



County Health Rankings & Roadmaps

A Healthier Nation, County by County

2013 *Rankings* **Nebraska**



Introduction

Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example, people who live in communities with smoke-free laws are less likely to smoke or to be exposed to second-hand smoke, which reduces lung cancer risk. In addition, people who live in communities with safe and accessible park and recreation space are more likely to exercise, which reduces heart disease risk.

However, health varies greatly across communities, with some places being much healthier than others. And, until now, there has been no standard method to illustrate what we know about what makes people sick or healthy or a central resource to identify what we can do to create healthier places to live, learn, work and play.

We know that much of what influences our health happens outside of the doctor's office – in our schools, workplaces and neighborhoods. The *County Health Rankings & Roadmaps* program provides information on the overall health of your community and provides the tools necessary to create community-based, evidence-informed solutions. Ranking the health of nearly every county across the nation, the *County Health Rankings* illustrate **what we know** when it comes to what is making communities sick or healthy. The *County Health Roadmaps* show **what we can do** to create healthier places to live, learn, work and play. The Robert Wood Johnson Foundation collaborates with the University of Wisconsin

Population Health Institute to bring this groundbreaking program to counties and states across the nation.

The *County Health Rankings & Roadmaps* program includes the *County Health Rankings* project, launched in 2010, and the newer *Roadmaps* project that mobilizes local communities, national partners and leaders across all sectors to improve health. The program is based on this model of population health improvement:



In this model, health outcomes are measures that describe the current health status of a county. These health outcomes are influenced by a set of health factors. Counties can improve health outcomes by addressing all health factors with effective, evidence-informed policies and programs.

Everyone has a stake in community health. We all need to work together to find solutions. The *County Health Rankings & Roadmaps* serve as both a call to action and a needed tool in this effort.

Guide to Our Web Site

To compile the *Rankings*, we selected measures that reflect important aspects of population health that can be improved and are available at the county level across the nation. Visit www.countyhealthrankings.org to learn more.

To get started and see data, enter your county or state name in the search box. Click on the name of a county or measure to see more details. You can: Compare Counties; Download data for your state; Print one or more county

snapshots; or Share information with others via Facebook, Twitter, or Google+. To understand our methods, click on Learn about the Data and Methods. You can also take advantage of the Using the *Rankings* Data guide to help you explore the data and figure out more about what is driving your community's health. To learn about what you can do to improve health in your community, visit the *Roadmaps to Health* Action Center. Finally, you can learn what others are doing by reading Communities Stories and visiting the Project Showcase.

County Health Roadmaps

The *Rankings* illustrate **what we know** when it comes to making people sick or healthy. The *County Health Rankings* confirm the critical role that factors such as education, jobs, income and the environment play in how healthy people are and how long we live.

The *County Health Roadmaps* mobilizes local communities, national partners and leaders across all sectors to improve health. The *County Health 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 groundbreaking project to cities, counties and states across the nation.

The *Roadmaps* project includes grants to local coalitions and partnerships among policymakers, business, education, public health, health care, and community organizations; grants to national organizations working to improve health; recognition of communities whose promising efforts have led to better health; and customized guidance on strategies to improve health.

Roadmaps to Health Community Grants

The *Roadmaps to Health* Community Grants provide funding for 2 years to thirty state and local efforts among policymakers, business, education, healthcare, public health and community organizations working to create positive policy or systems changes that address the social and economic factors that influence the health of people in their community.

Roadmaps to Health Partner Grants

RWJF is awarding *Roadmaps to Health* Partner Grants to national organizations that are experienced at engaging local partners and leaders and are able to deliver high-quality training and technical assistance, and committed to making communities healthier places to live, learn, work and play. Partner grantees increase awareness about the *County Health Rankings & Roadmaps* to their members, affiliates and allies. As of February 2013, RWJF has awarded partner grants to United Way Worldwide, National Business Coalition on Health, and National Association of Counties.

RWJF Roadmaps to Health Prize

In February 2013, RWJF awarded the first *RWJF Roadmaps to Health* Prizes of \$25,000 to six communities that are working to become healthier places to live, learn, work and play. The *RWJF Roadmaps to Health* Prize is intended not only to honor successful efforts, but also to inspire and stimulate similar activities in other U.S. communities.



