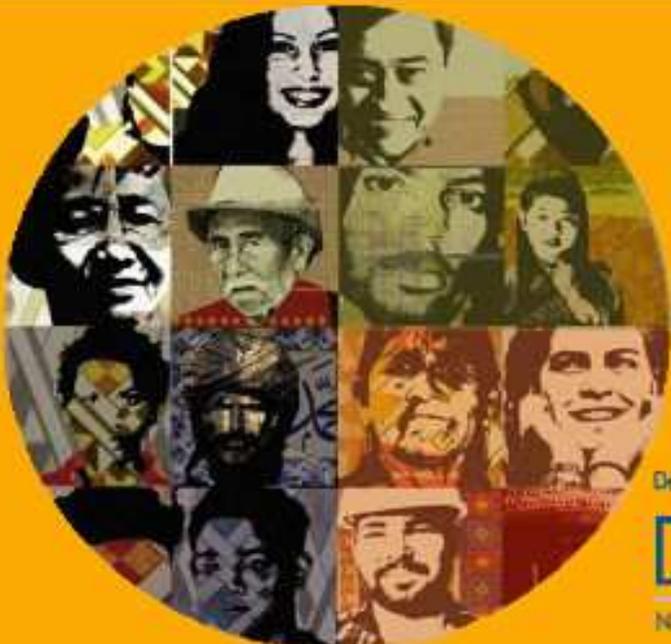


Nebraska Health Disparities Report

Health Equity for all Nebraskans

Office of Health Disparities
and Health Equity

September 2015



Division of
Public Health

Department of Health & Human Services

DHHS
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EXECUTIVE SUMMARY

Nebraska Health Disparities Report, September 2015

Since its creation in 1992, the Office of Health Disparities and Health Equity (OHDHE, formerly the Office of Minority Health) in the Department of Health and Human Services has been a leader in Nebraska's efforts to improve the health and overall quality of life for the state's rapidly growing racial and ethnic minority populations. Central to this leadership role is a commitment to gathering information and providing timely and accurate documentation of changing demographic trends, key socioeconomic indicators, and the increasing disparities in health status and outcomes experienced by populations that are often overlooked.

One of OHDHE's priorities is to become a centralized source for information relevant to the health of minorities in Nebraska. The Nebraska Health Disparities Report is part of a series of reports that help support the office's overarching mission to improve the health status of Nebraska's racial and ethnic minorities, refugees and newly arrived immigrant groups. The series will continue to be a vital component in OHDHE's information dissemination efforts providing a comprehensive look at a myriad of health-related issues and concerns and the disparate outcomes experienced by some of the state's most vulnerable and historically medically underserved residents. Regular quadrennial updates will ensure it remains an up-to-date and useful resource for policymakers, service providers, and anyone interested in minority health issues.



Vision:

Health Equity for
all Nebraskans





KEY FINDINGS

Socioeconomics

Income – Asians had the highest median income among all minority racial and ethnic groups (\$53,135) and American Indians and African Americans had the lowest (\$27,329 and \$27,817, respectively).

Education – Of all minority groups, Asian Nebraskans had the highest proportion of people obtaining bachelor's degrees or higher. Hispanics had the highest proportion of individuals who had less than a high school education.

Employment – About 67% of White, Asian, and Hispanic Nebraskans were employed from 2008-2012. American Indians experienced the highest rate of unemployment at about 11%.

Occupation – Hispanics were the most likely to work in production, transportation, and material moving jobs, and African Americans were most likely to work in service and sales occupations.

Poverty – Approximately one-third of African Americans and American Indians were below 100% of the federal poverty level in 2008-2012.

Marital Status – Almost half of Hispanics and over half of Asians were married, while almost half of African Americans and American Indians were unmarried.

Housing Type – Approximately 30% of African American and American Indian households were ran by a woman with no husband present. Almost 40% of African American households were nonfamily households. Fifty to sixty percent of Asian and Hispanic households were married-couple households.

Housing Tenure – Over 60% of African American and American Indians lived in a rented residence. Approximately half of Asians and Hispanics lived in a rented residence.

Health Status

The following is a summary of the positive changes we have seen throughout Nebraska between 2001 and 2010. Although we still have progress to make, it is important to see how far we have come.

From 2001-2005 to 2006-2010: Positive Changes

Fair or Poor Health Reporting and No Personal Physician – The percentage of people reporting fair or poor health and no personal physician has declined among some racial and ethnic groups. Asians saw a large decrease in fair or poor health reporting, declining from 17% to 9%. Although we experienced a general decrease in people not having a personal physician, Hispanics (35.1%) still saw a high percentage without one.

Infant Mortality – The infant mortality rate has decreased across all racial and ethnic groups. American Indians almost reduced their infant mortality rate by half between 2001-2005 and 2006-2010. However, infant mortality remains a large problem in the African American community; Nebraska's African American community saw higher rates of infant mortality than the rest of the nation.

Heart Disease Mortality – Death from HD has decreased among all racial and ethnic groups. Roughly 241/100,000 African Americans Nebraskans died of HD in 2006-2010—the highest of all racial and ethnic groups. Although we saw decreases in heart

disease death across groups, this disease is still a large problem in the African American and American Indian communities and no group reached their Healthy People 2010 objective.

Stroke Mortality – The number of people dying from stroke has decreased across all racial and ethnic groups. Twenty-three per 100,000 Hispanics died of stroke in 2006-2010. Although we saw decreases in stroke mortality across groups, this disease is still a large problem in the African American community. American Indians and Asians reached their Healthy People 2010 objective for stroke mortality.

Cancer Mortality – Death rate due to cancer has dropped among all racial and ethnic groups. Both Asians and Hispanics had a cancer death rate over 120/100,000 population in 2001-2005, which dropped to below 100/100,000 population in 2006-2010.

Current Smoking – The percentage of people who currently smoke has decreased among all racial and ethnic groups except American Indians who had an almost 2% increase from 2001-2005 to 2006-2010.

Physical Activity – The percentage of people getting moderate physical activity

has increased across all racial and ethnic groups. Sixty-five percent of American Indians get regular, moderate physical activity. Hispanics and American Indians saw a 10% increase in moderate and vigorous exercise. All groups reached their Healthy People 2010 objectives for moderate exercise.

Fruit and Vegetable Intake – The percentage of people getting five or more servings of fruits and vegetables a day has increased in all groups except American Indians (23.8% in 2001-2005 to 19.1% in 2006-2010). Half of Asian Nebraskans get five or more servings of fruits and vegetables daily.

Cancer: Years Lost – The amount of years lost due to cancer among those 75 and younger has decreased across all groups. American Indians saw a particularly large drop of almost 600 years, from 1759.4 years lost per 100,000 people in 2001-2005 to 1175.9 in 2006-2010.

Motor Vehicle Death: Years Lost – The amount of years lost among those who were 75 years old and younger due to motor vehicle fatalities has decreased across all groups. American Indians saw a particularly large drop of almost 1000 years, from

1415.4 years lost in 2001-2005 to 510.4 years lost in 2006-2010.

Even though we took great strides in some areas of health, in other areas we are still struggling. The continued issues Nebraska faces as we move toward our Healthy People 2020 objectives are listed below.

From 2001-2005 to 2006-2010: Continued Issues

Unable to See a Doctor Due to Cost – The percentage of people unable to see a doctor due to cost has increased among most groups, although American Indians saw an almost 10% decline. Twenty percent of both African Americans and Hispanics were unable to see a doctor because of cost. No group reached the Healthy People 2010 objective in this category.

Prenatal Care – The percentage of women receiving first trimester prenatal care has decreased across all racial and ethnic groups, which kept Nebraska from reaching its Healthy People 2010 prenatal care objective of 90% reception for all groups. Only about 50% of American Indian women received first trimester prenatal care in 2006-2010. Nebraska also sees a lower

percentage of women getting prenatal care compared to the United States.

Teen Birth – The percentage of girls aged 15-19 having babies has *declined* across all racial and ethnic groups, however no group reached their teen birth objectives for Healthy People 2010. Most notably, 115/1,000 Hispanic teen girls and 100/1,000 American Indian girls had a baby in 2006-2010. Nebraska's teen birth rate is largely higher than the rest of the United States in all racial and ethnic groups; almost double the national rate.

