2023 ANNUAL REPORT



PUBLIC HEALTH noun

Definition:

Public health is the science of protecting and improving the health of people and their communities. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing and responding to infectious diseases. Overall, public health is concerned with protecting the health of entire populations. These populations can be as small as a local neighborhood, or as big as an entire country or region of the world.

PUBLIC HEALTH CONNECTS US ALL



Website traffic by device

70% Desktop 29% Mobile 1% Tablet

Google Traffic

^ 302%

Facebook Followers

4,997

FROM THE DESK OF THE EXECUTIVE DIRECTOR Heidi Kuklis, MPH



I am happy to present the 2023 Annual Report for the North Central District Health Department (NCDHD). It has been a joy to join the NCDHD team in 2023. Our department witnessed continued growth and success in our pursuit of promoting and protecting the health of residents in the 9-county district. Many changes occurred this year as we shifted into a post-response era, adapted to the growing diversity of the region, and explored health priority changes. Despite change, we remain steadfast in our commitment to work with community partners to meet the communities' needs.

Throughout this report, one can witness the new activities and progress of our programs over the past year. Collaboration has been instrumental in the success of our initiatives. We thank our partners for working alongside us to improve community health.

The momentum from 2023 propels us forward with a renewed sense of purpose and determination. We look forward to collaborating in 2024 to provide all residents with what they need to be happy and healthy.

Heidi Kuklis, Executive Director

SOCIAL MEDIA, WEBSITE ANALYTICS



BOARD OF HEALTH MEMBERS

Antelope County

- Regina Krebs, County Commissioner
- Dean Smith, Spirited Citizen
- Boyd County
 - Greg Hull, County Commissioner
 - Kelly Kalkowski, Spirited Citizen
- Brown County
 - Dennis Bauer, County Commissioner
 - Carol Plate, Spirited Citizen
- Cherry County
 - Mike McConaughey, County Commissioner
 - Kyle Kellum, Spirited Citizen
- Holt County
 - Dustin Breiner, County Commissioner
 - Denise Pribil, Spirited Citizen
 - Keya Paha County
 - Corey Nilson, County Commissioner
 - Vacant, Spirited Citizen
 - Knox County
 - Kevin Mackeprang, County Commissioner
 - Jean Henes, Spirited Citizen
 - Pierce County
 - Tom Kuether, County Commissioner
 - Gary Hilkemann/Lon Knievel, Spirited Citizen
 - Rock County
 - Wade Hollenbeck, County Commissioner
 - Doug Fox, Spirited Citizen
 - District Physician
 - Dr. Ronald Morse, MD
 - District Dentist
 - Dr. Kenneth Tusha, DDS

"I fimly believe that volunteering is good for our society and brings communities together. It's a fantastic opportunity to get involved in your local community, to meet new people and to gain a sense of pride and achievement."

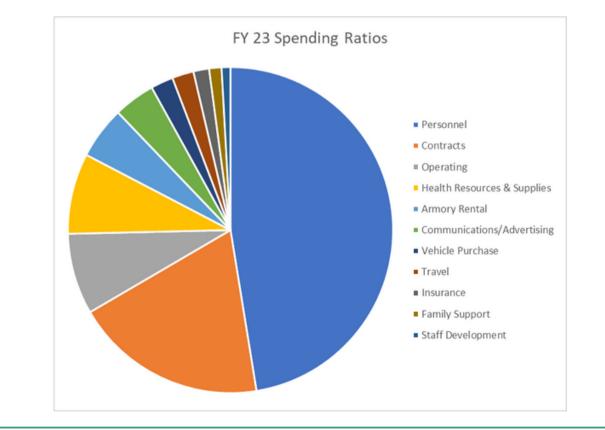
Boris Johnson

FINANCIAL STATEMENT

2023

Spending Category	Percent of Spending
Personnel	47%
Contracts	19%
Operating	8%
Health Resources & Supplies	8%
Armory Rental	5%
Communications/Advertising	4%
Vehicle Purchase	2%
Travel	2%
Insurance	2%
Family Support	1%
Staff Development	1%

NCDHD's fiscal year for this report runs from July 2022- June 2023. The department spent \$1,813,644.23 during this period. The organization has strong financial health during this period with a net income of \$651,508.18. The organization started earning interest on funds at the end of the fiscal year. Strategic changes in money management should add a successful component to financial stability in coming years.



