

South Heartland's Annual Kids Fitness and Nutrition Day held at Hastings College. Counterclockwise from left: 4th graders arriving, ready to learn how to "Eat Well and Move More!"; YMCA partner leading all of the Kids Fitness Day participants in a warm up at the start of the day's activities; Stability Ball activity; Dead Bug Freeze Tag activity; Healthy Snack Activity; UNL Extension partner teaching 4th graders about 'My Plate' food group concepts before they began a nutrition activity; Healthy sack lunches await. Event supported by SHDHD and funding from UNK and the Nebraska Beef Council.



Reporter from Nebraska TV records the October 22 **Medication Take Back Event** held at SHDHD with partnering organizations Hastings Police Department and Area Substance and Alcohol Abuse Prevention. More than 50 vehicles came through, dropping off 134 pounds of expired/unused medications for safe disposal.

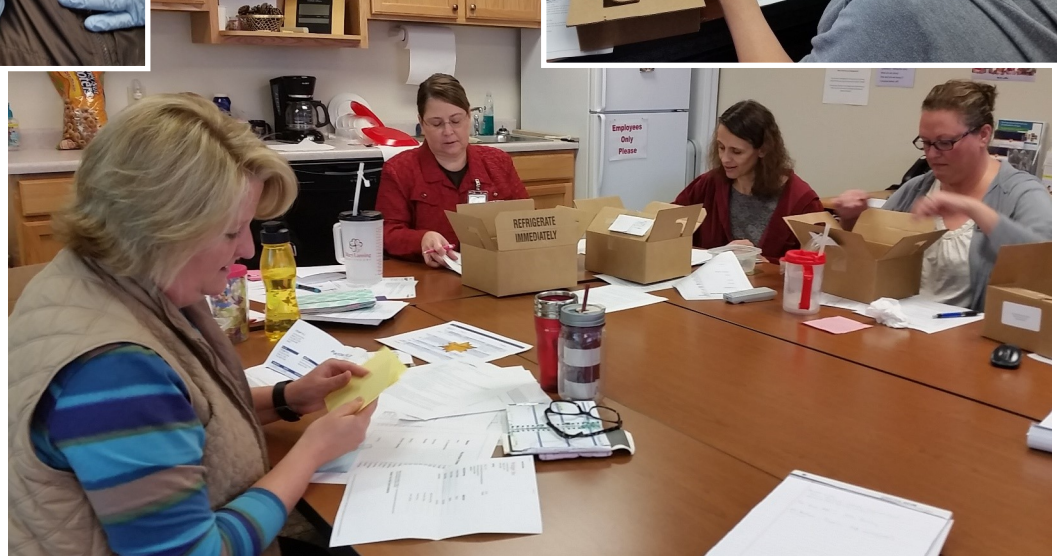
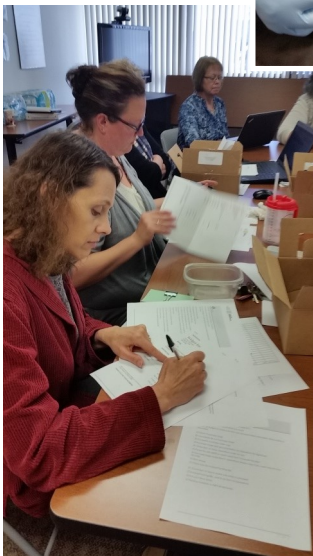
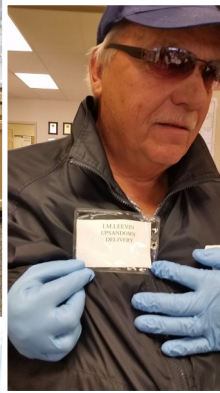
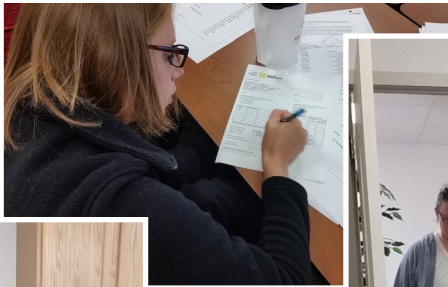
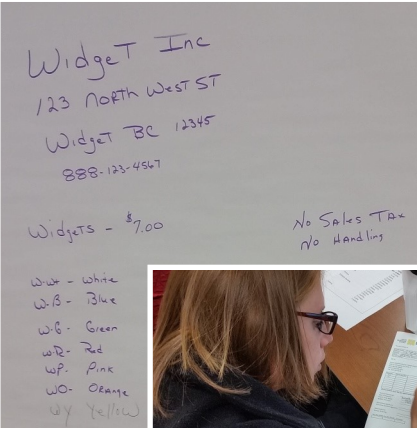
SHDHD VetSET Staff Amy Market (center left) and Liz Chamberlain (center right) pose with instructors after completing a day-long **Mental Health First Aid** training to support local outreach with veterans and their families and others in the community.