Low Birth Weight – The number of babies born under 5 pounds 8 ounces has increased across most groups. No group reached their Healthy People 2010 low birth weight objectives. After an increase from 2001-2005 to 2006-2010, African Americans saw a low birth weight proportion of 13.3%. Nebraska's low birth weight rates were comparable to those of the United States.

Myocardial Infarction or Coronary Heart Disease – The proportion of people having a heart attack or coronary heart disease has at least doubled across most racial and ethnic groups. African Americans and Asians both at approximately 2.5% in 2001-2005 jumped to 4.4% and 6.3% in 2006-2010, respectively.

Diabetes – The percentage of people with diabetes has increased across all racial and ethnic groups. Fourteen percent of Hispanics had been diagnosed with diabetes in 2006-2010; African Americans and American Indians saw approximately 13% of their populations with diabetes. Nebraska also sees a higher percentage of people with diabetes when compared to the United States.

Years lost due to diabetes among those 75 and younger doubled in the American Indian population; increasing from 515.3 years lost to 1034.9 years lost between 2001-2005 and 2006-2010.

Drinking and Driving – The percentage of people driving after having too much to drink has increased across all racial and ethnic groups, except American Indians (who decreased).

Obesity – The percentage of people with obesity (a BMI 30 or over) has increased across all racial and ethnic groups; all groups but Asians failed to reach their Healthy People 2010 obesity objectives. Almost 42% of American Indians were obese in 2006-2010. Where obesity affected American Indian and African American Nebraskans worse than the United States groups, Asians and Hispanics saw a smaller

proportion who were obese than their national populations.

Overweight – Nebraska experiences high levels of overweight people among all racial and ethnic groups. Around 38% of American Indians and Hispanics were overweight; almost 30% of African Americans were overweight.

Cholesterol – The percentage of people with high cholesterol has increased in all groups except African Americans (who declined 2%). All groups failed to reach their cholesterol objectives for Healthy People 2010. Fifty-six percent of Asians had been told they had high cholesterol in 2006-2010, a 20% increase from 2001-2005.

Mammograms – The percentage of women over the age of 40 who had received mammograms within the last two years declined across all racial and ethnic groups. All groups, while close to or achieving HP2010 objectives during the 2001-2005 period, dropped below the objective standards in 2006-2010.

Homicide – The death rate due to homicide was highest for African Americans (26/100,000 people), which was nearly 13 times the rate for non-Hispanic Whites. The amount of years lost due to homicide among those who were 75 and younger increased across all racial and ethnic groups. There were particularly large increases in the African American and American Indian populations.

For a more comprehensive look at how the health issues facing racial and ethnic minorities in Nebraska relate to Whites, please see the report cards on the following pages. These report cards offer visual and numeric representation of where racial and ethnic minorities stand in comparison to Whites in specific health indicators.



Disparities Visualizations

Socioeconomic and Health Disparities Report Card

Using Report Cards to measure racial and ethnic health disparities is a concise way to identify and document data related to racial and ethnic health used by a number of states. In this report, we adopted the format found in The New Mexico Disparity Report Card. Since 2006, New Mexico’s Department of Health has produced an annual Racial and Ethnic Health Disparities Report Card; the most recent edition of New Mexico’s report card was published in September 2012. A State Partnership Grant to improve minority health from the U.S. Department of Health and Human Services’ Office of Minority Health funds the report card.

The Nebraska Disparity Report Card is not an epidemiological report; it is intended to be user-friendly and to succinctly convey key disparities findings for the general public. The report card not only drives the activities of the OHDHE and frames disparities reduction planning and related activities, but it also helps to increase awareness of health disparities.

In our report card, some data are omitted due to sample size issues. A confidence interval is a range that estimates the true population value for a statistic. In some cases, the Nebraska BRFSS does not reach enough people in certain categories to produce statistically reliable estimates. Small sample sizes produce large variances (i.e. a deviation from the mean), resulting in a large confidence interval (CI). For this reason, we are unable to include data on some indicators with the exception of indicators specific to men and women (prostate cancer screening, mammograms, etc.). In this report, if the confidence interval for a subgroup is too large (i.e. CI half width > 10), the data are not reported. We use a 95% confidence interval. Data from BRFSS were omitted if cell counts were less than 50, and mortality data were omitted if cell counts were less than 20. There were several exceptions to this, however; please refer to the Methodology and Data Sources section.

Grades for Health & Socioeconomic Indicators		
Grades	Disparity Ratio	Meaning/Interpretation
A	0.0 – 1	No disparity or minority group-favorable measure
B	1.1 – 1.4	Little disparity
C	1.5 – 1.9	A disparity exists, should be monitored, and may require intervention
D	2 – 2.4	Disparity requires intervention
F	≥ 2.5	Unacceptable disparity. Immediate intervention needed.
<p>Grades: The grades in this report card indicate how well a population group is doing compared to Whites. Grades are representative only of the relationship between a certain group and Whites, not how favorably Nebraska is in relation to the indicator.</p> <p>Disparity Ratio: This ratio is calculated by dividing the rate or percentage for each population by the White population.</p>		

Ratio Summaries for Health & Socioeconomic Indicators					
	B	C	D	F	Number of 'B' Ratios or Larger
African American	22	25	7	19	73
Asian	17	7	2	4	30
American Indian	23	19	16	29	87
Hispanic	17	7	12	12	48

The following report card adheres to the disparity ratio grading system listed on the previous page. American Indians had many 'F'-grades, meaning the disparity (compared to Whites) needs immediate attention; this included poverty, unemployment, lack of a high school education, and female householders with no husband present. African Americans also experienced large, 'F'-grade disparities in poverty, unemployment, and households ran by a female with no husband present. Hispanics had the largest 'F'-grade disparity in lack of high school education of all minority groups.

African Americans, American Indians, and Hispanics experienced very large ('F'-grade) disparities in teen birth in both 2001-2005 and 2006-2010; Hispanic teens reached a disparity ratio of almost five (4.9) in 2006-2010, an increase from 3.8 in 2001-2005. African Americans and American Indians, in 2001-2005, saw large disparities in infant mortality; however, in 2006-2010, African Americans improved to a 'D'-grade disparity and American Indians moved to a 'B'-grade. American Indians experienced 'F'-grade disparities throughout the decade in inadequate prenatal care while Hispanics and African Americans lived with 'D'-grade disparities for this indicator. African Americans and Asians experienced 'F'-grade disparity ratios in the prevalence of stroke in 2001-2005 but improved to 'C'-grade ratios in 2006-2010. American Indians and African Americans also had 'F'-grade disparities in diabetes mortality. Though decreasing between 2001-2005 and 2006-2010, American Indians still experienced large, 'F'-grade disparities in alcohol-related deaths (4.5 to 3.1, respectively).

African Americans (25) and American Indians (19) had the most 'C'-grade disparities while American Indians experienced the most 'D'-grade disparities (16). American Indians also had the most 'F'-grade disparities with 29 overall, followed by African Americans with 19.

Asians and Hispanics experienced 17 'B'-grade disparities, the fewest of the minority groups, while American Indians had the most B's (23). Generally, American Indians had the most 'B'-grade disparities or worse (87), followed by African Americans with 73.

