

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

2017 *County Health Rankings*

Nebraska



A collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



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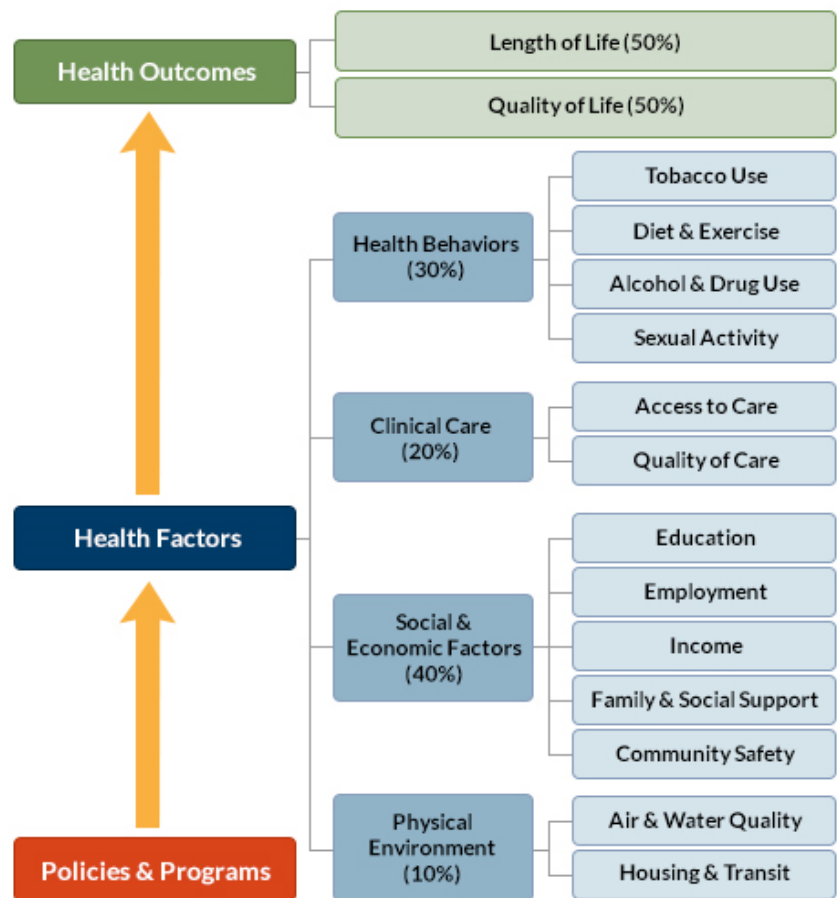


INTRODUCTION

The *County Health Rankings & Roadmaps* program brings actionable data and strategies to communities to make it easier for people to be healthy in their homes, schools, workplaces, and neighborhoods. Ranking the health of nearly every county in the nation, the *County Health Rankings* illustrate what we know when it comes to what is making people sick or healthy. The *Roadmaps* show what we can do to create healthier places to live, learn, work, and play. The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this program to cities, counties, and states across the nation.

WHAT ARE THE COUNTY HEALTH RANKINGS?

Published online at countyhealthrankings.org, the *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* are unique in their ability to measure the current overall health of nearly every county in all 50 states. They also look at a variety of measures that affect the future health of communities, such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births. Communities use the *Rankings* to help identify issues and opportunities for local health improvement, as well as to garner support for initiatives among government agencies, healthcare providers, community organizations, business leaders, policy makers, and the public.



DIGGING DEEPER INTO HEALTH DATA

Although we know that a range of factors are important for good health, every state has communities that lack both opportunities to shape good health and strong policies to promote health for everyone. Some counties lag far behind others in how well and how long people live – which we refer to as a “health gap.” Find out what's driving health differences across your state and what can be done to close those gaps. Visit countyhealthrankings.org/reports.

To further explore health gaps and other data sources in your community, check out the feature to [find more data](#) for your state and [dig deeper](#) on differences in health factors by geography or by population sub-groups. Visit countyhealthrankings.org/using-the-rankings-data.

MOVING FROM DATA TO ACTION

Roadmaps to Health help communities bring people together to look at the many factors that influence health and opportunities to reduce health gaps, select strategies that can improve health for all, and make changes that will have a lasting impact. The *Roadmaps* focus on helping communities move from *awareness* about their county's ranking to *actions* designed to improve everyone's health. The *Roadmaps to Health* Action Center is a one-stop shop of information to help any community member or leader who wants to improve their community's health by addressing factors that we know influence health, such as education, income, and community safety.

