County Health Rankings

Mobilizing Action Toward Community Health

2011
Nebraska

Robert Wood Johnson Foundation

UNIVERSITY OF WISCONSIN
Population Health Institute
*Translating Research into Policy and Practice*

Introduction

Where we live matters to our health. The health of a community depends on many different factors, including quality of health care, individual behavior, education and jobs, and the environment. We can improve a community's health through programs and policies. For example, people who live in communities with ample park and recreation space are more likely to exercise, which reduces heart disease risk. 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.

The problem is that there are big differences in health across communities, with some places being much healthier than others. And up to now, it has been hard to get a standard way to measure how healthy a county is and see where they can improve.

The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute are pleased to present the 2011 *County Health Rankings*, a collection of 50 reports that reflect the overall health of counties in every state across the country. For the second year in a row, counties can get a snapshot of how healthy their residents are by comparing their overall health and the factors that influence their health with other counties in their state. This allows communities to see county-to-county where they are doing well and where they need to improve.

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

All of the *County Health Rankings* are based upon this model of population health improvement:
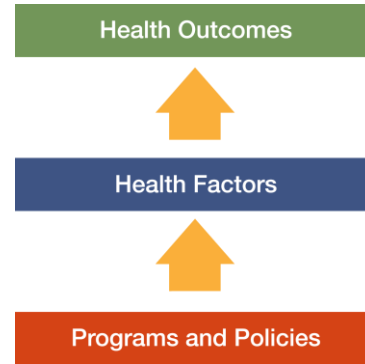
In this model, health outcomes are measures that describe the current health status of a county. These health outcomes are influenced by a set of health factors. These health factors and their outcomes may also be affected by community-based programs and policies designed to alter their distribution in the community. Counties can improve health outcomes by addressing all health factors with effective, evidence-based programs and policies.

To compile the *Rankings*, we built on our prior work in Wisconsin, obtained input from a team of expert advisors, and worked closely with staff from the National Center for Health Statistics. Together we selected a number of population health measures based on scientific relevance, importance, and availability of data at the county level.
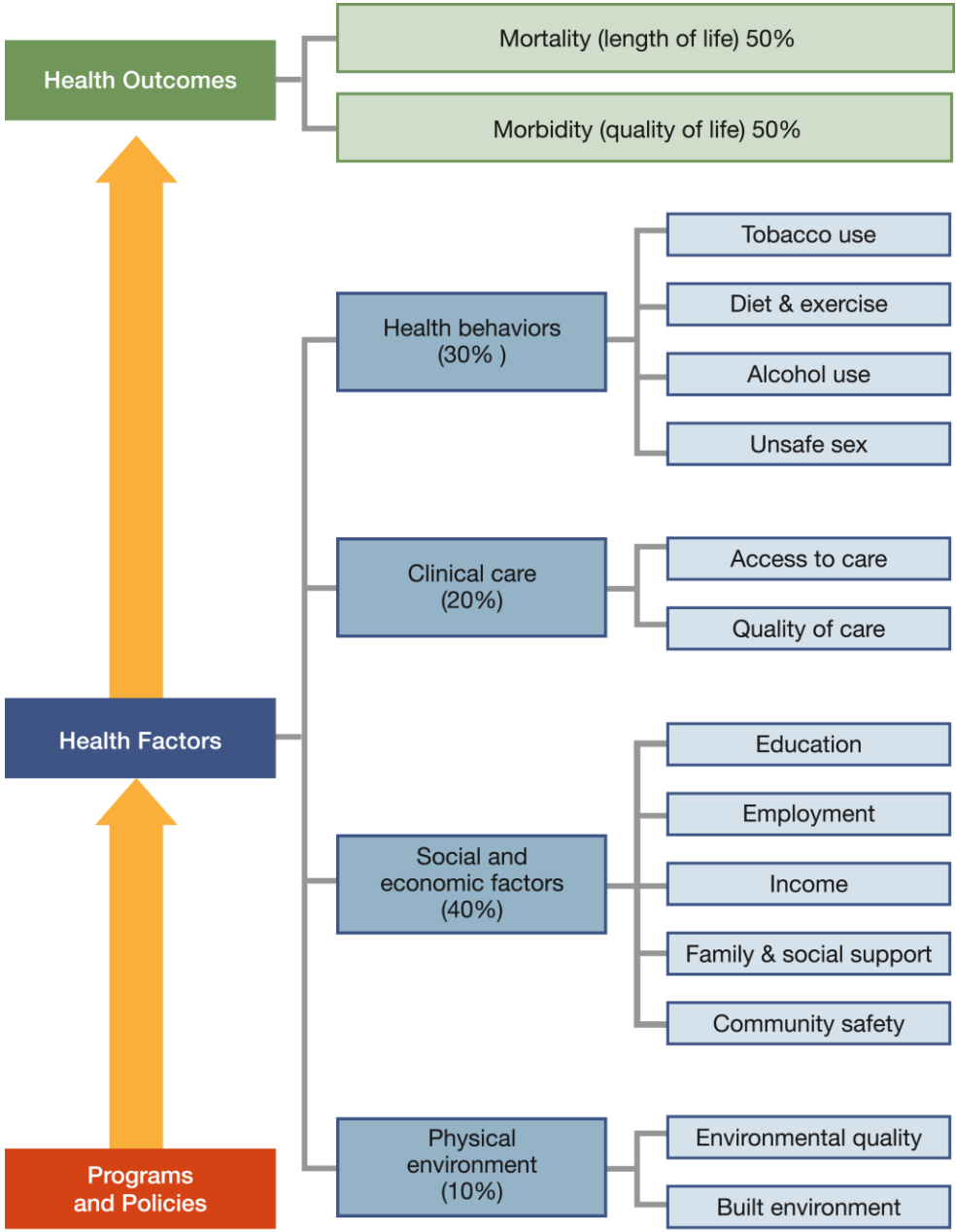
For a more detailed explanation of our approach, the methods used to compile the *Rankings,* information on the action steps communities can take to improve their health, and examples of communities in action, see www.countyhealthrankings.org

