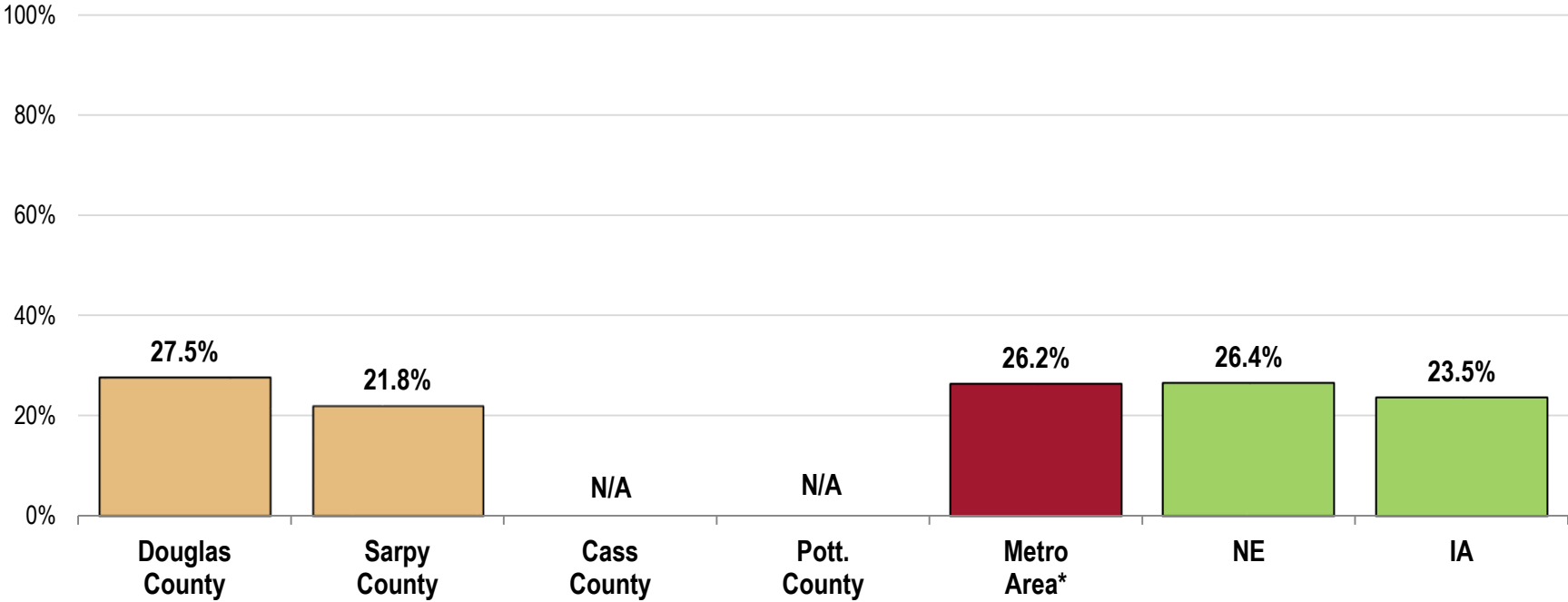# Births

Prenatal Care

Lack of Prenatal Care in the First Trimester
(Percentage of Live Births, 2011-2013)
Healthy People 2020 Target = 22.1% or Lower

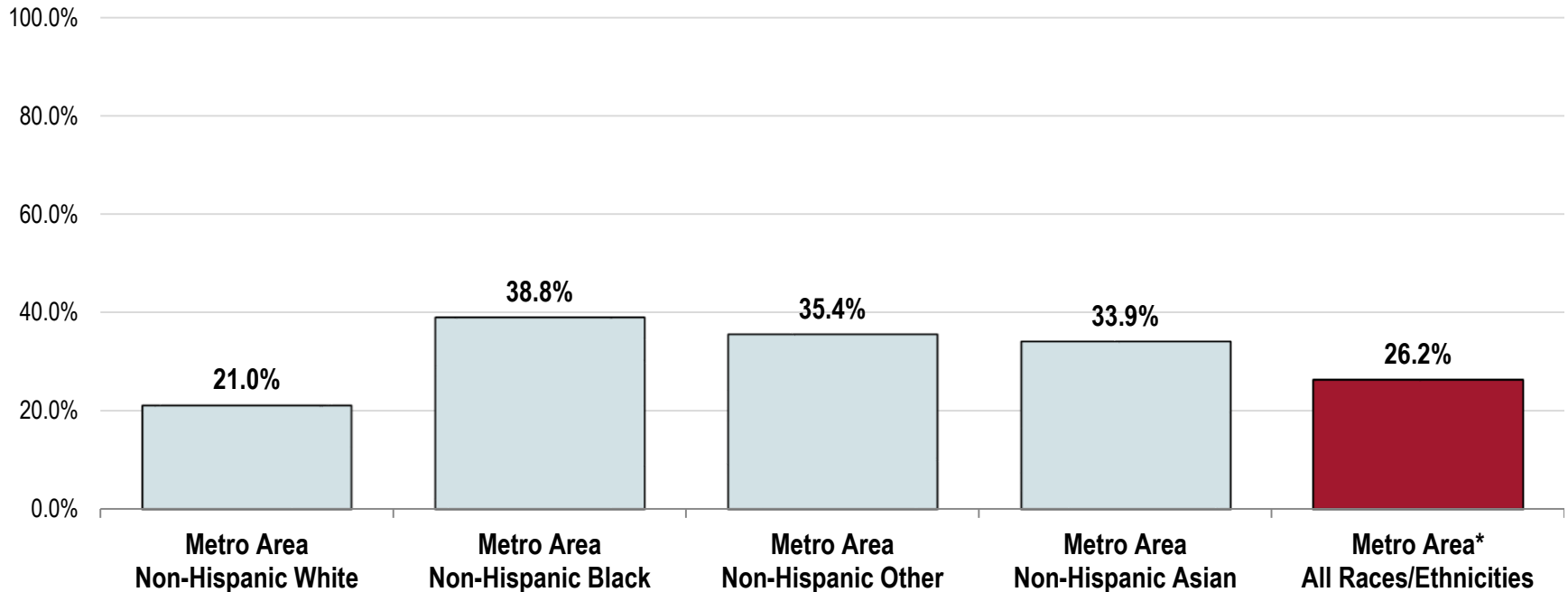|						
Douglas County	Sarpy County	Cass County	Pott. County	Metro Area*	NE	IA
27.5%	21.8%	N/A	N/A	26.2%	26.4%	23.5%

Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System: 2011-13. Accessed using CDC WONDER.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective MICH-10.1]
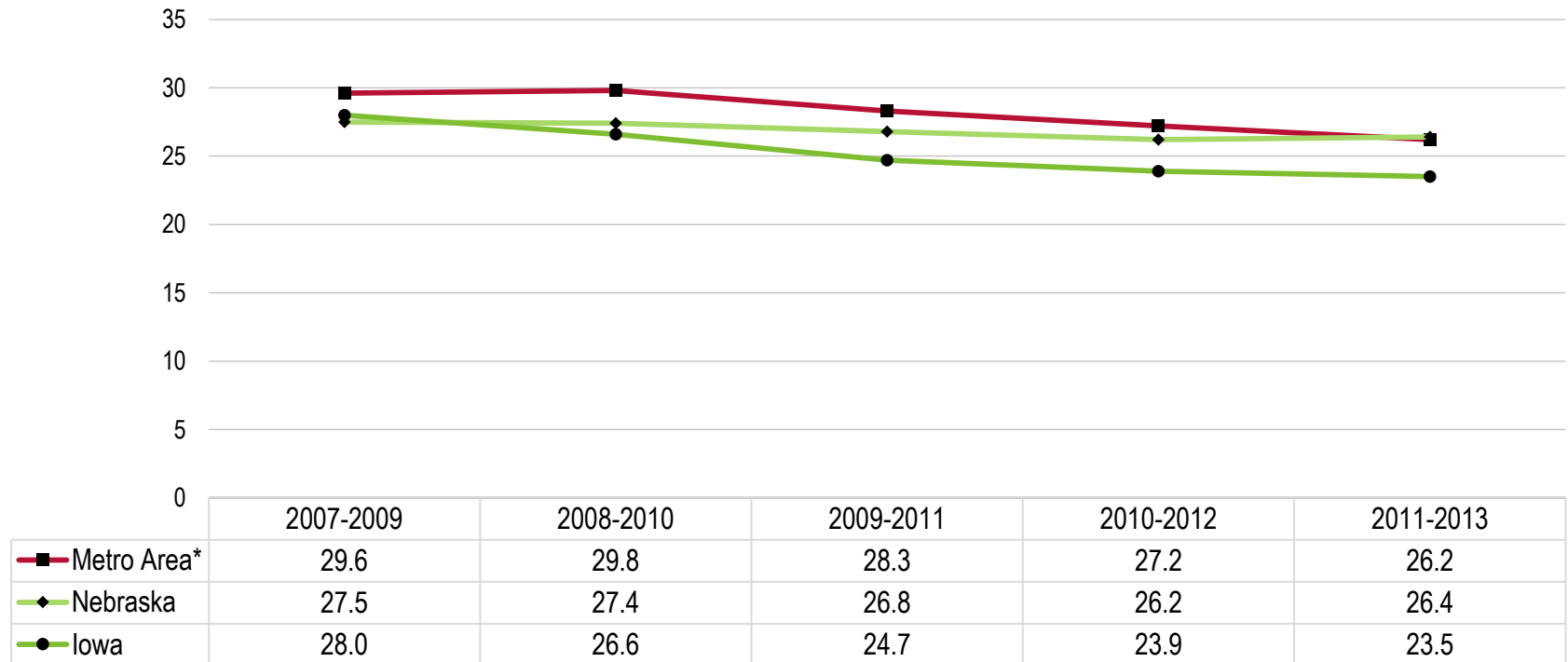
Note:
- This indicator reports the percentage of women who do not obtain prenatal care during their first trimester of pregnancy. This indicator is relevant because engaging in prenatal care decreases the likelihood of maternal and infant health risks. This indicator can also highlight a lack of access to preventive care, a lack of health, knowledge insufficient provider outreach, and/or social barriers preventing utilization of services.
- *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.

Lack of Prenatal Care in the First Trimester
(Percentage of Live Births, 2011-2013)
Healthy People 2020 Target = 22.1% or Lower

Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System: 2011-13. Accessed using CDC WONDER.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective MICH-10.1]

Note:
- This indicator reports the percentage of women who do not obtain prenatal care during their first trimester of pregnancy. This indicator is relevant because engaging in prenatal care decreases the likelihood of maternal and infant health risks. This indicator can also highlight a lack of access to preventive care, a lack of health, knowledge insufficient provider outreach, and/or social barriers preventing utilization of services.
- *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.

Lack of Prenatal Care in the First Trimester
(Percentage of Live Births, 2011-2013)
Healthy People 2020 Target = 22.1% or Lower

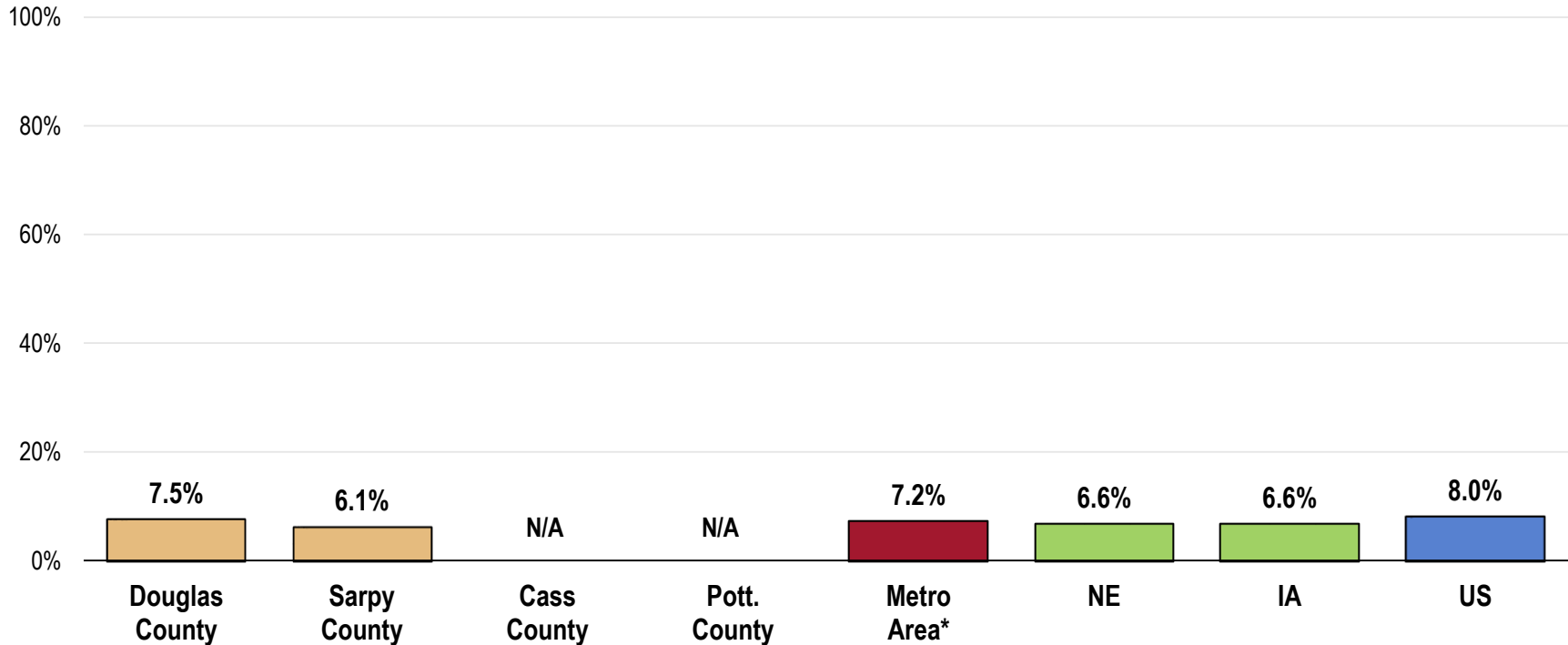|	2007-2009	2008-2010	2009-2011	2010-2012	2011-2013
Metro Area*	29.6	29.8	28.3	27.2	26.2
Nebraska	27.5	27.4	26.8	26.2	26.4
Iowa	28.0	26.6	24.7	23.9	23.5

Sources:
- Centers for Disease Control and Prevention, National Center for Health Statistics. Accessed using CDC Wonder.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective MICH-10.1]
- *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.

Note:
- This indicator reports the percentage of women who do not obtain prenatal care during their first trimester of pregnancy. This indicator is relevant because engaging in prenatal care decreases the likelihood of maternal and infant health risks. This indicator can also highlight a lack of access to preventive care, a lack of health, knowledge insufficient provider outreach, and/or social barriers preventing utilization of services.
- *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.
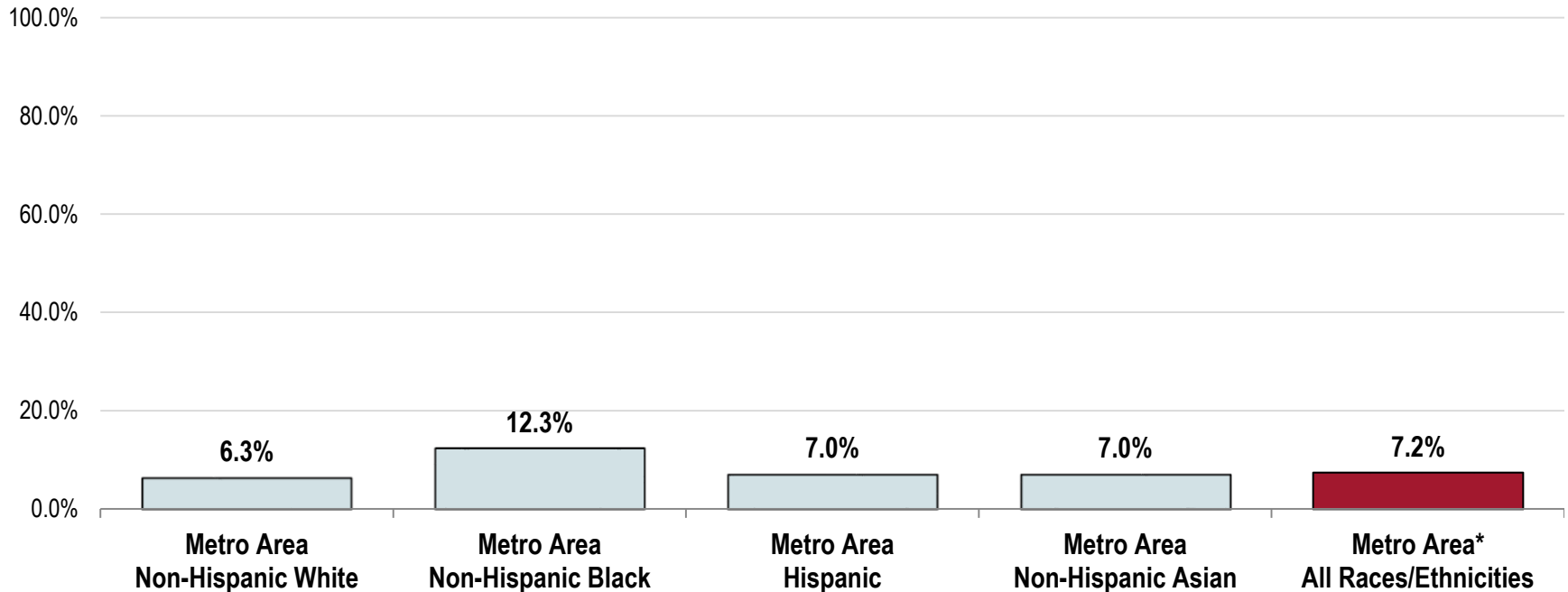
Birth Outcomes

Low-Weight Births
(Percent of Live Births, 2011-2013)
Healthy People 2020 Target = 7.8% or Lower

7.5%	6.1%	N/A	N/A	7.2%	6.6%	6.6%	8.0%
Douglas County	Sarpy County	Cass County	Pott. County	Metro Area*	NE	IA	US

Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System: 2011-13. Accessed using CDC WONDER.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective MICH-8.1]

Note:
- This indicator reports the percentage of total births that are low birthweight (Under 2500g). This indicator is relevant because low-birthweight infants are at high risk for health problems. This indicator can also highlight the existence of health disparities.
- *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.
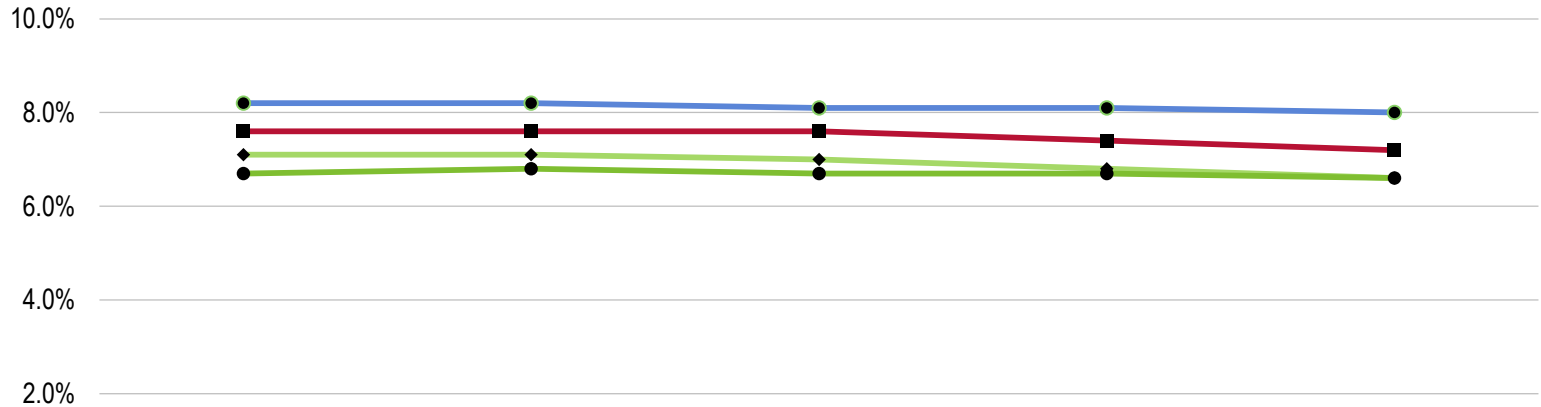
Low-Weight Births by Race/Ethnicity
(Percent of Live Births, 2011-2013)
Healthy People 2020 Target = 7.8% or Lower

Sources: ● Centers for Disease Control and Prevention, National Vital Statistics System: 2011-13. Accessed using CDC WONDER.

● US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective MICH-8.1]

Note: ● This indicator reports the percentage of total births that are low birthweight (Under 2500g). This indicator is relevant because low-birthweight infants are at high risk for health problems. This indicator can also highlight the existence of health disparities.

● *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.

Low-Weight Births by Race/Ethnicity
(Percent of Live Births, 2011-2013)
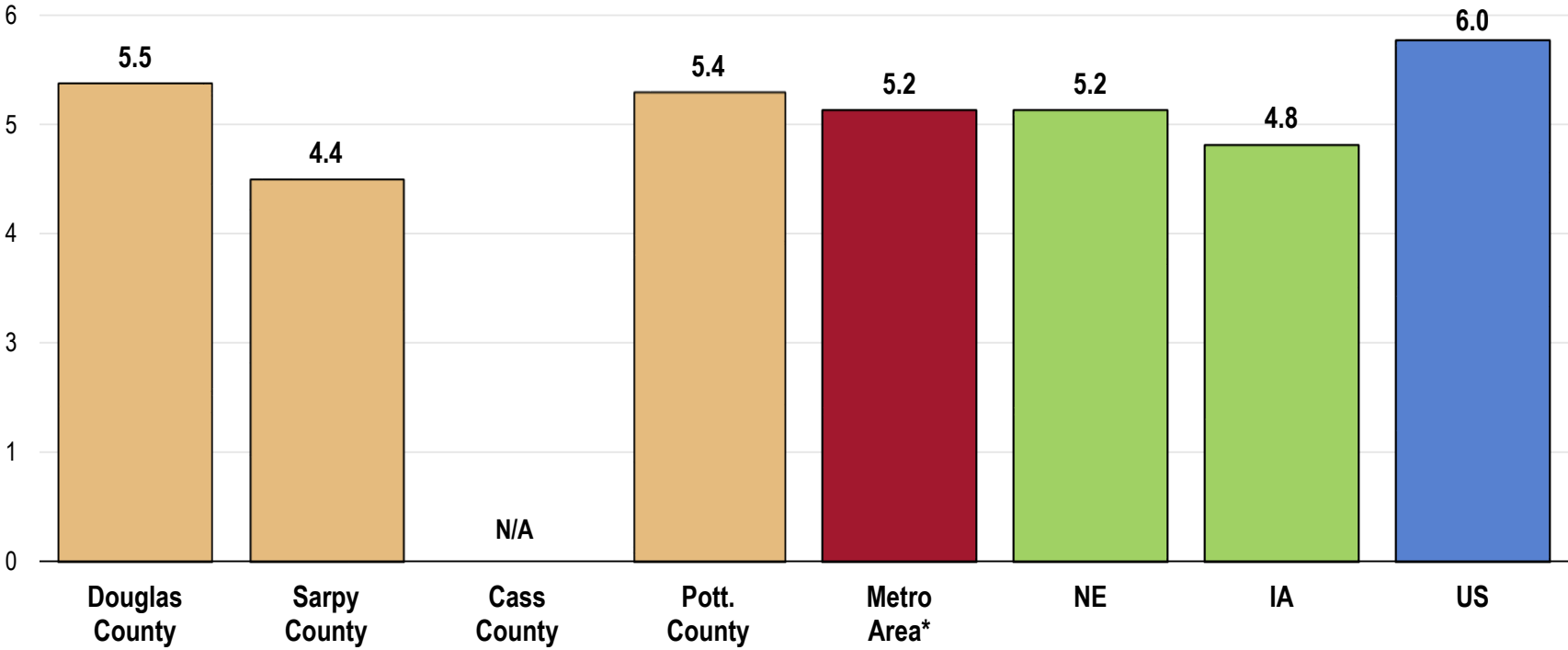### Healthy People 2020 Target = 7.8% or Lower

	2007-2009	2008-2010	2009-2011	2010-2012	2011-2013
Metro Area*	7.6	7.6	7.6	7.4	7.2
Nebraska	7.1	7.1	7.0	6.8	6.6
Iowa	6.7	6.8	6.7	6.7	6.6
United States	8.2	8.2	8.1	8.1	8.0

Sources:
- Centers for Disease Control and Prevention, National Center for Health Statistics. Accessed using CDC Wonder.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective MICH-8.1]

Note:
- This indicator reports the percentage of total births that are low birthweight (Under 2500g). This indicator is relevant because low-birthweight infants are at high risk for health problems. This indicator can also highlight the existence of health disparities.
- *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.

Professional Research Consultants, Inc.

Infant Mortality Rate
(Annual Average Infant Deaths per 1,000 Live Births, 2011-2013)
Healthy People 2020 Target = 6.0 or Lower

Bar chart values:
- Douglas County: 5.5
- Sarpy County: 4.4
- Cass County: N/A
- Pott. County: 5.4
- Metro Area*: 5.2
- NE: 5.2
- IA: 4.8
- US: 6.0

Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System: 2011-13. Accessed using CDC WONDER.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective MICH-1.3]
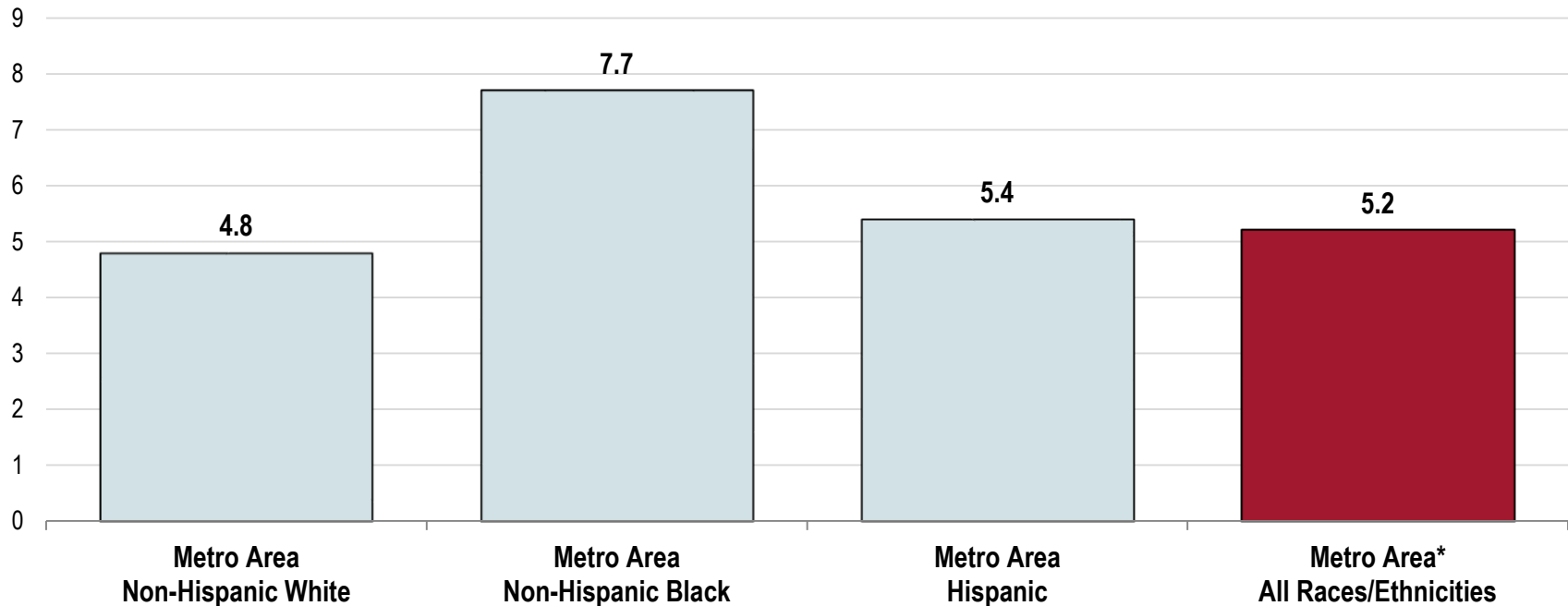
Notes:
- Infant deaths include deaths of children under 1 year old.
- This indicator is relevant because high rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health.
- *Does not include Cass County, for which birth counts were too low for calculations.

Infant Mortality by Race/Ethnicity
(Annual Average Infant Deaths per 1,000 Live Births, 2011-2013)
### Healthy People 2020 Target = 6.0 or Lower

Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System: 2011-13. Accessed using CDC WONDER.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective MICH-1.3]

Notes:
- Infant deaths include deaths of children under 1 year old.
- This indicator is relevant because high rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health.
- *Does not include Cass County, for which birth counts were too low for calculations.

Infant Mortality Rate
(Annual Average Infant Deaths per 1,000 Live Births)
Healthy People 2020 Target = 6.0 or Lower
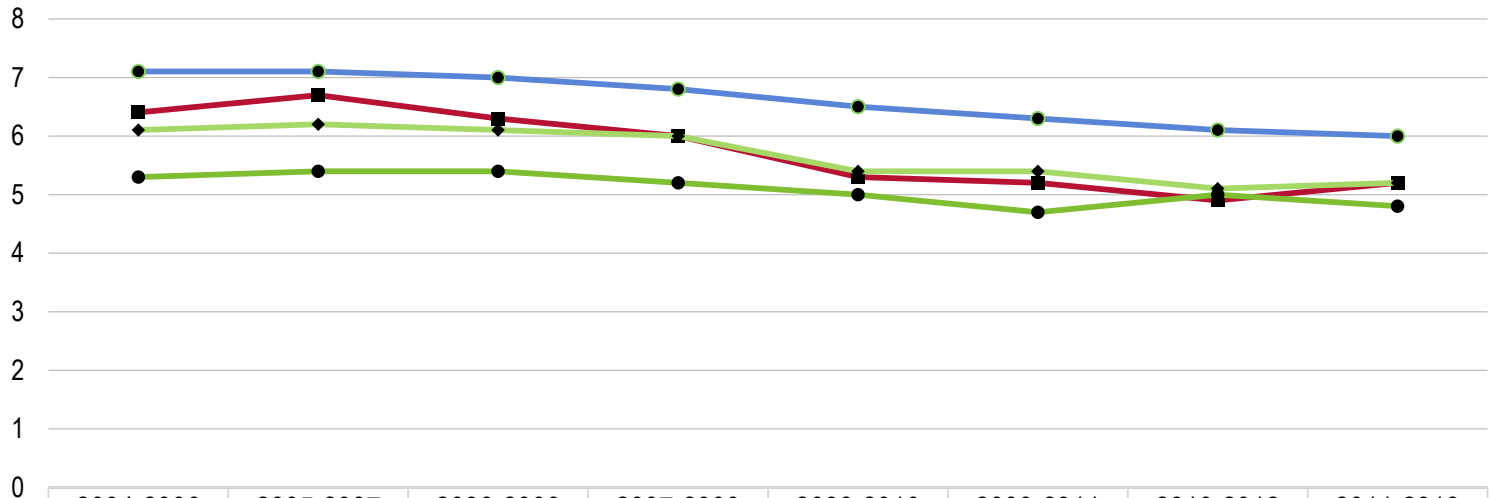
	2004-2006	2005-2007	2006-2008	2007-2009	2008-2010	2009-2011	2010-2012	2011-2013
Metro Area*	6.4	6.7	6.3	6.0	5.3	5.2	4.9	5.2
Nebraska	6.1	6.2	6.1	6.0	5.4	5.4	5.1	5.2
Iowa	5.3	5.4	5.4	5.2	5.0	4.7	5.0	4.8
United States	7.1	7.1	7.0	6.8	6.5	6.3	6.1	6.0

Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2015.
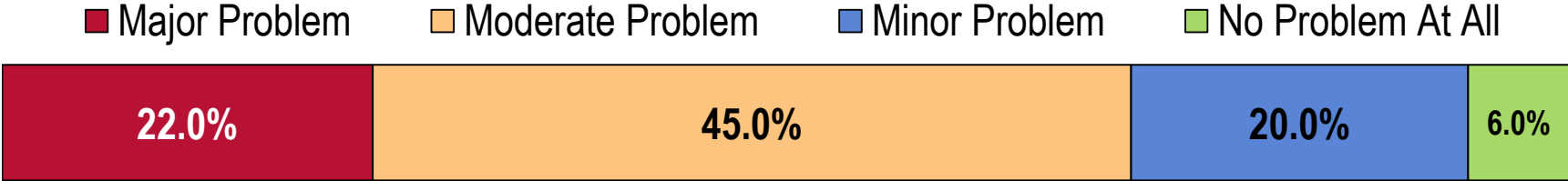- Centers for Disease Control and Prevention, National Center for Health Statistics.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective MICH-1.3]

Notes:
- Rates are three-year averages of deaths of children under 1 year old per 1,000 live births.
- *Does not include Cass County, for which birth counts were too low for calculations.

Perceptions of Infant and Child Health
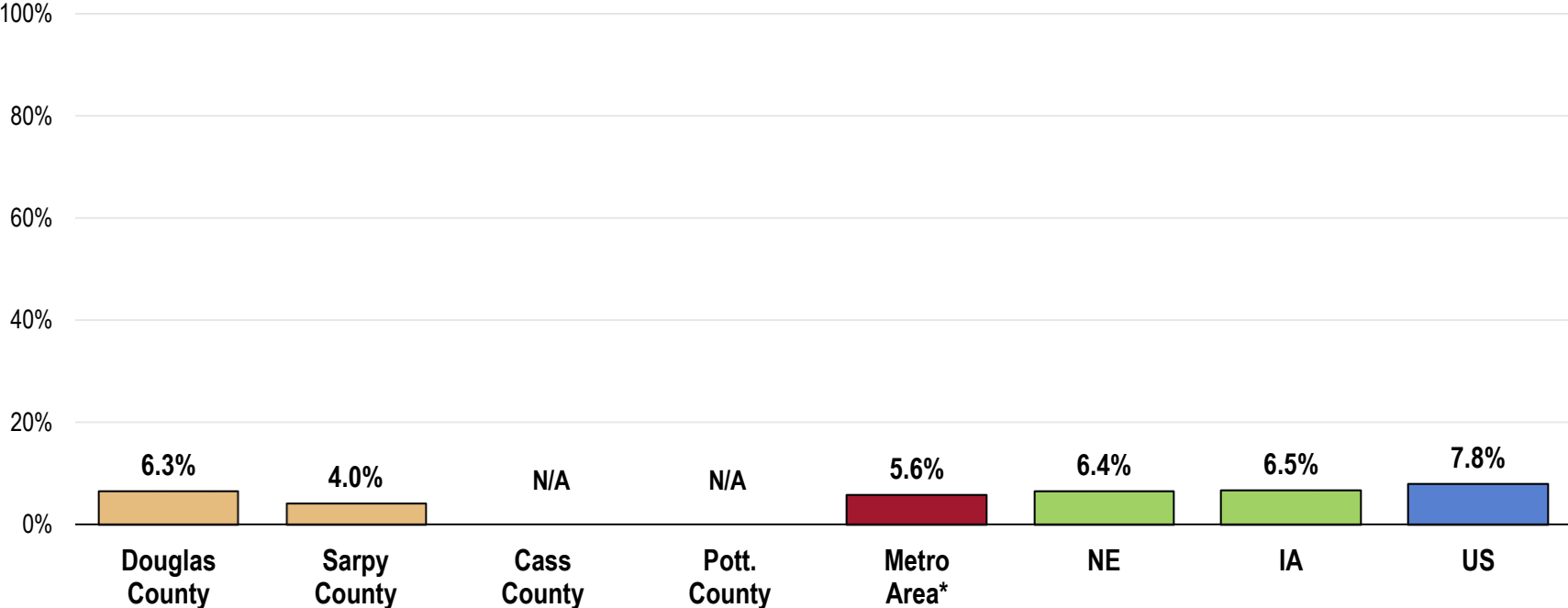# as a Problem in the Community
(Key Informants, 2015)

■ Major Problem □ Moderate Problem ■ Minor Problem ■ No Problem At All

22.0%	45.0%	20.0%	6.0%

Sources: ● PRC Key Informant Focus Groups, August 2015.

Family Planning

Births to Teen Mothers (Under 20)
(Births to Women Under 20 as a Percentage of Live Births, 2011-2013)

6.3%	4.0%	N/A	N/A	5.6%	6.4%	6.5%	7.8%
Douglas County	Sarpy County	Cass County	Pott. County	Metro Area*	NE	IA	US

Sources: ● Centers for Disease Control and Prevention, National Vital Statistics System. Accessed using CDC WONDER.
Note: ● Numbers are a percentage of all live births within each population.
● *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.

Births to Teen Mothers (Under 20)
(Births to Women Under 20 as a Percentage of Live Births, 2011-2013)

3.3%	12.4%	11.3%	3.7%	5.6%
Metro Area Non-Hispanic White	Metro Area Non-Hispanic Black	Metro Area Hispanic	Metro Area Non-Hispanic Asian	Metro Area* All Races/Ethnicities
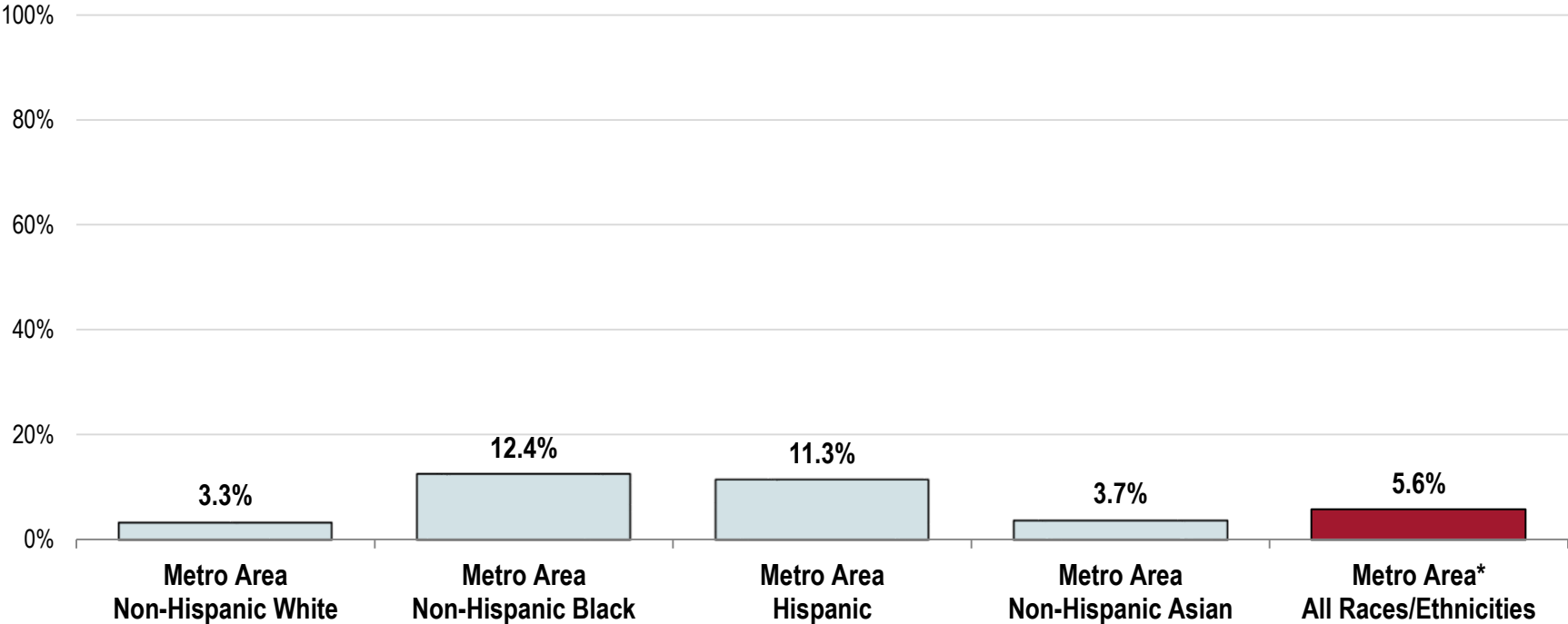
Sources: • Centers for Disease Control and Prevention, National Vital Statistics System: 2011-20123 Accessed using CDC WONDER.
Note: • Numbers are a percentage of all live births within each population.
• *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.

Teen Birth Trends
## (Births to Women Under Age 20 as a Percentage of Life Births)
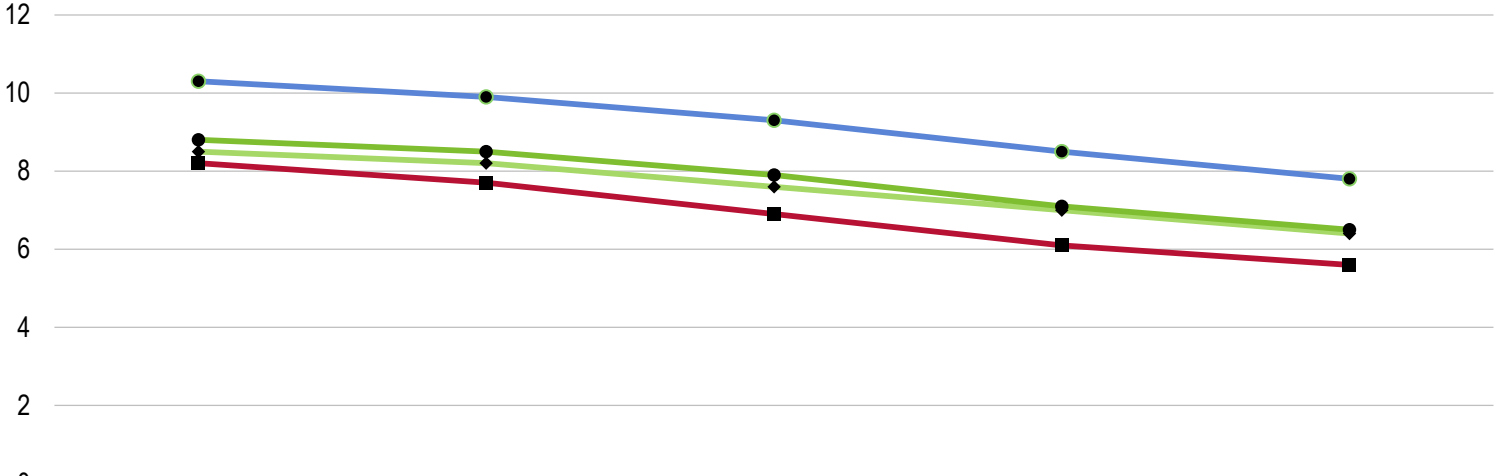
	2007-2009	2008-2010	2009-2011	2010-2012	2011-2013
Metro Area*	8.2	7.7	6.9	6.1	5.6
Nebraska	8.5	8.2	7.6	7.0	6.4
Iowa	8.8	8.5	7.9	7.1	6.5
United States	10.3	9.9	9.3	8.5	7.8

Sources: ● Centers for Disease Control and Prevention, National Vital Statistics System. Accessed using CDC WONDER.

Notes: ● This indicator reports the rate of total births to women under the age of 20 per 1,000 female population under 20. This indicator is relevant because in many cases, teen parents have unique social, economic, and health support services. Additionally, high rates of teen pregnancy may indicate the prevalence of unsafe sex practices.

● *Does not include Cass or Pottawattamie counties, for which birth counts were too low for calculations.

Perceptions of Family Planning
as a Problem in the Community
(Key Informants, 2015)

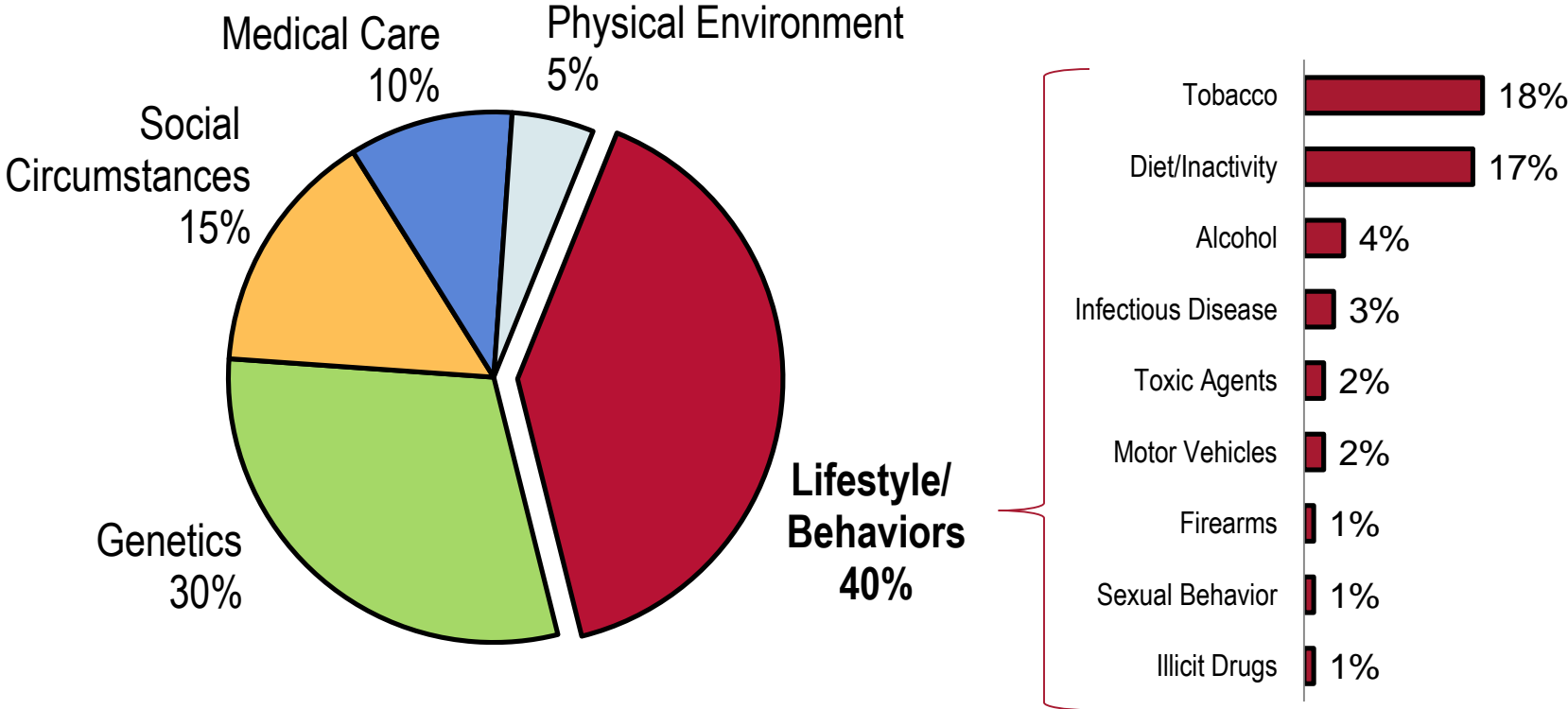| ■ Major Problem	■ Moderate Problem	■ Minor Problem	■ No Problem At All
33.3%	32.3%	21.9%	5.2%
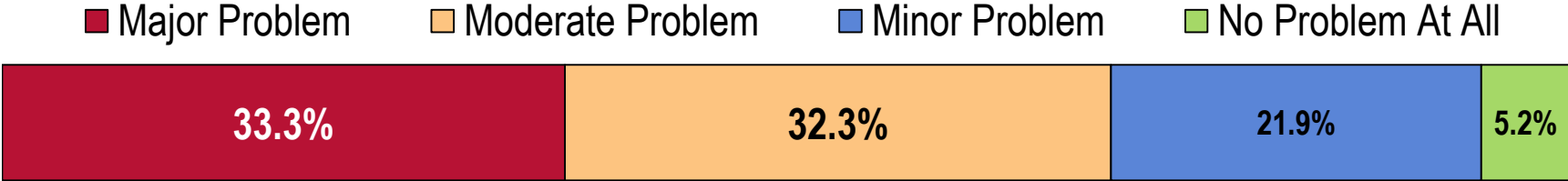
Sources: ● PRC Key Informant Focus Groups, August 2015.

Modifiable Health Risks

Actual Causes of Death

Factors Contributing to Premature Deaths in the United States

Medical Care 10%

Physical Environment 5%

Social Circumstances 15%

Genetics 30%

Lifestyle/ Behaviors 40%

Tobacco	18%
Diet/Inactivity	17%
Alcohol	4%
Infectious Disease	3%
Toxic Agents	2%
Motor Vehicles	2%
Firearms	1%
Sexual Behavior	1%
Illicit Drugs	1%

Sources: ● "The Case For More Active Policy Attention to Health Promotion"; (McGinnis, Williams-Russo, Knickman) Health Affairs. Vol. 32. No. 2. March/April 2002.
"Actual Causes of Death in the United States": (Ali H. Mokdad, PhD; James S. Marks, MD, MPH; Donna F. Stroup, PhD, MSc; Julie L. Gerberding, MD, MPH.)
JAMA. 291 (2000) 1238-1245.

Nutrition

Consume Five or More Servings of Fruits/Vegetables Per Day

Metro Area

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US
	36.7%	36.7%	42.4%	37.4%	43.1%	38.7%	40.5%	34.8%	33.9%	38.3%	39.5%

2011: 35.8%   2015: 38.3%
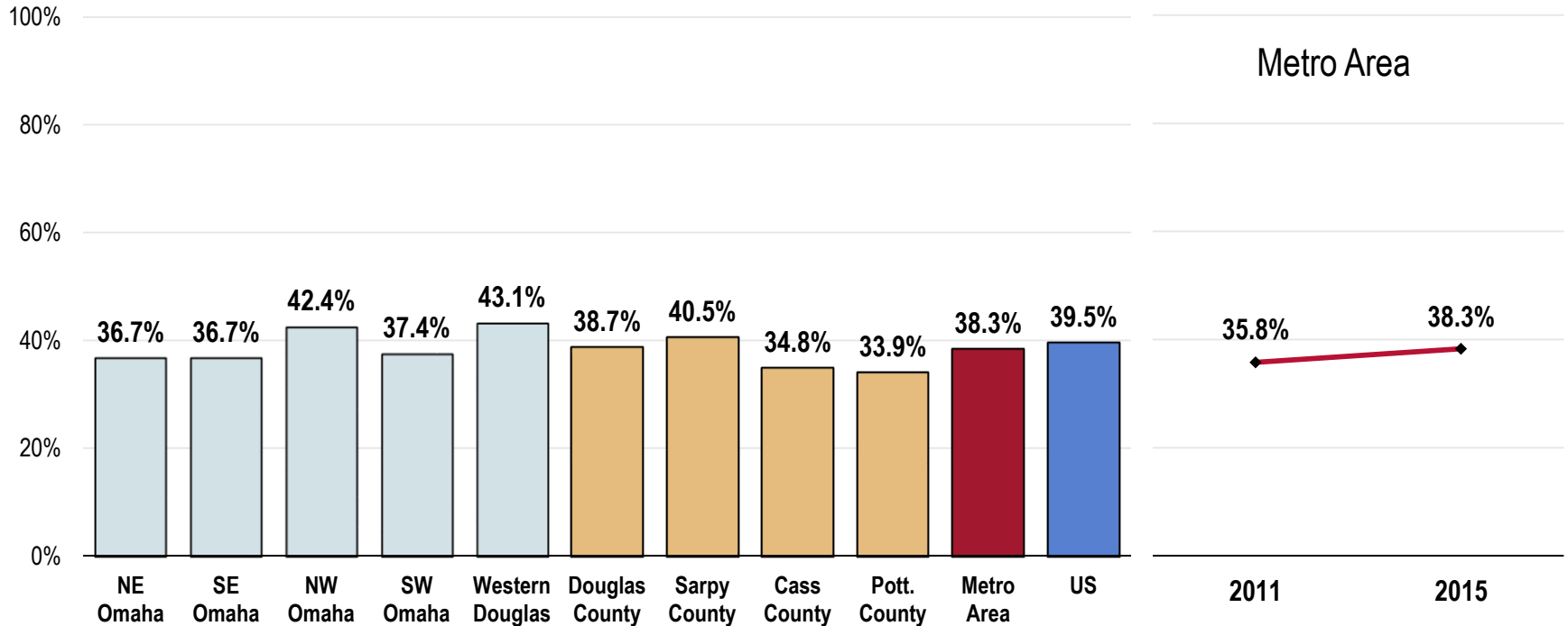
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 146]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.
● For this issue, respondents were asked to recall their food intake on the previous day.
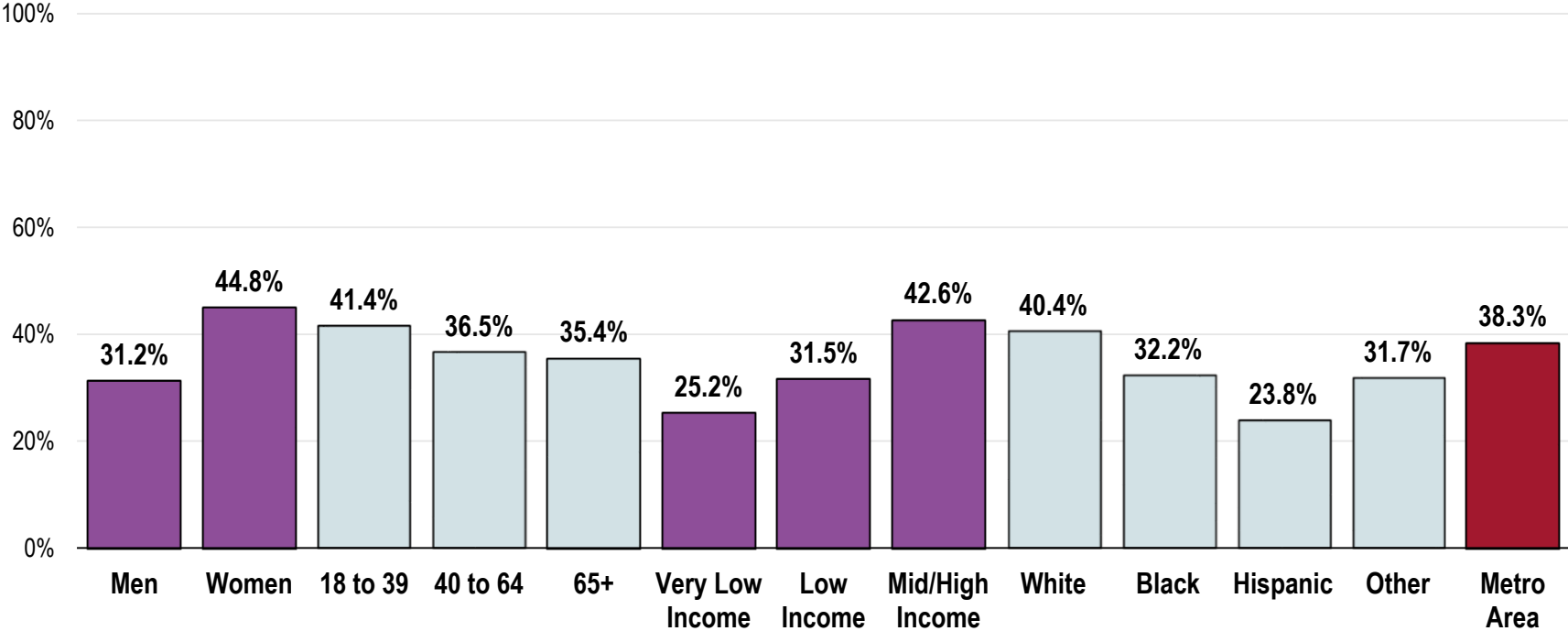
Consume Five or More Servings of Fruits/Vegetables Per Day
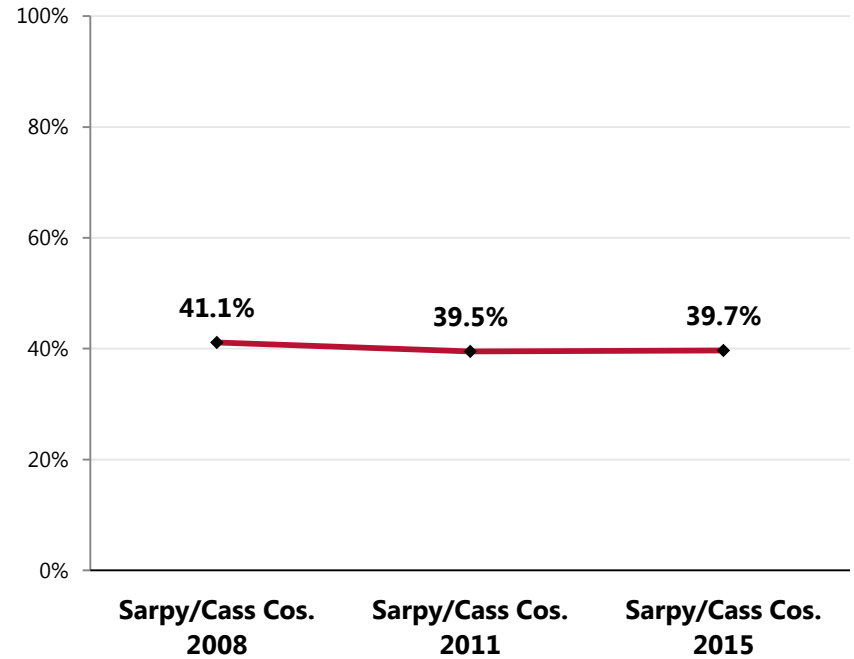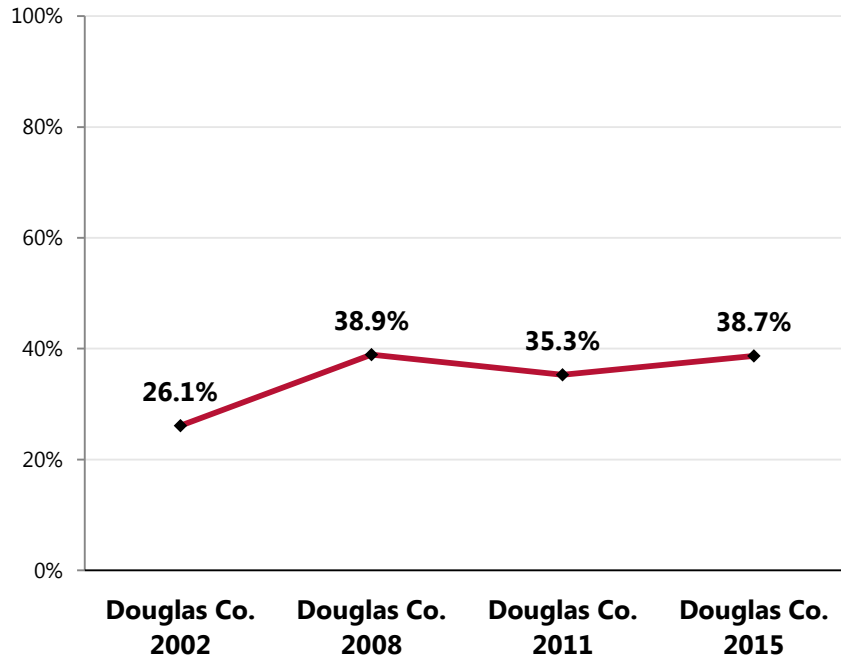
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 146]
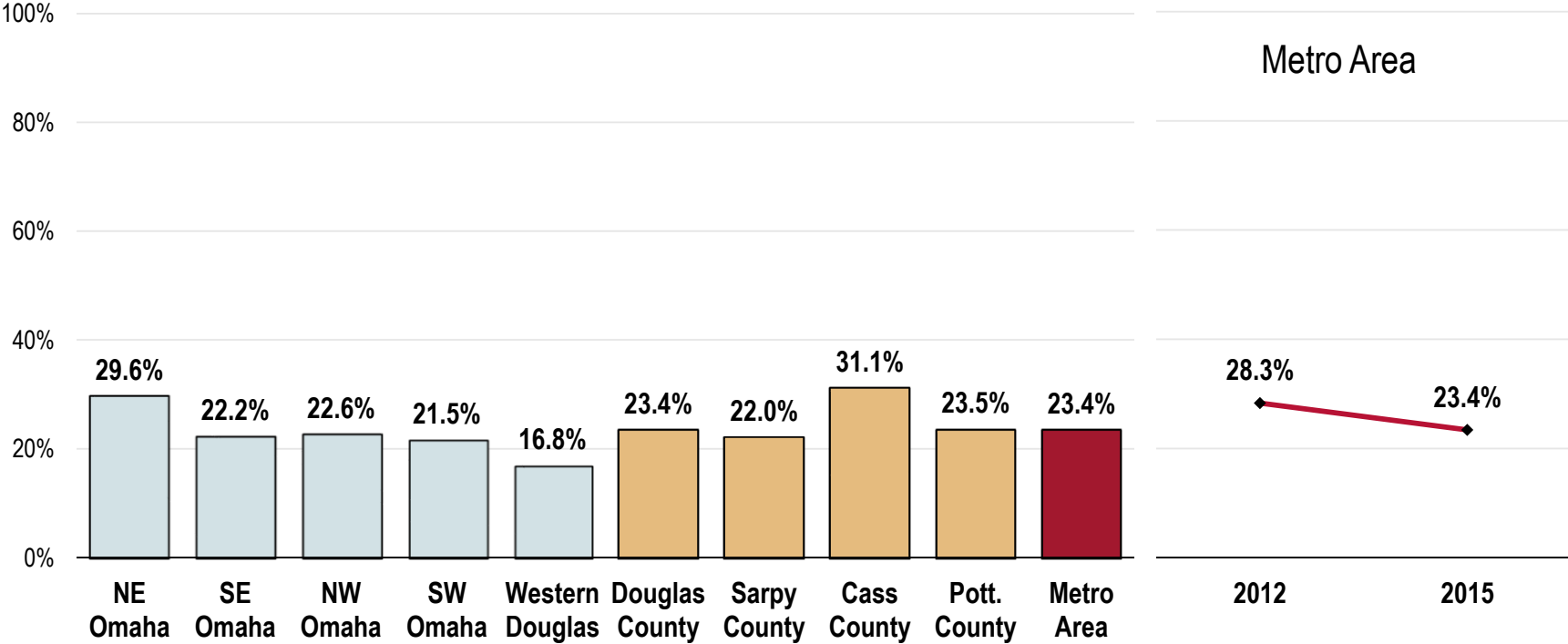Notes: ● Asked of all respondents.

Consume Five or More Servings of Fruits/Vegetables Per Day
(Metro Area, 2015)

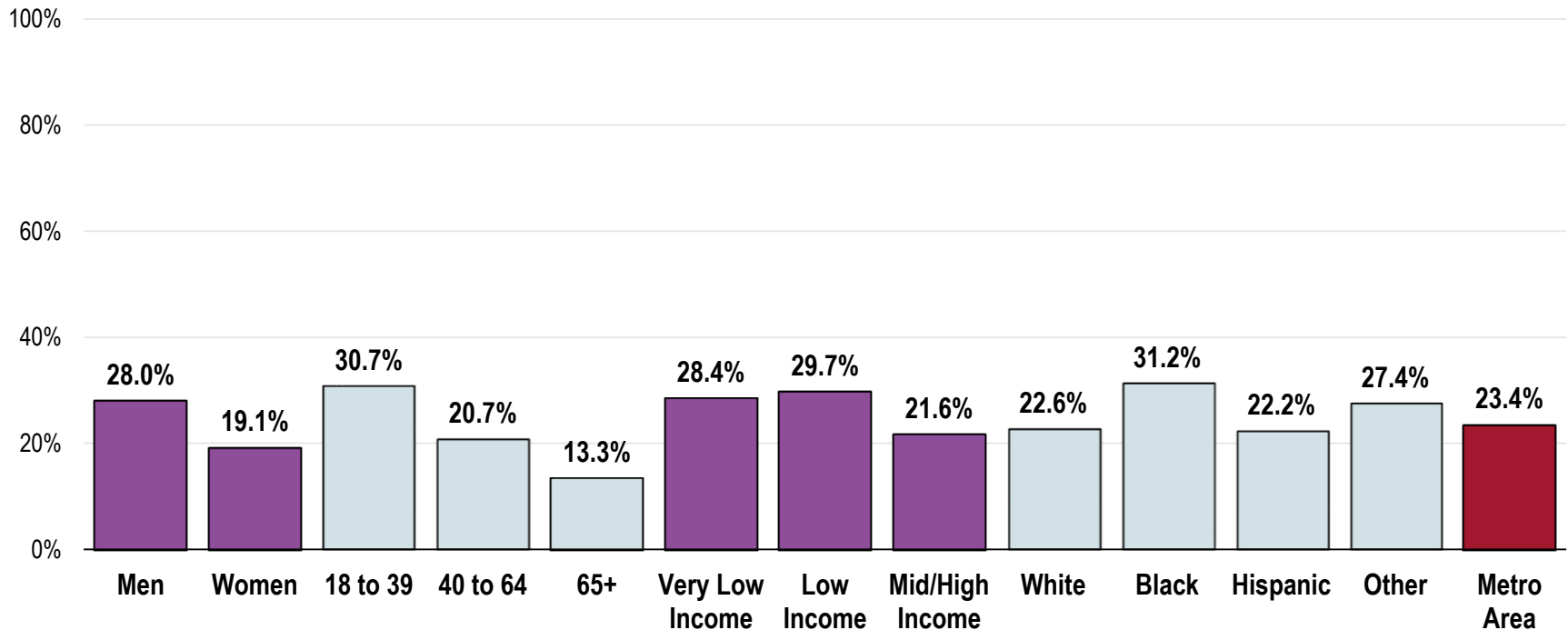| Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
31.2%	44.8%	41.4%	36.5%	35.4%	25.2%	31.5%	42.6%	40.4%	32.2%	23.8%	31.7%	38.3%

Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 146]

Notes:
- Asked of all respondents; respondents were asked to recall their food intake on the previous day.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Had 7+ Sugar-Sweetened Beverages in the Past Week

Metro Area

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area
	29.6%	22.2%	22.6%	21.5%	16.8%	23.4%	22.0%	31.1%	23.5%	23.4%

Metro Area trend: 2012 — 28.3%, 2015 — 23.4%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 181]
Notes: ● Asked of all respondents.

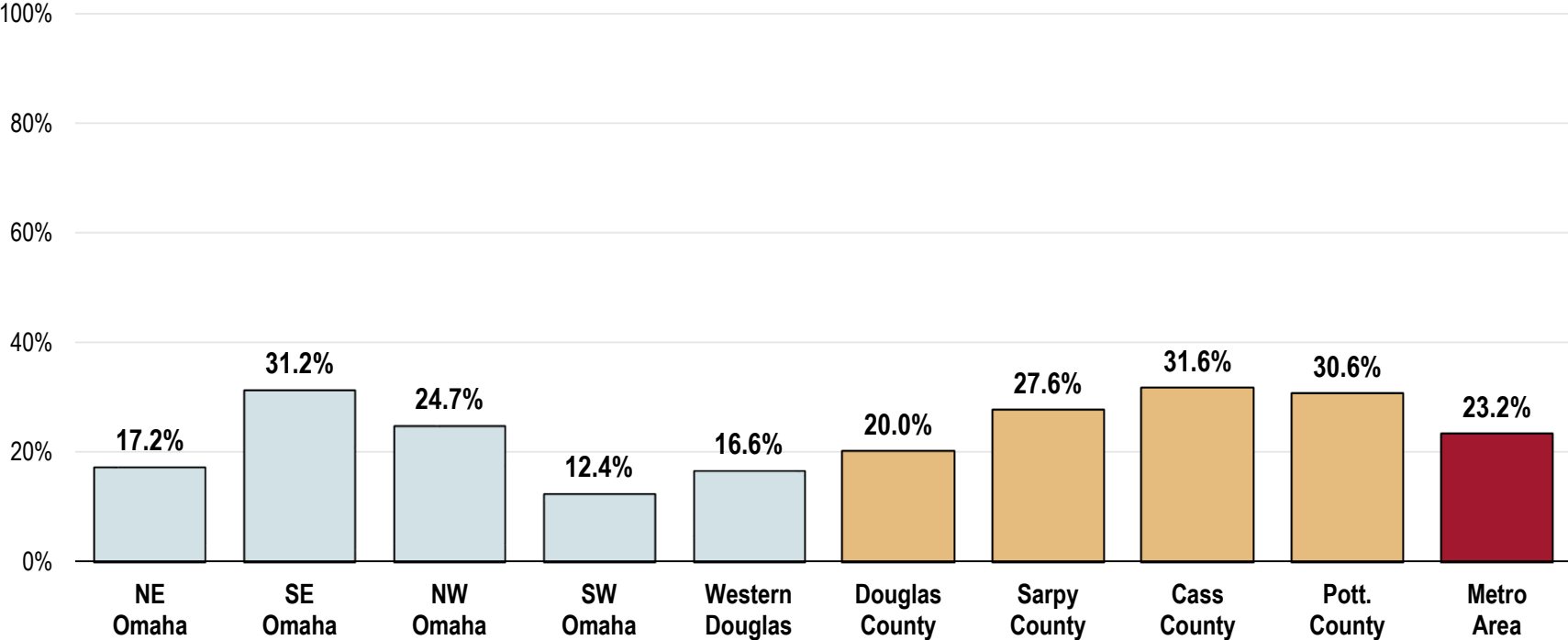# Had 7+ Sugar-Sweetened Beverages in the Past Week
(Metro Area, 2015)

Category	Percentage
Men	28.0%
Women	19.1%
18 to 39	30.7%
40 to 64	20.7%
65+	13.3%
Very Low Income	28.4%
Low Income	29.7%
Mid/High Income	21.6%
White	22.6%
Black	31.2%
Hispanic	22.2%
Other	27.4%
Metro Area	23.4%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 181]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Child Had 7+ Sugar-Sweetened Beverages in the Past Week
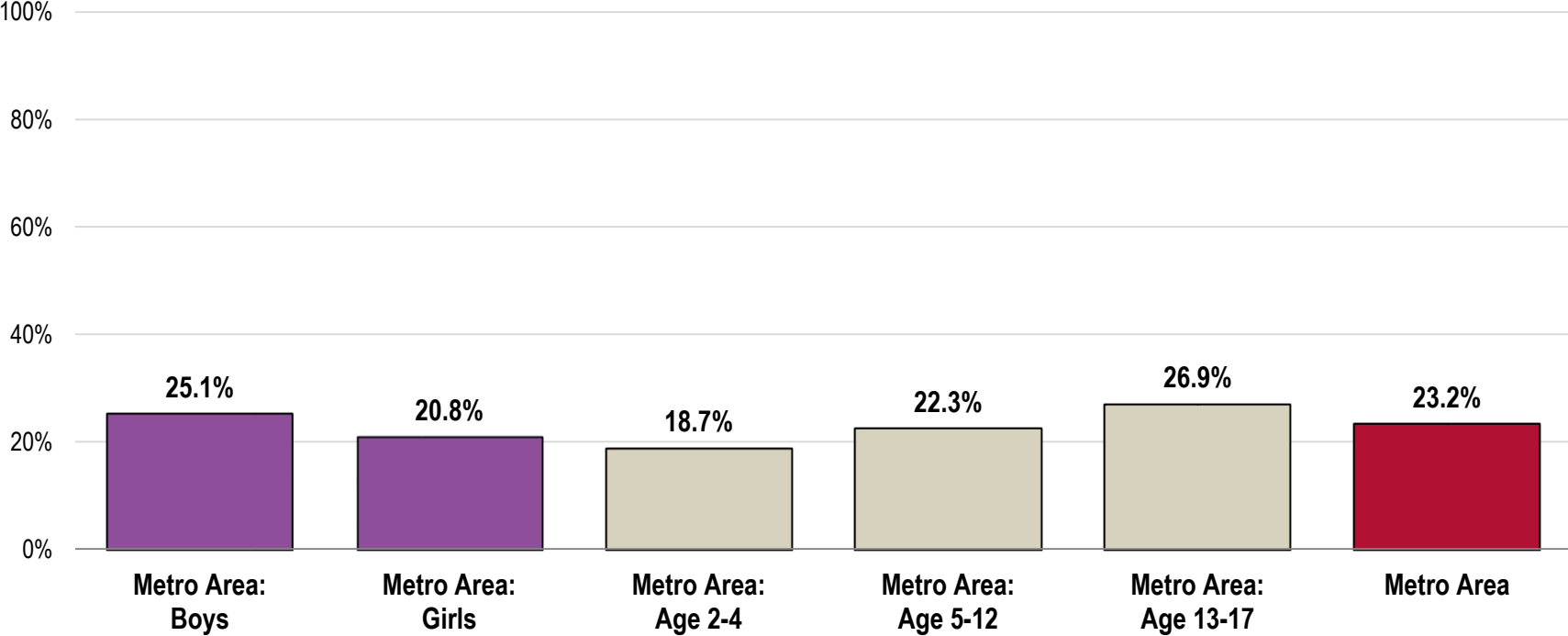## (Metro Area Parents of Children <18, 2015)

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 346]
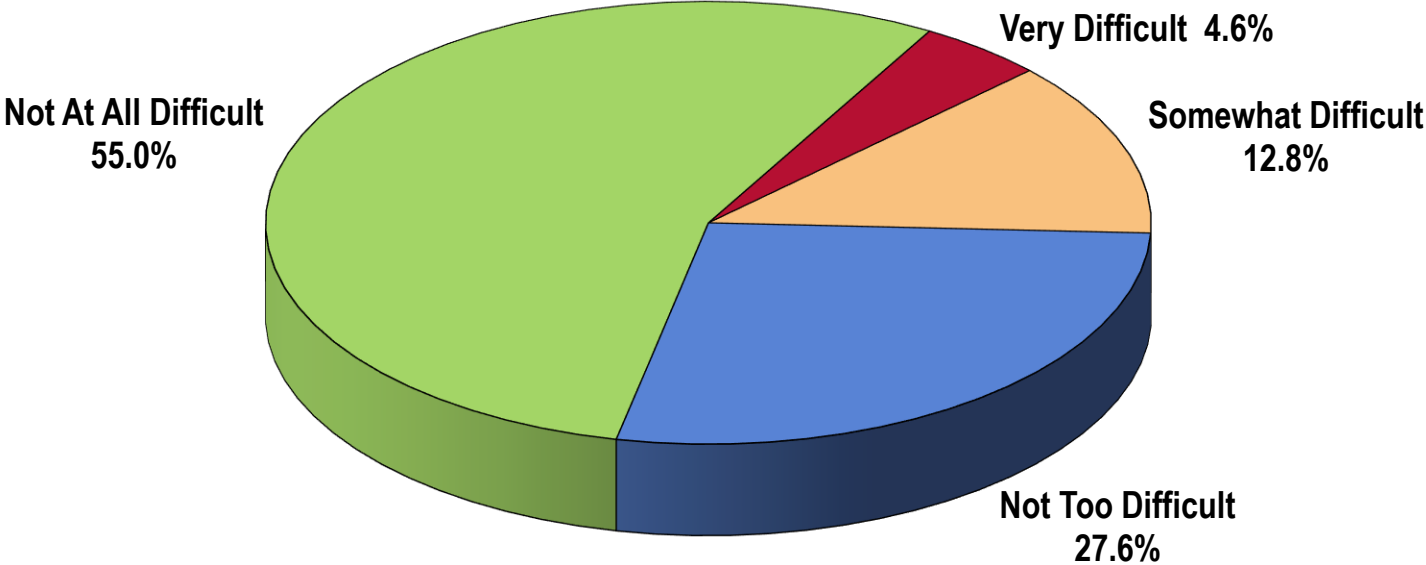Notes: ● Asked of all respondents with children under 18 at home.

