

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

"Healthy People in Healthy Communities."



Michele Bever, PhD, MPH
Health Director
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22 employees | population 44,955

www.southheartlandhealth.ne.gov

(402) 462 - 6211



Nationally Accredited

OUR STAFF

Proud to Work in Public Health
South Heartland District Health Department



120 Years of Public Health Experience



Working together
Learning together
Celebrating together



July 1, 2022 - June 30, 2023

FIT kits distributed
for colorectal
screening



96

151 Foodborne
illness sources
identified



171 lbs Lost by 13 participants
in the 2 Diabetes
Prevention Program



\$2439.28
Funds received from the
Give Hastings Campaign
to use for youth mental
wellness resources


Participants in
Stepping On
48 Classes



1151 Total # of reportable
diseases investigated



Youth Mental
Wellness Kits
distributed



375

112 Ticks collected
for surveillance
from two sites



MATERNAL, CHILD, & FAMILY HEALTH



2 area clinics
increased depression screenings for youth 12–18

What we do: SHDHD encouraged clinics to use the PHQ 4 Youth depression screening during school/sports physicals; supported provider awareness of teen suicide ideation; and promoted the 988 crisis line resource.

Why we do it: In a 2021 survey of SHDHD 12th graders, 45.7% reported being depressed during the past year. Early identification and treatment interventions for depression lead to better outcomes.

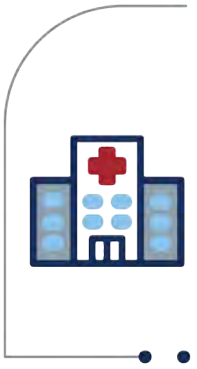
COMMUNICABLE DISEASE CONTROL



1,151
investigations of reportable diseases

What we do: In FY2023, the 4-county district had 1,151 confirmed, probable, or suspected cases of reportable diseases including COVID-19. We responded to 34 facility outbreaks of COVID-19 and 8 facility outbreaks of non-COVID-19 illnesses. Early detection and timely intervention of infectious diseases helps reduce transmission and has a direct impact on the health of our communities. Preventing disease spread helps increase safety.

ACCESS TO & LINKAGE WITH CLINICAL CARE



Breast cancer screening of 18 uninsured/underinsured women

What we do: SHDHD increased the percent of women 50–74 reporting “up-to-date” on breast cancer screenings. Collaborating with local health providers, we help uninsured/underinsured women access this service.

Why we do it: Out-of-pocket costs for mammogram readings are impeding access to breast cancer screening for low-income minority women in the district.

CHRONIC DISEASE & INJURY PREVENTION



75% of SHDHD adults are **at risk for diabetes or prediabetes**

What we do: Hastings was selected as one of two sites in Nebraska to work with UNMC/Nebraska Medicine on improving diabetes care, education, and prevention. A local coalition is leading community efforts.

Why we do it: Diabetes is a silent killer. Our goal is to increase the number of residents who know their risk score and get screened for diabetes. The Smart Hub website promotes diabetes screenings, eating healthy, and being active.

ENVIRONMENTAL PUBLIC HEALTH



240%
increase in radon kit sales from last year

What we do: SHDHD’s radon communications plan, featuring a local resident’s story and targeted messages, increased awareness about radon exposure in homes and the importance of testing for radon. 46 radon kits were sold, a 240% increase from last year.

Why we do it: Radon is a cancer-causing gas that can’t be seen, smelled, or tasted and it is common in our health district.

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT (SHDHD)

ADAMS CLAY NUCKOLLS WEBSTER

Minority population: **13.7%**



Hispanic American Indian Black Asian Hawaiian/Pacific Islander

8% of residents speak languages other than English
Common Languages: Spanish & Vietnamese

Minority Health Initiative (MHI)



MHI eligible residents: **6,702**



Funds Received FY 2022-2023: **\$41,369**

Strategies & Outcomes

SHDHD facilitated six minority advisory group (AG) meetings, assuring progress on action plan objectives to reduce barriers to care. The AG includes minority community members and representatives from 6 partner organizations. SHDHD supported the AG members in hosting 6 educational events for Hispanic community members on topics such as healthy blood pressure and gardening. SHDHD's bilingual community health worker (CHW) shared AG outcomes and recommendations with the Access to Care Steering Committee in October and April. Our team continues to build our health literacy and language access skills to better serve all communities. We participate in the Public Health Language Access Network (PHLAN) and SHDHD's website includes a Spanish tab.