Socioeconomic Indicators

Socioeconomic Indicators	2008-2012	Ratio to Whites	Grade
Percent Female Householder, No Husband Present			
White, not Hispanic	8.0		
African American	27.6	3.5	F
Asian	5.9	0.7	A
American Indian	36.3	4.5	F
Hispanic	18.6	2.3	D
Percent Living Below the Federal Poverty Level			
White, not Hispanic	9.4		
African American	32.5	3.5	F
Asian	16.0	1.7	C
American Indian	38.2	4.1	F
Hispanic	25.4	2.7	F

Percent Unemployed			
White, not Hispanic	3.2		
African American	10.5	3.3	F
Asian	3.6	1.1	B
American Indian	11.4	3.6	F
Hispanic	7.2	2.3	D
Percent Without High School Education			
White, not Hispanic	6.1		
African American	16.5	2.7	F
Asian	19.9	3.3	F
American Indian	24.0	3.9	F
Hispanic	48.1	7.9	F
Percent Living in Renter-Occupied Housing			
White, not Hispanic	28.8		
African American	65.4	2.3	D
Asian	52.1	1.8	C
American Indian	63.1	2.2	D
Hispanic	50.7	1.8	C

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Perceived Health Status: Fair or Poor (Percent)						
White	11.4			10.9		
African American	19.7	1.7	C	19.0	1.7	C
Asian	17.0	1.5	C	9.1	0.8	A
American Indian	24.7	2.2	D	22.9	2.1	D
Hispanic	25.2	2.2	D	25.2	2.3	D
Dissatisfied with Life (Percent)						
White	4.5			3.6		
African American	12.8	2.8	F	6.7	1.9	C
Asian	1.5	0.3	A	8.3	2.3	D
American Indian	3.9	0.9	A	9.5	2.6	F
Hispanic	4.5	1.0	A	5.2	1.4	B
Very Dissatisfied with Life (Percent)						
White	0.8			0.5		
African American	1.6	2.0	D	2.6	5.2	F
Asian				2.4	4.8	F
American Indian	2.6	3.3	F	2.1	4.2	F
Hispanic	0.5	0.6	A	0.8	1.6	C
No Personal Physician (Percent)						
White	14.0			13.8		
African American	17.5	1.3	B	16.8	1.2	B
Asian	17.9	1.3	B	15.9	1.2	B
American Indian	26.3	1.9	C	23.5	1.7	C
Hispanic	35.2	2.5	F	35.1	2.5	F
No Health Insurance (Percent)						
White	12.8			13.0		
African American	18.5	1.4	B	24.4	1.9	C
Asian	9.1	0.7	A	17.3	1.3	B
American Indian	32.0	2.5	F	34.5	2.7	F
Hispanic	39.0	3.0	F	46.1	3.5	F
Unable to See Physician Due to Cost (Percent)						
White	9.5			9.1		
African American	16.1	1.7	C	20.4	2.2	D
Asian	8.4	0.9	A	10.6	1.2	B
American Indian	23.6	2.5	F	16.1	1.8	C
Hispanic	17.3	1.8	C	20.7	2.3	D

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Infant Mortality/1,000 Births						
White	5.7			5.7		
African American	15.1	2.6	F	13.8	2.4	D
Asian	5.5	1.0	A	2.8	0.5	A
American Indian	15.2	2.7	F	7.7	1.4	B
Hispanic	6.8	1.2	B	5.7	1.0	A
Low Birth Weight (Percent)						
White	6.6			6.6		
African American	12.5	1.9	C	13.3	2.0	D
Asian	8.0	1.2	B	8.4	1.3	B
American Indian	6.8	1.0	A	7.3	1.1	B
Hispanic	6.3	1.0	A	6.6	1.0	A
Teen Births/1,000 Females ages 15-19						
White	30.4			23.5		
African American	90.4	3.0	F	84.7	3.6	F
Asian	23.9	0.8	A	21.1	0.9	A
American Indian	128.2	4.2	F	100.2	4.3	F
Hispanic	115.3	3.8	F	114.6	4.9	F
Inadequate Prenatal Care (Percent)						
White	9.4			11.3		
African American	20.6	2.2	D	24.6	2.2	D
Asian	11.5	1.2	B	17.1	1.5	C
American Indian	27.6	2.9	F	32.6	2.9	F
Hispanic	22.5	2.4	D	24.2	2.1	D

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Prevalence of Coronary Heart Disease (Percent)						
White	3.9			3.8		
African American	2.1	0.5	A	2.5	0.7	A
Asian	2.5	0.6	A	3.9	1.0	A
American Indian	9.3	2.4	D	5.9	1.6	C
Hispanic	1.3	0.3	A	3.6	0.9	A
Heart Disease Mortality/100,000 Population						
White	196.7			160.2		
African American	246.4	1.3	B	214.2	1.3	B
Asian	108.3	0.6	A	64.5	0.4	A
American Indian	280.1	1.4	B	131.7	0.8	A
Hispanic	114.6	0.6	A	89.7	0.6	A
Myocardial Infarction (Percent)						
White	3.7			3.6		
African American	1.2	0.3	A	3.0	0.8	A
Asian	0.5	0.1	A	3.5	1.0	A
American Indian	8.0	2.2	D	7.6	2.1	D
Hispanic	2.0	0.5	A	4.3	1.2	B
Myocardial Infarction or Coronary Heart Disease (Percent)						
White	5.6			5.3		
African American	2.8	0.5	A	4.4	0.8	A
Asian	2.5	0.4	A	6.3	1.2	B
American Indian	11.3	2.0	D	9.9	1.9	C
Hispanic	2.1	0.4	A	5.6	1.1	B
Prevalence of Stroke (Percent)						
White	2.0			2.2		
African American	6.2	3.1	F	3.8	1.7	C
Asian	6.0	3.0	F	3.7	1.7	C
American Indian	4.5	2.3	D	3.9	1.8	C
Hispanic	1.8	0.9	A	2.3	1.0	A
Stroke Mortality/100,000 Population						
White	51.7			40.8		
African American	84.2	1.6	C	66.6	1.6	C
Asian	65.7	1.3	B	28.4	0.7	A
American Indian	62.0	1.2	B	38.7	0.9	A
Hispanic	29.2	0.6	A	23.0	0.6	A

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Prevalence of Diabetes (Percent)						
White	5.7			6.7		
African American	10.5	1.8	C	12.7	1.9	C
Asian	6.8	1.2	B	8.6	1.3	B
American Indian	8.5	1.5	C	13.0	1.9	C
Hispanic	9.2	1.6	C	13.8	2.1	D
Diabetes Mortality/100,000 Population						
White	20.3			21.1		
African American	67.3	3.3	F	62.1	2.9	F
Asian	13.9	0.7	A	18.7	0.9	A
American Indian	91.0	4.5	F	93.2	4.4	F
Hispanic	45.6	2.2	D	28.8	1.4	B
Chronic Lung Disease Mortality/100,000 Population						
White	40.3			43.1		
African American	34.5	0.9	A	32.9	0.8	A
Asian	11.1	0.3	A	16.7	0.4	A
American Indian	58.4	1.4	B	58.2	1.4	B
Hispanic	14.7	0.4	A	8.7	0.2	A
Asthma (Percent)						
White	6.7			7.7		
African American	12.3	1.8	C	11.7	1.5	C
Asian	9.7	1.4	B	7.3	0.9	A
American Indian	15.5	2.3	D	9.7	1.3	B
Hispanic	3.8	0.6	A	4.5	0.6	A
Activity Limitations (Percent)						
White	15.3			17.5		
African American	17.9	1.2	B	16.5	0.9	A
Asian	12.7	0.8	A	11.6	0.7	A
American Indian	24.7	1.6	C	28.1	1.6	C
Hispanic	11.7	0.8	A	12.4	0.7	A
HIV/AIDS Mortality/100,000 Population						
White				0.8		
African American				7.3	9.1	F
American Indian				6.6	8.3	F
Hispanic				2.4	3.0	F

Area highlighted in gray depict no data available.