Child Had 7+ Sugar-Sweetened Beverages in the Past Week
(Metro Area Parents of Children <18, 2015)

Bar chart showing percentages:
- Metro Area: Boys — 25.1%
- Metro Area: Girls — 20.8%
- Metro Area: Age 2-4 — 18.7%
- Metro Area: Age 5-12 — 22.3%
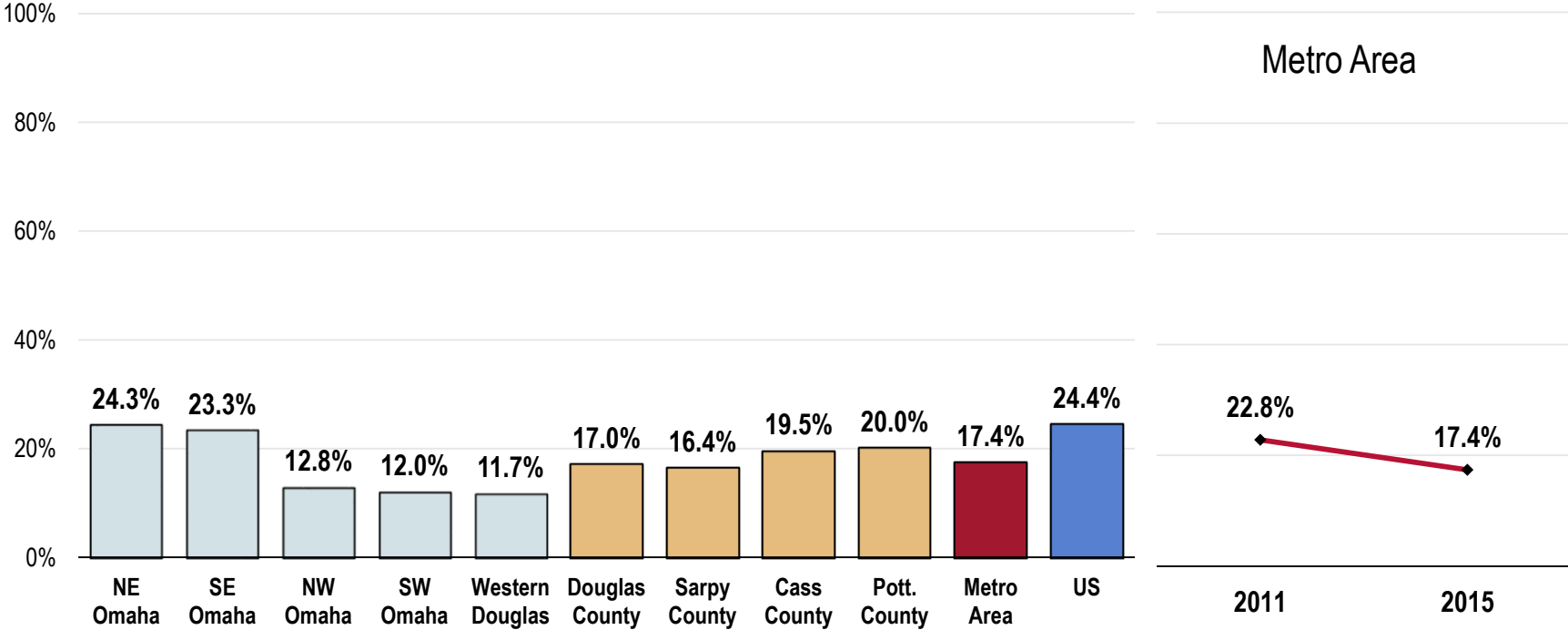- Metro Area: Age 13-17 — 26.9%
- Metro Area — 23.2%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 346]
Notes: ● Asked of all respondents with children under 18 at home.

Professional Research Consultants, Inc.

Level of Difficulty Finding Fresh Produce at an Affordable Price
(Metro Area, 2015)

Very Difficult 4.6%

Somewhat Difficult 12.8%

Not At All Difficult 55.0%
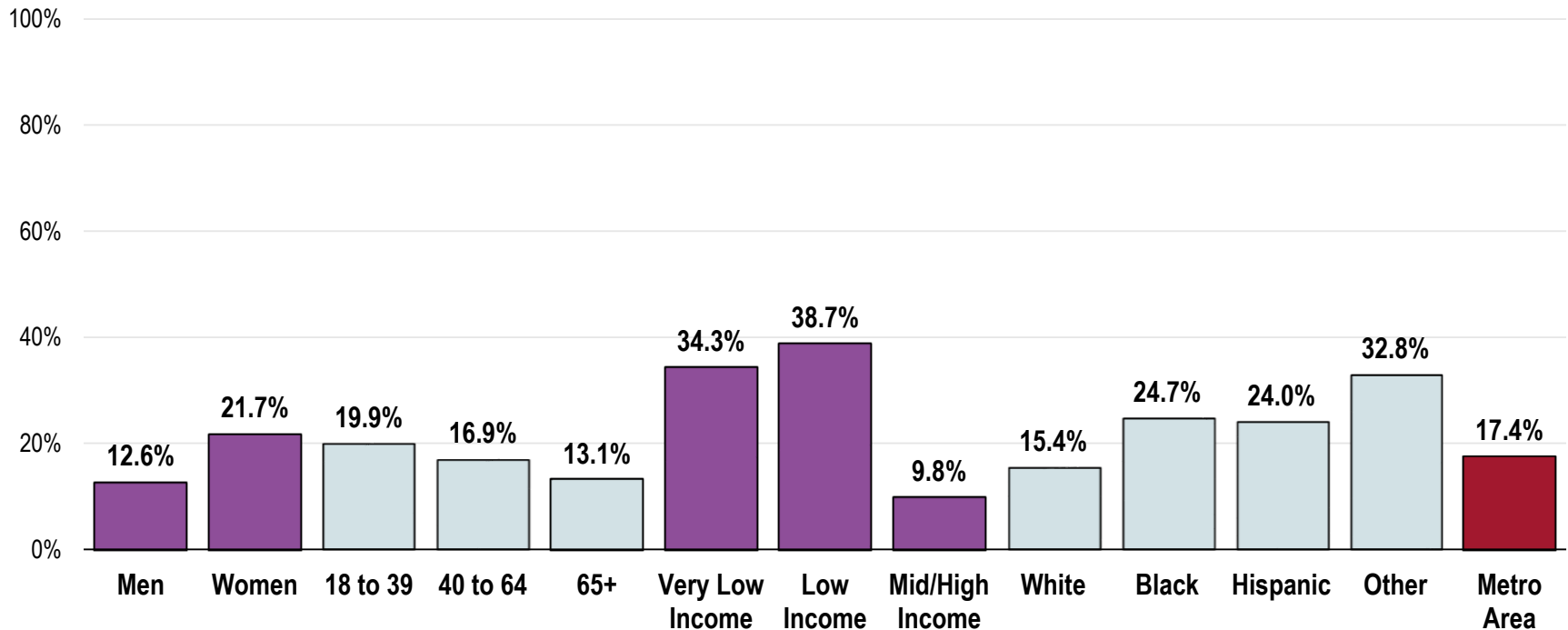
Not Too Difficult 27.6%

Sources: • 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 91]
Notes: • Asked of all respondents.

Find It "Very" or "Somewhat"
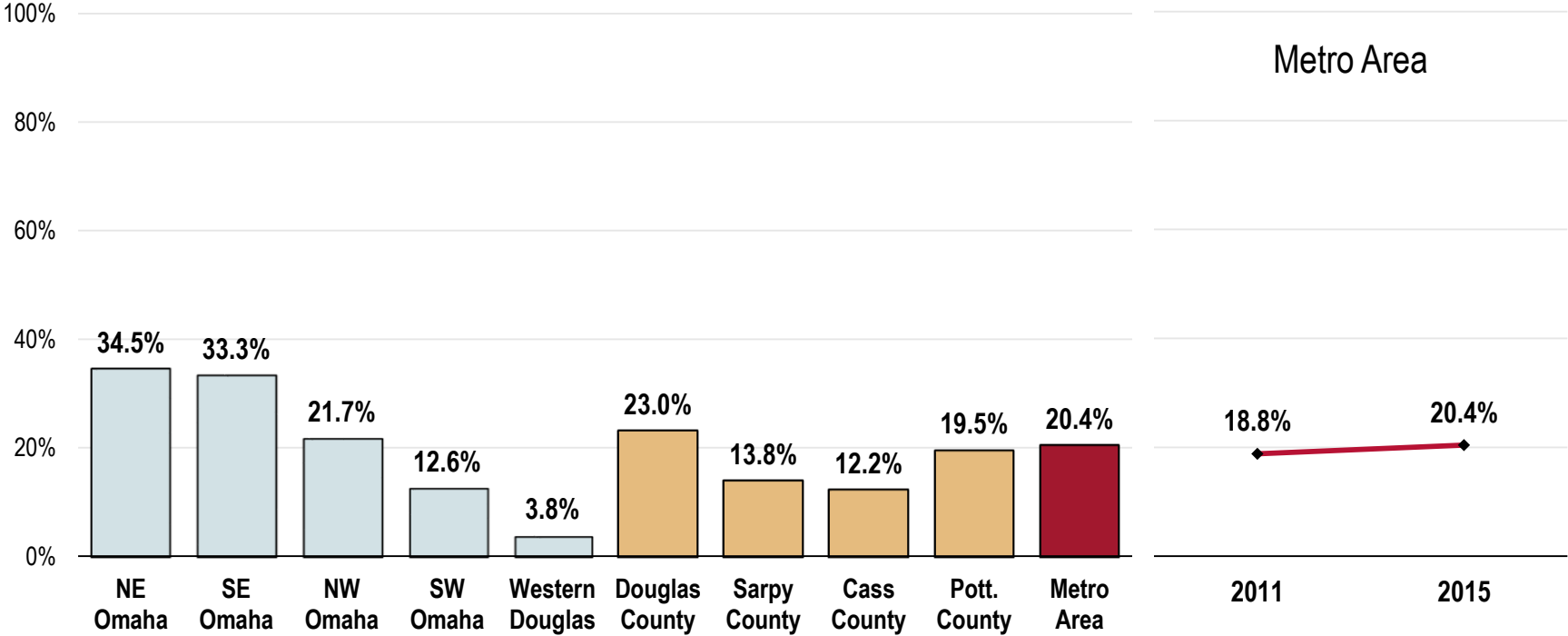# Difficult to Buy Affordable Fresh Produce

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 91]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

Find It "Very" or "Somewhat" Difficult to Buy Affordable Fresh Produce
(Metro Area, 2015)

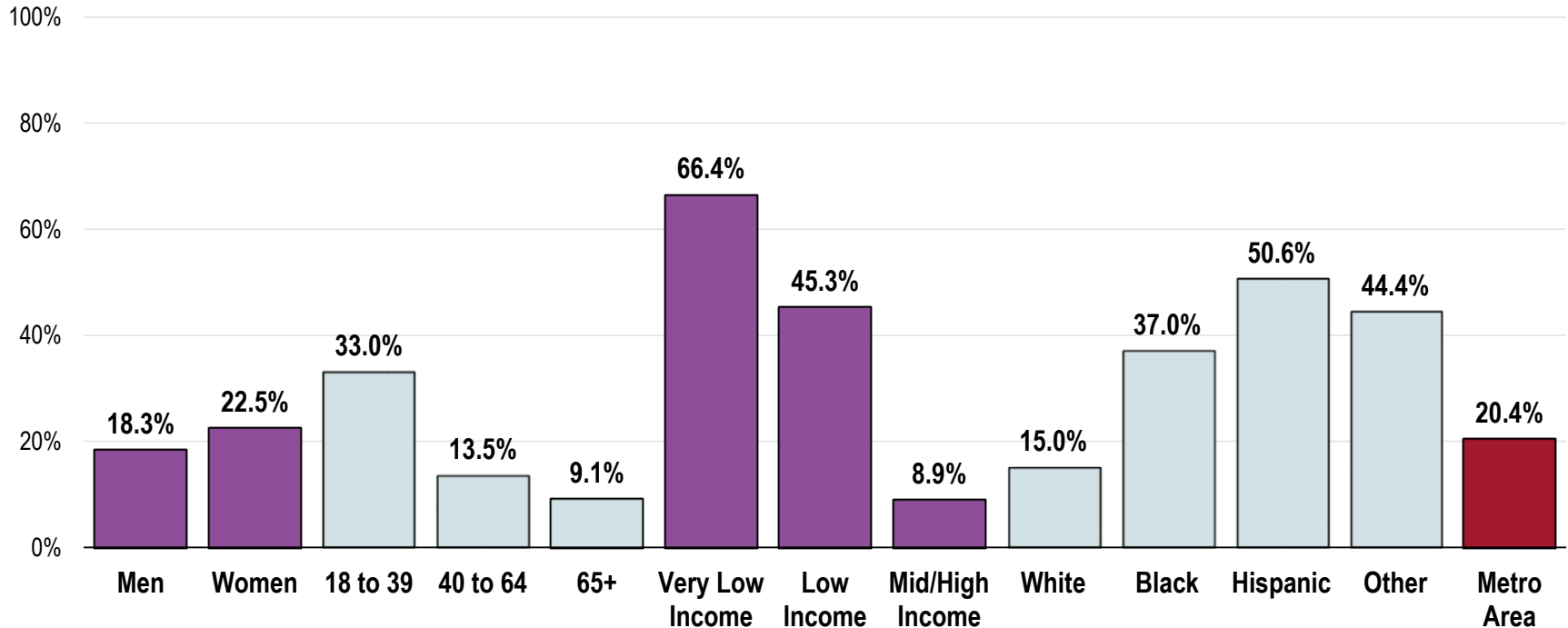| Category	Value
Men	12.6%
Women	21.7%
18 to 39	19.9%
40 to 64	16.9%
65+	13.1%
Very Low Income	34.3%
Low Income	38.7%
Mid/High Income	9.8%
White	15.4%
Black	24.7%
Hispanic	24.0%
Other	32.8%
Metro Area	17.4%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 91]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

"Often" or "Sometimes" Worry About
Food Running Out Before Having Money to Buy More

Metro Area

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area
	34.5%	33.3%	21.7%	12.6%	3.8%	23.0%	13.8%	12.2%	19.5%	20.4%

Metro Area: 2011 — 18.8%, 2015 — 20.4%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 321]
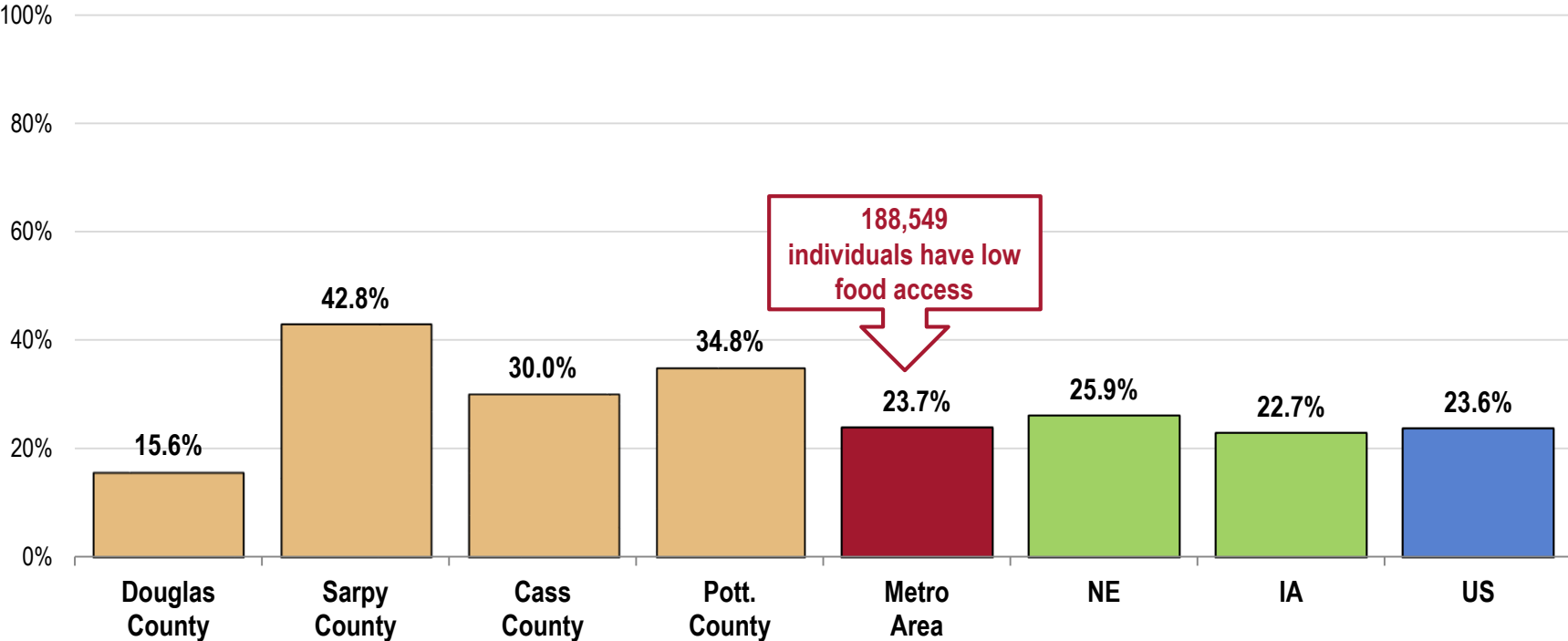Notes: ● Asked of all respondents.

"Often" or "Sometimes" Worry About
Food Running Out Before Having Money to Buy More
(Metro Area, 2015)

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 321]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
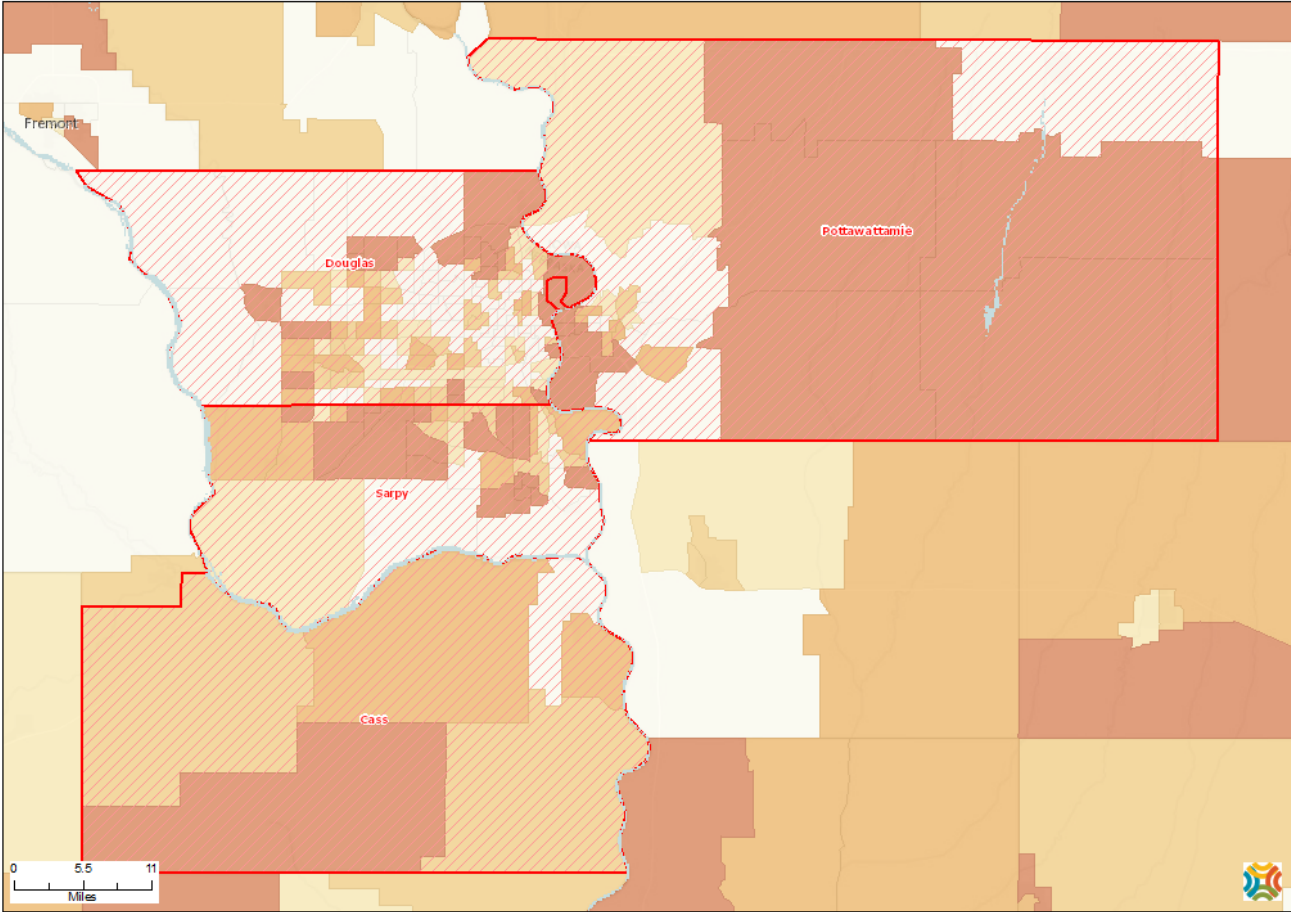
Population With Low Food Access
(Percent of Population That Is Far From a Supermarket or Large Grocery Store, 2010)

188,549 individuals have low food access

	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	NE	IA	US
	15.6%	42.8%	30.0%	34.8%	23.7%	25.9%	22.7%	23.6%

Sources:
- US Department of Agriculture, Economic Research Service, USDA - Food Access Research Atlas (FARA): 2010.
- Retrieved August 2015 from Community Commons at http://www.chna.org.

Notes:
- This indicator reports the percentage of the population living in census tracts designated as food deserts. A food desert is defined as low-income areas where a significant number or share of residents is far from a supermarket, where "far" is more than 1 mile in urban areas and more than 10 miles in rural areas. This indicator is relevant because it highlights populations and geographies facing food insecurity.

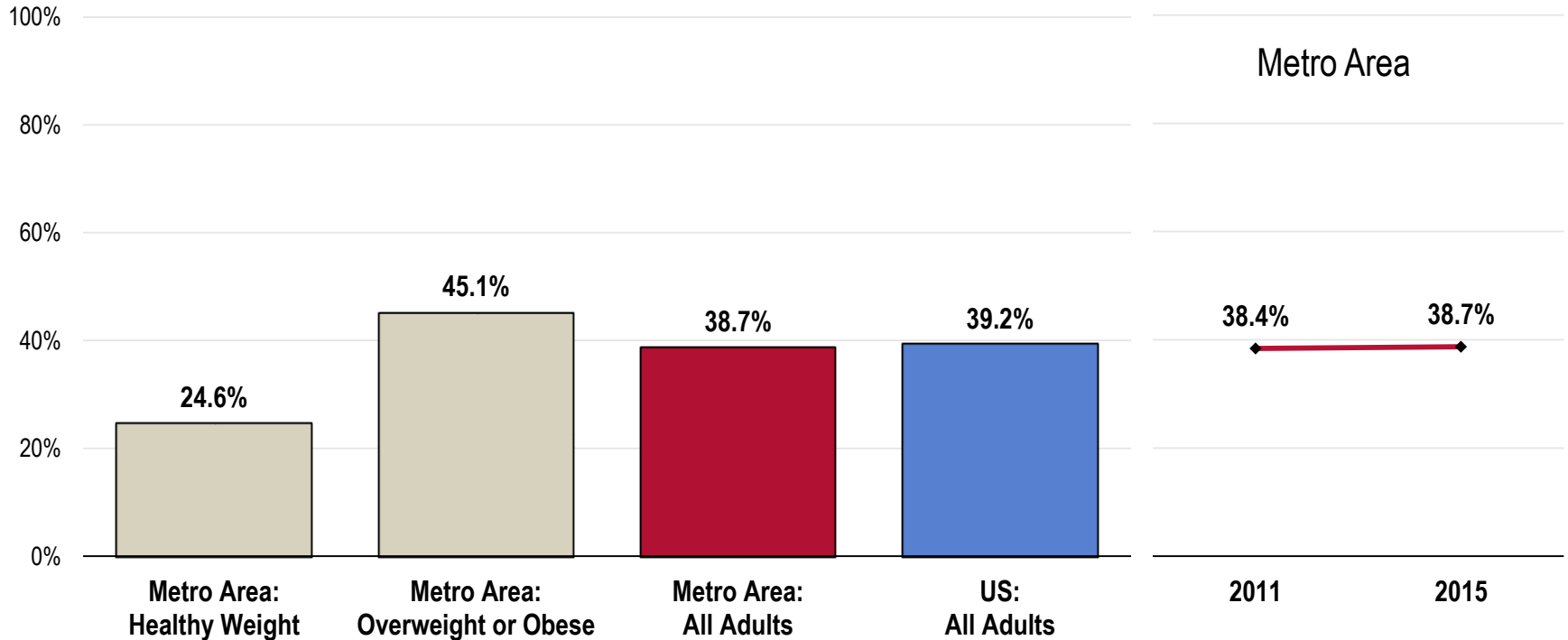Population With Limited Food Access, Percent by Tract, FARA 2010

Map Legend

Population with Limited Food Access,
Percent by Tract, FARA 2010
- Over 50.0%
- 20.1 - 50.0%
- 5.1 - 20.0%
- Under 5.1%
- No Low Food Access

Community Commons, 9/21/2015

235

Have Received Advice About Diet and Nutrition in the Past Year From a Physician, Nurse, or Other Health Professional
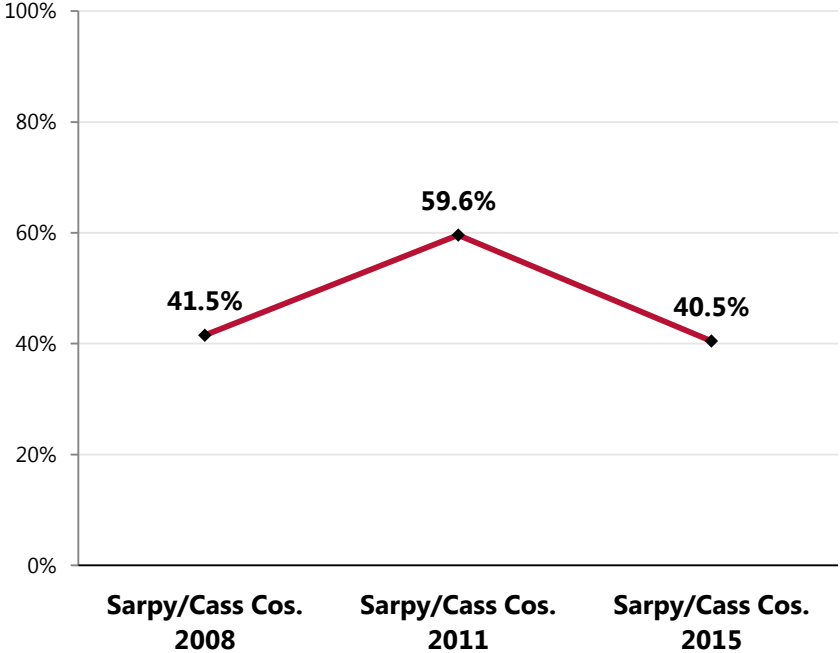
(By Weight Classification)

Metro Area

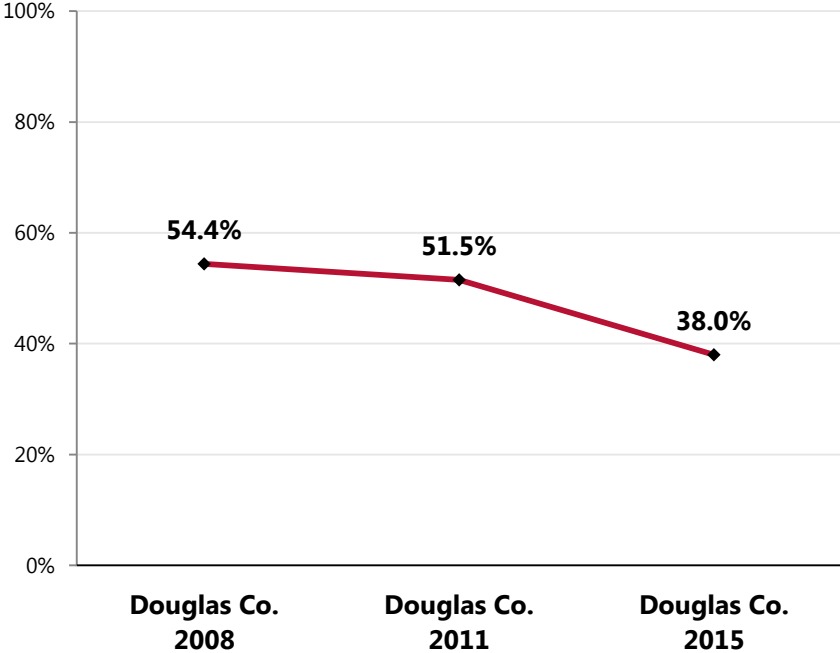|	
Metro Area: Healthy Weight	24.6%
Metro Area: Overweight or Obese	45.1%
Metro Area: All Adults	38.7%
US: All Adults	39.2%
2011	38.4%
2015	38.7%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 18]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
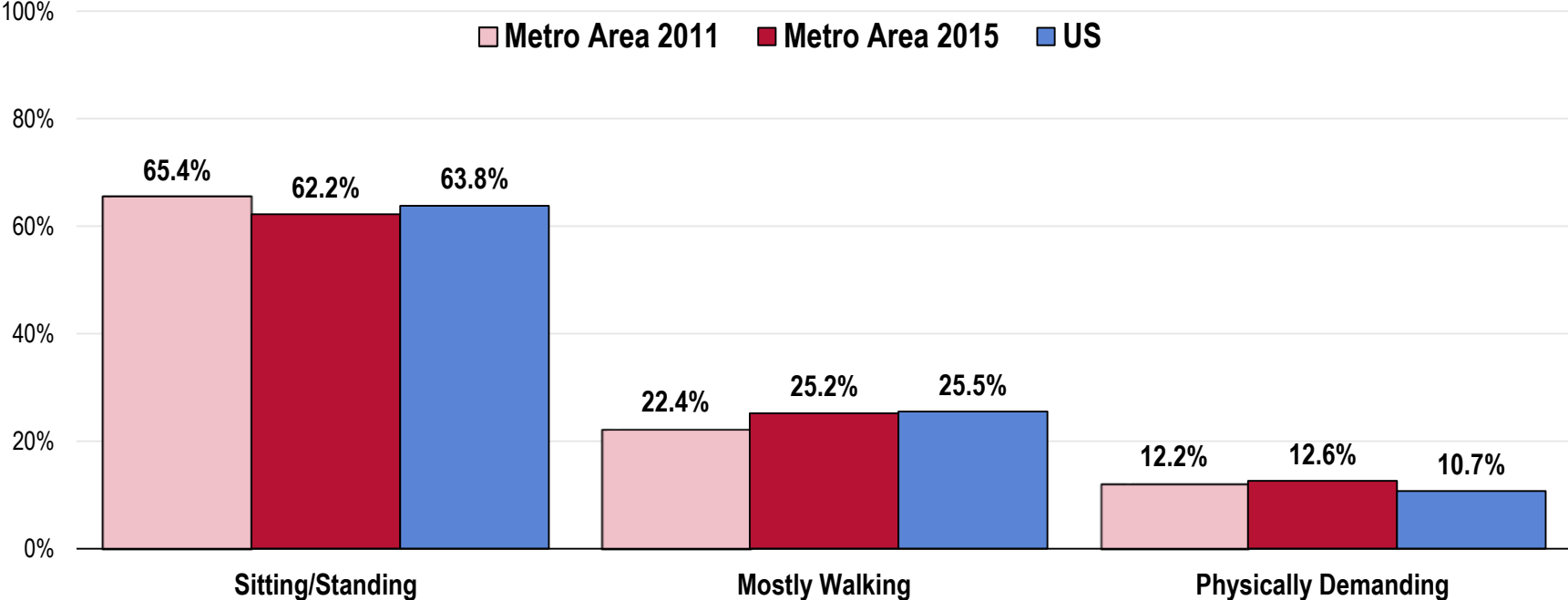Notes: ● Asked of all respondents.

Professional Research Consultants, Inc.

Have Received Advice About Diet and Nutrition in the Past Year From a Physician, Nurse, or Other Health Professional
(By Weight Classification)

Douglas Co. 2008: 54.4%
Douglas Co. 2011: 51.5%
Douglas Co. 2015: 38.0%

Sarpy/Cass Cos. 2008: 41.5%
Sarpy/Cass Cos. 2011: 59.6%
Sarpy/Cass Cos. 2015: 40.5%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 18]
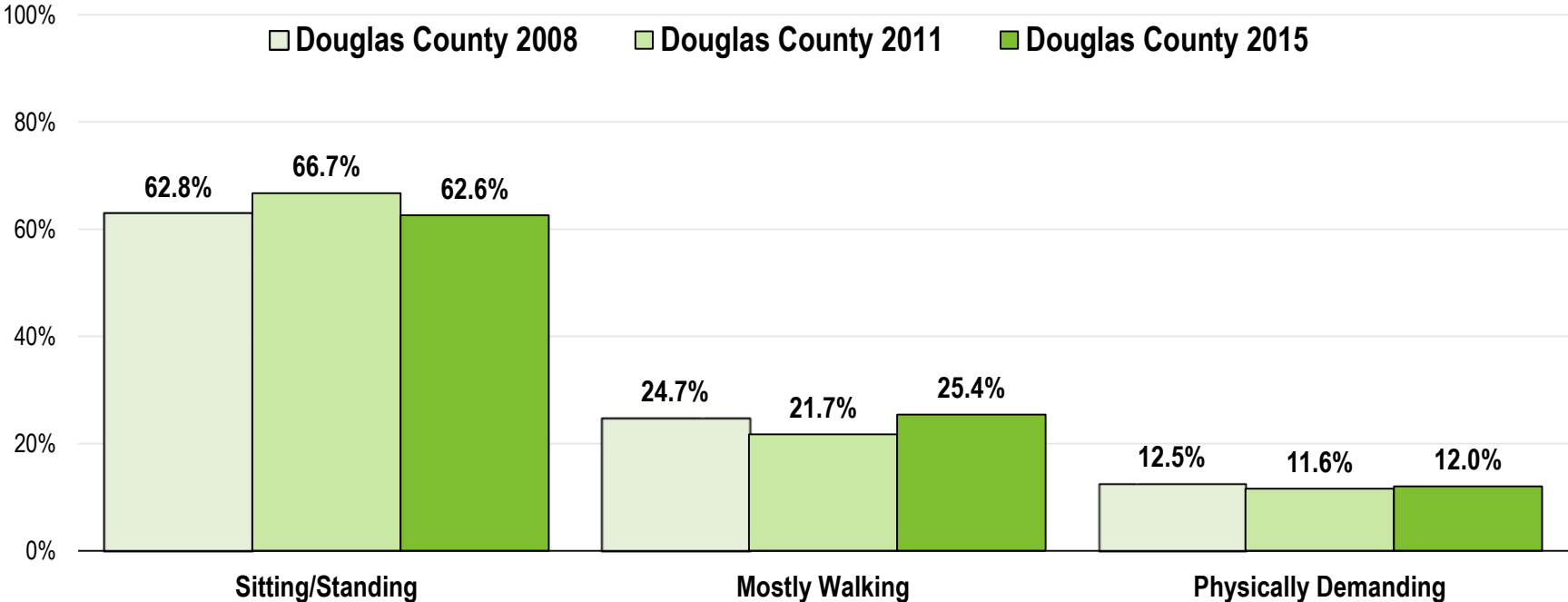Notes: ● Asked of all respondents.

Physical Activity

Primary Level of Physical Activity At Work
(Among Employed Respondents)

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 323]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
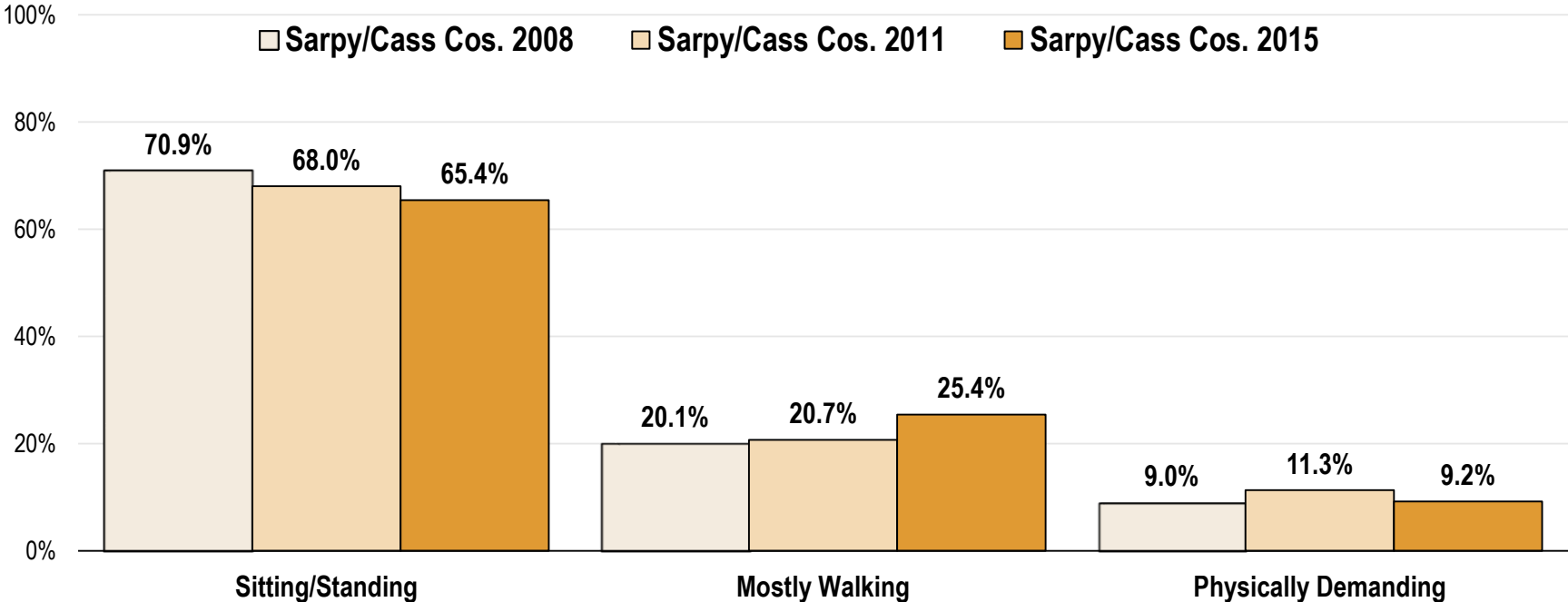Notes: ● Asked of those respondents who are employed for wages.

Primary Level of Physical Activity At Work
(Douglas County; Among Employed Respondents)

Bar chart legend: □ Douglas County 2008   □ Douglas County 2011   □ Douglas County 2015

Sitting/Standing: 62.8%, 66.7%, 62.6%
Mostly Walking: 24.7%, 21.7%, 25.4%
Physically Demanding: 12.5%, 11.6%, 12.0%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 323]
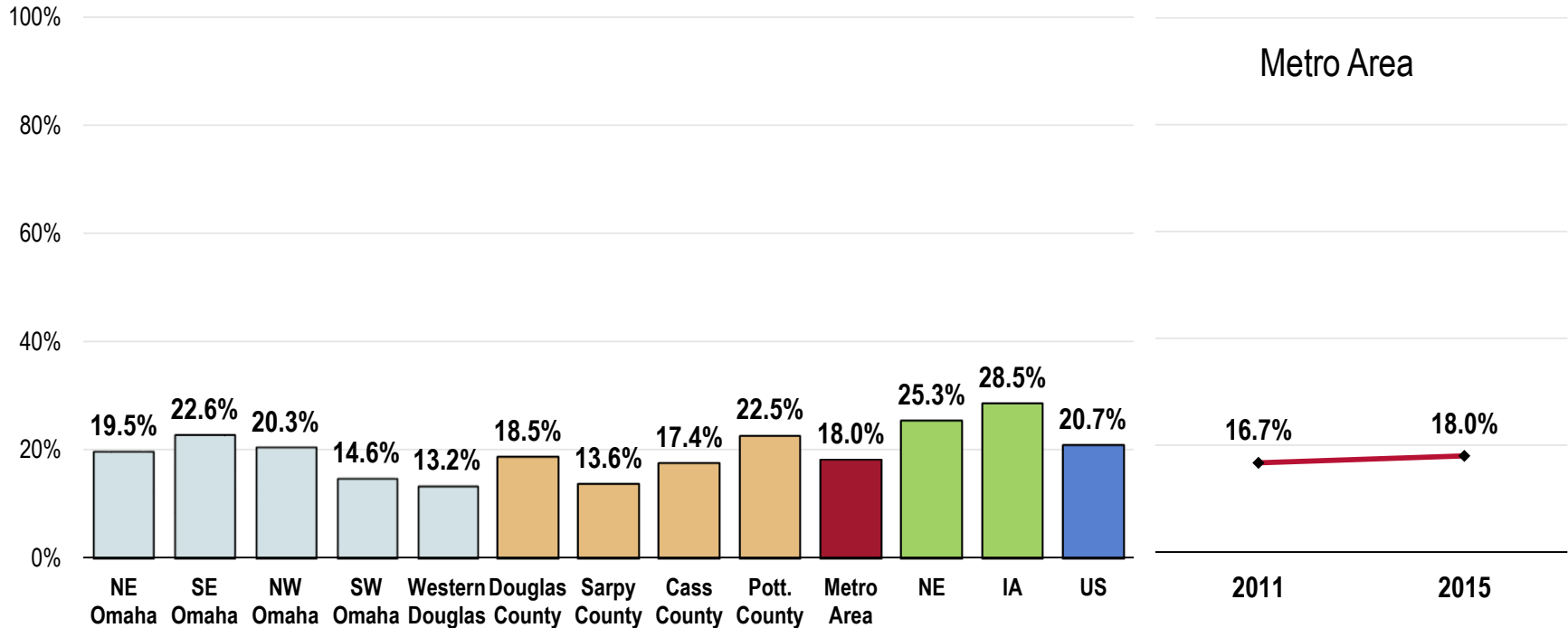Notes: ● Asked of those respondents who are employed for wages.

Primary Level of Physical Activity At Work
(Sarpy/Cass Counties; Among Employed Respondents)

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 323]
Notes: ● Asked of those respondents who are employed for wages.

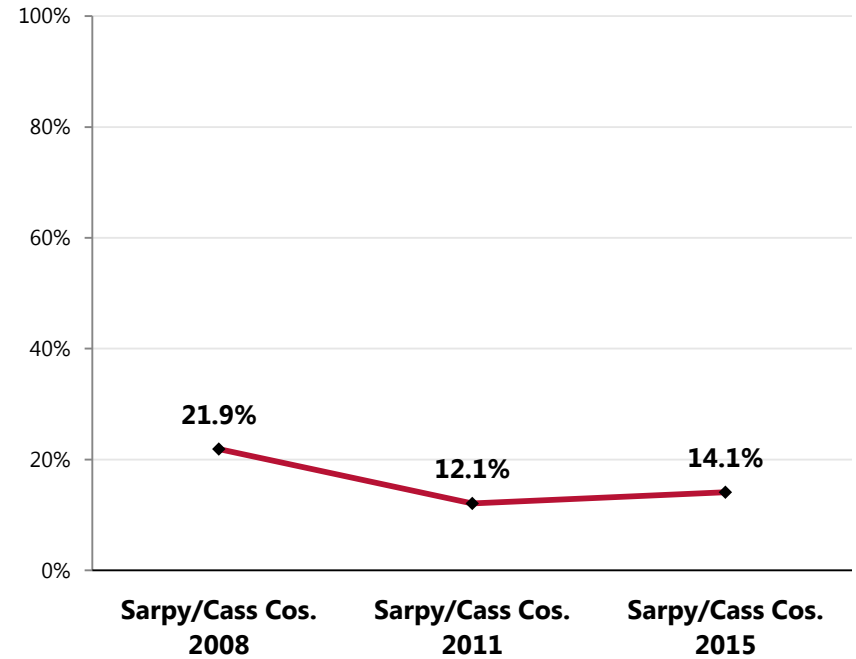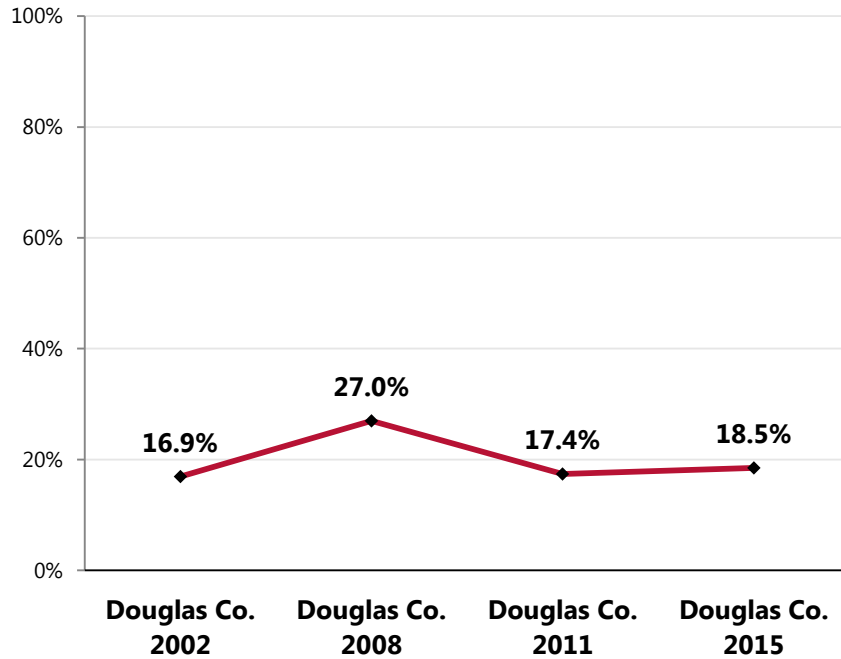# No Leisure-Time Physical Activity in the Past Month
Healthy People 2020 Target = 32.6% or Lower

Metro Area

Location	Value
NE Omaha	19.5%
SE Omaha	22.6%
NW Omaha	20.3%
SW Omaha	14.6%
Western Douglas	13.2%
Douglas County	18.5%
Sarpy County	13.6%
Cass County	17.4%
Pott. County	22.5%
Metro Area	18.0%
NE	25.3%
IA	28.5%
US	20.7%

Year	Value
2011	16.7%
2015	18.0%

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 92]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Nebraska. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2013 Nebraska and Iowa data.
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective PA-1]

Notes:
- Asked of all respondents.

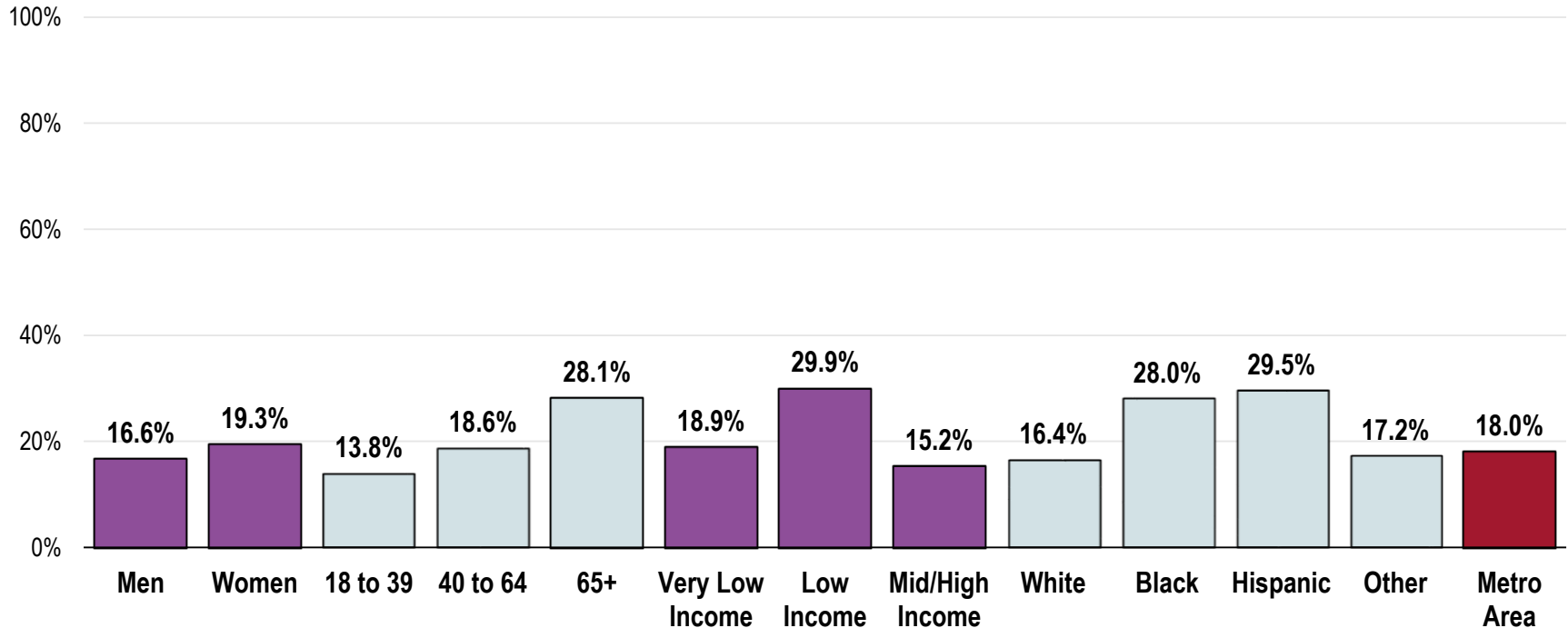# No Leisure-Time Physical Activity in the Past Month

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 92]
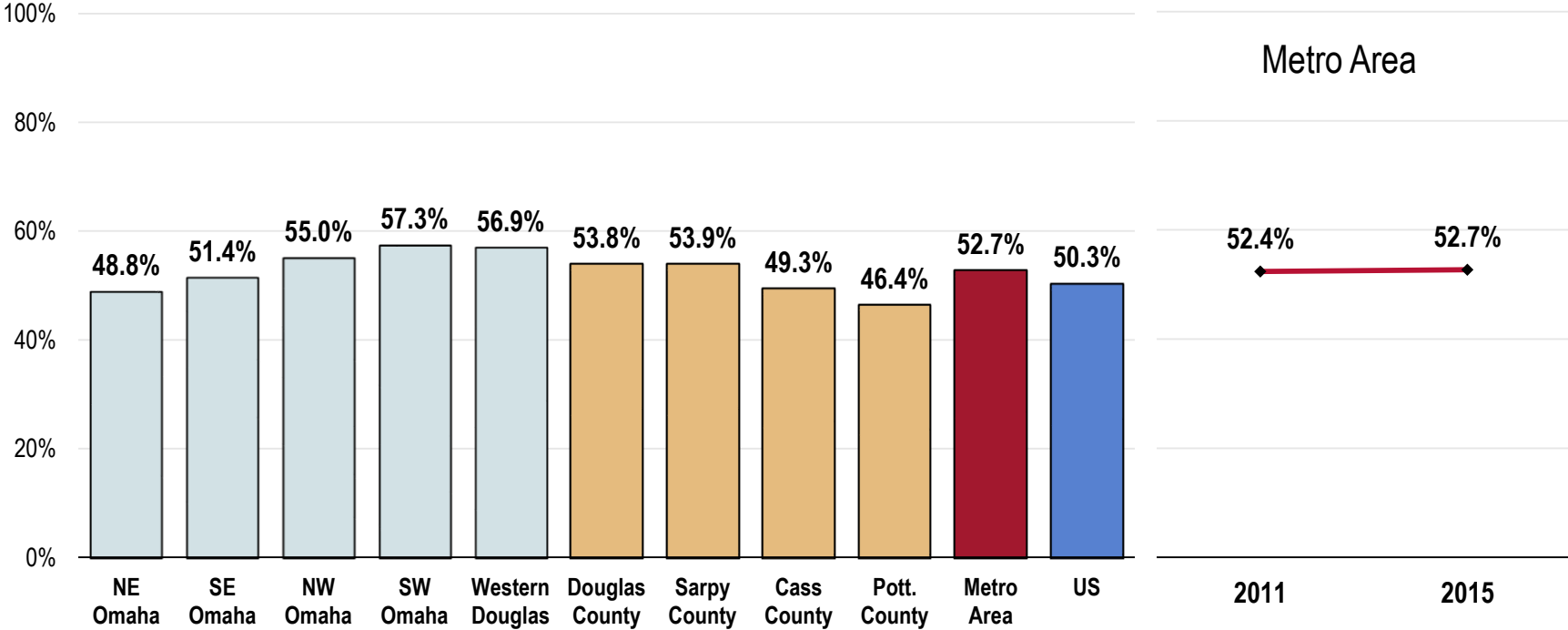Notes: ● Asked of all respondents.

No Leisure-Time Physical Activity in the Past Month
(Metro Area, 2015)
Healthy People 2020 Target = 32.6% or Lower

Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
16.6%	19.3%	13.8%	18.6%	28.1%	18.9%	29.9%	15.2%	16.4%	28.0%	29.5%	17.2%	18.0%

Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 92]
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective PA-1]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
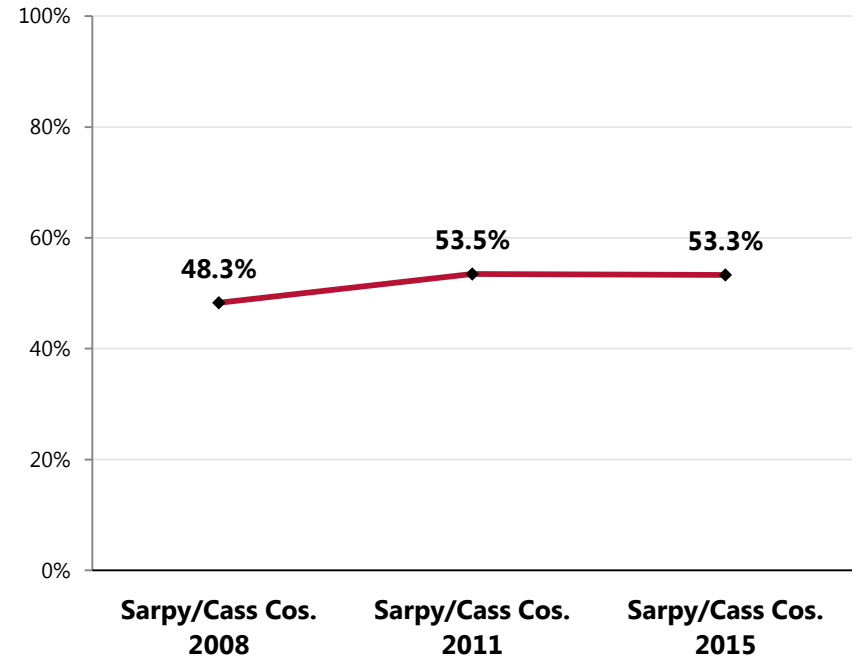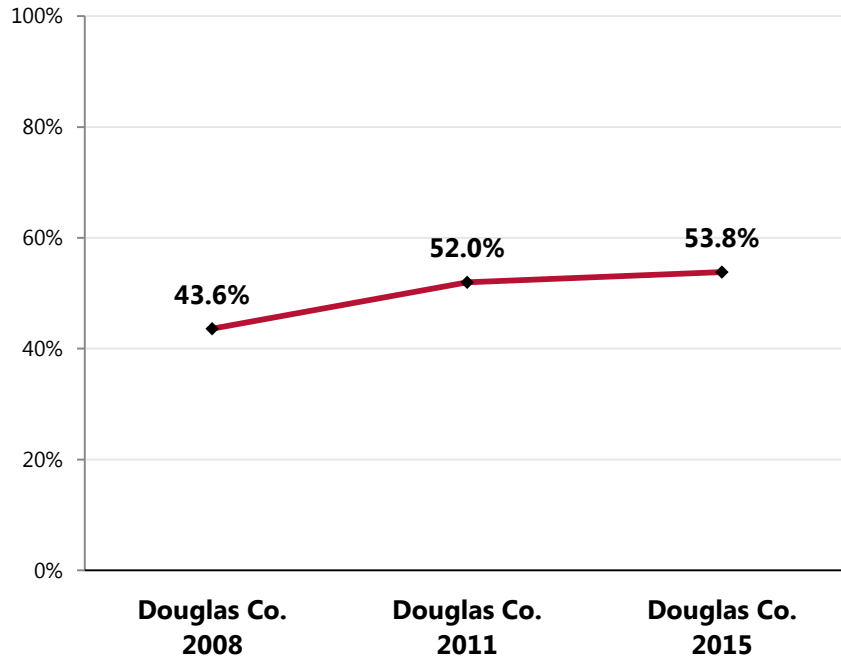
Meets Physical Activity Recommendations

Metro Area

Category	Value
NE Omaha	48.8%
SE Omaha	51.4%
NW Omaha	55.0%
SW Omaha	57.3%
Western Douglas	56.9%
Douglas County	53.8%
Sarpy County	53.9%
Cass County	49.3%
Pott. County	46.4%
Metro Area	52.7%
US	50.3%

Year	Value
2011	52.4%
2015	52.7%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 147]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.
● In this case the term "meets physical activity recommendations" refers to participation in moderate physical activity (exercise that produces only light sweating or a slight to moderate increase in breathing or heart rate) at least 5 times a week for 30 minutes at a time, and/or vigorous physical activity (activities that cause heavy sweating or large increases in breathing or heart rate) at least 3 times a week for 20 minutes at a time.
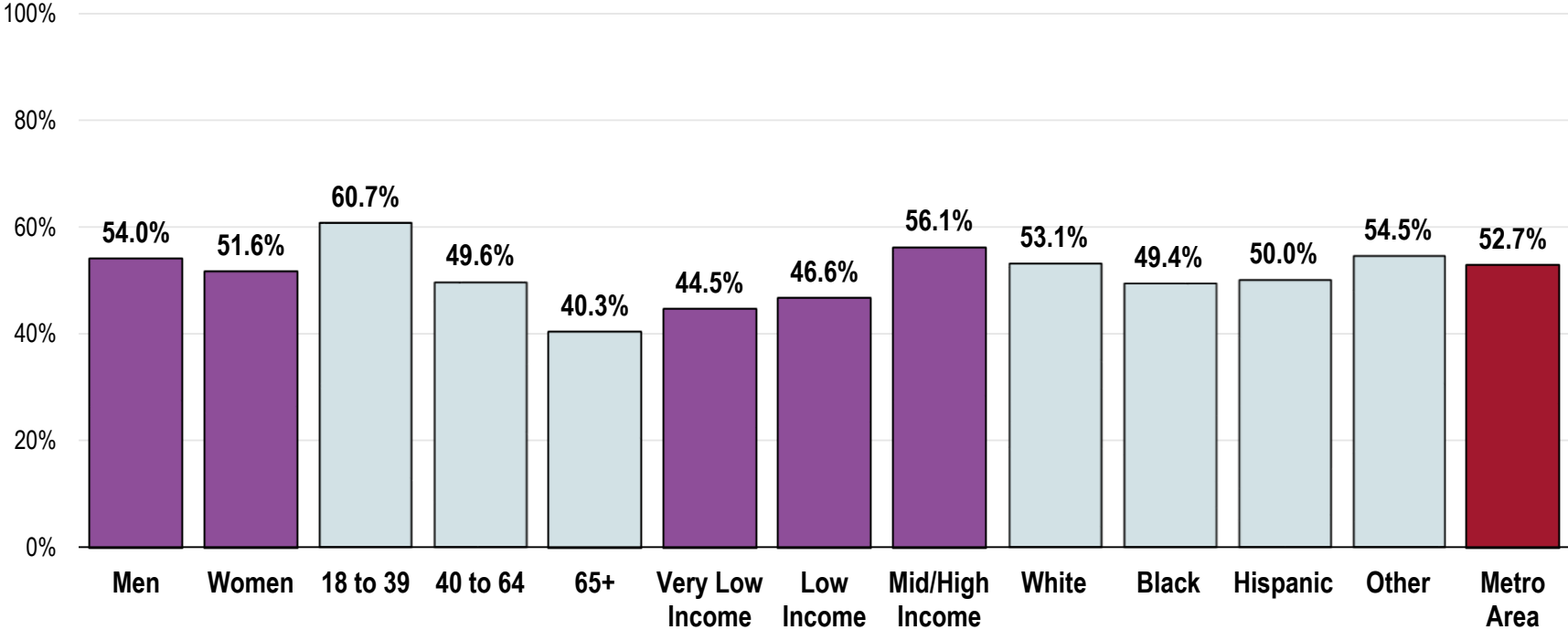
Meets Physical Activity Recommendations

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 147]

Notes: ● Asked of all respondents.

● In this case the term "meets physical activity recommendations" refers to participation in moderate physical activity (exercise that produces only light sweating or a slight to moderate increase in breathing or heart rate) at least 5 times a week for 30 minutes at a time, and/or vigorous physical activity (activities that cause heavy sweating or large increases in breathing or heart rate) at least 3 times a week for 20 minutes at a time.

Meets Physical Activity Recommendations
(Metro Area, 2015)

|	Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
%	54.0%	51.6%	60.7%	49.6%	40.3%	44.5%	46.6%	56.1%	53.1%	49.4%	50.0%	54.5%	52.7%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 147]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
● In this case the term "meets physical activity recommendations" refers to participation in moderate physical activity (exercise that produces only light sweating or a slight to moderate increase in breathing or heart rate) at least 5 times a week for 30 minutes at a time, and/or vigorous physical activity (activities that cause heavy sweating or large increases in breathing or heart rate) at least 3 times a week for 20 minutes at a time.

Professional Research Consultants, Inc.

Moderate & Vigorous Physical Activity
(Metro Area, 2015)

**Yes
30.6%**

2011=30.7%
US=30.6%

**No
69.4%**

Moderate Physical Activity
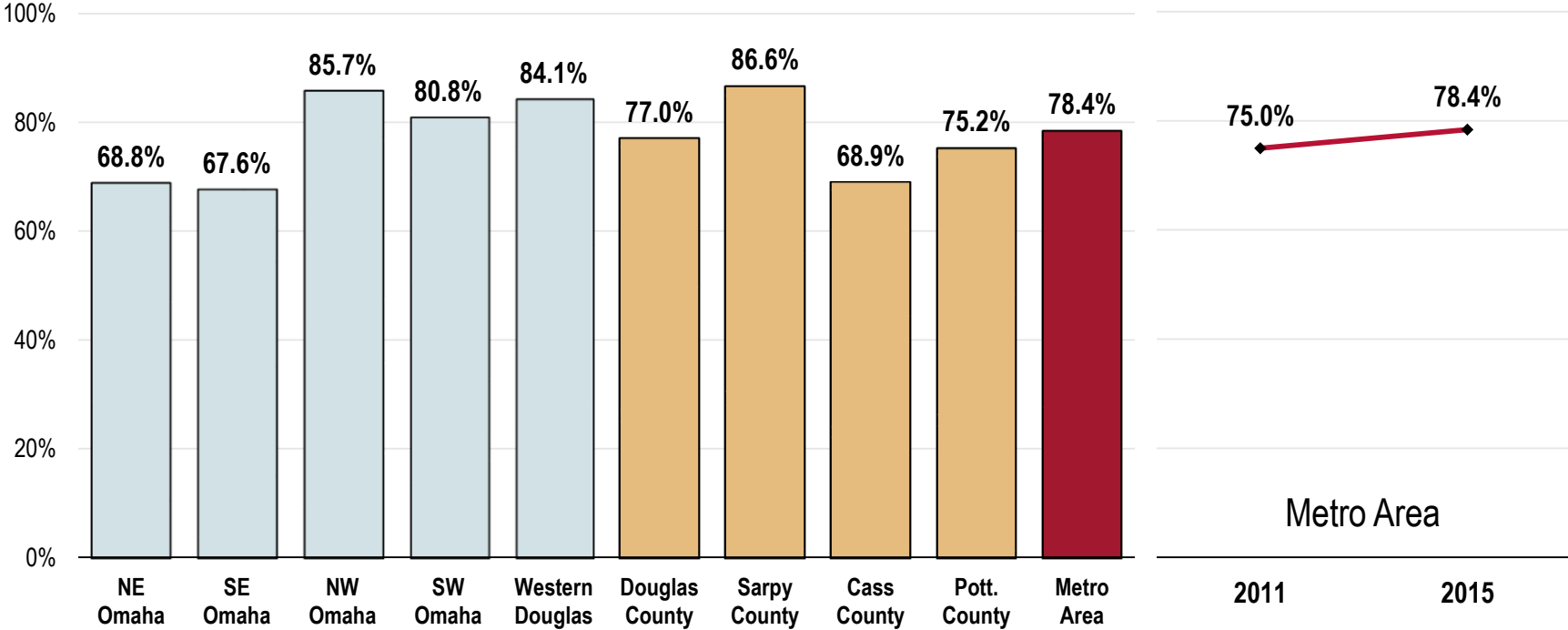
**Yes
41.6%**

2011=43.7%
US=38.0%

**No
58.4%**
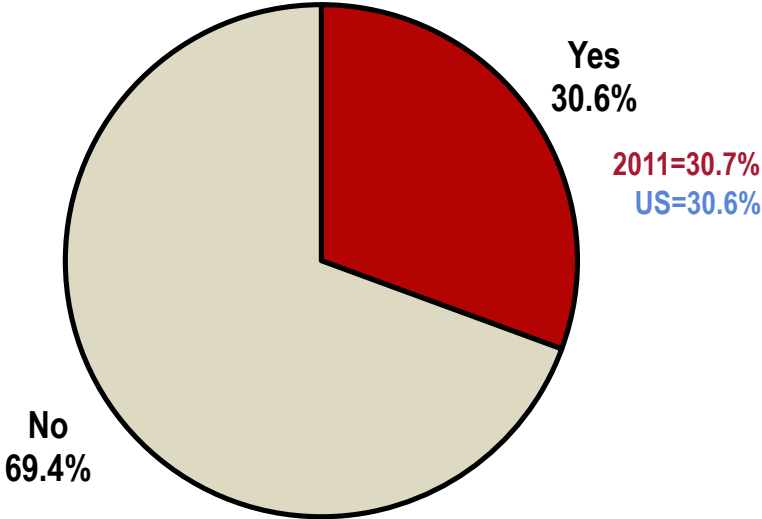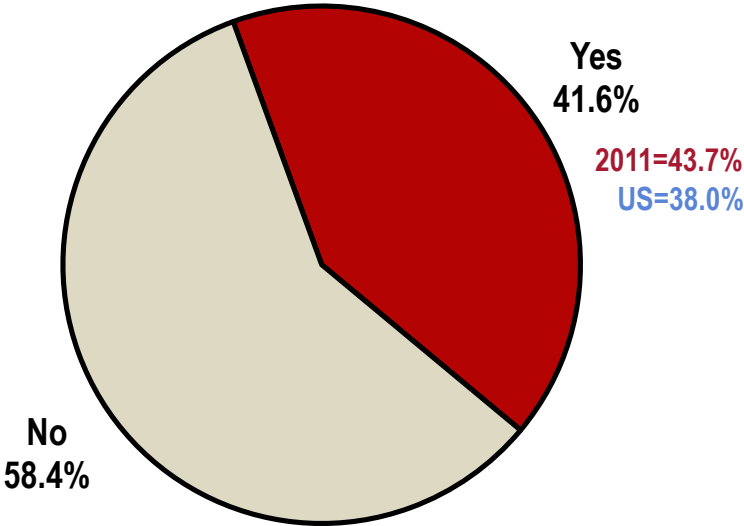
Vigorous Physical Activity

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 148-149]
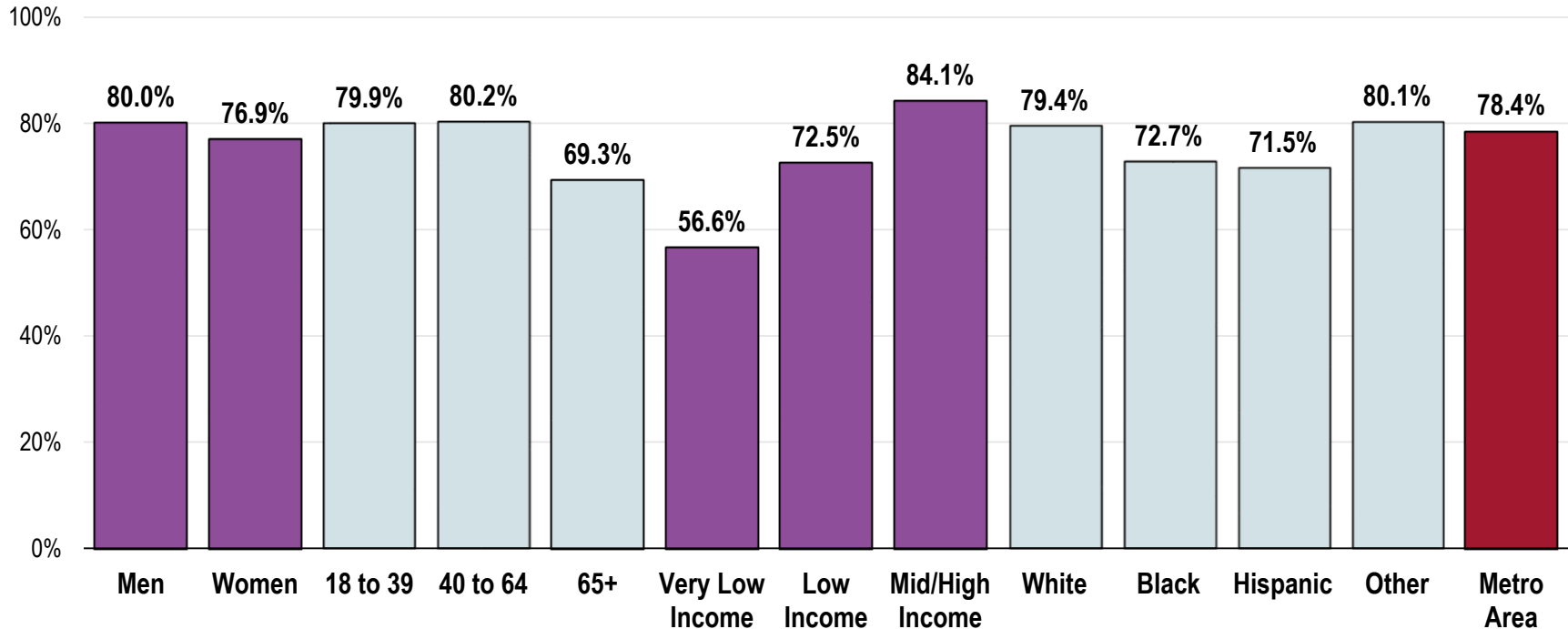● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.
● Moderate Physical Activity: Takes part in exercise that produces only light sweating or a slight to moderate increase in breathing or heart rate at least 5 times per week for at least 30 minutes per time.
● Vigorous Physical Activity: Takes part in activities that cause heavy sweating or large increases in breathing or heart rate at least 3 times per week for at least 20 minutes per time.

Have Access to Indoor Exercise Equipment at Home, Work, Fitness Club or Somewhere Else

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area
	68.8%	67.6%	85.7%	80.8%	84.1%	77.0%	86.6%	68.9%	75.2%	78.4%

Metro Area

2011	2015
75.0%	78.4%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 324]
Notes: ● Asked of all respondents.

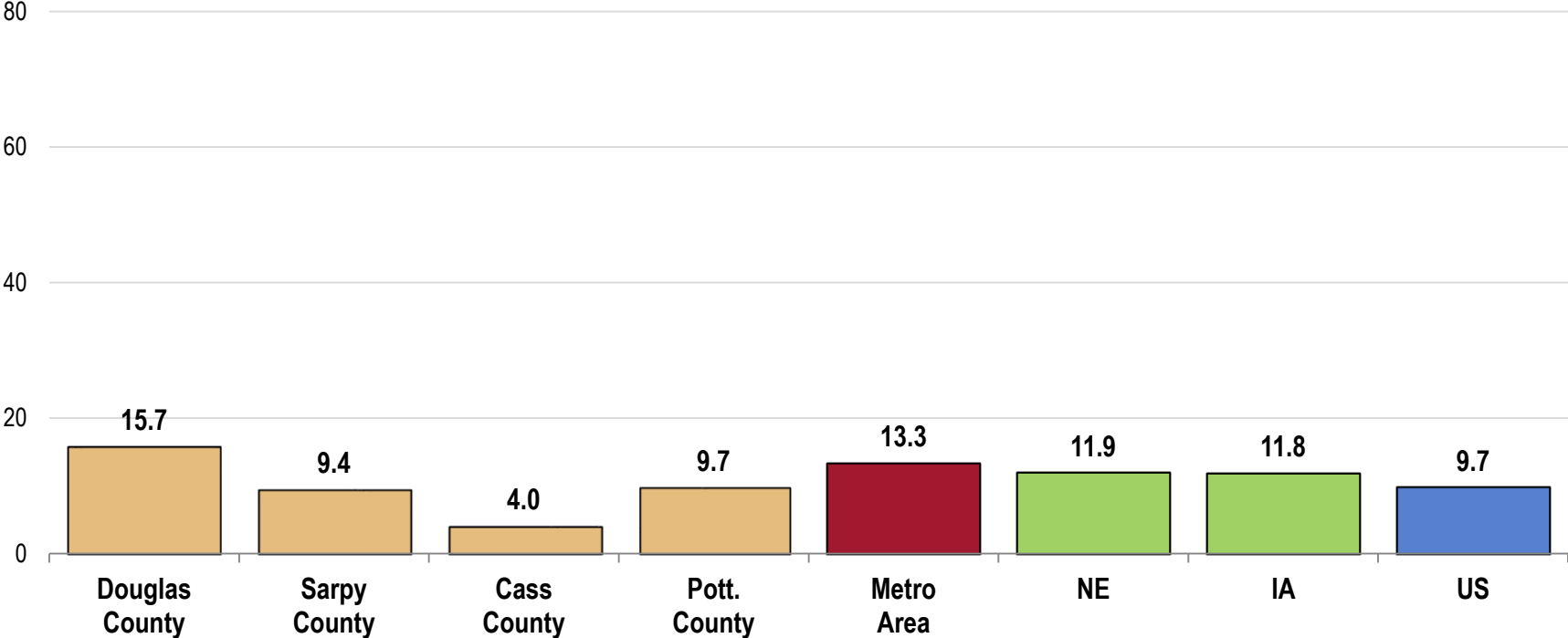# Have Access to Indoor Exercise Equipment
at Home, Work, Fitness Club or Somewhere Else
(Metro Area, 2015)

Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
80.0%	76.9%	79.9%	80.2%	69.3%	56.6%	72.5%	84.1%	79.4%	72.7%	71.5%	80.1%	78.4%

Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 324]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Population With Recreation & Fitness Facility Access
(Number of Recreation & Fitness Facilities per 100,000 Population, 2013)

Bar chart values:
- Douglas County: 15.7
- Sarpy County: 9.4
- Cass County: 4.0
- Pott. County: 9.7
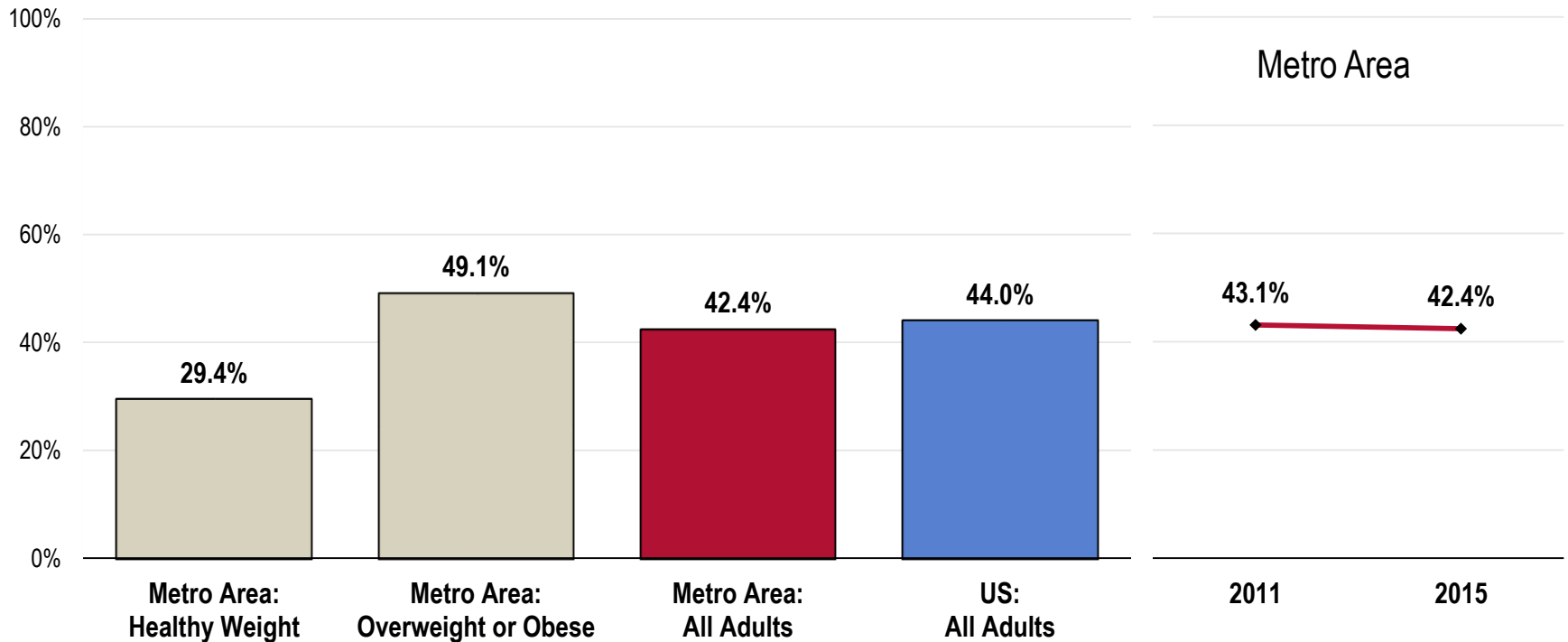- Metro Area: 13.3
- NE: 11.9
- IA: 11.8
- US: 9.7

Sources:
- US Census Bureau, County Business Patterns: 2013. Additional data analysis by CARES.
- Retrieved August 2015 from Community Commons at http://www.chna.org.

Notes:
- Recreation and fitness facilities are defined by North American Industry Classification System (NAICS) Code 713940 , which include *Establishments engaged in operating facilities which offer "exercise and other active physical fitness conditioning or recreational sports activities". Examples include athletic clubs, gymnasiums, dance centers, tennis clubs, and swimming pools.* This indicator is relevant because access to recreation and fitness facilities encourages physical activity and other healthy behaviors.

