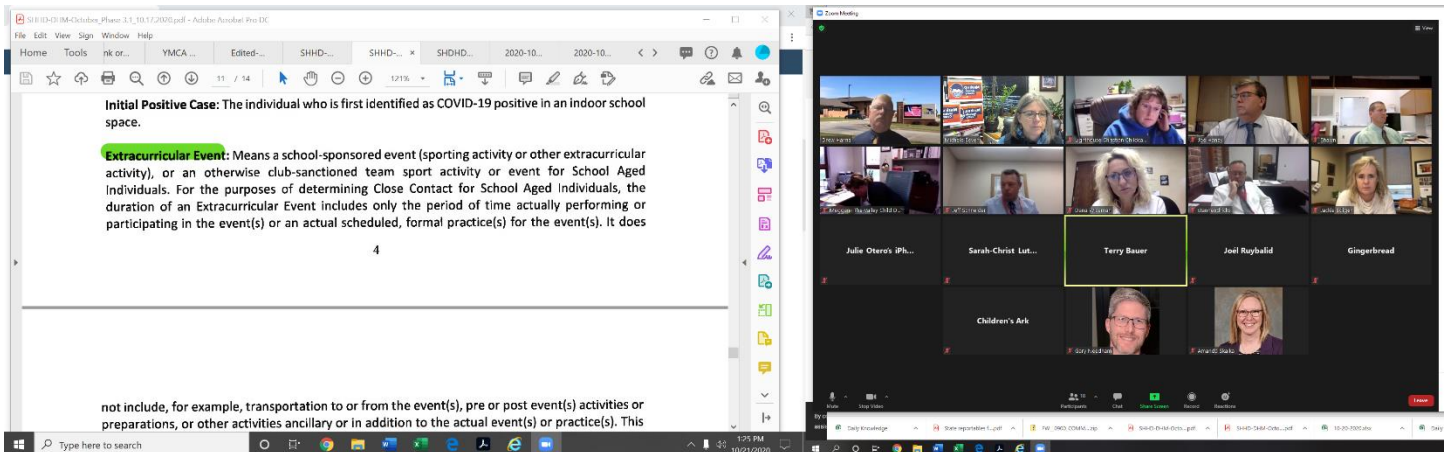




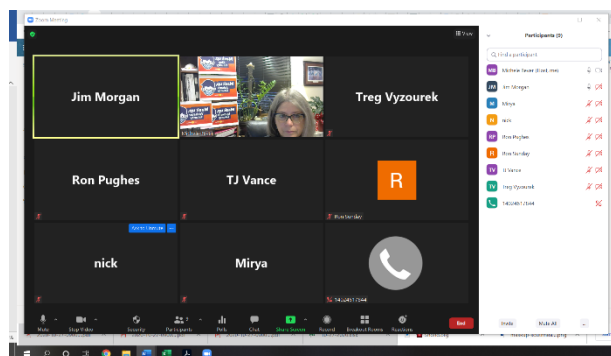
Fall Prevention class – Stepping On @ Methodist Church in Juniata. Participants listening to Mary Lanning Physical Therapist Eric Davis talk about the 4 exercises to complete daily to improve your balance and the 4 exercises to complete three times a week to improve your strength. As you can tell participants are social distancing and wearing mask during all classes to keep everyone safe. After their class was cancelled in March 2020 after the first class because of Covid-19, participants were eager to get back into learning what they can do to improve their balance and reduce their risk of falls, even if they have to wear a mask for the 1½ hour class.



Fall Prevention class – Tai Chi Moving for Better Balance at the Catholic Church in Superior. Participants completing warm up exercises before starting the 8 moves for Tai Chi. As you can tell the participants are social distancing and wearing masks and all participants temps are taking at the beginning of all classes upon arrival. After classes being cancelled in March 2020 because of Covid-19, participants will do whatever it takes to be able to get together and do Tai Chi



COVID-19 Briefings. Health director Michele Bever meets weekly with ESU-9 Superintendents and childcare providers. On October 21, Bever reviewed the Governor's new State-Directed Health Measures (DHM), and discussed the DHM's new restrictions in gatherings, definitions for extracurricular activities, and protocols for extracurricular activity-based exposures.



10.28.2020. Weekly Public Health Coordination Center (PHCC) meeting. Brodstone and Webster County hospitals discussed supply needs (gowns, alcohol wipes with appropriate killing times for coronavirus, true N-95 masks), availability of remdesivir (anti-viral medication) and convalescent plasma, and capacity for caring for COVID patients. County officials discussed courthouse and elected official office closures or restrictions. Jim Morgan gave an update on state supplies and vaccine distribution planning – including details on gowns and alcohol/disinfectant wipes. Michele Bever gave a situational update and shared data on mask use effectiveness.

HOME PRESENTERS SESSIONS SCHEDULE EXHIBITORS CONTACT US



HOME PRESENTERS SESSIONS SCHEDULE EXHIBITORS CONTACT US

**2020 NEBRASKA HEALTHY SCHOOLS IN ACTION RECOGNITION**


Awardees included **38** schools across **20** school districts

EMERGING	5	BRONZE	7	SILVER	20	GOLD	6
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**Red Cloud Community Schools**  
Silver Award Winner

**Success Story- Beef in Schools**

- Through the school meal program, students enjoy locally grown beef at least 2 times a week as part of our lunch program. This should increase out student participation in our lunch program.
- Students are able to experience local produce from our area and have it served in healthy meals that they would not experience in their home setting.



