



**Panhandle**  
**PUBLIC HEALTH**  
***Annual Report* District**

**Panhandle**  
Public Health District





**Marie Parker**  
Board President

Panhandle Public Health District (PPHD) continues to grow and thrive as we meet the demands for preparedness, environmental health, disease surveillance, and the prevention of chronic disease. I have had the pleasure of serving as the board president for the past two years and have been a member of the board of health since 2004. As a school nurse, I appreciate public health's focus on prevention and community engagement for improved health.

The culture of collaboration is alive and well in the Panhandle. It is our collaborative culture that enables us to work across many sectors to tackle complex problems like preventing underage drinking, tobacco use, vaping, and the opioid epidemic.

Each of the twelve counties in the PPHD service area is represented on the board of health by a county commissioner and a community-spirited citizen appointed by the commissioners. We also have a physician, a dentist, and a veterinarian. The board meets six times a year to carry out the functions of policy development, resource stewardship, legal authority, partner engagement, continuous improvement, and oversight.

We hope you enjoy reading this annual report that highlights the staff and the work they do with partners in the Panhandle communities. "Thank you" to all of the staff, and all of the other members of the board of health for their service.

Thank you for taking the time to look through our annual report. Please let us know if you have any questions or comments!

Marie Parker  
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**

Brandon Mossberg  
*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*



I love my job for many reasons, but two of the main ones are because of the skilled and talented staff I get to work with and the engaged and dedicated board of health that governs Panhandle Public Health District.



*Kim Engel*  
Director

All 93 counties in Nebraska are covered by a local public health district. This statewide public health infrastructure began in 2001 when Nebraska started receiving money from the Tobacco Settlement that established the Health Care Cash Fund. Approximately 9% of the total annual distribution goes to the 18 local public health districts. As a system, local health departments act as community Chief Health Strategists by assuring that the health and well-being of Nebraskans are protected and improved. Local health departments do this by working in each of the three core function areas of public health - Assessment, Assurance and Policy Development.

Over the last 18 years great strides in public health have occurred in the Panhandle. Every 3 years we engage local partners to identify key local health needs and issues through systematic, comprehensive data collection and analysis. This process is known as the Community Health Assessment. PPHD takes the lead in coordinating this process, synthesizing the data, and prioritizing identified issues. The resulting formal assessment is used to create a community-wide plan, the Community Health Improvement Plan, aimed at strategically improving health. The result is an emerging culture with a focus on prevention.

In addition, there are systems in place for:

- the investigation and follow up of communicable disease
- preparedness plans at all levels to effectively handle a natural or man-made disaster
- prevention strategies for opioid use disorder
- prevention of lead poisoning in children
- and performance management and quality improvement processes to inform us of progress and indicate areas where process improvement can be made.

I hope you have time to read and enjoy PPHD's annual report to get a sense of the richness of the culture of collaboration that exists in the Panhandle. Please reach out to us if you have any questions.

## **PPHD PERFORMANCE MANAGEMENT & QUALITY IMPROVEMENT**

**Goal: To complete activities that are responsive to community needs and ultimately improve population health.**

### **WHAT IS PERFORMANCE MANAGEMENT?**

It involves...

- All employees
- Measuring performance over time and making improvements
- Setting performance objectives based on the organization's mission and goals

### **WHY WE DO IT?**

- Establish performance standards
- Follow that path by tracking performance measures
- Stay focused on reporting progress
- Keep getting better through Quality Improvement

### **WHAT IS QUALITY IMPROVEMENT?**

QI is a continuous and ongoing effort to achieve measureable improvements in the efficiency, effectiveness, performance, accountability, outcomes, and other indicators of quality in services or processes which achieve equity and improve the health of the community.





# COMMUNITY HEALTH IMPROVEMENT

The Panhandle Community Health Assessment (CHA) is completed every 3 years as a group effort of public health, healthcare, economic development, the Panhandle Partnership, and other Panhandle organizations.

## The results of the CHA are used to create the CHIP COMMUNITY HEALTH IMPROVEMENT PLAN 2018-2020 CHIP PRIORITY AREAS



**SOCIAL DETERMINANTS OF HEALTH**  
Transportation - Poverty - Housing - Diversity and Inclusion

### ACCESS TO CARE

- Panhandle hospitals are working to increase appointment availability by offering: Walk-in clinics, Walk-in appointment slots, Extended hours, & Services in non-clinic settings.
- Nearly every one of the eight not-for-profit hospitals in the Panhandle offers regular health fairs or "wellness days" where patients can have lab work completed on a walk-in basis.
- Colon cancer diagnosis and deaths occur more often in Nebraska than across the US. PPHD provides FREE screening kits to adults aged 50-74.
- The Dental Health Program through PPHD partners with local schools across the Panhandle to provide preventive dental services to children such as: dental screenings, fluoride varnish treatments, dental sealants, dental health education, and referrals.



*Kelsey Irvine*  
Community Health Planner

“The CHIP is a road map for regional community health improvement. It guides the activities that communities focus on so that the Panhandle can be a healthier place to live, learn, work, and play.”



## **AGING POPULATION**

- Multiple hospitals in the Panhandle region have fall prevention programs in place.
- The Panhandle Partnership offers elder-specific resources through their Resource Directory: <https://panhandlepartnership.com/directory/>
- Lifespan Respite offers respite to elderly caregivers.
- Tens of thousands of elderly Panhandle residents utilize in-home delivery meals through the Aging Office of Western Nebraska and Mom's Meals NourishCare.

## **BEHAVIORAL HEALTH**

- Panhandle hospitals and community organizations are increasing the use of depression and anxiety screening tools and referrals to mental health specialists.
- More than 1,000 people have been trained in Question. Persuade. Refer. (QPR) and can better identify suicide warning signs.
- Many Panhandle businesses offer evidence-based strategies to address employee mental health and well-being, such as Employee Assistance Program (EAP), flexible scheduling, stress management support, and supportive management practices.
- Panhandle families participate in Circle of Security Parenting (CoS-P), Families and Schools Together (FAST), and home visitation programs like Healthy Families Nebraska Panhandle to enhance parent-child connections and decrease child maltreatment.
- Panhandle residents have the opportunity to be educated on safe alcohol serving through Responsible Beverage Server Training (RBST) and Training for Intervention Procedures (TIPS).
- Tobacco Free in the Panhandle works with businesses and schools to institute tobacco free policies, and the tobacco compliance rate in the Panhandle was 87% for 2017-2018.
- 19 law enforcement agencies and 12 pharmacies provide drug disposal services at all times - no need to wait for a drug take back event to responsibly dispose of leftover prescription medication.

## **CHRONIC DISEASE**

- To increase the number of people up-to-date on preventive cancer screenings, Panhandle clinics and hospitals use automated reminders.
- One in every two homes in Nebraska has elevated radon levels. Radon is inhaled through the lungs, where damage to tissue over time can cause lung cancer. Radon test kits are available at no cost from PPHD.
- Pool Cool, a program through PPHD, promotes sun safety through policies at swimming pools to establish sun protection standards. Pool staff receive training to teach and promote sun safety and are encouraged to model sun safe practices. 11 community pools in the Panhandle have a sun safety policy!
- Hospitals are beginning to partner with schools to offer the HPV (human papillomavirus) vaccine as a school-based immunization.



## **CHRONIC DISEASE, CONTD.**

- Panhandle clinics are working to put hypertension policies in place and improve knowledge and awareness of stroke symptoms.
- The National Diabetes Prevention Program (National DPP) in the Panhandle continues to have a strong presence, and 20 hospitals and clinics have policies in place for referral to the program.
- Living Well, an evidence-based Chronic Disease Self-Management Program (CDSMP), is a program new to the Panhandle area. It is a 6-week workshop made up of 2-hour sessions each week.
- Multiple Panhandle communities have walkable community plans, and at least 30 Panhandle businesses have designated walking routes for employees or the public to access.
- Panhandle Worksite Wellness Council works with businesses to develop healthy food and beverage policies for their cafeterias/snack shops and vending machines.
- PPHD is working with health systems across the region to improve screening protocols for high blood lead levels in children, and provide in-home follow up when needed.

