



Welcome to the
NEBRASKA BREAKFAST

THE RIGHT TO

The Nebraska Breakfast is the oldest ongoing gathering of its kind on Capitol Hill. Every Wednesday Morning that Congress is in session, Nebraskans visiting the nation's capital can meet and visit with their congressional delegation.

The Nebraska Breakfast originated in 1943. It was the idea of U.S. Senator Hugh Butler, who wanted to meet informally each week to discuss legislation with other members of the Nebraska delegation. Members of the delegation began inviting guests to the weekly gatherings, and so a tradition was born. Today, all Nebraskans visiting Washington D.C. and their guests are invited to attend.



Director Michele Bever, president of the Nebraska Association of Local Health Directors (NALHD) was in Washington, D.C. February 22-24 for the winter meeting of the State Associations of County and City Health Officials (SACCHOs). Bever and NALHD Executive Director, Susan Bockrath, were thrilled to have the chance to meet with Senators Fischer and Sasse as well as staff from Congressman Ashford's office. We shared how local health departments are their communities' Chief Health Strategists...readying communities for emerging threats (like Zika) and helping reduce the need for costly medical care thru PREVENTION (working to make the healthy choice the easy choice)! We also explained how Federal funds help support the work of local health departments as we build community capacity to better serve our military service members and their families.



Six schools are participating in Policy Implementation, Evaluation and Sustainability (PIES) workshops for school health teams that have completed Coordinated School Health institutes, including: Harvard, Hastings Catholic, Lincoln Elementary, Hawthorne, Morton, and Hastings Middle School. At the first workshop, teams created a plan to evaluate the success of their new policies (How much did we do? How well did we do it? What difference did we make?).



In February, SHDHD staff Go Red!
 To promote heart health for Women.





Sgt. Brian Hessler from Hastings Police Department speaks with SHDHD employees on what to expect from law enforcement if their services are required when an intruder or visitor turns violent. Staff also discussed ways to improve our facility preparedness and response.



UNITING PARTNERS TO KICK CHRONIC DISEASE TO THE CURB

Ideal Market, Superior, Nebraska:

Grocery store demonstration of the NuVal system that helps shoppers know what foods and drinks are healthy. Shannon Frink, Registered Dietician from Mary Lanning (one of our Prevention Connection partners), led the demonstration and answered shopper's questions.

Funded by SHDHD Prevention Connection project: 1U58DP005493-01, Nebraska's Public Health Actions to Prevent & Control Chronic Disease; US DHHS, CDC, Nebraska DHHS.

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.
- Received the draft report for our [Mini-MAPP 2015 health status assessment](#). Our Hospital partners need these data for their IRS-required community health improvement plans. We are using it to update our CHIP indicators and add baseline information for the Prevention Connection target populations and strategies.
- [School Surveillance](#) Predominant causes for illness during Jan-Feb reporting period include respiratory and gastrointestinal illnesses.
- Hospital [Influenza-Like-Illness](#) (ILI) reports across the state indicate flu season has arrived in Nebraska and has shifted from 'sporadic' to 'local'. First confirmed case in SHDHD reported by one hospital on Feb 19.
- [Gastrointestinal outbreak](#) (probable norovirus) in local educational institution. SHDHD staff, assisted by state Epi staff, developed and conducted a survey completed by over 200 students that helped us determine that the nature of the outbreak was person to person rather than foodborne.
- [Disease Investigations](#): Hepatitis C, Hepatitis A, Campylobacter, Group B Strep, Pertussis, Giardia.

Nebraska /Regional – In January/February, there were several [gastrointestinal illness](#) outbreaks in the state, including norovirus outbreaks in schools, nursing homes and other locations, a multi-state outbreak of E.coli O157:H7 linked to a pizza chain, and more than 20 cases of Salmonella.

National/International –As of February 10, 2016, there were 52 cases of [Zika Virus Disease](#), all travel-associated, identified in the United States, including 2 cases in Nebraska. Zika virus is transmitted primarily by the bite of infected mosquitoes of the Aedes species. Zika virus can be passed from mother to baby during pregnancy and there is evidence that Zika may be sexually transmitted by a man to his sex partners. Zika may also be transmitted through blood transfusion, so the FDA has issued new recommendations for donor screenings.

