

# ACCESS TO HEALTH SERVICES

## DIFFICULTIES ACCESSING SERVICES

- 42.2% of Metro Area adults report difficulty or delays in getting healthcare.
  - Access is getting worse, falling below national trends.

### What does falling below the national trend mean when it comes to accessing services?

- It means that our community is experiencing more difficulties accessing healthcare compared to the rest of the country. While other areas may be improving or staying the same, our access to care is getting worse over time.

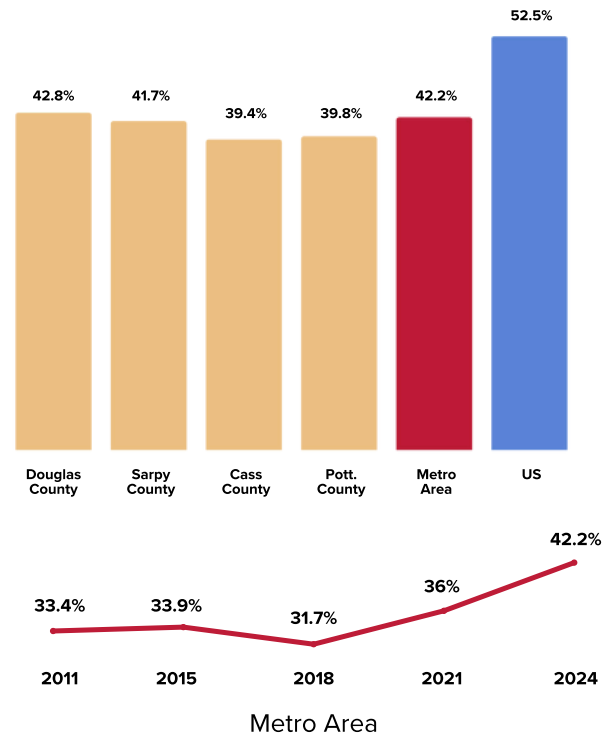
### Who is most affected?

- Lower-income households
- Younger adults
- Women
- Hispanic adults
- LGBTQ+ individuals

### Biggest reported barrier by community members:

Limited appointment availability.

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



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 119]  
• 2023 PRC National Health Survey, PRC, Inc.

## PRIMARY CARE VISITS

- 71.5% of Metro Area adults had a routine checkup in the past year.
  - This has increased since 2011

## EMERGENCY ROOM USE

- 11.8% of adults visited the ER multiple times in the past year.
  - This has more than doubled since 2011.

### How do emergency room visits and Checkups affect our community?

- ER overuse: Emergency rooms are for serious health problems, but when people go for minor issues, it causes overcrowding, longer wait times, and higher costs for everyone.
- Primary care: Seeing a doctor regularly helps find health problems early, so they don't turn into bigger issues. This keeps people healthier and reduces the need for ER visits.
- Better health outcomes: Communities where people visit the doctor regularly tend to have fewer long-term illnesses and healthier lives.

# SUBSTANCE USE

## EXCESSIVE DRINKING

- 22.7% of adults in our area drink excessively.
  - This is higher than Nebraska's average, but much lower than the U.S. overall.
  - Rates have dropped significantly since 2018.
  - Of note there is a lower amount of Asian respondents who excessively drink.

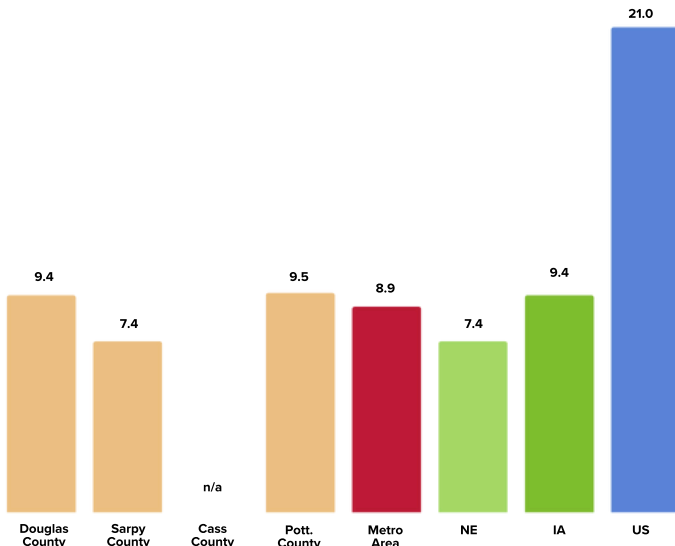
### What is excessive drinking?

