



Around the District! Sunrise Photo taken by: Katie Mulligan, Platte River, Gibbon



April
2024

A sure sign that Spring is well and truly here!



TRPHD employees at a conference in Minneapolis!





What you'll see

Before we recap April we would like to give you a quick peek at what's to come this month at TRPHD!

Need to get up to date on your vaccines? We have clinics throughout the district every month. Check out our clinic schedule for May to the left and call us to make an appointment!



Two Rivers' Dental program has conducted many clinics and has seen almost 500 kids! May marks the end of the school year but we still have one more clinic in Lexington before we end this season!

Clinics start back up with the school season!

WHERE:

- LEXINGTON: Dawson County Annex Building
- KEARNEY: TRPHD office
- KEARNEY: TRPHD office
- HOLDREGE: Holdrege City Auditorium
- COZAD: First United Methodist Church
- KEARNEY: TRPHD office
- KEARNEY: TRPHD office

WHEN:

- Wednesday 05/01/2023
3 pm - 5 pm
- Thursday 05/09/2024
9 am - 5 pm
- Monday 05/13/2024
9 am - 5 pm
- Wednesday 05/15/2024
4 pm - 6 pm
- Wednesday 05/22/2024
11:30 am - 1 pm
- Thursday 05/23/2024
9 am - 5 pm
- Monday 05/27/2024
9 am - 7 pm

Did you see TRPHD teaching kids the importance of washing hands at the Water Jamboree? The Water Jamboree is an educational fun day for fifth and sixth grade students from schools located in the Tri-Basin Natural Resources District and Lower Republican Resources District as well as north central Kansas.

Students attending were involved in interdisciplinary water activities relating to aquatic life, recreational uses, water quality, non-point source pollution, irrigation, historical aspects of water, plants and water, and how water quality affects wildlife.



A Study on Mortality: Rural vs Urban



The Department of Agriculture, Economic Research service, did a study looking at mortality trends in the United States. The study examined the causes of death in RURAL VS URBAN populations for 20 years from 1999 to 2019, and found this key conclusion:

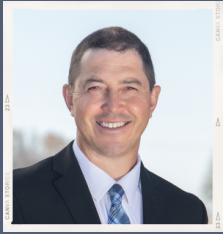
In 2019, deaths caused solely by disease or natural processes in rural areas were 43% higher than in urban areas. This is up from 1999's deaths being only 6% higher than in urban areas.

In rural areas, rates of death caused by disease or natural processes for prime working-age females, specifically for non-Hispanic American Indian and Alaskan Native (AIAN) females and non-Hispanic White females, have increased by 55% and 23%

TRPHD is concerned by the increase in death rates for rural locations. Many deaths caused by disease or natural processes are preventable through healthy behaviors, vaccinations, and safe practices.



Community Connections



Lead Hazard Assessments

TRPHD has received a large grant from Housing and Urban Development (HUD) to perform lead risk assessments and abatement on dwellings where lead could be present and dangerous! Lead is dangerous to the health of our community because it can cause brain damage, slowed growth, and even problems with reproduction.



During this assessment, our licensed assessors (Jeremy Eschliman and Katie Mulligan) will use sampling methods to find if and where lead is present.



TRPHD is currently working to train local contractors for lead abatement. Abatement is when all of the materials that contain lead are removed from the home.

To qualify:

- Home must be built before 1978
- A child residing in the home over 75% of the time (certain home daycares COULD qualify)
- Household median income is at or below 80% of median income (by county)
- Qualifying homes will receive abatement with no cost to the homeowner in most situations.

PurpleAir Monitors

Two Rivers Public Health Department is installing PurpleAir Monitors around the district, as shown in the photo to the right!

What is PurpleAir?

PurpleAir monitors are air sensors that provide real-time readings of air quality. They take measurements of particles in the air (sand, smoke, liquid droplets, etc.) every 10 minutes.



Why is air monitoring important to health?

Particle pollution can travel to your lungs causing symptoms like coughing, shortness of breath, and chest pain. Long-term exposure is linked to worsening of your asthma, irregular heartbeat, decreased lung health and function, and in some cases heart attack!

Find the information!

You can view maps with live readings provided by the Environmental Protection Agency (EPA) if you follow the QR code to the left.

Or, if you have an iPhone, download the PAKU app and "favorite" the monitors closest to you to stay up to date on the air quality in your area!





Show us the best of your County!



Two Rivers Public Health Department wants to see your favorite parts of your Counties! Show us the beautiful, the historic, the interesting, and the heartfelt parts of your home town!

Why? We would like to show everyone in the TRPHD district just how beautiful the place we call home really is. We would like to feature the month's best photo on the cover or this Newsletter!

What do you need to do?

It's easy! Just snap a picture when the inspiration strikes and email it to us at orders@trphd.ne.gov! Or you can send it to us by scanning this QR code, and follow these steps!

- Just put "Newsletter Photo" as the subject line
- Be sure to tell us who took the picture by saying "Photo by:" and give us your name
- And don't forget to tell us where you snapped that picture with "Photo Taken:" and add the location

For example the photo to the right:

Photo by: Akaela Lieth

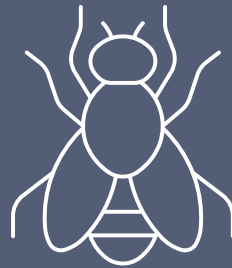
Photo Taken at: Yanney Park, Kearney NE



And don't worry if you don't see your photo right away! We want you to see pictures from all around the district, so we'll have a rotation of each county's pictures!



Fun Health Fact of the Month.



Fruit flies share
about 60% of their
genes with humans.



Source: National Human Genome Research Institute