

Panhandle **PUBLIC HEALTH** District

Annual Report



Carhenge Box Butte County
Photo Credit: City of Alliance

Panhandle

Public Health District

Culture of Collaboration



Kim Engel, Director
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The Panhandle of Nebraska is well known for its Culture of Collaboration, one of the many attributes that makes living and working here so enjoyable. People come together from nearly all sectors to tackle big problems together. This is demonstrated through many initiatives you will read about in this annual report. From Community Health Improvement Planning, where common goals and strategies are identified, to the Situation Table, where law enforcement, public health, schools, and community-based organizations show up to help people in their greatest need.

Teamwork is needed because we do have big challenges to solve. All around us, we see a mental health crisis unfolding and know the resources available do not match the need. People continue to be injured or die on our highways, and we know that our seatbelt use is lower than the state average and that distracted driving is increasing. Infectious disease is at new heights, and our vaccination rates are among the lowest in the state. Much of our housing stock is older and presents a risk of lead poisoning. Nebraska is one of the states with the highest number of both parents working outside the home, and quality childcare is not always available to meet the need. These are just some of the problems we face. Some solutions involve individual choices, and others require a change in how we think about our communities and the potential that we collectively hold.

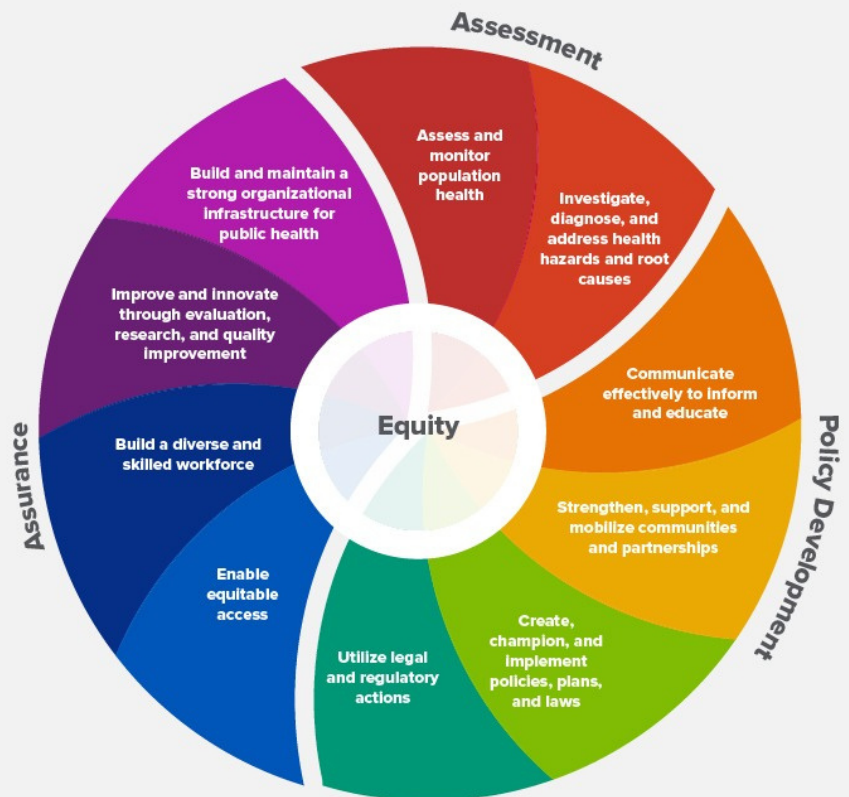
One thing I am certain of is that we will find the answer if we continue to work together to make the communities in Nebraska the best they can be and where our children and their children choose to live, learn, work and play. Join us in building a healthier Panhandle in 2023!

Vision: We are a healthier and safer Panhandle community.

Mission: Working together to improve the health, safety, and quality of life for all who live, learn, work and play in the Panhandle.

THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

To protect and promote the health of all people in all communities



Board of Health

Banner County

Bob Gifford, County Commissioner

Marie Parker, Community-Spirited Citizen

Box Butte County

Trish Johnston, County Commissioner

Carolyn Jones, Community-Spirited Citizen

Cheyenne County

Randy Miller, County Commissioner

Mandi Raffelson, Community-Spirited Citizen

Dawes County

Vic Rivera, County Commissioner

Diana Lecher, Community-Spirited Citizen

Deuel County

Steve Fischer, County Commissioner

Bill Gray, Community-Spirited Citizen

Garden County

Dixann Krajewski, County Commissioner

TBD, Community-Spirited Citizen

Grant County

Brian Brennemann, County Commissioner

Jon Werth, Community-Spirited Citizen

Kimball County

Carl Stander, County Commissioner

Daria Faden, Community-Spirited Citizen

Morrill County

Susanna Batterman, County Commissioner

Kay Anderson, Community-Spirited Citizen

Scotts Bluff County

Ken Meyer, County Commissioner

Kristin Wiebe, Community-Spirited Citizen

Sheridan County

Dan Kling, County Commissioner

Pat Wellnitz, Community-Spirited Citizen

Sioux County

Hal Downer, County Commissioner

Jackie Delatour, Community-Spirited Citizen

At Large

Dr. David Cornutt, MD, Medical Doctor

TBD, DDS, Dentist

Jon Werth, DVM, Veterinarian



Marie Parker, Banner County School Nurse and PPHD board member, attended the National Association of Local Boards of Health (NALBOH) Convention in Grand Rapids, Michigan, in August. Parker's presentation was selected among many applications and covered, "What Public Health Has Meant in Remote Rural Areas," with many health professionals in attendance.

Kirk Van Pelt, NALBOH National Board Director, and Banner County School graduate, was excited to share, "It was so great to have someone representing rural Nebraska. Throughout our convention, I had the chance to get to know Marie and her husband, Rick. The students and staff of Banner County School are in such good hands with the care and assistance of Marie Parker. Thank you, Marie Parker, for the work you do for the community of Banner County and the Panhandle Public Health District."

Parker has been on the PPHD board since 2000, has held many executive committee positions, and is the current board chair.



Kirk J. Van Pelt, Dr. Ellen Burnett (Kentucky Board of Health), Marie and Rick Parker

Community Health Assessment

Data Informed Decisions



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NEW ADDENDUMS!

To keep our health assessment up to date with the new data collected we have added two new sections to the document:

- Minority Health Assessment
- Highway Safety Data

Explore the full document at www.PPHD.ne.gov/pages/CHIP

PRIORITIES IDENTIFIED IN 2020

Behavioral Health <ul style="list-style-type: none">• Mental Well-Being• Suicide Prevention & Support• Substance Abuse Prevention 	Housing & Homelessness 	Early Childhood Care & Education 	Chronic Disease Prevention <ul style="list-style-type: none">• Cancer Prevention• Diabetes Prevention• Heart Disease Prevention• Risk Factors 
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Strategies focusing on Child Abuse/Neglect || Poverty || Access

PLANNING FOR THE FUTURE.... WE NEED YOU!

In November & December, a community health survey was distributed widely throughout the Panhandle. We use this survey as the best way to capture feedback from the most people.

The next step is hosting focus groups to help us plan how to act on goals identified by the public and partners. Join a focus group by emailing mbarhafer@pphd.ne.gov today!

01 COLLECT DATA

Every three years, the planning team analyzes the available data from the U.S. Census, vital records, health data for adults and youth, and other data sources

02 ASK YOU!

We send out surveys and do focus groups to better understand your perspective on your health and your community.

03 COLLABORATE WITH PARTNERS

After we collect the information, we meet with regional and local partners to prioritize goals that help create healthy communities.

04 ACT

We develop action plans to improve the health in the Panhandle and track our progress.

Community Health Improvement

2021-2023



BEHAVIORAL HEALTH



Overall, mental health has declined, but PPHD and partners have worked hard to address suicide prevention. Suicide numbers did go back down from 2017-2019 to 2018-2020. Efforts have focused on connecting services across sectors, providing resources to reduce stigma, and understanding the gaps that arise when someone can't see a provider after a referral.

HOUSING AND HOMELESSNESS



The housing and homelessness workgroup has been changing significantly - new priorities have been identified in the past year. The housing burden (paying more than 30% on mortgage or rent) has increased. This will continue to pressure the system over time and could lead to more folks experiencing housing insecurity.

EARLY CHILDCARE AND EDUCATION



Building the capacity of Panhandle childcare providers is an ongoing goal of the Systems of Care 0-8 group. ESU 13 has been advocating for training programs and mentorships for providers. *Rooted in Relationships* and *Step Up To Quality*, are continuing to happen and have seen an increase since COVID, we continue to track those numbers.