- Heavy drinking: 2+ drinks per day for men, 1+ for women.
- Binge drinking: 5+ drinks for men, 4+ for women in one sitting.

### Who is most affected?

- Highest in Douglas County
- Higher-income households
- Men
- Young Adults

Unintentional Drug-Related Deaths: Age-Adjusted Mortality (2018-2020 Annual Avg Deaths per 100,000 Population)

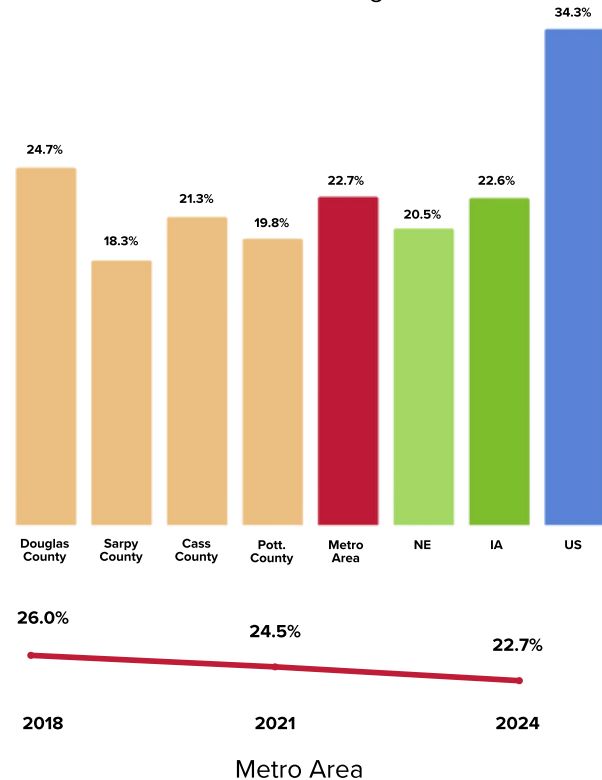


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted June 2024.

### What does age-adjusted mortality mean?

- Age-adjusted mortality is a way to compare death rates between different groups of people, even if they have different age ranges. Since older people are more likely to die than younger people, this method evens things out so that we can make fair comparisons.

## Excessive Drinking



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.

## DRUG USE

- Between 2018 and 2020, an average of 8.9 people per 100,000 died each year from accidental drug-related causes in the Metro Area.
  - This rate is higher than Nebraska's average but much lower than the national rate.
  - Over the past decade, the death rate has gone up, similar to Nebraska's trend, though it remains far below the sharp increase seen across the U.S.
  - The rate is lower in Sarpy county.

### Who is most affected?

- Slightly higher among Black residents

# NUTRITION, PHYSICAL ACTIVITY & WEIGHT

## DIFFICULTIES ACCESSING FRESH PRODUCE

- 23.7% of Metro Area adults find it “very” or “somewhat” difficult to access affordable fresh fruits and vegetables.
  - Only 16.1% of Metro Area adults reported this challenge in 2021.

## FOOD INSECURITY

- 25.6% of Metro Area residents “often” or “sometimes” worried about running out of food.
  - This is well below the national average of 40.7%, however is increasing significantly from 2011.

### What does it mean to have more community members experiencing increase in food insecurity and difficulties accessing fresh produce?

- It means that our community is experiencing more difficulties feeding themselves and their families than they have in previous years.

### Who is most affected?

- Women
- Younger adults
- Lower-income households
- Hispanic adults
- Black or African American adults
- Adults of diverse races
- LGBTQ+ individuals

### Are all areas of the Metro equally affected?

Northeast and Southeast Douglas county, Pottawattamie county, and Cass county report the most challenges.