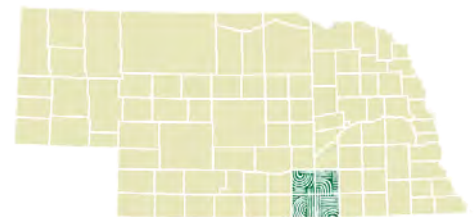
Other work helping all communities thrive

In addition to paying careful attention to health literacy to make health and safety accessible to all, we are assessing the effectiveness of information-sharing with Hispanic/Latino residents. SHDHD is finding out whether, how, and where people learned about COVID-19 during the pandemic. Our minority AG is considering their roles and which trusted settings/people should be in place to improve communication going forward.

Other Demographics:

Based on total population: 44,955

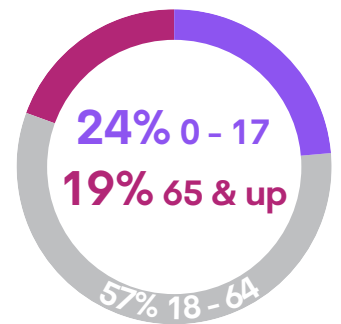
4 Rural counties:



Rural & Micropolitan Metropolitan



Ages:



www.southheartlandhealth.ne.gov

Michele Bever | Director | michele.bever@shdhd.ne.gov

We speak English, Hindi, Telugu, Punjabi, Bengali, & Spanish!



WHY WE COMMUNICATE

South Heartland District Health Department (SHDHD) strives to communicate effectively to inform and educate people about health, the factors that influence it, and how to improve it.

HOW WE COMMUNICATE

Our Communications Team: South Heartland District Health Department (SHDHD) created an internal team to coordinate communications: risk information (disease outbreaks, environmental concerns); activities advancing CHIP priorities (e.g. mental wellness initiatives); and monthly health observances (e.g. Radon Action Month). The team consists of front line staff, supervisors, and the director and includes staff representing various program areas: health literacy specialists; bilingual community health workers; and specialists in various methods of communication.

Line-of-sight: The team works with an eye on one Strategic Plan Goal to *Advocate the “Why” of Public Health.*

New Outputs: Bi-monthly audience-specific newsletters (e.g., older adults); highlighting residents’ stories; and 8 closed-circuit TVs in public venues pushing out public health messages/events.

Outcomes: Action & Behavior Change. *Example* - During National Diabetes Awareness Month we told the story of a local man whose risk for diabetes fell when he took SHDHD’s diabetes prevention program (DPP). Results: Registrations for the next class spiked and a rural hospital wanted to offer the Online Diabetes Prevention classes.



Media Partners: local newspapers, radio stations, television stations

Lung Cancer is the leading cancer killer in Nebraska

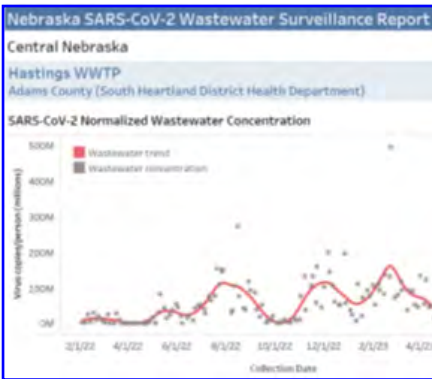
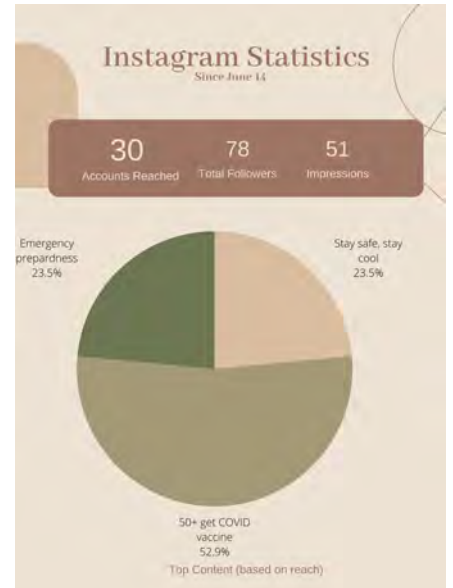
Screening helps find lung cancer, making treatment possible



