

All Things Nebraska

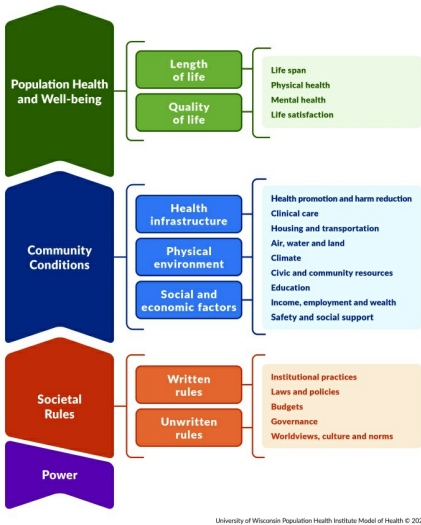
Location

Holt County, NE

Health Rankings Overview

This report provides descriptions, tables, charts, and other data visualizations using data from the 2025 County Health Rankings, sourced from the [University of Wisconsin County Health Rankings](#). This comprehensive dataset, compiled from national and state sources, features over 80 measures of health organized by the UW Population Health Institute’s [Model of Health](#), covering Population Health and Well-being (Length of Life, Quality of Life) and Community Conditions (Health Infrastructure, Physical Environment, Social and Economic Factors). The updated 2025 framework (right) includes the categories of Societal Rules (Written Rules, Unwritten Rules) and Power, however, no national, county-level data are currently included to represent these domains.

Note: Some data and indicators in this report are sourced directly from national public sources, enabling mapping and reporting and sub-county geographic levels. These data may also reflect a more recent time period than those included in the 2025 County Health Rankings release.

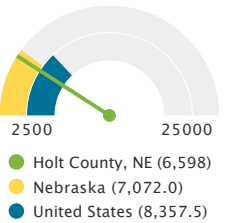


Population Health and Well-being - Length of Life

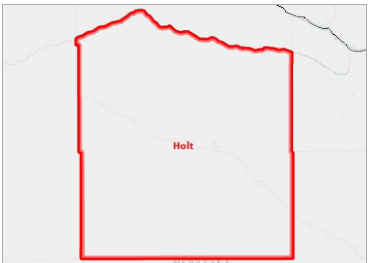
The overall Length of Life score is based on a single measure of premature death, measured using **Years of Potential Life Lost (YPLL)**. This statistic calculates premature mortality by counting the number of years lost before age 75 rather than total deaths across all ages. YPLL emphasizes deaths at younger ages.

Report Area	Number of Premature Deaths	Premature Death Rate (Years of Potential Life Lost Rate)
Holt County, NE	119	6,598
Rural Nebraska	3,792	6,197.3
Urban Nebraska	18,916	6,874.4
Nebraska	24,019	7,072.0
United States	4,763,989	8,357.5

Premature Death Rate
(Years of Potential Life Lost Rate)

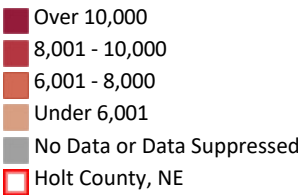


Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2020-2022.



[View larger map](#)

Premature Death (YPLL), Years Lost Rate (Per 100,000 Pop.) by County, CDC NVSS 2020-2022



Population Health and Well-being - Quality of Life

Quality of Life includes indicators which measure adult physical, mental, emotional and social functioning. This concept also includes the birth outcome measurement of low birthweight (LBW), which represents a child’s current and future morbidity — or whether a child has a “healthy start” — and also serves as a health outcome related to maternal health risk.

Report Area	Poor or Fair General Health	Poor Physical Health Days	Poor Mental Health Days	Low Birth Weight
Holt County, NE	15%	3.6	4.5	5.0%
Rural Nebraska	16%	3.8	4.7	6.9%
Urban Nebraska	15%	3.6	4.7	7.8%
Nebraska	15%	3.4	4.3	7.6%
United States	17%	3.9	5.2	8.4%

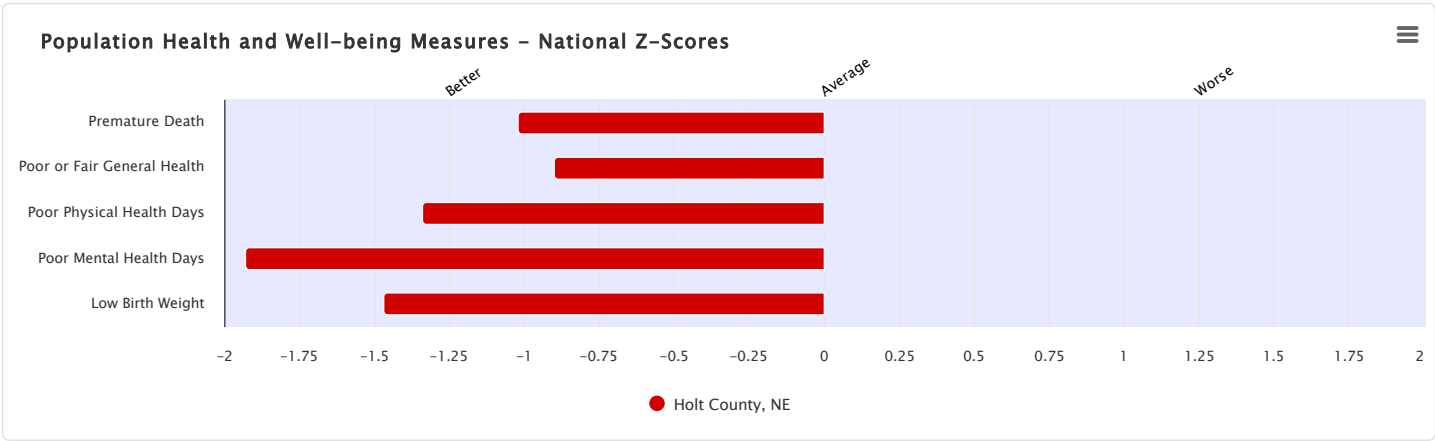
Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2025.

Population Health and Well-being Measures - National Z-Scores

This indicator reports the national z-score for each county on measures of Population Health and Well-being. Note that a higher z-score indicates worse health for all measures. A z-score greater than 0 indicates the county performs worse than the national average, while a z-score less than 0 indicates that the county performs better than the national average.

Report Area	Premature Death	Poor or Fair General Health	Poor Physical Health Days	Poor Mental Health Days	Low Birth Weight
Holt County, NE	-1.02	-0.90	-1.34	-1.93	-1.47

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2025.



Community Conditions - Health Infrastructure

Health infrastructure encompasses factors that affect the promotion of health, the reduction of harm, and both access to and the quality of healthcare services. The values for the metrics contributing to the formation of the Community Conditions Health Groups are presented below.

Report Area	Flu Vaccination	Access to Exercise Opportunities	Food Environment Index	Primary Care Physicians (Rate)	Mental Health Providers (Rate)	Preventable Hospital Stays (Rate)	Dentists (Rate)	Mammography Screening	Uninsured
Holt County, NE	17.0%	63%	7.7	90.0	228.0	3,776.0	100.0	54.0%	9.0%
Rural Nebraska	35.3%	60%	7.6	0.0	0.0	2,240.1	0.0	46.2%	8.5%
Urban Nebraska	56.7%	90%	8.1	0.0	0.0	2,113.7	0.0	50.2%	7.5%
Nebraska	50.0%	85%	7.6	74.0	340.0	2,231.0	82.0	52.0%	8.0%
United States	47.7%	84%	7.5	74.8	332.6	2,706.6	73.4	44.8%	9.6%

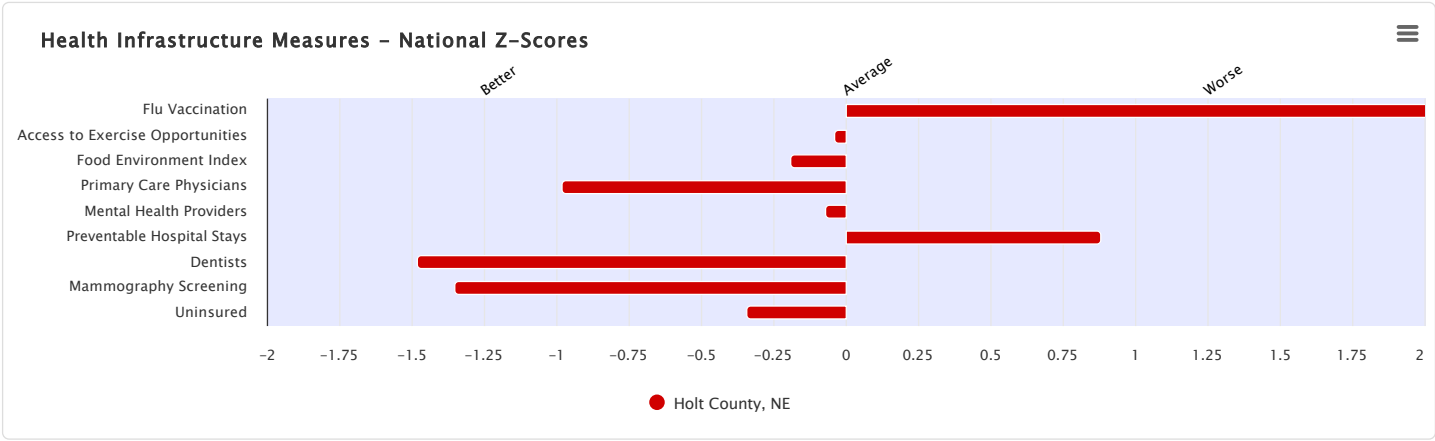
Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2025.

Health Infrastructure Measures - National Z-Scores

This indicator reports the national z-score for each county on measures of Health Infrastructure. Note that a higher z-score indicates worse health for all measures. A z-score greater than 0 indicates the county performs worse than the national average, while a z-score less than 0 indicates that the county performs better than the national average.

Report Area	Flu Vaccination	Access to Exercise Opportunities	Food Environment Index	Primary Care Physicians	Mental Health Providers	Preventable Hospital Stays	Dentists	Mammography Screening	Uninsured
Holt County, NE	2.36	-0.04	-0.19	-0.98	-0.07	0.88	-1.48	-1.35	-0.34

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2025.



Community Conditions - Physical Environment

The Physical Environment framework includes measures of housing and transportation, air and water quality, as well as measures of civic and community resources. Housing and transportation measures are included because housing options and transit systems shape our communities’ built environment and affect where we live and how we get from place to place. The choices we make about housing and transportation, and the opportunities underlying these choices also affect our health. Air and water quality measures are included because clean air and safe water are prerequisites for health. Poor air or water quality can be particularly detrimental to vulnerable populations such as the very young, the elderly, and those with chronic health conditions. Civic and community resources are included because the physical and social infrastructure help us stay

connected and make community participation possible.

Report Area	Severe Housing Problems	Driving Alone to Work	Long Commute - Driving Alone	Air Pollution	Drinking Water Violations	Broadband Access	Library Access
Holt County, NE	9.0%	80.0%	15.0%	6	No	83.0%	5
Rural Nebraska	10.2%	77.8%	21.9%	6.3	Yes	84.4%	4.7
Urban Nebraska	12.8%	77.0%	18.8%	6.9	Yes	90.8%	3.1
Nebraska	12.0%	77.0%	19.0%	6.0	No	90.0%	3.0
United States	16.9%	70.3%	36.8%	8.2	No	89.8%	2.1

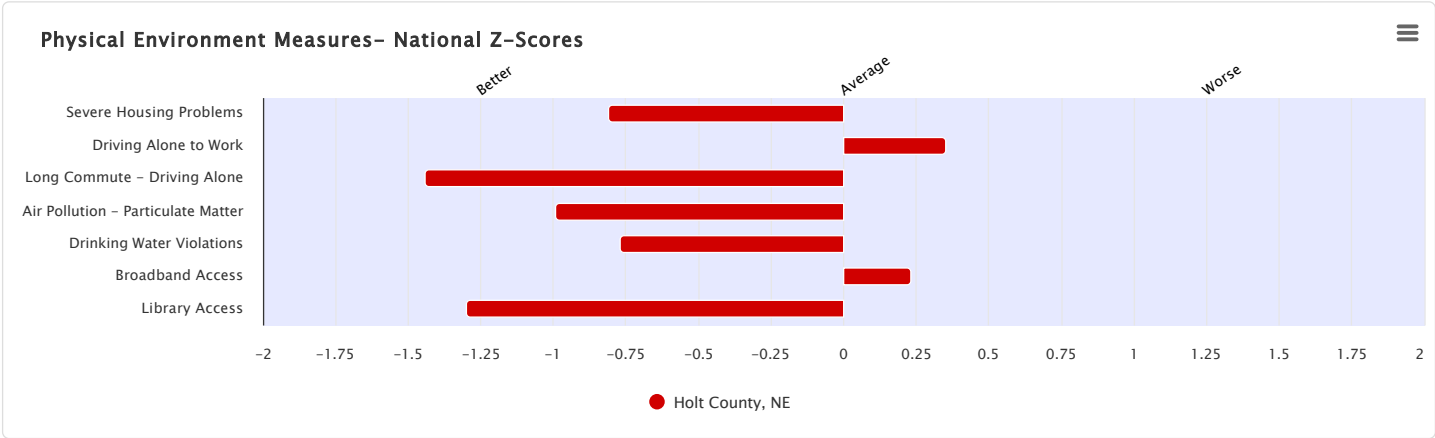
Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2025.

