

Access to Care:

Evidence Based Practices:

- 211 Helpline: NE211.org or Call 211 or (402) 444-6666 or Text Your ZIP Code to 898211 or Download the App 211NE
- CHRR: Policies & Programs that can Improve Health, filtered by Access to Care: https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies?f%5B0%5D=%3A12068&f%5B1%5D=health-factor%3AAccess%20to%20Care&items_per_page=50
- Healthy People 2030 Preventive Care Evidence Based Resources: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/preventive-care/evidence-based-resources>
- Healthy People 2030 Vaccination Evidence Based Resources: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/vaccination/evidence-based-resources>
- Healthy People 2030 Community Evidence Based Resources: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/community/evidence-based-resources>
- Healthy People 2030 Health Care Evidence Based Resources: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-care/evidence-based-resources>
- Healthy People 2030 Health Care Access and Quality Evidence Based Resources: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-care-access-and-quality/evidence-based-resources>
- Healthy People 2030 Health Communication Evidence Based Resources: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-communication/evidence-based-resources>
- CDC: Improving access to children’s mental healthcare: <https://www.cdc.gov/childrensmentalhealth/access.html>
- CDC: Adolescent and School Health: Mental Health: <https://www.cdc.gov/healthyyouth/mental-health/index.htm>
- CDC: Children’s Mental Health: <https://www.cdc.gov/childrensmentalhealth/features/rural-health.html>

National, State, Regional Plans:

- Healthy People 2030 Preventive Care Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/preventive-care>
- Healthy People 2030 Vaccination Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/vaccination>
- Healthy People 2030 Community Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/community>
- Healthy People 2030 Health Care Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-care>
- Healthy People 2030 Health Care Access and Quality Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-care-access-and-quality>

- Healthy People 2030 Health Communication Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-communication>
- NE DHHS Division of Behavioral Health Strategic Plan: <https://dhhs.ne.gov/Behavioral%20Health%20Documents/DBH%20Strategic%20Plan%202022-2024.pdf#search=division%20of%20behavioral%20health%20strategic%20plan>
- Medicaid Access and Information: <https://iserve.nebraska.gov/>

Data:

- Nebraska Disparities Chart book: <https://dhhs.ne.gov/Reports/Nebraska%20Disparities%20Chartbook%202021.pdf#search=minority%20disparities>
- Access to Health Care- Data are for the U.S.: <https://www.cdc.gov/nchs/fastats/access-to-health-care.htm>
- Coverage and Access Data- CDC: https://www.cdc.gov/nchs/health_policy/coverage_and_access.htm
- SHDHD Community Health Assessment Data Fact Sheets: <https://southheartlandhealth.org/what-we-do/chip.html>

Mental Health:

Evidence Based Practices:

- 211 Helpline: NE211.org or Call 211 or (402) 444-6666 or Text Your ZIP Code to 898211 or Download the App 211NE
- Community Preventive Services Task Force Findings-Mental Health: https://www.thecommunityguide.org/task-force-findings?field_topic_tid_selective=7614&field_recommendation_tid_selective=All&field_published_date_value%5Bmin%5D%5Byear%5D=1998&field_published_date_value%5Bmax%5D%5Byear%5D=2022
- U.S Preventive Services: https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=All&category%5B%5D=20&searchterm=
- Healthy People 2030 Mental Health and Mental Disorders Evidence Based Resources: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders/evidence-based-resources>
- Healthy People 2030 Violence Prevention Evidence Based Resources: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/violence-prevention/evidence-based-resources>
- Nebraska Region 3 2021 Annual Report: <http://region3.net/Portals/0/Annual%20Reports/2021%20Region%203%20Annual%20Report.pdf?ver=2022-01-21-091357-237>

National, State, Regional Plans:

- Healthy People 2030 Mental Health and Mental Disorders Goals and Objectives: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders>