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)?*
- Maintained telehealth [emergency communications technology](#): Held five (5) video conferences. Hosted a total of twenty (20) persons for Patient Consults, TRIMRS Steering Committee, Community Health Needs Assessment, Nutrition Advisory Board, and Cancer Coalition.
- Gastrointestinal outbreak (probable norovirus) in an educational institution. SHDHD staff were first notified by a parent whose student was seen in the emergency room, then received additional information from the ER and school administration/health staff. In addition to conducting a survey to characterize the outbreak, SHDHD assisted the facility by providing cleaning protocols, informational materials, prevention messages, and an educational video.
- [SHDHD preparedness for violent events](#). Hastings Police Department Sgt. Hessler and Sgt. Weber visited SHDHD to view our security measures to include cameras, policies on locked doors, protection from an intruder, and staff response to a danger. Sargent Hessler returned later to learn present to staff what we could expect from law enforcement if they were called to respond to a violent event on the premises. Also discussed how to improve SHDHD's preparedness for such events.
- [Fall Prevention](#) With the 2016 grant being approved, the start of the 7th year for providing Tai Chi for Better Balanced in the SHDHD district is off and running. As of January 2016 we have Advanced Class going in Red Cloud with 9 participants, Hastings with 17 participants, Superior with 15 participants, and Nelson with 11 participants. Beginning classes started in January for Superior with 13 participants and Sutton with 20

participants. Hastings will be starting a beginning class on March 1st with 26 participants currently signed up. Pre-surveys and Timed Up and Go assessments were performed on participants during the 1st week of classes and Mentor reviews have been completed on most of the instructors. Will have two new instructors start teaching class in the district Jay Hall – Red Cloud and Denis Melvin – Nelson, both completed a two day training in Lincoln on Feb 23 – 24th. During the month of February 375 Public Service Announcements were done over 3 radio starts for promoting Tai Chi.

- SHDHD participated in Local Emergency Planning Committee (LEPC) meetings in Adams and Clay counties where participants discussed their agency response to various [Disaster scenarios](#).
- Planning [Mental Health First Aid](#) training for businesses, EMS, and schools to help their staff be more attuned to individuals' mental health and how to react. Training will be conducted in Blue Hill in either April or May.

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 and provided information on radon, cold weather, hygiene, and heart disease. J Morgan started covering the Clay Center Satellite Office in January. He will present information on flu, hygiene, and general information on world diseases in March.
- KHAS Sunrise 60 interviews on [radon testing/mitigation](#) and [heart health](#).
- Utilized [community sign boards](#) (located in Edgar, Lawrence, Red Cloud, Bladen, Roseland, and Kenesaw) to get information out about radon.
- [News releases, public health columns, ads and interviews](#): Vital Signs ads, Wash Your Hands to Stay Healthy, What You Need to Know About Zika Virus, SHDHD Annual Report, Tai Chi May Benefit Elderly Who Are Susceptible to Dangerous Falls, Superior Council Asked to Link Parks with Walking Path, Take Care of Your Heart, Board of Health Supports Tobacco Tax Increase.
- Prevention Connection: Have recruited 5 Adams County businesses (Adams County, Bruckman Rubber, Nebraska Aluminum, Taco Johns and The College Heritage View) to join the [Worksite Wellness Council](#). We had a presentation in January from Tonya Vyhldal over "Why Worksite Wellness" with 15 participants in attendance. In February the presentation on heart health was from Jan Williams, Cardiac Rehab Manager, from Mary Lanning. There were again 15 participants in attendance. Each business attending received information on heart health for their employees and how they can increase awareness at their workplace. FOBT colon cancer screening information and coupons were also presented to council members
- Prevention Connection- [Superior's follow up to their Walking Summit](#) includes bi-weekly meeting by the leadership team are being held to continue the action plan from the summit.
- Healthy Hastings continues to meeting monthly to plan the [Healthy Action Summit](#). It will be hosted at CCC on the 13th of April from 8:30-4:30.
- [Seasonal Influenza 2015-16 in English and Spanish](#) was added under Hot Topics on the SHDHD website with links connecting to resources in both languages.
- SHDHD's Community Health Worker presented a [program on Hand Washing in Spanish](#) to 10 participants on 1/27/2016 Hispanic group Meeting. Public Health Nurse was present to take blood pressures for the Encounter Registry health risk assessment. Completed 9 [health risk assessments](#) using the encounter registry.
- SHDHD's Community Health Worker completed 25 health risks assessments using the encounter registry in the month of January during home visits with Hispanics residents of Adams County
- [Diabetes Prevention \(DPP\)](#) -Brodstone hospital started a Smart Moves class for employees with an incentive program offering discount to insurance for participation. Over 30 staff are taking advantage of the opportunity. A second Hastings Smart Moves class with 9 participants began on 2/22 over the noon hour at the YMCA.
- [Vital Signs Health Fair](#)
 - VSHF Board will be having a scavenger hunt at the fair this year to promote participants visiting booths and learning what vendors have available in the community for health promotion. Winner of the hunt will receive a free basic lab panel next year.
 - SHDHD – is creating an interactive poster to help promote participant understanding of their lab results related to hypertension, cardiovascular disease and kidney disease along with importance of seeking provider input and ways to improve abnormal values.