CHRONIC DISEASE PREVENTION



Through Living Well (chronic disease management program), National Diabetes Prevention Program, Tai Chi, and other fall prevention programs, our partners and PPHD work to increase access to programs that help people manage symptoms and prevent poor outcomes. This workgroup has also focused on increasing screenings for common cancers. We have succeeded in our goal of increasing breast cancer screening!

Minority Health Initiative 2022-2024



EQUITABLE ACCESS
TO MENTAL HEALTH
SERVICES



INCREASE
CULTURAL
COMPETENCY



AVAILABILITY OF
TRANSLATION &
INTERPRETATION
SERVICES



EQUITABLE ACCESS TO
HEALTH SERVICES

- COST
- TRANSPORTATION



ENSURE
CONTINUED DATA
COLLECTION AND
SHARING

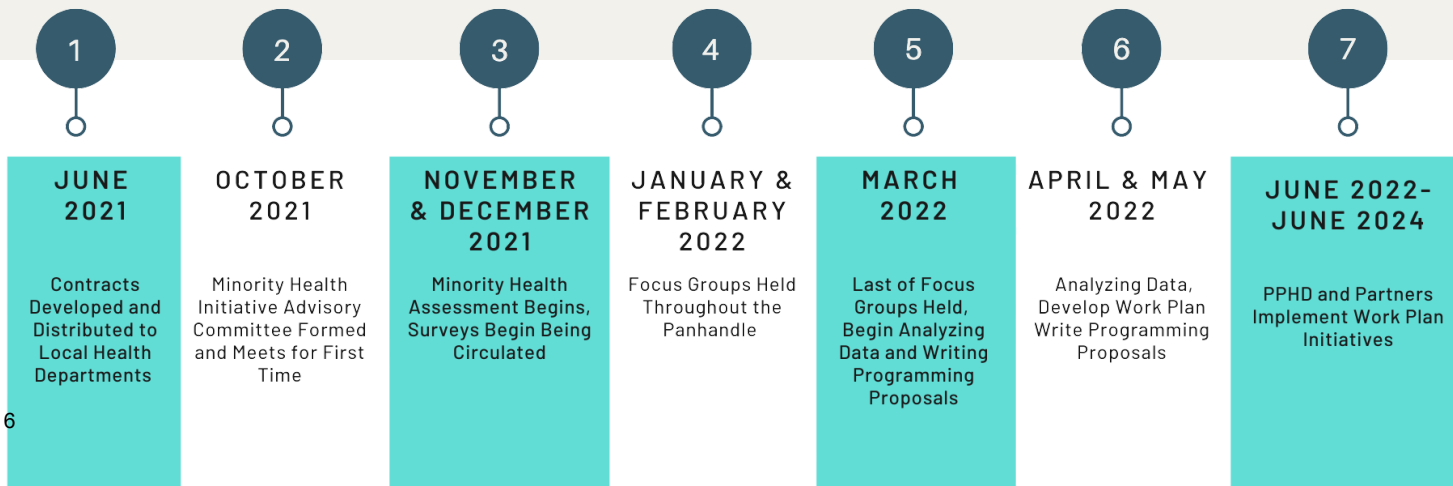
In October 2021, PPHD began the Minority Health Assessment in order to better understand the health-related needs of non-white and white/Hispanic residents of the Panhandle. Through the assessment, 515 surveys were collected, with a response rate from minority populations of 61%. In addition to survey collection, PPHD staff hosted 11 focus groups across the Panhandle to take a deeper dive into the data that was collected during the survey process and better understand the issues individuals felt were important to their health and quality of life in the Panhandle of Nebraska.

Five priorities were identified through the assessment process:

- Equitable access to mental health services
- Increase cultural competency
- Ensure continued data collection and sharing
- Equitable access to health services
 - Cost
 - Transportation
- Availability of Translation & Interpretation services



Kelsy Sasse, MHA
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Planner
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Mental Health

Individuals identified access issues to mental health professionals due to high costs, lack of insurance, or language barriers. To address this, PPHD is working to:

- Identify Spanish-speaking providers in the Panhandle and increase awareness
- Develop multilingual mental health resources for residents
- Determine which employers in the Panhandle offer mental health resources

Implementation

PPHD is committed to implementing evidence-based strategies to best address the priority areas identified. Data will continue to be collected, and progress will be tracked through continued research and analysis.



Data Collection

To fully understand progress in addressing the issues identified through the assessment, PPHD is committed to ensuring relevant, population-specific data is available, updated, and accurate. We will accomplish this through the following:

- Sustaining the Minority Health Assessment process
- Expanded partnerships
- Increased data sharing

Translation & Interpretation

Individuals identified language as a top barrier to accessing health services and information. To address this, PPHD is working on the following:

- Creating an internal language access plan
- Conducting a language access assessment
- Increasing the number of languages offered for written materials
- Education and planning of a medical interpretation class



Equitable Access to Health Services

Community members identified the following reasons for difficult access to health services:

- Access to transportation to and from appointments
- Access to specialists
- Language barriers
- Lack of insurance or high cost of services
- No access to space or technology for telehealth services

PPHD is working to address these issues through:

- Increased Medicaid Expansion education and sign-ups
- Partnerships and education from transportation agencies
- Education materials on available travel vouchers

Cultural Competency

Participants identified strained interactions between community members of different backgrounds based on the following:

- Language
- Sexual orientation or gender
- Economic status
- Racial differences

PPHD is committed to training internal staff on the importance of Diversity, Equity, and Inclusion and is developing a toolkit to share with other employers in the Panhandle.



Performance Management & Quality Improvement

PPHD uses Performance Management to determine how we are doing at meeting our program goals. Anyone can see how we are doing on our goals by visiting: http://www.pphd.ne.gov/performance_management.htm

Highlights

Using quality improvement methods:

1. PPHD increased Healthy Families referrals from 38 to 75
2. PPHD increased the number of people trained in QPR from about 200 to over 500!
3. PPHD identified some gaps in plan development in the emergency preparedness field, and a new process was developed and is now in testing for other plans throughout the department.



PPHD Strategic Goals 2022-2025



Coordinate data management to maximize efficiencies for administration, decision-making, education, and public accessibility



Expand innovative environmental health solutions



Strengthen tactics to provide accurate information and guidance to counter disinformation



Advance education and awareness surrounding mental health and substance misuse



Build and promote health equity through cultural competency and health literacy

PPHD Team and Board members gathered for four virtual sessions to answer the question: In the next 3 years, how will we achieve our desired future for Panhandle Public Health District? Participants completed an environmental scan, recommitted to the strategic vision, explored strategic opportunities, and set goals for the future of the organization.

The Strategic Plan is implemented through workgroups led by members of the Leadership Team. Workgroups met at least monthly to determine implementation steps after the plan's approval and will meet no less than quarterly. These quarterly meetings include the Performance Management team to ensure alignment with the Community Health Improvement Plan (CHIP) measures, monitor progress, and identify opportunities for quality improvement.

VACCINATIONS

The health of each of us depends on the health of all of us. Vaccines have eradicated and nearly eliminated many infectious diseases while increasing our average life expectancy. They are one of the greatest success stories in public health!

Great news! The updated COVID boosters are available to provide increased protection against Omicron variants.

Who is eligible for a COVID Booster?

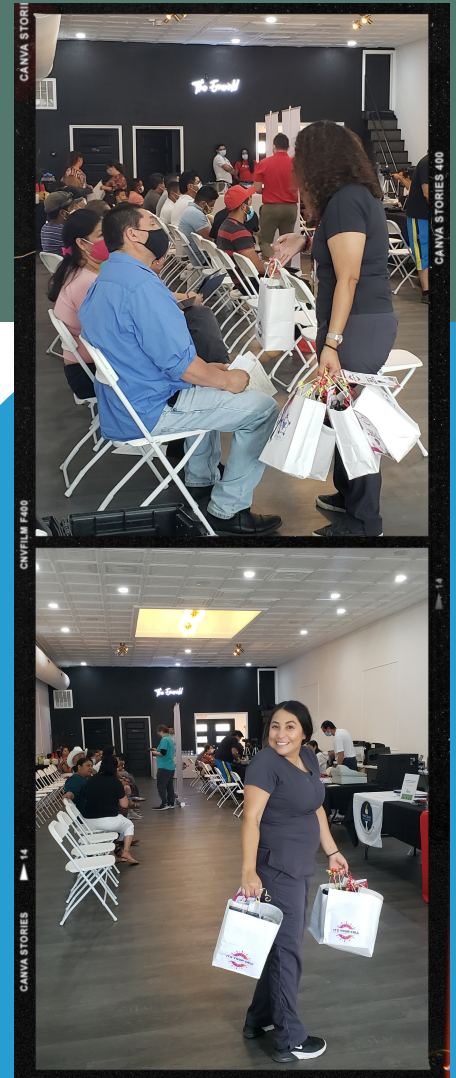
Anyone 6 months of age or older is eligible for the updated booster after 2 months from their last primary series or booster shot.

