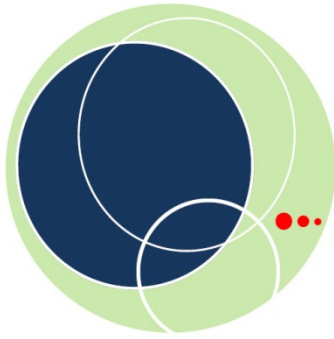


Lifestyle Medicine Toolbox & Resources

May 17 - 18, 2013 | Nebraska City, Nebraska



Lifestyle Medicine Toolbox & Resources

May 17 - 18, 2013 | Lied Lodge & Conference Center | Nebraska City, Nebraska

The purpose of the Lifestyle Medicine Toolbox is to improve health behavior change by assessing readiness to change, increasing motivation and self-awareness, decreasing implementation barriers, improving education, as well as tracking progress.

LIFESTYLE MEDICINE ASSESSMENT TOOLS

Foster Healthy Weight in Youth –A complete reference guide which focuses on the role of the healthcare provider to assess, prevent, treat, and advocate. The toolkit provides clinical resources and patient education materials to help you effectively address the childhood obesity epidemic in your practice and community. www.nebmed.org/copp.aspx

The Foster Healthy Weight in Youth resources include:

- Youth Physical Activity-Nutrition Assessment Form
- Pocket Reference Algorithm (Conference Packet)
- Healthcare Provider Toolkit
- Training Video
- Office Posters
- Patient Education Brochures



Exercise is Medicine Health Care Provider Action Guide - (Conference Packet) The guide provides physicians and other health care providers with a simple, fast, and effective tool for using physical activity, in the right “dosage”, as a highly effective prescription for the prevention, treatment, and management of more than 40 of the most common chronic health conditions encountered in primary practice. <http://www.exerciseismedicine.org/documents/HCPActionGuide.pdf>

The Health Care Provider Action Guide includes:

- Exercise Prescription and Referral Process
- Exercise and Readiness Prescription Pad
- Starting an Exercise Program Patient Handout
- Your Prescription for Health Series - How to Exercise with Specific Chronic Conditions
- Office Fliers



Creighton Cardiovascular and Diabetes Risk Reduction Programs Lifestyle Medicine Program Assessment Tool (Conference Packet)

- Physical Activity , Nutrition, & Weight Control Program
- Calculate BMI & Estimated Energy Requirement
- Suggest a Caloric Deficit Based on Current Consumption
- Design Exercise Prescription & Weight Loss Program
- Tobacco Cessation, Alcohol Consumption, Sleep, & Stress

ACSM Heart Disease Risk Factor Scale – A summary of risk factors and stratification of heart disease risk based on American College of Sports Medicine (ACSM) standards.

<http://www.acefitness.org/pdfs/ACSM-CAD-Risk-Factor-Chart.pdf>

Risk Assessment Tool for Estimating 10-year Risk of Developing Hard CHD – Data from the Framingham Heart Study is utilized to estimate the 10-year risk for “hard” coronary heart disease outcomes (myocardial infarction and coronary death). This tool is designed to estimate risk in adults aged 20 and older who do not have heart disease or diabetes.

<http://hp2010.nhlbi.nih.net/atp/iii/calculator.asp?usertype=prof#moreinfo>

Heart Health Profiler - Compare actual age to the heart's biological age, calculate risk of developing cardiovascular disease, and prioritize the most harmful cardiovascular risk factors.

<http://www.universityhealthsystem.com/check-my-heart-age/>

ASSESSMENT OF READINESS & CONFIDENCE

Assessing a client’s self-efficacy in carrying out a desired behavior change is an important tool in the creation of reasonable and attainable goals. The links below provide measurement tools to assess readiness to change, which is applicable in many settings and with diverse demographics.

Transtheoretical Model of Behavior Change An overview of the model, which has been the basis for developing effective interventions to promote health behavior change.