ACCREDITATION

The Public Health Accreditation Board (PHAB) conferred accreditation on NCDHD in March 2022.

In order to maintain accreditation status, health departments are required to submit annual reports outlining their continued effort to maintain industry standards. NCDHD submitted its Annual Report in March 2023 and was approved by PHAB. NCDHD strives to maintain accreditation status to ensure public health services are delivered at the highest standard in North Central Nebraska.



STRATEGIC PLAN

2023-2028 STRATEGIC PLAN

Lead by NCDHD Executive Director, Heidi Kuklis, NCDHD engaged in a strategic planning process to provide guidance and direction for the department for the next five years. This process incorporated input from NCDHD's Board of Health and all levels of NCDHD staff. Below are the four strategic priorities resulting from the process:

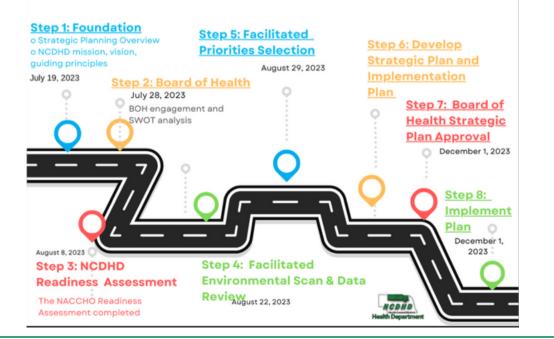
WORKFORCE DEVELOPMENT

CULTURE OF EXCELLENCE

MARKETING & OUTREACH

COMMUNITY HEALTH ASSESSMENT & COMMUNITY HEALTH IMPROVEMENT PLAN

NCDHD 2023-2028 Strategic Plan Process



COMMUNITY HEALTH ASSESSMENT/ COMMUNITY HEALTH IMPROVEMENT PLAN

As a result of the 2022 Community Health Assessment (CHA), completed in tandem with local partners and non-profit hospitals, the Community Improvement Plan (CHIP) prioritized **cardiovascular health** and **mental health**. The official CHA and CHIP plans, as well as the Annual Reports, are available on the NDHD website.



2023 Efforts:

• One full-time HeartCorp Employee partnership with NCDHD

 \cdot 2 AEDs purchased for NCDHD office use

• 1 temporary BP monitoring station: hosted by NCDHD at O'Neill Family Pharmacy (3 people reached)

• 3 new permanent blood pressure monitoring stations: Rock County Pharmacy, NCDHD office, and the Plainview Social Center

• Purchased 25 blood pressure cuffs to disperse

• NCDHD hired a new Community Impact Coordinator to lead this initiative.

• \$2,500 media campaign ran to increase district knowledge of Medicaid resources

• 1 billboard for Medicaid awareness (NCDHD)



Social Determinants of Health

HEALTH EQUITY

Social Determinants of Health

بُأَلَّ Healthy People 2030

Join Us in Building a Healthier Community!

At NCDHD, we believe that good health should be within everyone's reach. Our mission is to narrow the gaps in health services, ensuring access to better health for all members of our communities.

Your Well-being Matters, Wherever You Are

Where you live, go to school, and work plays a significant role in your ability to lead a healthy life. These influential factors, known as social determinants of health (SDOH), encompass aspects like housing, race, income, environment, and education.

Addressing the Root Causes for a Healthier Tomorrow

Promoting healthier lifestyles is essential, but it's not enough. Action is the key, and that's where we step in. We're committed to identifying and addressing the social determinants of health that create gaps or disparities in our community. Our focus is on providing referrals and resources to bridge these health divides.

