



# PLACE matters

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Community Health Endowment of Lincoln

in partnership with the  
Lincoln-Lancaster County  
Health Department



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### SPECIAL THANKS TO:

Lancaster County Medical Society  
Lincoln Public Schools  
City of Lincoln  
Urban Development Department

Nebraska Department of Health and  
Human Services, Division of Public Health  
Nebraska Extension  
Partnership for a Healthy Lincoln



# Place Matters 3.0

## 2019

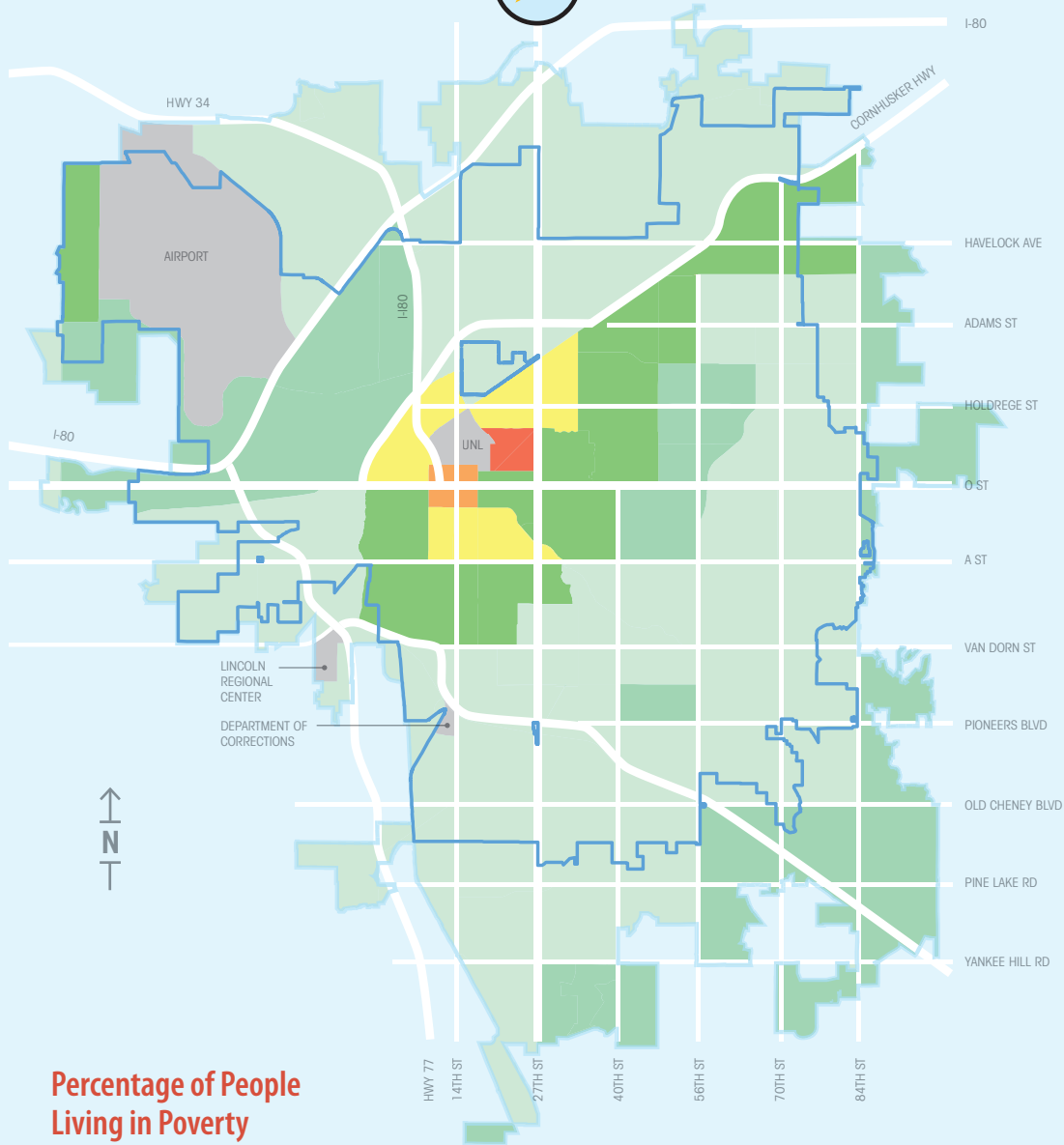
Third time is a charm. If that old saying holds true, Place Matters 3.0 will have an even greater impact than the versions released in 2015 and 2017. And that's saying a lot.

Since the Place Matters Community Mapping Project debuted, we've learned that people relate deeply to maps where they can see the factors affecting the neighborhoods where they live, work and play. We've seen people gain new insights into neighborhoods where they've never been. We've watched organizations become more comfortable using data in their decision making when they can see where time, money, and effort will make the biggest impact. We've learned that maps can sometimes raise more questions than they answer.

Place Matters 3.0 shows us that policy changes can make a difference – rates of first trimester prenatal care improved when changes in state policy provided more pregnant women with access to care. Lincoln intentionally located two Federally Qualified

Health Centers in our Medically Underserved Area and improved access to primary, pediatric and dental health care. Place Matters also shows that targeted projects have impact – access to healthy food is improving in the areas where Nebraska Extension is implementing its Choose Healthy Here program. Though difficult to map, we know that the mobile distribution of free fruits and vegetables in targeted areas by Lincoln Fresh, a program of the Food Bank of Lincoln, will make a difference, too. And we know there is much more to learn – from the maps, from the people who use them, and from the people who live in the community.

An African Proverb says, "There are three friends in this world: courage, sense, and insight." With three versions of Place Matters complete, we have deeper insight into health in this place we call home. We've made sense of the data by making it visual and relevant. Now, with courage to act, we will continue to make Lincoln a healthier community, map by map.