Have Received Advice About Exercise in the
Past Year From a Physician, Nurse, or Other Health Professional
(By Weight Classification)

Metro Area

|	
Metro Area: Healthy Weight	29.4%
Metro Area: Overweight or Obese	49.1%
Metro Area: All Adults	42.4%
US: All Adults	44.0%
2011	43.1%
2015	42.4%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 19]
　　　　 ● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

Have Received Advice About Exercise in the
Past Year From a Physician, Nurse, or Other Health Professional
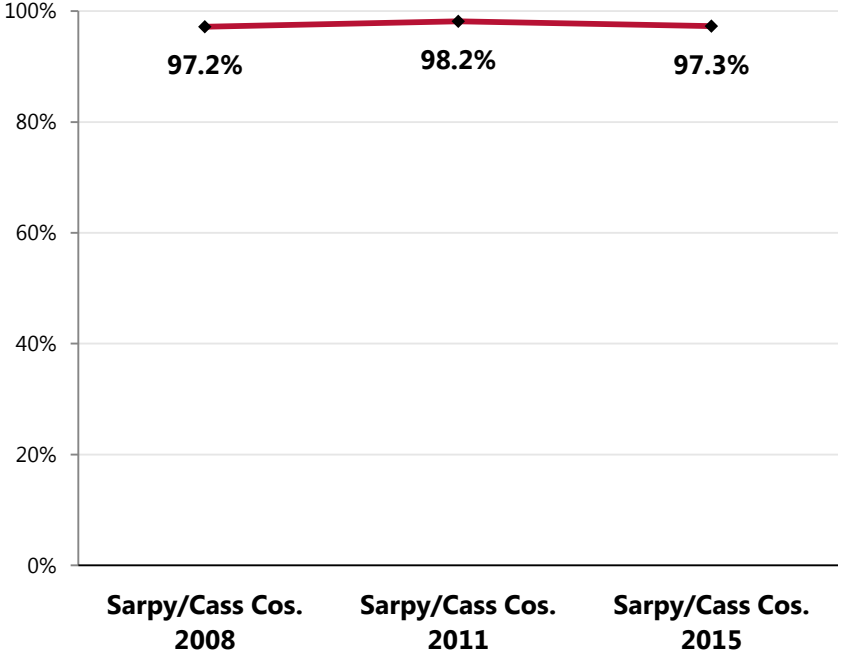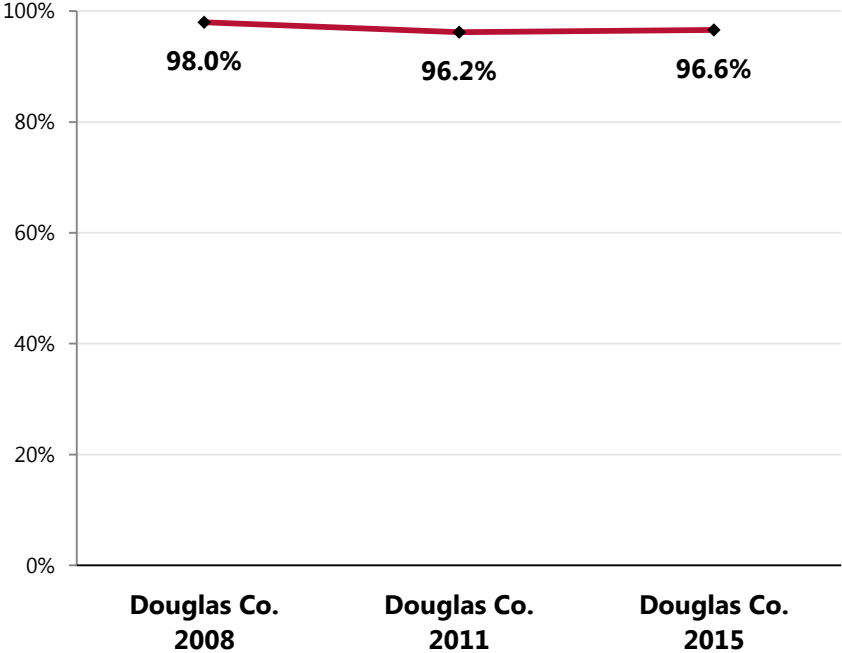## (Among Obese Adults)
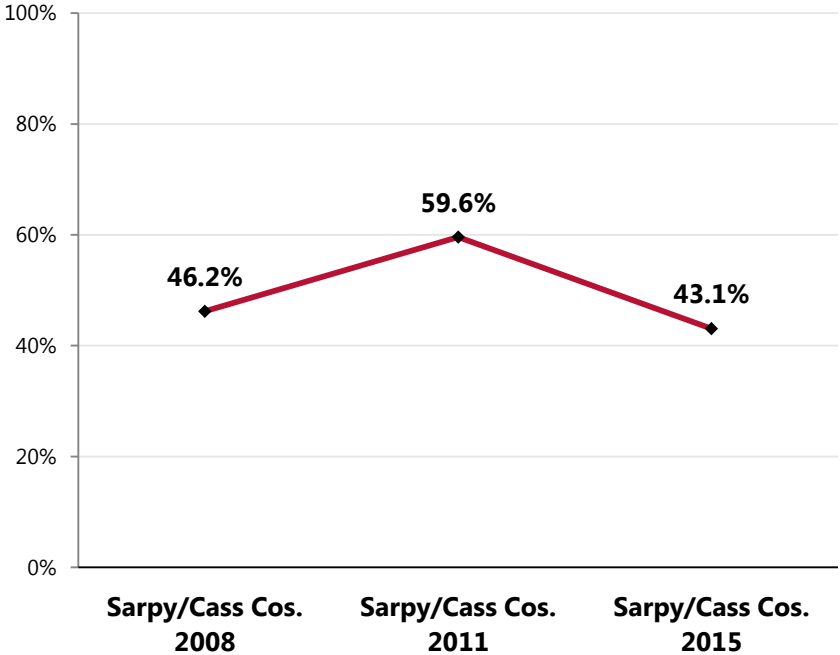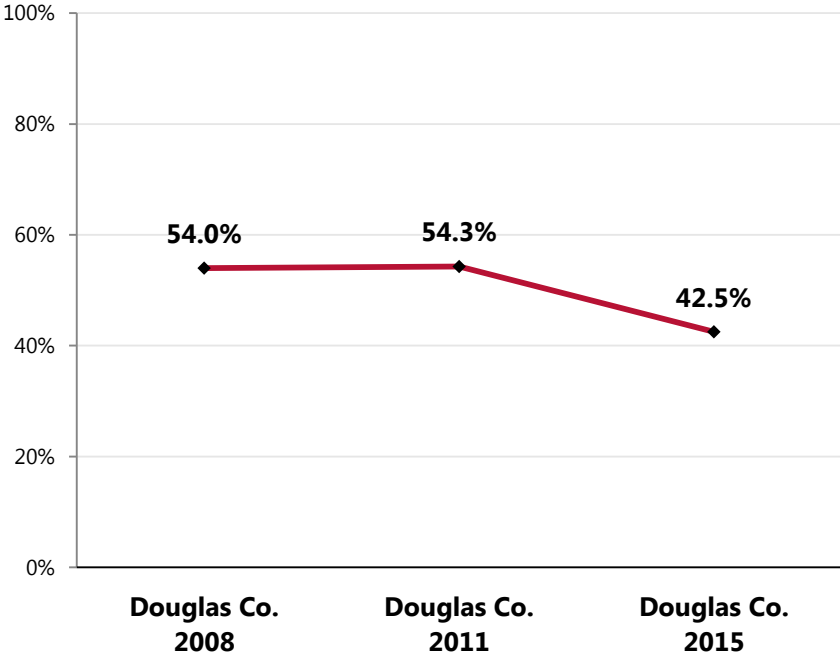
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 19]
Notes: ● Asked of all respondents.
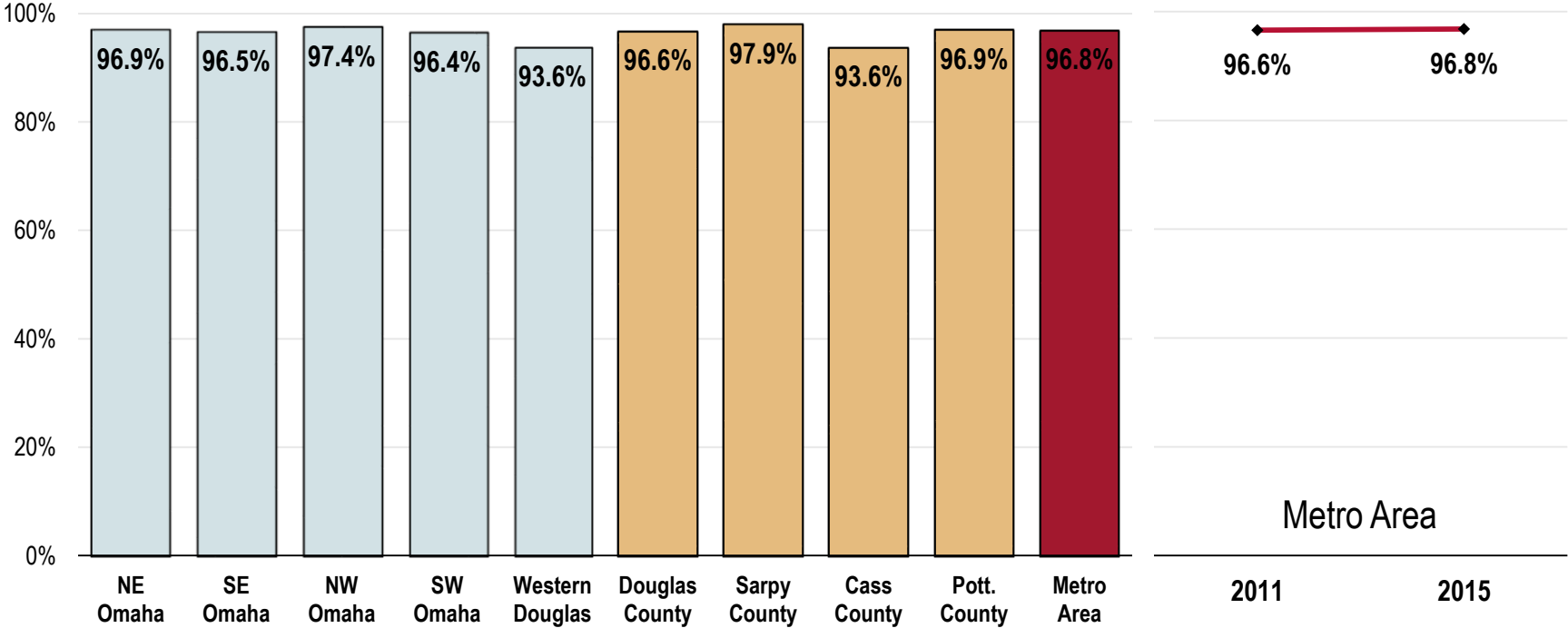
Believe That Schools Should
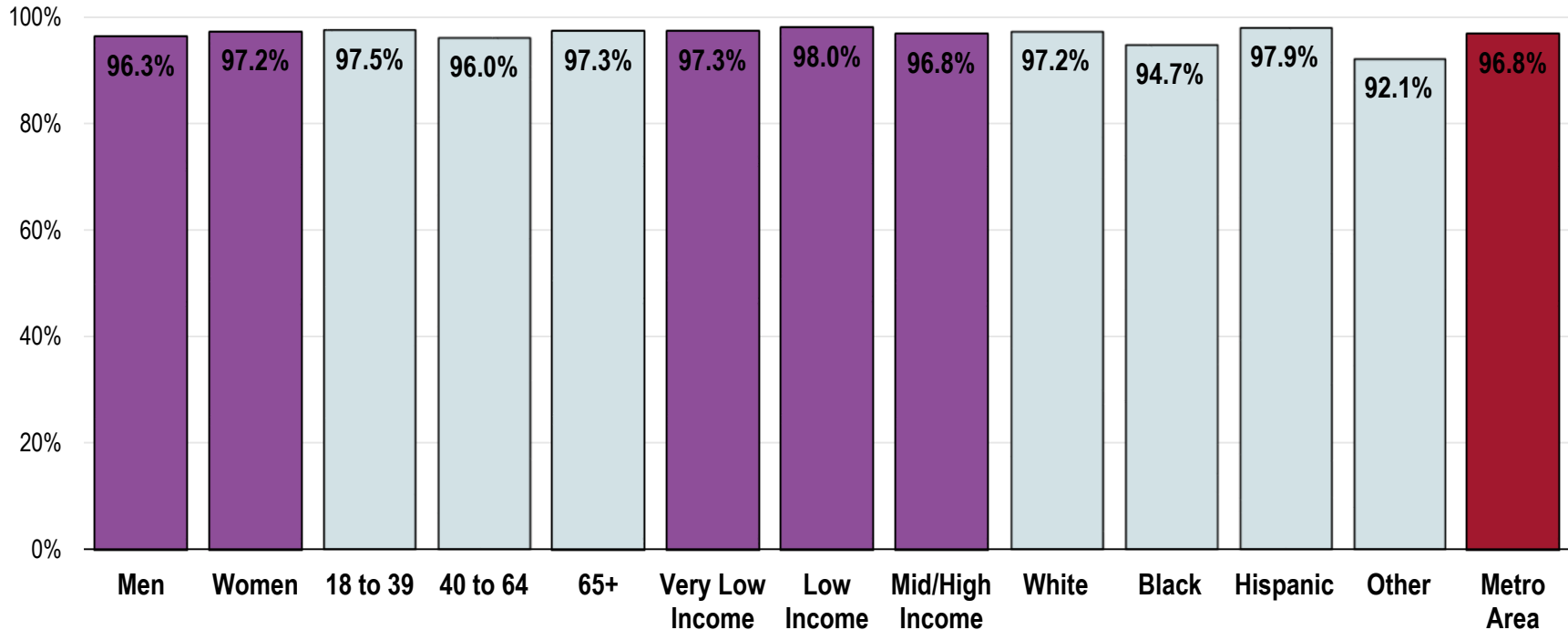# Require Physical Education for All Students

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 333]
Notes: ● Asked of all respondents.

Believe That Schools Should
Require Physical Education for All Students

Douglas Co. 2008: 98.0%
Douglas Co. 2011: 96.2%
Douglas Co. 2015: 96.6%

Sarpy/Cass Cos. 2008: 97.2%
Sarpy/Cass Cos. 2011: 98.2%
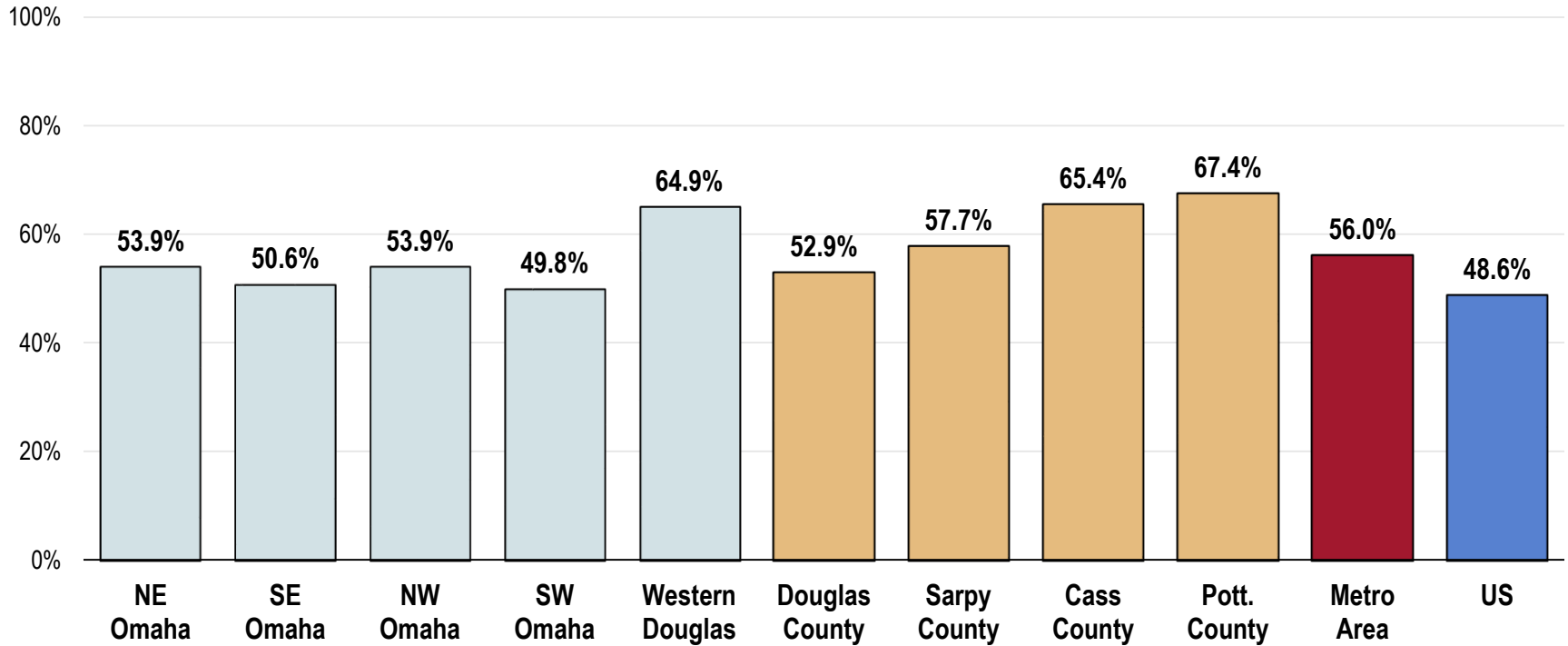**Sarpy/Cass Cos. 2015:** 97.3%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 333]
Notes: ● Asked of all respondents.

Believe That Schools Should
Require Physical Education for All Students
(Metro Area, 2015)

Category	Percentage
Men	96.3%
Women	97.2%
18 to 39	97.5%
40 to 64	96.0%
65+	97.3%
Very Low Income	97.3%
Low Income	98.0%
Mid/High Income	96.8%
White	97.2%
Black	94.7%
Hispanic	97.9%
Other	92.1%
Metro Area	96.8%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 333]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Child Is Physically Active for One or More Hours per Day
(Among Metro Area Children Age 2-17)

Category	Percentage
NE Omaha	53.9%
SE Omaha	50.6%
NW Omaha	53.9%
SW Omaha	49.8%
Western Douglas	64.9%
Douglas County	52.9%
Sarpy County	57.7%
Cass County	65.4%
Pott. County	67.4%
Metro Area	56.0%
US	48.6%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 117]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents with children age 2-17 at home.
● Includes children reported to have one or more hours of physical activity on each of the seven days preceding the survey.
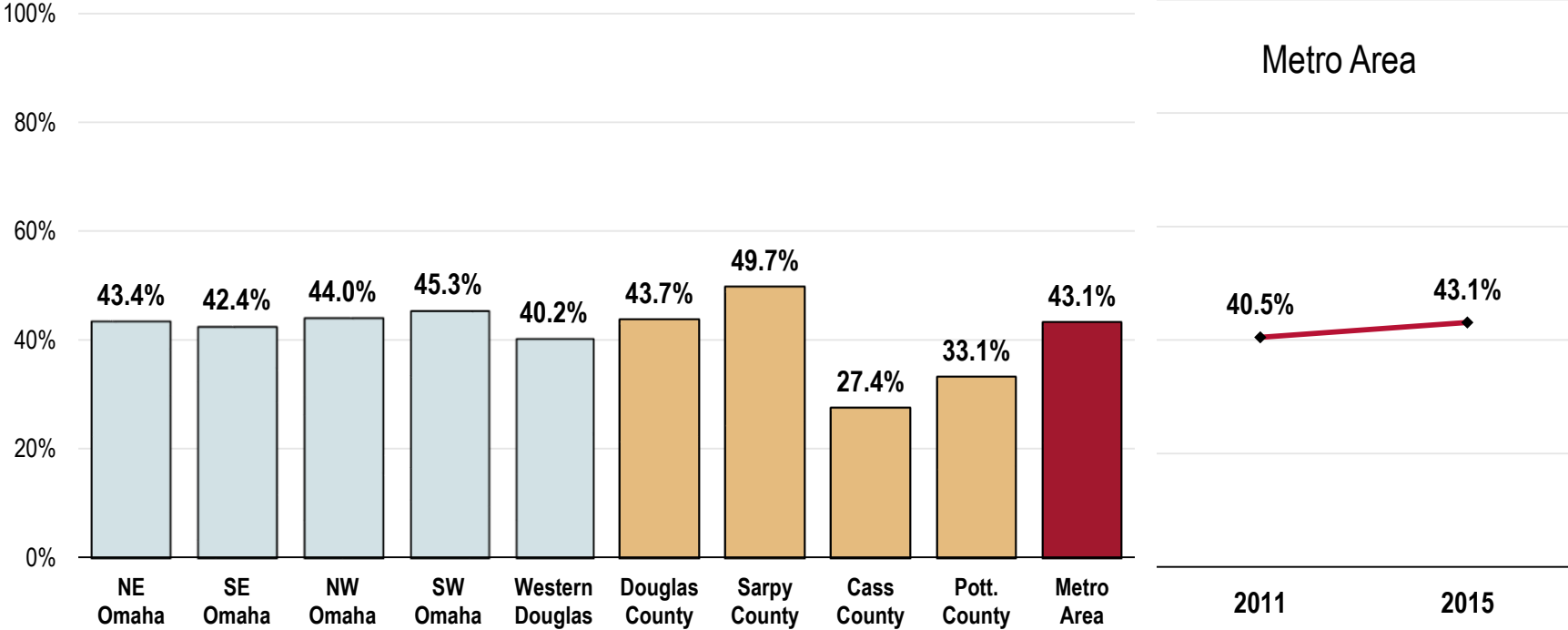
Child Is Physically Active for One or More Hours per Day
(Among Metro Area Children Age 2-17)
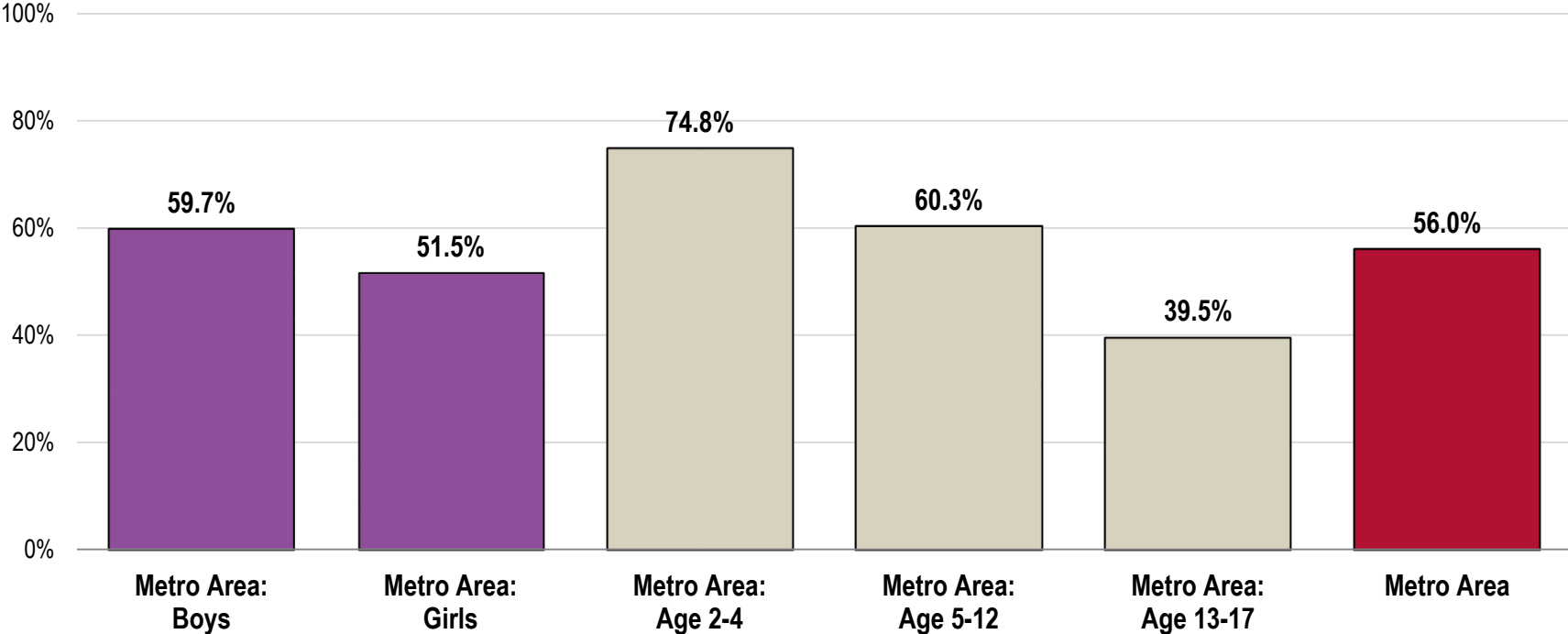
Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 117]
Notes: ● Asked of all respondents with children age 2-17 at home.
● Includes children reported to have one or more hours of physical activity on each of the seven days preceding the survey.
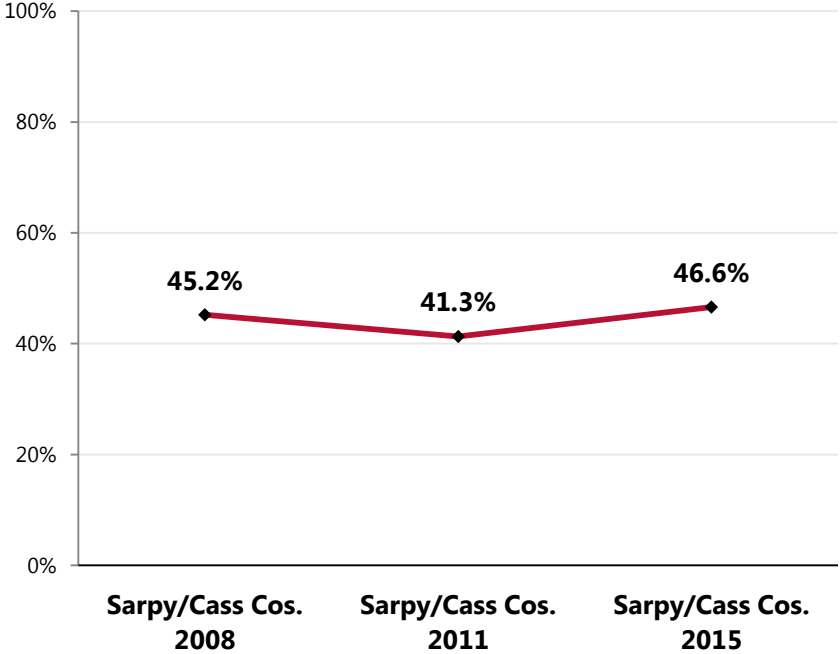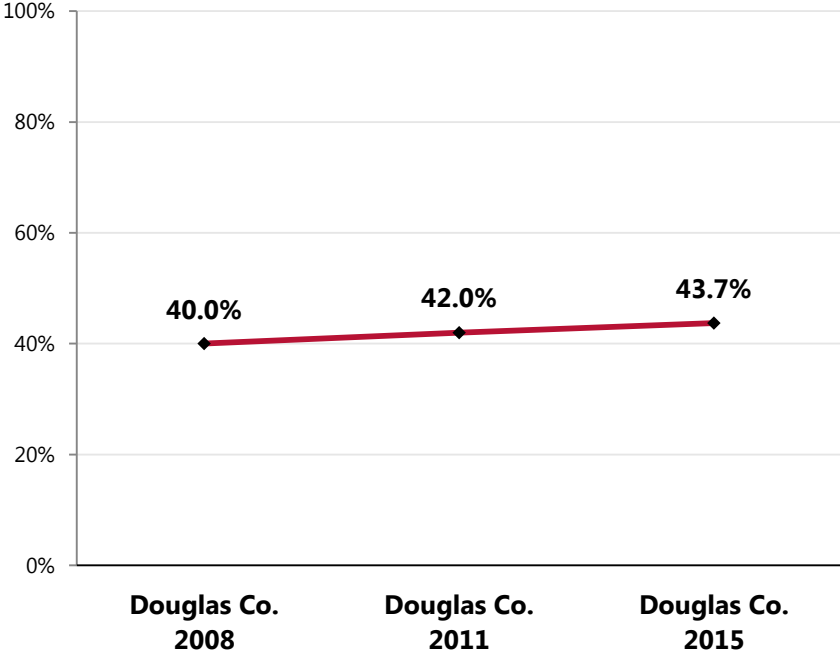
Built Environment

Professional Research Consultants, Inc.

Typically Use Local Parks or
Recreation Centers for Exercise at Least Once a Week

Typically Use Local Parks or
Recreation Centers for Exercise at Least Once a Week

Typically Use Local Parks or
Recreation Centers for Exercise at Least Once a Week
(Metro Area, 2015)

Category	Percentage
Men	41.3%
Women	44.7%
18 to 39	57.3%
40 to 64	36.5%
65+	23.8%
Very Low Income	61.1%
Low Income	40.6%
Mid/High Income	42.5%
White	42.2%
Black	39.0%
Hispanic	60.5%
Other	35.8%
Metro Area	43.1%

Sources: • 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 179]
Notes: • Asked of all respondents.
• Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
• Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Frequency of Using Local Paved or
Dirt Trails for Walking, Hiking, or Biking in Good Weather
(Metro Area, 2015)

At Least Monthly
13.7%

Less Than Monthly
18.0%

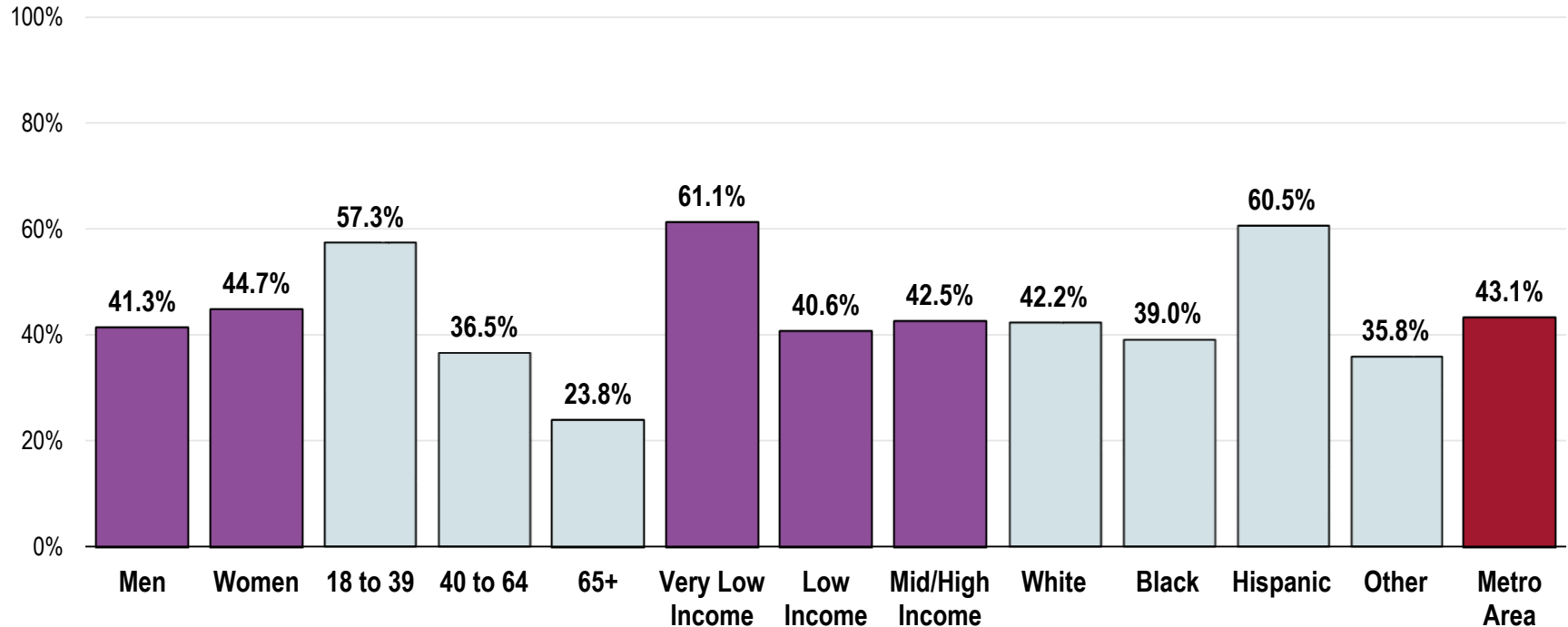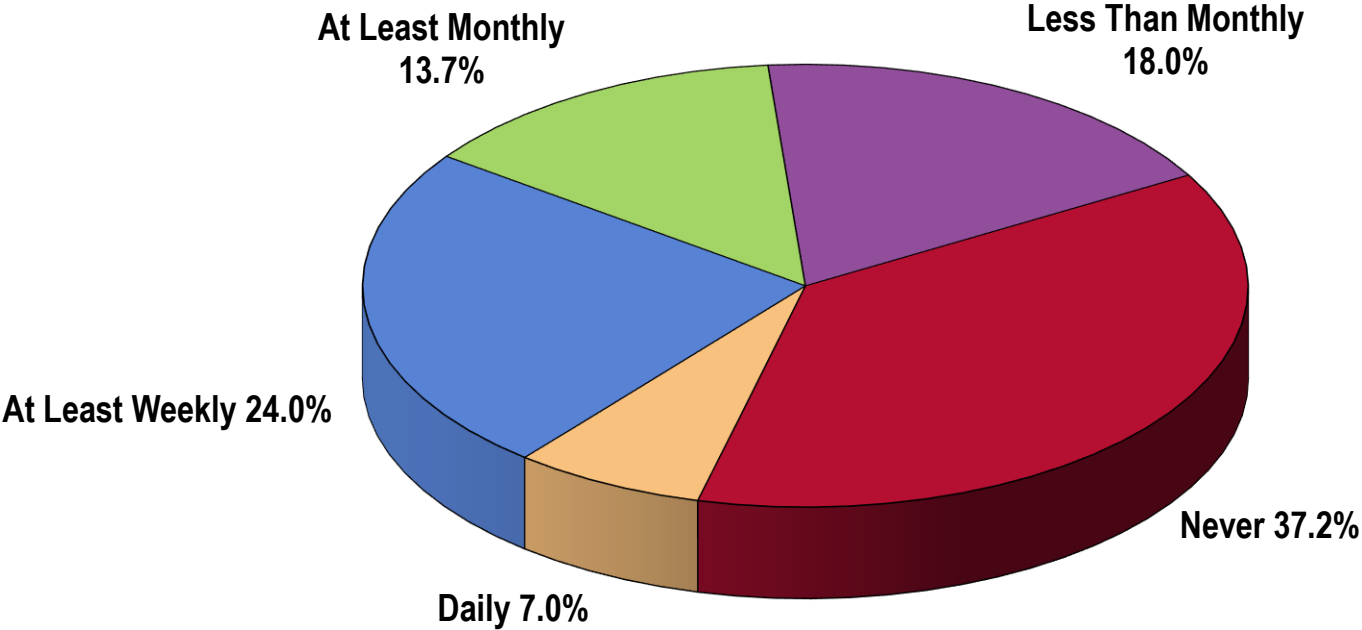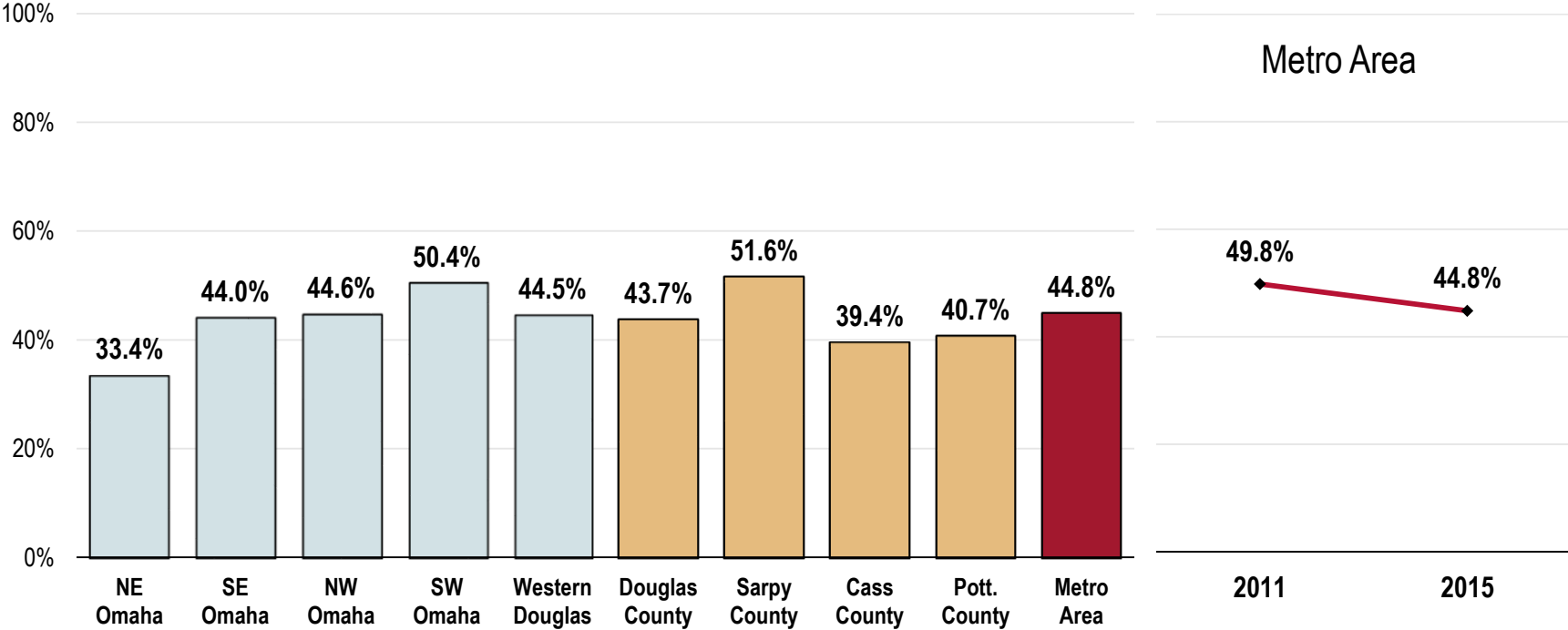At Least Weekly 24.0%

Never 37.2%

Daily 7.0%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 326]
Notes: ● Asked of all respondents.

Typically Use Local Paved or Dirt Trails for Walking, Hiking, or Biking at Least Once a Month in Good Weather

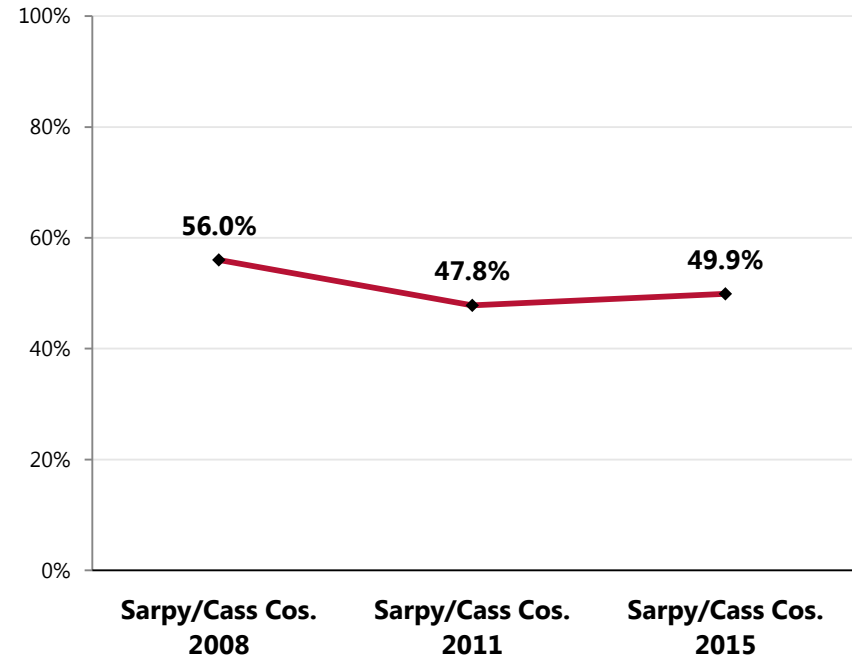
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 180]
Notes: ● Asked of all respondents.

Typically Use Local Paved or Dirt Trails for Walking, Hiking, or Biking at Least Once a Month in Good Weather

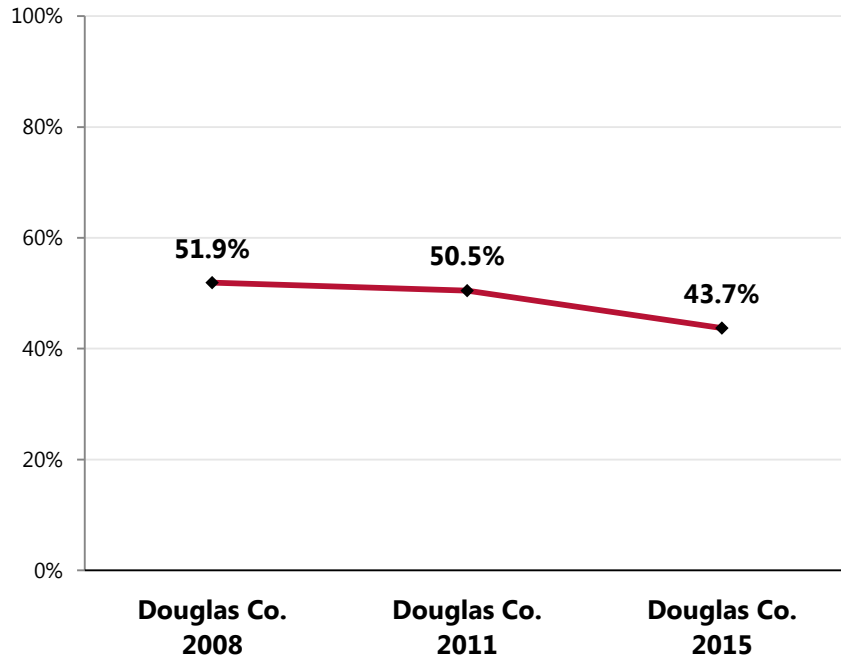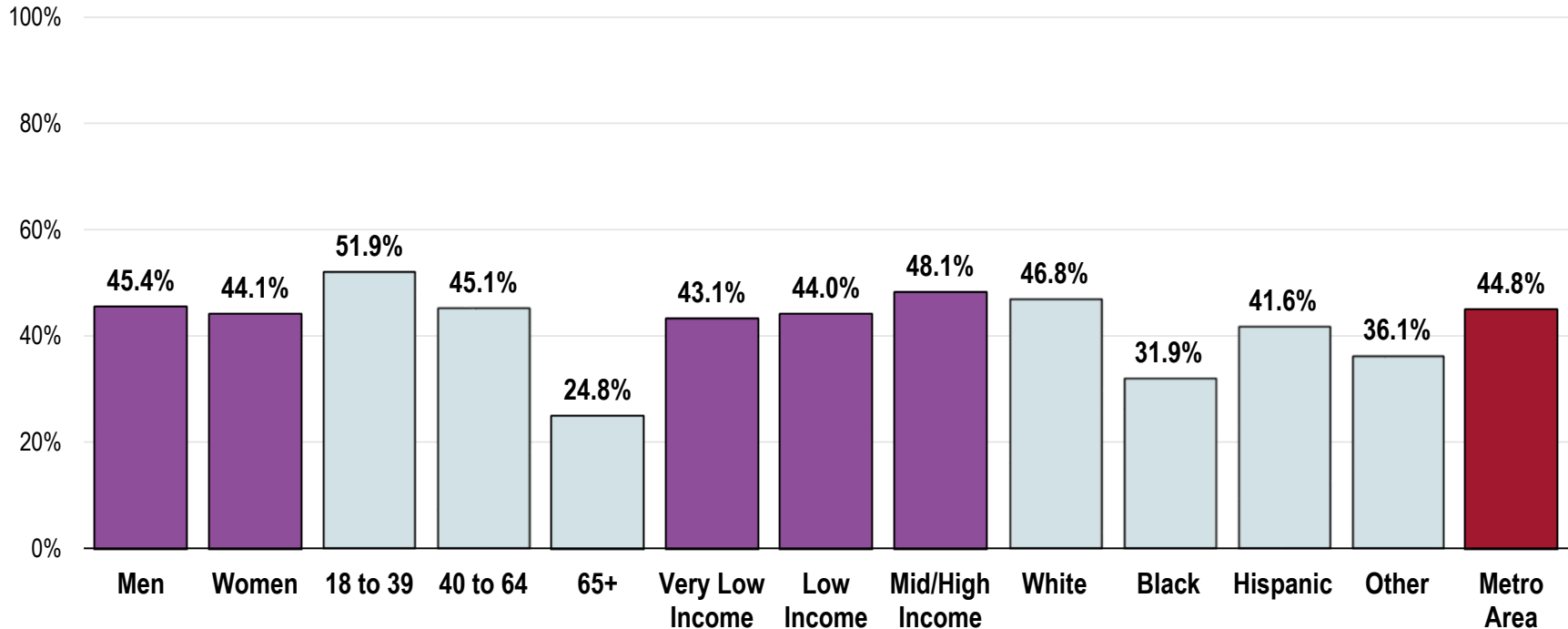
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 180]
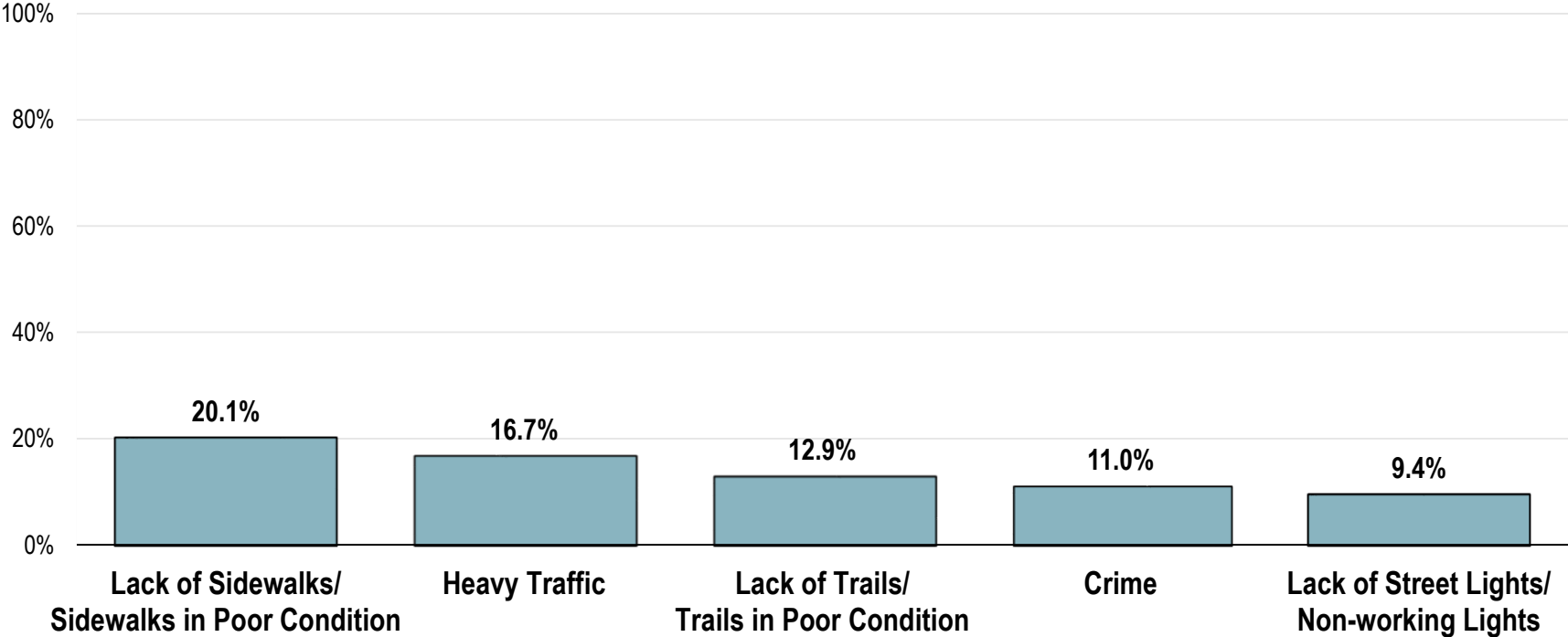Notes: ● Asked of all respondents.

Typically Use Local Paved or Dirt Trails for Walking, Hiking, or Biking at Least Once a Month in Good Weather
(Metro Area, 2015)

	Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
%	45.4%	44.1%	51.9%	45.1%	24.8%	43.1%	44.0%	48.1%	46.8%	31.9%	41.6%	36.1%	44.8%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 180]

Notes: ● Asked of all respondents.

● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).

● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Presence of Neighborhood
Barriers That Prevent Physical Activity
(Metro Area, 2015)

Bar chart values:
- Lack of Sidewalks/Sidewalks in Poor Condition: 20.1%
- Heavy Traffic: 16.7%
- Lack of Trails/Trails in Poor Condition: 12.9%
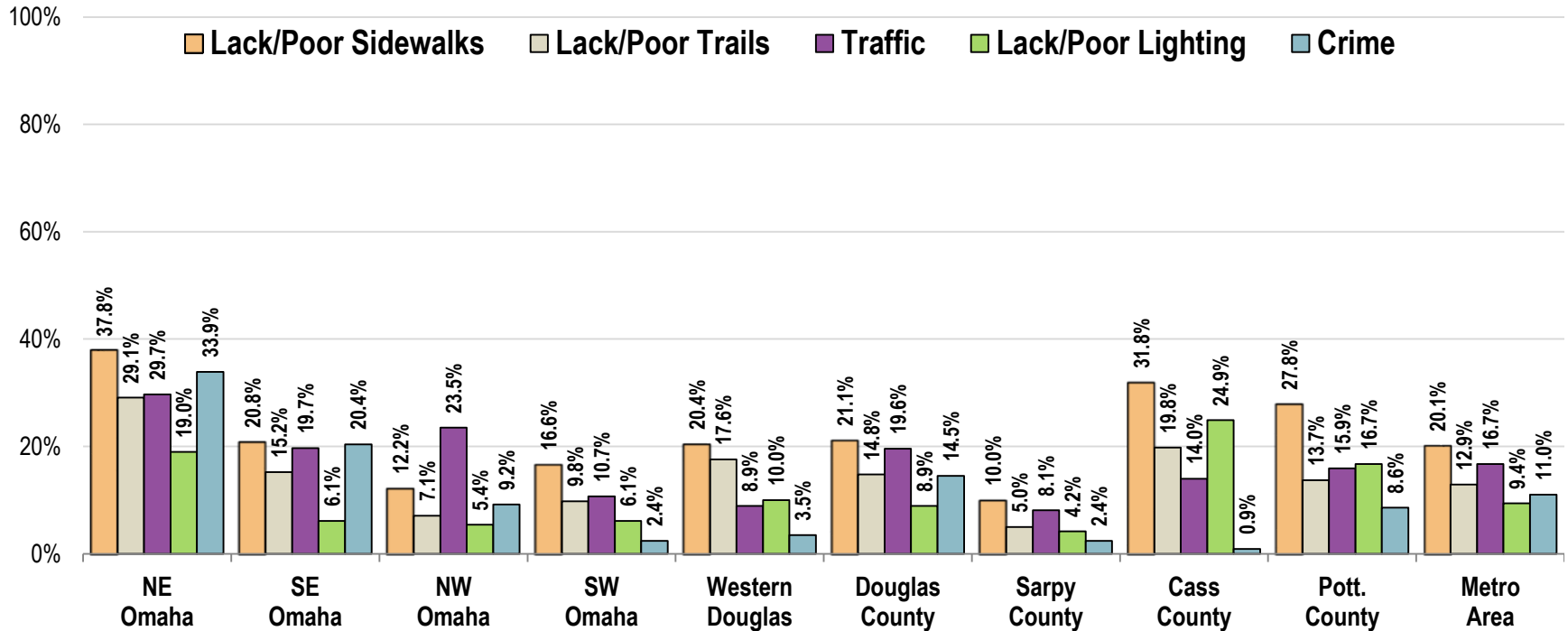- Crime: 11.0%
- Lack of Street Lights/Non-working Lights: 9.4%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 327-331]
Notes: ● Asked of all respondents.

Presence of Neighborhood
Barriers That Prevent Physical Activity
(Metro Area, 2015)

Legend: ☐ Lack/Poor Sidewalks ☐ Lack/Poor Trails ☐ Traffic ☐ Lack/Poor Lighting ☐ Crime

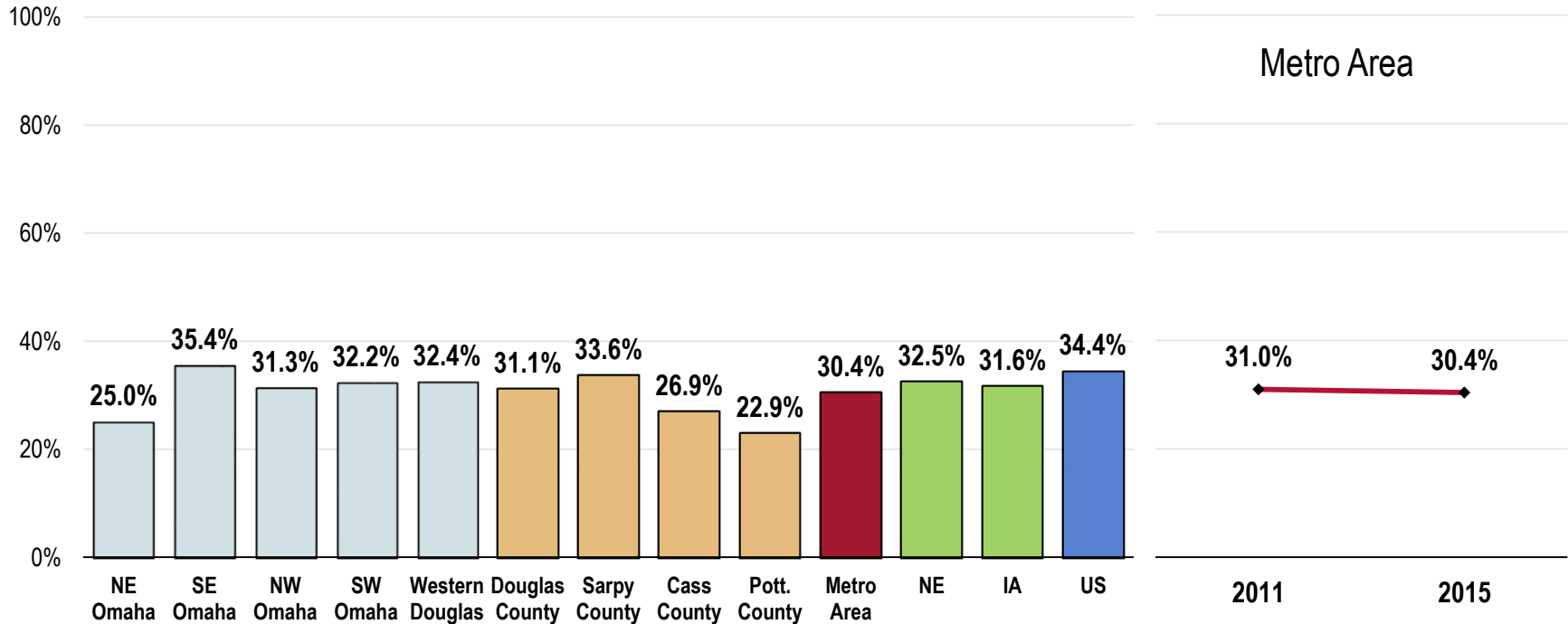| Area	Lack/Poor Sidewalks	Lack/Poor Trails	Traffic	Lack/Poor Lighting	Crime
NE Omaha	37.8%	29.1%	29.7%	19.0%	33.9%
SE Omaha	20.8%	15.2%	19.7%	6.1%	20.4%
NW Omaha	12.2%	7.1%	23.5%	5.4%	9.2%
SW Omaha	16.6%	9.8%	10.7%	6.1%	2.4%
Western Douglas	20.4%	17.6%	8.9%	10.0%	3.5%
Douglas County	21.1%	14.8%	19.6%	8.9%	14.5%
Sarpy County	10.0%	5.0%	8.1%	4.2%	2.4%
Cass County	31.8%	19.8%	14.0%	24.9%	0.9%
Pott. County	27.8%	13.7%	15.9%	16.7%	8.6%
Metro Area	20.1%	12.9%	16.7%	9.4%	11.0%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 327-331]
Notes: ● Asked of all respondents.

Weight Status

Healthy Weight
## (Percent of Adults With a Body Mass Index Between 18.5 and 24.9)
Healthy People 2020 Target = 33.9% or Higher

Metro Area

NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	NE	IA	US
25.0%	35.4%	31.3%	32.2%	32.4%	31.1%	33.6%	26.9%	22.9%	30.4%	32.5%	31.6%	34.4%

2011 — 31.0%   2015 — 30.4%

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 151]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Nebraska. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2013 Nebraska and Iowa data.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective NWS-8]

Notes:
- Based on reported heights and weights, asked of all respondents.
- The definition of healthy weight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), between 18.5 and 24.9.

Healthy Weight
(Percent of Adults With a Body Mass Index Between 18.5 and 24.9)
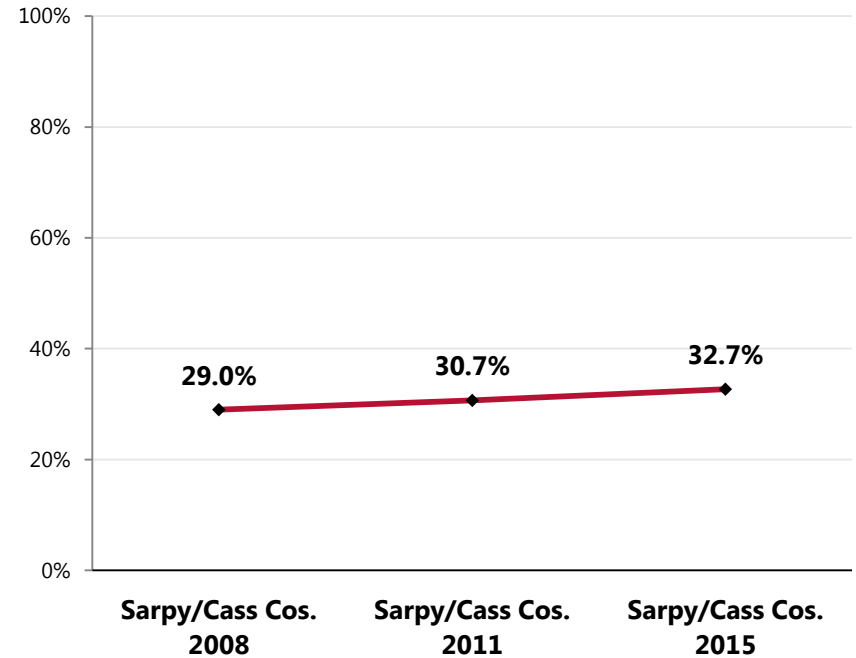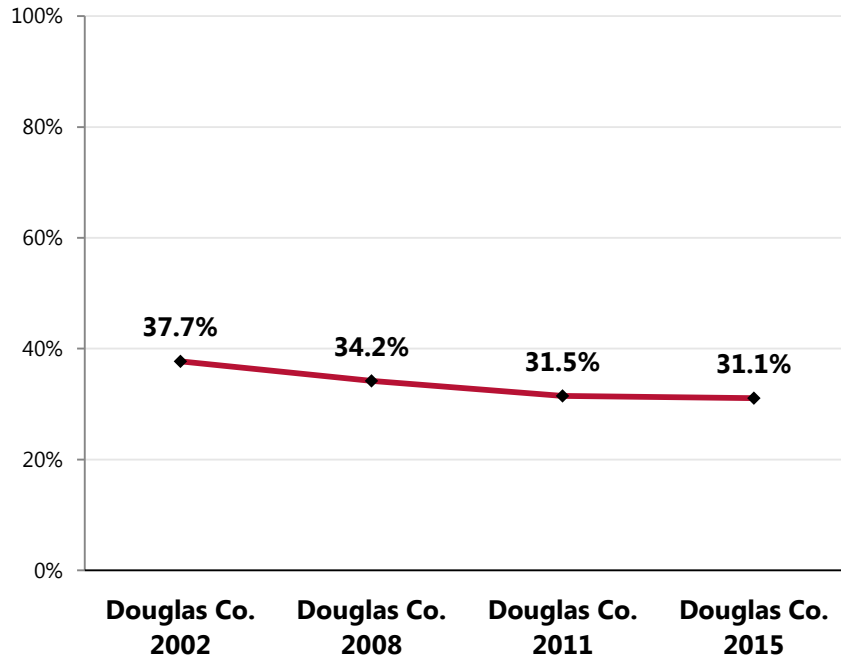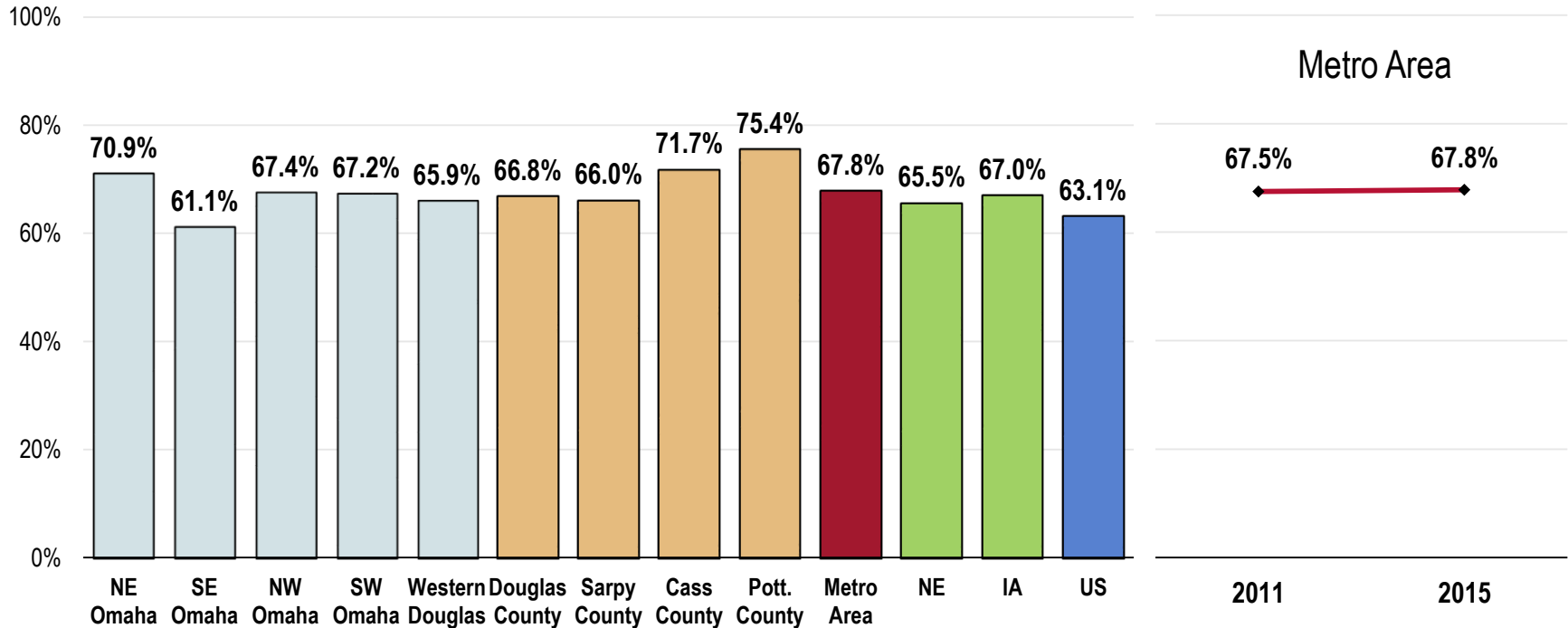

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 151]
Notes: ● Based on reported heights and weights, asked of all respondents.
● The definition of healthy weight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), between 18.5 and 24.9.

Prevalence of Total Overweight
(Percent of Adults With a Body Mass Index of 25.0 or Higher)

Metro Area

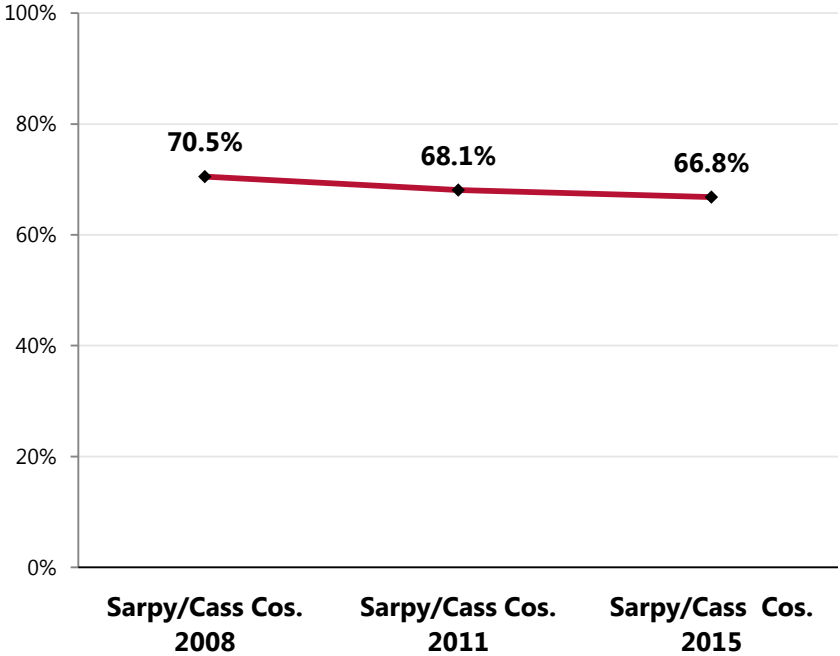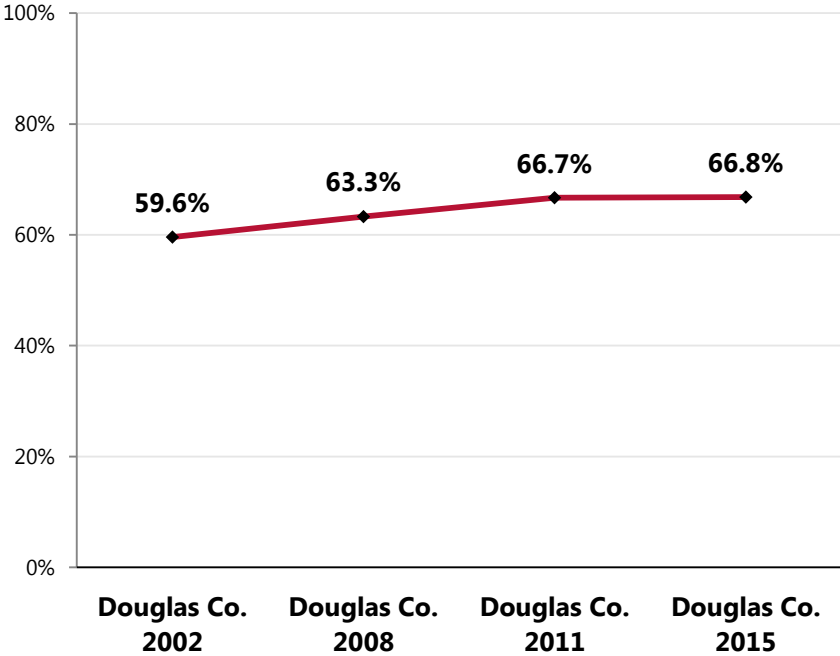| Category	Value
NE Omaha	70.9%
SE Omaha	61.1%
NW Omaha	67.4%
SW Omaha	67.2%
Western Douglas	65.9%
Douglas County	66.8%
Sarpy County	66.0%
Cass County	71.7%
Pott. County	75.4%
Metro Area	67.8%
NE	65.5%
IA	67.0%
US	63.1%

Metro Area trend: 2011 — 67.5%, 2015 — 67.8%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 151]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
● Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Nebraska. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2013 Nebraska and Iowa data.

Notes: ● Based on reported heights and weights, asked of all respondents.
● The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0, regardless of gender. The definition for obesity is a BMI greater than or equal to 30.0.

Prevalence of Total Overweight
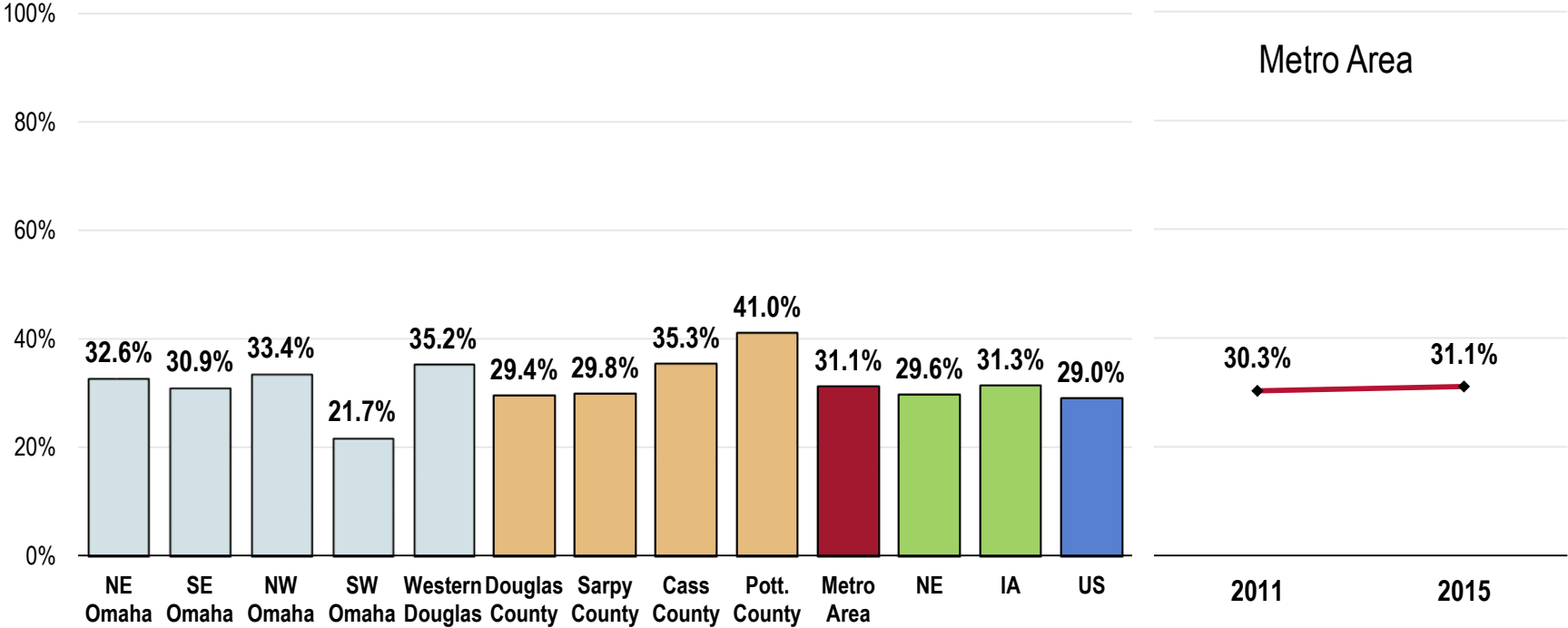## (Percent of Adults With a Body Mass Index of 25.0 or Higher)

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 151]
Notes: ● Based on reported heights and weights, asked of all respondents.
● The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0, regardless of gender. The definition for obesity is a BMI greater than or equal to 30.0.

Prevalence of Obesity
(Percent of Adults With a Body Mass Index of 30.0 or Higher)
Healthy People 2020 Target = 30.5% or Lower

Metro Area

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	NE	IA	US
	32.6%	30.9%	33.4%	21.7%	35.2%	29.4%	29.8%	35.3%	41.0%	31.1%	29.6%	31.3%	29.0%

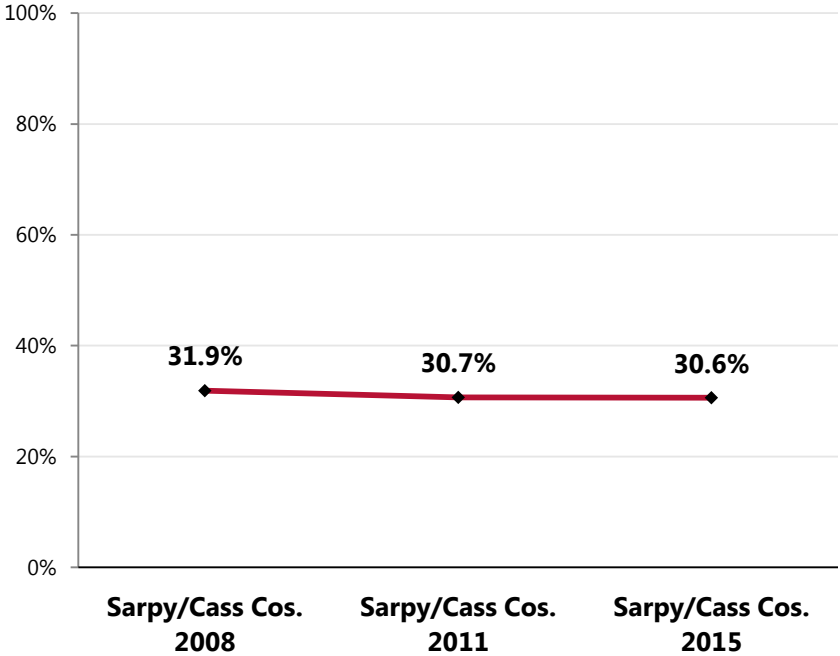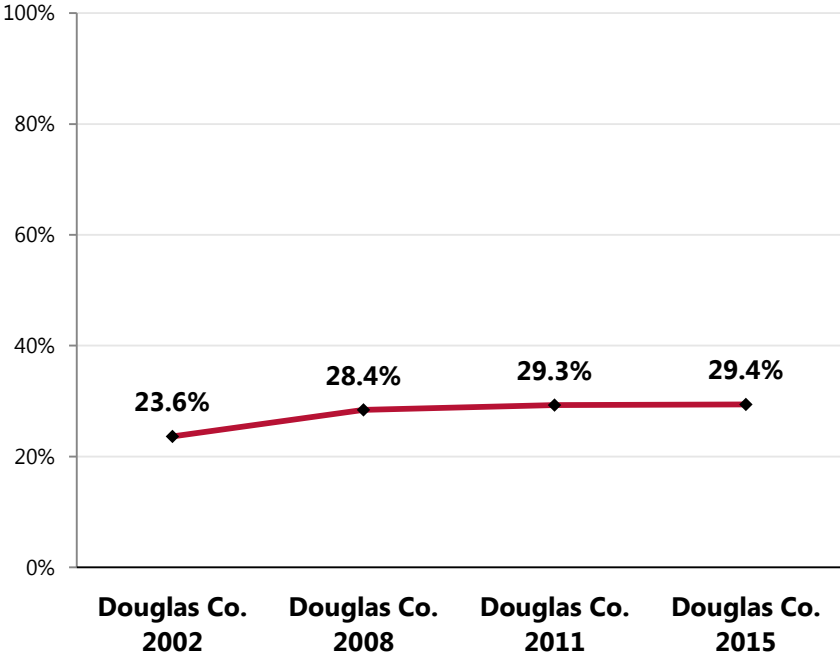Metro Area trend: 2011 = 30.3%, 2015 = 31.1%

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 151]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective NWS-9]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Nebraska. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2013 Nebraska and Iowa data.

Notes:
- Based on reported heights and weights, asked of all respondents.
- The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.

