

**South Heartland District Health Department
Community Resource Guide**

(Last updated March 2018)

Chronic Disease Prevention and Support Resources

Diabetes Prevention

Smart Moves

South Heartland District Health Department
606 N Minnesota Suite 2
Hastings NE 68901
(402) 462-6211

Brodstone Memorial Hospital
520 East 10th St
Superior, NE 68978
(402) 879-3281 EXT 291

-Life style modification and weight loss classes for people at risk for diabetes

Diabetes Management

Mary Lanning Health Care Diabetes Education Program

715 N St Joseph Ave
Hastings, NE 68901
(402) 463-4521 or 461-5318

- Diabetes Self-Management Education class or individual sessions
 - Nurse Educator or Dietitian sessions available
- Diabetes Health Fair call for dates and times
- El Parquete Total Program, targeting minority population (with Spanish Translator)
 - 1st Saturday each month 8:30-10:30
 - YMCA
 - call 402-461-5318 for more information
- Camp HotShot Central Nebraska, children age 6 and up with diabetes
- Foot and Toe Nail clinic at Mary Lanning Community Health Center
- Better Choices Better Sugars' incentive program
- Community presentations available
- Classes – Healthy eating and Carb counting class
- Overview of diabetes management
- What's new in diabetes medicines?

Family Medical Center of Hastings

1021 West 14th
PO Box 968
Hastings, NE 68901
(402) 463-2423

- Education on how to manage your diabetes
- Diabetes nutrition education

**South Heartland District Health Department
Community Resource Guide**

(Last updated March 2018)

Brodstone Memorial Hospital

520 East 10th St

Superior, NE 68978

(402) 879-4432 EXT 128 (Sue or Micki)

- Education on how to manage your diabetes-group or individual sessions
- Nurse Educator or Dietitian sessions available
- Bi-Monthly Diabetes Support Group (Jan, Mar, May, Sept, Nov)

Webster County Community Hospital

621 N Franklin St.

Red Cloud, NE 68970

(402) 746-5600

- Education on how to manage your diabetes
- Monthly Diabetes Support Group offered through Good Samaritan Hospital

Diabetes Specialty Care

Mary Lanning Health Care

Dr Singh

715 N. Joseph Ave Hastings, NE 68901

(402) 463-2950

- Endocrinologist for care for Diabetes
- Dr. Singh specializes in disorders of the pituitary gland, thyroid and adrenal gland, obesity, testosterone deficiency and diabetes.

Weight Loss

OB/GYN, P.C.

2115 North Kansas Suite 204

Hastings, NE 68901

(402) 463-6793

(800) 742-3305

- Weight Loss Medication Management Program

Quality Healthcare Clinic

301 S Way Ave,

Sutton, NE 68979

(402) 773-0115

- Weight Management Program with Medication and Counseling.

South Heartland District Health Department Community Resource Guide

(Last updated March 2018)

Weight Watchers

Hastings Family YMCA (West End)
1230 W 18th St
Hastings, NE 68901
800 516-3535

Church of Christ Superior
564 E. 4th St.
Superior, Ne. 68978
402-879-4067

Health & Wellness

Mary Lanning Healthcare Wellness Department
715 N. St. Joseph Ave.
Hastings, Ne.
402-460-5852 (Becky Sullivan, Wellness Manager)
402-463-4521

- Offers variety of services to local businesses and can be customized to fit their needs.
- These programs can save local businesses money by lowering health care costs, help increase productivity, and reduce worker's comp claims by improving morale and employee loyalty in creating a healthier workforce.

South Heartland District Health Department

606 N. Minnesota Ave. Ste. 2
Hastings, Ne. 68901
402-462-6211
877-238-7595

- Worksite Wellness
- Diabetes Prevention Program
- Tai Chi
- Every Woman Matters