

Nebraska

Metric	2016 Value	2016 Rank	2016 No 1 State	2015 Value	2015 Rank	2014 Value	2014 Rank
Overall	0.195	20	0.627	0.210	16	0.233	16

Strengths

High volunteerism

High prescription drug coverage

Low prevalence of frequent mental distress

Challenges

Low SNAP enrollment

Limited availability of home health care workers

Low percentage of diabetes management



Behaviors

Smoking (% of adults aged 65+)	8.1	16	4.5	8.6	20	8.4	17
Excessive Drinking (% of adults aged 65+)	5.9	21	2.9	-	-	-	-
Obesity (% of adults 65+)	28.6	30	14.1	28.2	32	26.8	28
Underweight (% of adults aged 65+ in fair or better health)	1.4	13	0.7	1.6	24	1.4	14
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.5	24	22.7	30.1	13	29.4	27
Dental Visit (% of adults aged 65+)	68.0	19	78.1	68.5	19	68.5	19
Pain Management (% of adults aged 65+ with arthritis)	40.5	46	53.2	40.5	46	54.5	14
Behaviors Total*	-0.005	26	0.205	-0.567	28	0.022	19

Community & Environment

Poverty (% of adults aged 65+)	7.9	15	4.3	7.8	15	7.5	13
Volunteerism (% of adults aged 65+)	35.2	6	46.3	34.5	7	34.5	8
Nursing Home Quality (% of beds rated 4- or 5-stars)	44.8	28	62.9	48.3	12	49.9	22
Community & Environment--Macro Total*	0.084	11	0.138	0.098	8	0.098	10
Home-Delivered Meals (participants as a % of adults aged 65+ in poverty)	35.9	11	101.3	38.9	13	-	-
Food Insecurity (% of adults aged 60+)	15.3	28	8.3	13.5	23	11.2	10
Community Support (dollars per adults aged 65+ in poverty)	\$1,220	11	\$6,701	\$1,376	9	\$1,552	9
Community & Environment--Micro Total*	0.041	16	0.192	0.054	12	0.031	18
Community & Environment Total*	0.125	12	0.290	0.152	11	0.121	16

Policy

Low-Care Nursing Home Residents (% of residents)	14.8	38	4.1	12.8	30	12.8	30
Prescription Drug Coverage (% of adults aged 65+)	87.0	6	88.0	88.4	5	88.4	5
Geriatrician Shortfall (% of required geriatricians)	75.0	35	25.8	75.0	35	74.5	42
SNAP Reach (participants as a % of adults aged 60+ in poverty)	42.8	44	124.4	54.4	42	-	-
Policy Total*	-0.065	38	0.204	-0.035	31	-0.014	24

Clinical Care

Dedicated Health Care Provider (% of adults aged 65+)	95.1	16	96.9	93.9	29	95.6	14
Flu Vaccine (% of adults aged 65+)	64.7	13	70.7	66.2	12	62.9	16
Health Screenings (% of adults aged 65 to 74)	84.4	33	92.3	82.3	43	82.3	43
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.8	14	98.7	97.5	3	98.7	3
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	75.1	41	86.2	74.6	41	74.7	42
Home Health Care (number of workers per 1,000 adults age 75+)	61.8	44	278.8	58.2	45	35.8	49
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	51.3	26	24.4	55.8	24	63.8	29
Hospital Readmissions (% of hospitalized patients aged 65+)	14.2	15	12.4	14.5	11	15.6	23
Hospice Care (% of decedents aged 65+)	51.4	24	65.5	50.5	24	47.3	22
Hospital Deaths (% of decedents aged 65+)	20.0	18	15.3	20.3	16	22.5	18
Clinical Care Total	0.014	22	0.102	0.005	27	-0.005	30

All Determinants*

	0.068	26	0.428	0.120	17	0.124	18
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Outcomes

ICU Use (% of decedents aged 65+)	10.4	20	4.4	9.3	17	11.1	20
Falls (% of adults aged 65+)	28.1	23	20.6	31.2	42	31.2	42
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.1	32	3.1	6.3	28	7.5	31
Health Status (% of adults aged 65+ with very good or excellent health)	45.5	13	50.7	44.4	16	42.8	19
Able-bodied (% of adults aged 65+)	65.0	21	69.6	65.8	16	65.5	17
Premature Death (deaths per 100,000 adults aged 65 to 74)	1749.0	27	1393.9	1795.7	29	1819.0	23
Teeth Extractions (% of adults aged 65+)	14.1	19	6.4	13.4	11	13.4	11
Frequent Mental Distress (% of adults aged 65+)	5.1	5	4.7	-	-	-	-
All Outcomes*	0.13	15	0.31	0.09	20	0.11	19

Supplemental Measures

Education (% of adults aged 65+)	20.7	36	34.0	19.1	37	18.4	37
Clinical Overuse--Mammography 75+	26.8	36	18.6	-	-	-	-
Clinical Overuse--PSA Test 75+	17.6	21	11.5	-	-	-	-
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	30.5	13	22.0	30.6	13	29.0	14
Cognition (% of adults aged 65+)	7.3	8	6.3	6.9	5	6.9	4
Depression (% of adults aged 65+)	13.6	7	8.2	13.9	15	12.2	14
Suicide (deaths per 100,000 adults aged 65+)	14.1	16	7.6	14.5	19	11.6	10