TALK TO YOUR HEALTHCARE PROVIDER TODAY ABOUT LUNG CANCER SCREENING



Press Releases
 TV Interviews
 Public Health Columns
 News Radiospots
 Health Fairs
 Presentations
 Displays
 Dashboards
 Website
 Social Media
 Newsletters
 Health Alert Network
 Videos, and more...



Our Vision: Healthy People in Healthy Communities
 Adams, Clay, Nuckolls and Webster Counties

For Immediate Release: Thursday, December 29, 2022
 Michele Bever, PhD, MPH, Executive Director
 402-462-6211 | 1-877-238-7955

SHDHD reports another COVID death, increasing influenza, and upcoming COVID-19
Hastings, Neb.—South Heartland District Health Department (SHDHD) executive director reported another COVID death and wastewater levels of the virus that causes COVID-19. Rising influenza cases doubled over a 2-week reporting period in the four-county health

Bever said the death occurred within the past 2 months and brings the total South Heart attributed to COVID-19 to 157 since the beginning of the pandemic. SHDHD does not the department receives death certificate COVID-19 confirmation from Nebraska Deptu Human Services (NE DHHS).

LAS PICADURAS DE MOSQUITO PUEDEN HACER QUE SE ENFERME
 Los mosquitos propagan microbios



Los mosquitos pican de día y de noche.
 Los mosquitos que propagan virus pican de día y de noche y están subiendo y bajando de las casas.

Use repelente de mosquitos.
 Repelente que el repelente activo sea DEET, picaridina, IR3535, o metacato. Evite el alcohol, para mantenerlo en función, para mantenerlo en el oído.

Use camisas de manga larga y pantalones largos.
 Use camisas, pantalones adicionales, cubra la boca con pañuelos.

Protéjase en casa contra los mosquitos.
 Use mallas en las puertas y ventanas. Si tiene un mosquitero, límpielo. Evite que los mosquitos propaguen virus en el agua estancada del lugar entre otros.

Obtenga más información en www.cdc.gov/mosquitos



Healthy News
 Brought to you by the South Heartland District Health Department

Heat-Related Illness
 With summer underway and kids outside more, here are some steps to take in order to stay safe under the hot summer sun!

HEAT STROKE
 High body temperature (103°F or higher), hot, red, dry or damp skin, fast, strong pulse, headache, dizziness, nausea, confusion, and passing out.
WHAT TO DO
 • Call 911 right away—heat stroke is a medical emergency.
 • Move the person to a cooler place.
 • Help lower the person's temperature with cool cloths or a cool bath.
 • Do not give the person anything to drink.

HEAT EXHAUSTION
 Heavy sweating, cold, pale & clammy skin, fast, weak pulse, nausea or vomiting, muscle cramps, headache or weakness, dizziness, headache, passing out.
WHAT TO DO
 • Move to a cool place.
 • Loosen your clothes.
 • Sip water.
 • Put cool, wet cloths on your body or take a cool bath.

HEAT RASH
 Flat clusters of small blisters that look like pimples on the skin, usually on the neck, chest, groin or in armpit creases.
WHAT TO DO
 • Stay in a cool, dry place.
 • Keep the rash dry.
 • Use powder (the baby powder) to soothe the rash.

