



Lincoln-Lancaster County
Health Department

ISSUE PROFILES

The following pages provide a brief overview of the measures that provide the most concise summary of the issues identified as a potential priority through the Community Health Assessment process leading into this Community Health Summit. You will be shown a QR code to prioritize the information at the summit where the top 3 of these will be selected for the rest of the activities at today's summit.

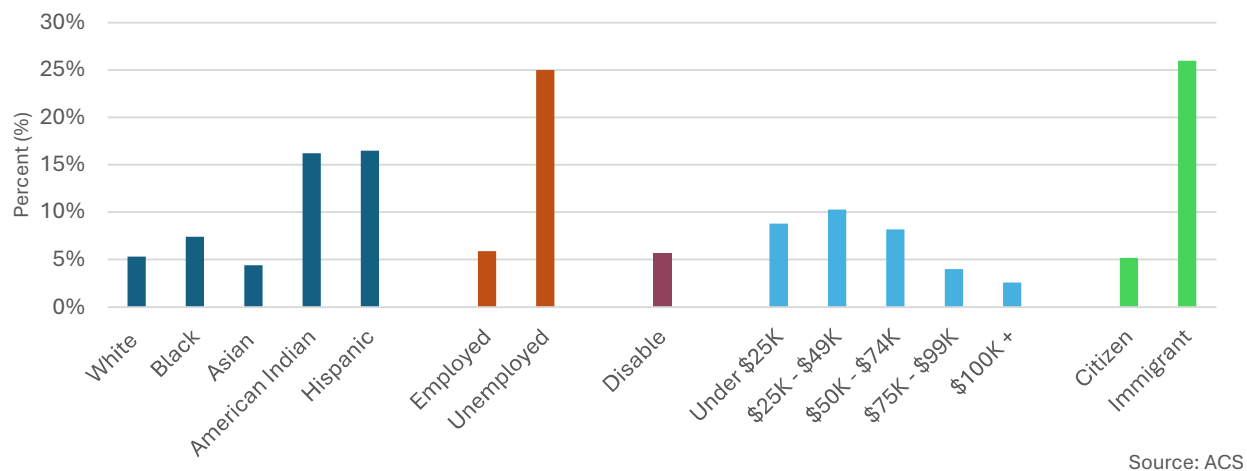
TABLE OF CONTENTS

Access to Healthcare	1
Bullying	3
Depression.....	5
Falls	7
Heat-Related Illness.....	9
Intentional Injury (Assault).....	11
Motor Vehicle Accidents	13
Overweight & Obese (BMI)	15
Physical Inactivity.....	17
Suicide	19
Vaping (Electronic Vapor Product Use)	21

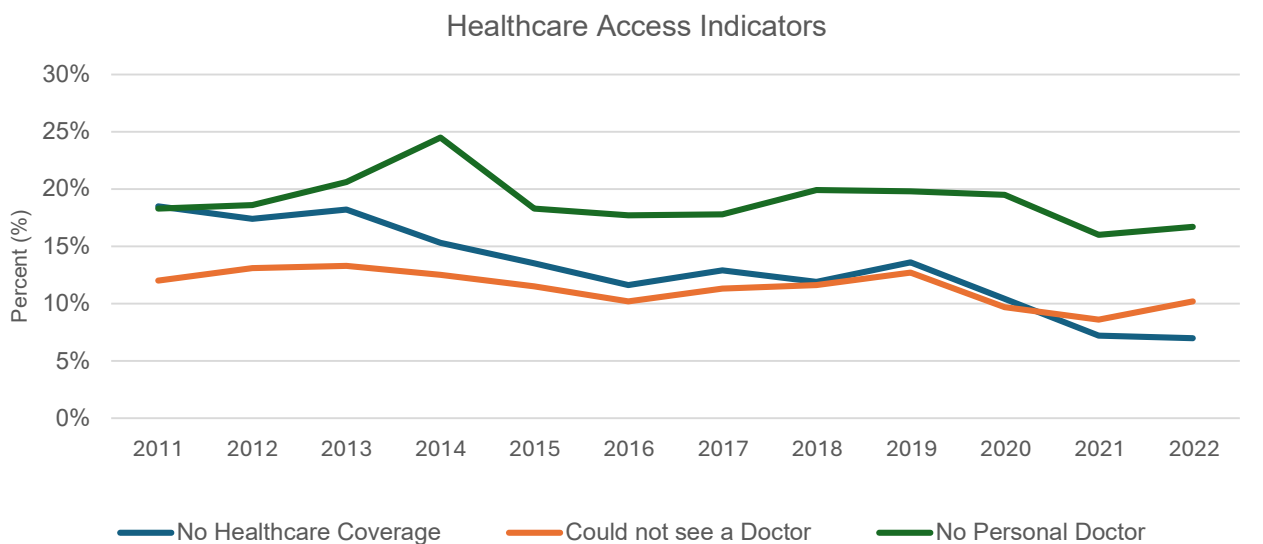
Access to Healthcare

Access to healthcare is a fundamental determinant of a community's overall health and well-being. It involves the availability, affordability, and accessibility of medical services that allow individuals to maintain and improve their health. However, significant disparities exist, affecting various populations disproportionately, often due to socioeconomic status, geography, race, ethnicity, and insurance coverage.

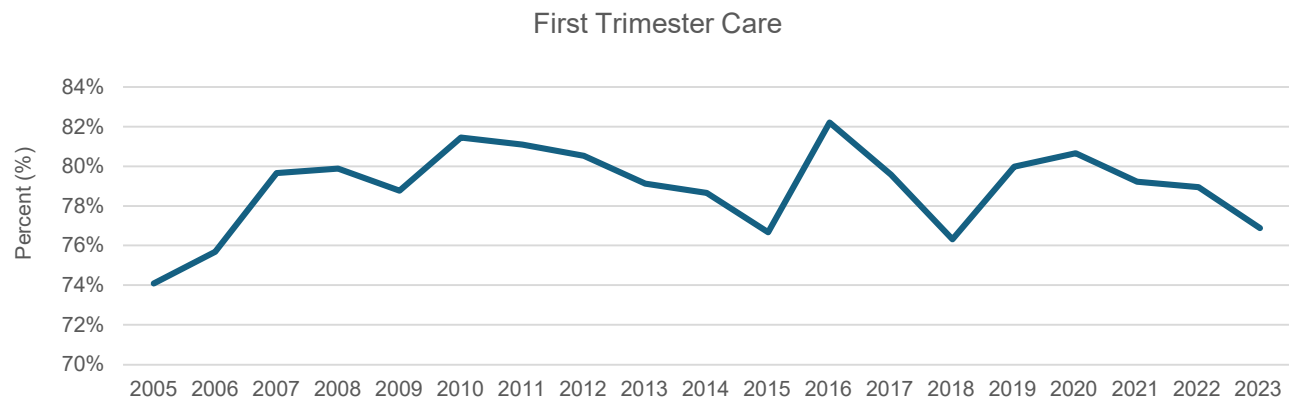
According to American Community Survey (ACS) 2022 the uninsured percentage for Lancaster County 6.6% but significant disparities exist as shown below.



The chart below highlights three measures showing adults frequently reporting no healthcare coverage or not being able to see a doctor (5-10%) and not having a personal doctor (15-20%).

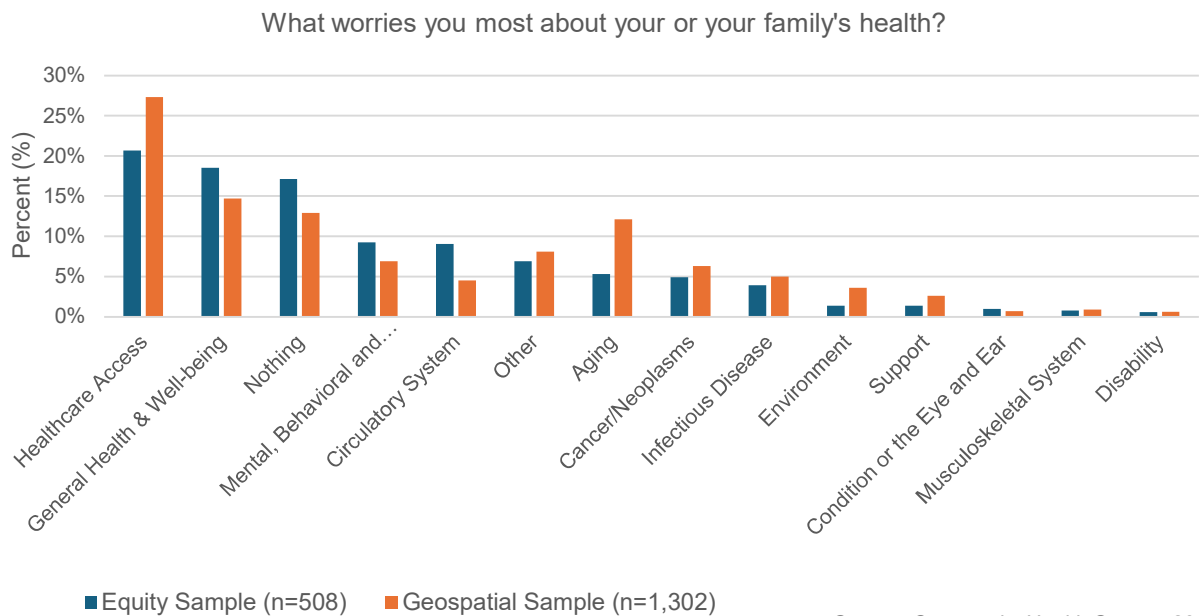


Prenatal care access is a significant concern affecting anywhere from 1 in 4 to 1 in 5 pregnant women according to birth certificate data.



Source: Electronic Birth Registry

The community health survey conducted also highlighted access to healthcare as the leading concern in both our geospatial sample of the community and other communities sampled more specifically that represent cultural, disabled and aging groups, to name a few.

