

# Community Health Improvement Plan

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2020

Action Cycle Update

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April, 2021



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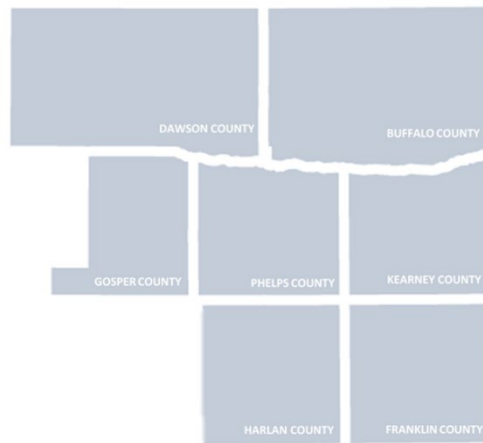
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# Community Health Improvement Plan Update

Beginning in 2019, Two Rivers Public Health Department embarked on a process to complete a robust community health assessment by asking community partners to complete a Mobilizing for Action through Planning and Partnerships (MAPP) process in tandem with a community health needs assessment.

Two Rivers Public Health Department completed this process in December 2020 through approval of Community Health Improvement Plan 2020 by the district Board of Health. Approval of a Community Health Improvement Plan is the first step in completing the goals outlined in the document. This report will recall the goals created through the MAPP process and the actions taken toward addressing the goals named by the report.

Nearly immediately after this report was accepted, the Food and Drug Administration issued an Emergency Use Authorization for the first COVID-19 vaccine. Two Rivers Public Health Department continued efforts toward the outlined goals but needed to adjust how efforts were completed while coordinating vaccination administration.



## Our District

Two Rivers Public Health Department serves Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, and Phelps counties in south central Nebraska.

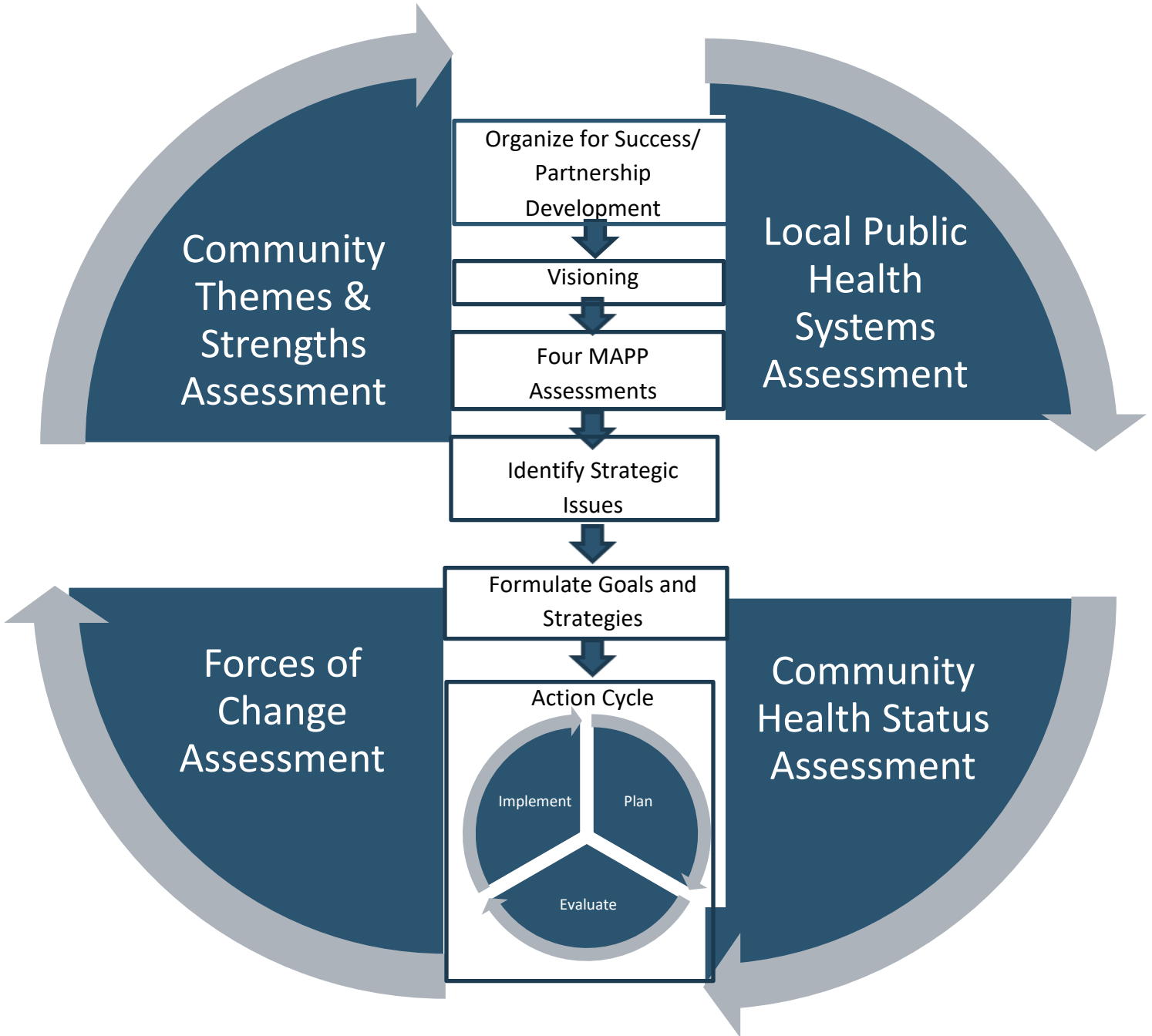
**Geography:** The district covers approximately 4663 square miles. The Republican River runs through the southern portion of the district, and the Platte River runs along the northern portion of the district. A small portion of the Loup river flows through the northern portion of the district. The central portion of the district is largely cropland. Both the northern and the southern portions of the district tend to be used as grazing land for cattle.