SUNBURN
 Painful, red & warm skin and blisters on the skin.
WHAT TO DO
 • Stay out of the sun until your sunburn heals.
 • Do not break blisters.
 • Put cool cloths on sunburned areas or take a cool bath.
 • Put moisturizing lotion on sunburned areas.


HEAT CRAMPS
 Heavy sweating during intense exercise & muscle pain or spasms.
WHAT TO DO
 • Stop physical activity & move to a cool place.
 • Drink water or a sports drink.
 • Wait for cramps to go away before you do anymore physical activity.

GET MEDICAL HELP RIGHT AWAY IF:
 You are throwing up. Your symptoms get worse. Your symptoms last longer than one hour.

GET MEDICAL HELP RIGHT AWAY IF:
 Cramps last longer than one hour. You're on a low-sodium diet. You have heart problems.

Vaccines for Children Program
 South Heartland District Health Department holds a monthly Vaccines for Children Clinic. Appointments may be scheduled by calling 402-462-6211 or 1-877-238-7955. To assist with the costs involved in offering this service, donations are gratefully accepted.

Hastings Schedule: 1st Thursday of the month from Noon - 6 p.m.



402-462-6211
 606 N. Minnesota Ave., Suite 2, Hastings
southheartlandhealth.org

southheartlandhealth.ne.gov

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

Check out the SMART HUB for Diabetes Prevention and Take the Risk Assessment

Where to get a Flu Shot
 COVID.gov - Free at-home COVID-19 tests.
 COVID-19 Information, Vaccine and Test Locations

NEW 2023-2024 COVID Vaccines
 Recommended for 6 months and up

New 2023-2024 COVID Vaccine
 COVID-19 for toddlers

SHDHD will only be giving this vaccine through the Vaccines for Children, VFC (6mo to 18 years) and Bridge Access Program (19 years and above)

youtube.com/@southheartlanddistricthealth259/videos?view=0&so...

South Heartland District Health Department
 @southheartlanddistricthealth259 | 8 subscribers | 15 videos

Home Videos Playlists Community

Regreso a la escuela: la importancia de las vacunas infantiles a tiempo. 4 views • 4 months ago

Proteja a sus hijos, vacúnese! 6 views • 2 months ago

Preparaciones Para Los Días Festivos 414 views • 1 year ago

Concentración sobre el cáncer de mama 48 views • 1 year ago

Breakfast Cancer Survivor Full Interview with Carissa SHEHD Sept 2022 6:58

Breakfast Cancer Survivor Interview SHDHD Sept 2022 2:36

Información sobre la vacuna de Refuerzos Bivalente para el COVID-19 5:58

SHDHD Actualización de COVID 06.07.2022 7:01

SHDHD's Community Health Improvement Plan (CHIP), 2019-2024



CHIP PROGRESS

Steering Committees oversee CHIP implementation: 57 community and staff members participate in the 5 steering committees (1 steering committee for each priority). All steering committees met in October 2022, April 2023, and October 2023. Their efforts and focus include:

- **Access to Care:** Poverty reduction, education on medicaid expansion, and navigation to health services
- **Mental Health:** Youth mental health screening in the primary care setting
- **Substance Misuse:** Drug overdose prevention and education
- **Obesity:** Diabetes on Track and on-line Diabetes Prevention Program (HALT)
- **Cancer:** Collaborative messaging on colorectal and breast cancer screening

Because 2024 will be the last year of this 6-year CHIP cycle, each steering committee chose specific strategies to focus on and complete during 2024. Also in 2024, SHDHD will initiate another comprehensive Community Health Assessment and lead the district in identifying priorities for the next 6-year cycle.