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

➤ Access to Health Care:

- SHDHD's Certified Application Counselor assisted two (2) individuals regarding questions about [health care coverage](#) and referred those individuals to the navigators located at Mary Lanning and Community Action Partnership of Mid-Nebraska/Kearney office.
- Heartland Health Center, our regional [federally-qualified health center](#), hired a dentist, 2 side-chair assistants, and an office manager and began seeing dental patients on Tuesday, November 17th.
- Chronic Disease Prevention - We are partnering with 2 Hastings clinics to support their staff in having a [blood pressure](#) competency for staff.
- Chronic Disease Prevention - Wide River is re-engaging as contractor for clinic work and contacting clinics for [electronic medical record](#) assistance for 2016. They worked to assist Webster County Clinic new provider with Meaningful Use enrollment. They have contacted all clinics to offer desk support and will be

➤ Obesity:

- Prevention Connection – [Nutrition Advisory Board \(NAB\)](#) - Met in January and February. In outcomes of the January meeting included: an Ideal Market grocery store demonstration by Shannon Frink, RD, from Mary Lanning, on how to use the NuVal system in and around the store. The event was hosting at the grocery store from 3-6 where we interacted with 25 Superior community members. In collaboration with UNL extension a free grocery store cooking demonstration how-to training for all interested NAB members as well as other local health department staff was scheduled for February 2nd, but due to snow was postponed till March 1st. In January, the Hastings Hispanic grocery store, Sanchez Plaza, became pending SNAP certified, making all but 3 grocery stores in the district SNAP certified. GIS maps of the district's healthy food access were reviewed by the NAB and approved. Materials from Emspace Group for vending initiatives were also provided. Anne Hessler from the YMCA set up a meeting with the CPI manager to discuss possible convenience store initiatives. In the February meeting it was shared that the state is starting a healthy food retail certification program. The guidelines were shared with the group and input was taken back to the state. The board also decided that the next two vending sites will be Hastings YMCA and Brodstone Memorial Hospital. We were also invited by Deb Unterseher, a member of the NAB, to present to at the Sutton Bread Box food pantry meeting in February. SHDHD hosted focus groups for the food pantry managers and grocery store owners on February 25th to determine interest in providing and promoting healthy foods.
- Prevention Connection – [Healthy food options](#). SHDHD in collaboration with the Food Bank of the Heartland presented "choice food pantry" options to the Sutton Bread Box. That same information was shared with the food pantry focus group on February 23rd. Also presented convenience store options to district CPI managers at their monthly meeting on February 18th and again to Pump and Pantry food manager on March 22.
- SHDHD WoW ([Worksite Wellness](#)) 2016 wellness in progress! January was stress awareness which included a stress challenge and lunch and learn on Stress by Amanda Schroeder (nine staff members participated). For Heart Health month in February, we encouraged staff to participate in Smart Moves (3 staff participating), heart health fliers, and a 5 staff members participated in a lunch and learn on how to shop healthy at the grocery store.
- Elizabeth presented [5-4-3-2-1 Go](#) to the Aktion club to promote a healthy lifestyle and decrease risk for heart disease. Approximately 40 participants in the group.
- SHDHD is facilitating development of a joint use agreement (between the school and the city) in Harvard, to promote [physical activity opportunities](#) for community members.
- Hannah from *Food Bank of The Heartland* visited Sutton's *The Bread Box* food pantry during their meeting to educate them about becoming a choice pantry and offer for them to partner as a [pilot rural choice food pantry](#) for the state. The pantry has been trialing having patrons select items to see how it goes. They are going to make a decision and get back with us.

