

A woman with dark hair, wearing a black face mask and a black tank top, is celebrating with her arms raised in a fist. She has a red and black plaid shirt tied around her waist. The background shows a hospital setting with other people in blue scrubs and medical equipment.

Getting vaccinated feels like a win in a year of unimaginable losses!

Marina Girard MT/CMI, Box Butte General Hospital following her covid vaccine; Quote: Cassie Banks, FNPC, ENPC Gordon Memorial Health Services; Photo Credit: Karisa Lemoncelli, Box Butte General Hospital.

Panhandle

Public Health District

Annual Report 2020



Bob Gifford
Board President

2020 and COVID-19 has been a challenge for all of us and has brought Panhandle Public Health District into all our lives in one way or another.

Our staff at PPHD have worked hard to coordinate messaging about the Governor's Directed Health Measures, provided education about coronavirus to the communities in the Panhandle, and met with all sectors of the community including schools, faith communities, first responders, funeral home directors, hospitals, long-term care facilities, businesses, and many more. PPHD is the Panhandle hub that receives the state-purchased PPE and delivered it to the correct recipients.

PPHD created a dashboard and risk dial available at www.pphd.org to easily communicate to the public and provided answers to the thousands of calls that came into the office. Briefings were held daily at first, and biweekly now, to keep the media and community connected to the latest information.

As you read this annual report you will see that progress was made on many other initiatives, in addition to responding to the pandemic.

We had the opportunity to move into a new office at 18 West 16th Street in Scottsbluff, an essential asset for receiving the weekly truckloads of Personal Protective Equipment. We also expanded the Healthy Families program to the southern counties and opened a new office at 1103 Illinois in Sidney.

2020 has been a memorable year for many reasons. I would like to thank our staff for their hard work and YOU for your help and cooperation in making the panhandle a good place to live. We hope you enjoy reviewing the year in this annual report, to learn more about PPHD.

Bob Gifford
Board President

Board of Health

Banner County

Bob Gifford
County Commissioner
Marie Parker
Community-Spirited Citizen

Box Butte County

Susan Lore
County Commissioner
Carolyn Jones
Community-Spirited Citizen

Cheyenne County

Randy Miller
County Commissioner
Mandi Raffelson
Community-Spirited Citizen

Dawes County

Vic Rivera
County Commissioner
Karen Eisenbarth
Community-Spirited Citizen

Deuel County

Steve Fischer
County Commissioner
Judy Soper
Community-Spirited Citizen



Garden County

Dixann Krajewski
County Commissioner
Nicole Loomis
Community-Spirited Citizen

Grant County

Brian Brennemann
County Commissioner
Jon Werth
Community-Spirited Citizen

Kimball County

Rich Flores
County Commissioner
Kenneth Mars
Community-Spirited Citizen

Morrill County

Susanna Batterman
County Commissioner
Kay Anderson
Community-Spirited Citizen

Scotts Bluff County

Ken Meyer
County Commissioner
Jennifer Sibal
Community-Spirited Citizen

Sheridan County

Loren Paul
County Commissioner
Pat Wellnitz
Community-Spirited Citizen

Sioux County

Hal Downer
County Commissioner
Jackie Delatour
Community-Spirited Citizen

At Large

David Cornutt, MD, Medical Doctor
Ben Iske, DDS, Dentist
Jon Werth, DVM, Veterinarian

Coronavirus has impacted everyone's life throughout the world. I'm not sure there has ever been such a shared experience on the planet. Nearly every family has felt the impact of quarantine and isolation, has been sick with COVID-19 or has suffered the loss of loved ones. Most of us have never experienced the type of policy changes that a Governor's Directed Health Measure contains to protect the public's health. Schools and teachers were asked to do heroic actions to keep kids in school and keep them as safe as possible. People were asked to wash their hands, stay home if sick, wear a mask and avoid close contact, enclosed spaces, and crowded places.



Kim Engel
Director

2020 will go down in history as a frustrating, tragic, and overwhelming year, but the authorization and distribution of the vaccine in mid-December provides great hope and a light at the end of the tunnel. We all watched as healthcare workers were the first to be vaccinated, followed by EMS and long-term care residents. The cover of this annual report shows the joy of Marina Girard, a BBGH employee for 35 years, jubilant on the day she was vaccinated.

I'm hoping by the time you are reading this that you are planning to receive a vaccination and that the wait won't be long. The fact that we have a vaccine is an incredible scientific accomplishment. The technology used will no doubt bring about advances in medical treatments moving forward. The human spirit and innovation has been sparked by this worldwide necessity.

Pandemics are something that Public Health prepares and trains for. I am so fortunate to work with an amazing group of professionals that are dedicated to keeping our communities safe and informed. PPHD, in partnership with other members of Unified Command, coordinated the largest ongoing emergency response we have ever experienced.

Much of this year's annual report is dedicated to telling the story of that response. We are excited to be part of the solution for a better tomorrow. Bring on 2021!

Small ask, wear a mask.



Everyone masking keeps kids in school,
employees at work, and the community safer.
We can all do our part!

WE ARE ALL IN THIS TOGETHER

COVID: A TIME OF PATIENCE, GRACE, AND FLEXIBILITY

TOGETHER WE ARE STRONGER

COVID has been a time of patience, grace, and flexibility with each other, partners, and ourselves.

One of the greatest blessings to come out of this challenging and ever-changing journey is strengthened partnerships and relationships. We continue to tout that we have the best partners and people here in the Panhandle.

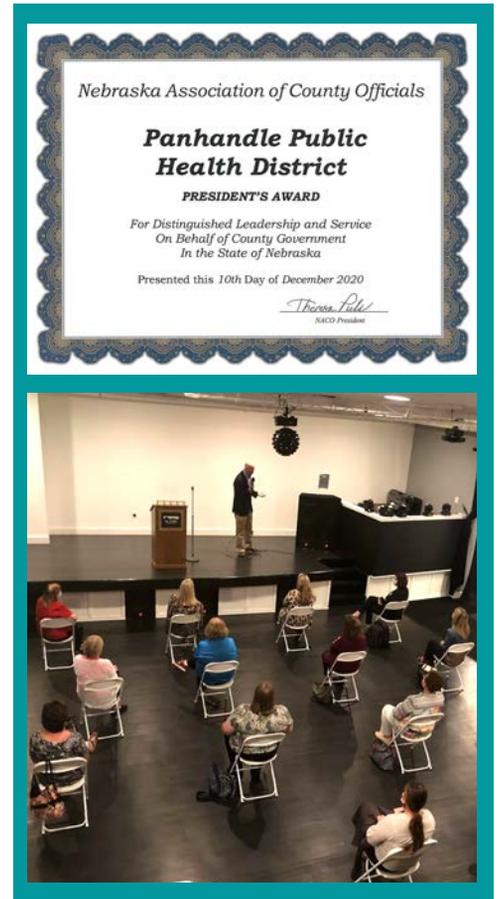
We have been actively responding to the COVID pandemic since Unified Command (local public health, Region 21, 22, and 23 Emergency Managers) was established on February 28th. We have been able to expand capacity: pulling all staff into the COVID-19 response, contracting for help, and hiring additional staff.

COLLABORATION

Collaboration is key in the Panhandle and vital in surviving a Pandemic; the entire public health system has been engaged from the beginning. Our partners rallied together to develop systems, communications, and processes to overcome the next obstacle every time we called on them.

One of the first tasks was developing a common language and guidance with EMS, law enforcement, and dispatch; this has been reviewed, refined, and still used today. We also developed PPE Conservation and Safety guidelines.

Health systems continue to rise to the challenge. They partnered in the early stages to determine personal protective equipment (PPE) allocations, worked with the National Guard to provide early drive-thru testing sites across the Panhandle, developed avenues to offer local testing, and are now preparing for vaccines - and everything else not mentioned in between! Their support and leadership in their communities have been vital in raising awareness - from writing educational letters to attending city council meetings.



PPHD RECOGNIZED

Local Public Health Departments across Nebraska received the Nebraska Association of County Officials President's Award for distinguished leadership and service on behalf of county government in the State of Nebraska.

PPHD also received the Scottsbluff-Gering United Chamber of Commerce 2020 Distinguished Service Award.

Governor Ricketts, shown above, visited the Panhandle to thank public health staff for their COVID response efforts.



PERSONAL PROTECTIVE EQUIPMENT (PPE)

In our early discussions, it was evident that the Panhandle did not have, or have access to, the PPE needed to combat COVID. Many of the hospitals were running low and could not order enough to cover their needs.

Consistent measures for conserving PPE were important to protect the scarce resources available. We created guidance documents for First Responders and Long-Term Care developed with guidance from the Panhandle task force, CDC recommendations, medical direction, and state EMS officials.



The National Guard originally delivered PPE. PPHD's move into a new office in Scottsbluff in March was a timely blessing. The building had a loading dock and storage area to receive and organize the PPE delivered for the response. Bee-Line Services, a neighbor to the new office, stepped up in true Nebraska fashion to answer the urgent request for assistance with moving PPE, and continues to be a key part of the PPE delivery process.



As PPE distribution continued to grow, so did the team, and in August, we added three contract drivers to deliver PPE to our partners. This fall, Scottsbluff fire department joined the PPE crew and assists with unloading and packing PPE when they are not out on a call.



They have driven over 33,348 miles across the Panhandle delivering the much-needed PPE. When the supplies are delivered, we do curbside delivery with employees wearing masks for protection.

SCHOOLS

Schools have been leaders in their community throughout the COVID response, working to keep kids safe. From making a unified decision to close schools in March to working diligently to keep kids in school this fall, they have worked with us to make the best decisions for the Panhandle students. Throughout the spring and summer, we all worked with earnest care to put appropriate systems and precautions in place so schools would be the safest place for kids when students returned in the fall.

While the individual school boards developed reopening plans, Unified Command provided guidance and reference documents during the planning and decision-making processes. We met with many of the school boards and staff as they worked on their plans.



