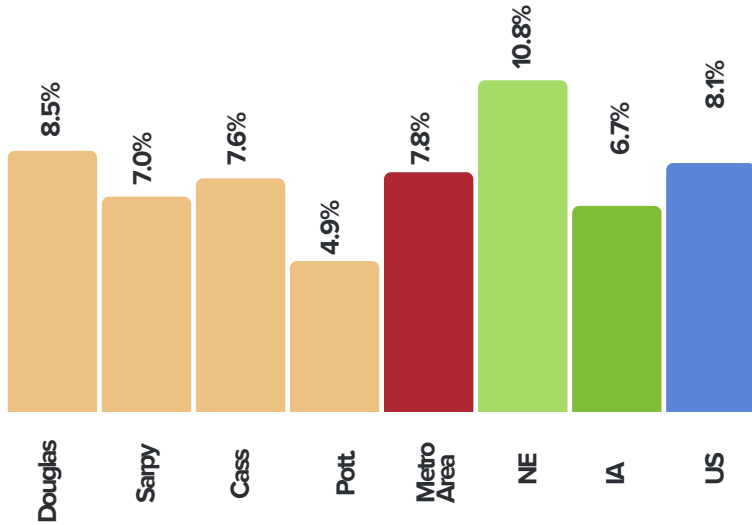


Cass County Specific Data

Access the full report by visiting: <https://tinyurl.com/MetroCHA>

ACCESS TO HEALTH SERVICES

Lack of Health Insurance Coverage



In Cass County, 7.6% of adults aged 18 to 64 do not have health insurance. This means they have no private insurance or government coverage (like Medicaid) to help pay for medical care.

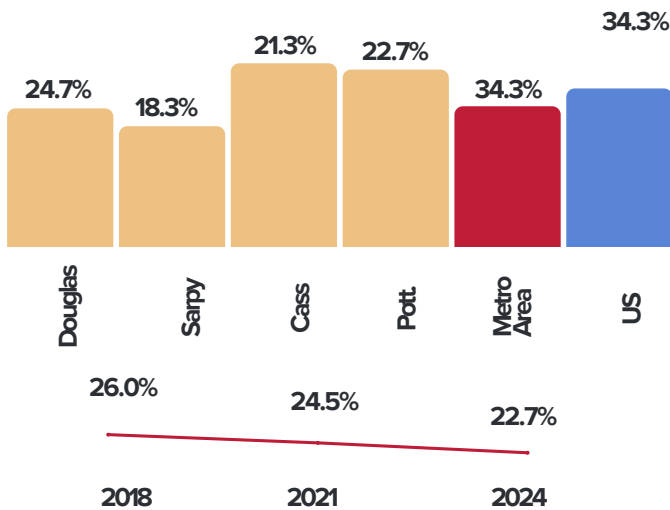
What does this mean for Cass County?

- Cass County has a lower uninsured rate than Douglas County, where more people lack coverage. Cass has a similar rate to Sarpy County.
- The number of people who are uninsured in Cass county is also lower than both the Nebraska and US average.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 117]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 Nebraska and Iowa data.
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

SUBSTANCE USE

Excessive Drinking



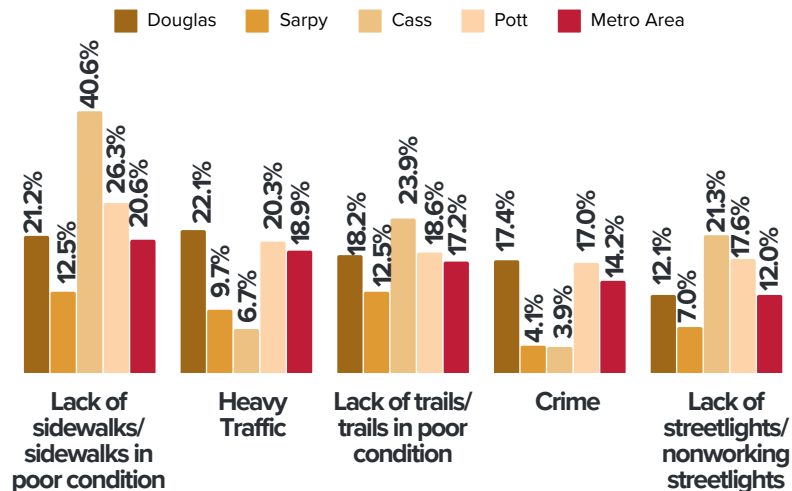
In Cass County, 21.3% of adults engage in excessive drinking, which includes both heavy and binge drinking. This is lower than the Metro Area average, but still higher than the state average for Nebraska and slightly higher than Iowa.

- The rate of excessive drinking in the Metro Area has been decreasing since 2018, which is a positive trend.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 116]
 • 2023 PRC National Health Survey, PRC, Inc.
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 Nebraska and Iowa data.

