



County Health Rankings & Roadmaps

A Healthier Nation, County by County

2012 *Rankings* **Nebraska**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

Population Health Institute

Translating Research into Policy and Practice

Introduction

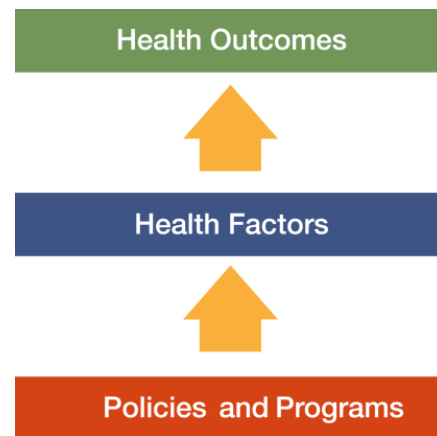
Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example, 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. To learn about steps that you can take to improve health in your community, click on the *Roadmaps* tab. The *Roadmaps to Health Action Center* provides tools and resources to help groups working together to create healthier places. The Opportunities section provides information on funding, recognition, and partnership opportunities. The Connections section helps you learn what others are doing.

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.

This report introduces the *County Health Roadmaps*, a new partnership that 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 collaborates with the University of Wisconsin Population Health Institute 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 technical assistance on strategies to improve health.

Roadmaps to Health Community Grants

The *Roadmaps to Health Community Grants* provide funding for 2 years to 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

The Robert Wood Johnson Foundation 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. The first Partner Grant was awarded to United Way Worldwide (UWW) in July 2011.

Roadmaps to Health Prize

The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute will award *Roadmaps to Health Prizes* of \$25,000 to up to six communities that are working to become healthier places to live, learn, work and play. The *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.



