

# County Health Rankings

Mobilizing Action Toward Community Health

2010

**Nebraska**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

**Population Health Institute**

*Translating Research into Policy and Practice*



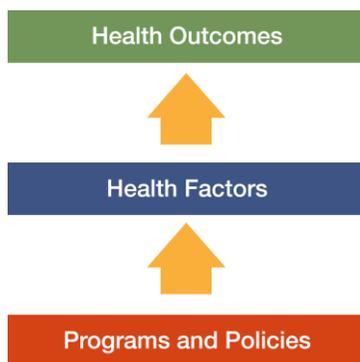
## Introduction

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 2010 *County Health Rankings*, a collection of 50 reports that reflect the overall health of counties in every state across the country. For the first time, 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 will allow them 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.



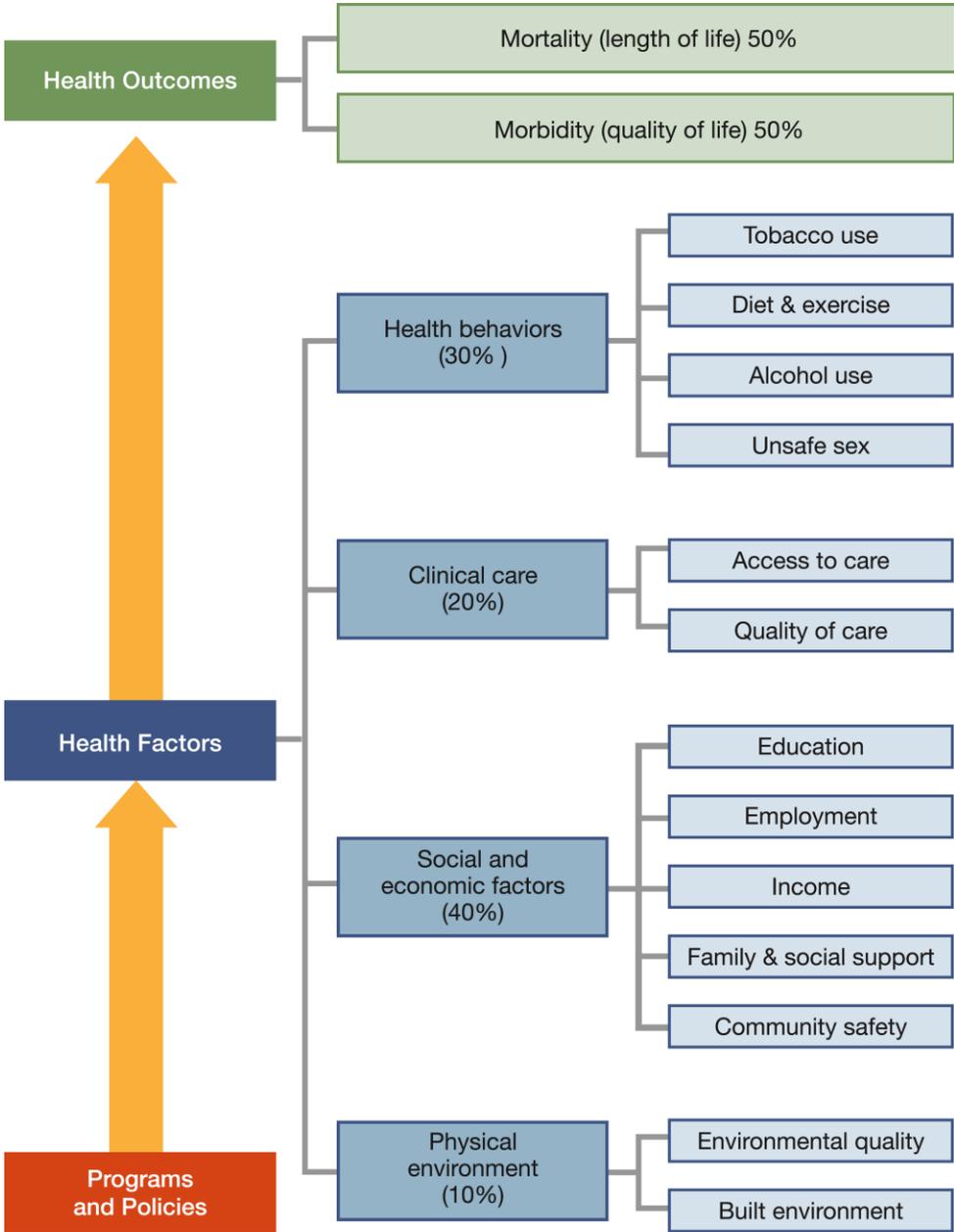
Institute of Medicine, 2002

To compile the *Rankings*, we built on our prior work in Wisconsin, worked closely with staff from the Centers for Disease Control and Prevention and Dartmouth College, and obtained input from a team of expert advisors. 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 the choice of measures, see [www.countyhealthrankings.org](http://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.