<http://www.uri.edu/research/cprc/TTM/detailedoverview.htm>

Readiness to Change Ruler

http://www.adultmeducation.com/downloads/Readiness-to-Change_TOOL.pdf

Readiness to Change Follow-Up Questions

http://www.adultmeducation.com/downloads/Readiness-to-Change_INSTR.pdf

Readiness to Change Physical Activity <http://www.uri.edu/research/cprc/Measures/Exercise02.htm>

Readiness to Change Weight <http://www.uri.edu/research/cprc/Measures/Weight01.htm>

MOTIVATIONAL INTERVIEWING

Motivational Interviewing focuses on exploring and resolving ambivalence with a person-centered approach of guiding to elicit and strengthen motivation for change.

A ‘Stages of Change’ Approach to Helping Patients Change Behavior - Helping patients change behavior is an important role for family physicians. Change interventions are especially useful in addressing lifestyle modification for disease prevention, long-term disease management and addictions. Includes specific opportunities for provider intervention during each stage of change.

<http://www.aafp.org/afp/2000/0301/p1409.html>

Motivational Interviewing Techniques for Improving Provider-Patient Interactions (Pre-Contemplation, Contemplation, and Preparation Stages)

http://www.yaleruddcenter.org/resources/bias_toolkit/toolkit/Module-2/2-08-MotivationalScripts.pdf

Strategies and Techniques of Motivational Interviewing (1-page)

<http://www.amhd.org/About/ClinicalOperations/MISA/Training/MI%20H2%20Strategies%20and%20Principles.pdf>

Sample Motivational Interviewing Questions

http://www.nal.usda.gov/wicworks/WIC_Learning_Online/support/job_aids/questions_MI.pdf

Motivational Interviewing Strategies and Techniques: Rationales and Examples

http://www.nova.edu/gsc/forms/MI_rationale_techniques.pdf

GOAL SETTING FOR SUCCESS

Overcoming barriers and identifying small steps each day toward positive behavior change is essential to maintaining good health. Follow the three simple steps in designing a SMART Health Action Plan below.

SMART Goal Setting -

http://www.tacoma.washington.edu/diversity/programs/ssmp/SMART_Goals_Worksheet.pdf

My Smart Action Plan – WellSource, Inc.

Decisional Balance <http://www.myexerciseplan.com/assessment/DecisionalBalance.pdf>

Self-Assessment <http://www.myexerciseplan.com/assessment/SelfAssessment.pdf>

SELF-MONITORING TOOLS

One-to-one point of care measurements with the patient allow for immediate clinical management decisions to occur with the provider at the time of care. This interaction is key to an effective lifestyle medicine program which is followed-up by self-monitoring tools for implementing positive behavior change. The following tools are instrumental in maintaining a successful lifestyle medicine program.

Home Blood Pressure Monitor – The use of home monitoring helps determine how effective treatment is. http://millionhearts.hhs.gov/Docs/TUPD/Medication_Tracker.pdf

Pedometer – A simple tool to measure daily activity and offers a simple goal-setting tool by adding steps gradually each day to reach the recommended 10,000 steps per day. http://www.unhealthcare.org/site/humanresources/wellness_program/exercise/pedometer

Food Diary – Daily monitoring of food intake is a successful strategy towards healthy living. <http://www.clinicalnutritioncenter.com/wp-content/uploads/2011/11/food-diary.jpg>

LIFESTYLE MEDICINE RESOURCES

Choose MyPlate – Utilized to illustrate the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal.



Dietary Guidelines for Americans – The emphasis of the guidelines include

- Balance calories with physical activity to manage weight
- Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
- Consume fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars and refined grains

For the complete recommendations including those for special populations please visit:
<http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

For additional professional information or to locate a registered dietitian visit the websites below.