## Percentage of People Living in Poverty

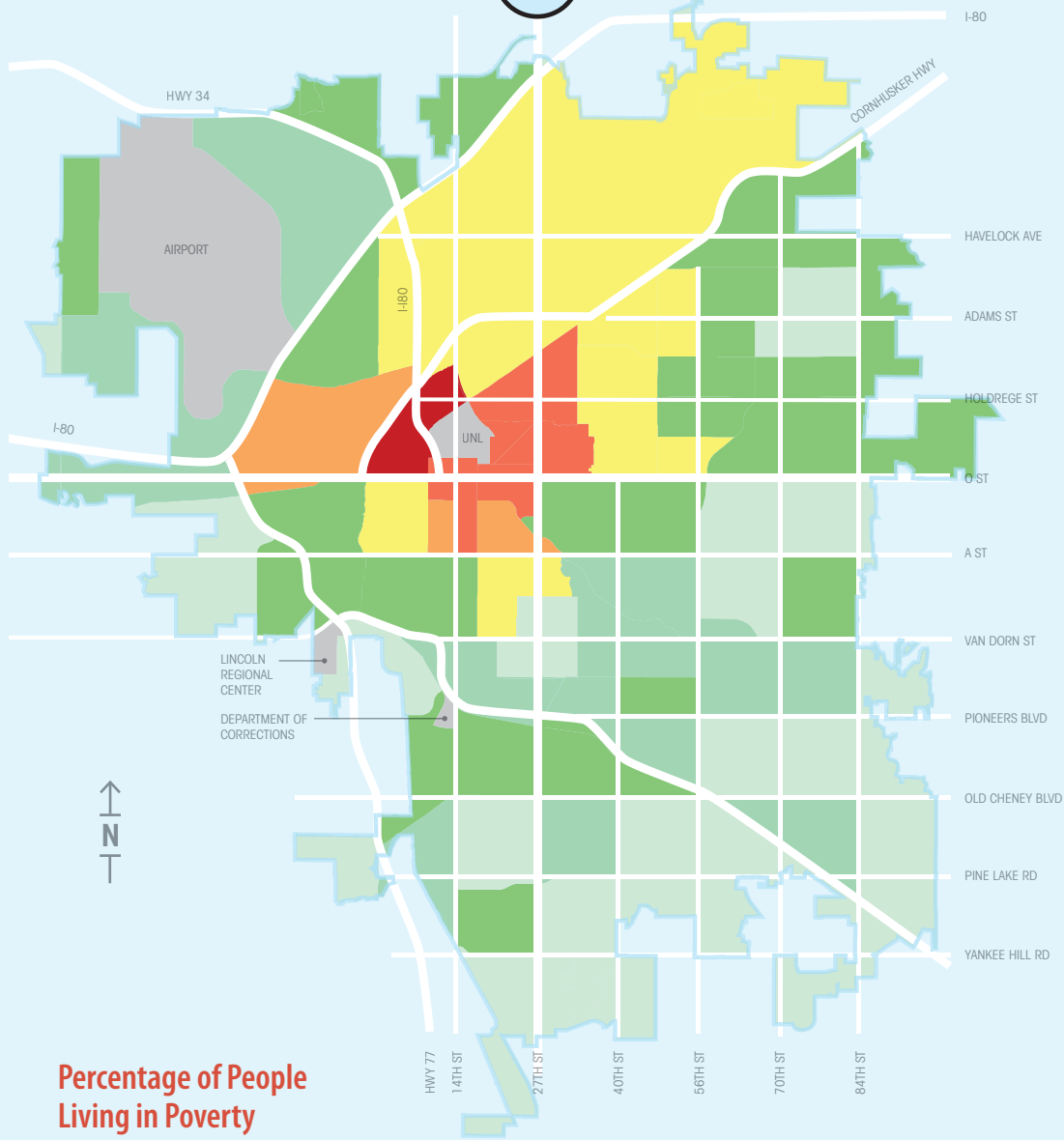
- 0-5%
- 5.1-10%
- 10.1-20%
- 20.1-30%
- 30.1-40%
- 40.1-50%
- Excluded
- Current City Limits
- 1980 City Limits

## Poverty 1980

In 1980, 8.6% of Lancaster County residents were considered to be living in poverty. Across the city, 18 census tracts had at least 10% of residents living in poverty.\* Over the past four decades, poverty has expanded in every direction from Lincoln's core. Poverty should be viewed as the "cause of causes" and the most powerful predictor of disease and mortality.

\* Poverty is defined as 100% of the federal poverty threshold as determined by the U.S. Census Bureau.

Data Source: U.S. Census Bureau  
 Map: Lincoln-Lancaster County Health Department (LLCHD)



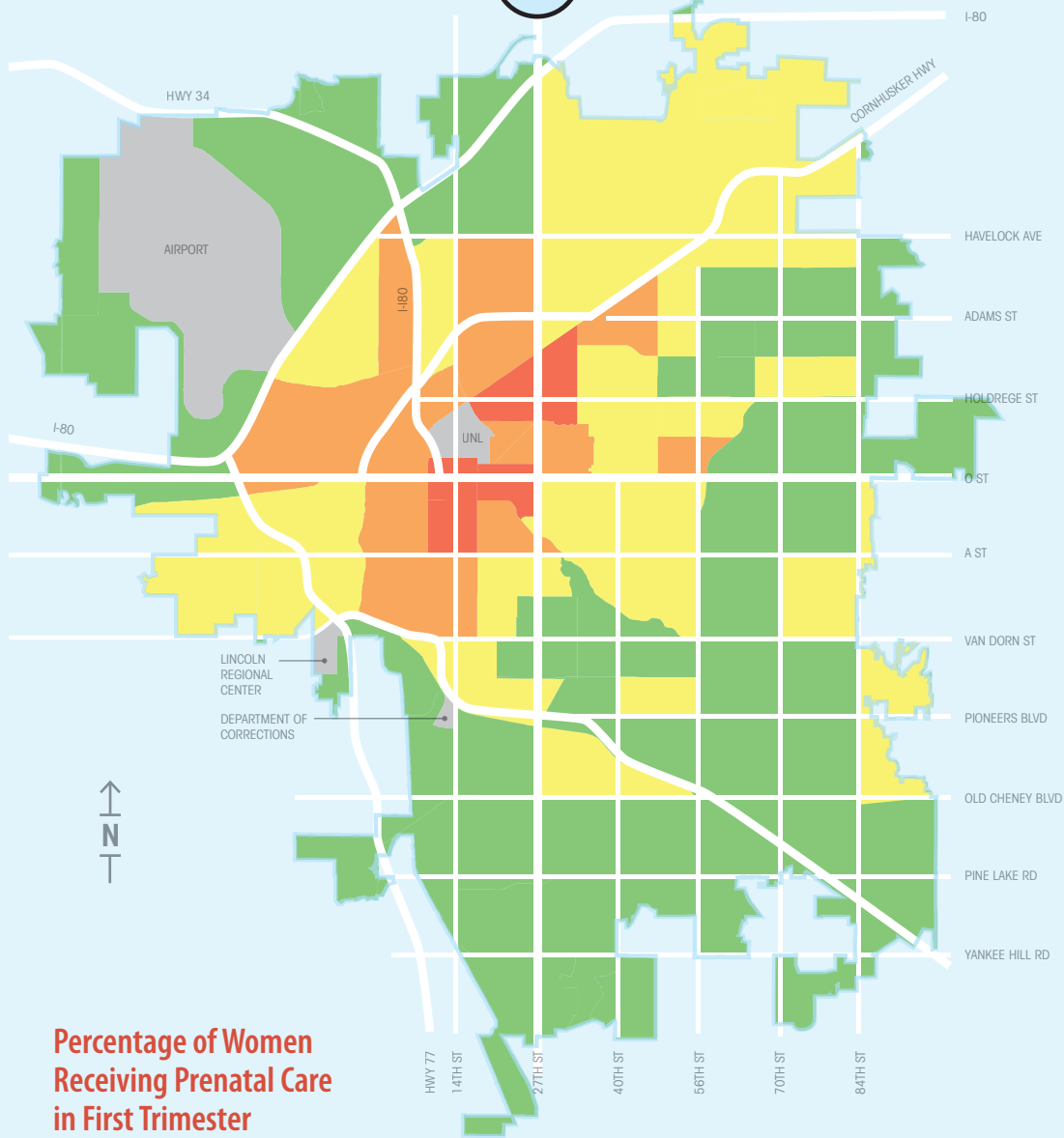
## Percentage of People Living in Poverty