**Health Systems:** There are nine health systems across the Two Rivers Public Health District. Six of the nine hospitals are nonprofit. Seven hospitals are classified as critical access hospitals, while two are short term acute care hospitals. Both short term acute care hospitals are located in Kearney.

**Rural vs. Urban:** The majority of the population is near the I-80 corridor. The largest urban areas are Holdrege (~5,439 people), Lexington (~10,024 people), and Kearney (~33,835 people). The total

population of the district is approximately 97,284. This shows that about 51% of the population in the district live in three cities, while the remaining is rurally located.

## MAPP Process Visual



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## Access to Care

Initially, the group identified three separate actions that all work toward the same strategy. After discussion the goal of all three actions centered around improving access to care for individuals in our community.

### **Addressing the Needs of Minority Populations**

Based on U.S. Census data, the minority population in TRPHD is growing at a higher rate than the non-Hispanic White population. Since 2010, the number of people who were classified as racial or ethnic minorities increased 23.0 percent to an estimated population of 18,340 in 2018. Nearly one out of five residents in the TRPHD are a minority (18.9%). In contrast, the non-Hispanic White population in TRPHD decreased by 1.2 percent over the same eight years.

The total Hispanic population in TRPHD has increased 1.6 times since 2000, growing from 8,608 individuals to 13,844 by 2018. The African American, Native American, and Asian/Pacific Islander populations also experienced an increase in population between 2010 and 2018 (80.1%, 33%, and 46.8%, respectively).

#### *Addressing Minority Populations Objective:*

TRPHD will collaborate with local partners to create communication materials for our minority populations surrounding health seeking behaviors and gather information to best understand the needs of the minority community within the next 60 days.

It has been noted that this objective needs to be revised. The improved objective is: TRPHD will form a minority education advisory committee consisting of individuals from different locations in the district to recommend specific educational goals and delivery methods. This committee will be formed by July 2021 and will meet quarterly.

### **Improved Education**

It has become abundantly apparent during the pandemic that consistent and unified messaging presented in multiple languages, and in multiple formats is far more effective than similar messages from various groups.

#### *Improved Education Objective:*

TRPHD will create a communication committee within the next 30 days to discuss the best system for consistent messaging (Joint Information Center-like). Ideally the collaborative group will run a

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targeted media campaign by [January] and evaluate the efficacy of the first campaign for improvement.

### **Increasing Vaccination Rates**

In 2018, roughly one-third of TRPHD adults aged 18 and older (38.7%) had a flu vaccination in the past year, slightly lower than Nebraska (39.4%). The TRPHD percentage was lower than Nebraska since 2012 except in 2016 (see Community Health Needs Assessment).