## **EARLY CHILDHOOD CARE & EDUCATION**

- There are 137 active licensed child care providers in the Panhandle.
- As of September 2018, there were 24 Step Up to Quality programs in 7 Panhandle counties. Nebraska Step Up to Quality is an Early Childhood Quality Rating and Improvement System. The goal of the system is to improve early care and education quality, and increase positive outcomes for young children.
- In 2018, 5 counties implemented Rooted in Relationships programs. Scottsbluff acts as the Community Collaborative Hub for this work, where there is one cohort, made up of 33 providers through the Sixpence Child Care Partnership grant, they additionally engaged 17 new providers.

## **SOCIAL DETERMINANTS OF HEALTH**

Social determinants of health are "conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks".

A formal work group that functions through the Panhandle Partnership has been formed to focus on Social Determinants of Health. The Social Determinants of Health work group is called the Poverty Roundtable and is led by Faith Mills, Executive Director of the Panhandle Partnership. Some local initiatives working to address the social determinants of health are:

- Continuum of Care for Housing and Homelessness
- Connected Youth Initiative
- Families and Schools Together (FAST)
- Panhandle Equality
- Together Everyone Achieves More Success (TEAMS)
- Community Response
- Panhandle Trails Intercity Public Transit
- Chadron Transportation Task Force



# EVALUATION OF COLLECTIVE IMPACT IN THE PANHANDLE

PPHD is working with the Panhandle Partnership to evaluate the collective impact work that occurs across the Panhandle. This evaluation will provide us with a broad view of how the various efforts interact to create change, and reinforce the need for funding of initiatives in the Panhandle.

## WHAT IS EVALUATION?<sup>1</sup>

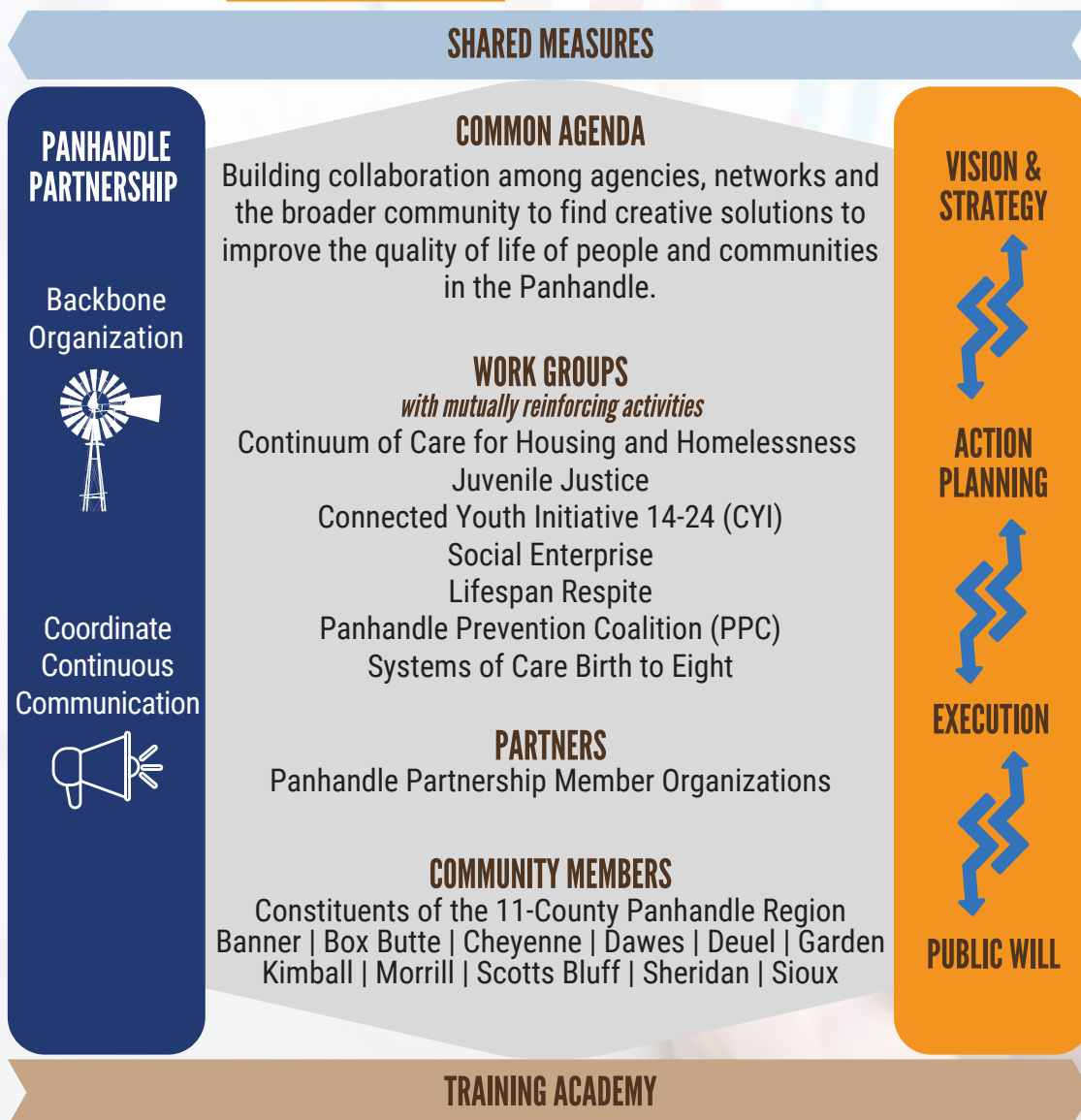
Evaluation supports the ability to monitor and measure the quality, pace, and direction of change that individuals, communities, and organizations undertake, by, systematically generating knowledge that can support learning, quality improvement, and good judgement in decision-making.

## WHAT IS COLLECTIVE IMPACT?<sup>2,3</sup>

Collective Impact is a specific type of collaboration that requires five conditions to be met:

- 1) COMMON AGENDA
- 2) SHARED MEASUREMENT
- 3) MUTUALLY REINFORCING ACTIVITIES
- 4) CONTINUOUS COMMUNICATION
- 5) BACKBONE ORGANIZATION

# COLLECTIVE IMPACT IN THE NEBRASKA PANHANDLE



1 W.K. Kellogg Foundation. (2017). The step-by-step guide to evaluation: How to become savvy evaluation consumers.  
 2 (2019). *Collective Impact. Panhandle Partnership*. Retrieved from <https://panhandlepartnership.com/about-us/collective-impact/collective-impact-evaluation/>  
 3 Kania, J. & Kramer, M. (2011). *Collective Impact. Stanford Social Innovation Review*. Retrieved from [https://ssir.org/articles/entry/collective\\_impact](https://ssir.org/articles/entry/collective_impact)



# PANHANDLE WORKSITE WELLNESS COUNCIL

*YOUR Organization's greatest resource for worksite wellness*

## 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



The Council specializes in supporting employers in the Panhandle region. 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 of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

## 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 evidenced-based programming, training, and resources.

## Annual Dues Structure

- 1-5 Employees = \$50
- 6-10 = \$90
- 11-25 = \$125
- 151-100 = \$275
- 101-249 = \$350
- 250 and above = \$415



*Jessica Davies  
Assistant Director*

**Vision**  
*All panhandle worksites create, sustain, and recognize a culture of lifestyle wellness for a healthy, productive community.*





# WORKSITE HEALTH = COMMUNITY HEALTH

PPHD has worked with Box Butte General Hospital to provide technical assistance for worksite wellness for more than a decade. The hospital has been a champion for employee and community health through worksite wellness initiatives and is based in Alliance, NE, employing roughly 280 people. BBGH maintains a well-established, multi-faceted, employee wellness program. It's hard to turn any corner at the hospital without seeing some wellness messaging or support. Their wellness program offerings have grown to include:

- an onsite fitness center with state-of-the-art equipment and class offerings,
- evidence-based, chronic disease prevention programming, including National Diabetes Prevention Program and Living Well,
- nutritious snack offerings in their vending machines,
- onsite blood pressure cuff with screenings, education, and follow-up,
- and a tobacco-free campus on all facilities and grounds.

