

# THE FACTS NEBRASKA

**Speak**  
for **Health**

AN INITIATIVE OF THE  
AMERICAN PUBLIC HEALTH ASSOCIATION

**PUBLIC HEALTH FUNDING** Strong investments in public health allow a state to carry out programs that improve health. Nebraska receives \$96 total per person from the Centers for Disease Control and Prevention (CDC) and the Health Resources Services Administration (HRSA) in public health funding. The Prevention and Public Health Fund awarded the state \$6.73 million in grants for community and clinical prevention efforts and improvements to public health infrastructure in fiscal year 2020.

**ACCESS TO CARE** 8.3 percent of people in Nebraska do not have health insurance coverage, compared to the national uninsured rate of 9.2 percent. The number of practicing primary care providers is also an important measure of health care availability. Nebraska has 272.5 active primary care providers per 100,000 people, compared to the national average of 241.9 providers per 100,000 people.

## Notable Health Measures

- **Low birthweight** 7.6 percent of the infant population in Nebraska is considered low birthweight. This ranks the state for 16th lowest prevalence of low birthweight infants; and is lower than the national rate at 8.3 percent. Low birthweight is associated with short- and long-term complications and an increased risk of infant mortality.
- **High school graduation** 88.7 percent of students in Nebraska graduate high school, ranking 12th highest in the nation. This is a notable measure as there is a strong connection between education and health. People with higher levels of education are more likely to adopt healthy behaviors.

## The Challenges Ahead

- **Obesity** Nebraska ranks 33rd lowest in the nation for obesity rates, with 34.1 percent of adults in Nebraska being diagnosed as obese.
- **Excessive drinking** 21.9 percent of adults reported drinking excessively in Nebraska. While this percentage has followed a decreasing pattern in recent years, this percentage is still dangerously high. Nebraska is has the 7th largest percentage of adults who drink excessively. Excessive alcohol use can lead to fetal damage, liver diseases, high blood pressure, cardiovascular diseases and other major health problems.

Sources: America's Health Rankings analysis of Trust for America's Health, U.S. HHS, U.S. Census Bureau, Annual Estimates of the Resident Population, United Health Foundation, AmericasHealthRankings.org, Accessed 2021; Centers for Disease Control and Prevention. National Tobacco Control Program (NTCP) State Fact Sheets, (March 2021). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. <https://www.cdc.gov/tobacco/about/osh/state-fact-sheets/index.htm>; Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. Fiscal Year 2020 Grant Funding Profiles Totals, (July 2021). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. <https://fundingprofiles.cdc.gov/>



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