Bilingual nurses are available at worksites, schools, and community events to provide access and education on COVID, flu shots, and boosters.

Are you unable to leave your home? A nurse will come to you and provide your COVID and flu vaccines. Contact us today for more information.

Thank you to all of our partners involved in giving vaccinations!
Panhandle Vaccination Sites

- Box Butte/Grant: safeway.com
 - Walk-ins welcome Dave's Pharmacy Hemingford & Alliance, Monday-Friday, 8 AM - 5:30 PM - Vaccinating ages 5+
 - Alliance Community Pharmacy, Monday-Friday, 7:30 AM - 6 PM Vaccinating ages 5+
- Cheyenne/Deuel: walmart.com | safeway.com
 - Sidney Regional Medical Center, Call to schedule an appointment at 308-254-5544
- Dawes/Sioux: walmart.com | safeway.com
 - Walk-ins welcome Western Community Health Resources, Monday-Friday, 12:30 PM - 1:30 PM, Call 308-432-8979 to schedule an appointment outside these hours.
- Garden: To schedule an appointment, call (308) 772-3283.
 - Regional West Garden County Clinic, Monday-Friday, 8 AM - 5 PM
- Kimball: To schedule an appointment, call (308) 235-1966.
 - Walk-ins welcome Kimball Health Services, Monday-Friday, 8 AM - 4:30 PM
- Morrill: Call to schedule an appointment
 - Walk-ins welcome Morrill County Hospital Clinic, Thursdays, 8 AM - 4:30 PM call 308-262-1755
 - Chimney Rock Medical Center, Tuesdays, 8 AM - 4:30 PM call 308-586-1717
- Sheridan: Walk-ins welcome Gordon Rural Health Clinic,
 - Monday-Friday, 8:30 AM - 11:30 AM and 1 PM - 4 PM
- Scotts Bluff/Banner:
 - Scotts Bluff County Immunization Clinic, 313 W 38th St, Monday-Friday, 9:30 AM-4:30 PM. If you need an evening appointment, please call 308-630-1126
 - Gering CAPWN Health Center, Monday-Friday, 9 AM-12 PM & 1 PM-4 PM
 - walmart.com | safeway.com | walgreens.com



Mexican Consulate event

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Janet Pruneda, LPN
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Panhandle Worksite Wellness Council



Proudly part of



The council serves area worksites, organizations, schools, and hospitals with a multitude of wellness and safety services to choose from. We proudly oversee the Governor's Wellness Award. This award was developed to help organizations of all sizes across the state of Nebraska become recognized for their wellness efforts and is sponsored by the Nebraska Department of Health & Human Services.

Annually, the council issues a survey to area worksites to evaluate and monitor area needs and opportunities. The worksite then receives a customized scorecard to help identify areas of opportunity. The scorecard initially focused on physical well-being in terms of healthy eating, active living, and tobacco cessation. It now also includes mental health, substance misuse, and driving behaviors. The follow-up consultation recommends evidence-based strategies, resources, and support along the prevention continuum to include policy, environment, programming, education, and awareness.

Of the 76 businesses surveyed since 2011:

- 38% have policies allowing flextime for employees to participate in physical activity during work hours, an increase from 19% in 2011.
- 36% have onsite exercise facilities, such as a workout room or basketball court, that are open to employees during working hours, an increase from 13% in 2011.
- 73% have policies that require employees to wear seatbelts while driving a car or operating a moving vehicle while on company business, an increase from 56% in 2011.
- 71% have a policy that prohibits smoking in outdoor work areas, an increase from 50% in 2011. Additionally, 60% have adopted a policy that restricts smoking within a certain distance from the entrance of the building, an increase from 25% in 2011.



Council Advisory Committee

Dan Newhoff, Chair
Box Butte General Hospital

Diana Lecher
Chadron Community Hospital

Susan Wiedeman
Panhandle Coop

Amy Doll
Platte Valley Bank


Brooke Smith
Northwest Community Action Partnership

Terri Allen
Western Nebraska Community College



Nicole Berosek, MS
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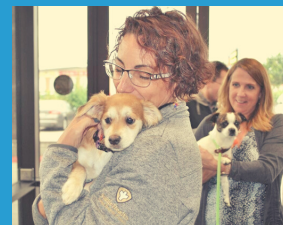
Jessica Davies, MPH
Assistant Health Director
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The council offers staff training, monthly promotions, newsletters, public communications, quarterly wellness chats, health risk appraisal and interest survey, mental health toolkit, and consultations. Set up an appointment today to complete the newly updated Governor's Wellness Award application. For a minimal fee, the council also provides onsite health screenings and vaccinations, an annual Safety & Wellness Conference, and wellness challenges.

2022 Panhandle Safety & Wellness Conference

Diana Lecher of Chadron Community Hospital was named the 2022 Leading Light Award Recipient



“Diana is very interested in the needs and culture of Chadron Community Hospital and Health Services and all Panhandle residents. The pandemic provided our wellness program with some challenges; however, she recognized this, and under her direction, the wellness team focused on the physical and emotional needs of the hospital staff. Diana has energized the committee with her ideas and vision. Her enthusiasm is contagious! I was once told that to love is to, ‘will the good of another.’ This is Diana. She truly cares for her colleagues and goes out of her way to provide for them. Her caring does not stop with CCH. Diana volunteers in the community as well. Many will agree with us when we say that in her professional as well as in her personal life, Diana is a leading light!”
Comments shared by her nominating coworker.

100% of attendees said the conference met their overall needs.

Here's what else they said...

- Loved it all! Especially those sweet puppies. The sessions were outstanding.
- All topics were very relevant, interesting, and applicable to all. Awesome variety of speakers and side activities - coloring, wellness check challenge, dogs, and blender bikes are all awesome.
- This was very rejuvenating!! I enjoyed the speakers a lot!!

2023 Panhandle Safety & Wellness Conference
September 21, 2023
Gering Civic Center

SAVE THE DATE



Take your pick or let us customize a training for your worksite, organization, hospital, or school!

CPR

CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple the chances of survival after cardiac arrest.

Diversity and Inclusion Introductory Training

This training provides information on:

- Discover Diversity Within
- Honor Diversity Within & Around
- Roll With Resilience in the Face of Diversity

Financial Wellness

Living Financially Well provides information on:

- Thought Barriers to Financial Wellness
- Essential 1: Budgeting

Take Steps to be Prepared

Sign up for Alerts and Warnings

When emergencies strike, public safety officials use timely and reliable systems to alert you.

[ready.gov/alerts](https://www.ready.gov/alerts) describes different warning alerts you can get and how to get them.

Panhandle Alert is our local emergency notification system.



Enroll Today!
What if I need help?
You can call us at
308-763-8042
www.panhandlealert.org

Build A Disaster Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days.

A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Emergency supply list:
<https://www.ready.gov/kit>



Make a plan today

Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

Know how you'll contact one another and reconnect if separated.

Establish a family meeting place that's familiar and easy to find.

<https://www.ready.gov/plan>



Stay Up-To-Date on Vaccines

Vaccines are safe and effective at preventing serious diseases.

Vaccines work with your body's natural defenses to help safely develop protection from diseases.

Talk to your provider about any vaccines you or your child may have missed.