Prevalence of Obesity
(Percent of Adults With a Body Mass Index of 30.0 or Higher)

Douglas Co. 2002: 23.6%
Douglas Co. 2008: 28.4%
Douglas Co. 2011: 29.3%
Douglas Co. 2015: 29.4%

Sarpy/Cass Cos. 2008: 31.9%
Sarpy/Cass Cos. 2011: 30.7%
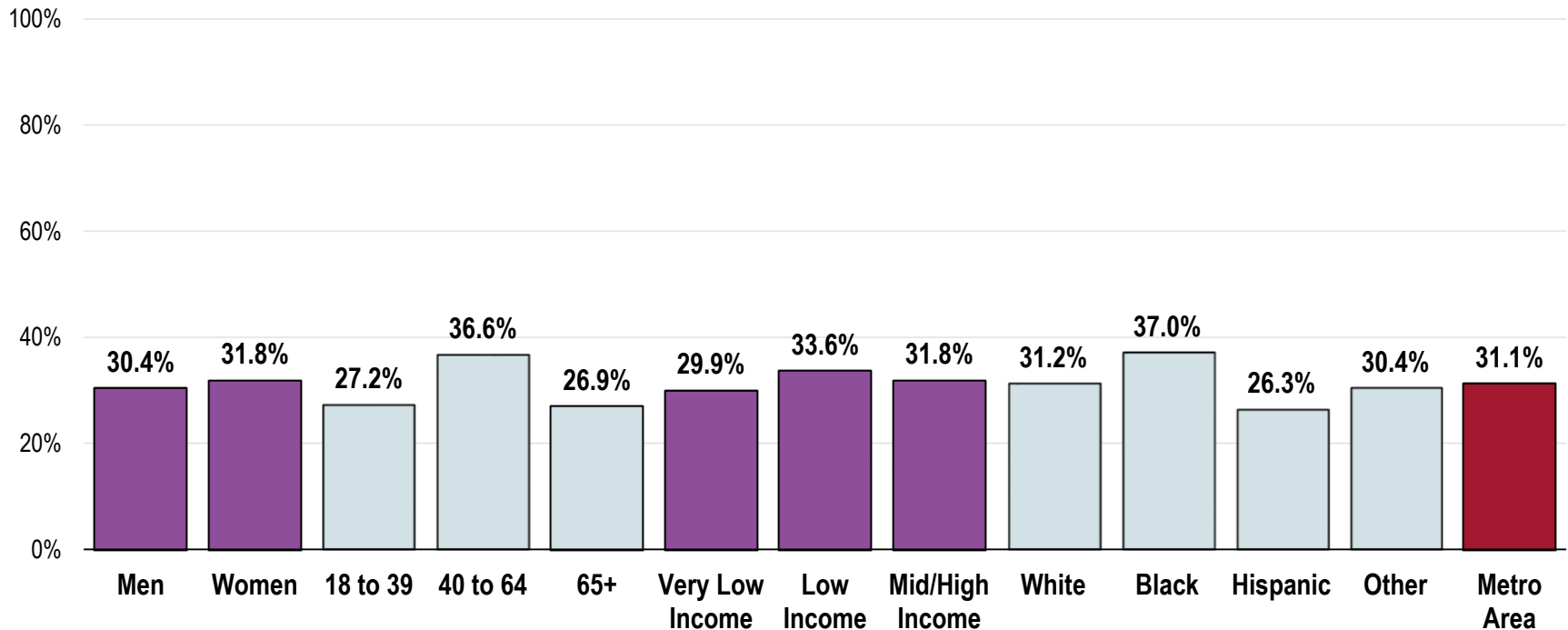Sarpy/Cass Cos. 2015: 30.6%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 151]
Notes: ● Based on reported heights and weights, asked of all respondents.
● The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.

Prevalence of Obesity
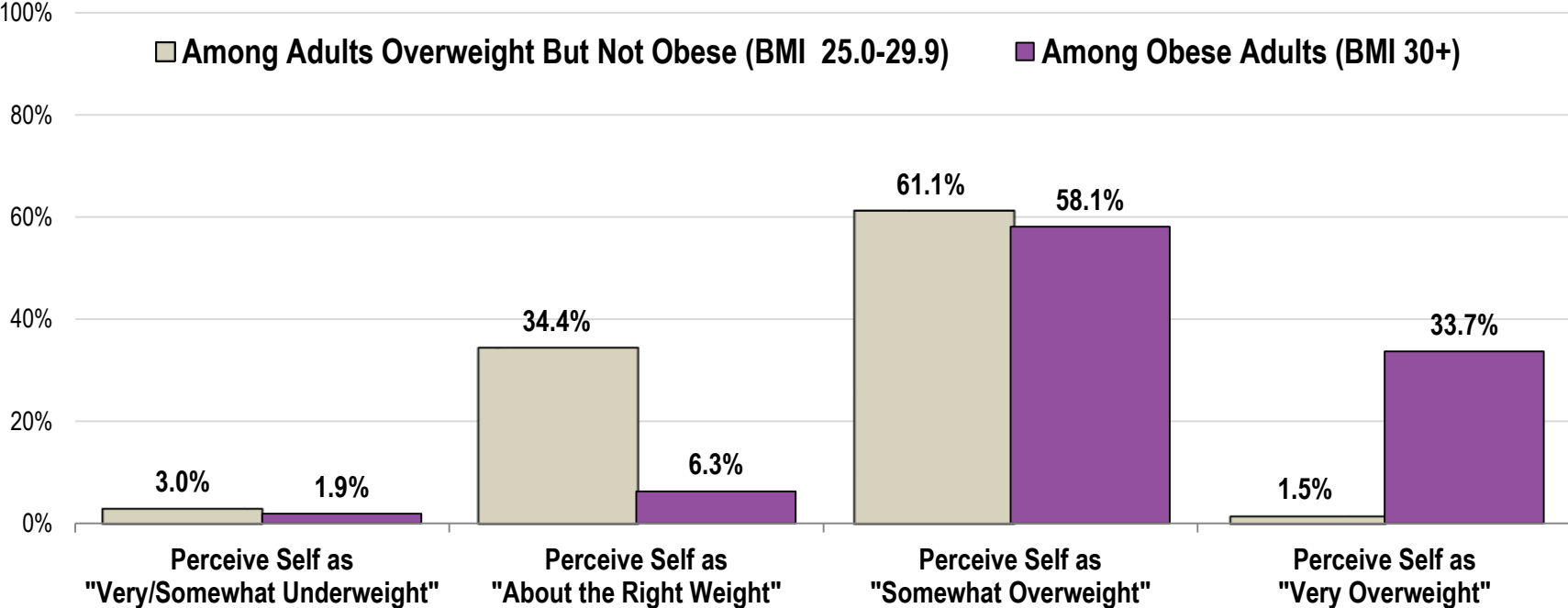## (Percent of Adults With a BMI of 30.0 or Higher; Metro Area, 2015)
Healthy People 2020 Target = 30.5% or Lower

Category	Percent
Men	30.4%
Women	31.8%
18 to 39	27.2%
40 to 64	36.6%
65+	26.9%
Very Low Income	29.9%
Low Income	33.6%
Mid/High Income	31.8%
White	31.2%
Black	37.0%
Hispanic	26.3%
Other	30.4%
Metro Area	31.1%

Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 151]
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective NWS-9]

Notes:
- Based on reported heights and weights, asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
- The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.
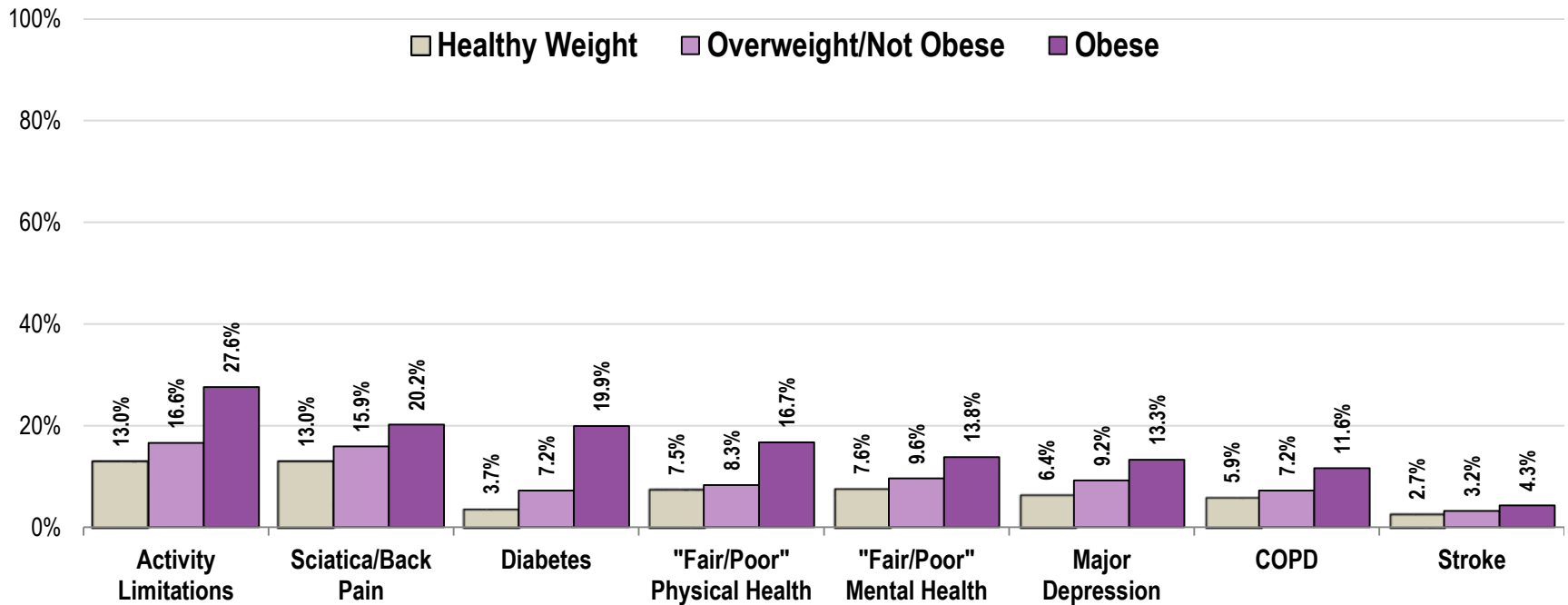
Actual vs. Perceived Weight Status
(Among Overweight/Obese Adults Based on BMI; Metro Area, 2015)

☐ **Among Adults Overweight But Not Obese (BMI 25.0-29.9)** ☐ **Among Obese Adults (BMI 30+)**

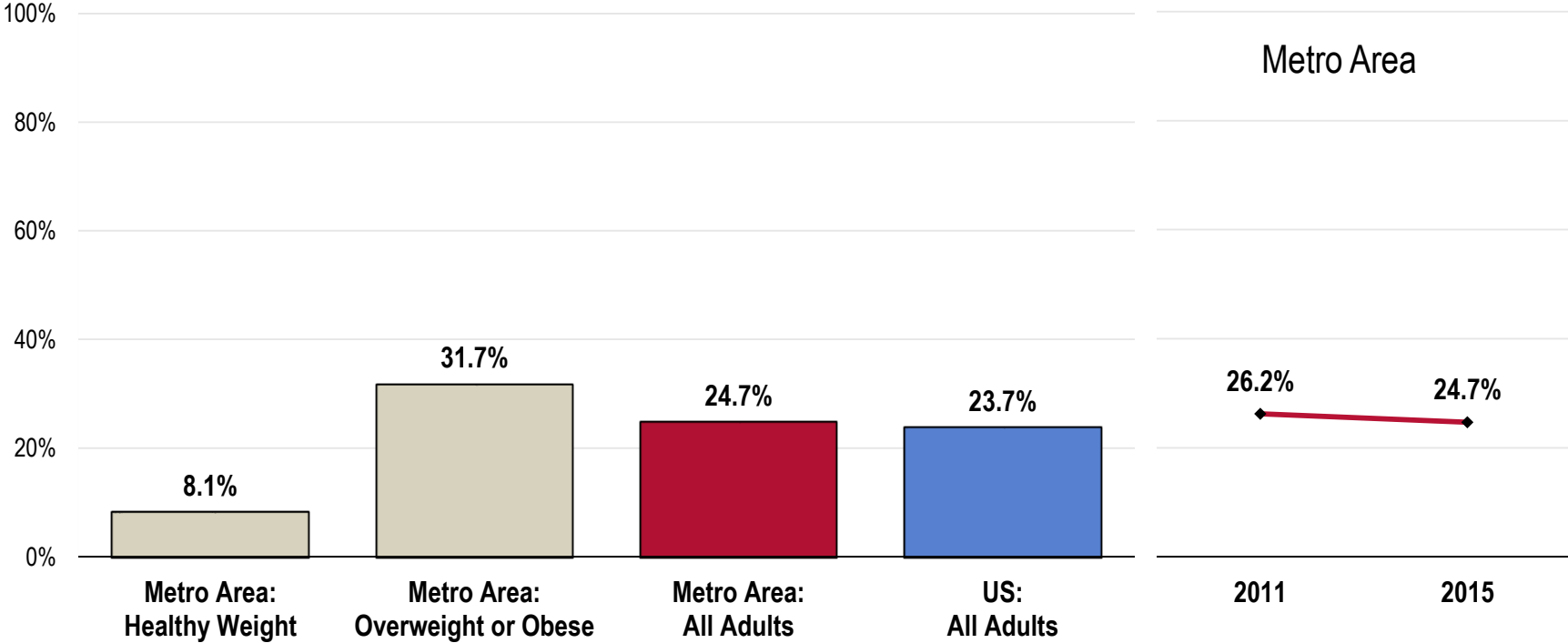|	Perceive Self as "Very/Somewhat Underweight"	Perceive Self as "About the Right Weight"	Perceive Self as "Somewhat Overweight"	Perceive Self as "Very Overweight"
Overweight But Not Obese	3.0%	34.4%	61.1%	1.5%
Obese	1.9%	6.3%	58.1%	33.7%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 99]
Notes: ● BMI is based on reported heights and weights, asked of all respondents.
● The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0, regardless of gender. The definition for obesity is a BMI greater than or equal to 30.0.

Relationship of Overweight With Other Health Issues

(By Weight Classification; Metro Area, 2015)

□ **Healthy Weight**   □ **Overweight/Not Obese**   ■ **Obese**

|	Healthy Weight	Overweight/Not Obese	Obese
Activity Limitations	13.0%	16.6%	27.6%
Sciatica/Back Pain	13.0%	15.9%	20.2%
Diabetes	3.7%	7.2%	19.9%
"Fair/Poor" Physical Health	7.5%	8.3%	16.7%
"Fair/Poor" Mental Health	7.6%	9.6%	13.8%
Major Depression	6.4%	9.2%	13.3%
COPD	5.9%	7.2%	11.6%
Stroke	2.7%	3.2%	4.3%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 5, 25, 29, 36, 39, 100, 105, 308]
Notes: ● Based on reported heights and weights, asked of all respondents.

Have Received Advice About Weight in the Past Year
From a Physician, Nurse, or Other Health Professional
(By Weight Classification)

Metro Area

2011	2015
26.2%	24.7%

Metro Area: Healthy Weight — 8.1%
Metro Area: Overweight or Obese — 31.7%
Metro Area: All Adults — 24.7%
US: All Adults — 23.7%

Sources:
● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 98, 153]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
● Asked of all respondents.

Have Received Advice About Weight in the Past Year From a Physician, Nurse, or Other Health Professional
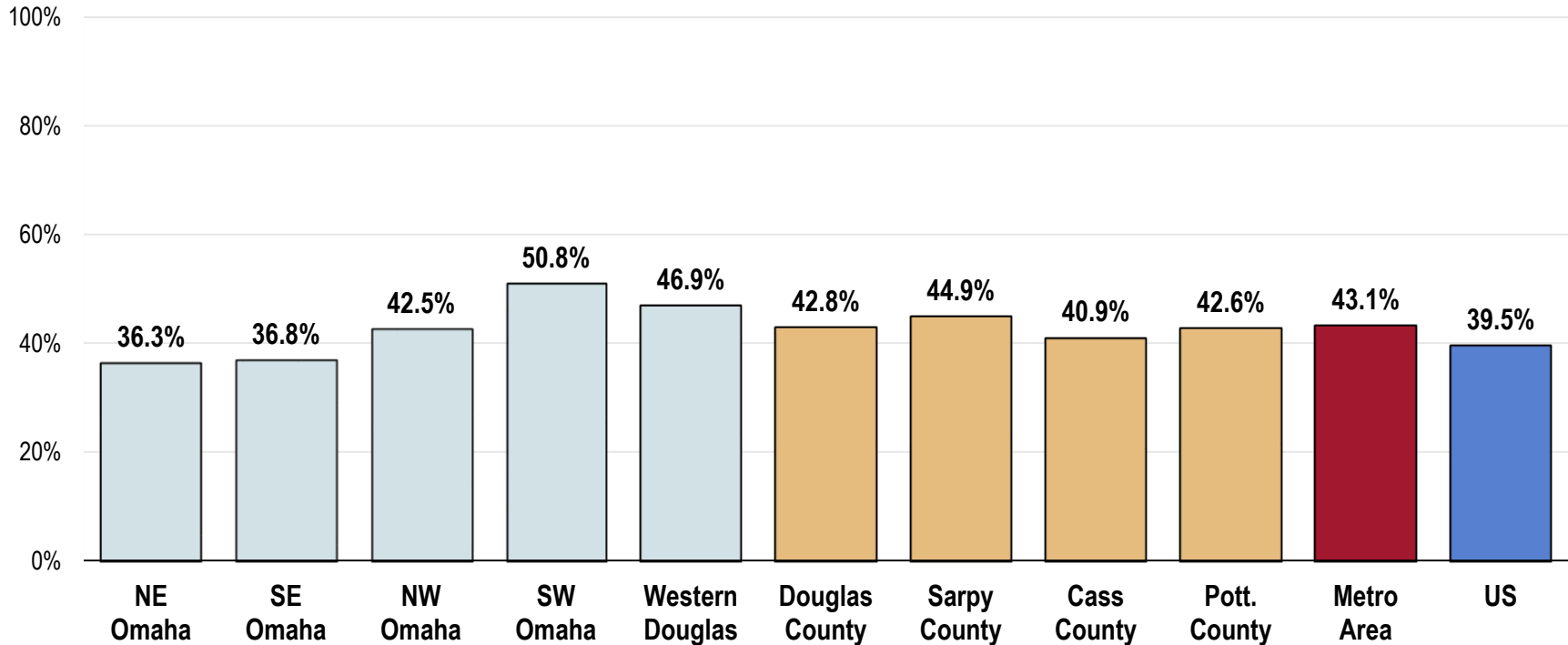
(Among Obese Respondents)
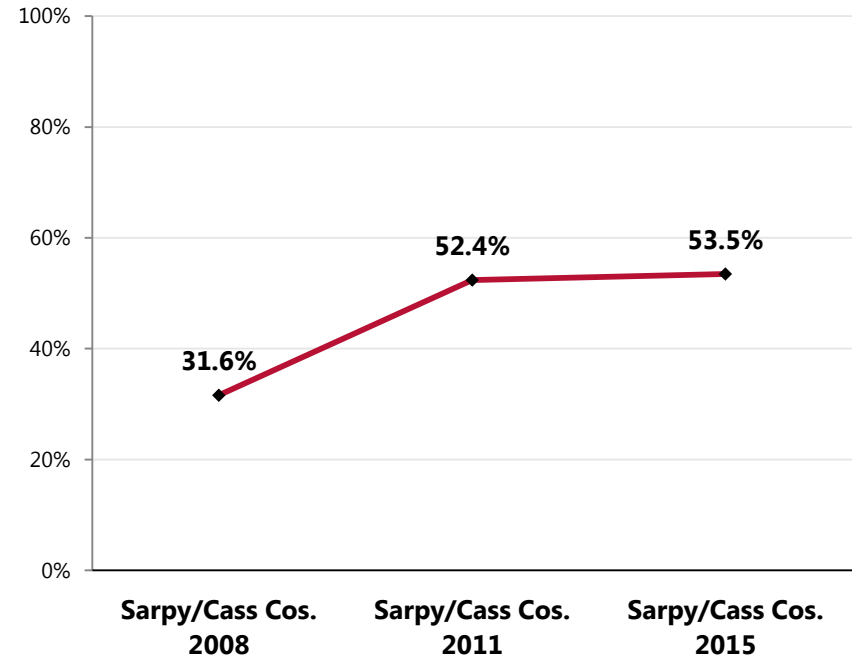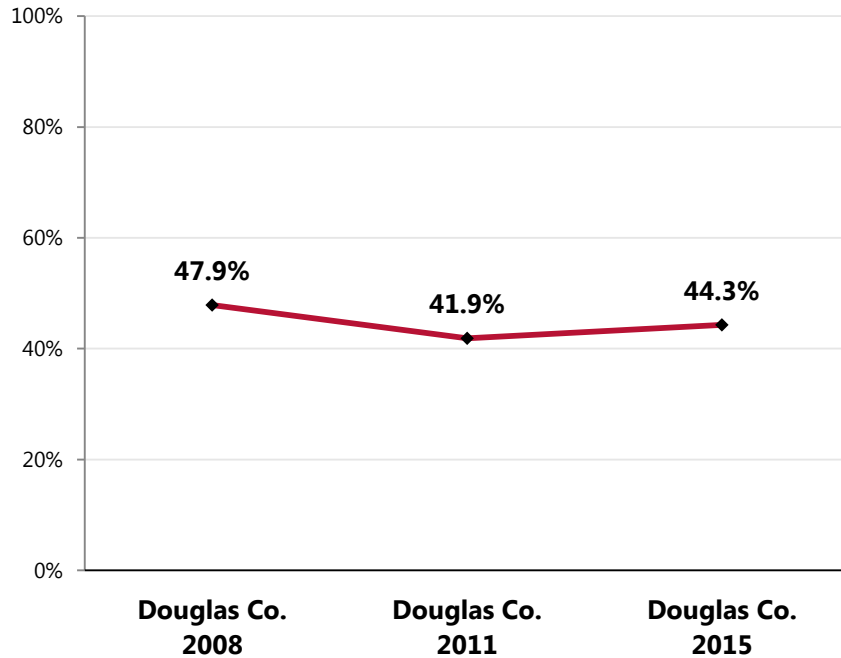
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 154]
Notes: ● Based on reported heights and weights, asked of all respondents.
● The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.
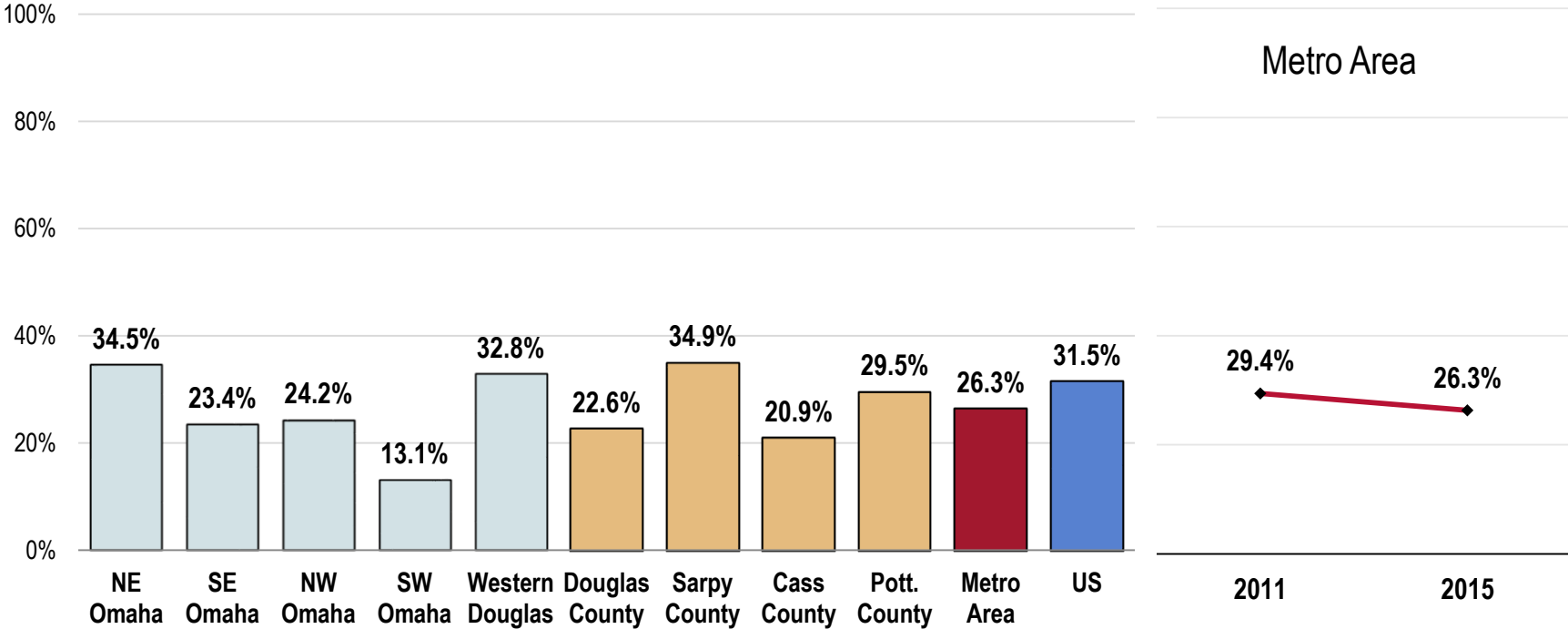
Trying to Lose Weight by Both
Modifying Diet and Increasing Physical Activity
(Among Overweight or Obese Respondents)

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US
%	36.3%	36.8%	42.5%	50.8%	46.9%	42.8%	44.9%	40.9%	42.6%	43.1%	39.5%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 152]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.

Notes: ● Reflects respondents who are overweight or obese based on reported heights and weights.

Child Total Overweight Prevalence
(Children Age 5-17 Who Are Overweight/Obese; BMI in the 85th Percentile or Higher)
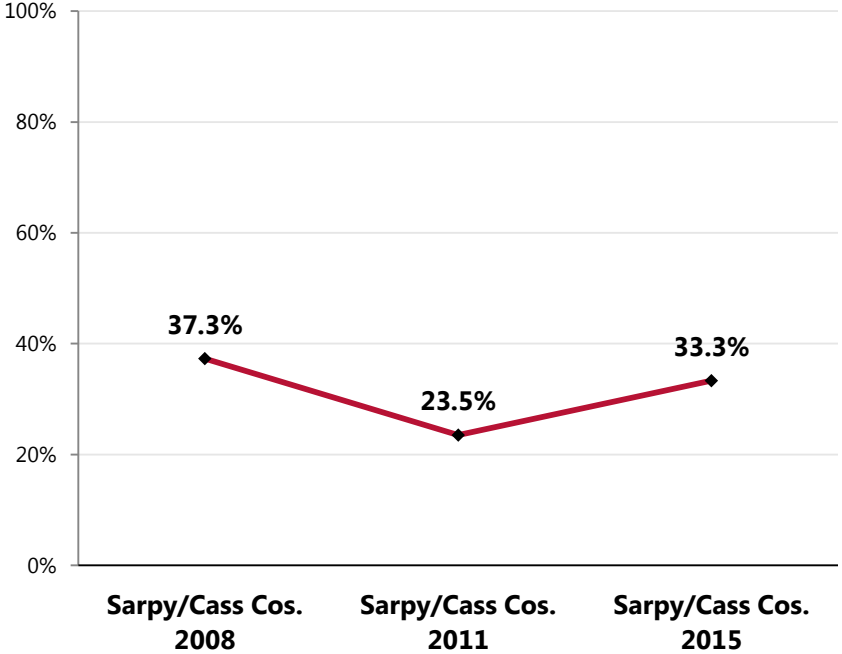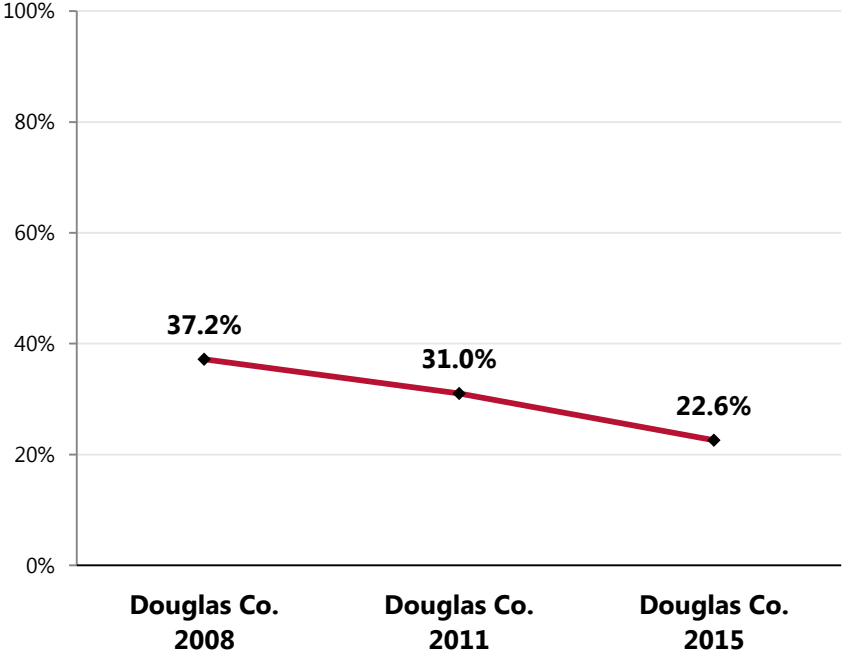

Metro Area

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US
	34.5%	23.4%	24.2%	13.1%	32.8%	22.6%	34.9%	20.9%	29.5%	26.3%	31.5%

2011	2015
29.4%	26.3%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 155]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents with children age 5-17 at home.
● Overweight among children is determined by children's Body Mass Index status at or above the 85th percentile of US growth charts by gender and age.

Child Total Overweight Prevalence
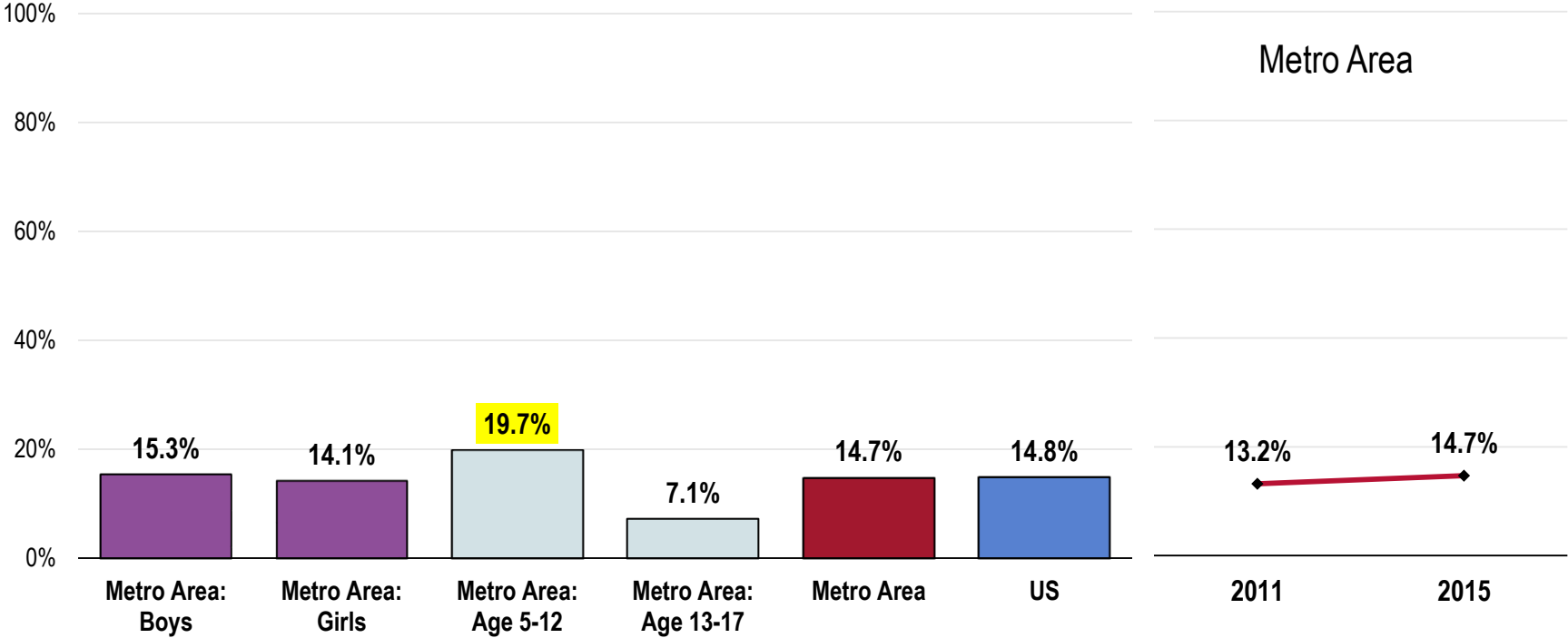## (Children Age 5-17 Who Are Overweight/Obese; BMI in the 85th Percentile or Higher)

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 155]
Notes: ● Asked of all respondents with children age 5-17 at home.
        ● Overweight among children is determined by children's Body Mass Index status at or above the 85th percentile of US growth charts by gender and age.

Child Obesity Prevalence
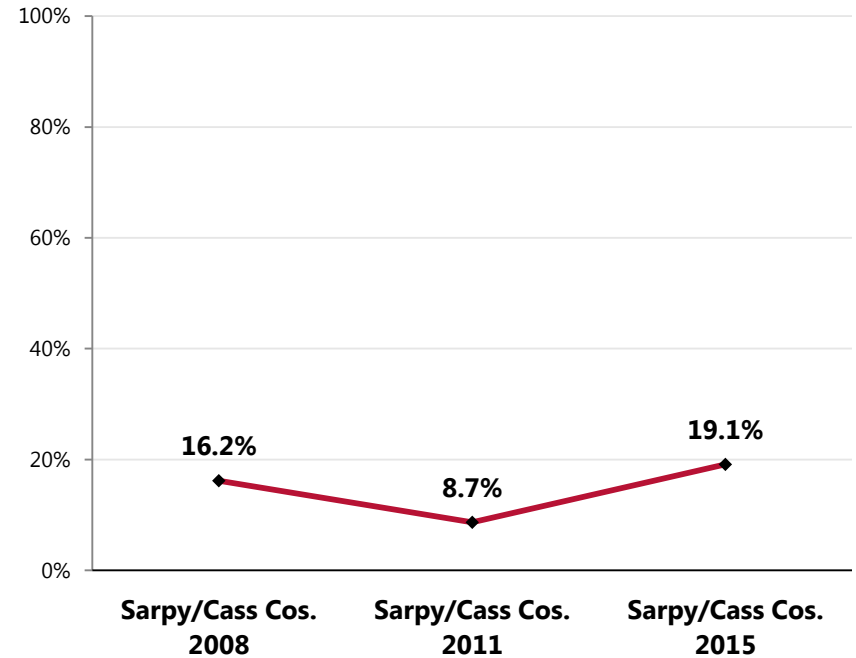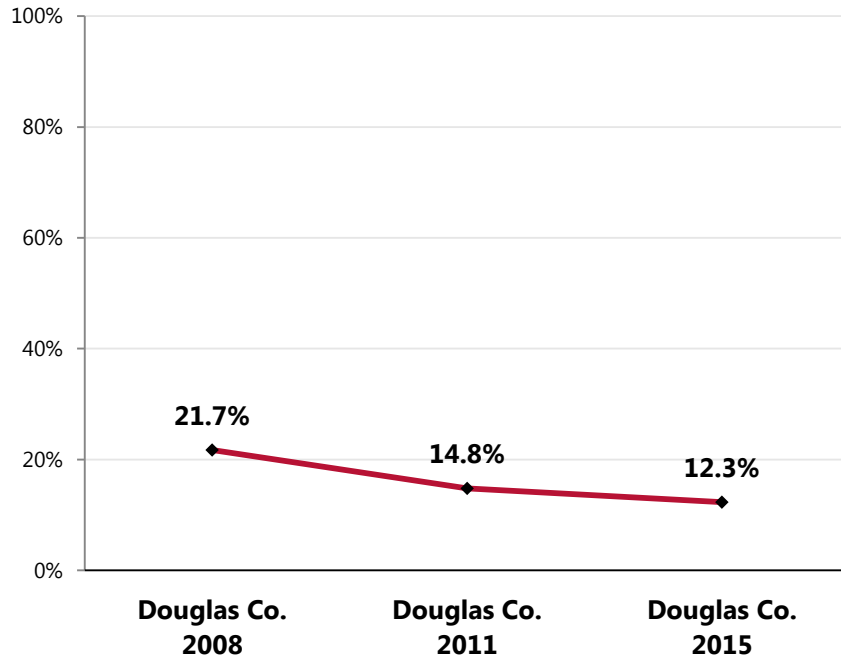## (Children Age 5-17 Who Are Obese; BMI in the 95th Percentile or Higher)
Healthy People 2020 Target = 14.5% or Lower

Metro Area

							2011	2015
Metro Area: Boys	Metro Area: Girls	Metro Area: Age 5-12	Metro Area: Age 13-17	Metro Area	US			
15.3%	14.1%	19.7%	7.1%	14.7%	14.8%		13.2%	14.7%

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 155]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective NWS-10.4]

Notes:
- Asked of all respondents with children age 5-17 at home.
- Obesity among children is determined by children's Body Mass Index status equal to or above the 95th percentile of US growth charts by gender and age.

Child Obesity Prevalence
(Children Age 5-17 Who Are Obese; BMI in the 95th Percentile or Higher)

Douglas Co. 2008: 21.7%
Douglas Co. 2011: 14.8%
Douglas Co. 2015: 12.3%

Sarpy/Cass Cos. 2008: 16.2%
Sarpy/Cass Cos. 2011: 8.7%
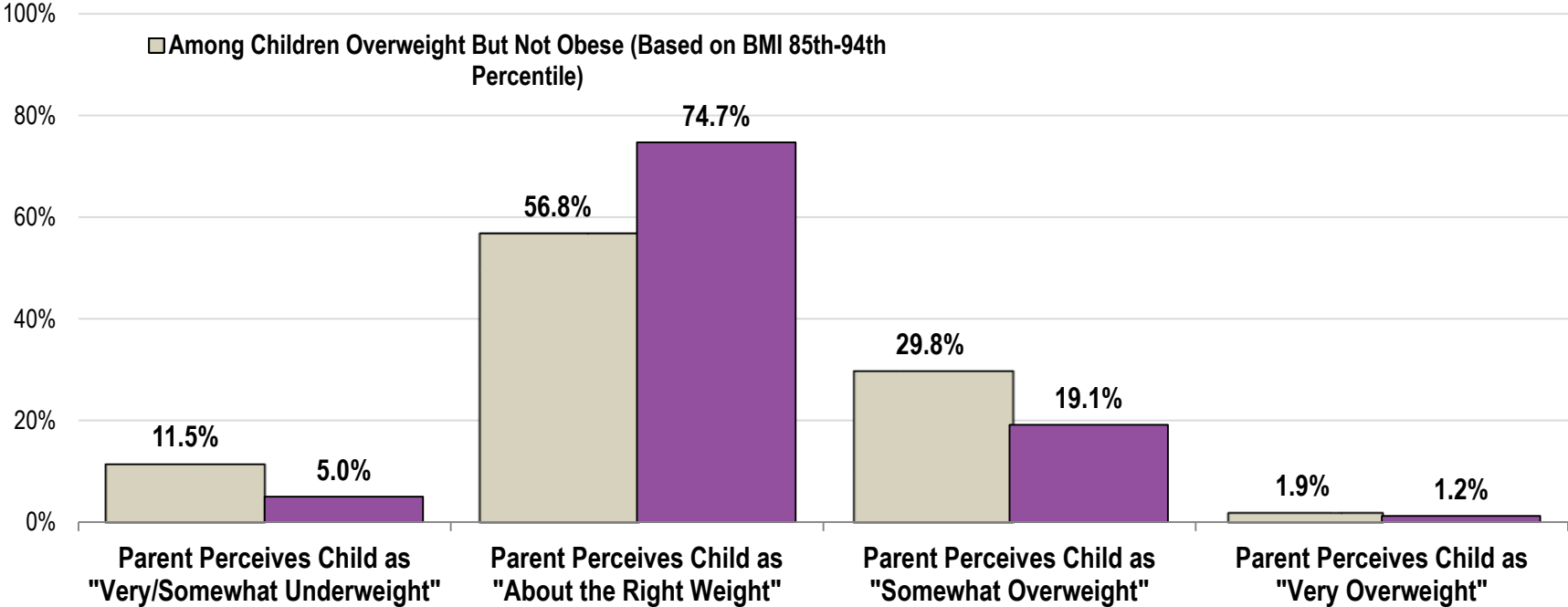Sarpy/Cass Cos. 2015: 19.1%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 155]
Notes: ● Asked of all respondents with children age 5-17 at home.
● Obesity among children is determined by children's Body Mass Index status equal to or above the 95th percentile of US growth charts by gender and age.
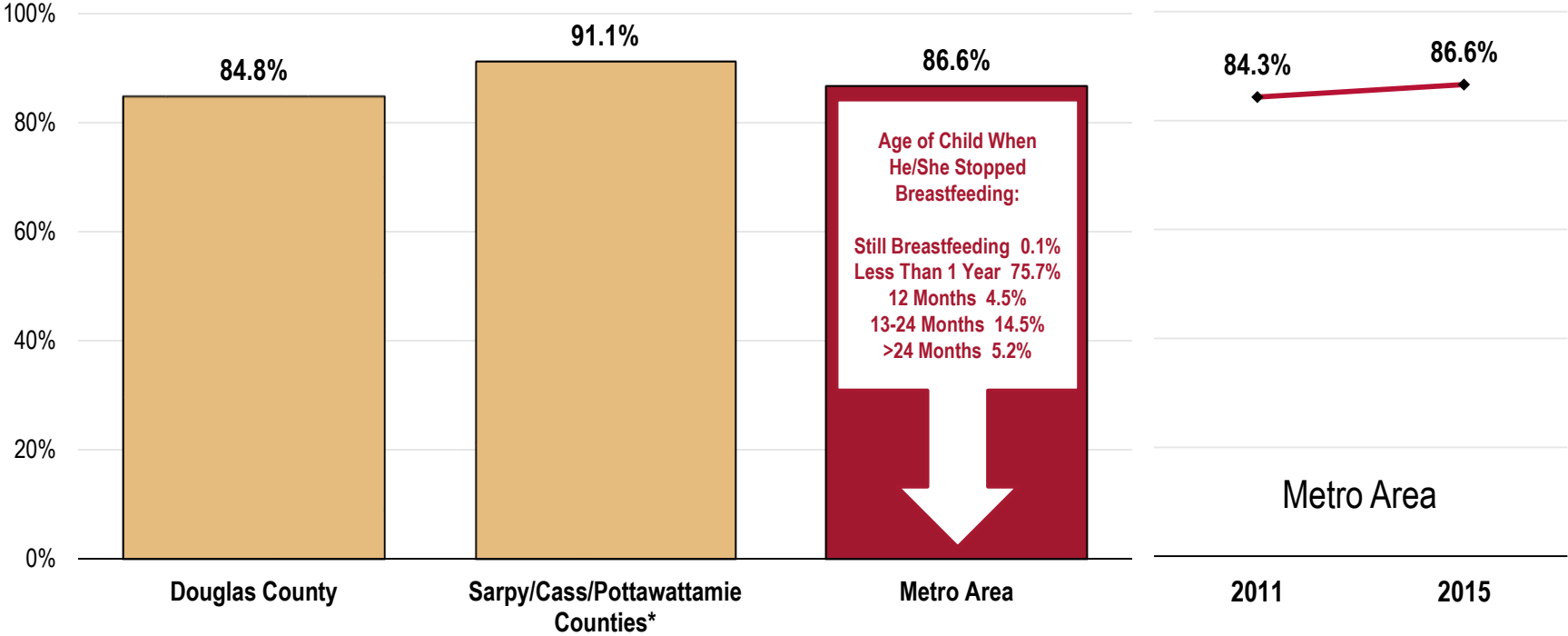
Children's Actual vs. Perceived Weight Status
(Among Overweight/Obese Children Age 5-17; Metro Area, 2015)

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 120]
Notes: ● Asked of all respondents with children age 5-17 at home.
● Overweight in children is defined as a Body Mass Index (BMI) value at or above the 85th percentile of US growth charts by gender and age; obesity in children is defined as a BMI value at or above the 95th percentile.
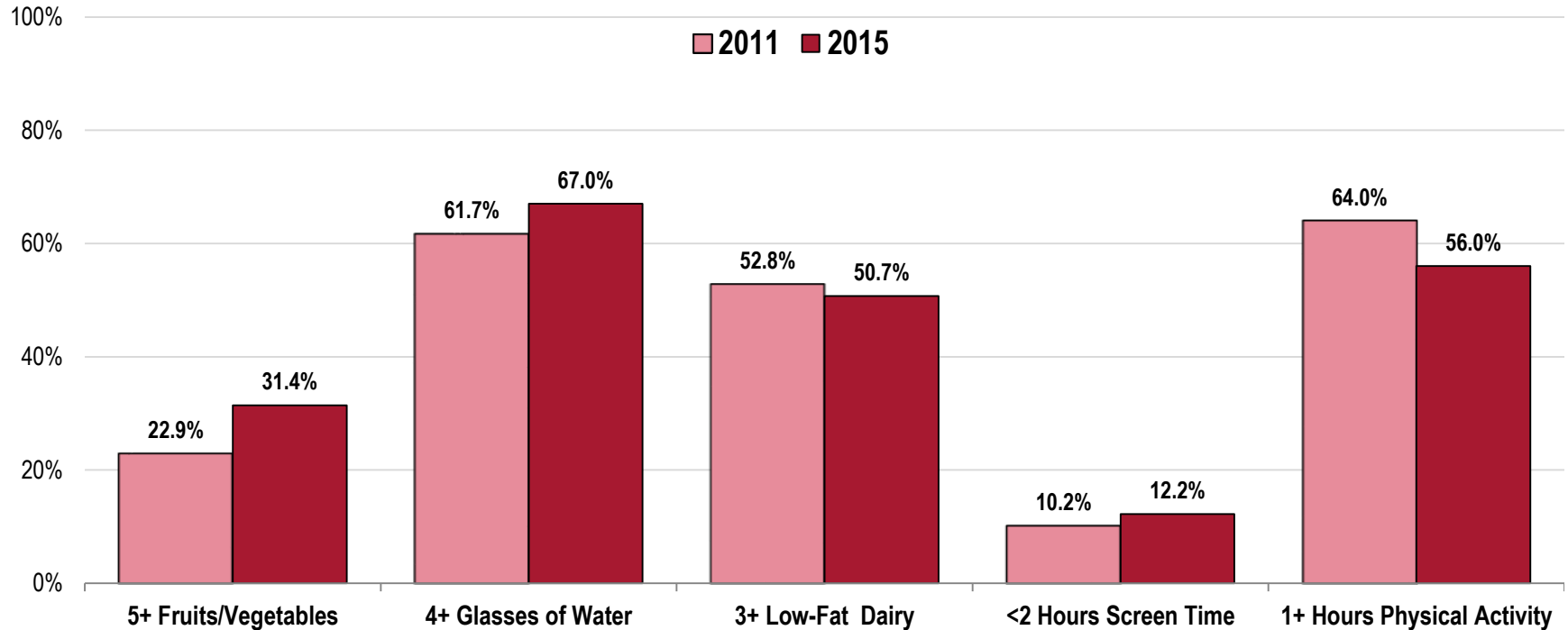
Child Was Ever Breastfed or Fed Breast Milk
(Metro Area Children 0-4)

84.8% — Douglas County

91.1% — Sarpy/Cass/Pottawattamie Counties*

86.6% — Metro Area

Age of Child When He/She Stopped Breastfeeding:

Still Breastfeeding 0.1%
Less Than 1 Year 75.7%
12 Months 4.5%
13-24 Months 14.5%
>24 Months 5.2%

Metro Area

84.3% — 2011

86.6% — 2015

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 341-342]
Notes: ● Asked of all respondents with children under 5.
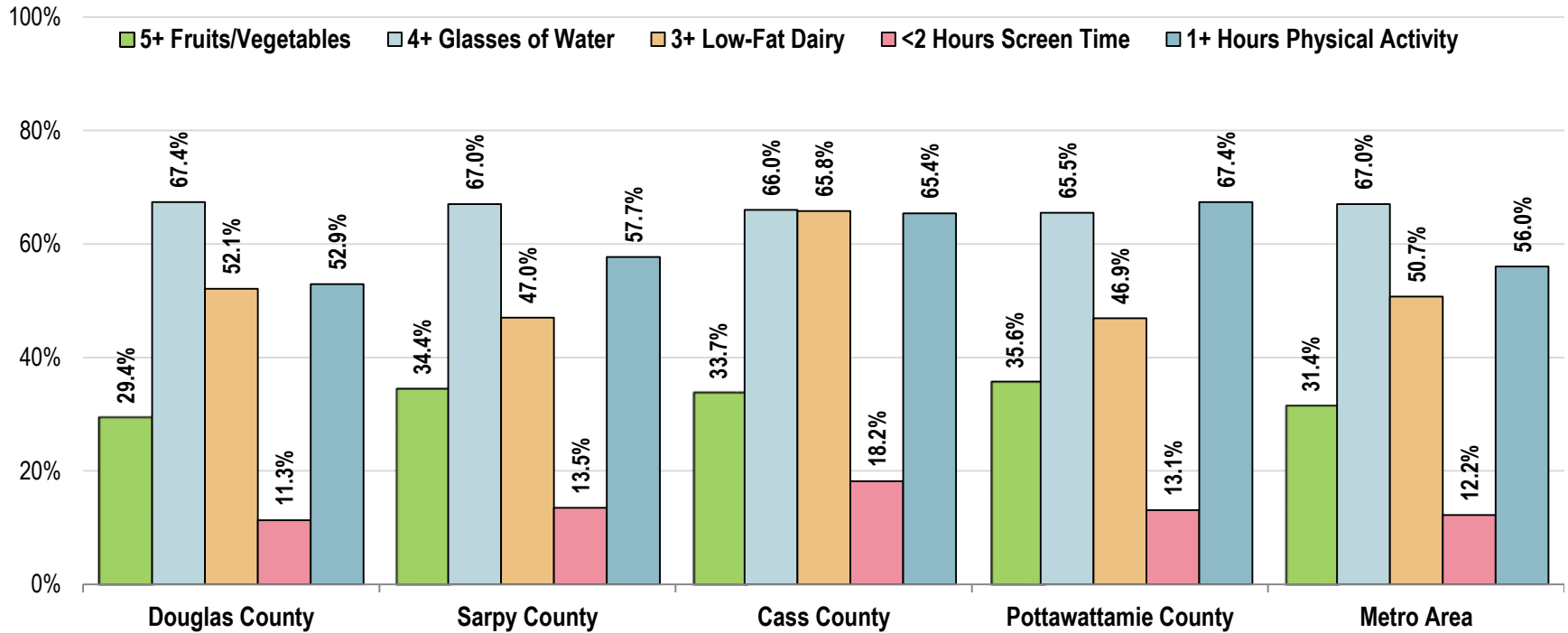● *Sample size falls below 50; use caution when interpreting percentage results.

Compliance With Individual "5-4-3-2-1 Go!" Guidelines on Each Day of the Previous Week
(Metro Area Children 5-17)

Legend: ☐ 2011 ■ 2015

Category	2011	2015
5+ Fruits/Vegetables	22.9%	31.4%
4+ Glasses of Water	61.7%	67.0%
3+ Low-Fat Dairy	52.8%	50.7%
<2 Hours Screen Time	10.2%	12.2%
1+ Hours Physical Activity	64.0%	56.0%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 117, 182, 343-345, 347]
Notes: ● Asked of all respondents about a child age 5-17 at home.

Compliance With Individual "5-4-3-2-1 Go!" Guidelines on Each Day of the Previous Week
## (Metro Area Children 5-17, by County; 2015)

Legend: 5+ Fruits/Vegetables | 4+ Glasses of Water | 3+ Low-Fat Dairy | <2 Hours Screen Time | 1+ Hours Physical Activity

Douglas County: 29.4%, 67.4%, 52.1%, 11.3%, 52.9%
Sarpy County: 34.4%, 67.0%, 47.0%, 13.5%, 57.7%
Cass County: 33.7%, 66.0%, 65.8%, 18.2%, 65.4%
Pottawattamie County: 35.6%, 65.5%, 46.9%, 13.1%, 67.4%
Metro Area: 31.4%, 67.0%, 50.7%, 12.2%, 56.0%

Sources: • 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 117, 182, 343-345, 347]
Notes: • Asked of all respondents about a child age 5-17 at home.

Compliance With Individual "5-4-3-2-1 Go!" Guidelines on Each Day of the Previous Week
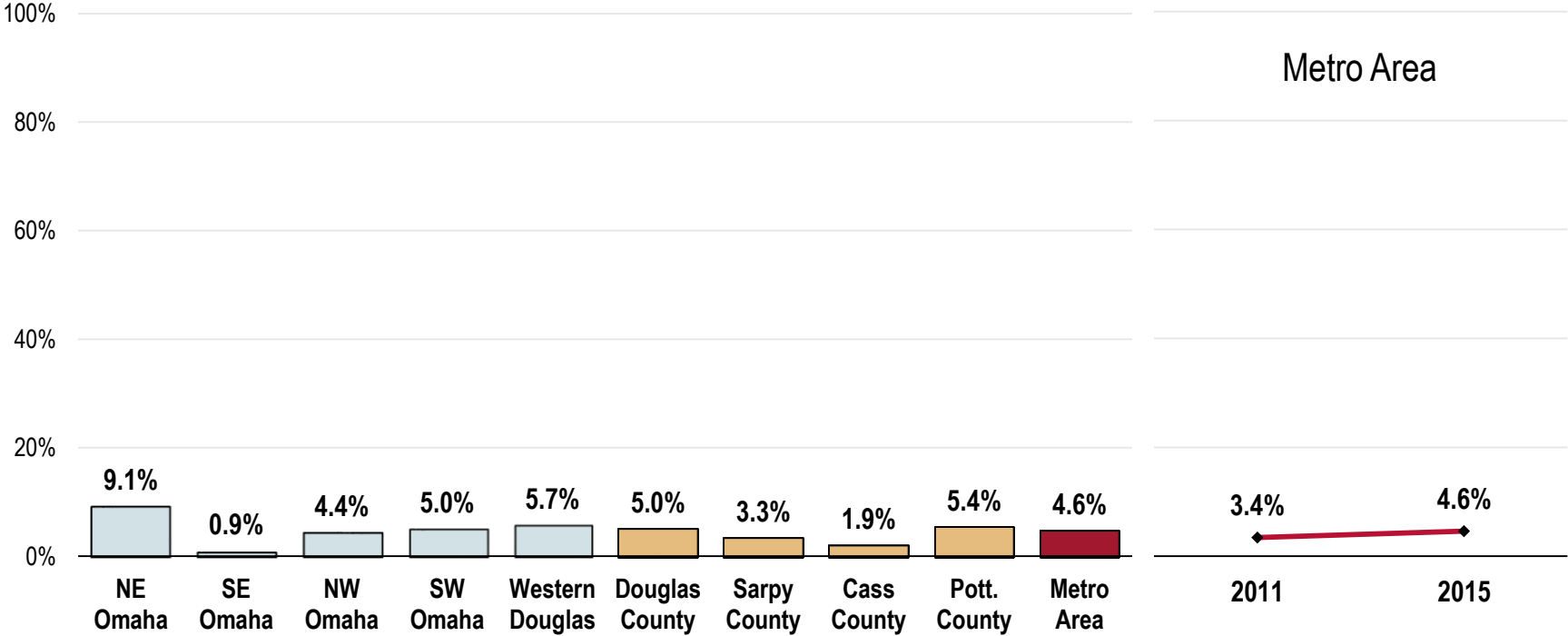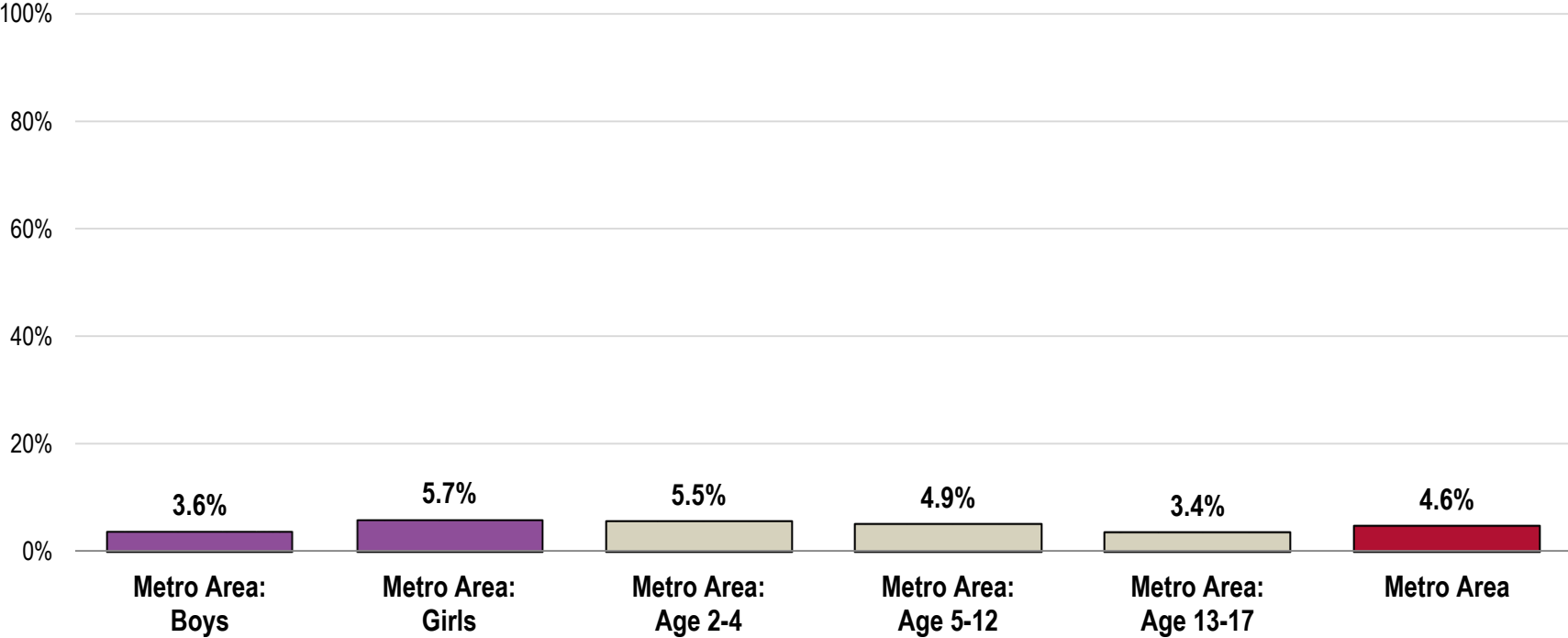### (Metro Area Children 5-17, Douglas County; 2015)
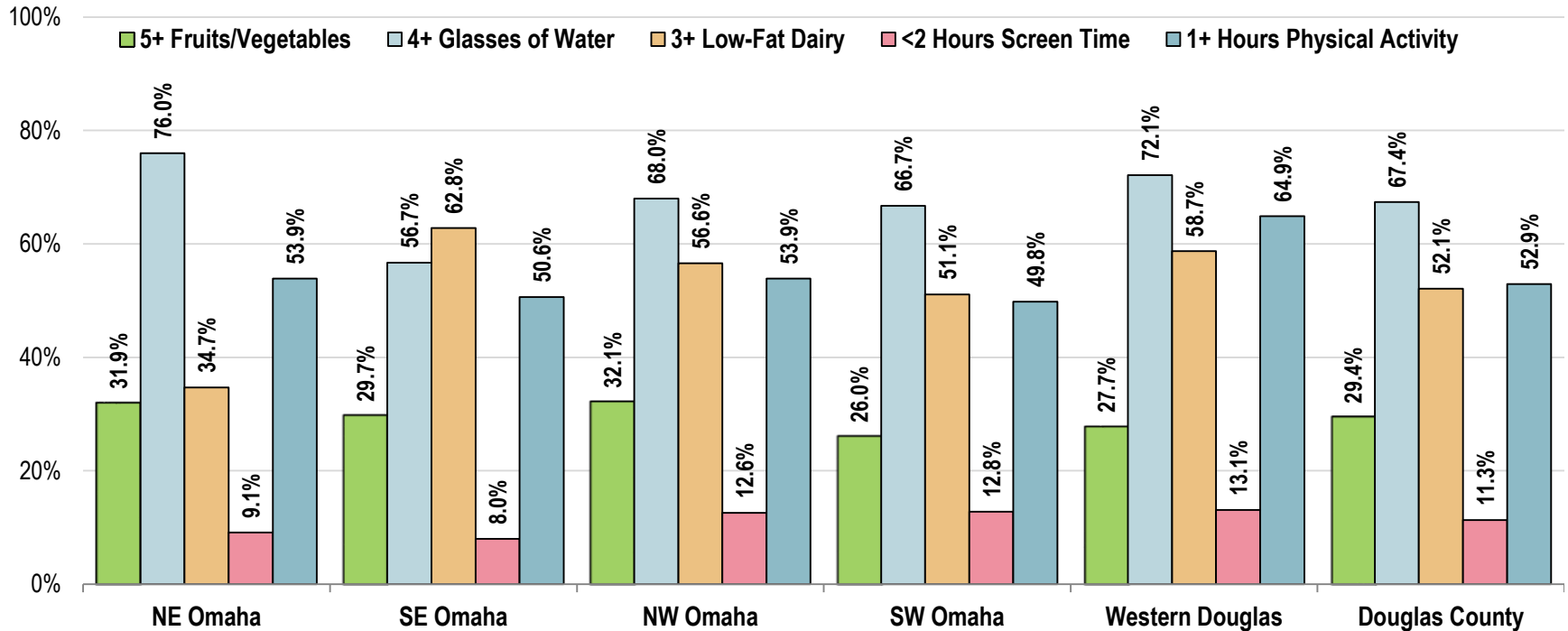
Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 117, 343-345, 347]
Notes: ● Asked of all respondents about a child age 5-17 at home.

Compliance With All "5-4-3-2-1 Go!" Guidelines on Each Day of the Previous Week
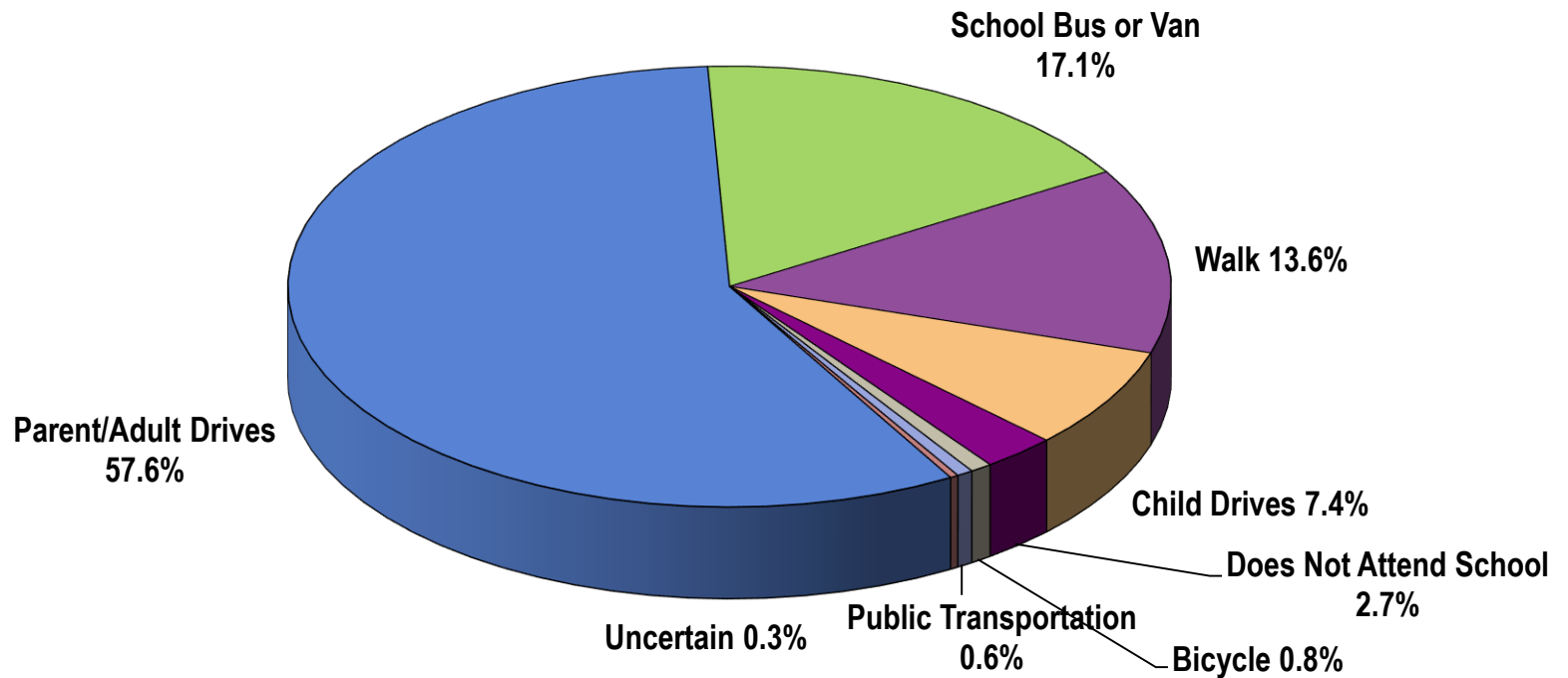## (Metro Area Children 5-17, Douglas County; 2015)

Chart values:

Category	Value
NE Omaha	9.1%
SE Omaha	0.9%
NW Omaha	4.4%
SW Omaha	5.0%
Western Douglas	5.7%
Douglas County	5.0%
Sarpy County	3.3%
Cass County	1.9%
Pott. County	5.4%
Metro Area	4.6%

Metro Area trend:

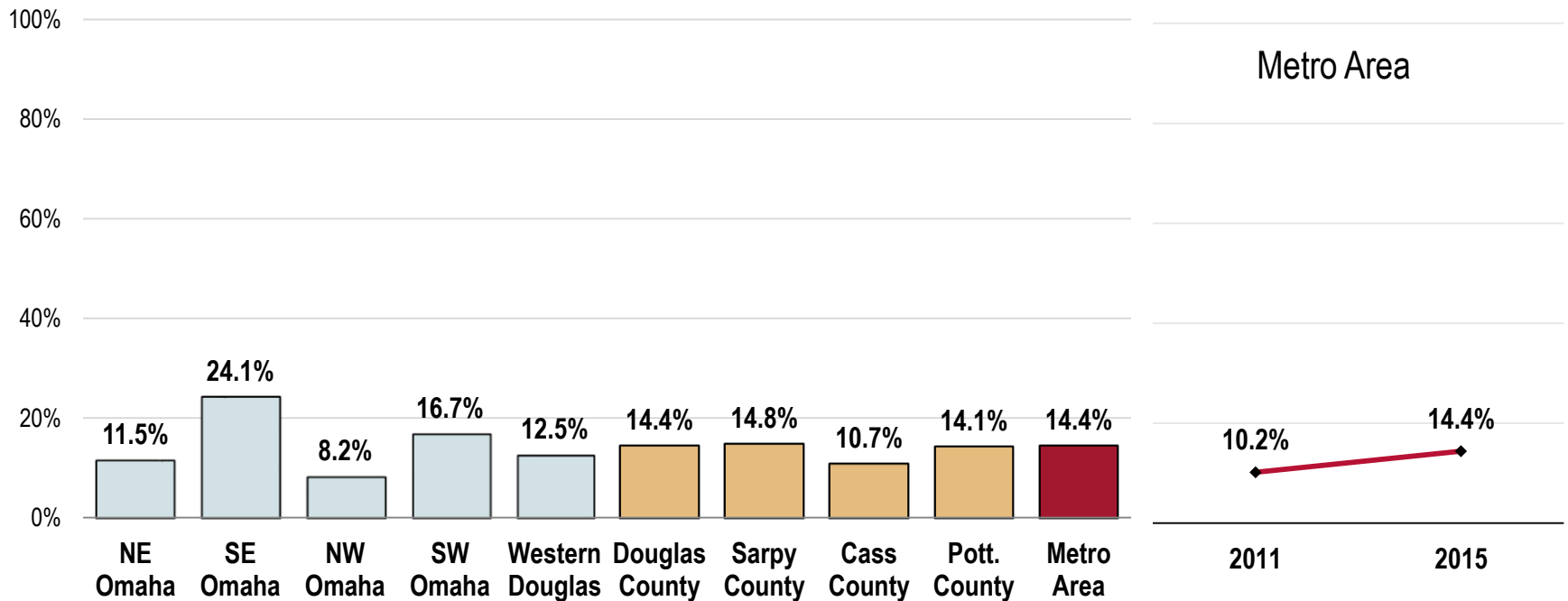| 2011	2015
3.4%	4.6%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 182]
Notes: ● Asked of all respondents with children age 5-17 at home.
● Percentages represent parents reporting that their child exhibited <u>all</u> desired "5-4-3-2-1 Go!" behaviors on seven of the past seven days.

Compliance With All "5-4-3-2-1 Go!"
Guidelines on Each Day of the Previous Week
(Metro Area Children 5-17, Douglas County; 2015)

Category	Value
Metro Area: Boys	3.6%
Metro Area: Girls	5.7%
Metro Area: Age 2-4	5.5%
Metro Area: Age 5-12	4.9%
Metro Area: Age 13-17	3.4%
Metro Area	4.6%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 182]
Notes: ● Asked of all respondents with children age 5-17 at home.
● Percentages represent parents reporting that their child exhibited <u>all</u> desired "5-4-3-2-1 Go!" behaviors on seven of the past seven days.

Means of Transportation to School on Most Days
(Metro Area Children 5-17, 2015)

School Bus or Van
17.1%

Walk 13.6%

Parent/Adult Drives
57.6%

Child Drives 7.4%

Does Not Attend School
2.7%

Uncertain 0.3%

Public Transportation
0.6%

Bicycle 0.8%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc.   [Item 348]
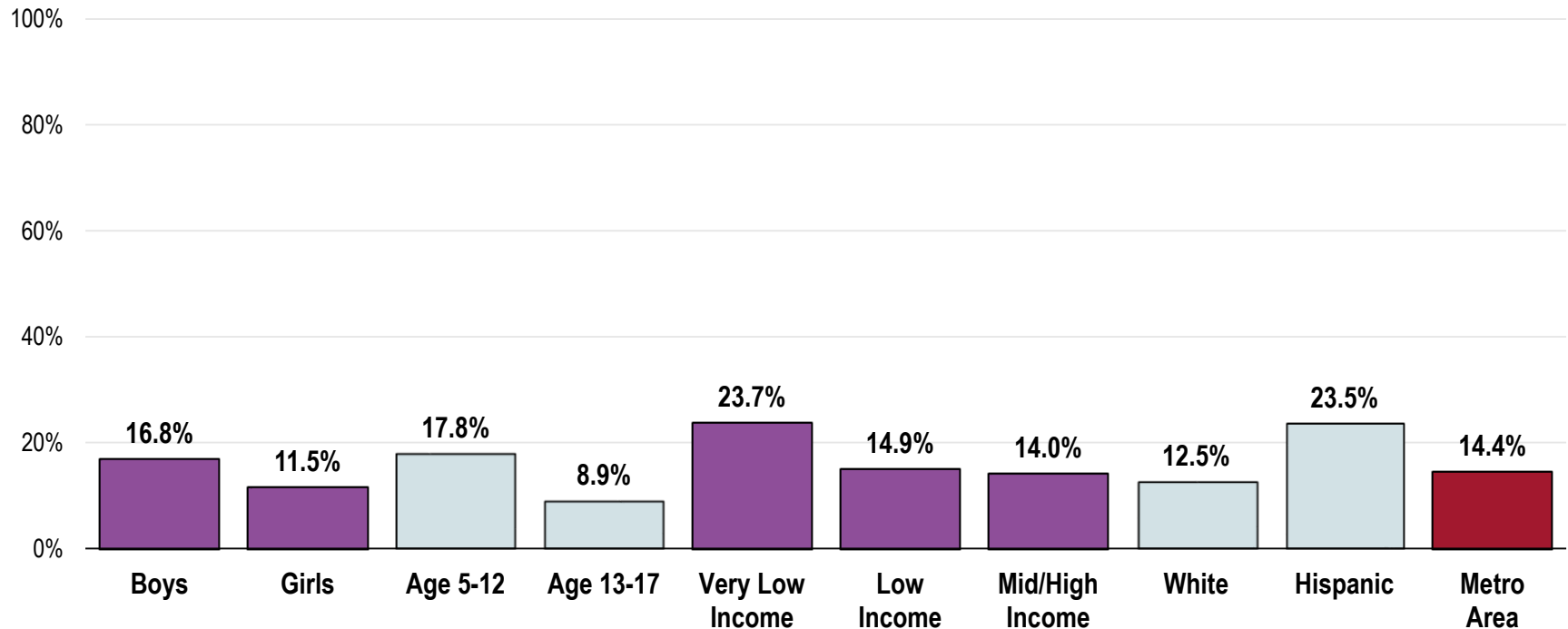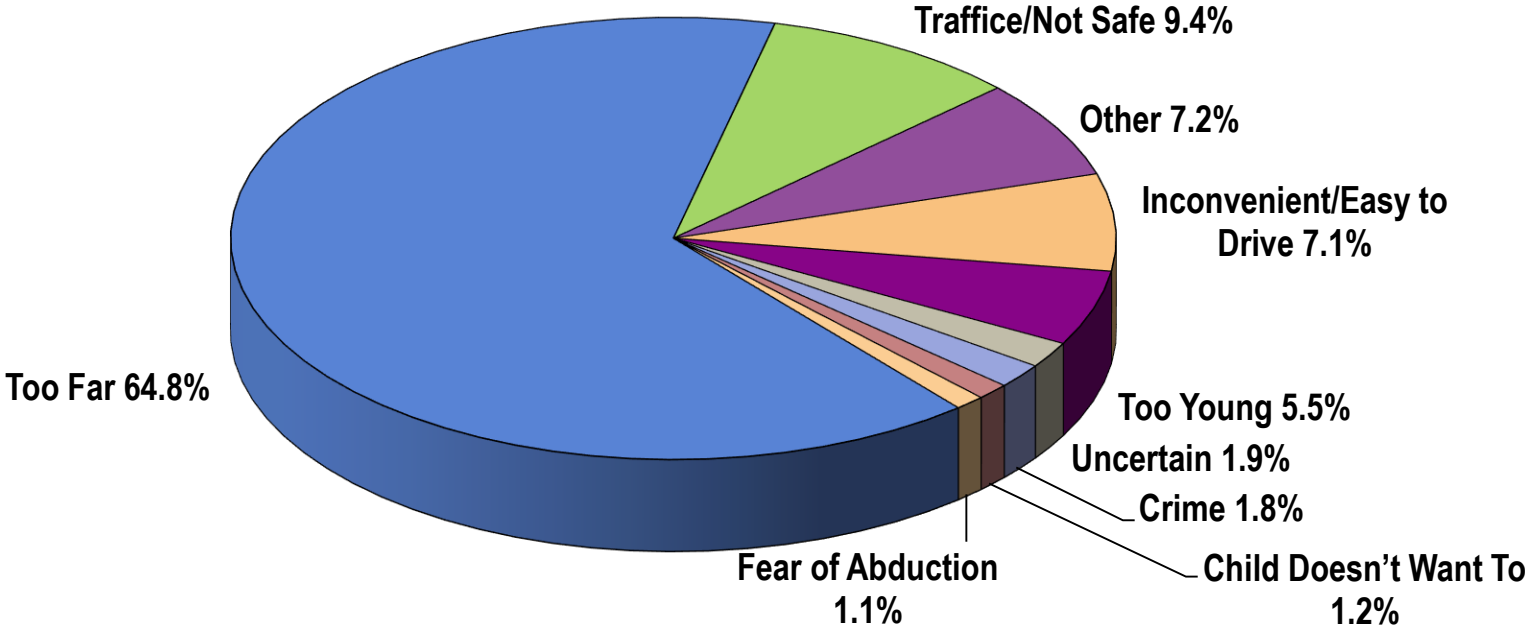Notes: ● Asked of all respondents about a child age 5-17 at home.

Child Walks/Bikes to School on Most Days
(Metro Area Children Age 5-17, 2015)

											Metro Area	

NE Omaha: 11.5%
SE Omaha: 24.1%
NW Omaha: 8.2%
SW Omaha: 16.7%
Western Douglas: 12.5%
Douglas County: 14.4%
Sarpy County: 14.8%
Cass County: 10.7%
Pott. County: 14.1%
Metro Area: 14.4%

2011: 10.2%
2015: 14.4%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 348]
Notes: ● Asked of all respondents with children age 5-17 at home.

Child Walks/Bikes to School on Most Days
(Metro Area Children 5-17, 2015)

Category	Value
Boys	16.8%
Girls	11.5%
Age 5-12	17.8%
Age 13-17	8.9%
Very Low Income	23.7%
Low Income	14.9%
Mid/High Income	14.0%
White	12.5%
Hispanic	23.5%
Metro Area	14.4%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 348]
Notes: ● Asked of respondents with children age 5-17.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

# Reasons Child Does Not Walk/Bike to School on Most Days
(Metro Area Children 5-17 Who Do Not Usually Walk/Bike to School, 2015)

Traffice/Not Safe 9.4%

Other 7.2%

Inconvenient/Easy to Drive 7.1%

Too Far 64.8%

Too Young 5.5%

Uncertain 1.9%

Crime 1.8%

Child Doesn't Want To 1.2%

Fear of Abduction 1.1%

Sources: • 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 349]
Notes: • Asked of all respondents.