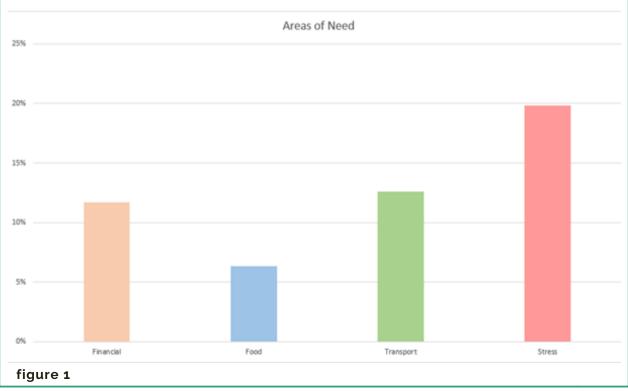
Your Voice Shapes Our Actions

Over the past year, we've actively engaged with our community through a social determinants of health survey. The insights gained from this survey have guided us towards understanding the specific needs of our community. One significant finding is the demand for resources that help individuals cope with personal stress related to health issues (see Fig. 1 on the next page).

HEALTH EQUITY

Together, We Make a Difference

By joining hands with us, you become a part of a movement that seeks to create a healthier and more equitable community. Together, we can make health disparities a thing of the past and ensure that everyone, regardless of their circumstances, can live a healthy and fulfilling life. Let's build a healthier future together!



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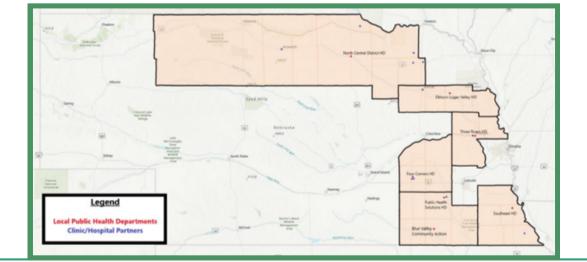
CATCH, INC. | HRSA

Community Access to Coordinated Healthcare, Inc. http://www.catchnebraska.org

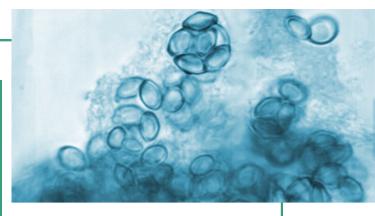
Community Access to Coordinated Healthcare, Inc. (CATCH) is a service delivery system made up of six local health departments and one Community Action Agency in Southeast Nebraska. CATCH is designed to foster improved health outcomes through health education, training, outreach, and referral services including case management and access to care. Incorporated in 1997 as a 501(c)3 non-profit membership organization, CATCH is governed by a board of directors and is a membership network of six local health departments (LHDs) and a multi-county community action agency (CAA).

NCDHD contract with Osmond General Hospital - Wausa Clinic - and developed a data-tracking document and has given referrals to NCDHD. We are continuing to work with the clinic and have monthly meetings and follow ups to stay connected.

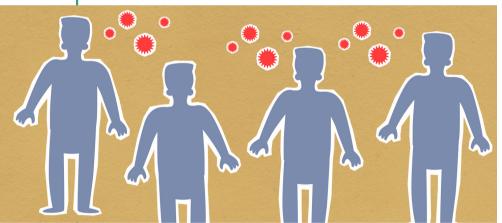
We are excited to have a new director for the Catch program, Dr. Patrick Hotovy, who has been a great asset to the program and has visions to integrate and acquire more referrals through his processes. Addressing SDOH and mental health will be the main focus of this program as we move forward.



WHY DISEASE SURVEILLANCE MATTERS

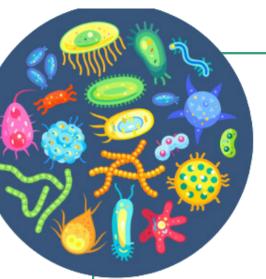


Disease Surveillance by North Central District Health Department is vital for identifying emerging infectious diseases, potential pandemics, and evaluating public health prevention programs. This surveillance includes various communicable diseases, such as foodborne illnesses, vaccinepreventable diseases, influenza, vector-borne, and animalrelated conditions like rabies, all of which can originate from human living environments. Monitoring these diseases is crucial for prompt response to potential health threats. *CDC

