

NEBRASKA

SENIOR HEALTH

DETERMINANTS	BEHAVIORS	2013		NO 1 STATE
		VALUE	RANK	
	Smoking (Percent of adults age 65+)	8.6	14	4.7
	Chronic Drinking (Percent of adults age 65+)	3.0	16	1.4
	Obesity (Percent of adults age 65+)	27.2	40	16.9
	Underweight (Percent of adults age 65+)	1.9	22	1.1
	Physical Inactivity (Percent of adults age 65+)	33.0	32	20.5
	Dental Visits (Percent of adults age 65+)	68.0	27	79.8
	Pain Management (Percent of adults age 65+)	54.5	14	60.7
	BEHAVIORS TOTAL	0.005	23	
	COMMUNITY & ENVIRONMENT			
	C&E — MACRO PERSPECTIVE	0.127	3	
	Poverty (Percent of adults age 65+)	7.7	15	5.1
	Volunteerism (Percent of adults age 65+)	34.6	7	39.3
	Highly-Rated Nursing Homes (Number of beds per 1,000 adults age 75+)	61.0	4	65.2
	C&E — MICRO PERSPECTIVE	0.056	10	
	Social Support (Percent of adults age 65+)	78.4	41	85.4
	Food Insecurity (Percent of adults age 60+)	7.7	3	5.5
	Community Support (Dollars per adult age 65+ in poverty)	\$1,552	9	\$8,033
	COMMUNITY & ENVIRONMENT TOTAL	0.183	5	
	POLICY			
	Low-Care Nursing Home Residents (Percent of residents)	12.8	30	1.1
	Creditable Drug Coverage (Percent of adults age 65+)	88.4	5	89.6
	Geriatrician Shortfall (Percent of needed geriatricians)	72.6	37	16.3
	POLICY TOTAL	0.011	23	
	CLINICAL CARE			
	Dedicated Health Care Provider (Percent of adults age 65+)	95.7	10	96.8
	Recommended Hospital Care (Percent of hospitalized patients age 65+)	98.2	6	98.4
	Flu Vaccine (Percent of adults age 65+)	61.8	23	70.2
	Health Screenings (Percent of adults age 65-74)	83.3	38	91.7
	Diabetes Management (Percent of Medicare enrollees)	74.7	42	86.1
	Home Health Care (Number of workers per 1,000 adults age 75+)	35.1	49	290.0
	Preventable Hospitalizations (Discharges per 1,000 Medicare enrollees)	65.4	29	25.0
	Hospital Readmissions (Percent of hospitalized patients age 65+)	15.6	23	12.3
	Hospice Care (Percent of decedents age 65+)	32.9	30	54.5
	Hospital Deaths (Percent of decedents age 65+)	26.5	17	19.2
	CLINICAL CARE TOTAL	-0.008	26	
	ALL DETERMINANTS	0.191	12	
	OUTCOMES			
	ICU Usage (Percent of decedents age 65+)	11.1	20	5.1
	Falls (Percent of adults age 65+)	16.4	23	12.9
	Hip Fractures (Rate per 1,000 Medicare enrollees)	7.5	31	3.0
	Health Status (Percent very good or excellent of adults age 65+)	40.2	18	48.9
	Able-Bodied (Percent of adults age 65+)	65.0	18	68.0
	Premature Death (Deaths per 100,000 population age 65-74)	1,819	23	1,425
	Teeth Extractions (Percent of adults age 65+)	15.2	17	7.4
	Mental Health Days (Days in previous 30 days)	1.9	9	1.5
	ALL OUTCOMES	0.102	18	
	OVERALL	0.292	14	

SUPPLEMENTAL MEASURES

	2013		NO 1 STATE
	VALUE	RANK	
Education (Percent of adults age 65+)	17.4	37	36.5
Multiple Chronic Conditions (Percent of adults age 65+)	29.0	14	20.9
Cognition (Percent of adults age 65+)	6.1	2	5.7
Depression (Percent of adults age 65+)	13.2	24	7.1

HEALTH INDICATORS AT 50 TO 64 YEARS OF AGE	CURRENT SENIORS	FUTURE SENIORS
Health Status (Percent very good or excellent)	56.4	53.5
Obesity (Percent obese)	25.8	33.6

SENIOR POPULATION GROWTH	STATE	U.S.
Projected Increase 2015-2030	38.5	52.7

Overall Rank: 14

Determinants Rank: 12

Outcomes Rank: 18

Strengths:

- High percentage of volunteerism
- High rate of highly-rated nursing home beds
- Low prevalence of food insecurity

Challenges:

- Low percentage of social support
- High geriatrician shortfall
- Limited availability of home health care workers

Ranking: Nebraska is 14th in this Senior Report. In the *America's Health Rankings*® 2012 Edition, it ranked 15th for its entire population.

Highlights:

- More than 54 percent of adults aged 65 and older with arthritis report that pain does not limit their usual activities, compared to 60.7 percent nationally.
- Nebraska has a higher rate of 4 and 5-star rated nursing home beds than most other states at 61 beds per 100,000 adults aged 75 and older.
- Nebraska has a high percentage of seniors with creditable drug coverage at 88.4 percent of Medicare beneficiaries.
- In Nebraska, 67,000 adults aged 65 and older are obese and 82,000 adults aged 65 and older are physically inactive.
- Compared to most states, fewer Nebraskan seniors are marginally food insecure at 7.7 percent of adults aged 60 and older.

Disparities: In Nebraska, 87.6 percent of seniors with a college degree receive social support compared to 59.3 percent of seniors with less than a high school degree.

State Health Department Website:
www.dhhs.ne.gov/



For a more detailed look at this data, visit www.americashealthrankings.org/senior/NE