SHDHD Quality Improvement Training Activity on Procurement Procedures



SHDHD's QI Team led a staff training exercise to improve procurement processes by ensuring appropriate paperwork is filled out accurately and completely and that all procurement and receiving steps are completed. Goal is to increase efficiency and reduce errors. QI team members walked staff through an updated purchase order form and a new checklist for procurement/receiving. Then staff practiced with the new forms by ordering widgets. Their boxes arrived, delivered by a suspicious delivery man who left quickly. Observant staff noticed white powder coming out of one of the boxes and re-viewed procedures for handling suspicious packages. Next they opened their boxes, counted and inspected their widgets, compared them to their purchase orders and the packing slips and completed the remainder of the documentation that should be submitted to the Operations Manager (Denise).



Minority Women's Health Event



Left: Cervical Cancer/HPV presentation by the SHDHD Every Woman Matters Team.
Above: Discussion and answering questions following the presentation.



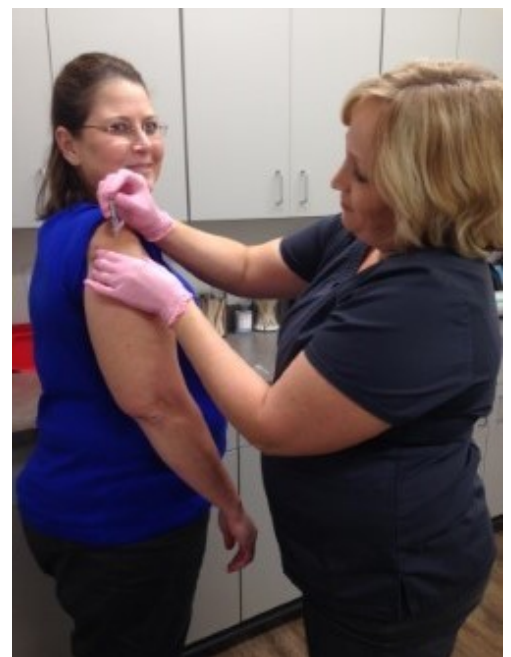
Exercise presentation at the Women's Health Event



Partners and volunteers at our Minority Women's Health Event held October 22, 2016.



Smart Moves. First Spanish Session Zero educational presentation for **Smart Moves, an evidenced-based National Diabetes Prevention Program (DPP)**. Session Zero helps participants know their risk factors, learn more about what the program can do for them, and determine their readiness to commit to this lifestyle change program. SHDHD's first Spanish Smart Moves DPP class will begin in November 2016.



Preventing the Flu!
SHDHD staff member getting a flu shot.

Bi-monthly Report on the Ten Essential Services of Public Health

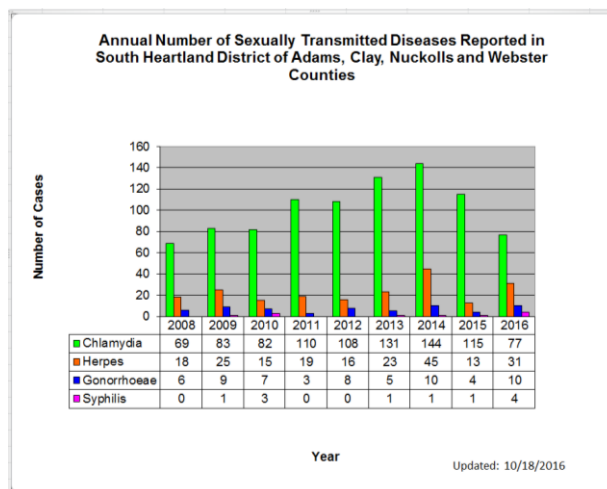
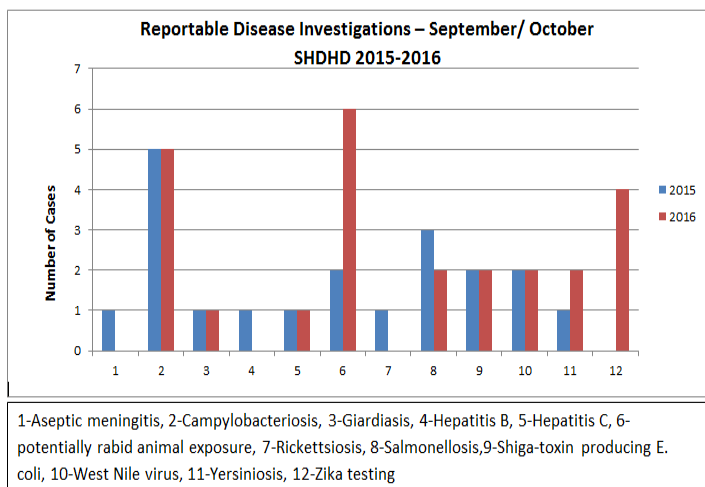
1. Monitor health status and understand health issues facing the community.

(What's going on in our district? Do we know how healthy we are?)