**NEBRASKA**  
DEPARTMENT OF EDUCATION

**Nebraska**  
HEALTHY SCHOOLS PROGRAM

**Hastings Middle School**  
Bronze Award Winner

**Success Story- Community and Parent Involvement**

The goal is to have more community and parental involvement at the middle school. We hosted a booth at our Night of Excellence. Our booth included parent creative screenings, with healthy meal ideas to inspire recipes. This helps students to get to better education by learning about behaviors.



Congratulations to our Area Schools who were recognized for their outstanding work around school wellness. Schools that received an award included all Hastings Public School Buildings, Sutton Public Schools, Kenesaw Public Schools, Harvard Public Schools and Red Cloud

**Nebraska**  
HEALTHY SCHOOLS PROGRAM

**Sutton Public Schools**  
Silver Award Winner

**Success Story- Educators Health Alliance, Staff Wellness**

- Sutton Public Schools offers staff the opportunity to participate in the EHA. They are all about encouraging, tracking, and rewarding healthy behavior adherence for life.
- Engagement Award Winners and participation rates are the more important success measurements.




**Thank you to our senators for attending South Heartland's September 2 Board of Health Meeting**

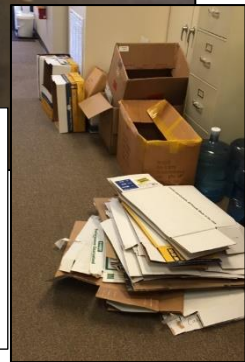
Senator Dave Murman, District 38, (center) with director Michele Bever and Board member Dick Shaw, Clay County Supervisor.

Senator Steve Halloran, District 33, (center) with director Michele Bever and Board physician Dr. Daniel Brailita.

The Board of Health met in the Community Building at the Adams County Fairgrounds.



SHDHD complied with the records retention schedule: We completed some much-needed cleaning, organization and prepping for the shredding service.







Board of Health Meeting in Adams County, September 2, 2020. Board members were physically distanced and wearing masks. Local leaders, Senators Halloran and Murman (below) and ESU-9 director Drew Harris (not shown) attended the meeting and provided remarks.



Board of Health Meeting in Adams County, September 2, 2020. Board members marked South Heartland District Health Department's PHAB (Public Health Accreditation Board) Accreditation status! PHAB-ulous!! PHAB made the announcement in March, but the plaque and certificate arrived late summer. We celebrated with a giant cookie festooned with the PHAB seal (expertly prepared by Eileen's Cookies).



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

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

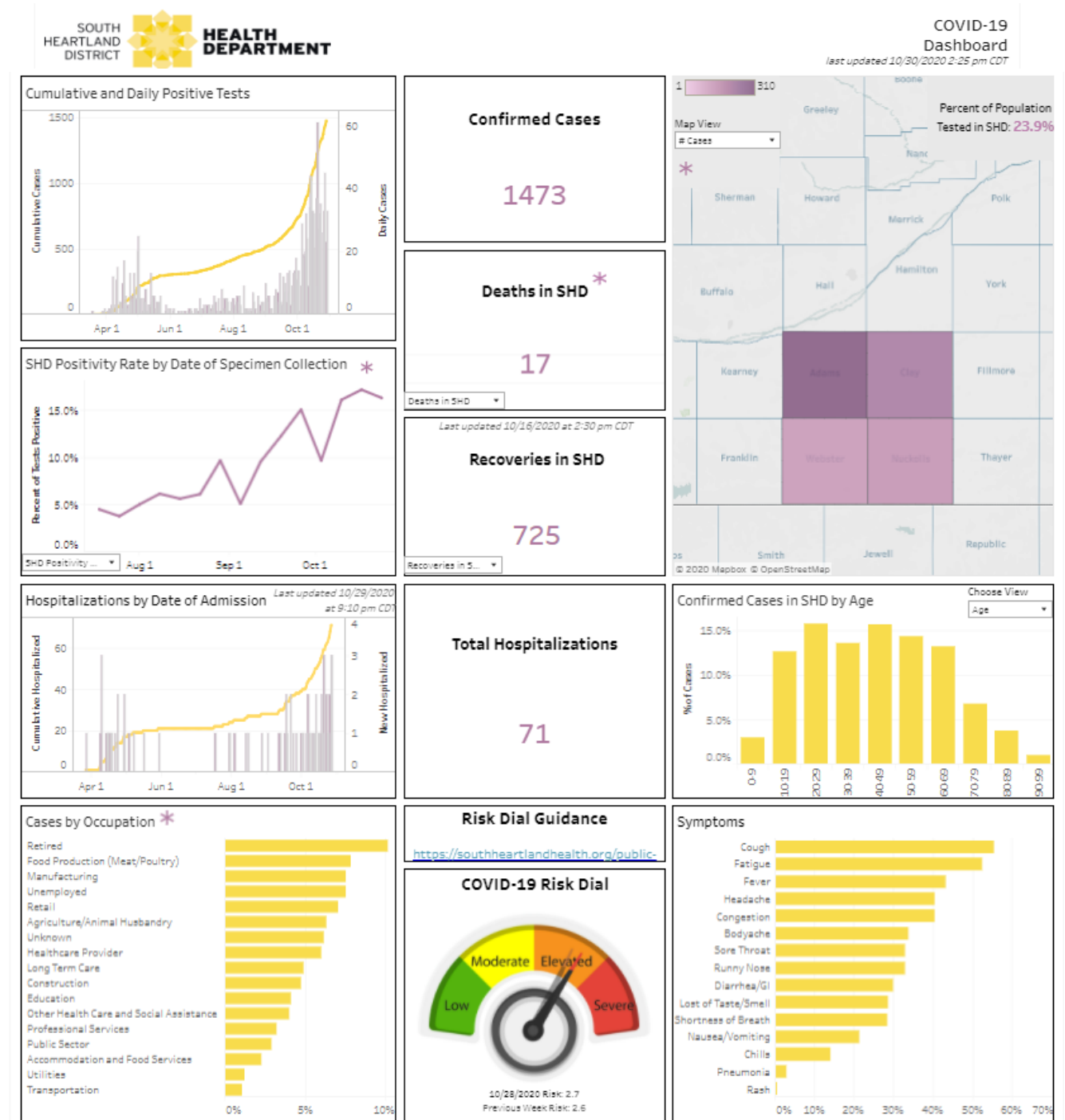
*(What's going on in our district? Do we know how healthy we are?)*