➤ Cancer:

- Cancer Coalition: South Heartland Cancer Coalition met in January and February. Plans are underway for our districtwide Colorectal Screening Campaign in March. The group collaborates to share time and resources as we work toward the common goal of raising awareness of the need for cancer screening, education to inform of symptoms and advantages of early detection and promoting evidence based screenings,
- Mary Lanning Healthcare Cancer Committee: attended the quarterly meeting, shared information about the collaborative efforts of the South Heartland Cancer Coalition and shared cancer screening data for 2015.
- Lung Cancer: In January, for Radon Action Month, SHDHD continued implementing a radon awareness campaign supported by a 2015-2016 radon mini-grant through DHHS's Radon Program. Selling Radon kits at SHDHD office and the UNL Extension offices in Clay, Nuckolls and Webster. Met separately with Mark Evans (City of Hastings) and Sheri Patterson (Realtor) to discuss radon testing at real estate transactions and barriers to mitigation. We are including 'Smoking and Cancer' educational flyer and Nebraska Quit Line cards in all FOBT colon cancer kits to be distributed. The Board of Health passed a resolution supporting LB 1013, which would raise the tobacco tax.
- Colon Cancer: The upcoming campaign in March will include providing local newspapers with an educational article and running coupon ads for free FOBT kits provided through the Nebraska Colon Cancer Program. We will be doing a radio spot informing the public of screening recommendations and screening options. SH Cancer Coalition partners are distributing posters, brochures and paycheck stuffers. We will be promoting FOBT kits at the upcoming Vital Signs Health Fair, Nuckolls County Health Fair, and the City of Hastings, CCC, and GSV worksite health fairs.
- Cervical Cancer: Staff continue to share HPV vaccine related educational materials at monthly VFC clinics.
- Breast Cancer: Through the use of the Encounter Registry we work to identify women who meet the criteria for the EWM program and assist them with completing the Healthy Lifestyle Questionnaire and assist them in scheduling with a provider for breast, cervical and cardiovascular screening.
- Prostate Cancer: "Should I be tested" booklets from the ACS have and will continue to be promoted at all health fairs.
- Skin Cancer: SHDHD was awarded funds for a Sun Safe South Heartland project which will expand the Pool Cool program to a few remaining pools, will support a mass media marketing/awareness campaign and will allow us to pilot an evidence-based sun safe behavioral counseling in health care providers settings. Through the month of January, our Hastings College Jan term intern, Anthony Cloyd, assisted with research, provider surveys and compiling education resources for use in a tool kit for providers to promote behavioral counseling on sun safety.

➤ Substance Abuse:

- With Hastings College, completed the 3rd Millennium Screening and Brief Intervention (eSBI) tool for alcohol risk assessments. HC required all incoming students to complete the assessment before they arrived on campus and again 30 days later (project supported by SHDHD's Maternal & Child Health grant funding). The planning team worked with our MCH grant evaluator to develop and administer an evaluation for the freshmen students and their faculty advisors to provide feedback on the assessment and the process. The team has received reviewed the results in January and decided to consider a different eSBI tool for ease of administration and reporting. The report had several Alcohol use and perception data that would be appropriate for social norms messaging. Area Substance and Alcohol Abuse (ASAAP) is partnering to support the social norms campaign.

➤ Mental Health:

- With Making Connections for Mental Wellbeing funding to NALHD from Prevention Institute and the Movember Foundation, local health departments, including SHDHD, will hold focus groups with family members of military service members to learn more about how our communities can build capacity to better support their needs. SHDHD is planning three community-level conversations in April.
- Director Bever was accepted to Behavioral Health Training for Public Health Officials which occur on March 5-6, the weekend preceding the National Council for Behavioral Health's conference, which she will also attend. The training will focus on: Behavioral Health State of the State: What is your agency doing to address behavioral health issues from a population health perspective?; Why Integration: Improving population health through integrated care (e.g., the impact of integrating behavioral health & primary care); Data Sharing: Uses & Obstacles (e.g., how you're collecting and sharing data, overcoming

data-related obstacles); Workforce Development: Building behavioral health capacity among public health workforce. The participants will also be taking the Mental Health 1st Aid course.