The Rankings

This report ranks Nebraska counties according to their summary measures of **health outcomes** and **health factors**, as well as the components used to create each summary measure. The figure below depicts the structure of the *Rankings* model. Counties receive a rank for each population health component; 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.

Health Outcomes	Mortality (length of life) 50%
	Morbidity (quality of life) 50%

Health Factors

Health behaviors (30%)	Tobacco use
	Diet & exercise
	Alcohol use
	Unsafe sex

| Clinical care (20%) | Access to care |
| | Quality of care |

Social and economic factors (40%)	Education
	Employment
	Income
	Family & social support
	Community safety

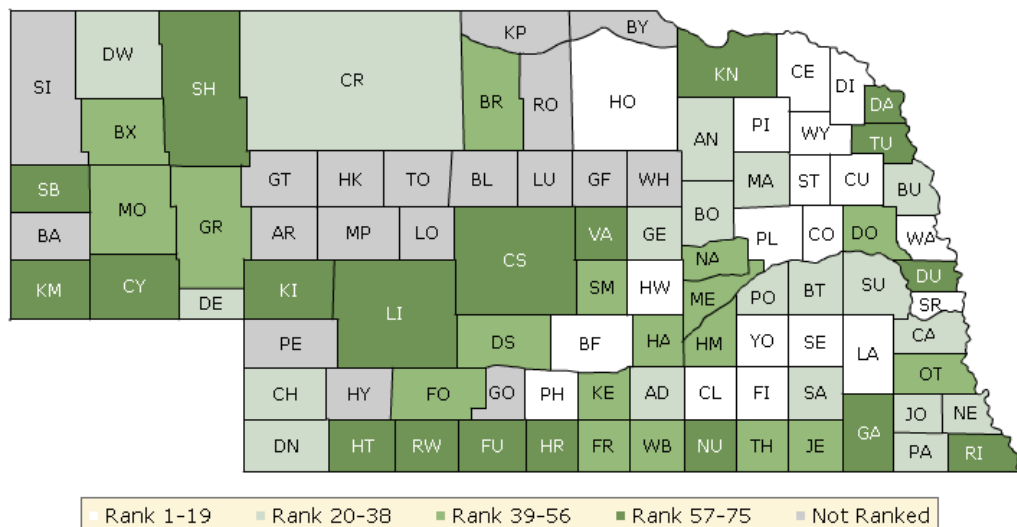| Physical environment (10%) | Environmental quality |
| | Built environment |