Perceptions of Nutrition, Physical Activity, and Weight as a Problem in the Community
(Key Informants, 2015)

■ Major Problem   ■ Moderate Problem   ■ Minor Problem   ■ No Problem At All

60.0%	21.0%	8.0%	4.0%
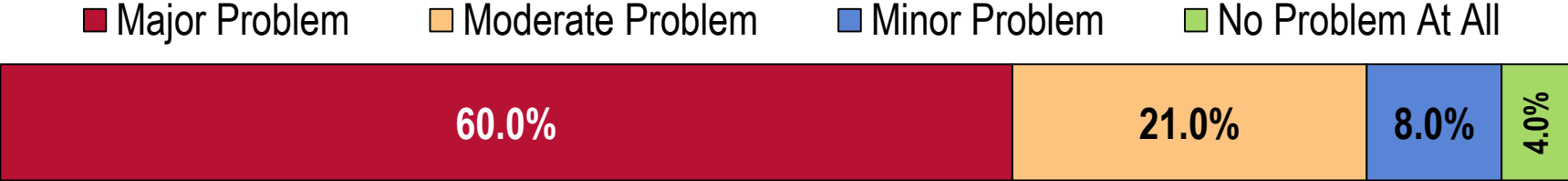
Sources: ● PRC Key Informant Focus Groups, August 2015.

Substance Abuse

Professional Research Consultants, Inc.

Cirrhosis/Liver Disease: Age-Adjusted Mortality
(2011-2013 Annual Average Deaths per 100,000 Population)
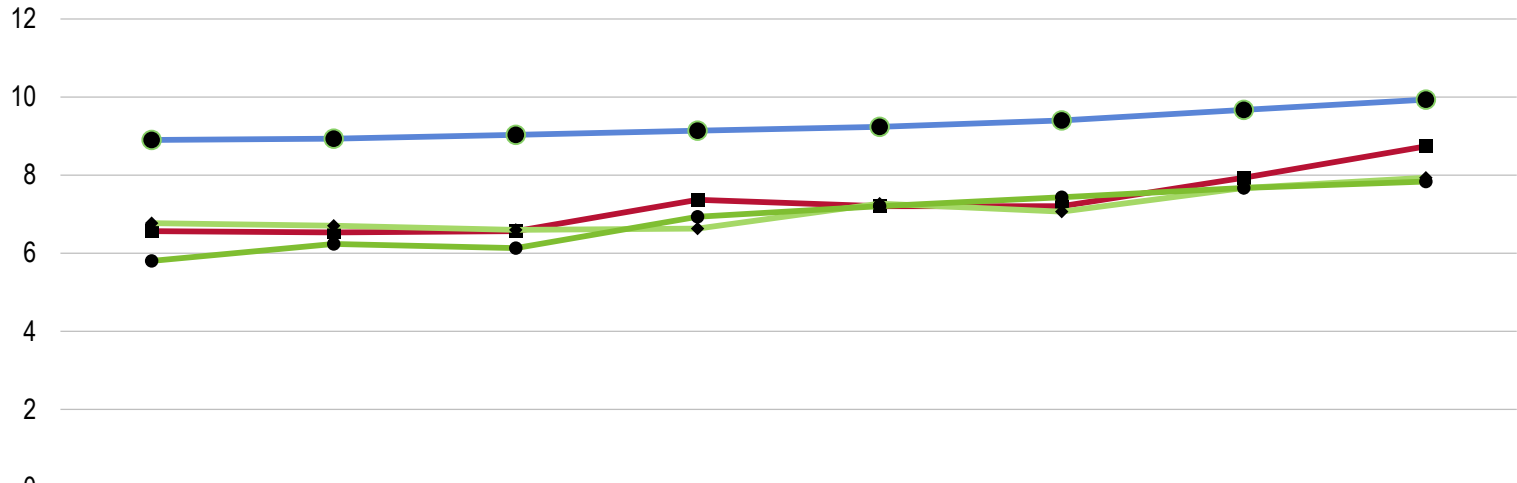### Healthy People 2020 Target = 8.2 or Lower

Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	NE	IA	US
10.3	5.7	N/A	7.9	8.7	7.9	7.8	9.9

Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2015.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective SA-11]

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

Cirrhosis/Liver Disease: Age-Adjusted Mortality by Race
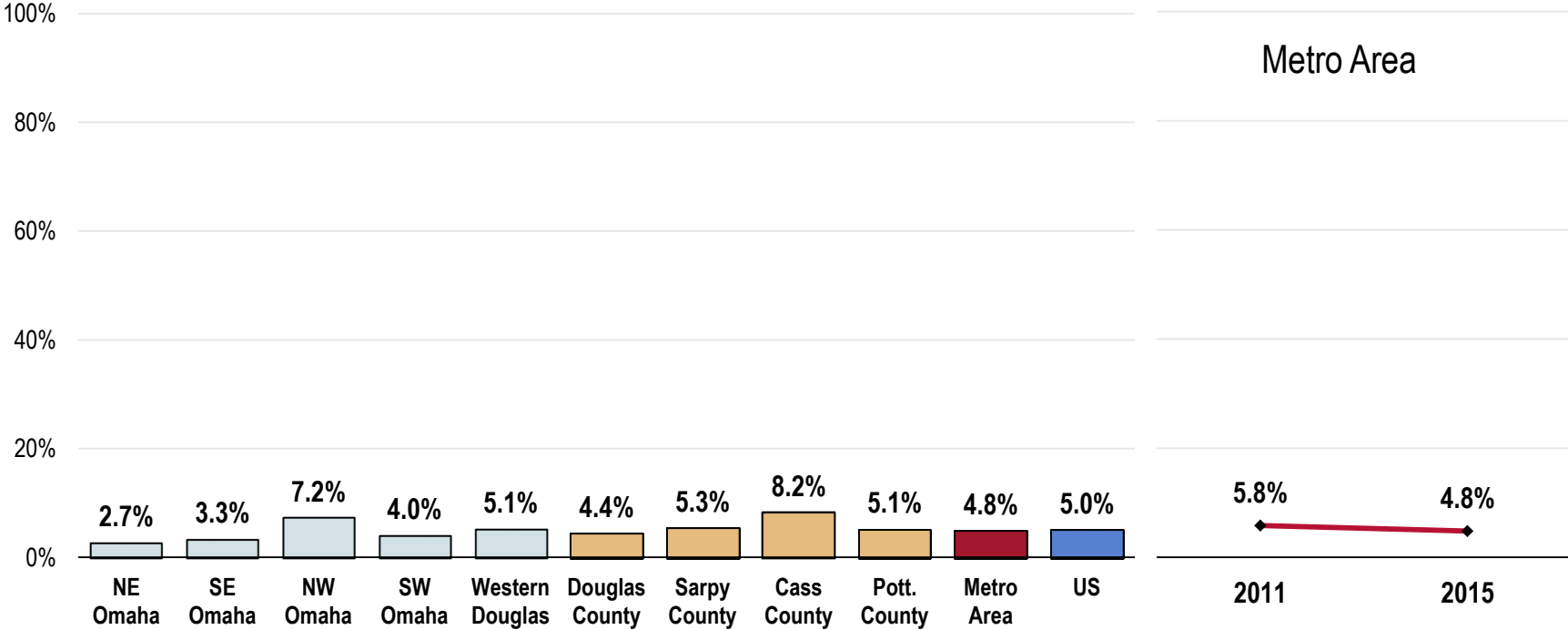## (2011-2013 Annual Average Deaths per 100,000 Population)
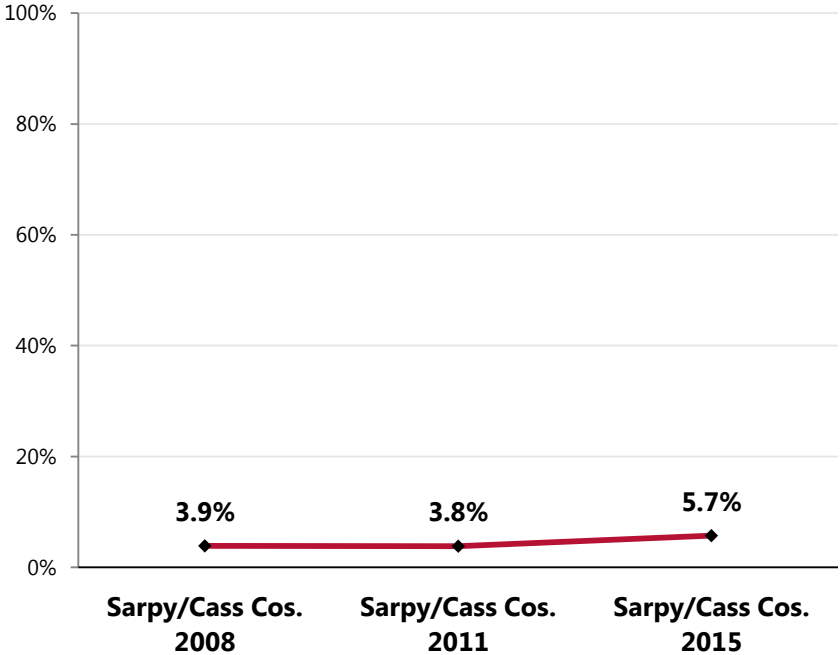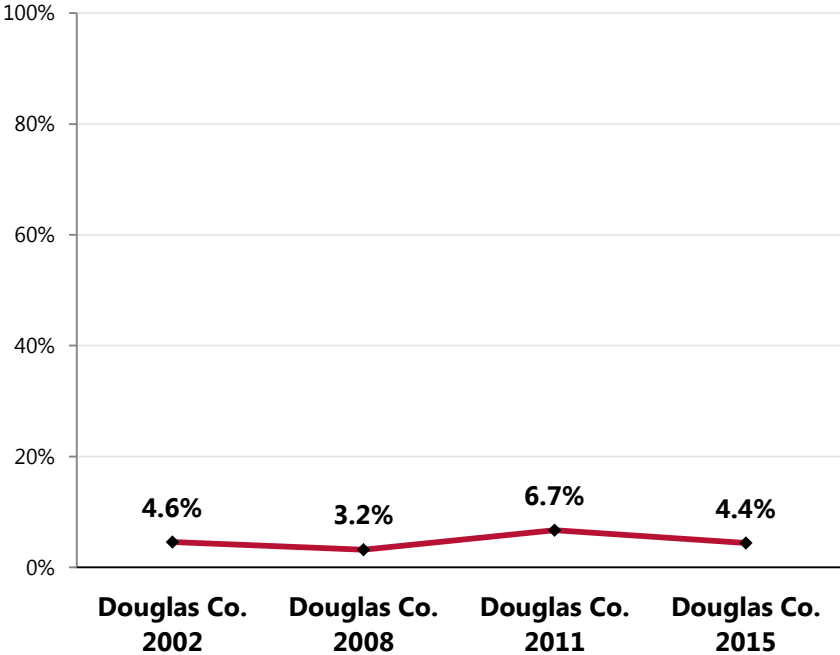### Healthy People 2020 Target = 8.2 or Lower

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2015.
• US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective SA-11]

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
• Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

Cirrhosis/Liver Disease: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 8.2 or Lower

	2004-2006	2005-2007	2006-2008	2007-2009	2008-2010	2009-2011	2010-2012	2011-2013
Metro Area	6.6	6.5	6.6	7.4	7.2	7.2	7.9	8.7
Nebraska	6.8	6.7	6.6	6.6	7.3	7.1	7.7	7.9
Iowa	5.8	6.2	6.1	6.9	7.2	7.4	7.7	7.8
United States	8.9	8.9	9.0	9.1	9.2	9.4	9.7	9.9

Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2015.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective SA-11]

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
- State and national data are simple three-year averages.

Have Driven in the Past Month
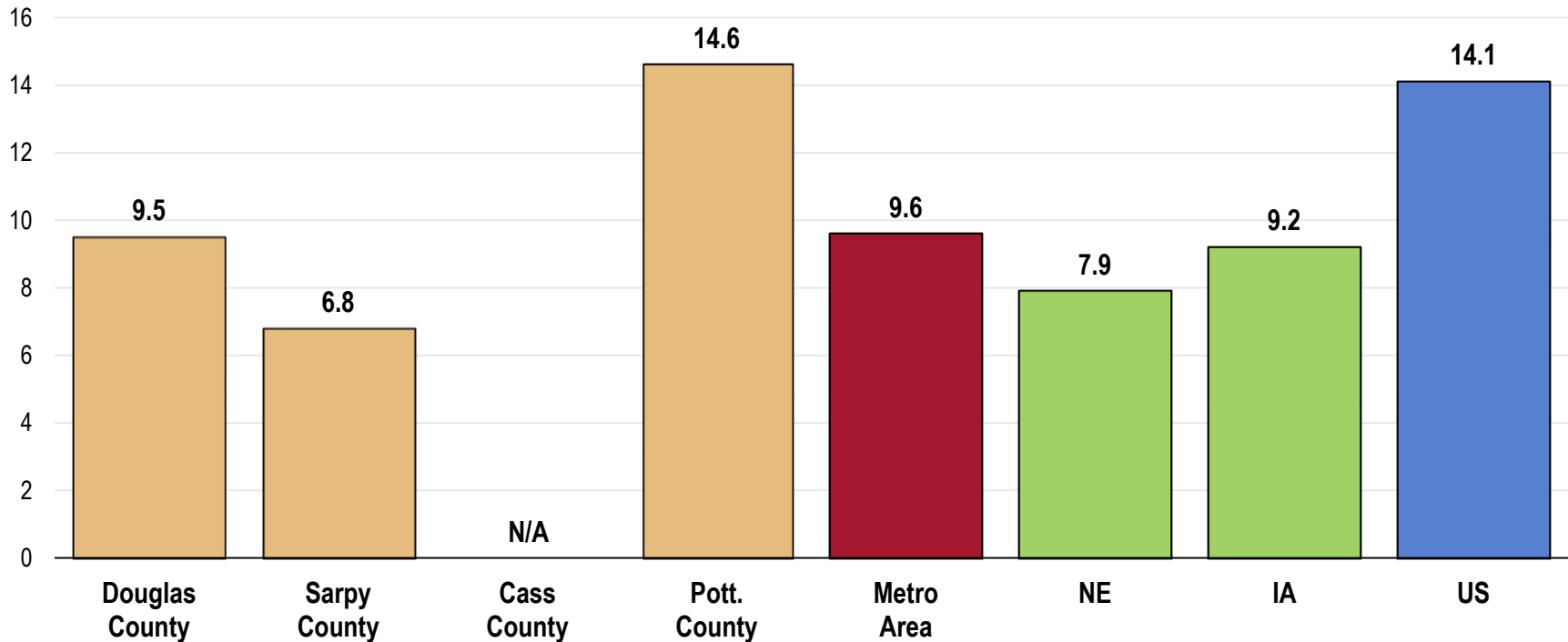# After Perhaps Having Too Much to Drink

Metro Area

Location	Value
NE Omaha	2.7%
SE Omaha	3.3%
NW Omaha	7.2%
SW Omaha	4.0%
Western Douglas	5.1%
Douglas County	4.4%
Sarpy County	5.3%
Cass County	8.2%
Pott. County	5.1%
Metro Area	4.8%
US	5.0%

Year	Value
2011	5.8%
2015	4.8%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 65]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

Professional Research Consultants, Inc.

Have Driven in the Past Month
After Perhaps Having Too Much to Drink

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 65]
Notes: ● Asked of all respondents.

Drug-Induced Deaths: Age-Adjusted Mortality
(2011-2013 Annual Average Deaths per 100,000 Population)
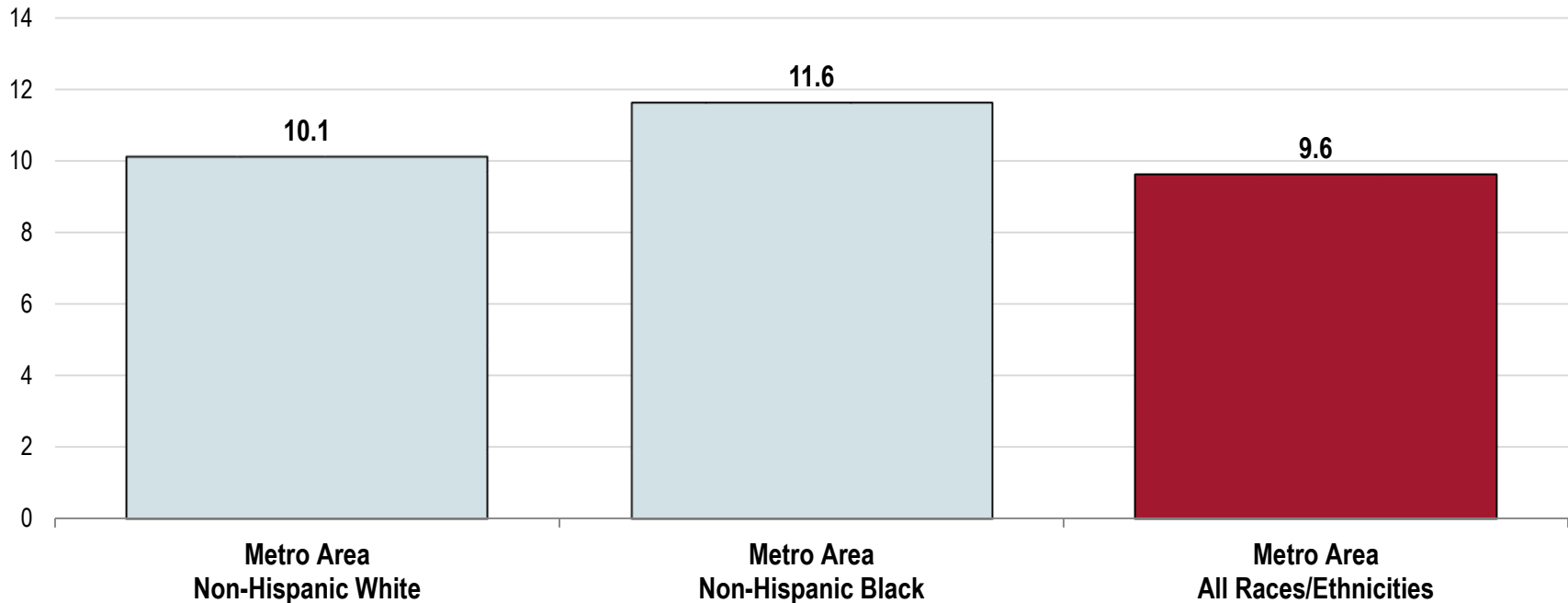### Healthy People 2020 Target = 11.3 or Lower

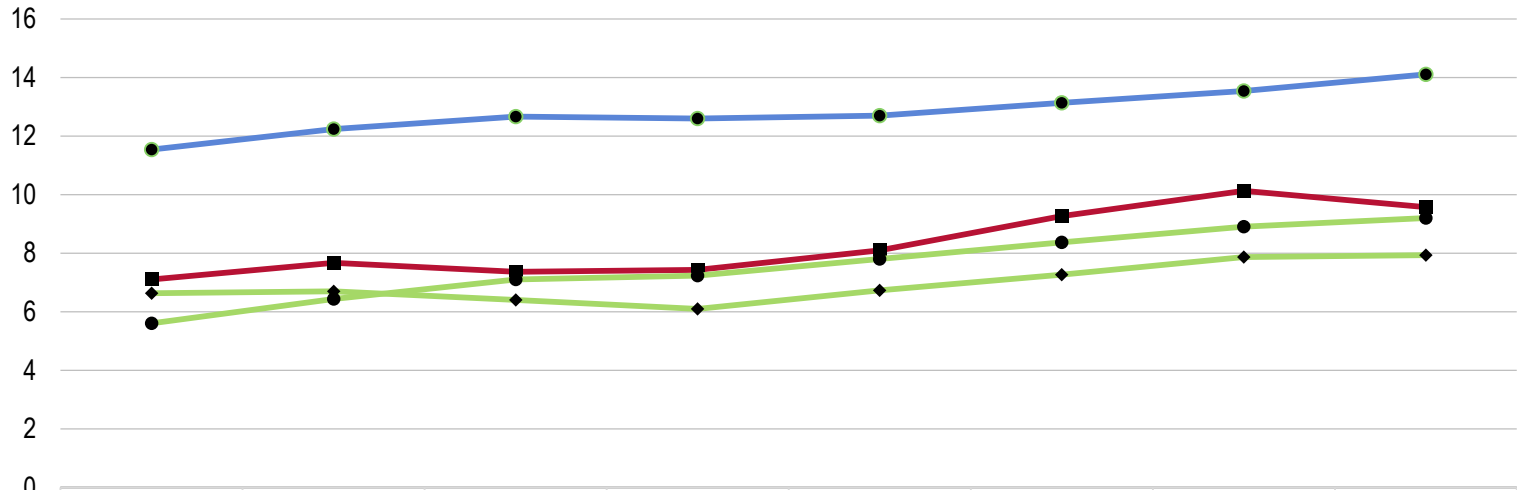|	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	NE	IA	US
	9.5	6.8	N/A	14.6	9.6	7.9	9.2	14.1

Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2015.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective SA-12]

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

Drug-Induced Deaths: Age-Adjusted Mortality by Race
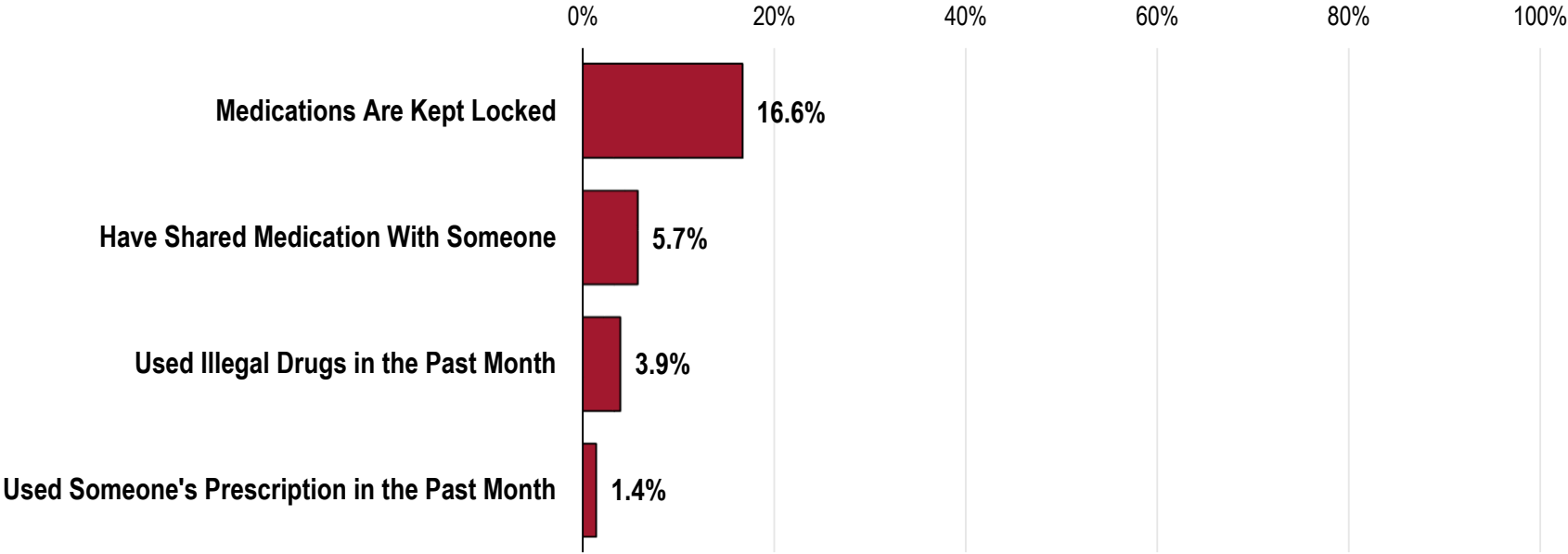## (2011-2013 Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 11.3 or Lower

Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2015.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective SA-12]

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

Drug-Induced Deaths: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 11.3 or Lower

	2004-2006	2005-2007	2006-2008	2007-2009	2008-2010	2009-2011	2010-2012	2011-2013
Metro Area	7.1	7.7	7.4	7.4	8.1	9.3	10.1	9.6
Nebraska	6.6	6.7	6.4	6.1	6.7	7.3	7.9	7.9
Iowa	5.6	6.4	7.1	7.2	7.8	8.4	8.9	9.2
United States	11.5	12.2	12.7	12.6	12.7	13.1	13.5	14.1

Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2015.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective SA-12]

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
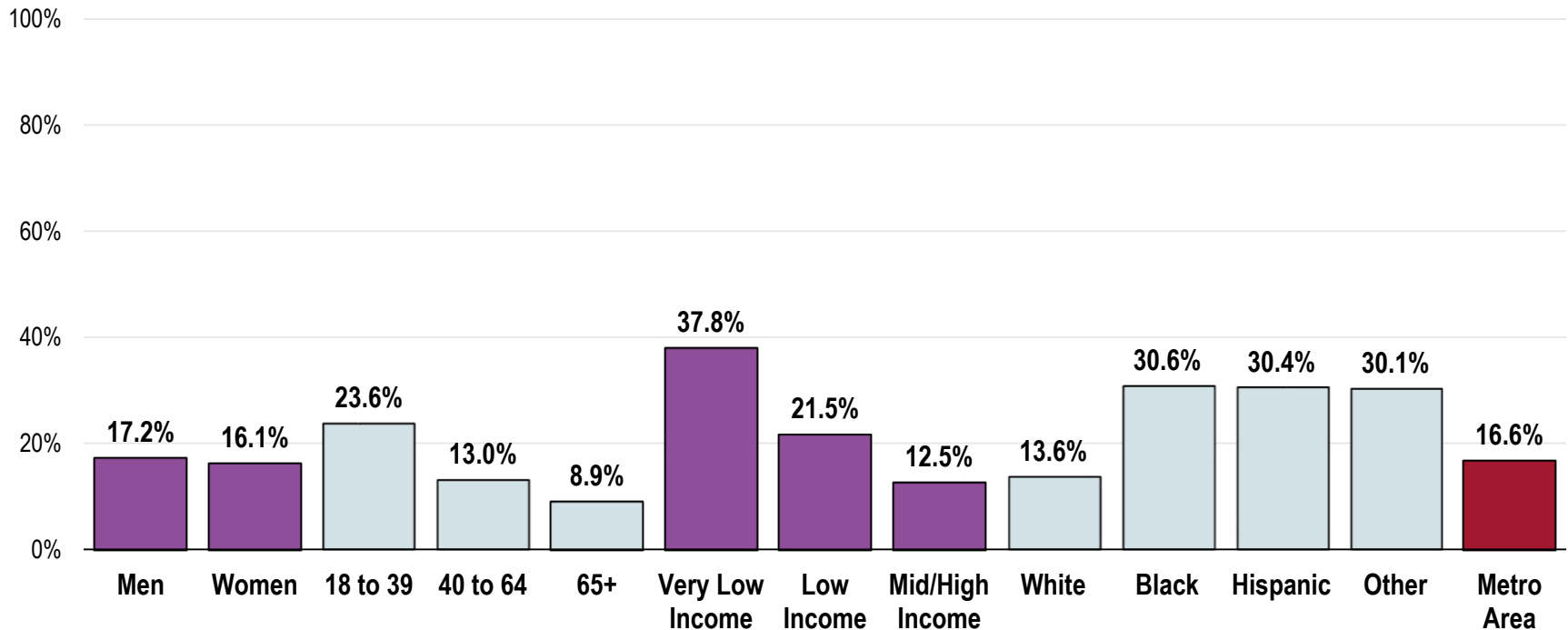- County, state and national data are simple three-year averages.

Drug Misuse
(Metro Area, 2015)

Category	Percentage
Medications Are Kept Locked	16.6%
Have Shared Medication With Someone	5.7%
Used Illegal Drugs in the Past Month	3.9%
Used Someone's Prescription in the Past Month	1.4%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 316-319]
Notes: ● Asked of all respondents.
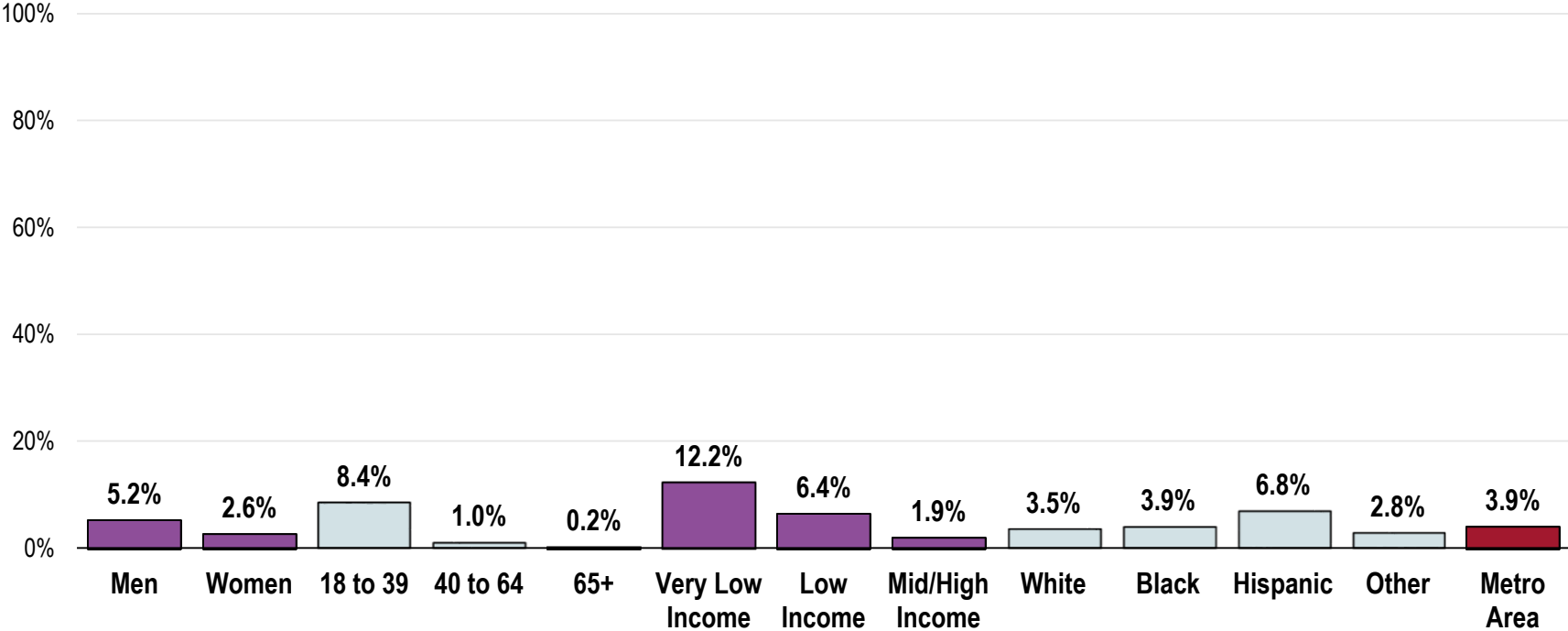
Keep Medications Locked Up
(Metro Area, 2015)

Have Ever Shared Prescription Medication With Someone Else
(Metro Area, 2015)

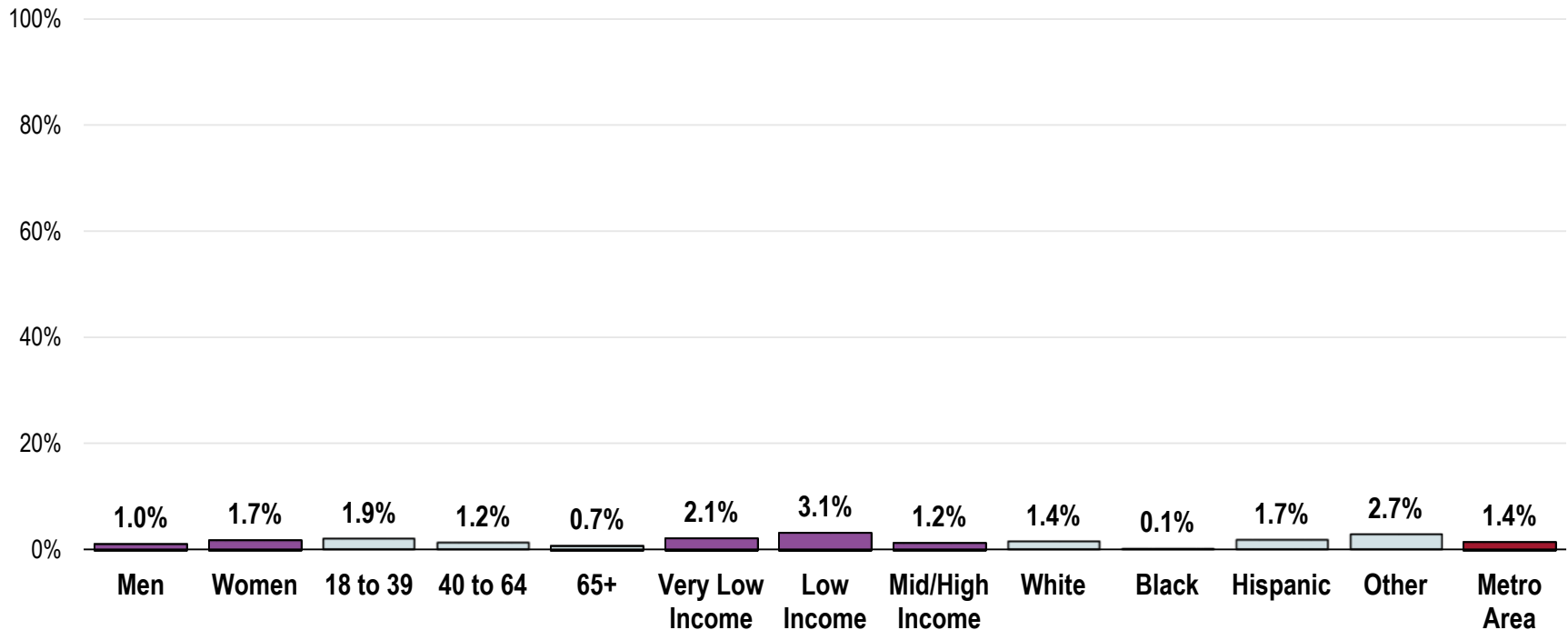|												
Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
4.7%	6.5%	6.3%	6.2%	2.5%	7.7%	7.4%	5.7%	5.8%	5.5%	6.3%	3.3%	5.7%
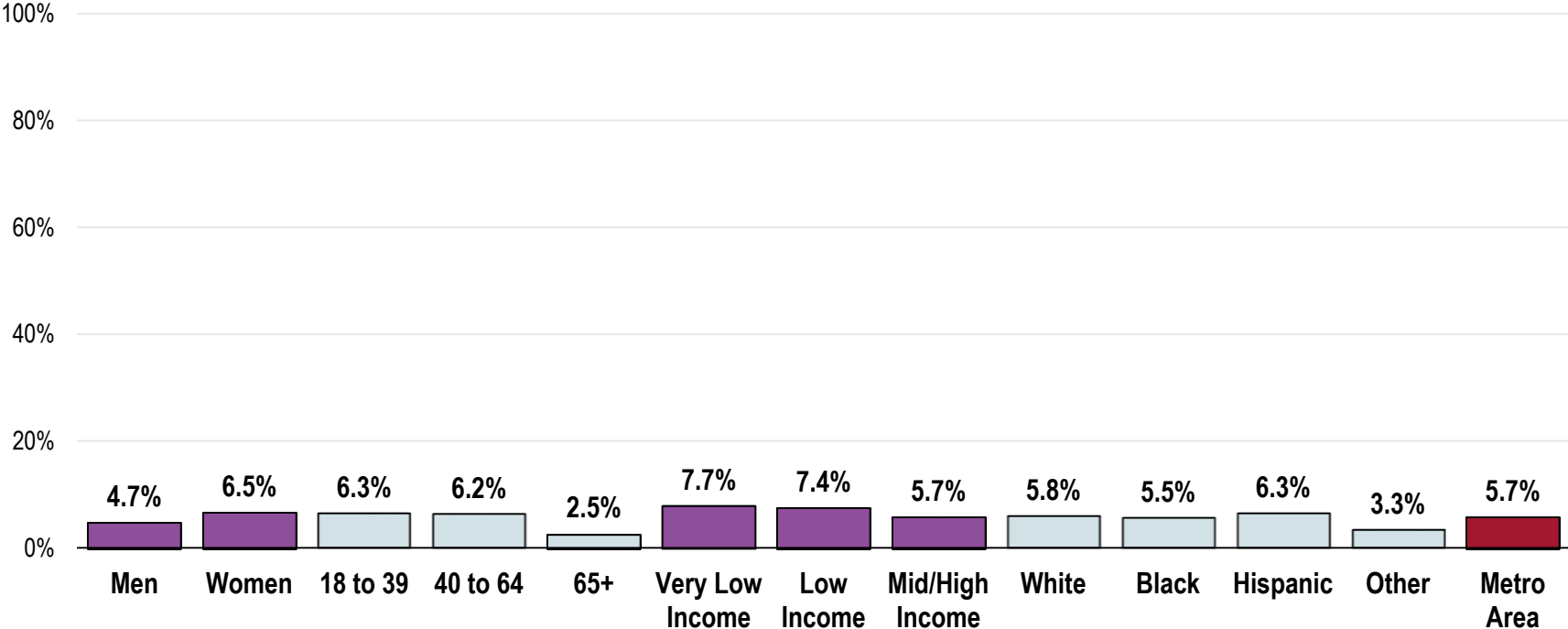
Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 317]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Used an Illegal Drug in the Past Month
(Metro Area, 2015)

Chart values:
- Men: 5.2%
- Women: 2.6%
- 18 to 39: 8.4%
- 40 to 64: 1.0%
- 65+: 0.2%
- Very Low Income: 12.2%
- Low Income: 6.4%
- Mid/High Income: 1.9%
- White: 3.5%
- Black: 3.9%
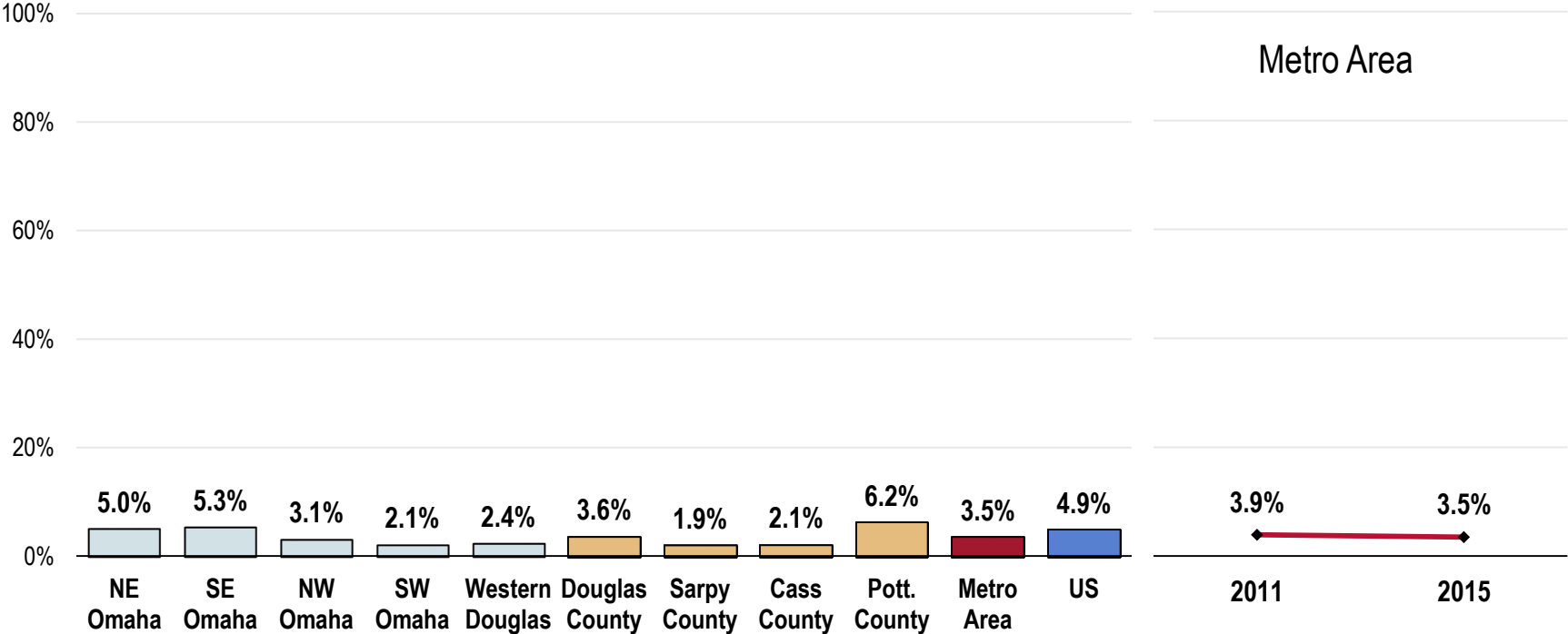- Hispanic: 6.8%
- Other: 2.8%
- Metro Area: 3.9%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 319]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Professional Research Consultants, Inc.

Have Taken Someone Else's Prescription in the Past Month
(Metro Area, 2015)

Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
1.0%	1.7%	1.9%	1.2%	0.7%	2.1%	3.1%	1.2%	1.4%	0.1%	1.7%	2.7%	1.4%

Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 318]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Have Ever Sought Professional Help
for an Alcohol/Drug-Related Problem

Metro Area

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US	2011	2015
	5.0%	5.3%	3.1%	2.1%	2.4%	3.6%	1.9%	2.1%	6.2%	3.5%	4.9%	3.9%	3.5%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 67]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

Have Ever Sought Professional Help
for an Alcohol/Drug-Related Problem
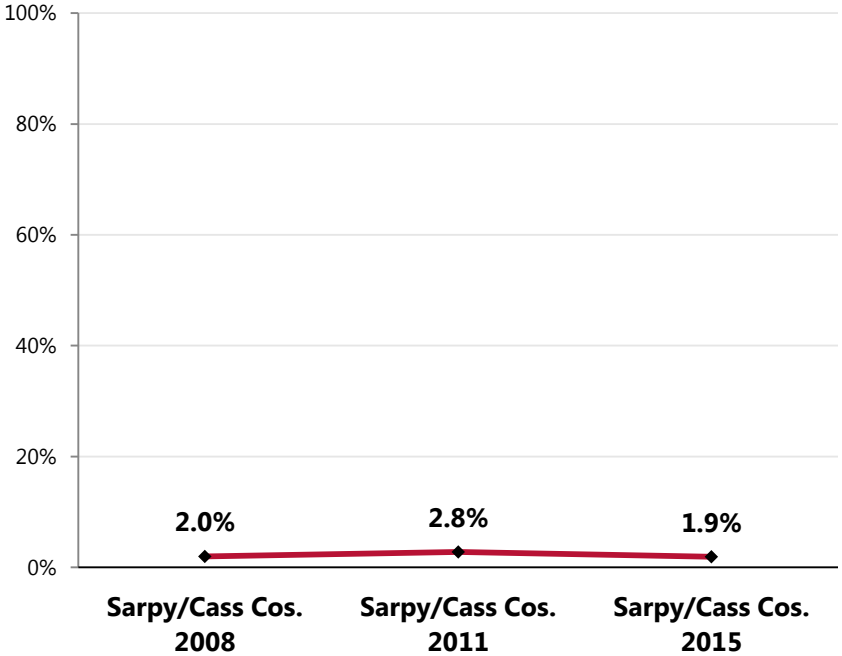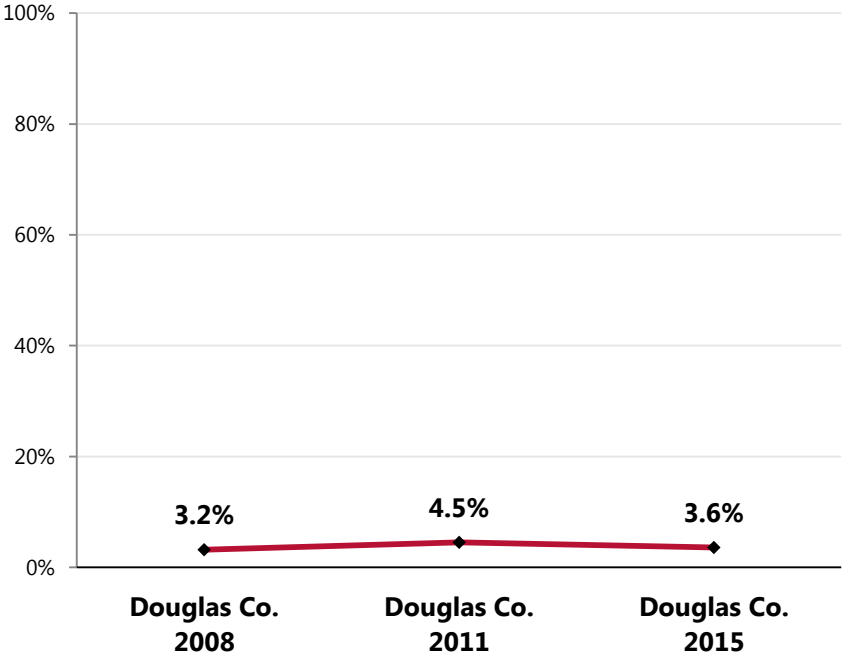
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 67]
Notes: ● Asked of all respondents.

Perceptions of Substance Abuse
as a Problem in the Community
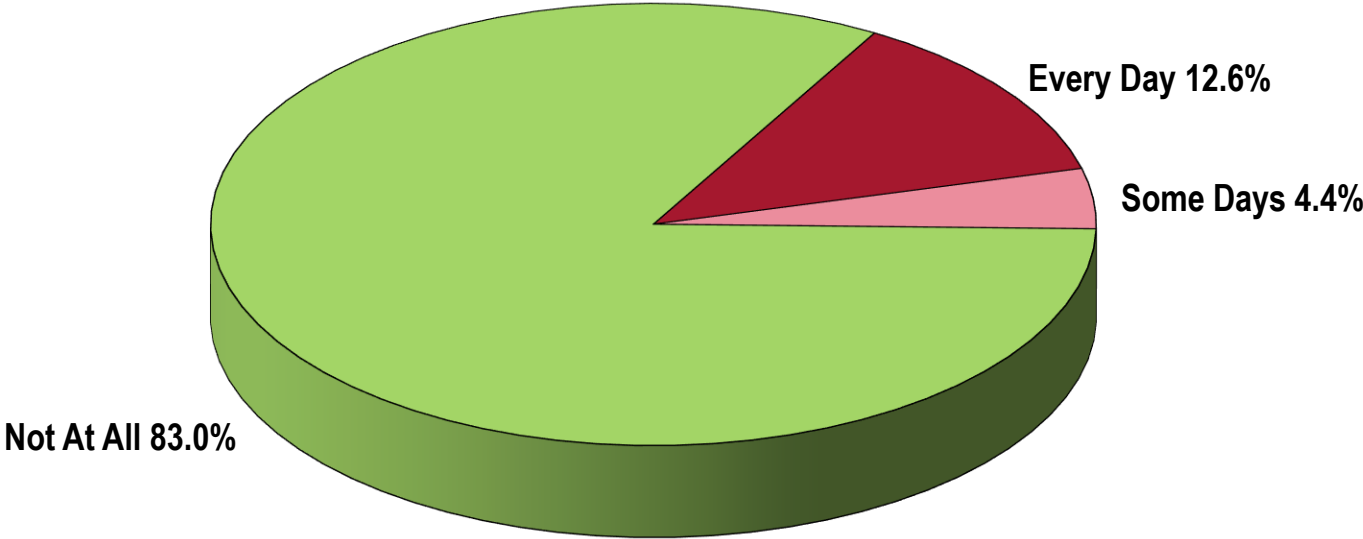## (Key Informants, 2015)

■ Major Problem   □ Moderate Problem   ■ Minor Problem   □ No Problem At All

| 51.5% | 27.7% | 10.9% | |
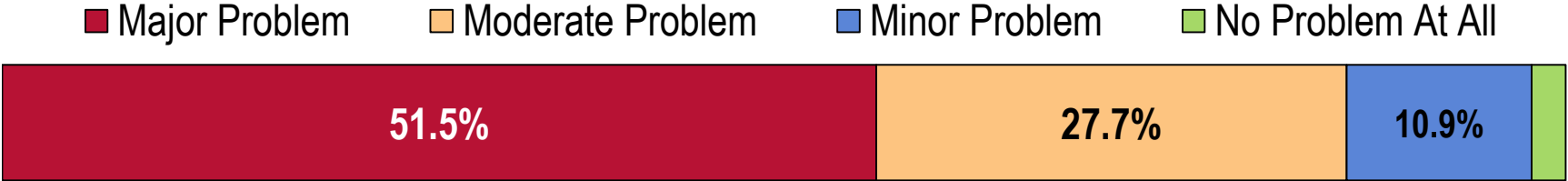
Sources: ●   PRC Key Informant Focus Groups, August 2015.

Most Problematic Substances Abused in the Community
(Among Key Informants Rating Substance Abuse as a "Major Problem," 2015)

	Most Problematic	Second-Most Problematic	Third-Most Problematic	Total Mentions
Alcohol	54.4%	26.3%	12.3%	53
Methamphetamines or Other Amphetamines	24.6%	31.6%	22.8%	45
Prescription Medications	12.3%	12.3%	36.8%	35
Marijuana	7.0%	12.3%	5.3%	14
Cocaine or Crack	1.8%	7.0%	12.3%	12
Over-The-Counter Medications	0.0%	5.3%	3.5%	5
Synthetic Drugs (e.g. Bath Salts, K2/Spice)	0.0%	1.8%	3.5%	3
Club Drugs (e.g. MDMA, GHB, Ecstasy, Molly)	0.0%	3.5%	0.0%	2
Heroin or Other Opioids	0.0%	0.0%	1.8%	1
Inhalants	0.0%	0.0%	1.8%	1

Tobacco Use

Professional Research Consultants, Inc.

Cigarette Smoking Prevalence
(Metro Area, 2015)

Every Day 12.6%

Some Days 4.4%

Not At All 83.0%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 56]
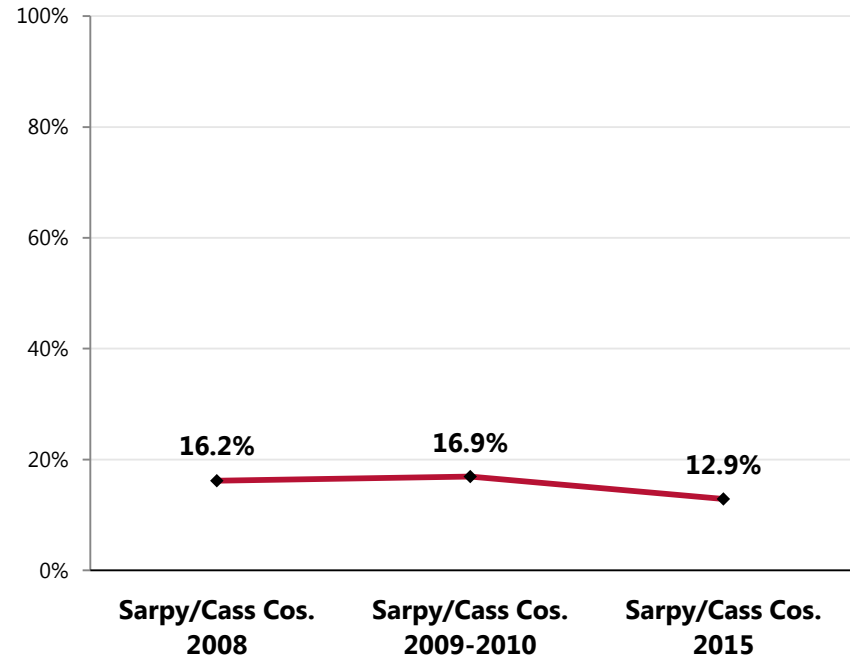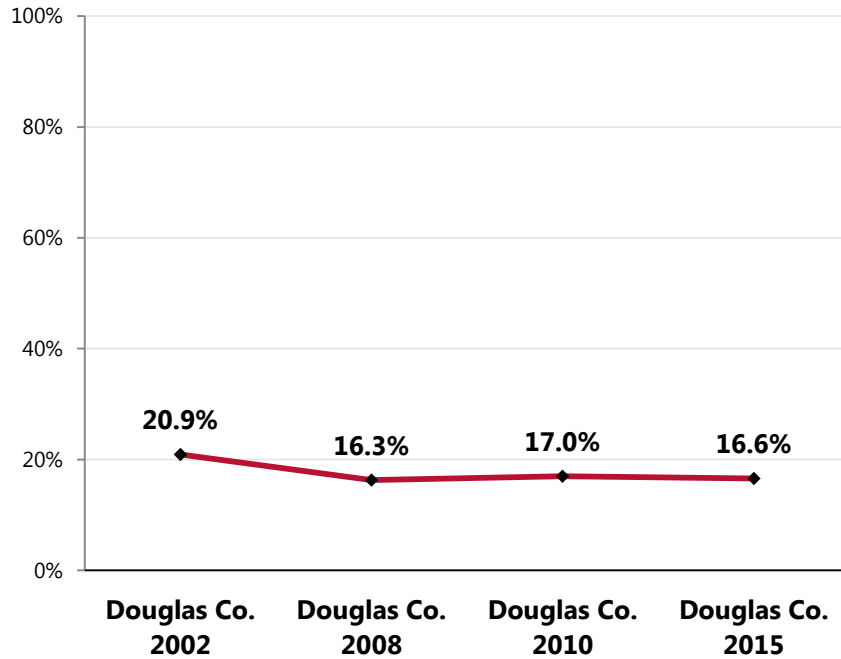Notes: ● Asked of all respondents.

Current Smokers
Healthy People 2020 Target = 12.0% or Lower

22.5%	18.3%	14.6%	14.2%	9.6%	16.6%	12.1%	18.0%	26.5%	17.0%	18.5%	19.5%	14.9%
NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	NE	IA	US
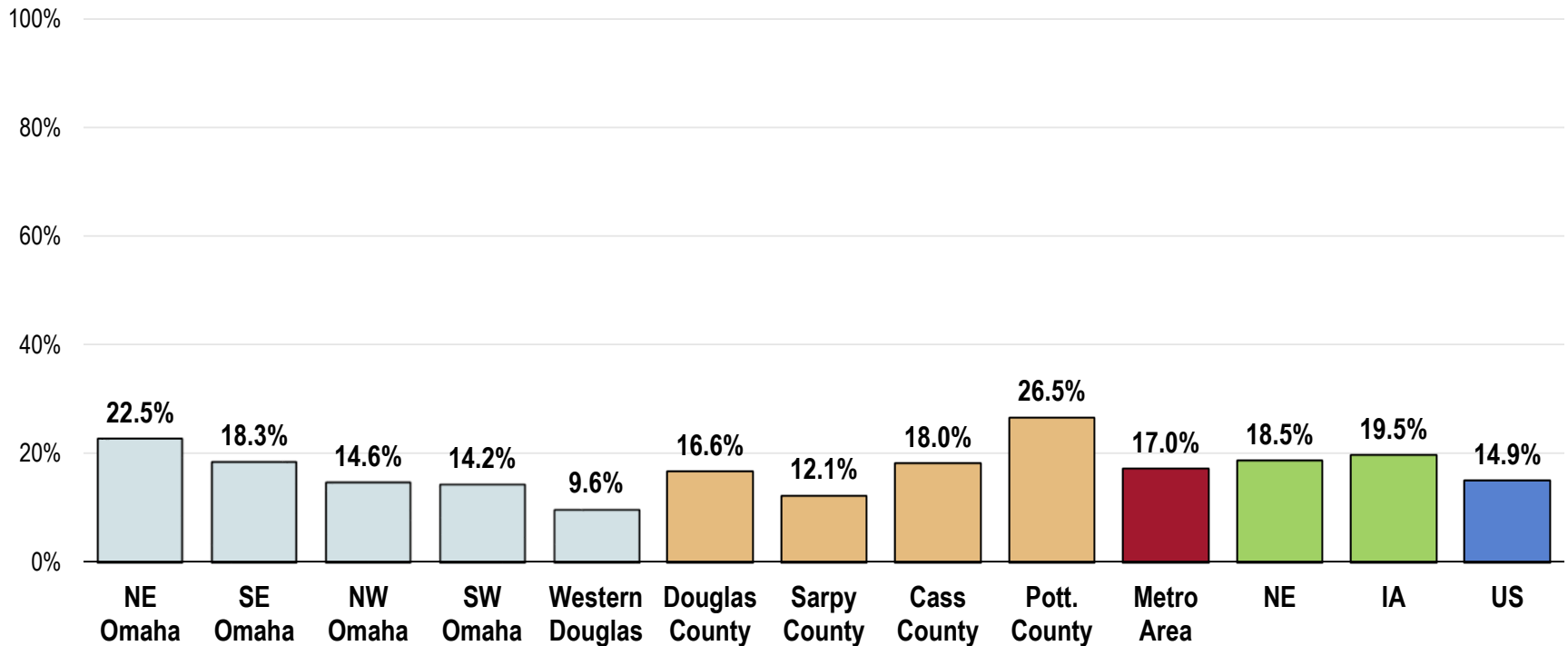
Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 56]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Nebraska. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2013 Nebraska and Iowa data.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective TU-1.1]
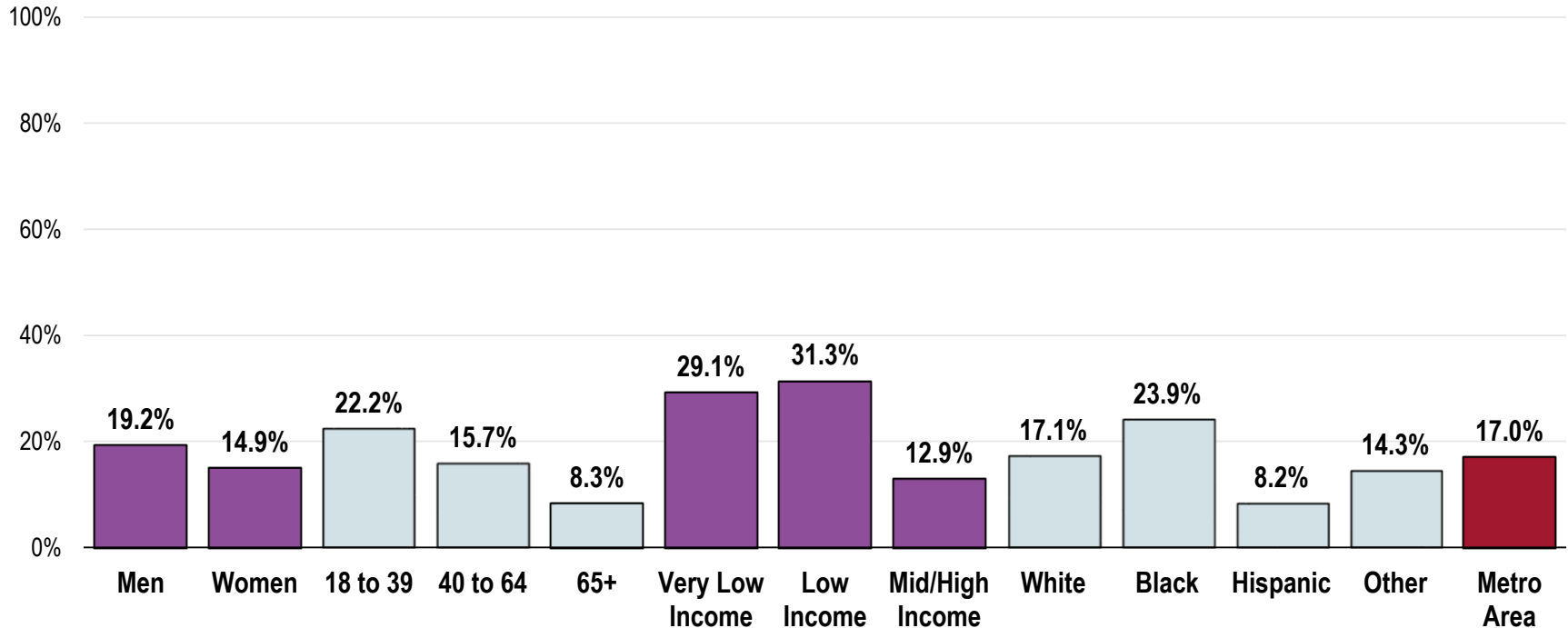
Notes:
- Asked of all respondents.
- Includes regular and occasional smokers (those who smoke cigarettes everyday or on some days).
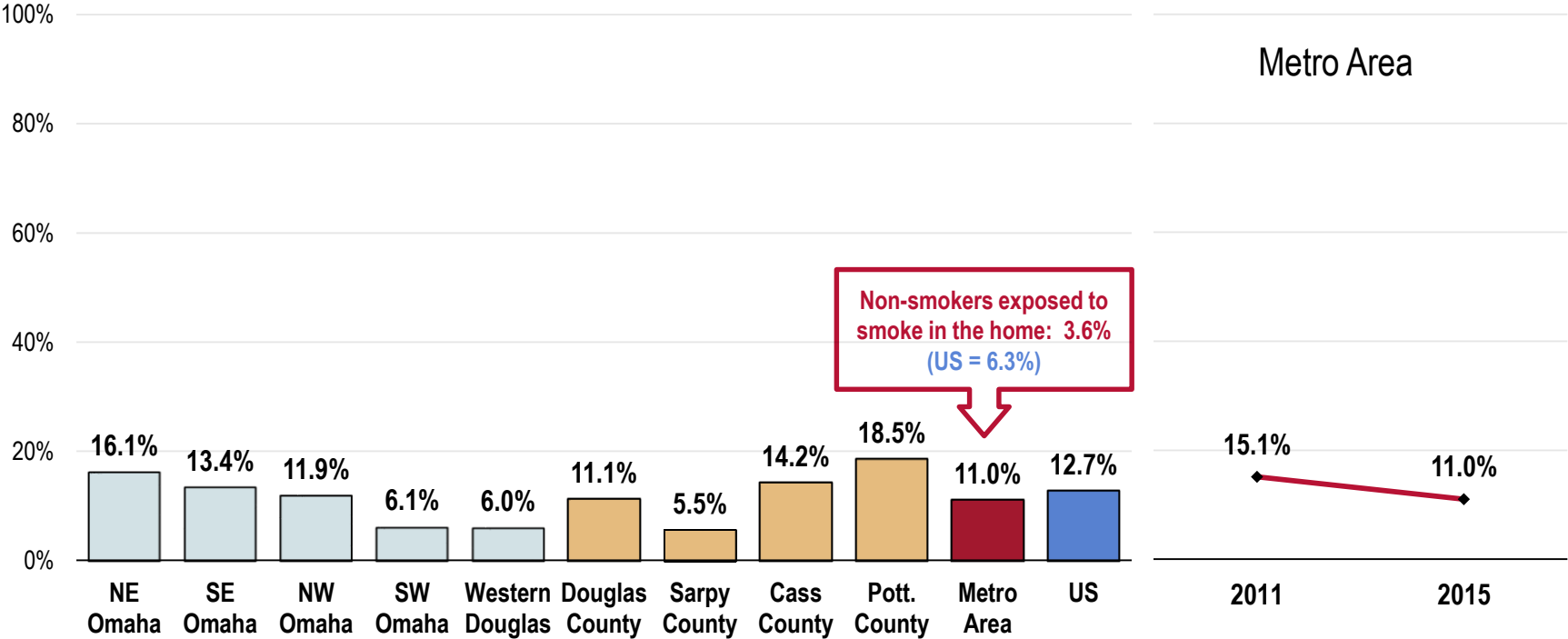
Current Smokers

Current Smokers
(Metro Area, 2015)
Healthy People 2020 Target = 12.0% or Lower

Men	19.2%
Women	14.9%
18 to 39	22.2%
40 to 64	15.7%
65+	8.3%
Very Low Income	29.1%
Low Income	31.3%
Mid/High Income	12.9%
White	17.1%
Black	23.9%
Hispanic	8.2%
Other	14.3%
Metro Area	17.0%

Sources:
● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 56]
● US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective TU-1.1]

Notes:
● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
● Includes regular and occasion smokers (everyday and some days).
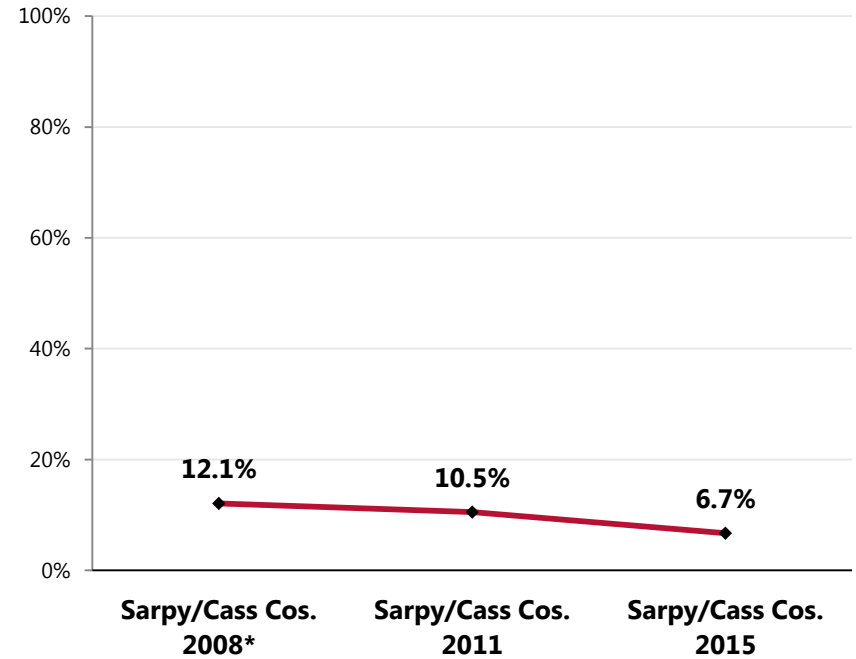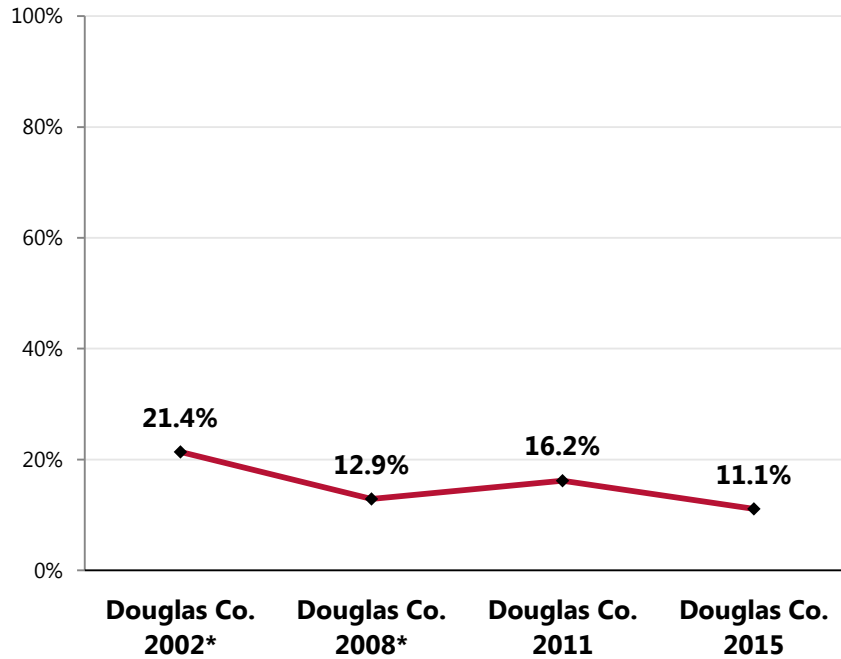
Member of Household Smokes at Home

Metro Area

Non-smokers exposed to smoke in the home: 3.6%
(US = 6.3%)

16.1%	13.4%	11.9%	6.1%	6.0%	11.1%	5.5%	14.2%	18.5%	11.0%	12.7%
NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US

15.1% — 2011
11.0% — 2015

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 59, 158]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents.
- "Smokes at home" refers to someone smoking cigarettes, cigars, or a pipe in the home an average of four or more times per week in the past month.

Member of Household Smokes at Home

Douglas Co. 2002*: 21.4%
Douglas Co. 2008*: 12.9%
Douglas Co. 2011: 16.2%
Douglas Co. 2015: 11.1%

Sarpy/Cass Cos. 2008*: 12.1%
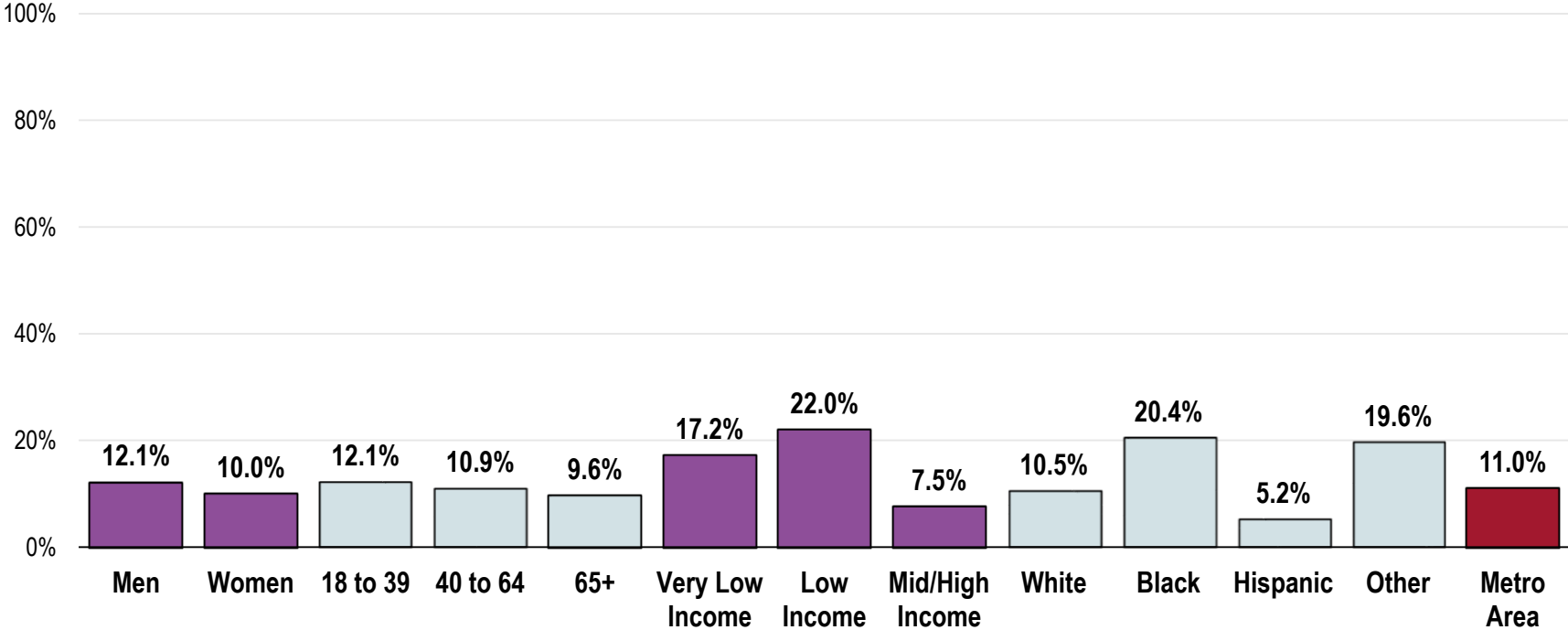Sarpy/Cass Cos. 2011: 10.5%
Sarpy/Cass Cos. 2015: 6.7%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 59, 158]
Notes: ● Asked of all respondents.
● "Smokes at home" refers to someone smoking cigarettes, cigars, or a pipe in the home an average of four or more times per week in the past month.

