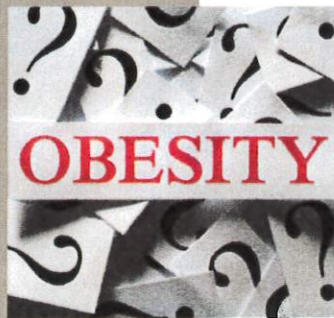




ISSUE #6
SEPTEMBER 2025

INSIDE THIS ISSUE

- National Childhood Obesity
- Hispanic Heritage
- National Pain Awareness
- Team Member Feature
- National Recovery
- National Self-Care Awareness
- Suicide Prevention
- Farm Safety
- A1C Testing



National Childhood Obesity Month

Childhood obesity is a growing concern. In the U.S. 1 in 5 children are considered obese. This puts children at a higher risk for type 2 diabetes, heart disease, and high blood pressure. The CDC recommends ways families can help prevent obesity.

- Model a healthy eating pattern—vegetables, fruits, whole grains, lean protein foods, low-fat dairy
- Move more as a family—walking, riding bikes, and having races in the yard
- Set consistent sleep routines
- Replace screen time with family time

National Hispanic Heritage Month

At NNPHD, we believe in the power of unity, because we are *unidos*. It is important to recognize and honor the rich cultures, contributions, and traditions of the Hispanic or Latino communities that surround us. Hispanic influences are music, food, art, and cinema. About one-fifth of the U.S. population is Hispanic. All kids and adults can benefit from learning about Spanish history and culture. NNPHD provides bilingual health classes and services!



National Pain Awareness Month

Pain Awareness Month aims to make the public aware of how prevalent general pain is and educate on how to deal with pain. Pain Awareness was established in 2001 by the American Chronic Pain Association (A.C.P.A.) Chronic pain can cause isolation and insomnia. More women suffer from this than men. Your diet can either alleviate the pain or make it worse. There is no clear cause of chronic pain. What can you do? Raise awareness, and encourage those affected that they are not alone in this.



September is Suicide Prevention Awareness Month. This is a time to raise awareness for suicide, remember those lost, acknowledge those left behind and connect individuals with resources. The latest data shows one person dies of suicide every 11 minutes in the U.S. 12.8 million adults reported having suicidal thoughts, and 1.5 million adults attempted suicide in the past year. Please reach out if you know of someone struggling. Contact NNPHD 402-375-2200 for resources or connect with the following resources:

988 Suicide & Crisis Lifeline—free and confidential
Crisis Text Line—Text TALK to 741-741
The Trevor Project—Services to LGBTQ under 25 years of age.
Veterans Crisis Line—800-273-8255 press option 1, text 838255 or online at veteranscrisisline.net



Team Member Feature



Colleen, an epidemiologist, brings a wealth of experience to her role. Her journey in healthcare began while taking care of her father at age nineteen after his significant stroke. Colleen holds degrees in Political Science/Public Policy, Biology, and a Master's in Epidemiology. Before coming to NNPHD in early 2023, she worked in mobile clinics across the Omaha metro during the pandemic, where she cultivated her skills and gained a profound understanding of the field. However, her dedication to preventative health in rural areas led her back home to Northeast Nebraska. With her extensive background in healthcare, health insurance, public health, health policy analysis, and leadership, she is a significant asset to our team! As the Executive Health Director, Colleen is entrusted with ensuring financial sustainability, compliance with state and federal regulations, and overseeing the following areas:

Response to diseases and health threats by monitoring, investigating, and acting quickly to prevent the spread of illness.

Promoting health and wellness through education, outreach, and preventive programs that help people live healthier lives.

Ensuring access to essential services, including immunizations, screenings, and resources for families, senior citizens, and vulnerable populations.

Preparing for and responding to emergencies, whether it's an outbreak, natural disaster, or environmental hazard.

"Public Health work is grounded in collaboration with schools, healthcare providers, businesses, and community organizations because protecting public health requires all of us. At its core, local public health is about being present where people live, work, and go to school. It's about doing what we can, every day, to safeguard health, prevent disease, and ensure that everyone has the opportunity to thrive."