Programs and Policies

County Health Rankings model ©2010 UWPHI

The maps on this page display Nebraska's counties divided into groups by health rank. 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.

Maps help locate the healthiest and least healthy counties in the state. The health factors map appears similar to the health outcomes map, showing how health factors and health outcomes are closely related.

HEALTH OUTCOMES

Rank 1-19   Rank 20-38   Rank 39-56   Rank 57-75   Not Ranked

HEALTH FACTORS

Rank 1-19   Rank 20-38   Rank 39-56   Rank 57-75   Not Ranked
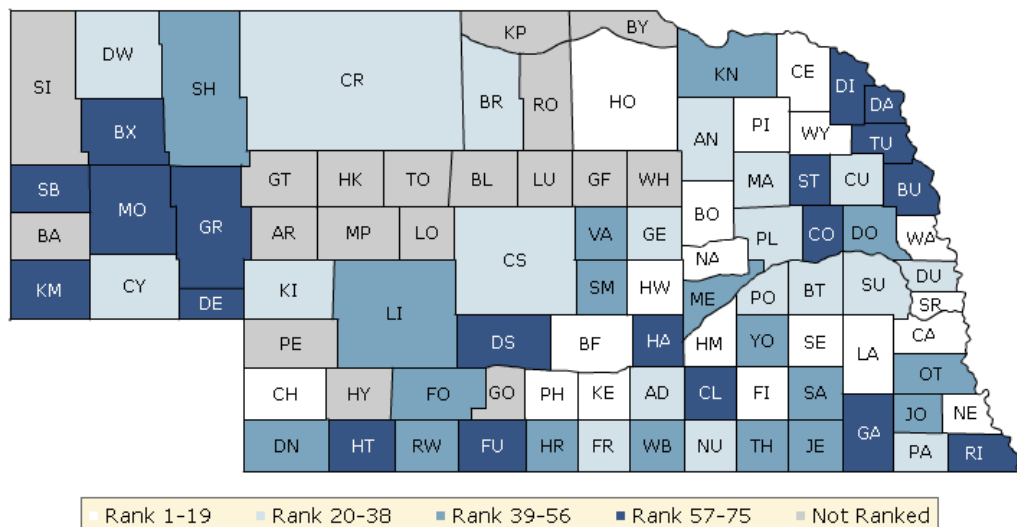
Summary Health Outcomes & Health Factors Rankings

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 are what influences the health of the county.

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

Rank	Health Outcomes	Rank	Health Factors
41	Franklin	41	Merrick
42	Thayer	42	Knox
43	Kearney	43	Thayer
44	Box Butte	44	Harlan
45	Garden	45	Valley
46	Webster	46	Red Willow
47	Jefferson	47	York
48	Frontier	48	Lincoln
49	Nance	49	Jefferson
50	Dodge	50	Otoe
51	Morrill	51	Webster
52	Hall	52	Johnson
53	Otoe	53	Sheridan
54	Merrick	54	Saline
55	Brown	55	Dodge
56	Dawson	56	Sherman
57	Custer	57	Deuel
58	Douglas	58	Garden
59	Valley	59	Gage
60	Hitchcock	60	Colfax
61	Dakota	61	Dixon
62	Furnas	62	Morrill
63	Red Willow	63	Kimball
64	Nuckolls	64	Burt
65	Keith	65	Furnas
66	Richardson	66	Stanton
67	Lincoln	67	Clay
68	Sheridan	68	Scotts Bluff
69	Gage	69	Hall
70	Harlan	70	Dawson
71	Knox	71	Richardson
72	Scotts Bluff	72	Hitchcock
73	Cheyenne	73	Box Butte
74	Kimball	74	Dakota
75	Thurston	75	Thurston

