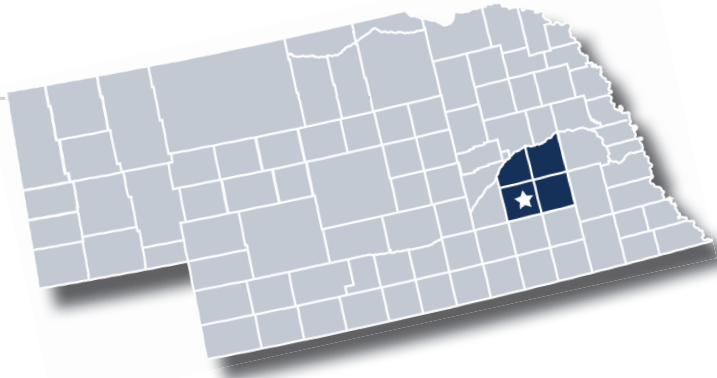


Four Corners Health Department

Serving Butler, Polk, Seward, and York Counties



Spotlight: Improving Access to Care



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The Four Corners Health Department (FCHD) has an evolving care coordination pilot project with the York Medical Clinic and the York General Hospital. This project is still “under-construction”. Groundwork has now been laid, and we expect to see outcomes within the next three years.

As our rural health care systems are facing new payment structures and finding new ways to affect population health. Systems partners are all reaching out beyond our walls to find others who can help us help people live healthier lives. This is how FCHD’s collaboration began. Around three years ago, FCHD began

working closely with the York General Hospital and the York Medical Clinic to measure outcomes from National Diabetes Prevention Program (NDPP) classes and to form local Diabetes Referral Networks. We soon decided to form a partnership to offer worksite wellness programming to local businesses, each entity contributing unique services to the program.

In working together, partners began to see a path forward, coordinating care for patients as they move among various settings: their homes, the community, the clinic, and the hospital. It has historically been difficult to share health information

between these different settings. We also want to make sure that services available both in the community and at medical facilities are being used effectively and efficiently. FCHD plans to integrate a public health nurse into the care coordination committee at the clinic. As the clinic identifies patients at higher risk of poor outcomes, and who could benefit from care coordination, the FCHD public health nurse will be part of the team to link those patients to services in the community. The hospital will also align their efforts with the care coordination committee and find new ways to communicate with the team.

FCHD has an evolving care coordination pilot project with the York Medical Clinic and the York General Hospital.

A workplan has been developed for this pilot project, and federal funding has been secured through a Health Resources and Services Administration 3-year grant. FCHD is excited to develop new partnerships and strengthen existing partnerships through this project.

This report includes examples of efforts of Four Corners Health Department to make the “Good Life” a healthy one in their jurisdiction. The following examples reflect work supported through multiple sources of funding, including monies from the Nebraska Health Care Funding Act (HCFA).

Local health departments act as communities’ Chief Health Strategists by assuring that the health and wellbeing of Nebraskans are protected and improved. Local health departments do this by working in each of the **Three Core Function Areas of Public Health**:



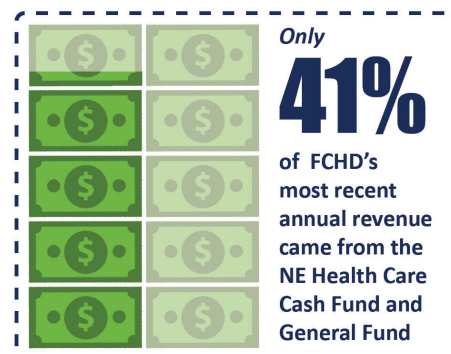
Assessment: Collect and analyze information about health problems in Nebraska communities.



Policy Development: Work with partners to apply data, educate the public, and develop programs and policies—all to address and prevent illness, disease and disability.



Assurance: Promote effective coordination and use of community resources to protect the health and wellbeing of Nebraskans.



Community Health Assessment (CHA) Community Health Improvement Plan (CHIP)

Every 3-6 years, Nebraska’s local health departments (LHDs) engage local partners (including hospitals, clinics, schools, law enforcement, military and veteran organizations, economic development agencies, businesses, foundations, other community organizations, and individual community members) to identify key, local health needs and issues through systematic, comprehensive data collection and analysis. This process is known as the Community Health Assessment (CHA). LHDs take the lead in coordinating this complicated process, synthesizing the outcome data, and prioritizing identified issues. The resulting formal assessment is used to create a community-wide plan aimed at strategically improving health – the Community Health Improvement Plan (CHIP).

With CHIPs in place, LHDs take a lead driving the work toward meeting CHIP goals and monitoring progress. Much of this work is done collaboratively through partnerships and workgroups that include the diverse sectors mentioned above.

The CHA/CHIP process ensures that local communities are able to work together toward a Good, Healthy Life for all Nebraskans.

CURRENT CHIP PRIORITIES:



Local Public Health
System Collaboration



Behavioral and Mental Health/
Substance Abuse



Healthy Lifestyles
(Diabetes, Cancer, Heart
Disease, Physical Activity/
Nutrition)



Motor Vehicle Crashes
and Deaths

ACCESS TO AND LINKAGE TO CLINICAL CARE

Access to and Linkage to Clinical Care includes (but is not limited to) coordination of services between medical providers and providers of health-related social needs, oral health/dental services, and behavioral/mental health.