## OBESITY

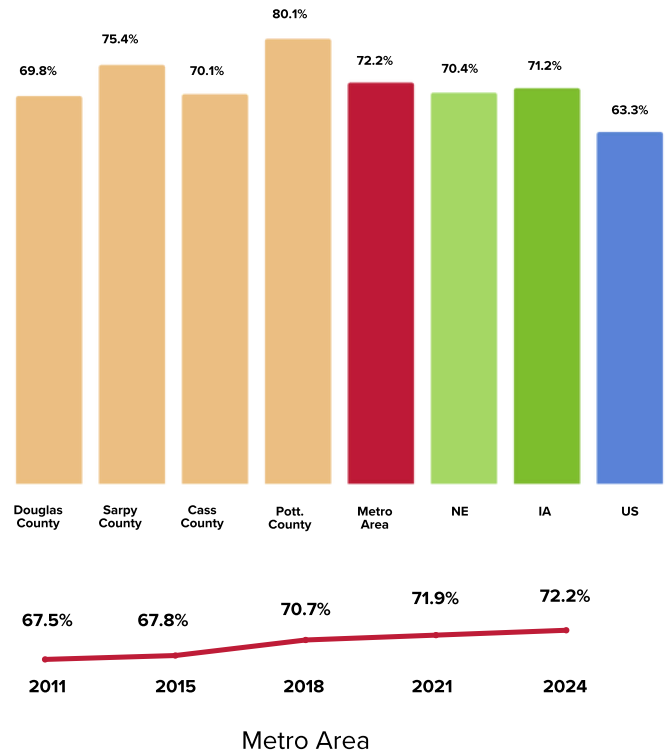
- Additionally, 38.4% of Metro Area adults are obese.
  - This is worse than the percentages for Nebraska and the U.S.
  - Has significantly increased since 2011.
  - This is lower in Douglas county.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 112]  
• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

## OVERWEIGHT STATUS

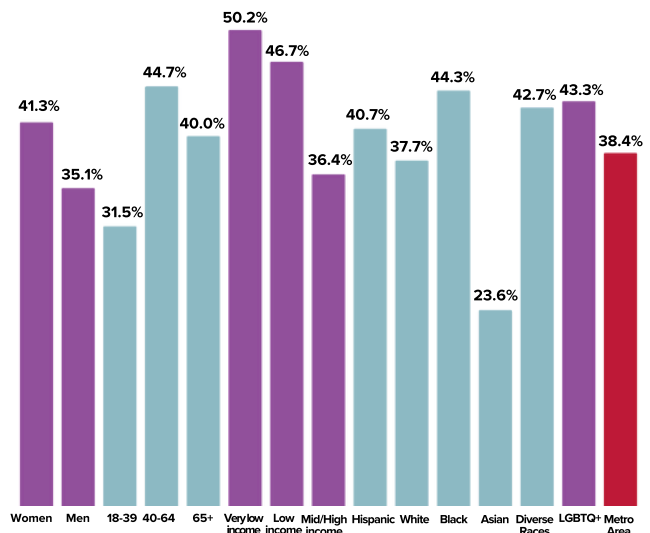
- Most Metro Area adults are overweight

Prevalence of Total Overweight (Overweight and Obese)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 112, 313]  
• 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.

Prevalence of Obesity (Metro Area, 2024)



# MENTAL HEALTH

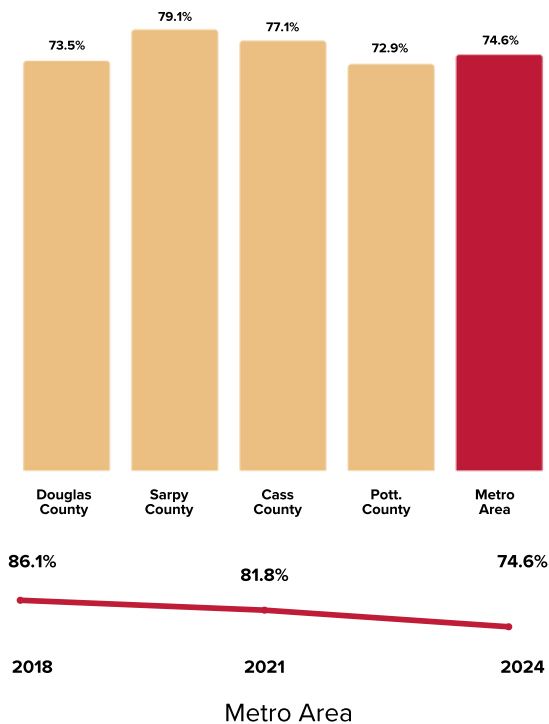
## HOW ARE YOU, REALLY?