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Sexually Transmitted Diseases/100,00 Population						
White				256.5		
African American				3988.4	15.5	F
Asian				213.5	0.8	A
American Indian				1056.5	4.1	F
Hispanic				534.7	2.1	D
Chlamydia Incidence/100,000 Population						
White				185.9		
African American				2531.9	13.6	F
Asian				166.2	0.9	A
American Indian				821.8	4.4	F
Hispanic				433.3	2.3	D
Gonorrhea Incidence/100,000 Population						
White				29.7		
African American				1073.1	36.1	F
Asian				19.4	0.7	A
American Indian				140.1	4.7	F
Hispanic				43.1	1.5	C
Pneumonia Mortality/100,000 Population						
White				13.8		
African American				11.8	0.9	A
Asian				2.6	0.2	A
American Indian				27.6	2.0	D
Hispanic				8.1	0.6	A
Cancer Mortality/100,000 Population						
White	179.4			171.8		
African American	251.0	1.4	B	238.3	1.4	B
Asian	126.3	0.7	A	99.9	0.6	A
American Indian	215.4	1.2	B	153.2	0.9	A
Hispanic	121.3	0.7	A	99.5	0.6	A
Breast Cancer Mortality/100,000 Population						
White	23.9			20.2		
African American	38.8	1.6	C	28.3	1.4	B
Asian	5.2	0.2	A	12.4	0.6	A
American Indian	28.9	1.2	B	12.6	0.6	A
Hispanic	9.8	0.4	A	19.3	1.0	A

Area highlighted in gray depict no data available

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Prostate Cancer Mortality/100,000 Population						
White				23.3		
African American				39.8	1.7	C
Asian				5.6	0.2	A
American Indian				8.2	0.4	A
Hispanic				22.1	0.9	A
Unintentional Injury Mortality/100,000 Population						
White	38.4			35.9		
African American	27.2	0.7	A	32.6	0.9	A
Asian	35.6	0.9	A	21.6	0.6	A
American Indian	87.9	2.3	D	49.2	1.4	B
Hispanic	31.5	0.8	A	29.5	0.8	A
Motor Vehicle Accident Mortality/100,000 Population						
White	16.8			13.7		
African American	11.6	0.7	A	11.8	0.9	A
Asian	14.3	0.9	A	5.8	0.4	A
American Indian	39.9	2.4	D	16.1	1.2	B
Hispanic	15.5	0.9	A	13.8	1.0	A
Suicide/100,000 Population						
White	10.5			10.7		
African American	4.1	0.4	A	5.0	0.5	A
Asian	6.6	0.6	A	3.7	0.3	A
American Indian	16.9	1.6	C	12.7	1.2	B
Hispanic	4.9	0.5	A	4.7	0.4	A
Homicide/100,000 Population						
White				2.1		
African American				25.7	12.2	F
Asian				1.5	0.7	A
American Indian				13.6	6.5	F
Hispanic				5.4	2.6	F
Heavy Drinking (Percent)						
White	5.0			4.8		
African American	3.0	0.6	A	3.5	0.7	A
Asian	2.6	0.5	A	2.3	0.5	A
American Indian	5.3	1.1	B	9.5	2.0	D
Hispanic	3.8	0.8	A	2.5	0.5	A

Area highlighted in gray depict no data available

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Binge Drinking (Percent)						
White	18.1			20.1		
African American	12.4	0.7	A	14.3	0.7	A
Asian	10.5	0.6	A	7.9	0.4	A
American Indian	27.5	1.5	B	16.2	0.8	A
Hispanic	12.9	0.7	A	11.2	0.6	A
Drinking and Driving (Percent)						
White	4.6			6.3		
African American	3.3	0.7	A	5.6	0.9	A
American Indian	4.3	0.9	A	3.0	0.5	A
Hispanic	1.4	0.3	A	5.8	0.9	A
Alcohol-Related Mortality/100,000 Population						
White	27.5			28.2		
African American	37.7	1.4	B	42.2	1.5	C
Asian	23.7	0.9	A	15.4	0.5	A
American Indian	124.2	4.5	F	86.1	3.1	F
Hispanic	33.3	1.2	B	29.6	1.0	A
Current Cigarette Smoking (Percent)						
White	21.5			18.1		
African American	24.3	1.1	B	23.7	1.3	B
Asian	17.6	0.8	A	10.7	0.6	A
American Indian	41.8	1.9	C	43.7	2.4	D
Hispanic	19.8	0.9	A	16.8	0.9	A
Physical Inactivity (Percent)						
White	21.7			21.6		
African American	29.9	1.4	B	35.2	1.6	C
Asian	26.2	1.2	B	21.5	1.0	A
American Indian	27.7	1.3	B	28.3	1.3	B
Hispanic	43.0	2.0	D	35.4	1.6	C

Area highlighted in gray depict no data available.

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Body Mass Index: 25-29.9 (Percent)						
White	37.6			36.8		
African American	37.8	1.0	A	28.6	0.8	A
Asian	29.3	0.8	A	31.6	0.9	A
American Indian	36.1	1.0	A	35.0	1.0	A
Hispanic	42.1	1.1	B	38.5	1.0	A
Body Mass Index: 25+ (Percent)						
White	60.6			63.5		
African American	71.7	1.2	B	67.5	1.1	B
Asian	37.6	0.6	A	42.5	0.7	A
American Indian	65.4	1.1	B	77.6	1.2	B
Hispanic	67.3	1.1	B	71.1	1.1	B
Body Mass Index: 30+ (Percent)						
White	23.1			26.7		
African American	33.9	1.5	C	39.0	1.5	C
Asian	8.4	0.4	A	10.3	0.4	A
American Indian	29.6	1.3	B	41.7	1.6	C
Hispanic	25.5	1.1	B	32.0	1.2	B
High Blood Pressure (Percent)						
White	22.6			25.3		
African American	35.8	1.6	C	33.9	1.3	B
Asian	15.8	0.7	A	25.1	1.0	A
American Indian	36.2	1.6	C	28.2	1.1	B
Hispanic	17.1	0.8	A	21.8	0.9	A
High Cholesterol (Percent)						
White	27.8			32.0		
African American	29.9	1.1	B	27.6	0.9	A
Asian	36.1	1.3	B	56.0	1.8	C
American Indian	33.6	1.2	B	40.4	1.3	B
Hispanic	23.1	0.8	A	28.5	0.9	A
Mentally Unwell (Percent)						
White	9.7			10.1		
African American	12.9	1.3	B	13.1	1.3	B
Asian	2.6	0.3	A	8.5	0.8	A
American Indian	17.8	1.8	C	16.8	1.7	C
Hispanic	9.6	1.0	A	9.1	0.9	A

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Physically Unwell (Percent)						
White	9.8			9.7		
African American	12.1	1.2	B	15.2	1.6	C
Asian	4.9	0.5	A	11.6	1.2	B
American Indian	21.4	2.2	D	14.8	1.5	C
Hispanic	12.4	1.3	B	12.7	1.3	B
Physically Unwell (Days)						
White	2.9			2.8		
African American	3.7	1.3	B	4.1	1.5	C
Asian	1.6	0.6	A	3.5	1.3	B
American Indian	5.8	2.0	D	4.4	1.6	C
Hispanic	3.5	1.2	B	3.4	1.2	B
Never Receive Emotional Support (Percent)						
White	2.3			2.8		
African American	8.9	3.9	F	8.4	3.0	F
Asian	5.4	2.3	D	15.9	5.7	F
American Indian	3.0	1.3	B	7.5	2.7	F
Hispanic	13.1	5.7	F	14.0	5.0	F
Anxiety Disorder (Percent)						
White				9.8		
African American				14.8	1.5	C
Asian				0.0	0.0	A
American Indian				27.6	2.8	F
Hispanic				9.4	1.0	A
Depressive Disorder (Percent)						
White				15.8		
African American				13.0	0.8	A
Asian				1.2	0.1	A
American Indian				39.4	2.5	F
Hispanic				13.2	0.8	A
Severe Anxiety/Depression (Percent)						
White				6.5		
African American				8.6	1.3	B
American Indian				26.5	4.1	F
Hispanic				8.0	1.2	B

Area highlighted in gray depict no data available

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites	Grade	2006 - 2010	Ratio to Whites	Grade
Physically or Mentally Limited (Days)						
White	3.4			3.2		
African American	5.3	1.6	C	4.7	1.5	C
Asian	3.1	0.9	A	5.2	1.6	C
American Indian	8.6	2.5	F	5.7	1.8	C
Hispanic	3.6	1.1	B	4.2	1.3	C

The following health behavior section of these report cards illustrate positive health behaviors, like health screenings and physical activity. In instances where ratios were larger than one, the ratio favors the racial or ethnic group discussed. For instance, 79% of African Americans in 2006-2010 had their cholesterol checked in the last five years, compared to 72% of Whites; this creates a ratio of 1.1 in favor of African Americans. In these cases, grades of an ‘A’ (1.0-1.5) were given. When the ratio was 1.5 or greater, the grade of ‘A+’ was given. In instances where the ratio did not favor the minority group, grades of ‘B’ (0.5-0.9) and ‘C’ (0.1-0.4) were given.