- Healthy People 2030 Violence Prevention Goals and Objectives:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/violence-prevention>
- NE DHHS Division of Behavioral Health Strategic Plan:
<https://dhhs.ne.gov/Behavioral%20Health%20Documents/DBH%20Strategic%20Plan%202022-2024.pdf#search=division%20of%20behavioral%20health%20strategic%20plan>
- National Institute of Mental Health Strategic Plan Goals:
<https://www.nimh.nih.gov/about/strategic-planning-reports/index.shtml>
- World Health Organization Mental Health:
https://www.who.int/health-topics/mental-health#tab=tab_1

Data:

- Mental Health Information from National Institute of Mental Health:
<https://www.nimh.nih.gov/health/index.shtml>
- Mental Health Information from Mental Health America:
<http://www.mentalhealthamerica.net/mental-health-information>
- Mental Health Data from CDC: https://www.cdc.gov/mentalhealth/data_publications/index.htm
- Nebraska Region 3 Behavioral Health Services, 2021 Annual Report:
<http://region3.net/Portals/0/Annual%20Reports/2021%20Region%203%20Annual%20Report.pdf?ver=2022-01-21-091357-237>
- SHDHD Community Health Assessment Data Fact Sheets:
<https://southheartlandhealth.org/what-we-do/chip.html>

Substance Misuse:

Evidence Based Practices:

- 211 Helpline: NE211.org or Call 211 or (402) 444-6666 or Text Your ZIP Code to 898211 or Download the App 211NE
- Community Preventive Services Task Force Findings- Tobacco:
https://www.thecommunityguide.org/task-force-findings?field_topic_tid_selective=7620&field_recommendation_tid_selective=All&field_published_date_value%5Bmin%5D%5Byear%5D=1998&field_published_date_value%5Bmax%5D%5Bar%5D=2022
- National Cancer Institute-Tobacco Control Intervention Programs:
<https://rtips.cancer.gov/rtips/topicPrograms.do?topicId=102271&choice=default>
- U.S Preventive Services, filtered by Mental Health Conditions and Substance Abuse:
https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=All&category%5B%5D=20&searchterm=
- CHRR: Policies & Programs that can Improve Health, filtered by Alcohol and Drug Use:
<https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies?f%5B0%5D=%3A12056&f%5B1%5D=health-factor%3AAlcohol%20and%20Drug%20Use>
- Healthy People 2030 Drug and Alcohol Use Evidence Based Resources:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/drug-and-alcohol-use/evidence-based-resources>
- Healthy People 2030 Tobacco Use Evidence Based Resources:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/tobacco-use/evidence-based-resources>

- CDC: Drug Overdoses: <https://www.cdc.gov/drugoverdose/index.html>
- Community Guide Tobacco Use Fact Sheet: <https://www.thecommunityguide.org/sites/default/files/assets/What-Works-Factsheet-Tobacco.pdf>
- Community Guide Excessive Alcohol Consumption Fact Sheet: <https://www.thecommunityguide.org/sites/default/files/assets/What-Works-Factsheet-Alcohol.pdf>

National, State, Regional Plans:

- Healthy People 2030 Addiction Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/addiction>
- Healthy People 2030 Drug and Alcohol Use Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/drug-and-alcohol-use>
- Healthy People 2030 Tobacco Use Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/tobacco-use>
- Nebraska DHHS Addiction Treatment and Recovery: <https://dhhs.ne.gov/Pages/Addiction-Treatment-and-Recovery.aspx>
- Nebraska DHHS Drug Overdose Prevention: <https://dhhs.ne.gov/Pages/Drug-Overdose-Prevention.aspx>
- NE DHHS Division of Behavioral Health Strategic Plan: <https://dhhs.ne.gov/Behavioral%20Health%20Documents/DBH%20Strategic%20Plan%202022-2024.pdf#search=division%20of%20behavioral%20health%20strategic%20plan>

Data:

- Highlights for 2020 National Survey on Drug Use and Health: https://www.samhsa.gov/data/sites/default/files/2021-10/2020_NSDUH_Highlights.pdf
- CDC Person Who Injects Drugs Substance Use Disorder Treatment: <https://www.cdc.gov/pwid/substance-treatment.html>
- CDC Smoking and Tobacco Use: https://www.cdc.gov/tobacco/basic_information/index.htm?s_cid=osh-stu-home-nav-003
- CDC Smoking and Tobacco Use Fast Facts: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm?s_cid=osh-stu-home-spotlight-001
- Nebraska Region 3 Behavioral Health Services, 2021 Annual Report: <http://region3.net/Portals/0/Annual%20Reports/2021%20Region%203%20Annual%20Report.pdf?ver=2022-01-21-091357-237>
- SHDHD Community Health Assessment Data Fact Sheets: <https://southheartlandhealth.org/what-we-do/chip.html>

Obesity and Related Health Conditions:

Evidence Based Practices:

- 211 Helpline: NE211.org or Call 211 or (402) 444-6666 or Text Your ZIP Code to 898211 or Download the App 211NE
- Community Preventive Services Task Force Findings- Obesity: <https://www.thecommunityguide.org/task-force->

[findings?field_topic_tid_selective=7617&field_recommendation_tid_selective=All&field_published_date_value%5Bmin%5D%5Byear%5D=1998&field_published_date_value%5Bmax%5D%5Byear%5D=2022](#)

- National Cancer Institute-Obesity Intervention Programs:
<https://rtips.cancer.gov/rtips/topicPrograms.do?topicId=1592287&choice=default>
- U.S Preventive Services:
https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=All&category%5B%5D=16&category%5B%5D=21&searchterm=
- CHRR: Policies & Programs that can Improve Health, filtered by Diet and Exercise:
<https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies?f%5B0%5D=%3A12058&f%5B1%5D=health-factor%3ADiet%20and%20Exercise>
- Healthy People 2030 Overweight and Obesity Evidence Based Resources:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/overweight-and-obesity/evidence-based-resources>
- Healthy People 2030 Diabetes Evidence Based Resources:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/diabetes/evidence-based-resources>
- Healthy People 2030 Heart Disease and Stroke Evidence Based Resources:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/heart-disease-and-stroke/evidence-based-resources>
- Healthy People 2030 Nutrition and Healthy Eating Evidence Based Resources:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/nutrition-and-healthy-eating/evidence-based-resources>
- Healthy People 2030 Physical Activity Evidence Based Resources:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/physical-activity/evidence-based-resources>
- CDC Obesity Evidence Based Strategies:
<https://www.cdc.gov/obesity/strategies/community.html>
- CDC How to Use Fruits and Vegetables to Help Manage Your Weight:
https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html
- CDC Fruits and Vegetables: <https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/adults-fruits-vegetables.html>
- The Community Guide Obesity Facts Sheet:
<https://www.thecommunityguide.org/sites/default/files/assets/what-works-fact-sheet-obesity-p.pdf>

National, State, Regional Plans:

- Healthy People 2030 Overweight and Obesity Objectives and Goals:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/overweight-and-obesity>
- Healthy People 2030 Diabetes Objectives and Goals:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/diabetes>
- Healthy People 2030 Heart Disease and Stroke Objectives and Goals:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/heart-disease-and-stroke>

- Healthy People 2030 Nutrition and Healthy Eating Objectives and Goals:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/nutrition-and-healthy-eating>
- Healthy People 2030 Physical Activity Objectives and Goals:
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/physical-activity>

Data:

- Health and Lifestyle Training: <https://haltdpp.org/>
- CDC Overweight and Obesity Data and Statistics: <https://www.cdc.gov/obesity/data/index.html>
 - Update with <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines> (2018)
- Blue Hill Comprehensive Plan:
<https://static1.squarespace.com/static/59073fd915d5db2857ed5591/t/59235b3d5016e13293b005ad/1495489407112/Comprehensive+Plan.pdf>
- Hastings Comprehensive Plan:
<https://www.cityofhastings.org/assets/site/coh/documents/doccentral/Comprehensive-Development-Plan1482166724.pdf>
- Behavioral Counseling to Promote a Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults Without Cardiovascular Risk Factors: U.S. Preventive Services Task Force Recommendation Statement:
<https://www.uspreventiveservicestaskforce.org/uspstf/draft-recommendation/healthy-diet-and-physical-activity-for-cvd-prevention-adults-without-known-risk-factors-behavioral-counseling>
- Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk Factors: U.S. Preventive Services Task Force Recommendation Statement:
<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/healthy-diet-and-physical-activity-counseling-adults-with-high-risk-of-cvd>
- SHDHD Community Health Assessment Data Fact Sheets:
<https://southheartlandhealth.org/what-we-do/chip.html>

Cancer:

Evidence Based Practices:

- 211 Helpline: NE211.org or Call 211 or (402) 444-6666 or Text Your ZIP Code to 898211 or Download the App 211NE
- Community Preventive Services Task Force Findings- Cancer:
https://www.thecommunityguide.org/task-force-findings?field_topic_tid_selective=7607&field_recommendation_tid_selective=All&field_published_date_value%5Bmin%5D%5Byear%5D=1998&field_published_date_value%5Bmax%5D%5Byear%5D=2022
- National Cancer Institute-Breast Cancer Intervention Programs:
<https://rtips.cancer.gov/rtips/topicPrograms.do?topicId=102263&choice=default>
- National Cancer Institute-Cervical Cancer Intervention Programs:
<https://rtips.cancer.gov/rtips/topicPrograms.do?topicId=102264&choice=default>
- National Cancer Institute-Colorectal Cancer Intervention Programs:
<https://rtips.cancer.gov/rtips/topicPrograms.do?topicId=102265&choice=default>

- National Cancer Institute-Prostate Cancer Intervention Programs: <https://rtips.cancer.gov/rtips/topicPrograms.do?topicId=28360573&choice=default>
- U.S Preventive Services: https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=All&category%5B%5D=15&searchterm=
- HP2030 Cancer Evidence Based Resources: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/cancer/evidence-based-resources>
- CDC: Cancer: <https://www.cdc.gov/cancer/>
- Screening for Colorectal Cancer: U.S. Preventive Services Task Force Recommendation Statement: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>
- The Breast Cancer Risk Assessment Tool- NIH: <https://bcrisktool.cancer.gov/>
- American Cancer Society: Breast Cancer: <https://www.cancer.org/cancer/breast-cancer.html>
- American Cancer Society: Colorectal Cancer: <https://www.cancer.org/cancer/colon-rectal-cancer.html>
- American Cancer Society: Lung Cancer: <https://www.cancer.org/cancer/lung-cancer.html>
- American Cancer Society: Prostate Cancer: <https://www.cancer.org/cancer/prostate-cancer.html>
- American Cancer Society: Skin Cancer: <https://www.cancer.org/cancer/skin-cancer.html>
- American Cancer Society: Cervical Cancer: <https://www.cancer.org/cancer/cervical-cancer.html>

National, State, Regional Plans:

- HP2030 Cancer Objectives and Goals: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/cancer>
- Nebraska DHHS Cancer: <https://dhhs.ne.gov/Pages/Cancer.aspx>
- NIH National Cancer Institute: www.cancer.gov

Data:

- State Cancer Profiles: <https://statecancerprofiles.cancer.gov/quick-profiles/index.php?statename=nebraska>
- CDC Cancer Data and Statics: <https://www.cdc.gov/cancer/dcpc/data/index.htm>
- SHDHD Community Health Assessment Data Fact Sheets: <https://southheartlandhealth.org/what-we-do/chip.html>