Physical Environment Measures- National Z-Scores

This indicator reports the national z-score for each county on measures of Physical Environment. Note that a higher z-score indicates worse health for all measures. A z-score greater than 0 indicates the county performs worse than the national average, while a z-score less than 0 indicates that the county performs better than the national average.

Report Area	Severe Housing Problems	Driving Alone to Work	Long Commute - Driving Alone	Air Pollution - Particulate Matter	Drinking Water Violations	Broadband Access	Library Access
Holt County, NE	-0.81	0.35	-1.44	-0.99	-0.77	0.23	-1.30

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2025.



Community Conditions - Social and Economic Factors

The Social and Economic Factors area of the County Health Rankings includes measures of Education, Income, Employment and Wealth, and Safety and Social Support. Education measures show who in a community has graduated high school or attended some college; Income, Employment and Wealth measures detail unemployment statistics and looks at children in poverty and income inequality; Safety and Social Support measures injury deaths, access to social opportunities, and child care cost burden. The Social and Economic Factors are significant to community health because they affect people's ability to make healthy choices, afford medical care and housing, and manage stress. Strategies to improve these factors can have a greater impact on health over time than those traditionally associated with health improvement, such as strategies to improve health behaviors.

Report Area	Some College	High School Completion	Unemployment	Income Inequality	Children in Poverty	Injury Deaths (Rate)	Social Associations (Rate)	Child Care Cost Burden
Holt County, NE	73.0%	93%	1.8%	4.2	14.0%	78.0	14.9	29.0%
Rural Nebraska	67.4%	92%	2.1%	4.1	13.6%	84.9	21.9	31.2%
Urban Nebraska	73.3%	92%	2.3%	4.2	10.5%	61.0	15.3	27.6%
Nebraska	72.0%	92%	2.3%	4.2	11.0%	65.0	18.1	30.0%
United States	67.8%	90%	3.6%	4.8	16.0%	83.5	11.7	25.5%

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2025.

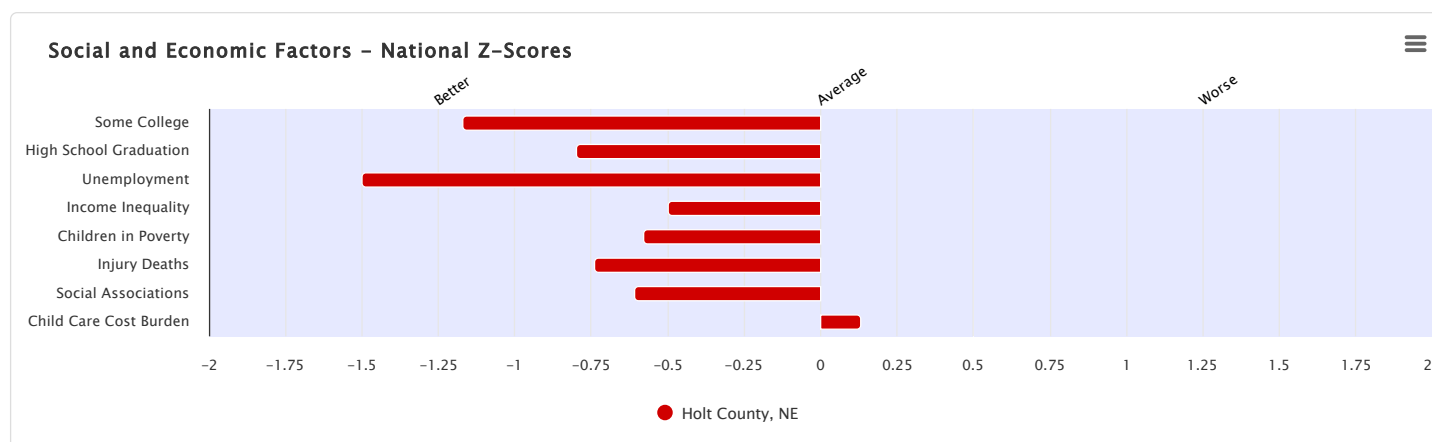
Social and Economic Factors - National Z-Scores

This indicator reports the national z-score for each county on measures of Social and Economic Factors.

Note that a higher z-score indicates worse health for all measures. A z-score greater than 0 indicates the county performs worse than the national average, while a z-score less than 0 indicates that the county performs better than the national average.

Report Area	Some College	High School Graduation	Unemployment	Income Inequality	Children in Poverty	Injury Deaths	Social Associations	Child Care Cost Burden
Holt County, NE	-1.17	-0.80	-1.5	-0.5	-0.58	-0.74	-0.61	0.13

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2025.



Population Health and Well-being - Length of Life

Length of life measures the time between birth and death and how often people die early. Everyone should have the resources and opportunities to live long and well, regardless of where they live.

For more information, please visit the County Health Rankings [Length of Life](#) web page.

Life Span - Premature Death

This indicator reports the Years of Potential Life Lost (YPLL) before age 75 per 100,000 population for all causes of death. Figures are reported as rates age-adjusted to year 2000 standard. YPLL measures premature death and is calculated by subtracting the age of death from the 75 year benchmark. Data were from the National Center for Health Statistics - Mortality

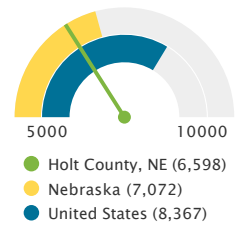
Files (2020-2022) and are used for the 2025 County Health Rankings. This indicator is relevant because a measure of premature death can provide a unique and comprehensive look at overall health status.

Within the report area, there are a total of 119 premature deaths from 2020 to 2022. This represents an age-adjusted rate of 6,598 years of potential life lost before age 75 per every 100,000 total population.

Note: Data are suppressed for counties with fewer than 20 deaths in the three-year time frame.

Report Area	Premature Deaths, 2020-2022	Years of Potential Life Lost, Total	Years of Potential Life Lost, Rate per 100,000 Population
Holt County, NE	119	1,784	6,598
Rural Nebraska	3,792	56,667	6,460
Urban Nebraska	18,916	314,279	6,884
Nebraska	24,019	386,789	7,072
United States	4,763,989	77,421,586	8,367

Years of Potential Life Lost Rate Per 100,000 Population



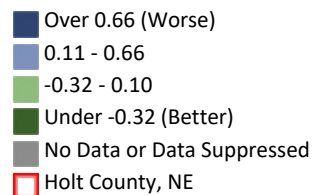
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via County Health Rankings. 2020-2022.



[View larger map](#)

Premature Deaths (2020-2022), Z-Score by County, County Health Rankings 2025

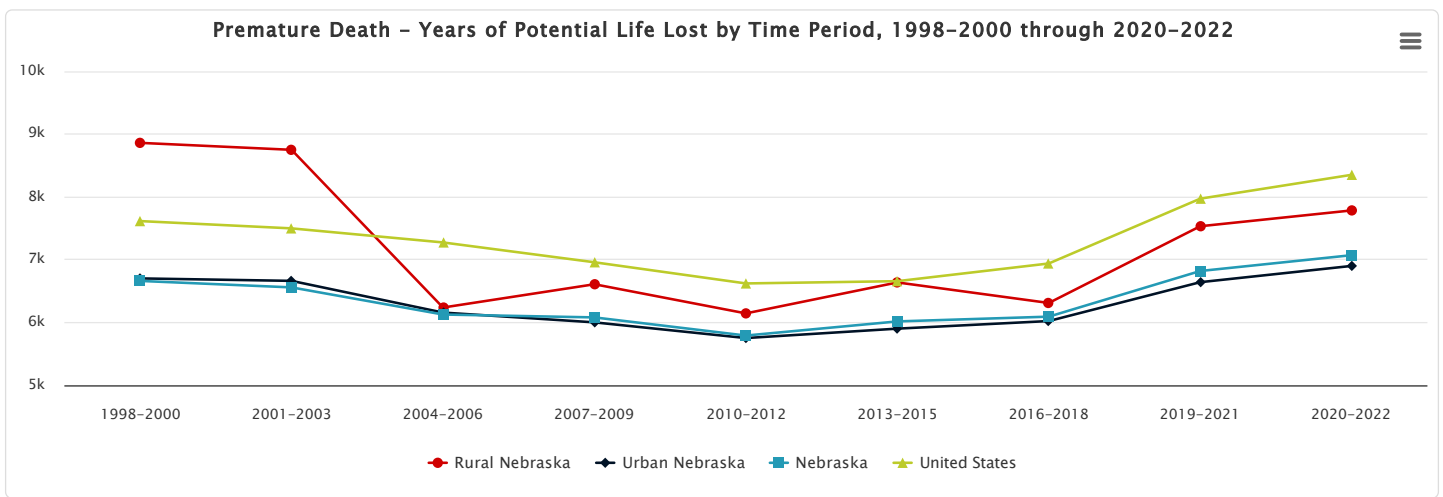


Premature Death - Years of Potential Life Lost by Time Period, 1998-2000 through 2020-2022

The table below shows the Years of Potential Life Lost (YPLL) before age 75 per 100,000 people over time.

Report Area	1998-2000	2001-2003	2004-2006	2007-2009	2010-2012	2013-2015	2016-2018	2019-2021	2020-2022
Rural Nebraska	8,861	8,750	6,238	6,609	6,145	6,638	6,311	7,533	7,785
Urban Nebraska	6,702	6,663	6,158	6,002	5,752	5,902	6,023	6,642	6,901
Nebraska	6,662	6,559	6,127	6,081	5,792	6,017	6,093	6,820	7,072
United States	7,615	7,499	7,275	6,959	6,622	6,658	6,940	7,972	8,352

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via County Health Rankings. 2020-2022.

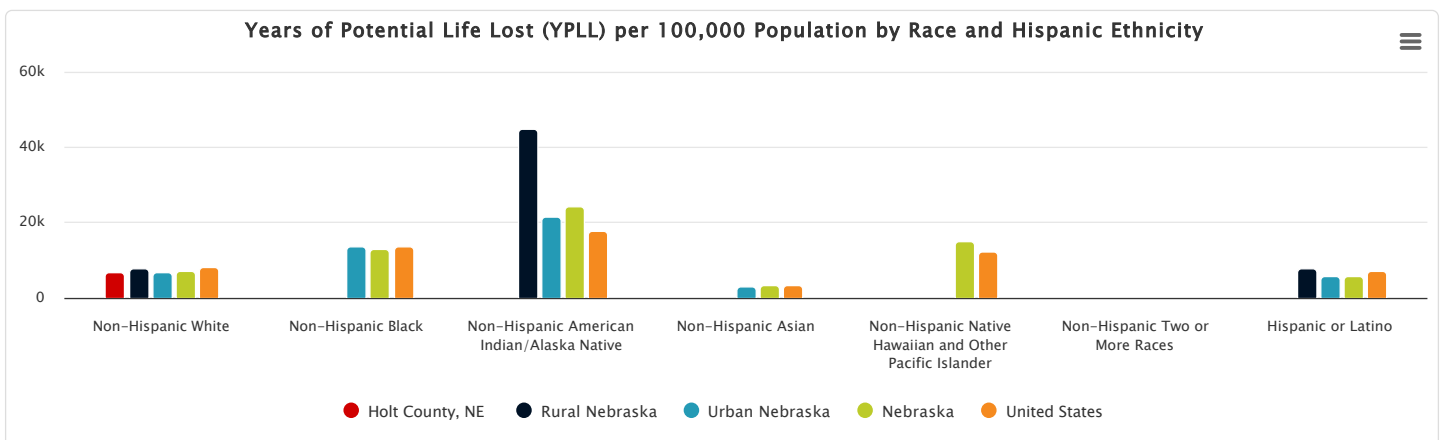


Years of Potential Life Lost (YPLL) per 100,000 Population by Race and Hispanic Ethnicity

This indicator reports the Years of Potential Life Lost (YPLL) before age 75 per 100,000 people by race and Hispanic origin during 2020–2022.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Non-Hispanic Two or More Races	Hispanic or Latino
Holt County, NE	6,655	No data	No data	No data	No data	No data	No data
Rural Nebraska	7,725	No data	44,691	No data	No data	No data	7,803
Urban Nebraska	6,746	13,688	21,459	2,992	No data	No data	5,510
Nebraska	6,887	12,951	24,250	3,151	14,960	No data	5,501
United States	8,038	13,698	17,596	3,287	12,223	No data	6,934

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via County Health Rankings. 2020–2022.