- **Academy of Nutrition & Dietetics** – The world's largest organization of food and nutrition professionals. Find several resources on nutrition facts, shopping, eating on a budget, recipes and more. Also, find a registered dietitian to refer to in your community. www.eatright.org
- **University of Nebraska Extension** – Find tools related to healthy eating basics, weight management, shopping, cooking, meal planning, healthy recipes and much more. <http://food.unl.edu/web/fnh/home>
- **SuperTracker** A website that can help you plan, analyze, and track your diet and physical activity. Find out what and how much to eat; track foods, physical activities, and weight; and personalize with goal setting, virtual coaching, and journaling. <http://www.choosemyplate.gov/>

Exercise is Medicine - What if there was one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity? Would you prescribe it to your patients? Certainly. The guiding principles of Exercise is Medicine® are shared by the American College of Sports Medicine (ACSM) and the American Medical Association (AMA). They are designed to help improve the health and well-being of our nation through a regular physical activity prescription from doctors and other health care providers. For additional resources for healthcare providers visit www.exerciseismedicine.org.

- Position Stands and Recommendations
- Billing & Coding for Physical Activity Counseling
- Specific Exercise Recommendations for Various Health Conditions
- ACSM's Exercise is Medicine: A Clinician's Guide to Exercise Prescription

Physical Activity Guidelines for Americans Being physically active is one of the most important steps that Americans of all ages can take to improve their health. The *2008 Physical Activity Guidelines for Americans* provides science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity. Key guidelines for children and adolescents, adults, older adults, women during pregnancy and postpartum period, adults with

disabilities and individuals with chronic medical conditions are listed.

<http://www.health.gov/paguidelines/guidelines/summary.aspx>

For additional professional information or to locate a personal trainer visit the websites below.

- **American College of Sports Medicine** Promotes fitness, health and quality of life through research, education and practical applications of sports medicine. www.acsm.org
- **National Strength and Conditioning Association** The world leading membership organization for thousands of elite strength coaches, personal trainers and dedicated researchers and educators. <http://www.nasca-lift.org/>
- **American Council On Exercise** Browse the free exercise library, find healthy recipes, or locate a personal trainer. <http://www.acefitness.org/>

Exercise Prescription A free resource of over 1,400 exercises, a wealth of fitness assessment calculators, reference articles and is a recommended resource in *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th ed.* (pgs 224, 349).

<http://www.exrx.net/Testing.html>

- Exercise Readiness Questionnaire
- Modified ACSM Risk Classification Form
- Target Heart Rate
- Medical Clearance Form
- BMI, Waist to Hip, and Vitals Calculator

Combating Depression With Exercise <http://www.exerciseismedicine.org/pdfs/C75Depression.pdf>

PATIENT EDUCATIONAL TOOLS

American College of Sports Medicine – Brochures & Fact Sheets

<http://www.acsm.org/access-public-information/brochures-fact-sheets/>

- Selecting and Effectively Using a Walking Program & Pedometer
- Selecting and Effectively Using Rubber Band Resistance Exercise & Stability Ball
- Selecting and Effectively Using a Personal Trainer

American Council on Exercise – Exercise Videos, Fitness Programs, & Nutrition Information

<http://www.acefitness.org/acefit/default.aspx>

- Target Heart Rate Zone
- Daily Caloric Needs
- Free ACE FitGift Coupons

ACSM Keep It Simple: The Anytime, Anywhere Exercise Program

<http://www.myexerciseplan.com/assessment/KeepItSimple.pdf>

Basic Bodyweight Strength Exercise Program

<http://www.myexerciseplan.com/assessment/strength.pdf>

Basic Stretching Program <http://www.myexerciseplan.com/assessment/stretch.pdf>

Exercise Time Finder <http://www.myexerciseplan.com/assessment/ExerciseTimeFinder.pdf>

Exercise Prescription – 1,400 exercises, sample walking programs and more. www.exrx.net

High Blood Pressure Tracker & Resources

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/SymptomsDiagnosisMonitoringofHighBloodPressure/Home-Blood-Pressure-Monitoring_UCM_301874_Article.jsp