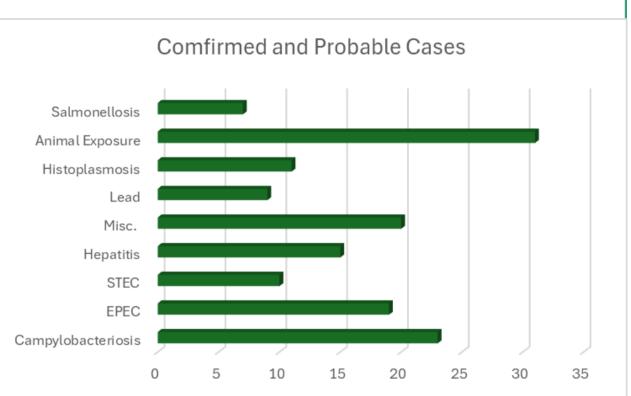


NCDHD's Approach

Proactive disease prevention involves swift identification and monitoring of communicable diseases, enabling timely implementation of control measures. In 2023, amidst community changes and challenges, we helped to provide education on improved vaccines, treatment therapies, and mitigation tools working closely with local hospitals, schools, nursing homes, labs and Nebraska DHHS.



MONITORING COMMUNITY HEALTH



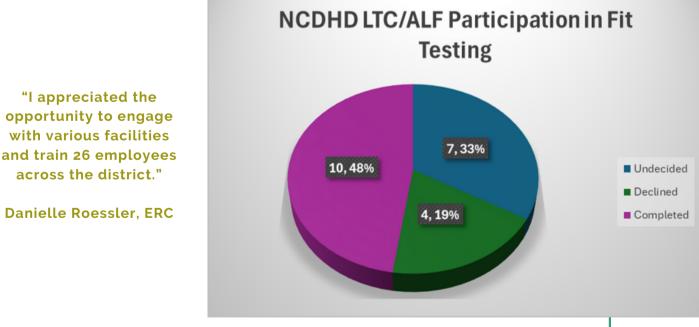
In 2023, NCDHD identified and reported 244 communicable diseases within our district. The accompanying graph illustrates 9 specific communicable diseases throughout the surveillance year, excluding STIs and suspect cases.





HOSPITAL ACQUIRED INFECTIONS PROGRAM

In 2023, NCDHD initiated enhanced collaboration with long-term care and assisted living facilities, introducing FIT testing for trainers and providing support for Healthcare-Associated Infections (HAI) and outbreaks. This proactive approach has facilitated the development of prevention and control measures, along with the creation of procedures and toolkits for widespread use. The NCDHD team actively engaged in weekly calls with Nebraska DHHS and participated in Healthcare Infection Prevention and Control (IPC) foundational trainings.



Dr. Salman Ashraf, Medical Director of the Healthcare-Associated Infections and Antimicrobial Resistance Program at DHHS, lauded the NCDHD staff for their outstanding efforts in training facilities throughout 2023.



EMERGENCY RESPONSE

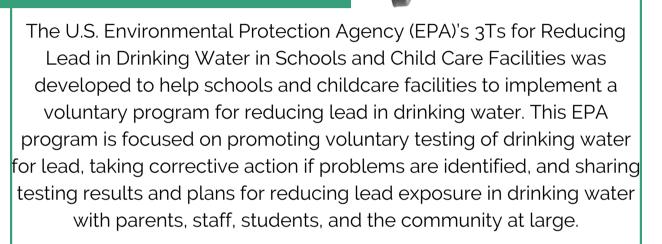
- A Hazard Mitigation Plan was completed and adopted for Holt, Knox and Antelope Counties.
- Hazard Mitigation Planning is complete for the Santee Sioux Nation, the plan is being revised and then will be presented to the Board of Health.
- Hazard Mitigation Planning has just begun for Boyd, Keya Paha, Rock, Brown and Cherry Counties.
- Hazard Mitigation Planning has just begun for Pierce County which is participating with a number of other Northeastern Nebraska counties.
- An informational meeting with the Medical Reserve Corps and Citizen Corps Programs was hosted by NCDHD to explore services for the district.
- Danielle Roessler, ERC, visited all local hospitals with Dennis Colsden from RROMRS to discuss emergency planning.
- Danielle has been participating in a series of meetings about disability awareness.