2022 Disease Report

PPHD	2022	2021
Anaplasma phagocytophilum	0	2
Animal Exposure (bite or nonbite)	13	8
Aseptic meningitis	2	0
Campylobacteriosis	39	46
Cryptococcus gatti	1	0
Coccidioidomycosis	2	0
Cryptosporidiosis	4	11
Cyclosporiasis	1	1
Enterohemorrhagic Escherichia coli (EHEC)	22	22
Enteropathogenic Escherichia coli (EPEC)	41	81
Enterotoxigenic Escherichia coli (ETEC)	2	0
Escherichia coli (STEC) gastroenteritis	19	17
Giardiasis	6	8
Group A Streptococcus, invasive	2	1
Group B Streptococcus, invasive	5	6
Haemophilus influenzae, invasive	1	4
Hepatitis A, acute	1	1
Hepatitis B, chronic	3	4
Hepatitis B, acute	1	0
Hepatitis C, chronic or resolved	41	40
Hepatitis E, acute	0	1
Kawasaki disease	1	0
Lead poisoning, child/adult	29/6	14/1
Lead poisoning, adult	6	1
Multisystem Inflammatory Syndrome (MIS-C)	1	0
Legionellosis	0	2
Lyme disease	0	1
Noroviruses, outbreak	5	10
Rabies, animal	1	0
Rotavirus, outbreak	2	0
Pertussis	2	1
Q Fever, acute	0	1
Salmonellosis	11	22
Shigellosis	2	4
Spotted Fever Rickettsiosis	1	2
Staphylococcal enterotoxin	1	0
Streptococcus pneumoniae, invasive disease (IPD)	6	5
Strep, other, invasive, beta-hem (non-A, non-B)	1	1
Toxoplasmosis	0	1
Trichinosis	1	0
Tularemia	0	1
Varicella (chickenpox)	0	3
Vibriosis (non-cholera)	1	2
West Nile virus disease, neuroinvasive	2	4
West Nile virus disease, nonneuroinvasive	0	5
Yersiniosis	4	5
Total confirmed, probable, and suspect casts	250	319

Disease surveillance staff work with local hospitals, schools, nursing homes, labs, and Nebraska DHHS Epidemiology to conduct surveillance of reportable diseases, detect outbreaks, and help prevent and control the spread of disease.

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Resolve to be ready!

Panhandle Regional Medical Response System Preparing For...

Medical Surge

A Medical Response and Surge Exercise was completed in May with a large number of our local partners, including hospitals, first responders, and emergency management. This allowed our membership to practice plans before a live event and ensure proper procedures were established.



Preparing for Power Outage: Persons Dependent on Electricity

Power outages can occur for a variety of reasons including, earthquake, winter storm, or a Public Safety Power Shutoff. Putting together a power outage plan now can help protect your health and safety in the event of a power failure.

- 1 Take an inventory of items you need that rely on electricity**
This may include: oxygen concentrator, CPAP, wheelchairs, garage door, elevator, refrigerated medications, ventilator, home dialysis machines, and many other devices.
- 2 Assemble a power outage kit**
 - Battery operated flashlights or lanterns
 - Back-up batteries for electrical equipment (keep these charged, even unused batteries lose power)
 - Back-up oxygen tank, tubing and mask
 - Call phone external battery or car charger adapter
- 3 Sign-up for alerts!**
Sign up for emergency notifications at <https://panhandlealert.org>
- 4 Call your local power company**
If you are dependent on a medical device, be sure to register with your power company. Ask about the medical baseline program.
- 5 Talk with your healthcare provider and medical device provider**
Talk to your healthcare provider about your power outage plan.
 - Find out how long your medications will be OK without refrigerators, get specific guidance for any medications that are critical.
 Ask your medical equipment supplier and/or home health/hospice provider about their plans to assist you in emergencies:
 - Get daytime and after-hours emergency phone numbers for your suppliers & providers
- 6 Plan for back-up power**
Remember: Hospitals should not be a source of electrical support or oxygen during a power outage.
 - Read your medical equipment manual and identify options you have for back-up power.
 - If possible, purchase back-up batteries for your device and keep them charged.
- 7 Plan where you will go in the event of an outage and arrange transportation**
 - Plan for a local and out of area location where you can access power
 - Identify what transportation you will use to go to a location with electricity
 - Keep car gas tank at least half full at all times (gas station pumps may not work during outages)
- 8 Establish your support team in advance (family, caregiver, friends)**
 - Plan how you will communicate with your team; phones may not work
 - Complete **My Power Outage Emergency Plan** (reverse side) with your support team
- 9 Consider owning a home generator and know how to use it**
 - Learn how to use and maintain the generator ahead of time
 - Have an adequate fuel supply and store it safely
 - Always use generator outdoors, at least 20 feet away from a window
- 10 Practice your plan with your support team**

Brought to you by:

Power Outages

Those who are power-dependent are encouraged to have a plan for power outages. We developed an informational flyer to distribute to those who are or have loved ones who are power-dependent, with tips and a plan template.



Partnerships

The Nebraska National Guard, along with Colorado and Wyoming, conducted an exercise in Scotts Bluff County, and PRMRS participated in activities which provided a great connection to some of our federal agencies, as well as getting to work hand in hand with law enforcement and first responders in our region.

Partner Mental Health

The Mental Health Committee was established and is identifying resources for our partners, including upcoming Peer Support Training, Psychological First Aid, and Critical Incident Stress Management.

Other activities

- Continued support of our partners with PPE distribution
- Preparing the Radiological Annex and Transportation Plan
- Assisting with partner education by sharing informational communications from local, state, and federal partners
- Magnets and flyers for mental health were distributed to first responders

Staffing Change

Michelle Hill accepted a position with the State of Nebraska that will allow her to continue to work with PRMRS, as well as the other healthcare coalitions across the State. Chris Fankhauser has stepped into the role effective August 1 after working on our prevention team. Chris previously worked with another healthcare coalition in Central Nebraska, so she was ready to jump on board to continue in Michelle's efforts.

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Emergency Preparedness
Coordinator
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CANCER PREVENTION

SCREENING FOR EARLY DETECTION IS KEY TO SUCCESS

Colon cancer is the second-deadliest cancer, and as with many other types of cancer, serious complications are largely preventable through screening for early detection.

Incidences of colon cancer diagnosis and death remain higher in Nebraska compared to overall U.S. rates. Additionally, rates of colon cancer have increased in recent decades among individuals younger than 50, so much so that the official recommended age for colon cancer screening was recently reduced from 50 to 45. Panhandle residents between 45 - 74 are eligible to receive free at-home test kits.

BREAKING NEWS

PREVENT COLON CANCER TODAY!

NEW to You in 2022!
Adults 45 - 74 years
Fight Cancer with a simple
one-swipe FREE at-home test!

What's your poo telling you?



Find Out Today!
Free test kit! Contact:

308-220-8020 or
cfarris@pphd.ne.gov

Panhandle
Public Health District

PPHD WEARS PINK



for Vianey!

"Cancer doesn't discriminate based on your age, it just doesn't."
Vianey Zitterkopf, RN
PPHD Public Health Nurse Supervisor

Vianey Zitterkopf, RN Public Health Nurse Supervisor, was seven months into her new nursing position at PPHD when she found a painful lump on her breast.

Having previously worked with cancer patients for over a decade and a half, she wasted no time in calling to be seen by a provider. Even though she's below the minimum age recommendation for getting a mammogram, she knew not to blow it off.

"Even just 30 days of waiting can make a big difference, you have to be aware of your body. Many are afraid of the financial costs but nobody's going to give you your health back," she said.

Zitterkopf encourages women of all ages to do monthly self-exams and women over 40 to talk to their healthcare provider about when to start getting a mammogram. Mammograms are recommended every two years for women over 50.

PREVENTING & MANAGING CHRONIC CONDITIONS

PPHD PROGRAMS SUPPORT YOU TO STAY HEALTHY AND LIVE YOUR BEST LIFE

We all know that we need to eat right, be active, and manage stress and emotions to be healthy, but we often get caught up in the busyness of life and forget to mind these things. That's why PPHD offers these programs to help support your healthy lifestyle outside the healthcare setting and help you learn how to stay healthy.

DIABETES PREVENTION

PPHD offers the award-winning National Diabetes Prevention Program in three ways to meet your needs: in-person, virtually on Zoom, and the fully online HALT program that you can do anytime, anywhere, on any device.

For the last decade, PPHD has supported over 1,200 participants in dropping over 10,000 pounds in the National DPP! In 2022, 44 individuals completed four programs offered in-person, virtually, and online.



**PREVENT T2
IT'S UP TO YOU!**

In-Person, Zoom Virtual, or Fully
Online Workshops

What YOU Get:

- Group support & sharing
- A trained Lifestyle coach
- 16 weekly sessions
- Monthly follow-up sessions
- Healthy eating
- Physical activity
- Resilience & stress management
- Form new habits
- Overcome challenges

NATIONAL DIABETES PREVENTION PROGRAM
Nebraska Panhandle
PROUDLY PART OF
Panhandle Public Health District

LIVING WELL

PPHD offers the Stanford-developed Living Well Chronic Disease Self-Management Program in person or virtually by Zoom to best meet your needs. Living Well 6 - week workshops teach creative ways to feel better, communicate better, and manage stress. It empowers people to take charge of their health and other areas of life using proven techniques.