Choose My Plate – Flyers

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

- Eating Better on a Budget
- Smart Shopping for Veggies and Fruits
- Liven up Your Meals with Vegetables and Fruits

The Basics of the Nutrition Facts Panel <http://www.eatright.org/Public/content.aspx?id=10935>

WORKSITE WELLNESS

Creating a culture of wellness within healthcare settings can contribute to the physical, mental, and emotional well-being of individuals. Through worksite wellness programs the workplace becomes more productive, reduces the number of sick days, lowers health-associated costs and sets the example for patients. Worksite wellness began in Nebraska and there are several resources available to help make your office environment healthier. For more information and resources visit <http://www.cdc.gov/sustainability/worksitewellness/>.

Ideas to Make Your Office Wellness Program Visible to Patients

- Staff Pedometer Charts
- Provide Staff Incentives for Meeting Screening Guidelines
- Host Meetings with Healthy Foods and Physical Activity Breaks

Governor's Excellence in Wellness Award - An award created to encourage all businesses in Nebraska to offer wellness and health programs for their employees.

<https://www.nebraska.gov/wellness/index.cgi>

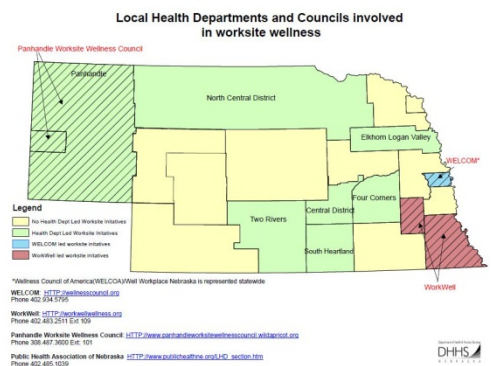
Nebraska Worksite Wellness Council Map – (Conference Packet)

The worksite wellness councils in Nebraska can provide resources and technical assistance to businesses looking to create a culture of wellness.

Steps to Wellness: A Guide to Implementing the 2008 PA Guidelines for Americans in the

Workplace: By taking small steps to create a working environment where health and wellness are valued, employers can assist in creating healthier workforces in their companies and in America.

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/pa-toolkit.htm>



LIFESTYLE MEDICINE PROFESSIONAL DEVELOPMENT

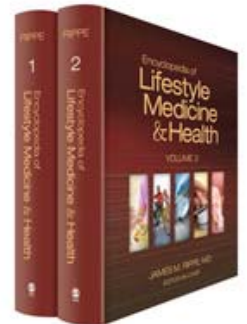
American College of Lifestyle Medicine The American College of Lifestyle Medicine provides leadership and assistance, facilitating lifestyle medicine clinicians' pursuits of continuing medical education, practice knowledge, leadership skills, and research information needed to provide quality patient care and best treat patients with lifestyle-related diseases.

<http://lifestylemedicine.org/>

American Journal of Lifestyle Medicine A peer-reviewed bi-monthly resource for practitioners seeking to incorporate lifestyle practices into clinical medicine. *AJLM* provides commentaries and research reviews on nutrition and diet, cardiovascular disease, obesity, anxiety and depression, sleep problems, metabolic disease, and more. <http://ajl.sagepub.com/>

Encyclopedia of Lifestyle Medicine The *Encyclopedia of Lifestyle Medicine and Health* James M Rippe, MD. This collection offers thorough coverage of relevant topics and issues in historical and contemporary context, with information on lifestyle habits and practices and their impact on health. These volumes sort out the science behind nightly news reports and magazine cover stories, helping the reader to discern sound, evidence-based advice from that which is merely fad.