- Danielle was chosen to sit on the discussion panel at the Annual Emergency Preparedness Seminar in October.
- In December, Danielle learned that she had been awarded a scholarship to attend the Rural Public Health Emergency Preparedness Workshop in part with the NACCHO 2024 Preparedness Summit in Cleveland, Ohio in March 2024, all attendance costs are included in the scholarship.

LEAD

WATER INFRASTRUCTURE IMPROVEMENTS FOR THE NATION (WIIN)



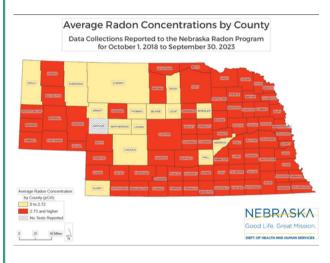
As recently as 2016, more than 34,000 Nebraska children under six years old were tested for lead; 411 of them had elevated levels of lead in their blood. Exposure to lead can seriously harm a child's health and cause well-documented adverse effects such as:

- Damage to the brain and nervous system
 - Slowed growth and development
 - Learning and behavior problems
 - Hearing and speech problems

NCDHD continues to promote lead testing in the schools and licensed daycares in the district. Daycares have been difficult to reach, so NCDHD reached out to Tonya Hytrek, who is the state's Consultant Supervisor for CACFP and does regular visits to facilities. She has been delivering flyers for the daycare providers and encouraging testing and educating them on the importance of testing. We have acquired a few more providers that have agreed to test since implementing this.

RADON

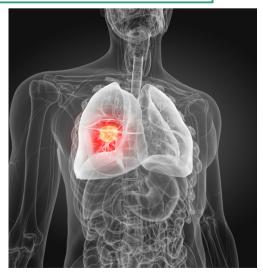




Radon is everywhere, under every home in every neighborhood in every community. The colorless and odorless radioactive gas - the No. 2 overall cause of lung cancer deaths and the top lungcancer killer of non-smokers - seeps into all homes. The environmental toxin, however, can pose a health danger in one home while the home across the street has an acceptable gas level. Nebraska is the No. 3 state in the nation with the potential for high radon levels, with the eastern third of the state the most vulnerable. Iowa is the No. 1 state with the potential for high radon levels.

NCDHD continues to offer short-term radon test kits at a reduced price. Kits may be purchased online, in office or by calling the office. Kits are offered at \$10.00/plus tax per kit.

This past year NCDHD has teamed up with Debra Dougher and Dr. Neville Irani, MD with the HQUIP (Healthcare Quality Improvement Platform) Program to encourage lung cancer screening in adults with limited access to facilities that offer low dose CT's. Thus far, NCDHD has partnered with Avera St Anthony's Hospital and Avera Creighton Hospitals to promote this preventive measure. We hope to encourage other CAH in the district to partner with and help with early detection of lung cancer due to our district having Radon levels greater thatn 4 pCi/L.



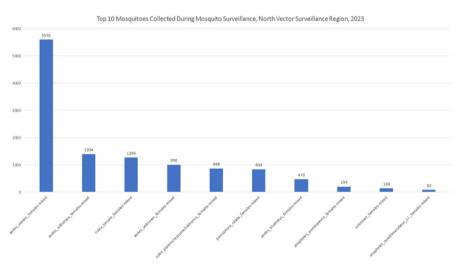


VECTOR BORNE ILLNESS

West Nile Virus (WNV) Testing

- Mosquito pool testing results (from weeks 38 & 39)
- 1568 pools from 21 counties tested
- 3 pools tested positive for WNV from 3 counties .
- 0 pools tested positive for St. Louis Encephalitis (SLE) virus
- 224 WNV positive (14.3%) mosquito pools detected in 18 counties
 - Culex pipiens/restuans/salinarius (n = 76)
 - Culex tarsalis (n =133)
 - Culexunidentifiable (n = 15)
- 1 SLE positive (0.07%) mosquito pool detected
- All surveillance regions reported at least 1 WNV positive pool during the season

Educational materials along with insect wipes were distributed at farm and home shows. Vector control wipes and dunks were offered to each of the counties for use at community events and larva control in standing water and ponds.