More recently, they've stepped forward as a lead partner for the Activate Alliance initiative towards community walkability and bikeability enhancements. BBGH Wellness Coordinator Dan Newhoff has been an integral Panhandle Worksite Wellness Council Advisory Committee member and has been committee chair since 2015. They've received the Governor's Wellness Award at the Grower Level twice for continually producing outcomes through their wellness program.

But what makes BBGH unique is not just their commitment to the health and well-being of their employees and modeling for the community; it's the commitment to

community health through their Community Health Improvement Plan (CHIP).

“Box Butte General Hospital is committed to serving the community and enhancing the quality of life for individuals, families, and communities we serve. Our goal, through the community health needs assessment, is to understand better the range of issues affecting our health. We look forward to working with our community partners to optimize health and continue to meet our mission, which is “To Lead and Innovate in Healthcare Delivery and Community Wellness,” said Lori Mazanec, CEO.

The hospital's mission statement isn't just a tagline. They have worked diligently to put wheels under it, especially in the realm of community wellness.

The last two cycles of their CHIP were conducted in partnership with PPHD, and produced strategies deeply embedded not just to impact their employees, but population-based health on a broader scale. PPHD embraced its role as Chief Health Strategists to leverage innovative, worksite and community wellness strategies into the hospital's workplan.





## Panhandle Safety and Wellness Conference

Conference attendees were inspired to rediscover their ability for creativity and innovation, teams were rejuvenated to find unique solutions to everyday challenges.

### Three businesses honored with the Governor's Wellness Award

Banner County Schools received the Sower Award for planting the seeds for wellness at their school. Chadron Community Hospital and Health Services and Panhandle Public Health District received the Grower Award for growing the seeds for wellness at their organizations.

**Banner County Schools** has made great strides with their wellness program including providing a healthy vending machine for their employees, walking at school, wellness incentives, standing desks for the secretary and bookkeeper, and a salad bar.

**Chadron Community Hospital and Health Services** has had many great accomplishments including a 39% increase in participation of Health Risk Assessments, improved their physical activity score by four points, a 9% tobacco use rate (less than half of state and national estimates), and all of the facilities are tobacco free.

**Panhandle Public Health District** believes in modeling good health and well-being to the residents they serve. The wellness program provides health screenings for employees and their immediate families, a breast-feeding friendly worksite, healthy food at all company-sponsored functions, paid break time to encourage physical activity and walkable campus promotions, sit-to-stand and walking workstation options, flex-time, employee assistance program, and access to a number of wellness challenges.

### Rachel Johnson Received Leading Light Award



Rachel Johnson, Volunteer Services Director at Northwest Community Action Partnership (NCAP), was surprised with the 2019 award for leading the charge for wellness at her workplace.

*"Rachel is an ambassador for our organization and advocate in our community for social change, particularly food insecurity. She has enriched the lives of so many and we are so excited to have her as a part of our team and to nominate her to receive this award!"*

Karen Eisenbarth, NCAP Director

The Leading Light Award was created in honor of Annie Loutzenhiser, "for her dedication and leadership to employee health and well-being in the Panhandle."



BANNER COUNTY SCHOOLS



CHADRON COMMUNITY HOSPITAL AND HEALTH SERVICES



PANHANDLE PUBLIC HEALTH DISTRICT

*"We are proud to work with organizations to create environments supporting employee health and well-being. Together we are making strides towards the prevention of devastating and costly chronic diseases."*

Jessica Davies, Assistant Director



# Dental Health Program

## Keeping Teeth Strong

Proudly part of  
Panhandle Public Health District



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.

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 18 school-based preventive dental health programs 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.



Dr. Iske and Brooke doing dental screenings at Bridgeport Schools.



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

### Preventive services completed in 2019:

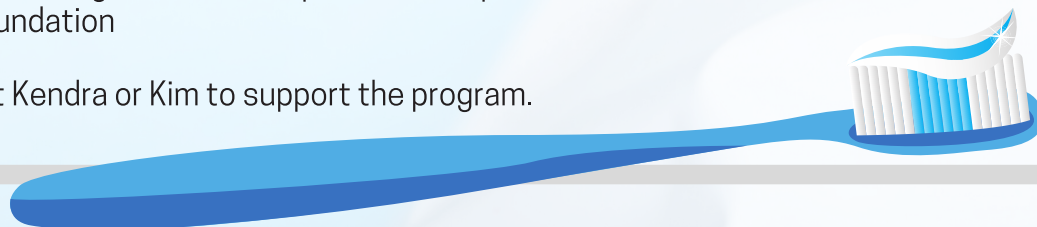
- 4,279 dental screening
- 726 dental sealants
- 3,097 fluoride varnishes

*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.*

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 \$95,000!

Thank you to the following for generous contributions this year: Thomas D. Buckley Trust, PPI Social Enterprise Innovation and Investment Fund, Quivey- Bay State Foundation, The Ann and David Duey Charitable Fund, George H. and Elta Spencer Thompson Foundation, Lockwood Foundation, Nebraska Community Foundation


Please contact Kendra or Kim to support the program.





# CHRONIC DISEASE PREVENTION & CONTROL


**1 in 3**  
PANHANDLE ADULTS  
have at least one  
chronic disease



## WHY IT MATTERS



**1 in 2** deaths in  
the Panhandle  
are caused by  
chronic disease



**1**

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.

**2**

Most chronic conditions have similar risk factors including tobacco use, excessive alcohol use, physical inactivity, and poor nutrition. The good news is that we can control most of these factors. Modest lifestyle modifications can prevent or manage most chronic conditions.

**3**

Panhandle Public Health District provides coaching, education, community programs, and supports to strengthen your efforts at getting or staying healthy. Contact us today to find out more.

*Be Heart Healthy!*

Control your Blood Pressure

- When your blood pressure is high you are:
- 4 times more likely to die from a stroke
- 3 times more likely to die from heart disease

Check your Blood Pressure today!  
At your Pharmacy | At your Clinic | At Home



Control Your Cholesterol

High Cholesterol is a risk factor  
for heart disease and stroke

Ask your healthcare provider  
about your LDL cholesterol  
levels today.

FOR MORE INFORMATION CONTACT  
CHERI FARRIS, COMMUNITY HEALTH EDUCATOR  
CFARRIS@PPHD.ORG | 308.220.8020



# KEYS TO PREVENTING CANCER



Nebraska Quitline coaches are ready to help - Call today



**1-800-QUIT-NOW (784-8669)**

**1-855-DÉJELO-YA (335-3569)**

## Don't Get Left Behind!

If you are between 50 - 74  
Get Your FREE At-Home  
Colon Cancer test kit today!  
Call 308-220-8020



## SCREENING GUIDELINES

### BREAST<sub>1</sub>

- 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.

### CERVICAL<sub>2</sub>

- 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.

### COLORECTAL<sub>2</sub>

- Men and Women age 50 to 75
- Yearly when testing with a stool test kit from the comfort of your home.
- Colonoscopy every 10 years

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



# SUPPORTING YOUR HEALTHY LIFESTYLE IN THE PANHANDLE WITH EVIDENCE-BASED PROGRAMS



Living Well is a 6-week interactive workshop proven to empower participants to take control of their health. You will get the tools you need to take control of your health and manage your symptoms more effectively, tools and tips to manage medications, eat healthier, get more active, communicate effectively, solve problems, set goals, and more.



## WITH DIABETES



Living Well with Diabetes is a proven program that provides the tools necessary to manage diabetes more effectively. Participants gain the skills and knowledge to deal with diabetes symptoms such as fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration. Learn how to exercise to maintain and improve strength and endurance, eat healthy, take medications as prescribed, and work more effectively with health care providers.



