THE FACTS: Nebraska

Public Health Funding: Strong investments in public health allow a state to carry out programs that improve health. Nebraska receives $26.83 per person in funding from CDC (13th in the nation) and $23.72 per person from HRSA (38th in the nation). The Prevention and Public Health Fund has awarded over $43 million in grants to Nebraska since 2010 for community and clinical prevention efforts and improvements to public health infrastructure.

Access to Care: 8.6 percent of people in Nebraska do not have health insurance coverage, which is equal to the national uninsured rate. The number of practicing primary care physicians is also an important measure of health care availability. Nebraska has 150.7 active primary care physicians per 100,000 people. Nationally, there are 149.7 practicing primary care physicians per 100,000 people.

Notable Health Measures
- Low birthweight and infant mortality: In the past two years, low birthweight increased 11 percent from 6.4 percent to 7.1 percent of live births in Nebraska, ranking the state 16th in the nation. Low birthweight is associated with short- and long-term complications and an increased risk of infant mortality. The infant mortality rate has decreased 41.9 percent from 9.3 deaths per 1,000 live births in 1990 to 5.4 deaths per 1,000 live births in 2017, ranking the state 19th in the nation.
- High school graduation: 88.9 percent of students in Nebraska graduate from high school, ranking 5th 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: Since 1990, the adult obesity rate has more than doubled in Nebraska. In 2017, 32 percent of adults in Nebraska were obese. Obesity contributes to poor general health and is a leading factor in preventable diseases.
- Excessive drinking: 21.1 percent of adults reported drinking excessively, ranking the state 6th highest in the nation. Excessive alcohol use can lead to fetal damage, liver diseases, high blood pressure, cardiovascular diseases and other major health problems.
- Pertussis: Nebraska has the highest rate of pertussis in the nation with 27.2 cases per 100,000 people. The national average is 6.5 cases of pertussis per 100,000 people. Also known as whooping cough, pertussis is highly contagious, but can be prevented through immunization.

Sources: Trust for America’s Health, Investing in America’s Health; Trust for America’s Health, Prevention and Public Health Fund at Work in States; U.S. Census Bureau, 2015, 2016, and 2017 1-Year American Community Surveys; United Health Foundation, America’s Health Rankings; Centers for Disease Control and Prevention, National Tobacco Control Program Funding.