The ranges used to assign grades to protective health behaviors are summarized below:

Grades for Protective Health Behaviors		
Grades	Disparity Ratio	Meaning/Interpretation
A+	≥ 1.5	Disparity favors minority group
A	1.0 – 1.5	No disparity or minority group-favorable measure
B	0.5 – 0.9	Little disparity
C	0.1 – 0.4	A disparity exists, should be monitored, and may require intervention
<p>Grades: The grades in this report card indicate how well a population group is doing compared to Whites. Grades are representative only of the relationship between a certain group and Whites, not how favorably Nebraska is in relation to the indicator.</p> <p>Disparity Ratio: This ratio is calculated by dividing the rate or percentage for each population by the White population.</p>		

Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites		2006 - 2010	Ratio to Whites	
Pap Test: Last 3 Years (Ages 18+) (Percent)						
White	84.4			76.3		
African American	89.2	1.1	A	84.2	1.1	A
Asian	93.5	1.1	A	70.6	0.9	B
American Indian	83.0	1.0	A	79.1	1.0	A
Hispanic	87.5	1.0	A	71.9	0.9	B
Pap Test: Last 3 Years (Ages 21-65) (Percent)						
White	87.1			83.9		
African American	94.1	1.1	A	89.6	1.1	A
Asian	85.1	1.0	A	73.8	0.9	B
American Indian	82.1	0.9	B	76.3	0.9	B
Hispanic	87.2	1.0	A	76.9	0.9	B
PSA Test: Last 2 Years (Percent)						
White	38.4			42.0		
African American	50.7	1.3	A	41.0	1.0	A
Asian	18.4	0.5	B	47.0	1.1	A
American Indian	21.7	0.6	B	55.7	1.3	A
Hispanic	27.6	0.7	B	26.6	0.6	B
DRE: Last 2 Years (Percent)						
White	59.7			55.6		
African American	63.6	1.1	A	70.0	1.3	A
Asian	35.8	0.6	B	56.5	1.0	A
American Indian	26.5	0.4	C	45.9	0.8	B
Hispanic	30.6	0.5	B	44.4	0.8	B

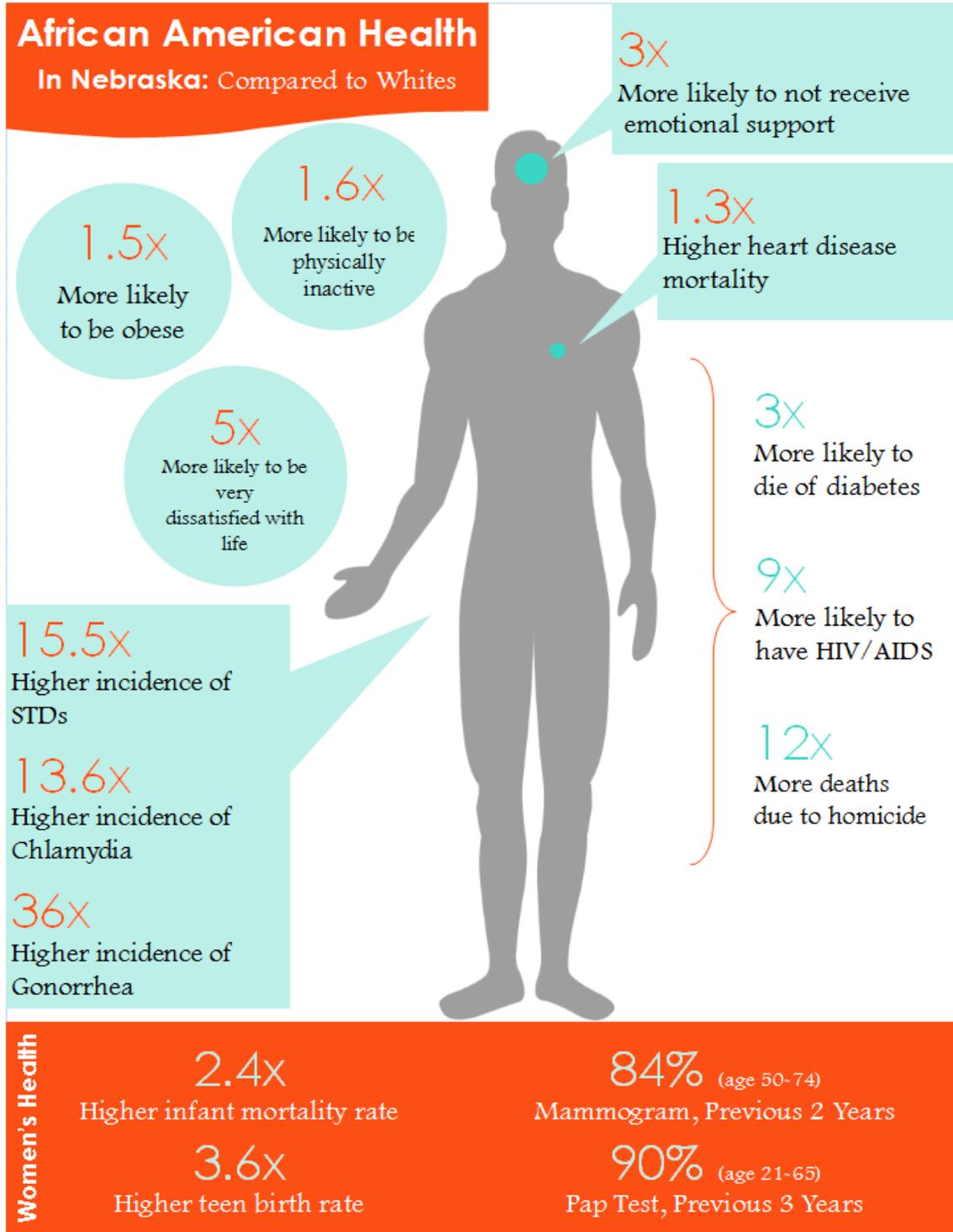
Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites		2006 - 2010	Ratio to Whites	
Blood Stool Test: Last 2 Years (Percent)						
White	30.6			21.7		
African American	32.1	1	A	27.1	1.2	A
Asian	17.6	0.6	B	26.7	1.2	A
American Indian	8.2	0.3	C	19.4	0.9	B
Hispanic	24.1	0.8	B	11.7	0.5	B
Moderate Exercise (Percent)						
White	43.0			52.9		
African American	38.8	0.9	B	44.5	0.8	B
Asian	31.7	0.7	B	34.8	0.7	B
American Indian	53.1	1.2	A	64.8	1.2	A
Hispanic	31.3	0.7	B	41.4	0.8	B
Vigorous Exercise (Percent)						
White	21.8			31.6		
African American	23.3	1.1	A	29.1	0.9	B
Asian	20.4	0.9	B	20.7	0.7	B
American Indian	25.5	1.2	A	33.7	1.1	A
Hispanic	13.3	0.6	B	24.7	0.8	B
5+ Fruits and Vegetables per Day (Percent)						
White	18.2			22.0		
African American	15.4	0.8	B	25.5	1.2	A
Asian	18.0	1.0	A	49.6	2.3	A+
American Indian	23.8	1.3	A	19.1	0.9	B
Hispanic	19.7	1.1	A	22.4	1.0	A

Protective Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites		2006 - 2010	Ratio to Whites	
Colonoscopy: Last 10 Years (Percent)						
White	37.4			50.6		
African American	17.0	0.5	B	54.3	1.1	A
Asian	8.6	0.2	C	45.4	0.9	B
American Indian	27.5	0.7	B	29.9	0.6	B
Hispanic	35.6	1.0	A	39	0.8	B
Mammogram: Last 2 Years (Ages 40+) (Percent)						
White	72.1			69.1		
African American	78.2	1.1	A	73	1.1	A
Asian	73.9	1.0	A	64	0.9	B
American Indian	68.5	1.0	A	61.5	0.9	B
Hispanic	73.4	1.0	A	58.3	0.8	B
Mammogram: Last 2 Years (Ages 50-74) (Percent)						
White	80.1			78.4		
African American	87.1	1.1	A	83.6	1.1	A
Asian	59.1	0.7	B	77.4	1.0	A
American Indian	96.8	1.2	A	66.5	0.8	B
Hispanic	80.2	1.0	B	72.9	0.9	B
Cholesterol Checked: Last 5 Years (Percent)						
White	68.6			72.7		
African American	71.7	1.0	A	79.4	1.1	A
Asian	63.6	0.9	B	75.4	1.0	A
American Indian	66.4	1.0	A	74.7	1.0	A
Hispanic	56.0	0.8	B	55.0	0.8	B