- 22.7% of Metro Area adults feel that their overall mental health is “fair” or “poor”.
  - This is increasing significantly from previous years.
  - Rates are highest in Southeast Douglas and Pottawattamie county.

## SOCIAL SUPPORTS

- Three in four Metro Area adults report having someone to turn to “all” or “most” of the time if they needed or wanted help. This has decreased significantly since 2018.

Have Someone to Turn to for Help All/Most of the Time



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 320]

**What does it mean to have more community members reporting challenges with their mental health, and less social support?**

- It means that our community is experiencing more need for mental health support, and have fewer friends and loved ones to talk to about that need.

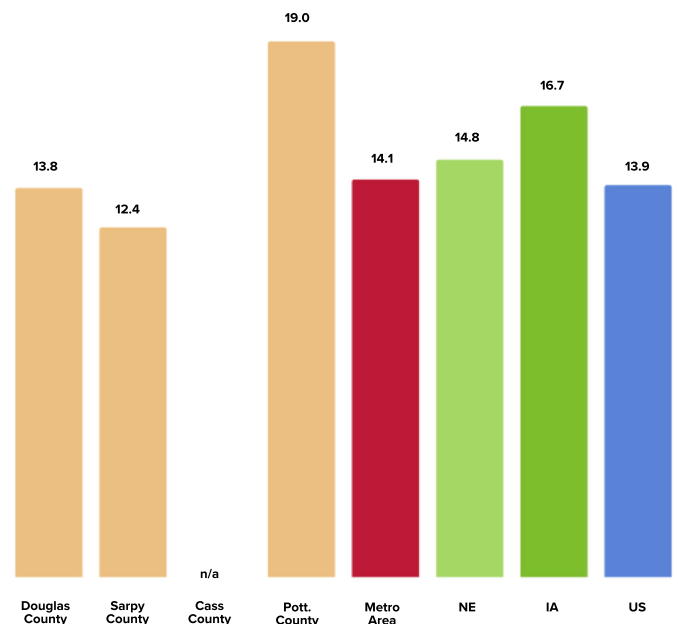
**What about professional support?**

- 28.6% of Metro Area adults are currently receiving mental health treatment--a significant increase from 2021 (20.2%) and 2018 (14.4%).
- On average in the United States, 21.9% of adults are receiving mental health treatment.

## SUICIDE

- Metro Area suicide numbers remain higher than national averages, based on most recently available data.

Suicide: Age-Adjusted Mortality



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted June 2024.

• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

## ACCESSING SERVICES

- 11.8% of Omaha Metro adults report a time in the last year when they needed mental health services, but they were unable to get them. This is a significant increase since 2018 (2.7%).

# INFANT HEALTH & FAMILY PLANNING

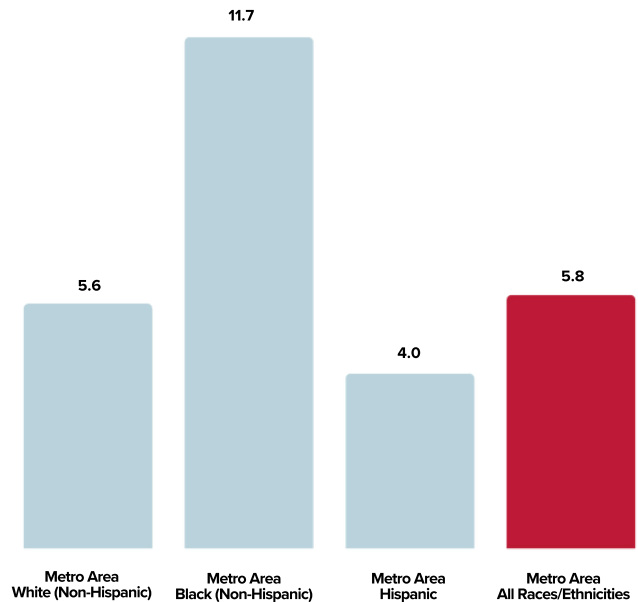
## LACK OF PRENATAL CARE

- 5.1% of all Metro Area birth did **not** receive prenatal care in the first six months of pregnancy.
  - This is lower than the US, but increasing over the last decade, and is highest in Douglas County.