Population Health and Well-being - Quality of Life

Quality of life underscores the importance of physical, mental, social and emotional health throughout the life course. Quality of life reflects internal conditions, such as perceived health, life satisfaction and self-esteem. Quality of life also includes external aspects that enable people to live well, such as environmental and housing quality and community safety. Quality of

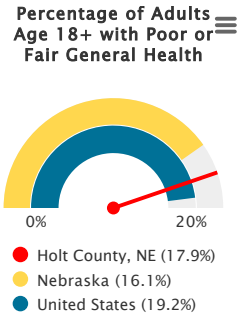
life data tell us how people assess their overall well-being. Self-assessed health correlates with actual health outcomes. Health-related quality of life focuses on how a person’s health impacts their ability to live a full life.

For more information, please visit the County Health Rankings [Quality of Life](#) web page.

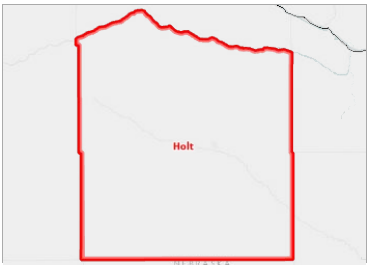
Life Satisfaction - Poor or Fair Health

This indicator reports the percentage of adults age 18 and older who self-reported their general health status as “fair” or “poor.” In this report area, the estimated prevalence of fair or poor health among adults aged 18 years and older was 17.9%.

Report Area	Total Population	Adults Age 18+ with Poor or Fair General Health (Crude)	Adults Age 18+ with Poor or Fair General Health (Age-Adjusted)
Holt County, NE	10,093	17.9%	16.1%
Rural Nebraska	331,290	17.9%	16.5%
Urban Nebraska	1,647,089	15.8%	15.4%
Nebraska	1,978,379	16.1%	15.6%
United States	334,914,895	19.2%	18.3%

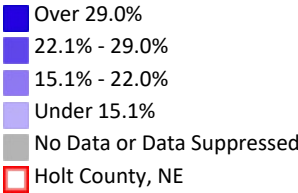


Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.



[View larger map](#)

Poor or Fair Health, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023

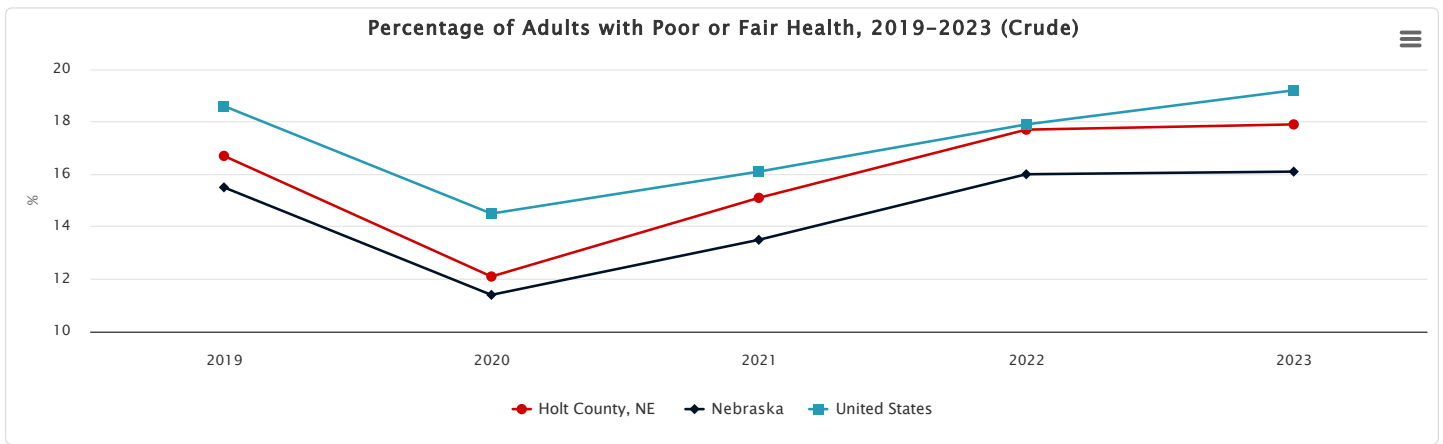


Percentage of Adults with Poor or Fair Health, 2019-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ who report having fair or poor general health.

Report Area	2019	2020	2021	2022	2023
Holt County, NE	16.7%	12.1%	15.1%	17.7%	17.9%
Rural Nebraska	17.3%	13.2%	15.3%	17.3%	17.9%
Urban Nebraska	15.1%	11.0%	13.1%	15.7%	15.8%
Nebraska	15.5%	11.4%	13.5%	16.0%	16.1%
United States	18.6%	14.5%	16.1%	17.9%	19.2%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.

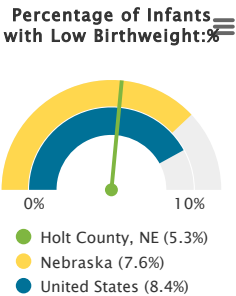


Physical Health - Low Birth Weight

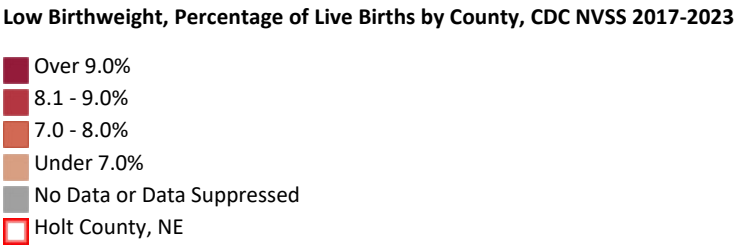
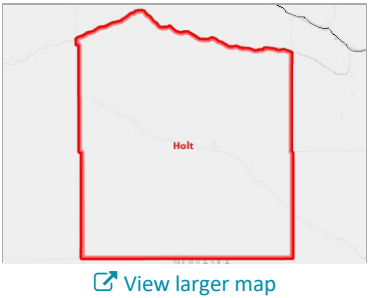
This indicator reports the percentage of live births where the infant weighed less than 2,500 grams (approximately 5 lbs., 8 oz.). These data are reported for a 7-year aggregated time period. Data were from the National Center for Health Statistics - Natality Files (2017-2023) and are used for the 2025 County Health Rankings.

Within the report area, there were 48 infants born with low birth weight. This represents 5.3% of the total live births. *Note: Data are suppressed for counties with fewer than 10 low birthweight births in the reporting period.*

Report Area	Total Live Births	Low Birthweight Births	Low Birthweight Births, Percentage
Holt County, NE	907	48	5.3%
Rural Nebraska	No data	No data	No data
Urban Nebraska	No data	No data	No data
Nebraska	173,372	13,256	7.6%
United States	25,914,651	2,176,957	8.4%



Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Population Health Institute, County Health Rankings. 2017-2023.

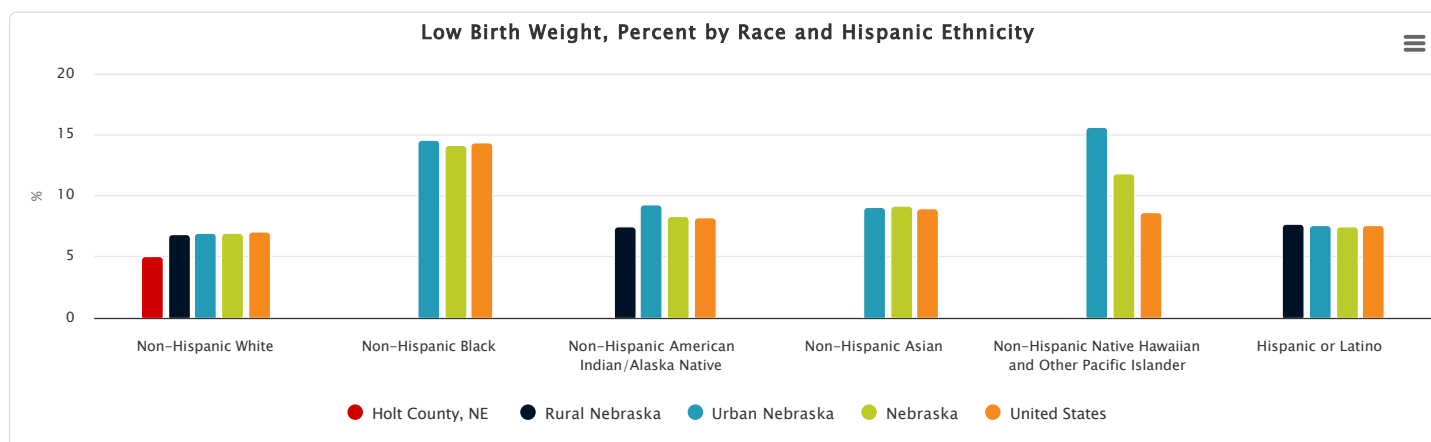


Low Birth Weight, Percent by Race and Hispanic Ethnicity

This indicator reports the 2017-2023 seven-year average percentage of live births with low birthweight (< 2,500 grams) by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Hispanic or Latino
Holt County, NE	5.0%	No data	No data	No data	No data	No data
Rural Nebraska	6.8%	No data	7.5%	No data	No data	7.7%
Urban Nebraska	6.9%	14.5%	9.3%	9.0%	15.6%	7.6%
Nebraska	6.9%	14.1%	8.3%	9.2%	11.8%	7.5%
United States	7.0%	14.3%	8.2%	8.9%	8.6%	7.6%

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2017-2023.

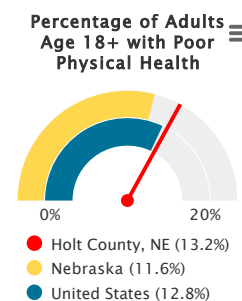


Physical Health - Poor Physical Health Days

This indicator reports the percentage of adults age 18 and older who reported 14 or more days during the past 30 days during which their physical health was not good.

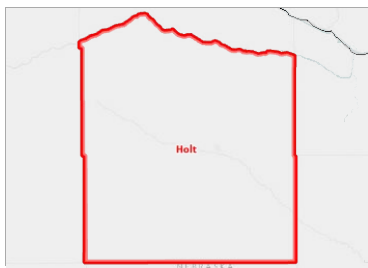
Within the report area, 13.2% of adults 18 and older reported having poor physical health in the past month.

Report Area	Total Population	Adults Age 18+ with Poor Physical Health (Crude)	Adults Age 18+ with Poor Physical Health (Age-Adjusted)
Holt County, NE	10,093	13.2%	11.8%
Rural Nebraska	331,290	13.1%	11.9%
Urban Nebraska	1,647,089	11.3%	10.9%
Nebraska	1,978,379	11.6%	11.0%
United States	334,914,895	12.8%	12.1%



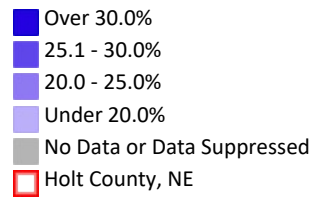
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2023.



[View larger map](#)

Poor Physical Health, Percent of Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023

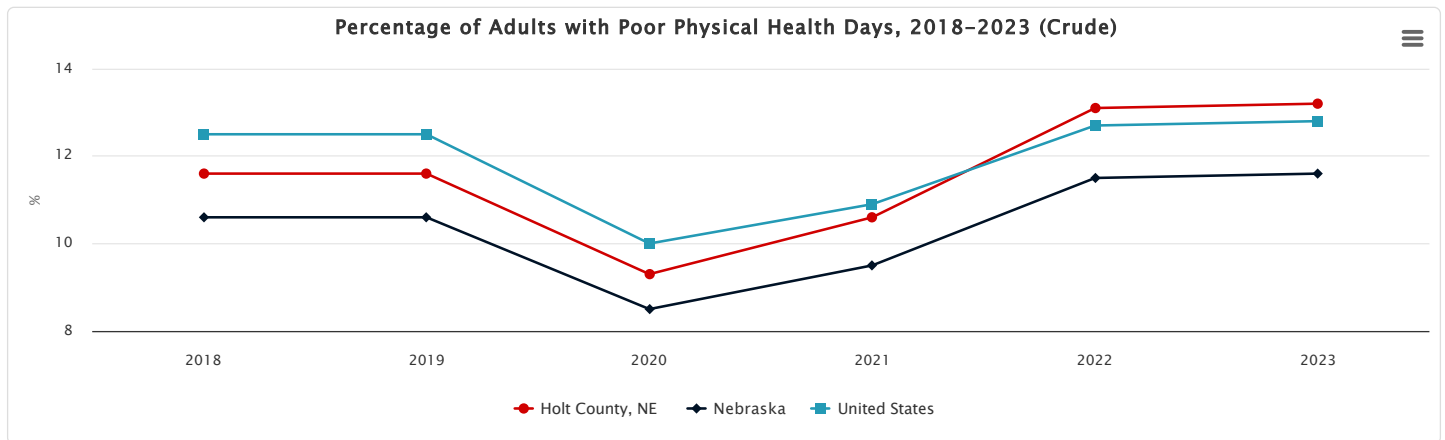


Percentage of Adults with Poor Physical Health Days, 2018-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ whose report frequent physical distress.