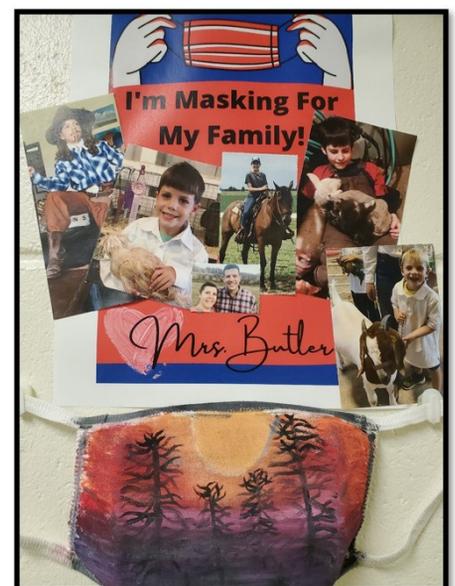
Weekly meetings have turned into bi-weekly meetings for school superintendents, ESU, and Unified command to provide updates on the latest DHM or guidance documents, discuss what we should be considering next, and express concerns to the Governor or NDE Commissioner.



We have reviewed numerous plans – from graduation to reopening to extracurricular activities – providing additional guidance and discussion as needed. We have worked to address each concern in a timely manner, building trust, and supporting the partnership that is so critical for ongoing communication and collaboration.

Miss Millie wants to know: Who are YOU masking for?

Millie Butler with Hemingford High School has created an environment throughout her art room for expression, with various art forms and mediums as critical outlets. She conveyed that art is important not just during this time of unrest due to the pandemic, but that each child has their own story of what impacts them every day. Her goal is to create a space that allows them to just be and express their story.



COMMUNICATION

We implemented several strategies to provide accurate, clear, and timely education and communication. Adapting communication methods were necessary to meet a variety of platforms, language needs, and address any rumors or hot-button issues that may impact public perception and participation in response efforts. Messaging was continually tailored to meet both broad and specific audiences.

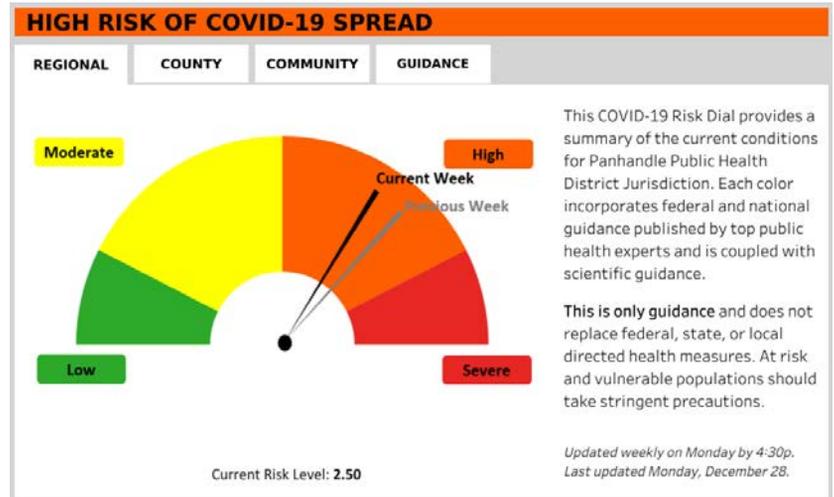
Weekly virtual meetings occurred with schools, law enforcement, first responders, healthcare systems, ministerial, funeral homes, childcare providers, elected officials, and businesses. Agenda items were to mitigate risk, develop plans, provide technical assistance regarding the Governor's Directed Health Measures, prioritize the weekly PPE distribution, and provide answers regarding quarantine and isolation. For some sectors, these calls have decreased to bi-weekly or monthly, dependent on the need.

The Daily Briefing has been an effective way to communicate with over 500 unique listeners, creating an opportunity for a consistent update from Unified Command, providing credible information, and answering questions from the media and from the general public.

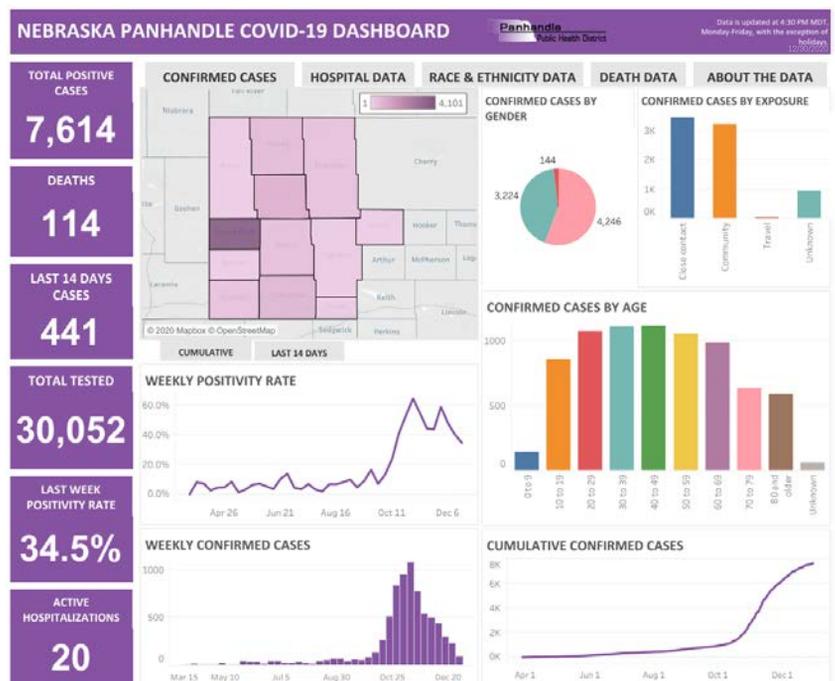
Other communication highlights include:

- Our 24/7 line offered support to over 10,000 callers.
- We issued 191 news releases, 180 are also available in Spanish.
- Basecamp was established to provide resources to partners. There are currently over 450 unique resources, many resources available in Spanish. Basecamp: <https://tinyurl.com/yxloouan>
- PPHD's Facebook page following continues to grow. We currently have over 3,600 followers.

RISK DIAL & DASHBOARD



The Dashboard and Risk Dial were developed to keep the public informed. The purpose of the Dashboard is to show data relevant to current response efforts. The Risk Dial is based on the past three weeks' worth of data. It represents the current status; it is not a forecast for the future. The risk level is assessed and updated each week on Monday. The Dashboard and Risk Dial are available at www.pphd.org.



COVID VACCINE SCIENCE & FACTS

We understand that some people may be nervous about the COVID vaccines – this is totally reasonable. Fortunately, researchers have been working on vaccines for the coronavirus family for years, so they did not have to start from scratch.

How does the COVID vaccine work?

Messenger RNA (mRNA) vaccines are a type of vaccine to protect against infectious diseases. To trigger an immune response, many vaccines put a weakened or inactivated germ into our bodies. mRNA vaccines teach our cells how to make a protein-or even a piece of a protein that triggers an immune response inside our bodies. That immune response, which produces antibodies, protects us from getting infected if the real virus enters our bodies.

Why should I get vaccinated?

Vaccines have been described as PPE (Personal Protective Equipment) on a molecular level. This is the next phase in pandemic response. Vaccines show high efficacy – anywhere from 94-95% – and are how we will get back to as close to normal life as possible. Stay informed on critical vaccine developments and, when they become eligible, determine whether the COVID vaccine is right for you, your family, and your loved ones.

What are the common side effects of the vaccine?

Common side effects are pain and swelling on the arm where you got the shot, fever, chills, tiredness, and headache. These minor side effects are simply your immune system responding to the vaccine. If you have had a severe reaction to previous vaccines, you are encouraged to discuss it further with your healthcare provider.

Common COVID vaccine myths debunked visit:

<https://tinyurl.com/y7oz6q6d>

Everyone has sacrificed so much this year to keep our loved ones and community safe. While we know getting vaccinated isn't always comfortable, you can play a big role to support your community by keeping yourself and your family up-to-date on all vaccinations.



For the patients, we fought
to save and did!

For the patients, we fought
to save and couldn't.

So that I can be here to fight
for future patients!

**Today feels like a win in a year
of unimaginable losses!**

Cassie Banks, FNPC, ENPC
Gordon Memorial Health Services

Dr. Anpo Charging Thunder,
pictured with Banks, above.

Panhandle Vaccine Timeline

Everyone in each phase can be vaccinated as soon as there are enough vaccines available.



Mid-December to Mid-January



Phase 1a:

- Healthcare personnel
 - Hospitals, Home Health Care, Pharmacies, EMS, Outpatient, Public Health, Dentists, Optometrists, Behavioral Health, Veterinarians
- Long-term Care Facility residents and staff

January to Mid-April



Phase 1b:

- **People 75 and older**

- First Responders
 - Fire, Police, Dispatch, FBI, Adult/Child Welfare
- Utilities
 - Power, Water, Gas, Sanitation
- Funeral Homes, Coroners
- Grocery
- Transportation
 - Trucking, Railroad, Gas Stations
- Homeless Shelter Staff
- Corrections staff
- Educators
 - Teachers, Higher Ed, Support Staff, Childcare Providers
- Food/Agriculture
 - Meat Packing Plants, Food Processing, Co-ops
- U. S. Postal service
- Public transit
 - Bus, Air

ONGOING: people 65+ and those with medical conditions

March to May



Phase 1c:

- To be defined

Mid-April to Oct

Phase 2:

- General Population

Updated 1/13/21
*Phases are subject to change and timeline is an estimate.

COVID vaccinations are advancing in the Panhandle since receiving 4200 doses the week of December 21. We will keep you informed of when you are eligible. You can remain proactive by getting vaccinated when it becomes available to you, your family, and your loved ones.

Why is it important to still wear a mask and social distance even if I have received the vaccine?

Stopping a pandemic requires using all the tools available. Vaccines work with your immune system, so your body will be ready to fight the virus if you are exposed. Like masks and social distancing, other steps help reduce your chance of being exposed to the virus or spreading it to others. Together, COVID vaccination and following recommendations to protect yourself and others will offer the best protection from COVID.

If you've had COVID...

You are still encouraged to get the vaccine once you no longer have symptoms and achieve recovery status. It is estimated you have a 90-day natural immunity after infection, so you could delay getting the vaccine within this timeframe if you so choose.

If you've had COVID and were given the monoclonal antibody treatment...