#### *Increasing Vaccination Rates Objective:*

TRPHD and partners will increase initial education efforts and build rapport with our community to encourage our community to appropriately use and follow approved vaccine schedules according to individual needs within the next 30 days.

## **Access to Care Update**

### *Improved Education Processes Directed Toward Minority Groups*

Two Rivers Public Health Department expanded educational media such as press releases, flyers, social media posts and direct communication to groups most at risk for contracting and transmitting COVID- 19.

TRPHD continues to send out press releases in four languages: English, Somali, Arabic, and Spanish. These press releases are submitted to an email group of about 500 individuals.

TRPHD coordinates COVID-19 testing among district partners. Information about testing sites was created in both English and Spanish. The graphic in Spanish directs individuals with questions to TRPHD's bilingual Community Health Worker, Maria Barocio. The graphics below were circulated to partners, through social media, and posted as flyers in local businesses such as grocery stores and governmental buildings.

## Free COVID-19 Testing

Make an appointment at  
[TestNebraska.com](https://www.testnebraska.com)

If you have any questions or need assistance making an appointment, please call  
Two Rivers  
Public Health  
Department  
(888) 669-7154



### Gothenburg

- 910 20th St (Acute/ER entrance on west side of facility)
- Every Tuesday 11am-1pm
- Starting 1/19, 11am-12pm

### Lexington

- City Service Building
- Every other Monday 11am-12pm
- 1/18, 2/1, 2/15

### Cozad

- Volunteer and Rescue Building
- Every Wednesday 9:00am-10:00am

### Alma

- 717 North Brown Street
- Every Monday 2pm - 3pm
- Every Thursday 9:30am - 10:30am

### Kearney

- Buffalo County Fairgrounds
- Every Monday 11am-12:30pm
- Every Wednesday 8:00am-9:30am
- Every Friday 8:00am - 9:30am

### Franklin

- 1406 Q Street
- Every Monday 9am - 12pm
- Every Wednesday 9am-12pm

### Holdrege

- Recycling Center 516 13th St
- Every Thursday 8am-10am

### Minden

- Kearney County Fairground
- Every Tuesday 10am-11am

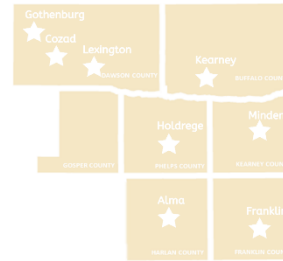


While waiting for test results, please remain at home

## Prueba Gratuita de COVID-19

Concierte una cita en  
[TestNebraska.com/es](https://www.testnebraska.com/es)

Si tiene alguna pregunta o necesita ayuda para programar una cita, por favor llame a Maria en  
Two Rivers Public Health  
Department  
(308) 991-4272



### Gothenburg

- 910 20th St (Entrada de urgencias / urgencias en el lado oeste de la instalación)
- Cada martes de 11am - 1pm
- Comenzando 1/19 11am-12pm

### Lexington

- City Service Building
- Cada dos lunes de 11 a.m. - 12 p.m.
- 1/18, 2/1, 2/15

### Alma

- 717 North Brown Street
- Cada lunes de 2pm - 3pm
- Cada jueves de 9:30am - 10:30am

### Cozad

- Volunteer and Rescue Building
- Cada miércoles de 9am - 10am

### Kearney

- Buffalo County Fairgrounds
- Cada lunes 11am-12:30pm
- Cada miércoles 8:00am-9:30am
- Cada viernes 8:00am-9:30am

### Franklin

- 1406 Q Street
- Cada lunes 9am - 12am
- Cada miércoles 9am-12pm

### Holdrege

- Recycling Center 516 13th St
- Cada jueves 8am-10am

### Minden

- Kearney County Fairground
- Cada martes 10am - 11am



Quédese en casa, mientras espera los resultados de la prueba

Other pertinent information for individuals was translated and shared via social media in multiple languages. This information consisted of educational materials regarding the changing guidance for quarantine and isolation instructions created into a graphic by the Nebraska Association of Local Health directors and links to surveys in multiple languages.

## COVID EXPOSED HOW TO QUARANTINE

If you have been within **6 feet** of someone with COVID-19 for a total of **15 minutes** or more on any day that they may have been infectious, you are a **close contact**. You must quarantine.