- 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.

➤ [Coronavirus \(COVID-19\) Outbreak:](#)



Coronavirus (COVID-19) Outbreak Situation Update:

- SHDHD Epi (epidemiology/disease investigation) team is in our 8<sup>th</sup> month of COVID cases with 1,490 cases reported as of October 30, 2020. During the months of September and October, we have investigated 891 COVID cases, with help from the NE DHHS contact tracers. We currently have had ~300 students or staff in isolation or quarantine that regularly attend a school in our jurisdiction since school started this fall. Timely identification of close contacts and identification of spread at schools and worksites along with social distancing, mask use and directed health measures have been successful strategies to prevent infections and save lives.
- We have been working with schools that have had outbreaks, with three in our jurisdiction moving to online learning. Information continues to be shared with schools via Sharefile platform, in order to provide updates regarding isolation and quarantine.
- A small committee has also been working with Hastings College for ongoing meetings and CCC (as needed) to put prevention measures in place, provide feedback on response plans and their implementation, and provide other guidance as necessary.
- DHHS has been providing guidance regarding testing and other updates through the Local Health Department Epi Operations and Guidance manual for each change in guidance.
- The SHDHD's COVID risk dial is currently "elevated", in the upper orange range.
- Program Assistant Lucy Nielson continues to maintain SHDHD's COVID-19 Data Dashboard. DHHS adjusted the state level positivity rate calculation from lab report date basis to specimen collection date basis, and SHDHD followed suit. Lucy made the adjustment based on data pulled weekly and deduplicated by program assistant Alex Stogdill.
- COVID testing is available through TestNebraska at three testing sites in our jurisdiction: 1) Brodstone Hospital in Superior, 2) Mary Lanning, Hastings and 3) Convenient Care (Urgent Care facility) in Hastings. Long Term Care facilities have started testing with a new rapid test, the Abbot BinaxNOW test, that provides immediate results by test card.

**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)?*
- COVID-19 Preparedness and Response: See COVID Outbreak Situation Update, above. In addition, SHDHD is responsible for receipt, inventory, repackaging and dissemination of PPE for our jurisdiction. To help keep key partners informed, SHDHD sent 27 AlertSense notifications (Sept/October) to over 80 individuals each time and issued 31 news releases to media and partners. We have staff checking the Nebraska Electronic Disease Surveillance System multiple times each day and on the weekends, so that we can begin follow up on positive cases immediately by issuing isolation instructions and conducting contact investigations. SHDHD promoted mask-wearing, social distancing, and prevention. SHDHD has reviewed and approved 29 community safety event plans (September-October).
- PPE distribution totals: From the beginning of March through the end of October have handed out: Masks – 145,315, Surgical Masks – 235,300, Cloth Masks – 7,210, Face Shields – 12,845, Goggles – 1,845, Hand Sanitizer – 1,235 containers, Wipes – 3,804 containers, Gloves – 440,450, Gowns – 123,883, Thermometers – 729, Bleach – 12 gal., Eco Lab Disinfectant – 3 containers.

