



North Central District Health Department

Healthy People, Healthy Communities

Health Department-Services Provided

Nebraska

Name	Phone Number	Address	City	Website
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Serving: Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce, and Rock County

Environmental

- *Rabies-The North Central District Health Department provides consultation to healthcare providers, veterinarians, and the general public to help determine if a potential exposure occurred.
- *NCDHD's Environmental Health program tracks dead birds and helps with testing mosquitoes to monitor West Nile Virus in our 9 county district. Mosquito pools are tested in O'Neill and Valentine area.
- *NCDHD offers free or low-cost radon short-term test kits to residents of our 9 county district during the winter months, if grant funds are available.
- *Provides guidance on mold issues
- *Provides guidance on bed bug issues

Disease Surveillance

- *Monitors and investigates diseases to help prevent and control outbreaks in our communities. In coordination with the Nebraska Department of Health and Human Services, NCDHD conducts epidemiological investigations and follow up which involve vector borne disease (diseases spread by mosquitos and ticks), food and water borne illnesses, hepatitis and other infectious diseases and health concerns.
- *NCDHD works in partnership with local hospitals, clinics, healthcare providers, long-term care facilities, and schools to receive prompt notification of infectious diseases and other diseases of public health importance. NCDHD is notified of all lab-confirmed communicable diseases, conducts prompt investigations, coordinates the collection of data, and provides public health guidance.
- *NCDHD assists with education and training on communicable disease prevention.

Emergency Response/Preparedness

- *A public health emergency could be anything from a pandemic or disease outbreak, to an act of terrorism, or a natural disaster like a flood, wildfire, or tornado.
- *The North Central District Health Department's Emergency Response program plays a key role in preparing our communities for disasters, responding when emergencies occur, and lending support through the recovery process. We work with local government, emergency management, hospitals, nursing facilities, and other private agencies to help the region prepare and respond to all types of disasters.

Disease Prevention Services

- *Child and adult immunizations - including flu shots
- *Immunization Clinics are held each month in O'Neill
- *NCDHD offers flu shots during influenza season at our office at 422 East Douglas Street, O'Neill, Nebraska, as well as satellite sites throughout our 9 county district. We will also come to our place of business and provide flu shots for you and your employees.

Oral Health Services

- *Miles of Smiles is a school-based oral screening and fluoride varnish program available to preschool, elementary, and middle school-age students within the 9 county district of the North Central District Health Department (NCDHD). The Miles of Smiles program uses Public Health Authorized Registered Dental Hygienists to conduct the oral screening examinations and apply fluoride varnish. Fluoride varnish can be applied 2-6 times per year and can decrease cavity development by approximately 38%.

Nebraska Teeth Forever Program

- *A two year grant awarded to seven Public Health Departments throughout the state.
- *Funding is awarded to start a school based sealant and fluoride program, an oral health program in WIC or Head Start settings and a dental cleaning and fluoride program in long-term care facilities throughout North Central District Health Department.
- *NCDHD's main focus of the funds is to start an oral health program in long-term care facilities.
- *Started the dental cleaning and fluoride varnishes in 4 long-term care facilities in November of 2017.
- *Participating facilities are Good Samaritan Society-Atkinson, Rock County Long-Term Care, Plainview Manor, and Sandhills Care Center.

Worksite Wellness

*North Central District Health Department offers on-site employee health and wellness screenings at businesses within our 9 county district as part of our Working on Wellness Program. NCDHD will provide consultation and resources to get you started on your way to a healthier work place.

*Worksite wellness is an organized program that businesses put in place for their employees to improve the physical, mental, emotional, and occupational well-being of their employees. A major goal of a worksite wellness program is to make the work environment more supportive of healthy behaviors like healthy eating, being physically active, managing stress, and quitting tobacco. Wellness programs are not one size fits all, they can and should be customized to meet the needs of the company. Many businesses have concerns about the expense of worksite wellness programs, however even a modest budget can make a big impact.

Chronic Disease Prevention

*Colorectal cancer screening-FREE colon cancer screening kits

*Health Coaching

*Linking people with resources to promote appropriate health screenings and treatment.

*Breast and Cervical cancer screening

*Diabetes screening, education and management

*Obesity reduction and management

Substance Abuse Prevention

*Area Substance Abuse Prevention (ASAP) Coalition is a nine county coalition funded through the Drug Free Community (DFC) federal grant and Region 4 Behavioral Health block grant. ASAP works to reduce youth substance abuse, specifically alcohol and tobacco, in north central Nebraska by working with the community to create population level changes. NCDHD also coordinates 7 prevention coalitions across our nine counties.

*Services Provided:

- Responsible Beverage Server Training for alcohol retailers
- Saturation Patrols
- Reward and Reminder Tobacco Program
- Tobacco Compliance Checks
- Alcohol Compliance Checks
- Impaired and Distracted Driving Events
- Alcohol policy development - governmental entities
- Speakers
- Youth Leadership Summits
- Life of An Athlete Program
- Billboards
- Letters to parents of graduating seniors
- Support Local Community Coalitions