2017 County Health Rankings
Nebraska
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 subgroups. 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.
**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](http://countyhealthrankings.org).

### County Rankings

<table>
<thead>
<tr>
<th>County</th>
<th>Rank</th>
<th>County</th>
<th>Rank</th>
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<tr>
<td>Adams</td>
<td>44</td>
<td>Deuel</td>
<td>NR</td>
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<td>NR</td>
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<td>71</td>
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<td>NR</td>
<td>Saline</td>
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<td>38</td>
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<td>Franklin</td>
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<td>Lancaster</td>
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<td>Scotts Bluff</td>
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<td>Boyd</td>
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<td>Gage</td>
<td>67</td>
<td>Loup</td>
<td>NR</td>
<td>Sherman</td>
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<td>NR</td>
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<td>NR</td>
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<td>Clay</td>
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<td>Colfax</td>
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<td>Hayes</td>
<td>NR</td>
<td>Pawnee</td>
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<td>16</td>
<td>Hitchcock</td>
<td>73</td>
<td>Perkins</td>
<td>1</td>
<td>Wheeler</td>
<td>NR</td>
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<tr>
<td>Custer</td>
<td>30</td>
<td>Holt</td>
<td>26</td>
<td>Phelps</td>
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<td>York</td>
<td>25</td>
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<td>Dakota</td>
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<td>Hooker</td>
<td>NR</td>
<td>Pierce</td>
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<td>Dawes</td>
<td>50</td>
<td>Howard</td>
<td>41</td>
<td>Platte</td>
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<td>Dawson</td>
<td>72</td>
<td>Jefferson</td>
<td>54</td>
<td>Polk</td>
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[www.countyhealthrankings.org/nebraska](http://www.countyhealthrankings.org/nebraska)
2017 COUNTY HEALTH RANKINGS: MEASURES AND NATIONAL/STATE RESULTS