NUTRITION, PHYSICAL ACTIVITY, & WEIGHT

Presence of Neighborhood Barriers That Prevent Physical Activity



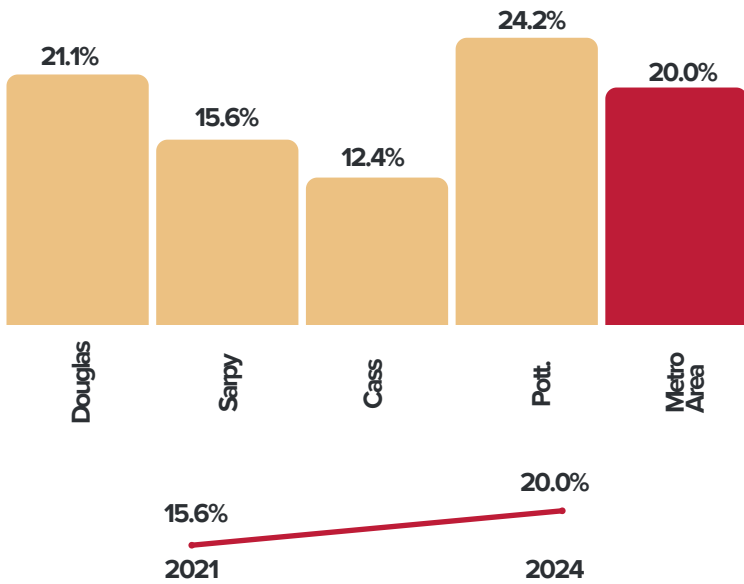
One of the main barriers that Cass County residents face when engaging in physical activity is sidewalks that are missing or in poor condition.

- This is much higher than the Metro Area average.
- In Cass County, 70.1% of adults are overweight, which is close to the Metro Area average (72.2%). This is higher than the national average (63.3%) and the Nebraska average (70.4%).

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 314-318]

MENTAL HEALTH

Moderate to Severe Anxiety/Depression



At the time of the survey, 20% of Metro Area adults reported feeling symptoms of moderate-to-severe anxiety and/or depression. This was based on a Patient Health Questionnaire-4 (PHQ-4) score of 6 or higher.

The PHQ-4 is a short survey that screens for anxiety and depression symptoms. It doesn't diagnose but helps identify those who may need further evaluation. Participants reported how often, in the past two weeks, they felt anxious, worried, depressed, or lost interest in activities.

- These feelings have increased significantly since 2021.

What does this mean for Cass County?

- In Cass County, 12.4% of adults reported experiencing moderate-to-severe anxiety or depression. This is lower than the Metro Area average.

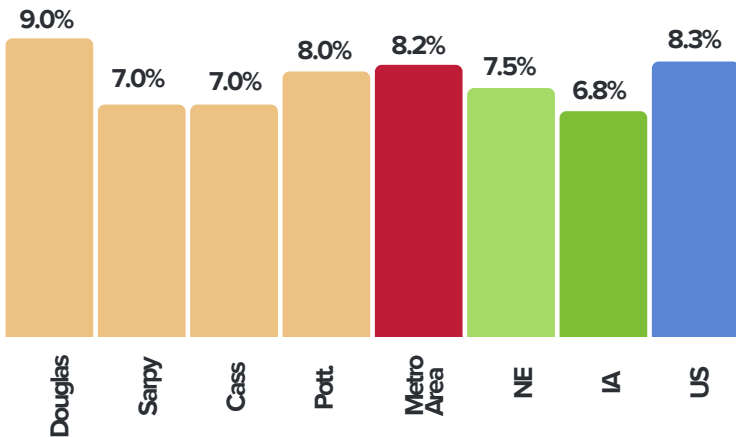
Who in our community is most affected?

- Young adults
- Women
- LGBTQ+ respondents
- Low-income households

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 357]

INFANT HEALTH & FAMILY PLANNING

Low-Weight Births (Percent of Live Births, 2016-2022)

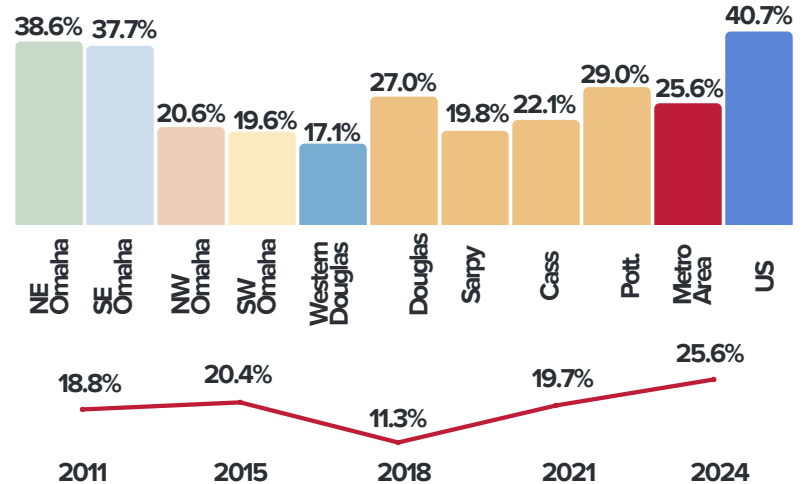


In Cass County, 7.0% of babies born between 2016 and 2022 had a low birthweight (less than 5 pounds, 8 ounces). Babies born at a low birthweight are more likely to face health problems and even death. Many of these issues can be prevented with good prenatal care.

Sources: • University of Wisconsin Population Health Institute, County Health Rankings.
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved June 2024 via SparkMap (sparkmap.org).

SOCIAL DETERMINANTS OF HEALTH

“Often” or “Sometimes” Worry About Food Running Out Before Having Money to Buy More



In Cass County, 22.1% of people reported worrying about running out of food in the past year.

- Cass County's rate is higher than Sarpy County but lower than Douglas County and Pottawattamie County.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 66]
• 2023 PRC National Health Survey, PRC, Inc.