### FOR THE NEXT 14 DAYS...

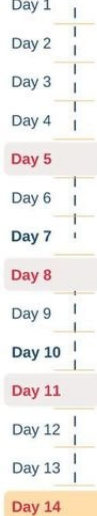
#### WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

#### WEAR A MASK

Whenever you are with any other people, even if you are at home. Make sure it fits over your mouth and nose.

#### CALL YOUR DOCTOR and GET TESTED IF YOU HAVE COVID-19 SYMPTOMS.



#### STAY HOME

If you can't stay home or away from others for 14 days, you may be able to shorten your in-home quarantine by meeting the conditions below.



You can get tested on or after day 5. If your test is negative you may be able to discontinue in-home quarantine on day 8 if you don't have symptoms. **Note: antibody tests do not count.**

With a negative test - If you have **no symptoms on or before day 7 and tested negative on or after day 5**, you can discontinue in-home quarantine on day 8. You must keep wearing your mask at all times and monitor for symptoms through day 14.

Without a test - If you have **no symptoms on or before day 10**, you can discontinue in-home quarantine on day 11. You must keep wearing your mask at all times and monitor for symptoms through day 14.

**LAST DAY OF QUARANTINE**

## EXPUESTO AL COVID CÓMO CUARENTENA

Si usted ha estado a menos de **6 pies** de alguien que padezca de COVID-19 durante un total de **15 minutos** o más en cualquier día que pueda haber sido infeccioso, usted es un **contacto cercano**. Debe ponerse en cuarentena.

### POR LOS PRÓXIMOS 14 DÍAS ...

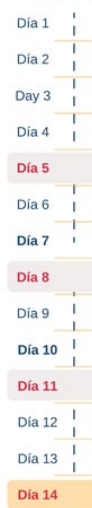
#### TENGA CUIDADO CON LOS SÍNTOMAS DE COVID-19

- Fiebre o escalofríos
- Tos
- Falta de aire o dificultad para respirar
- Cansancio
- Dolores musculares o corporales
- Dolor de cabeza
- Nueva pérdida del gusto u olfato
- Dolor de garganta
- Congestión o secreción nasal
- Náuseas o vómitos
- Diarrea

#### USE UNA MASCARILLA

Siempre que este con otras personas, incluso si está en casa. Asegúrese de que se ajusta sobre su boca y nariz.

#### LLAME A SU MÉDICO y HAGASE LA PRUEBA SI TIENE SÍNTOMAS DEL COVID-19.



#### QUEDARSE EN CASA

Si no puede quedarse en casa o alejado de otras personas durante 14 días, es posible que pueda acortar su cuarentena en el hogar cumpliendo las siguientes condiciones.



Puede hacerse la prueba en el 5to día o después. Si su prueba es negativa, es posible que pueda interrumpir la cuarentena domiciliar el 8vo día si no tiene síntomas. **Nota: las pruebas de anti cuerpo son cuentan.**

Con una prueba negativa - Si **no tiene síntomas en o antes del 7mo día y dio negativo en o después del 5to día**, puede interrumpir la cuarentena en casa el 8vo día. Debe seguir usando su mascarilla en todo momento y vigilar los síntomas hasta el 14vo día.

No se ha hecho la prueba - Si **no tiene síntomas en o antes del 10mo día**, puede discontinuar la cuarentena en casa el 11vo día. Debe seguir usando su mascarilla en todo momento y vigilar los síntomas hasta el 14vo día.

**ÚLTIMO DÍA DE CUARENTENA**

Preguntas? Obtenga más información y encuentre su departamento de salud local en: [www.nalhd.org](http://www.nalhd.org)



Versión - December 4, 2020

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



Versión - Dec. 18, 2020

Two Rivers Public Health Department  
4.8K like this · Non-profit organisation

10 Dec 2020 · 🌐 The State of Nebraska sent out this survey and we want to reach as many people as possible! As the state prepares for the COVID-19 vaccine, it's important that we know...

surveymonkey.com  
Online Survey Software: Closed Survey

1 share

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Two Rivers Public Health Department  
4.8K like this · Non-profit organisation

10 Dec 2020 · 🌐 El estado de Nebraska envió esta encuesta y queremos llegar a la mayor cantidad de personas posible! Mientras el estado se prepara para la vacuna COVID-19, es...

surveymonkey.com  
Online Survey Software: Closed Survey

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Two Rivers Public Health Department  
4.8K like this · Non-profit organisation