<table>
<thead>
<tr>
<th>Measure</th>
<th>Description</th>
<th>US Median</th>
<th>State Overall</th>
<th>State Minimum</th>
<th>State Maximum</th>
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<tbody>
<tr>
<td><strong>HEALTH OUTCOMES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Premature death</td>
<td>Years of potential life lost before age 75 per 100,000 population</td>
<td>7,700</td>
<td>5,900</td>
<td>3,700</td>
<td>14,500</td>
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<tr>
<td>Poor or fair health</td>
<td>% of adults reporting fair or poor health</td>
<td>16%</td>
<td>13%</td>
<td>10%</td>
<td>22%</td>
</tr>
<tr>
<td>Poor physical health days</td>
<td>Average # of physically unhealthy days reported in past 30 days</td>
<td>3.8</td>
<td>3.1</td>
<td>2.3</td>
<td>4.3</td>
</tr>
<tr>
<td>Poor mental health days</td>
<td>Average # of mentally unhealthy days reported in past 30 days</td>
<td>3.8</td>
<td>3.0</td>
<td>2.6</td>
<td>4.0</td>
</tr>
<tr>
<td>Low birthweight</td>
<td>% of live births with low birthweight (&lt; 2500 grams)</td>
<td>8%</td>
<td>7%</td>
<td>4%</td>
<td>11%</td>
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<tr>
<td><strong>HEALTH FACTORS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HEALTH BEHAVIORS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult smoking</td>
<td>% of adults who are current smokers</td>
<td>17%</td>
<td>17%</td>
<td>12%</td>
<td>29%</td>
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<tr>
<td>Adult obesity</td>
<td>% of adults that report a BMI ≥ 30</td>
<td>31%</td>
<td>30%</td>
<td>25%</td>
<td>42%</td>
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<tr>
<td>Food environment index</td>
<td>Index of factors that contribute to a healthy food environment, (0-10)</td>
<td>7.3</td>
<td>7.6</td>
<td>4.1</td>
<td>9.0</td>
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<tr>
<td>Physical inactivity</td>
<td>% of adults aged 20 and over reporting no leisure-time physical activity</td>
<td>26%</td>
<td>22%</td>
<td>17%</td>
<td>34%</td>
</tr>
<tr>
<td>Access to exercise opportunities</td>
<td>% of population with adequate access to locations for physical activity</td>
<td>62%</td>
<td>80%</td>
<td>0%</td>
<td>98%</td>
</tr>
<tr>
<td>Excessive drinking</td>
<td>% of adults reporting binge or heavy drinking</td>
<td>17%</td>
<td>20%</td>
<td>15%</td>
<td>23%</td>
</tr>
<tr>
<td>Alcohol-impaired driving deaths</td>
<td>% of driving deaths with alcohol involvement</td>
<td>30%</td>
<td>36%</td>
<td>0%</td>
<td>75%</td>
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<tr>
<td>Sexually transmitted infections</td>
<td># of newly diagnosed chlamydia cases per 100,000 population</td>
<td>294.8</td>
<td>401.3</td>
<td>55.6</td>
<td>797.7</td>
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<tr>
<td>Teen births</td>
<td># of births per 1,000 female population ages 15-19</td>
<td>38</td>
<td>29</td>
<td>7</td>
<td>92</td>
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<td><strong>CLINICAL CARE</strong></td>
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<tr>
<td>Uninsured</td>
<td>% of population under age 65 without health insurance</td>
<td>14%</td>
<td>11%</td>
<td>6%</td>
<td>20%</td>
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<tr>
<td>Primary care physicians</td>
<td>Ratio of population to primary care physicians</td>
<td>2,030:1</td>
<td>1,330:1</td>
<td>1,970:0</td>
<td>670:1</td>
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<tr>
<td>Dentists</td>
<td>Ratio of population to dentists</td>
<td>2,570:1</td>
<td>1,390:1</td>
<td>3,630:0</td>
<td>650:1</td>
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<tr>
<td>Mental health providers</td>
<td>Ratio of population to mental health providers</td>
<td>1,105:1</td>
<td>440:1</td>
<td>8,560:1</td>
<td>230:1</td>
</tr>
<tr>
<td>Preventable hospital stays</td>
<td># of hospital stays for ambulatory-care sensitive conditions per 1,000</td>
<td>56</td>
<td>47</td>
<td>19</td>
<td>103</td>
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<tr>
<td>Medicare enrollees</td>
<td>Medicare enrollees</td>
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<td></td>
<td></td>
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<tr>
<td>Diabetes monitoring</td>
<td>% of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring</td>
<td>86%</td>
<td>87%</td>
<td>56%</td>
<td>94%</td>
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<tr>
<td>Mammography screening</td>
<td>% of female Medicare enrollees ages 67-69 that receive mammography screening</td>
<td>61%</td>
<td>62%</td>
<td>43%</td>
<td>79%</td>
</tr>
<tr>
<td><strong>SOCIAL AND ECONOMIC FACTORS</strong></td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>High school graduation</td>
<td>% of ninth-grade cohort that graduates in four years</td>
<td>88%</td>
<td>87%</td>
<td>46%</td>
<td>96%</td>
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<tr>
<td>Some college</td>
<td>% of adults ages 25-44 with some post-secondary education</td>
<td>57%</td>
<td>70%</td>
<td>37%</td>
<td>81%</td>
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<tr>
<td>Unemployment</td>
<td>% of population aged 16 and older unemployed but seeking work</td>
<td>5.3%</td>
<td>3.0%</td>
<td>1.8%</td>
<td>5.3%</td>
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<td>Children in poverty</td>
<td>% of children under age 18 in poverty</td>
<td>22%</td>
<td>16%</td>
<td>8%</td>
<td>36%</td>
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<tr>
<td>Income inequality</td>
<td>Ratio of household income at the 80th percentile to income at the 20th</td>
<td>4.4</td>
<td>4.3</td>
<td>3.1</td>
<td>5.3</td>
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<tr>
<td>percentile</td>
<td></td>
<td></td>
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<tr>
<td>Children in single-parent households</td>
<td>% of children that live in a household headed by a single parent</td>
<td>32%</td>
<td>29%</td>
<td>7%</td>
<td>55%</td>
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<td>Social associations</td>
<td># of membership associations per 10,000 population</td>
<td>12.6</td>
<td>14.1</td>
<td>7.1</td>
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<td>Violent crime</td>
<td># of reported violent crime offenses per 100,000 population</td>
<td>198</td>
<td>267</td>
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<td>485</td>
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<td>Injury deaths</td>
<td># of deaths due to injury per 100,000 population</td>
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<td>57</td>
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<td>Air pollution – particulate matter</td>
<td>Average daily density of fine particulate matter in micrograms per cubic</td>
<td>9.2</td>
<td>8.2</td>
<td>6.2</td>
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<td>Drinking water violations</td>
<td>Indicator of the presence of health-related drinking water violations.</td>
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<td>NA</td>
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<td>Yes</td>
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<td>Severe housing problems</td>
<td>% of households with overcrowding, high housing costs, or lack of kitchen</td>
<td>14%</td>
<td>13%</td>
<td>3%</td>
<td>20%</td>
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<tr>
<td>or plumbing facilities</td>
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<td></td>
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<tr>
<td>Driving alone to work</td>
<td>% of workforce that drives alone to work</td>
<td>81%</td>
<td>81%</td>
<td>64%</td>
<td>87%</td>
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<tr>
<td>Long commute – driving alone</td>
<td>Among workers who commute in their car alone, % commuting &gt; 30 minutes</td>
<td>30%</td>
<td>18%</td>
<td>7%</td>
<td>46%</td>
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## 2017 COUNTY HEALTH RANKINGS: DATA SOURCES AND YEARS OF DATA

