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Public Health  
Prevent. Promote. Protect.

# Two Rivers Public Health Department

Serving Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney and Phelps Counties

Annual Report Highlights 2010

## Two Rivers Public Health Department Team



### Vision

The vision of Two Rivers Public Health Department is a healthy community for all.

### District Priority Areas

Healthy Lifestyles, Substance Abuse, and Behavioral Health

### Resources provided in:

Emergency Response/Surveillance  
Wellness

Resource Access/Website

Minority, Maternal and Child Health



Take a look at our new website at

[TwoRiversPublicHealth.com](http://TwoRiversPublicHealth.com)

and follow us on **FACEBOOK!**

## Health Risk Assessment

Log onto [www.tworiverspublichealth.com](http://www.tworiverspublichealth.com) to access a **FREE** Personal Health Risk Assessment. Your results can be printed off and shared with your health care provider.

## Public Health Nursing



The Public Health Nursing Program is contracted under the Nebraska Department of Health and Human Services, Division of Medicaid and Long-Term Care. The general purpose is to link Medicaid eligible families to health care, assure that health care is accessed; promote responsible utilization of health care and early and regular preventative care, and to increase provider participation in the Medicaid program. In the 2009-2010 program year, packets were mailed to 2976 newly eligible Medicaid recipients. The program followed up on 498 problem dental, medical, or vision appointments and on 31 emergency room visits. Nurses followed up on 50 case management referrals. More and more calls are direct ones.

## Pool Cool

Two Rivers had a new program this year called Pool Cool which provided education to pool staff, swimming instructors and parents about sun safety and proper techniques of sunscreen application. Short five minute sessions about sun safety were incorporated into swimming lessons and were taught by the lifeguards. It was a great learning opportunity for all that participated. To wrap up the program, Two Rivers provided screenings for sun damage with the Derma Scan machine for all pool staff.



## Make Play Part of Your Day



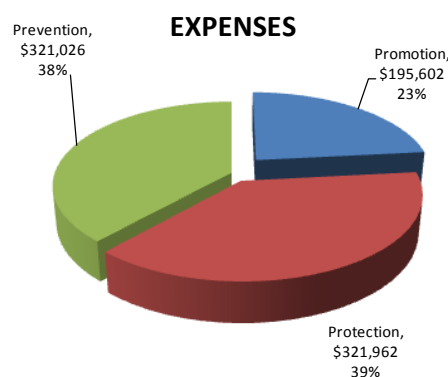
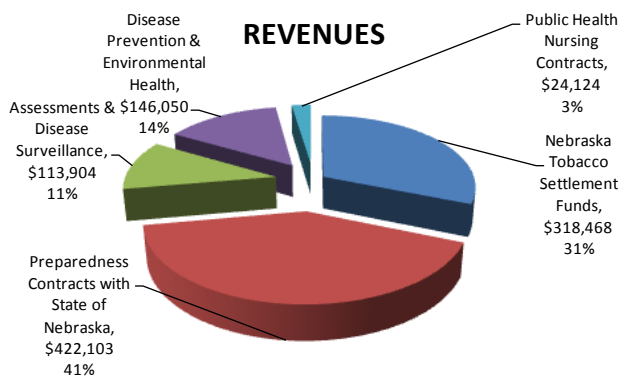
One important function of a health department is to implement a health promotion program. Two Rivers chose, "Make Play Part of Your Day," for the 2010-2011 Health theme, as an outgrowth of our strategic planning process. Our initial yearly theme will capitalize on healthy habits, while making them fun, attainable, and inexpensive. While a "don't do" philosophy may work for some, a "can do" approach provides positive approaches to wellness. Beginning in April, an informal survey was conducted in each of our seven counties. May promoted "Walk out on your Job," and in June, we partnered with the University of Nebraska at Kearney to offer low cost Bone Density Scans.

## 2010 Coloring Contest

Tayven Kier, a 2nd grader at Wilcox-Hildreth School, was the winner of the 2010 Two Rivers coloring contest. Tayven's winning poster was made to show people how to "Make Play Part of Your Day" by going outside and being active. Tayven won a fitness/fun package and a \$50 gift certificate for his school to buy PE equipment. 280 students in 14 schools participated in this years Two Rivers Public Health Month coloring contest.



## Financials



## Young Children—Priority One

Young Children-Priority One is a dental program for high risk, underserved young children and parents which is currently offered in Lexington and Kearney. Dental health education, preventive dental supplies, fluoride varnish, and povidone iodine treatments are provided to participants. We partner with WIC, Head Start and other programs to reach the population. Gibbon Schools participate in a daily tooth brushing program. Over 1,500 children and 450 adults have been served by this program.



## Disease Surveillance

Two Rivers utilizes 1060 funding for our disease surveillance activities. TRPHD works with DHHS to conduct epidemiological investigations and follow up on health issues including: food and water borne illness, vector-borne disease, hepatitis, and emerging infectious diseases. TRPHD has conducted 233 disease investigations using the NEDSS (Nebraska Electronic Disease Surveillance System). Our department has been active in surveillance of zoonoses (animal borne diseases). TRPHD has investigated cases and educated both public and private sectors about West Nile Virus, rabies, tick-borne diseases, bedbugs and tularemia. TRPHD works with Dr. Annette Bredthauer, DHHS Veterinarian, and local vets and medical providers to follow up with rabies cases to assure proper protocol has been followed when exposures have occurred. TRPHD has conducted 15 rabies investigations resulting in five people with sufficient enough exposure to undergo treatment.

## Medication Take Back Events

By working with our community partners, Two Rivers conducted 15 Medication Take Back events in the district. We received many bags of outdated medications from citizens, medical clinics, vets and pharmacies. The total weight of the pills was over 250 pounds. This did not include any packaging, paper or plastic that the medication came in; the plastic pill bottles were recycled. We continue to work with State and local partners to investigate permanent solutions for safe disposal of medications.



## Supersized Kids

TRPHD has implemented a School Employee Wellness program known as Winners Of Wellness (WOW). This year, we were able to bring Dr. Walt Larimore, author of "Supersized Kids" present in Lexington and Holdrege. Dr. Walt spoke about childhood obesity, its dangers, trends, and helpful tips on ways for families to prevent it. We are planning on having him present in our district again!

## H1N1

As of June 30, 2010, the Two Rivers Public Health Department and their district partners have administered 27, 258 doses of H1N1 vaccine. Initially, rather than accumulating vaccine in the department as it slowly became available, we provided our medical community with vaccine to expedite immunization of the designated target groups. We believe that our "divide and conquer" paradigm, based on population, gave the best access to vaccine in all of our seven counties. In addition to our medical community who administered 19, 875 of the doses, 81 school clinics were conducted throughout the district where 4,911 doses were administered to students 18 years and under and 551 doses to students and staff members 19 years and older. 98 Emergency Response personnel were immunized, with 29 Board Members and Department staff and family members also receiving vaccine. In December, additional facilities received vaccine. Nursing homes and alternative living facilities have administered 461 doses, with specialty clinics administering 73 doses. Retail pharmacies have provided 642 doses. 265 residents were served in Free Public Clinics in Holdrege, Elwood, Lexington and Minden. Two businesses provided 343 doses to their staff and families.

Note: the discrepancy in total doses is attributed to 2nd doses.