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

Health Outcomes Rankings

The summary health outcomes ranking is based on measures of mortality and morbidity. Each county's ranks for mortality and morbidity are displayed here. The mortality rank, representing length of life, is based on a measure of premature death: the years of potential life lost prior to age 75.

The morbidity rank is based on measures that represent health-related quality of life and birth outcomes. We combine four morbidity measures: self-reported fair or poor health, poor physical health days, poor mental health days, and the percent of births with low birthweight.

Rank	Mortality	Rank	Morbidity
1	York	1	Cedar
2	Wayne	2	Wayne
3	Washington	3	Pierce
4	Sarpy	4	Phelps
5	Cedar	5	Howard
6	Stanton	6	Fillmore
7	Dixon	7	Holt
8	Howard	8	Clay
9	Lancaster	9	Seward
10	Holt	10	Cuming
11	Clay	11	Stanton
12	Pierce	12	Boone
13	Saunders	13	Pawnee
14	Hamilton	14	Madison
15	Cass	15	Colfax
16	Platte	16	Dundy
17	Box Butte	17	Cherry
18	Jefferson	18	Buffalo
19	Buffalo	19	Dixon
20	Dawes	20	Deuel
21	Seward	21	Platte
22	Colfax	22	Washington
23	Adams	23	Dawes
24	Saline	24	Butler
25	Nemaha	25	Antelope
26	Butler	26	Johnson
27	Hall	27	Polk
28	Madison	28	Knox
29	Antelope	29	Burt
29	Boone	30	Kearney
29	Brown	31	Chase
29	Chase	32	Sarpy
29	Cherry	33	Saline
29	Deuel	34	Custer
29	Dundy	35	Greeley
29	Franklin	36	Cass
29	Frontier	37	Lancaster
29	Garden	38	Merrick
29	Greeley	39	Sheridan
29	Harlan	40	Nemaha

Rank	Mortality	Rank	Morbidity
29	Hitchcock	41	Thurston
29	Johnson	42	Sherman
29	Kimball	43	Franklin
29	Morrill	44	Thayer
29	Nance	45	Otoe
29	Nuckolls	46	Adams
29	Pawnee	47	Dodge
29	Polk	48	Garden
29	Sherman	49	Webster
29	Thayer	50	Saunders
29	Valley	51	Frontier
29	Webster	52	Nance
53	Burt	53	Red Willow
54	Phelps	54	Furnas
55	Cuming	55	Dakota
56	Dawson	56	Morrill
57	Douglas	57	Cheyenne
58	Kearney	58	Douglas
59	Gage	59	Dawson
60	Dodge	60	Hall
61	Keith	61	Hamilton
62	Fillmore	62	Box Butte
63	Otoe	63	Brown
64	Dakota	64	York
65	Lincoln	65	Valley
66	Merrick	66	Jefferson
67	Richardson	67	Richardson
68	Custer	68	Hitchcock
69	Furnas	69	Lincoln
70	Red Willow	70	Keith
71	Scotts Bluff	71	Nuckolls
72	Sheridan	72	Gage
73	Knox	73	Scotts Bluff
74	Cheyenne	74	Harlan
75	Thurston	75	Kimball

Health Factors Rankings

The summary health factors ranking is based on four factors: health behaviors, clinical care, social and economic, and physical environment factors. In turn, each of these factors is based on several measures. Health behaviors include measures of smoking, diet and exercise, alcohol use, and risky sex behavior. Clinical care includes measures of access to care and quality of care. Social and economic factors include measures of education, employment, income, family and social support, and community safety. The physical environment includes measures of environmental quality and the built environment.