- *How do we collect and maintain data about conditions of public health importance and about the health status of the population, and how do we make it available to our partners and our community?*
- *What major problems or trends have we identified in the past 2 months?*

Local

- Surveillance data, water violations, and other [health information is made available](#) on our website, through links on our website, on SHDHD's Network of Care website, through news releases and interviews to various forms of media, and upon request from partners or others.
- Across the state, there have been 85 human infections with [West Nile virus](#) this season. Two individuals within SHDHD jurisdiction tested positive for WNV and 48 labs were negative. Nebraska has the 6th most human cases of WNV in the nation for this season. A total of 2,283 pools consisting of 47,421 Culex mosquitoes have been submitted for testing during the 2016 season. 112 WNV positive mosquito pools were detected this season with positive pools detected from 19 of the 29 trap counties, including Adams Co. SHDHD requested and was approved to include a [new mosquito-trapping protocol in our seasonal mosquito surveillance](#) program specifically to look for presence of *Aedes albopictus* mosquitoes. This type of mosquito can potentially carry the Dengue, Chikungunya and Zika viruses. No *Aedes albopictus* mosquitoes were trapped at the site so far this season. SHDHD is on the edge of this species' range, but SHDHD is being considered as a trapping site again for 2017.
- [School surveillance](#) started on September 6th with clusters of gastrointestinal illnesses occurring at several schools. Chickenpox cases have also been reported.
- Hospital Influenza-Like Illness (ILI) reporting started in October with no activity yet this season in our jurisdiction.



- Nebraska Public Health Lab continues to submit samples to the CDC for [Zika testing](#). As of 10/24/2016, 12 individuals (8 females and 4 males) have tested positive for Zika virus. All cases were travel or missionary related. The South Heartland District has submitted ten specimens for testing, all have returned with a negative result for Zika virus. *Aedes albopictus* mosquitoes (potential carriers of Zika) were found by seasonal trapping in Richardson County only.
- As of October 19th, there have been 4,016 [Zika Virus Disease Cases](#) Reported to ArboNET for US States and DC. US Territories including Puerto Rico have reported at a total of 27,402 cases of Zika virus. Pregnancy Registries reports 899 Pregnant Women with "Any Lab Evidence" of Zika Virus Infection for US States and DC and 1,927 pregnant women for US Territories as of October 13th, 2016.

2. Protect people from health problems and health hazards.

(Are we ready to respond to health problems or threats? How quickly do we find out about problems? How effective is our response?)

- *What key activities did we complete in the past 2 months to prevent, minimize, and contain adverse health events and conditions resulting from communicable diseases; food-, water-, and vector-borne outbreaks; chronic diseases; environmental hazards; injuries; and health disparities*

- *What activities did we complete for emergency preparedness (e.g., planning, exercises, and response activities)?*
- Two home lead investigations were completed with the assistance of the DHHS Lead Program Health Industrial Hygiene Specialists. Sources of lead were identified and recommendations made for mitigation and prevention of future exposures. Both homes were identified through NEDSS with children's levels exceeding 10.
- During Sept-Oct, 15 lead labs were reviewed and follow up completed for six children with elevated blood lead levels. Working with Head Start to resolve elevated levels for 42 children screened during fall their enrollment.
- Maintained telehealth emergency communications technology: Utilized telehealth for video conferences meetings. Hosted Patient Consults, Nutrition Advisory Board, Cancer Coalition.
- SHDHD participates in Local Emergency Planning Committee (LEPC) meetings in Clay County where participants discuss their agency responses and review the Emergency Manager Report. Due to the recent tragedy involving an anhydrous gas line in N.E. Nebraska, and because this is the time of year anhydrous, propane, and natural gas is used more, the Clay County LEPC decided to put out a news release to increase awareness of these gases and what to do if you should smell a leak.
- SHDHD received approval of their Hazardous Mitigation plan as well as the Hazardous Mitigation Adoption Resolution that will need signatures of the SHDHD Board of Health. Adams County Emergency Manager will present it to the board in January to explain what it all entails.
- J Morgan attended and took part in trainings with MLMH and Webster Co. Hospital on collection of Highly Infectious Disease specimens and transport to the Nebraska Public Health Lab. These trainings help the hospitals refine their policies regarding this issue and better explain the role of the health department in assisting and transport.
- SHDHD is meeting with the three hospitals concerning the Ebola plans they have in place and the one SHDHD is currently developing. This will culminate in Tabletop exercises at all three hospitals.

3. Give people information they need to make healthy choices.

(How well do we keep all people and segments of our district informed about health issues?)