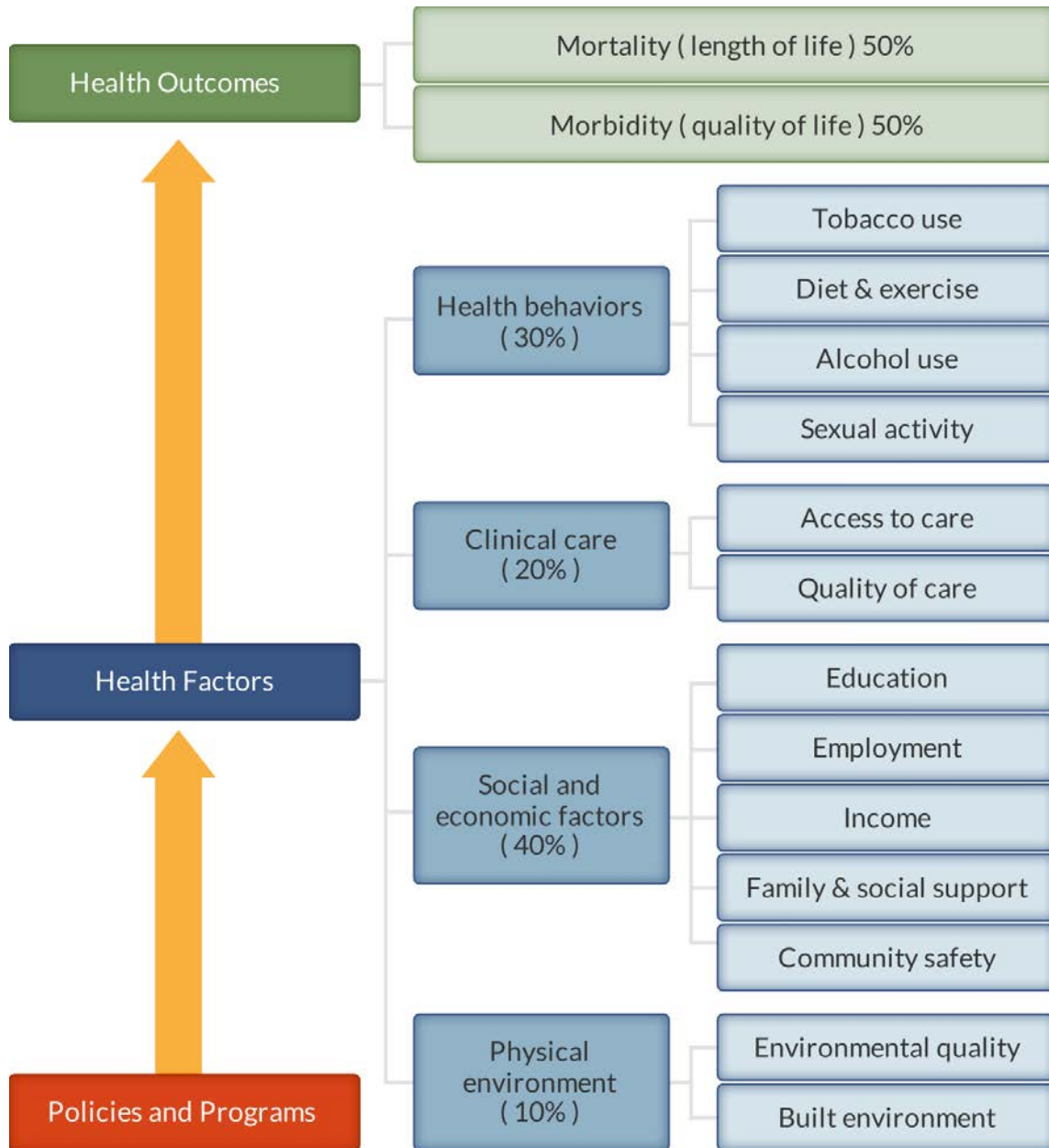
Roadmaps to Health Action Center

The *Roadmaps to Health Action Center*, based at the University of Wisconsin Population Health Institute, provides tools and resources to help groups working to make their communities healthier places. The new Action Center will provide guidance on developing strategies and advocacy efforts to advance pro-health policies, offer opportunities for ongoing learning, and in the summer of 2012, host a searchable database of evidence-informed policies and programs focused on health improvement. Experts provide customized consultation to local 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 2012 *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.

