

# Health Director

## A Message From the Health Director

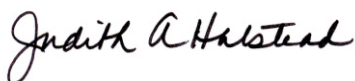


Judith A. Halstead, MS  
Health Director

On behalf of the Lincoln-Lancaster County Health Department, I am pleased to share our 2010 Annual Report. As you will find in the report, our mission, "To Protect and Promote the Public's Health", continues to be the foundation of everything we do.

Over the past few years, the Department has continued to strengthen our ability to use evidence based strategies in outcome based programs. What this means for the Lincoln and Lancaster County citizens is we are using methods that have been proven, by us and by others, to produce the outcomes that are desired. We are using methods that have been shown to make sure pregnant women deliver healthy babies; infants and young children receive preventive health care and medical services when they need it; food served in our local establishments is prepared properly and food safety is a priority; fewer people start tobacco use and more are quitting; however there is much to do!

The residents of our county, and our nation, are still at great risk for obesity in higher number than ever before. Obesity is impacting our increasing rates of diabetes, cardiovascular disease, and even some cancers. Our community needs to move more, eat healthy foods and smaller portions, be sure to access and receive preventive health screenings, and quit tobacco use. If we can accomplish these things, we may be able to achieve being the healthiest community in Nebraska and the nation. Without these efforts, our children may not reach the life expectancy of their parents for the first time in history. We must make the difference!!



Judith A. Halstead, MS  
Health Director

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## Mission

Protect and promote  
the public's health

## Vision

A well-supported  
public health  
system serving all  
people to achieve  
optimal health

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3140 N Street  
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(402) 441-8000  
[www.lincoln.ne.gov](http://www.lincoln.ne.gov)  
keyword: health