NA= not available

* Negative value denotes below US average; positive value denotes above US average

Middle-Aged Cohort Health Estimates

Obesity (% of adults aged 50-74)	28.4	36.0	26.8
Diabetes (% of adults aged 50-74)	5.8	14.3	146.6
Smoking (% of adults aged 50-74)	35.2	17.3	-50.9
Health Status (% of adults aged 50-74 with very good or excellent health)	55.6	53.2	-4.3

1999 Prevalence (%)

2014 Prevalence (%)

Change (%)**

**Percent change in prevalence from 1999 to 2014

Senior Projected Population Growth 2016 to 2030

Projected Total Population Growth - Seniors 65 and older

State (%)

US (%)

42.4

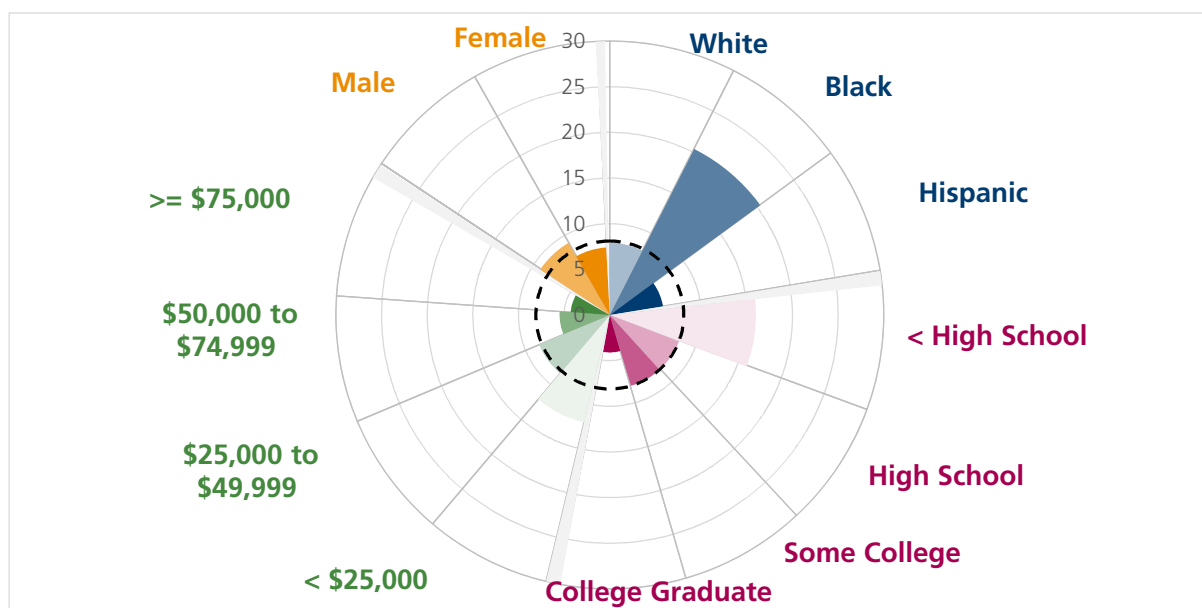
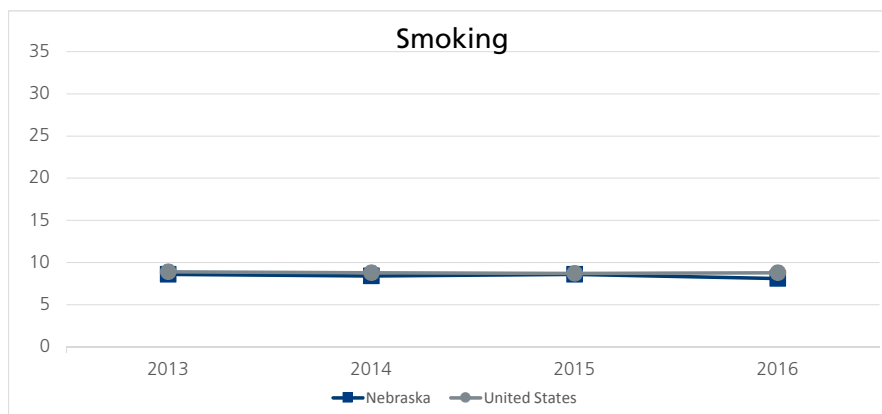
49.5

Smoking

Nebraska

	% of adults 65+	
Edition	NE	US
2013	8.6	8.9
2014	8.4	8.8
2015	8.6	8.7
2016	8.1	8.8

Percentage of adults aged 65 and older who are self-reported smokers (smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days)



The figure shows the rate for each subpopulation as the distance a colored segment extends from the center. The dotted line shows the rate for the entire state. The greater the distance a segment is from the dotted line, the greater the inequity. If all were equal, the sunburst would be a perfect circle bordered by the dotted line.