- 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:
 - Awarded 'Making Connections' funds (Prevention Institute/Movember Foundation via NALHD) to conduct community conversations to identify the assets and needs of veterans and their families to create a community in which they are connected and thrive - \$6,225
- A new Sun Safe South Heartland project will continue promoting sun safe behaviors by expanding the number of pools participating in the Pool Cool Sun Safety program and by expanding outreach and prevention activities into the health care setting where primary care providers counsel youth and young adults on sun safe behaviors.
- Coordinated School Health: 2014-2015 Mini- grants from 7 area schools have been accepted and schools are working on implementing the activities. In addition 6 of those 7 schools are attending the PIES workshops. The first one was on January 13th where schools worked hard on their evaluation plan and shared with the other schools their success/barriers and accomplishments. The second PIES was to be held on February 3rd, but due to snow it was cancelled. Schools then met with Brooke Wolfe individually to review evaluation plans and look at next steps. The second PIES was held on February 24th where schools finalized their evaluation and began working on their 2015-2016 budget and action plans. They were also introduced to the Healthier US School Challenge grant (a national, online application) and the importance of a good communication plan.
- Director Bever traveled to Washington, DC, February 21-25 for the winter meeting of the State Associations of County and City Health Officials. She attended the Nebraska Breakfast with the Nebraska congressional delegation (Ashford, Fischer, Sasse, Smith, Fortenberry) and, with NALHD executive director Susan Bockrath, met individually with Senator Fischer, Senator Sasse, and staff from Rep. Ashford's office to discuss how federal funding is used at the local health department level, specifically discussing emergency and infectious disease preparedness, chronic disease prevention and the VetSET project.
- J Morgan is meeting with Mary Lanning's Dustin Handley and producing an 'Emergency Operations Center' (EOC) table top exercise using water poisoning as the scenario so that Adams Co Emergency Management, Hastings Utilities, Hastings Fire, Hastings and Adams County Law Enforcement, Mary Lanning, and SHDHD would all be involved in the EOC and can test response plans.
- Workforce Development Plan activities: developed a draft Salary Schedule developed and presented to Board of Health Personnel Committee for input.
- Accreditation Preparation: On February 5, the Board of Health signed a letter of support and passed a resolution (No. 2016-1) supporting SHDHD's efforts toward accreditation and passed a resolution (No. 2016-2) supporting schedule of payment of accreditation fees. Accreditation Coordinator and Exec. Director submitted SHDHD's statement of intent (registration) to PHAB on February 17. On February 23, we received notice that PHAB had approved our registration and providing us access to the on-line Application. PHAB Journey Step 1 completed!

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?*
- No smoking violations reported this period.
- SHDHD continues to monitor public water system violations and post these results on our website.
- Request from a resident in Nuckolls County about authority of SHDHD to determine health risks associated with nuisance properties and to provide information to local governments.

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 January/February the Vaccine for Children clinic staff delivered 39 vaccines to 18 patients at two monthly clinics. Of those 18 patients, 14 had no insurance, 4 had Medicaid and there were no underinsured. Total donation collected from clients for January/February = \$13.00 (avg. \$.69 per immunization or \$.31 per patient).
 - In Jan/Feb we had eight follow ups for children with elevated blood lead levels. We are working on a QI project on lead follow up procedures and communications.
 - During Jan/Feb 2016 we received zero (0) calls from adults looking for dentist who accepted Medicaid. Since Heartland Health Center has opened their dental clinic, we have seen a decline in referral calls for dentistry.
 - Health Disparities: Held Total Package diabetic support group meetings. In January, did A1c lab draws. Average A1c improved from 7.6 to 7.5 from October 2015 (62 people attended). In February had a Presentation on Vaccines (23 people attended). Followed up with 97 members over the two months to check up on their diet/exercise regimens and medication management.
 - 272 vouchers for free influenza vaccine for adults without insurance or who cannot afford one have been distributed at events throughout the district. Vouchers are provided by funding through DHHS and Walgreens.
 - Prevention Connection: To develop a bi-directional referral system between health system and community, the prevention connection project is first determining where community health workers are currently employed and what are their roles. Staff continue interviewing identified area community health workers and their supervisors. Completed interviews with 10 CHWs 4 supervisors.
 - Tuberculosis treatment. Our Public Health Nurse is working with the Nebraska TB Program to provide weekly DOT therapy to 2 adults and 1 child. Our CHW is connecting with an immigrant from Mexico with documented TB, already treated and assisting him in seeing a provider to receive the necessary testing required now that he is in the U.S.