In the National Diabetes Prevention Program, you get a year with a trained lifestyle coach, 16 coaching sessions with your group, and continued support from your group and lifestyle coach. Learn tips to manage stress, eat healthier, incorporate physical activity, and overcome barriers to getting healthy.



Health & Wellness Coaching is available to Panhandle adults who would like support and accountability in organizing and setting up action plans toward making healthy lifestyle changes. PPHD's certified health and wellness coach works with participants to organize health goals, assist in creating effective action plans that lead to success, and provides a source of accountability.

Each of these evidence based programs combined with regular health care can support you in living a healthy life.

FOR MORE INFORMATION CONTACT  
CHERI FARRIS  
COMMUNITY HEALTH EDUCATOR  
CFARRIS@PPHD.ORG | 308-220-8020



Do you have a chronic condition or care for someone who does?

Get practical tips that you can use right away



2 hours ➤ 1x per week ➤ 6 weeks

## LIVING WELL WORKSHOPS ARE INTERACTIVE, FUN, FREE, AND PROVEN TO WORK

Research has shown that people who complete Living Well:

- Feel better & have a better quality of life
- Experience fewer sick days & days in depression
- Are better able to manage symptoms like fatigue, pain, shortness of breath, stress, and sleep problems
- Are more physically active
- Improve communication with their doctors
- Take medication as prescribed
- Feel more confident

## BE EMPOWERED TO LIVE YOUR BEST LIFE

In the workshops, you will get support from people like you, learn relaxation and other strategies to deal with pain, fatigue, & frustration, discover how healthy eating can improve your condition, create an activity program that works for you, understand new treatment choices, and explore how to talk with your doctor and your family about your needs.

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

Jan, Panhandle participant

### Don't let an ongoing health condition rule your life

Living with a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, pain, or anxiety can be a daily challenge, but it doesn't have to be.



Whether you have a chronic condition, or care for someone who does, you can benefit from the skills and strategies you learn in Living Well.

### Make a step-by-step plan to improve your health - and your life



Nationally, pedestrian deaths are at a 30-year high, according to a Governors Highway Safety Association and tragic incidents as well. The Nebraska Department of Transportation noted 2018 had the highest number of pedestrian deaths in the state. Panhandle communities have been building on the momentum to make walking and biking safer, ultimately



## ACTIVATE GORDON!

The kick-off community planning meeting was held in September 2019. The committee meets monthly to implement the strategy workplan. They've already worked on several initiatives:

- A radar sign was purchased and installed at priority locations identified during the walk audit.
- Walk audits were conducted at Kimball Elementary, and downtown Gordon with the committee at a later date.

**COMMITTED  
TO SAFE  
COMMUNITIES**



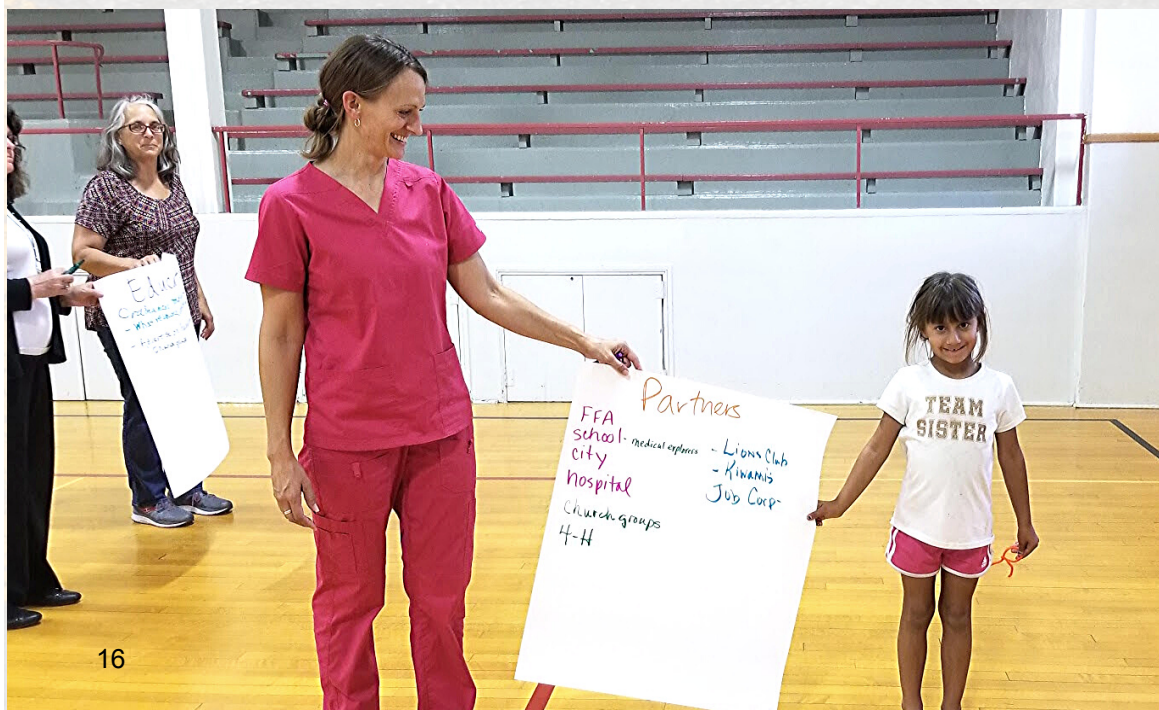
## KIMBALL ACTIVE LIVING ADVISORY COMMITTEE

- The committee conducted walk audits at the Kimball Elementary and High School to identify safer opportunities for walking and biking.
  - Upon committee recommendation, the school administration worked with the city to designate the street parallel to the elementary a one way to ease traffic flow. Additionally, they changed the bus and parent drop-off and pick-up locations.
- Kimball Health Services North Campus and Main Street Market are encouraging walkers to use their indoor spaces during business hours to safely walk.
- The Kimball pathway has completed Phase Two of their path enhancements to include another trail access point, signage, and benches.

## ACTIVATE ALLIANCE!

The kick-off community planning meeting was held in 2019, with nearly 40 people in attendance at General Hospital. The committee meets monthly to implement the strategy workplan. They've already seen progress in the following areas:

- A radar sign was purchased and installed at priority locations identified during the walk audit.
- A communications campaign was launched to raise awareness and inform the community of the importance of creating safe walking and biking with special emphasis on children.
- A walk audit was conducted at Kimball Elementary School to identify safety strategies.
- The WNCC Powerline students were trained by the Alliance to monitor crossing guard monitoring and after school.





ation report issued in early 2019. Panhandle communities are not immune to a number of unfortunate number of pedestrians killed in car crashes in the last ten years.

imately impacting the larger goal of environments that support our desire to be active for better health.

**NI!**  
anning forum was held in  
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**FOR AN  
ACTIVE  
PANHANDLE**

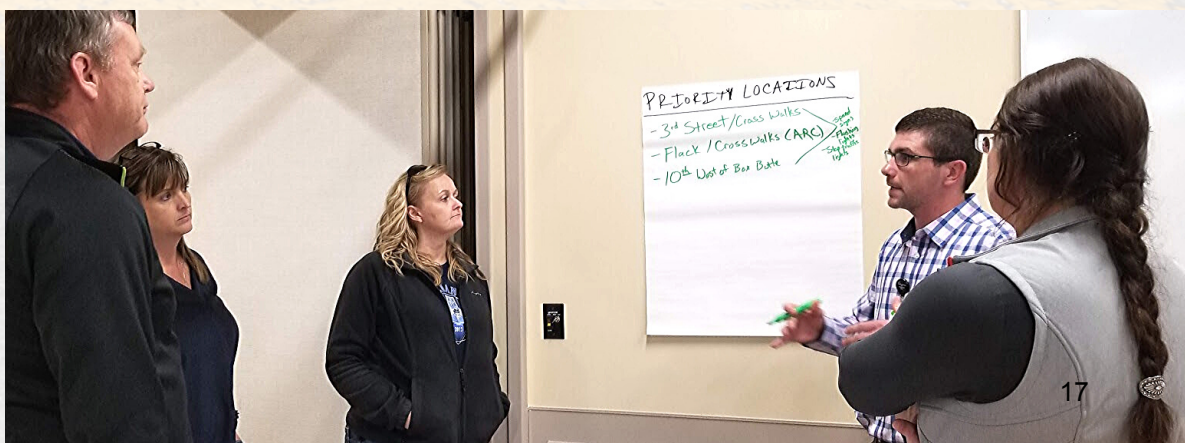
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## TRI-CITY ACTIVE LIVING ADVISORY COMMITTEE

The committee has been going strong since their initial community planning forum in 2016. This diverse community group meets monthly.