It is recommended to get the vaccine no sooner than 90 days after treatment.

THANK YOU FOR DOING YOUR PART WITH KINDNESS AND GRACE!

EVENT AND GATHERING SAFETY PLAN

During the COVID response, local health departments are working with businesses and private individuals to develop event safety plans. The goal of the COVID-19 Event and Gathering Safety Plan is to limit the spread of the coronavirus and keep workers and attendees safe at gatherings, events, and venues.

We have worked with fairs, schools, baseball leagues, and cities/villages for fireworks displays in addition to everything from weddings, graduation receptions, to bingo. We have reviewed, provided feedback, and approved over 300 safety plans.



BE SUPPORTIVE. BE CAREFUL. BE ALERT. BE KIND.

- **Be Supportive** – Support your family, friends, and neighbors when possible.
- **Be Careful** – Carefully practice the important prevention strategies to safeguard you and your loved ones against COVID-19.
- **Be Alert** – Watch for negative social media and individuals being bullied and take a stand against it with important facts and knowledge.
- **Be Kind** – Kindness always prevails as we traverse uncertain and fearful times.

As we experience the COVID pandemic, let's counter it with a remedy of positivity to one another. We can get through this together with kindness and support.

BUSINESSES & EMPLOYERS

We worked closely with businesses and employers as they received up-to-date guidance towards implementing safety protocols and understanding federal and state policies or Directed Health Measures impacting their business. The goal remained at balancing business continuity and employee safety and resiliency.

We provided a weekly update for a total of 16 weeks, transitioning to monthly thereafter, and it was well-received with over 806 unique contacts engaging in the series. We have remained in close consultation with many of these contacts to support their unique needs.

Additionally, when the Governor allocated CARES Act funding to the Rural Broadband Remote Access Grant, we were able to quickly issue a broadband survey to major businesses and employers to assist in identifying critical broadband gaps. This is critical to accessibility of employees working remotely or students effectively partaking in remote learning.



MONOCLONAL ANTIBODY TREATMENT

- Available to the general population and for long-term care residents
- 70% reduction in hospitalization and improved symptoms
- The infusion takes about three hours, and patients will be charged an outpatient administration fee but not charged for the medication.
- Improvements can be seen anywhere from one to three days after treatment. However, this does not shorten the length of time needed to stay isolated.

Review the criteria below. If you believe Monoclonal Antibody Treatment might be right for you contact your provider to discuss.

Monoclonal Antibody Treatments require a medical provider's order.

IS MONOCLONAL ANTIBODY TREATMENT RIGHT FOR YOU?

COVID Positive (not hospitalized) and

- **Individuals aged ≥ 65 years**
- **Individuals aged ≥ 55 years who have:**
 - Cardiovascular disease, or
 - Hypertension, or
 - Chronic obstructive pulmonary disease/other chronic respiratory disease
- **Individuals aged 12 to 17 years who have:**
 - BMI ≥ 85 th percentile for their age and gender-based on the Centers for Disease Control and Prevention growth charts; or
 - Sickle cell disease; or
 - Congenital or acquired heart disease; or
 - Neurodevelopmental disorders, for example, cerebral palsy; or
 - A medical-related technological dependence, for example, tracheostomy, gastrostomy, or positive pressure ventilation (not related to COVID-19); or
 - Asthma or a reactive airway or other chronic respiratory disease that requires daily medication for control.
- **Individuals aged ≥ 12 years who have one of the following conditions:**
 - BMI ≥ 35
 - Chronic kidney disease
 - Diabetes mellitus
 - Immunosuppressive disease
 - Currently receiving immunosuppressive treatment



QUARANTINE AND ISOLATION ARE ESSENTIAL TO REDUCING EXPOSURE.

DISEASE INVESTIGATION

Disease Investigation efforts remain a priority as we know quarantine and isolation are essential to reducing exposure. Testing is available across the Panhandle and PPHD follows the Governor's Directed Health Measures for quarantine and isolation guidelines.

If someone tests positive, they must self-isolate. This means they stay home and away from others for at least 10 days from when symptoms first appeared and 24 hours with no fever, and all other symptoms have improved.

If someone is a close contact, that means they were closer than 6-feet for 15 or more minutes, with a person who tested positive for COVID. This means they must self-quarantine by staying home and monitoring for symptoms. They should get tested if they start to have symptoms.

PPHD contracts with Scotts Bluff County Health Department to complete disease investigation in Scotts Bluff County, staff pictured below. Scotts Bluff County Health Department is a department within a district. Daily meetings since March assure coordinated and consistent processes.

We have investigated over 7,500 positive cases. During the peak in November, there were more than 1,000 cases in a single week. Investigators work seven days a week with the goal of completing each investigation within 24 hours.

In order to keep up with the caseload, we hired some temporary part-time contact tracers. These smiling faces are on the phones every day.



PPHD staff united to improve the health, safety, and quality of life for all who live, learn, work, and play in our communities.



Kim Engel, MBA Director 308-760-2415

Amber Adamson Parenting Coach and Intake Specialist

Linda Ainslie Parenting Coach and Intake Specialist

Alma Alarcon Parenting Coach and Intake Specialist

Shavin Barnhart Preparedness and Community Health Educator

Sarah Bernhardt, MA, LIMHP, LPC Healthy Families Nebraska Panhandle Manager

Nicole Berosek, MS Community Health Educator

Dez Brandt Healthy Families Nebraska Panhandle Manager

Jennifer Buxbaum Parenting Coach and Intake Specialist

Jessica De Haven Preparedness and Community Health Educator

Jessica Davies Assistant Health Director

Amber Duque Parenting Coach and Intake Specialist

Cheri Farris, MPH, CHES Community Health Educator

Melissa Haas Environmental Health Coordinator, Worksite Wellness Assistant

Myrna Hernandez Healthy Families Nebraska Panhandle Supervisor

Michelle Hill Emergency Preparedness Coordinator

Kelsey Irvine, MPH, CPH Community Health Planner, Performance Management Coordinator

Megan Koppenhaffer Preparedness and Community Health Educator

Kendra Lauruhn, RDH Public Health Dental Hygienist, Lead Disease Surveillance Investigator

Missie Payne Preparedness and Community Health Educator

Tabi Prochazka Deputy Director of Health Promotions and Preparedness

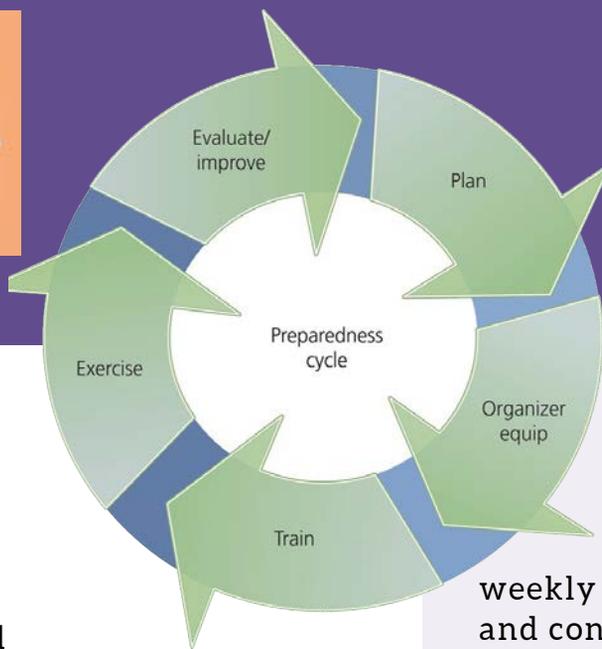
Chelsy Schneringer, CHES Health Educator

Erin Sorensen Office Manager, HR Coordinator

Janelle Visser Health Educator

Sara Williamson Chief Financial Officer, Accreditation Coordinator

THANK YOU FOR DOING YOUR PART WITH KINDNESS AND GRACE!



Michelle Hill,
Emergency Preparedness
Coordinator
mhill@pphd.org

HEALTH CARE COALITION 2020

The COVID Pandemic has shown the importance of preparedness planning and collaboration between all facets of health care and public health. Working together on the rapidly changing situation and providing updated information as it becomes available has been critical for situational awareness.

Pandemic plans were initially utilized as guidance in response efforts. Plans are dynamic, continually being updated to reflect new developments in understanding the disease agent, its spread, treatment, and prevention.

OUR PARTNERS

PRMRS partners will continue to adapt to the ever-changing pandemic situation while building on surge planning and relationship building. Efforts to include at-risk populations in planning and preparing for other responses are on-going.

INTO THE FUTURE

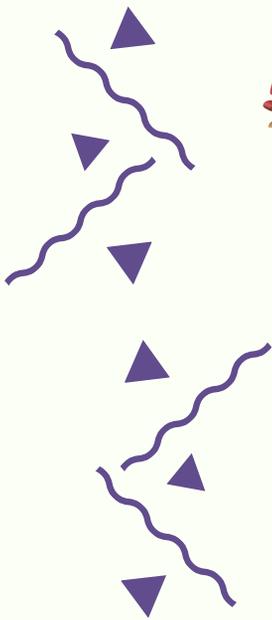
PRMRS partners include hospitals, long-term care facilities, law enforcement, emergency medical services, emergency management, federally qualified health centers, extension centers, mental health services, and other community partners who work collaboratively to respond to events within our region.

Taskforce groups met weekly early in the pandemic and continue to meet biweekly for situational awareness as well as PPE distribution and strategy planning.

Long Term Care Facility calls are coordinated with ICAP (Nebraska's Infection Control Assessment & Promotion Program) through PRMRS to prevent the spread of COVID through facilities.

PRMRS continues to work with partners regarding testing, infection control, continuing of operation planning, and PPE needs.

The PRMRS Coordinator serves on the State of Nebraska Medical Emergency Operations Center (MEOC) and Crisis Standards of Care Planning group to collaborate responses statewide. Information is shared between partners and the MEOC. PRMRS is represented by the Coordinator and two partners on the EMS Crisis Standards of Care development committee.



When life throws a pandemic, learn to play the ukulele and ice skate

This has been the message to Gordon-Rushville Public School (GRPS) students during the COVID pandemic. School administration allowed staff to offer a middle school ukulele and guitar class as a safer alternative to traditional band with wind and brass instruments.