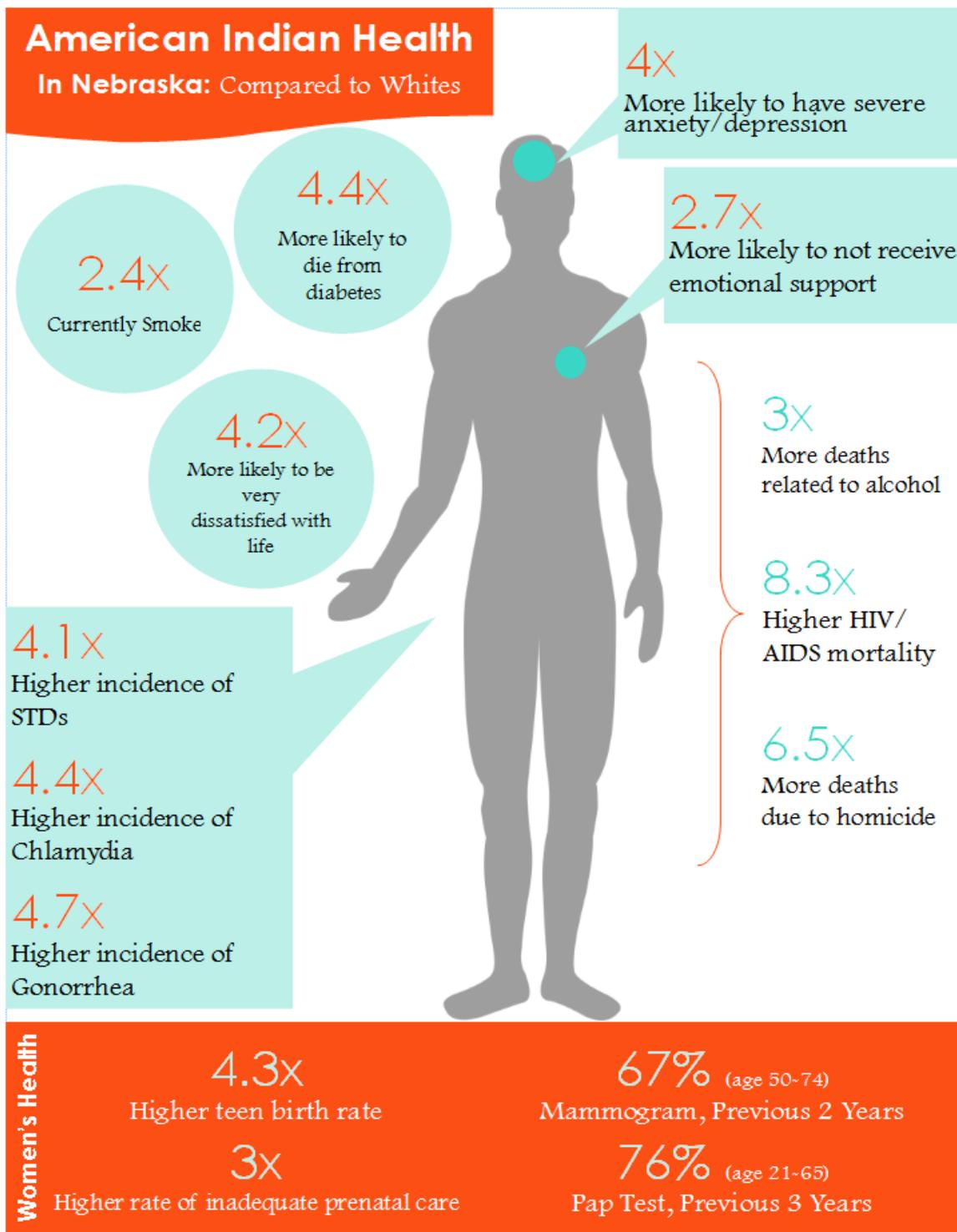
Health Indicators						
Health Indicators	2001 - 2005	Ratio to Whites		2006 - 2010	Ratio to Whites	
Flu Shot (Percent)						
White	35.6			43.7		
African American	33.3	0.9	B	38.2	0.9	B
Asian	27.7	0.8	B	44.6	1.0	A
American Indian	31.1	0.9	B	43.4	1.0	A
Hispanic	34.4	1.0	A	39.1	0.9	B
Pneumonia Shot (Percent)						
White	20.0			23.7		
African American	20.7	1.0	A	23.6	1.0	A
Asian	20.5	1.0	A	20.5	0.9	B
American Indian	28.1	1.4	A	27.6	1.2	A
Hispanic	18.2	0.9	B	25.4	1.1	A