Living Well is for anyone who has or cares for someone with any physical or mental chronic condition.

Living Well with Diabetes is for those living with diabetes or caring for someone with diabetes. This workshop offers specific strategies for dealing with diabetes more effectively outside the healthcare setting.

Living Well with Chronic Pain is for anyone living with or caring for someone with chronic pain. The workshop offers techniques to deal with symptoms of chronic pain conditions, such as fatigue, stress, sleeplessness, and emotional problems, such as depression, anger, fear, and frustration.

The Living Well worksite program meets twice per week for 50 minutes over the lunch hour to serve those of us who work full-time.

In 2022, PPHD coordinated 4 Living Well workshops with 22 participants.



LIVING WELL WORKSHOPS

BE EMPOWERED TO LIVE YOUR BEST LIFE!

2 hours ▶ 1x per week ▶ 6 weeks

Do you have a chronic condition, diabetes, chronic pain, or care for someone who does? Get Support. Join Living Well

“ I feel more powerful and in control of my health knowing there are things I can do. ”
Jan, Panhandle participant

Living Well
Take Control of Your Health

Panhandle
Public Health District



To learn more contact:
Cheri Farris, MPH
Community Health Educator
308.220.8020
cfarris@pphd.ne.gov

Healthy Families Nebraska Panhandle

Healthy Families America (HFA) is a nationally recognized, evidence based home visiting program

HFA Strengthens Parent-Child Relationships

POSITIVE PARENTING PRACTICES

HFA parents are more confident as parents and are more likely to parent in ways that promote healthy child development.

CHILD MALTREATMENT

HFA parents use more positive discipline, with less physical punishment and yelling.

HFA Promotes Healthy Child Development

CHILD HEALTH

HFA parents have fewer low-birthweight infants, and more moms choose to breastfeed. HFA children receive more well-child visits and developmental screenings.

CHILD DEVELOPMENT & SCHOOL READINESS

HFA children show enhanced cognitive development and have fewer behavioral problems.

HFA Enhances Family Well-Being

ECONOMIC SELF-SUFFICIENCY

HFA moms are more likely to continue their education, FIVE times more likely to enroll and participate in school and training programs, and teen moms are nearly TWICE as likely to complete at least one year of college. Children are more likely to have health insurance.

MATERNAL HEALTH AND WELL-BEING

HFA moms show improved mental health and lowered parenting stress.

LINKAGES AND REFERRALS

HFA reduces barriers and connects families with essential community services, including referrals to health services and links to economic supports.



Dez Brandt
Program Manager
dbrandt@pphd.ne.gov



Healthy Families
Nebraska Panhandle™

Proudly part of

Panhandle

Public Health District



Myrna Hernandez
Program Supervisor
mhernandez@pphd.ne.gov

Healthy Families Parent Coaches/Intake Specialists



Linda Ainslie



Jenn Buxbaum



Monica De Los Santos



Ashleigh Rada



Amber Salazar



Val VanWinkle

Specialized Training and Supporting Services

Circle of Security

Early Language and Literacy

Developmental Screenings

Community Resources

Behavioral Concerns

Child Development

Breastfeeding

Safe Sleep

Positive Parent Child Interaction

It was a successful year!

- Enrolled 61 Families
- Served 108 Families
- Provided 1,467 Home Visits
- Graduated 10 Families

A successful graduation
is a THREE year
commitment!!!!

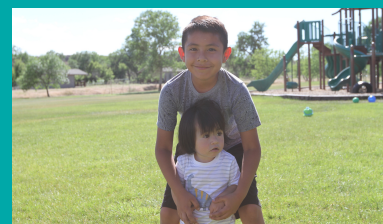


Healthy Families provides the support that every parent desires!



Home visits focus on:

- Building healthy brains
- Reading the cues of children
- Understanding child development
- Learning about secure attachment



Serving Counties

- Scotts Bluff
- Box Butte
- Morrill
- Kimball
- Cheyenne
- Deuel
- Garden
- Banner

Accepting Referrals
Prenatal to Child Age Three Months of Age
FREE and Voluntary!!!



<http://www.pphd.ne.gov/Pages/hfa.htm>

For more
information call
or text
(308) 765-5249

PANHANDLE PREVENTION COALITION



New Community Prevention Coordinator

In October 2022, Liz started with PPHD. She is passionately committed to continuing the integral work the coalition does related to suicide, tobacco use, binge-drinking, underage drinking, and overdose prevention.

Liz MacDonald
Community Prevention
Coordinator
308-279-3487
lmacdonald@pphd.ne.gov

Throughout the year, the PPC has continued education efforts to help increase the health and safety of Panhandle residents. Presentations that took place in the PPC meetings included evaluation results regarding youth mental health and substance use data, Drug Trends in Our Region, How to Talk to Young People About Vaping, and a viewing of the film *My Ascension*.

PPC Vision: Healthy, Safe People Thriving Across Their Lifespan
PPC Mission: Enhance a Sustainable Collaborative Prevention System
The PPC is an initiative of the Panhandle Partnership Inc.

Suicide Prevention Awareness Month Activities

My Ascension Film Screenings

A suicide attempt left 16-year-old varsity cheerleader Emma Benoit paralyzed but propelled her on a mission to use her painful experience to help others find hope and stay alive. *My Ascension* is a feature-length documentary that chronicles Benoit's inspiring journey and quest to walk again as she worked to bring Hope Squad, a school-based suicide prevention program, to Louisiana. In September, the *My Ascension* film was shown in Sidney, Scottsbluff, Chadron, and Alliance. It is available to show to your group. Contact us for more information.



Rhianna Brand Talks

Brand, a suicide survivor, shared her message of strength, resilience, and hope with over 100 students at Chadron State College and WNCC in September. She is an advocate for suicide prevention and mental health and was instrumental in getting the 988-crisis lifeline number a priority at the federal level. She has been featured in *Rolling Stone Magazine*, [LiveThroughThis.org](https://www.livethroughthis.org), *The Seattle Times*, *Mashable*, PBS Wyoming, CBS Evening News, and many other outlets. Brand believes acknowledgment and authenticity are two of the most important things when it comes to suicide prevention.

Suicide Prevention Community Walks

Walks are coordinated by PPHD and partners during the month of September. All funds donated support the annual walks and evidence-based suicide prevention programs throughout the Panhandle, including Question. Persuade. Refer. (QPR) and Hope Squad. Walks happened in Chadron and Alliance in September with over 80 walkers. More walks are being planned for 2023.



SUICIDE PREVENTION



Preventing Suicide, A Top Priority

Suicide is a difficult topic, and sadly many of us have been affected. That's why PPHD is working to create awareness of how we can all help to prevent the tragedy of suicide.

Suicidal thoughts are a symptom just like any other, but they can be frightening. It's very important to take suicidal thoughts seriously. It is ok to talk about suicide, and essential to seek help. Suicidal thinking can be treated and improved over time. Evidence shows that if an individual is in crisis and gets the help they need, they will likely never be suicidal again. Suicide is NOT the answer.

More common than you might think, suicide affects all ages. Suicide is the 10th leading cause of death in the US., responsible for more than 46,800 deaths in 2020. The number of people who think about or attempt suicide is even higher. According to the NRPFS 2021, 26.2% of Panhandle 10th graders considered attempting suicide. Every day, 20 young people die by suicide in the United States.

Suicide rates vary among groups of people, but what is most important is to let our family, friends, and neighbors know that they matter. A small positive gesture may make a big difference in someone's day.

PPHD is working with area partners to prevent the tragedy of suicide through evidence-based programs and trainings.

QPR
PPHD offers ongoing QPR (Question, Persuade, Refer) Suicide Prevention monthly webinars and trainings for groups as requested. Our goal is to ensure that everyone living in the Panhandle has the tools to have the essential conversation with someone in crisis and knows what to do to refer to help.

Learn how to respond when someone is in crisis and prevent suicide. Register for an upcoming QPR webinar: <https://tinyurl.com/2p8kb837>. To schedule a webinar or in-person training for your group or organization, contact Cheri, at cfarris@pphd.ne.gov. In 2022, PPHD's team of QPR trainers reached 484 Panhandle residents with this important training.

Hope Squad
Hope Squad is a peer-to-peer suicide prevention program to reduce youth suicide through education, training, and peer intervention. Hope Squad members are nominated by their classmates as trustworthy peers and are trained by advisors. Eight Panhandle schools are currently participating in the Hope Squad program. Hope Squad schools are encouraged to offer *My Ascension* film to their Hope Squad students. We promote additional schools joining this mental health/suicide/anti-bullying effort in the school.