**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.*
- **Community sign boards:** Continue to use signboards to inform the public about importance of social distancing, and using masks. October promoted the increased importance of influenza vaccination in the COVID pandemic.
- **Billboards and Banners:** The electronic billboard on N. Burlington and the Hastings Museum sign both have “Mask Up, Adams County” messages. Banners with “Mask Up, Adams County”, “Mask Up, Clay County”, “Mask Up, Nuckolls County”, and “Mask Up, Webster County” are being placed in communities around the district.
- **News releases, public health columns, ads and interviews:** Most news and media communications have been COVID-19 related. During these two months SHDHD put out 31 press releases, participated in 2 press conferences, and granted phone, in-person and Zoom interviews for TV, radio and print media, focusing primarily on COVID-19-related issues. News releases are posted on the website and can be viewed in English, Spanish, or Vietnamese.
- **Radio Advertising:** SHDHD is running two ads on the radio (KHAS Platte River radio network and KRFS in Superior. One promotes getting the flu vaccine and the other is focused on COVID-19 prevention.
- **SHDHD Facebook:** These past two months SHDHD’s Facebook/Twitter posts have been primarily focused around COVID-19 information with additional veteran mental health and promotion of flu vaccinations. During the month of September, the total number of people reached through FB posts was 4,285 and for October 12,857! This is still an increase from “normal” months. Spanish FB page: 15 different posts of COVID-19 information.
- **Website:** SHDHD staff continue to create a COVID-19 information page that is user friendly, easy to navigate and informative. Our website “views” increased from 14,476 over July/August to 24,174 views in October. Our views continue to grow from our post COVID-19 views of 450!
- **COVID-19 Information:** Answering calls from the public and providers remains a priority for SHDHD staff. With the constantly changing focus, information, and CDC guidance, information has to be updated to assure a correct and consistent message.
- **Tai Chi Moving for Better Balance & Stepping On Classes:** Beginning Tai Chi classes started back up during September in Superior, Nelson and Hastings (Golden Friendship Center and YMCA). Advanced Tai Chi classes are offered all year in Hastings at the Golden Friendship Center and in Red Cloud at the Community Center, and twice a year in Superior, Nelson and Hastings-YMCA for individuals that have completed the beginning 12-week class. Stepping On classes restarted in October at the United Methodist Church in Juniata Church with 13 participants). Stepping On meets once a week for seven weeks for 1 ½ hours with guest experts talking about fall related topics. Planning on the next Stepping On class in Hastings after the first of the year.

#### **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 CHIP Priority:** Providers are using telehealth for COVID-safe access to physical and mental health care. SHDHD continues to promote routine visits, screenings and immunizations.
- **Mental Health CHIP Priority:**
  - **Rural Behavior Health Network:** The Rural Health Network continues to meet on schedule, but virtually. The network began implementing their strategic plan and took steps to apply for additional funding through HRSA. As they look to the future of the network for the next year, the network is continuing to utilize a no-cost extension from the original planning grant (funds unable to be used due to COVID responsibilities January-June 2021) to assist with implementation of the strategic plan. The Network updated the behavioral health needs assessment with new data and finalized fact sheets for dissemination to providers and public.
  - **QPR:** During the month of September, held 2 virtual QPR trainings with Adams County Case Managers (19 participants and 9 agencies) and Housing Authority (23 participants and 2 agencies, Hastings & Grand Island). Currently working on a grant proposal on Suicide Prevention for Long Term Care Facilities through the Nebraska State Suicide Prevention Coalition.

- VetSET/Making Connections: continue making twice monthly media posts on Facebook and Twitter to share mental health and prevention messages for veterans and their families.
- Obesity & Related Health Conditions CHIP Priority:
  - CS-CASH: (Central States Center for Agricultural Safety and Health) SHDHD presented a project update at the September CS-CASH grantee monthly meeting. Finalized a brief health risk assessment tool for use in rural ag settings and determined contents of participant packets.
  - SHDHD Healthy Kids Workgroup, HKW: SHDHD has successfully recruited 12 new sites for a second round of program implementation. SHDHD is excited to bring on new sites and begin implementation. Due to COVID activities, the work is a little slower than originally planned, but the team is slowly moving forward. Each county is represented through this project. SHDHD was able to purchase all materials for implementation site starter toolkits and will be delivering them during the month of November. SHDHD also continues to lead the HKW, October's meeting focused on improvement of implementation site toolkits.
  - Building Healthy Families: Due to COVID-19, SHDHD hasn't made significant progress on this project, however the BHF committee is still meeting to discuss how we can implement the program come 2021. SHDHD also received a \$5,000 Sunnyside grant to help support this project. BHF team began recruiting providers that will refer patients/families into the program.
  - Improving Health through changes in Built Environment and Social Supports: SHDHD continues to work with Sutton and Hastings to improve the built environment and social supports to increase health. Sutton is moving forward with a trail expansion project through their local park. They will be raising the funds through local supports and community foundations.
  - Prevention Connection: Smart Moves, Diabetes Prevention Class (DPP): SHDHD once again received CDC Full Recognition for the National Diabetes Prevention Program "Smart Moves" until October 31, 2021. Currently SHDHD has two Smart Moves classes that started in January in Superior and Hastings. The Hastings class has 6 participants that have lost 48 lbs. with 3.6% weight loss. Superior class had 11 participants with 5 people dropping out. They have lost 146 lbs. with 6.0% weight loss. Due to COVID-19, both classes have moved to doing classes with Zoom because of social distancing. It's a challenge getting their weight and physical activities reported, but it is improving. Some are struggling to accomplish their physical activity minutes each week.
  - Whole School, Whole Community, Whole Child (WSCC): SHDHD continues to work with Harvard (meeting monthly with their wellness team) and HPS (meeting quarterly with their team) to implement school wellness activities. Harvard is doing an awesome job implementing their wellness team. In addition, SHDHD has recruited two additional schools to implement wellness activities.
- Cancer Priority:
  - Mary Lanning Healthcare Cancer Committee: No scheduled meeting.
- Colon Cancer: FOBT Colon Cancer Screening kits continue to be distributed by mail as requested via phone or through the website. Community Health Center continues to actively distribute kits to their uninsured population.
- Schools Collaboration: SHDHD continues to collaborate with NE local health directors and Nebraska Department of Education on guidance for safe school instruction and activities during COVID-19 pandemic. We participate in weekly meetings with local school superintendents, ESU-9 and Head Start to provide COVID-19 updates, guidance on plan implementation and discussion of barriers and needs. SHDHD staff utilizes ShareFile to communicate with points of contact at each schools. We have been working to implement the Governor's directed health measure instructions regarding quarantine and isolation of school-age individuals, and have ramped up efforts with the schools to reduce exposures during extracurricular activities, including sports.