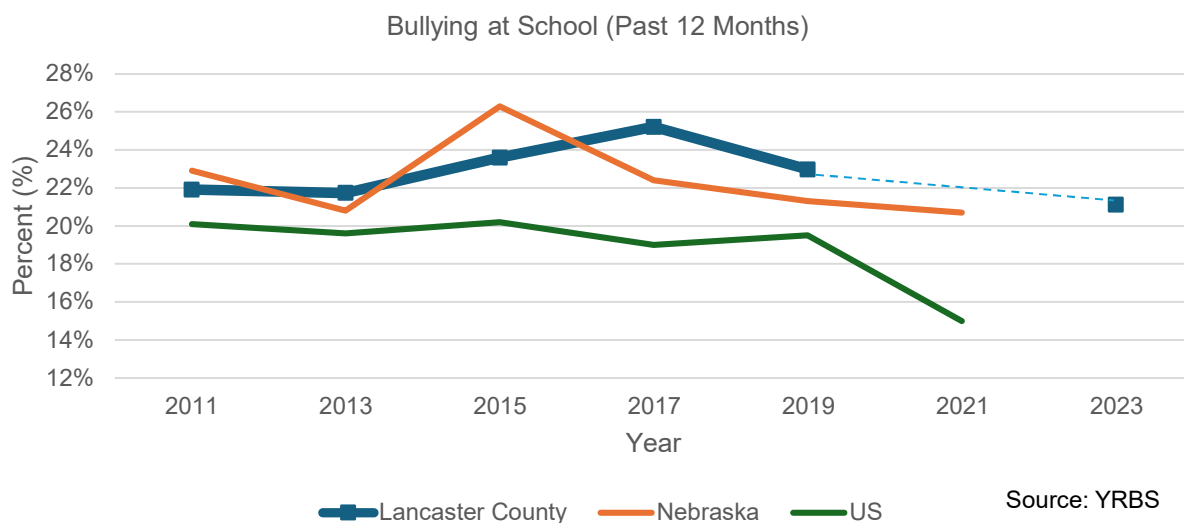


Source: Community Health Survey, 2024

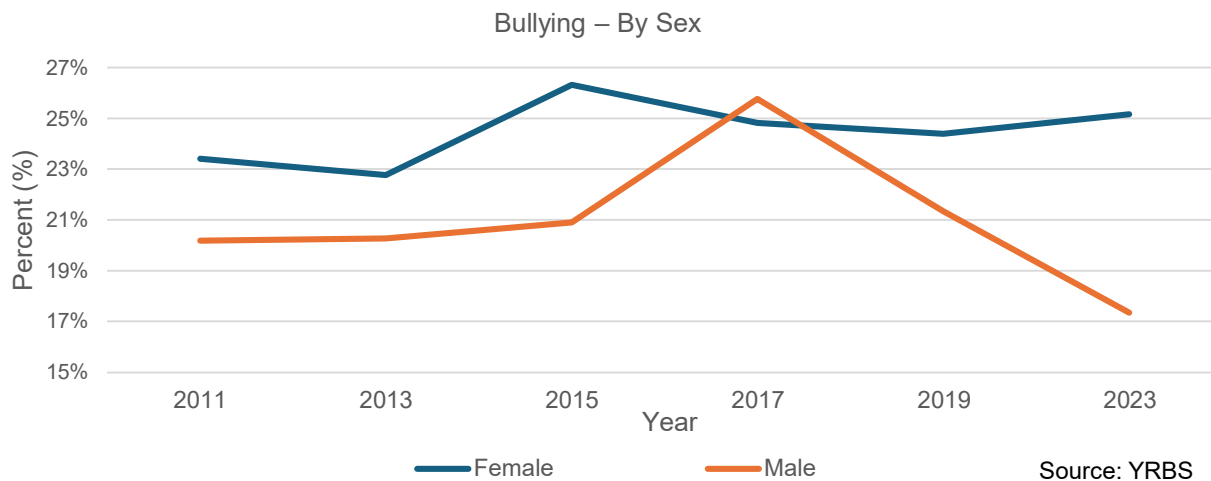
Effective healthcare access improvements require a collaborative approach, integrating efforts from local organizations, healthcare providers, government agencies, and community stakeholders. By leveraging these partnerships, we can address barriers, enhance care delivery, and promote health equity within our communities.

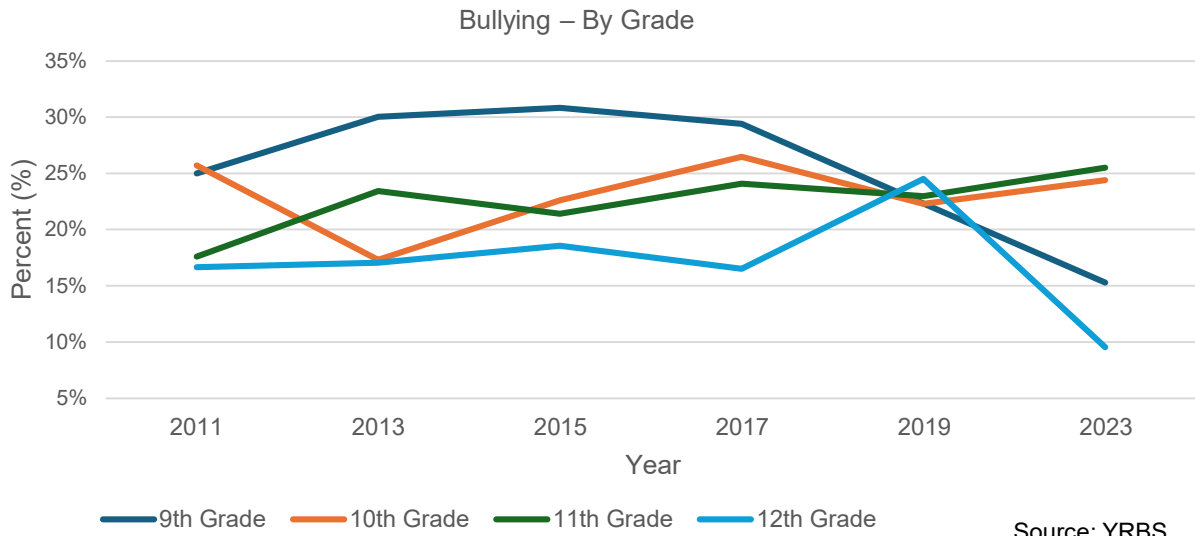
Bullying

Bullying is a significant issue that affects the mental and physical well-being of students. Bullying incidents contribute to absenteeism, declining academic performance, and increased mental health issues among affected students. According to data from the Youth Risk Behavior Survey (YRBS), the percentage of students who report being bullied on school property in the last 12 months has remained relatively stable over the past decade, ranging between 20.8% and 25.2%. This percentage is slightly higher than the state of Nebraska and significantly higher than the national percentage.



In 2023, the percentage of students experiencing bullying was 21.1%. Females are slightly more likely to report bullying than males. In previous years, 9th graders reported higher instances of bullying, but recent data shows a shift, with fewer reports from 9th and 12th graders and an increase in reports from 10th and 11th graders.



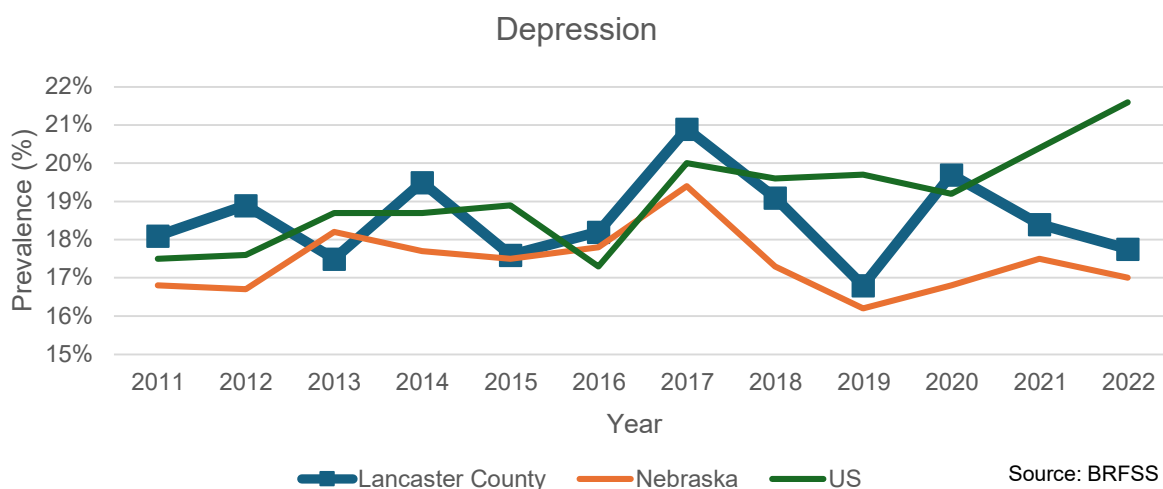


Bullying on school property can lead to severe emotional distress, depression, anxiety, and even suicidal ideation among victims. It also disrupts the school environment, affecting not only those directly involved but also peers and educators, thereby hindering the overall learning experience.

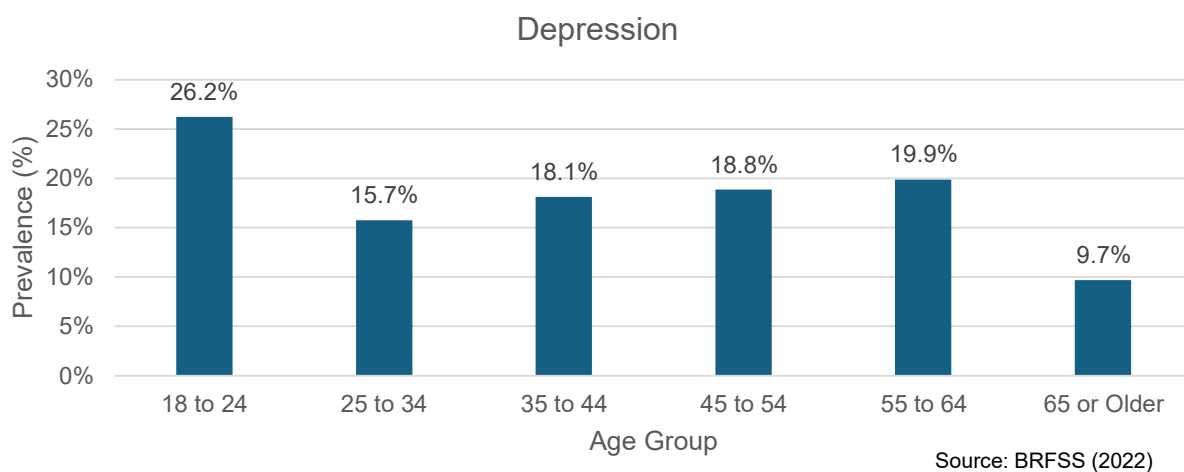
Addressing bullying on school property requires a proactive and collaborative approach, involving schools, families, and the broader community. By implementing comprehensive strategies, we can create a safer and more supportive environment for all students.

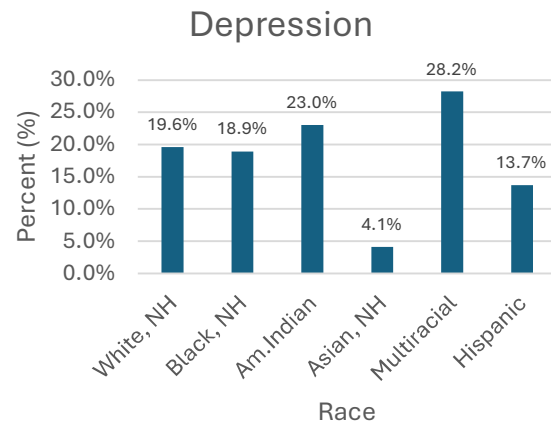
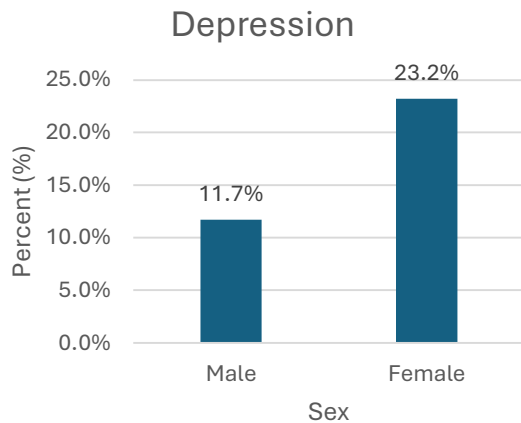
Depression

Depression is a common and serious mood disorder characterized by persistent feelings of sadness, hopelessness, and a lack of interest in activities. According to data from the Behavioral Risk Factor Surveillance System (BRFSS), the percentage of adults ever diagnosed with depression in our community has remained stable over the last decade, ranging from 16.8% to 20.9%. The prevalence of depression in Lancaster County is slightly higher than the state of Nebraska but slightly lower than the national percentage.



According to data from the BRFSS, 17.8% of adults in Lancaster County reported being diagnosed with depression by a health professional, with a higher prevalence among those younger in age (18 – 24 years old) and those who are female, and multiracial or American Indians.