If you or someone you know
needs support now,
CALL OR TEXT: 988
CHAT: 988lifeline.org

Talk with us.



The National Suicide & Crisis Lifeline changed to 988.

The Lifeline network and its partners are working to change the conversation from suicide prevention to actions that can promote healing, help, and hope.

Tobacco Free Nebraska

End Youth Tobacco Use

The Nebraska Tobacco Quitline can help you quit tobacco for good

The Nebraska Tobacco Quitline is free, convenient, safe, and secure. The cessation program uses proven strategies and professional coaches to help you quit.

Over 1.5 million people have quit tobacco using the Quitline.

Call 1-800-QUIT-NOW (1-800-784-8669), enroll online, or find a class near you by visiting: <https://ne.quitlogix.org/en-US/>

Quitting Today Will Help You For Years

Quitting tobacco use can greatly decrease the risk of developing tobacco-related diseases.

Did you know:

- 20 minutes after quitting your heart rate and blood pressure drop.
- A few days after quitting the carbon monoxide level in your blood drops to normal.
- 2 weeks-3 months after quitting your circulation improves as does your overall lung function.
- 1-12 months after quitting coughing and shortness of breath decreases.
- 5-10 years after quitting your risk of cancers including mouth and throat is cut in half.

Keep your kids' lungs healthy and strong. Teens are 7x more likely to vape nicotine than adults. Talk to them today about the dangers and health effects of tobacco use.



More than 3 million (11.0%) U.S. youth reported using a commercial tobacco product in 2022, including more than 2.5 million high school and 530,000 middle school students. E-cigarettes were the most commonly used tobacco product. Keeping kids away from the harmful effects of tobacco products is a team effort.

PPHD teams up with area athletes and the Panhandle Prep magazine to highlight students who are leaders in their community by advocating for living tobacco free.

Congratulations to our Fall and Winter Scholarship winners Ruthie & Drew for committing to be tobacco and vape-free!

RUTHIE LOOMIS-GOLTZ



DREW LEISY



“I choose to be vape and tobacco free because my future deserves good health.”

“I don't use tobacco because I want to be at peak performance, and there are no benefits to using tobacco products. I try to stay away from consuming anything that will be a serious detriment to my athletic performance, health, and mental state.”

Thank you to all students who are a positive role model for the younger generation!

ELLIS LIVINGSTON



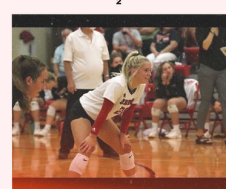
KIERRA MILLER



AVERY DAVIES



RHEAGAN STANLEY



XANDER PROVANCE



MCKENNA KRUEGER



JACOB DOWSE



VAPING Prevention

DID YOU KNOW?

In 2021, nearly 70% of Panhandle 12th graders reported using nicotine or tobacco substitute.

Contact us today to schedule a training or implement a tobacco or vaping prevention program.

Signs a Teen Might Be Vaping

- Behavioral changes
 - Irritability, anxiety, prone to mood change, lack of impulse control
- Difficulty concentrating
 - Cognitive and performance impairment leading to poor grades
- Change in eating patterns
 - Leads to weight fluctuation
- Mouth sores
- Dry mouth
- Unexplained nosebleeds
- Sudden interest in burning scented candles or incense
- Sudden use of perfume/cologne

Programs & Trainings

CATCH MY BREATH

CATCH My Breath is the only FREE evidence-based youth nicotine vaping prevention program for grades 5-12 that has been proven to substantially reduce students' likelihood of vaping. Be sure your loved ones get the message, too.

HOW TO TALK WITH YOUNG PEOPLE ABOUT VAPING

Becoming a trusted adult requires skill development and practice. At this workshop, participants will get both: learning the keys to being a trusted adult and applying that approach to conversations with the youth in their life. You will be able to use trusted adult principles to have conversations with youth about electronic nicotine devices, e-cigarettes, and vaping.

HEALTH ROCKS

Health Rocks! applies 4-H's successful Positive Youth Development model with life skill development and decision-making philosophy to the challenge of reducing tobacco, alcohol, e-cigarette/vaping and drug use. Available for grades 3-9 and also available in Spanish

ALL STARS

All Stars is a continuum of prevention programs for grades 4-12 designed to delay the onset of risky behaviors with adolescents.

To schedule a training, please contact Liz MacDonald, Imacdonald@pphd.ne.gov.

Opioid Response

Emily Timm, LPN
Preparedness &
Community Health Educator
308-763-8042
etimm@pphd.ne.gov



OPIOID SETTLEMENT STRATEGIC PLAN

Key Stakeholders throughout the Nebraska Panhandle engaged in two strategic planning sessions facilitated by PPHD to align priorities for future opioid funds to collectively create a more significant impact for the funding in the Panhandle Region. The five prioritized initiatives of the plan include:

1. Implement, expand, & sustain treatment opportunities
2. Implement & expand justice system initiatives
3. Implement & expand prevention initiatives
4. Provide recovery services, including adequate housing throughout the recovery continuum
5. Expansion of warm handoff to robustly funded community supports to reduce client stress

PANHANDLE SITUATION TABLE

The Panhandle Situation Table is a new process to the Panhandle, having just completed training and implementation in late August. The Situation Table allows community agencies, social service sectors, first responders, and law enforcement to participate in live-action wrap-around support. During our weekly meetings, individuals or families identified as being at acutely elevated risk for an imminent adverse event to occur are presented to the Table members by various community service sectors.

Utilizing a four-filter process to maintain privacy and confidentiality allows de-identifiable information to be shared until a unanimous consensus is reached. Acutely elevated risk factors include but are not limited to drug and alcohol misuse, homelessness, unemployment, mental health diagnosis or suspected diagnosis, crime, and physical abuse.

This coordinated process provides accountability from each service sector and differs from case management, in that the sole purpose is to connect these individuals or their families to services within 5 business days and to bring them out of acutely elevated risk. Updates are done for each situation the following week at the beginning of the meeting.

PPHD continues the distribution of lockboxes and Detera pouches to community service sectors to provide safe and secure medication storage and disposal. Narcan, a nasal spray medication that can help reverse the effects of opioid overdose, is available for free to Nebraska residents through the Nebraska Pharmacy Association. Visit stopodne.com to find a participating pharmacy near you!

AVAILABLE MENTAL HEALTH AND SUBSTANCE MISUSE TRAINING OPPORTUNITIES:

WRAP (WELLNESS RECOVERY ACTION PLAN)

- Process for creating tools and daily plan to live the life and wellness you want

MENTAL HEALTH MATTERS

- Focuses on de-escalation, stress management, resiliency, and coping

CLASSROOM WISE

- Evidence-based, school-based strategies to promote and support students with mental health challenges

COMET (CHANGING OUR MENTAL & EMOTIONAL TRAJECTORY)

- Provides an "entry-point" to starting conversations with individuals who might be dealing with a mental health issue

PSYCHOLOGICAL FIRST AID

- Supportive behavioral intervention used in the aftermath of disasters and traumatic events

OPIOIDS AND NARCAN TRAINING

- General education on opioids and stimulants, their misuse, and how/when to use Narcan

MOTIVATIONAL INTERVIEWING

- Customized training to provide tools to engage in more impactful conversations to support positive change and growth

Driver Safety



DID YOU KNOW?

In 2021, 79% of Panhandle 12th graders reported texting or using an app on a cell phone while driving.

Chuck Elley, a retired Nebraska State Patrol Officer, provided a powerful presentation at the 2022 Fall Safety and Wellness Conference. All attendees were educated on seat belt use and the importance of highway safety.

Chuck is available to provide worksite or school presentations regarding highway safety.



Bring national speaker Cara Filler to your school at no charge!



Contact Nicole Berosek @ nberosek@pphd.ne.gov to find out how.

Cara Filler is DRIVEN to Inspire. She is a compelling author, entrepreneur, and traffic safety specialist who has shared her moving presentation with more than 2,000,000 people in 5 countries.

Drawing from an immense personal tragedy in her own life, Cara's inspiring presentation focuses on dealing with peer pressure, traffic safety, and making everyday choices count. *Why? Because it could just save a life!*

Did you know? While tremendously effective if used properly, the force of an air bag can cause injury or even kill you if you're not wearing your seat belt. Your seat belt keeps you right where you need to be. #SeatBeltsSaveLives Be sure your loved ones get the message, too.