10 Dec 2020 · 🌐 أرسلت ولاية نبراسكا هذا الاستطلاع ونريد الوصول إلى أكبر عدد ممكن من الأشخاص. من المهم أن نعرف كيف يشعر سكان نبراسكا حيال ما يحدث تقدر COVID-19 بينما نستعد الولاية للقاح لك قضاء بعض الوقت للرد على هذا الاستبيان القصير هذا ليس مستعجلاً، ومع ذلك، سيتم استخدامه لأبحاث السوق. <https://www.surveymonkey.com/r/7G66DM>

4 13 comments

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Two Rivers Public Health Department  
4.8K like this · Non-profit organisation

10 Dec 2020 · 🌐 内布拉斯加州发表了这份调查报告，我们希望能尽可能地吸引到人们！在州政府准备COVID-19疫苗的过程中，重要的是，我们必须了解您一样的内布拉斯加人对正在发生的事情的感受。感谢您抽出宝贵的时间来对此简短调查做出回应，这不是科学调查，但是将用于市场调查。 <https://www.surveymonkey.com/r/7WWRQQM>

3 9 comments



### *Increasing Vaccination Rates*

On January 13<sup>th</sup>, 2021, bilingual staff members attended a food pantry event in Lexington to raise awareness about a flu vaccination clinic the following day. Staff then returned on January 14<sup>th</sup> to provide vaccinations to individuals who had not received the flu shot.

From December 2020 to April 2021 TRPHD focused on increasing vaccination rates throughout the district. This effort was coordinated by the federal government through recommendations put forth by the Advisory Committee on Immunization Practices (ACIP). The ACIP identified priority groups, to be addressed initially due to the limited amount of vaccine available, using data identified through disease investigation. Individuals over 65 and healthcare workers were identified as the highest risk groups. Following closely behind these groups were: first responders, infrastructure workers, homeless shelter staff, corrections staff, educators, funeral homes, grocery, food processing, transportation, US Postal Service, and public transit.

A large portion of the TRPHD's minority populations is associated with food processing plants. TRPHD began coordinating the vaccination process with local meat packing plants during the end of 2020. Coordination with Gibbon Packing and Tyson Foods, allowed TRPHD staff and partners to provide vaccination onsite at both locations. In total, TRPHD provided 2290 first and second doses at both plants during late March 2021 and April 2021. TRPHD will return to Gibbon Packing in late April to vaccinate the remainder of the interested individuals.



*TRPHD staff members registering individuals at Tyson Foods, Lexington NE, April 5<sup>th</sup>, 2021*

TRPHD will coordinate with local faith leaders to provide vaccination education and encouragement after services and will offer vaccinations in locations nearby for easy access to vaccine.

## Overall, vaccination data includes

Information Accurate as of 4/13 at 8 p.m.

Total Doses Given to TRPHD Residents:

**58,465**

Persons Partially Vaccinated:

**3,837**

Persons Fully Vaccinated:

**26,128**

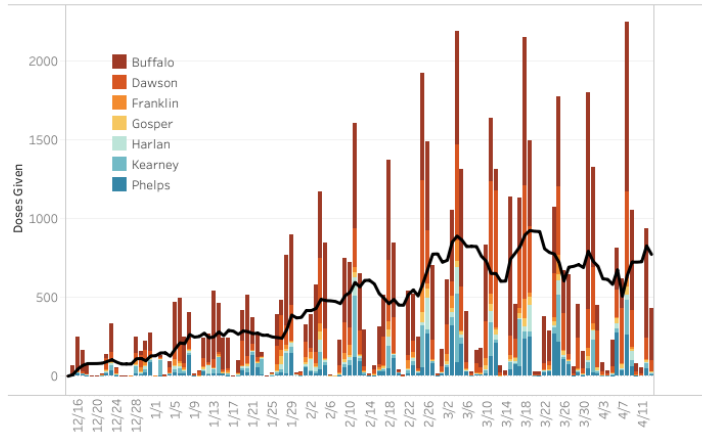
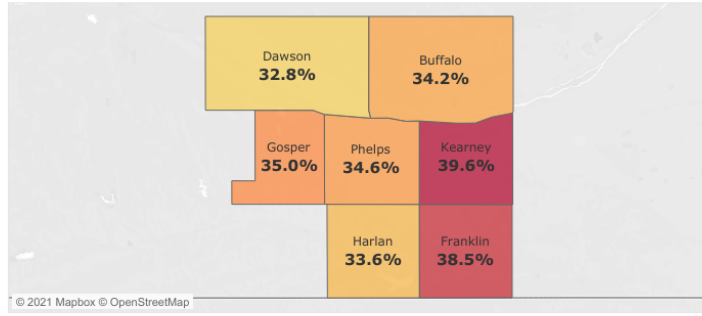
Percentage of Eligible Population Fully Vaccinated:

**34.40%**

Percentage of 65+ Fully Vaccinated:

**75.60%**

Percentage of Eligible Population Vaccinated by County



### Vaccinations by Race

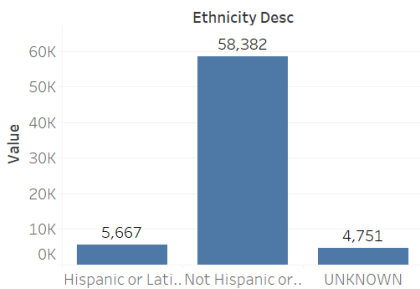
Race Desc	Count
Native Hawaiian or Other Pacific Islander	59
American Indian or Alaska Native	129
Asian	464
Black or African-American	473
UNKNOWN	2,386
Other Race	3,703
White	61,586

Count .. 59 61,586

### Vaccinations by Ethnicity and Race

Ethnicity	Ethnicity Desc	Race Desc	Race
Hispanic or Latino	2135-2	American Indian ..	1002-5
		Asian	2028-9
		Black or African-..	2054-5
		Native Hawaiian ..	2076-8
		Other Race	2131-1
		UNKNOWN	2135-2
		U	2106-3
		White	2106-3
		American Indian ..	1002-5
		Asian	2028-9
Not Hispanic or Latino	2186-5	Black or African-..	2054-5
		Native Hawaiian ..	2076-8
		Other Race	2131-1
		Unknown	U
		White	2106-3
		American Indian ..	1002-5
		Asian	2028-9
		Black or African-..	2054-5
		Native Hawaiian ..	2076-8
		Other Race	2131-1
UNKNOWN Null	U	Unknown	U
		White	2106-3
		American Indian ..	1002-5
		Asian	2028-9
		Black or African-..	2054-5
		Native Hawaiian ..	2076-8
		Other Race	2131-1
		Unknown	U
		White	2106-3
		American Indian ..	1002-5

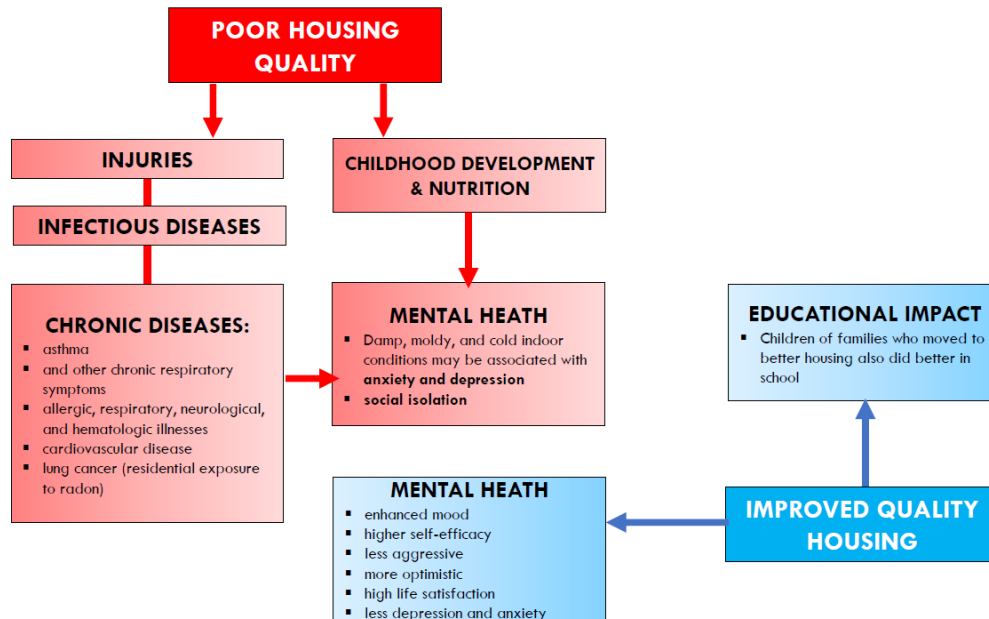
### Vaccinations by Ethnicity



# Safe Environment

Through the discussion of the data from the community health assessment, the lack of quality housing throughout the district became an important problem to solve. The condition of housing affects all aspects of an individual’s life.