Within the Action Center you will find:

- Online step-by-step guidance and tools to move through the Action Cycle
- [What Works for Health](#) – a searchable database of evidence-informed policies and programs that can improve health
- Webinars featuring local community members who share their tips on how to build a healthier community
- Community coaches, located across the nation, who provide customized consultation to local leaders who request guidance in how to accelerate their efforts to improve health. You can contact a coach by activating the Get Help button at countyhealthrankings.org



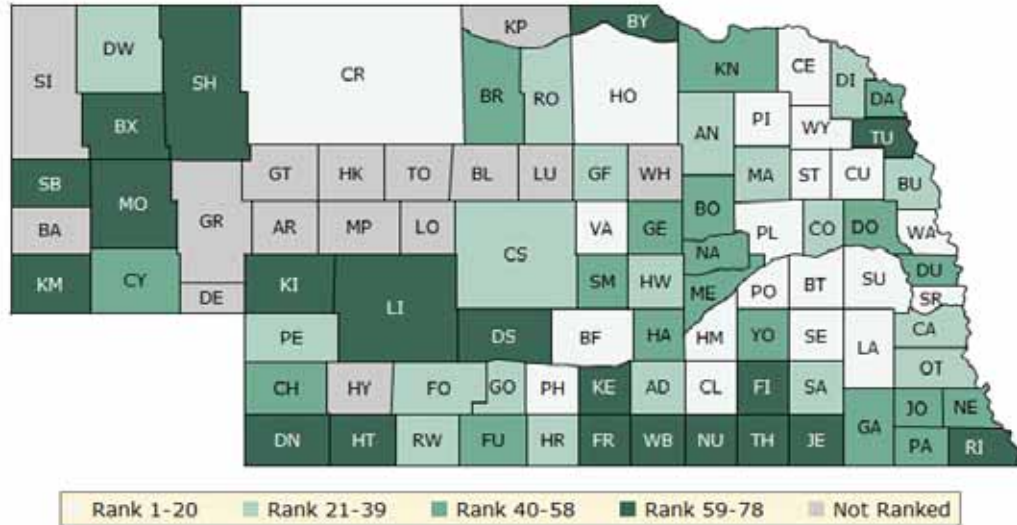
HOW CAN YOU GET INVOLVED?

You might want to contact your local affiliate of United Way Worldwide, the National Association of Counties, Local Initiatives Support Corporation (LISC), or Neighborworks— their national parent organizations have partnered with us to raise awareness and stimulate action to improve health in their local members' communities. By connecting with other leaders interested in improving health, you can make a difference in your community. In communities large and small, people from all walks of life are taking ownership and action to improve health. Visit countyhealthrankings.org to get ideas and guidance on how you can take action in your community. Working with others, you can improve the health of your community.

HOW DO COUNTIES RANK FOR HEALTH OUTCOMES?

The green map below shows the distribution of Nebraska’s **health outcomes**, based on an equal weighting of length and quality of life.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org.