Report Area	2018	2019	2020	2021	2022	2023
Holt County, NE	11.6%	11.6%	9.3%	10.6%	13.1%	13.2%
Rural Nebraska	12.0%	12.0%	9.8%	10.8%	12.6%	13.1%
Urban Nebraska	10.3%	10.3%	8.3%	9.2%	11.3%	11.3%
Nebraska	10.6%	10.6%	8.5%	9.5%	11.5%	11.6%
United States	12.5%	12.5%	10.0%	10.9%	12.7%	12.8%

Data Source: Centers for Disease Control and Prevention, *Behavioral Risk Factor Surveillance System*. Accessed via the *PLACES Data Portal*. 2023.

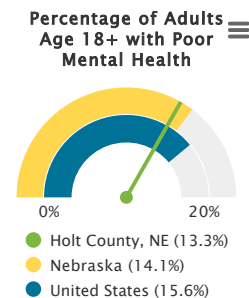


Mental Health - Poor Mental Health Days

This indicator reports the percentage of adults age 18 and older who reported 14 or more days during the past 30 days during which their mental health was not good.

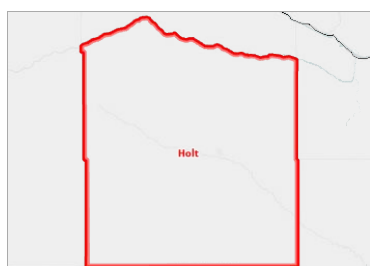
Within the report area, 13.3% of adults 18 and older reported having poor mental health in the past month.

Report Area	Total Population	Adults Age 18+ with Poor Mental Health (Crude)	Adults Age 18+ with Poor Mental Health (Age-Adjusted)
Holt County, NE	10,093	13.3%	15.3%
Rural Nebraska	331,290	13.8%	15.5%
Urban Nebraska	1,647,089	14.2%	14.6%
Nebraska	1,978,379	14.1%	14.8%
United States	334,914,895	15.6%	16.3%



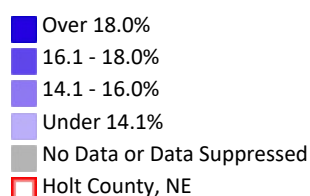
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.



[View larger map](#)

Frequent Mental Distress, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023

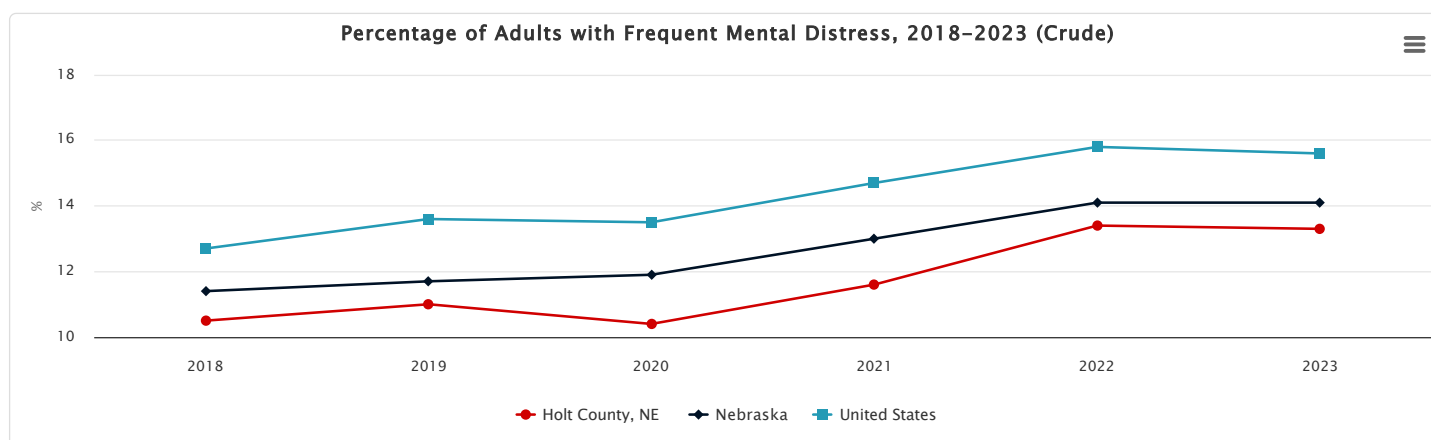


Percentage of Adults with Frequent Mental Distress, 2018-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ whose report frequent mental distress.

Report Area	2018	2019	2020	2021	2022	2023
Holt County, NE	10.5%	11.0%	10.4%	11.6%	13.4%	13.3%
Rural Nebraska	11.2%	11.7%	11.2%	12.4%	13.8%	13.8%
Urban Nebraska	11.4%	11.7%	12.0%	13.1%	14.1%	14.2%
Nebraska	11.4%	11.7%	11.9%	13.0%	14.1%	14.1%
United States	12.7%	13.6%	13.5%	14.7%	15.8%	15.6%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.



Community Conditions - Health Infrastructure

Health infrastructure includes all systems, organizations, interventions and resources intended for health promotion and illness prevention. Health care systems promote health and well-being for community members through care services such as primary care, hospital care and long-term or home care. Public health systems monitor, detect and intervene when disease or risks impact community health to limit harm and promote healthy lifestyles, environments and policies. Health infrastructure supports all health services — from vaccinations and chronic disease prevention programs to emergency preparedness efforts.

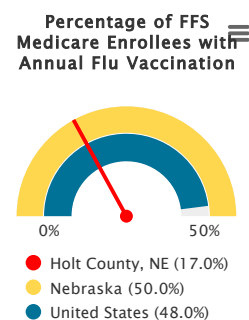
For more information, please visit the County Health Rankings [Health Infrastructure](#) web page.

Health Promotion and Harm Reduction - Flu Vaccinations

This indicator reports the percentage of fee-for-service (FFS) Medicare enrollees who had an annual flu vaccination and is used for the 2025 County Health Rankings. This indicator is relevant because it is a measure of clinical care.

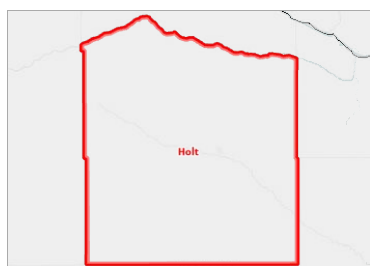
Within the report area there are 365 fee-for-service (FFS) Medicare enrollees who had an annual flu vaccination. This represents 17.0% of the total FFS Medicare enrollees, which is less than the state rate of 50.0%.

Report Area	FFS Medicare Enrollees (2022)	Number with Annual Flu Vaccination	Percentage with Flu Vaccination
Holt County, NE	2,145	365	17.0%
Rural Nebraska	63,892	21,820	34.2%
Urban Nebraska	173,256	96,213	55.5%
Nebraska	237,148	118,574	50.0%
United States	29,639,955	14,227,178	48.0%



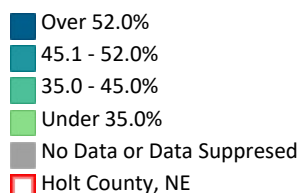
Note: This indicator is compared to the state average.

Data Source: Centers for Medicare and Medicaid Services, [Mapping Medicare Disparities Tool](#), 2022.



[View larger map](#)

Flu Vaccination, Percent of Fee-for-Service (FFS) Medicare Enrollees (2022) by County, County Health Rankings 2022

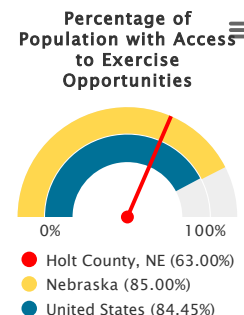


Health Promotion and Harm Reduction - Access to Exercise Opportunities

This indicator reports the percentage of individuals in a county who live reasonably close to a location for physical activity. Locations for physical activity are defined as parks or recreational facilities. The numerator is the 2020 total population living in census blocks with adequate access to at least one location for physical activity (adequate access is defined as census blocks where the border is a half-mile or less from a park, 1 mile or less from a recreational facility in an urban area, or 3 miles or less from a recreational facility in a rural area) and the denominator is the 2020 resident county population. This indicator is used in the 2025 County Health Rankings.

Within the report area there are 6,380 people with adequate access to locations for physical activity. This represents 63.00% of the total population, which is less than the state rate of 85.00%.

Report Area	Total Population (2020)	Population with Access to Exercise Opportunities	Percentage of Population with Access to Exercise Opportunities
Holt County, NE	10,127	6,380	63.00%
Rural Nebraska	333,185	198,730	59.65%
Urban Nebraska	1,628,319	1,460,206	89.68%
Nebraska	1,961,504	1,667,278	85.00%
United States	331,449,281	279,894,833	84.45%



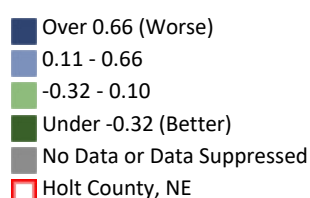
Note: This indicator is compared to the state average.

Data Source: ArcGIS Business Analyst and Living Atlas of the World, YMCA & US Census Tigerline Files. Accessed via [County Health Rankings](#). 2024, 2022&2020.



[View larger map](#)

Access to Exercise Opportunities, Z-Score by County, County Health Rankings 2025



Health Promotion and Harm Reduction - Food Environment Index

This indicator reports the overall food environment in terms of proximity to healthy foods and income. It measures the access to healthy foods by considering the distance an individual lives from a grocery store or supermarket, locations for health food purchases in most communities, and the inability to access healthy food because of cost barriers. Data were from the annual USDA Food Security Survey (2019&2022) as modeled by Feeding America (Map the Meal Gap) for state-level data and County Health Rankings for county-level data, and are used for the 2025 County Health Rankings.

As reported by the 2025 County Health Rankings, the Food Environment Index for the report area was 7.70 (with national standardized z-score as -0.19). This is greater than the state's average index of 7.60.

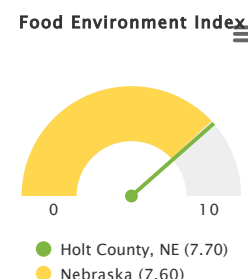
Note:

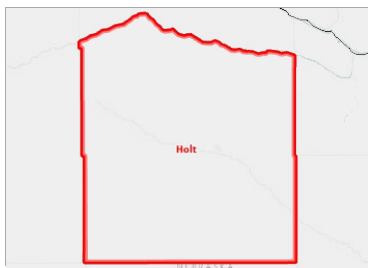
1. The Food Environment Index ranges from a scale of 0 (worst) to 10 (best).
2. A higher z-score indicates worse health.

Report Area	Food Environment Index Score	Z-Score Nationwide
Holt County, NE	7.70	-0.19
Nebraska	7.60	No data

Note: This indicator is compared to the state average.

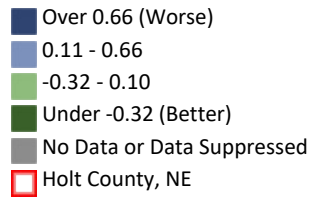
Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2025.





[View larger map](#)

Food Environment Index, Z-Score by County, County Health Rankings 2025



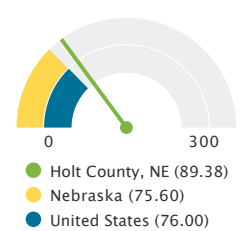
Clinical Care - Primary Care Physicians

This indicator reports the number of primary care physicians per 100,000 population. Doctors classified as "primary care physicians" by the AMA include: General Family Medicine MDs and DOs, General Practice MDs and DOs, General Internal Medicine MDs and General Pediatrics MDs. Physicians age 75 and over, resident physicians, and physicians practicing sub-specialties within the listed specialties are excluded. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.