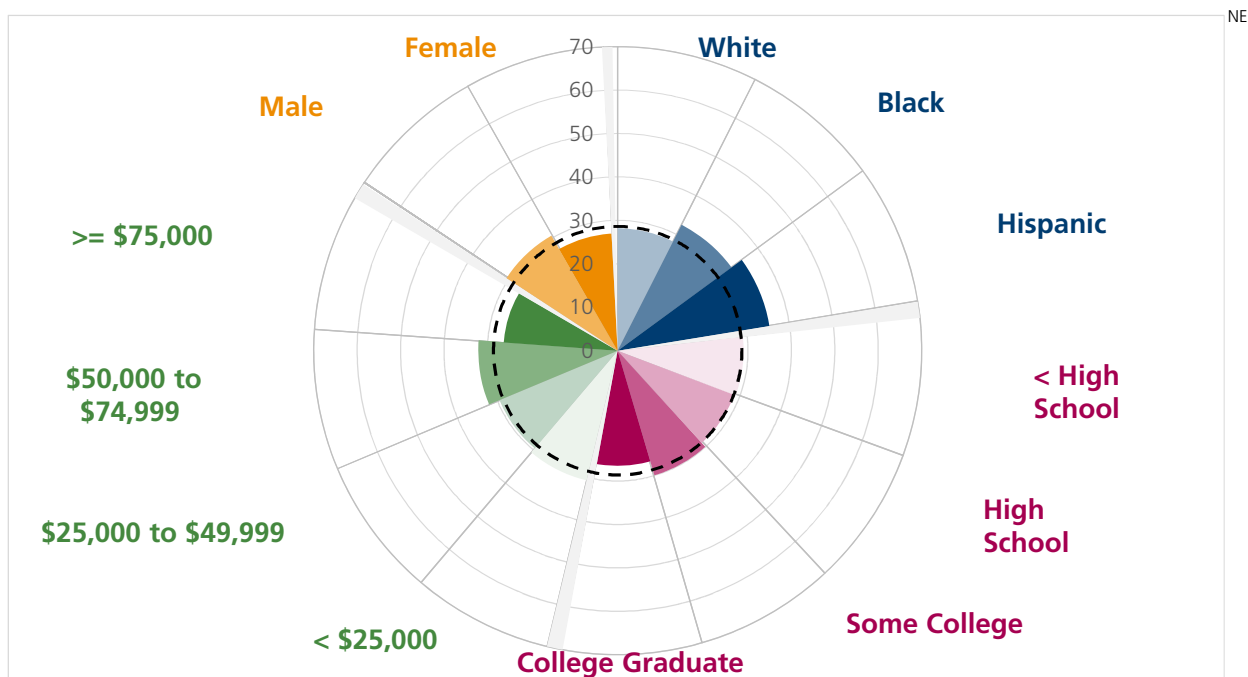
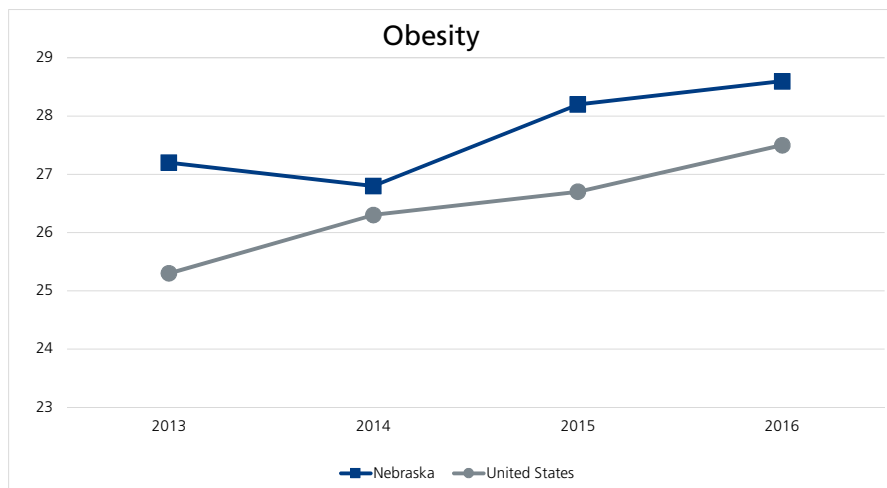
Prevalence of Smoking 2016 (% of adults 65+)

Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	7.9	7.0 - 8.8	4.0	12.6	Less Than \$25,000	12.1	9.8 - 14.3	8.5	19.2
Non-Hispanic Black	20.4	5.5 - 35.4	8.5	24.8	\$25,000 to \$49,999	8.4	6.6 - 10.2	4.0	16.3
Hispanic	5.9	1.1 - 10.7	0.4	14.3	\$50,000 to \$74,999	5.5	3.4 - 7.5	2.6	11.2
					\$75,000 or More	4.3	2.6 - 5.9	2.0	14.2
Less Than High School	16.0	11.1 - 20.9	6.3	24.1	Male	9.1	7.5 - 10.7	5.0	13.5
High School Graduate	8.1	6.8 - 9.3	6.4	17.0	Female	7.4	6.2 - 8.5	3.4	12.7
Some College	7.9	7.0 - 8.8	4.0	12.6					
College Graduate	5.9	1.1 - 10.7	0.4	14.3					
Urban	8.2	5.8 - 10.6	1.8	14.8					
Suburban	8.1	5.3 - 10.9	3.8	14.0					
Rural	7.6	6.7 - 8.5	3.9	15.1					

NA= not available

Edition	% of adults 65+	
	NE	US
2013	27.2	25.3
2014	26.8	26.3
2015	28.2	26.7
2016	28.6	27.5

Percentage of adults aged 65 and older estimated to be obese (body mass index [BMI] of 30.0 or higher) based on self-reported height and weight