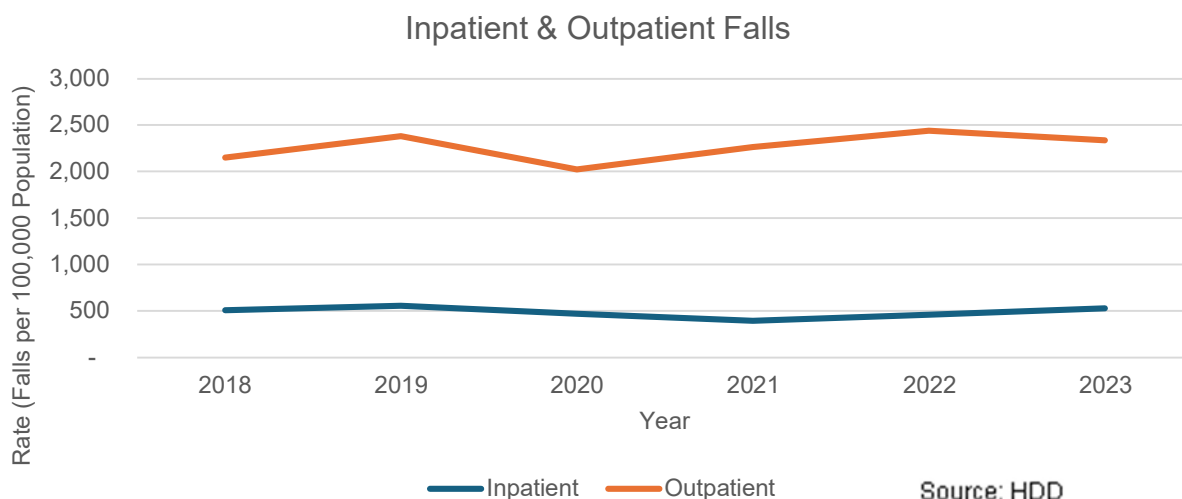
Source: BRFSS (2016-2020)

Depression can lead to strained relationships, social isolation, and reduced quality of life. Economically, it results in lost workplace productivity and higher healthcare costs. Health-wise, depression is linked to chronic conditions, and an increased risk of substance abuse and suicide.

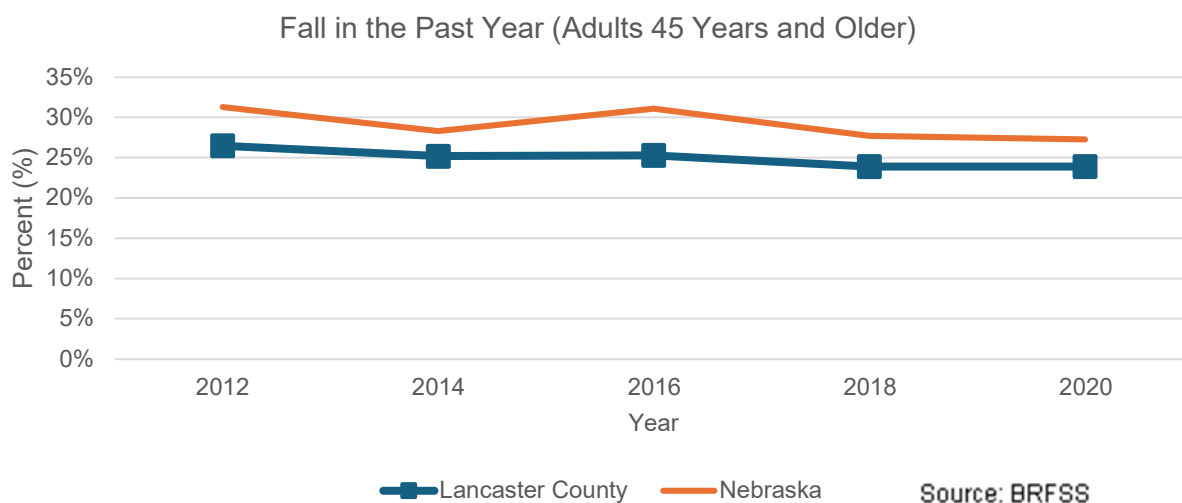
Addressing depression is essential due to its significant impact on mental health, social relationships, and quality of life in our community. With key risk factors like low self-esteem and socioeconomic challenges identified, stakeholders must collaborate on expanding mental health services and raising awareness.

Falls

Falls are a leading cause of injury, particularly among older adults, and can result in serious health consequences such as fractures, head injuries, and a decline in overall physical health. In Lancaster County, Hospital Discharge Data (HDD) has shown that the rate of outpatient hospitalizations due to falls has been between 2,000 and 2,500 per 100,000 persons, while inpatient hospitalization rates have ranged from 400 to 600 per 100,000 persons. These trends have remained stable over the last decade.

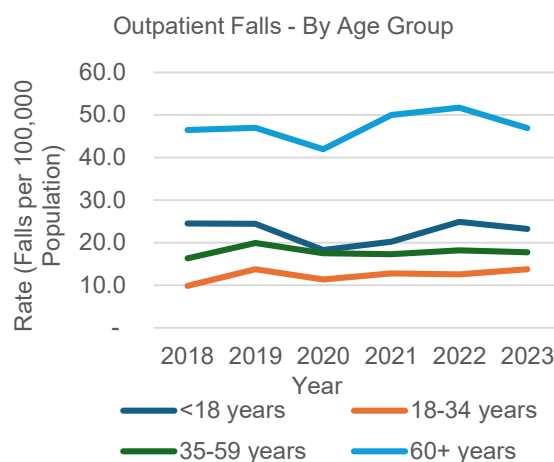
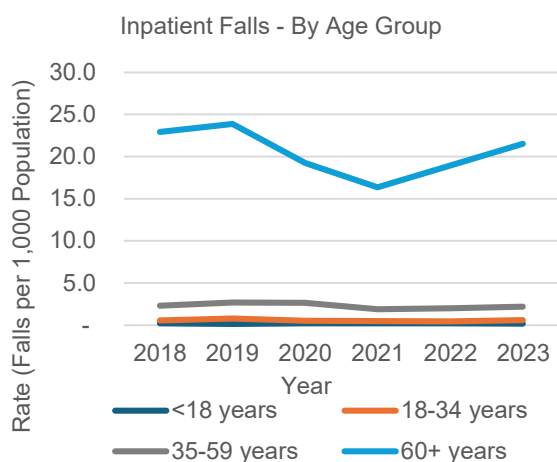


According to data from the Behavioral Risk Factor Surveillance System (BRFSS), Lancaster County reports a lower percentage of falls for adults 45 years or older compared to the state of Nebraska, indicating relatively better outcomes within the community (national data was unavailable).

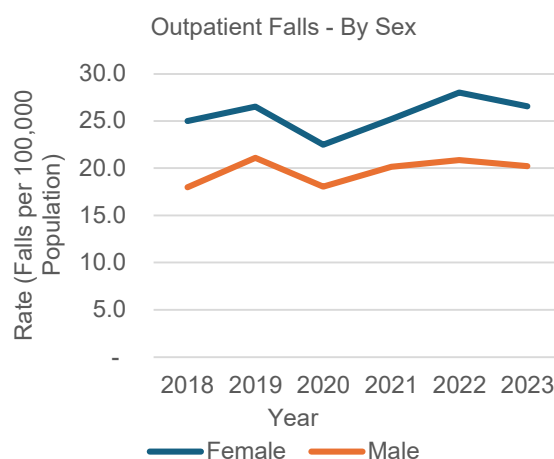
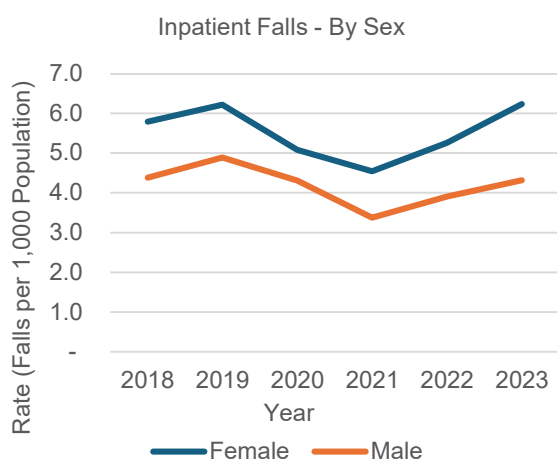


In our community, falls are one of the top causes of injury-related hospitalizations. According to HDD, the prevalence of falls is higher among those 60 years or older, and

females are slightly more likely to experience a fall compared to their male counterparts. While race data was not available prior to 2022, recent data indicates no notable disparities in fall-related hospitalization rates among different racial groups.



Source: HDD



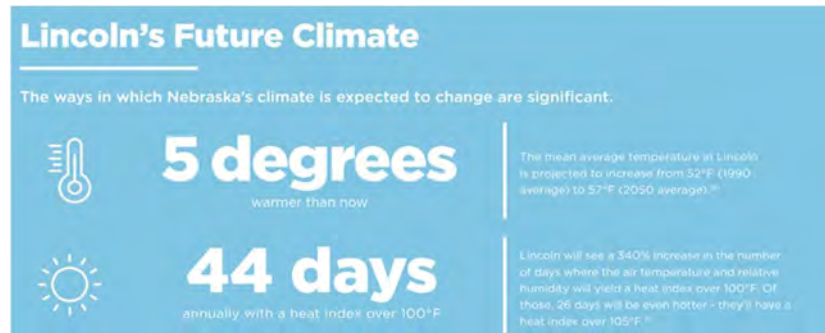
Source: HDD

Reducing the incidence of falls requires a comprehensive approach that includes education, environmental modifications, and community engagement. Stakeholders are encouraged to work together to implement these strategies and reduce the burden of fall-related injuries in our community.

Heat-Related Illness

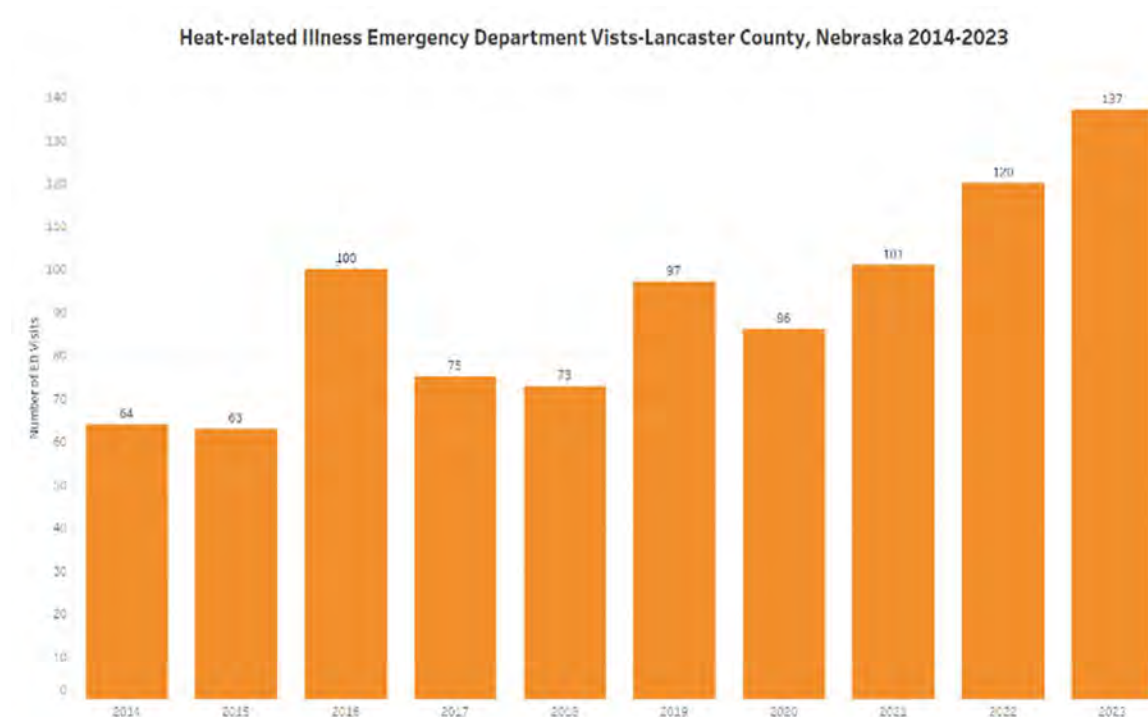
Heat-related illness (HRI) refers to a spectrum of medical conditions that arise from the body's inability to effectively dissipate heat, typically due to prolonged exposure to high temperatures.