NCDHD had their first year of collecting Ticks at Merritt Reservoir, Keller State Park and Niobrara State Park.

A total of **262 ticks were collected** amongst all three parks over a two month period.



ENVIRONMENTAL HEALTH

Planning for the Nebraska Local Environmental Public Health Capacity Building Framework began in October 2023. Year 2-5 Workplan was submitted in November.
Areas of focus are Prevention of Childhood Lead Poisoning, Air Quality, and Promoting Safe Drinking Water for All Nebraskans.
Amy Latzel will be taking the lead as the Environmental Health Coordinator to get this program off and running.





AIR JUALITY INDEX



- Miles of Smiles (MOS) is a school based oral screening and fluoride varnish program that is available to preschool, elementary, and middle school age students within the nine county health district.
- In 2023 the program received the Sustained Excellence in Nebraska Oral Health award from DHHS.
- The Program contracts with two Public Health Authorized Registered Dental Hygienists.
- Each participant received a toothbrush and toothpaste along with oral health education.
- We completed 3,938 dental screenings and 3,265 fluoride varnish applications.
- 489 children were referred for suspicious areas. 45 children were referred for urgent dental care.
- Sara Twibell handed over the oral health coordinator role to Mindy Spencer in July



Morgan Dvorak, one of our Public Health Registered Hygienists, at clinic

Dental caries/cavities remain the most prevalent chronic disease in children nationwide.



SELF-MONITORING BLOOD PRESSURE PROGRAM



Feel Better. Live Better. Lower Your Blood Pressure for Better Health.

Program Highlights:

- Educational Resources: Participants gain access to comprehensive educational resources, ensuring they are well-equipped with the knowledge needed for effective self-monitoring.
- Ongoing Support: A key feature of the program is the continuous support provided to participants. Our commitment extends beyond resources to ensure participants feel supported.
- Regular Blood Pressure Monitoring: Encouraging participants to monitor their blood pressure regularly forms a crucial aspect of the program. This simple yet impactful action serves as a proactive measure for health management.
- Detailed Reports to Healthcare Providers: To facilitate seamless communication, a final report summarizing participants' blood pressure data is submitted to their primary healthcare providers. This ensures that healthcare professionals are kept in the loop about participants' progress.
- Program Objective: The primary objective of the Self-Monitoring Blood Pressure Program is to mitigate the risk of hypertension-related complications within our community. By fostering a culture of active health management, we aim to enhance overall health outcomes for our community members.
- Next Steps: As we move forward, our focus remains on providing valuable resources, support, and encouragement to participants. Continuous improvement and adaptability are at the core of our approach, ensuring that the program evolves to meet the dynamic needs of our community.
- In conclusion, the launch of the Self-Monitoring Blood Pressure Program marks a significant step towards community-driven health initiatives. We look forward to witnessing positive health outcomes and a stronger, healthier community as a result of this program.



2023-'24 HeartCorps Member TyLinn Dodd

PARTNERING WITH HEARTCORPS

Program of AmeriCorps and American Heart Association

About AmeriCorps and HeartCorps

For years, AmeriCorps has worked to make service to others an indispensable part of the American experience. Through the nation's most trying times, they have come together to help those in need by bringing out the light of human kindness through volunteer work. They provide pathways to quality public health-related careers through onsite experience, training, and more, to gain members who reflect the communities they will serve.

In 2022, AmeriCorps, along with the Centers for Disease Control and Prevention and the American Heart Association, created and launched the HeartCorps program. The goal is to improve cardiovascular (heart) health in rural communities, especially those that are currently or historically underserved. The members recruited for each community will be able to provide information and aid in finding resources needed for heart health and hypertension (high blood pressure) awareness, while helping to create partnerships and lasting bonds within the community. Members serve 1-2 years but the impact they have will last well beyond that.



Why it's Important:

Nearly <u>half</u> of all Americans have high blood pressure, and many don't know they have it. Uncontrolled high blood pressure is a silent killer that causes unnecessary and inequitable disease, disability and death, robbing us of precious time with loved ones. It can cause heart attacks, heart failure, stroke and other devastating conditions. We must keep track of our health so that we can experience life without fear of poor health holding us back, especially when it is preventable!