Line of Sight	Topic	Key Performance Measures	Goal	22-Oct	22-Nov	22-Dec	23-Jan	23-Feb	23-Mar	23-Apr	23-May	23-Jun	YTD
Community Health Improvement Plan		# of steering committees supported (Host 2 steering committee meetings/year for each priority X 5 priorities)	10	5						5			10
		% of KPIs showing progress (total 99 KPIs)	100%	77%	77%	77%	77%	77%	77%	77%	77%	77%	77%
		# of KPIs needing adjustment / QI	0	1									1
		1 Annual Report/year completed	1			1							1
		% of strategies that have progressed in the past year	100%	77%	77%	77%	77%	77%	77%	77%	77%	77%	77%
	# of identified course corrections needed	0	1									1	

CONTAINING COVID & FLU

Public Health Roles: **Prevent** (disease), **Promote** (health), and **Protect** (everyone, especially those most vulnerable).

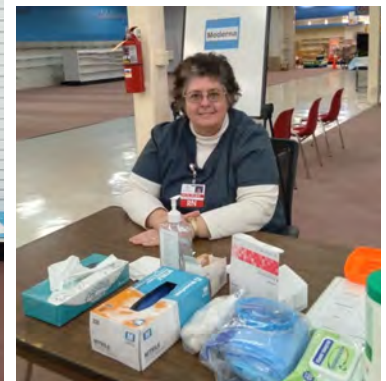
Vaccines are an important tool to help us achieve all three of these!



July 1, 2022 - June 30, 2023:

- South Heartland held monthly clinics for *Vaccines for Children (VFC)* and *Vaccines for Adults (VFA)* to offer flu and COVID-19 vaccinations in addition to other recommended vaccines for children and adults. We offered clinics specifically for Flu and COVID vaccines: 1 clinic for children and 3 clinics for adults. COVID vaccine was also provided to in-home clients (homebound) and at other sites by request.
- Public COVID-19 vaccine clinics continued at Allen's in Hastings, then moved to on-site at the health department in February 2023.
- We collaborated with a local pharmacist to provide flu vaccine to people with insurance during Fall 2022.
- South Heartland stored, transferred and transported 9,129 COVID-19 doses to medical providers across the district who were approved by DHHS to administer COVID-19 vaccines.

Thank you to SHDHD's Vaccination Team of full-time, part-time, part-time temporary, college interns and volunteers who dedicated many, many hours to accomplish this work!



OUR FUNDING, PUT INTO ACTION!



During fiscal year 2022-2023, SHDHD worked on projects funded by 25 different local, state, and federal sources. SHDHD is accountable to each, meeting requirements and reporting progress. 21 of the 25 grants were renewed or are continuing into fiscal year 2024, thirteen (13) of them we pursued specifically to support CHIP activities and 12 supported other public health services (immunization, emergency preparedness, etc.).

SHDHD staff work on a variety of grant projects within their scope of work, with each staff working on a minimum of 2, a max of 9, and an average of 5 different grants. Without our funders, we could not do all that we do.



SMART HUB for Diabetes Prevention



Prediabetes puts you on the road to possibly getting type 2 diabetes

Check out the SMART HUB for information on screening, healthy eating, lifestyle changes, and more.....