- *Provide examples of key information related to physical, behavioral, environmental, social, economic, and other issues affecting health that we provided to the public.*
- *Provide examples of health promotion programs that we implemented to address identified health problems.*
- Staff covered monthly satellite office hours in Superior, Clay Center, and Red Cloud. Information presented to Senior Congregate meals. Gave presentations to Noon Rotary Club, Noon Lion's Club, Noon Kiwanis Club, Congregate meals in Clay Center and Sutton. Topics discussed were Zika, Flu, and hygiene.
- Sun Safety education was presented to approximately 210 5th graders from Adams Co at Ag. Safety Day. Fifth graders were taught the importance of protection from the sun and skin cancer. This event was sponsored by UNL extension and partners.
- Utilized community sign boards (located in Edgar, Lawrence, Red Cloud, Bladen, Roseland, and Kenesaw) to get information out. Topics were breast cancer and handwashing.
- News releases, public health columns, ads and interviews: Articles that were published in the area newspapers were Healthy Hastings Coalition wants more community input; Eat Well; Move More, SHDHD Encourages Families to have Emergency Plan. Ads that were published: Ready Steady Balance Prevent Falls, Breast Cancer Awareness, Budget Hearing/Summary. Press Releases/Columns: "Don't wait for a disaster to happen; communicate now", "Make regular mammograms healthy lifestyle your priority", "Medication Take Back". Interviews: "Taking back unused drugs helps multiple groups" aired by NBC/Nebraska.
- SHDHD has ramped up use of Facebook and Twitter to reach the community – we are actively posting credible resources about topics that matter most, e.g., National Emergency Preparedness, Breast Cancer Awareness, Kids Fitness day and more.
- Worksite Wellness. Worksite Wellness Hub of Adams County participated in Sleep, Mood, Food and Exercise with 14 people in attendance. They also participated in a survey administered by SHDHD/MLH to evaluate the program moving into year 3 of 1422 grant. In October the presentation topic was Depression Awareness among Employees presented by ML staff. Attendees received flu brochures and nutrition challenge program information.
- Senior Center Presentations: Presentation at Golden Friendship Center on the difference between influenza, allergies and the common cold (approx 25 attended). At Kenesaw Senior Center approx 24 attended presentation on Radon. Presentations on Zika, influenza, and hygiene were given at Senior congregate meals in Superior (approx. 36), Red Cloud (approx.. 10), Clay Center (approx. 12), and Sutton.(approx. 25)
- Fall Prevention. New Tai Chi classes have started for the fall with beginning classes in Hastings (14 pre-assessments completed with the average age of 71-95), Superior (12 pre-assessments completed with the average age of 61-79), and Nelson (4 pre-assessments completed with the average age of 64-78). Red Cloud started 2 classes on October 4

at 8:00 am and 5:15 pm. SHDHD sent 2 people (SHDHD Tai Chi Coordinator and a Tai Chi instructor from Hastings) to 'Stepping On' Training in Lincoln on Oct 11-13 and will be adding this fall prevention program in 2017. SHDHD will be sending 4 possible new instructors to take the training Oct 17th – 18th (1 for Adams County, 1 for Clay County, and 2 for Webster County). Provided materials on Tai Chi and Fall Prevention to Hastings Internal Medicine.

- **Smart Moves (Diabetes Prevention Program (DPP))** –SHDHD staff participated by phone in NeDHHS' Action Planning State Leadership Work Group meeting on DPP to help plan/implement NeDHHS DPP vision.
 - SHDHD Smart Moves Advisory Board is working with our ML and Brodstone partners to develop fees and scholarships process for eligible low-income/Medicaid (until program is covered by insurance) and came up with a baseline plan that we are testing with the next available DPP class (Spanish class).
 - SHDHD implemented a pre Smart Moves class ("Session Zero") and have offered the class in Superior and Hastings. Class helps potential participants realize if they are good candidates (based on risk factors and motivation) for this life-changing class. SHDHD plans to present Session 0 DPP classes monthly in Adams and periodically in the other counties with all partners.
 - Bilingual lifestyle coaches and Advisory Board members (3) met to plan the start of a Spanish class projected to begin with a "Session 0" introductory class the last week of October.

4. Engage the community to identify and solve health problems.

(How well do we really get people and organizations engaged in health issues?)

- *Describe the process for developing SHDHDs community health improvement plan (CHIP) and/or implementing your work plan.*
- *Provide examples where we engaged the public health system and community to address health problems collaboratively. What were the evidence-based strategies that were implemented?*

Community Health Improvement Plan (CHIP) Implementation – with completion of interim community health needs assessment (CHNA), now [working with area non-profit hospitals](#) (Brodstone, Mary Lanning) to coordinate their new hospital health improvement plans with the South Heartland 2013-2018 CHIP. Provided input into Mary Lanning's health improvement implementation plan which was approved by their board in September.

➤ **Access to Health Care:**

- **Community Health Worker (CHW) initiatives** – to date, convened 2 meetings of area CHWs to offer opportunities for training, resources and best practices to expand CHW roles and increase bi-directional referral between health system and community-based prevention resources.

➤ **Obesity:**

- Prevention Connection – – **Nutrition Advisory Board (NAB)** - In September the advisory board had 5 members in attendance. There was great conversation about who to get involved in the vending initiative for year 3 -Central Community College and softball complex in Hastings are places of interest for year 3. Moving forward the group felt it only necessary to meet bi-monthly instead of monthly.
- Prevention Connection – **Healthy food options in convenience and grocery stores. Allen's (Hastings) Cooking Demos:** 9/7 had 26 participants, handed out surveys to determine effectiveness of "Choose Healthy Here" materials and demonstrated Power Smoothies with drawing at the end. Continue to appear monthly on the news promoting the cooking demonstration. 10/5 had 24 participants demonstrating Bean Salsa with Carrots. **Harvard Grocery Store:** 9/15 had 7 interactions demonstrating Power Smoothies. **Ideal Market-Superior:** 9/22 Demo was Power Smoothies with 22 interactions and on 10/20 Bean Salsa with 20 interactions. Brodstone Hospital promoted the time and date on their Facebook page. Signage was also placed in all 3 stores promoting healthy foods. Starting Healthy Food Promotion at partner **food pantry at Salvation Army of Hastings.** Staff completed intercept surveys of pantry clients in August with signage implementation and promotion occurring in September and October. Food Bank of the Heartland out of Omaha is working directly with Salvation Amy on implementation and staff training.
- Prevention Connection: **Superior's follow up to their Walking Summit.** Superior began implementing a Walking School Bus for kids and community members to promote walking. Started Aug 24th with the mayor and police escort. Volunteer "Bus Drivers" include: Mayor, Ideal Market Grocery Storeowner, School Drill Team & Band, and Girl Scouts. Participants range from 6 (on a cold rain morning) to 17.
- Prevention Connection: **Healthy Vending initiative** SHDHD staff continues to work with vending machine vender to set up meetings for project implementation at Nebraska Cold Storage, YMCA and ML.
- Prevention Connection: **Healthy Hastings follow up on action summit.** At the summit follow-up event 9/7 there were 40 community participants (goal was 50). Action plan progress is being led by stakeholders of the Healthy Hastings coalition with subcommittees for each objective meeting on their own and reporting back to Healthy Hastings. SHDHD staff leads Community Event Planning sub-committee (4 partners