- They've conducted walk audits on five of the twelve area schools with the following successes:
  - Redesign the flow of drop-off and pick-up locations along with signage.
  - Safety gear for crossing guards and some schools have started crossing guard programs with the fifth graders trained to help students safely cross the street.
  - Encourage school participation in the fall and spring annual Walk to School days.
  - The remaining seven schools are in a planned process over the next three years to include walk audits, communication of the findings, and support to make it a safer walking and biking experience to-and-from school.
- The bicycle repair station project was supported by the committee (via Panhandle Public Health District), the Western Nebraska Bicycling Club, and Bike Walk Nebraska. It was paid for with grants and contributions from Gering Keno Funds, Oregon Trail Community Foundation, Western Nebraska Community College, Sonny's Bike Shop, and Western Nebraska Bicycling Club.
  - The locations of the four bicycle repair stations are: Summit Christian College, Scottsbluff Family YMCA, Sonny's Bike Shop, Western Nebraska Community College
- The Western Nebraska Bicycling Club maximized the Scottsbluff downtown plaza designated for winter ice skating by creating a bicycle playground to encourage parents to bring their children down to learn the rules of the road and safely bike in a safely controlled space.

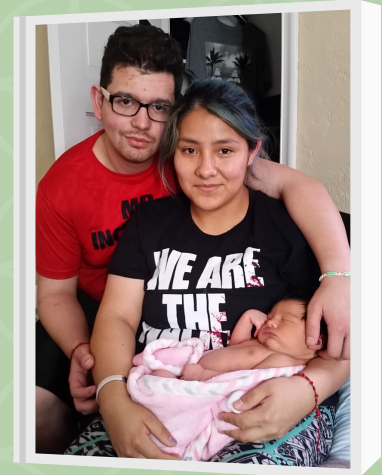




**“The most powerful stories may be the ones we tell ourselves but beware – they’re usually fiction”.**  
**Brene Brown**

“The most powerful stories may be the ones we tell ourselves”, according to Brene Brown, “but beware – they’re usually fiction”. Brene Brown is a renowned teacher and researcher on shame and vulnerability. Her words of wisdom apply to the work we do at Healthy Families Nebraska Panhandle. In the absence of information, it is common for all people to return to the story they tell themselves. Those internal dialogues often go something like, “I can’t do this,” “I’m not good enough,” “I’m going to fail”.

Now factor this into pregnancy and parenting a newborn, and it is easy to see how the presence of a supportive Parent Coach can help a parent who is expecting a baby, or parenting a very young child. Our home visitors bring information, curriculum, answers to questions, and assessments to every home visit. Our staff delights in the child and the parent as they learn and grow. If we can shift the narratives from tales of doubt, worry, and fear to stories of pride, delight, and joy, then we have achieved our goals.



Promoting child well-being by helping families with the building blocks of attachment.