Rank	Health Behaviors	Rank	Clinical Care	Rank	Social & Economic Factors	Rank	Physical Environment
1	Howard	1	Douglas	1	Seward	1	Brown
2	Chase	2	Gage	2	Hamilton	2	Douglas
3	Cedar	3	Kearney	3	Washington	3	Scotts Bluff
4	Seward	4	Lancaster	4	Pierce	4	Box Butte
5	Fillmore	5	Nemaha	5	Sarpy	4	Nance
6	Holt	6	Buffalo	6	Kearney	6	Phelps
7	Lancaster	7	Scotts Bluff	7	Boone	7	Franklin
8	Boone	8	Butler	8	Wayne	8	Hall
9	Harlan	9	Phelps	9	Chase	9	Polk
10	Nuckolls	10	Jefferson	10	Phelps	10	Holt
11	Kearney	11	Lincoln	11	Polk	11	Sarpy
12	Sheridan	12	Pawnee	12	Frontier	12	Madison
13	Pawnee	13	Madison	13	Saunders	13	Cheyenne
14	Nance	14	Holt	14	Cedar	14	Nuckolls
15	Greeley	15	Washington	15	Buffalo	15	Lancaster
16	Cass	16	Dodge	16	Platte	16	Dawson
17	Dawes	17	Sarpy	17	Holt	17	Greeley
18	Cuming	18	Kimball	18	Cuming	17	Knox
19	Knox	19	Dawes	19	Lancaster	17	Pierce
20	Phelps	20	Otoe	20	Custer	20	Custer
21	Madison	21	Stanton	21	Fillmore	21	Nemaha
22	Valley	22	York	22	Nance	22	Keith
23	Nemaha	23	Boone	23	Howard	23	Buffalo
24	Custer	24	Keith	24	Franklin	24	Lincoln
25	Cherry	25	Dundy	25	Butler	25	Merrick
26	Keith	26	Cass	26	Cherry	26	Frontier
27	Sarpy	27	Franklin	27	Cass	27	Clay
28	Thayer	28	Hamilton	28	Merrick	28	Adams
29	Antelope	29	Adams	29	Otoe	29	Antelope
30	Hamilton	30	Cherry	30	Webster	30	Cherry
31	Wayne	31	Platte	31	Antelope	31	Boone
32	Dundy	32	Fillmore	32	Cheyenne	31	Chase
33	Colfax	33	Garden	33	Red Willow	31	Deuel
34	Adams	34	Saline	34	York	31	Furnas
35	Washington	35	Nuckolls	35	Valley	31	Harlan
36	Saunders	36	Johnson	36	Sherman	31	Howard
37	Cheyenne	37	Thayer	37	Dixon	31	Kearney
38	Brown	38	Merrick	38	Brown	31	Morrill
39	Buffalo	39	Hall	39	Dundy	31	Sheridan
40	Jefferson	40	Polk	40	Nemaha	31	Valley