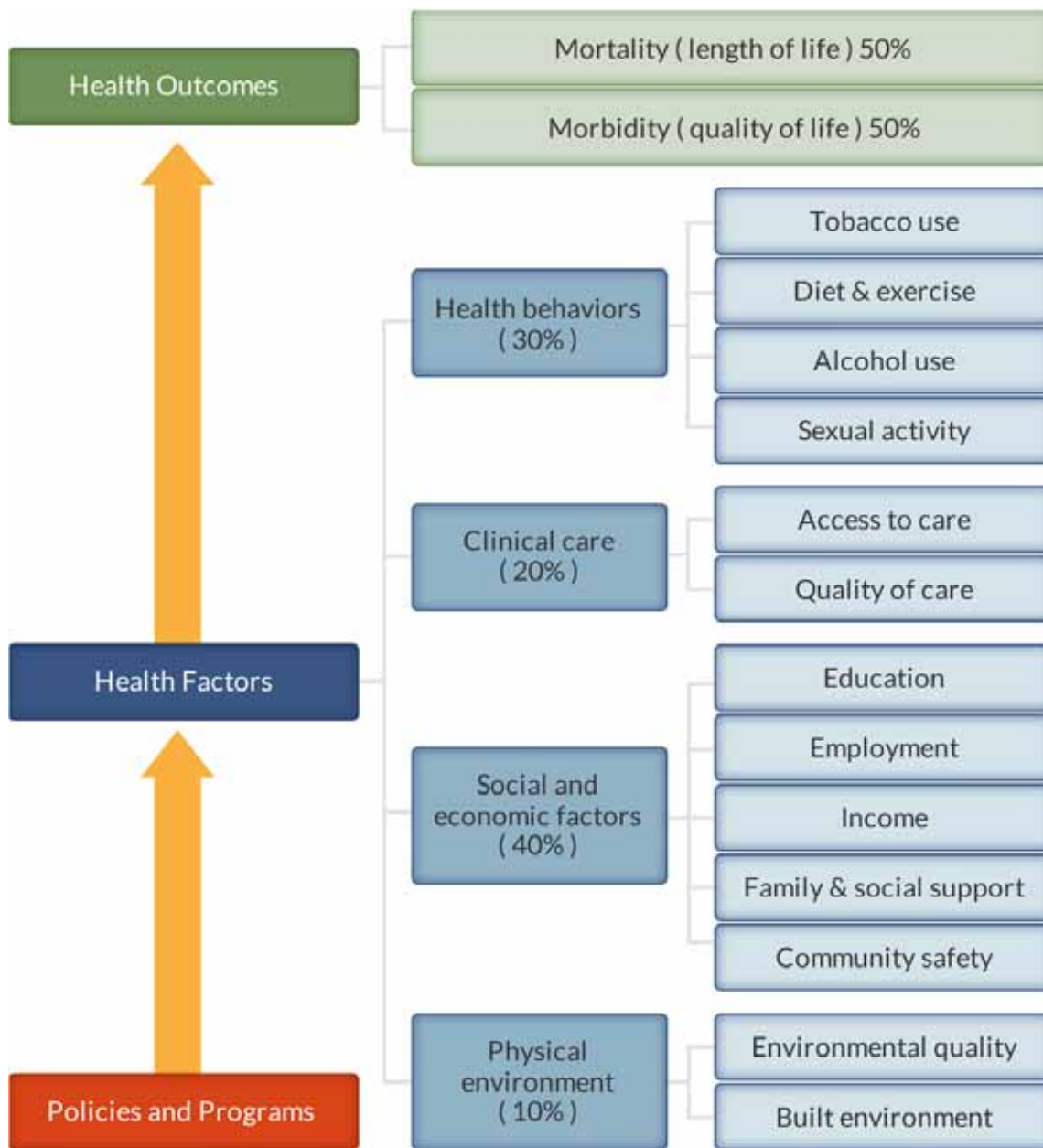
Roadmaps to Health Action Center

The *Roadmaps to Health* Action Center, based at UWPHI, provides tools and guidance to help groups working to make their communities healthier places. The Action Center website provides guidance on developing strategies and advocacy efforts to advance pro-health policies, opportunities for ongoing learning, and a searchable database of evidence-informed policies and programs focused on health improvement: *What Works for Health*. Action Center staff provide customized consultation via email and telephone to those seeking more information about how to improve health. Coaching, including possible on-site visits, is also available for communities who have demonstrated the willingness and capacity to address factors that we know influence how healthy a person is, such as education, income and family connectedness.