“It’s so fun watching and listening to the kids learn to play. My favorite is peeking in while they are playing and singing along to a mask-muffled version of ‘Fishing in the Dark,’” shared Lori Liggett, GRPS Superintendent.

They are finalizing the ice-skating rink on the practice field just west of the high school and anticipate kiddos will be able to use it for physical education classes when they start back from the holiday break as they need three consecutive nights of below zero weather to harden the surface. The outdoors will offer a safer alternative to indoor physical education classes, a new skill to learn, and fresh air during the school day.

GRPS has taken a strong stance on their COVID prevention strategies since the start of school this fall, and it has proven effective. Liggett shared how devastating it was to have to close the school in the spring and they wanted to take every necessary precaution to keep kids in school and learning for the many mental, social, and physical benefits school provides.

The school has partnered with Panhandle Public Health District and the Nebraska Department of Education’s Healthy Schools program to increase their environment for student and staff wellness. Grow Towers create fresh, healthy salad ingredients, free breakfast and lunch programs provide all students the necessary nutrition for healthy, growing bodies and minds, brain-boosting activity “breaks” stimulate and engage their minds throughout the day, and staff have access to a trained counselor for virtual group sessions to keep their mental wellness in-check.

Additionally, they have worked intently with PPHD, the hospital, the city, and other community members to increase active living in the community. Safer, connected streets and sidewalks are key to students walking or biking to-and-from school and around the community.

So, for now, as the world continues forward with the chaos of trying to traverse one of the most uncertain times we have ever collectively experienced, GRPS students will be making the most of it with ice skating and ukuleles and quite possibly the most important life lesson.

2020 COMMUNITY HEALTH ASSESSMENT

The Panhandle completes a regional community health assessment (CHA) every three years in collaboration with area hospitals, community organizations, businesses, and residents. The purpose of the CHA process is to describe the current health status of the community, identify and prioritize health issues, better understand the range of factors that can impact health, and identify assets and resources that can be mobilized to improve the health of the community.

The Panhandle Community Health Survey was distributed to Panhandle residents in October and November 2019 by paper copy and electronic survey.

- 1,414 PANHANDLE COMMUNITY MEMBERS FROM A VARIETY OF BACKGROUNDS RESPONDED TO THE COMMUNITY HEALTH SURVEY
- 142 PANHANDLE COMMUNITY MEMBERS PARTICIPATED IN 16 FOCUS GROUPS
- 48 COMMUNITY STAKEHOLDERS PARTICIPATED IN A VISIONING AND FORCES OF CHANGE PROCESS
- 39 COMMUNITY STAKEHOLDERS HELPED NARROW DOWN AND CHOOSE PRIORITY AREAS

"The CHIP is our roadmap to community health improvement. Thank you Panhandle residents for helping us identify the community health priority areas."
Kelsey Irvine, Community Health Planner



COMMUNITY HEALTH IMPROVEMENT PLAN

2021-2023 PANHANDLE COMMUNITY HEALTH IMPROVEMENT PLAN PRIORITY AREAS

Priority Area 1: Behavioral Health

> MENTAL WELL-BEING

- Increase depression screening by primary care providers

> SUICIDE PREVENTION & SUPPORT

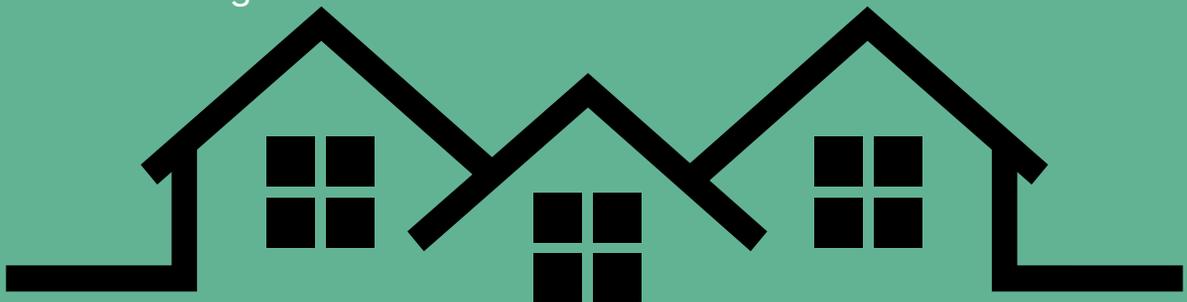
- Reduce the suicide death rate

> SUBSTANCE ABUSE PREVENTION

- Reduce the proportion of adolescents in 8th, 10th, and 12th grade who used alcohol one or more times in their lifetime.
 - Reduce the proportion of adolescents in 8th, 10th, and 12th grade who used marijuana one or more times in their lifetime.
 - Reduce the proportion of persons engaging in binge drinking of alcoholic beverages
-

Priority Area 2: Housing & Homelessness

- Reduce the number of homeless individuals in the Panhandle
- Increase the number of individuals in need who are connected to housing



Priority Area 3: Early Childhood Care & Education

> INCREASE QUALITY CHILDCARE AND PRESCHOOL AVAILABILITY

- Increase number of Step Up to Quality programs in the Panhandle
- Increase number of children served directly by Rooted in Relationship.

Priority Area 4: Chronic Disease Prevention

> CANCER PREVENTION

- Increase the proportion of adults who were counseled about cancer screening consistent with current guidelines

> DIABETES PREVENTION

- Reduce the annual number of new cases of diagnosed diabetes in the population

> HEART DISEASE PREVENTION

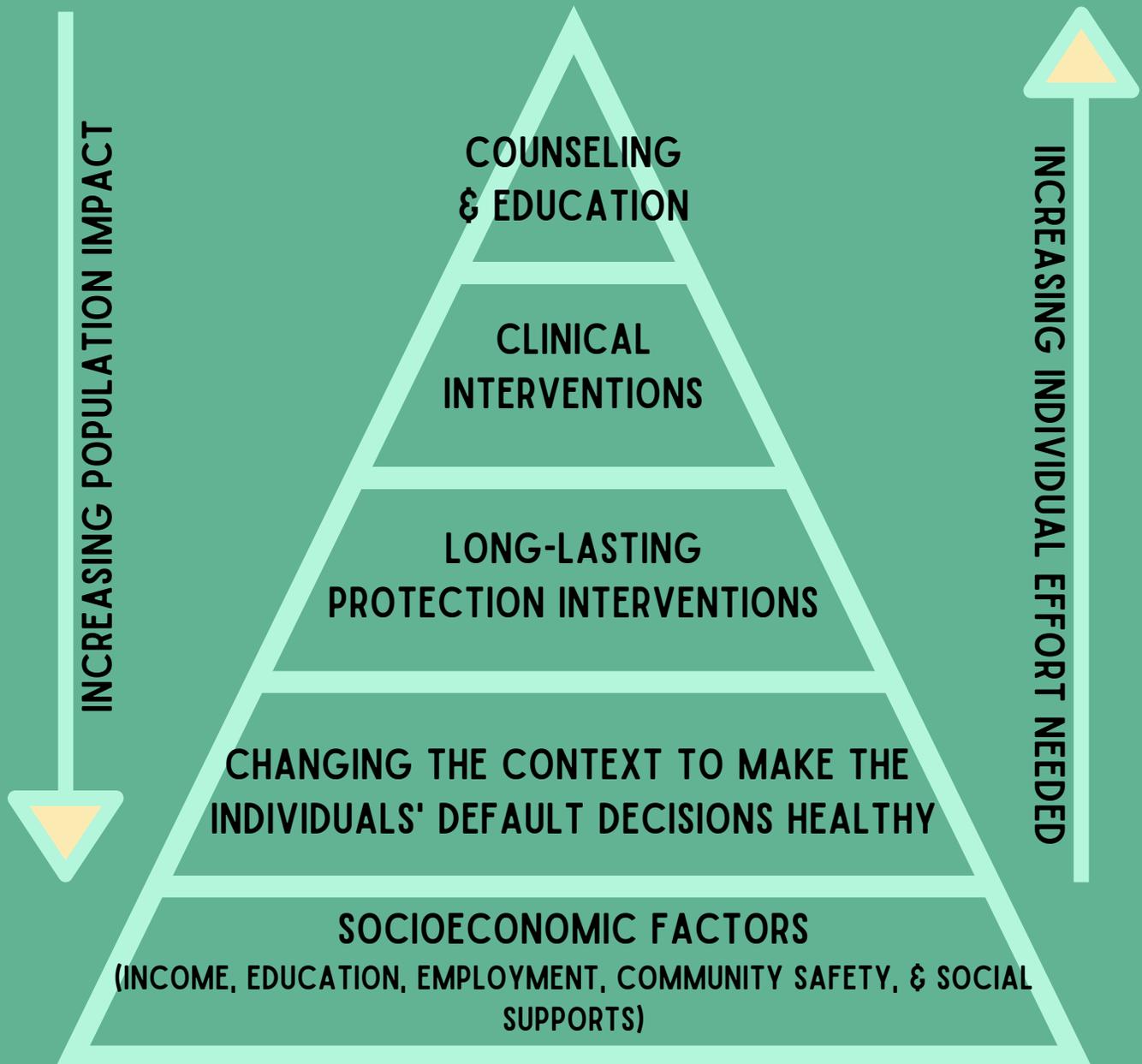
- Reduce the proportion of adults with hypertension

> RISK FACTORS

- Reduce the proportion of adults who are obese
- Reduce the proportion of adults who engage in no leisure-time physical activity
- Reduce cigarette smoking by adults
- Reduce the initiation of e-cigarette use among adults
- Reduce the use of cigarettes by adolescents (past month)
- Reduce use of smokeless tobacco products by adolescents (past month)

STRATEGIES AND GOALS FOCUSING ON CHILD ABUSE & NEGLECT, POVERTY, AND ACCESS WILL BE WOVEN INTO THE CHIP WORK.

TO MAKE A DIFFERENCE, WE USE EVIDENCE-BASED STRATEGIES AND THE HEALTH IMPACT PYRAMID.*



*Adaptation of The Health Impact Pyramid created by Thomas R. Frieden, MD, MPH. "A Framework for Public Health Action: The Health Impact Pyramid: Am J Public Health 2010.