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



Myrna Hernandez  
 mhernandez@pphd.org  
 Program Supervisor



Sarah Bernhardt  
 sbernhardt@pphd.org  
 Program Manager



Amber Adamson  
 aadamson@pphd.org



Linda Ainslie  
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Alma Alarcon  
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Jennifer Buxbaum  
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Amber Duque  
 aduque@pphd.org

~~~~~ Parent Coaches | Intake Specialists ~~~~~

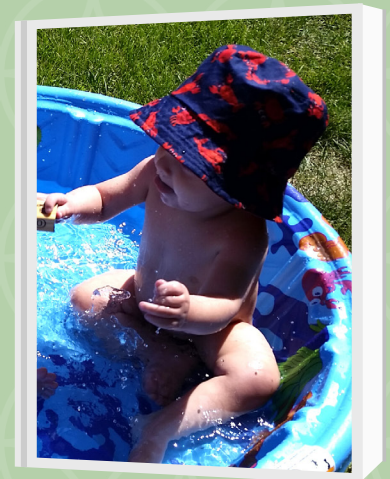




Our Parent Coaches bring intensive home visitation services to pregnant and parenting families during the initial phase of our program. Home visitation occurs at a gradually reduced pace as the child ages. Families may remain engaged in our program until the child is 3 years of age. Referrals may be made by contacting our program, or requesting a screening form to fill out referral information. Healthy Families Nebraska Panhandle has expanded in 2019 to develop a staff who will continue to serve all three counties of Scotts Bluff, Morrill, and Box Butte.

### There are 3 key principles that make Healthy Families unique.

1. **Relationship and Attachment focused:** It is the relationship that is the channel for change in the lives of families we serve.
2. **We are trauma-informed:** This means that we understand that trauma impacts how adults see their world, themselves, and their children.
3. **Reflective capacity for our staff:** It is important to focus on the feelings of our staff in their interactions with families to help support the work that they do.



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 you learn how to respond to your child's needs in a way that enhances your connection with him or her.

It helps parents give their children a feeling of security and confidence so they can explore, learn, grow and build positive relationships; all essential skills for life-long success.

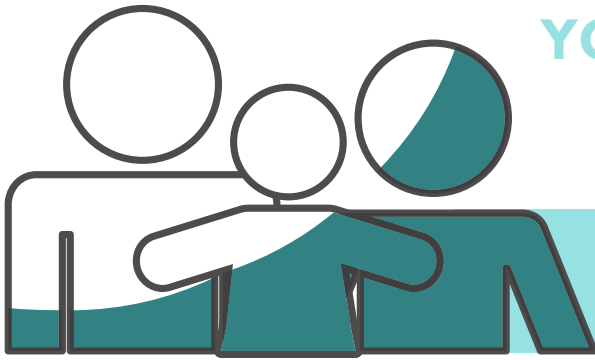
Our Parent Coaches are trained facilitators of Circle of Security.

**connect. restore. grow.**



# KEEP TALKING, KEEP TRYING

## YOU DO MAKE A DIFFERENCE!



*Believe it or not, teens still listen to their parents. In fact, kids usually **listen to their parents more than anybody else**, including their friends.*

During the teenage years, the brain is going through a great deal of change, which plays an important role in forming adult personality and behavior.

### 1 VAPING/JUULING:

- The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Nicotine is highly addictive; e-cigarettes can contain other harmful substances besides nicotine.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.
- E-cigarettes come in many shapes and sizes; JUUL is shaped like a USB flash drive.

### 2 ALCOHOL:

- Teen use can cause severe behavioral and personality changes that can be long term or permanent.
- The earlier the brain is exposed to alcohol, the more permanent damage is done.
- Kids who begin drinking before age 15 have a 40% chance of becoming alcohol dependent.

### 3 PRESCRIPTION DRUGS:

- One in five teens admits to abusing pain pills.
- 38% of childhood poisonings involve a grandparents medication.
- Most people who abuse prescription drugs get them FREE from a friend or relative.



## FOLLOW THESE SIMPLE STEPS TO KEEP YOUR CHILD SUBSTANCE FREE

**Bonding:** create a happy healthy home, eat dinner together, and have daily positive interactions.

**Boundaries:** Kids need clear rules; teach the risks, set clear rules, and practice saying "no".

**Monitoring:** Be actively involved in your child's life.

**Ask the 5 W's:**

1. Where are you going?
2. What will you be doing?
3. Who are you with?
4. When will you be home?
5. Will there be alcohol?

Start the conversation early with children about **WHY** e-cigarettes, other substances, and risky behaviors are harmful for them. Let your child know that you want them to stay away from ALL tobacco products, including e-cigarettes, and alcohol until the appropriate age and to never use pills not prescribed to them.

**Vision: Healthy and Safe People Across the lifespan**

**Mission: Enhance and Sustain a Collaborative Prevention System**

We work on a number of prevention initiatives, including opioid misuse and abuse, suicide prevention, underage tobacco/e-cigarette use, underage alcohol and binge drinking, and substance abuse prevention in general. If you would like information or have questions please contact Prevention Coalition Coordinator Chelsy Schneringer.



*Chelsy Schneringer*  
Health Educator



**Do not let the ads from JUUL fool you, listen to local youth committed to saying no to the harmful effects of JUULing. The use of e-cigarettes is unsafe for kids, teens and everyone.**



- RYLAN AGUALLO, MITCHELL -

**FACT: Two-thirds of JUUL users aged 15-24 do not know that JUUL always contains nicotine.**

**"The lifetime reward of making it to the state volleyball tournament far outweighs the short term reward of JUULing."**

- KARA BARNHART, GARDEN COUNTY -



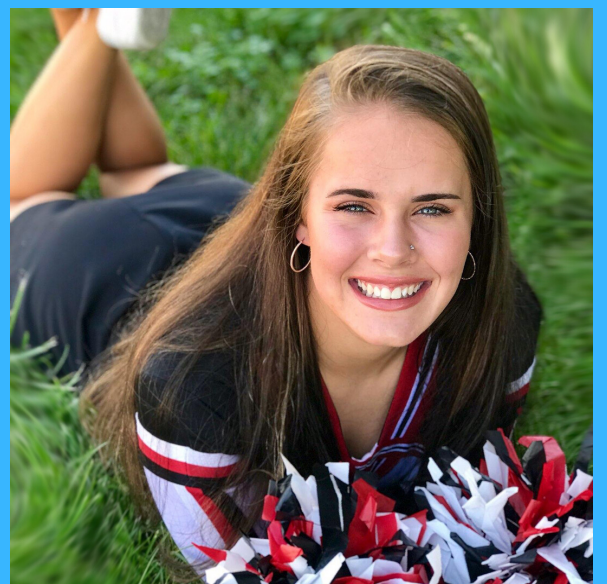
**"1 YEAR = 365 NEW ADVENTURES. DON'T WASTE THEM ON JUULING."**

- JORI STEWART, HEMINGFORD -



-JOEL BAKER, ALLIANCE -

**FACT: ONE JUUL POD CONTAINS AS MUCH NICOTINE AS A PACK OF 20 CIGARETTES.**



Academics | Athletics | Arts | Activities

The Panhandle Prevention Coalition, coordinated by Panhandle Public Health District, strives to enhance and sustain a collaborative prevention system to promote and encourage healthy and safe people across the lifespan.  
[www.humanperformanceprojectne.org](http://www.humanperformanceprojectne.org) | [www.pphd.org](http://www.pphd.org)







# UNDERSTANDING THE OPIOID EPIDEMIC

Through collaboration  
and evidence-based  
strategies.



## STIGMA REDUCTION

- Increased education and training
- Recovery is possible: People can and do recover
- Person centered language - person with a substance use disorder instead of "junkie" or "addict"



## EXPAND ACCESS TO ADDICTION TREATMENT

- Medication Assisted Treatment for Recovery offered locally
- Increased access to additional support groups
- Transportation to treatment and support groups



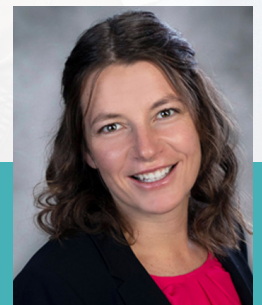
## REDUCE ACCESS, OVERDOSE, AND MISUSE

- Safe storage, such as lock boxes, for prescription drugs
- Access to safe drug disposal
- Increase usage of the Prescription Drug Monitoring Program (PDMP)
- Narcan available to at risk individuals



**Tabi Prochazka**  
Deputy Director of Health  
Promotions and Preparedness

**Addiction is a treatable, chronic disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences.**



**Nicole Berosek**  
Community Health Educator

We are thrilled to have Nicole join our team; she brings a fresh eye and new ideas to the team. Nicole has been working in Corporate Wellness for the last 12 years and has a Masters of Organizational Management.

# SUICIDE PREVENTION



HOPE SQUADS

Q.P.R. TRAINING

(QUESTION PERSUADE REFER)

OUT OF DARKNESS WALKS

LOSS TEAM

FIRE ARM SAFETY

## Hope Squads

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

### Train

- Students and staff in schools in Q.P.R to break the code of silence.
- Train students and staff to identify adolescents with undetected, untreated, or emerging mental disorders.

### Build

- Positive relationships among peers and faculty in schools to facilitate acceptance for students seeking help.
- Build relationships with local mental health agencies and communities while educating students, parents, and school staff about available community mental health resources.