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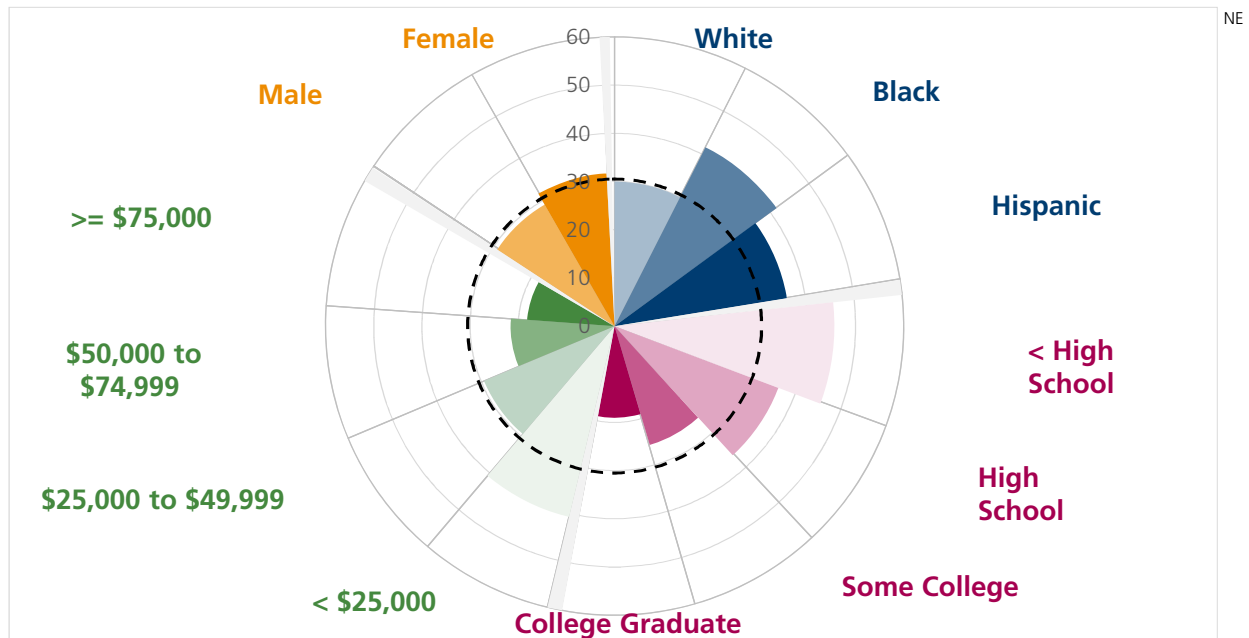
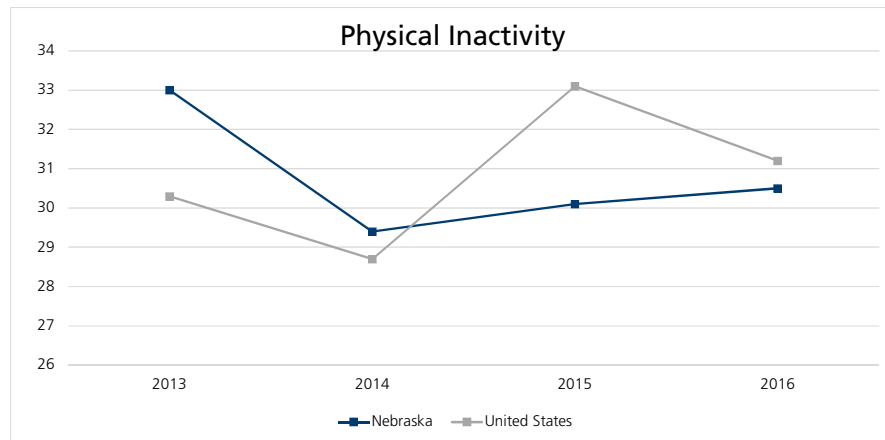
Prevalence of Obesity 2016 (% of adults 65+)

Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	28.2	26.8 - 29.7	17.7	31.9	Less Than \$25,000	30.7	27.9 - 33.5	15.3	38.0
Non-Hispanic Black	32.5	19.7 - 45.2	24.8	68.0	\$25,000 to \$49,999	29.5	26.9 - 32.1	11.7	35.3
Hispanic	35.4	21.9 - 48.8	20.8	45.6	\$50,000 to \$74,999	32.1	27.7 - 36.5	16.9	35.9
					\$75,000 or More	26.3	22.4 - 30.1	13.8	33.7
Less Than High School	29.0	23.8 - 34.3	9.7	43.9	Male	30.6	28.3 - 32.9	14.7	35.9
High School Graduate	28.7	26.5 - 30.8	18.1	34.5	Female	27.0	25.2 - 28.9	13.6	33.8
Some College	29.9	27.1 - 32.8	13.4	34.1					
College Graduate	26.5	23.6 - 29.3	13.2	29.8					
Urban	28.1	24.7 - 31.6	12.2	33.2					
Suburban	28.1	23.8 - 32.3	20.2	35.0					
Rural	28.2	26.6 - 29.9	11.6	36.5					

NA= not available

Edition	% of adults 65+	
	NE	US
2013	33.0	30.3
2014	29.4	28.7
2015	30.1	33.1
2016	30.5	31.2