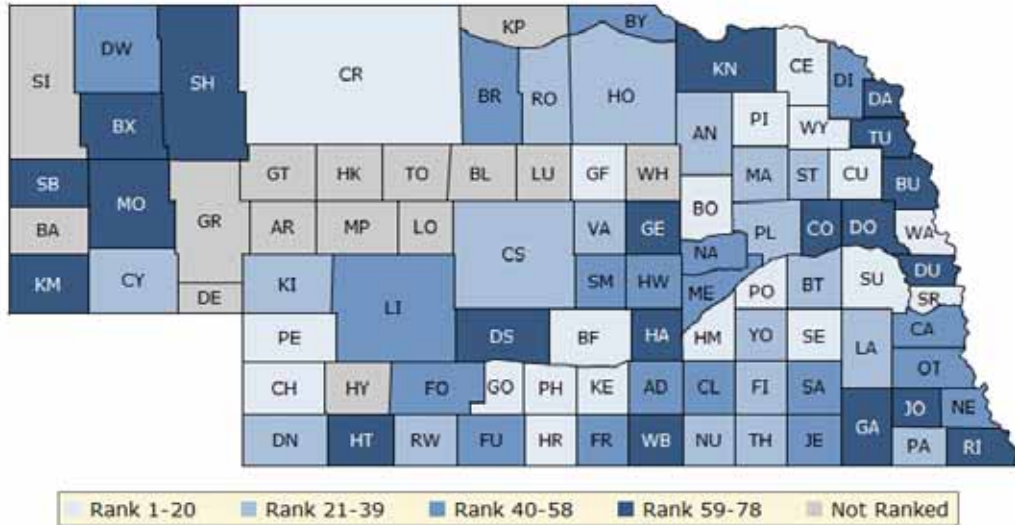


County	Rank	County	Rank	County	Rank	County	Rank
Adams	31	Deuel	NR	Johnson	41	Red Willow	23
Antelope	24	Dixon	25	Kearney	65	Richardson	59
Arthur	NR	Dodge	58	Keith	74	Rock	35
Banner	NR	Douglas	55	Keya Paha	NR	Saline	29
Blaine	NR	Dundy	69	Kimball	76	Sarpy	9
Boone	52	Fillmore	62	Knox	57	Saunders	12
Box Butte	75	Franklin	68	Lancaster	17	Scotts Bluff	77
Boyd	66	Frontier	36	Lincoln	70	Seward	8
Brown	40	Furnas	50	Logan	NR	Sheridan	60
Buffalo	18	Gage	49	Loup	NR	Sherman	44
Burt	33	Garden	NR	Madison	22	Sioux	NR
Butler	13	Garfield	34	McPherson	NR	Stanton	14
Cass	28	Gosper	39	Merrick	54	Thayer	72
Cedar	1	Grant	NR	Morrill	73	Thomas	NR
Chase	56	Greeley	46	Nance	48	Thurston	78
Cherry	19	Hall	53	Nemaha	45	Valley	5
Cheyenne	51	Hamilton	16	Nuckolls	61	Washington	3
Clay	10	Harlan	27	Otoe	30	Wayne	6
Colfax	37	Hayes	NR	Pawnee	43	Webster	71
Cuming	11	Hitchcock	63	Perkins	32	Wheeler	NR
Custer	26	Holt	7	Phelps	15	York	42
Dakota	47	Hooker	NR	Pierce	2		
Dawes	38	Howard	21	Platte	20		
Dawson	64	Jefferson	67	Polk	4		

HOW DO COUNTIES RANK FOR HEALTH FACTORS?

The blue map displays Nebraska’s summary ranks for **health factors**, based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org



County	Rank	County	Rank	County	Rank	County	Rank
Adams	44	Deuel	NR	Johnson	68	Red Willow	36
Antelope	22	Dixon	47	Kearney	6	Richardson	75
Arthur	NR	Dodge	63	Keith	34	Rock	35
Banner	NR	Douglas	71	Keya Paha	NR	Saline	51
Blaine	NR	Dundy	38	Kimball	66	Sarpy	3
Boone	15	Fillmore	28	Knox	61	Saunders	18
Box Butte	69	Franklin	40	Lancaster	27	Scotts Bluff	74
Boyd	56	Frontier	45	Lincoln	53	Seward	5
Brown	57	Furnas	58	Logan	NR	Sheridan	65
Buffalo	13	Gage	67	Loup	NR	Sherman	52
Burt	60	Garden	NR	Madison	39	Sioux	NR
Butler	24	Garfield	11	McPherson	NR	Stanton	21
Cass	43	Gosper	20	Merrick	55	Thayer	31
Cedar	8	Grant	NR	Morrill	59	Thomas	NR
Chase	9	Greeley	70	Nance	48	Thurston	78
Cherry	19	Hall	76	Nemaha	42	Valley	33
Cheyenne	23	Hamilton	2	Nuckolls	29	Washington	12
Clay	46	Harlan	14	Otoe	49	Wayne	10
Colfax	62	Hayes	NR	Pawnee	37	Webster	64
Cuming	16	Hitchcock	73	Perkins	1	Wheeler	NR
Custer	30	Holt	26	Phelps	7	York	25
Dakota	77	Hooker	NR	Pierce	17		
Dawes	50	Howard	41	Platte	32		
Dawson	72	Jefferson	54	Polk	4		

