



LoupBasin
PUBLIC HEALTH DEPARTMENT

327 N 8th Avenue
PO Box 995
Burwell, NE 68823
(P) 308.346.5795

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Loup Basin Public Health Department Receives 2026 Governor's Wellness Grower Award

Burwell, Nebraska — Loup Basin Public Health Department (LBPHD) has been recognized with the **Grower Award** as part of the Nebraska Governor's Wellness Award program.

The Governor's Wellness Award recognizes organizations of all sizes across Nebraska that support their employees through exceptional workplace wellness programs. The Grower Award specifically recognizes organizations that are changing health behaviors and beginning to create a culture of health and wellness within their organization.

As a rural public health department serving nine counties in central Nebraska, LBPHD recognizes that a healthy workforce is essential to delivering high-quality public health services to the communities it serves.

LBPHD's employee Wellness Program mission is to educate and motivate staff to build healthy habits, take control of their health, and become their best selves. All LBPHD employees are eligible to participate. The three-member Wellness Committee meets regularly to plan and promote activities and challenges throughout the year. LBPHD's employee wellness program supports the physical, mental, emotional, and social well-being of staff through engaging activities, practical education, and opportunities for connection. Monthly wellness themes provide staff with resources and strategies related to topics such as physical activity, nutrition, hydration, mental well-being, emotional intelligence, and self-care.

Throughout the year, employees are offered a variety of optional wellness initiatives, including health challenges, screenings, educational sessions, team-building activities, and opportunities to connect with coworkers. By incorporating wellness into the workplace, LBPHD fosters a supportive culture where employees are encouraged to care for their health, build positive relationships, and develop habits that benefit both their professional and personal lives.

For LBPHD, the Grower Award represents an investment in employees. A healthier workforce can help reduce preventable health issues resulting in fewer missed workdays. Over time, it can lower healthcare costs, strengthen teamwork, and create a more positive workplace. It encourages employees to make time for their health and adds fun and variety to the normal work routine. Our actions can also influence the

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communities we serve. By promoting wellness in our workplace, we show that healthy choices are achievable and important for everyone.

The department's wellness efforts have contributed to increased engagement in preventive health behaviors and a stronger culture of health among its rural public health workforce.

For LBPHD, the Grower Award represents both an accomplishment and a commitment to continue investing in the health and well-being of the people who work every day to promote **Healthier People. Stronger Communities. Brighter Tomorrows.**

Media Contact:

Loup Basin Public Health Department

308-346-5795

info@lbphd.ne.gov