Infographics

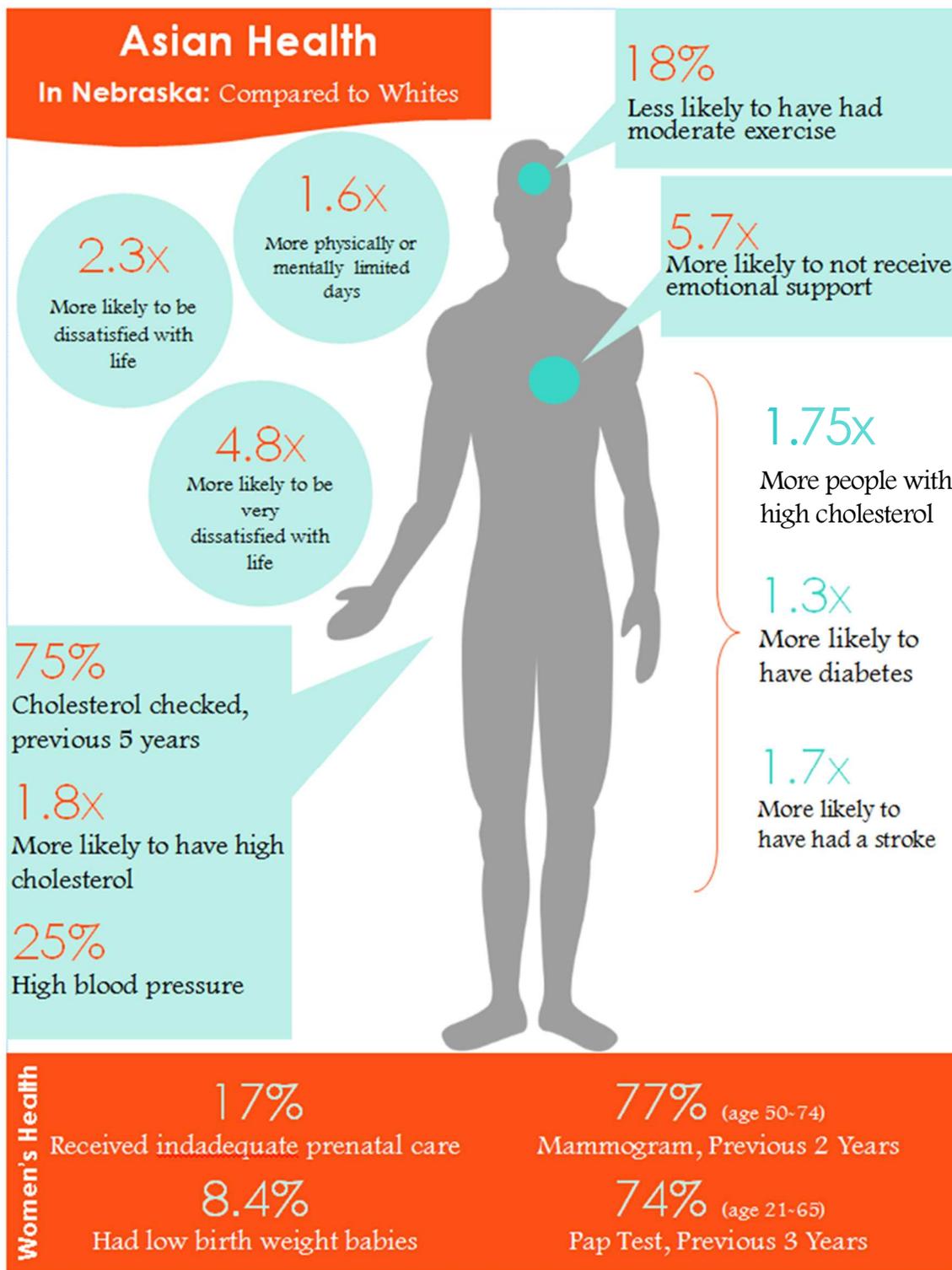
African Americans



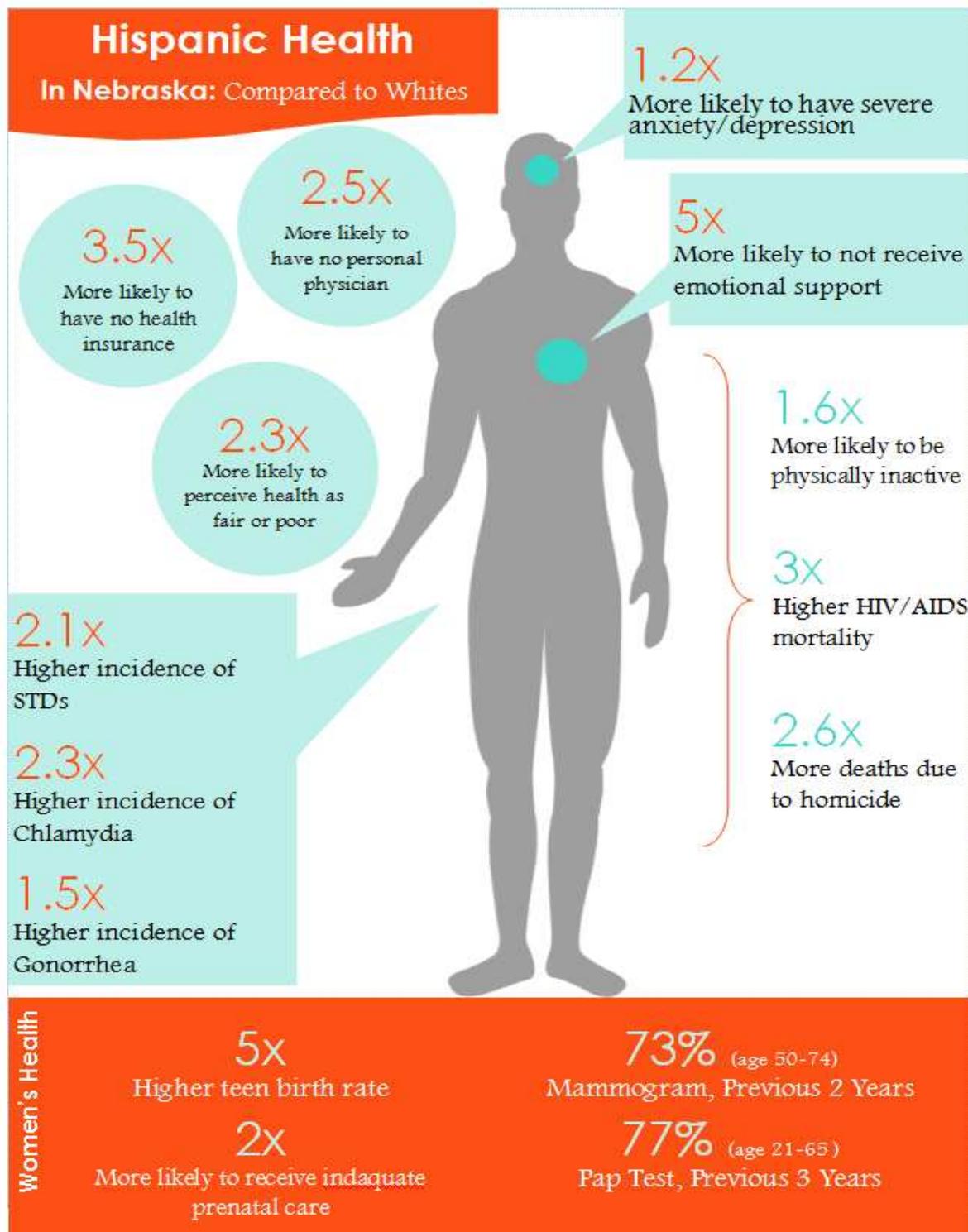
American Indians



Asians



Hispanics





Healthy People 2010 Progress

The following is a summary of the progress toward Healthy People 2010 objectives. All racial and ethnic groups moved closer to their Healthy People 2010 objective of having a personal physician, although all racial and ethnic minority groups fell short of the objective. All racial and ethnic groups saw a higher proportion of their population without health insurance in 2006-2010 than in 2001-2005, moving away from their HP2010 objective of 0.0%. Nebraska's teen birth rate decreased between 2001-2005 and 2006-2010, but still remains far from the HP2010 objective of 18/1,000 live births. No group reached their objective for smoking while pregnant. No racial or ethnic group reached their HP2010 goal for cancer mortality. Even though all groups saw progress toward decreasing coronary heart disease mortality, they still did not reach their Healthy People 2010 goal. Diabetes-related death is still a major problem in Nebraska; African Americans, American Indians, and Hispanics have yet to reach their HP2010 objective. We have yet to reach objectives for drinking and driving, binge drinking, or cigarette smoking. All groups moved away from their obesity objectives and no groups, except Asians, reached their Healthy People objective for obesity. No groups in Nebraska reached their objectives for high cholesterol or high blood pressure. Although all groups met their objective for moderate physical activity, no group met their objective for preventive screenings.

Nebraska Objectives	Nebraska		Progress	2010 Objective	Met
	2001-2005	2006-2010			
Access to Healthcare					
Have a Personal Physician	%	%		%	
White	86	86.2	✓	85	✓
African American	82.5	83.2	✓	85	✗
Asian	82.1	84.5	✓	85	✗
American Indian	73.7	76.5	✓	85	✗
Hispanic or Latino	64.8	64.9	✓	85	✗
No Health Insurance	%	%		%	
White	12.8	13	✗	0	✗
African American	18.5	24.4	✗	0	✗
Asian	9.1	17.3	✗	0	✗
American Indian	32	34.5	✗	0	✗
Hispanic or Latino	39	46.1	✗	0	✗
Could Not See a Doctor Due to Costs	%	%		%	
White	9.5	9.1	✓	4	✗
African American	16.1	20.4	✗	4	✗
Asian	8.4	10.6	✗	4	✗
American Indian	23.6	16.1	✓	4	✗
Hispanic or Latino	17.3	20.7	✗	4	✗

Nebraska Objectives	Nebraska		Progress	2010 Objective	Met
	2001-2005	2006-2010			
Maternal and Child Health					
Teen Birth per 1,000 Females Aged 15-19					
White	30.4	23.5	✓	Not Available	✗
African American	90.4	84.7	✓		✗
Asian	23.9	21.1	✓		✗
American Indian	128.2	100.2	✓		✗
Hispanic or Latino	115.3	114.6	✓		✗
Adequate Prenatal Care	%	%		%	
White	90.6	88.7	✗	90	✗
African American	79.4	75.4	✗	90	✗
Asian	88.5	82.9	✗	90	✗
American Indian	72.4	67.4	✗	90	✗
Hispanic or Latino	77.5	75.8	✗	90	✗
Abstained from Smoking While Pregnant	%*	%		%	
White	85.8	83.5	✗	98	✗
African American	84.7	86.7	✓	98	✗
American Indian	70.5	71.1	✓	98	✗
Asian	96.1	96.3	✓	98	✗
Hispanic or Latino	95.9	95.6	✗	98	✗

*Abstained from smoking data is for 2000-2004 timeframe, not 2001- 2005.