Together We Will:

- Increase personal blood pressure awareness and management of high blood pressure in the community.
- Increase access to blood pressure cuffs
- Create media a surrounding heart health programming and awareness of the risks of abnormal blood pressure.
- Offer Bingocize
- Increase continuous access to food and improved access to health foods for those who rely on food pantries.
- Educate on hands-only CPR.





NCDHD, through grant funding, supports and staffs Substance Abuse Prevention Coalitions in our 9-county district. These coalitions are the heartbeat of NCDHD's Substance Abuse Prevention initiatives and strategies. The mission behind each county coalition is to bridge the gap between communities and schools.

ALCOHOL/SUBSTANCE ABUSE PREVENTION

DATA ANALYSIS

COMMUNITY ENGAGEMENT

- 2023 Opioid Community survey presented and 291 responses received
- O'Neill Public High School students created a Substance Abuse prevention commercial (1.84k subscribers)

EDUCATION

- Bright Horizons & St. Mary's partnered together to raise awareness on human trafficking reenactment skit: 87 participants
- Holt/Boyd CCC Child & Safety
 Walk showcased coalition efforts
- #it'sokaytonotbeokay
- DRE Training: 4 sessions
- 1st Responders Community Substance Abuse Program: 10 participants
- STOPODNE Presentation in O'Neill: g attendees

• 32- 1 on 1 coffee chats conducted with local community members for data collection and collaboration

MEETINGS & EVENTS

- 34 mini coalition meetings
- 6 ASAP meetings
 - Scare in the Square: 500 participants
 - Valentine Gear Up Event: 75 attendees
 - Valentine Teen Night: 157 students attended
 - Kevin Hines (Suicide Prevention): 140 attendees
 - Mike Donahue (Value Up): several presentations= 2,045 students/staff participated
 - Helmet Safety: reached 64 kids



ALCOHOL/SUBSTANCE ABUSE PREVENTION

TRAINING

- 3 rounds of National Coalition Academy
- RX and Illicit Drug Conference
- Just the Facts Training

DISPERSAL OF RESOURCES

• 200 medication lock boxes and DeTerra Drug Disposal pods distributed across our 9 counties

NARCAN PROGRAM

• 2 local first responders registered for the Narcan program



Did You Know?

FOR YOUTH ALL SUBSTANCE USE IS RELATED A NATIONALLY REPRESENTATIVE STUDY OF AMERICAN YOUTH AGED 12-17 SHOWED THAT

THOSE WHO USED ALCOHOL IN THE PAST MONTH WERE:

5.8X MORE LIKELY TO USE MARIJUANA

3.8X MORE LIKELY TO USE CIGARETTES

4.8X MORE LIKELY TO USE ILLICIT DRUGS

RATES OF OTHER DRUG USE WERE EVEN HIGHER FOR THOSE WHO REPORTED PAST MONTH BINGE OR HEAVY ALCOHOL USE



PREVENTION ACTIVITIES

- 6 Responsible Beverage Server Trainings (RBST) provided
- 153 Alcohol/Tobacco Compliance Checks conducted
- 2nd Annual Coat Drive: 40 coats donated
- Reb Ribbon Week
 - Impaired Driving activity & Pig Lung Demonstrations reaching 197 students/staff to area K-12 students.
 - STOPODNE presentation to 164 6-12th grade students
 - Prevention popcorn bags distributed to area schools

The collaborative efforts in 2023 demonstrated significant outreach and education in alcohol/substance abuse prevention. The diverse range of activities and engagement with communities has contributed to raising awareness and building capacity for a healthier, safer environment.

NCDHD continues to be a provider for the Vaccines for Children (VFC) and Adult Immunization Program (AIP). These programs allow us to vaccinate persons without insurance or with insurance that does not cover vaccinations for free/reduced cost.