### Change

- The school culture regarding suicide by reducing stigmas about mental health and suicide.
- Community perceptions of mental health by creating awareness about suicide and the tools available to prevent suicide.

## TOGETHER WE ARE UNITED FOR CHANGE

In Nebraska suicide is the 9th leading cause of death. Youth attempt suicide more than adults. Suicides are THE leading cause of death for ages 10-14 and, the second leading cause of death for ages 15-34. On average, one person dies by suicide every 32 hours in Nebraska, an increase from 36 hours in the last year.

Risk factors for suicide are stress, isolation, lack of resources, and addiction. Those living in the Panhandle are at an increased risk due to isolation and lack of resources.

PPHD is excited to partner with ESU 13 and area schools to bring Hope Squads to the Panhandle as one more strategy to address the rise in suicide attempts and completions. Alliance, Bayard, Chadron, and Hemingford Public Schools have begun the implementation process. Gordon-Rushville and Gering Public Schools are on board and will begin implementation in the spring.

We encourage community members to support this program as it expands across the Panhandle. Q.P.R. is offered in the communities as a step in implementation. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.



American  
Foundation  
for Suicide  
Prevention







# PANHANDLE REGION MEDICAL RESPONSE SYSTEM

### MISSION

To create and maintain a system for responding to public health emergencies by enhancing existing local planning efforts for resources, expertise, communication and personnel, in order to increase the capabilities to manage all hazards.

### PARTNERS

- Hospitals
- Public Health
- Emergency Management
- Behavioral Health
- Emergency Medical Services
- Law Enforcement
- Federally Qualified Health Center
- Long Term Care

### ARE YOU PREPARED FOR AN EMERGENCY?

Being prepared **is** the best plan. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Put together a plan by discussing these for question with your family, friends, or household to start your emergency plan.

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?

Sign up for Panhandle Alert to receive emergency alerts and warnings. Participants receive emergency notifications and can let responders know their health care needs in case of an emergency. There is no cost for this service and you can receive the alerts via text, call, and email.

### Enroll Today

It only takes 3 minutes.



What if I need help?  
You can call us at  
(308) 262-2217

[www.panhandlealert.org](http://www.panhandlealert.org)

Michelle has a passion for preparedness and brings a vast knowledge to this position. She has been a rescue captain, a dispatcher and worked preparedness in an emergency department. She has a Bachelor's degree in Emergency Medical Services Administration.



**Michelle Hill**  
*Emergency Preparedness  
Coordinator*

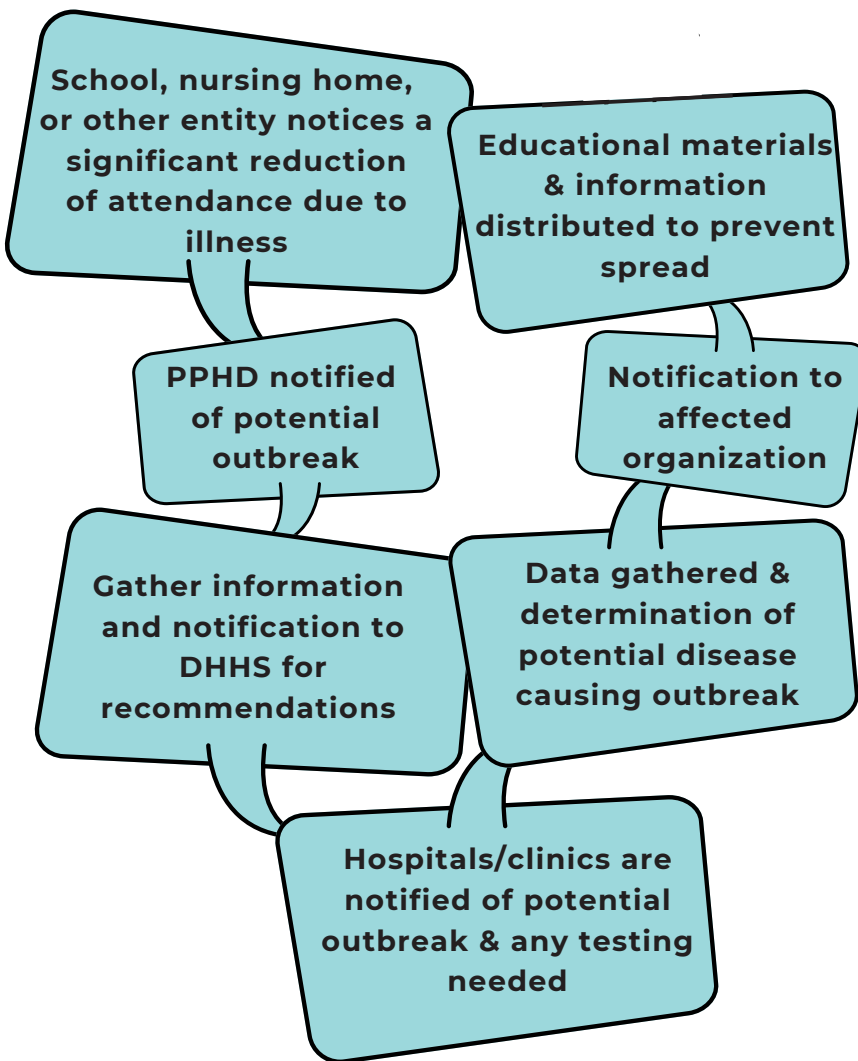


# DISEASE INVESTIGATION IN ACTION

HELPING OUR COMMUNITIES BE HEALTHIER AND SAFER

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

## PROCESS FOR DISEASE INVESTIGATION



## 2019 Disease Report

| PPHD                                                  | 2019       | 2018       |
|-------------------------------------------------------|------------|------------|
| Animal Exposure (bite or nonbite)                     | 10         | 3          |
| Aseptic meningitis                                    | 9          | 0          |
| Brucellosis                                           | 1          | 0          |
| Campylobacteriosis                                    | 85         | 43         |
| Cryptosporidiosis                                     | 4          | 9          |
| Cyclosporiasis                                        | 5          | 1          |
| Enteropathogenic E. coli                              | 114        | 61         |
| E. coli (STEC) gastroenteritis                        | 20         | 18         |
| Giardiasis                                            | 2          | 9          |
| Group A Streptococcus, invasive                       | 5          | 0          |
| Group B Streptococcus, invasive                       | 3          | 2          |
| Haemophilus influenza, invasive                       | 3          | 1          |
| Hemolyticuremic Syndrome                              | 1          | 0          |
| Hepatitis A, acute                                    | 1          | 2          |
| Hepatitis B, chronic (probable and confirmed)         | 4          | 3          |
| Hepatitis B, acute                                    | 0          | 1          |
| Hepatitis C, chronic or resolved                      | 49         | 39         |
| Hepatitis C, acute                                    | 0          | 1          |
| Hepatitis E, acute                                    | 1          | 1          |
| Histoplasmosis                                        | 0          | 1          |
| Lead Poisoning (child/Adult)                          | 16/0       | 18/1       |
| Legionellosis                                         | 1          | 3          |
| Lyme Disease (confirmed, probable)                    | 0          | 1          |
| Mumps                                                 | 2          | 1          |
| Noroviruses (outbreaks)                               | 9          | 5          |
| Pertussis (confirmed, probable, suspect)              | 12         | 1          |
| Q Fever, chronic                                      | 0          | 1          |
| Rabies, animal                                        | 1          | 2          |
| Rocky Mountain Spotted Fever (confirmed and probable) | 0          | 2          |
| Salmonellosis (confirmed, probable, suspect)          | 18         | 19         |
| Shingellosis                                          | 1          | 1          |
| Strep, other, invasive, beta-hem (nonA, nonB)         | 3          | 0          |
| Streptococcus pneumonia, invasive disease (IPD)       | 11         | 3          |
| Streptococcal toxic-shock syndrome                    | 0          | 1          |
| Varicella (chickenpox)                                | 12         | 5          |
| West Nile virus disease, neuroinvasive                | 2          | 3          |
| West Nile virus disease, nonneuroinvasive             | 2          | 5          |
| Yersiniosis (non Plague)                              | 1          | 2          |
| <b>Total confirmed, probable, and suspect cases</b>   | <b>408</b> | <b>269</b> |



**Shavin Barnhart**  
Preparedness & Community  
Health Educator

Shavin brings a renewed energy to the preparedness team and planning processes. She has a Bachelor's degree in Biology and has served in the Army National Guard. Her unit was deployed during Hurricane Irma.





# PREVENTING MOSQUITO BITES

Wear long-sleeved shirts and pants when out hiking

Be careful at dawn and dusk when mosquitoes are most active

Use an EPA approved insect repellent

Keep window and door screens in good repair

Empty standing water periodically and use larvicides on larger bodies of water

## FIGHT

## THE

## BITE

**West Nile virus is a disease that is spread through infected mosquitoes. Most cases of West Nile occur during peak mosquito season which begins in the summer and continues until the first frost.**

West Nile virus can be prevented primarily by using insect repellent when you are outside. There are several products that help prevent bites that include:

- OFF Deep Woods insect repellent
