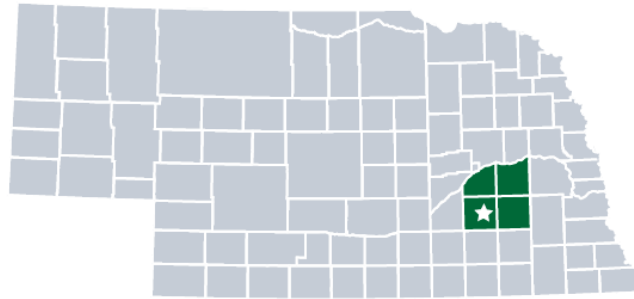


**Four Corners
Health Department**

2023
ANNUAL REPORT

FOUR CORNERS HEALTH DEPARTMENT



POLK, BUTLER, YORK, SEWARD

Our Priorities

Four Corners Health Department (FCHD) collaborates with the community and partners to determine priorities. We monitor data to determine opportunities for improvement. In past years, mental health, chronic disease, alcohol abuse, healthy aging, and healthy living have been focus areas. We offer programming and education in each of these areas, reaching young and old. We continue to build a strong mental health program by offering educational opportunities, resources, and have a Licensed Independent Mental Health Practitioner onsite. We completed a Youth Mental Health Assessment in our district and developed a Steering Committee to address the needs of the community. Through many partnerships, we have offered classes in chronic disease management, healthy living and aging. Campaigns for anti-alcohol and anti-drug use have been shared via social media and billboards. We strive to make a positive impact in our four-county district.



Laura McDougall, MS

Health Director

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12 employees | population 45,348

www.fourcorners.ne.gov

(402) 362 - 2621

MATERNAL, CHILD, & FAMILY HEALTH



Suicide is the 2nd leading cause of death for 10 - 24 year-olds

What we do: FCHD is starting a home visiting program to support pregnant women and infants. Butler and Polk counties currently do not have access to home visiting services. We are also engaging district communities in programs to reduce suicide among 10 to 19 year olds. In Nebraska, suicide is the second leading cause of death for ages 10 to 24 years (CDC 2020).

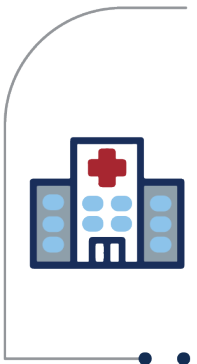
COMMUNICABLE DISEASE CONTROL



180 investigations of reportable diseases

What we do: FCHD nurses educate, conduct disease surveillance, monitor cases of communicable disease, and respond to disease outbreaks. The team also provides immunizations to prevent certain diseases. FCHD followed up on 180 cases of reportable, communicable diseases last year (not including COVID) to prevent further spread within local communities.

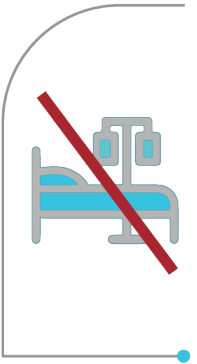
ACCESS TO & LINKAGE WITH CLINICAL CARE



1,700 "feel depressed" and/or have social needs

What we do: FCHD's Community Health Workers (CHWs) link rural residents to dental and medical homes, and to behavioral healthcare. Our Care Coordination Nurse links patients with social needs to local and state supports. Over 1,700 local people screened at their medical provider indicated they have depression and/or social needs that could impact their health. FCHD is actively addressing this.

CHRONIC DISEASE & INJURY PREVENTION



10.3% of FCHD residents have diabetes

What we do: FCHD offers local classes such as Stepping On and Tai Chi for Arthritis (falls prevention classes), Diabetes Prevention Program (DPP), Quitting Tobacco Education, Living Well with Chronic Disease, and Drive Smart programs. In 2020, 10.3% of people over 18 years old in our district reported they were told they have diabetes. Education and support can help FCHD residents prevent and/or manage chronic diseases and prevent injuries.

ENVIRONMENTAL PUBLIC HEALTH



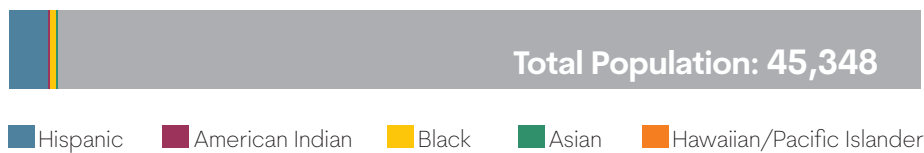
5,925 lbs. & 265 gallons of household hazardous waste collected

What we do: Residents desire a healthy environment in which to live. Nurses follow up on children with high blood lead levels. Staff trap mosquitoes and ticks. FCHD holds Household Hazardous Waste (HHW) Collection events in each county on a rotating basis. Hundreds of households safely disposed of 5,925 pounds of chemicals and paint, and another 265 gallons of chemicals at Four Corners HHW events.

FOUR CORNERS HEALTH DEPARTMENT (FCHD)

BUTLER POLK SEWARD YORK

Minority population: **7.5%**



 **4%** of residents speak languages other than English
Common Languages: Spanish

Minority Health Initiative (MHI)



MHI eligible residents: **3,999**



Funds Received FY 2022-2023: **\$24,684**

Strategies & Outcomes

FCHD had 2 MHI objectives: hire a bilingual Community Health Worker (CHW); and form a Minority Community Coalition (MCC). FCHD achieved both. The coordinator and CHW worked in the Fall 2022 to support monthly community meetings and used the farmer's market to gain visibility and invite members to the MCC. Monthly community meetings started in December 2022. These meetings addressed health priorities identified in our community health survey (infectious disease, mental health, school participation, screen time, & being active). The MCC remains active in the new MHI grant cycle. Membership grew to over 25 in 6-months. The success hinged on allowing the members to talk about their concerns as they transitioned in the community.

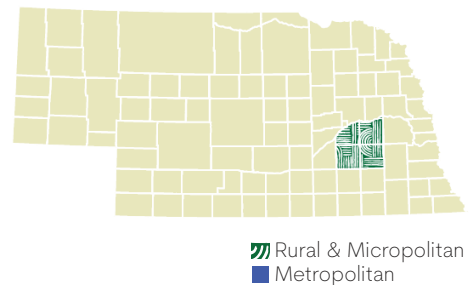
Other work helping all communities thrive

FCHD's bilingual CHW assists the local Latino population in various locations (including worksites, health fairs, farmer's markets, etc.). The CHW helps with vaccines for children, addressing high lead levels, accessing oral health services, child passenger safety seats, COVID vaccines, and other issues. To ensure our whole team is communicating effectively, 3 staff members have completed the Health Literacy Certificate program. FCHD purchased and implemented health literacy software for our website.

Other Demographics:

Based on total population: 45,348

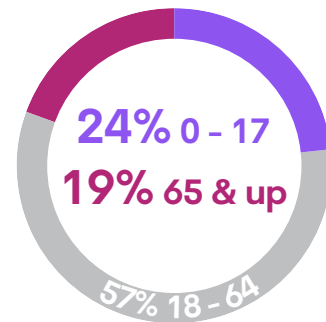
4 Rural counties:



12%

Persons with disabilities

Ages:



8%

Veterans



www.fourcorners.ne.gov

Laura McDougall | Director | lauram@fourcorners.ne.gov



We speak English, Spanish, Italian, & German!