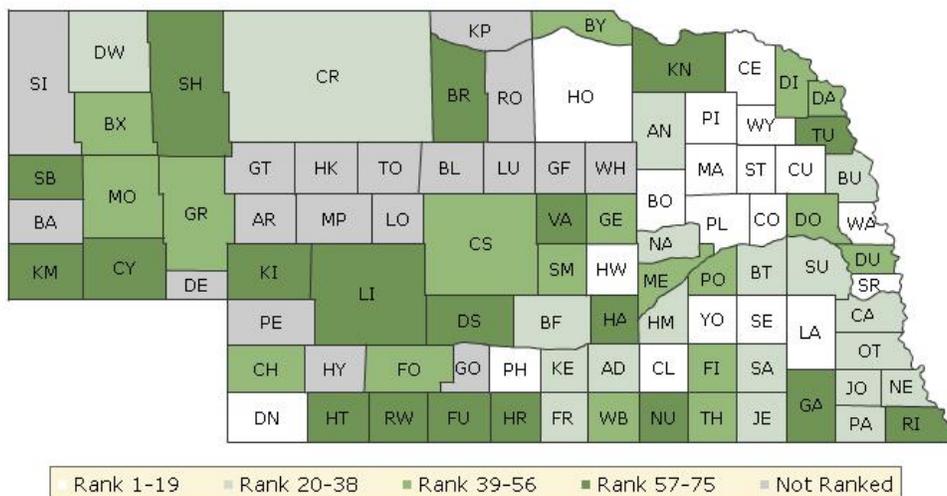


County Health Rankings model ©2010 UWPHI

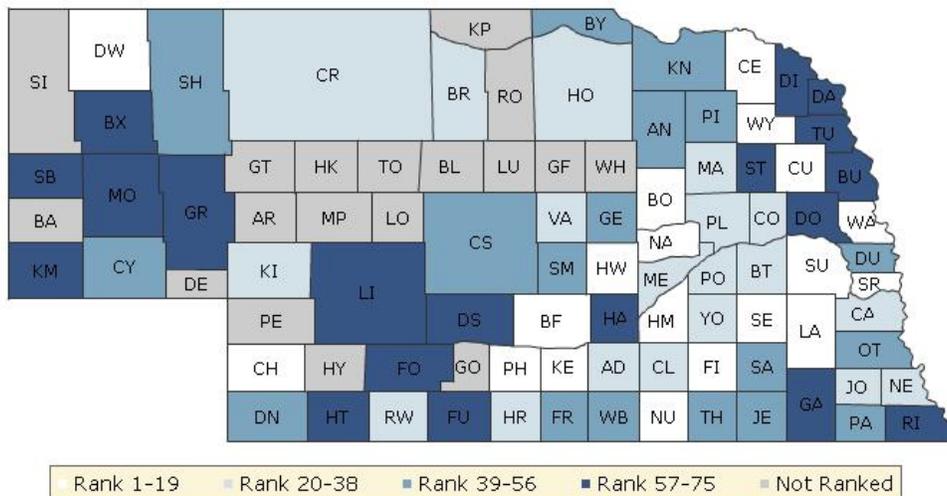
The maps on this page display Nebraska's counties divided into groups by health rank. The lighter colors indicate better performance in the respective summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

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



### HEALTH FACTORS



## Summary Health Outcomes & Health Factors Rankings

Counties receive two summary ranks:

- Health Outcomes
- Health Factors

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

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

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

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

**Not Ranked:** Arthur, Banner, Blaine, Deuel, 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	Washington	2	Pierce
3	Sarpy	3	Wayne
4	Seward	4	Fillmore
5	Cedar	5	Clay
6	Wayne	6	Phelps
7	Lancaster	7	Holt
8	Hamilton	8	Howard
9	Phelps	9	Boone
10	Stanton	10	Cuming
11	Platte	11	Dundy
12	Jefferson	12	Cherry
13	Howard	13	Pawnee
14	Pierce	14	Dixon
15	Saunders	15	Stanton
16	Madison	16	Colfax
17	Cass	17	Burt
18	Holt	18	Seward
19	Buffalo	19	Nance
20	Colfax	20	Dawes
21	Cuming	21	Johnson
22	Adams	22	Kearney
23	Otoe	23	Thurston
24	Box Butte	24	Buffalo
25	Butler	25	Saline
26	Nemaha	26	Knox
27	Kearney	27	Madison
28	Saline	28	Nemaha
29	Keith	29	Antelope
30	Dakota	30	Platte
31	Dodge	31	Butler
32	Antelope	32	Washington
32	Boone	33	Custer
32	Boyd	34	Sarpy
32	Brown	35	Franklin
32	Chase	36	Sherman
32	Cherry	37	Greeley
32	Clay	38	Sheridan
32	Dundy	39	Otoe
32	Franklin	40	Polk

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

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

## 2010 County Health Rankings: Measures, Data Sources, and Years of Data

	Measure	Data Source	Years of Data
<b>HEALTH OUTCOMES</b>			
<b>Mortality</b>	Premature death	National Center for Health Statistics	2004-2006
<b>Morbidity</b>	Poor or fair health	Behavioral Risk Factor Surveillance System	2002-2008
	Poor physical health days	Behavioral Risk Factor Surveillance System	2002-2008
	Poor mental health days	Behavioral Risk Factor Surveillance System	2002-2008
	Low birthweight	National Center for Health Statistics	2000-2006
<b>HEALTH FACTORS</b>			
<b>HEALTH BEHAVIORS</b>			
<b>Tobacco</b>	Adult smoking	Behavioral Risk Factor Surveillance System	2002-2008
<b>Diet and Exercise</b>	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2006-2008
<b>Alcohol Use</b>	Binge drinking	Behavioral Risk Factor Surveillance System	2002-2008
	Motor vehicle crash death rate	National Center for Health Statistics	2000-2006
<b>High Risk Sexual Behavior</b>	Chlamydia rate	National Center for Health Statistics	2007
	Teen birth rate	National Center for Health Statistics	2000-2006
<b>CLINICAL CARE</b>			
<b>Access to Care</b>	Uninsured adults	Small Area Health Insurance Estimates, U.S. Census	2005
	Primary care provider rate	Health Resources & Services Administration	2006
<b>Quality of Care</b>	Preventable hospital stays	Medicare/Dartmouth Institute	2005-2006
	Diabetic screening	Medicare/Dartmouth Institute	2003-2006
	Hospice use	Medicare/Dartmouth Institute	2001-2005
<b>SOCIOECONOMIC FACTORS</b>			
<b>Education</b>	High school graduation	National Center for Education Statistics <sup>1</sup>	2005-2006
	College degrees	U.S. Census/American Community Survey	2000/2005-2007
<b>Employment</b>	Unemployment	Bureau of Labor Statistics	2008
<b>Income</b>	Children in poverty	Small Area Income and Poverty Estimates, U.S. Census	2007
	Income inequality	U.S. Census/American Community Survey <sup>2</sup>	2000/2005-2007
<b>Family and Social Support</b>	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2008
	Single-parent households	U.S. Census/American Community Survey	2000/2005-2007
<b>Community Safety</b>	Violent crime <sup>3</sup>	Uniform Crime Reporting, Federal Bureau of Investigation	2005-2007
<b>PHYSICAL ENVIRONMENT</b>			
<b>Air Quality<sup>4</sup></b>	Air pollution-particulate matter days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2005
	Air pollution-ozone days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2005
<b>Built Environment</b>	Access to healthy foods	Census Zip Code Business Patterns	2006
	Liquor store density	Census County Business Patterns	2006

<sup>1</sup> State data sources for KY, NH, NC, PA, SC, and UT (2007-2008).

<sup>2</sup> Income inequality estimates for 2000 were calculated by Mark L. Burkey, North Carolina Agricultural & Technical State University, [www.ncat.edu/~burkeym/Gini.htm](http://www.ncat.edu/~burkeym/Gini.htm).

<sup>3</sup> Homicide rate (2000-2006) 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.

<sup>4</sup> Not available for AK and HI.

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