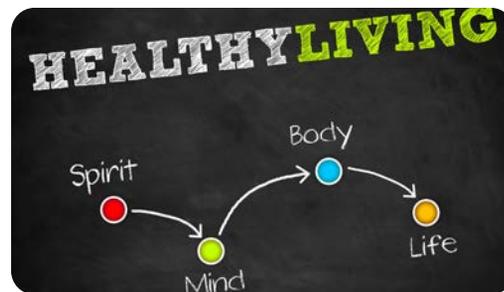
Your organization's greatest resource for employee health and well-being.



Jessica Davies
Assistant Health Director

We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team.

We understand that many area employers do not have full-time wellness personnel and strive to provide resources and training to make running a worksite wellness program as easy as possible.



ADVISORY COMMITTEE MEMBERS

Dan Newhoff, Chair
Box Butte General Hospital

Kiersten Richards
Cheyenne County
Community Center

Diana Lecher
Chadron Community
Hospital

Kendra Dean
Cirrus House, Inc.

Jennifer Sorenson
Northwest Community
Action Partnership

Susan Wiedeman
Panhandle Coop

Terri Allen
Western Nebraska
Community College

Member Benefits

1. We provide personal service and support.
2. We understand the specific needs of the Panhandle region.
3. Every Panhandle employer, regardless of size, can benefit from membership.
4. We provide a virtual toolbox with resources members can use to advance their worksite wellness program.
5. As part of PPHD, the Council provides evidence-based programming, training, and resources.

Annual Dues Structure

- 1-5 Employees = \$50
- 6-10 = \$90
- 11-25 = \$125
- 26-50 = \$175
- 51-100 = \$275
- 101-249 = \$350
- 250 and above = \$415

TOBACCO-FREE SUPPORT

The time to update your employee resources to support quitting tobacco or electronic cigarettes is now!



Nebraska Clean Indoor Air Act updated to include electronic smoking devices

NOV 14 2020

The act eliminates smoking and the use of electronic smoking devices in enclosed indoor workspaces including restaurants, bars, keno establishments, other workplaces and indoor public places. Charges can be brought if found to be in violation.

Each year, **\$605 MILLION** worth of Nebraska businesses lose productivity due to smoking

The newly updated Nebraska tobacco quitline order form is now online! Visit <http://dhhs.ne.gov/Pages/QuitlineOrderForm.aspx> to order free, educational materials.



Nebraska Tobacco Quitline Order Form

Tobacco Free Nebraska offers free materials to help promote quitting resources. Request materials in the form below or download materials to use today. Requests are only filled for Nebraska residents, healthcare providers, businesses and organizations. All materials while supplies last. Please allow 7-10 business days for delivery. Questions? Email DHHS.TFN@Nebraska.gov.

[View Downloadable Resources](#)

Requestor Details:

Name of Organization *

Name of Requestor *

What best describes your role? *

Address *

City *

Zip *

County *

Telephone *

Email *

How will you use the materials? *

How did you hear about these resources? *

\$692 PER HOUSEHOLD

Every year, Nebraska spends this for smoking related health care expenses and lost productivity

Congratulations to Community Action Health Center, based in Gering with offices in several other Panhandle communities, as they went tobacco-free on January 1, 2021! Thank you for your leadership in keeping employees, patrons, and the community tobacco free!

Contact us today @ jdavies@pphd.org or 308-487-3600 Ext. 101 for policy templates, resources for free nicotine replacement therapy, technical assistance, customized signage, and educational resources!



COMMUNITY ACTIVE LIVING

PANHANDLE COMMUNITIES IMPLEMENTING ACTIVE LIVING STRATEGIES CONTINUES TO INCREASE



Regional West Garden County Foundation in Oshkosh added a 1/4 mile walking path around their facility for employees, long-term care facility residents, and the community to enjoy.

The Kimball community pathway has continued expansions with benches for rest breaks when out enjoying the trail!



Many area communities relayed how much walking and biking had increased during the COVID pandemic due to people itching to get outside and get fresh air. Enjoying the outdoors is not just good for physical health, but mental well-being, too.

While the increased access is wonderful, area communities have been working hard to create safer and more accessible environments for being active outdoors, actively commuting to and from work or school, and strolling through the downtown areas.

Alliance, Gordon, Kimball, and the Tri-Cities (Scottsbluff-Gering-Terrytown) each remain committed to their active living workplans created through community dialogue.

“ With the US obesity rate over 40%, the highest ever recorded, it is important to help find policy solutions that create more opportunities for people to be physically active. As a public official and member of Activate Alliance, I feel like we make a real difference in our community by making outdoor recreation safer and making people more aware of locations where people may be walking or riding bicycles. ”

EARL JONES, ALLIANCE CITY COUNCIL & COMMUNITY ADVOCATE



Slowing traffic down around schools, downtown areas, and throughout the community is key to if parents are willing to encourage their children to walk or bike to school or if an elderly person feels safe enough to walk to the grocery store.

Many pedestrian deaths from car crashes could be eliminated by lowering the speed limit. For example, if a pedestrian is hit by a vehicle traveling at 20 miles per hour (MPH), nine out of 10 pedestrians survive. Whereas, if a vehicle is traveling 30 MPH, five out of 10 pedestrians survive. Worse yet, at 40 MPH, only one out of 10 pedestrians survive.

The Nebraska Department of Transportation noted 2018 had the highest number of pedestrians killed in car crashes in the last ten years. Nationally, pedestrian deaths are at a 30-year high.

PREVENTING & MANAGING CHRONIC DISEASE

*Cancer Prevention
Diabetes Prevention & Management
Heart Health and More*



CHRONIC DISEASE
DURING COVID

THE IMPORTANCE OF
PREVENTING CHRONIC
CONDITIONS

TIPS FOR MAKING
HEALTHIER CHOICES

TAKE CARE OF YOUR
CONDITIONS DURING
THE PANDEMIC

YOUR HEALTHY
LIFESTYLE SUPPORTS

Caring for Chronic Conditions During the Pandemic

The Importance of Preventing Chronic Disease

Chronic diseases are conditions that last one year or longer and require ongoing medical attention and/or limit activities of daily living. Chronic diseases such as heart disease, diabetes, and some types of cancer are the leading cause of healthcare costs, disability, and death in Nebraska.

The COVID-19 pandemic has highlighted the importance of preventing and effectively managing chronic conditions. Getting older and chronic conditions such as asthma and other lung diseases, heart disease, unmanaged diabetes, severe obesity (BMI >40), and weakened immune systems due to cancer treatment or HIV can increase the risk of severe complications if exposed to infectious diseases such as COVID.

Tips for Making Healthier Choices

Making healthier choices every day can help prevent and improve chronic disease in addition to overall well-being. Some of the most important healthy choices include things like quitting tobacco use, getting more physical activity, and eating healthy, nutritious meals and snacks. Do your best to eat a diet rich in vegetables, lean proteins, and whole grains.

Check in on your emotional health. It is natural to feel stress or anxiety and it is important to take care of your body and mind. Find ways to stay physically active to help manage your stress.

Continue to Take Care of Your Conditions

Continue to visit your provider for wellness checks. Keep scheduled appointments and call your provider if you notice any changes to your health. People with chronic diseases must be sure to take regular medications as directed. Ask your healthcare provider for an extra supply during this time in case you are not able to get to the pharmacy or clinic. Know your numbers. It is important to continue to monitor your health during the pandemic. Measure your blood pressure if you have hypertension, and measure your blood sugar if you have diabetes.

Your Healthy Lifestyle Supports

LIVING WELL ONLINE



Don't let an ongoing health condition rule your life

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



BE EMPOWERED TO LIVE YOUR BEST LIFE!

2 hours ➔ 1x per week ➔ 6 weeks
No Cost to Participate!

Sign Up Today!
<https://tinyurl.com/y5lf4ojg>
Or Email: cfarris@pphd.org

A HEALTHIER YOU IS JUST AROUND THE CORNER COMING SOON!



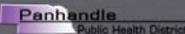

Stay Home Slim-Down

For a Healthier YOU

The Stay Home Slim-Down program includes:

- 16 Weekly Remote Health Coaching Sessions
- Follow up support monthly for the first year
- Free health screenings provided: includes cholesterol, glucose, blood pressure, and BMI
- Skills and strategies to feel great now, reach your goals, & reduce your risk for illness

Contact us to find out more!
Cfarris@pphd.org
308-220-8020

Checklist for Staying Healthy at Any Age

- ✓ Keep a healthy weight
- ✓ Eat healthy foods
- ✓ Stay active
- ✓ Avoid tobacco
- ✓ Limit alcohol use
- ✓ Protect your skin
- ✓ Get regular health screenings
- ✓ Wash your hands
- ✓ Avoid close contact
- ✓ Stay home if you are sick
- ✓ Participate in healthy lifestyle programs



Don't Get Left Behind!
If you are between 50 - 74 Get Your FREE At-Home Colon Cancer test kit today!



Cancer Screening Guidelines

BREAST¹

- Women 40 to 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms.

CERVICAL²

- Women 21 to 29: Every 3 years with Pap testing, regardless of age of onset of sexual activity or other risk factors.
- Women 30 to 65: Every 5 years with Pap + HPV test OR every 3 years with cytology.

COLORECTAL²

- Men and Women age 50 to 75 screen yearly when testing with a stool test kit from the comfort of your home.
- Colonoscopy every 10 years
- Follow your healthcare provider's recommendations for colorectal cancer screening

1. American Heart Association 2. Centers for Disease Control and Prevention

Cheri Farris, Community Health Educator
for more information about PPHD's healthy lifestyle support programs
Call 308-220-8020 | email cfarris@pphd.org | visit www.pphd.org



Healthy Families Nebraska Panhandle™

Proudly part of Panhandle Public Health District



Sarah Bernhardt
Program Manager



Myrna Hernandez
mhernandez@pphd.org
Program Supervisor

We are excited to announce Dezarae Brandt joined the team in September as Program Manager. Her passion and background in partnering with families in the Panhandle is a valuable asset.



