediatric dentist (pedodontist), orthodontist, plastic surgeon, and prosthodontist meet with the children.

Children from 17 counties traveled to the clinics for a total of 135 visits, during the 2011 year.

WHAT IS THE MEDICALLY HANDICAPPED CHILDREN'S PROGRAM? (MHCP)

Diagnostic and consultative services may be covered through the offices of participating specialists, hospitals or statewide clinic systems. MHCP provides treatment only for conditions which include a plan of active medical treatment that can correct or improve the qualifying condition. Payment for treatment services may be considered through the Medically Handicapped Children's Program for:

- Cerebral Palsy services
- Craniofacial disorders, including cleft lip and palate, and other craniofacial anomalies
- Cystic fibrosis • Diabetes • Eye conditions requiring surgery
- Heart conditions • Midline neurological defects
- Neurological services of the nervous system
- Neuromuscular services affecting nerves and muscles
- Orthopedic services regarding the muscles, joints, ligaments, and bones
- Severe asthma • Significant hearing loss

If you have questions about the Medically Handicapped Children's Program, please call Kathy at 308-535-8238.

Smoke-Free Housing

West Central District Health Department received a grant from Tobacco Free Nebraska. The health department partnered with Community Connections and their Tobacco Free Lincoln County coalition for this grant.

This grant is designed to decrease the exposure to second hand smoke by increasing the number of smoke-free multi-unit housing options that are available. With this grant, we have provided education to and technical assistance to 27 landlords and owners of multi-unit housing in the WCDHD service area. We have also met with one public housing authority and talked with them on the benefits of a smoke free policy.

Surveys were sent out to the 27 landlords and owners to gather information on their policies and views on having or implementing a smoke-free policy. Out of the 27 surveys that were sent out, 9 surveys were returned to the health department.

The Health Department and Community Connections are doing several things to bring the awareness to landlords as well as the community. Facts have been posted in the North Platte Telegraph, an ad placed on the digital billboard here in North Platte, radio ads, placing links on the North Platte Telegraph website and sending out additional information to landlords on the benefits and legalities of implementing a smoke-free policy.

HEALTHY SCHOOLS ~ HEALTHY KIDS:

Focus on Childhood Obesity and Nutrition

This consortium membership is a diverse group which includes school administrators, school nurses, Rec Center staff, Sodexo, teachers, Salvation Army, Kiwanis, Wal-Mart, UNL Extension Office, Jaycees, Wellness Council, and staff from Great Plains Regional Medical Center.

Healthy Schools Healthy Kids worked with area schools on a comprehensive assessment called the School Health Index (SHI). Schools were assessed in the following areas: Health Education, Physical Education, Health Services, Nutrition Services, Counseling, Psychological & Social Services, Healthy School Environment, Health Promotion for Staff, and Family/Community Involvement.

WCDHD also created a student health survey that asked questions about individual physical activity, what activities they would like to participate in and the types of foods they like. The survey had 36 questions and was given to 120 students. From the survey, the results showed that students would like to have more fresh fruits and vegetables and the activities that scored the highest that they would like to participate in, were biking, running and swimming.

After the completion of the SHI, the Wellness Team at Madison Middle School chose to put their focus on the health of the students. This is where the Backpack Program started and was piloted. Madison Middle School offered the Backpack Program to students on free/reduced lunch. During the summer of 2010; 1,345 backpacks with fresh fruits and vegetables were handed out to students who attended the summer lunch program at Lincoln elementary and Buffalo elementary in the North Platte School District. The Backpack program was able to continue on to the 2010-2011 school year. The West Central District Health Department had funding available. We worked with Wal-mart to purchase fresh fruits and vegetables each Friday to students enrolled in the program in addition to the staple items that Salvation Army was providing. By the end of the school year, Wal-mart Distribution Center came on as a partner for the program and they were able to provide the fruits and vegetables as well as other snack items for the program. A big thank you to Wal-Mart Distribution Center for their partnership and involvement. Because of their efforts, the principals in the six Title 1 schools no longer have to pick up meals, Wal-Mart Distribution Center delivers to the schools.

As the end of the 2010-2011 school year came to an end so did the funding for the project. We reached out to the Food Bank for the Heartland for their assistance. The Food Bank for the Heartland had a backpack program and it was free to all school districts. This became a huge partnership for our program to be able to continue to serve the students in our community.

Since the beginning of the Backpack Program to the end of 2011 we have handed out 6,661 meals to students who were in need in our 6 Title 1 schools in the North Platte Public School District.

Mandy Brandes, Grant Coordinator

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

DIRECTOR'S DESK



West Central District Health Department (WCDHD) works to protect, preserve and improve the health of the 37,590 residents of Lincoln, Logan and McPherson 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 and services which promote healthy life choices, wellness for children, disease control, environmental safety, and more.

WCDHD enjoys strong collaborative relationships with many partners throughout our three 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, people like you 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 by visiting us 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

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