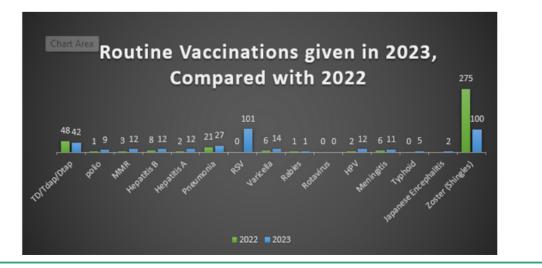
IMMUNIZATION PROGRAM

NCDHD Mobile Clinic schedule	
Town/Community	Frequency in 2023
Ainsworth	Every other month
Butte	Every other month, stopped in July
Bloomfield	Every other month
Niobrara	Every other month
Pierce	Every other month, stopped in July
Neligh	Every other month, stopped in July
Santee	Every other month, stopped in July
Valentine	Every other month
O'Neill (NCDHD Office)	Every Thursday

All clinics were held indoors this year, except Plainview during flu shot season. All recommended vaccinations for adults and children are offered at O'Neill clinic. At mobile clinics, Shingles, pneumonia, Tdap, flu, and COVID-19 vaccines are routinely offered. Other vaccinations are offered but prior notification is needed. In 2023 Shingles and RSV saw strong uptake.

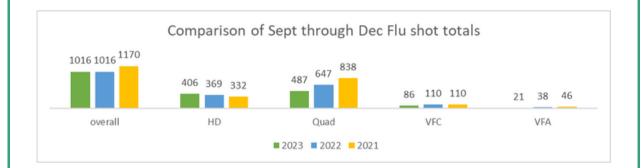
Other notable activities:

- NCDHD was notified in the summer that Niobrara no longer has vaccination services at their clinic. Seventh grade vaccines were completed on several students there. An event for back-to-school vaccinations is being planned in the summer for 2024 to meet this need.
- NCDHD has served several persons needing immigration vaccinations and travel vaccinations.



INFLUENZA VACCINE

51 Flu Shot clinics were held in the fall of 2023. As in the past years with the continuation of mobile clinics through the year, flu shots were offered at all NCDHD clinics from September through April. A snapshot of clinic numbers for fall compared with 2021 and 2022 can be seen in the graph.



Numbers overall are the same as last year, but slightly lower than 2021. Nationally, less people are receiving a flu shot. Our High Dose (HD) totals have continued to increase.



746 doses of the fall 2023 COVID-19 booster administered

COVID-19 VACCINE



NCDHD also continued with COVID-19 vaccinations in 2023.

- January-Booster doses were expanded to include children 12-15 years, booster time limit was shortened to 5 months, and a 3rd primary dose was added for children 5-11 years that are immunocompromised.
- April-a 2nd booster dose was approved for older people and immunocompromised people were approved to get a booster every 2 months.
- September-formulation for 2023-2024 released, all vaccine in inventory was no longer approved, COVID vaccinations ceased on 9-14-23 and resumed on October 4 when supplies were received.

COVID-19 vaccine switched from being available through the federal government to being commercial this fall, resulting in NCDHD and other entities having to purchase vaccine for those that do not qualify for VFC or VFA programs. NCDHD obtained a steady supply in October and has been offering it since.

NCDHD has continued to support the nursing homes and assisted living facilities in our district in their efforts to vaccinate staff and residents through our relinquishment program. This program has been utilized by 5 entities consistently the last year allowing 95 persons to be up to date on their vaccines. NCDHD also worked with 3 of our Assisted Living Facilities to provide flu, RSV and COVID-19 vaccinations to their residents on site.



VACCINE BILLING

Health billing is still current and up-to-date with claim submission. We are working to fix any errors or denials that have come back to us and get them resubmitted in a timely manner. Insurance paid on 91% of flu and 91% of COVID-19 immunizations.

Bill practices continue to improve for other routine immunizations. In 2023 we started offering the RSV vaccine. These claims have been successfully submitted to Medicare Part D through our TransactRX program that was implemented in June. We have seen remits come through with other insurance carriers to cover our cost.

The Health Departments have put together a community of practice with a professional coder. This has proven to be a knowledgeable and beneficial opportunity to have this coding specialist learn from and share any billing issues that may arise.