Dezarae Brandt
dbrandt@pphd.org
Program Manager



Linda Ainslie
lainslie@pphd.org



Amber Adamson
aadamson@pphd.org



Alma Alarcon
aalarcon@pphd.org



Jennifer Buxbaum
jbuxbaum@pphd.org

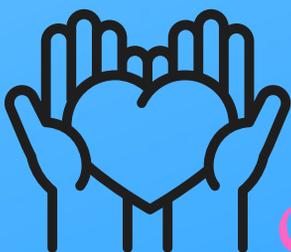


Amber Duque
aduque@pphd.org

Parent Coaches | Intake Specialists

Our Parent Coaches bring intensive home visitation services to pregnant and parenting families. Home visitation occurs at a gradually reduced pace as the child ages. Families remain engaged in our program for up to three years. Referrals may be made by contacting our program, or requesting a screening form to fill out referral information.

**Healthy Families Nebraska Panhandle expanded and is now serving eight counties:
Scotts Bluff, Morrill, Box Butte, Cheyenne, Kimball, Garden, Deuel, and Banner.**



For more information, call us at
877-218-2490, or email one of our staff.

connect. restore. grow.



Healthy Families is a FREE and VOLUNTARY program



Our Mission: To promote the well-being of children through home visiting services

WHAT DO WE DO ON OUR HOME VISITS?

- ✓ We partner with families to reduce stress and grow the essential parenting and life skills that will empower parents to provide their child/children with a safe, loving home, and the inner strength to reach their highest potential.
- ✓ Circle of Security™-Parenting is an 8-week parenting program based on years of research about how to build a strong relationship with your children. It is designed to help families learn how to respond to their child's needs in a way that enhances connection with him or her.
- ✓ Using the curriculum *Growing Great Kids*, we offer every parent the opportunity to feel confident and competent. Our curriculum offers information on:
 - Safe sleep
 - Behavioral concerns
 - Parent-child interaction
 - Breastfeeding
 - Early language and literacy activities
 - Developmental screenings, using the Ages and Stages Questionnaire
 - We also make toys that nurture child development and so much more!



PANHANDLE PREVENTION COALITION



Like many other projects, prevention has taken on a different look this year. Though not conventional, many great strides have been made with the Panhandle Prevention Coalition. When schools went remote we sent out COVID updates for schools providing parents with prevention tips and support.

One of our proudest accomplishments is our collaboration with Dr. David Schramm, Family Life Specialist, who provided us with 50 prevention media resources. Target audiences are educators, parents and guardians, and some directly for youth. These videos offer tried and true, science-based strategies to keep youth specifically from engaging in risky behaviors such as suicide, underage alcohol use, and tobacco/vaping products.



THE PANHANDLE PREVENTION COALITION IS COMPRISED OF A
GROUP OF COALITIONS UNITED TO REDUCE THE IMPACT OF
SUBSTANCE USE AND ABUSE WHILE PROMOTING AND
SUPPORTING MENTAL AND EMOTIONAL HEALTH FOR ALL IN
THE PANHANDLE.



Chelsy Schneringer
Health Educator

Chelsy Schneringer has been an asset to our team and we are delighted for her as she tackles her next job as a full-time mom! We are excited to have Missie Payne join our team. One of her duties will be the Panhandle Prevention Coalition Coordinator. Missie has a passion for health and wellness. She has a combined 15 years of experience in substance abuse prevention, chronic disease prevention, case management, and human services. Missie has a Bachelor of Science degree in Human Development and Family Studies.



Missie Payne
Preparedness and Community
Health Educator

Vision: Healthy and Safe People Across the lifespan

Mission: Enhance and Sustain a Collaborative Prevention System

DID YOU KNOW?

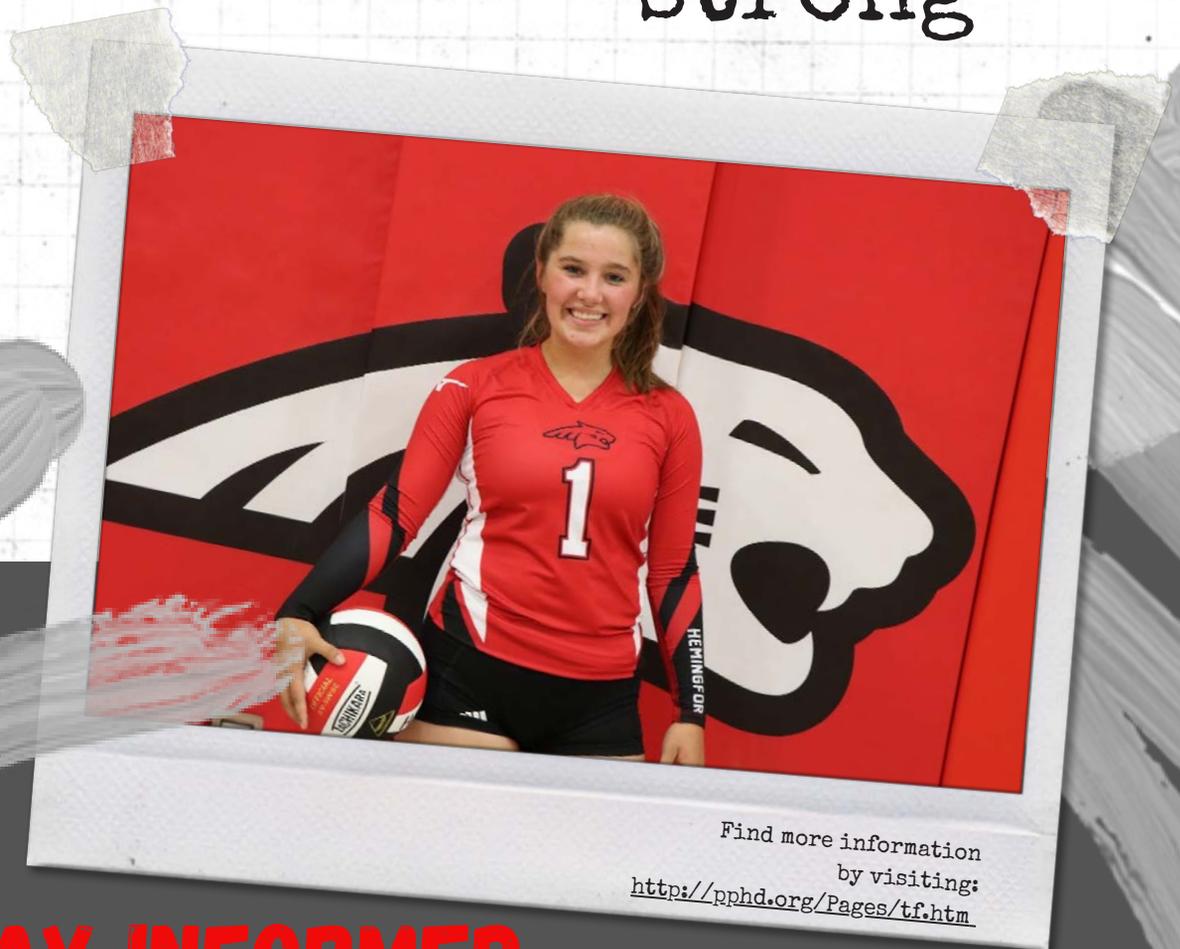
In 2019:

Over **27%** of Panhandle high school students

&

Over **10%** of Panhandle middle school students use e-cigarettes

Keep
developing
lungs
healthy &
strong



STAY INFORMED

- Disposable e-cigarettes are sold in a variety of kid-friendly flavors, colorfully packaged, cheap, easy to use and hide, and deliver massive doses of nicotine as much or more than a whole pack of cigarettes.
- Nicotine e-liquids are sold in over 15,000 flavors.

Talk to your kids about the dangers and health effects of e-cigarette use. Encourage them to keep their lungs healthy and strong for the sports and activities they choose.

OPIOID & ADDICTION RESPONSE PANHANDLE FOCUS AREAS

TRAINING AND EDUCATION

- OFFERED 13 COMMUNITY TRAININGS
- OFFERED TWO PROVIDER TRAININGS WITH CME/CNE CREDITS
- OFFERED MARKETING COMMUNICATIONS BASED ON THE TRAINING PROVIDED

EXPAND ACCESS TO TREATMENT

- INCREASED ACCESS TO FACILITIES THAT OFFER OPIOID ADDICTION TREATMENT
- INCREASED ACCESS TO NARCAN

REDUCE ACCESS, OVERDOSE, AND MISUSE

- OFFERED SAFE STORAGE OF PRESCRIPTION DRUGS SUCH AS LOCKBOXES
- INCREASED ACCESS TO SAFE DRUG DISPOSAL
- INCREASED USAGE OF THE PRESCRIPTION DRUG MONITORING PROGRAM (PDMP)

REDUCE STIGMA

- OFFERED EIGHT WORKSITE WELLNESS WEBINARS AROUND OPIOID POLICIES AND REDUCING STIGMA
- OFFERED MARKETING COMMUNICATIONS AROUND OPIOIDS AND REDUCING STIGMA



CONNECT WITH US!

Nicole Berosek
nberosek@pphd.org
<https://tinyurl.com/yxz3flrg>



Partner with us to decrease drug-overdose deaths and develop a recovery-oriented system of care.

SUICIDE PREVENTION

Together we are united for change

Question. Persuade. Refer.

THREE STEPS ANYONE CAN LEARN
TO HELP PREVENT SUICIDE.

The last year has been difficult. More people are feeling isolated than ever before, and so many things are changing in our lives that are out of our individual control. The signs of crisis are all around us.

You've likely heard of CPR but what about QPR? QPR, like CPR, can be a lifesaver. Question. Persuade. Refer. (Q.P.R.) are three steps anyone can learn to help prevent suicide. Sometimes life can feel heavy and you never know who you could impact by empowering all people, regardless of their background, to make a positive difference in the life of someone you know.

You may know someone who has thought or is thinking about suicide you may even know someone who has attempted or died by suicide. If you are a professional caregiver, veteran, police officer, fireman, minister, priest, rabbi, school nurse, coach, teacher, youth leader, paramedic, high school counselor, case manager, volunteer, or businessperson, you likely have had firsthand contact with people contemplating suicide.

Ask a question. Save a life. Inspire hope.