### What does lack of prenatal care mean for our community?

- It means that mothers are not seeking or are unable to access healthcare before their seventh month of pregnancy.
- Keeping infants healthy starts with making sure women get high-quality care during pregnancy and improving women's health in general.
- Lack of prenatal care impacts the health of both mother and baby, leading to an increase in potential infant mortality.

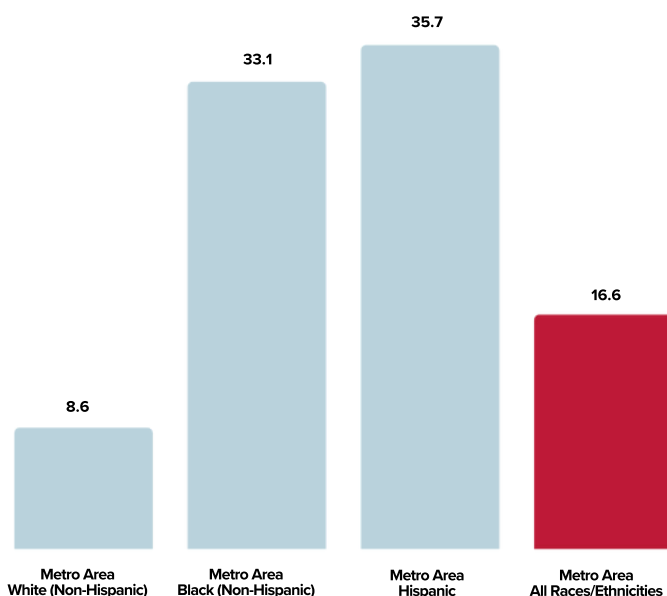
Infant Mortality Rate by Race/Ethnicity



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>

## TEEN BIRTH RATE

Teen Birth Rate

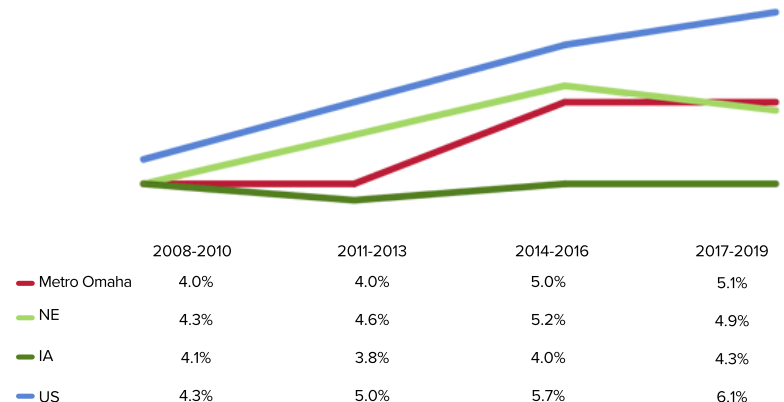


Sources: • Centers for Disease Control and Prevention, National Vital Statistics System.  
 • Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved June 2024 via SparkMap ([sparkmap.org](http://sparkmap.org)).

### Who in our community is most affected by infant mortality?

- In the metro area, Black babies are much more likely to die before their first birthday compared to White or Hispanic babies.

Lack of Prenatal Care in the First Six Months of Pregnancy (Percentage of Live Births)



Sources: • Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. Centers for Disease Control and Prevention,  
 • Wide-Ranging Online Data for Epidemiologic Research.  
 • Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved June 2024 via SparkMap ([sparkmap.org](http://sparkmap.org)).