<http://www.sagepub.com/books/Book230684>



ACSM's Exercise is Medicine: A Clinician's Guide to Exercise Prescription Steven Jonas, MD, Edward M Phillips, MD. This book will teach practitioners how to motivate and instruct patients on the importance of exercise and how to design practical exercise programs for patients of all ages and fitness levels, as well as those with special conditions such as pregnancy, obesity, and cancer. Coverage includes in-depth discussions of both the lifestyle exercise approach to exercising regularly and the structured exercise approach.

http://www.lww.com/webapp/wcs/stores/servlet/product_11851_-1_9012052_Prod-9781582557397

Prevention Publishing - Provides effective lifestyle medicine tools to help prevent and manage chronic diseases. Examples include: journals, Rx pads, diary and more.

<http://preventionpublishing.com>

LIFESTYLE MEDICINE RESEARCH

Trends in Adults Receiving a Recommendation for Exercise or Other Physical Activity From a Physician or Other Health Professional Physicians and other health professionals can be influential sources of health information, and exercise counseling by primary care physicians has been shown to increase patients' participation in physical activity <http://www.cdc.gov/nchs/data/databriefs/db86.pdf>

Physical Activity: Practice & Preach The important role that physicians and other healthcare providers can play to help their patients become more physically active to reduce their risk of developing chronic diseases. Felipe Lobelo, MD, PhD. Oct 29, 2012. <http://www.minibypass.net/physical-inactivity-is-a-key-risk-factor-for-the-most-prevalent-chronic-diseases-of-our-time/>

Exercise 'Woefully Underutilized' in Patients With Stable Ischemic Heart Disease If exercise is a miracle drug, as it has been recently described, then it is a drug that is not prescribed enough for the

prevention of cardiovascular disease. And if exercise is a "central and indispensable component" of a strategy in the primary prevention of coronary artery disease, then it is even more valuable in secondary prevention." Michael O'Riordan. Jan 08, 2013. <http://www.medscape.com/viewarticle/777290?src=emailthis>

Are Healthcare Workers Healthier Than Their Patients? *The bottom line: Healthcare workers don't always practice what we preach. We're not always the best role models for our patients, and we need to do better.* Sandra Adamson Fryhofer, MD. Feb 08, 2013. <http://www.medscape.com/viewarticle/778830>

Physically Fit Docs More Likely to Prescribe Exercise, Study Finds *Boosting physicians' fitness might have trickle-down effect for entire population, experts say.* Robert Preidt . Friday, March 22, 2013. http://www.nlm.nih.gov/medlineplus/news/fullstory_135203.html (*this news item will not be available after 06/20/2013)

Questionnaire Measures Readiness to Change Physical Activity Behavior – A client's use of the processes of change for physical activity behavior. Bess H. Marcus & LeighAnn Forsyth. *Motivating People to Be Physically Active, 2nd Edition.* <http://www.humankinetics.com/excerpts/excerpts/questionnaire-measures-readiness-to-change-physical-activity-behavior>

National Weight Control Registry – *The largest prospective investigation of long-term successful weight loss maintenance.* <http://www.nwcr.ws/>

Developing a Lifestyle Medicine Toolbox to Promote Health Behavior Change *Health behavior change is one of the most challenging aspects of a lifestyle medicine (LM) program. A "one size fits all" approach does not generally lead to long-term adherence and success in a LM program. Developing a set of LM tools that works with the practice setting of the provider and that is diverse enough to be adaptable to all patients may lead to a more successful LM practice.* Thomas L. Lenz, PharmD, MA, PAPHS. *American Journal of Lifestyle Medicine.* May/June 2011 vol. 5 no 3. <http://intl-ajl.sagepub.com/content/5/3/232>

LIFESTYLE MEDICINE VIDEOS

23 and 1/2 hours: What Is The Single Best Thing We Can Do For Our Health? A Doctor-Professor answers the old question "What is the single best thing we can do for our health" in a completely new way. Dr. Mike Evans is founder of the Health Design Lab at the Li Ka Shing Knowledge Institute, an Associate Professor of Family Medicine and Public Health at the University of Toronto, and a staff physician at St. Michael's Hospital. <http://www.myfavouritemedicine.com/23-and-a-half-hours/>