<table>
<thead>
<tr>
<th>Measure</th>
<th>Data Source</th>
<th>Years of Data</th>
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<td><strong>HEALTH OUTCOMES</strong></td>
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<tr>
<td>Length of Life</td>
<td>Premature death</td>
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<td>Quality of Life</td>
<td>Poor or fair health</td>
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<td>Quality of Life</td>
<td>Poor physical health days</td>
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<td>Quality of Life</td>
<td>Poor mental health days</td>
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<td>Quality of Life</td>
<td>Low birthweight</td>
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<td><strong>HEALTH FACTORS</strong></td>
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<td>Tobacco Use</td>
<td>Adult smoking</td>
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<td>Diet and Exercise</td>
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<td>Diet and Exercise</td>
<td>Food environment index</td>
<td>2010 &amp; 2014</td>
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<td>Physical inactivity</td>
<td>2013</td>
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<tr>
<td>Diet and Exercise</td>
<td>Access to exercise opportunities</td>
<td>2010 &amp; 2014</td>
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<td>Alcohol and Drug Use</td>
<td>Excessive drinking</td>
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<td>Alcohol-impaired driving deaths</td>
<td>2011-2015</td>
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<td>Sexually transmitted infections</td>
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<td>Sexual Activity</td>
<td>Teen births</td>
<td>2008-2014</td>
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<td><strong>CLINICAL CARE</strong></td>
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<td>Uninsured</td>
<td>2014</td>
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<td>Access to Care</td>
<td>Primary care physicians</td>
<td>2014</td>
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<td>Access to Care</td>
<td>Dentists</td>
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<td>Access to Care</td>
<td>Mental health providers</td>
<td>2016</td>
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<tr>
<td>Quality of Care</td>
<td>Preventable hospital stays</td>
<td>2014</td>
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<td>Quality of Care</td>
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<td>Quality of Care</td>
<td>Mammography screening</td>
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<td><strong>SOCIAL AND ECONOMIC FACTORS</strong></td>
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<td>High school graduation</td>
<td>2014-2015</td>
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<td>2011-2015</td>
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<td>Employment</td>
<td>Unemployment</td>
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<td>Children in poverty</td>
<td>2015</td>
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<tr>
<td>Income</td>
<td>Income inequality</td>
<td>2011-2015</td>
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<td>Family and Social Support</td>
<td>Social associations</td>
<td>2014</td>
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<tr>
<td>Community Safety</td>
<td>Violent crime</td>
<td>2012-2014</td>
</tr>
<tr>
<td>Community Safety</td>
<td>Injury deaths</td>
<td>2011-2015</td>
</tr>
<tr>
<td><strong>PHYSICAL ENVIRONMENT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Air and Water Quality</td>
<td>Air pollution - particulate matter</td>
<td>2012</td>
</tr>
<tr>
<td>Air and Water Quality</td>
<td>Drinking water violations</td>
<td>FY2013-14</td>
</tr>
<tr>
<td>Housing and Transit</td>
<td>Severe housing problems</td>
<td>2009-2013</td>
</tr>
<tr>
<td>Housing and Transit</td>
<td>Driving alone to work</td>
<td>2011-2015</td>
</tr>
<tr>
<td>Housing and Transit</td>
<td>Long commute – driving alone</td>
<td>2011-2015</td>
</tr>
</tbody>
</table>

1. State sources used for California and Texas.
2. Not available for AK and HI.
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