Maternal and Child Health					
Infant Mortality Rate per 1,000 Live Births					
White	5.7	5.7	✗	4.5	✗
African American	15.1	13.8	✓	4.5	✗
Asian	5.5	2.8	✓	4.5	✓
American Indian	15.2	7.7	✓	4.5	✗
Hispanic or Latino	6.8	5.7	✓	4.5	✗
Prenatal Care in the First Trimester	%	%		%	
White	83.8	76.6	✗	90	✗
African American	69.9	56.6	✗	90	✗
Asian	81.3	67.3	✗	90	✗
American Indian	61.3	50.1	✗	90	✗
Hispanic or Latino	67.3	56.6	✗	90	✗
Low Birth Weight	%	%		%	
White	6.6	6.6	✗	5	✗
African American	12.5	13.3	✗	5	✗
Asian	8	8.4	✗	5	✗
American Indian	6.8	7.3	✗	5	✗
Hispanic or Latino	6.3	6.6	✗	5	✗

Nebraska Objectives	Nebraska		Progress	2010 Objective	Met
	2001-2005	2006-2010			
Cancer					
Overall Cancer Death Rate/100,000 Population					
White	179.4	171.8	✓	147	✗
African American	251	238.3	✓	147	✗
Asian	126.3	99.9	✓	85.2	✗
American Indian	215.4	153.2	✓	147	✗
Hispanic or Latino	121.3	99.5	✓	72	✗
Breast Cancer Death Rate/100,000 Population					
White	23.9	20.2	✓	20.7	✓
African American	38.8	28.3	✓	20.7	✗
Asian	5.2	12.4	✗	20.7	✓
American Indian	28.9	12.6	✓	20.7	✓
Hispanic or Latino	9.8	19.3	✗	12	✗
Prostate Cancer Death Rate/100,000 Population					
White	25.0	23.3	✓	25.9	✓
African American	48.1	39.8	✓	25.9	✗
Asian	18.0	5.6	✓	0.0	✗
American Indian	12.1	8.2	✓	25.9	✓
Hispanic or Latino	10.2	22.1	✗	8	✗

Chronic Disease					
Heart Disease Death Rate per 100,000 Population					
White	196.7	160.2	✓	Not Available	✗
African American	246.4	214.2	✓		✗
Asian	108.3	64.5	✓		✗
American Indian	280.1	131.7	✓		✗
Hispanic or Latino	114.6	89.7	✓		✗
Stroke Death Rate per 100,000 Population					
White	51.7	40.8	✓	47.4	✓
African American	84.2	66.6	✓	47.4	✗
Asian	65.7	28.4	✓	32.7	✓
American Indian	62	38.7	✓	47.4	✓
Hispanic or Latino	29.2	23	✓	22.3	✗
Diabetes Death Rate per 100,000 Population					
White	20.3	21.1	✗	25.0	✓
African American	67.3	62.1	✓	25.0	✗
Asian	13.9	18.7	✗	25.0	✓
American Indian	91	93.2	✗	25.0	✗
Hispanic or Latino	45.6	28.8	✓	25.0	✗

Nebraska Objectives	Nebraska		Progress	2010 Objective	Met
	2001 - 2005	2006 - 2010			
Substance Abuse					
Drinking and Driving	%	%		%	
White	4.6	6.3	✘	1	✘
African American	3.3	5.6	✘	1	✘
American Indian	4.3	3.0	✓	1	✘
Hispanic or Latino	1.4	5.8	✘	1	✘
Cigarette Smoking	%	%		%	
White	21.5	18.1	✓	12	✘
African American	24.3	23.7	✓	12	✘
Asian	17.6	10.7	✓	12	✓
American Indian	41.8	43.7	✘	12	✘
Hispanic or Latino	19.8	16.8	✓	12	✘
Binge Drinking	%	%		%	
White	18.1	20.1	✘	6	✘
African American	12.4	14.3	✘	6	✘
Asian	10.5	7.9	✓	6	✘
American Indian	27.5	16.2	✓	6	✘
Hispanic or Latino	12.9	11.2	✓	6	✘

Unintentional and Intentional Injury					
Unintentional Injury death rate/100,000 population					
White	38.4	35.9	✓	19.4	✘
African American	27.2	32.6	✘	19.4	✘
Asian	34.6	21.6	✓	7.5	✘
American Indian	87.9	49.2	✓	19.4	✘
Hispanic or Latino	31.5	29.5	✓	19.4	✘
Death Rate due to Motor Vehicle Accidents/100,000 Population					
White	16.8	13.7	✓	12	✘
African American	11.6	11.8	✘	12	✓
Asian	14.3	5.8	✓	12	✓
American Indian	39.9	16.1	✓	12	✘
Hispanic or Latino	15.5	13.8	✓	12	✘
Suicide/100,000 Population					
White	10.5	10.7	✘	8.2	✘
African American	4.1	5	✘	8.2	✓
Asian	6.6	3.7	✓	2.1	✘
American Indian	16.9	12.7	✓	8.2	✘
Hispanic or Latino	4.9	4.7	✓	4.7	✓
Homicide/100,000 Population					
White	1.9	2.1	✘	2	✘
African American	20.4	25.7	✘	2	✘
Asian	0.9	1.5	✘	2	✓
American Indian	8.0	13.6	✘	2	✘
Hispanic or Latino	5.9	5.4	✓	2	✘

Nebraska Objectives	Nebraska		Progress	2010 Objective	Met
	2001-2005	2006-2010			
Risk Factors for Illness					
BMI 30+	%	%		%	
White	23.1	26.7	x	15	x
African American	33.9	39	x	15	x
Asian	8.4	10.3	x	15	✓
American Indian	29.6	41.7	x	15	x
Hispanic or Latino	25.5	32	x	15	x
High Blood Pressure	%	%		%	
White	22.6	25.3	x	16	x
African American	35.8	33.9	✓	16	x
Asian	15.8	25.1	x	16	x
American Indian	36.2	28.2	✓	16	x
Hispanic or Latino	17.1	21.8	x	16	x
High Cholesterol	%	%		%	
White	27.8	32	x	17	x
African American	29.9	27.6	✓	17	x
Asian	36.1	56	x	17	x
American Indian	33.6	40.4	x	17	x
Hispanic or Latino	23.1	28.5	x	17	x
Physical Inactivity	%	%		%	
White	21.7	21.6	✓	32	x
African American	29.9	35.2	x	32	✓
Asian	26.2	21.5	✓	32	x
American Indian	27.7	28.3	x	32	x
Hispanic or Latino	43	35.4	✓	32	x

Protective Health Behaviors					
Mammogram in Last 2 years (Ages 40+)	%	%		%	
White	72.1	69.1	x	75	x
African American	78.2	73	x	75	x
Asian	73.9	64	x	75	x
American Indian	68.5	61.5	x	75	x
Hispanic or Latino	73.4	58.3	x	75	x
Cholesterol Checked Last 5 years	%	%		%	
White	68.6	72.7	✓	80	x
African Americans	71.7	79.4	✓	80	x
Asian	63.6	75.4	✓	80	x
American Indian	66.4	74.7	✓	80	x
Hispanic or Latino	56	55	x	80	x

Nebraska Objective	Nebraska		Progress	HP2010 Objective	Met
	2001-2005	2006-2010			
Health Behaviors					
Pap Test Last 3 years (Ages 18+)	%	%		%	
White	84.4	76.3	✘	90	✘
African American	89.2	84.2	✘	90	✘
Asian	93.5	70.6	✘	90	✘
American Indian	83.0	79.1	✘	90	✘
Hispanic or Latino	87.5	71.9	✘	90	✘
Moderate Physical Activity	%	%		%	
White	43	52.9	✓	30	✓
African American	38.8	44.5	✓	30	✓
Asian	31.7	34.8	✓	30	✓
American Indian	53.1	64.8	✓	30	✓
Hispanic or Latino	31.3	41.4	✓	30	✓
Vigorous Physical Activity	%	%		%	
White	21.8	31.6	✓	30	✓
African American	23.3	29.1	✓	30	✘
Asian	20.4	20.7	✓	30	✘
American Indian	25.5	33.7	✓	30	✓
Hispanic or Latino	13.3	24.7	✓	30	✘
Blood Stool Test	%	%		%	
White	30.6	21.7	✘	50	✘
African American	32.1	27.1	✘	50	✘
Asian	17.6	26.7	✓	50	✘
American Indian	8.2	19.4	✓	50	✘
Hispanic or Latino	24.1	11.7	✘	50	✘