8. Maintain a competent public health 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.*
- Training future public health workforce. We presented information about public health to 11 Creighton nursing students and one Hastings College student. Topics included general overview of public health and SHDHD, disease investigation, Tai Chi, Every Woman Matters program, Encounter Registry, community health workers, information about the upcoming Hastings Summit, last summer's Pool Cool program, sun safety, Scrubby Bear, emergency preparedness and the Chronic Disease Prevention program, including our Smart Moves program.
 - Prevention Connection: Our number of trained Smart Moves diabetes prevention coaches has increased from 5 to 10 and our service area from Hastings to Superior with the training 10/29-30 in Lincoln. New coaches have joined in class planning and we anticipate new classes in both communities early in 2016.
 - Emalee Peterson RN, nurse practitioner doctoral student spent a morning with Elizabeth reviewing Million Heart Initiative resources available to Clinic providers and staff for Team-Based Care, Self-monitoring of hypertension and improving clinic identification of patients with hypertension. This was part of her community volunteer hours for her education and she expressed a desire to return for some in clinic work in the spring semester.
 - Hastings College Intern Kim Spartz completed entering and analyzing radon testing data from 2014-15. In January and February she contacted residents whose homes tested high for radon to determine if they have mitigated and, if not, what are the barriers to mitigation, and created an aggregate data summary.
 - Staff preparedness training. Sgt. Hessler met with SHDHD staff and discussed how to use what we have to react to an intruder, what we might change in our building and what to expect when law enforcement arrives after we call 9-1-1. He stated that if the situation didn't feel right to call 9-1-1 as law enforcement do not mind responding to an emergency that doesn't end up being an emergency in order to protect lives.
 - Brooke Wolfe and Liz Chamberlain attended the Healthy Food Retail Certification program training on February 23rd in Aurora to discuss DHHS goals and objectives with this certification program.

- [Hastings College Intern](#) - bilingual intern Jazmin Gonzalez-Vega will be working with us this Spring semester on Prevention Connection strategies, including community health worker initiatives and the Hastings Summit.
- A [Doctor of Nursing Practice student](#) is helping with Chronic Disease Prevention activities at SHDHD this semester. Her 1st project is to create the poster for Vital Signs Health fair labs.

➤ **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.*
- With Hastings College, completed the 3rd Millennium Screening and Brief Intervention (eSBI) tool for alcohol risk assessments. HC required all incoming students to complete the assessment before they arrived on campus and again approx. 30 days later (project supported by SHDHD's Maternal & Child Health grant funding). The planning team worked with our MCH grant evaluator to develop and administer an evaluation for the freshmen students and their faculty advisors to [provide feedback on the assessment and the process](#). The team reviewed the results in January and decided to consider a different eSBI tool for ease of administration and reporting. We reviewed the Alcohol EDU assessment tool available through Everfi, the same company that Hastings College uses for other assessments and education, which would simplify administration of the assessments.
- J Morgan met with DHHS and other ERC's in Nebraska to determine how SHDHD is doing in [the Capabilities Planning Guide](#), which covers 15 capabilities from Preparedness to Recovery, from Emergency Operations to Communications, and from Surveillance to Volunteer Management. SHDHD has completed a self-survey and DHHS has completed one taking all of the local HD's information to provide to CDC.
- SHDHD contracted with HBE, Certified Public Accountants & Consultants, to [review our financial processes](#) and identify where processes could be simplified and where staff training is needed. HBE staff spent 6 hours with us on January 29. A written narrative of findings and recommendations will be provided.

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 continuing to implement the first year work plan consisting of [evidence-based strategies for prevention of cardiovascular disease and diabetes](#) as part of the new 4-year Chronic Disease Prevention project (Prevention Connection) and developed and submitted the year 2 work plan and budget.
 - SHDHD staff has visited 7 classrooms to present the [Scrubby Bear hand washing program](#), which encourages and educates children on when/how to wash their hands to prevent the spread of germs.
 - SHDHD is partnering with [worksites 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, new classes starting in 2016 in Adams, Nuckolls, & Clay County.
 - We are continuing to use a [Reminder Recall](#) process for immunization clinic clients to improve immunization rates.
- Research:
 - Completed NALHD's [local health department profile](#) survey.
 - Completed [NACCHO Local Health Department Profile](#) survey.
 - M. Bever invited to serve on an Expert Work Group. Provided Letter of Commitment to UNMC College of Public Health in support of their application for a center grant funding from the Federal Office of Rural Health Policy. If funded, they will conduct very [policy-relevant rural health research](#) (e.g., health care reform related research). They will focus on topics related to "rural health system transformation" by combining public health system research and traditional rural health services research. The Expert Work group (only 5 members) will serve as an advisory group to provide input and advice to their research design, implementation, and dissemination.