- 0-5%
- 5.1-10%
- 10.1-20%
- 20.1-30%
- 30.1-40%
- 40.1-50%
- 50.1-60%
- Excluded
- City Limits

Data Source: U.S. Census Bureau  
Map: LLCHD

## Poverty 2013-2017

The most current data shows 15.1% of Lincoln residents live in poverty. Of 70 census tracts mapped in Lincoln, 40 (57%) have at least 10% of residents living in poverty. This compares to 18 census tracts of 50 (36%) in 1980. The number of census tracts with at least 30% of residents living in poverty has dramatically increased, from two in 1980 to 12 in 2013-2017. For the first time, one census tract has more than 50% of residents living in poverty.



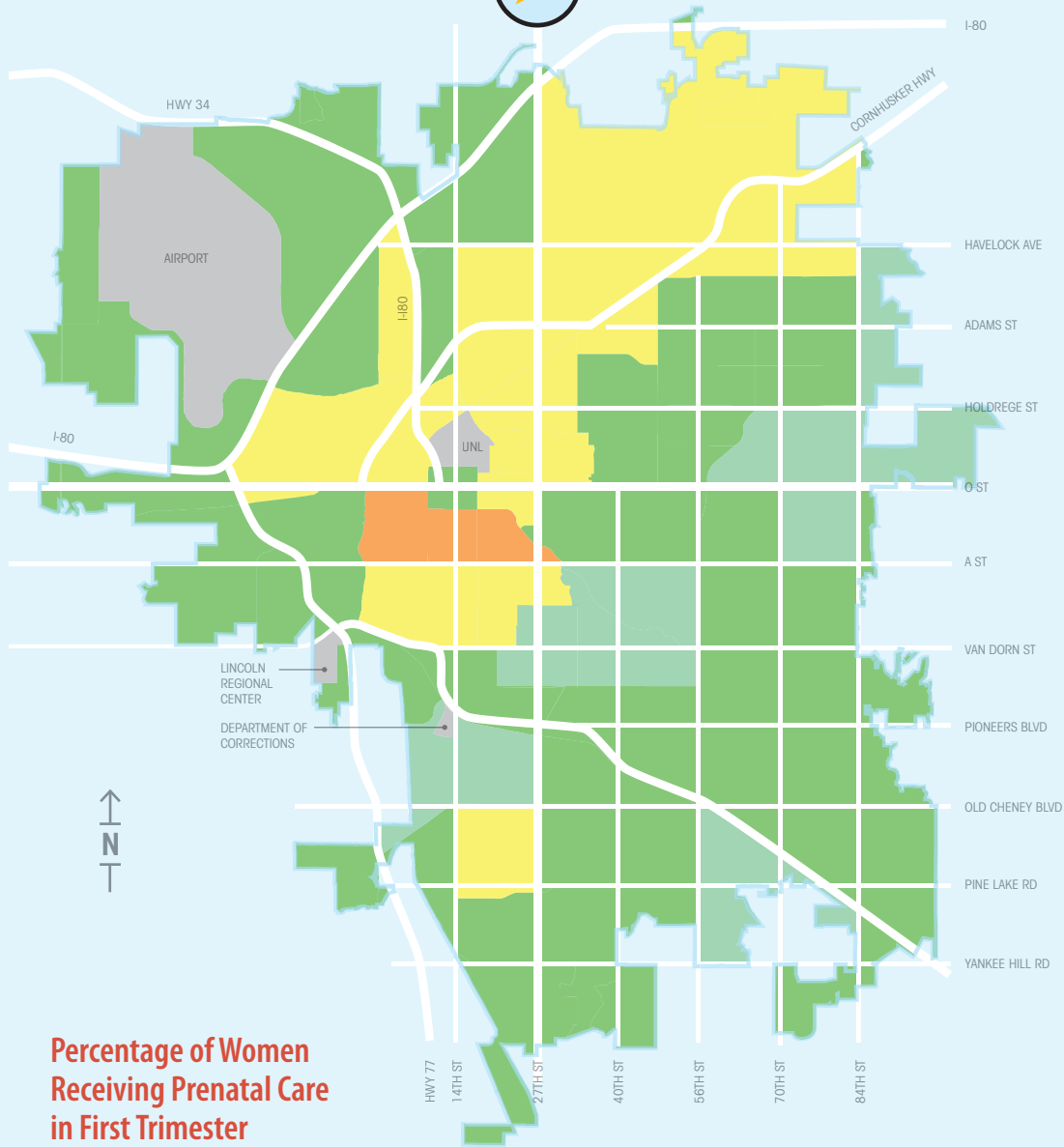
## Percentage of Women Receiving Prenatal Care in First Trimester

- 80-89.9%
- 70-79.9%
- 60-69.9%
- 50.1-59.9%
- Excluded
- City Limits

Data Source: Lancaster County Vital Records  
Map: LLCHD

## First Trimester Prenatal Care 2013-2015

Prenatal care, especially in the first trimester, is important for the health of the infant and mother. Women who receive late or no prenatal care are more likely to have babies with health problems, including low birth weight. In 2013-15, not a single census tract met Lincoln's goal that 90% of pregnant women receive care in the first trimester. An improving economy, Medicaid enhancements, and targeted programming have resulted in significant improvements for Lincoln's pregnant women. (See next map).