involved). First community event will be on walking groups for low-income older adult populations with plans to expand to minority population. SHDHD staff attended an AARP meeting held in Grand Island (13 attended) to talk about walkability efforts in the Hasting area and how older adults can get involved.

- Prevention Connection: [Pharmacy partnerships](#).
- [SHDHD WoW \(Worksite Wellness\)](#) During the last two months SHDHD staff finished up their Walking Challenge with 90% of the staff participating in the challenge thus receiving their first benchmark. In October SHDHD staff learned self-defense from the Taekwondo instructors during their lunch and learn session with 90% of staff in attendance. Staff will be demonstrating their skills at the Oct 31 staff meeting.
- Prevention Connection: [Physical Activity](#). SHDHD is continuing to facilitate development of a joint use agreement (JUA, between the school and the city) in Harvard, to promote [physical activity opportunities](#) for community members. Action plan includes: engage partners to plan community use of school facilities, community kickoff event, and implement signage around town and in and around the school track.
- Kids Fitness and Nutrition Day: October 4th SHDHD hosted the annual [Kids Fitness and Nutrition Day](#) event with 472 4th grade students attending. The day was rainy, but the kids still enjoyed their time and learned about being active and eating healthy. Partners: Hastings College, YMCA, UNL-Extension Nutrition Education Program.
- CATCH Kids Training: On Sept 27, SHDHD hosted a second [CATCH \(Coordinated Approach to Child Health\) After School Club training](#) - 4 schools sent staff and received CATCH Kids physical activity and nutrition curriculum at no cost. Schools sign an MOA with SHDHD indicating they will present the program and administer pre/post evaluations of the class series and share these data with SHDHD.

➤ Cancer:

- [SH Cancer Coalition](#): South Heartland Cancer Coalition met in October. Collaboration occurs as we share time and resources while working toward the common goal of raising awareness of the need for cancer screenings, education to inform of symptoms and advantages of early detection and promoting evidence based screenings. Recent areas of focus: sun safety education, HPV vaccination, breast and cervical cancer screening/education.
- [Mary Lanning Healthcare Cancer Committee](#): SHDHD participated in the quarterly meeting and shared information on 2016 cancer screening data and about the collaborative efforts of the South Heartland Cancer Coalition.
- [Lung Cancer](#): 'Smoking and Cancer' educational flyer and Nebraska Quit Line cards continue to be included in all FOBT colon cancer kits.
- [Colon Cancer](#): Although we focus our campaign in March and April, FOBT kits for colorectal cancer screening are available to South Heartland residents 50-74 at no charge throughout the year. SHDHD began planning for the 2017 colorectal cancer campaign by setting distribution and return rate goals and brainstorming strategies to meet them.
- [Cervical Cancer](#): Human Papillomavirus (HPV) vaccine educational materials are shared at monthly VFC clinics. Cervical Cancer and HPV presentation was given at the Minority Women's Health Event in October.
- [Breast Cancer](#): Using the Encounter Registry we continue to identify women who meet the criteria for Every Woman Matters program and assist them with completing the Healthy Lifestyle Questionnaire and scheduling with a provider for breast, cervical and cardiovascular screening. SH Cancer Coalition assembled partners and held a [Minority Women's Health Event](#) this month. The event focused on breast and cervical health (including HPV), nutrition and exercise. 30 minority women attended the event. One woman not current on screening and one that was misinformed about HPV vaccination made statements that this event helped them make a decision to move forward with screening and vaccination.
- [Prostate Cancer](#): "Should I be tested" booklets from the ACS continue to be promoted at all health fairs. In recognition of Prostate Cancer Awareness Month in September, the "Should I Be Tested" booklets were distributed to provider offices. Additional information was attached to the booklet directing men to the Network of Care decision making tool found on our website.
- [Skin Cancer](#): SHDHD worked with 1-2 healthcare providers in each county that we selected to be champion providers for their clinics and to serve as pilot sites for [evidence-based behavioral counseling intervention on sun safe behaviors](#). Each provider chose resources they wanted to use with their patients from our resource tool kit, received Sun Safety packets for their patients to take home, and got a sun safety informational banner for their waiting room. Evaluation survey to champion providers showed this to be a project that was worth their time and benefited their patients.