Q.P.R. TRAINING
Question. Persuade. Refer.

OUT OF THE DARKNESS WALKS

Alliance, Scottsbluff,
Sidney, Chadron

L.O.S.S. TEAM

Local Outreach to
Suicide Survivors

HOPE SQUADS

Hope Squads seek to reduce self-destructive behavior and youth suicide, by training, building, and creating change in schools and communities.

Western Nebraska
Community College and
Alliance, Bayard, Chadron,
Creek Valley, Gordon-
Rushville, Gering, and
Hemingford Public Schools
are implementing Hope
Squads.

QPR Training Webinars available monthly.
Contact Cheri Farris, 308-220-8020
to register today.





With more people seeking to be outdoors to help stay safe and socially distanced, it is important to remember good practices to fight the bite.

PREVENTING MOSQUITO BITES

Remember to:

- Wear long-sleeve shirts and pants when hiking
- Be careful at dawn and dusk when mosquitoes are most active
- Use an EPA approved insect repellent (make sure to reapply every few hours)
- At home, make sure to periodically drain standing water and check window screens and doors for openings.



The best way to stop the spread of West Nile is to prevent it.
For questions on West Nile, contact Melissa Haas, mhaas@pphd.org



SAFE AT HOME

With more people staying home, now is the time to make sure your home is the safest place to be.

Testing for radon can help protect your family from the 2nd leading cause of lung cancer.

Radon has no taste or smell and is only detectable by testing.

Testing can be done by using a short-term kit (3-7 days).

The EPA recommends that any home tested at 4.0 picocuries per Liter (pCi/L) is a home that requires action. If your home tests above 4.0 pCi/L talk to PPHD about mitigation options in your area.



Melissa Haas
Environmental Health
Coordinator

PPHD OFFERS FREE RADON TEST KITS FOR PANHANDLE RESIDENTS



Mail this coupon to PPHD, PO Box 337, Hemingford, NE 69348, call (308) 487-3600 ext. 108, or email mhaas@pphd.org 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: _____

CHILDREN'S HEALTH

POOL COOL

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!



SCRUB CLUB

We can ALL be Scrub Club soaperheros! This educational program reminds preschoolers and kindergarteners of the importance of proper handwashing. This simple act taught at a young age can prevent many illnesses, from common colds & COVID, to more serious staph infections. This is so important NOW more than EVER!

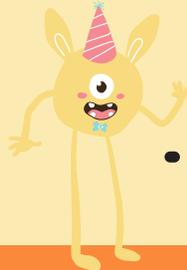


HANDWASHING STEPS

1. Wet your hands with warm water
2. Lather with a squirt of soap
3. Scrub tops, bottoms, in between fingers and fingernails
4. Rinse all the soap off
5. Dry your hands with a towel



Janelle Visser
Health Educator
"Soaperhero Extraordinaire"



6 feet



REMEMBER THE 3 W'S

WASH YOUR HANDS
WEAR A MASK
WATCH YOUR DISTANCE

Little monsters know that to keep safe from getting sick, they should always try to wash their hands or use hand sanitizer, wear a mask when around lots of people, and make sure they try to stand six feet apart from others.

Dental Health Program



Keeping Teeth Strong

Proudly part of
Panhandle Public Health District

Oral health is essential to overall health across the lifespan and dental disease is one of the most preventable of all health problems. Proper oral hygiene, good eating habits, and regular professional dental care can greatly decrease the risk of developing cavities and gum disease.

PPHD leads a school-based preventive dental health program within our district. We strive to prevent dental disease in children. Untreated tooth decay can lead to pain, infection, and ultimately problems with speaking, eating, working, and playing.



Dental screenings are used to detect 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. The sealant acts as a barrier, protecting enamel by sealing out plaque, bacteria, and food.

Keeping Teeth Strong started out with a state grant. When that funding ended an anonymous donor came forward through the Nebraska Community Foundation and committed \$171,000 as a challenge grant over five years to keep the program flourishing. We need to raise that same amount of money locally in order to receive the full amount. Since January 2019, we have raised \$105,500.

Thank you: Nebraska Community Foundation, Thomas D. Buckley Trust, Panhandle Partnership Innovation and Investment Fund, Quivey- Bay State Foundation, The Ann and David Duey Charitable Fund, George H. and Elta Spencer Thompson Foundation, Fred Lockwood, Cow Country Cattle Foundation, Snow-Redfern Foundation

Please contact Kendra or Kim to support the program.

"Keeping Teeth Strong fills a gap by providing preventive dental services to children in locations such as schools, childcare, and Head Start programs. We go where the children are."

**Kendra Lauruhn,
Public Health Dental
Hygienist**

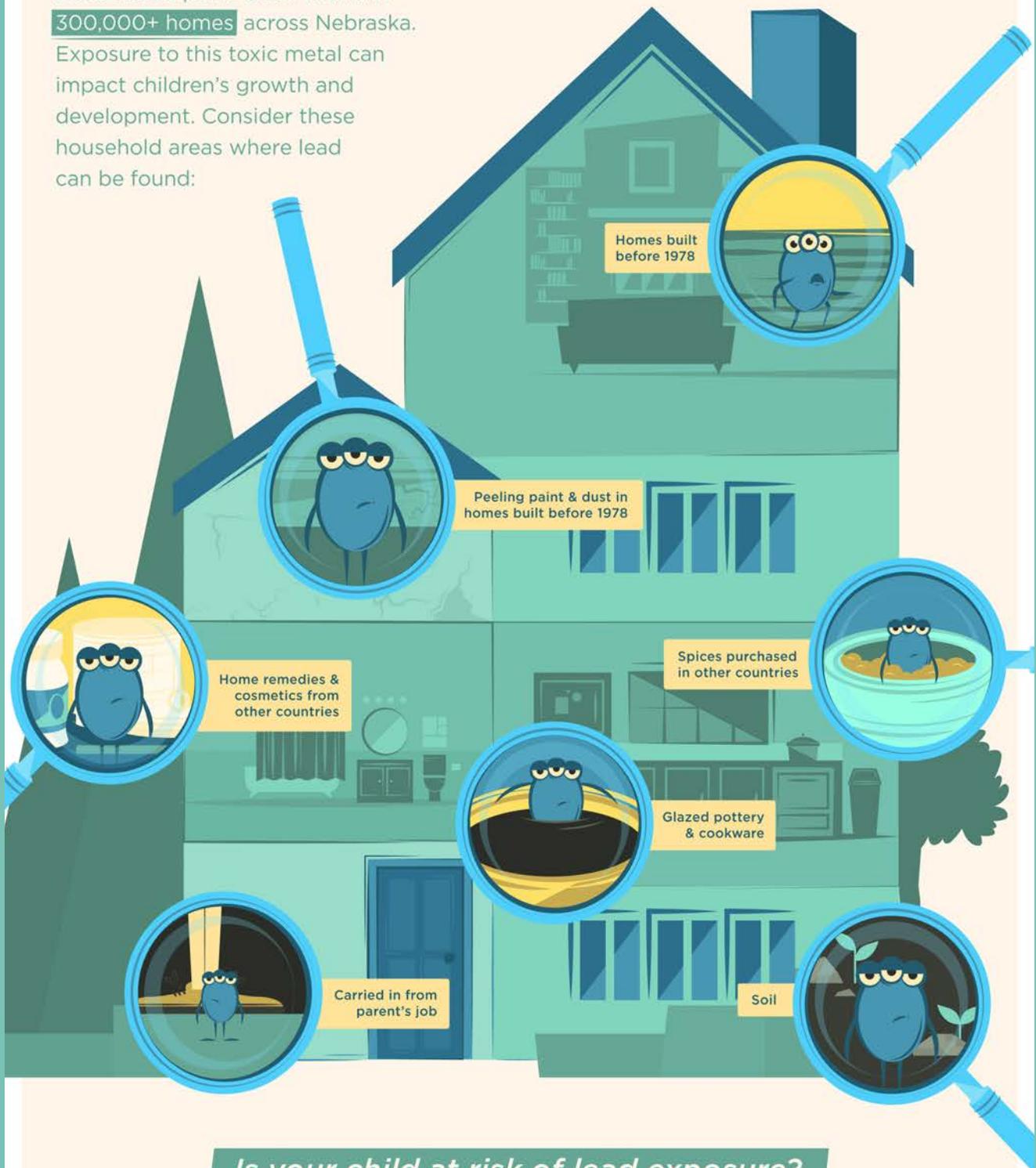


Kendra Lauruhn
*Public Health Registered
Dental Hygienist
Dental Health Program
Coordinator*



Keep Nebraska homes lead safe!

Lead-based paint is still found in **300,000+ homes** across Nebraska. Exposure to this toxic metal can impact children's growth and development. Consider these household areas where lead can be found:



Is your child at risk of lead exposure?

Find resources and information at:
Leadsafe.ne.gov | pphd.org

Panhandle
Public Health District

NEBRASKA
Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Disclaimer: This publication was supported by Cooperative Agreement number NU2ZDH001954, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

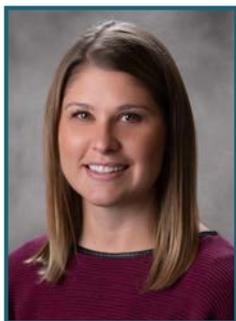
Preparedness Plans put into Action

2020 Disease Report



Tabi Prochazka
Deputy Director of
Health Promotions
and Preparedness

Local health departments prepare year-round for public health emergencies. We have plans in place for multiple scenarios and work with a variety of partners to ensure a coordinated response. The COVID response put the planning to the test - stretching resources, staff, and partners. Most of the department's staff time was redirected to preparedness efforts during the response. We also added a couple of full-time staff to our Preparedness team.



Kendra Lauruhn
Lead Disease
Surveillance
Investigator

Disease investigators work with local hospitals, labs, and Nebraska DHHS Epidemiology to conduct surveillance of reportable diseases, detect outbreaks and help prevent and control the spread of disease. In addition to the 7,909 COVID cases, we completed 250 reportable disease investigations.