2017 COUNTY HEALTH RANKINGS: MEASURES AND NATIONAL/STATE RESULTS

Measure	Description	US Median	State Overall	State Minimum	State Maximum
HEALTH OUTCOMES					
Premature death	Years of potential life lost before age 75 per 100,000 population	7,700	5,900	3,700	14,500
Poor or fair health	% of adults reporting fair or poor health	16%	13%	10%	22%
Poor physical health days	Average # of physically unhealthy days reported in past 30 days	3.8	3.1	2.3	4.3
Poor mental health days	Average # of mentally unhealthy days reported in past 30 days	3.8	3.0	2.6	4.0
Low birthweight	% of live births with low birthweight (< 2500 grams)	8%	7%	4%	11%
HEALTH FACTORS					
HEALTH BEHAVIORS					
Adult smoking	% of adults who are current smokers	17%	17%	12%	29%
Adult obesity	% of adults that report a BMI ≥ 30	31%	30%	25%	42%
Food environment index	Index of factors that contribute to a healthy food environment, (0-10)	7.3	7.6	4.1	9.0
Physical inactivity	% of adults aged 20 and over reporting no leisure-time physical activity	26%	22%	17%	34%
Access to exercise opportunities	% of population with adequate access to locations for physical activity	62%	80%	0%	98%
Excessive drinking	% of adults reporting binge or heavy drinking	17%	20%	15%	23%
Alcohol-impaired driving deaths	% of driving deaths with alcohol involvement	30%	36%	0%	75%
Sexually transmitted infections	# of newly diagnosed chlamydia cases per 100,000 population	294.8	401.3	55.6	797.7
Teen births	# of births per 1,000 female population ages 15-19	38	29	7	92
CLINICAL CARE					
Uninsured	% of population under age 65 without health insurance	14%	11%	6%	20%
Primary care physicians	Ratio of population to primary care physicians	2,030:1	1,330:1	1,970:0	670:1
Dentists	Ratio of population to dentists	2,570:1	1,390:1	3,630:0	650:1
Mental health providers	Ratio of population to mental health providers	1,105:1	440:1	8,560:1	230:1
Preventable hospital stays	# of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees	56	47	19	103
Diabetes monitoring	% of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring	86%	87%	56%	94%
Mammography screening	% of female Medicare enrollees ages 67-69 that receive mammography screening	61%	62%	43%	79%
SOCIAL AND ECONOMIC FACTORS					
High school graduation	% of ninth-grade cohort that graduates in four years	88%	87%	46%	96%
Some college	% of adults ages 25-44 with some post-secondary education	57%	70%	37%	81%
Unemployment	% of population aged 16 and older unemployed but seeking work	5.3%	3.0%	1.8%	5.3%
Children in poverty	% of children under age 18 in poverty	22%	16%	8%	36%
Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile	4.4	4.3	3.1	5.3
Children in single-parent households	% of children that live in a household headed by a single parent	32%	29%	7%	55%
Social associations	# of membership associations per 10,000 population	12.6	14.1	7.1	41.2
Violent crime	# of reported violent crime offenses per 100,000 population	198	267	0	485
Injury deaths	# of deaths due to injury per 100,000 population	77	57	23	137
PHYSICAL ENVIRONMENT					
Air pollution – particulate matter	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)	9.2	8.2	6.2	10.9
Drinking water violations	Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation.	NA	NA	No	Yes
Severe housing problems	% of households with overcrowding, high housing costs, or lack of kitchen or plumbing facilities	14%	13%	3%	20%
Driving alone to work	% of workforce that drives alone to work	81%	81%	64%	87%
Long commute – driving alone	Among workers who commute in their car alone, % commuting > 30 minutes	30%	18%	7%	46%

2017 COUNTY HEALTH RANKINGS: DATA SOURCES AND YEARS OF DATA

	Measure	Data Source	Years of Data
HEALTH OUTCOMES			
Length of Life	Premature death	National Center for Health Statistics – Mortality files	2012-2014
Quality of Life	Poor or fair health	Behavioral Risk Factor Surveillance System	2015
	Poor physical health days	Behavioral Risk Factor Surveillance System	2015
	Poor mental health days	Behavioral Risk Factor Surveillance System	2015
	Low birthweight	National Center for Health Statistics – Natality files	2008-2014
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2015
Diet and Exercise	Adult obesity	CDC Diabetes Interactive Atlas	2013
	Food environment index	USDA Food Environment Atlas, Map the Meal Gap	2010 & 2014
Alcohol and Drug Use	Physical inactivity	CDC Diabetes Interactive Atlas	2013
	Access to exercise opportunities	Business Analyst, Delorme map data, ESRI, & US Census Tigerline Files	2010 & 2014
	Excessive drinking	Behavioral Risk Factor Surveillance System	2015
Sexual Activity	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2011-2015
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2014
	Teen births	National Center for Health Statistics - Natality files	2008-2014
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2014
	Primary care physicians	Area Health Resource File/American Medical Association	2014
	Dentists	Area Health Resource File/National Provider Identification file	2015
	Mental health providers	CMS, National Provider Identification file	2016
Quality of Care	Preventable hospital stays	Dartmouth Atlas of Health Care	2014
	Diabetes monitoring	Dartmouth Atlas of Health Care	2014
	Mammography screening	Dartmouth Atlas of Health Care	2014
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	EDFacts ¹	2014-2015
	Some college	American Community Survey	2011-2015
Employment	Unemployment	Bureau of Labor Statistics	2015
Income	Children in poverty	Small Area Income and Poverty Estimates	2015
	Income inequality	American Community Survey	2011-2015
Family and Social Support	Children in single-parent households	American Community Survey	2011-2015
	Social associations	County Business Patterns	2014
Community Safety	Violent crime	Uniform Crime Reporting – FBI	2012-2014
	Injury deaths	CDC WONDER mortality data	2011-2015
PHYSICAL ENVIRONMENT			
Air and Water Quality	Air pollution - particulate matter ²	CDC National Environmental Public Health Tracking Network	2012
	Drinking water violations	Safe Drinking Water Information System	FY2013-14
Housing and Transit	Severe housing problems	Comprehensive Housing Affordability Strategy (CHAS) data	2009-2013
	Driving alone to work	American Community Survey	2011-2015
	Long commute – driving alone	American Community Survey	2011-2015

¹ State sources used for California and Texas.

² Not available for AK and HI.

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