By 2050, the mean average temperature is projected to be 5 degrees warmer, leading to increase in the number of days with a heat index above 100°F.



Source: Lincoln's Vision for a Climate-Smart Future, 2021

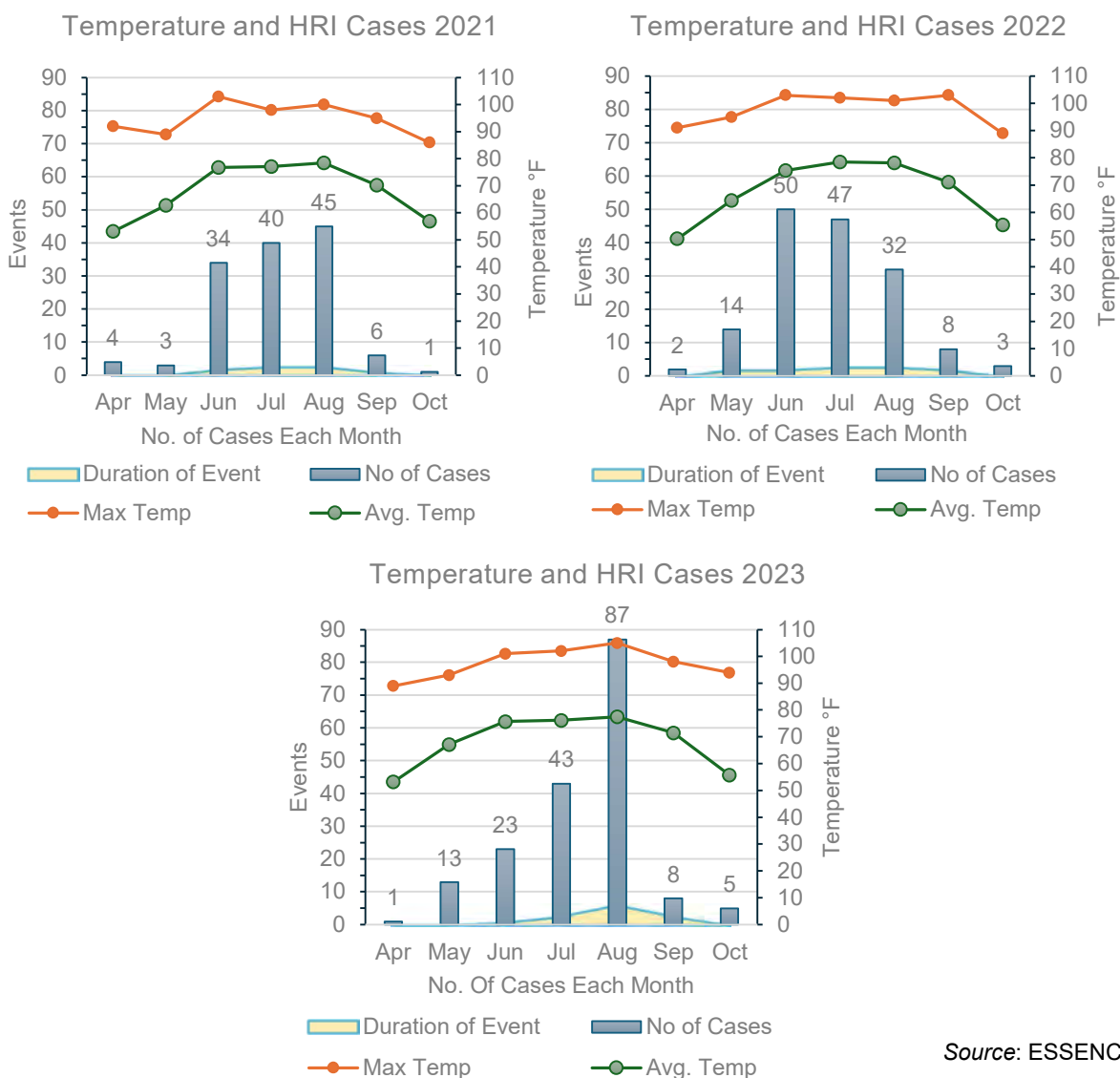
Hospitalization Discharge Data was showed an increased number of patients for heat-related illness from 64 in 2014 to 137 in 2023.



Source: NeDHHS

A trend in temperatures and heat-related illness cases was studied using Electronic Surveillance System for the Early Notification of Community based Epidemics (ESSENCE) for years 2019 to 2023. Higher chances of Heat-Related illness cases were observed on the days with notable high temperatures.

In 2023, there were already more days with higher temperatures compared to previous years, which correlated with an increase in the number of heat-related illness cases observed during the same period.

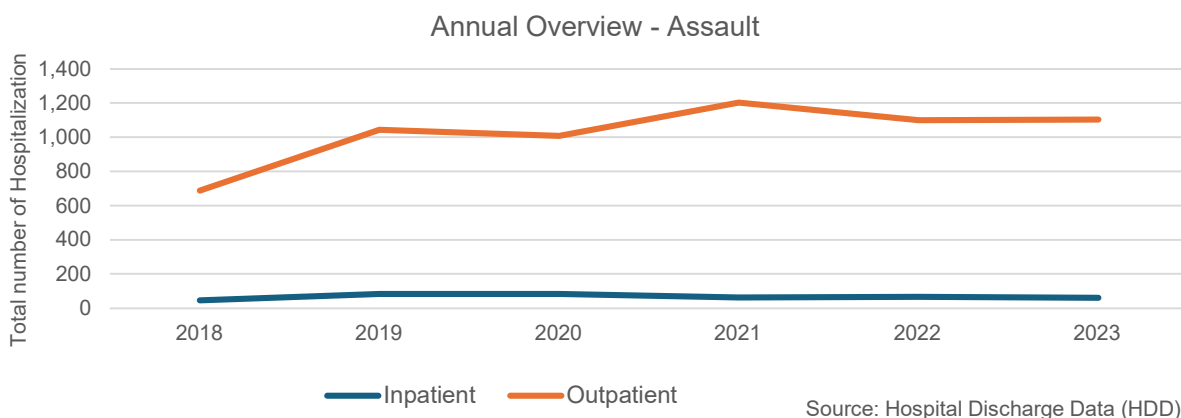


Exposure to extreme heat could lead to reduced work capacity, higher chances of kidney problems, headaches, migraines, dehydration, and heart-related issues. Prolonged exposure can lead to heat stroke and permanent brain damage.

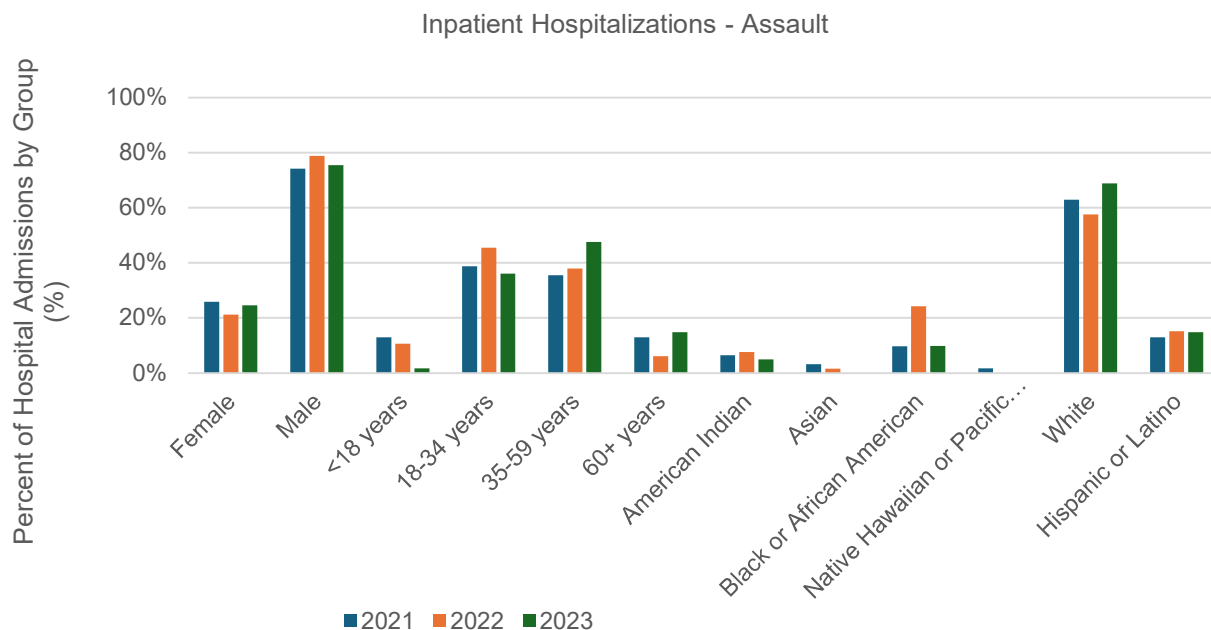
By prioritizing the protection of vulnerable populations and enhancing public awareness, we can reduce the health impacts of extreme heat and build a more adaptive, heat-resilient community.