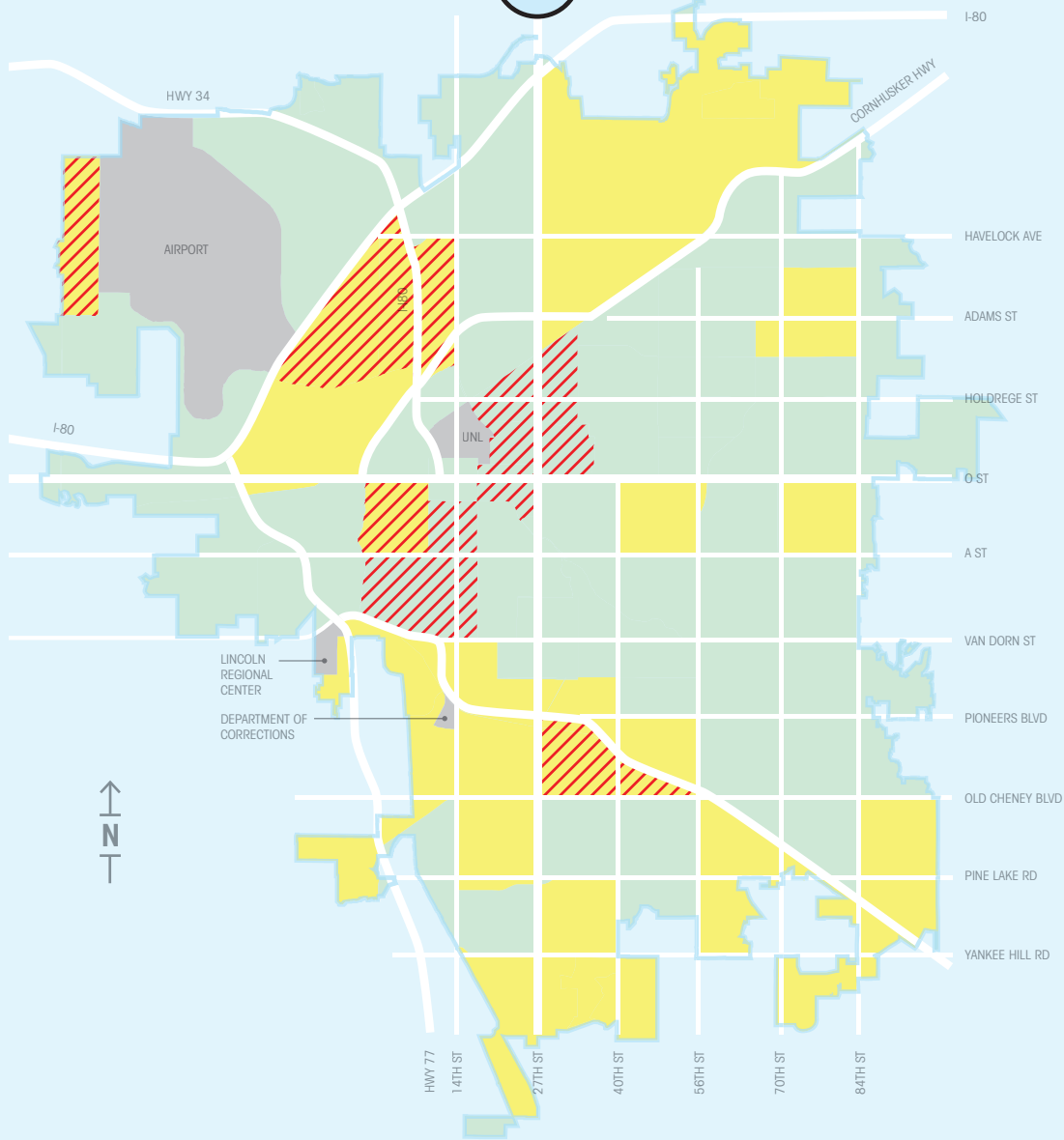
## Percentage of Women Receiving Prenatal Care in First Trimester






- 90-92%
- 80-89.9%
- 70-79.9%
- 60-69.9%
- 50.1-59.9%
- Excluded
- City Limits

Data Source: Lancaster County Vital Records  
Map: LLCHD

## First Trimester Prenatal Care 2015-2017

The percentage of women receiving first trimester prenatal care in Lincoln has improved sharply since 2013-15. During that time, not a single census tract met Lincoln's goal that 90% of pregnant women receive care in the first trimester. Data for 2015-17 shows eight census tracts now meet this goal. In 2013-15, there were 15 census tracts where less than 70% of pregnant women received first trimester care. This improved to only four census tracts in 2015-17. Overall, the percentage of pregnant women receiving prenatal care in Lincoln increased from 77.2% (2013-2015) to 82.8% (2015-2017).