Every Body Walks! The Campaign To Get America Walking. <http://everybodywalk.org/pledge>

45th Anniversary of Aerobics – The history of aerobics and its continued impact around the world. http://www.youtube.com/watch?feature=player_profilepage&v=5pTnS6A71fw

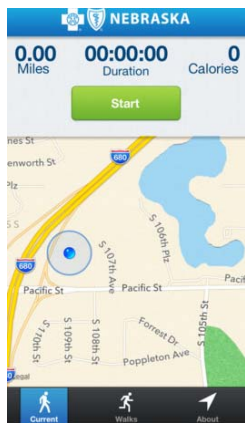
Instant Recess - Instant Recess® is a MOVEMENT of ACTIVE-ists dedicated to making America healthier 10 minutes at a time. By introducing brief activity breaks in the middle of the day, we can make activity the norm. <http://www.instantrecess.com/>

LIFESTYLE MEDICINE MOBILE APPS

BMI Calculator The Body Mass Index calculator from NHLBI is a reliable indicator of total body fat, which is related to the risk of disease and death. The results also link to healthy weight resources. <http://apps.usa.gov/bmi-app.shtml>

Fooducate Search the extensive database to find the healthiest foods for you. Fooducate's scientific algorithms grade each product and provide simple, concise explanations. The grading system was developed by scientists, dietitians and concerned parents. <http://www.fooducate.com/>

My Fitness Pal Now you can log your food and exercise wherever and whenever you'd like - even if you can't get to a computer. <http://www.myfitnesspal.com/mobile>



Daily Burn Achieve your goals with our variety of workout videos, community support and other tools. <http://dailyburn.com/>

Nebraska Walk Tracker A fun app by Blue Cross and Blue Shield of Nebraska to encourage Nebraska residents to walk more at lunch or any other time of day. Track distance, track time, estimate calories burned and map the course by GPS. <https://itunes.apple.com/us/app/nebraska-walk-tracker/id520291866?mt=8>

Lose It! This app makes weight loss easy by putting healthier choices in the palm of your hand. Set up a personalized weight loss plan, connect the latest apps and devices, and start losing weight. <http://www.loseit.com/>

Map My Run MapMyRun is a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map. <http://www.mapmyrun.com/app/>

Blood Pressure Tracker A simple and easy to use app to help you monitor and keep track of your Blood Pressure levels - systolic and diastolic blood pressure and heart rate. <https://itunes.apple.com/us/app/blood-pressure-tracker-pro/id305992149?mt=8>

NCI QuitPal Supports smokers working to become smoke-free. This interactive app is developed using proven quit strategies and tools to help change behavior and assist you with giving up smoking. <http://smokefree.gov/apps/nciQuitPal/default.aspx>

MyMedList A record of current and past medications is useful if not vital information to an individual. An application developed at the National Library of Medicine to allow users to manage their medication list, and control access to it. The personal medication list can be printed to share, can be mailed to a relative, can serve as a reminder to the individual for taking medications, or be shown as reference information in doctor's offices or hospitals. <https://itunes.apple.com/us/app/mymedlist/id549867702?mt=8>

NEBRAKSA LOCAL HEALTH DEPARMENTS

The local health departments located throughout Nebraska are dedicated to the safety and health of all citizens. Health department staff provide innumerable programs, resources, and services related to nutrition, physical activity, tobacco cessation, stress management and worksite wellness. Partner with your local health department today to find the offerings and resources available to support creating culture of wellness within your community.