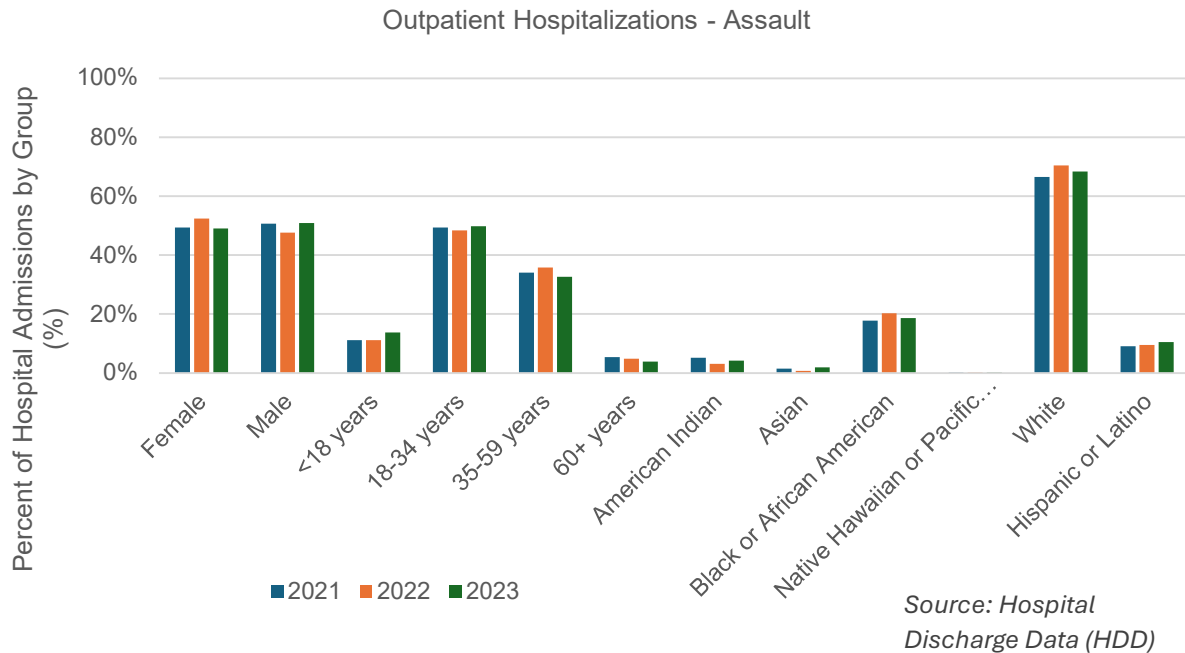
Intentional Injury (Assault)

Intentional injury or assault involves deliberate harm, such as domestic violence or sexual assault, and is a critical public health issue requiring preventive measures and support services. Assaults could result in increased healthcare costs due to injuries, heightened fear and anxiety among residents, disruption of social cohesion, and diminished quality of life.

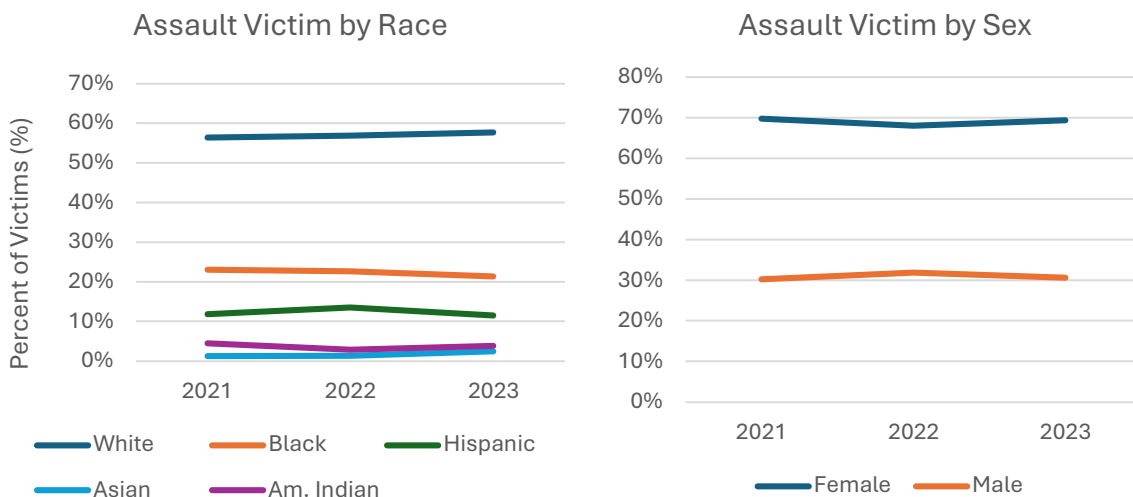


In Lancaster County, the trendline suggests that despite slight increase in assault patient numbers from 2018 to 2023, the overall trend remained stable over the period.





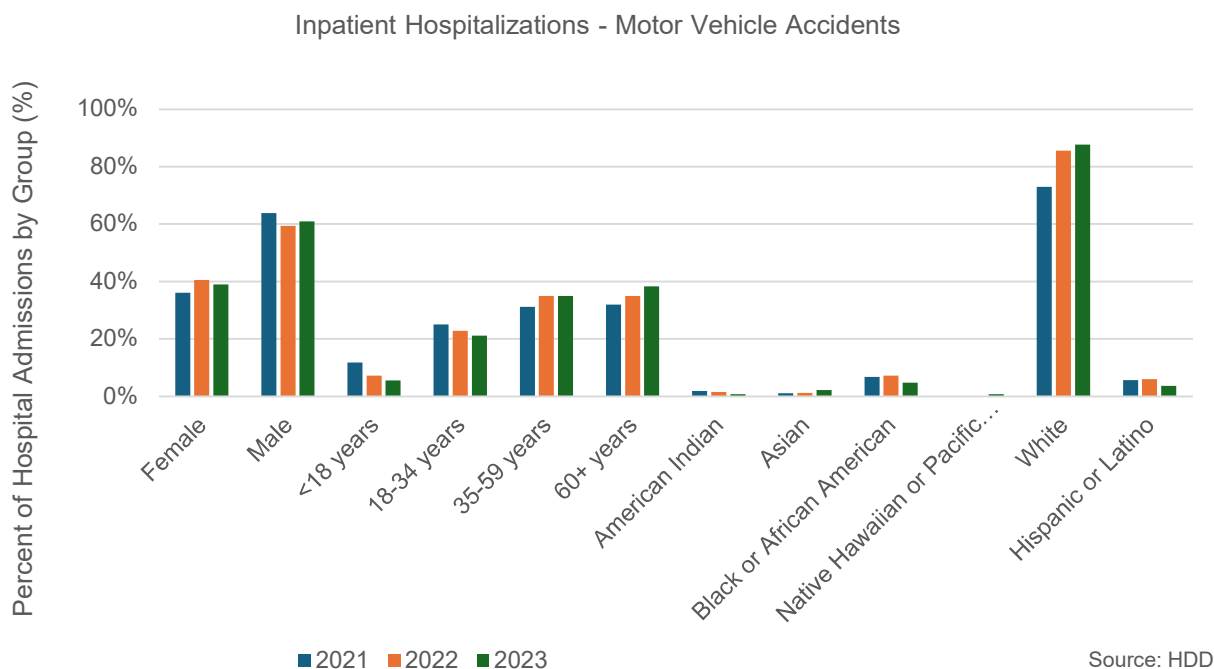
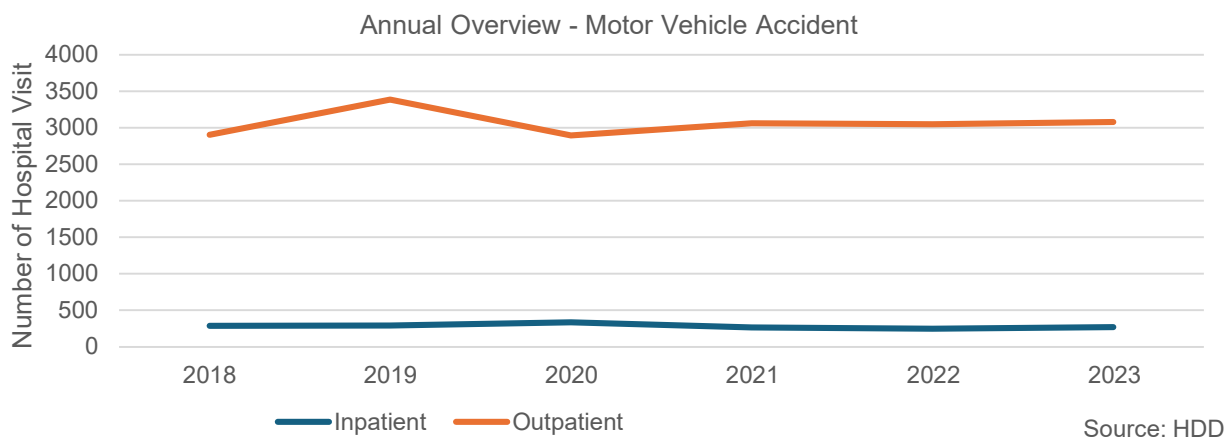
The analysis of intentional assaults in Lancaster County from 2018 to 2023 reveals a concerning trend, with a slight increase in cases, particularly among males and the White population. The impacts of these assaults are far-reaching, including increased healthcare costs, mental health crises, and community disruption. Addressing the root causes such as poverty, substance abuse, and lack of mental health support is crucial to prevent further escalation. The data below shows that assaults occur among White and Black residents most often, but the percentages are higher than population percentages among Black residents and Females.

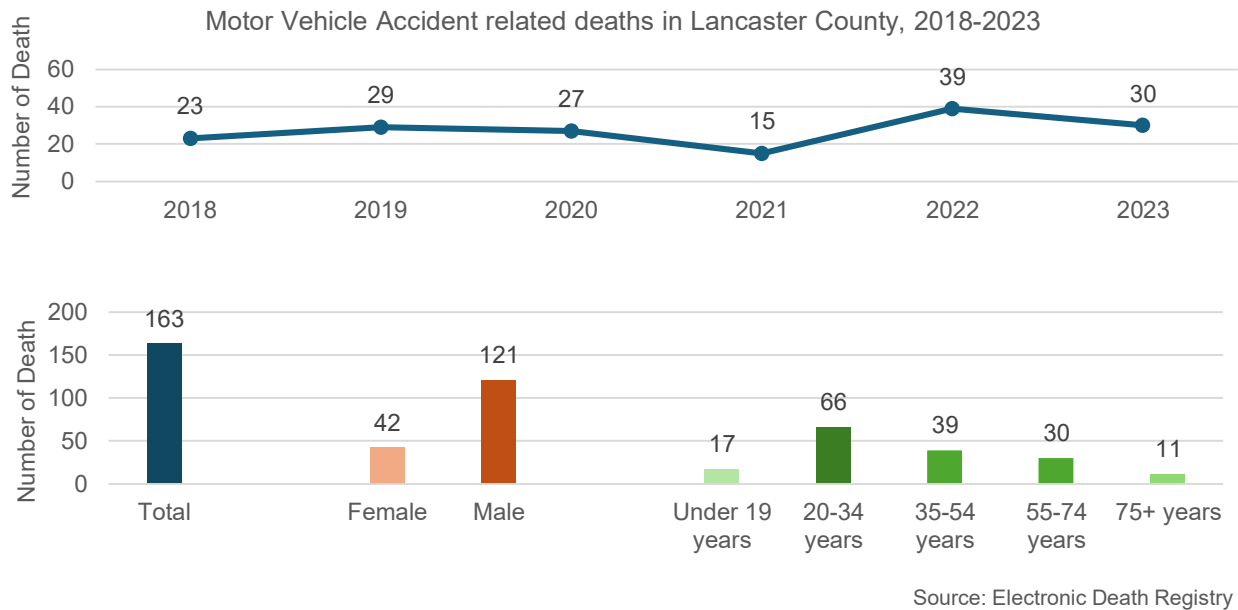
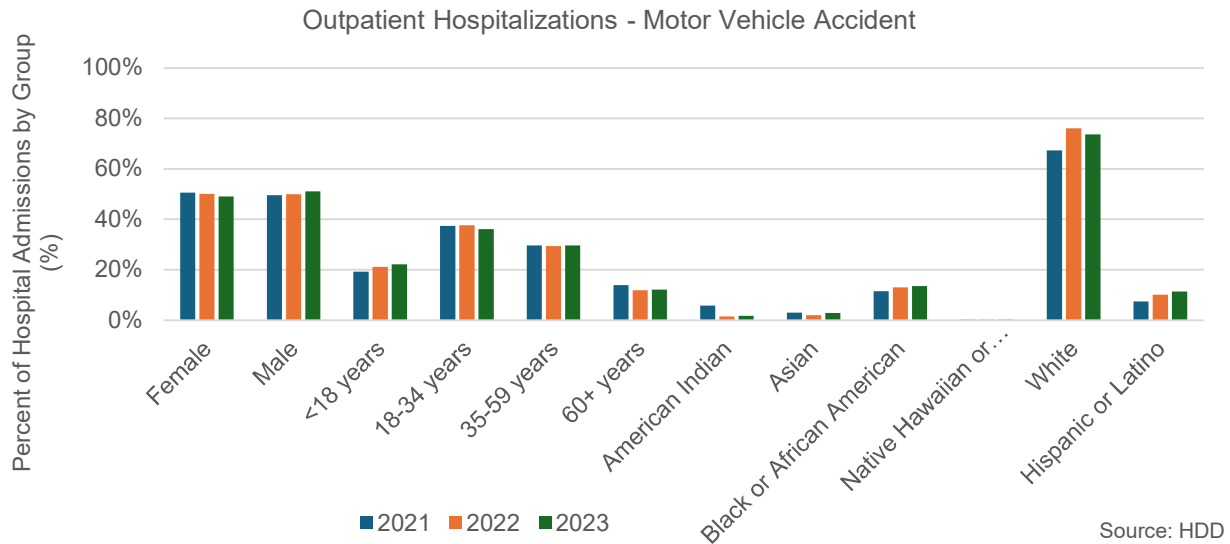


Data Source: Lincoln Police Department

Motor Vehicle Accidents

Motor vehicle accidents are a public health concern that contributes to injury and sometimes death. They are a risk factor for various physical health conditions, often leading to long-term disability and increased healthcare burden. Hospital Discharge Data (HDD) for years 2018 to 2023 was used for analyzing records for individuals who had a hospital or emergency room (ER) visit because of motor vehicle accidents.