# SOCIAL DETERMINANTS OF HEALTH

## WHAT ARE THE SOCIAL DETERMINANTS OF HEALTH?

Social determinants of health (SDOH) are the conditions in the places where people are born, live, learn, work, and play. These conditions have a big effect on a person's health, well-being, and overall quality of life.

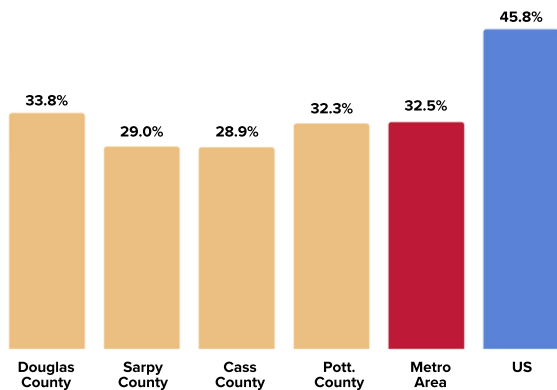
Examples of SDOH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills

## FINANCES

- Nearly one third of Metro Area residents say that they were “sometimes”, “usually”, or “always” worried or stressed about having enough money to pay their rent or mortgage in the past year.

“Always/Usually/Sometimes” Worried About Paying Rent/Mortgage in the Past Year



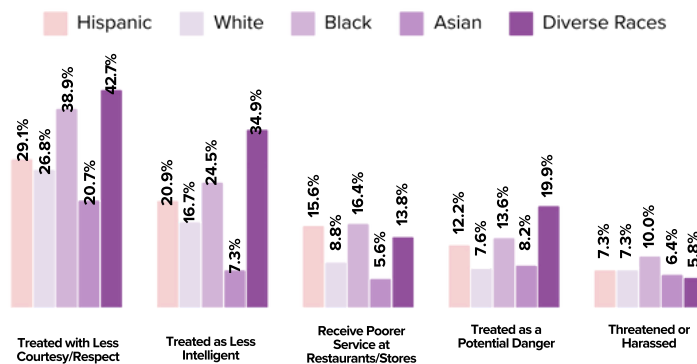
Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 56]  
• 2023 PRC National Health Survey, PRC, Inc.

### What does this mean?

- More people in the Metro Area are worried about money now than in past years, even though the situation is better than in the U.S. as a whole.
- In 2018, only 20.1% of adults in the Metro Area felt this level of financial stress.
- Now, 24.3% say they wouldn't be able to pay an unexpected \$400 expense without borrowing money.
- Also, 25.6% of residents worry about running out of food before they can buy more, which is a big jump from 11.3% in 2018.

## DISCRIMINATION

- More than one in four Metro Area adults reported that they are frequently treated with less courtesy or respect than other people.



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Items 325-329]

## WHAT ARE ADVERSE CHILDHOOD EXPERIENCES?

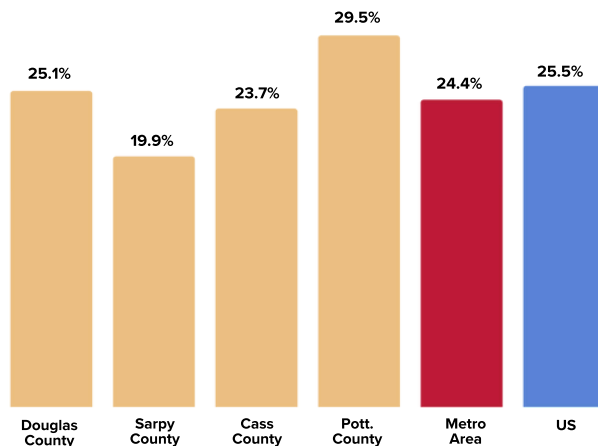
Adverse Childhood Experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They are a significant risk factor for substance use disorders and can impact prevention efforts.

Examples of ACEs include:

- Physical abuse or neglect
- Emotional abuse or neglect
- Sexual abuse
- Intimate partner violence
- Household substance misuse
- Household mental illness
- Parental separation/divorce
- Incarcerated household member

As a person's ACE score increases, so does their risk for disease, social issues, and emotional problems.

Prevalence of High Ace Scores (Four or More ACEs)



Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 352]  
• 2023 PRC National Health Survey, PRC, Inc.