Percentage of adults aged 65 and older with fair or better health status who self-report doing no physical activity or exercise other than their regular job in the last 30 days



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Prevalence of Physical Inactivity 2016 (% of adults 65+)

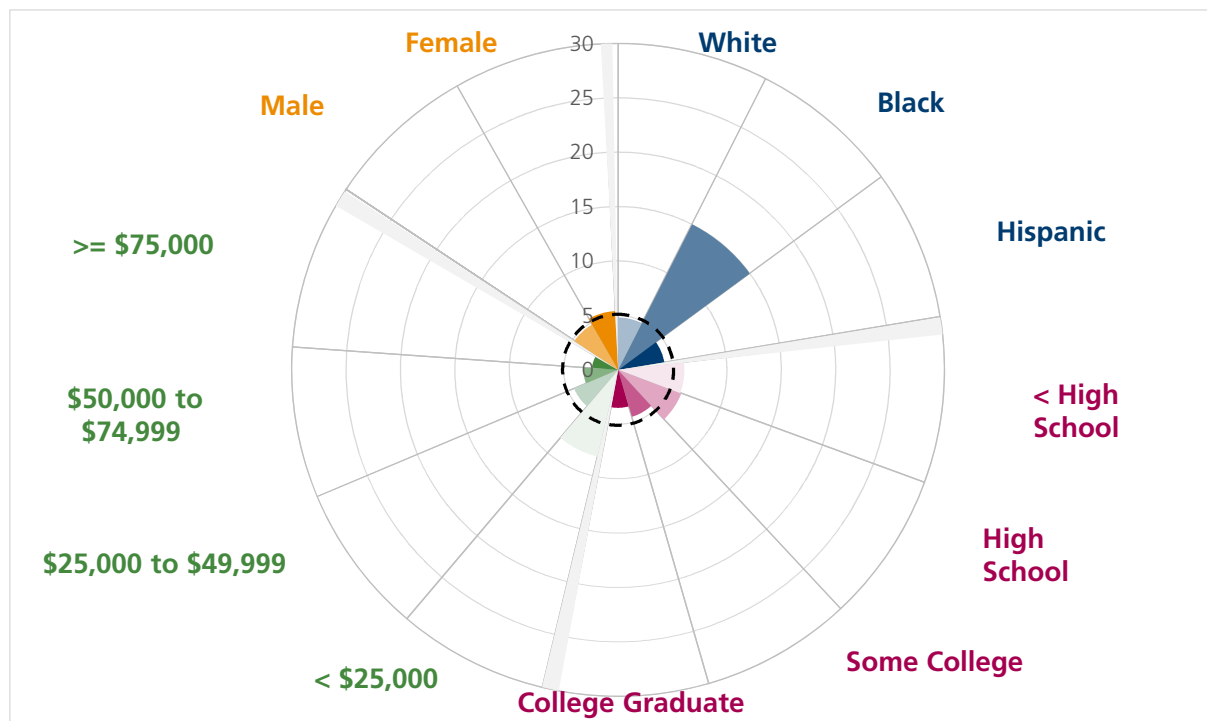
Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	30.0	28.6 - 31.4	21.1	41.5	Less Than \$25,000	40.7	37.8 - 43.6	33.8	50.7
Non-Hispanic Black	41.6	27.6 - 55.5	25.2	46.4	\$25,000 to \$49,999	29.4	26.9 - 32.0	20.4	38.8
Hispanic	36.2	22.6 - 49.8	24.2	52.5	\$50,000 to \$74,999	21.6	17.9 - 25.3	12.7	35.8
					\$75,000 or More	18.2	15.0 - 21.4	9.3	30.5
Less Than High School	45.6	40.0 - 51.2	31.1	55.4	Male	29.1	26.9 - 31.3	18.1	39.1
High School Graduate	36.3	34.0 - 38.5	29.0	47.6	Female	31.7	29.8 - 33.6	25.3	43.5
Some College	25.7	23.2 - 28.2	20.4	36.2					
College Graduate	19.0	16.4 - 21.5	10.8	24.9					
Urban	28.2	24.8 - 31.6	22.3	39.0					
Suburban	29.8	25.5 - 34.1	21.0	43.8					
Rural	34.4	32.6 - 36.2	21.7	45.3					

NA= not available

	% of adults 65+	
Edition	NE	US
2016	5.1	7.4

Edition 2016 - Percentage of adults aged 65 and older who self-report their mental health was not good 14 or more days during the past 30 days

NE



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Prevalence of Frequent Mental Distress 2016 (% of adults 65+)

Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	4.8	4.1 - 5.4	3.6	9.8	Less Than \$25,000	8.2	6.6 - 9.9	5.8	13.7
Non-Hispanic Black	15.0	2.5 - 27.5	1.7	30.0	\$25,000 to \$49,999	4.4	3.0 - 5.8	2.7	10.2
Hispanic	4.3	0.4 - 8.1	4.3	16.4	\$50,000 to \$74,999	3.2	1.7 - 4.7	1.2	9.1
Less Than High School	6.1	3.4 - 8.8	4.3	21.9	\$75,000 or More	2.4	0.9 - 4.0	1.5	10.3
High School Graduate	6.2	5.0 - 7.4	5.0	10.7	Male	4.8	3.6 - 5.9	3.7	9.2
Some College	4.5	3.1 - 5.9	3.6	11.2	Female	5.4	4.5 - 6.3	4.7	11.5
College Graduate	3.5	2.4 - 4.7	2.2	9.1					
Urban	6.4	4.5 - 8.4	3.5	11.1					
Suburban	4.9	2.7 - 7.1	3.4	10.2					
Rural	5.4	4.6 - 6.2	3.1	11.7					

