

+ 2024-2025 Annual Report

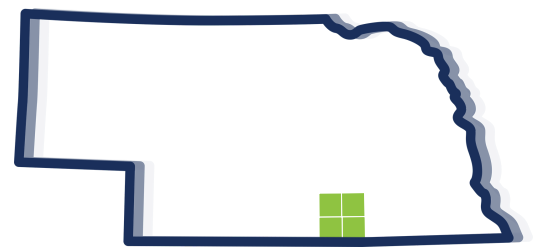
South Heartland District Health Department (SHDHD)

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26 employees ++
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44,592 residents ++
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CHIP Priorities:

- ▶ Expand Access to Care
- ▶ Improve Mental Health
- ▶ Prevent Substance Misuse
- ▶ Reduce Obesity
- ▶ Increase Cancer Screening & Prevention



4 rural & micropolitan counties

Adams, Clay, Nuckolls, and Webster Counties



1 of 9

NE LHDs nationally
accredited by PHAB



4.60

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



17%

of adults report fair to
poor health

"Growing strong local partnerships and supporting our communities to be healthier."

—Michele Bever, Executive Director
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South Heartland District Health Department (SHDHD) 2024-2025

Examples of Foundational Public Health Services



39 families served through visitation

Maternal, Child, & Family Health

Healthy Families America (HFA) is a free, voluntary, in-home, relationship-based service for low-income, at-risk residents of our district who are pregnant or brand-new mothers of infants up to three months. Our work is designed to promote positive parent-child interactions, create healthy parent-child attachment, and build confidence in new parents.



50 injury & chronic disease programs participants

Chronic Disease & Injury Prevention

Our Falls Prevention classes help older adults improve balance, mobility, and reduce fall risk. Classes were held at community sites with input from physical therapists and experts on vision, meds, and movement. We also offered Diabetes Prevention using HALT and promoting healthy lifestyle changes.



48 EBL (elevated blood lead level) cases investigated

Environmental Health

We worked with the families of 48 area children with lead poisoning to identify possible causes and provide guidance. Also, we collected mosquito samples to monitor for vector-borne disease, distributed 61 radon test kits to help residents monitor their exposure to this cancer-causing gas, and our 3 PurpleAir sensors allowed residents to access real-time data on local air quality.



83 children served by the oral health program

Access to & Linkage with Clinical Care

Our new oral health program served children in 5 daycare and preschool sites with screenings, cleanings, fluoride treatments, sealants, and education. Our team promotes habits like brushing and healthy eating to prevent tooth decay. These efforts improve access, reduce future dental issues, and support lifelong oral health.



1,442 vaccinations administered

Communicable Disease Control

Chlamydia and lead poisoning were the most common disease investigations (418 investigations overall completed with our residents). We also administered 1442 immunizations. We serve both VFC and VFA (Vaccines for Children and Adults) populations, with the majority being uninsured. We offer walk-in clinics to allow clients flexibility around both work and/or school hours. We work closely with school nurses to get students in our community up to date on their vaccinations.

From the Director

South Heartland has new health priorities!

Working with our community partners over the past year, we dove deep to explore our current community health needs. This is something we do every six years to assess whether health outcomes and access to care are improving and where we still have work to do. We summarized data from focus groups, community surveys, and local health statistics, then shared these at a community health meeting in September 2024. The district-wide meeting virtually connected physical locations in each of our four counties, with a central facilitator plus staff at each site – for maximal participation across the district. Community organizations, government officials (including one candidate for state senator who later won his bid for office), education, health care and behavioral health representatives, business leaders, community members from various walks of life, and other stakeholders, reviewed the results and contributed to the discussion that helped us prioritize areas to focus on over the next six years. The three priority areas selected are: Mental Wellbeing, Chronic Disease Conditions, and Senior Health. We continued district-wide inclusive meetings in November 2024 and January 2025 to identify proven strategies that we will use to advance mental wellbeing, reduce chronic disease risk, and improve senior health outcomes. The resulting Community Health Improvement Plan is also aligned with Nebraska's health improvement priorities, so our local efforts will be contributing to the bigger state picture. SHDHD and local partners are excited to be launching the new plan in the fall of 2025!



Michele Bever, PhD, MPH, Executive Director
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