County Health Rankings

The 2013 *County Health Rankings* report ranks Nebraska counties according to their summary measures of **health outcomes** and **health factors**. Counties also receive a rank for mortality, morbidity, health behaviors, clinical care, social and economic factors, and the physical environment. The figure below depicts the structure of the *Rankings* model; those having high ranks (e.g., 1 or 2) are estimated to be the “healthiest.”

Our summary **health outcomes** rankings are based on an equal weighting of mortality and morbidity measures. The summary **health factors** rankings are based on weighted scores of four types of factors: behavioral, clinical, social and economic, and environmental. The weights for the factors (shown in parentheses in the figure) are based upon a review of the literature and expert input, but represent just one way of combining these factors.

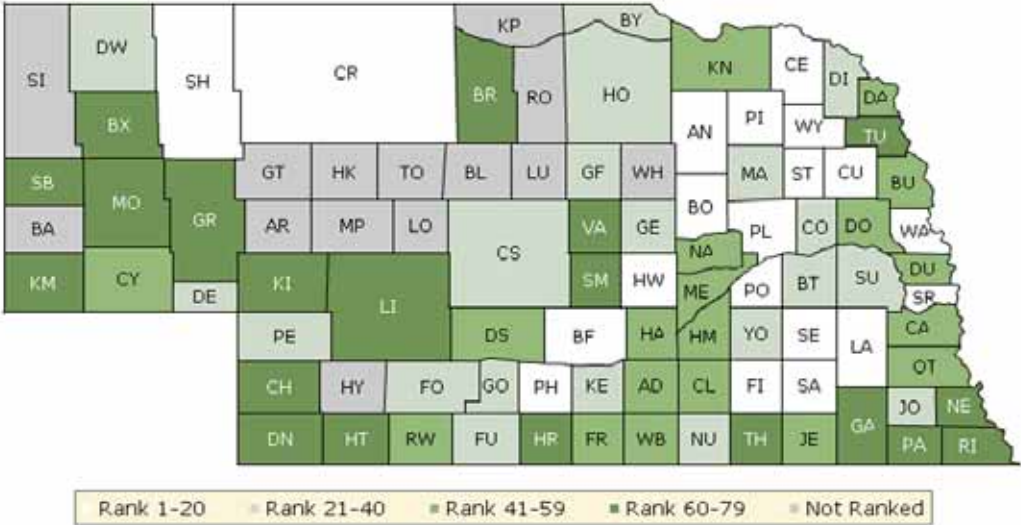


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display Nebraska’s counties divided into groups by health rank. Maps help locate the healthiest and least healthy counties in the state. The lighter colors indicate better performance in the respective

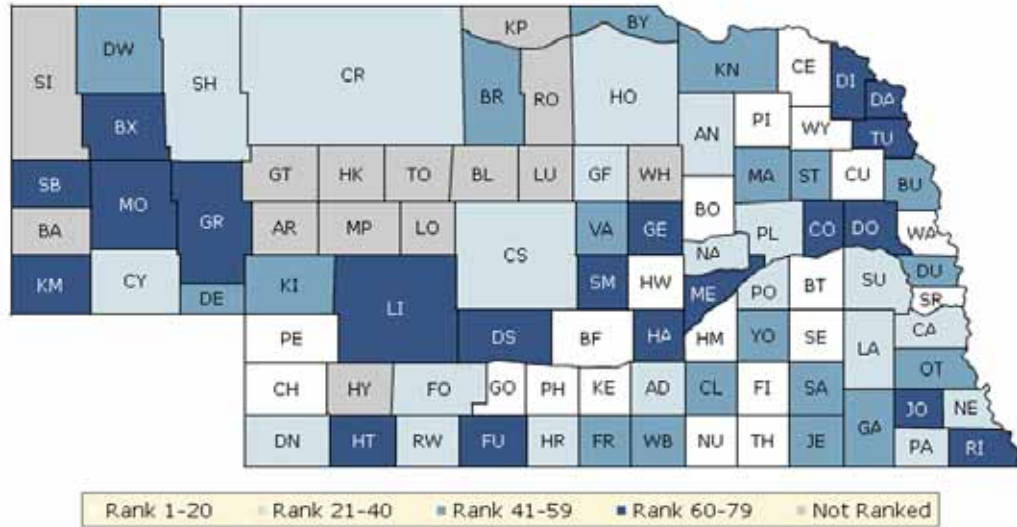
summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