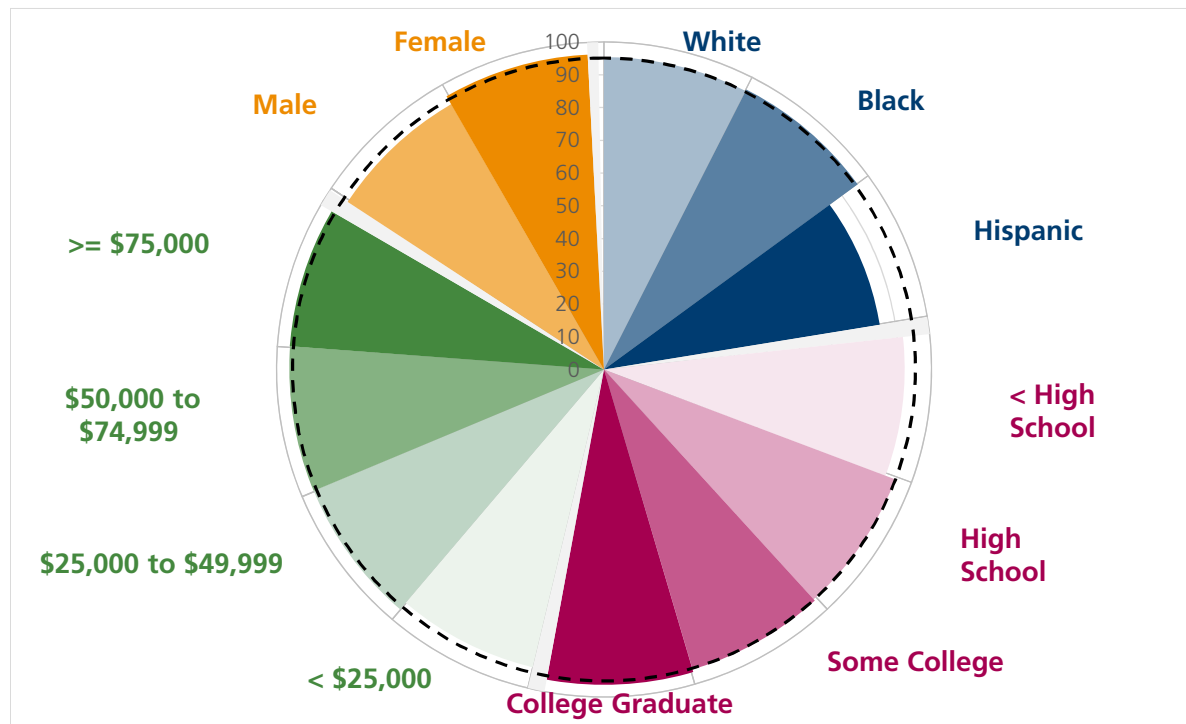
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Edition
2016

% of adults 65+
NE 95.1
US 94.3

Edition 2016 - Percentage of adults aged 65 and older who self-report having a personal doctor or health care provider

NE



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Dedicated Health Care Provider 2016 (% of adults aged 65+)

Group	Value	85% CI	Best	Worse					
Non-Hispanic White	95.4	94.8 - 96.0	87.4	97.6	Less Than \$25,000	93.5	91.9 - 95.1	82.1	96.5
Non-Hispanic Black	95.9	91.3 - 100.5	82.9	97.7	\$25,000 to \$49,999	96.1	95.2 - 97.1	77.6	97.9
Hispanic	85.3	72.5 - 98.1	78.9	97.1	\$50,000 to \$74,999	96.1	94.4 - 97.8	86.2	99.4
					\$75,000 or More	96.2	94.8 - 97.6	88.4	99.1
Less Than High School	91.8	88.3 - 95.2	75.7	96.3	Male	93.5	92.3 - 94.7	83.8	97.0
High School Graduate	95.0	94.2 - 95.9	86.8	97.6	Female	96.3	95.7 - 97.0	87.3	97.9
Some College	95.5	94.6 - 96.5	87.4	98.1					
College Graduate	96.3	95.0 - 97.5	89.0	98.9					
Urban	97.3	96.2 - 98.4	89.4	100.0					
Suburban	96.0	94.3 - 97.7	84.1	98.2					
Rural	93.5	92.5 - 94.5	83.4	99.2					