➤ Substance Abuse:

- Hastings College, began administering an [electronic screening and brief intervention \(eSBI\)](#) alcohol risk assessment tool with incoming freshmen and returning sophomores. The eSBI collaborative work group (HC, ASAAP, SHDHD) discussed how to improve completion rate and also began planning the evaluation tools for student participants and the faculty/staff who help promote the assessment.
- SHDHD and partners (area law enforcement in each county and ASAAP) held a [Drug Take Back event](#) on October 22 as part of the National Drug Enforcement Agency's National Drug Take Back day. At the Hastings site, we collected 134 pounds, reducing the risk of drug diversion and misuse at more than 50 households and keeping these substances out of our waterways.
- Mental Health:
 - [Integrated Care](#) – New collaboration to revisit integrated care (primary care/ behavioral health – PCBH) project that stalled in 2014 due to lack of funding. Dr. Kathy Anderson (pediatric psychiatry) plus Mary Lanning leadership and staff included SHDHD in planning to implement into ML clinics the PCBH model and also discussed the American Psychiatry Association model for integration.
 - [VetSET](#) – VetSET Coordinator, Liz Chamberlain, and Amy Market attended Mental Health 1st Aid Training that included a module focuses on assisting Military members, Veterans and their families on September 28, 2016 in Lincoln.
 - New VetSET Partnerships: Hastings Internal Medicine, Goodwill Industries, YWCA, Community Action Partnership
 - [No Wrong Door Training and Networking](#) will be held in Kearney on November 15th 8:00 am – 5:00 pm @ the Great Platte River Road Archway Monument.
- Other Collaborations:

5. Develop public health policies and plans.

(What policies promote health in our district? How effective are we in planning and in setting health policies?)

- *What policies have we proposed and implemented that improve population health and/or reduce disparities?*
- *Describe how our department engaged in agency-specific strategic planning to develop a vision, mission, and guiding principles that reflect the community's public health needs, and to prioritize services and programs.*
- *What plans are we developing and implementing to improve our department's quality and effectiveness (plans for quality improvement, workforce development, branding, communication, and performance management)?*

➤ Grant Proposals (Plans)/Awards/New Funding:

- SHDHD will be awarded \$20,000 from DHHS Immunization Program for 2017 Immunization work plan.
- SHDHD was awarded up to \$60,000 to implement Health Hub/Every Woman Matters programs 2016-17.
- SHDHD's year 3 work plan and budget accepted by DHHS and will continue into year 3 of the Chronic Disease Prevention Connection project (1422): \$208,000
- Received \$3,000 from UNK for annual Kids Fitness and Nutrition Day.
- Emergency Preparedness subaward with DHHS: \$78,228. Contract period was supposed to begin on July 1, 2016. Still no contract as of October 28, 2016.
- SHDHD awarded 2016-17 Accreditation subaward through DHHS: \$14,000
- SHDHD's adopted [Performance Management System framework](#) is continuing to be implemented through performance measurement evaluation and quality improvement activities.
- SHDHD's HIPAA Compliance Officer and Accreditation Coordinator have developed a draft [SHDHD HIPAA Plan](#). This update included a risk analysis of the health department. The next step is to review the plan with other staff members and the BOH Policy Committee, and to complete action items identified with the risk analysis.
- Met with consultant/pharmacist Kim Galt to discuss plans for engaging and supporting area pharmacists to [develop/expand and codify physician extender and community outreach roles for preventing chronic disease](#).
- [Prevention Connection](#): We received initial data from Superior Pharmacy to begin a blood pressure (BP) initiative for team-based care policy with the pharmacy offering BP screening, self-management education and follow-up with patients and reporting to physicians regarding hypertension management.

6. Enforce public health laws and regulations.

(When we enforce health regulations are we up-to-date, technically competent, fair and effective?)

- *Describe our efforts to educate members of our community on public health laws, policies, regulations, and ordinances and how to comply with them.*

- *What laws and regulations have we helped enforce to protect the public's health?*

- Nebraska Clean Indoor Air Act: No smoking violations reported this period.
- SHDHD continues to monitor public water system violations and post these results on our website.
- Shared the Nebraska Landlord Tenant Act with residents with complaints about mold or bedbugs.
- Working with the Hastings Building Inspector in responses to bed bugs in apartments and buildings with multiple residents that are owned by other companies where the health and welfare of the residents was a concern by Adult Protective Services.

7. Help people receive health services.

(Are people receiving the medical care they need?)

- *Describe the gaps that our department has identified in personal health services.*
- *Describe the strategies and services that we have supported and implemented to increase access to health care and establish systems of personal health services, including preventive and health promotion services, in partnership with the community.*
- In September/October the Vaccine for Children clinic staff delivered 141 vaccines to 48 patients at two monthly clinics. Of those 48 patients, 36 had no insurance, 6 had Medicaid and 6 were underinsured. Total donation collected from clients for September/October = \$282 (avg. \$1.96 per immunization or \$5.78 per patient).
- In September/October the Adult Immunization Program delivering only Tdap to uninsured or underinsured adults 19 and over, administered 1 Tdap to 1 patients who was uninsured.
- During the months of September/October, Community Health Worker Lorena Najera completed ___ home visits with minorities in need of health services and made referrals to services.
- Prevention Connection – Community Health Workers Identified in the health district were invited to attend regular networking and education meetings led by SHDHD staff. Outcome-the group would like monthly meetings to network, learn about resources in district, and access to training/education. Our goal is to have them play a role in bidirectional referral including healthy food access, Smart Moves DPP class, and more.

