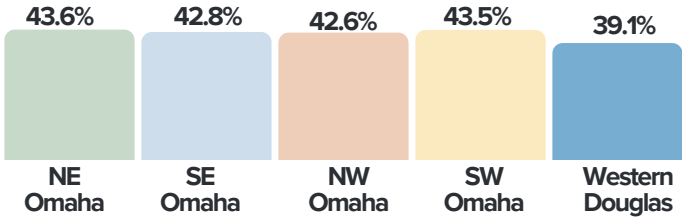


Douglas County Specific Data

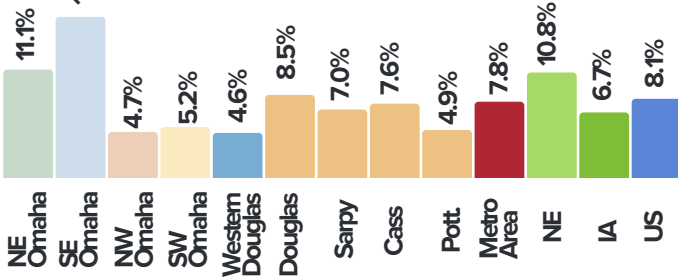
Access the full report by visiting: <https://tinyurl.com/MetroCHA>

ACCESS TO HEALTH SERVICES

Experienced Difficulties or Delays of Some Kind in Receiving Needed Health Care in the Past Year



Lack of Health Insurance Coverage



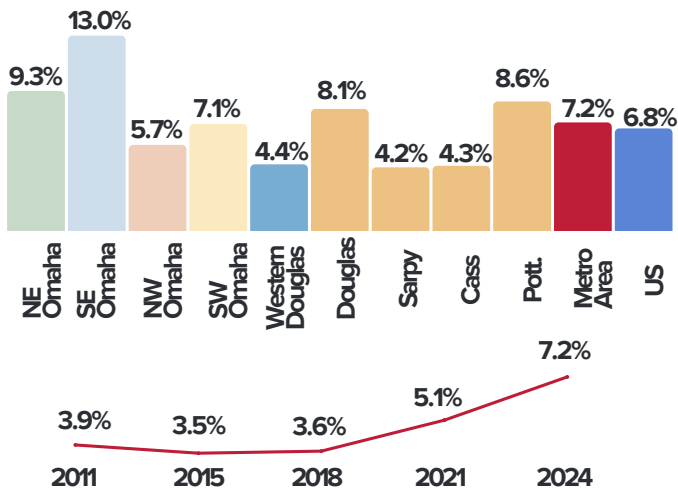
To better understand the challenges people face in getting health care, participants were asked if any of these barriers stopped them from seeing a doctor or getting a needed prescription in the past year:

- Getting a doctor appointment
 - Inconvenient office hours
 - Language/ Culture
 - Finding a doctor
 - Lack of transportation
 - Cost of doctor visit or prescriptions
- These barriers have greatly improved since 2011 and are better than the national average.
- In Douglas County, especially Southeast Omaha, more adults (ages 18-64) lack health insurance compared to other areas. Southeast Omaha has the highest rate followed by Northeast Omaha.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 119, Item 117]
 • 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.

SUBSTANCE USE

Have Ever Sought Professional Help for an Alcohol/Drug-Related Problem



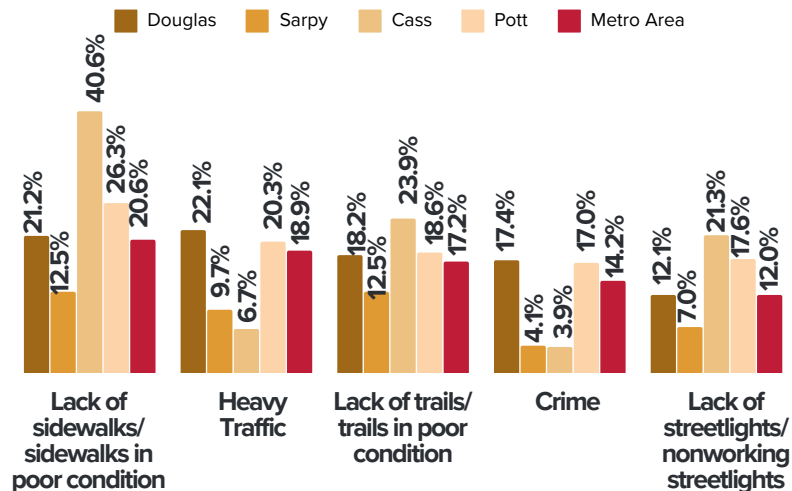
About 7.2% of adults in the Metro Area say they have gotten professional help for an alcohol or drug problem at some point in their lives.

- The number of people receiving help has increased since 2011
- The highest rates of people seeking professional help are in Douglas County, especially in Southeast Omaha.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 42]
 • 2023 PRC National Health Survey, PRC, Inc.