Member of Household Smokes At Home
(Metro Area, 2015)

	Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
%	12.1%	10.0%	12.1%	10.9%	9.6%	17.2%	22.0%	7.5%	10.5%	20.4%	5.2%	19.6%	11.0%

Sources: • 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 59]
Notes: • Asked of all respondents.
• Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
• Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
• "Smokes at home" refers to someone smoking cigarettes, cigars, or a pipe in the home an average of four or more times per week in the past month.
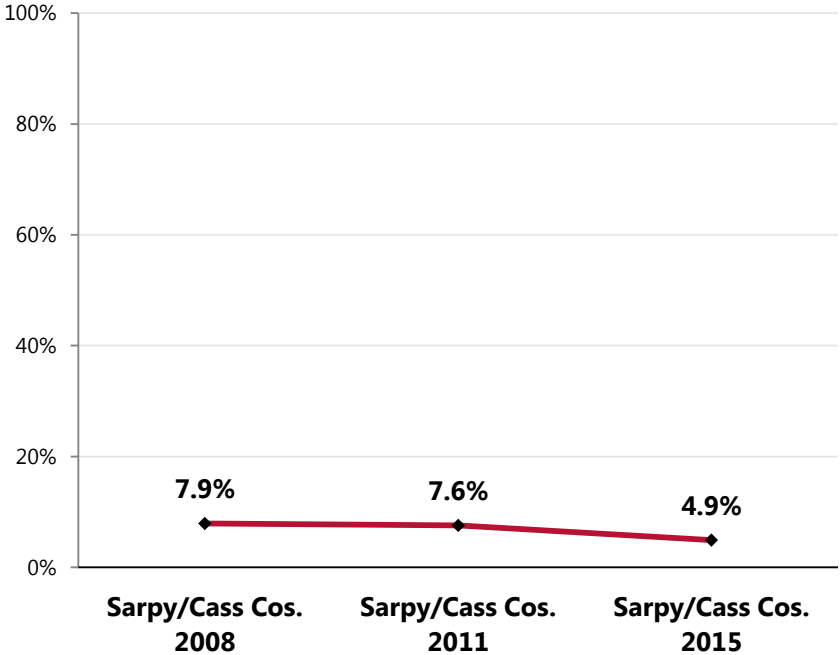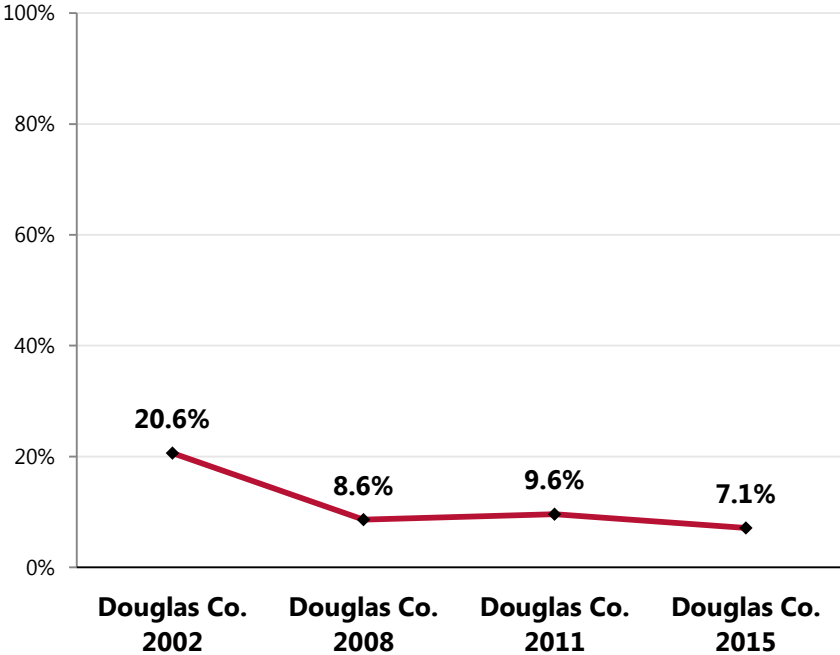
Percentage of Households With Children
In Which Someone Smokes in the Home
(Among Households With Children)

Percentage of Households With Children
In Which Someone Smokes in the Home
(Among Households With Children)
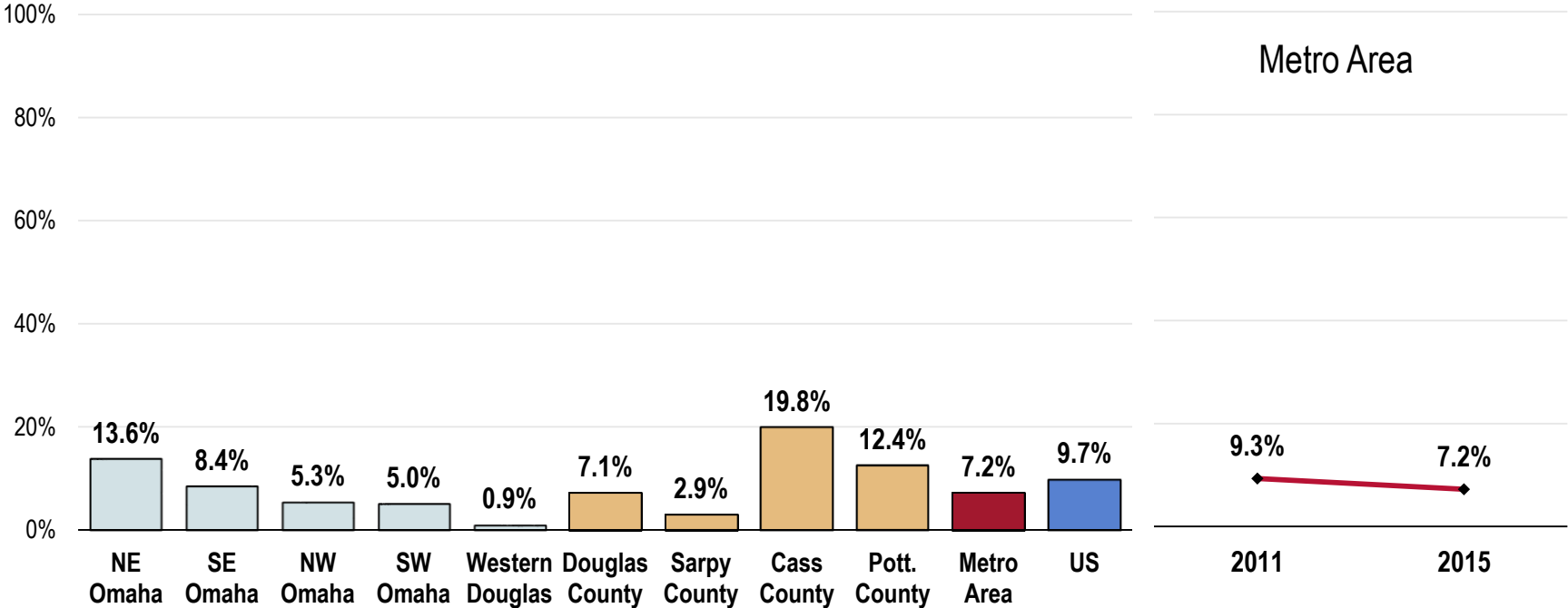
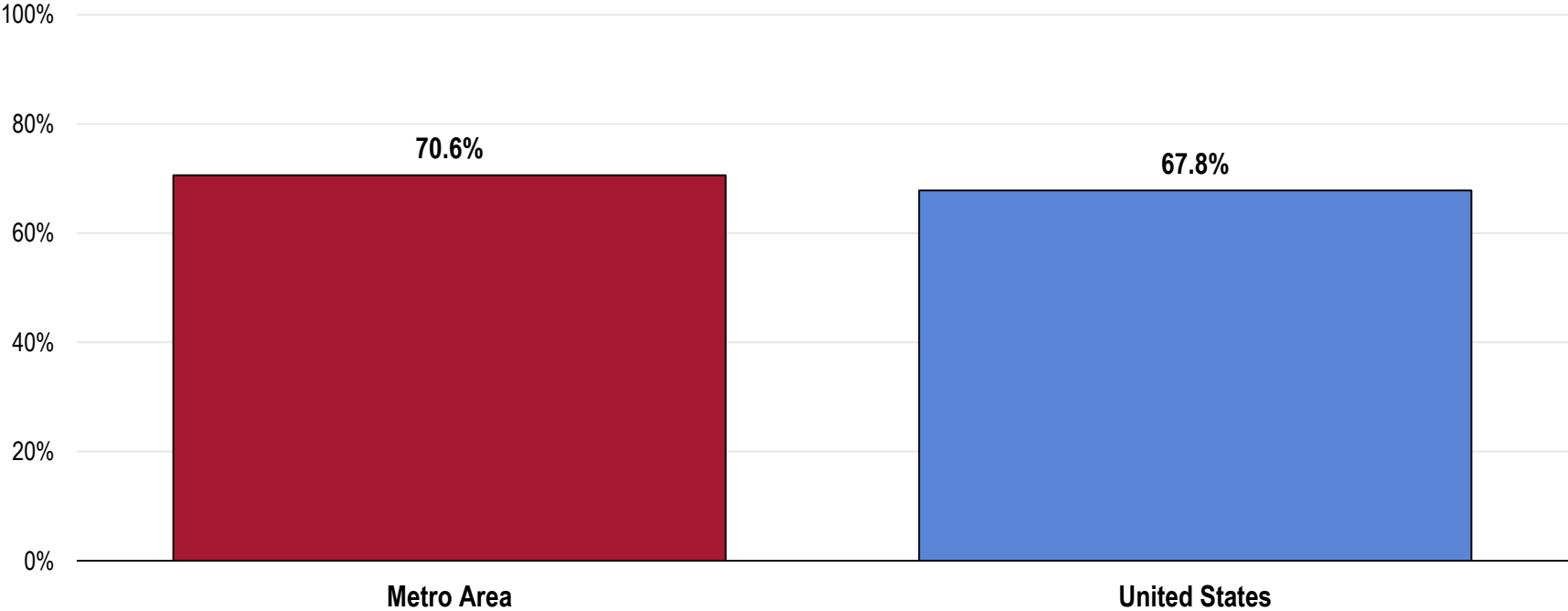Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 159]
Notes: ● Reflects respondents with children 0 to 17 in the household.
● "Smokes at home" refers to someone smoking cigarettes, cigars, or a pipe in the home an average of four or more times per week in the past month.
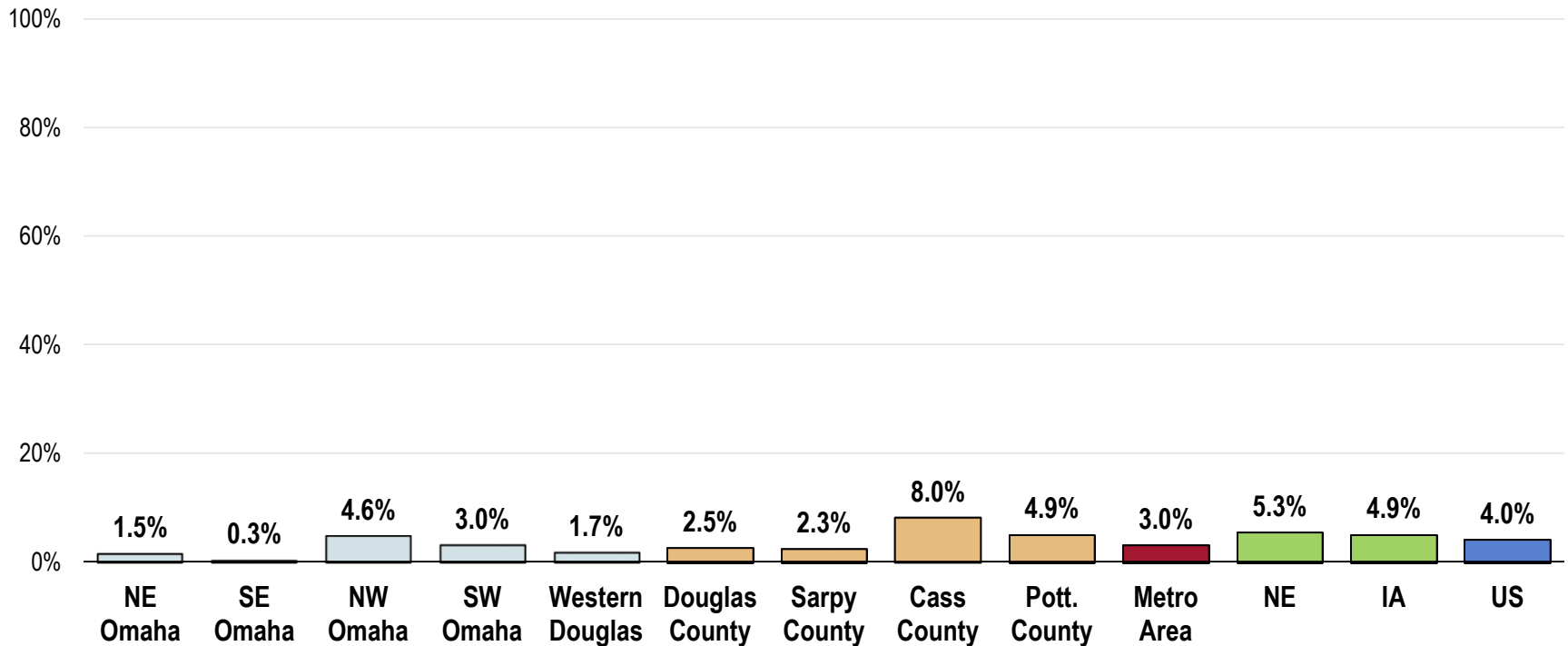
Advised by a Healthcare
Professional in the Past Year to Quit Smoking
(Among Current Smokers)

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 58]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
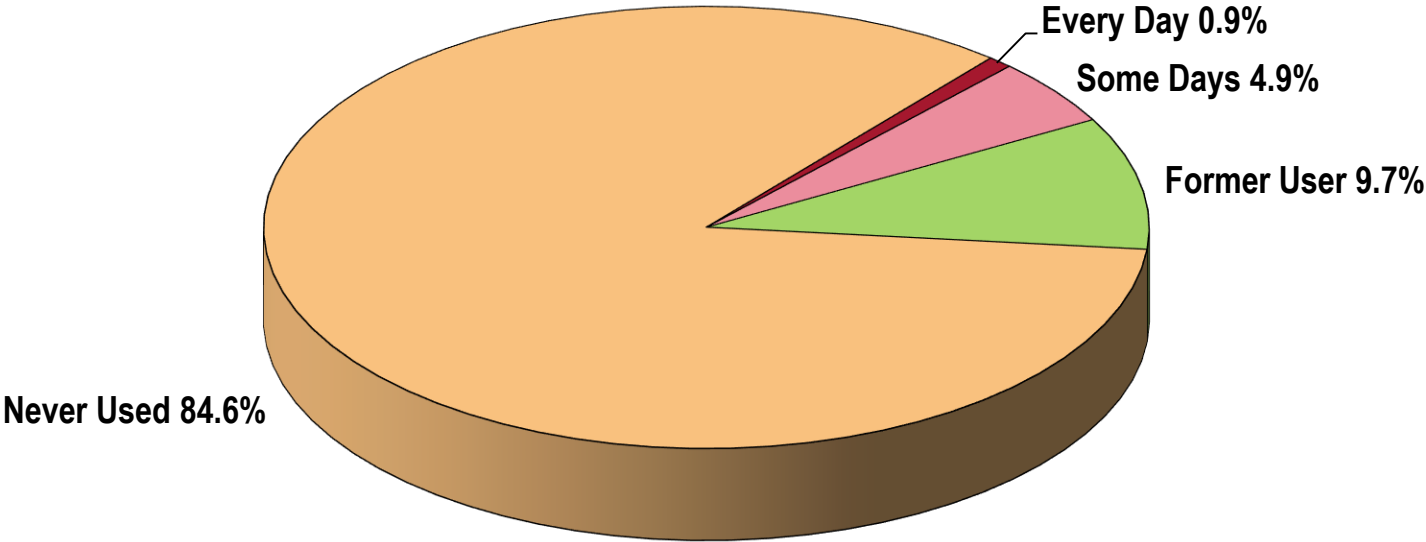Notes: ● Asked of all current smokers.

Professional Research Consultants, Inc.

Use of Smokeless Tobacco
Healthy People 2020 Target = 0.3% or Lower

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	NE	IA	US
	1.5%	0.3%	4.6%	3.0%	1.7%	2.5%	2.3%	8.0%	4.9%	3.0%	5.3%	4.9%	4.0%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 60]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
● Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Nebraska. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2013 Nebraska and Iowa data.
● US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective TU-1.2]
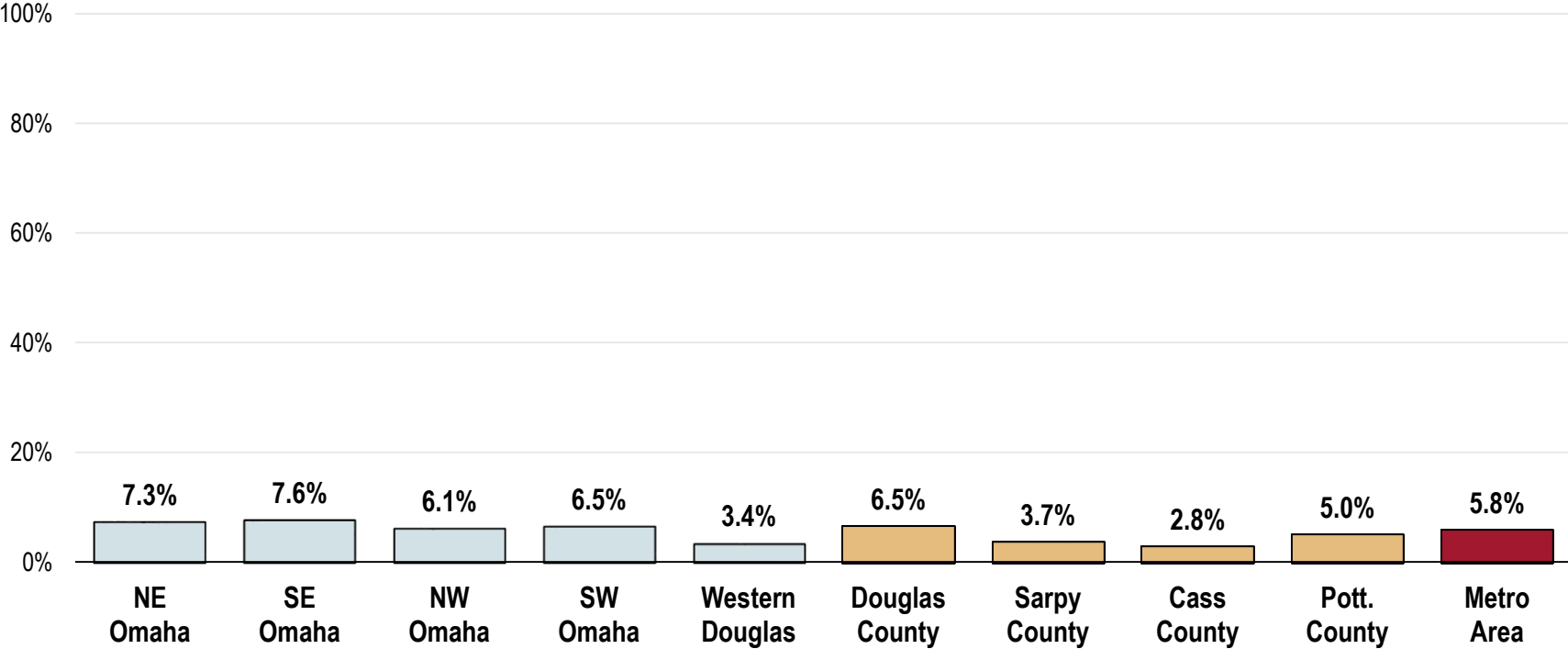
Notes: ● Asked of all respondents.
● Smokeless tobacco includes chewing tobacco or snuff.

Electronic Cigarette (E-Cigarette) Smoking Prevalence
(Metro Area, 2015)

Every Day 0.9%
Some Days 4.9%
Former User 9.7%
Never Used 84.6%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc.   [Item 178]
Notes: ● Asked of all respondents.

Currently Use Electronic Cigarettes (E-Cigarettes)

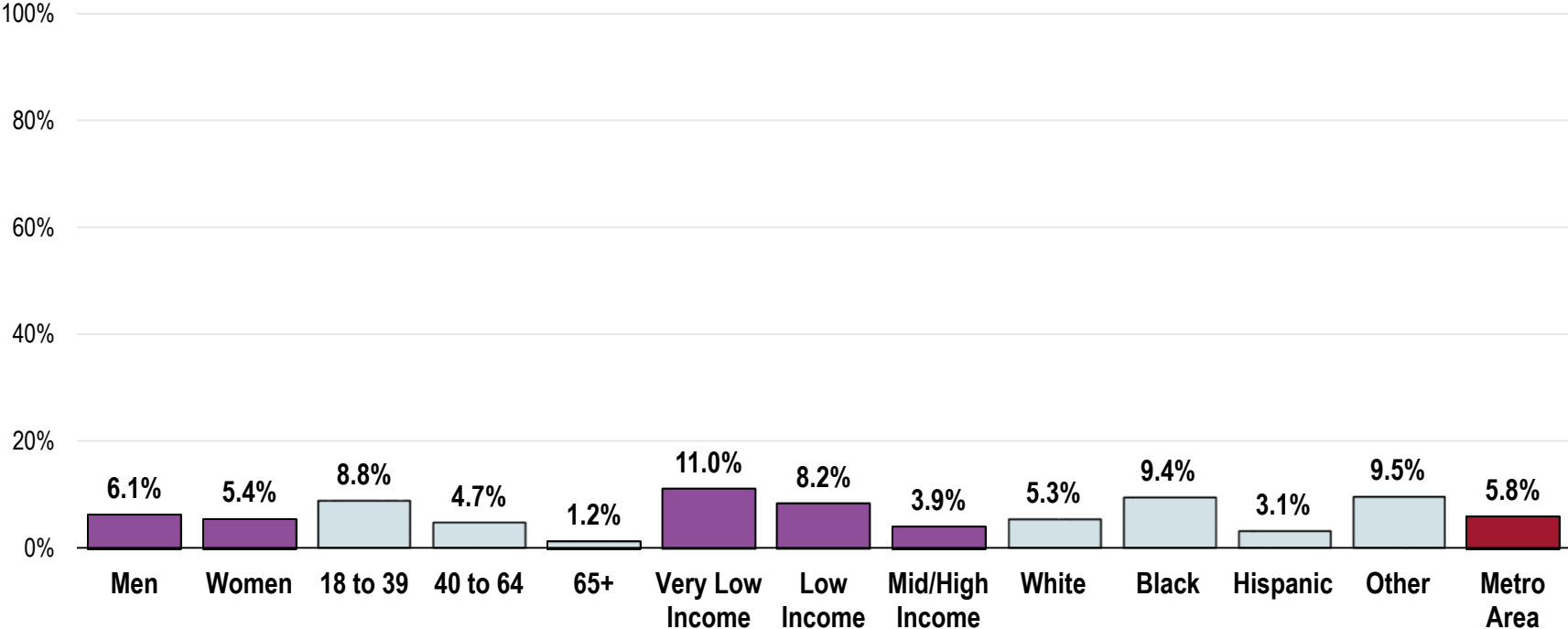|	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area
%	7.3%	7.6%	6.1%	6.5%	3.4%	6.5%	3.7%	2.8%	5.0%	5.8%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 178]
Notes: ● Asked of all respondents.

Currently Use Electronic Cigarettes
(Metro Area, 2015)

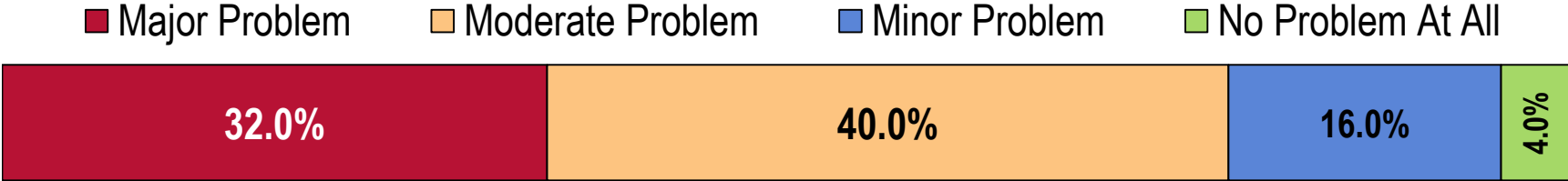| Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
6.1%	5.4%	8.8%	4.7%	1.2%	11.0%	8.2%	3.9%	5.3%	9.4%	3.1%	9.5%	5.8%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 178]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
● Current drinkers had at least one alcoholic drink in the past month.

Perceptions of Tobacco Use
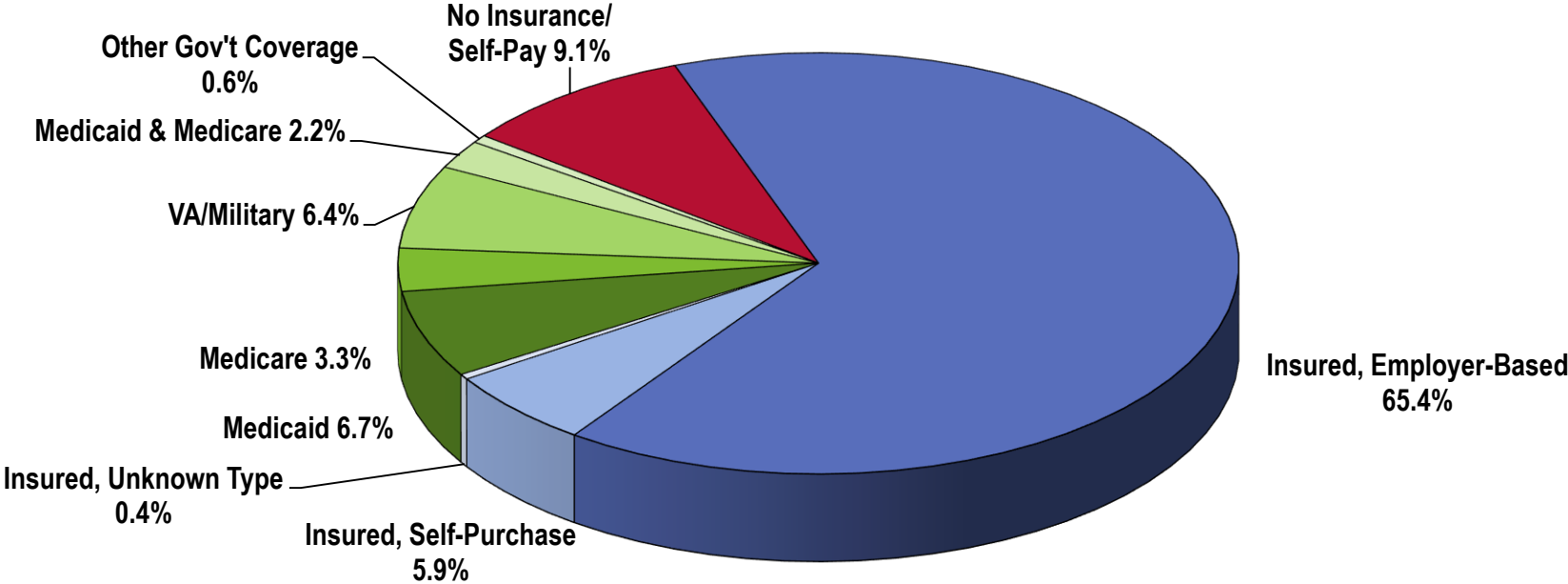# as a Problem in the Community
(Key Informants, 2015)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All

Major Problem	Moderate Problem	Minor Problem	No Problem At All
32.0%	40.0%	16.0%	4.0%

Sources: ● PRC Key Informant Focus Groups, August 2015.

Access to Health Services

Health Insurance Coverage

Professional Research Consultants, Inc.

Healthcare Insurance Coverage
(Among Adults Age 18-64; Metro Area, 2015)

No Insurance/
Self-Pay 9.1%

Other Gov't Coverage
0.6%

Medicaid & Medicare 2.2%

VA/Military 6.4%

Medicare 3.3%

Medicaid 6.7%

Insured, Unknown Type
0.4%

Insured, Self-Purchase
5.9%

Insured, Employer-Based
65.4%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 165]
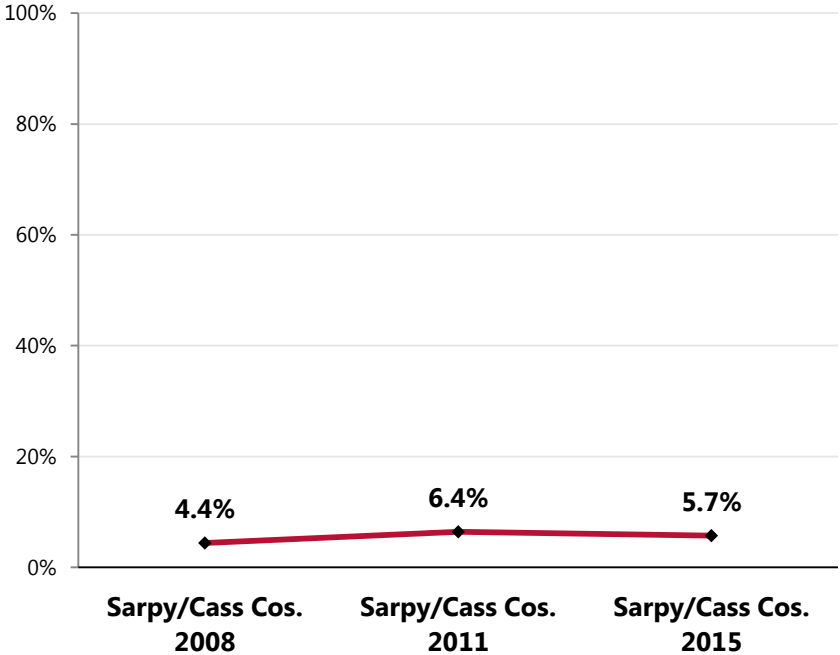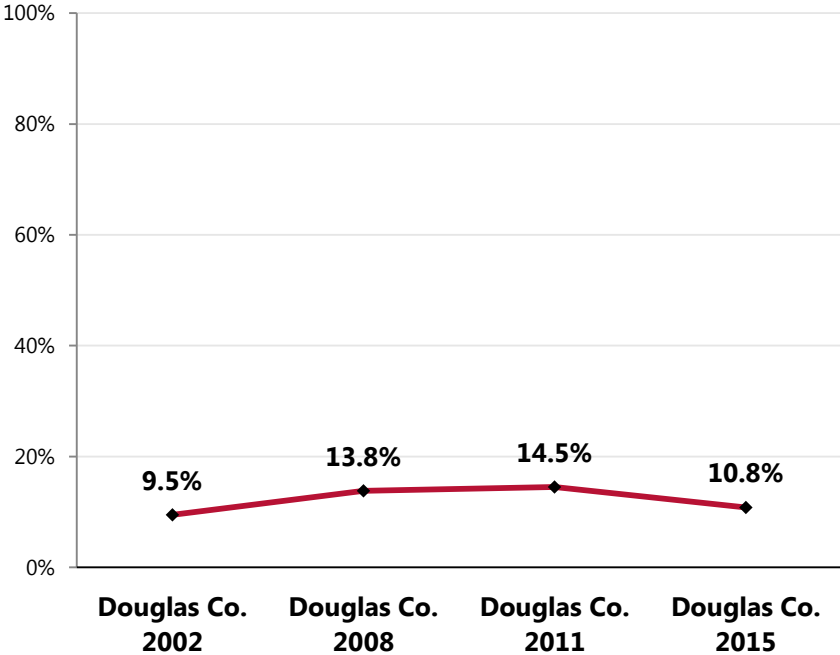Notes: ● Reflects respondents age 18 to 64.

Lack of Healthcare Insurance Coverage
(Among Adults Age 18-64)
Healthy People 2020 Target = 0.0% (Universal Coverage)

Metro Area

Category	Value
NE Omaha	21.6%
SE Omaha	19.6%
NW Omaha	4.5%
SW Omaha	2.6%
Western Douglas	6.1%
Douglas County	10.8%
Sarpy County	5.3%
Cass County	8.2%
Pott. County	6.5%
Metro Area	9.1%
NE	17.6%
IA	12.7%
US	15.1%

Metro Area trend: 2011 = 12.1%, 2015 = 9.1%
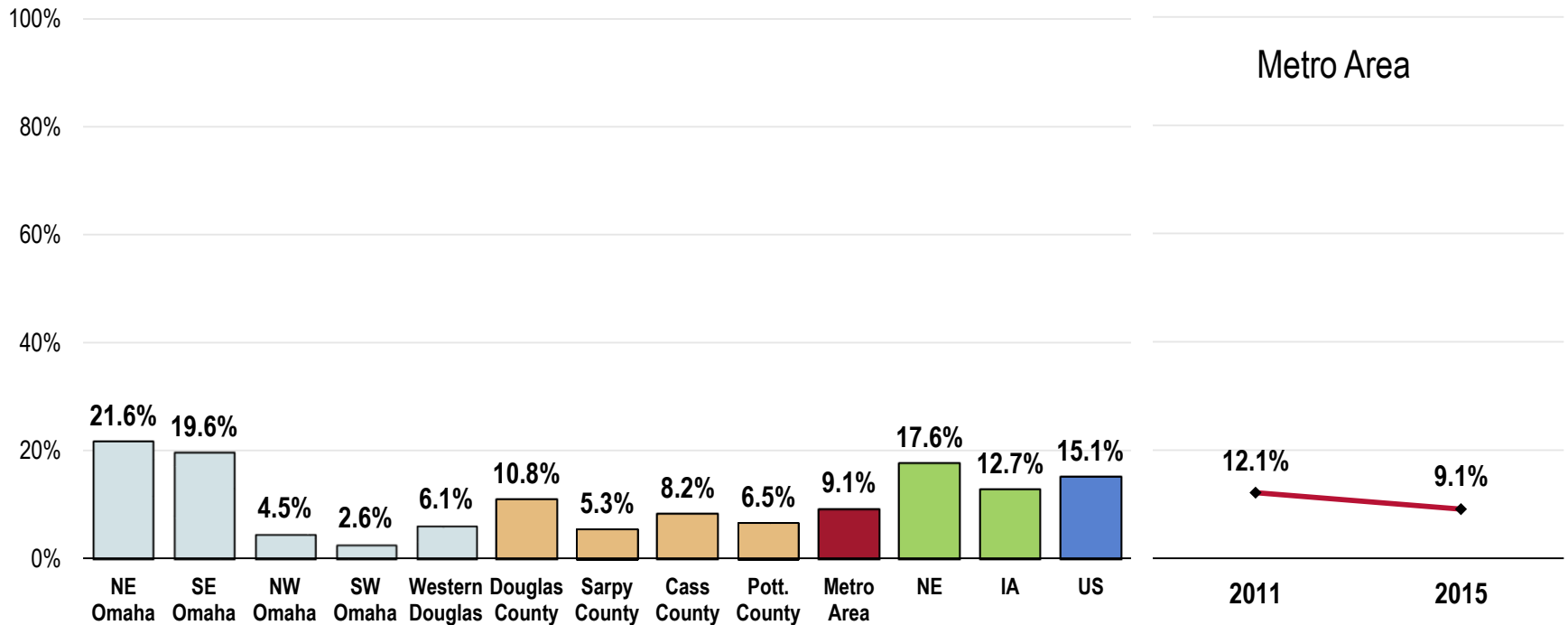
Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 165]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Nebraska. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2013 Nebraska and Iowa data.
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective AHS-1]

Notes:
- Asked of all respondents under the age of 65.

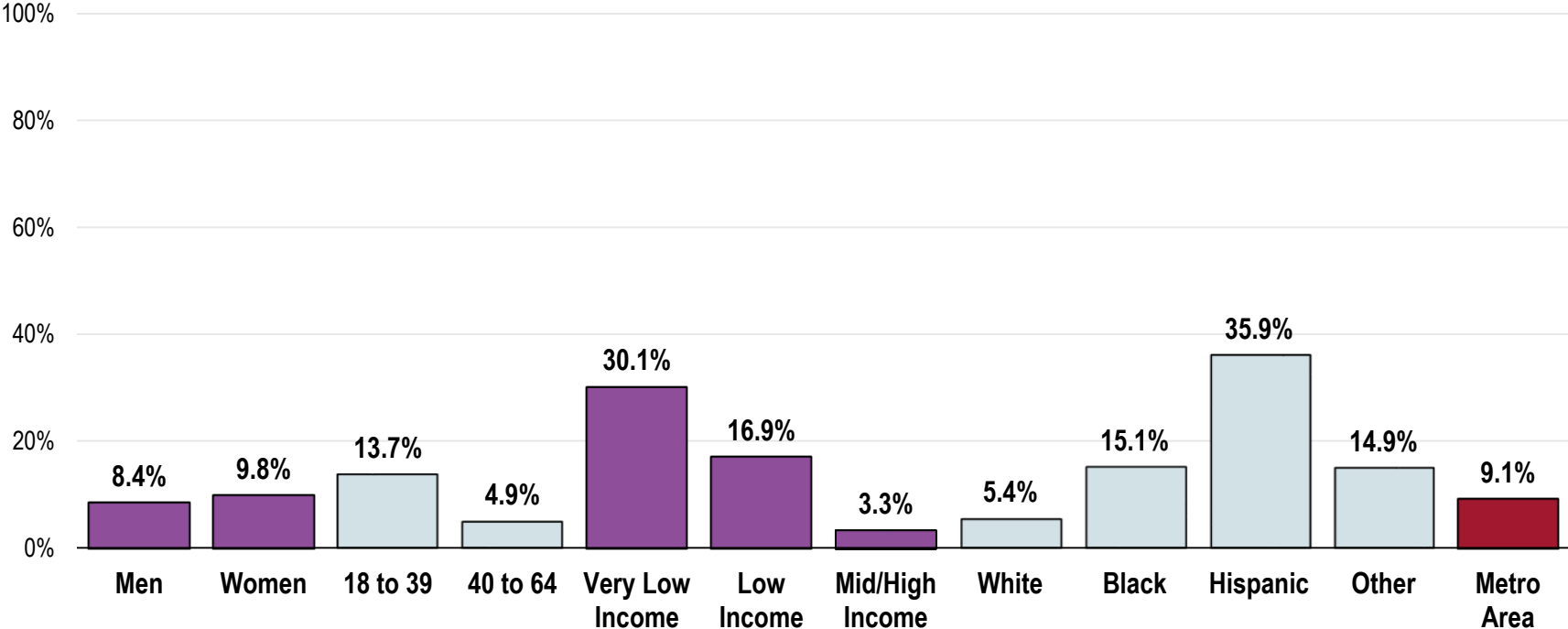# Lack of Healthcare Insurance Coverage
(Among Adults Age 18-64)

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 165]
Notes: ● Asked of all respondents under the age of 65.

Lack of Healthcare Insurance Coverage
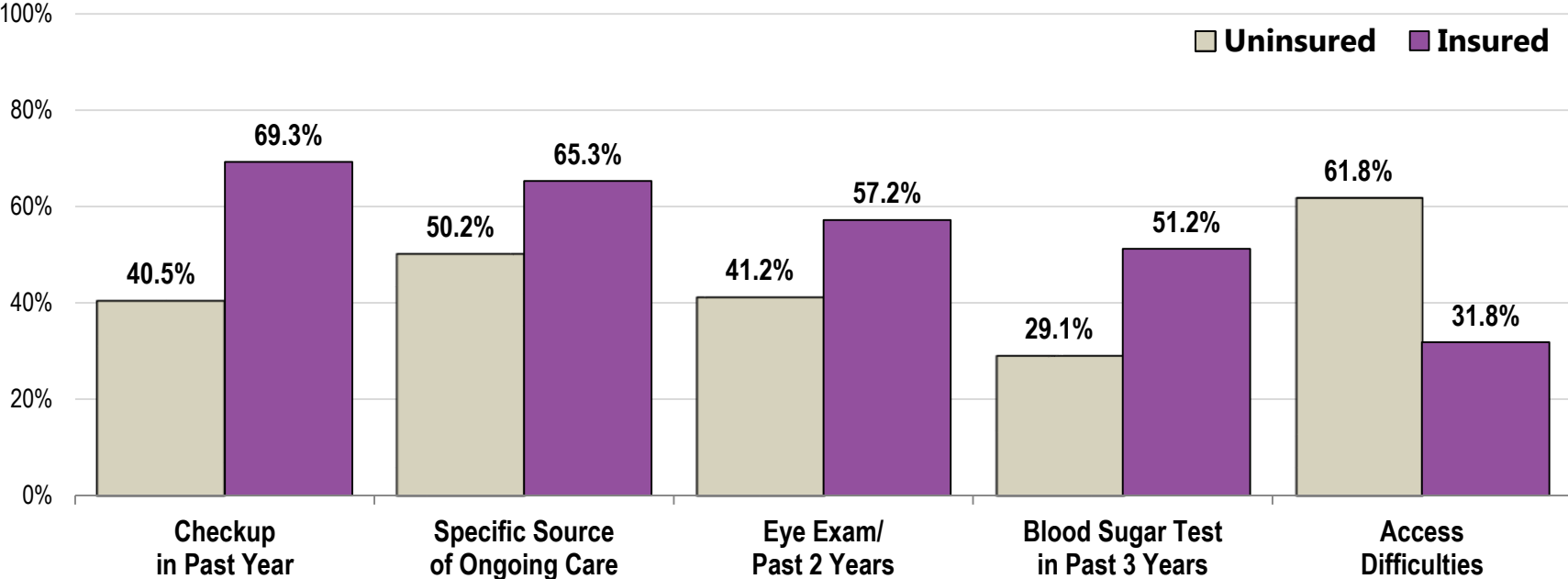## (Among Adults Age 18-64; Metro Area, 2015)
Healthy People 2020 Target = 0.0% (Universal Coverage)

Category	Value
Men	8.4%
Women	9.8%
18 to 39	13.7%
40 to 64	4.9%
Very Low Income	30.1%
Low Income	16.9%
Mid/High Income	3.3%
White	5.4%
Black	15.1%
Hispanic	35.9%
Other	14.9%
Metro Area	9.1%

Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 165]
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective AHS-1]

Notes:
- Asked of all respondents under the age of 65.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
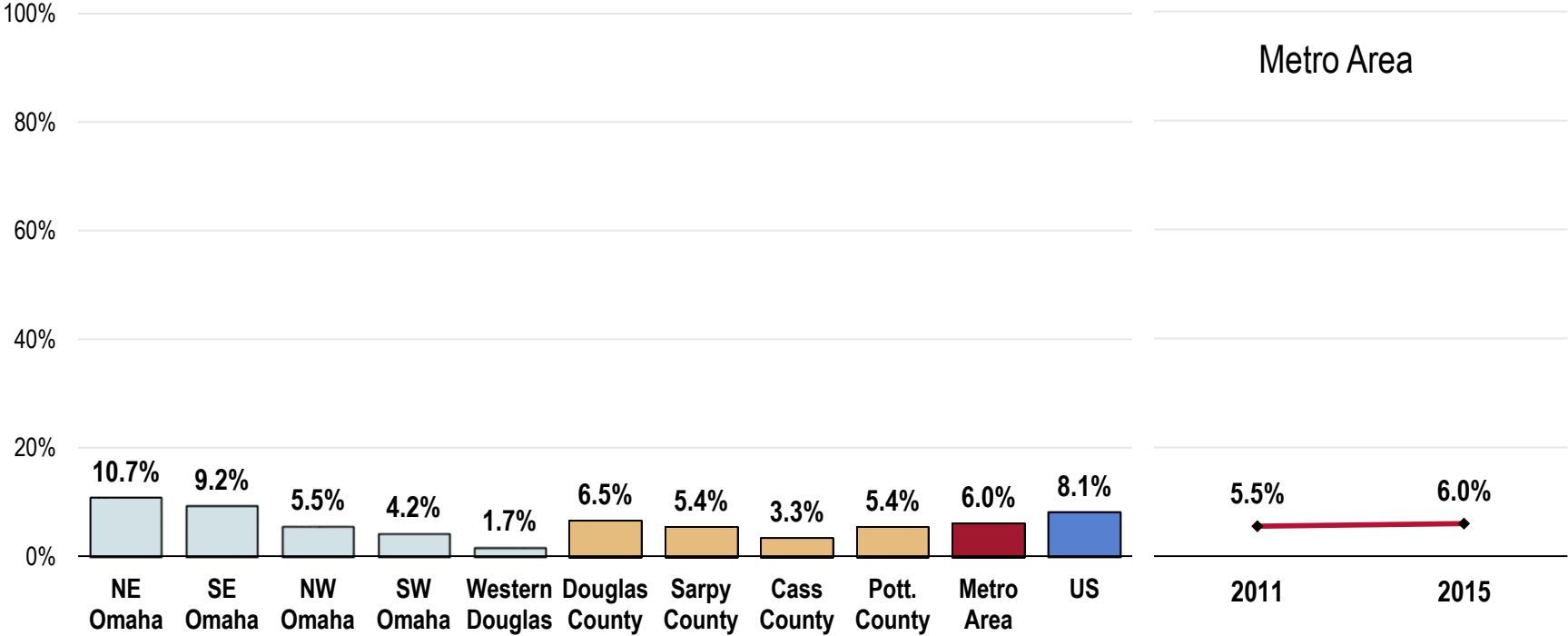
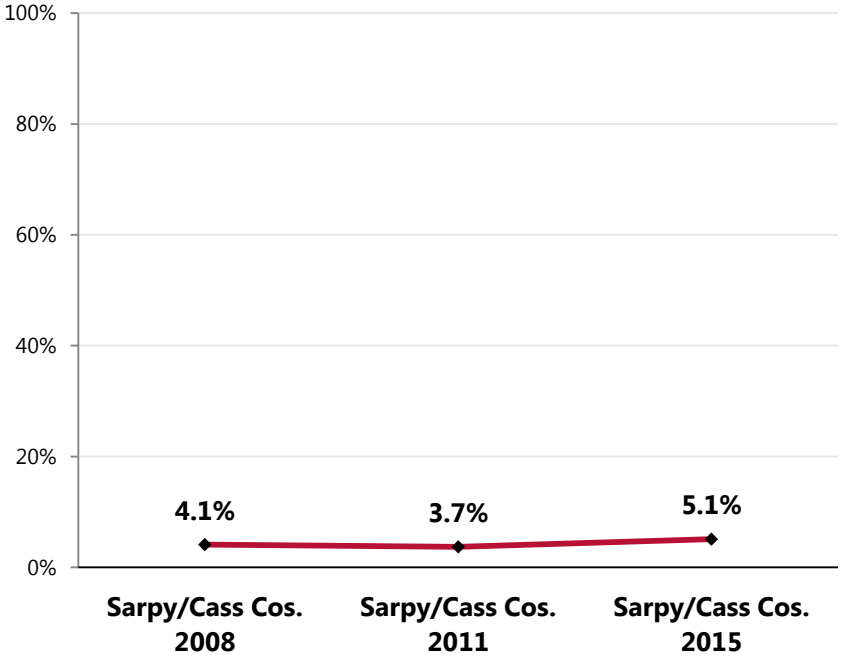# Preventive Healthcare

(By Insured Status; Metro Area, 2015)

Legend: ☐ Uninsured ■ Insured

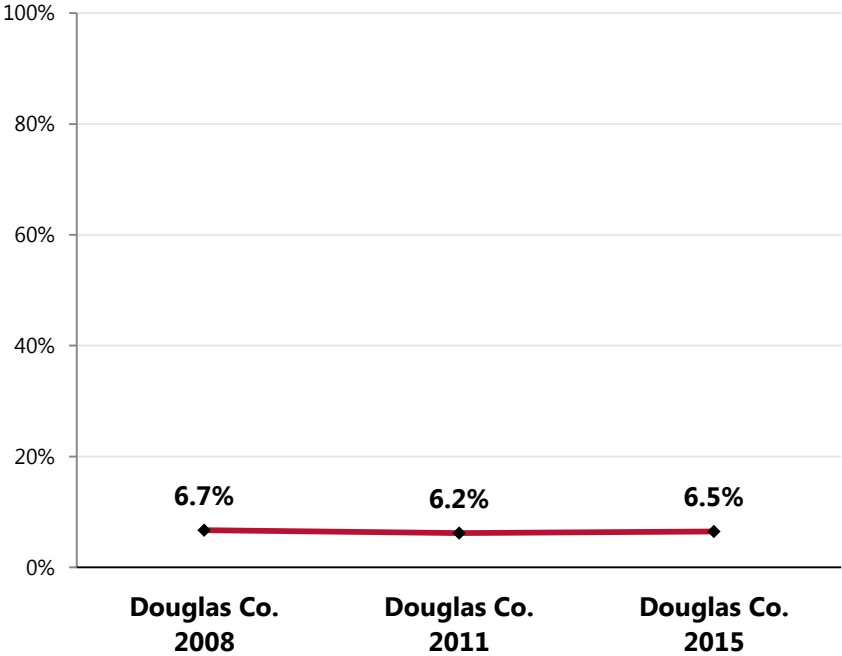| Category	Uninsured	Insured
Checkup in Past Year	40.5%	69.3%
Specific Source of Ongoing Care	50.2%	65.3%
Eye Exam/ Past 2 Years	41.2%	57.2%
Blood Sugar Test in Past 3 Years	29.1%	51.2%
Access Difficulties	61.8%	31.8%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 17, 20, 23, 40, 166, 169]
Notes: ● Asked of all respondents.

Went Without Healthcare Insurance Coverage At Some Point in the Past Year
(Among Insured Adults)

Metro Area

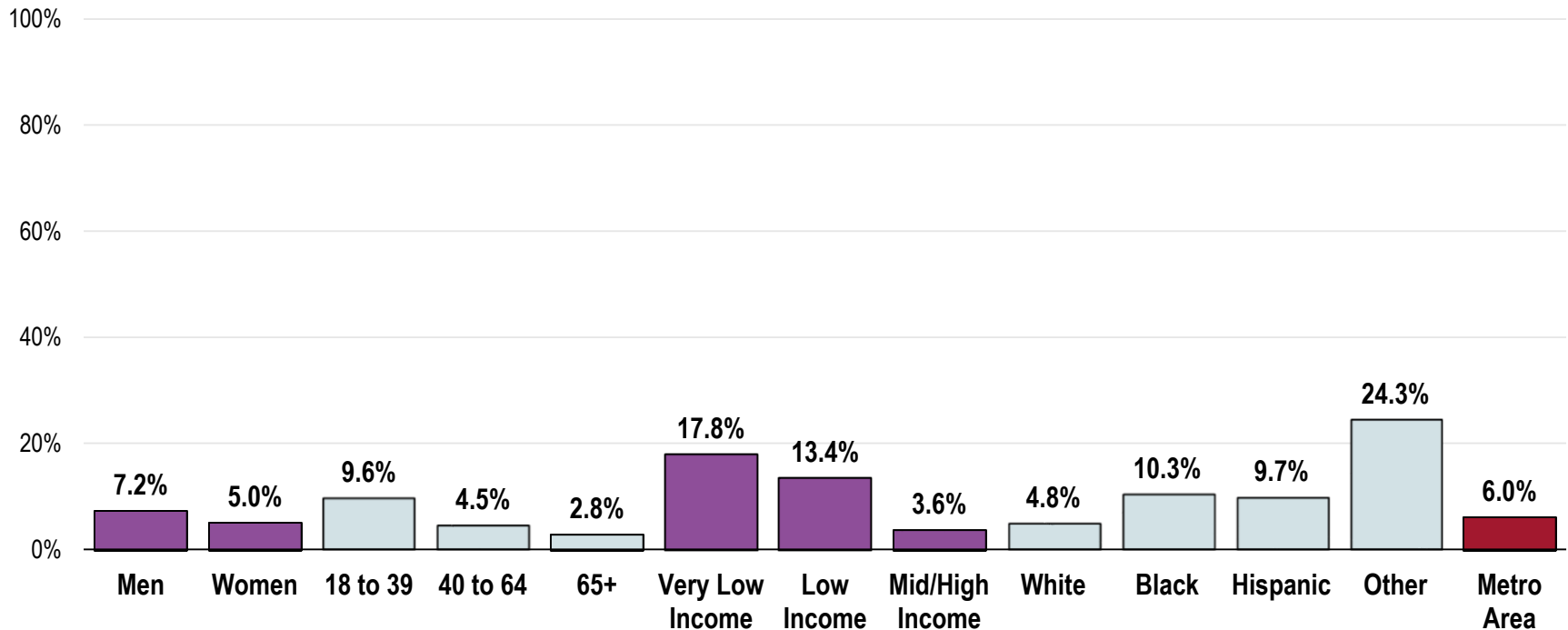|	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US
	10.7%	9.2%	5.5%	4.2%	1.7%	6.5%	5.4%	3.3%	5.4%	6.0%	8.1%

Metro Area: 2011 — 5.5%, 2015 — 6.0%

Sources:
● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 79]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
● Asked of all insured respondents.

Went Without Healthcare Insurance
# Coverage At Some Point in the Past Year
(Among Insured Adults)

Went Without Healthcare Insurance Coverage At Some Point in the Past Year
(Among Insured Adults; Metro Area, 2015)

	Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
%	7.2%	5.0%	9.6%	4.5%	2.8%	17.8%	13.4%	3.6%	4.8%	10.3%	9.7%	24.3%	6.0%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 79]

Notes: ● Asked of all insured respondents.

● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).

● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Difficulties Accessing Healthcare
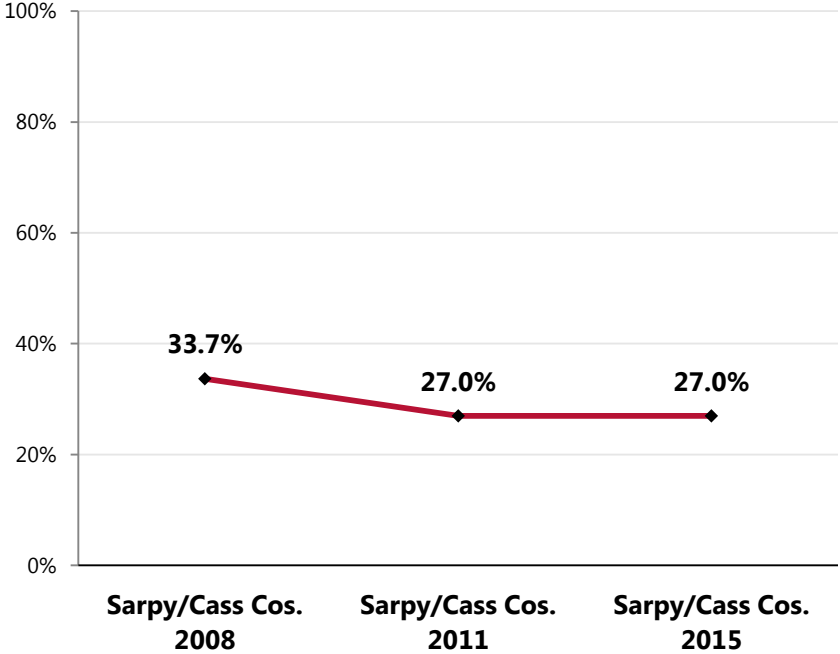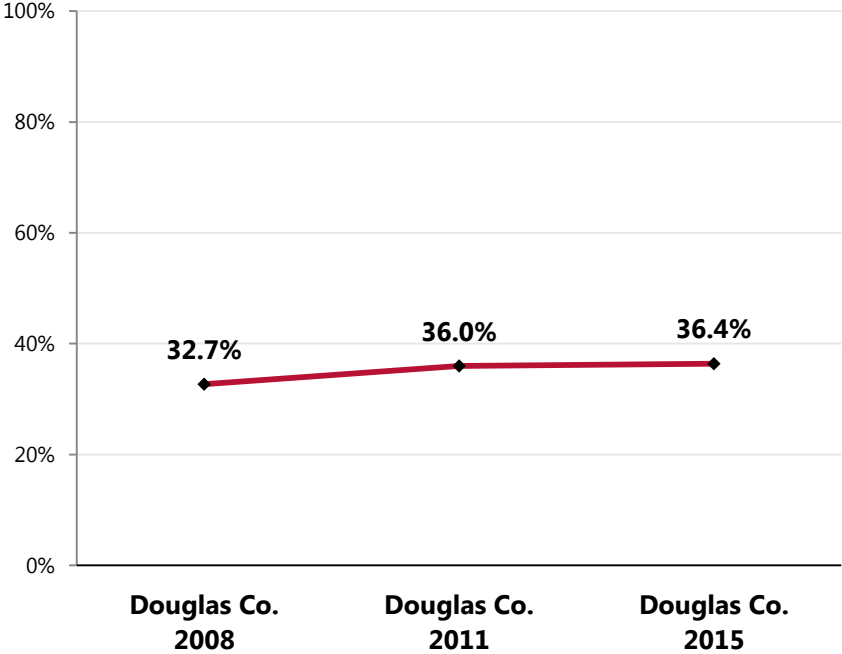
Professional Research Consultants, Inc.

Experienced Difficulties or Delays of Some Kind in Receiving Needed Healthcare in the Past Year
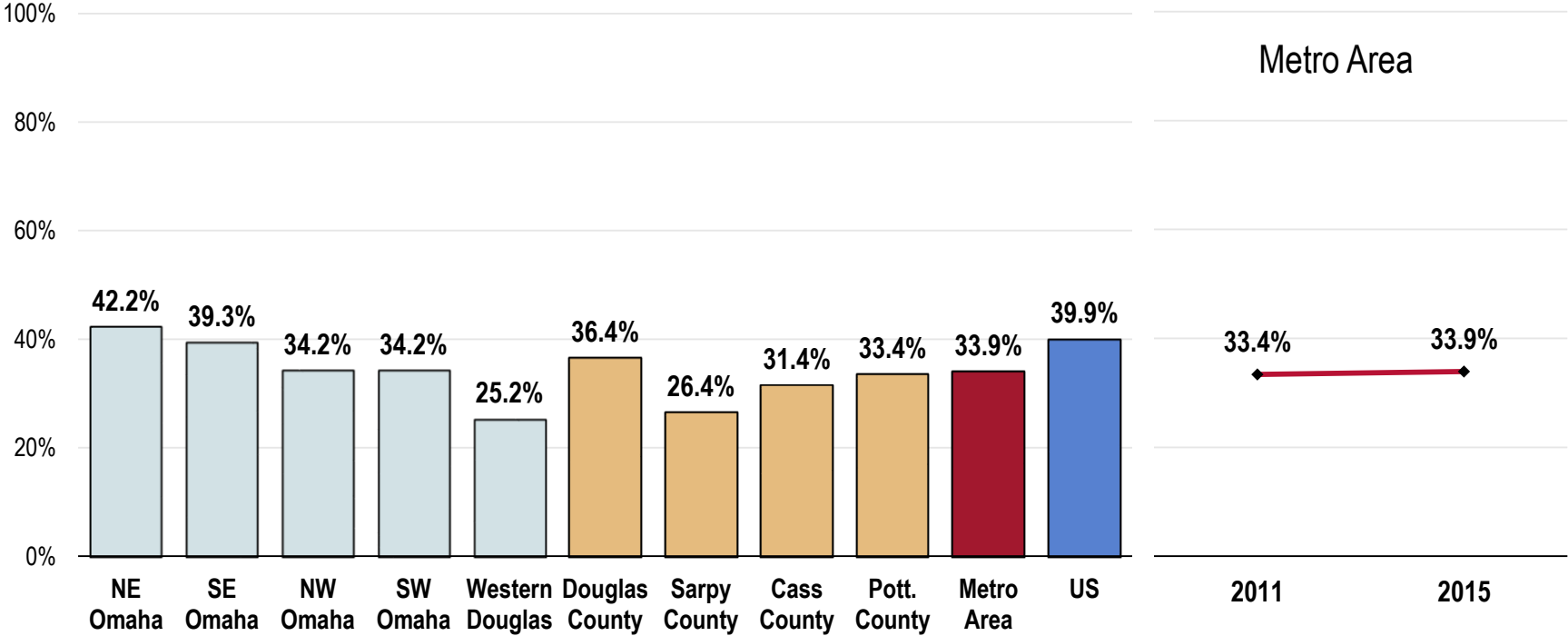
Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 169]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.
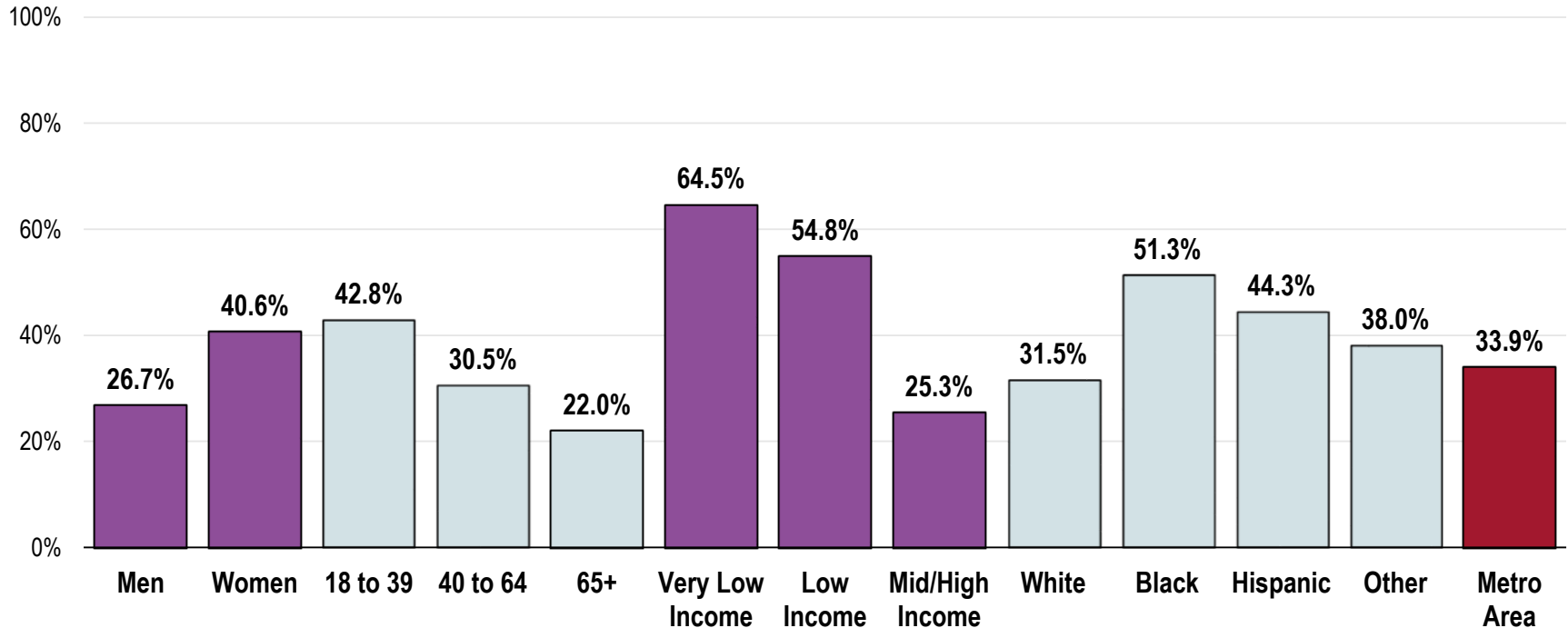
Notes:
- Asked of all respondents.
- Represents the percentage of respondents experiencing one or more barriers to accessing healthcare in the past 12 months.

Experienced Difficulties or Delays of Some Kind in Receiving Needed Healthcare in the Past Year
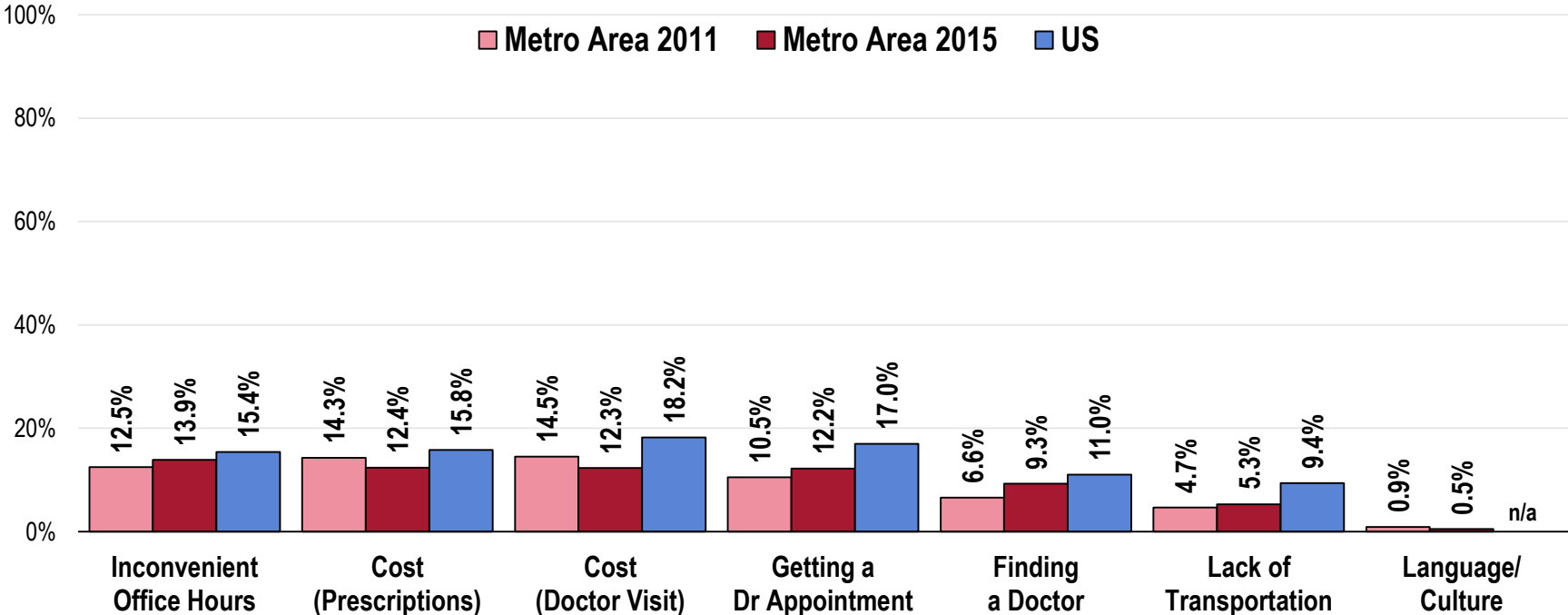

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 169]
Notes: ● Asked of all respondents.
  ● Represents the percentage of respondents experiencing one or more barriers to accessing healthcare in the past 12 months.

Experienced Difficulties or Delays of Some Kind in Receiving Needed Healthcare in the Past Year
(Metro Area, 2015)

Bar chart data:

Category	Percentage
Men	26.7%
Women	40.6%
18 to 39	42.8%
40 to 64	30.5%
65+	22.0%
Very Low Income	64.5%
Low Income	54.8%
Mid/High Income	25.3%
White	31.5%
Black	51.3%
Hispanic	44.3%
Other	38.0%
Metro Area	33.9%

Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 169]

Notes:
- Asked of all respondents.
- Represents the percentage of respondents experiencing one or more barriers to accessing healthcare in the past 12 months.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Barriers to Access Have
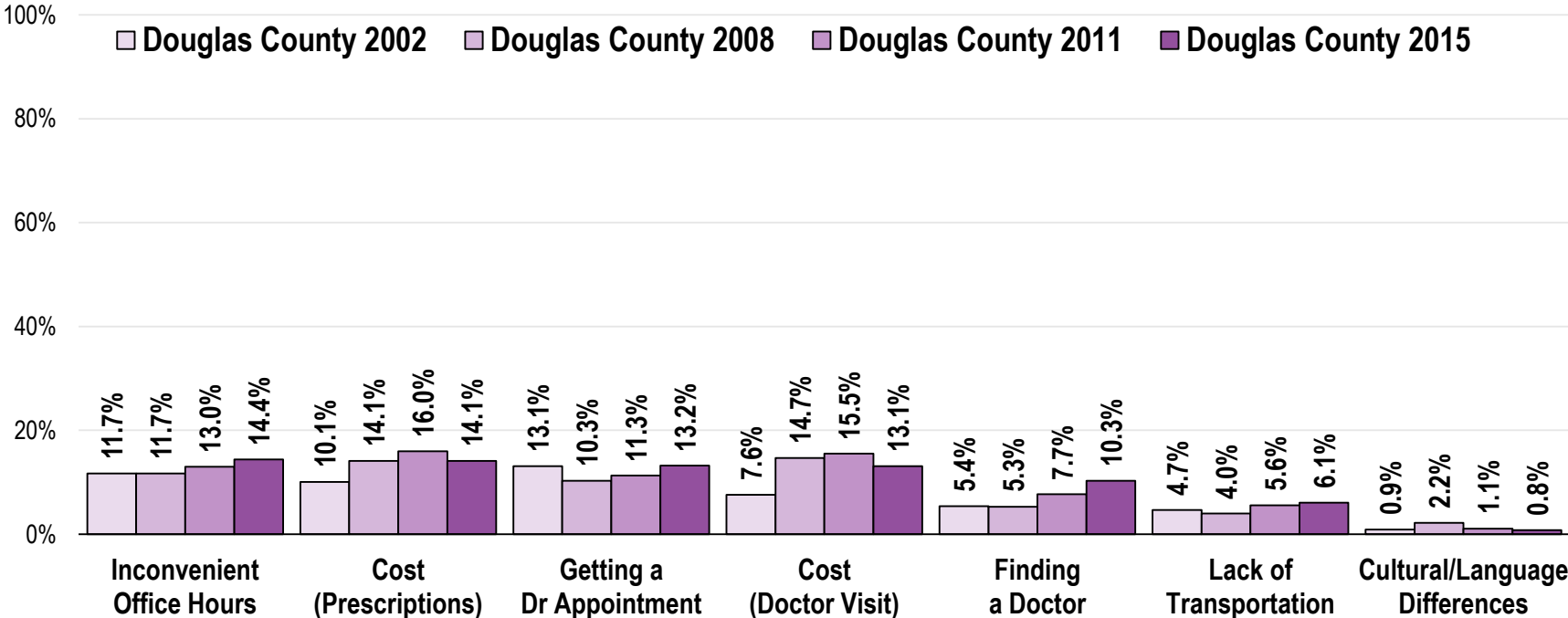# Prevented Medical Care in the Past Year

Legend: ■ Metro Area 2011 ■ Metro Area 2015 ■ US

Category	Metro Area 2011	Metro Area 2015	US
Inconvenient Office Hours	12.5%	13.9%	15.4%
Cost (Prescriptions)	14.3%	12.4%	15.8%
Cost (Doctor Visit)	14.5%	12.3%	18.2%
Getting a Dr Appointment	10.5%	12.2%	17.0%
Finding a Doctor	6.6%	9.3%	11.0%
Lack of Transportation	4.7%	5.3%	9.4%
Language/Culture	0.9%	0.5%	n/a

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 7-12, 305]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.
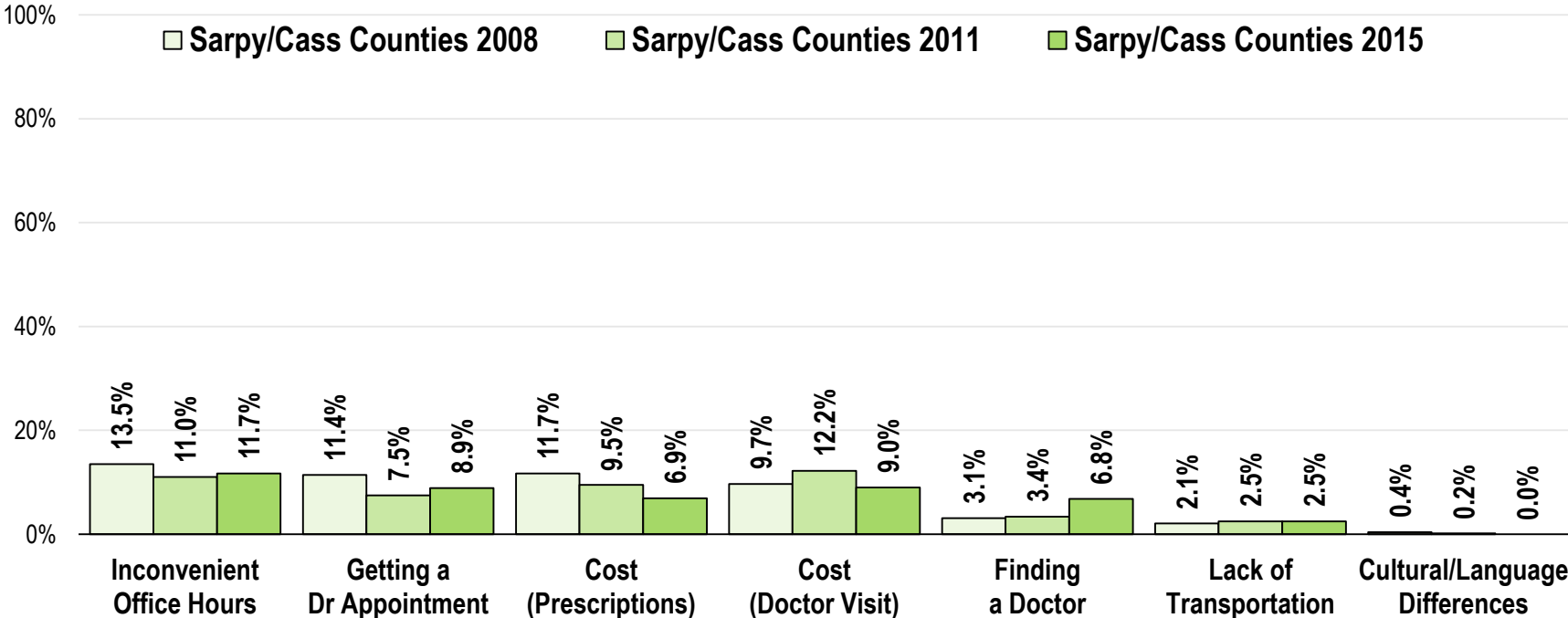
Notes:
- Asked of all respondents.

Barriers to Access Have
Prevented Medical Care in the Past Year
(Douglas County)

Legend: ☐ Douglas County 2002 ☐ Douglas County 2008 ☐ Douglas County 2011 ■ Douglas County 2015

Category	2002	2008	2011	2015
Inconvenient Office Hours	11.7%	11.7%	13.0%	14.4%
Cost (Prescriptions)	10.1%	14.1%	16.0%	14.1%
Getting a Dr Appointment	13.1%	10.3%	11.3%	13.2%
Cost (Doctor Visit)	7.6%	14.7%	15.5%	13.1%
Finding a Doctor	5.4%	5.3%	7.7%	10.3%
Lack of Transportation	4.7%	4.0%	5.6%	6.1%
Cultural/Language Differences	0.9%	2.2%	1.1%	0.8%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 7-12, 305]
Notes: ● Asked of all respondents.

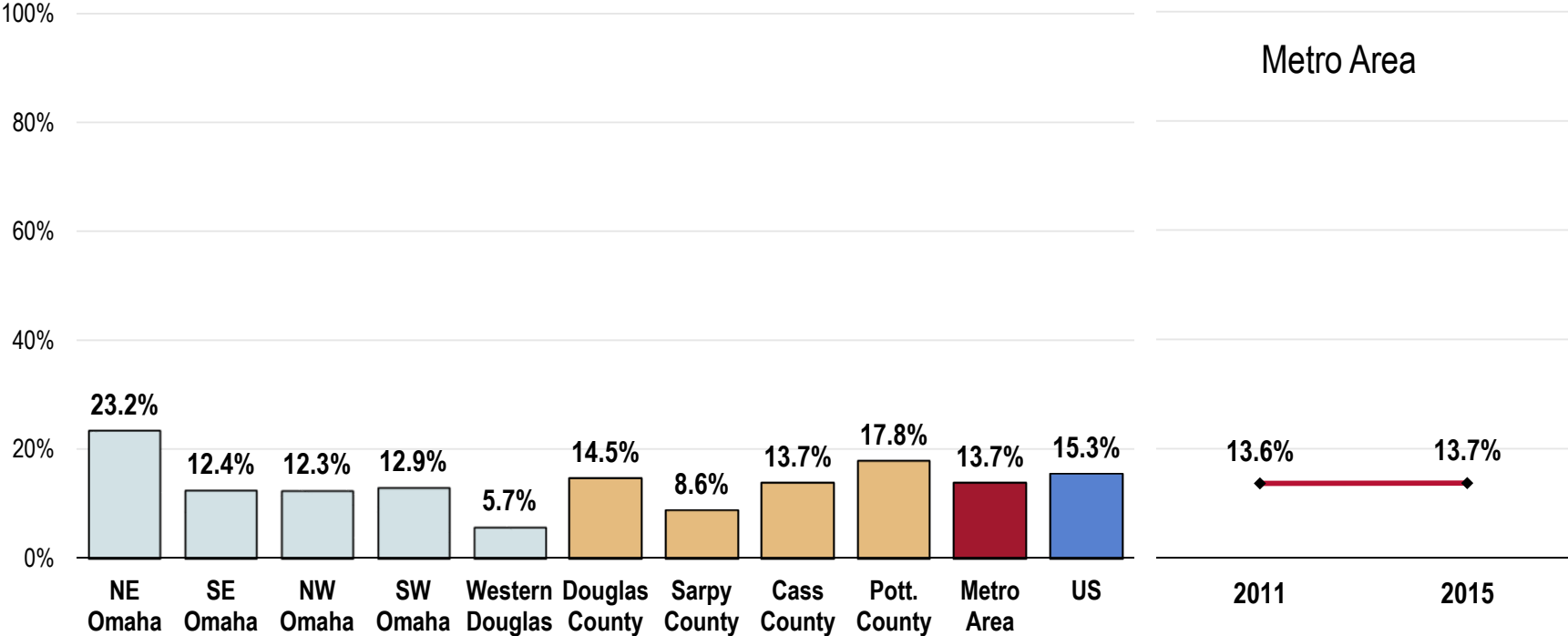# Barriers to Access Have
Prevented Medical Care in the Past Year
(Sarpy/Cass Counties)

□ **Sarpy/Cass Counties 2008**   □ **Sarpy/Cass Counties 2011**   ■ **Sarpy/Cass Counties 2015**

	Inconvenient Office Hours	Getting a Dr Appointment	Cost (Prescriptions)	Cost (Doctor Visit)	Finding a Doctor	Lack of Transportation	Cultural/Language Differences
2008	13.5%	11.4%	11.7%	9.7%	3.1%	2.1%	0.4%
2011	11.0%	7.5%	9.5%	12.2%	3.4%	2.5%	0.2%
2015	11.7%	8.9%	6.9%	9.0%	6.8%	2.5%	0.0%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 7-12, 305]
Notes: ● Asked of all respondents.

Barriers to Healthcare Access

(By Insured Status; Metro Area, 2015)
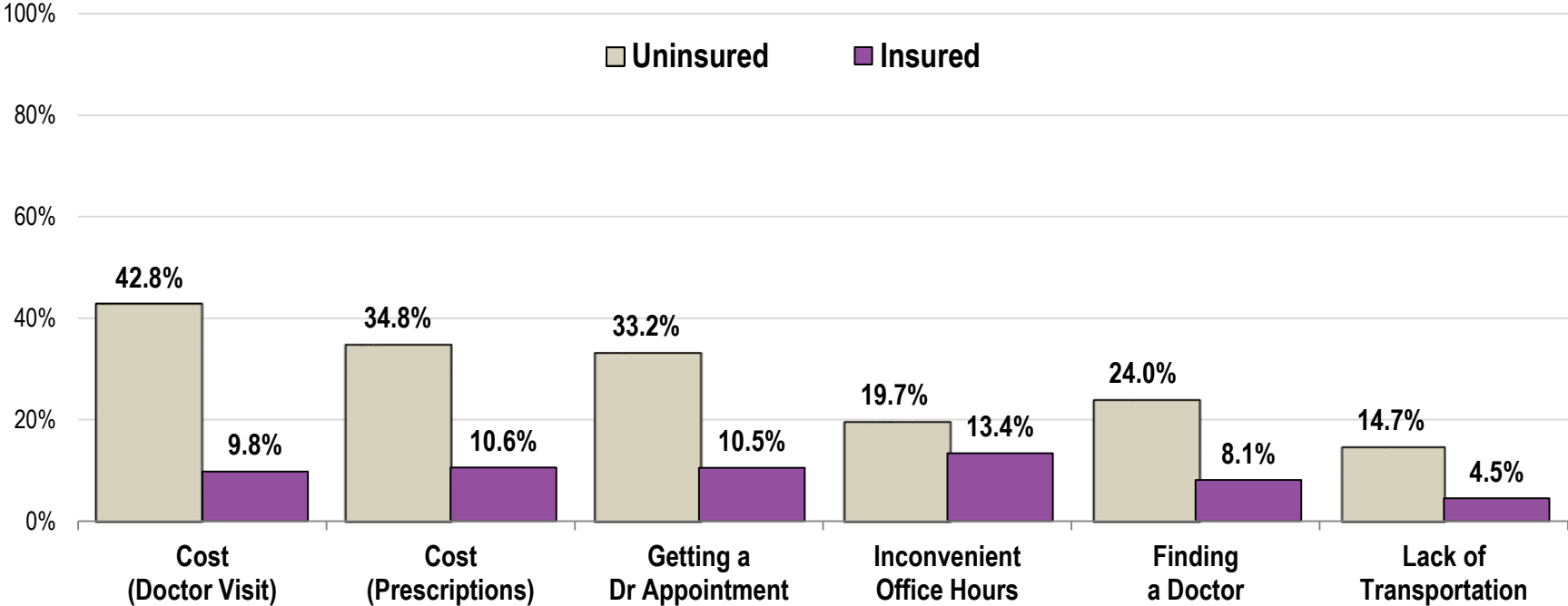
Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 7-12, 305]
Notes: ● Asked of all respondents.