8. Maintain a competent public health and personal health care workforce.

(Do we have a competent public health staff? How can we be sure that our staff stays current?)

- *Describe our efforts to evaluate LHD staff members' public health competencies. How have we addressed these deficiencies?*
- *Describe the strategies we have used to develop, train, and retain a diverse staff.*
- *Provide examples of training experiences that were provided for staff.*
- *Describe the activities that we have completed to establish a workforce development plan.*
- Brooke Wolfe and Michele Bever attended the 1422 Evaluation Training held all 1422 grantees in Grand Island on September 15th.
- Hastings College Interns and other students – Identified Hastings College student intern Janelle Bethea to assist with Scrubby Bear hand hygiene presentation to day care, preschool and 1st grade students. She began scheduling presentations to begin November 1st, which she will deliver on her own after training with Brooke.
- J Johnson attended the Open Forum for Quality Improvement in Salt Lake City October 5-7.
- Accreditation Coordinator J Johnson is leading ongoing SHDHD staff training for performance management (or outcome) based accountability.
- A CIFOR (Foodborne Outbreak Response) workshop was offered to surveillance personnel in August. J Warner attended on 8/24/16 completing focus areas 6, 7 and 8 of the toolkit.
- Elizabeth H and Tammie Johnson from Hastings Family Care attended a Panel Management training on 10/5 to help health clinic/systems identify patients with hypertension/diabetes and other health issues.
- On 10/6 Elizabeth H, Liz C and Tammie Johnson from Hastings Family Care attended a Team-Based care training to help clinic/systems include all internal and external members of the healthcare team maximize care of patients and minimize health disparities
- All staff were trained in SHDHD procurement processes.
- M Bever and Board member Nanette Shackelford attended the annual Public Health Association of Nebraska (PHAN) conference in Lincoln and heard national speakers and participated in breakout sessions on relevant public health topics including: "The Future is Now – How Public Health Needs to Adapt to a World that is Rapidly Changing" – John Auerbach, MBA Centers for Disease Control; "Better Together- Strategies for Improving Collaboration between Public Health and Primary Care" – Brian C. Castrucci, de Beaumont Foundation; "Nebraska Walkable Communities Initiative- Early Success through a Community-Driven Engagement Approach"

– Brian Coyle & Jeremy Grandstaff; “Current Nebraska State Oral Health” – Dr. Charles Craft, DDS; “Public Health Nursing: A Key Partner for Healthy Populations in a Transformed Health System” – Shirley Orr; “Climate Change Impact on NE” – Sen. Ken Haar; “Nebraska Prescription Overdose Prevention Program” – Ashley Newmyer, MPH, CPH. Both also attended the SALBOH (State Association of Local Boards of Health) meeting and heard about legislative activities from a public health lobbyist and about accreditation process lessons learned from a panel of local health department directors who are accredited or are ready for their site visits.

➤ **9. Evaluate and improve programs and interventions.**

(Are we doing any good? Are we doing things right? Are we doing the right things?).