While 64% of Panhandle drivers always wear their seat belts when driving or riding in a car, we are 13% lower than the state average and nearly 26% lower than the U.S. average. Considering how far distances are between rural Panhandle communities, travel on country roads, and heavy agricultural traffic with trucks, *this is concerning.*



Buckle up!
Slow Down,
Be Patient,
Stay a Safe
Distance
Away.

Community Active Living



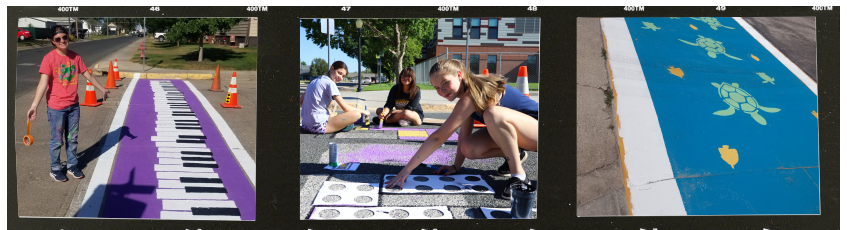
Bridgeport was the newest community to take on active living action planning and create a diverse community committee to undertake their vision. Inspired to build ownership in their community, the committee name is, *B Active Paths to Wellness*, complete with a uniquely designed logo of Courthouse and Jail Rocks in the background.



B Active has wasted no time in getting projects going, beginning with coordinating high school students to paint creative crosswalks in locations around their school, conducting a walk audit around the school to inform student safety and driving patterns, increase pedestrian crossing signage, and work on a designated walking route from downtown to the main school entrance.



Committee member Costa Lapaseotes shared, "Studies have shown that brightly colored and different crosswalks increase the visibility of people in crosswalks, the likelihood of motorists coming to a full stop, and overall pedestrians safety."



Photos by Sarah Strawn/Bridgeport News-Blade

What other communities are doing to support active living...

Alliance

Alliance continues to support and grow its Community Bike Share Program, providing bikes for free community use at locations around town. They plan to do more creative crosswalks at the high school and active play sidewalks on their trail and around town. They purchased blinking signs for a highly used crosswalk and conducted a walk audit at an intersection of concern.

Gordon

The Gordon community continues to use 5th graders for traffic crossing guards. Rushville Schools recently started a traffic crossing guard program. Guards are trained by principals and law enforcement. Gordon continues assessing ways to reduce the speed limit on Main Street.

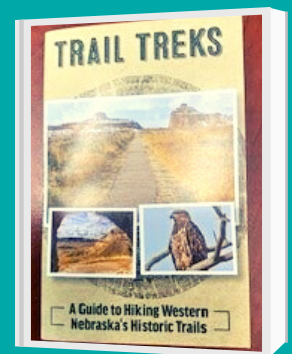
Kimball

Kimball worked to address streets of concern regarding speed, and speed limits were reduced on several key community corridors. Plans are underway for creative crosswalks, and the Kimball Community Trail continues to benefit the community's access.

Tri-Cities (Scottsbluff, Gering, Terrytown)

The Tri-Cities conducted walk audits at Scottsbluff and Gering Schools and completed a goal of the Trail Treks guide (more details at right).

Is your community interested in working on active living? Contact Janelle Visser today at jvisser@pphd.ne.gov or 308-487-3600!



"Trail Treks – A Guide to Hiking Western Nebraska's Historic Trails" is available for hikers of all fitness levels; the publication will be distributed to visitors planning a trip or already in the area to carry with them on the trails and make the most of their recreational adventures, appreciating all that the trails of Western Nebraska have to offer.

Children's Health



Janelle Visser
Health Educator
308.760.6493
jvisser@pphd.ne.gov



Walking, bicycling, and rolling to school enables children to incorporate the regular physical activity they need each day while forming healthy habits that can last a lifetime.

Events happen around the area annually on the first Wednesday morning in October and May. Please contact Janelle for help in planning your walk. There is no cost to participate, and events do not require any funds to coordinate.

We are always happy to partner with area pools to promote sun safe policies, provide sunscreen, mini-grants for shade structures, education, and signage to keep lifeguards and pool-goers safe!

Visser completes Walking College with AARP & America Walks

The Walking College offers participants an opportunity to hone their skills and knowledge around creating vibrant, safe, accessible communities for all.

Paired with experienced advocates, fellows learn about the basics of design and policy of non-motorized transportation, and develop essential leadership skills.

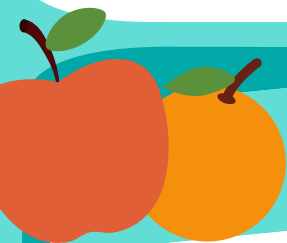
Visser completed the program in November 2022 and is using the action plan she created in supporting communities around the area with their active living goals.

Westmoor Elementary Walks & Wheels to School

Scottsbluff Westmoor Elementary Teacher Jennifer Schwartz organizes Walk, Bike, & Roll to School Day and has for several years. They go ALL out and invite the local high school cheerleaders for an all-student assembly and perform cheers for the students about walking to school and staying active.

Schwartz touts walking to school, "It cuts down on our traffic congestion, it cuts down on pollution, and it reinforces the importance of neighborhood schools and communities. Just simply walking to school has so many benefits. And it can also be fun."

Schwartz's passion comes from a previous student who tragically passed after being hit by a car. She advocates for schools and communities to step up and help encourage kids to walk to school but to be able to do it safely.



Kid's Fitness & Nutrition Day

This exciting, interactive day of nutrition and physical activity stations was held for 424 area 4th graders from 19 schools in the Spring (since they missed the previous year due to COVID) and 842 area 3rd graders from 26 schools in the Fall. These events take place in Alliance, Chadron, Scottsbluff, and Sidney and couldn't be done without the incredible amount of volunteers!



Save the Date!

June 9 & 10,
2023



We're excited to partner with area dentists and UNMC College of Dentistry to bring Dental Days back to the Panhandle! Children ages 3-21 years without insurance can receive free dental care.

Radon

Did you know that 1 out of every 2 homes in Nebraska tests high for radon?

You can test your home for radon today!

Radon is a cancer-causing radioactive gas that occurs naturally in soil. It is undetectable by smell, sight, and taste. Houses next to each other can have different levels of radon. While harmless in the open air, radon becomes trapped in buildings and can elevate to dangerous levels.

Testing your home is the only way to detect radon. Any resident in the Panhandle can request a FREE radon test kit for their home.



Radon enters the home through cracks in the floors or walls.

Radioactive particles from radon gas can get inhaled and trapped in the lungs over time.

Continually high exposure has the potential to cause lung cancer over time.

PPHD OFFERS FREE RADON TEST KITS FOR PANHANDLE RESIDENTS

To receive a test kit, please mail in the coupon below or complete the request at this link: <https://tinyurl.com/2p9d97pn>

Mail this coupon to Panhandle Public Health District, PO Box 337, Hemingford, NE 69348, call (308) 487-3600, or e-mail mhaas@pphd.ne.gov to get your free kit.

Name: _____

Address: _____

City: _____ Zip: _____

Phone #: _____ Age: _____

By accepting this free kit, I give my permission for results to be reported to myself and PPHD.

Signature: _____



West Nile Virus

Getting outdoors is fun but dealing with mosquitoes is not.

Mosquitoes can carry a variety of different diseases, one of these is West Nile.

Mosquitoes infected with West Nile virus can pass it on to people.
Prevention is the easiest way to help stop the spread of West Nile virus.

You can practice some simple steps to protect yourself from West Nile:

1. Apply mosquito repellent containing DEET.
2. Wear long-sleeved shirts and pants when out hiking in areas of tall grass or wooded spots.
3. Use extra caution at dawn and dusk when mosquitoes are most active.
4. Keep your window screens on your home in good repair.
5. Mosquitoes breed in pools of water. Check your property periodically for any standing water.
6. Have large areas of water? PPHD has larvicides you can use to help treat areas not easily drainable.



Melissa Haas, MS
Environmental Health
Coordinator
308.487.3600
mhaas@pphd.ne.gov



Did you know?

Horses can contract West Nile virus. Some of the symptoms to watch out for include weakness in the limbs, sensitivity to touch, fever, and seizures. There is no cure for horses who contract West Nile, but a vaccine is available. Ask your veterinarian how you can vaccinate your horses for West Nile virus.

Healthy Smiles



Dental 
Health Program
Keeping Teeth Strong
Proudly part of
Panhandle Public Health District

PPHD strives to prevent dental disease in children through a school-based preventative health program.