Have Had to Travel 30 Minutes or More for a Medical Appointment in the Past Year
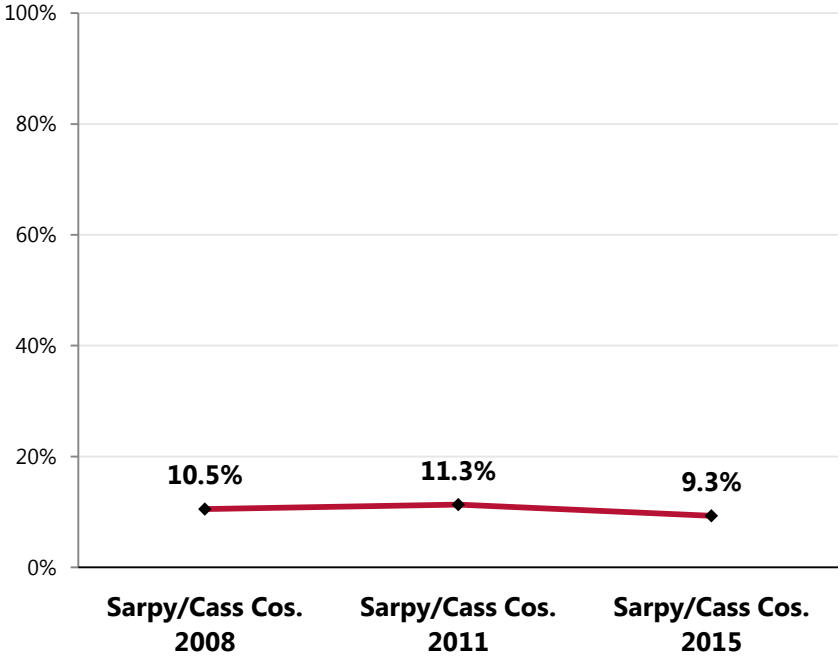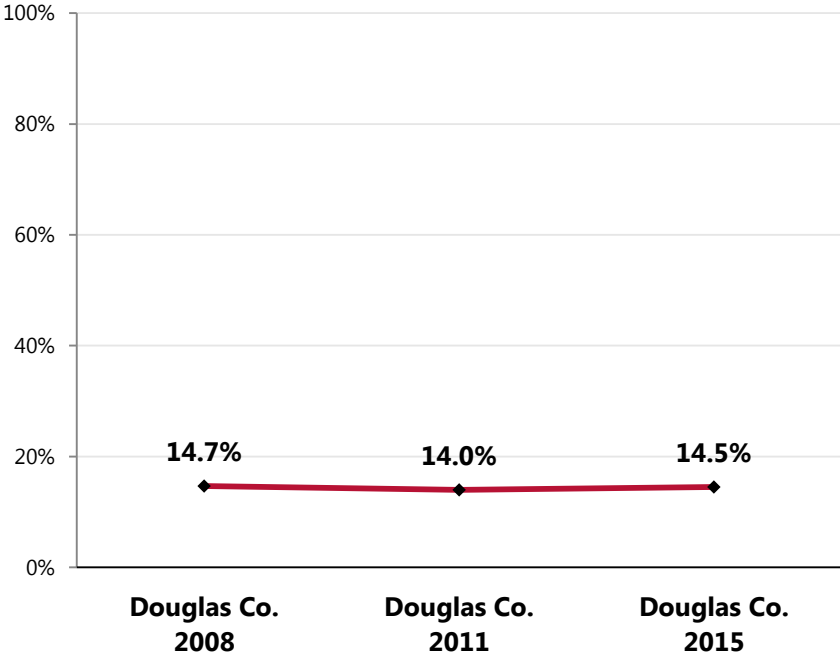
(Sarpy, Cass & Pottawattamie Counties Only)

Sarpy, Cass & Pottawattamie Counties

Sarpy County	Cass County	Pott. County	Metro Area	2011	2015
7.8%	39.7%	19.0%	14.6%	19.6%	14.6%
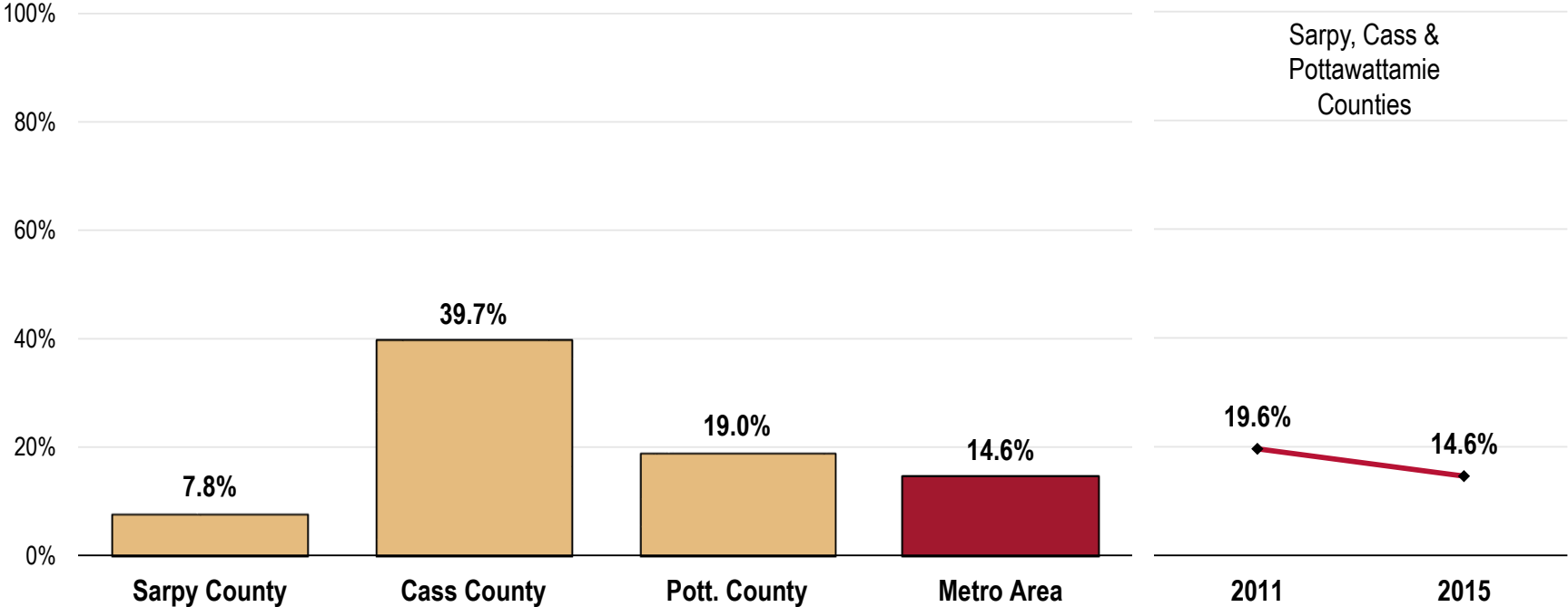
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 306]
Notes: ● Asked of all respondents (excluding those in Douglas County).

Skipped or Reduced Prescription Doses in Order to Stretch Prescriptions and Save Money

Metro Area

	NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US
%	23.2%	12.4%	12.3%	12.9%	5.7%	14.5%	8.6%	13.7%	17.8%	13.7%	15.3%

Metro Area: 2011 — 13.6%, 2015 — 13.7%

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 13]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents.

Skipped or Reduced Prescription Doses in Order to Stretch Prescriptions and Save Money

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 13]
Notes: ● Asked of all respondents.

Skipped or Reduced Prescription Doses in Order to Stretch Prescriptions and Save Money
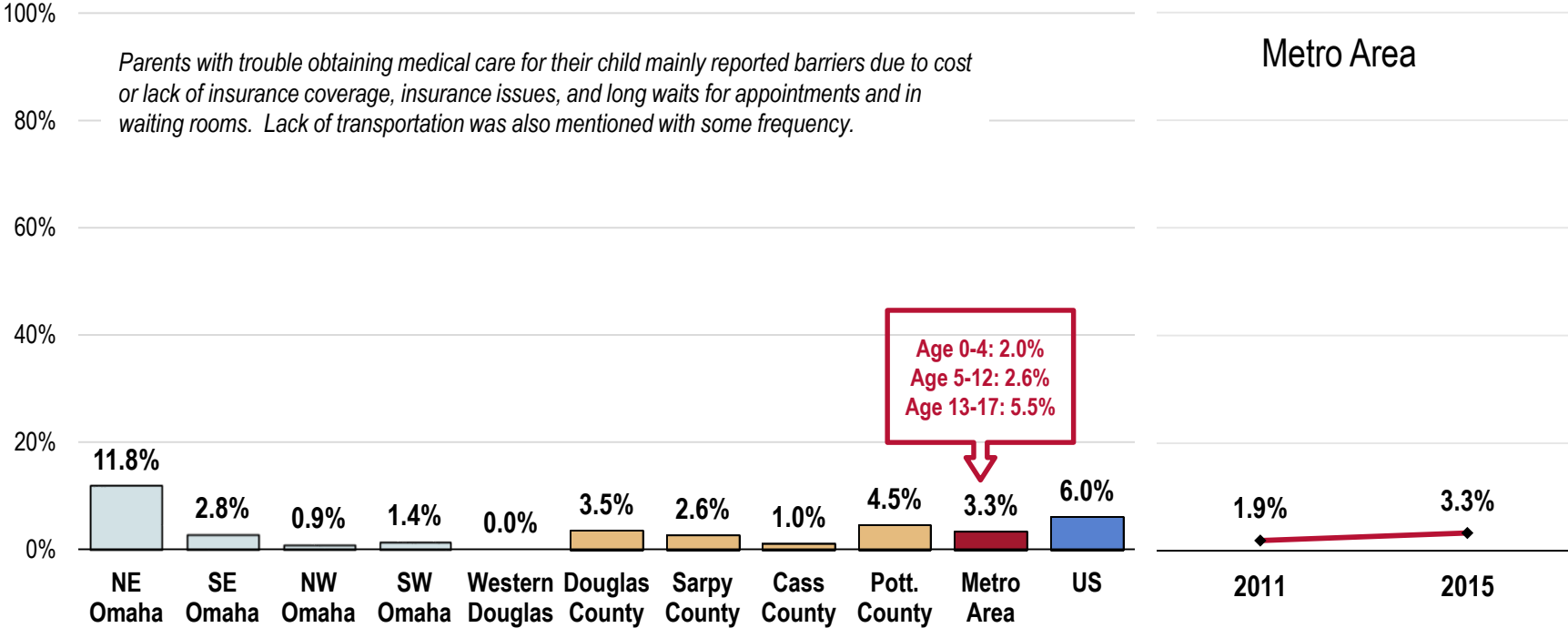## (Metro Area, 2015)

Category	Value
Men	11.7%
Women	15.6%
18 to 39	16.7%
40 to 64	13.3%
65+	8.0%
Very Low Income	27.7%
Low Income	27.8%
Mid/High Income	9.1%
White	11.8%
Black	32.1%
Hispanic	13.2%
Other	20.4%
Insured	12.6%
Un-insured	28.1%
Metro Area	13.7%

Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 13]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Had Trouble Obtaining Medical Care for Child in the Past Year
(Among Parents of Children 0-17)

Parents with trouble obtaining medical care for their child mainly reported barriers due to cost or lack of insurance coverage, insurance issues, and long waits for appointments and in waiting rooms. Lack of transportation was also mentioned with some frequency.

Metro Area

Age 0-4: 2.0%
Age 5-12: 2.6%
Age 13-17: 5.5%

NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US
11.8%	2.8%	0.9%	1.4%	0.0%	3.5%	2.6%	1.0%	4.5%	3.3%	6.0%

2011	2015
1.9%	3.3%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 111-112]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents with children 0 to 17 in the household.

Had Trouble Obtaining Medical Care for Child in the Past Year
(Among Parents of Children 0-17)
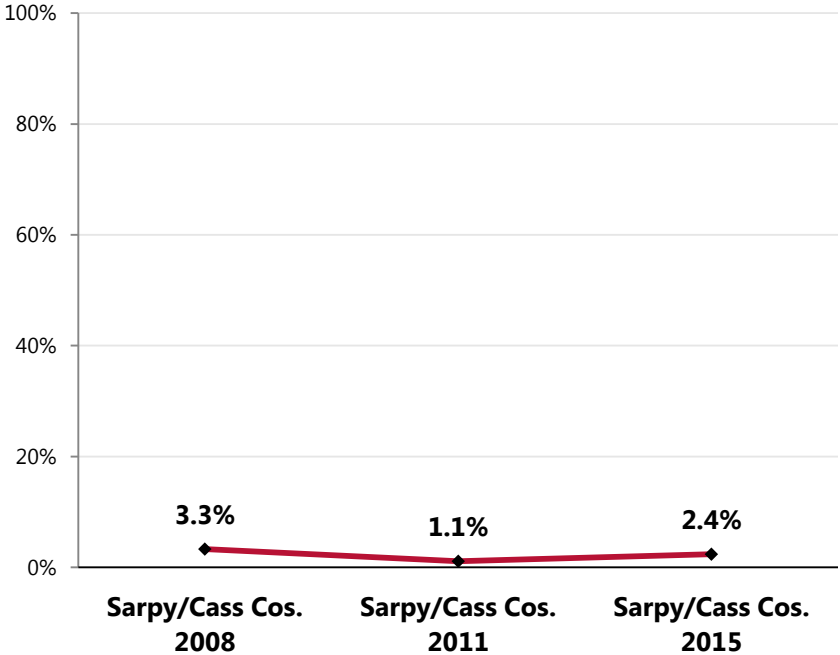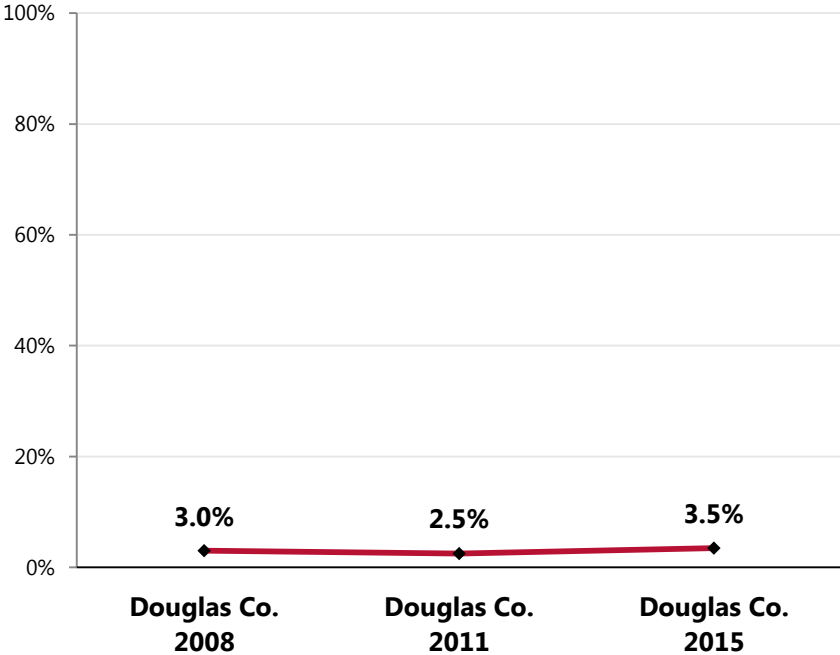
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 111-112]

Notes: ● Asked of all respondents with children 0 to 17 in the household.

Perceptions of Access to Healthcare Services as a Problem in the Community
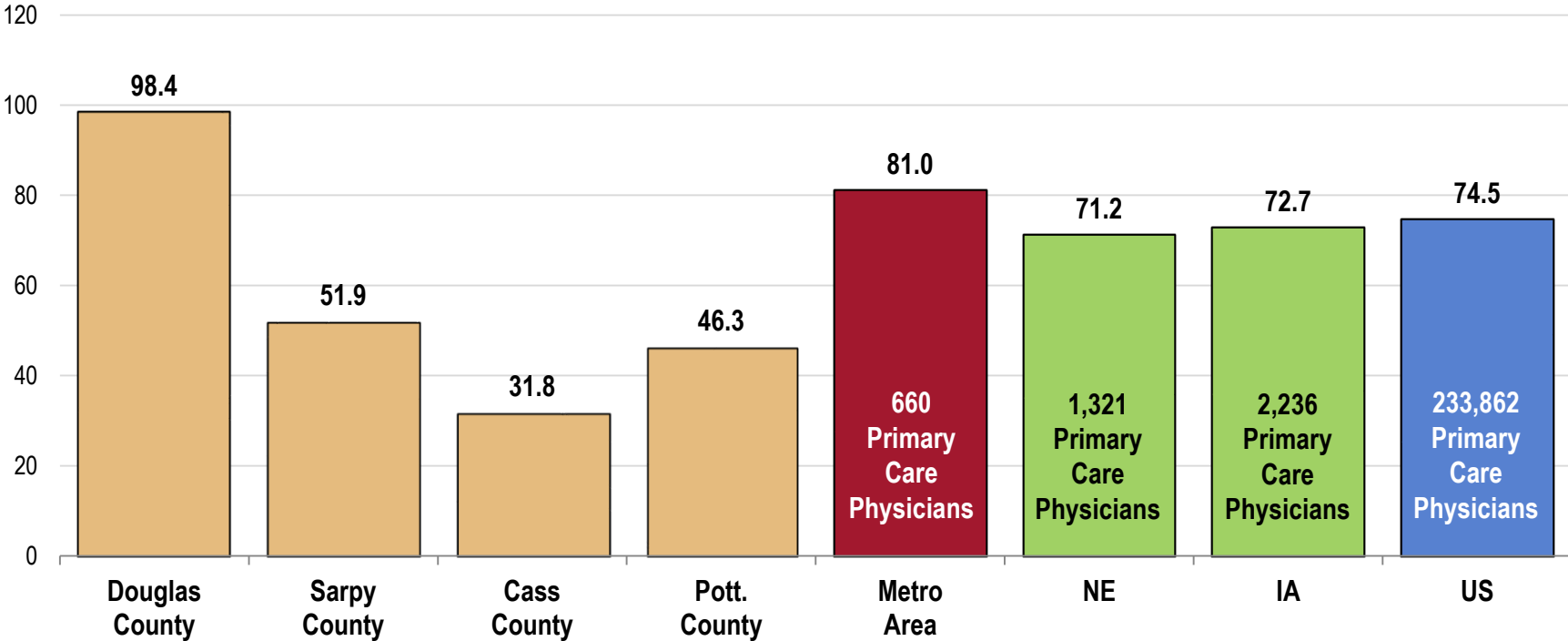## (Key Informants, 2015)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All

35.0%	37.0%	16.0%	6.0%
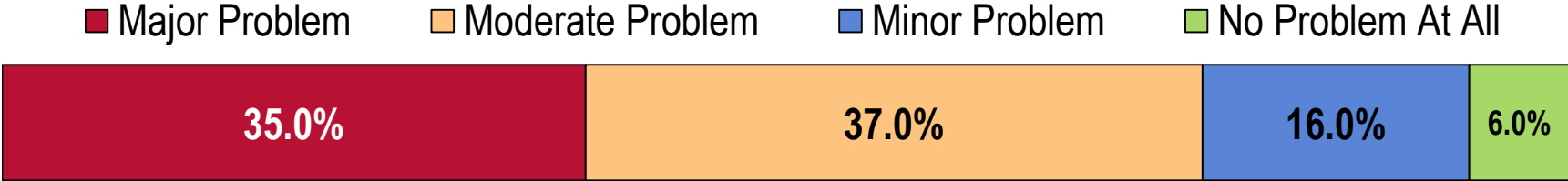
Sources: ● PRC Key Informant Focus Groups, August 2015.

Primary Care Services

Access to Primary Care
(Number of Primary Care Physicians per 100,000 Population, 2012)

Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	NE	IA	US
98.4	51.9	31.8	46.3	81.0	71.2	72.7	74.5
				660 Primary Care Physicians	1,321 Primary Care Physicians	2,236 Primary Care Physicians	233,862 Primary Care Physicians

Sources:
- US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File: 2012.
- Retrieved August 2015 from Community Commons at http://www.chna.org.

Notes:
- This indicator is relevant because a shortage of health professionals contributes to access and health status issues.

Trends in Access to Primary Care
(Number of Primary Care Physicians per 100,000 Population)
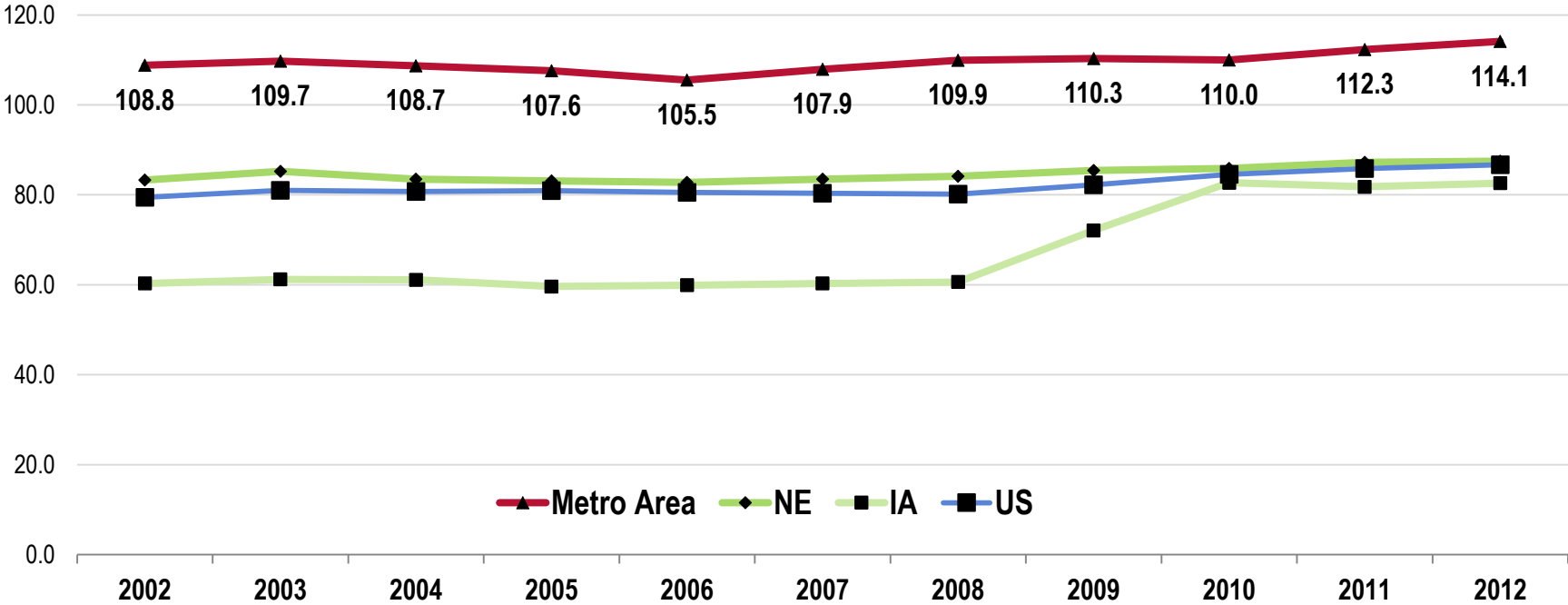
Legend: Metro Area — NE — IA — US

Metro Area values: 108.8, 109.7, 108.7, 107.6, 105.5, 107.9, 109.9, 110.3, 110.0, 112.3, 114.1

Sources:
- US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File: 2012.
- Retrieved August 2015 from Community Commons at http://www.chna.org.

Notes:
- This indicator is relevant because a shortage of health professionals contributes to access and health status issues.
- These figures represent all primary care physicians practicing patient care, including hospital residents. In counties with teaching hospitals, this figure may differ from the rate reported in the previous chart.

Have a Particular Place for Medical Care
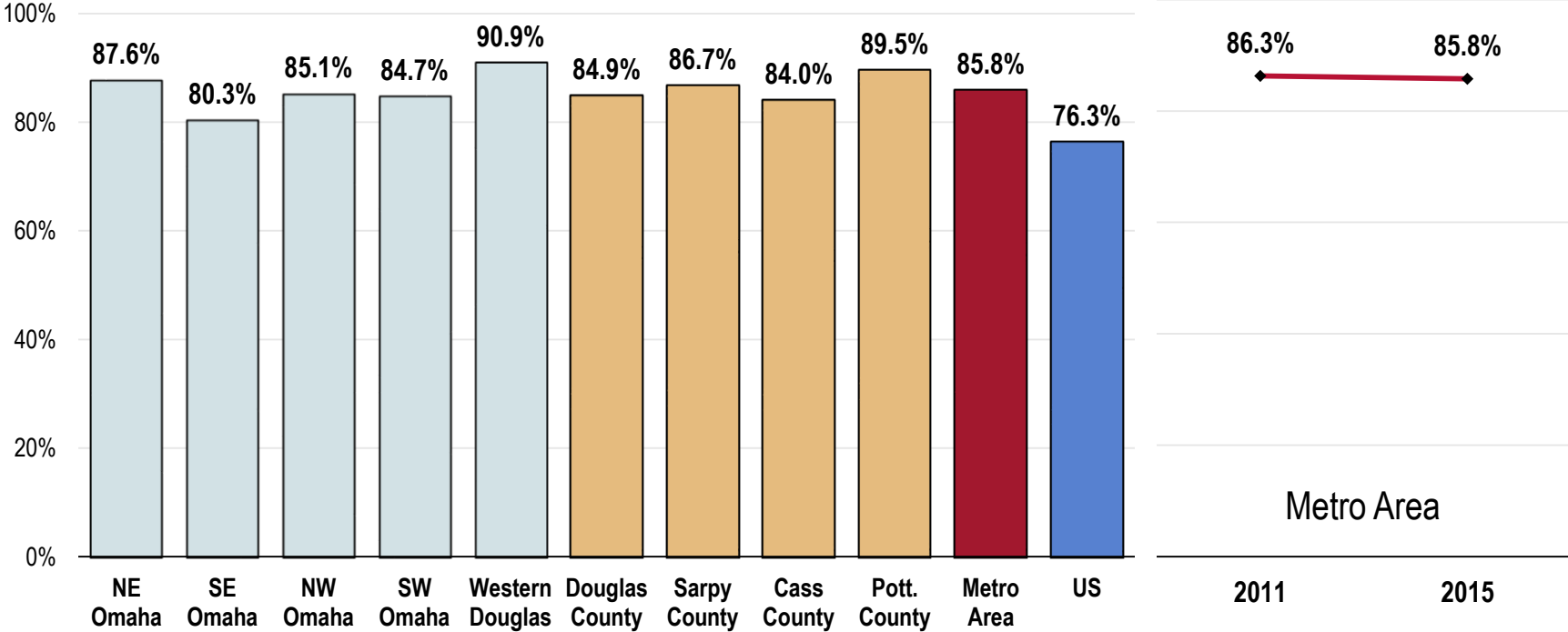
Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 15]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
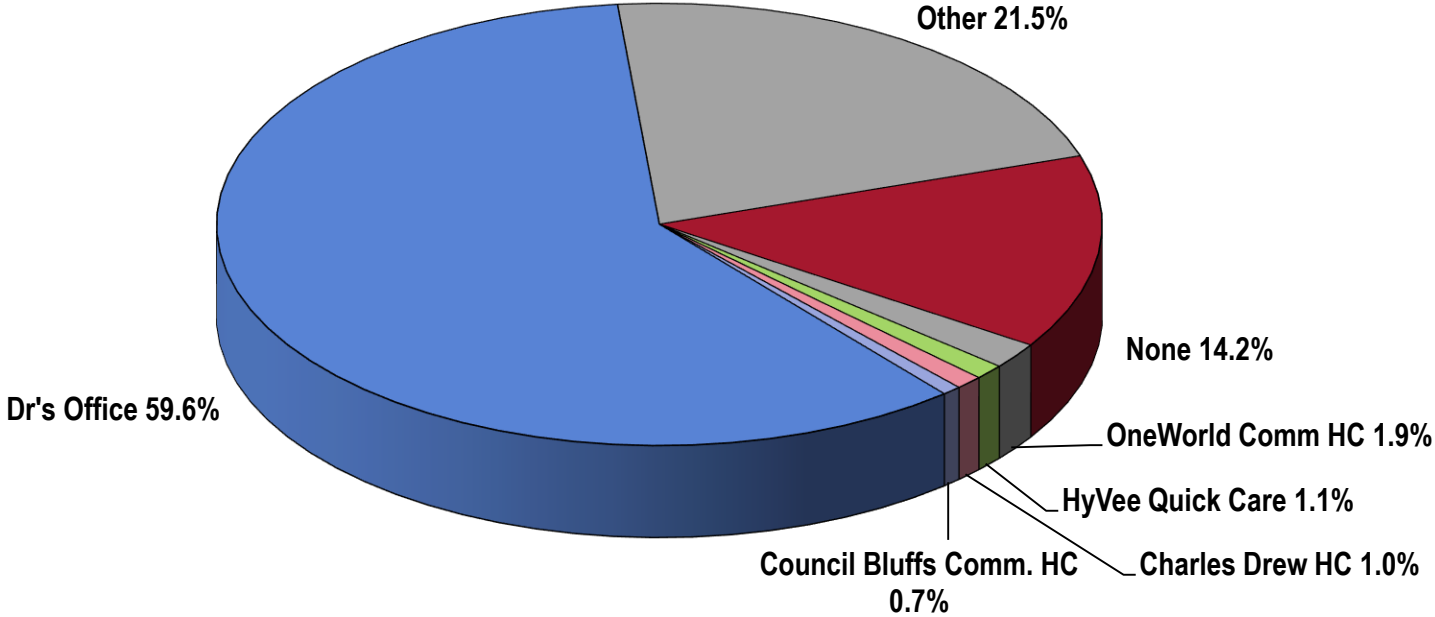Notes: ● Asked of all respondents.

Have a Particular Place for Medical Care

Professional Research Consultants, Inc.
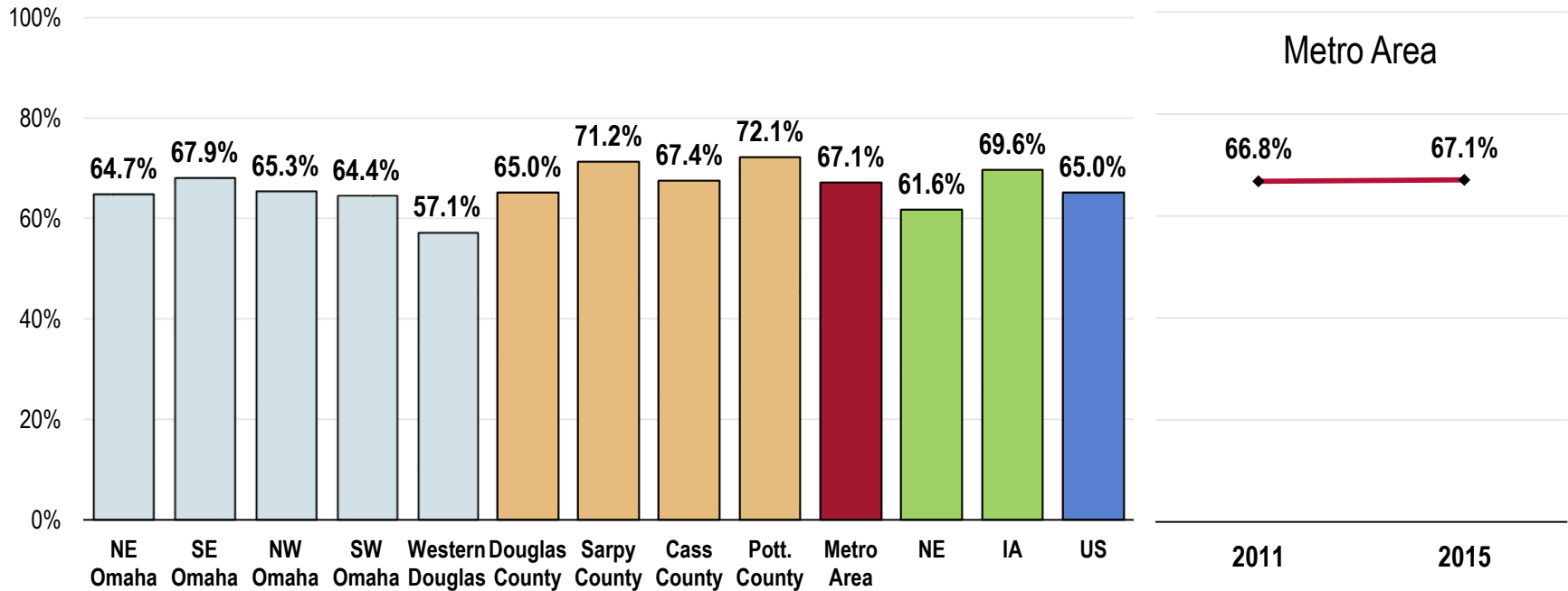
Have a Particular Place for Medical Care
(Metro Area, 2015)

Men	84.8%
Women	86.7%
18 to 39	80.6%
40 to 64	88.5%
65+	92.1%
Very Low Income	91.8%
Low Income	76.6%
Mid/High Income	87.9%
White	86.7%
Black	82.4%
Hispanic	78.4%
Other	83.6%
Metro Area	85.8%
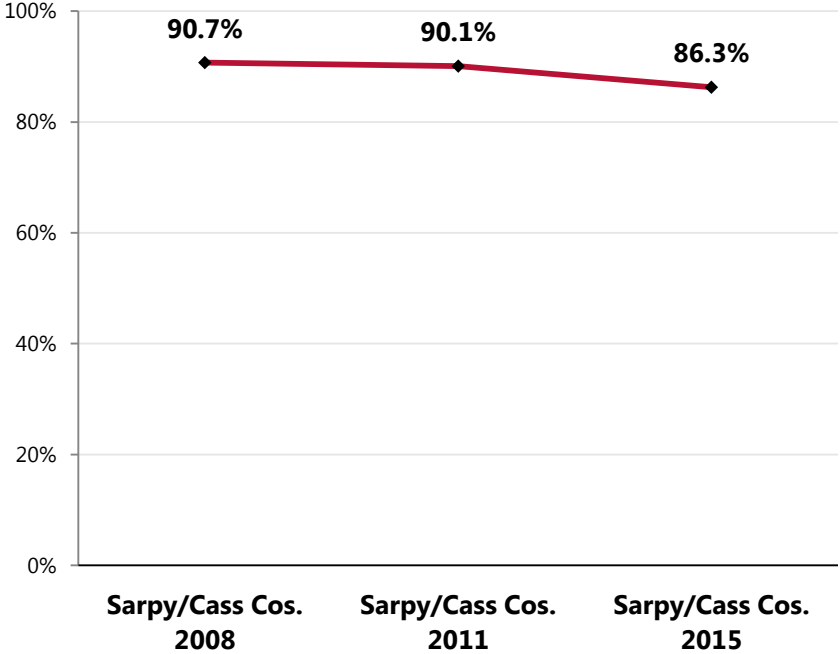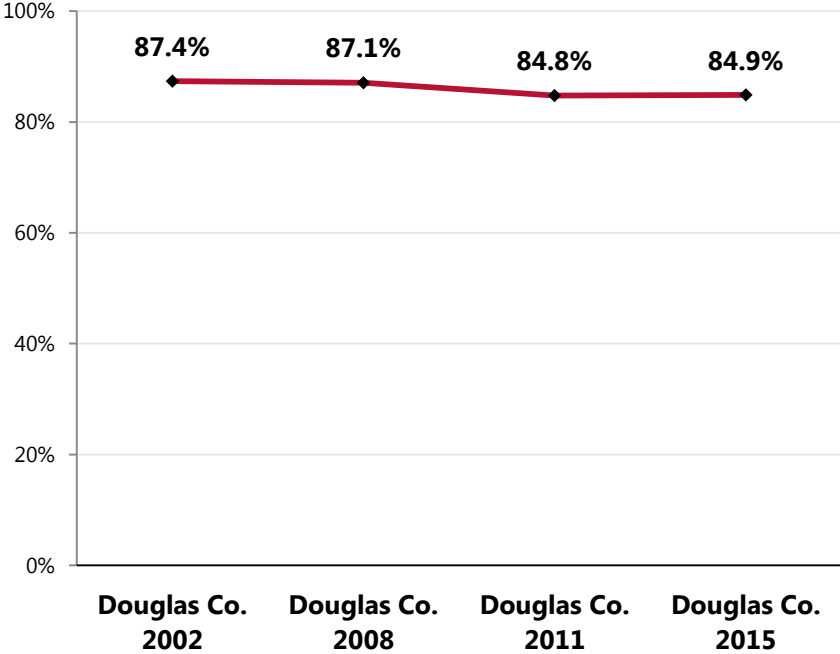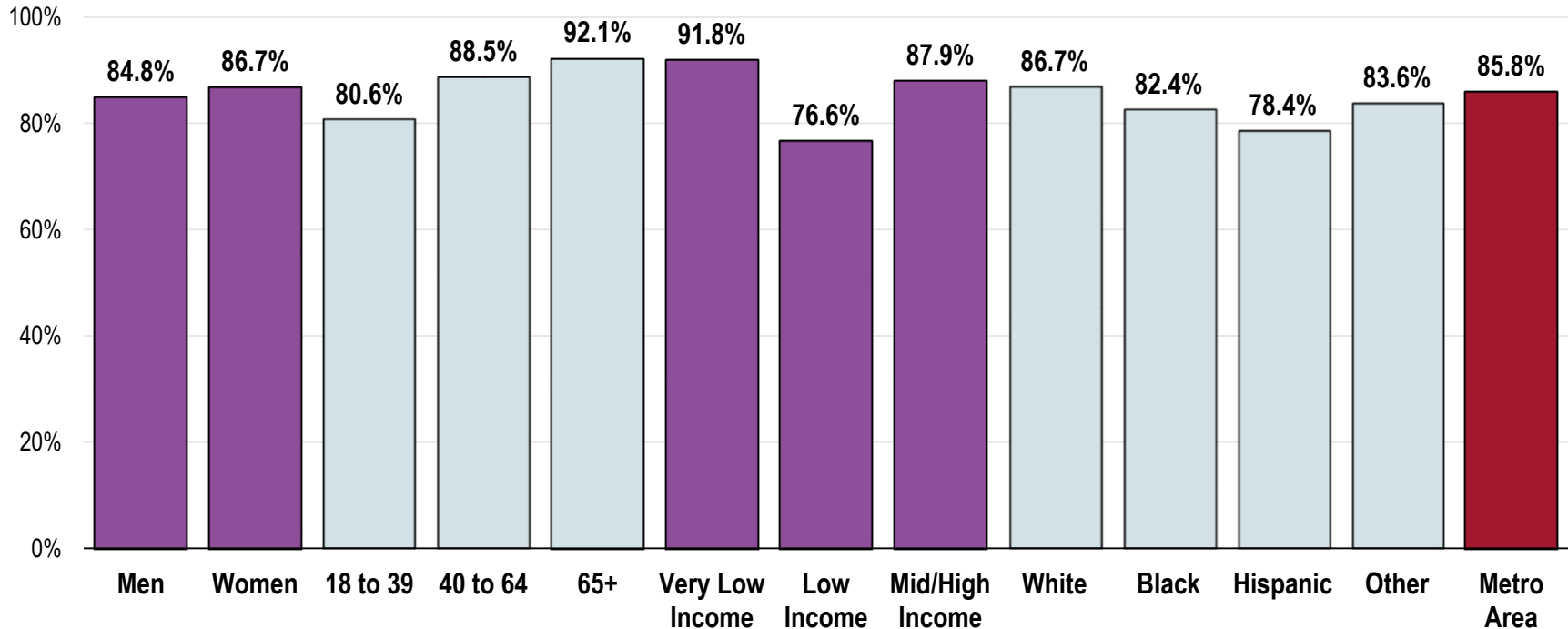
Sources: • 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 15]
Notes: • Asked of all respondents.
 • Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
 • Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Particular Place Utilized for Medical Care
(Metro Area, 2015)

Other 21.5%

None 14.2%

OneWorld Comm HC 1.9%

HyVee Quick Care 1.1%

Charles Drew HC 1.0%

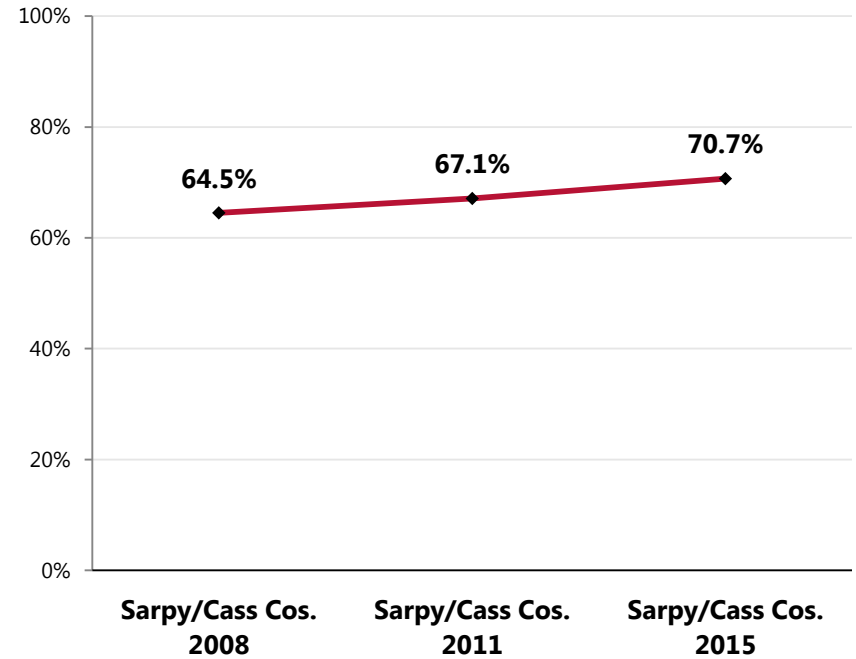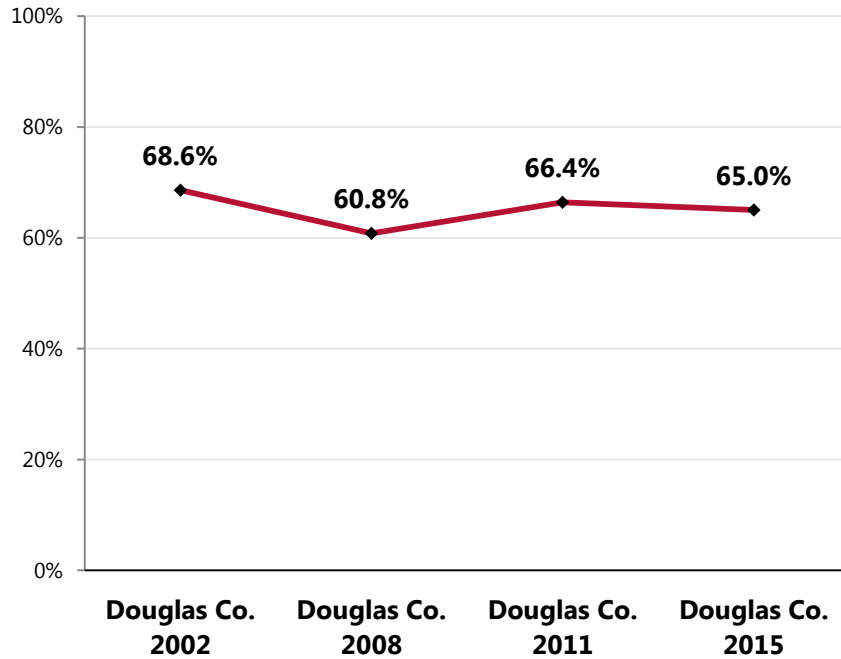Council Bluffs Comm. HC 0.7%

Dr's Office 59.6%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc.   [Items 15-16]
Notes: ● Asked of all respondents.
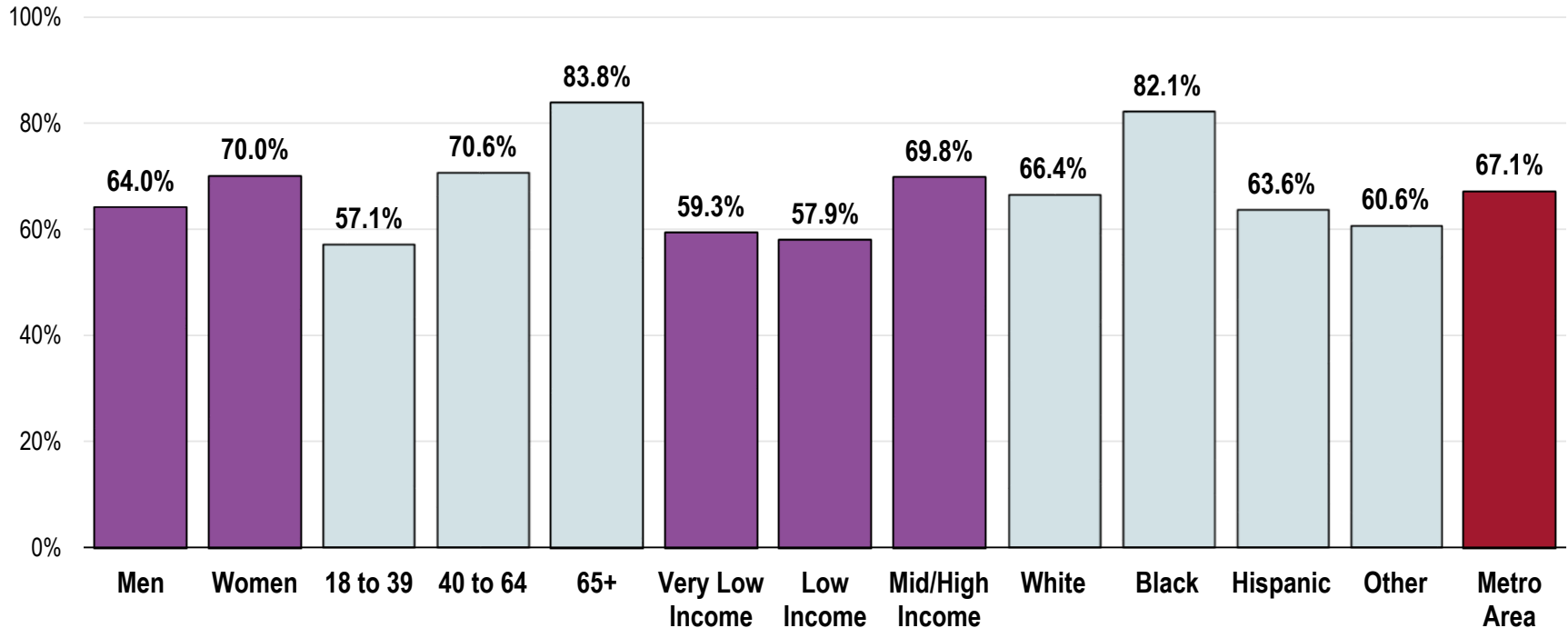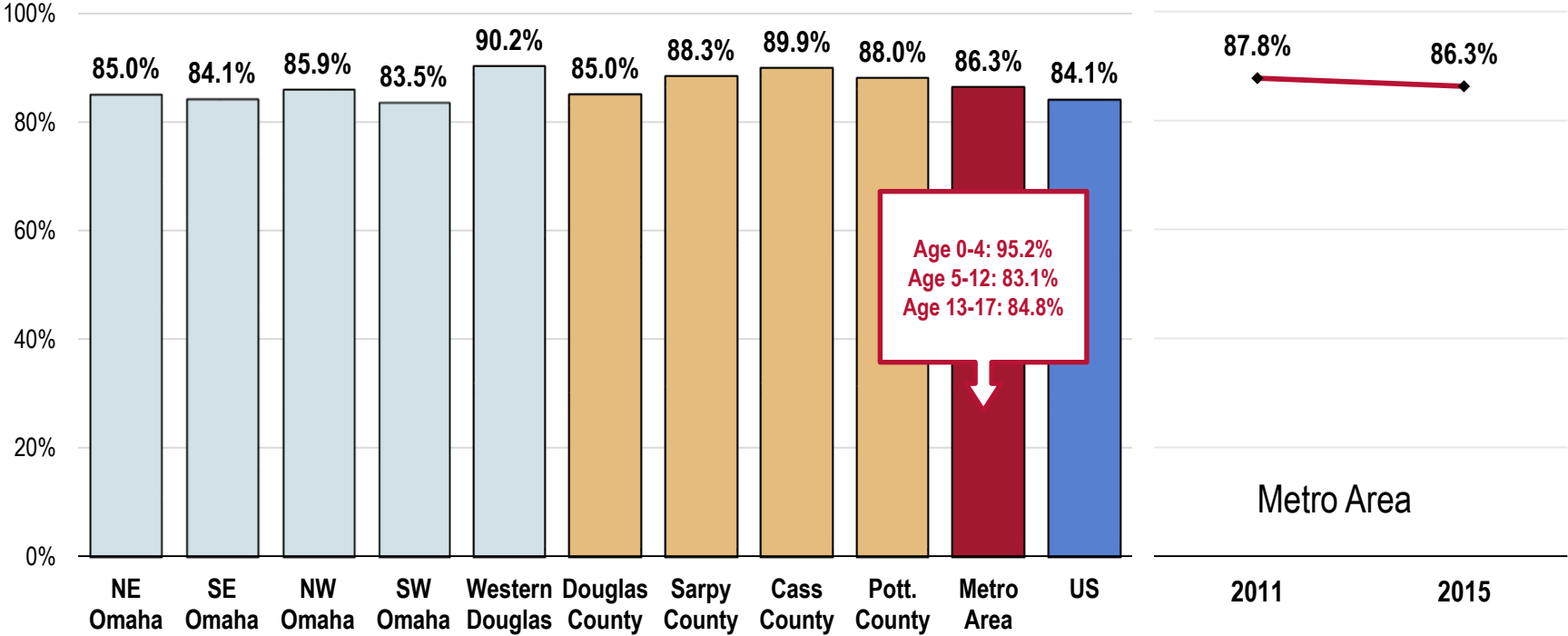
Have Visited a Physician for a Checkup in the Past Year

Bar chart values:
- NE Omaha: 64.7%
- SE Omaha: 67.9%
- NW Omaha: 65.3%
- SW Omaha: 64.4%
- Western Douglas: 57.1%
- Douglas County: 65.0%
- Sarpy County: 71.2%
- Cass County: 67.4%
- Pott. County: 72.1%
- Metro Area: 67.1%
- NE: 61.6%
- IA: 69.6%
- US: 65.0%

Metro Area
- 2011: 66.8%
- 2015: 67.1%

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 17]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Nebraska. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2013 Nebraska and Iowa data.
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents.

Have Visited a Physician for a Checkup in the Past Year

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 17]
Notes: ● Asked of all respondents.

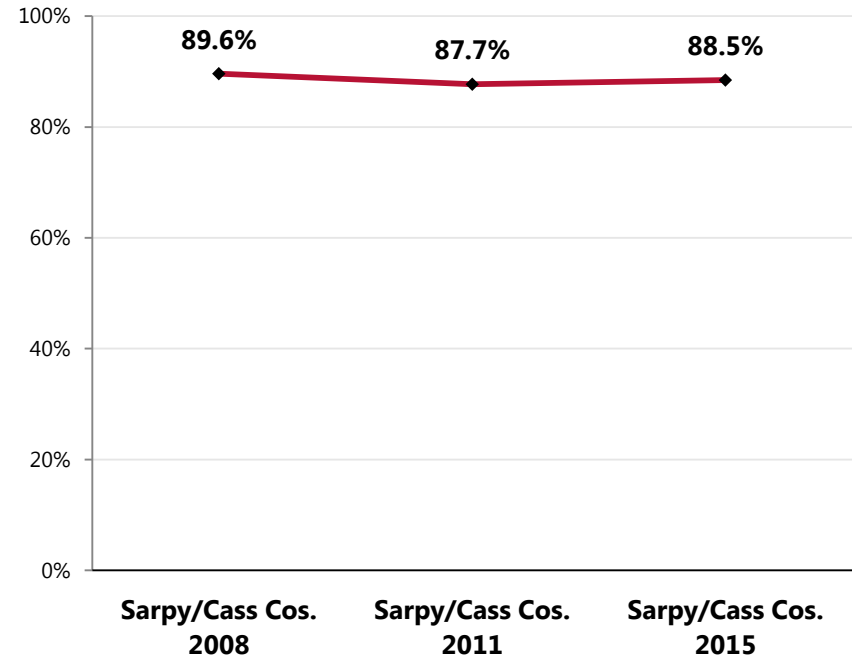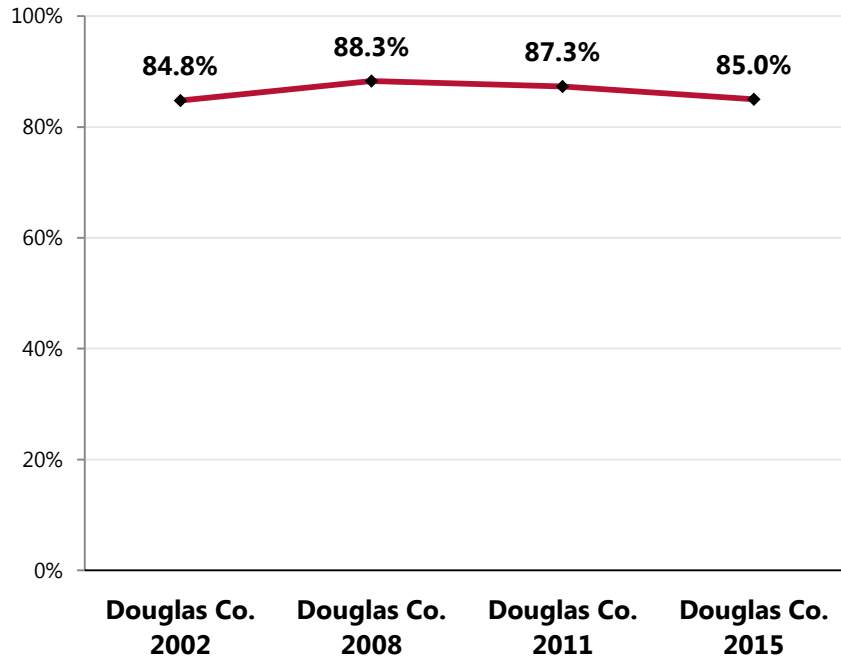# Have Visited a Physician for a Checkup in the Past Year
(Metro Area, 2015)

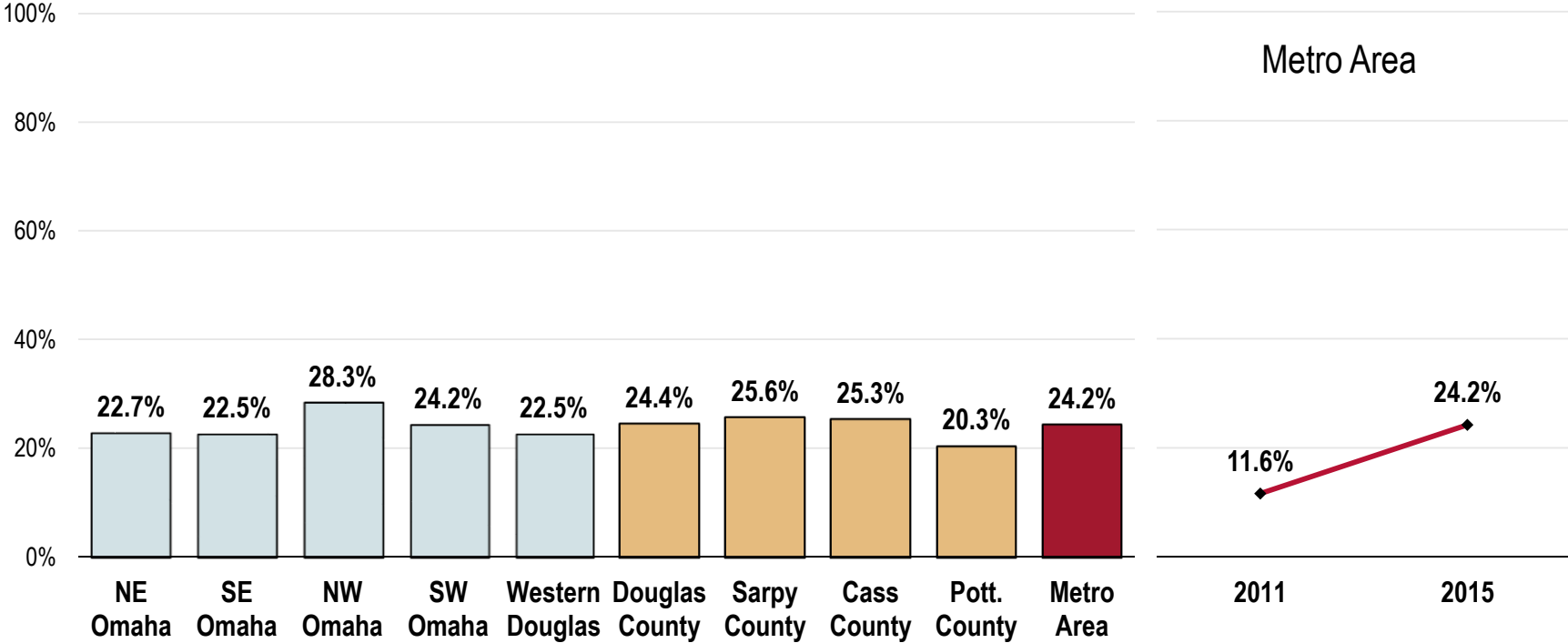

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 17]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Child Has Visited a Physician
for a Routine Checkup in the Past Year
(Among Parents of Children 0-17)

Bar chart values:
- NE Omaha: 85.0%
- SE Omaha: 84.1%
- NW Omaha: 85.9%
- SW Omaha: 83.5%
- Western Douglas: 90.2%
- Douglas County: 85.0%
- Sarpy County: 88.3%
- Cass County: 89.9%
- Pott. County: 88.0%
- Metro Area: 86.3%
  - Age 0-4: 95.2%
  - Age 5-12: 83.1%
  - Age 13-17: 84.8%
- US: 84.1%

Metro Area trend:
- 2011: 87.8%
- 2015: 86.3%

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 113]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents with children 0 to 17 in the household.

Child Has Visited a Physician
for a Routine Checkup in the Past Year
(Among Parents of Children 0-17)

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 113]
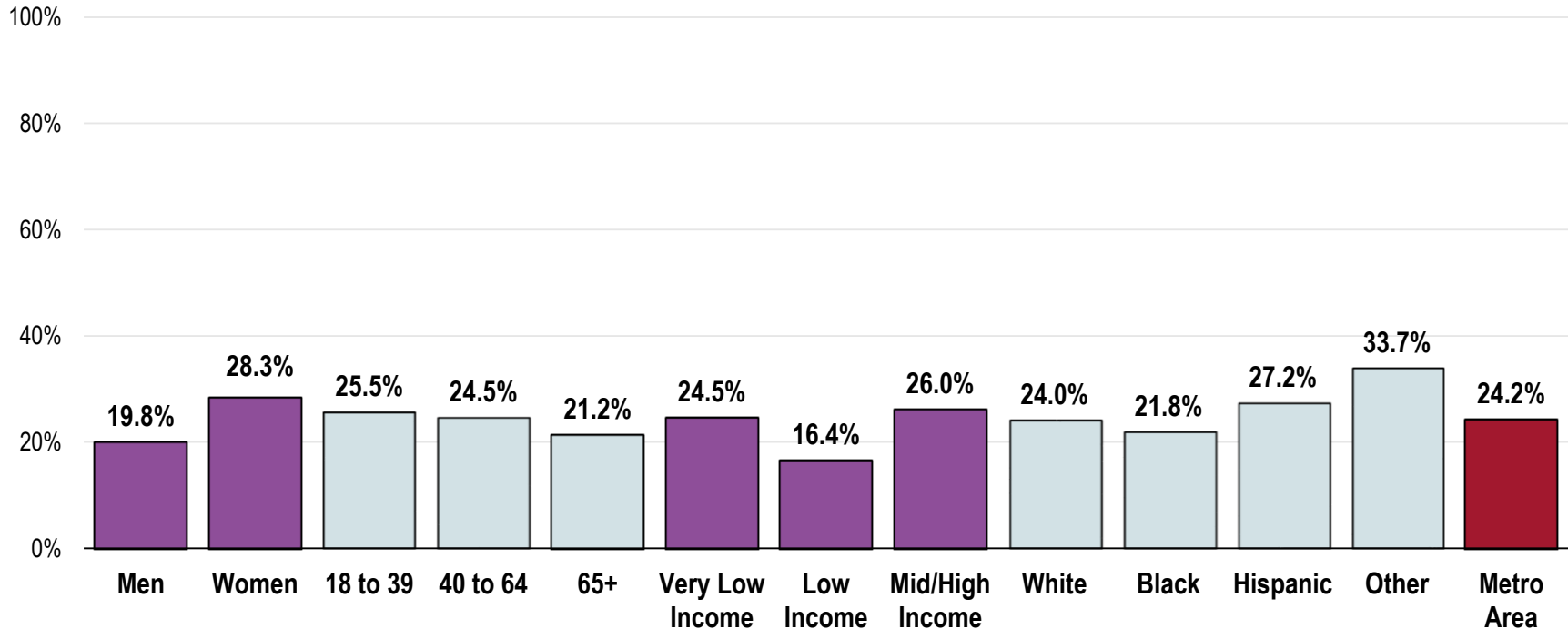Notes: ● Asked of all respondents with children 0 to 17 in the household.

Electronic Communication

Professional Research Consultants, Inc.

"Frequently" or "Sometimes" Use Electronic Communication to Communicate with a Doctor or Hospital

Metro Area

22.7%	22.5%	28.3%	24.2%	22.5%	24.4%	25.6%	25.3%	20.3%	24.2%
NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area

2011: 11.6%
2015: 24.2%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 307]
Notes: ● Asked of all respondents.

"Frequently" or "Sometimes" Use Electronic Communication to Communicate with a Doctor or Hospital
(Metro Area, 2015)

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 307]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
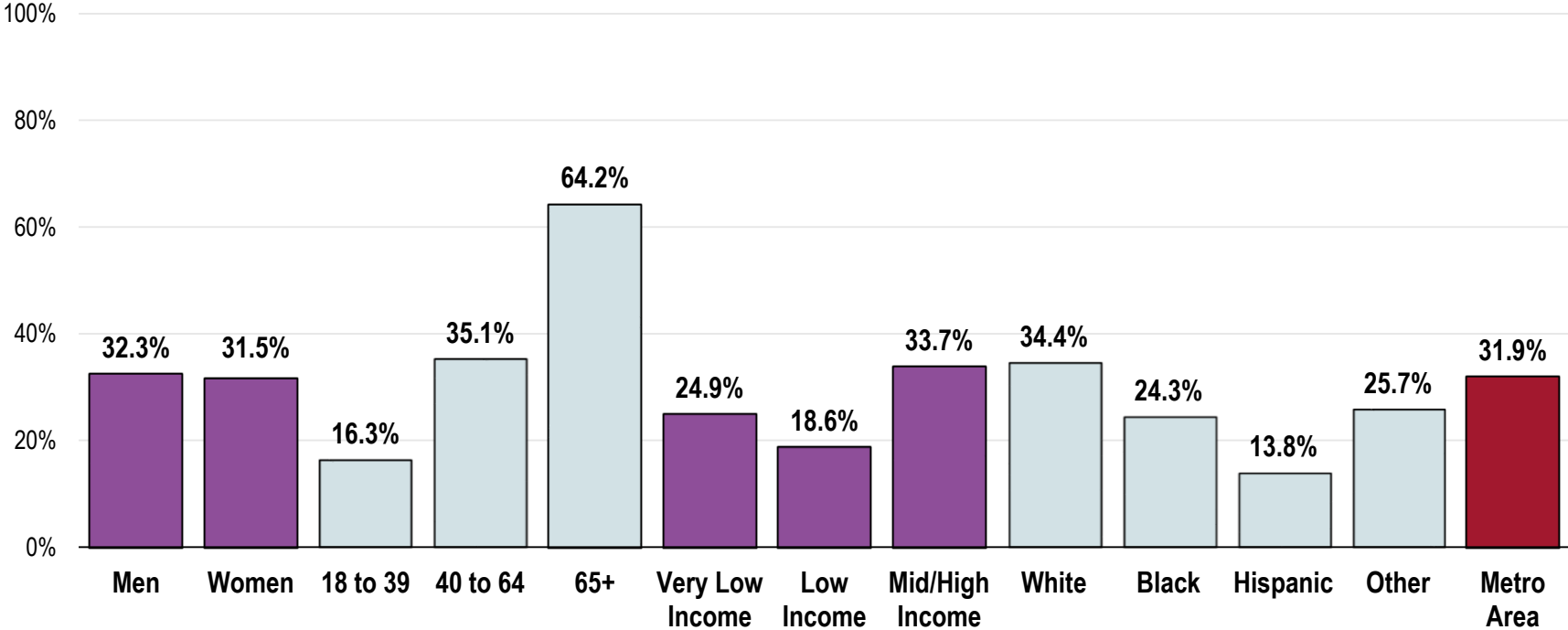
Advance Directives
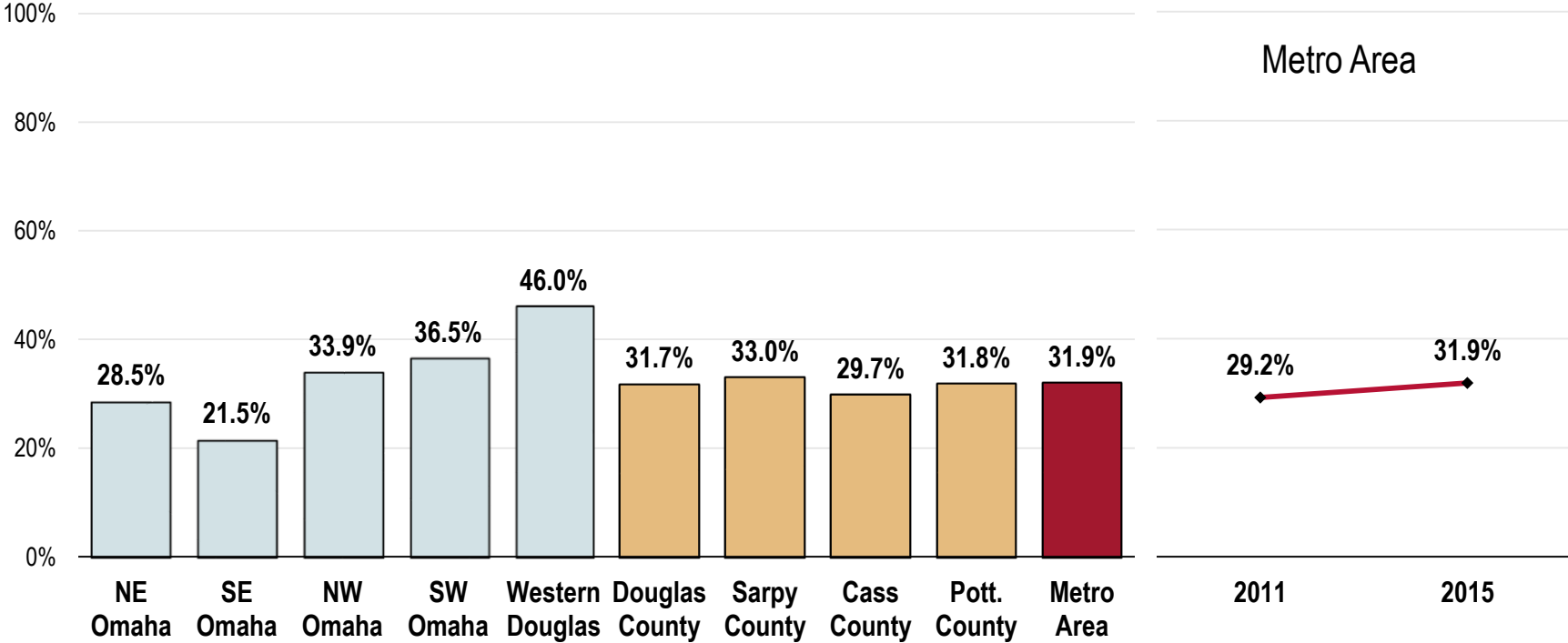
Professional Research Consultants, Inc.

Currently Have a Completed Advance Directive or Living Will

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 320]
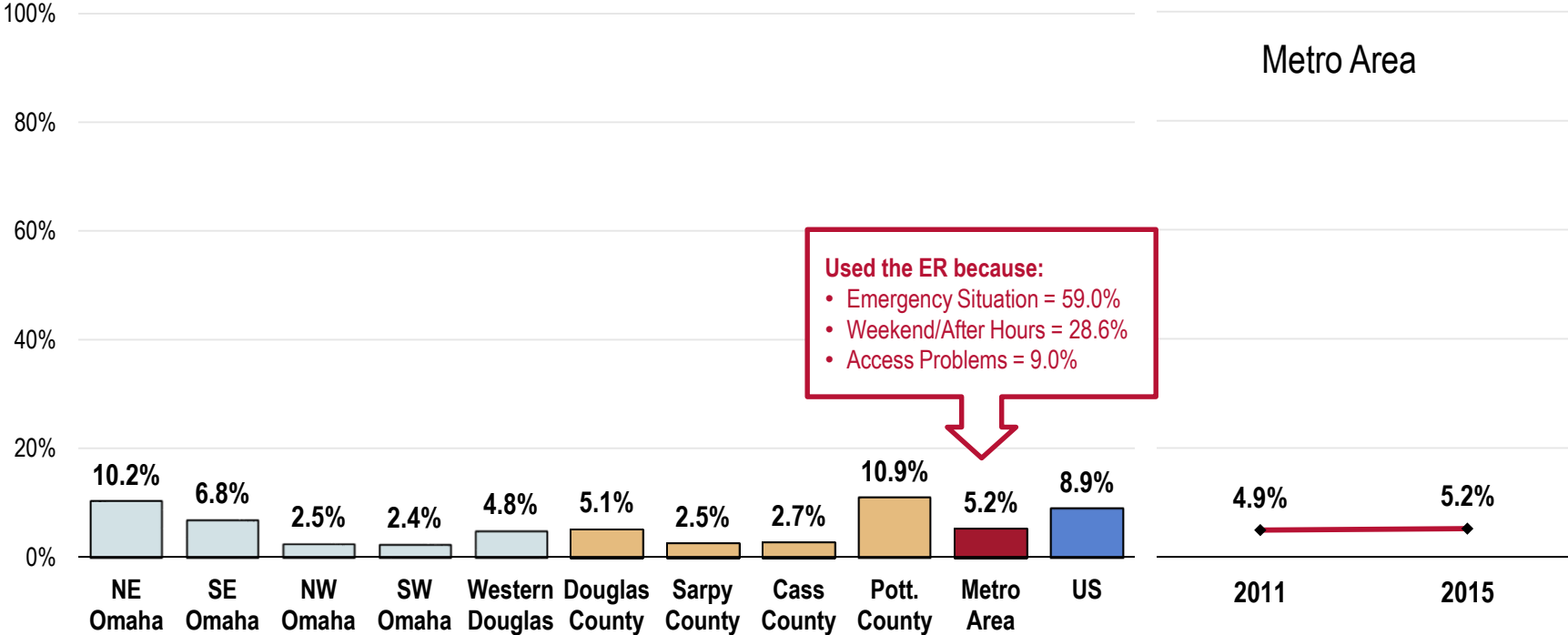Notes: ● Asked of all respondents.

Professional Research Consultants, Inc.

Currently Have a Completed Advance Directive or Living Will
(Metro Area, 2015)

Category	Value
Men	32.3%
Women	31.5%
18 to 39	16.3%
40 to 64	35.1%
65+	64.2%
Very Low Income	24.9%
Low Income	18.6%
Mid/High Income	33.7%
White	34.4%
Black	24.3%
Hispanic	13.8%
Other	25.7%
Metro Area	31.9%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 320]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
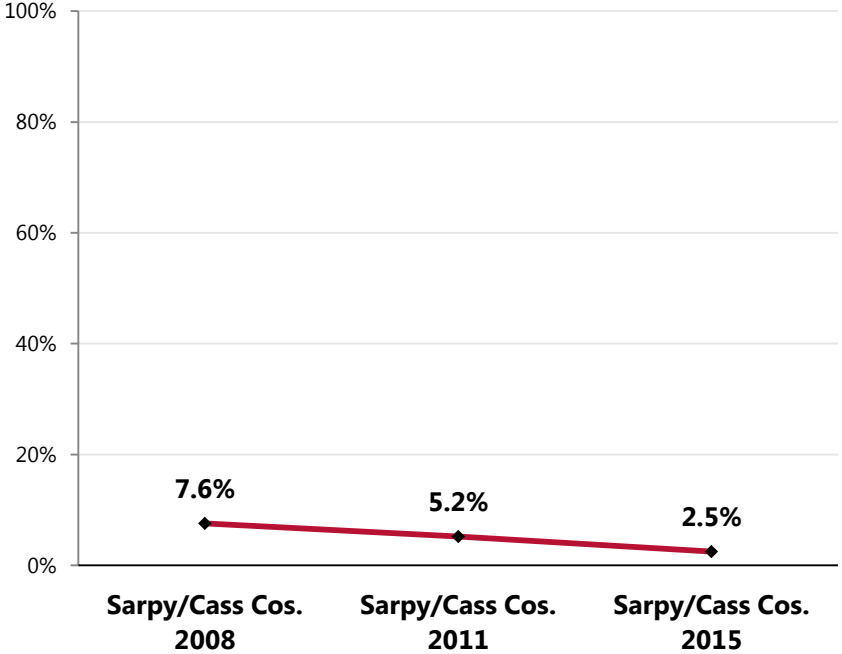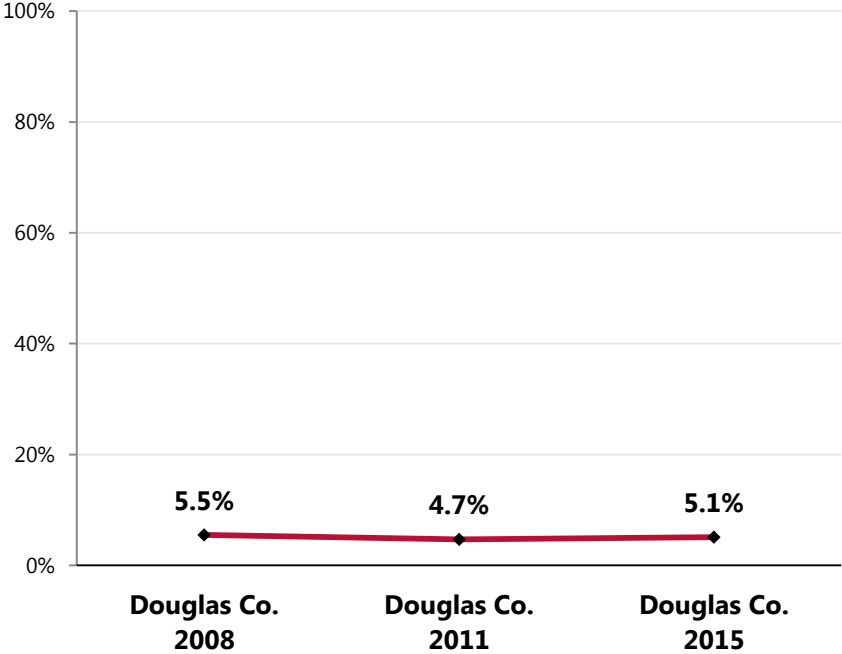
Emergency Room Services

Professional Research Consultants, Inc.

Have Used a Hospital
Emergency Room More Than Once in the Past Year

Metro Area

Used the ER because:
- Emergency Situation = 59.0%
- Weekend/After Hours = 28.6%
- Access Problems = 9.0%

NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US
10.2%	6.8%	2.5%	2.4%	4.8%	5.1%	2.5%	2.7%	10.9%	5.2%	8.9%

2011	2015
4.9%	5.2%

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 23-24]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents.

Have Used a Hospital
Emergency Room More Than Once in the Past Year

Douglas Co. 2008	Douglas Co. 2011	Douglas Co. 2015
5.5%	4.7%	5.1%

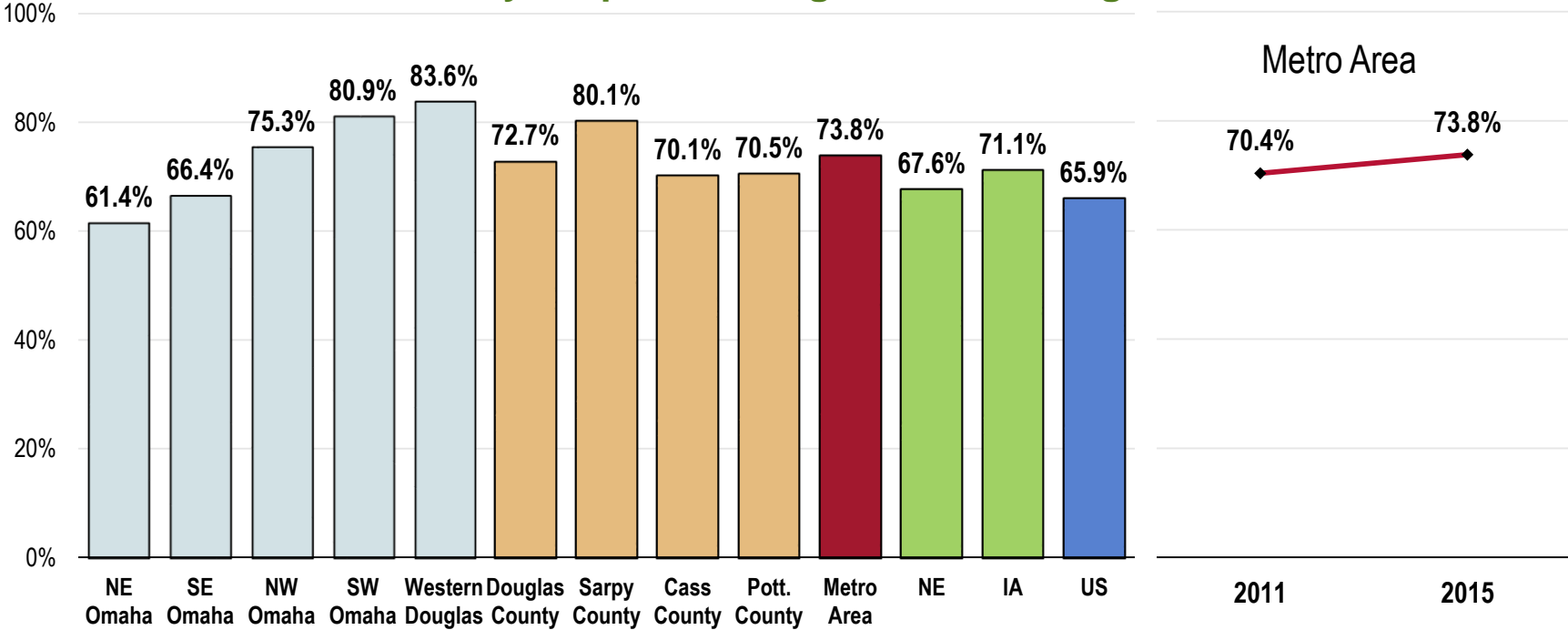| Sarpy/Cass Cos. 2008	Sarpy/Cass Cos. 2011	Sarpy/Cass Cos. 2015
7.6%	5.2%	2.5%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 23-24]
Notes: ● Asked of all respondents.