Within the report area there are 9 primary care physicians. This represents 89.38 providers per 100,000 total population.

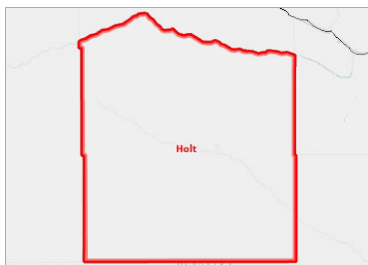
Report Area	Total Population (2022)	Primary Care Physicians (2022)	Primary Care Physicians, Rate per 100,000 Population
Holt County, NE	10,069	9	89.38
Rural Nebraska	332,602	198	59.50
Urban Nebraska	1,639,644	1,293	78.90
Nebraska	1,972,246	1,491	75.60
United States	334,017,321	253,985	76.00

Primary Care Providers, Rate per 100,000 Population



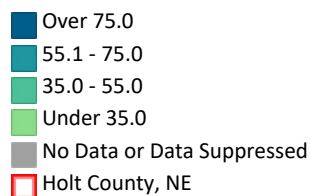
Note: This indicator is compared to the state average.

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#). 2022.



[View larger map](#)

Access to Primary Care Providers, Rate Per 100,000 Pop. by County, AHRF_CHR 2021



Clinical Care - Mental Health Providers

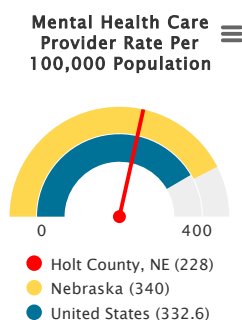
This indicator reports the number of mental health providers in the report area as a rate per 100,000 total area population. Mental health providers are defined as psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, and mental health providers that treat alcohol and other drug use, as well as advanced practice nurses specializing in mental health care. Data from the 2023 Centers for Medicare and Medicaid Services (CMS) National Provider Identifier (NPI) downloadable file are used in the 2025 County Health Rankings.

Within the report area there are 23 mental health providers with a CMS National Provider Identifier (NPI). This represents 228

providers per 100,000 total population.

Note: Data are suppressed for counties with population greater than 1,000 and 0 mental health providers.

Report Area	Estimated Population	Number of Mental Health Providers	Ratio of Mental Health Providers to Population (1 Provider per x Persons)	Mental Health Care Provider Rate (Per 100,000 Population)
Holt County, NE	10,088	23	438.6	228
Rural Nebraska	297,456	382	778.7	128.4
Urban Nebraska	1,643,881	6,342	259.2	385.8
Nebraska	1,978,235	6,726	294.1	340
United States	334,791,133	1,113,571	300.6	332.6



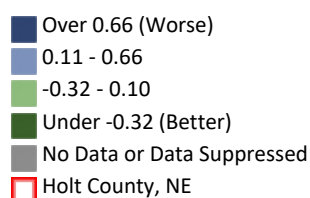
Note: This indicator is compared to the state average.

Data Source: Centers for Medicare and Medicaid Services, CMS - National Plan and Provider Enumeration System (NPPES). Accessed via County Health Rankings. 2024.



[View larger map](#)

Access to Mental Health Care Providers, Z-Score by County, County Health Rankings 2025

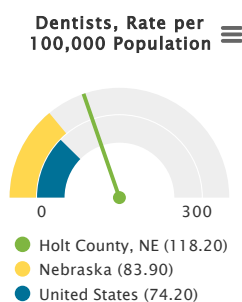


Clinical Care - Dentists

This indicator reports the number of dentists per 100,000 population. This indicator includes all dentists - qualified as having a doctorate in dental surgery (D.D.S.) or dental medicine (D.M.D.), who are licensed by the state to practice dentistry and who are practicing within the scope of that license.

Within the report area there are 12 dentists. This represents 118.20 dentists per 100,000 total population.

Report Area	Total Population (2022)	Dentists (2022)	Dentists, Rate per 100,000 Population
Holt County, NE	10,152	12	118.20
Rural Nebraska	332,238	185	55.70
Urban Nebraska	1,655,626	1,483	89.60
Nebraska	1,987,864	1,668	83.90
United States	336,806,231	249,826	74.20



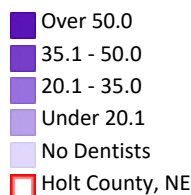
Note: This indicator is compared to the state average.

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, HRSA - Area Health Resource File. 2023.



[View larger map](#)

Access to Dentists, Rate per 100,000 Pop. by County, AHRF 2023



Clinical Care - Preventable Hospital Stays

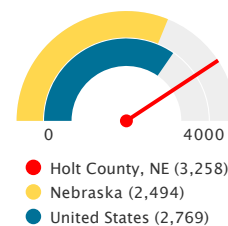
This indicator reports the unsmoothed, age-adjusted rate of Prevention Quality Overall Composite (PQI #90) among the Medicare Fee-For-Service (FFS) population for the year 2023. Data were sourced from the CMS Mapping Medicare Disparities (MMD) tool.

Note:

- Data are suppressed when the total population is less than 11.
- Rates are shown as zero when the count is less than 3.

Report Area	FFS Beneficiaries	Prevention Quality Overall Composite (PQI #90), Total	Prevention Quality Overall Composite (PQI #90), Rate per 100,000
Holt County, NE	2,045	67	3,258
Rural Nebraska	61,806	1,588	2,570
Urban Nebraska	166,475	3,989	2,396
Nebraska	228,281	5,693	2,494
United States	28,408,800	786,640	2,769

Prevention Quality Overall Composite (PQI #90), Rate per 100,000



Note: This indicator is compared to the state average.

Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool, 2023.

Prevention Quality Overall Composite (PQI #90) by Gender

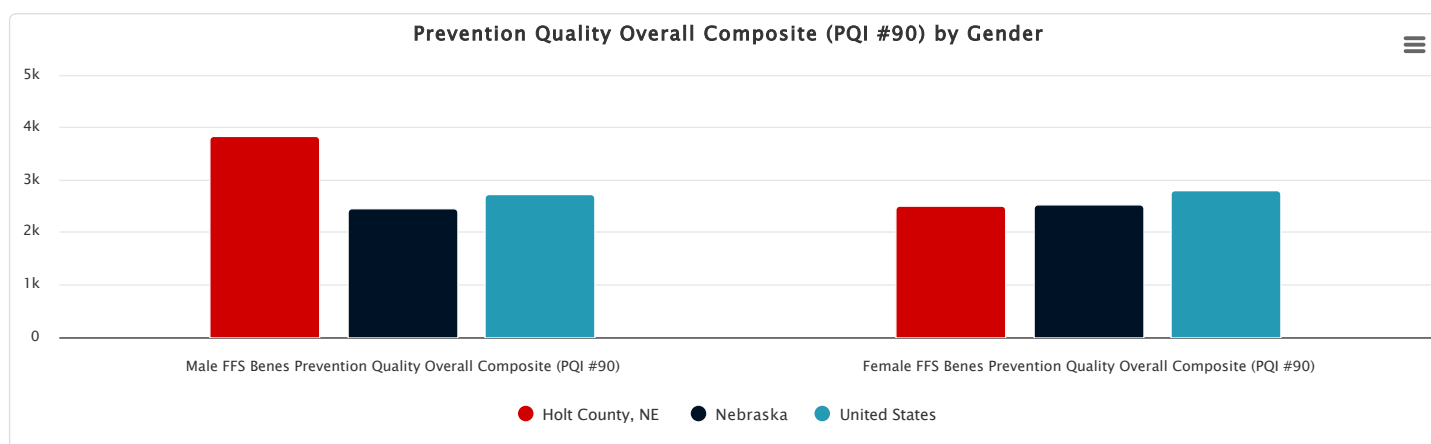
This indicator reports the unsmoothed age-adjusted rate of Prevention Quality Overall Composite (PQI #90) by gender for Medicare FFS population in 2023.

Note:

1. Data are suppressed when the total population is less than 11.
2. Rates are shown as zero when the count is less than 3.

Report Area	Male FFS Benes	Female FFS Benes	Male FFS Benes Prevention Quality Overall Composite (PQI #90), Rate per 100,000	Female FFS Benes Prevention Quality Overall Composite (PQI #90), Rate per 100,000
Holt County, NE	920	1,125	3,829	2,509
Rural Nebraska	28,573	33,233	2,331	2,362
Urban Nebraska	73,916	92,559	2,303	2,431
Nebraska	102,498	125,783	2,446	2,527
United States	12,894,754	15,514,046	2,730	2,793

Data Source: Centers for Medicare and Medicaid Services, [Mapping Medicare Disparities Tool](#). 2023.



Prevention Quality Overall Composite (PQI #90) by Race and Hispanic Ethnicity

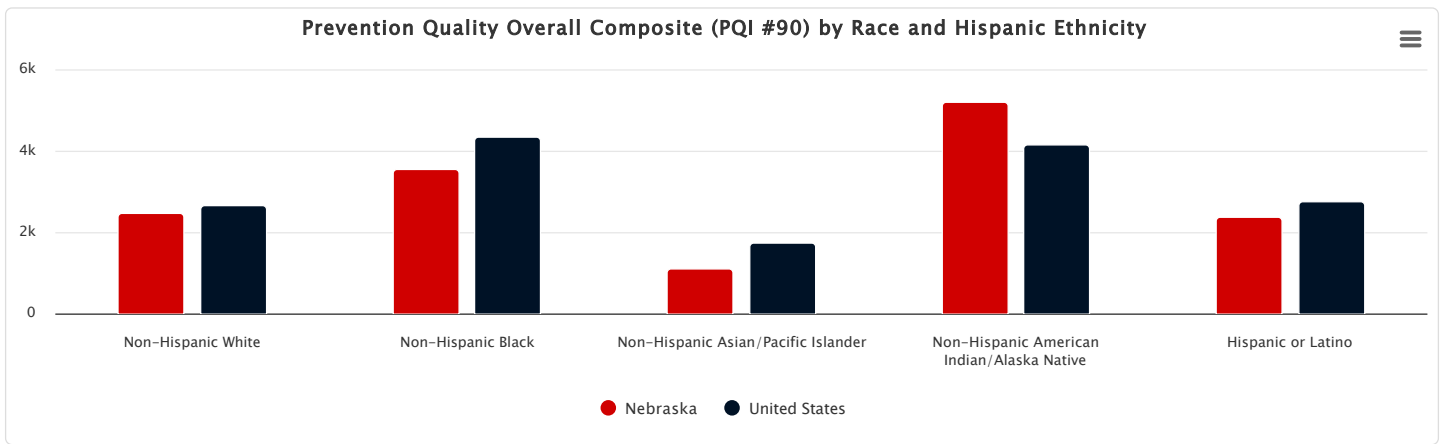
This indicator reports the unsmoothed age-adjusted rate of Prevention Quality Overall Composite (PQI #90) per 100,000 by race and Hispanic ethnicity for Medicare FFS population in 2023.

Note:

1. Data are suppressed when the total population is less than 11.
2. Rates are shown as zero when the count is less than 3.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic Asian/Pacific Islander	Non-Hispanic American Indian/Alaska Native	Hispanic or Latino
Holt County, NE	No data	No data	No data	No data	No data
Rural Nebraska	2,177	Suppressed	No data	No data	0
Urban Nebraska	2,399	3,424	289	2,406	2,154
Nebraska	2,455	3,539	1,085	5,194	2,364
United States	2,651	4,339	1,726	4,127	2,756

Data Source: Centers for Medicare and Medicaid Services, [Mapping Medicare Disparities Tool](#). 2023.

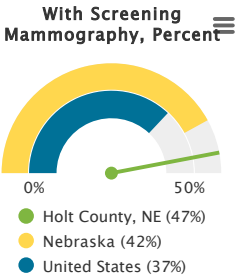


Clinical Care - Mammography Screening

This indicator reports the unsmoothed, age-adjusted rate screening mammography for female among the Medicare Fee-For-Service (FFS) population for the year 2023. Data were sourced from the CMS Mapping Medicare Disparities (MMD) tool.

- Note:**
- Data are suppressed when the total population is less than 11.
 - Rates are shown as zero when the count is less than 3.

Report Area	Female FFS Beneficiaries	With Screening Mammography, Total	With Screening Mammography, Percent
Holt County, NE	1,125	529	47%
Rural Nebraska	33,233	12,931	39%
Urban Nebraska	92,559	39,490	43%
Nebraska	125,783	52,829	42%
United States	15,514,046	5,740,197	37%



Note: This indicator is compared to the state average.
 Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool. 2023.

