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(402) 336-2406

## + 2024-2025 Annual Report

# North Central District Health Department (NCDHD)



**12 employees**



**44,254 residents**



### CHIP Priorities:

- ▶ Improve Access to Affordable, High-Quality Healthcare
- ▶ Address Mental Health & Behavioral Health Needs
- ▶ Promote Healthy Living & Chronic Disease Prevention



### 9 rural counties

Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce, and Rock Counties



**Accredited**

1 of 9 NE LHDs  
nationally accredited  
by PHAB



**2.59**

FTEs per 10,000  
(Nat'l average is 5.6)



**15%**

of adults report fair to  
poor health

*"We have made meaningful progress in addressing our community's top health needs."*

—Heidi Kuklis, Executive Director  
[heidi@ncdhd.ne.gov](mailto:heidi@ncdhd.ne.gov)



# North Central District Health Department (NCDHD) 2024-2025

Examples of Foundational Public Health Services



## 85 families received direct assistance

### Maternal, Child, & Family Health

NCDHD offers central navigation as the local partner of the Nebraska Children and Families Foundation (NCFF) and DHHS. We helped 85 families and their children access NCFF's direct financial assistance for essentials like rent, utilities, and local food purchases of fresh, nutritious foods.



## 970+ participants in prevention programming

### Chronic Disease & Injury Prevention

We advanced healthy living by delivering anti-vaping education to students, training alcohol servers, and providing hypertension classes, blood pressure checks, and discounted pool passes. Food prep classes taught portion control and low-sodium cooking, building lasting skills that reduce chronic disease in our communities.



## 151 private well water samples tested

### Environmental Health

Our 3rd Grade Citizen Science Project engaged 400+ students from 23 schools in testing home water samples for nitrates, nitrites, and phosphates—providing results and resources to participating families. NCDHD also followed up on 26 cases of elevated blood lead levels (EBLL) in local children, collected over 15,000 mosquitos and 572 ticks, monitoring for vector-borne diseases, and gave out 58 radon test kits.



## 4,000+ children given oral health treatments

### Access to & Linkage with Clinical Care

NCDHD provided district-wide preventive oral care directly in 33 schools and 14 daycares, serving 4,031 children. Additionally, we screened and referred 680 residents to other dental providers, and 17 residents to mental health providers. As part of our work to address local behavioral health access, the CredibleMind website supported 1,702 users (222 under age 18).



## 2,177 vaccinations administered

### Communicable Disease Control

To prevent the spread of illnesses, we provided 2,177 vaccines to children and adults, investigated and followed up on 254 reportable disease cases, visited 20 long-term care sites to enhance emergency readiness, and developed a daycare infection-control course launching in Fall 2025. Our efforts protect vulnerable residents, prevent outbreaks, and ensure the health of rural communities.

## From the Director

We have made meaningful progress in addressing our community's top health needs: heart disease, access to care, and mental health. Heart disease was addressed through physical activity classes, food prep classes, blood pressure checks, access to community blood pressure stations, disease screenings, CPR training, community education events, and 1:1 health coaching. We expanded access to health services by offering 100+ mobile immunization and 68 school-based dental clinics across our district, reaching individuals regardless of income or mobility. Our mental health efforts included expanding the number of trainers for suicide prevention training, hosting our first suicide awareness and prevention walk, supporting social-emotional learning applications for schools, and promoting the Credible Mind online mental wellness tool.

We are also proud to highlight several new initiatives. Part of our office was remodeled to accommodate a **clinical space and 6 private offices**. The new space allows us to deliver immunizations, screenings, and other health services in a more private setting. In partnership with local hospitals, we expanded access to preventive lung cancer screenings, helping residents at risk for radon exposure and smoking-related illness. We began offering **CPR training** to better equip our community members with lifesaving skills. We started **visiting daycares to provide dental health education**, encouraging healthy habits to start early. Catch My Breath **vaping curriculum** was offered to area schools, educating 170 youth.

This year, we also completed a new Community Health Needs Assessment (CHA) in partnership with local hospitals and stakeholders that will guide our 2025–2027 Community Health Improvement Plan (CHIP). Focus will be on:

- Supporting lifestyle changes to improve physical activity, sleep, and nutrition
- Enhancing socioeconomic stability through housing and food security efforts
- Improving access to transportation, health care, and childcare

Thank you to our partners, staff, and residents for your continued support. We look forward to building a healthier future together.