NUTRITION, PHYSICAL ACTIVITY, & WEIGHT

Presence of Neighborhood Barriers That Prevent Physical Activity



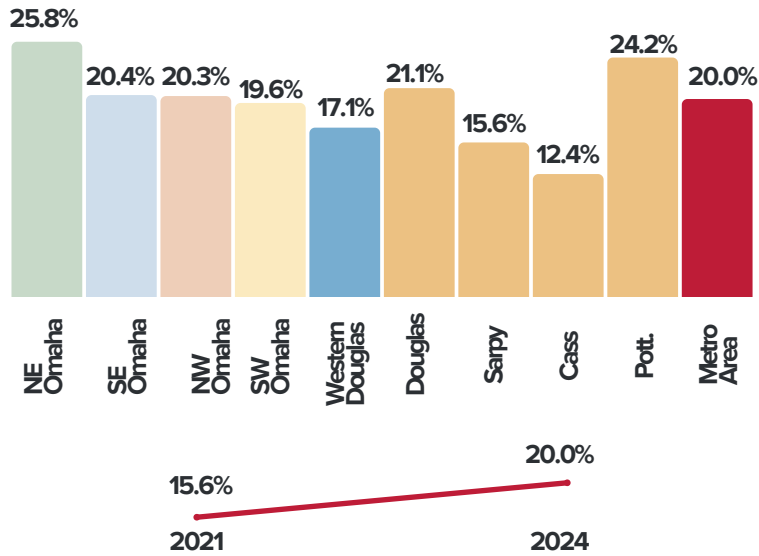
When asked about what keeps people from being active in their neighborhoods, the biggest problem Metro Area adults mentioned was a lack of sidewalks or sidewalks in poor condition (20.6%).

- Douglas County has higher rates of reported issues than Sarpy County in all categories, especially crime and heavy traffic.
- East Omaha residents report more barriers to outdoor activity than other areas.

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 Douglas county?

- Douglas County has one of the highest rates of anxiety and depression in the Metro Area, with 21.1% of adults reporting moderate-to-severe symptoms. This is higher in Northeast Omaha.

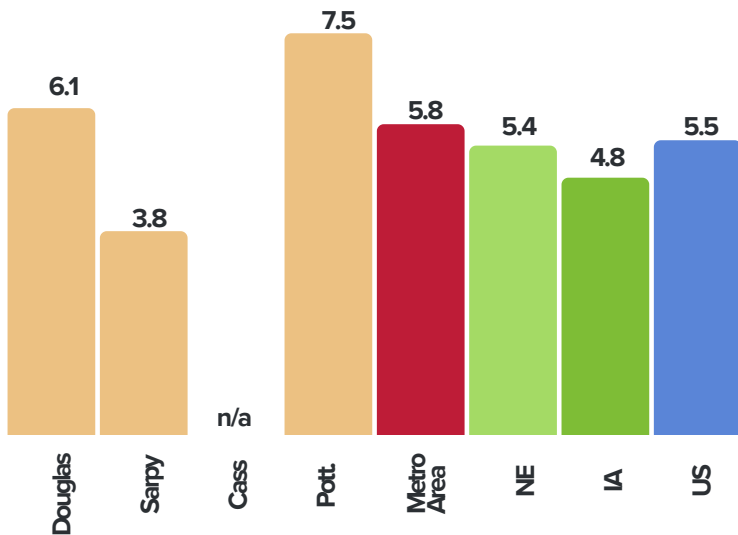
Who in our community is most affected?

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

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

INFANT HEALTH & FAMILY PLANNING

Infant Mortality Rates



What does this mean for Douglas County?

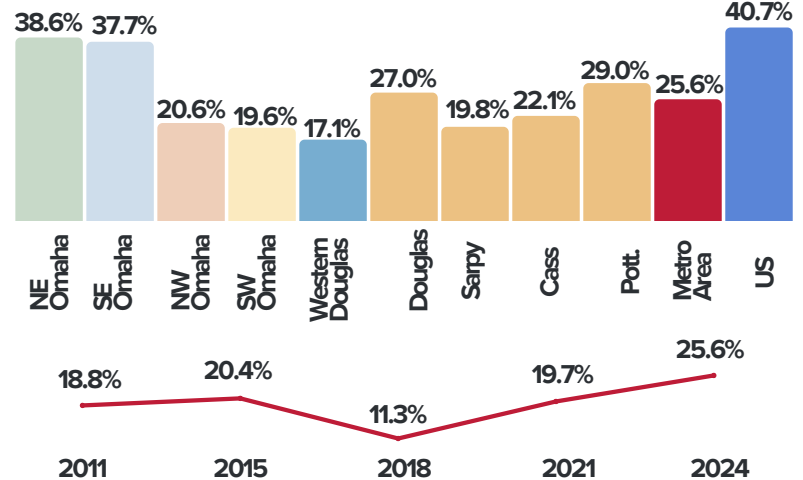
Between 2018 and 2020, 6.1 out of every 1,000 babies born in Douglas County did not survive their first year. This is higher than the Nebraska, Iowa, and U.S. rates, meaning more infants are dying in Douglas County compared to these areas.

- This is much higher among Black infants compared to White or Hispanic infants in the Metro Area.

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, National Center for Health Statistics, Division of Vital Statistics. Data extracted June 2024.
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

SOCIAL DETERMINANTS OF HEALTH

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



What does this mean for Douglas County?

The survey asked people if they often or sometimes worried about running out of food or if the food they bought didn't last until they had more money. People who answered "often" or "sometimes" to these questions are considered to be food insecure.

- Douglas County has a higher percentage of people struggling to get enough food compared to other areas, especially in eastern Omaha.
- The rate of food insecurity increased in 2024 to the highest percentage recorded to date.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 55]
• 2023 PRC National Health Survey, PRC, Inc.