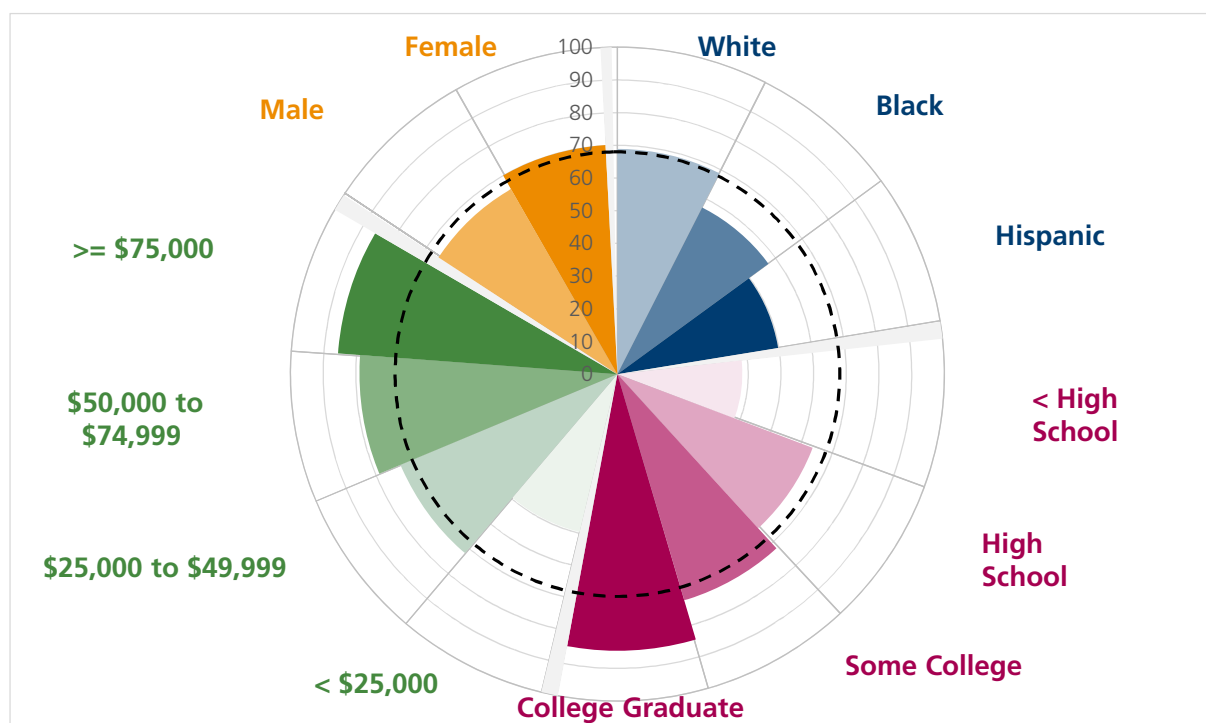
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Edition
2016

% of adults 65+
NE 68.0
US 65.7

Edition 2016 - Percentage of adults aged 65 and older who self-report visiting the dentist or dental clinic within the past year for any reason

NE



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Dental Visit 2016 (% of adults aged 65+)

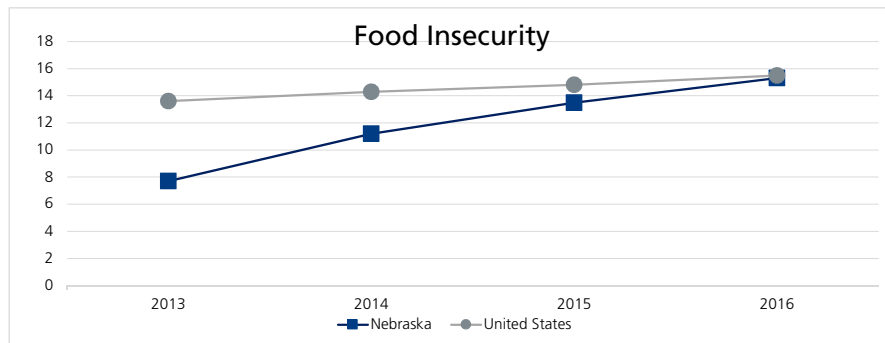
Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	68.9	67.4 - 70.3	49.9	79.9	Less Than \$25,000	49.6	46.7 - 52.6	31.6	58.7
Non-Hispanic Black	57.2	42.6 - 71.8	32.9	68.9	\$25,000 to \$49,999	71.9	69.5 - 74.4	57.2	79.1
Hispanic	49.8	36.1 - 63.5	39.0	88.2	\$50,000 to \$74,999	78.9	75.1 - 82.7	64.1	87.4
					\$75,000 or More	85.7	82.6 - 88.7	73.2	94.6
Less Than High School	38.2	32.8 - 43.6	22.4	61.0	Male	65.3	63.0 - 67.7	47.1	75.2
High School Graduate	63.8	61.6 - 66.0	47.0	70.8	Female	70.1	68.3 - 72.0	49.9	80.4
Some College	72.1	69.5 - 74.8	60.4	81.8					
College Graduate	84.6	82.3 - 86.9	77.7	90.9					
Urban	72.0	68.5 - 75.5	55.2	81.9					
Suburban	72.0	67.8 - 76.3	49.2	79.5					
Rural	64.4	62.6 - 66.2	43.7	76.5					