## SOCIAL DETERMINANT OF HEALTH HOUSING CONDITIONS



### Safe Environment Objective

Assess current work occurring in this area within the next 30 days to form a working group at a district level to share best practices

# Safe Environment Update

## Assess Current Work Occurring Locally

Due to the focused coordination of vaccine administration among TRPHD and local partners, this objective will be extended to 6 months to thoroughly investigate and assess local efforts to address safe housing. TRPHD will attend the Buffalo County Housing Coalition to gain knowledge of efforts in the Buffalo County area.

## Mental Health and Suicide Prevention

TRPHD has noted an increase of suicide rates on a district level. In addition to the increase of observed mental and behavioral health needs, disasters commonly affect individuals and families by

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increasing distress and anxiety about safety, health, and recovery. Previous exposure to large scale events, such as a severe hurricane or flood, may place residents and responders who experience a new disaster at greater risk for adverse stress reactions.

### *Mental Health and Suicide Prevention Objective*

TRPHD collaborates with local behavioral health Regions 2 and 3, especially the Nebraska Strong program, to share information immediately and improve access to mental and behavioral health resources locally. TRPHD will help both regions address the stigma associated with cost of care and perception of those accessing care.

## Mental Health and Suicide Prevention Update

### *Connecting Individuals to Local Mental Health Services*

TRPHD has invited local Nebraska Strong teams to mass vaccination clinics held in the district. Nebraska Strong teams are posted in the observation area of these clinics. This allows the teams to make individual contact with potential clients as they wait during the observation period. TRPHD began using the teams when the primary focus of the mass vaccination clinics were individuals over the age of 65. This partnership continues, and Nebraska Strong is currently gathering numbers of individuals contacted per vaccination clinic for TRPHD to share in an upcoming CHIP update.



## **NEBRASKA STRONG** **RECOVERY PROJECT**

In addition to partnering with Nebraska strong, TRPHD joined with Buffalo County Community Partners to share information about the MyLink phone application that ties individuals to local services. The app features access to services for children and family, legal aid, transportation, disability services, domestic violence education, COVID-19, hotlines and emergency phone numbers, military and veterans, and a searchable database. Information regarding the MyLink app was provided in addition to the Nebraska Strong Recovery Project pamphlets during mass vaccination events.

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# Partners

**Phelps County Community Foundation**

**Kara Faber**

**Becton Dickinson**

**Sam Auld**

**Tri-Basin Natural Resource District**

**Sasha Hahn**

**Community Action Partnership of Mid-Nebraska**

**Kristin Holl**

**Catholic Health Initiatives Good Samaritan**

**Tracy Dethlefs**

**Renae Jacobson**

**Diane Reinke**

**Ben Rehtus**

**University of Nebraska Medical Center**

**Denise Waibel-Rycek**

**Cozad Community Health System**

**Alison Feik**

**Kearney County Health System**

**Connie Linder**

**Kearney Public Schools**

**Morgan Bird**

**Region 2 Behavioral Health**

**Robin Schultheiss**

**Choice Family Health Care**

**Ryan King**

**Misty Schaecher**

**Kearney Parks and Recreation**

**Scott Hayden**

**Chrisoma Villa- Christian Homes**

**Cherlyn Hunt**

**Tyson**

**Heidi Revelo**

**Buffalo County Emergency Management**

**Darrin Lewis**

**Central Community College**

**Ashley Weets**

**Gothenburg Health**

**Trudy Chestnutt**

**Wanda Cooper**

**Garrett Vetter**

**University of Nebraska Kearney**

**Cindy Ferrence, Student Health Services**

**Peggy Abels**

**Harlan County Health System**

**Leanne Bewley**

**Early Learning Connection**

**Alexandra Dillion**

**City of Holdrege**

**Doug Young**

**Kearney Regional Medical Center**

**Trish Olson**

**Amanda Polacek**

**HelpCare Clinic**

**Becky Kraenow**

**Buffalo County Community Health Partners**

**Denise Zweiner**

**Region 3 Behavioral Health**

**Tiffany Gressley**