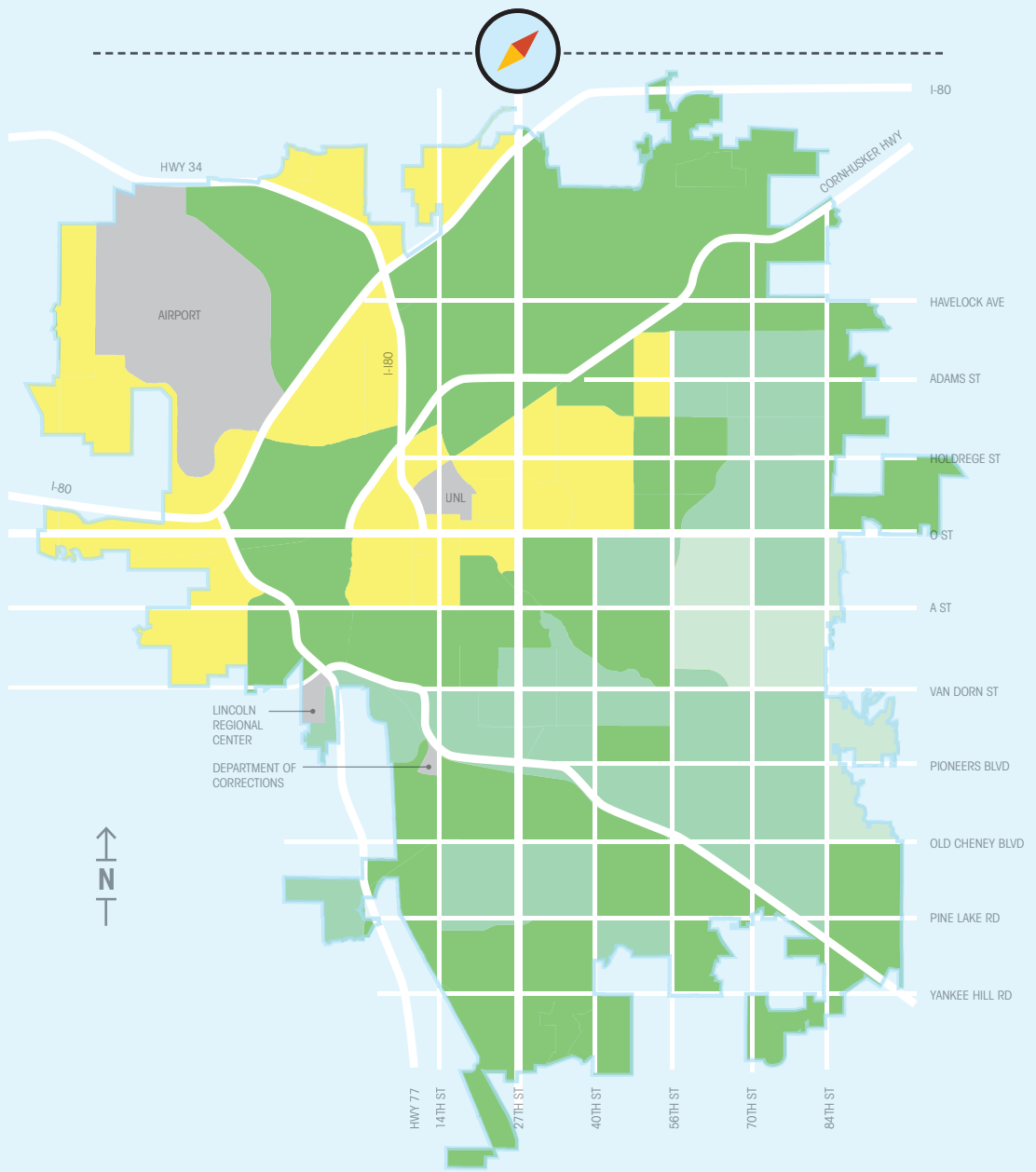
-  Uninsured > 20% in 2017
-  Uninsured Rate Decreased
-  Uninsured Rate Increased
-  Excluded
-  City Limits

## Changes in Health Insurance Coverage Between 2012 and 2017

The percentage of adults ages 18-64 who have current health insurance coverage has improved, largely as a result of the Affordable Care Act which provided coverage to an additional 4,000 Lincoln residents. In light of Nebraska voter approval of Medicaid expansion, more improvement can be expected. This map highlights how health insurance coverage has changed since 2012. The hatch marks show where lack of coverage still exceeds 20%.

Data Source: U.S. Census Bureau  
Map: LLCHD





- 70.1-75%
- 65.1-70%
- 60.1-65%
- 55.1-60%
- Excluded
- City Limits

Data Source: Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS)  
 Map: LLCHD

## Adult Visits to Doctor for a Routine Check Up 2016

Visiting a health care provider annually for a routine checkup can detect problems early when there are better opportunities for treatment and cure. Establishing a relationship with a physician – creating a medical home – is an important step toward a longer, healthier life. The map shows the percentage of individuals age 18 and over who reported they visited a physician within the past year ranges from 55% to 73%, with an overall rate of 66.7%.