The good news is prediabetes can be reversed

www.southheartlandhealth.ne.gov

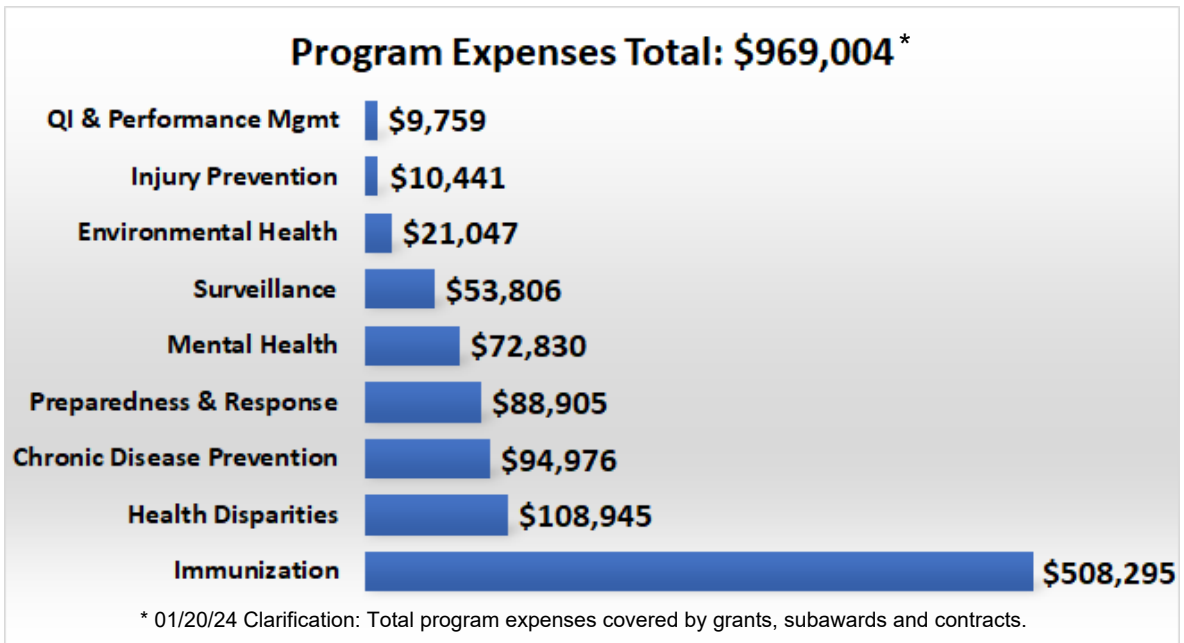
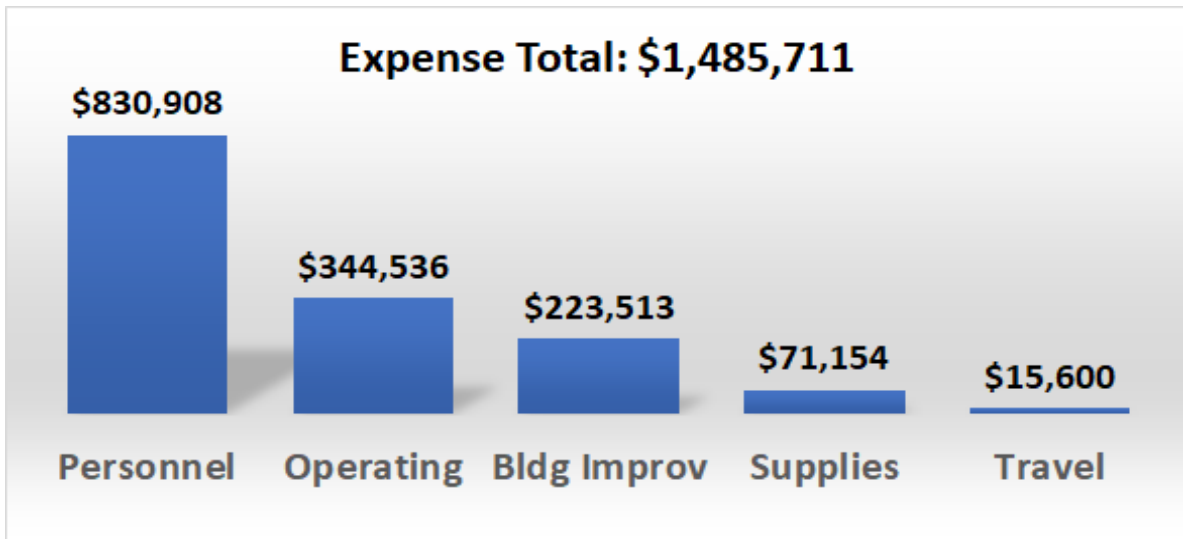
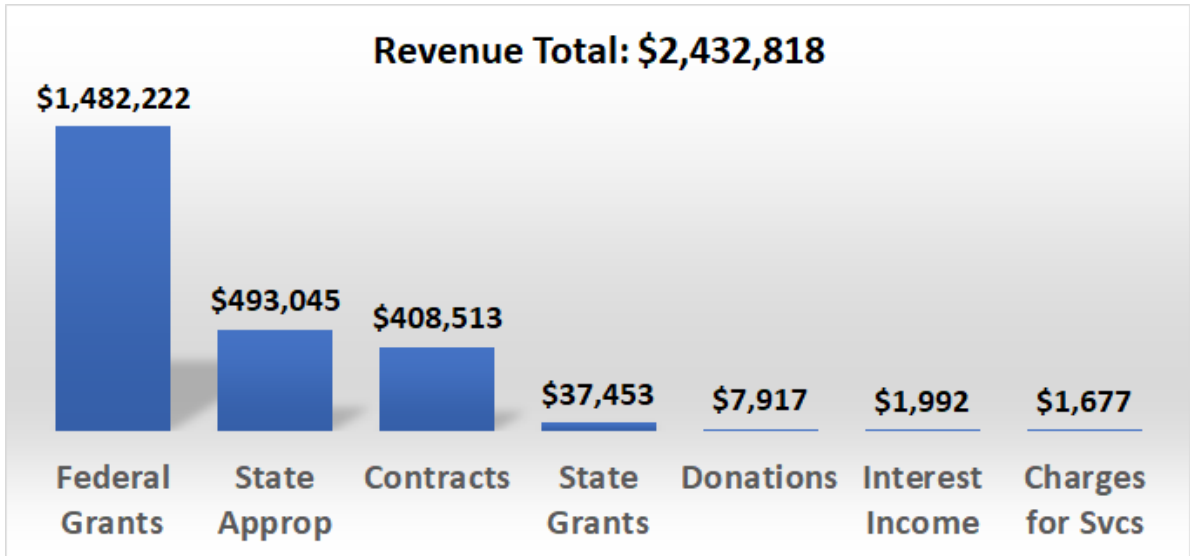