- *Provide examples of our evaluation activities related to evidence-based public health programs.*
 - *Provide examples of QI projects that we have completed or are in process.*
- Staff continues to **implement performance measures** (quantity, quality, and outcome measures) for their program explanations/accomplishments for each staff meeting. We are completing an Excel spreadsheet before the staff meeting, which has decreased the discussion time and improved understanding of the P.M. process. This is also applied to the dashboard for CHIP Performance Management.
 - **Food Pantry initiative evaluation:** Continue with Gretchen Swanson Center for Nutrition (GSCN) and NeDHHS on evaluation of Choose Healthy Here Materials in partnered Grocery Stores. Also working with Food Bank of the Heartland on implementing surveys for customers and employees to determine how to improve their Choice Pantry model (Salvation Army)
 - **Kids Fitness and Nutrition Day:** 4th Graders that attended the event increased their knowledge of healthy foods and healthy physical activity behaviors. Of the 473 students who attended the event 312 completed the pretest and 247 completed the posttest. Pre/post result improvements: kids reported being active was fun (from 91% pre to 94% post) and reported knowing that being physically active is good for them (from 92% re to 95% post). They also increased their knowledge around nutrition: knowing which snack was the healthiest (from 94% pre to 96% post), knowing the correct number of calories in 4 crackers (45% pre to 64% post), and knowing the correct size of a portion of meat (55% pre to 70% post).
 - **Accreditation is a Marathon, not a Sprint!** SHDHD is continuing work toward Public Health Accreditation by including accreditation training in all weekly (8) staff meetings, leadership team meetings, & and bi-monthly meetings for the Board of Health. The leadership team is focusing on each Domain’s documentation and a timeline was developed for documentation selection and upload. A Documentation Selection Workshop is scheduled for December 5, 2016 at SHDHD. It will be facilitated by two DHHS personnel (one of which is also a PHAB site visitor). This will be a check on current documentation work to assist in developing the next timeline(s) for 2017.
 - SH Immunization program updated equipment with a medical grade counter top freezer and replaced the battery back-up for our Sensaphone temperature monitoring system to **ensure vaccine quality**.
 - In July the **SHDHD Immunization program** received its AFIX report from the NE DHHS Immunization Program. AFIX is a tool used by the CDC to gather vaccination data on children 24-36 months and 13-18 year olds. This report is run biannually and results are helpful for us to measure impact and plan strategies for improvement.
 - **The Quality Improvement Team and the Accreditation Leadership Team (ALT)** are consistently meeting once per month and as needed. QI meets the first week of the month and ALT meets the other weeks of the month. The QI project developed to increase coding accuracy and efficiency has been developed with team and staff input from Fishbone (cause and effect) diagrams. New procurement forms and a checklist for staff have been developed and practiced through a hands on training. Using the QI tool, Plan-Do-Check-Act, this will be evaluated over the next several months, changed as needed and implemented.
 - SHDHD staff participated in DHHS’s **evaluation activities for 1422 grant Year 2** including individual online surveys and a site visit for staff focus group and director interview. Results of the local evaluation were shared with SHDHD and reported in Evaluation Report. Some key findings include: great administration support throughout the grant activities, engaged partners at local and state levels, partners felt the engagement with SHDHD was time worthy and staff that work well together. Implementation of healthy food retail has several facilitators with few barriers. DPP implementation has great partnerships and the advisory board has helped with implementation. CHW implementation has faced several barriers but with the CHW Network beginning SHDHD hopes for more progress in year three. Mutually reinforcing the strategies can be seen throughout year 2 around DPP and healthy food retail, however CHW engagement and mutually reinforcing the DPP program and healthy food retail can be improved in year 3. Measuring our reach within the target population has been a struggle in year 2 but again SHDHD hopes to improve the measure for year 3.
 - SHDHD is working with Schmeckle Research to **evaluate SHDHD’s Policy Implementation, Evaluation and Sustainability (PIES) workshops and the efforts of the schools’ wellness teams**. Schools were asked to complete

the evaluation by September 15th to help determine our year's progress. Brooke has reviewed the six evaluations to ensure completeness. 10/20 sent to Schmeckle research for evaluation.

- SHDHD is working with Schmeckle Research to evaluate [eSBI alcohol assessment process](#) being implemented at Hastings College.
- Schmeckle Research assisted SHDHD in completing final [evaluation components of the Sun Safe South Heartland project](#), summarizing results from surveys with pool managers, pool patrons participating in Pool Cool activities, and health care providers piloting the evidence-based behavioral counseling interventions.

10. Contribute to and apply the evidence base of public health.

(Are we discovering and using new ways to get the job done?)

- *Provide examples of evidence-based programs our department is implementing.*
- *Describe how we have collaborated with researchers to conduct any research studies (e.g., completed surveys, interviews, or focus groups).*
- Evidence Based:
 - SHDHD is beginning to implement the year 3 work plan consisting of [evidence-based strategies for prevention of cardiovascular disease and diabetes](#) as part of the 4-year Chronic Disease Prevention project (Prevention Connection).
 - SHDHD is partnering with [worksite wellness committees](#) and using evidence-based practices for improving physical activity and cancer screening in worksites.
 - [Tai Chi – Moving for Better Balance](#) is an evidence-based program for fall prevention in older adults. In South Heartland, beginning and/or advanced classes are being offered in all 4 counties.
 - We are continuing to use a [Reminder Recall](#) process for immunization clinic clients to improve immunization rates.
 - SHDHD is implementing [sun safety initiatives](#) including piloting an evidence-based behavioral counseling intervention with youth and young adults by providers in healthcare settings,
 - SHDHD is working with HC again this year to implement evidence-based [electronic screening and brief intervention \(eSBI\)](#) alcohol risk assessment with incoming freshmen and returning sophomores.
 - MCH - [Reduce underage and binge drinking: evaluation of Life of an Athlete/Pure Performance training](#). 88% return rate; 95.8% Agreed or strongly agreed that the Life of an Athlete summer training in Hastings was a good use of their time. 87.5% agreed or strongly agreed that they learned something new about the effect of alcohol on brain development and/or performance. 95.9% agreed or strongly agreed that they gained knowledge from the training that will help them make healthy choices in their life. 95.8% agreed or strongly agreed that as a result of the training they had an idea for at least one change that they could bring about in their school to help students be healthier and perform better.
 - Accreditation standards are evidence based: Taken from the Standards and Measures Introduction: "This [Public Health Accreditation Board \(PHAB\) Standards and Measures](#) document serves as the official standards, measures, required documentation, and guidance blueprint for PHAB national public health department accreditation. These written guidelines are considered authoritative and are in effect for the application period beginning on July 1, 2014 and until a new version is released." SHDHD is becoming more aligned with these evidence based standards and measures as we progress through the accreditation process and apply them to our plans, policies and programs. The Standards and Measures fall under 12 Domains, defined as "groups of standards that pertain to a broad group of public health services. There are 12 domains; the first ten domains address the ten Essential Public Health Services. Domain 11 addresses management and administration and Domain 12 addresses governance."
- Research:
 - Completed Nebraska Association of Local Health Directors (NALHD) profile survey.