## 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)?*
- New Plans (Grant Proposals, Subawards and Contract Projects):

- Accreditation Support Grant, 2020-21: Work plan for ongoing accreditation activities to support and maintain accreditation status.
- Public Health Emergency Preparedness (PHEP): Work plan for ongoing work on information management, incident management, community resilience, countermeasures and mitigation, surge management, and biosurveillance.
- Health Hub / Every Woman Matters: Work plan to facilitate access to cancer screenings and address factors that increase risk for cancer.
- Falls Prevention: Work plan to implement Tai Chi Moving for Better Balance classes and Stepping On classes to reduce risk for falls in older adults.
- Drug Overdose Prevention: Work with partners to create a local strategic plan to address substance misuse.
- Immunization / Vaccines for Children: Work plan supports immunizations for underserved children and adults. Additional/supplemental funding this year supports mass flu vaccination to prepare and test processes that will be used for COVID vaccine distribution.
- COVID-19 Capacity Building: To build capacity and expertise for public health and community outbreak response and infection prevention and control among local health department workforce in Nebraska.
- Maternal Child Health: Work plan continues SHDHD's Healthy Kids initiative and the Healthy Kid's Workgroup, promoting and supporting wellness initiatives in schools and day cares.
- HRSA Rural Health Care Services Outreach Program: Developing a plan (proposal) with an overall Long Term Goal to maintain a four-county Rural Behavioral Health Network of behavioral healthcare, medical and community partners to increase access to behavioral health by improving the models of behavioral health delivery in Adams, Clay, Nuckolls and Webster counties.
- Plans for Opening Schools: SHDHD continues to collaborate with NE local health directors and Nebraska Department of Education on guidance for safe school instruction and activities during COVID-19 pandemic. We participate in weekly meetings with local school superintendents, ESU-9 and Head Start to provide COVID-19 updates, guidance on plan implementation and discussion of barriers and needs. SHDHD staff utilizes ShareFile to communicate with points of contact at each school. We have been working to implement the Governor's directed health measure instructions regarding quarantine and isolation of school-age individuals, and have ramped up efforts with the schools to reduce exposures during extracurricular activities, including sports.
- SHDHD Mid-AAR: Completed an After Action Report to summarize the COVID-19 pandemic response activities for January – June, 2020 (first 6 months of the pandemic) and included and Incident Action Plan to address identified priorities.
- COVID-19 Vaccine Distribution Plan: SHDHD internal team is developing a COVID-19 Vaccine Distribution Plan for submission to DHHS.

## 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: None this period.
- NE Directed Health Measures: SHDHD is working closely with the Governor's office, NE DHHS, local law enforcement and city officials to educate, promote and enforce the local and state direct health measures (DHM) issued on October 20, effective 10/21 to 11/30/2020 (Phase 3.1).
- SHDHD's Quarantine and Isolation Authorities: Due to the high case load, South Heartland no longer issues isolation or quarantine letters for individuals who tested positive for COVID-19 or who may have been exposed to individuals who tested positive. Instead we are educating over the phone, providing letters for entities to contact groups, e.g. parents in a daycare, and collaborating with DHHS contact tracers. The authority for these actions is outlined in the State Directed Health Measures (DHM) for Adams, Clay, Nuckolls and Webster Counties.
- Limitations on Gatherings: The State Directed Health Measures issued on October 20 include limitations on gathering sizes and/or venue capacities. The DHM also includes a requirement for gatherings using venues that can hold 500 or more individuals to submit a plan to their local health department for approval prior to holding the event or reopening. The listing of approved events is posted on the South Heartland website.
- Enforcing the DHM: SHDHD continues to work with law enforcement, county attorneys, emergency management, and city/village governments to provide education and guidance on complying with the DHM. We have engaged other stakeholders and partners (media, community organizations, businesses, etc.) to help educate patrons, employees, congregations, and the general public about how to comply with the DHM. Our



approach, along with our partners, is to provide additional education first, when faced with reported violations. Only when education and encouragement for voluntary compliance with the DHM fails, would an order be issued or citations/legal actions be pursued. We occasionally work with local Sheriff's offices to deliver quarantine or isolation instructions to individuals we are unable to reach by phone (3 times in September-October)