We are grateful to be able to offer services to 94% of the Panhandle Schools.

Untreated tooth decay can lead to many health problems, such as pain and infection. In addition, this could ultimately lead to issues with speaking, eating, and everyday things like playing.

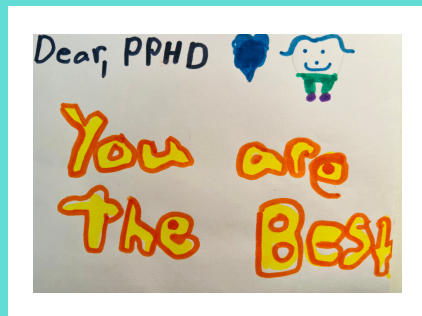
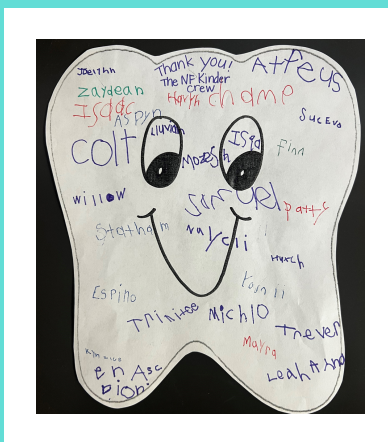
Oral Health is essential to overall health and one of the most preventable health problems.



Kendra Lauruhn, RDH
Dental Health Program Coordinator
klauruhn@pphd.ne.gov

If you would like to join the growing list of those who have donated to help us meet our challenge grant from the Nebraska Community Foundation use QR code or visit:

<https://tinyurl.com4rysabk4>



Dental screenings are used to detect early signs of dental disease.

Fluoride varnish treatment strengthens tooth enamel to help prevent cavities.

Dental sealants are placed on the back teeth by using white sealant material that flows into the pits and grooves. Sealant acts as a barrier, protecting enamel by sealing out plaque, bacteria, and food.



Lead Poisoning Prevention

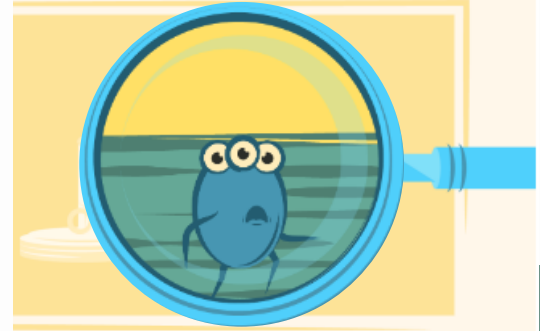
Lead is a toxic metal that can harm a child's health. Lead exposure can impact a child's growth and development. The good news is that lead poisoning is 100% preventable.

Lead can be found in:

- Lead paint and lead dust especially in homes built before 1978
- Soil located near chipping paint
- Jobs and hobbies that include construction, welding, bullet making, and auto repair
- Imported foods and medication
- Cookware, toys, and jewelry such as antique dishware, older painted toys, and glazed ceramics
- Water in pipe fixtures and faucets

Lead poisoning can be prevented by:

- Not allowing children to eat paint chips, lead dirt, or chew painted surfaces
- Wash children's hands often
- Renovate and remodel older homes safely
- Don't bring lead home from your job or hobby
- Serve healthy food high in vitamin C, calcium, and iron
- Avoid imported products that may contain lead



The Renovation, Repair, and Painting Rule (RRP)

The RRP rule from the EPA addresses lead-based paint hazards created by renovation, repair, and painting activities that disturb lead-based paint in older housing and child-occupied facilities.

Make sure when you are renovating to hire a licensed contractor who is certified in RRP, this will ensure the safety not only of the contractor but of everyone in your home.

Not sure if you have lead-based paint hazards in your home?

PPHD can test your home for lead-based paint hazards. We have three certified Lead Risk Assessors on staff.

If you would like to determine the presence of lead in paint, soil, or dust, please contact Kendra to schedule a time to test your home. Kendra Lauruhn, Lead Inspector and Risk Assessor, klauruhn@pphd.ne.gov.



PPHD's most important asset is our staff!

What I like best about working for PPHD...



Erin Sorensen
Office Manager
Human Resource Coordinator
esorensen@pphd.ne.gov

Why do you work for PPHD?

"I love that everyone works as a team, no matter what program you were hired for. I appreciate the staff meetings that we have to help grow and develop PPHD as a whole. I love that I am allowed to flex my hours to make my schedule work for my life."

"My work schedule, pay, and benefits are incomparable to any other job I have worked. I appreciate my coworkers and superiors, and I feel like an equal. I also find my work to be very rewarding and purposeful."

In the 2022 staff satisfaction survey, 100% of employees strongly agree PPHD is a good place to work and 100% are satisfied working for PPHD.

Office Locations

Hemingford Office: P O Box 337 | 808 Box Butte Avenue | Hemingford, NE 69348
(308)487-3600 Office | (866)701-7173 Toll Free | (308)487-3682 Fax

Scottsbluff Office: 18 West 16th Street | Scottsbluff NE 69361
(308)633-2866 Office | (877)218-2490 Toll Free | (308)633-2874 Fax

Financial Statement



Sara Williamson
CFO, Accreditation
Coordinator
swilliamson@pphd.ne.gov



Amanda McClaren
Finance Assistant
amclaren@pphd.ne.gov

Balance Sheet As of June 30, 2022

Assets

Cash and cash equivalents	234,724
Accounts receivable	615,927
Inventory	20,794
Certificates of deposit	13,304
Property and equipment, net of accumulated depreciation	372,222
Deferred outflows of resources for pensions	106,690
Net pension asset	443,665
Total Assets	\$1,807,326

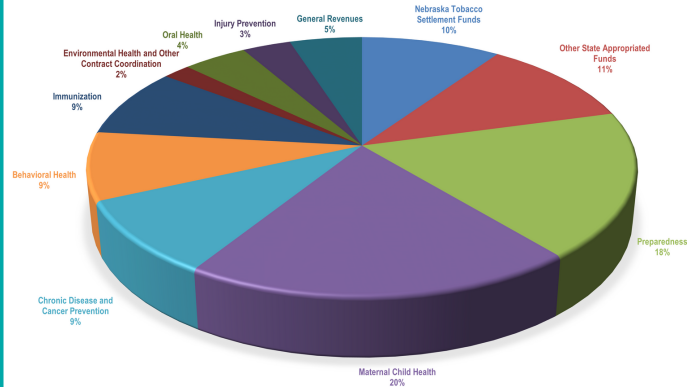
Liabilities

Accounts payable	38,607
Accrued payroll liabilities	171,270
Deferred inflows of resources for pensions	415,610
Note payable - Platte Valley Bank	183,561
Total Liabilities	\$809,048

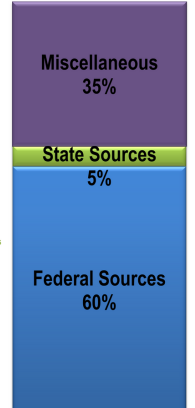
Net Position

Net Investment in capital assets	188,661
Unrestricted	809,617
Total Net Position	\$998,278
Total Operating Revenues	\$3,079,290
Total Operating Expenses	\$3,012,359

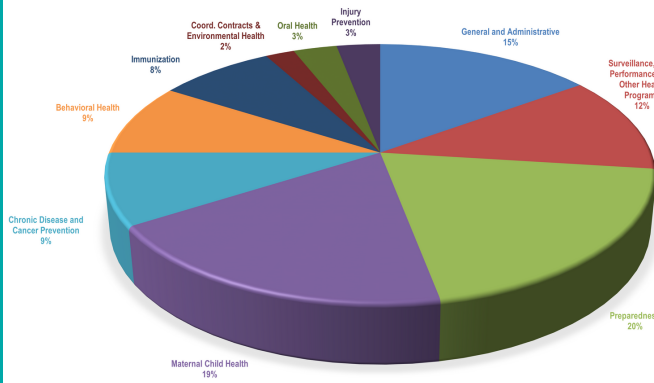
Where does the money come from? Program Revenues:



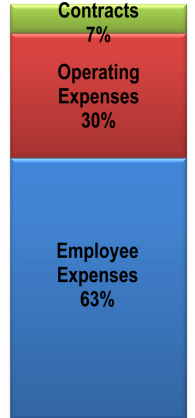
Revenues by Source:



Where does the money go? Program Expenses:



Expenses by Source:



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