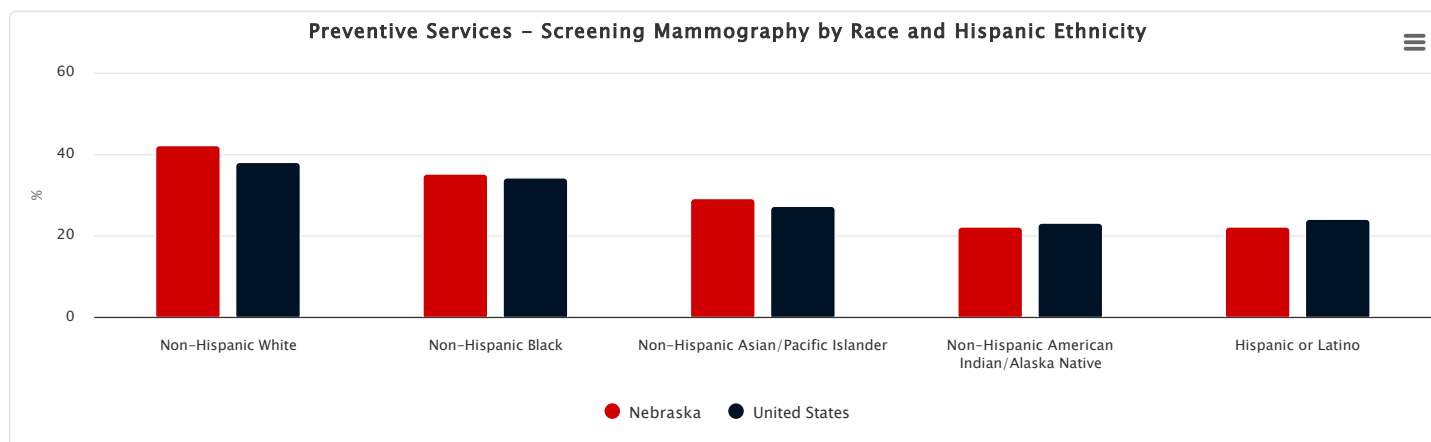
Preventive Services - Screening Mammography by Race and Hispanic Ethnicity

This indicator reports the unsmoothed age-adjusted rate of screening mammography by race and Hispanic ethnicity for female Medicare FFS population in 2023.

- Note:**
1. Data are suppressed when the total population is less than 11.
 2. Rates are shown as zero when the count is less than 3.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic Asian/Pacific Islander	Non-Hispanic American Indian/Alaska Native	Hispanic or Latino
Holt County, NE	No data	No data	No data	No data	No data
Rural Nebraska	37%	Suppressed	No data	No data	0%
Urban Nebraska	43%	34%	24%	19%	24%
Nebraska	42%	35%	29%	22%	22%
United States	38%	34%	27%	23%	24%

Data Source: Centers for Medicare and Medicaid Services, [Mapping Medicare Disparities Tool](#). 2023.



Preventive Services - Screening Mammography by Dual Eligibility Status

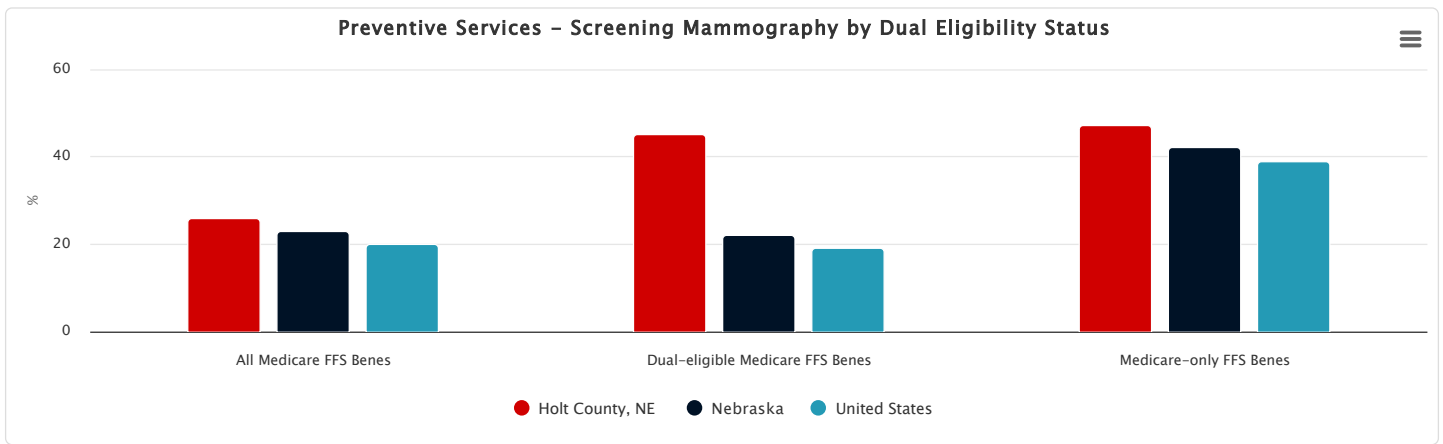
This indicator reports the unsmoothed age-adjusted rate of screening mammography by dual eligibility status for female Medicare FFS population in 2023.

Note:

1. Data are suppressed when the total population is less than 11.
2. Rates are shown as zero when the count is less than 3.

Report Area	All Medicare FFS Benes	Dual-eligible Medicare FFS Benes	Medicare-only FFS Benes
Holt County, NE	26%	45%	47%
Rural Nebraska	21%	16%	40%
Urban Nebraska	24%	22%	43%
Nebraska	23%	22%	42%
United States	20%	19%	39%

Data Source: Centers for Medicare and Medicaid Services, [Mapping Medicare Disparities Tool](#). 2023.



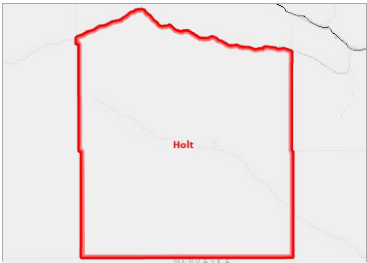
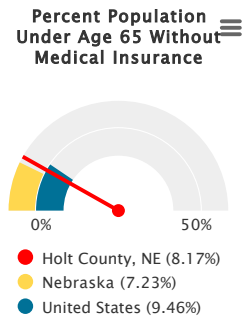
Clinical Care - Uninsured

The lack of health insurance is considered a *key driver* of health status.

This indicator reports the percentage of adults under age 65 without health insurance coverage. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contributes to poor health status.

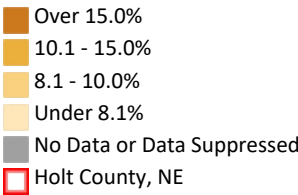
Report Area	Total Population Age 0-64	Pop. Age 0-64 w/o Insurance	Pop. Age 0-64 w/o Insurance, Percent
Holt County, NE	7,664	626	8.17%
Rural Nebraska	249,088	19,671	7.90%
Urban Nebraska	1,359,185	96,652	7.11%
Nebraska	1,608,273	116,323	7.23%
United States	269,185,221	25,457,101	9.46%

Note: This indicator is compared to the state average.
 Data Source: US Census Bureau, *Small Area Health Insurance Estimates*. 2023.



[View larger map](#)

Uninsured Population, Age 0-64, Percent by County, SAHIE 2023



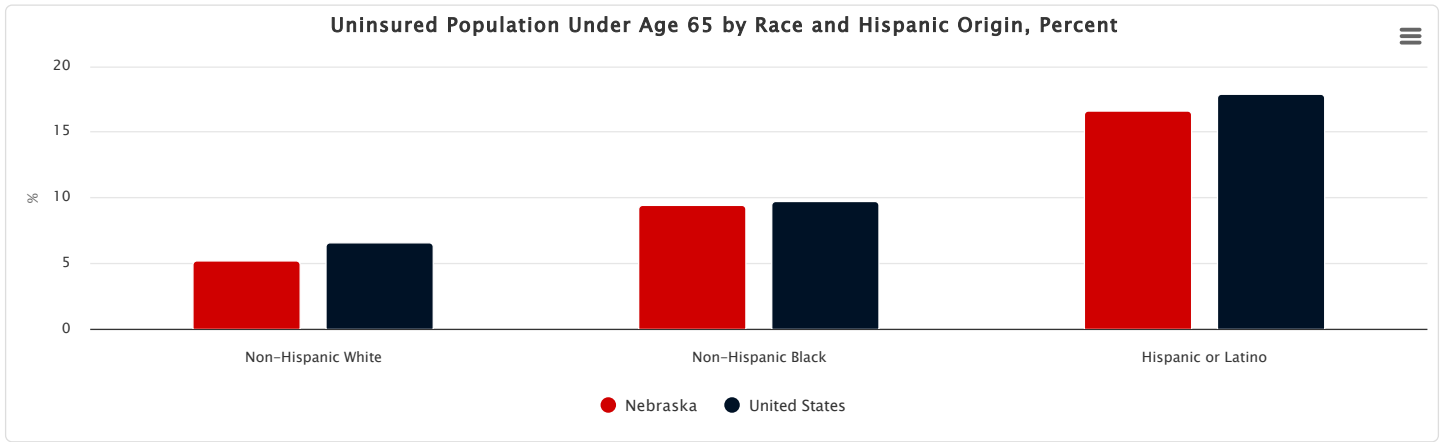
Uninsured Population Under Age 65 by Race and Hispanic Origin, Percent

This indicator reports the percentage of the population under age 65 uninsured by race and Hispanic origin. The percentage values could be interpreted as, for example, "Of all the non-Hispanic white population under age 65 in the report area, the proportion without medical insurance is (value)."

Note: This data source provides data on insurance status by population groupings at the state and national levels only.

Report Area	Non-Hispanic White	Non-Hispanic Black	Hispanic or Latino
Nebraska	5.20%	9.40%	16.60%
United States	6.56%	9.73%	17.92%

Data Source: US Census Bureau, *Small Area Health Insurance Estimates*. 2023.

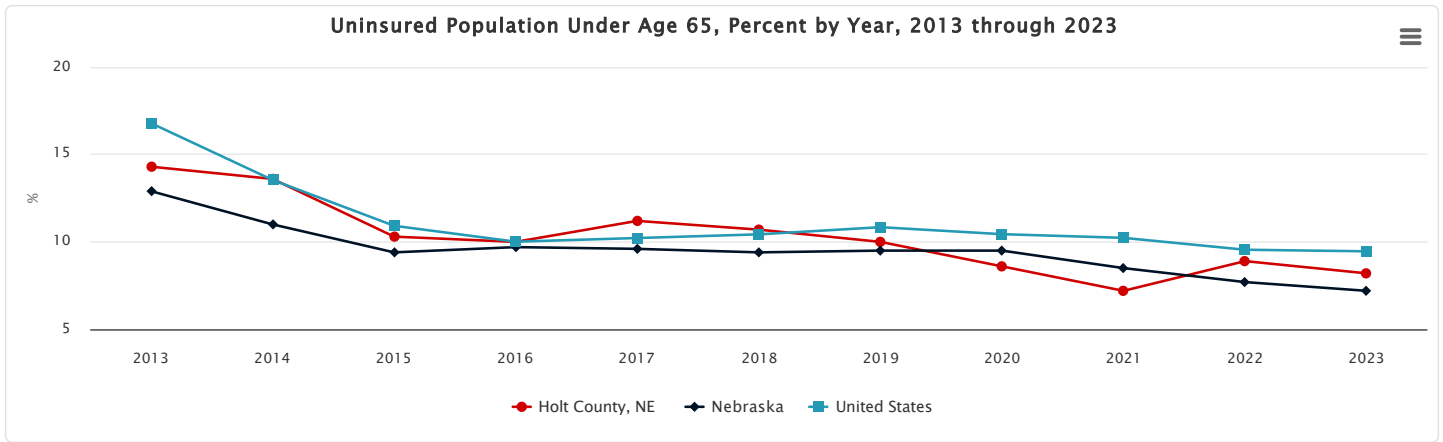


Uninsured Population Under Age 65, Percent by Year, 2013 through 2023

The table and chart below display trends in the percentage of the population under age 65 uninsured in Holt County, NE compared to national average.