NA= not available

Food Insecurity

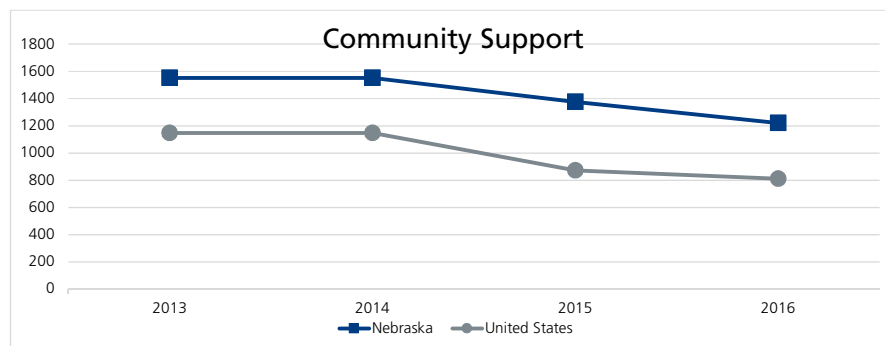
	% of adults 60+	
Edition	NE	US
2013	7.7	13.6
2014	11.2	14.3
2015	13.5	14.8
2016	15.3	15.5

Percentage of adults aged 60 and older who face the threat of hunger in the last 12 months

**Community Support**

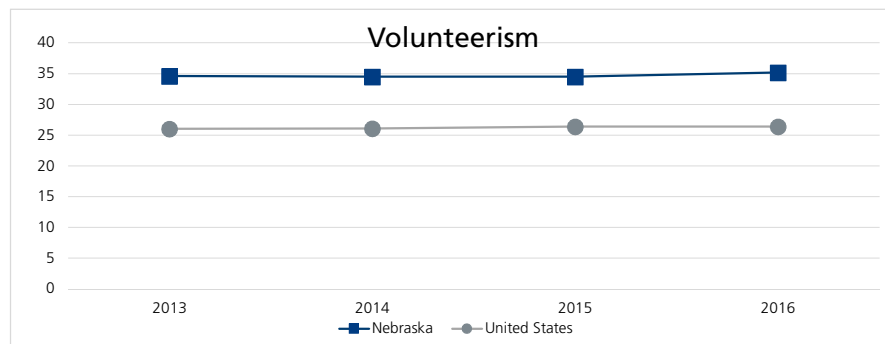
	dollars per adults aged 65+ in poverty	
Edition	NE	US
2013	\$1,552	\$1,147
2014	\$1,552	\$1,147
2015	\$1,376	\$873
2016	\$1,220	\$811

Total expenditures captured by the Administration on Aging per adult aged 65 and older living in poverty

**Volunteerism**

	% of adults 65+	
Edition	NE	US
2013	34.6	26.0
2014	34.5	26.1
2015	34.5	26.4
2016	35.2	26.4

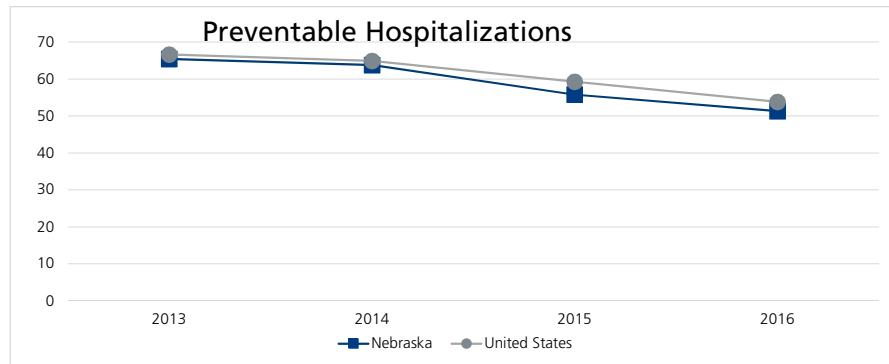
Percentage of adults aged 65 and older who report volunteering through or for an organization in the past 12 months



Preventable Hospitalizations

	discharges per 1000 Medicare beneficiaries	
Edition	NE	US
2013	65.4	66.6
2014	63.8	64.9
2015	55.8	59.3
2016	51.3	53.8

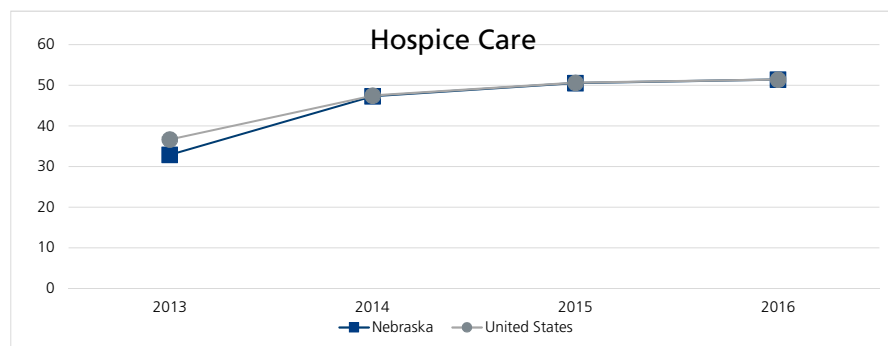
Number of discharges for ambulatory care-sensitive conditions per 1,000 Medicare beneficiaries



Hospice Care

	% of adults 65+	
Edition	NE	US
2013	32.9	36.7
2014	47.3	47.5
2015	50.5	50.6
2016	51.4	51.4

Percentage of decedents aged 65 and older who were enrolled in hospice during the last 6 months of life after diagnosis of condition with high probability of death



Hospital Deaths

	% of adults 65+	
Edition	NE	US
2013	26.5	30.1
2014	22.5	25.0
2015	20.3	22.8
2016	20.0	21.5

Percentage of decedents aged 65 and older who died in a hospital