## 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.*
- **Immunization: Vaccine for Children Program:** As active COVID-19 cases are increasing in our communities, SH's immunization team continues to implement safeguards in the delivery of clinics to protect patients, family members and staff. Immunization clinics were held in September and October, with an additional October clinic for VFC flu shots only. Staff delivered 99 vaccinations to 61 patients at combined clinics. Of those 61 patients, 46 (75%) were uninsured, 12 (20%) had Medicaid and 3 (5%) patients were underinsured (insurance doesn't cover vaccines). 10 (16%) were new patients to the clinic with referrals coming from local providers, Head Start and family or friends. Total donation collected for September/October clinics was \$387.00 (average \$3.78 per vaccination and \$7.77 per patient).
  - **Immunization: Adult Immunization Program:** 2 adult clients, both new to the clinic, were seen in September/October for Tdap vaccination. We are working together with Community Health Center offering 3 flu shot clinics to priority populations in their clinic. SHDHD/CHC is provided no cost federally funded flu vaccine through the Nebraska DHHS Immunization program. We also surveyed long term care facilities about their staff and resident flu vaccination policies and plans in an effort to identify those we could assist with flu vaccine. Only one of those responding had a need for improving access to the vaccine for their staff. They were to survey staff and respond with the number still needing flu vaccination. Follow-up is warranted.
  - **Reminder/Recall to improve vaccination rates:** Not completed to due to COVID-19 work.
  - **Community Health Worker (English Only) / Every Woman Matters (EWM) and Health Coaching:** Health Coaching EWM clients for September: completed 1<sup>st</sup> Health Coaching call with 2 participants, 2<sup>nd</sup> Health Coaching call with 3 participants, 3<sup>rd</sup> Health Coaching call and Every Woman Matters assessment on 1 participant. Unable to connect with 2 participants and they were discontinued. October: Completed 1<sup>st</sup> Health Coaching call with 1 participant, 2<sup>nd</sup> Health Coaching call with 2 participants, 3<sup>rd</sup> Health Coaching call and Every Woman Matters assessment with 3 participants.
  - **COVI-19 Testing:** SHDHD TestNebraska testing sites ongoing for access to testing includes Brodstone Memorial Hospital (M-W-F), Mary Lanning (M-F) and Hasting Convenient Care (Sa-Su).

## 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.*
- **School Wellness Conference:** SHDHD and 4 other school districts attended the Nebraska Department of Education School Wellness Conference in October.
  - **Mental Health Education:** SHDHD sponsored an ACE/Trauma Informed training for area daycare providers in late October- having 24 area daycare providers attend!
  - **The Workforce Development Plan:** 2020-21 workplan in progress.
  - **Qualtrics:** Qualtrics survey software is used to translate the press releases into three different languages as well as collect data from agencies or event planners on their COVID-19 reopen and event/gathering safety plans. It is also used to collect COVID data from Long Term Care Facilities.
  - **Staff Roles Changes, New Hires and Volunteers for COVID Response Activities:** Analyzing our staffing needs and cross-training staff specifically to support the workload of the Epi team continues. We have onboarded part-time staff Jess Struss (support for disease investigation team) and Juliann Marburger (Training for case/contact

investigation) and volunteer John Bohmfalk for contact tracing, as well as Samantha Martel (bi-lingual reception and admin support, from temp agency).

## 9. Evaluate and improve and interventions. *(Are we doing any good? Are we doing things right?)*

- *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.*
- **QI-PM Plan:** Goal 3: Evaluate and refine processes for data collection, analysis, reporting and evaluation/ Reporting – continue COVID data, dashboards, website, social media and press releases.
  - **Quality Improvement Project for Policies:** Joe Streufert continues to implement improvement of policy handbook, policy headings, and removal of outdated/redundant policies for better access & clarity.
  - **Quality Improvement Project for Document Retention:** The retention schedule is available to all staff. Woodward's Disposal removed the documents that were designated for shredding and outdated equipment was removed to the trash. This freed up much needed basement space for PPE and program supplies.
  - **Strategic Plan action plan and dashboard: Goal 2: Financial Stability:** Continued process for LPH funding with NeDHHS. **Goal 4: Continue to optimize human resources:** contract staff, volunteers, and new hires are helping SHDHD meet the increase in workload due to COVID-19. Cross-training of staff to increase/prepare a competent workforce. **Goal 5: Advocate the "Why" of Public Health:** Continuing to enhance public relations and visibility, expanding use of social media and other directed communications (3x weekly news releases with high-visibility coverage and frequent requests for interviews, expanded traffic on SHDHD web/social media), and providing frequent, regular communication with city/county/state government and other key stakeholders (weekly COVID-19 briefings with city/county government, community organizations, businesses, healthcare, ESU-9 schools/daycares; colleges and state stakeholders – Governor, UNMC, DHHS and others).
  - **Community Health Improvement (CHIP) Implementation:**
  - **COVID19 Response QI/PM:** continuation of process improvement (policies and procedures) and assessing how we can improve as we progress through the pandemic. The focus is on data analysis and process documentation to identify opportunities and successes for quality improvement.
  - **Performance Management (PM):** After-Action Report (AAR) to address gaps, barriers, threats and opportunities for improvement submitted to the State. Maintaining current processes for COVID-19 mitigation.
  - **Data Sharing:** Using Tableau as our data platform, SHDHD has built and shared an immense amount of data – updating some daily and some weekly, and striving to improve every day. SHDHD reviews data for accuracy and makes corrections as needed. Health departments reviewed and compared our Risk Dial metrics to identify differences that reflect needs in local communities and to assure consistency among shared metrics.