Report Area	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Holt County, NE	14.30%	13.60%	10.30%	10.00%	11.20%	10.70%	10.00%	8.60%	7.20%	8.90%	8.20%
Rural Nebraska	14.4%	12.3%	10.7%	10.8%	11.0%	10.5%	11.0%	10.8%	9.3%	8.5%	7.9%
Urban Nebraska	12.6%	10.8%	9.1%	9.5%	9.3%	9.2%	9.2%	9.2%	8.3%	7.5%	7.1%
Nebraska	12.90%	11.00%	9.40%	9.70%	9.60%	9.40%	9.50%	9.50%	8.50%	7.70%	7.20%
United States	16.79%	13.54%	10.92%	10.01%	10.22%	10.43%	10.84%	10.44%	10.23%	9.55%	9.46%

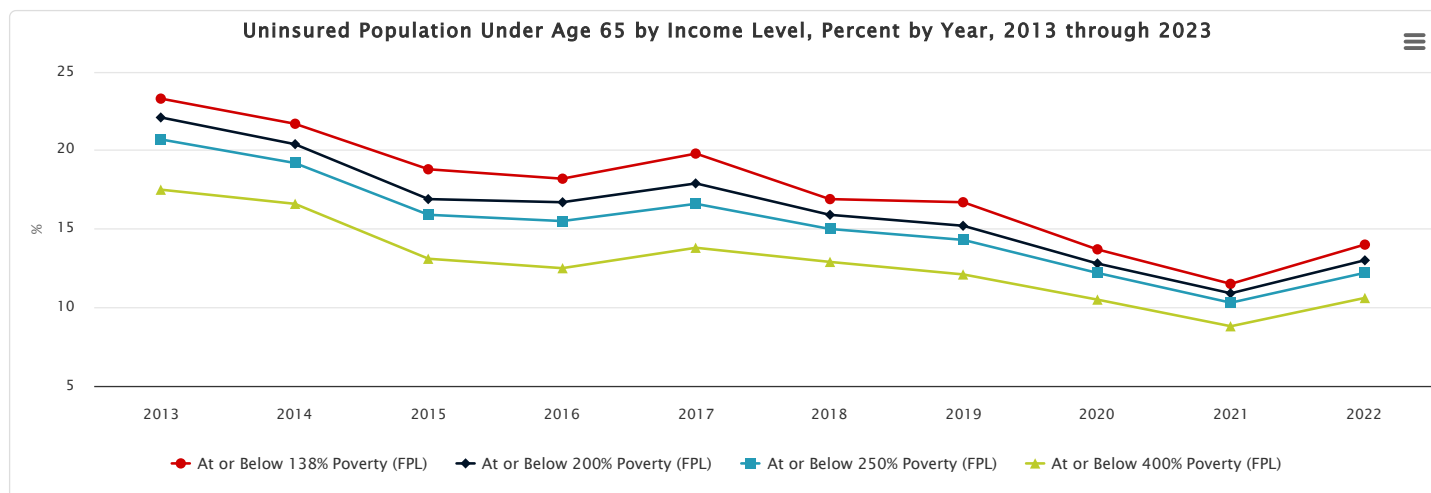
Data Source: US Census Bureau, [Small Area Health Insurance Estimates](#). 2023.



Uninsured Population Under Age 65 by Income Level, Percent by Year, 2013 through 2023

The table and chart below display trends in the percentage of the population under age 65 uninsured by household income relative to the federal poverty level (FPL) in Holt County, NE.

Population Group	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
At or Below 138% Poverty (FPL)	23.30%	21.70%	18.80%	18.20%	19.80%	16.90%	16.70%	13.70%	11.50%	14.00%	13.00%
At or Below 200% Poverty (FPL)	22.10%	20.40%	16.90%	16.70%	17.90%	15.90%	15.20%	12.80%	10.90%	13.00%	12.00%
At or Below 250% Poverty (FPL)	20.70%	19.20%	15.90%	15.50%	16.60%	15.00%	14.30%	12.20%	10.30%	12.20%	11.40%
At or Below 400% Poverty (FPL)	17.50%	16.60%	13.10%	12.50%	13.80%	12.90%	12.10%	10.50%	8.80%	10.60%	9.80%

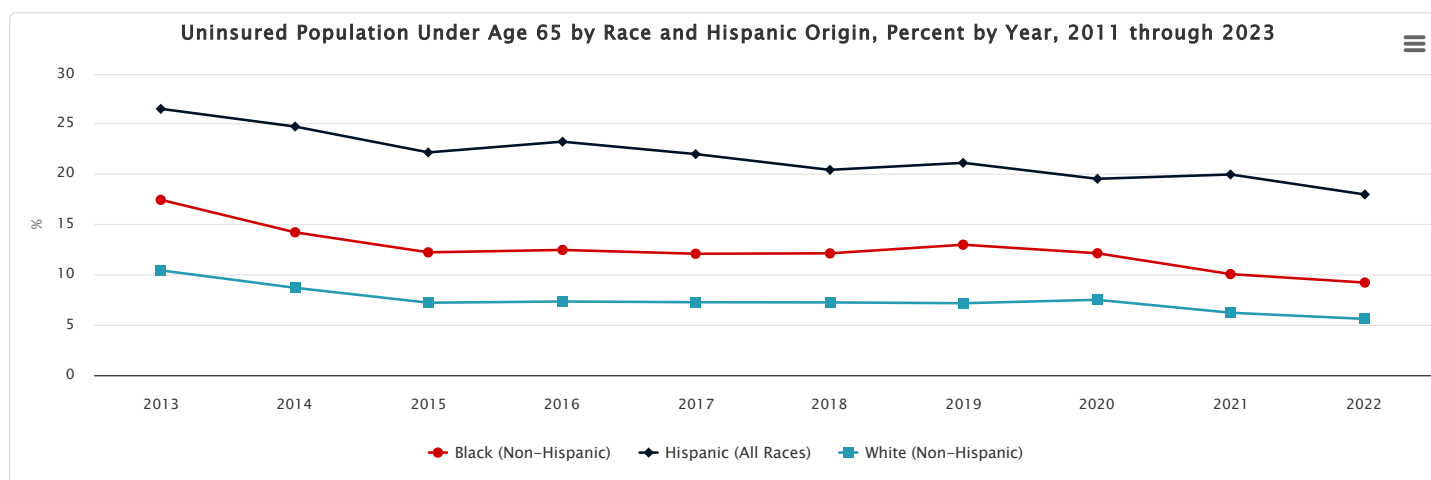


Uninsured Population Under Age 65 by Race and Hispanic Origin, Percent by Year, 2011 through 2023

The table and chart below display trends in the percentage of the population under age 65 uninsured by race and Hispanic origin in **Nebraska**.

Note: This data source provides data on insurance status by population groupings at the state and national levels only. No county-level data is available.

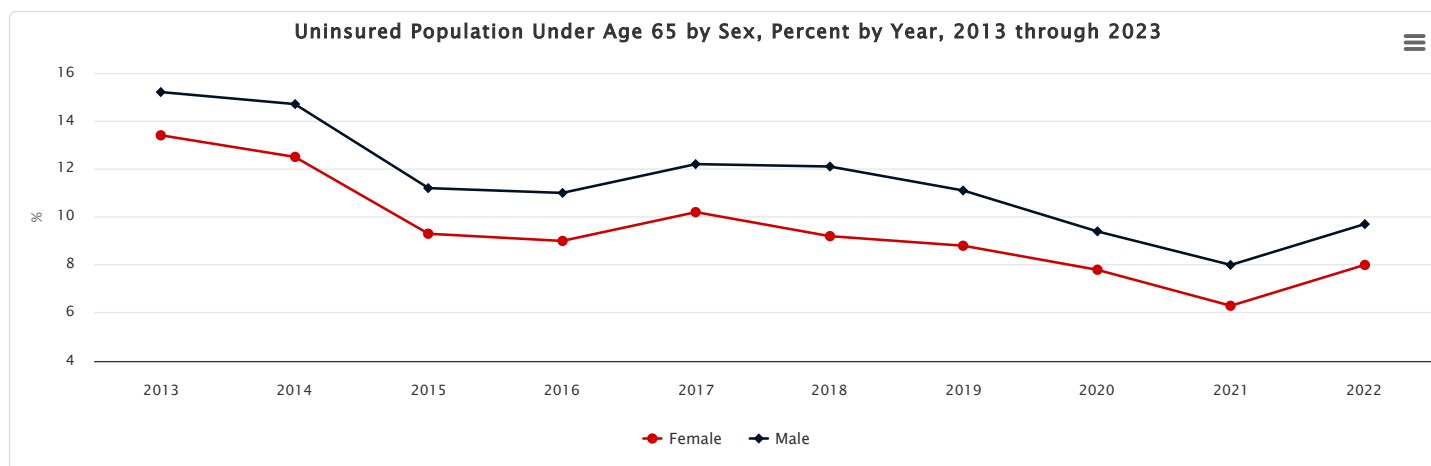
Population Group	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Black (Non-Hispanic)	17.46%	14.23%	12.23%	12.47%	12.09%	12.13%	12.99%	12.14%	10.06%	9.22%	9.37%
Hispanic (All Races)	26.53%	24.77%	22.19%	23.26%	22.02%	20.45%	21.15%	19.56%	19.99%	18.00%	16.65%
White (Non-Hispanic)	10.43%	8.70%	7.21%	7.33%	7.26%	7.24%	7.16%	7.50%	6.21%	5.60%	5.18%

Data Source: US Census Bureau, *Small Area Health Insurance Estimates*. 2023.

Uninsured Population Under Age 65 by Sex, Percent by Year, 2013 through 2023

The table and chart below display trends in the percentage of the population under age 65 uninsured by gender in Holt County, NE.

Population Group	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Female	13.40%	12.50%	9.30%	9.00%	10.20%	9.20%	8.80%	7.80%	6.30%	8.00%	6.90%
Male	15.20%	14.70%	11.20%	11.00%	12.20%	12.10%	11.10%	9.40%	8.00%	9.70%	9.40%



Community Conditions - Physical Environment

The **physical environment** is where people live, learn, work and play. People interact with their physical environment through the air they breathe, the water they drink, the land they live on and the climate around them.

For more information, please visit the County Health Rankings [Physical Environment](#) web page.

Housing and Transportation - Severe Housing Problems

This indicator reports the percentage of households with severe housing problems, i.e., households with one or more of the following housing problems:

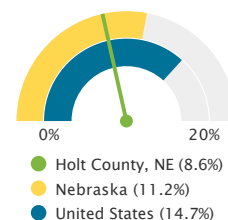
- housing unit lacks complete kitchen facilities;
- housing unit lacks complete plumbing facilities;
- household is overcrowded; or
- household is severely cost burdened.

Data were originally from HUD Comprehensive Housing Affordability Strategy (CHAS) data and were used in the 2025 County Health Rankings (CHR).

Within the report area, there are 331 or 8.6% households with severe housing problems on average between 2017 and 2021.

Report Area	Total Households	Households with One or More Housing Problems, Total	Households with One or More Housing Problems, Percent
Holt County, NE	3,846	331	8.6%
Rural Nebraska	129,723	11,477	8.8%
Urban Nebraska	634,788	74,327	11.7%
Nebraska	764,762	85,804	11.2%
United States	123,713,841	18,201,241	14.7%

Households with One or More Housing Problems, Percent



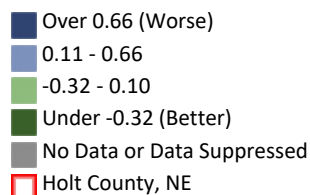
Note: This indicator is compared to the state average.

Data Source: US Department of Housing and Urban Development, *Consolidated Planning/CHAS Data*. 2017-2021.



[View larger map](#)

Severe Housing Problems, Z-Score by County, County Health Rankings 2025

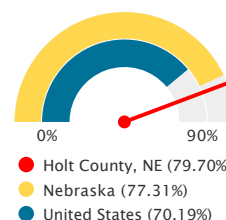


Housing and Transportation - Driving Alone to Work

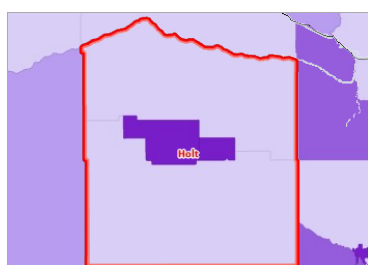
This indicator reports the percentage of the population that commutes to work on a daily basis using a motor vehicle where they were the only occupant of the vehicle. This indicator provides information on how vital the transportation network is to people's daily routines, but also conveys information about the efficiency of the public transportation network and the availability of carpool opportunities.

Report Area	Population Age 16+	Population Commuting to Work Alone in a Car	Percentage Commuting to Work Alone in a Car
Holt County, NE	5,025	4,005	79.70%
Rural Nebraska	162,066	126,276	77.92%
Urban Nebraska	846,321	653,281	77.19%
Nebraska	1,008,387	779,557	77.31%
United States	157,645,183	110,653,318	70.19%

Percentage of Workers Commuting by Car, Alone

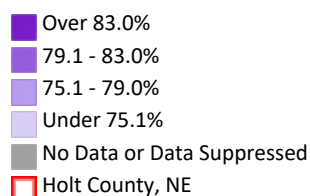


Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey, 2019-23.