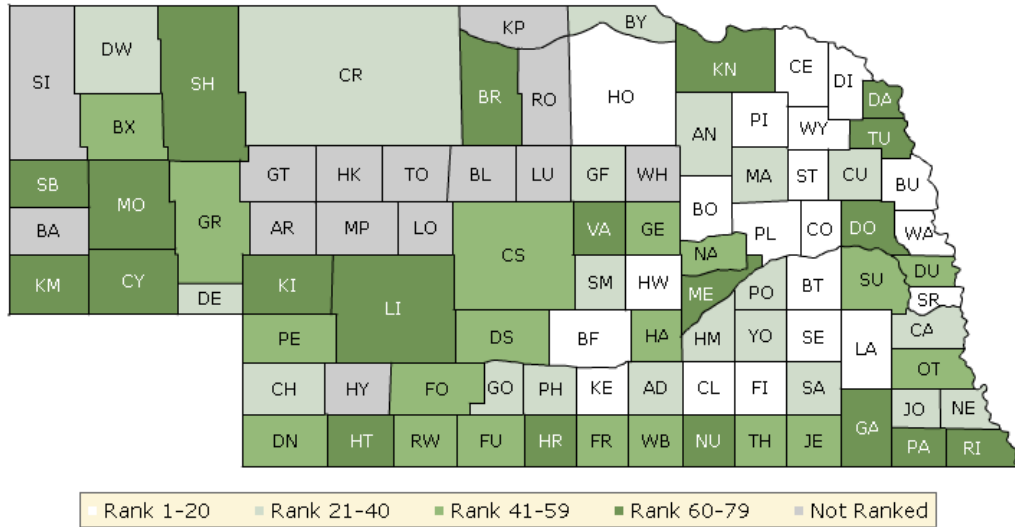


County Health Rankings model ©2012 UWPHI

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

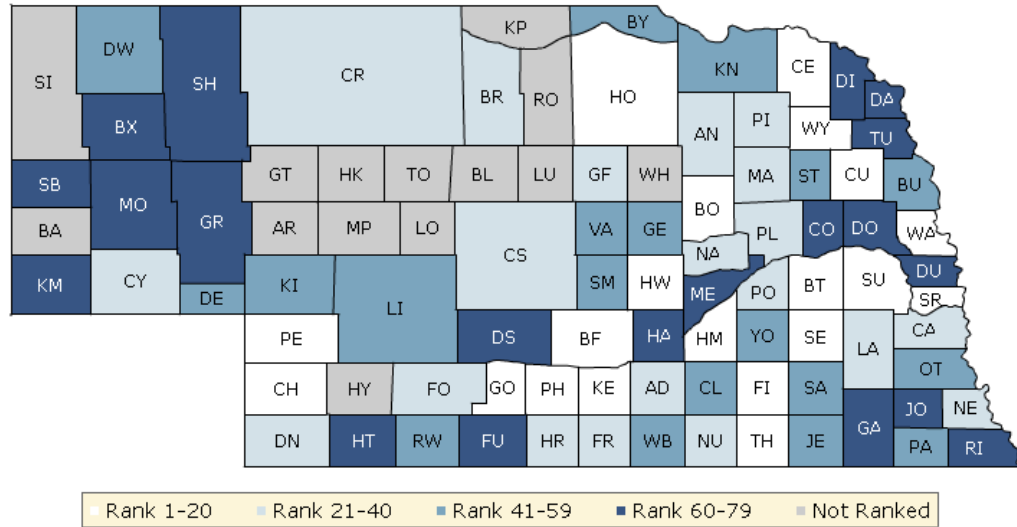
summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

HEALTH OUTCOMES



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

HEALTH FACTORS



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

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

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

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

2012 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	2006-2008
Morbidity	Poor or fair health	Behavioral Risk Factor Surveillance System	2004-2010
	Poor physical health days	Behavioral Risk Factor Surveillance System	2004-2010
	Poor mental health days	Behavioral Risk Factor Surveillance System	2004-2010
	Low birthweight	National Center for Health Statistics	2002-2008
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2004-2010
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	2004-2010
	Motor vehicle crash death rate	National Center for Health Statistics	2002-2008
Sexual Activity	Sexually transmitted infections	National Center for Hepatitis, HIV, STD and TB Prevention	2009
	Teen birth rate	National Center for Health Statistics	2002-2008
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2009
	Primary care physicians	Health Resources & Services Administration	2009
Quality of Care	Preventable hospital stays	Medicare/Dartmouth Institute	2009
	Diabetic screening	Medicare/Dartmouth Institute	2009
	Mammography screening	Medicare/Dartmouth Institute	2009
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	National Center for Education Statistics and state-specific sources ¹	2008-2010
	Some college	American Community Survey	2006-2010
Employment	Unemployment	Bureau of Labor Statistics	2010
Income	Children in poverty	Small Area Income and Poverty Estimates	2010
Family and Social Support	Inadequate social support	Behavioral Risk Factor Surveillance System	2006-2010
	Children in single-parent households	American Community Survey	2006-2010
Community Safety	Violent crime rate ²	Federal Bureau of Investigation	2007-2009
PHYSICAL ENVIRONMENT			
Environmental Quality ³	Air pollution-particulate matter days	U.S. Environmental Protection Agency	2007
	Air pollution-ozone days	U.S. Environmental Protection Agency	2007
Built Environment	Access to recreational facilities	Census County Business Patterns	2009
	Limited access to healthy foods ⁴	U.S. Department of Agriculture	2006
	Fast food restaurants	Census County Business Patterns	2009

¹ NCES used for AK, AL, AR, CA, CT, FL, HI, ID, KY, MT, ND, NJ, OK, SD and TN

² State data source for IL.

³ Not available for AK and HI.

⁴ Access to Healthy Foods (2009) from Census Zip Code Business Patterns for AK and HI.

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