## 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 working with many and various entities for mitigation and re-opening plans to implement best practices to help reduce the spread of COVID-19 among their employees. Staff are reviewing plans for events and gatherings such as weddings, graduations, and moving to Fall and Winter events and holidays. Approved plans are posted on SHDHD's website.
    - We are following evidence-based guidance from the CDC, NE DHHS, Professional Associations, UNMC Specialty Teams and other sources for all of the COVID-19 response activities. New data and evidence-based practices are shared by UNMC Global Center for Health Security at bi-weekly briefings. Policies and recommendations are data-driven, based on current evidence.
    - SHDHD primary goal in accreditation is to align with PHAB evidence-based standards and measures to improve health department processes and functions.
    - Tai Chi – Moving for Better Balance and Stepping On: are evidence-based programs for falls prevention in older adults who have a fear of falling or that have fallen. In the South Heartland District, beginning and/or advanced Tai Chi classes are offered in 3 counties.
    - Stepping On classes: are evidence-based programs focusing on helping participants recognize and change behaviors and take control of their fall risk. Guest experts talking about fall related topics including

- falls and risk, strength and balance exercises, safe footwear and walking, vision and falls, home and community safety, medication review and management, bone health, and coping after a fall.
- QPR (Question, Persuade, Refer) meets the requirement for listing in the National Registry of Evidence-based Practices and Policies. QPR trainings are 1 to 1 ½ hours either in person or virtual to help recognize the signs of suicide and to help individuals find and get help.

## Success stories: How we made a difference....

### COVID-Safe Events!

The Governor's directed health measures (DHM) outlines restrictions for gatherings and, beginning with Phase 2 effective June 1, all DHM require event venues that have capacity to hold 500 or more people to submit an event safety plan to their local health department for approval prior to the event. There is a template for these plans, which may be completed and submitted through a "survey" on South Heartland's website.

SHDHD's Jean Korth is our lead for this work. She reviews, communicates with event planners to request more information and provides recommendations to help the planners comply with the current DHM. We approved 55 plans in the first two months (June-July). She also reviewed six plans whose planners chose to cancel their events. Some of the approved events were related to sports: Softball, Legion Baseball, Sodbuster Baseball (Hastings baseball team), Kam Raceway, Fun Runs and Rodeos. We approved all the area 4H Livestock and Static Exhibit plans for their County Fairs. There were graduation plans submitted from most of the high schools within the district, and a large number of summer weddings. We also reviewed or provided guidance for a number of 4th of July celebrations.

In August through October, Jean reviewed and we approved 53 community safety plans for events ranging from weddings to state sports tourneys, car shows, fundraisers, gun shows and Halloween events. In addition to the plans reviewed and approved, we continue to respond to numerous phone calls from planners of events in smaller venues, asking for assistance in keeping their event safe, but not requiring a plan to be submitted.

As we review through the plans, we look at the designated capacity for their space and calculate what would be allowed based upon the indoor or outdoor percentage capacity allowed by the state-directed health measures (currently allowed in Phase 3.1 for October 21-November 31, indoor capacity is 50% and allowed outdoor capacity is 100%). We review the plans for food service compliance, and remind them of the most current food/restaurant guidance which, until Phase 4, included no buffet or self-serve. Social distancing was re-enforced in every plan, as well as cleaning and disinfection. We would assure those submitting plans, or seeking our input, were aware of the current Directed Health Measures instructions regarding facility capacity, party sizes, parades, beer gardens and dancing, just to name a few. We also advocate for the use of face masks. Along with every approved plan, we attach posters and flyers highlighting social distancing and mask use and encouraged planners to use these educational tools widely before and during their events.

**Success:** *We are not aware of any COVID transmission occurring at events where planners submitted a plan and worked with the health department to provide a COVID-safe event.*