HEALTH OUTCOMES



County	Rank	County	Rank	County	Rank	County	Rank
Adams	48	Deuel	38	Johnson	29	Red Willow	58
Antelope	17	Dixon	26	Kearney	23	Richardson	67
Arthur	NR	Dodge	45	Keith	78	Rock	NR
Banner	NR	Douglas	49	Keya Paha	NR	Saline	15
Blaine	NR	Dundy	63	Kimball	79	Sarpy	10
Boone	6	Fillmore	5	Knox	59	Saunders	34
Box Butte	64	Franklin	54	Lancaster	19	Scotts Bluff	68
Boyd	32	Frontier	39	Lincoln	66	Seward	14
Brown	65	Furnas	28	Logan	NR	Sheridan	11
Buffalo	13	Gage	72	Loup	NR	Sherman	74
Burt	51	Garden	76	Madison	25	Sioux	NR
Butler	21	Garfield	35	McPherson	NR	Stanton	16
Cass	47	Gosper	27	Merrick	52	Thayer	73
Cedar	3	Grant	NR	Morrill	70	Thomas	NR
Chase	69	Greeley	36	Nance	55	Thurston	77
Cherry	8	Hall	42	Nemaha	60	Valley	61
Cheyenne	50	Hamilton	43	Nuckolls	30	Washington	7
Clay	41	Harlan	62	Otoe	44	Wayne	2
Colfax	22	Hayes	NR	Pawnee	71	Webster	53
Cuming	12	Hitchcock	75	Perkins	37	Wheeler	NR
Custer	24	Holt	40	Phelps	20	York	31
Dakota	46	Hooker	NR	Pierce	4		
Dawes	33	Howard	18	Platte	9		
Dawson	57	Jefferson	56	Polk	1		

HEALTH FACTORS



County	Rank	County	Rank	County	Rank	County	Rank
Adams	39	Deuel	48	Johnson	65	Red Willow	32
Antelope	37	Dixon	68	Kearney	2	Richardson	77
Arthur	NR	Dodge	60	Keith	54	Rock	NR
Banner	NR	Douglas	57	Keya Paha	NR	Saline	42
Blaine	NR	Dundy	27	Kimball	72	Sarpy	7
Boone	5	Fillmore	15	Knox	53	Saunders	25
Box Butte	75	Franklin	47	Lancaster	22	Scotts Bluff	73
Boyd	59	Frontier	33	Lincoln	62	Seward	1
Brown	45	Furnas	66	Logan	NR	Sheridan	35
Buffalo	14	Gage	49	Loup	NR	Sherman	64
Burt	43	Garden	71	Madison	46	Sioux	NR
Butler	13	Garfield	31	McPherson	NR	Stanton	58
Cass	21	Gosper	11	Merrick	61	Thayer	8
Cedar	18	Grant	NR	Morrill	69	Thomas	NR
Chase	16	Greeley	63	Nance	40	Thurston	79
Cherry	26	Hall	70	Nemaha	29	Valley	52
Cheyenne	23	Hamilton	3	Nuckolls	17	Washington	9
Clay	50	Harlan	24	Otoe	41	Wayne	12
Colfax	67	Hayes	NR	Pawnee	34	Webster	55
Cuming	10	Hitchcock	76	Perkins	4	Wheeler	NR
Custer	38	Holt	28	Phelps	6	York	51
Dakota	78	Hooker	NR	Pierce	20		
Dawes	56	Howard	19	Platte	30		
Dawson	74	Jefferson	44	Polk	36		

Summary Health Outcomes & Health Factors Rankings

Counties receive two summary ranks:

- Health Outcomes
- Health Factors

Each of these ranks represents a weighted summary of a number of measures.

Health outcomes represent how healthy a county is while health factors represent what influences the health of the county.