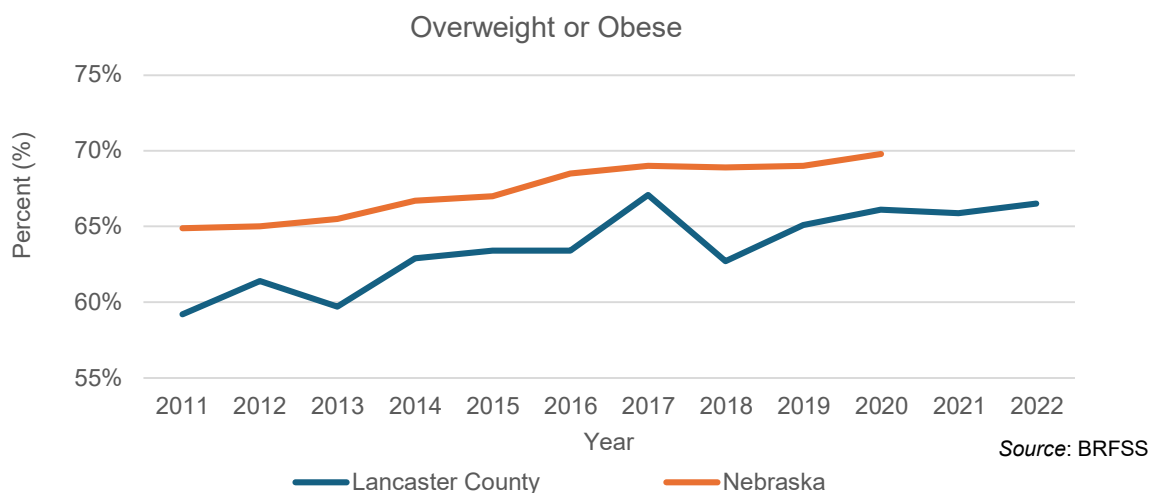


A high incidence of motor vehicle accidents and resulting hospitalizations can lead to increased public concern about road safety. Accidents can cause significant traffic disruptions, leading to congestion, delays, and a decrease in the overall efficiency of transportation in the area.

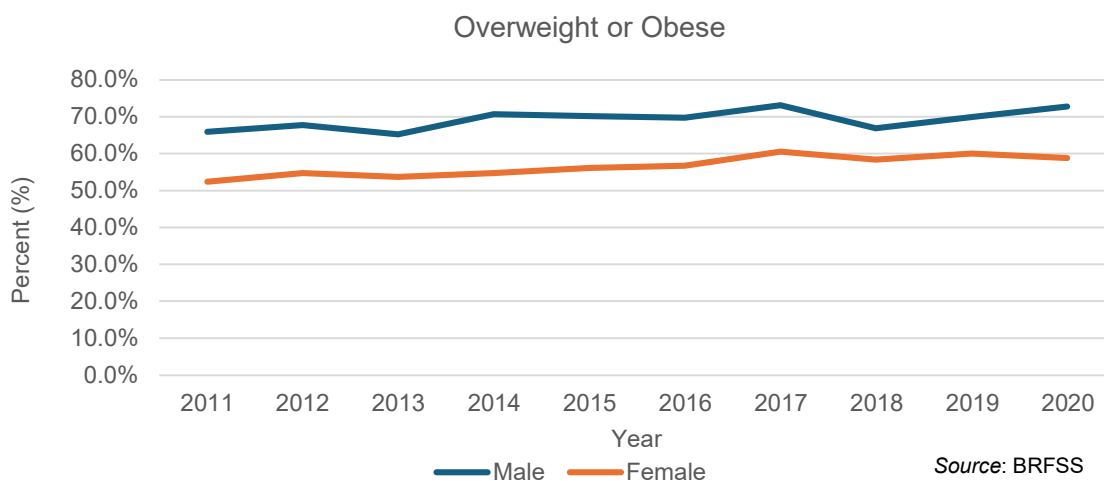
Addressing the issue of motor vehicle accidents requires a collective effort to improve road safety, enforce stricter traffic laws, and implement targeted interventions. The stakeholders must collaborate to reduce accidents and enhance community well-being.

Overweight & Obese (BMI)

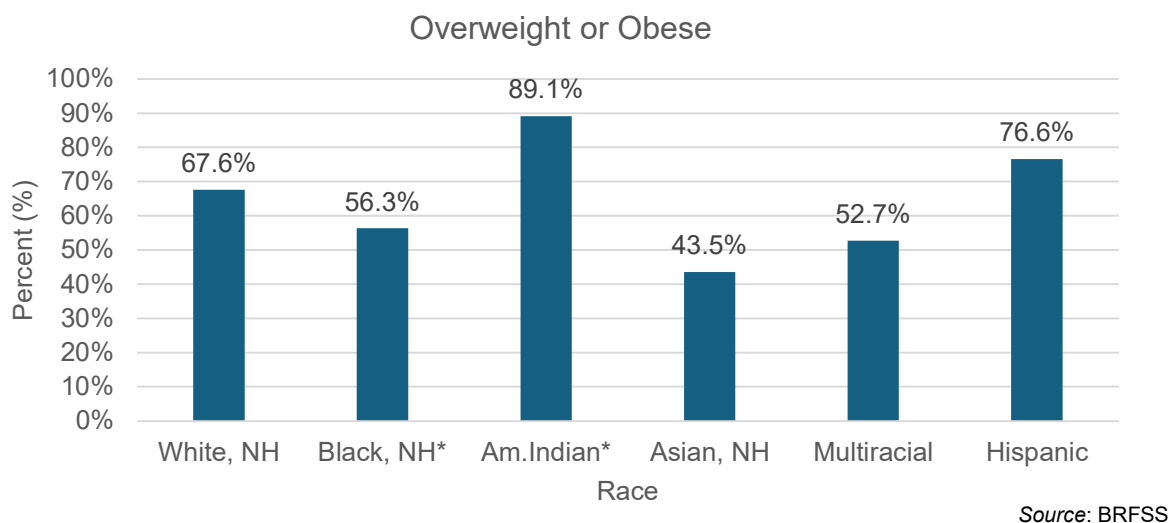
Overweight and obesity are conditions marked by the accumulation of excess body fat, which poses a health risk. These conditions are typically classified using the Body Mass Index (BMI), a metric that calculates a person's weight in relation to their height, expressed as kilograms per square meter (kg/m^2). Data is obtained from Behavioral Risk Factor Surveillance System (BRFSS) for the years from 2011 to 2022. The information about overweight and obesity includes the data on percentage of adults 18 and older with body mass index (BMI) of 25.0 or greater, based on self-reported height and weight.



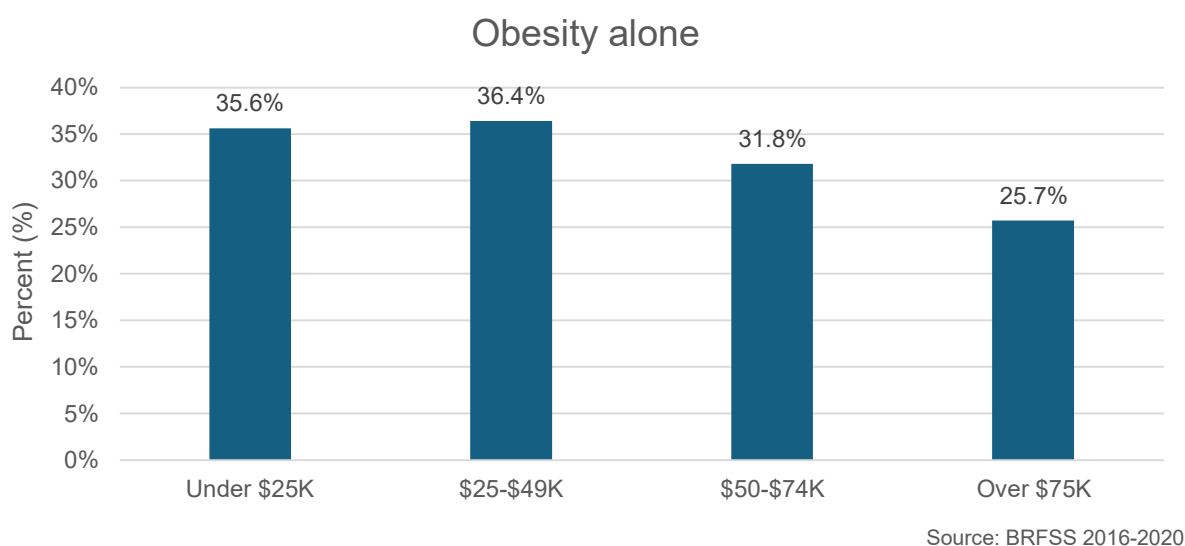
Elevated BMI is less common in Lancaster County than Nebraska but has been rising steadily over the past few decades. In our community, the adult high BMI rate has increased from 59.2% in 2011 to 66.5% in 2022, with higher prevalence among low income, minority groups and male population.



The American Indian population has the highest elevated BMI rate at 89.1%, followed by the Hispanic population at 76.6% and the White Non-Hispanic population at 67.6%.



Income is also an important indicator with reduced income related to increased obesity.



Obesity leads to increased rates of chronic diseases such as diabetes, hypertension and heart disease, significantly impacting healthcare costs and quality of life. Physical limitations, reduced mobility, and difficulties in daily activities due to obesity could lead to social isolation and decreased participation in community.

Addressing obesity requires a multifaceted approach involving education, policy changes, and community engagement. Stakeholders are encouraged to collaborate on these efforts to create a healthier community.