Rank	Health Behaviors	Rank	Clinical Care	Rank	Social & Economic Factors	Rank	Physical Environment
41	Platte	41	Seward	41	Johnson	41	Dawes
42	Douglas	42	Greeley	42	Thayer	42	Otoe
43	Webster	43	Saunders	43	Saline	43	Gage
44	Butler	44	Furnas	44	Lincoln	44	Cass
45	Garden	45	Nance	45	Adams	45	Dodge
46	Pierce	46	Knox	46	Keith	46	Sherman
47	Deuel	47	Wayne	47	Furnas	47	Red Willow
48	Red Willow	48	Red Willow	48	Colfax	48	Saline
49	Burt	49	Deuel	49	Clay	49	Seward
50	Merrick	50	Morrill	50	Burt	50	Garden
51	Franklin	51	Brown	51	Dawes	50	Kimball
52	Frontier	52	Cheyenne	52	Knox	52	Dakota
53	Johnson	53	Sheridan	53	Harlan	53	Hitchcock
54	York	54	Hitchcock	54	Jefferson	53	Richardson
55	Morrill	55	Antelope	55	Greeley	55	Colfax
56	Dodge	56	Pierce	56	Pawnee	56	Cedar
57	Kimball	57	Richardson	57	Madison	56	Fillmore
58	Sherman	58	Chase	58	Stanton	56	Stanton
59	Saline	59	Dawson	59	Deuel	56	Wayne
60	Polk	60	Dixon	60	Dodge	60	Cuming
61	Lincoln	61	Custer	61	Morrill	61	Johnson
62	Clay	62	Cuming	62	Garden	61	Webster
63	Scotts Bluff	63	Burt	63	Douglas	63	Hamilton
64	Dawson	64	Frontier	64	Nuckolls	64	Thayer
65	Gage	65	Howard	65	Gage	65	Saunders
66	Dixon	66	Sherman	66	Hall	66	Butler
67	Hitchcock	67	Box Butte	67	Richardson	67	Platte
68	Otoe	68	Webster	68	Sheridan	68	Jefferson
69	Hall	69	Dakota	69	Kimball	68	York
70	Furnas	70	Harlan	70	Dawson	70	Dundy
71	Stanton	71	Cedar	71	Dakota	71	Dixon
72	Box Butte	72	Clay	72	Scotts Bluff	72	Washington
73	Richardson	73	Valley	73	Box Butte	73	Thurston
74	Dakota	74	Colfax	74	Hitchcock	74	Pawnee
75	Thurston	75	Thurston	75	Thurston	75	Burt

2011 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	2005-2007
Morbidity	Poor or fair health	Behavioral Risk Factor Surveillance System	2003-2009
	Poor physical health days	Behavioral Risk Factor Surveillance System	2003-2009
	Poor mental health days	Behavioral Risk Factor Surveillance System	2003-2009
	Low birthweight	National Center for Health Statistics	2001-2007
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco	Adult smoking	Behavioral Risk Factor Surveillance System	2003-2009
Diet and Exercise	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2008
Alcohol Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2003-2009
	Motor vehicle crash death rate	National Center for Health Statistics	2001-2007
High Risk Sexual Behavior	Sexually transmitted infections	National Center for Hepatitis, HIV, STD and TB Prevention	2008
	Teen birth rate	National Center for Health Statistics	2001-2007
CLINICAL CARE			
Access to Care	Uninsured adults	Small Area Health Insurance Estimates, U.S. Census	2007
	Primary care providers	Health Resources & Services Administration	2008
Quality of Care	Preventable hospital stays	Medicare/Dartmouth Institute	2006-2007
	Diabetic screening	Medicare/Dartmouth Institute	2006-2007
	Mammography screening	Medicare/Dartmouth Institute	2006-2007
SOCIOECONOMIC FACTORS			
Education	High school graduation	National Center for Education Statistics[1]	2006-2007
	Some college	American Community Survey	2005-2009
Employment	Unemployment	Bureau of Labor Statistics	2009
Income	Children in poverty	Small Area Income and Poverty Estimates, U.S. Census	2008
Family and Social Support	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2009
	Single-parent households	American Community Survey	2005-2009
Community Safety	Violent crime[2]	Uniform Crime Reporting, Federal Bureau of Investigation	2006-2008
PHYSICAL ENVIRONMENT			
Air Quality[3]	Air pollution-particulate matter days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2006
	Air pollution-ozone days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2006
Built Environment	Access to healthy foods	Census Zip Code Business Patterns	2008
	Access to recreational facilities	Census County Business Patterns	2008

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[1] State data sources for KY, NH, NC, PA, SC, and UT (2008-2009).

[2] Homicide rate (2001-2007) from National Center for Health Statistics for AK, AZ, AR, CO, CT, GA, ID, IN, IA, KS, KY, LA, MN, MS, MT, NE, NH, NM, NC, ND, OH, SD, UT, and WV. State data source for IL.

[3] Not available for AK and HI.

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