- **Central District Health Department** | www.cdhd.ne.gov
(Hall County/Grand Island, Hamilton County/Aurora, Merrick County/Central City)
- **Douglas County Health Department** | www.douglascountyhealth.com
(Douglas County/Omaha)
- **East Central District Health Department** | www.ecdhd.com
(Boone County/Albion, Colfax County/Schuylar, Nance County/Fullerton, Platte County/Columbus)
- **Elkhorn Logan Valley Public Health Department** | www.elvphd.org
(Burt County/Tekamah, Cuming County/West Point, Madison County/Madison, Stanton County/Stanton)
- **Four Corners Health Department** | www.fourcorners.ne.gov
(Butler County/David City, Polk County/Osceola, Seward County/Seward, York County/York)
- **Lincoln-Lancaster County Health Department** | www.lincoln.ne.gov/city/health
(Lancaster County/Lincoln)
- **Loup Basin Public Health Department** | www.loupbasinhealth.com
(Blaine County/Brewster, Custer County/Broken Bow, Garfield County/Burwell, Greeley County/Greeley, Howard County/St Paul, Loup County/Taylor, Sherman County/Loup City, Valley County/Ord, Wheeler County/Bartlett)
- **North Central District Health Department** | www.ncdhd.ne.gov
(Antelope County/Neligh, Boyd County/Butte, Brown County/Ainsworth, Cherry County/Valentine, Holt County/O'Neill, Keya Paha County/Springview, Knox County/Center, Pierce County/Pierce, Rock County/Bassett)
- **Northeast Nebraska Public Health Department** | www.nnphd.org
(Cedar County/Hartington, Dixon County/Ponca, Thurston County/Pender, Wayne County/Wayne)
- **Panhandle Public Health District** | www.pphd.org
(Banner County/Harrisburg, Box Butte County/Alliance, Cheyenne County/Sidney, Dawes County/Chadron, Deuel County/Chappell, Garden County/Oskosh, Kimball County/Kimball, Morrill County/Bridgeport, Sheridan County/Rushville, Sioux County/Harrison)
- **Public Health Solutions District Health Department** | www.phsneb.org
(Fillmore County/Geneva, Gage County/Beatrice, Jefferson County/Fairbury, Saline County/Wilber, Thayer County/Hebron)
- **Red Willow County Health Department** | www.co.red-willow.ne.us
(Red Willow County/McCook)

- **Sandhills District Health Department & Clinic** | www.sdhd.org
(Arthur County/Arthur, Grant County/Hyannis, Hooker County/Mullen, Keith County/Ogallala, Thomas County/Theford)
- **Sarpy/Cass Department of Health and Wellness** | www.sarpycasshealthdepartment.org
(Cass County/Plattsmouth, Sarpy County/Papillion)
- **Scotts Bluff County Health Department** | www.scottsbluffcounty.org/health/health.htm
(Scotts Bluff County/Gering)
- **South Heartland District Health Department** | www.southheartlandhealth.org
(Adams County/Hastings, Clay County/Clay Center, Nuckolls County/Nelson, Webster County/Red Cloud)
- **Southeast District Health Department** | www.sedhd.org
(Johnson County/Tecumseh, Nemaha County/Auburn, Otoe County/Nebraska City, Pawnee County/Pawnee City, Richardson County/Falls City)
- **Southwest Nebraska Public Health Department** | www.swhealth.ne.gov
(Chase County/Imperial, Dundy County/Benkelman, Frontier County/Stockville, Furnas County/Beaver City, Hayes County/Hayes Center, Hitchcock County/Trenton, Perkins County/Grant, Red Willow/McCook)
- **Three Rivers Public Health Department** | <http://threeriverspublichealth.org>
(Dodge County/Fremont, Saunders County/Wahoo, Washington County/Blair)
- **Two Rivers Public Health Department** | www.tworiverspublichealth.com
(Buffalo County/Kearney, Dawson County/Lexington, Franklin County/Franklin, Gosper County/Elwood, Harlan County/Alma, Kearney County/Minden, Phelps County/Holdrege)
- **West Central District Health Department** | www.wcdhd.org
(Lincoln County/North Platte, Logan County/Stapleton, McPherson County/Tryon)