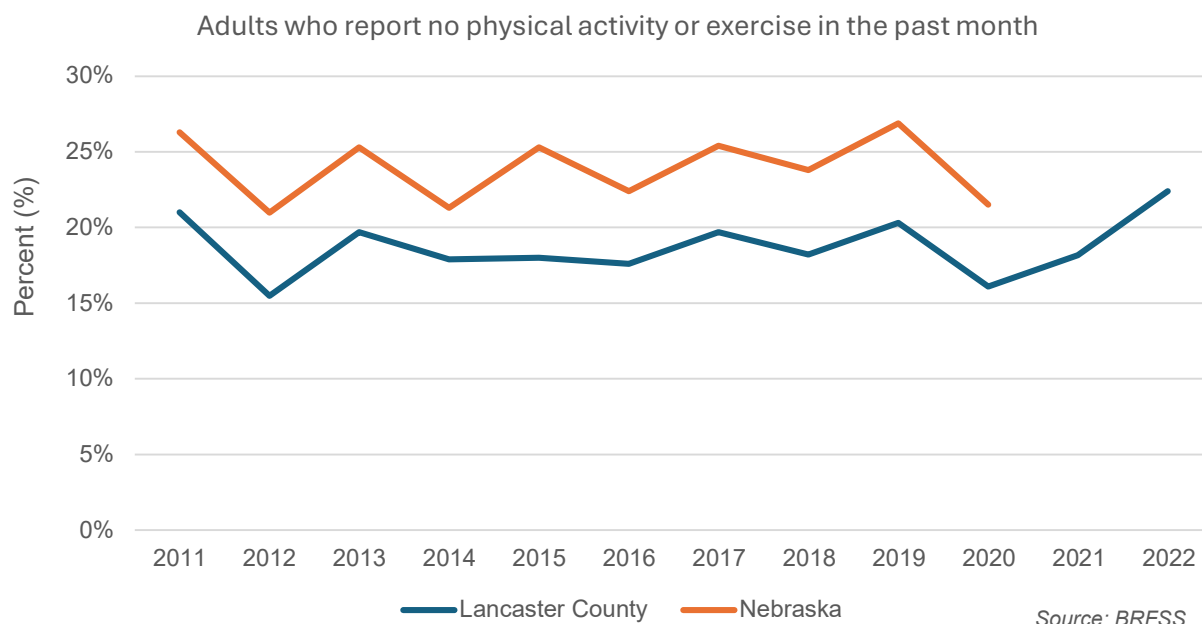
Physical Inactivity

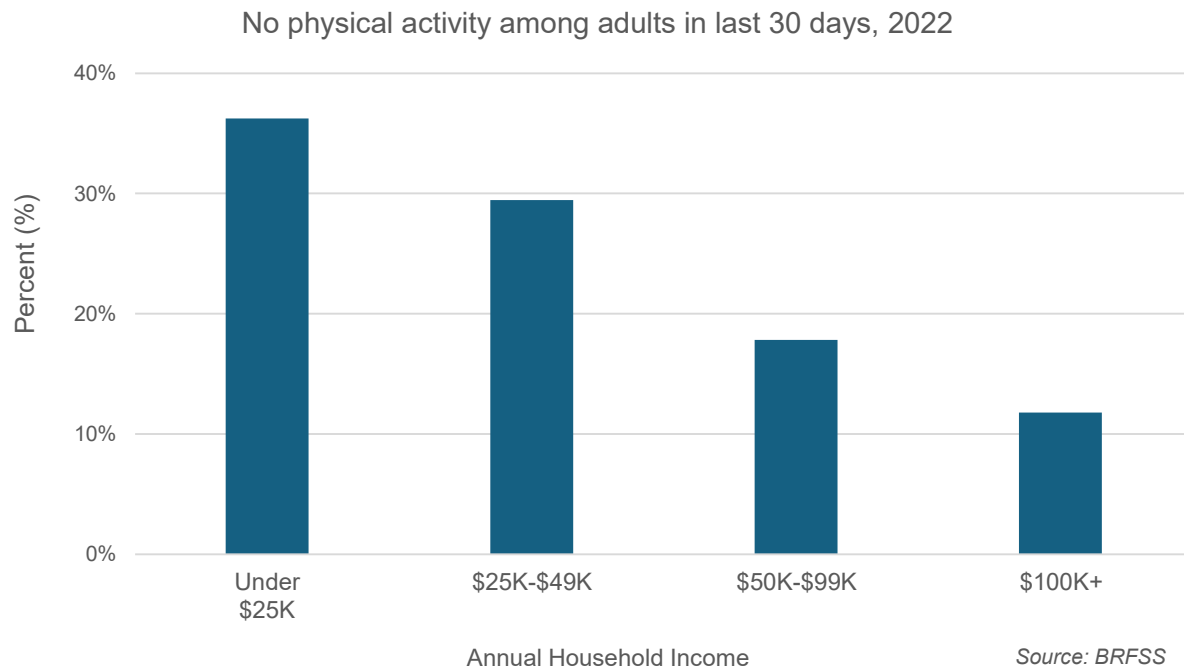
Regular physical activity is one of the most important things people can do to improve their health. Lack of physical activity is a risk factor for many physical and mental health conditions.

The data sources measuring physical activity include the Behavioral Risk Factor Surveillance System (BRFSS) for adults conducted annually, and the Youth Risk Behavioral Survey (YRBS) for high school students every other year. Both surveys are voluntary and anonymous. Both also ask respondents to recall whether they were physically active in the recent past. BRFSS asks if the respondent had been active outside of work activities in the past month (yes or no). The YRBS question asks how many days in the past week they were physically active for at least 60 minutes.

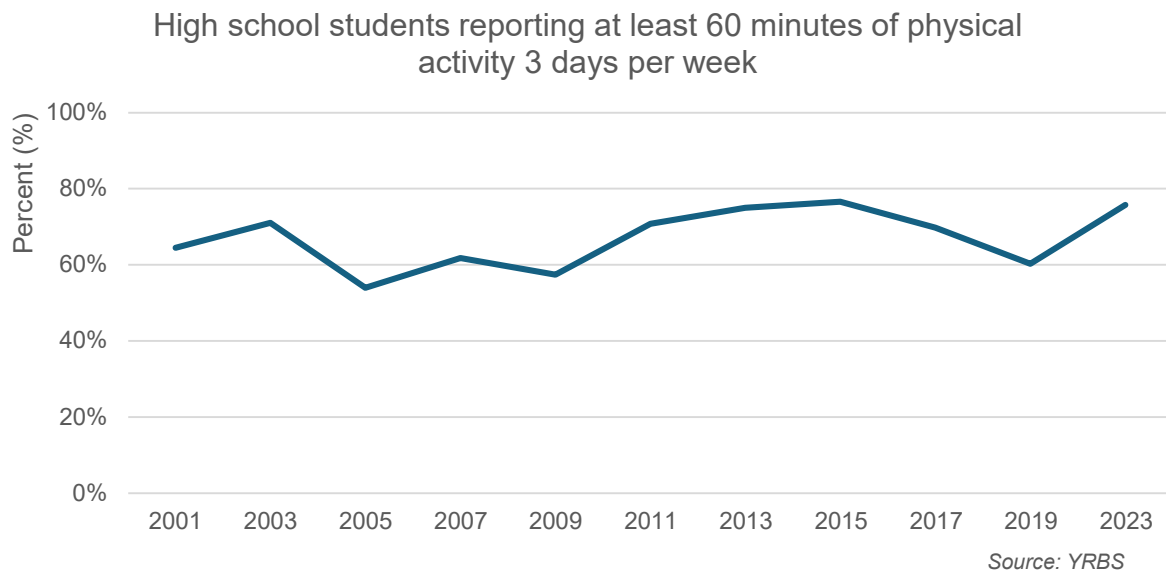
Reported rates of physical activity has been higher in Lancaster County compared to the state of Nebraska and estimates have remained consistent since 2011.

Roughly 22% of adults surveyed in Lancaster County reported being physically inactive in 2022. Rates differ by gender (less physical activity reported by women), by age (least amount of activity reported among 35–44-year-olds and most activity reported by 55–64-year-olds), and by household annual income (significantly less physical activity reported by respondents with lower annual incomes compared to higher income respondents). There are also racial disparities where multiracial and Hispanic respondents reported lower rates of activity compared to non-Hispanic white persons. Survey responses were too low to report rates for other racial groups.





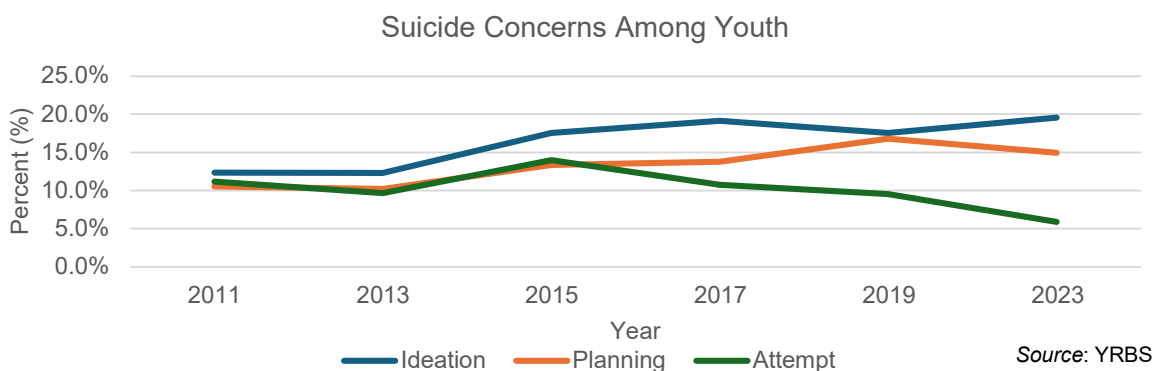
Adolescent physical activity had declined from 2015-2019 but rebounded in 2023 according to YRBS. The influence of the pandemic on this is unknown as this survey could not be completed in 2021.



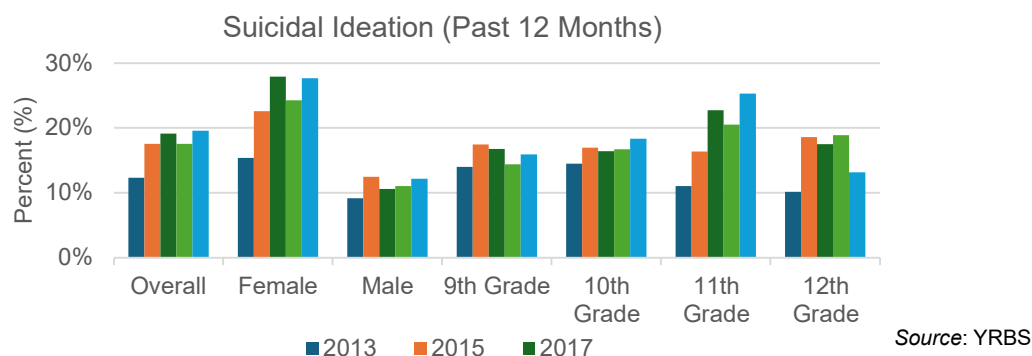
Despite higher rates of physical activity among adults in Lancaster County compared to the rest of the state, the amount of physical activity differs by age, income, gender, and race.