Scan the QR code to access the SMART HUB



1-877-238-7595

Financial Report July 2022 - June 2023



**South Heartland District Health Department
Board of Health 2022-2023**

<i>Adams County</i>	Charles Neumann, Board of Commissioners Barbara Harrington Donna Fegler-Daiss (now Michelle Oldham)
<i>Clay County</i>	Richard Shaw, Board of Supervisors Sandra Nejezchleb Nanette Shackelford
<i>Nuckolls County</i>	Kenneth Rempe (now Jerry Grove), Board of Commissioners Megan McMeen Jean Stichka
<i>Webster County</i>	T.J. Vance, Board of Commissioners Kathy Murphy Buschkoetter Torey Kohmetscher

<i>Professional Representatives</i>	Medical: Timothy Blecha, MD (now Kathleen Amyot, MD) Dental: Michael Kleppinger, DDS Veterinary: Lindsay Waechter-Mead, DVM (now Erin Jobman, DVM)
<i>Officers</i>	President: Nanette Shackelford Vice President: Sandra Nejezchleb Secretary/Treasurer: Charles Neumann



Our Vision is...
Healthy People in Healthy Communities

Mission
The South Heartland District Health Department is dedicated to preserving and improving the health of residents of Adams, Clay, Nuckolls and Webster Counties. We work with local partners to develop and implement a Community Health Improvement Plan and to provide other public health services mandated by Nebraska State Statutes.

Visit www.southheartlandhealth.org for full Annual Report



- Promoting Health
- Responding To Emergencies
- Cultivating School Wellness
- Improving Access To Health Care
- Preventing Cancer
- Investigating Diseases
- Reducing Obesity
- Improving Mental Health
- Reducing Substance Misuse
- Helping Kids Get A Healthy Start
- Conducting Community Assessments
- Creating Walkable Communities
- Protecting Our Most Vulnerable
- Connecting Veterans
- Preventing Diabetes
- Reducing Radon Exposures
- Measuring Our Performance
- Preventing Falls

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WWW.SOUTHHEARTLANDHEALTH.NE.GOV

PROUDLY SERVING ADAMS, CLAY,
NUCKOLLS, AND WEBSTER COUNTIES



2023 ANNUAL REPORT