



NORTHEAST NEBRASKA PUBLIC HEALTH DEPARTMENT

PUBLIC HEALTH PULSE



ISSUE #7

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BREAST CANCER AWARENESS MONTH

The month aims to promote screening and reduce the risk of breast cancer, which affects 2.3 million women worldwide! Pink is the theme color which supports people diagnosed with breast cancer, educates people about the risk factors, encourages women to get regular breast screening starting at the age of 40 or earlier depending on the personal breast cancer risk, and raises money for research. Men can be affected with breast cancer as well. About 2,800 men will be diagnosed in 2025! <https://www.breastcancer.org> for more information.

NATIONAL BULLYING PREVENTION MONTH

How to prevent bullying everyday:

- **Address bullying at school**—Schools can communicate bullying policies at their school to parents, students, teachers and staff and follow through on them.
- **Talk about bullying at home**—Ask open-ended questions, talk about your child's experience and talk about appropriate behavior—in person and digital.
- **Support your community**—Mentors can model kindness, inclusivity, and respect. They can provide reinforcement to children and teenagers and help to protect them from bullying and other risky behaviors.
- **Get help**—Youth who experience bullying can reach out to a trusted adult for support and if they are being cyberbullied they can capture screenshots. <https://www.stopbullying.gov> for more information



Team Member Feature

Sarah Johnson, Program Specialist, graduated with a Bachelor of Science degree in Biology from Wayne State College in 2023 and is currently pursuing her Masters in Public Health with a concentration in Epidemiology through the University of Nebraska Medical Center College of Public Health. At NNPHD, she works on the Disease Investigation and Surveillance (DIS) Team, Ryan White grant, and monitors blood lead levels in children. One of her favorite topics in public health is vector-borne diseases like malaria and Lyme disease, because it combines epidemiology with ecology.



RYAN WHITE HIV/AIDS PROGRAM

The Ryan White HIV/AIDS program, named after advocate Ryan White, provides federal funding to strengthen community health and support those affected by HIV. At NNPHD, these funds are used to support STI investigations, provide education, and soon, offer STI testing at our office. These resources not only help us respond quickly to cases but also allow us to focus on prevention and education by providing resources in our communities. By expanding access to sexual health services, we aim to reduce stigma and make it easier for people to take charge of their health."

WE ARE MOVING OCT 14TH & 15TH OUR OFFICE WILL BE LOCKED THAT DAY. PLEASE FEEL FREE TO CALL OR EMAIL US IF YOU NEED ASSISTANCE. REGULAR BUSINESS HOURS WILL RESUME MONDAY-THURSDAY 8:00-5:30 CLOSED ON FRIDAYS





Prepare supplies for home, work, and vehicles.
Emergencies can happen anywhere.

for more information visit: emergency.cdc.gov



Flu shots available!
Call to get your shot.
402-375-2200

Stay Prepared

- **Make separate kits for your home, work, and your car.**
- **Update medical and personal records once a year.**
- **Keep canned or packaged food in a cool, dry place. check the expiration dates at least twice per year.**
- **Store boxed food in tightly-closed plastic or metal containers.**
- **Replace the water supply every six months.**
- **Review your needs every year and update your kit as your family's needs change.**
- **If you can't contact your doctor or pharmacy in a disaster, ask for help from emergency responders or staff at emergency shelters or service centers.**



Suicide Warning Signs

TALK

- Experiencing unbearable pain
- Being a burden to others
- Killing themselves
- Feeling trapped
- Having no reason to live

BEHAVIOR

- Withdrawing from activities
- Increased use of alcohol or drugs
- Giving away prized possessions
- Isolating from friends & family
- Looking for a way to kill themselves, such as searching online for materials or means
- Sleeping too little or too much
- Writing or calling people to say goodbye
- Acting recklessly
- Aggression

MOOD

- Depression
- Loss of interest
- Anxiety
- Intimacy
- Humiliation
- Rage

afsp.org/signs

American Foundation for Suicide Prevention



HEALTH & HABITS

This program is designed to help you make lasting lifestyle changes that work for you. We not only focus on the scale but help you develop better eating habits and get you moving more. We provide free body composition measurements to give you a clear picture of your progress. We look at muscle mass, body fat percentage, and other key health indicators. Give us a call today 402-375-2200.

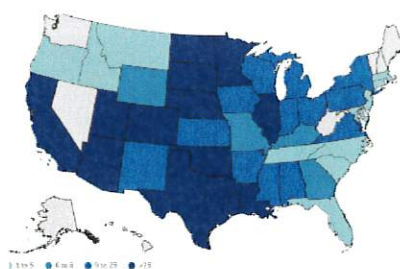


CLINICAS DE VACUNAS PARA EL MES DE OCTUBRE

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Laurel Community Wellness (school) 8am-12pm	3	4
5	6 NNPHD Clinic 1pm-5pm	7	8	9	10	11 NNPHD Clinic 8am-12pm
12	13 NNPHD Clinic 1pm-5pm	14	15 NNPHD Office is moving! 801 Mile Dr. Wayne, NE	16	17	18 Wayne State College 8am-12pm
19	20 Wayne State College 1pm-6:30pm	21	22	23	24	25 NNPHD Clinic 8am-12pm
26	27 NNPHD Clinic 1pm-5pm	28	29	30 NNPHD Clinic 8am-12pm	31	

*Calendar is subject to change



This is a map of positive human cases of West Nile in the nation, Nebraska has over 25 positive cases. Use your deet spray, picaridin, or oil of lemon eucalyptus, wear long sleeves and pants when out in tall grassy areas and eliminate standing water around your property.

Staff Direct Lines and Extensions

STAFF

Debbie Ussery-Public Health Nurse/DIS
ext. 215

Jackie Loecker-Public Health Nurse/DIS
ext. 216

Kalynn Palmisano-Public Health Specialist
ext. 217

Brittney Uhing-Public Health Nurse
ext. 203

Sarah Johnson-Program Specialist/DIS
ext. 218

JJ Jackson-Emergency Response
ext. 204

Teresa Jackson-Administrative Specialist
ext. 201

DIRECTORS

Colleen Hupke- Executive Director
ext. 205

Jill Belt-Director of Operations/HR
ext. 211

Peggy Triggs-Director of Services
ext. 210

COMMUNITY HEALTH STAFF

Janie Ortega-Community Health Worker
ext. 206

Stacy Benne-Dental Hygienist
ext.208

STOP IN FOR FREE TEST KITS

Radon test kits available in our office
Contact information on water test kits
Free condoms available at our office

CONTACT INFORMATION

Fax 402-375-2201
Confidential Fax 402-487-0519
Main office 402-375-2200

Prediabetes Risk Test

NATIONAL
DIABETES
PREVENTION
PROGRAM

1. How old are you?

Younger than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

Write your score in
the boxes below

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points)

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



**IF YOU SCORED A 5 OR HIGHER,
CALL TO HAVE YOUR A1C CHECKED.
402-375-2200**