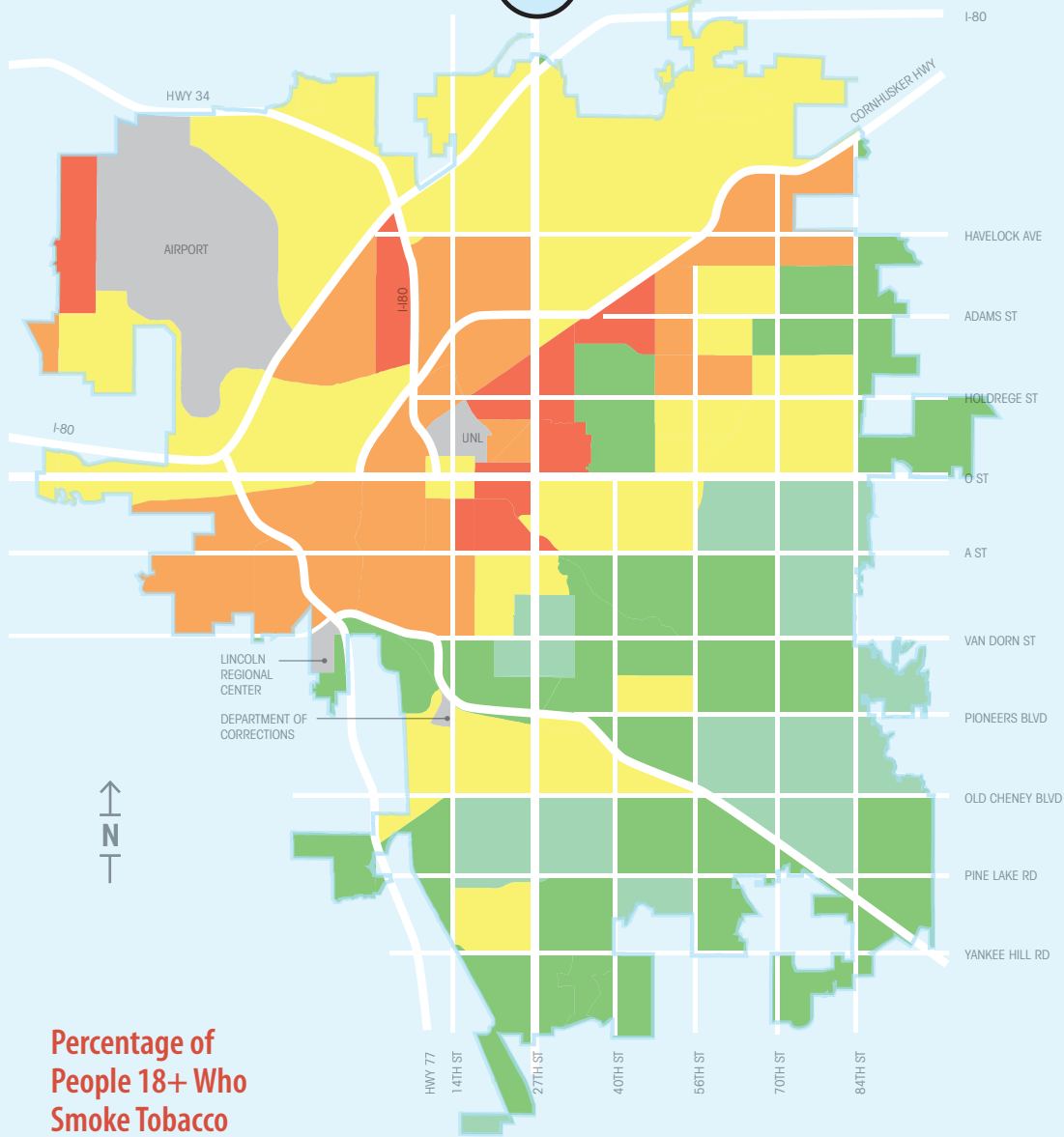


- Primary Care
- Dental Care
- Medically Underserved Areas
- Excluded
- City Limits

*Data Source: Lancaster County Medical Society, UNMC Health Professions Tracking Service  
Map: LLCHD*

## Primary Medical Care and Dental Care 2019

This map identifies the locations of primary medical care (family medicine, internal medicine and pediatric) and dental care in Lincoln. While market forces remain a key factor in determining practice location, Lincoln has deliberately located primary care in medically underserved areas and expanded access to dental care. This map does not distinguish between clinics that accept Medicaid or uninsured patients and those that don't. Rather, this map illustrates the geographic disparity of medical and dental services and the lack of a health presence in some neighborhoods.



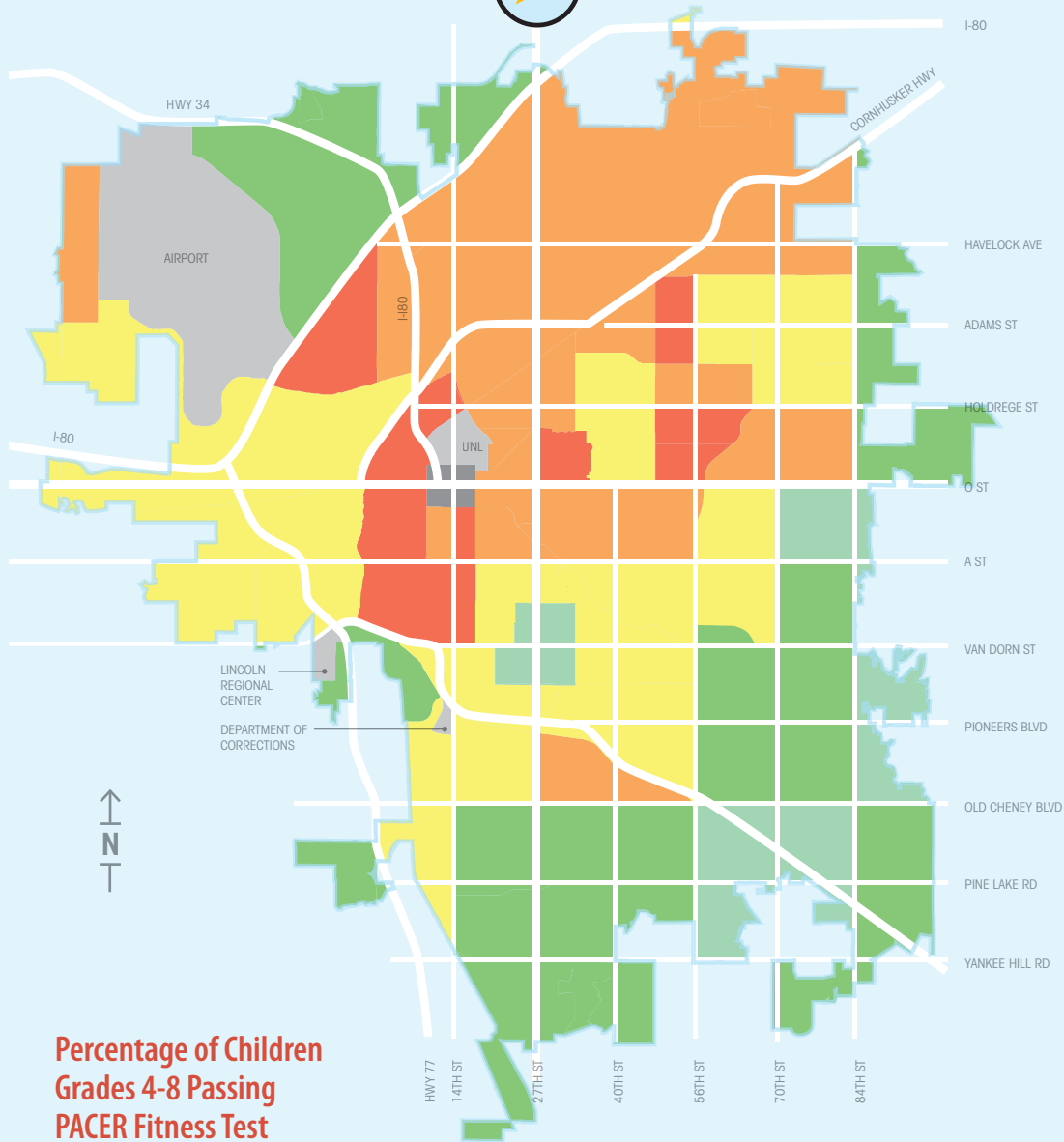
**Percentage of People 18+ Who Smoke Tobacco**

- 0-12%
- 12.1-15.4%
- 15.5-19%
- 19.1-23.5%
- 23.6-27.4%
- Excluded
- City Limits

Data Source: CDC BRFSS  
Map: LLCHD

## Tobacco Use 2016

Lincoln has been at the forefront of policy and programs to discourage tobacco use. Lincoln's ambitious goal is to decrease the prevalence of adults who smoke tobacco to less than 12% by 2020. In 2014, 18.3% of adults reported smoking, declining to 15.6% in 2016, and 12.5% in 2017 (map not available). In 2014, 14 census tracts reported that more than 23.6% of residents smoked, declining to eight census tracts in 2016. Unfortunately, a new threat has emerged. In 2019, 27.4% of high school students reported the use of e-cigarettes, i.e. vaping. Major efforts must be taken to prevent a new generation of addiction and illness.