Rank	Health Outcomes	Rank	Health Factors
1	Polk	1	Seward
2	Wayne	2	Kearney
3	Cedar	3	Hamilton
4	Pierce	4	Perkins
5	Fillmore	5	Boone
6	Boone	6	Phelps
7	Washington	7	Sarpy
8	Cherry	8	Thayer
9	Platte	9	Washington
10	Sarpy	10	Cuming
11	Sheridan	11	Gosper
12	Cuming	12	Wayne
13	Buffalo	13	Butler
14	Seward	14	Buffalo
15	Saline	15	Fillmore
16	Stanton	16	Chase
17	Antelope	17	Nuckolls
18	Howard	18	Cedar
19	Lancaster	19	Howard
20	Phelps	20	Pierce
21	Butler	21	Cass
22	Colfax	22	Lancaster
23	Kearney	23	Cheyenne
24	Custer	24	Harlan
25	Madison	25	Saunders
26	Dixon	26	Cherry
27	Gosper	27	Dundy
28	Furnas	28	Holt
29	Johnson	29	Nemaha
30	Nuckolls	30	Platte
31	York	31	Garfield
32	Boyd	32	Red Willow
33	Dawes	33	Frontier
34	Saunders	34	Pawnee
35	Garfield	35	Sheridan
36	Greeley	36	Polk
37	Perkins	37	Antelope
38	Deuel	38	Custer
39	Frontier	39	Adams
40	Holt	40	Nance
41	Clay	41	Otoe
42	Hall	42	Saline

Rank	Health Outcomes	Rank	Health Factors
43	Hamilton	43	Burt
44	Otoe	44	Jefferson
45	Dodge	45	Brown
46	Dakota	46	Madison
47	Cass	47	Franklin
48	Adams	48	Deuel
49	Douglas	49	Gage
50	Cheyenne	50	Clay
51	Burt	51	York
52	Merrick	52	Valley
53	Webster	53	Knox
54	Franklin	54	Keith
55	Nance	55	Webster
56	Jefferson	56	Dawes
57	Dawson	57	Douglas
58	Red Willow	58	Stanton
59	Knox	59	Boyd
60	Nemaha	60	Dodge
61	Valley	61	Merrick
62	Harlan	62	Lincoln
63	Dundy	63	Greeley
64	Box Butte	64	Sherman
65	Brown	65	Johnson
66	Lincoln	66	Furnas
67	Richardson	67	Colfax
68	Scotts Bluff	68	Dixon
69	Chase	69	Morrill
70	Morrill	70	Hall
71	Pawnee	71	Garden
72	Gage	72	Kimball
73	Thayer	73	Scotts Bluff
74	Sherman	74	Dawson
75	Hitchcock	75	Box Butte
76	Garden	76	Hitchcock
77	Thurston	77	Richardson
78	Keith	78	Dakota
79	Kimball	79	Thurston

Not Ranked: Arthur, Banner, Blaine, Grant, Hayes, Hooker, Keya Paha, Logan, Loup, McPherson, Rock, Sioux, Thomas, Wheeler

2013 County Health Rankings: Measures, Data Sources, and Years of Data

	Measure	Data Source	Years of Data
HEALTH OUTCOMES			
Mortality	Premature death	National Center for Health Statistics	2008-2010
Morbidity	Poor or fair health	Behavioral Risk Factor Surveillance System	2005-2011
	Poor physical health days	Behavioral Risk Factor Surveillance System	2005-2011
	Poor mental health days	Behavioral Risk Factor Surveillance System	2005-2011
	Low birthweight	National Center for Health Statistics	2004-2010
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2005-2011
Diet and Exercise	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2009
	Physical inactivity	National Center for Chronic Disease Prevention and Health Promotion	2009
Alcohol Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2005-2011
	Motor vehicle crash death rate	National Center for Health Statistics	2004-2010
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB prevention	2010
	Teen birth rate	National Center for Health Statistics	2004-2010
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2010
	Primary care physicians	HRSA Area Resource File	2011-2012
	Dentists	HRSA Area Resource File	2011-2012
Quality of Care	Preventable hospital stays	Medicare/Dartmouth Institute	2010
	Diabetic screening	Medicare/Dartmouth Institute	2010
	Mammography screening	Medicare/Dartmouth Institute	2010
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	Primarily state-specific sources, supplemented with National Center for Education Statistics	State-specific
	Some college	American Community Survey	2007-2011
Employment	Unemployment	Bureau of Labor Statistics	2011
Income	Children in poverty	Small Area Income and Poverty Estimates	2011
Family and Social Support	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2010
	Children in single-parent households	American Community Survey	2007-2011
Community Safety	Violent crime rate	Federal Bureau of Investigation	2008-2010
PHYSICAL ENVIRONMENT			
Environmental Quality	Daily fine particulate matter ¹	CDC WONDER Environmental data	2008
	Drinking water safety	Safe Drinking Water Information System	FY 2012
Built Environment	Access to recreational facilities	Census County Business Patterns	2010
	Limited access to healthy foods	USDA Food Environment Atlas	2012
	Fast food restaurants	Census County Business Patterns	2010

¹ Not available for AK and HI.

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