National Recovery Month promotes and celebrates recovery from substance use disorders and mental health conditions. This is a time to educate the public and recognize the dedication of individuals and communities supporting recovery. Recovery is achievable and encourage those struggling with substance use or mental health challenges to seek help. You matter to the people in your life! For more information call the NNPHD office 402-375-2200 or visit these resources:

- SAMHSA's Treatment Locator- findtreatment.gov
- SAMHSA's Helpline- 800-662-HELP (4357)
- American Psychological Association- www.apa.org
- Support Groups- www.naminebraska.org 402-345-8101

RECOVERY THIS WAY



MAKE YOURSELF A PRIORITY

Self-Care Awareness is a time to remind us to take care of ourselves. We often neglect our everyday lives by putting others' needs first. True self-care is not selfish or self-centered. To promote well-being and encourage healthy habits try these practices:

- Set aside time for relaxation
- Prioritize sleep and be consistent with bedtime
- Engage in regular physical activity that you enjoy
- Eat balanced meals rich in nutrients
- Connect with friends and family
- Limit screen time to reduce stress and improve mental clarity
- Practice gratitude by reflecting on positive aspects

The Top Five Farm Related Injuries

- Overturning tractors and heavy machinery
- Falls
- Toxic chemical exposure to pesticides
- Suffocation
- Heat stress



A1C Testing

**Call our office to have
your
A1C checked**

402-375-2200

Staff Direct Lines and Extensions

STAFF

Debbie Ussery-Public Health Nurse/DIS
531-519-6433 ext. 215

Jackie Loecker-Public Health Nurse/DIS
531-519-6444 ext. 216

Kalynn Palmisano-Public Health Specialist
531-519-6438 ext. 217

Brittney Uhing-Public Health Nurse
531-519-6319 ext. 203

Sarah Johnson-Program Specialist/DIS
531-519-6411 ext. 218

JJ Jackson-Emergency Response
531-519-6324 ext. 204

Teresa Jackson-Administrative Specialist
531-519-6318 ext. 201

DIRECTORS

Colleen Hupke- Executive Director
531-519-6326 ext. 205

Jill Belt-Director of Operations/HR
531-519-6388 ext. 211

Peggy Triggs-Director of Services
531-519-6374 ext. 210

COMMUNITY HEALTH STAFF

Lindsey Hallgren-Services Coordinator
531-519-6389 ext. 213

Janie Ortega-Community Health Worker
531-519-6342 ext. 206

Stacy Benne-Dental Hygienist
531-519-6353 ext.208

STOP IN FOR FREE TEST KITS

Radon test kits available in our office

Covid test kits available in our office

Contact information on water test
kits

CONTACT INFORMATION

Fax 402-375-2201

Confidential Fax 402-487-0519

Main office 402-375-2200



Tuesday, 08.19.2025



PRESS RELEASE

For Immediate Release: Media in Cedar, Dixon, Thurston, and Wayne Counties



The Northeast Nebraska Public Health Department is alerting the public that the first pool of mosquitoes testing positive for West Nile Virus (WNV) has been found within the health district of Cedar, Dixon, Thurston, and Wayne Counties for the 2025 season. **West Nile Virus is present in Northeast Nebraska.**

Prevent mosquito bites and the spread of West Nile Virus by taking the proper precautions below:

- Apply a mosquito repellent approved by the Environmental Protection Agency (EPA) whenever you go outdoors. This includes repellants with Deet, Picaridin, Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD), IR3535, and 2-undecanone. Follow directions when applying repellent to children. Do not use insect repellent on babies younger than 2 months. Oil of lemon eucalyptus or para-menthane-diol should NOT be used on children under 3 years of age.
- Wear long sleeves and pants when outdoors to limit skin exposure.
- Remove standing water where mosquitoes breed: birdbaths, old tires, clogged roof gutters, or wading pools.
- Vaccinate horses.

Mosquitoes are most active between dusk and dawn when the air is calm, but some will feed at any time of day.

Mild cases of West Nile Virus (WNV) infection may include a slight fever and/or headache. Severe cases include a rapid onset of a high fever, head and body aches, and usually occur 2 - 14 days after being bitten by a mosquito infected with WNV. Go to your doctor if you have these symptoms during peak mosquito season.

ATTENTION: Persons at highest risk for serious WNV illness are:

- Over 50 years old.
- On steroid medicines or chemotherapy.

Healthy children and adults are at lower risk but can still become ill.

For more information: Go to [Home: Northeast Nebraska Public Health Department](#) under the "Our Services" tab or www.cdc.gov/westnile. Stop at the NNPHD office, 215 North Pearl Street in Wayne, for free DEET Insect Repellent wipes. For more information, call the NNPHD office at **402.375.2200**.

--Colleen Hupke, Executive Health Director, Northeast Nebraska Public Health Department