- EcoSmart organic insect repellent
- Repel 100 insect repellent
- Cutter Skinsations insect repellent

\*Or a product with a minimum of 7% DEET or oil of lemon eucalyptus in the ingredients.



Avoid products that sound too good to be true such as:

- Vitamin B1 skin patches
- Citronella candles
- Bug-repellent wristbands/bracelets
- Ultrasonic devices

Remember, 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](mailto:mhaas@pphd.org).



*Melissa Haas*  
Environmental Health  
Coordinator



# SAFE HOME SAFE FAMILY

# RADON IS FOUND IN THE PANHANDLE

Building radon-resistant homes using common materials and straight forward techniques can reduce radon levels by an average of 50% and in most cases, lower it below the recommended action level of 4 pCi/L. Builders and contractors provide a public health service helping to reduce the buyer's risk of lung cancer from exposure to indoor radon.

There are five basic features builders can use to prevent radon from entering a home. Techniques can vary from house to house:

**Gravel** - a 4-inch layer of clean, coarse gravel below the foundation.

**Plastic Sheeting** - heavy-duty plastic sheeting placed on top of the gravel.

**A Vent Pipe** - a 3 to 4 inch PVC Schedule 40 pipe inserted vertically from the gravel layer through the houses' conditioned space to roof.

**Sealing and Caulking** - seal all openings and crevices in concrete foundation.

**Junction Box** - install electrical box for use with vent.

## ***Radon is a public health issue.***

It is the second leading cause of lung cancer. When breathed in, radon releases radioactive particles that damage lung tissue.

## ***You can do something about it.***

Testing your home today and build radon resistant homes.

Contact Melissa to find out what you can do to build radon-resistant new homes.

Mail this coupon to Panhandle Public Health District, PO Box 337, Hemingford, NE 69348, call (308)487-3600 ext. 108 or e-mail 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

## Kids Fitness and Nutrition Day

...is an annual event for area third-graders to learn about fitness and nutrition. Activities at the events include both noncompetitive physical activity and nutrition stations. In 2019 they took place in four communities - Scottsbluff, Sidney, Alliance and Chadron.

Over 900 third graders participated from 29 schools.



## Dental Days

Students from the University of Nebraska Medical Center (UNMC) College of Dentistry and Dental Hygiene made the trip to the Panhandle to be a part of Dental Days. 2019 marked the sixteenth year Dental Days has been offered in the Panhandle in conjunction with participating Panhandle dentists.

157 patients were seen and 1006 procedures provided.



## Pool Cool

...promotes sun safety through policies at swimming pools to establish sun protection standards. Pool staff receive training to teach and improve sun safety and are encouraged to model safe sun practices.



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

## Scrub Club

...is aimed at teaching preschool and Kindergarteners the importance of proper handwashing. This simple act at a young age can prevent many illnesses, from common colds to more serious staph infections.



Janelle Visser  
Health Educator



# Protect your child from lead

*Is your child at risk of lead poisoning?*

## Lead is a toxic metal that can impact your child's growth and development.

Lead-based paint is still found in more than 300,000+ homes across Nebraska. When lead paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



Homes built before 1978 may still have lead-based paint.



## Lead can be found in:

- Peeling paint and dust in homes built before 1978
- Soil around the home
- Dust carried in from parent's job
- Older water pipes and fixtures
- Some products like glazed pottery, cookware, toys, and jewelry
- Some spices, home remedies, and cosmetics from other countries

## Lead poisoning is 100% preventable.

Take these steps to protect your child:

- ✓ Visit the doctor and get your child tested for lead
- ✓ Keep children away from chipping and peeling paint
- ✓ Wash children's hands and toys often
- ✓ Wipe down window sills and mop floors often
- ✓ Get your home tested for lead
- ✓ Renovate safely to avoid creating lead dust
- ✓ Serve healthy foods rich in iron, calcium, and vitamin c



*Is your child at risk?*

Find resources and information at [Leadsafe.ne.gov](http://Leadsafe.ne.gov) | [pphd.org](http://pphd.org)

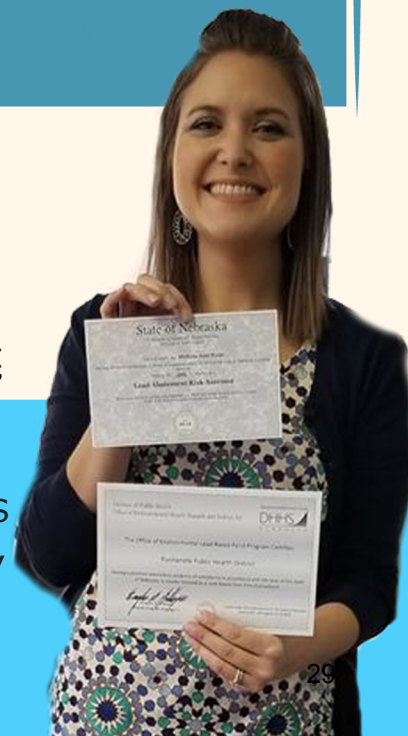
**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

**Panhandle**

Public Health District



Kendra Lauruhn, Surveillance Coordinator, and Melissa Haas, Environmental Investigator, are taking lead investigation to the next level. PPHD is now a certified Lead-Based Paint firm through the DHHS Office of Environmental Health Hazards & Indoor Air and in September, Melissa Haas was certified as a Lead Abatement Risk Assessor.



# PPHD TEAM

*Dedicated to Public Health across the Panhandle.*

- 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*
- Jennifer Buxbaum *Parenting Coach and Intake Specialist*
- 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*
- Kendra Lauruhn, RDH *Public Health Dental Hygienist, Lead Disease Surveillance Investigator*
- 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*

## OFFICE LOCATIONS

### Hemingford Office

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 Office

1930 East 20th Place, Suite 400  
 Scottsbluff, NE 69361  
 Phone 308-633-2866  
 Toll free 877-218-2490  
 Fax 308-633-2874

### Bridgeport Office

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

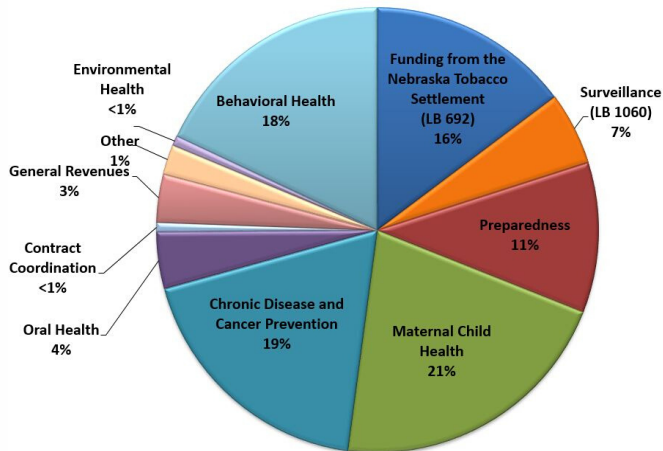


**Panhandle**  
 Public Health District

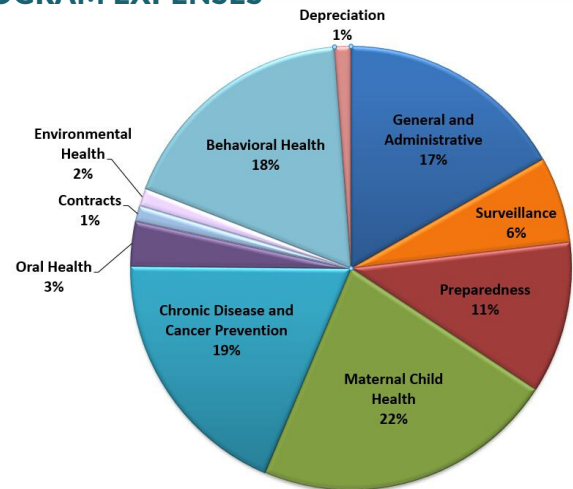


# FINANCIAL STATEMENT

## WHERE DOES THE MONEY COME FROM? PROGRAM REVENUES



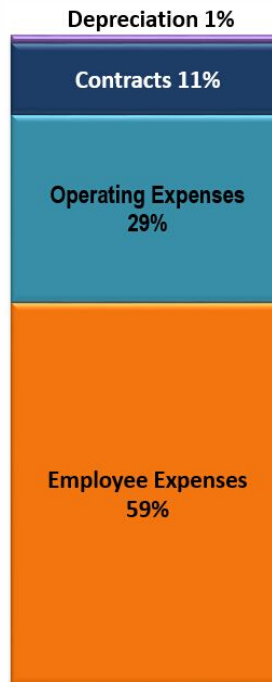
## WHERE DOES THE MONEY GO? PROGRAM EXPENSES



## REVENUES BY SOURCE:



## EXPENSES BY TYPE:



## BALANCE SHEET

As of June 30, 2019

### Assets

|                                                            |           |
|------------------------------------------------------------|-----------|
| Cash and cash equivalents                                  | \$197,693 |
| Accounts receivable                                        | \$272,692 |
| Inventory                                                  | \$20,794  |
| Certificates of deposit                                    | \$127,274 |
| Property and equipment,<br>net of accumulated depreciation | \$57,543  |
| Deferred outflows of resources<br>for pensions             | \$151,751 |

### Total Assets

**\$827,747**

### Liabilities

|                                               |          |
|-----------------------------------------------|----------|
| Accounts payable                              | \$35,692 |
| Accrued payroll liabilities                   | \$64,053 |
| Net Pension liability                         | \$64,264 |
| Deferred inflows of resources<br>for pensions | \$94,719 |

### Total Liabilities

**\$258,728**

### Net Position

|                            |           |
|----------------------------|-----------|
| Invested in capital assets | \$57,543  |
| Unrestricted               | \$511,476 |

### Total Net Position

**\$569,019**

**Total Operating Revenues**

**\$1,996,835**

**Total Operating Expenses**

**\$2,100,097**



**Sara Williamson**  
CFO, Accreditation  
Coordinator



**Erin Sorensen**  
Office Manager,  
HR Coordinator





### Thank you to our funders:

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