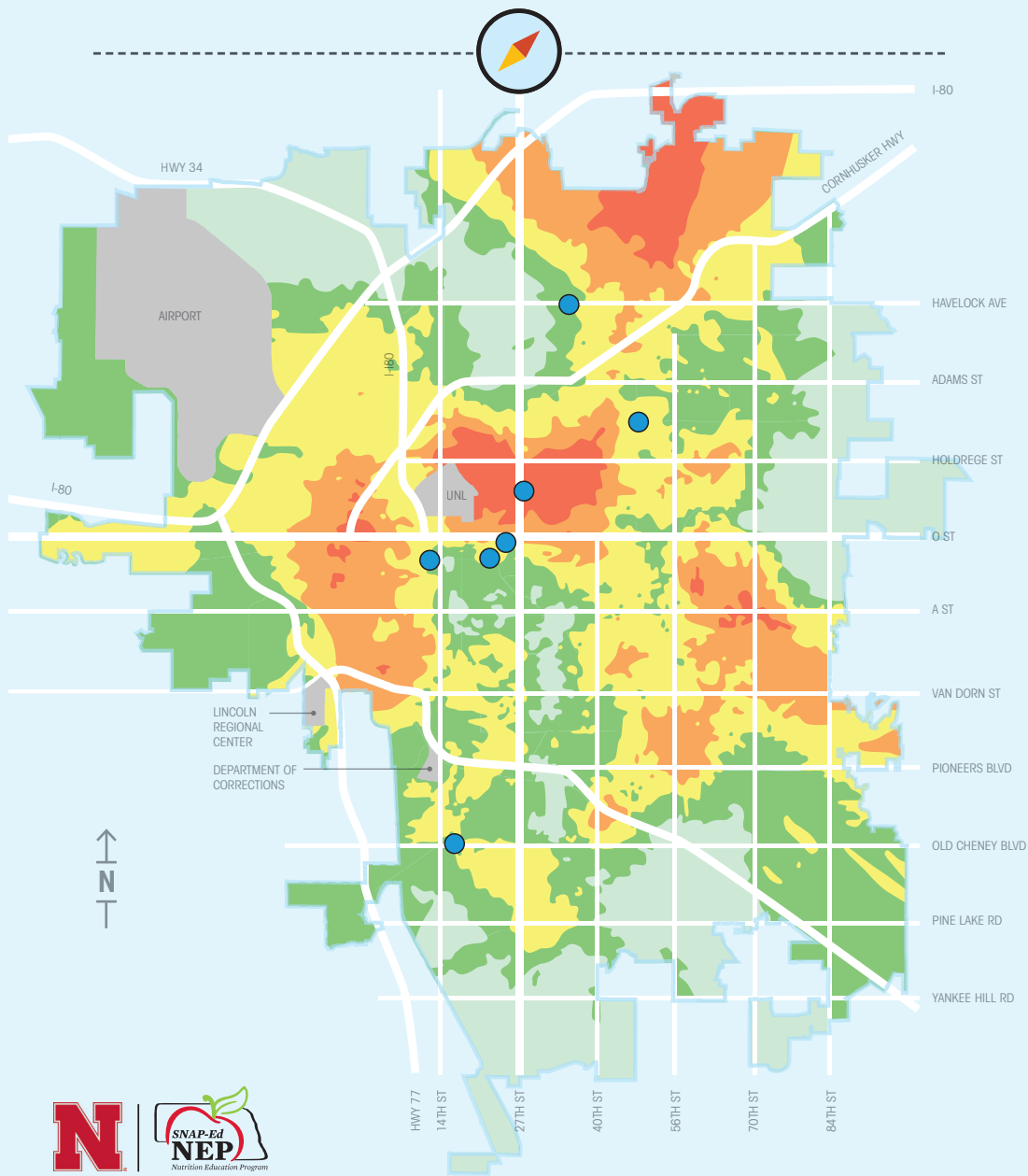
- 90.1 - 100%
- 80.1 - 90%
- 70.1 - 80%
- 60.1 - 70%
- 50.1 - 60%
- Insufficient Data
- Excluded
- City Limits

Data Source: Lincoln Public Schools  
Map: LLCHD

## Youth Fitness 2019

Research indicates cardiorespiratory fitness is a more powerful predictor of illness or mortality than obesity. Also, multiple studies show youth fitness correlates with academic performance – the better a student’s aerobic fitness, the better their academic performance. In Lincoln Public Schools (LPS), aerobic fitness is measured using the Fitnessgram PACER, a multistage aerobic capacity test. Lincoln’s goal is that 80% of LPS students pass\* the PACER test. Currently, only 19 census tracts meet that goal. The pass rate across the entire LPS district ranges from 50.9% to 93.4%, with an average pass rate of 74.9%.

\* Passing the PACER test is defined as achieving the standardized, grade level aerobic capacity score.