Shavin Barnhart
Preparedness and
Community Health
Educator

Introducing New Team Members

Megan is very excited to join the PPHD team, especially during such an important time in the world. She comes to public health from community and regional planning. She graduated from Iowa State University with degrees in environmental science and community and regional planning. Megan is passionate about the intersections of community infrastructure, environmental resources, and health.



Megan
Koppenhafer
Preparedness and
Community Health
Educator

Jessica started her career in public health in 2017 with the Florida Department of Health. She has a Bachelor's in Biology with a concentration in Environmental Science. She deployed with a DOH Strike Team in October 2018 to the Florida panhandle for Hurricane Michael disaster relief.



Jessica
De Haven
Preparedness and
Community Health
Educator

PPHD	2020	2019
Animal Exposure (bite or nonbite)	12	10
Aseptic meningitis	2	9
Brucellosis	1	1
Campylobacteriosis	35	85
Cryptosporidiosis	4	4
Cyclosporiasis	7	5
Enteropathogenic E. coli	48	114
E. coli (STEC) gastroenteritis	14	20
Giardiasis	2	2
Group A Streptococcus, invasive	3	5
Group B Streptococcus, invasive	6	3
Haemophilus influenza, invasive	1	3
Hemolyticuremic Syndrome	0	1
Hepatitis A, acute	1	1
Hepatitis B, chronic (probable and confirmed)	4	4
Hepatitis B, acute	2	0
Hepatitis C, chronic or resolved	39	49
Hepatitis C, acute	1	0
Hepatitis E, acute	0	1
Lead Poisoning (child/Adult)	14/1	16/0
Legionellosis	0	1
Lyme Disease (confirmed, probable)	1	0
Mumps	0	2
Noroviruses (outbreaks)	9	9
Pertussis (confirmed, probable, suspect)	6	12
Rabies, animal	0	1
Salmonellosis (confirmed, probable, suspect)	14	18
Shingellosis	1	1
Strep, other, invasive, beta-hem (nonA, nonB)	1	3
Streptococcus pneumonia, invasive disease (IPD)	5	11
Tuberculosis	1	0
Tularemia	2	0
Varicella (chickenpox)	12	12
West Nile virus disease, neuroinvasive	0	2
West Nile virus disease, nonneuroinvasive	0	2
Yersiniosis (non Plague)	1	1
Total confirmed, probable, and suspect cases	250	408

OFFICE LOCATIONS



Hemingford

P.O. Box 337
808 Box Butte Avenue
Hemingford, NE 69348
Phone 308-487-3600
Toll Free 866-701-7173
Fax 308-487-3682



Scottsbluff

18 West 16th
Scottsbluff, NE 69361
Phone 308-633-2866
Toll free 877-218-2490
Fax 308-633-2874



Sidney

1103 Illinois St., Ste 1
Sidney, NE 69162
Phone 308-203-1298



Bridgeport

P.O. Box 1115
122 East 10th
Bridgeport, NE 69336
Phone 308-262-2217
Toll Free 855-227-2217
Fax 308-262-1317

THANK YOU TO OUR FUNDERS:

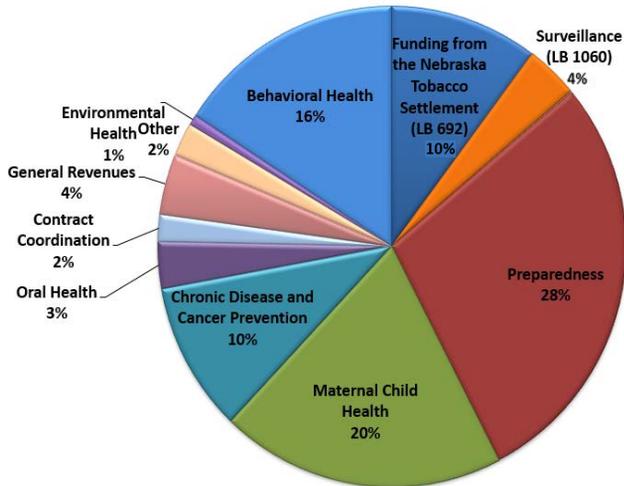
Initiatives in this publication were funded, in part, by: the Public Health Emergency Preparedness Program (PHEP) Cooperative Agreement/Hospital Preparedness Program (HPP), CFDA 93.074, 93.889 and 93.069, Awards NU90TP922039, U3REP1190555, and NU90TP921891; the Enhanced Epidemiology and Laboratory Capacity for Infectious Diseases, CFDA 93.323, Award NU50CK00054; the Title IIID Health Promotion/Disease Prevention Program; Improving the Health of Americans Through Prevention and Management of Diabetes and Heart Disease and Stroke, CFDA 93.426, Award 5NU58DP006548-03-00; WISEWOMAN, CFDA 93.436, Award NU58DP006645; the Cooperative Agreement for State-Based Comprehensive Breast and Cervical Cancer Early Detection Programs, CFDA 93.898, Award NU58DP006278; the Maternal Infant and Early Childhood Home Visitation Program, CFDA 93.870, Awards X10MC33593, 1901NEFOST, and X10MC39699; Temporary Assistance for Needy Families, CFDA 93.558, Award 1801NETANF; the Nebraska Childhood Lead Poisoning Prevention Program, CFDA 93.197, Award NUE2EH001364; the Nebraska Childhood Lead Poisoning Prevention Program, CFDA 93.197, Award NUE2EH001364; the Opioid STR Nebraska State Opioid Response Grant, CFDA 93.788, Awards T1080263 and H79T1081706; the Nebraska Overdose Data to Action Project, CFDA 93.136, Award NU17CE924983; the PHHS Block Grant, CFDA 93.991, Award NB01OT009288; the Maternal and Child Health Services Block Grant, CFDA 93.994, Award B04MC32555; the Substance Abuse Prevention & Treatment Block Grant, CFDA 93.958, Award T1010034-17; the State Indoor Radon Program, CFDA 66.032, Award K00739927; the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement; the PHHS Block Grant, CFDA 93.991, Award 1NB01OT00928-8-01-01; and the PHHS Block Grant, CFDA 93.991, Award NB01OT0092288. Funding is made available through the Department of Health and Human Services; Centers for Disease Control and Prevention; Environmental Protection Agency; Health Resources and Service Administration; Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment Services; Nebraska Department of Health and Human Services, Division of Public Health, Office of Preparedness and Emergency Response, Lifespan Health Services Unit, Women's and Men's Health Programs, Nebraska MIECHV Program, Chronic Disease Prevention and Control Program; Nebraska Department of Education; Panhandle Partnership, Inc.; Region I Behavioral Health Authority; and Panhandle Public Health District. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the Centers for Disease Control and Prevention, the U.S. Department of Health and Human Services, the Nebraska Department of Health and Human Services, Panhandle Partnership, Inc., or Region I Behavioral Health Authority.

Financial Statement



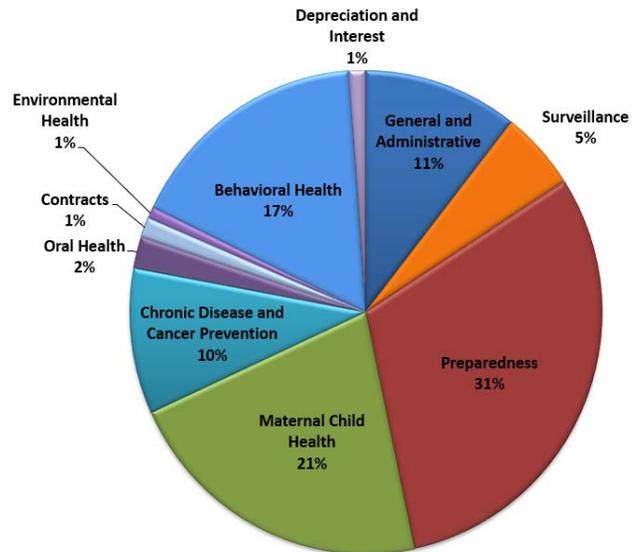
Where does the money come from?

Program Revenues:



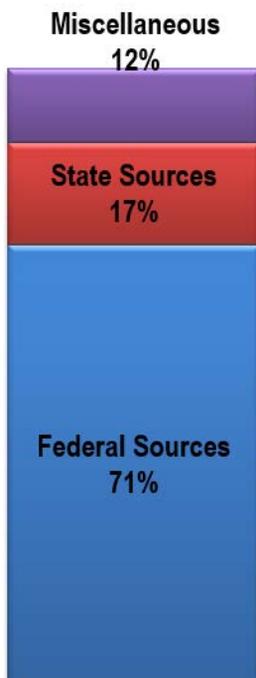
Where does the money go?

Program Expenses:



Revenues by Source:

Expenses by Source:



Balance Sheet

As of June 30th, 2020

Assets

Cash and cash equivalents	\$437,150
Accounts receivable	\$329,282
Inventory	\$20,794
Certificates of deposit	\$53,262
Property and equipment, net of accumulated depreciation	\$ 382,045
Deferred outflows of resources for pensions	\$120,339
Net pension asset	\$114,683

Total Assets

\$1,457,555

Liabilities

Accounts payable	\$65,436
Accrued payroll liabilities	\$123,216
Net Pension liability	\$39,996
Deferred inflows of resources for pensions	\$215,615
Note payable - Platte Valley Bank	\$205,620

Total Liabilities

\$649,883

Net Position

Net Investment in capital assets	\$176,425
Unrestricted	\$631,247

Total Net Position

\$807,672

Total Operating Revenues

\$2,883,775

Total Operating Expenses

\$2,657,827



Sara Williamson
CFO, Accreditation
Coordinator



Erin Sorensen
Office Manager,
HR Coordinator

"This year, I dedicate my #cattleart to the real MVP's of 2020. We all know many who gave 110% this year, and while it's not easy, we owe them everything. To my healthcare friends, THANK YOU! We are all thinking of you."



David Schuler of Schuler Red Angus in Bridgeport honored healthcare workers in a drone image of 600 red Angus creating an intricate EKG that transitioned into a heart. This isn't his first aerial photo cattle art arrangement - he's done a heart on Valentine's Day, a USA for the Fourth of July, and the word BEEF for a Christmas card. If you are wondering how he does it, it's not GPS, it's completely freehand with his feed wagon!



Local
Postal Customer

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDM Retail