Four Corners Health Department (FCHD) monitors suicide and mental health trends and works with partners to increase community awareness and build capacity to prevent and respond to mental health issues. FCHD offers evidence-based trainings, such as Question, Persuade, Refer (QPR), and support for families of suicide through the LOSS (Local Outreach to Suicide Survivors) Team. FCHD spearheaded efforts in the district for integrated primary care and public health by developing new policies and protocols with local clinics/hospitals to improve population health outcomes and wellbeing. This includes identifying those at risk for poorer health outcomes and connecting them to community resources that will help lower that risk.



CHRONIC DISEASE CONTROL AND PREVENTION

Chronic Disease Control and Prevention includes (but is not limited to) asthma, cancer, cardiovascular disease, diabetes, obesity, tobacco control, and worksite wellness.



In Milford, as part of FCHD's Wellscapes project, children's physical activity levels were measured with accelerometers and data entered in an online survey. The aggregated data were shared with the community to develop strategies to increase kids' activity levels and educate coaches, teachers, and others working with children. FCHD provides technical assistance to worksites and other community partners, helping implement policies that support health initiatives such as designated breastfeeding and tobacco-free areas. As a part of the worksite wellness program, FCHD disseminates educational resources to prevent and/or self-manage diabetes, heart disease, mental health issues, and other chronic conditions.



COMMUNICABLE DISEASE CONTROL AND PREVENTION

Communicable Disease Control and Prevention includes (but is not limited to) communicable disease epidemiology (disease outbreak management/response), tuberculosis (TB), immunizations, sexually transmitted infections, and surveillance (tracking and following up on reports and provider/school reports).



FCHD investigated over 180 reportable diseases and conditions last year. FCHD assisted schools and facilities by providing education and recommendations to limit the spread of disease when influenza or norovirus was causing illness in staff and students. FCHD investigates rabies exposures and partners with law enforcement, veterinarians, and medical providers to assure that responses to animal exposures align with Nebraska's rabies regulations. FCHD prevents the spread of diseases by coordinating control measures such as: educating patients to stay home to limit exposing others, and/or providing patients with medication to treat exposures. FCHD engages medical providers, workplaces, and other community partners.



ENVIRONMENTAL HEALTH

Environmental Health includes (but is not limited to) radon, lead, emergency response, hazardous substances and sites, and Complete Streets initiatives.



Radon gas is the second leading cause of lung cancer and is a problem for homeowners in the FCHD district. Last year, FCHD distributed 283 radon test kits, of which 67% tested at higher than acceptable levels. FCHD provides education and options for remediation to families with high radon levels. To increase walking and biking opportunities in the city of Henderson, FCHD and the Nebraska Division of Public Health (DPH) convened partners and residents in action planning. The resulting action plan includes building a community center, enhancing the local trail system, and providing community education. FCHD responded to the Spring 2019 flooding by assuring the availability of water testing for private wells. FCHD also provided safety and health information and cleanup supplies to residents.



INJURY PREVENTION

Injury Prevention includes (but is not limited to) motor vehicle injuries, occupational injuries, senior fall prevention, substance abuse, car seat safety, binge drinking, and distracted driving.



Based on the local injury data FCHD monitors, the department focuses on reducing overall motor vehicle injuries and deaths, reducing fall injuries for older adults, and improving car seat safety. FCHD employs a trained child passenger safety technician and partners with the Nebraska Department of Transportation (NDoT), local Headstarts, and hospitals to provide children's car seats to families and car seat checks in the community. In collaboration with partners, FCHD implements two evidence-based programs (Tai Chi and Stepping On) to increase personal safety by improving people's balance and reducing falls.



MATERNAL AND CHILD HEALTH

Maternal and Child Health includes (but is not limited to) Women, Infant, and Children (WIC), family planning, newborn screening, evidence-based home visitation, Early Preventative Screening, Diagnosis, and Treatment (EPSDT).



Local health care providers refer new moms in need of additional parenting support to FCHD's Healthy Babies Program. The FCHD public health nurse visits homes to assess, educate, and link the referred family to resources. The high number of older homes in the area increases the risk of elevated blood lead levels. FCHD staff educate at-risk families about the negative health effects experienced by children with elevated lead levels. Staff also share lead testing information and regulations with medical providers. FCHD guided the formation of the Four Corners District Breastfeeding Coalition. The Coalition promotes education, resources, and support for new moms.



Additional public health activities that Four Corners Health Department performs to assure that the health and wellbeing of Nebraskans are protected and improved.

A mouth provides a window through which an individual's overall health can be assessed. Poor oral health can increase risk for a number of other serious health problems. The FCHD oral health program targeted very young and very old residents (0-9 years old, and over 65 years old). Education, screenings, cleanings and age-appropriate services were provided. Overall, FCHD served 413 individuals in this program. Services included 130 fluoride treatments, sealants for 217 children, and 66 cleanings for older adults. FCHD provided oral health education to an additional 776 people. This program enhanced FCHD's partnerships with schools, daycares, and long-term care facilities.