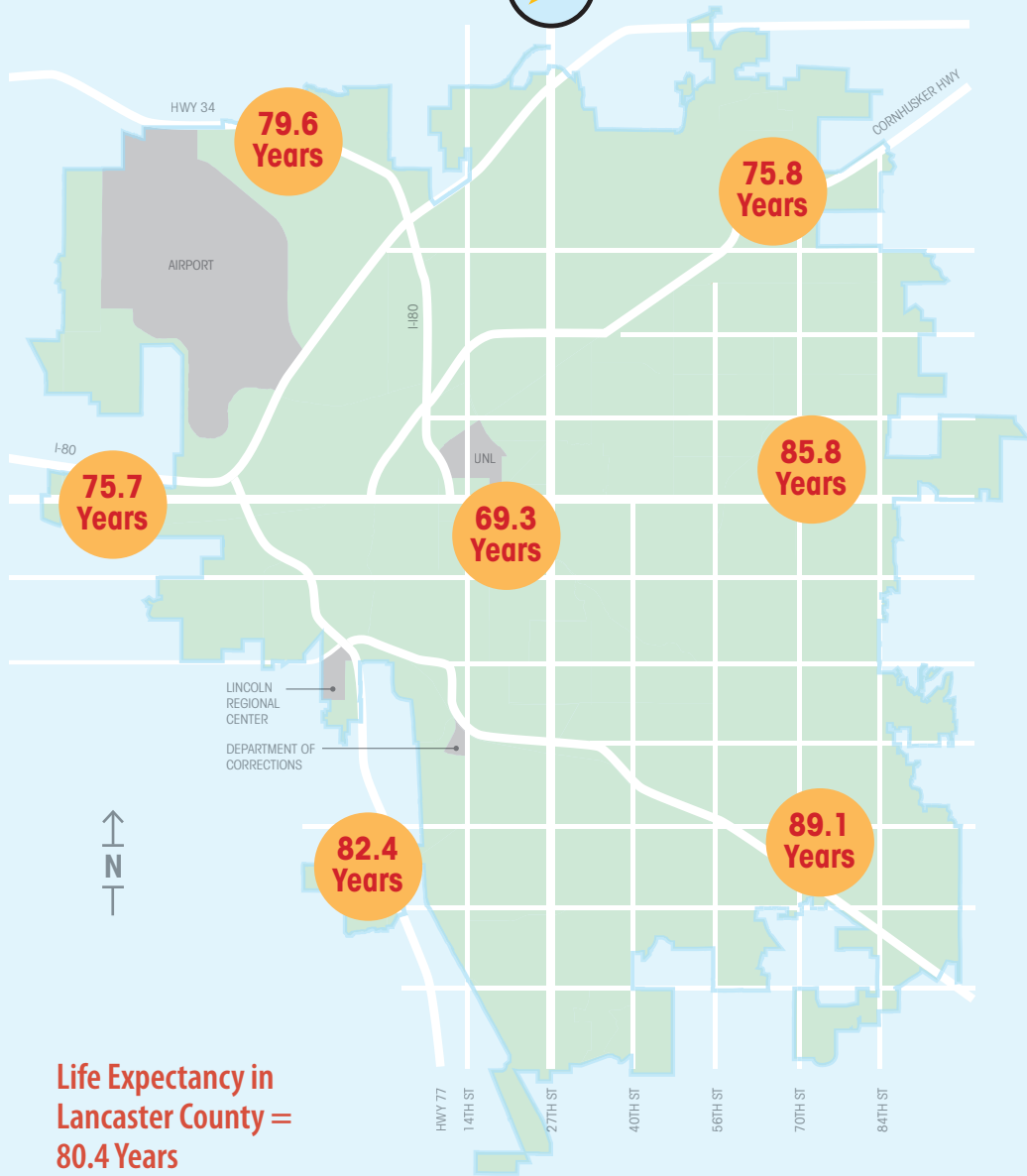
- Highest Access
- 
- 
- 
- Lowest Access
- Choose Healthy Here Locations
- Excluded
- City Limits

Data Source: Nebraska Extension,  
U.S. Census Bureau  
Map: City of Lincoln Urban Development

## Healthy Food Access 2019

In 2019, Nebraska Extension completed a follow-up to their 2016 NebNEMS\* survey of Lincoln food stores. This point-in-time observation recorded the availability of healthy food options (fruits with no added sugar, vegetables with no added sauce, lean protein, low-fat dairy, and whole grains) in 235 stores. This map shows improvements in access due in part to Nebraska Extension’s “Choose Healthy Here” program in convenience stores. However, the impact of the 2018 closure of a grocery store in north central Lincoln is apparent. Efforts such as Double Up Food Bucks and mobile distribution of free fruits and vegetables by Lincoln Fresh will likely have a positive impact.

\* Nebraska Nutrition Environment Measures Survey



**Life Expectancy in Lancaster County = 80.4 Years**

- Excluded
- City Limits

Data Source: Lancaster County Vital Records  
Map: LLCHD

## Life Expectancy 2013-2017

Life expectancy is the statistically probable length of time an individual born today can be expected to live. In this map, life expectancy is based on mortality patterns of the population in a specific census tract given the risk factors in that location. While most people don't live their entire life in the same census tract, this map shows the geographic variance in life expectancy and the influence a person's address can have on health, especially during critical formative years. Life expectancy in Lancaster County improved slightly from 80.1 years in 2015 to 80.4 years in 2017, unlike life expectancy in the United States as a whole which has declined for the last three years.

\* Calculated using Reed-Merrill and Greville methods.



## What do we do now with what we now know?

**Use these maps.** Regardless of your “place” in the community, these maps can inform and inspire. Keep them on your desk or in your back pocket - anywhere they can make change, make your case, or make a difference. If you need an extra copy or two, call us.

**Examine what you believe about equity and opportunity.** What do you know about Lincoln beyond where you live or work? Explore Lincoln’s history and discover how our past has influenced the community we are today. Ask questions. Ask why. The answers may surprise you.

**Find your issue.** What about these maps caught your attention? What is nudging you toward action? Poverty? Vaping? Youth fitness? Prenatal care? Everyone longs

to make a difference. Now is the time to decide what matters to you and take the first step.

### **Bring others into the conversation.**

Who else needs this information? Who can join you in taking action? Make sure that policy makers and decision makers in your circle of influence know about these maps. Help make them visible throughout our community. We are stronger together.

Each set of maps created through Place Matters has been unique. We learn something new with each map, both from the data and from the process. Our most challenging question is, “What do we want to see in next set of maps?” It is up to each of us to work toward the Lincoln we want and that future generations deserve.



**Community Health Endowment of Lincoln**

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*For more information about the Place Matters Community Mapping Project and access to our interactive maps, visit [chelincoln.org/placematters](http://chelincoln.org/placematters)*

*If your organization would like a presentation about Place Matters, contact Marcia White, Program Manager, [marcia.white@chelincoln.org](mailto:marcia.white@chelincoln.org) or (402) 436-5516.*