**South Heartland Bi-Monthly Board Report: Staff-Specific Program Updates,  
September-October 2020**

<p align="center"><b>Jim Morgan</b></p>  <p align="center">Public Health Risk Coordinator</p>	<p><u>Emergency Preparedness and Environmental Health:</u> PPE continues to be taking up most of my time. Liz Chamberlain and Garry Steele have been a great help, especially the inventory tracking and notification that Liz is doing. It is time to review and change our Little Blue Hazard Mitigation Plan since it's been 5 years since the last one. I have begun meetings with JEO, who will assist in developing the new SHDHD plan. The AAR is completed through July 31<sup>st</sup> and ready for your review. It will be submitted to the state.</p>
<p align="center"><b>Dorrann Hultman</b></p>  <p align="center">Community Health Services Coordinator</p>	<p><u>Every Woman Matters Health Hub (EWM) Cancer Prevention /Immunization Program / Cancer Grant /CS-CASH:</u> <u>COVID-19 response:</u> As an epi lead for SH's investigation team, I've been assisting with ongoing daily lab/case management, case/contact investigations, provider communication and serving as a resource to staff. Immunization – 2 regular monthly clinics held, one VFC flu shot clinic held, working with CHC (Community Health Clinic) to plan/implement 3 flu shot clinics to increase flu vaccination in the adult priority needs population.</p>
<p align="center"><b>Liz Chamberlain</b></p>  <p align="center">Community Health Worker</p>	<p><u>Fall Prevention:</u> Tai Chi Moving for Better Balance classes started back up in Superior, Nelson, Hastings (YMCA and Golden Friendship Center) in September 2020 after cancelling classes in March because of Covid-19. Temp. Checks, mask wearing and social distancing are being followed. Stepping On classes restarted at the Methodist Church in Juniata in October with 13 participants, eager to learn Fall Prevention exercises that help improve their strength and balance and reduce their risk of falling.</p>
<p align="center"><b>Brooke Wolfe</b></p>  <p align="center">Public Health Promotions and Prevention Coordinator</p>	<p><u>Walkability/Rural Behavioral Health Network/ School Wellness:</u> Continue to work with Rural Behavioral Health Network and began implementation of their Strategic Plan. Began the 2020 -2021 Whole School, Whole Child, Whole Community Grant by meeting with Schools (Harvard and Hastings) and 2 addition school districts (South Central Unified District #5 and Red Cloud). <u>COVID-19:</u> Managing Facebook, Twitter, SHDHD's Website, logistics chief - developing staffing plan and surge staffing plan, and support of epi efforts through case investigation and school share file management.</p>
<p align="center"><b>Jessica Warner</b></p>  <p align="center">Health Surveillance Coordinator</p>	<p><u>Disease Surveillance:</u> During the months of September and October, we have completed 982 investigation, with assistance of NE DHHS. A high priority during these past two months has been to keep schools open. There has been minimal COVID transmission in schools where students have worn a mask during class and also school sanctioned activities. I have worked with several schools where outbreaks occurred and teams needed to quarantine due to exposure. I have also worked with several daycares that closed. The DHM has changed three times during this reporting period, so we had to adapt to new regulations. We have made many changes to procedures due to the increase in cases and the commitment to complete investigations. We continue to work with businesses to encourage best practices for prevention of COVID outbreaks in the workplace.</p>
<p align="center"><b>Alex Stogdill</b></p>  <p align="center">Program Assistant</p>	<p><u>Immunization:</u> Data entry into the state vaccine registry during the Vaccine for Children immunization clinics in September/October and assisting with flu outreach to underserved/vulnerable populations in our district. <u>COVID-19 response:</u> Assisting in COVID-19 response by triaging calls and answering questions from public, data management and analysis, working with Hastings College on COVID response, and assisting the investigation team with case and contact investigations. I am also supporting our team's efforts to plan for a COVID-19 vaccine.</p>

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<p><b>Janis Johnson</b></p>  <p>Standards and Performance Manager / Public Health Nurse</p>	<p><u>Immunizations (VFC, Vaccines For Children):</u> Vaccinator for September &amp; October clinics, with 2<sup>nd</sup> flu only clinic in October.</p> <p><u>COVID-19 Response:</u> Epi lead for case investigation team, update of info/materials, Long Term Care Facility outbreaks/needs, onboarding/supervision/office space for new staff, contributed to the AAR, COVID-19 vaccine planning committee.</p> <p><u>Standards and Performance Management:</u> processes and documentation management, Workforce Development Plan Action Plan completed for 2019-20 and new 2020-21 Action Plan in progress.</p>
<p><b>Jean Korth</b></p>  <p>Chronic Disease Prevention Program Assistant</p>	<p><u>COVID 19 response:</u> Performing case investigations, contact tracing, assisting with phone calls and answering questions. I review all event plans and answer questions from those considering an event.</p> <p><u>Maternal Child Health:</u> We have completed selection of tool kit items and will have them purchased and distributed in the next month.</p>
<p><b>Odeth Méndez-Peraza</b></p>  <p>Bi-Lingual Community Health Worker</p>	<p><u>Community Health Worker (CHW):</u></p> <p><u>Immunizations:</u> I have been making reminder calls, scheduling new kids and adults, making packets, taking temperatures and recording them, and interpreting virtually during VFC clinics.</p> <p><u>EWM:</u> As I find time, I have been doing health coaching and answering phone calls from women wanting to enroll in this program.</p> <p><u>COVID-19:</u> I keep assisting in doing English and Spanish case investigations, as well as interpreting and translating as it is needed and maintaining the Spanish Facebook page.</p>

Support Staff for COVID-19:

Part-time Hire:

- Lucy Nielsen (Data Analysis, Dashboard) *Student at Johns Hopkins majoring in public health*
- Aida Evans (Interpretation, Monitoring, Minority Outreach)
- Marlys Schmidt (Epi Team Support/Closing Cases)
- Saylor Pershing (Epi Team Support) *Student at George Washington Univ majoring in public health*
- Jess Struss (Epi Team Support)
- Juliann Marburger (Training for case/contact investigation)

Contract:

- Leslie Anderson, RN (Disease investigation follow up)
- Amanda Turner, SLP (Case and Contact Investigation, Disease investigation follow up)

Volunteer:

- Sue Rutt (Phones, Information)
- Barb Harrington (Phones, Information)
- John Bohmfalk (Disease investigation follow up)

Agency:

- Samantha Martel (Bi-lingual Reception)