Have Used a Hospital Emergency Room
More Than Once in the Past Year
(Metro Area, 2015)

Men	Women	18 to 39	40 to 64	65+	Very Low Income	Low Income	Mid/High Income	White	Black	Hispanic	Other	Metro Area
3.4%	6.8%	6.6%	4.1%	5.6%	14.7%	7.6%	3.4%	4.5%	12.7%	7.2%	4.1%	5.2%
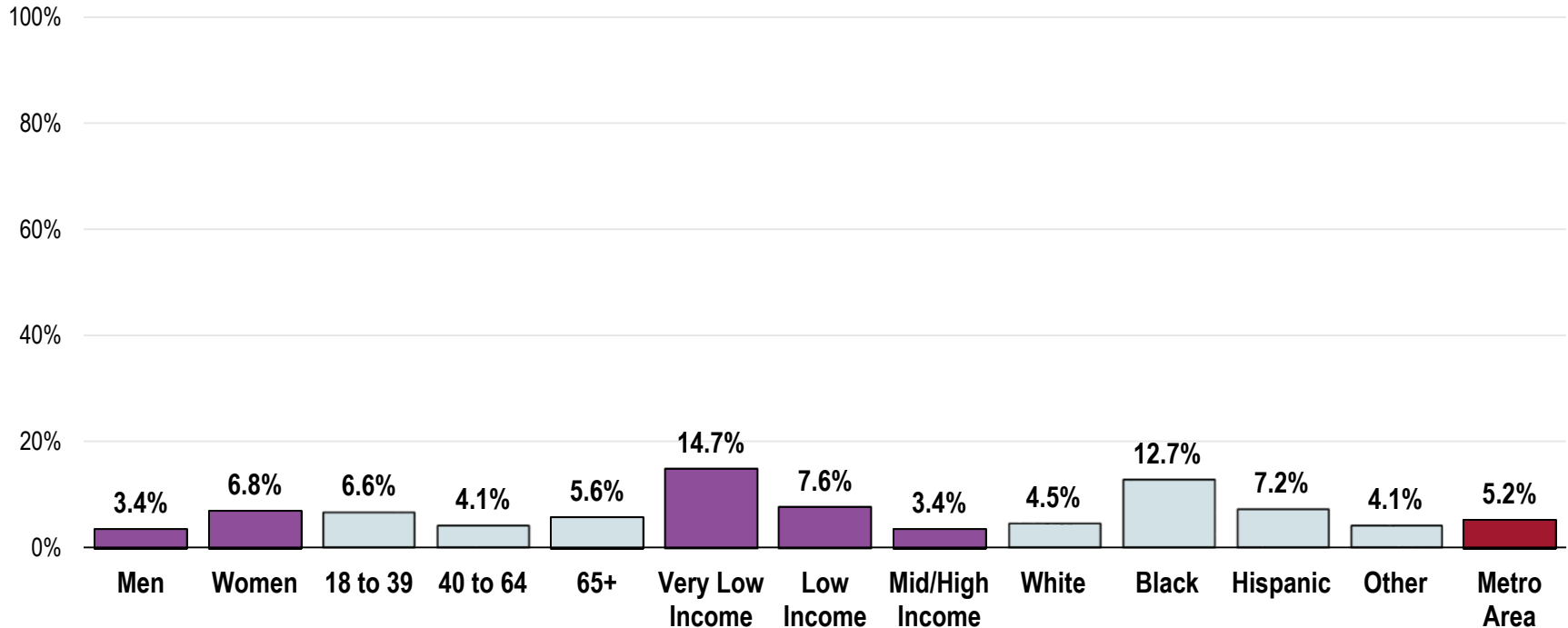
Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 23]
Notes: ● Asked of all respondents.
   ● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
   ● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Oral Health

Have Visited a Dentist or Dental Clinic Within the Past Year
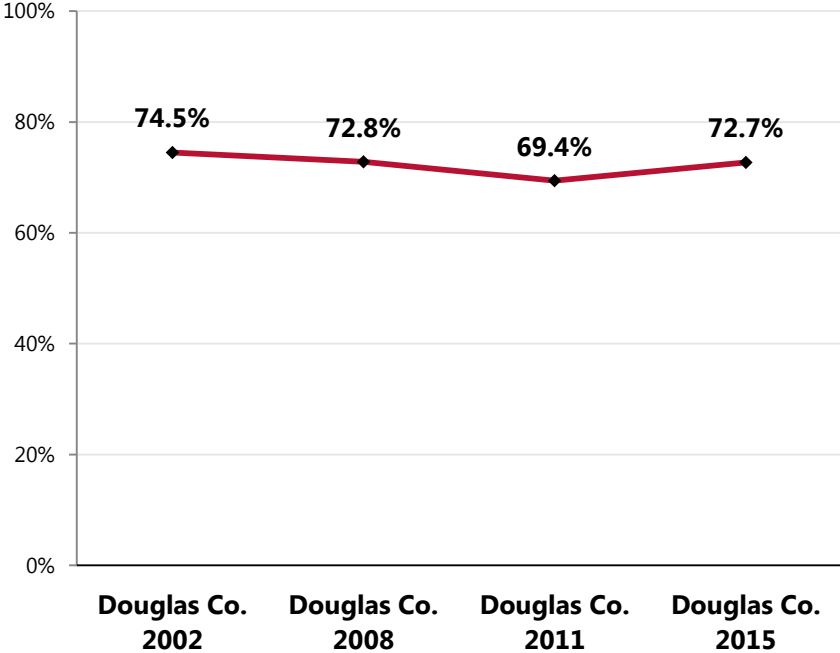
Healthy People 2020 Target = 49.0% or Higher
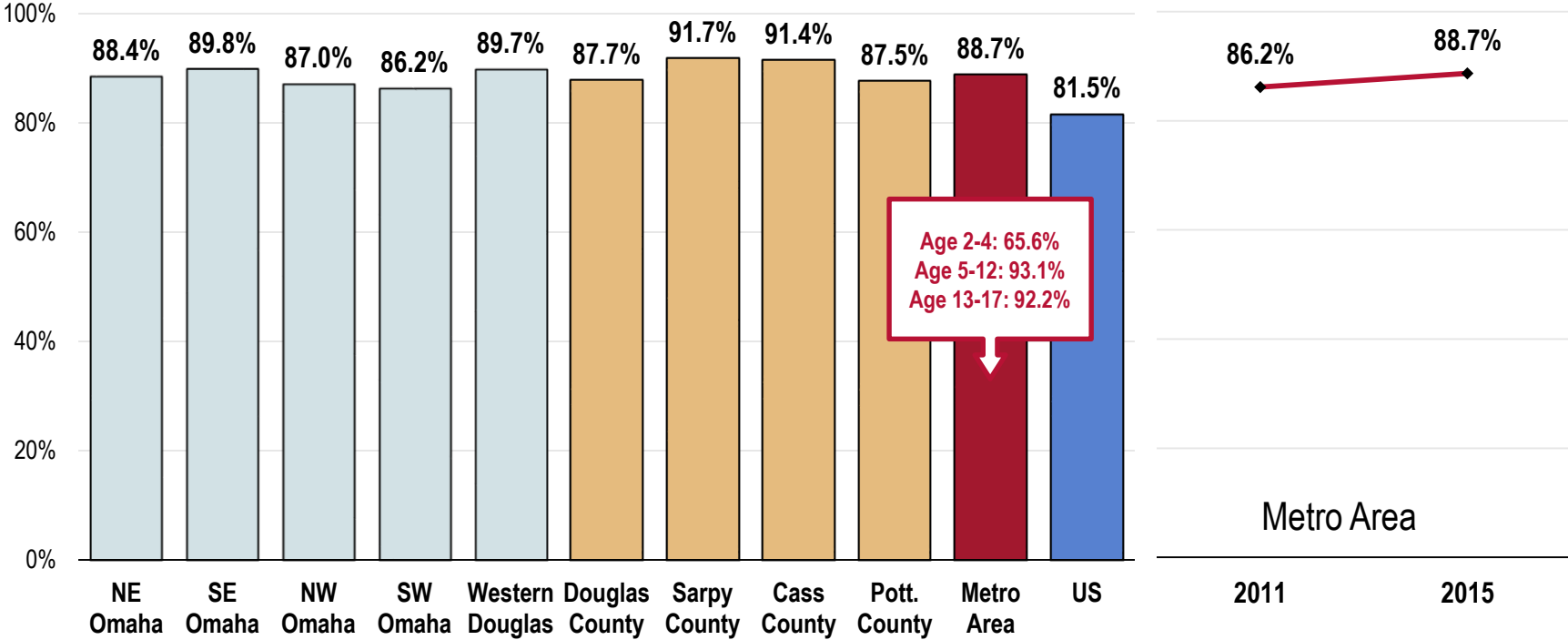

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 21]
- 2013 PRC National Health Survey, Professional Research Consultants, Inc.
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective OH-7]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Nebraska. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2012 Nebraska and Iowa data.

Notes:
- Asked of all respondents.

Have Visited a Dentist or
Dental Clinic Within the Past Year

74.5% **72.8%** **69.4%** **72.7%**

Douglas Co. 2002 | Douglas Co. 2008 | Douglas Co. 2011 | Douglas Co. 2015

74.4% **73.6%** **78.7%**

Sarpy/Cass Cos. 2008 | Sarpy/Cass Cos. 2011 | Sarpy/Cass Cos. 2015
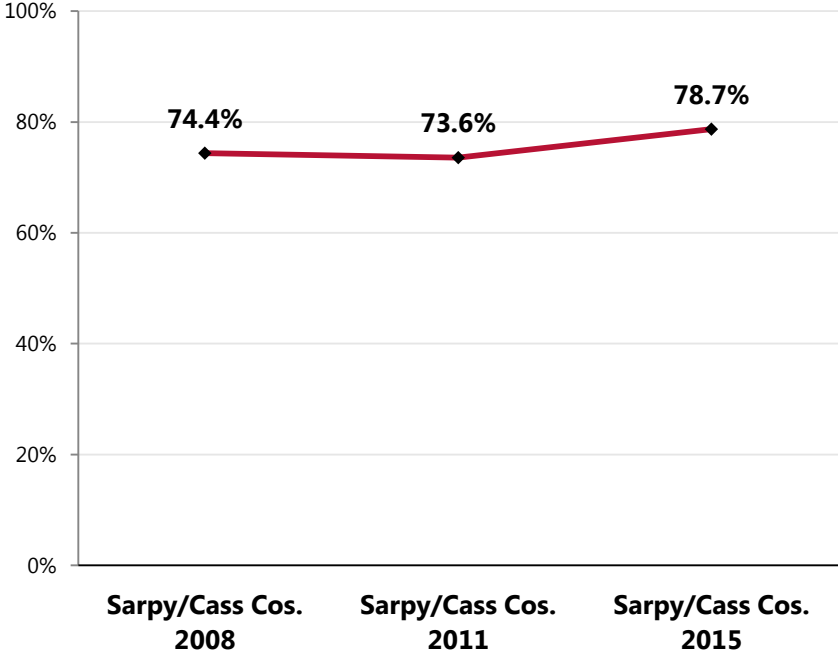
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 21]
Notes: ● Asked of all respondents.

Have Visited a Dentist or Dental Clinic Within the Past Year
(Metro Area, 2015)
Healthy People 2020 Target = 49.0% or Higher

Bar chart showing percentages:
- Men: 74.1%
- Women: 73.4%
- 18 to 39: 68.7%
- 40 to 64: 78.1%
- 65+: 74.0%
- Very Low Income: 48.0%
- Low Income: 60.8%
- Mid/High Income: 81.0%
- White: 76.7%
- Black: 65.2%
- Hispanic: 62.8%
- Other: 53.3%
- Dental Insurance: 81.1%
- No Dental: 55.4%
- Metro Area: 73.8%
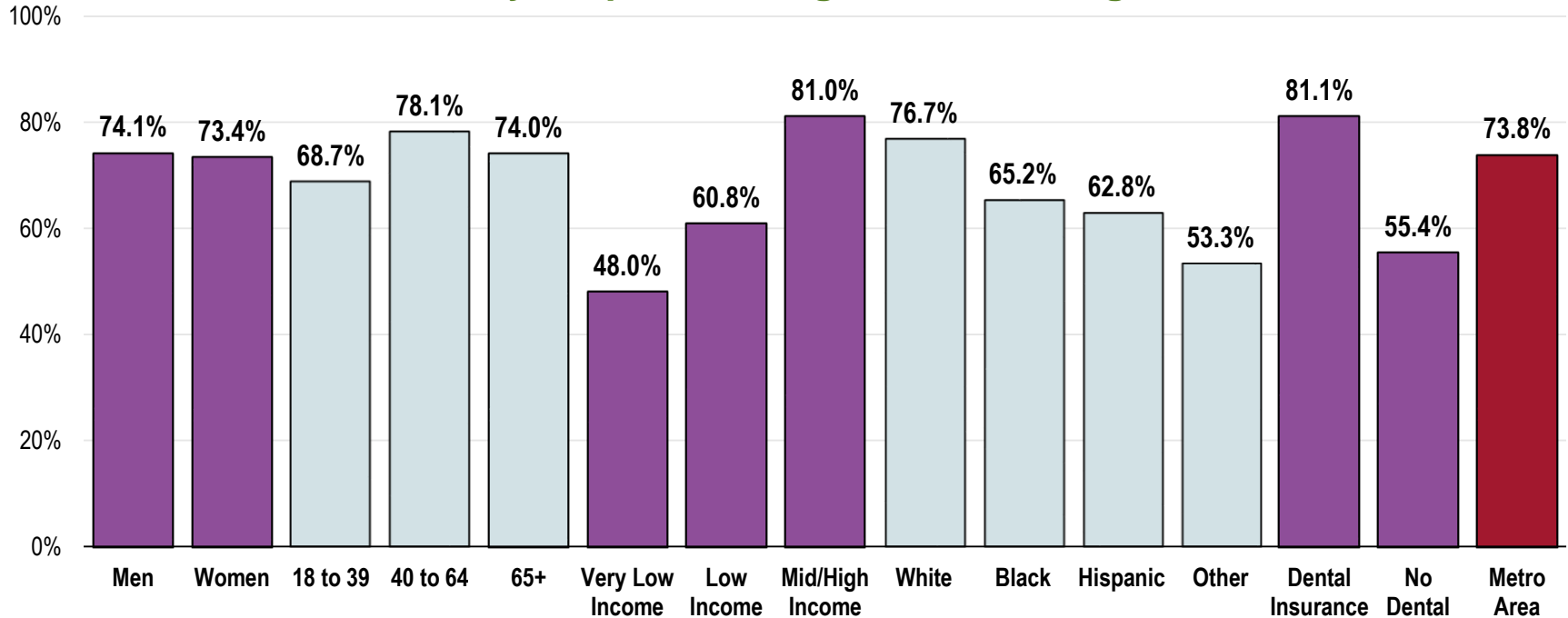
Sources:
- 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 21]
- US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective OH-7]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Child Has Visited a Dentist or Dental Clinic Within the Past Year
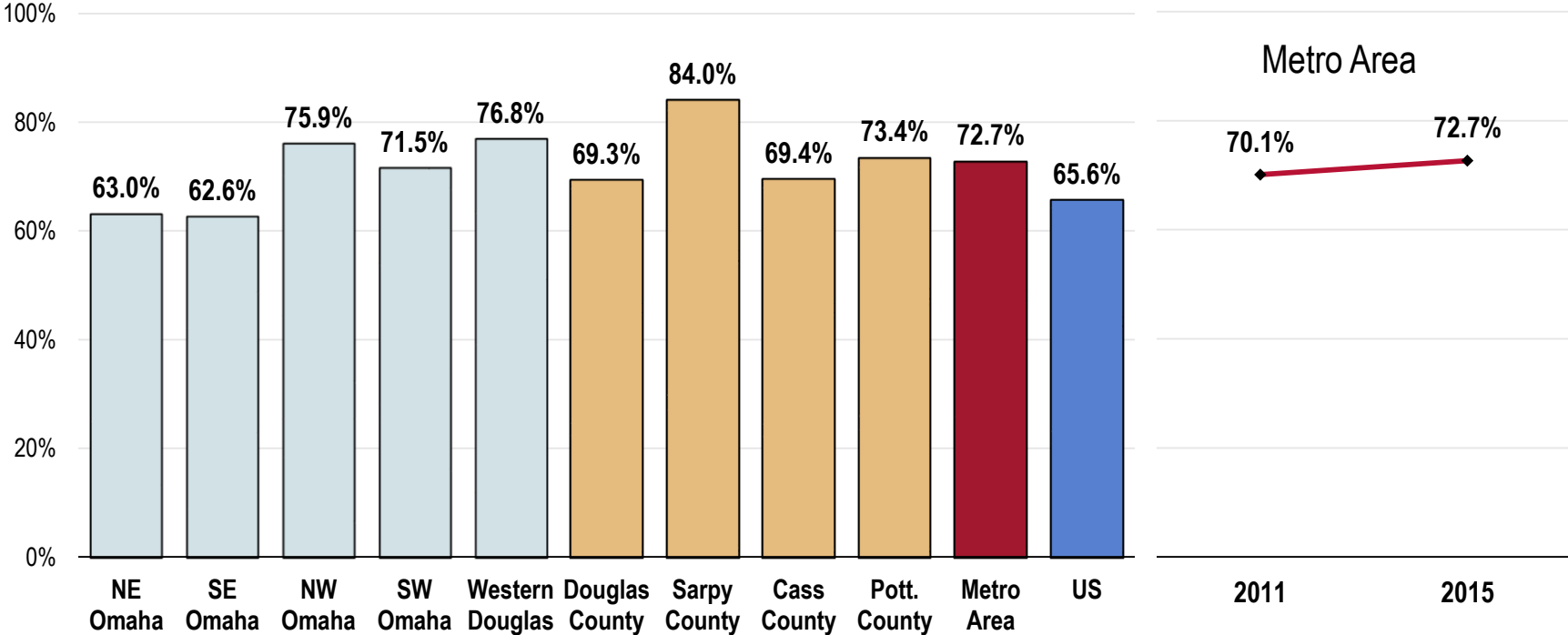## (Among Parents of Children Age 2-17)
Healthy People 2020 Target = 49.0% or Higher

Bar chart values:
- NE Omaha: 88.4%
- SE Omaha: 89.8%
- NW Omaha: 87.0%
- SW Omaha: 86.2%
- Western Douglas: 89.7%
- Douglas County: 87.7%
- Sarpy County: 91.7%
- Cass County: 91.4%
- Pott. County: 87.5%
- Metro Area: 88.7%
- US: 81.5%

Metro Area callout:
Age 2-4: 65.6%
Age 5-12: 93.1%
Age 13-17: 92.2%

Metro Area trend:
- 2011: 86.2%
- 2015: 88.7%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 116]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
● US Department of Health and Human Services. Healthy People 2020. December 2010. http://www.healthypeople.gov [Objective OH-7]
Notes: ● Asked of all respondents with children age 2 through 17.

Child Has Visited a Dentist or
Dental Clinic Within the Past Year
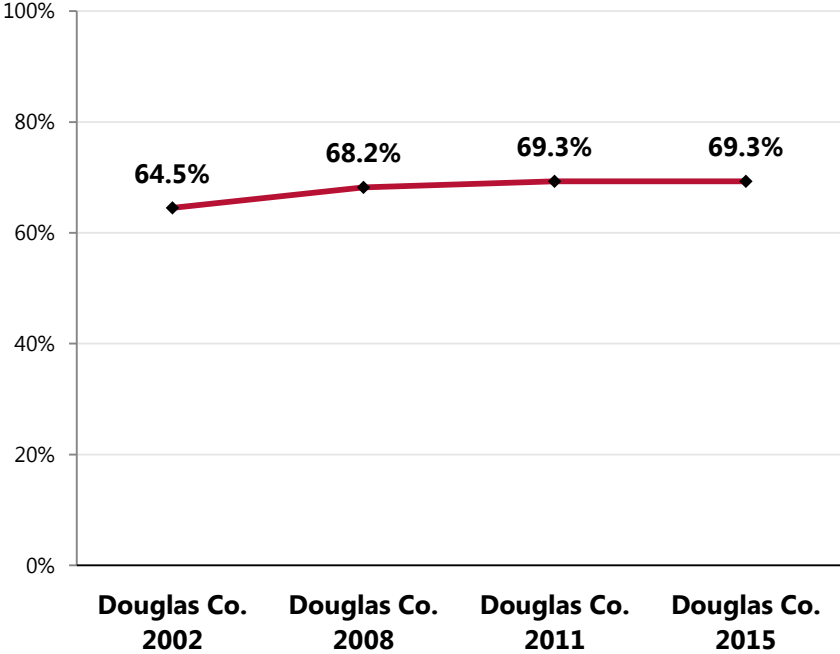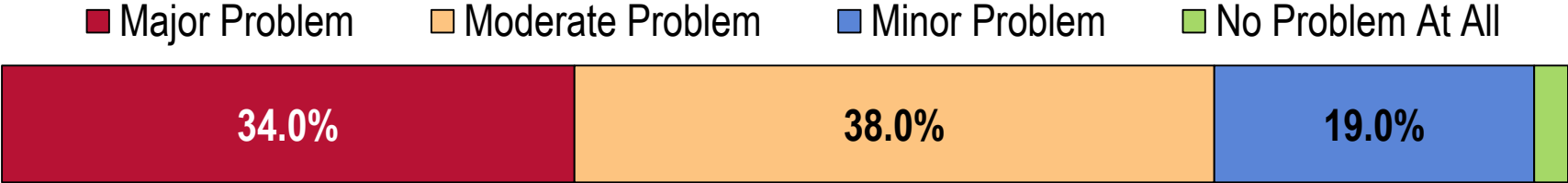## (Among Parents of Children Age 2-17)
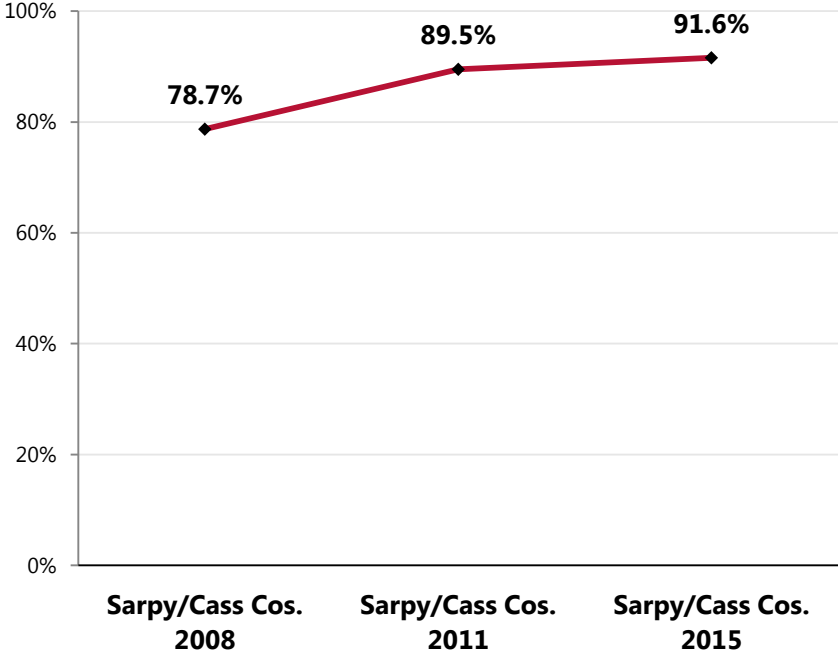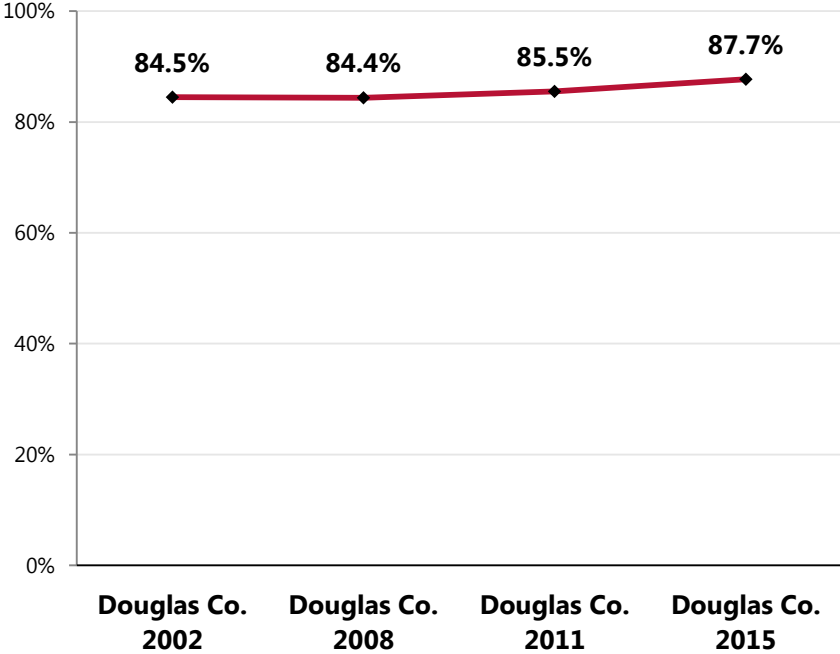
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 116]
Notes: ● Asked of all respondents with children age 2 through 17.

Have Insurance Coverage That Pays
All or Part of Dental Care Costs

Metro Area

Category	Value
NE Omaha	63.0%
SE Omaha	62.6%
NW Omaha	75.9%
SW Omaha	71.5%
Western Douglas	76.8%
Douglas County	69.3%
Sarpy County	84.0%
Cass County	69.4%
Pott. County	73.4%
Metro Area	72.7%
US	65.6%

Metro Area trend: 2011 = 70.1%, 2015 = 72.7%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 22]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

Have Insurance Coverage That Pays
All or Part of Dental Care Costs
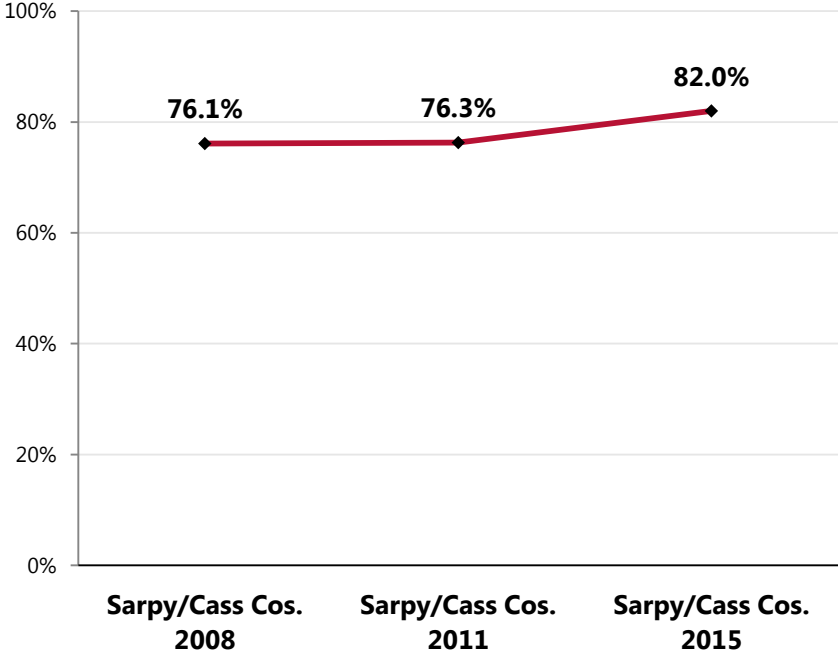
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 22]
Notes: ● Asked of all respondents.

Perceptions of Oral Health
as a Problem in the Community
(Key Informants, 2015)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All
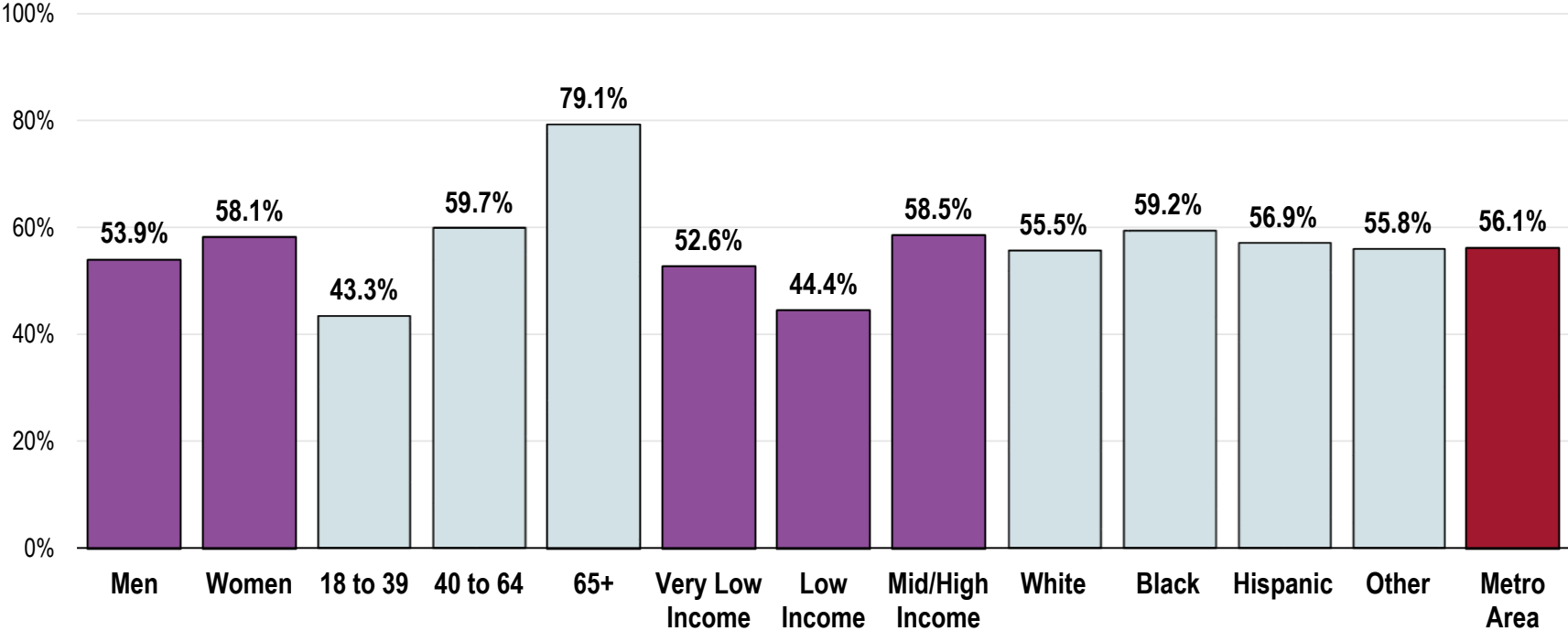
Major Problem	Moderate Problem	Minor Problem	
34.0%	**38.0%**	**19.0%**	

Sources: ● PRC Key Informant Focus Groups, August 2015.

Vision Care

Had an Eye Exam in the Past Two Years During Which the Pupils Were Dilated

Metro Area

Category	Value
NE Omaha	55.0%
SE Omaha	49.7%
NW Omaha	60.0%
SW Omaha	58.9%
Western Douglas	49.0%
Douglas County	56.0%
Sarpy County	57.1%
Cass County	54.2%
Pott. County	55.6%
Metro Area	56.1%
US	56.8%

Year	Value
2011	55.9%
2015	56.1%
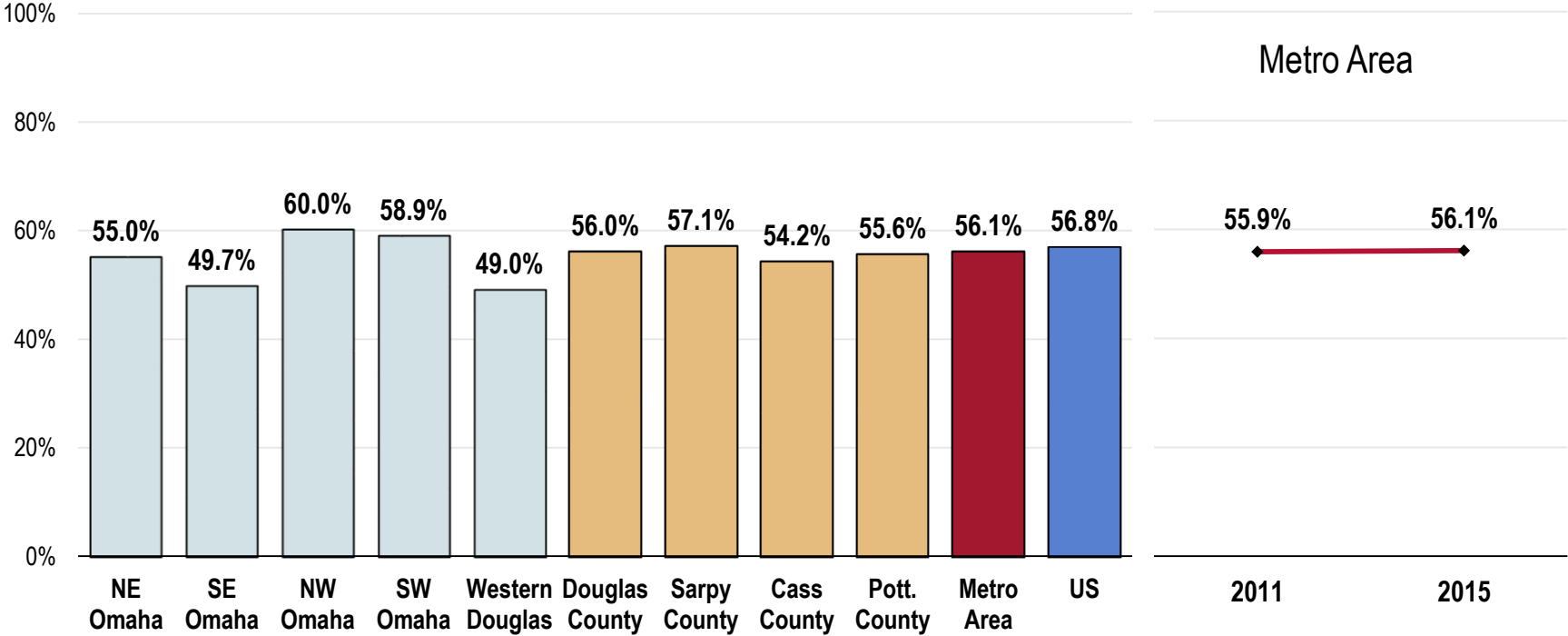
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 20]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

Had an Eye Exam in the Past Two
Years During Which the Pupils Were Dilated

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 20]
Notes: ● Asked of all respondents.

Had an Eye Exam in the Past Two Years During Which the Pupils Were Dilated
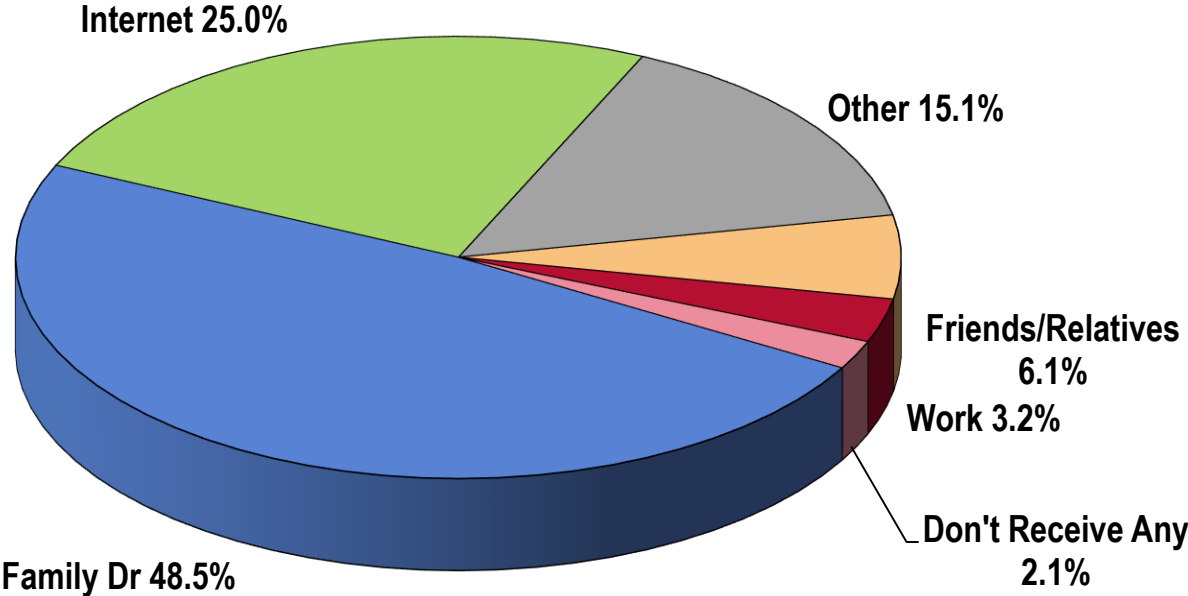## (Metro Area, 2015)

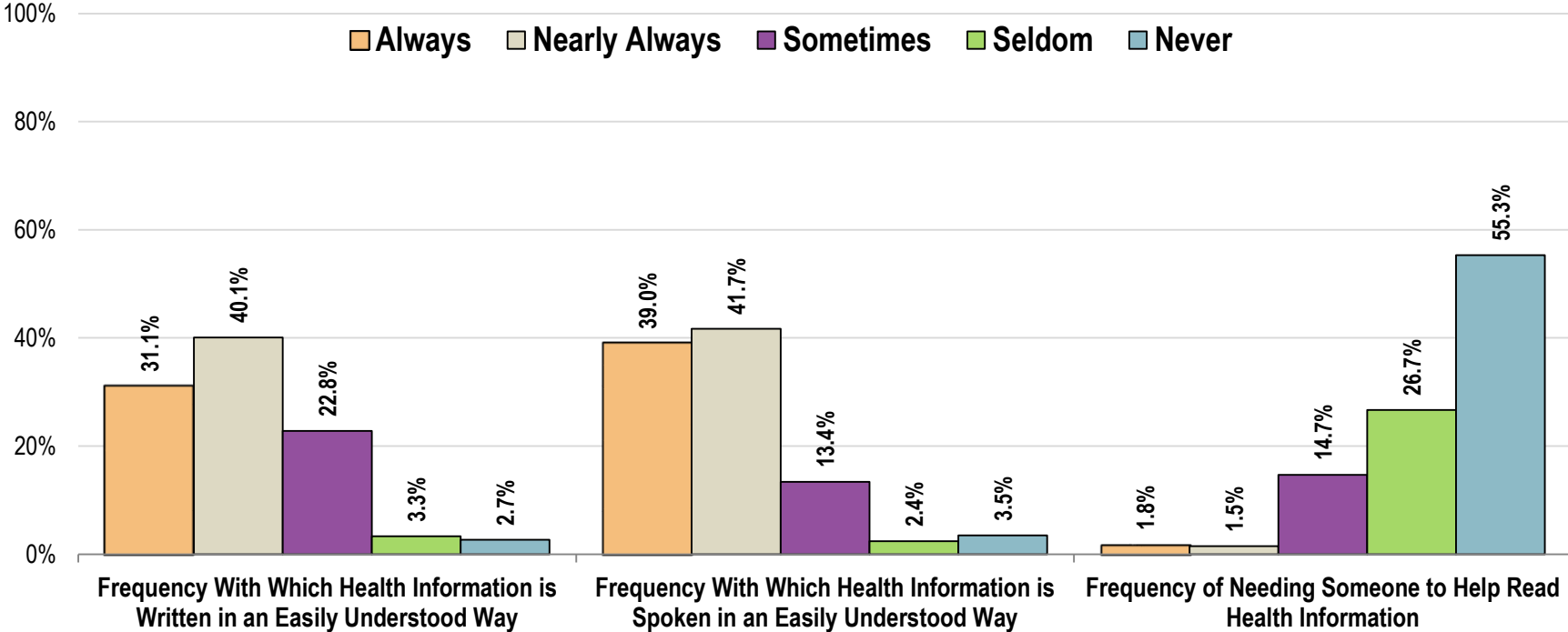| Category	Percentage
Men	53.9%
Women	58.1%
18 to 39	43.3%
40 to 64	59.7%
65+	79.1%
Very Low Income	52.6%
Low Income	44.4%
Mid/High Income	58.5%
White	55.5%
Black	59.2%
Hispanic	56.9%
Other	55.8%
Metro Area	56.1%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 20]
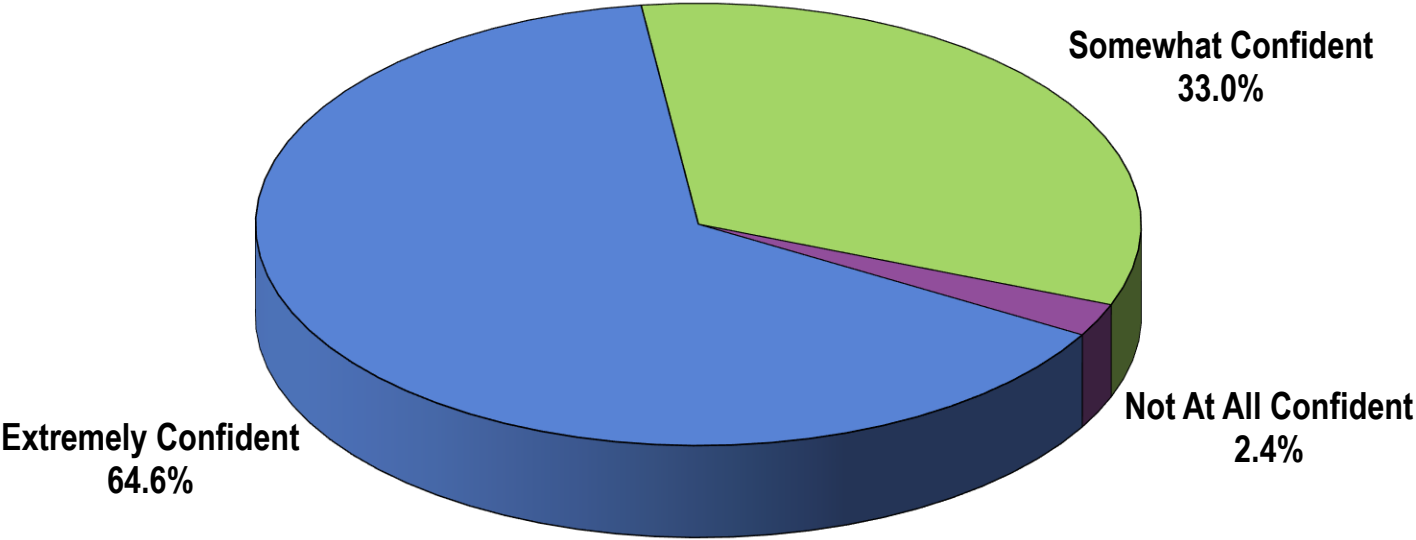Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Health Education & Outreach

Professional Research Consultants, Inc.

Primary Source of Healthcare Information
(Metro Area, 2015)

Internet 25.0%

Other 15.1%

Friends/Relatives 6.1%

Work 3.2%

Don't Receive Any 2.1%

Family Dr 48.5%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 334]
Notes: ● Asked of all respondents.

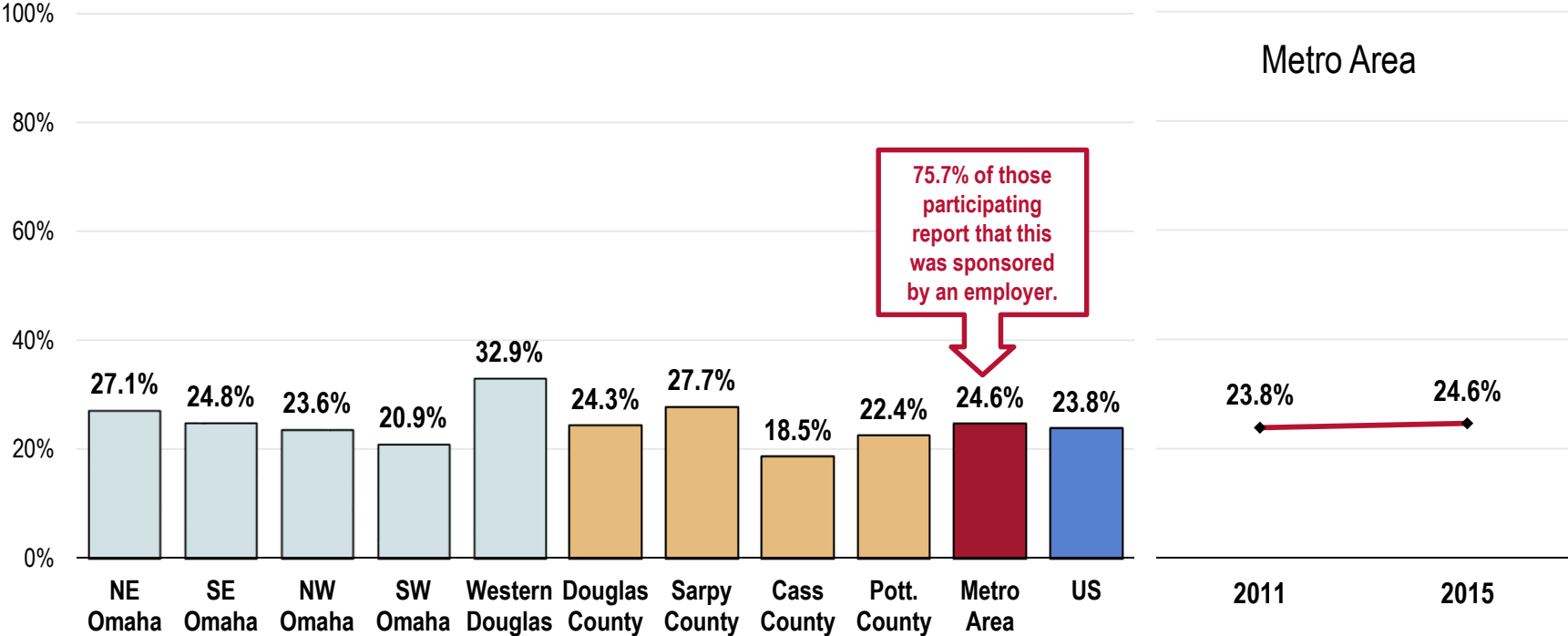# Understanding Health Information
(Metro Area, 2015)

Legend: ■ Always □ Nearly Always ■ Sometimes ■ Seldom □ Never

Frequency With Which Health Information is Written in an Easily Understood Way
- Always: 31.1%
- Nearly Always: 40.1%
- Sometimes: 22.8%
- Seldom: 3.3%
- Never: 2.7%

Frequency With Which Health Information is Spoken in an Easily Understood Way
- Always: 39.0%
- Nearly Always: 41.7%
- Sometimes: 13.4%
- Seldom: 2.4%
- Never: 3.5%

Frequency of Needing Someone to Help Read Health Information
- Always: 1.8%
- Nearly Always: 1.5%
- Sometimes: 14.7%
- Seldom: 26.7%
- Never: 55.3%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 335-337]
Notes: ● Asked of all respondents.

Self-Perceived Confidence in Ability to Fill Out Health Forms
(Metro Area, 2015)

**Somewhat Confident
33.0%**

**Extremely Confident
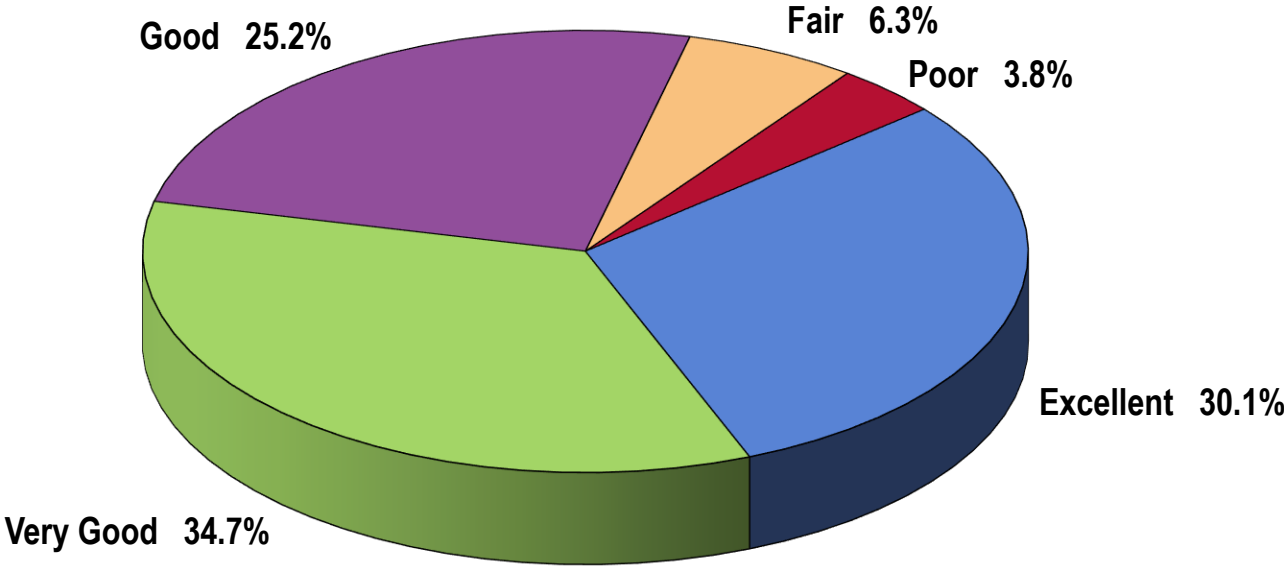64.6%**

**Not At All Confident
2.4%**

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc.   [Item 338]
Notes: ● Asked of all respondents.
               ● In this case, health forms include insurance forms, questionnaires, doctor's office forms, and other forms related to health and healthcare.

Participated in a Health Promotion Activity in the Past Year

Metro Area

75.7% of those participating report that this was sponsored by an employer.

NE Omaha	SE Omaha	NW Omaha	SW Omaha	Western Douglas	Douglas County	Sarpy County	Cass County	Pott. County	Metro Area	US
27.1%	24.8%	23.6%	20.9%	32.9%	24.3%	27.7%	18.5%	22.4%	24.6%	23.8%

2011: 23.8% 2015: 24.6%

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 339-340]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

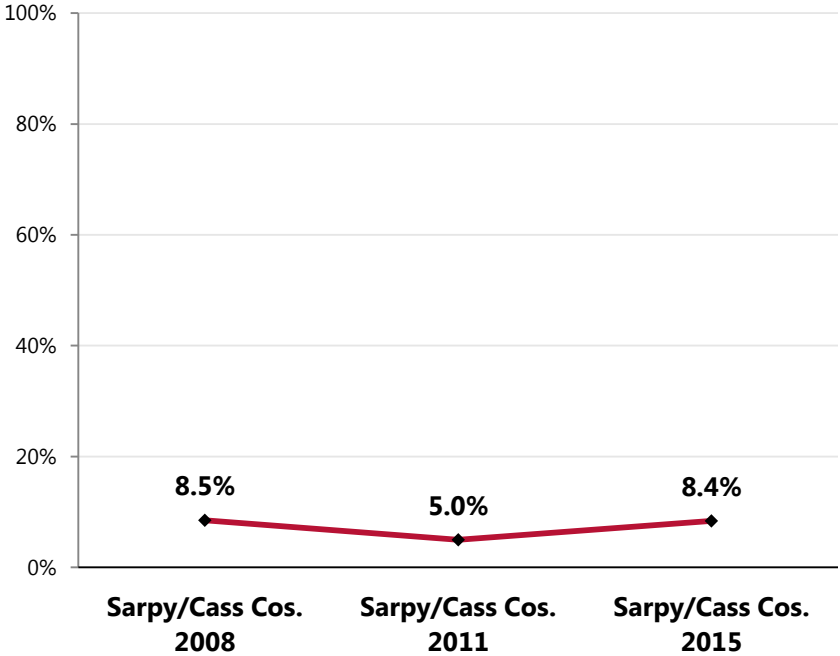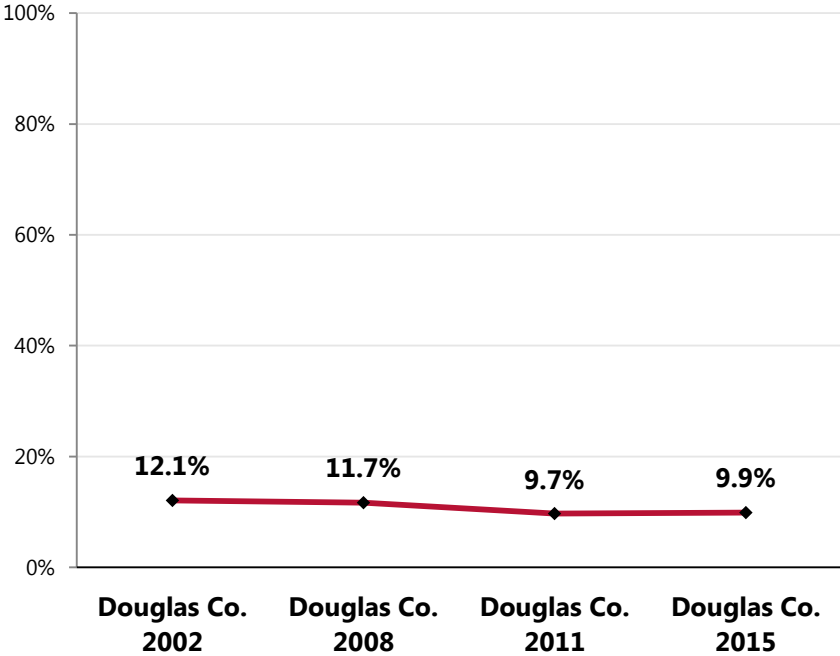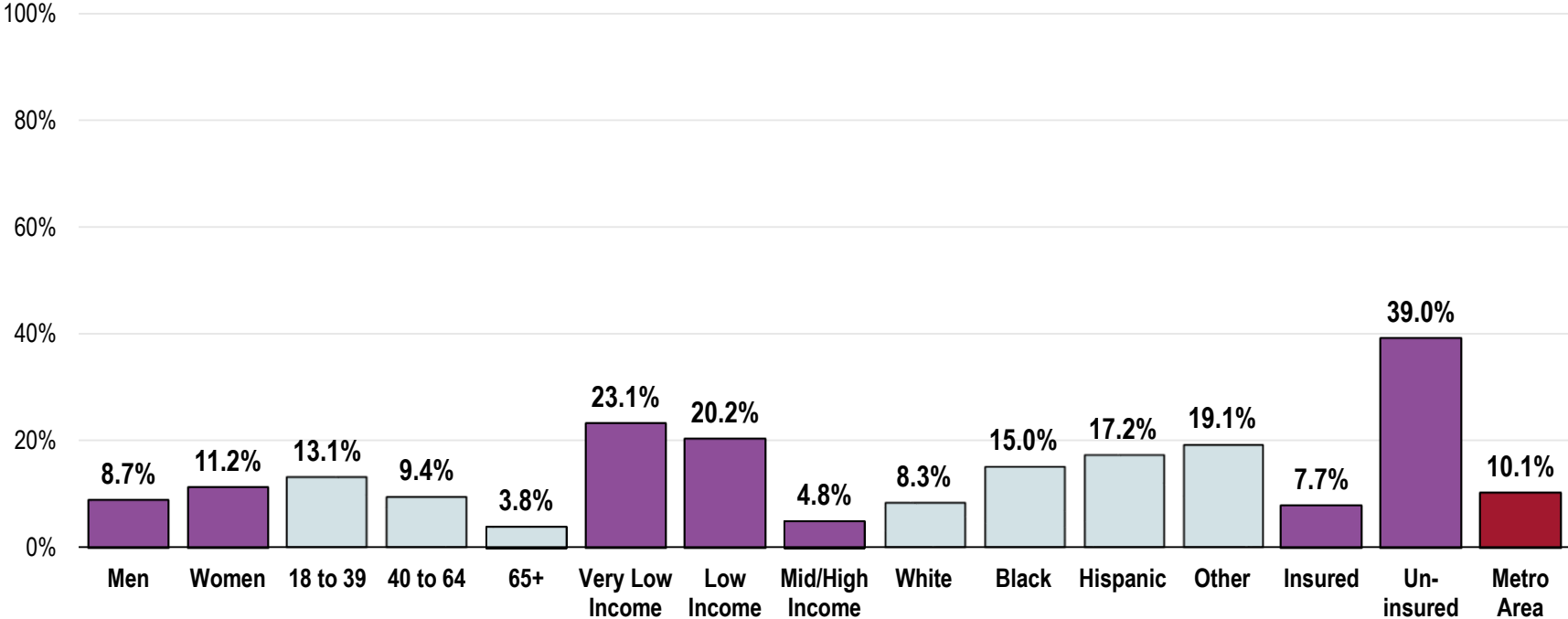# Participated in a Health Promotion Activity in the Past Year
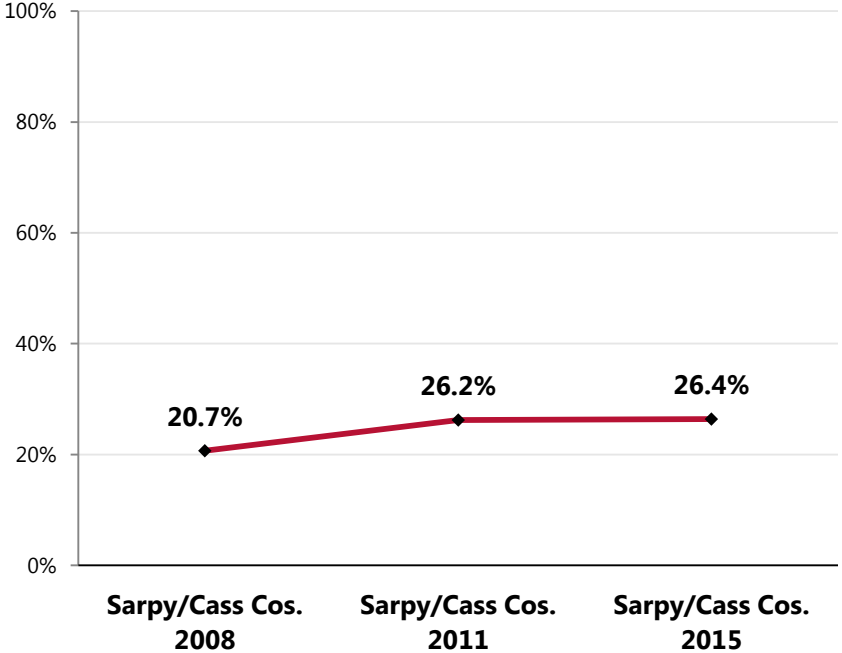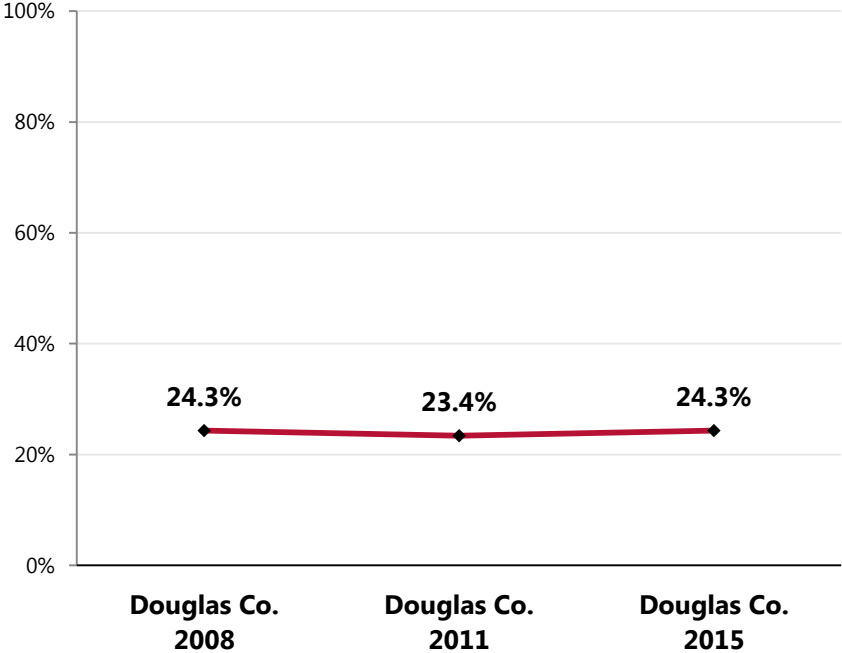
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Items 339-340]
Notes: ● Asked of all respondents.

Participated in a Health Promotion Activity in the Past Year
(Metro Area, 2015)

Bar chart values:
- Men: 21.9%
- Women: 27.0%
- 18 to 39: 26.0%
- 40 to 64: 26.9%
- 65+: 13.8%
- Very Low Income: 18.3%
- Low Income: 18.5%
- Mid/High Income: 28.6%
- White: 25.5%
- Black: 21.9%
- Hispanic: 11.1%
- Other: 38.1%
- Insured: 25.9%
- Un-insured: 9.4%
- Metro Area: 24.6%
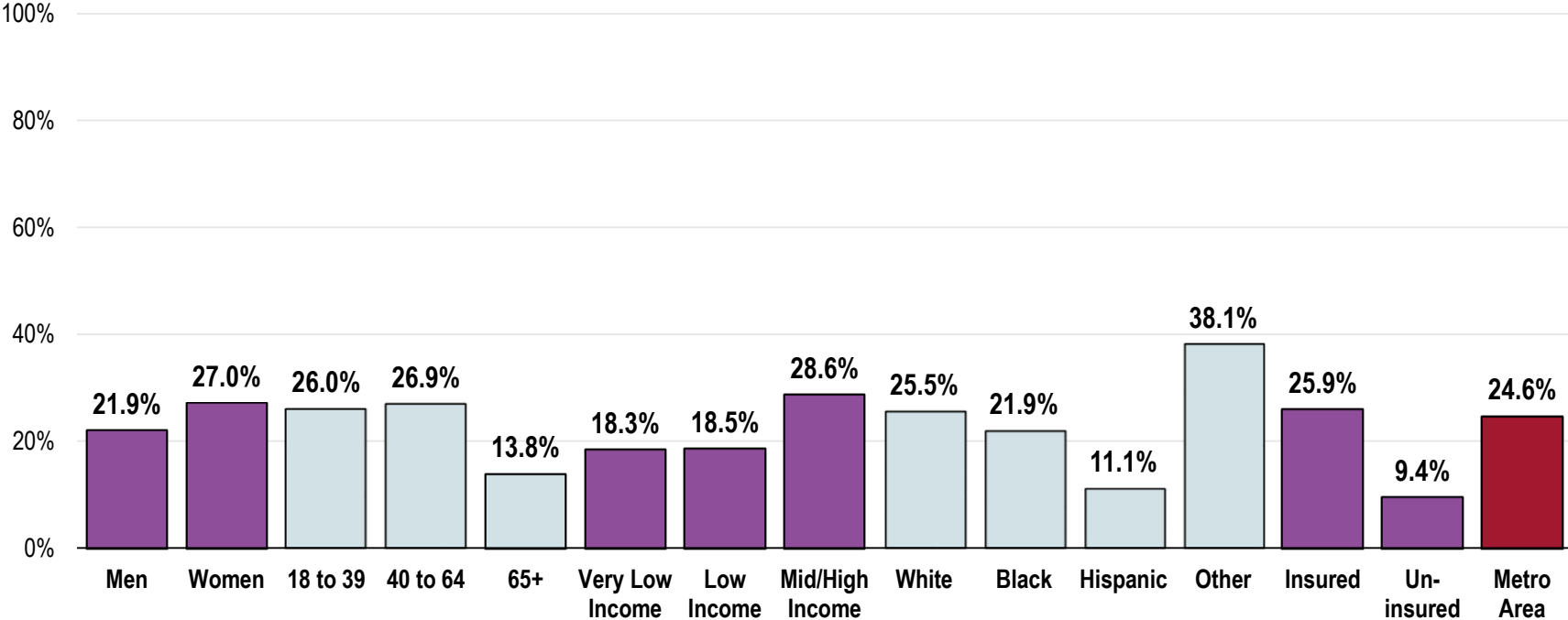
Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 339]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Local Resources

Professional Research Consultants, Inc.

Perceptions of Local Healthcare Services

Professional Research Consultants, Inc.

Rating of Overall Healthcare
Services Available in the Community
(Metro Area, 2015)

Good 25.2%

Fair 6.3%

Poor 3.8%

Excellent 30.1%

Very Good 34.7%

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 6]
Notes: ● Asked of all respondents.

Perceive Local Healthcare Services as "Fair/Poor"
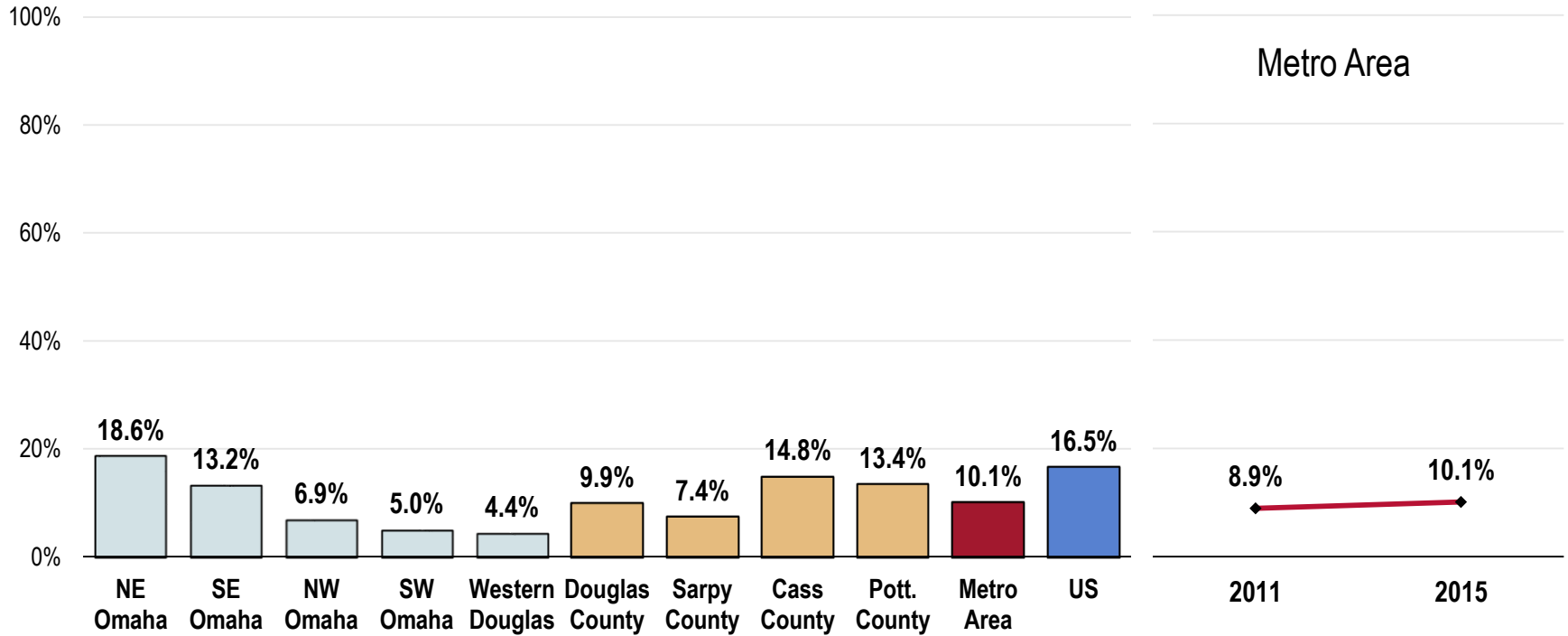
Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 6]
● 2013 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

Perceive Local Healthcare Services as "Fair/Poor"

Sources: ● PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 6]
Notes: ● Asked of all respondents.

Perceive Local Healthcare Services as "Fair/Poor"
(Metro Area, 2015)

Sources: ● 2015 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 6]
Notes: ● Asked of all respondents.
● Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
● Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Very Low Income" includes households living with defined poverty status; "Low Income" includes households with incomes just above the FPL, earning up to twice the poverty threshold; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.

Hospitals and Federally Qualified Health Centers, POS June 2014
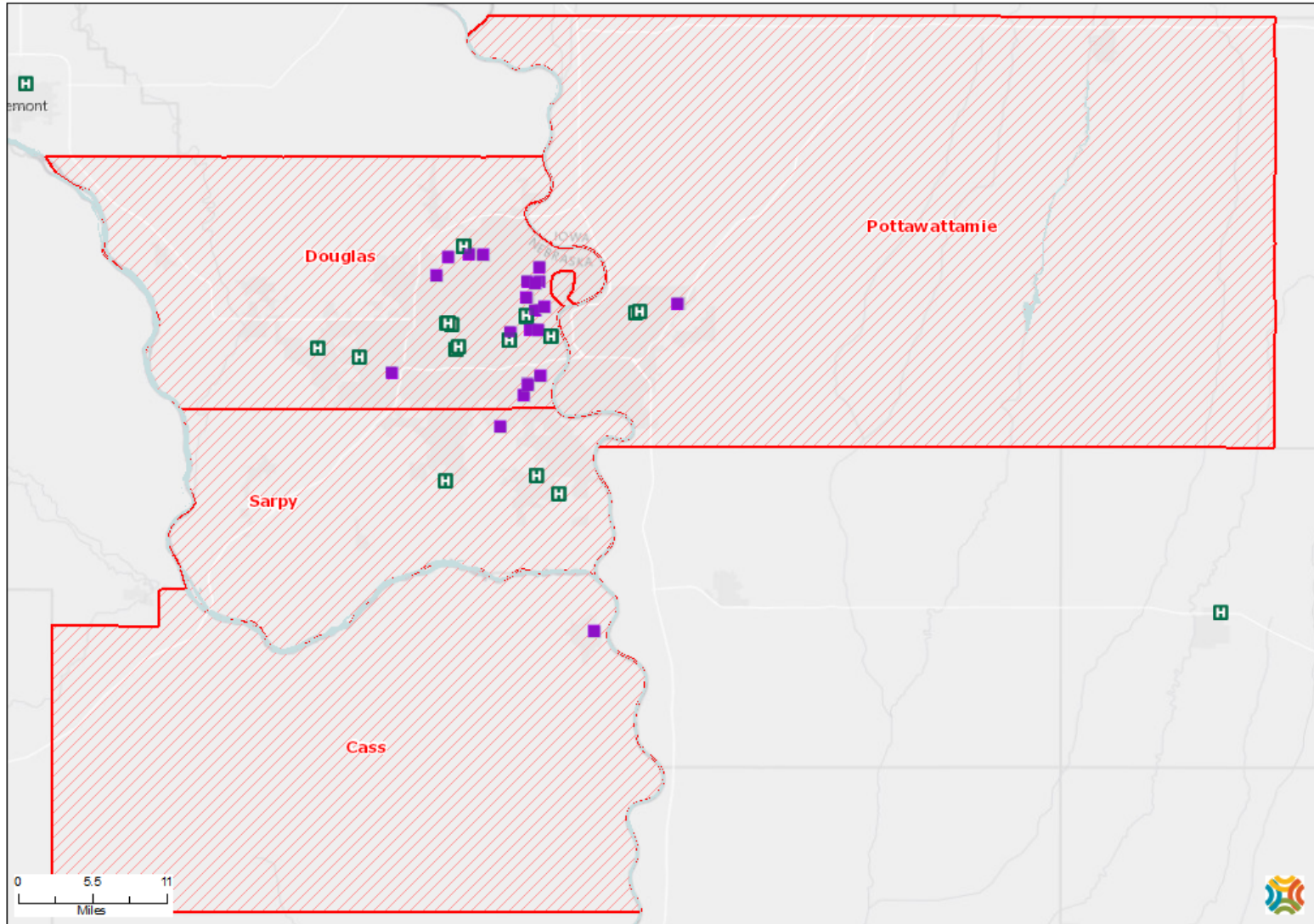
Map Legend

- ■ Federally Qualified Health Centers, POS June 2014
- Ⓗ Hospitals, POS 2014
- ■ Federally Qualified Health Centers, POS 2014

Community Commons, 9/21/2015

Population Living in a HPSA, Percent , HRSA HPSA Database March 2015
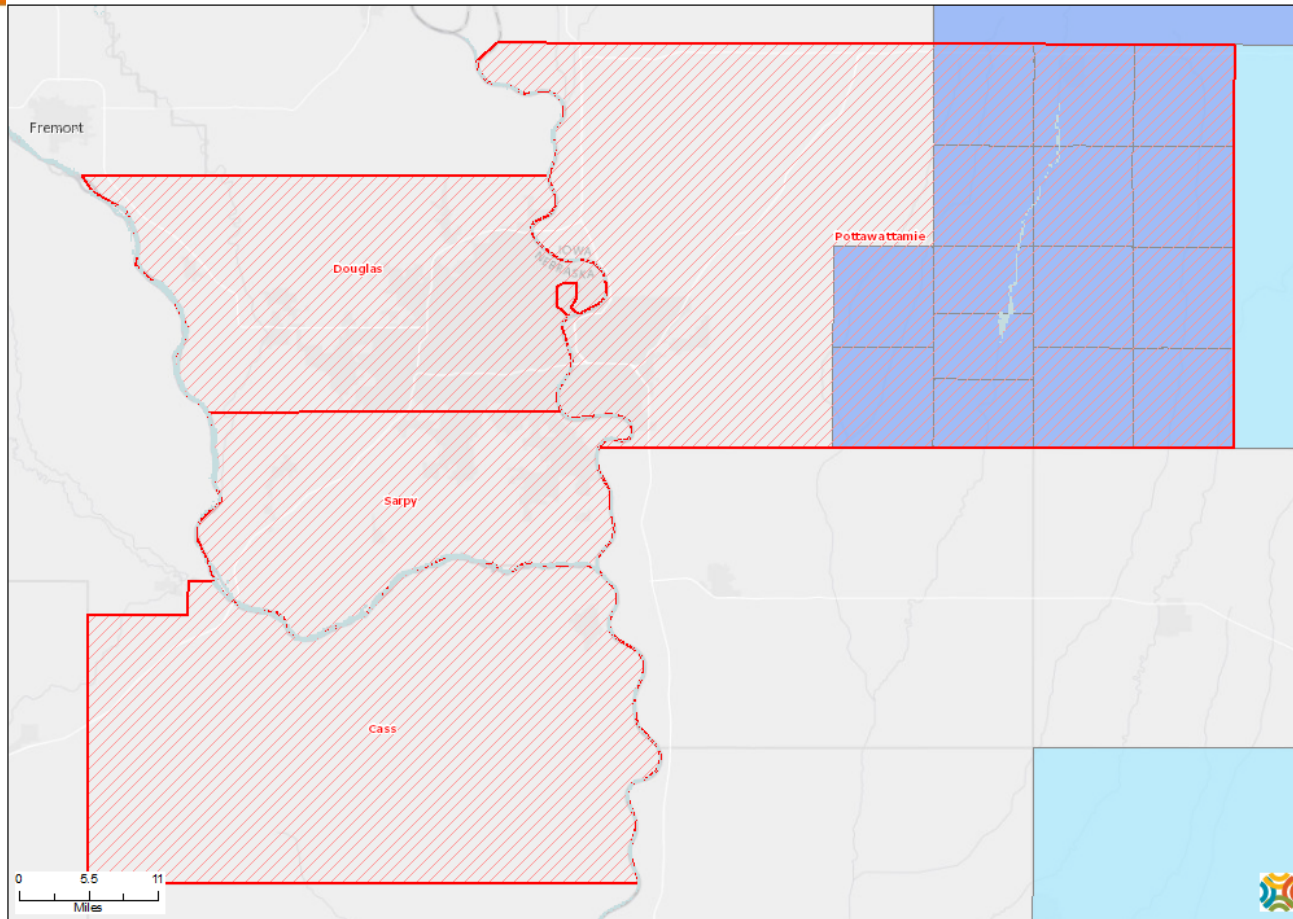
Map Legend

Primary Care HPSA Components, Type and Degree of Shortage by Tract / County, HRSA HPSA Database March 2015

- Population Group; Over 20.0 FTE Needed
- Population Group; 1.1 - 20.0 FTE Needed
- Population Group; Under 1.1 FTE Needed
- Geographic Area; Over 20.0 FTE Needed
- Geographic Area; 1.1 - 20.0 FTE Needed
- Geographic Area; Under 1.1 FTE Needed