Suicide

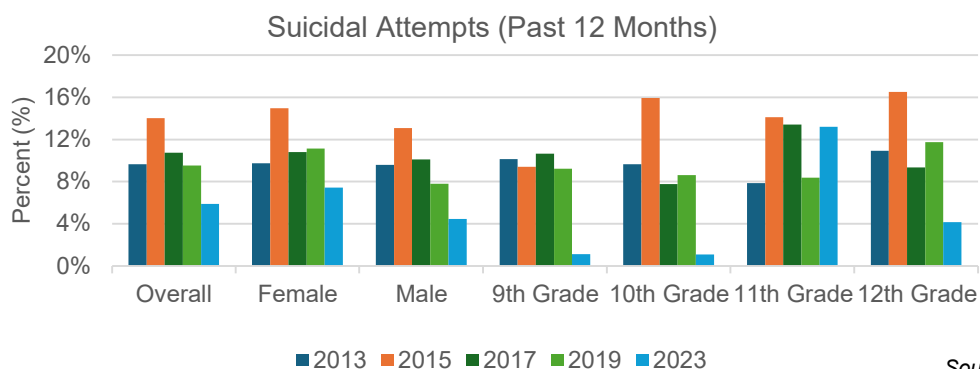
Youth Risk Behavior Survey Data (YRBS) data, hospitalization discharge data and electronic death registry for years 2011 to 2023 are used to highlight suicide concerns in Lancaster County. The data highlights concern with suicide ideation, suicide planning, suicide attempt and death due to suicide.



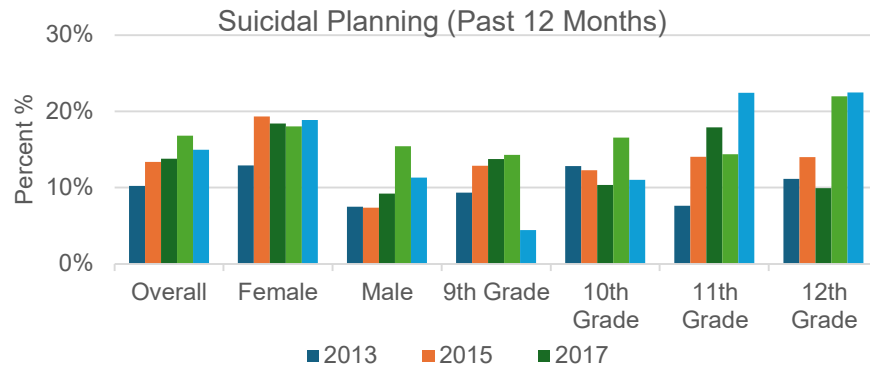
There was an increase in rates of suicidal ideation and suicide planning since 2011. Self-reported suicide attempts have decreased since 2011. In 2023, 27.7% of females reported experiencing suicidal ideation, compared to 12.2% of males.



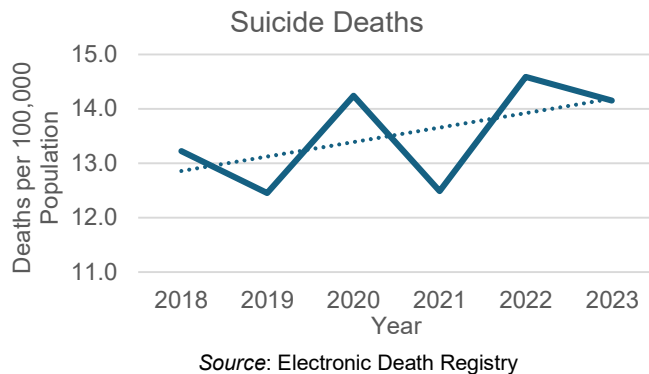
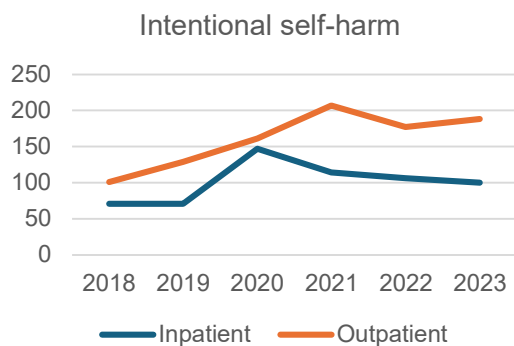
18.8% of females planned to attempt suicide, while 11.3% of males did.



Suicidal ideation was more prevalent among 11th-grade students, while suicidal planning was notably higher among both 11th and 12th-grade students.



For intentional self-harm, outpatient hospitalization increased from 101 in 2018 to 188 in 2023 and inpatient hospitalization increased from 71 in 2018 to 100 in 2023.

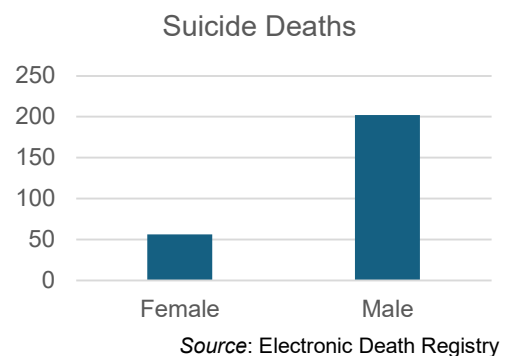


Suicide related deaths increased from 41 in 2018 to 46 in 2023 with a higher number of cases among females than males.

It contributes to health burden which includes increased demand for mental health services, emergency medical care, and ongoing psychological support, straining healthcare resources.

Suicide remains a critical concern, with rising rates of suicidal ideation and planning among high school students in Lancaster County.

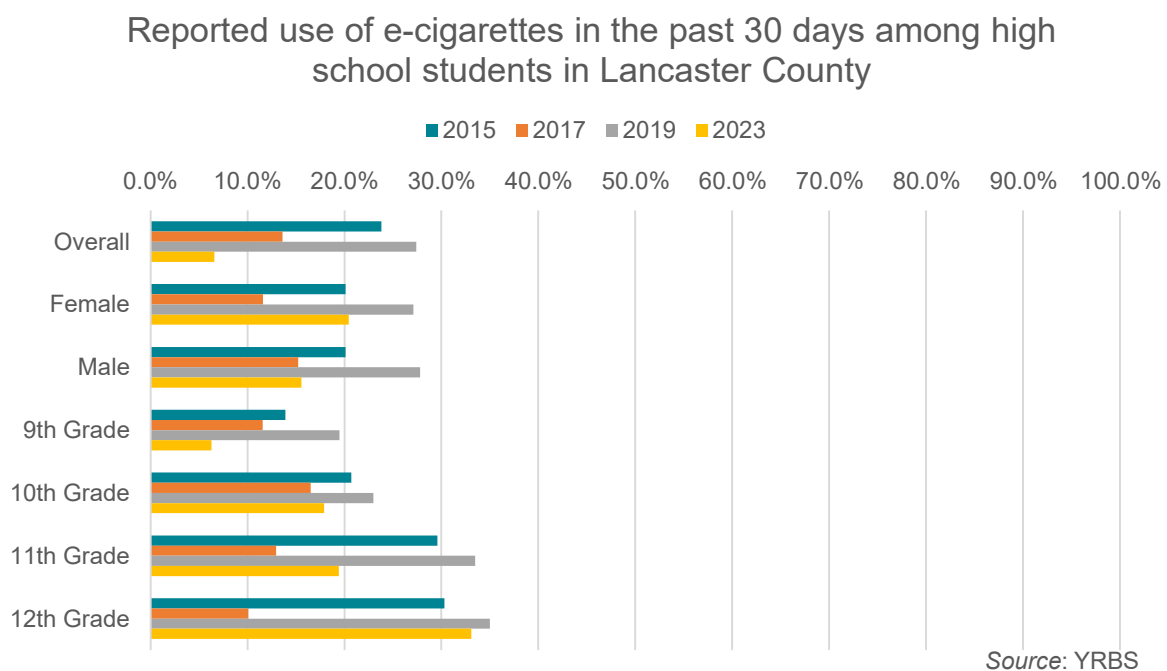
Addressing this issue requires a concerted effort from all stakeholders, community initiatives and policy to improve mental health services.



Vaping (Electronic Vapor Product Use)

E-cigarette use, more broadly electronic vapor product use or vaping, is linked to various health risks including addiction, lung damage, and other respiratory issues. Vaping has rapidly gained popularity over the past decade, particularly among youth and young adults, and is often perceived as a safer alternative to smoking.

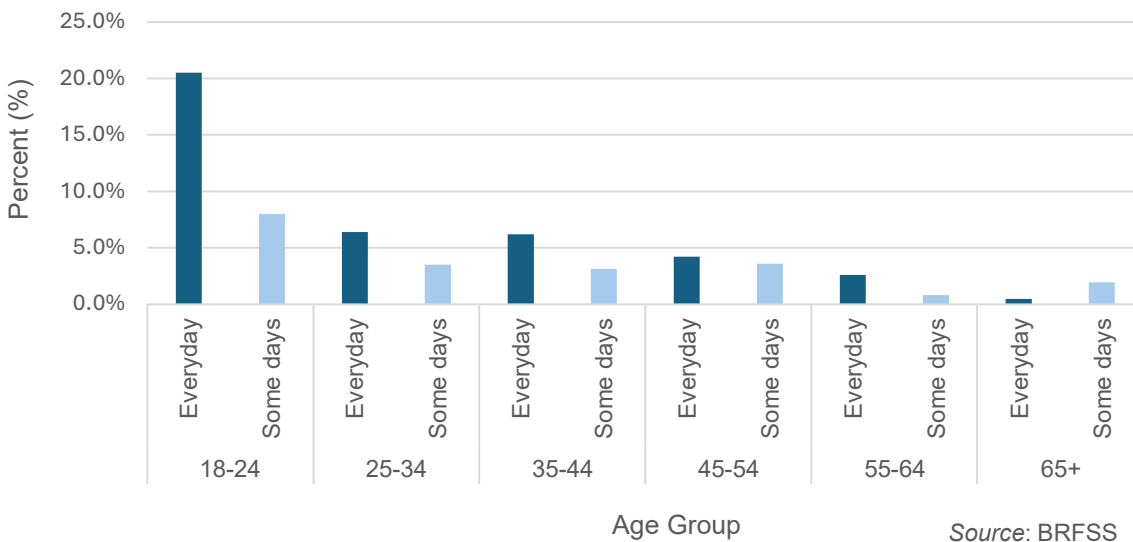
In Lancaster County, the 2023 Youth Risk Behavioral Survey (YRBS) estimated that around 6% of high school students were vaping, a significant decrease from the over 25% reported in 2019. Rates were higher among 12th graders compared to other grades and for females compared to males.



From the Behavioral Risk Factor Surveillance Survey (BRFSS) in 2022, 7% of surveyed adults in Lancaster County reported daily use of e-cigarettes.

Women (9.1%) were more likely to use every day compared to men (4.8%), younger adults were more likely to use every day compared to older adults (18-24 = 20.5%, 65+ = 0.4%), and persons identified as multiracial reported the highest rates of daily use (13.0%) compared to white non-Hispanic (8.1%), and Hispanic (3.6%) respondents. The sample size was not sufficient to estimate usage among Black, American Indian, or Asian respondents.

Reported use of e-cigarettes among adults in Lancaster County, 2022



Nationally, the 2023 National Youth Tobacco Survey (NYTS) estimated that 7.7% of high school students had used an e-cigarette at least 1 time in the past 30 days, and 23% report having ever used an electronic vapor product. Both estimates have declined since 2018.

The NYTS also found that among youth who reported recent use of e-cigarettes, more than 1 in 4 use them daily, almost 9 out of 10 use flavored e-cigarettes, and the most popular brands were Elf Bar (56.7%), Esco Bars (21.6%), Vuse (20.7%), Juul (16.5%), and Mr. Fog (13.6%).

Despite the rapid rise in vaping, especially among youth and young adults, evidence suggests that usage rates may have declined recently. However, significant disparities remain in daily e-cigarette use, and many individuals continue to have easy access, which could lead to increased uptake in the future.