[View larger map](#)

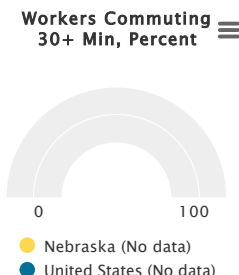
Workers Traveling to Work by Car Alone, Percent by Tract, ACS 2019-23



Housing and Transportation - Long Commute - Driving Alone

This indicator reports the percentage that commute more than 30 minutes among workers who commute in their car alone.

Report Area	Population Age 16+ that Commutes to Work	Workers Commuting 30+ Min, Total	Workers Commuting 30+ Min, Percent
Holt County, NE	4,620	No data	No data
Rural Nebraska	150,008	No data	No data
Urban Nebraska	757,479	No data	No data
Nebraska	907,487	No data	No data
United States	136,377,810	No data	No data



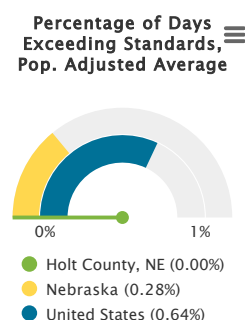
Note: This indicator is compared to the state average.

Data Source: US Census Bureau, [American Community Survey](#), 2019-23.

Air, Water and Land - Air Pollution: Particulate Matter

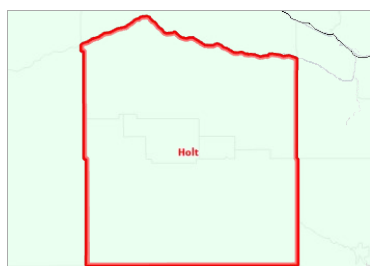
This indicator reports the percentage of days with particulate matter 2.5 levels above the National Ambient Air Quality Standard (35 micrograms per cubic meter) per year, calculated using data collected by monitoring stations and modeled to include counties where no monitoring stations occur. This indicator is relevant because poor air quality contributes to respiratory issues and overall poor health.

Report Area	Total Population	Average Daily Ambient Particulate Matter 2.5	Number of Days Exceeding NAAQS Standards	Percentage of Days Exceeding Standards, Crude Average	Percentage of Days Exceeding Standards, Pop. Adjusted Average
Holt County, NE	10,127	5.70	0.00	0.00%	0.00%
Rural Nebraska	333,185	6.26	0.00	0.11%	0.12%
Urban Nebraska	1,628,319	6.93	1.00	0.31%	0.31%
Nebraska	1,961,504	6.82	1.00	0.27%	0.28%
United States	330,251,614	9.19	2.00	0.59%	0.64%



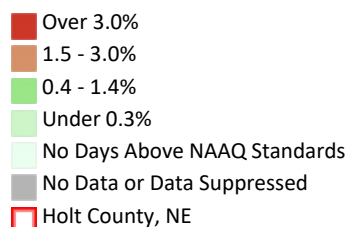
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, [CDC - National Environmental Public Health Tracking Network](#), 2020.



[View larger map](#)

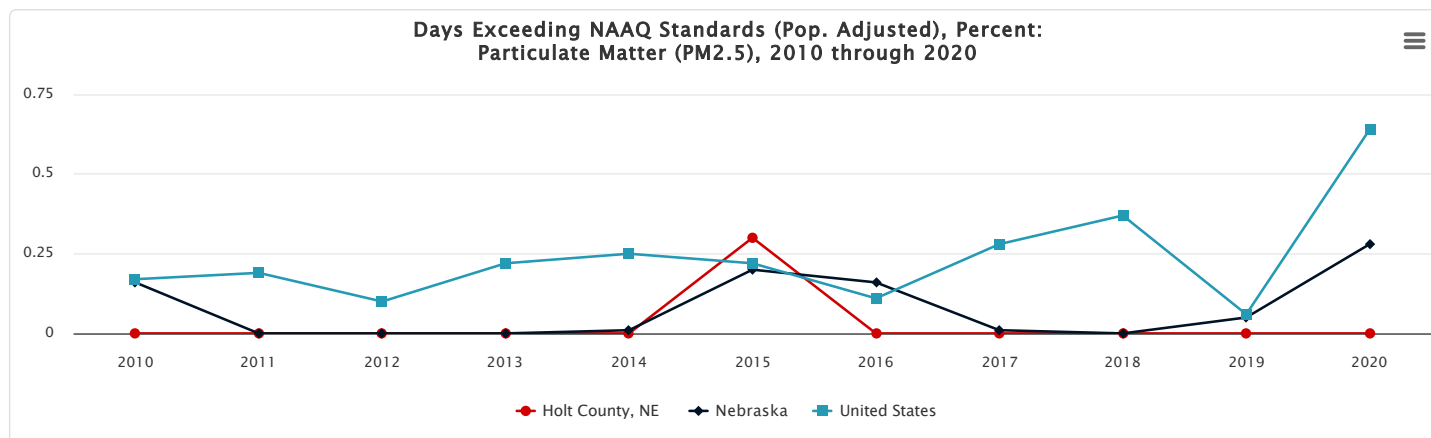
Fine Particulate Matter Levels (PM 2.5), Percentage of Days Above NAAQ Standards by Tract, NEPHTN 2020



Days Exceeding NAAQ Standards (Pop. Adjusted), Percent:
Particulate Matter (PM2.5), 2010 through 2020

Report Area	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Holt County, NE	0.00	0.00	0.00	0.00	0.00	0.30	0.00	0.00	0.00	0.00	0.00
Rural Nebraska	0.00	0.00	0.00	0.00	0.02	0.22	0.00	0.02	0.00	0.02	0.12
Urban Nebraska	0.20	0.00	0.00	0.00	0.01	0.19	0.20	0.01	0.00	0.06	0.31
Nebraska	0.16	0.00	0.00	0.00	0.01	0.20	0.16	0.01	0.00	0.05	0.28
United States	0.17	0.19	0.10	0.22	0.25	0.22	0.11	0.28	0.37	0.06	0.64

Data Source: Centers for Disease Control and Prevention, [CDC - National Environmental Public Health Tracking Network](#). 2020.

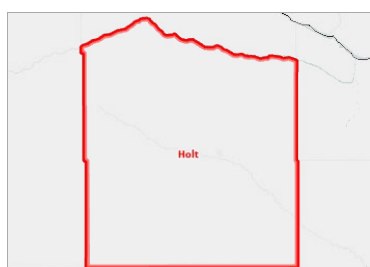


Air, Water and Land - Drinking Water Violations

This indicator reports presence or absence of one or more health-based violations in drinking water within community water systems that serve the community. The data for this indicator are obtained from the 2025 County Health Rankings, which utilizes figures from the 2023 Safe Drinking Water Information System (SDWIS).

Report Area	Estimated Total Population	Presence of Health-Based Drinking Water Violation
Holt County, NE	7,460	No
Rural Nebraska	254,145	Yes
Urban Nebraska	1,232,296	Yes
Nebraska	1,486,265	Yes
United States	259,740,526	Yes

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). Data accessed from the 2025 County Health Rankings 2023.



[View larger map](#)

Drinking Water Violations, Z-Score by County, County Health Rankings 2025

- Over 0.66 (Worse)
- 0.11 - 0.66
- 0.32 - 0.10
- Under -0.32 (Better)
- No Data or Data Suppressed
- Holt County, NE

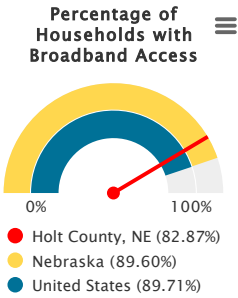
Civic and Community Resources - Broadband Access

This indicator reports the percentage of households with a broadband internet connection through subscription of any type (e.g., cable, DSL, fiber-optic, cell phone, or satellite). Data were from 2019-23 American Community Survey and were used in

the 2024 County Health Rankings.
Within the report area, there are 3,368 or 82.87% households that have a broadband internet subscription at their place of residence.

Report Area	Total Households	Households with Broadband Access, Total	Households with Broadband Access, Percent
Holt County, NE	4,064	3,368	82.87%
Rural Nebraska	136,746	115,497	84.46%
Urban Nebraska	650,139	589,538	90.68%
Nebraska	786,885	705,035	89.60%
United States	127,482,865	114,367,262	89.71%

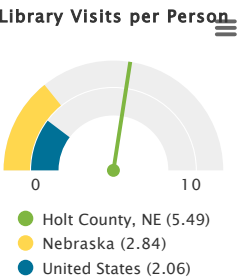
Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2019-23.



Civic and Community Resources - Library Access

This indicator reports library visits per person living within the library service area per year and is newly added into the 2025 County Health Rankings framework.

Report Area	Total Library Visits per Year	Total Population	Library Visits per Person
Holt County, NE	No data	No data	5.49
Rural Nebraska	No data	No data	No data
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	
No data	No data	No data	



and other support.

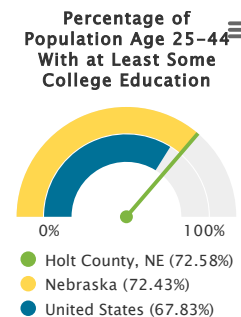
For more information, please visit the County Health Rankings [Social and Economic Factors](#) web page.

Education - Some College

This indicator reports the percentage of population age 25-44 with at least some post-secondary education. It includes individuals who pursued education following high school but did not receive a degree as well as those who attained degrees. Data are based on the U.S. Census Bureau American Community Survey 2019-23 5-year estimates.

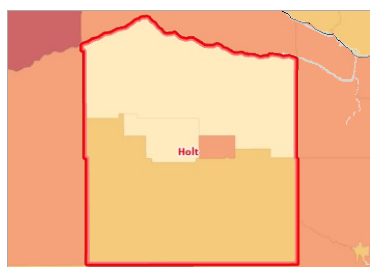
Of all the 2,137 population age 25-44 in the report area, there are 1,551 or 72.58% people who have at least some college education.

Report Area	Population Age 25-44	Population Age 25-44 with at least Some College Education, Total	Population Age 25-44 with at Least Some College Education, Percent
Holt County, NE	2,137	1,551	72.58%
Rural Nebraska	71,767	48,386	67.42%
Urban Nebraska	437,266	320,286	73.25%
Nebraska	509,033	368,672	72.43%
United States	88,990,519	60,358,208	67.83%



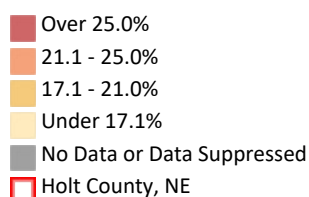
Note: This indicator is compared to the state average.

Data Source: US Census Bureau, [American Community Survey](#), 2019-23.



[View larger map](#)

Population with Some College Education, No Degree, Percent by Tract, ACS 2019-23



Education - High School Completion

This indicator reports the percentage of adults ages 25 and over with a high school diploma or equivalent. Data were obtained from the 2019-23 American Community Survey and are used in the 2024 County Health Rankings.

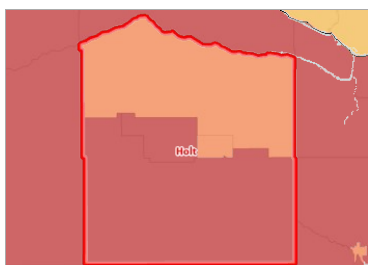
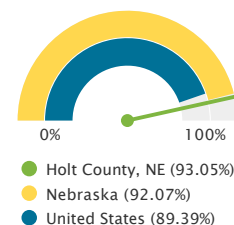
Out of all the 6,889 population age 25+ in the report area, there are 6,410 or 93.05% who have a high school diploma or equivalent.

Report Area	Population Age 25+	With a High School Diploma or Higher, Total	With a High School Diploma or Higher, Percent
Holt County, NE	6,889	6,410	93.05%
Rural Nebraska	227,289	208,918	91.92%
Urban Nebraska	1,062,967	979,082	92.11%
Nebraska	1,290,256	1,188,000	92.07%
United States	228,434,661	204,204,444	89.39%

Note: This indicator is compared to the state average.

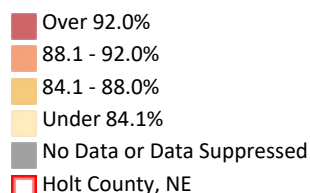
Data Source: US Census Bureau, [American Community Survey](#), 2019-23.

High School Completion



[View larger map](#)

Population with a High School Diploma or Higher, Percent by Tract, ACS 2019-23



Income, Employment and Wealth - Unemployment

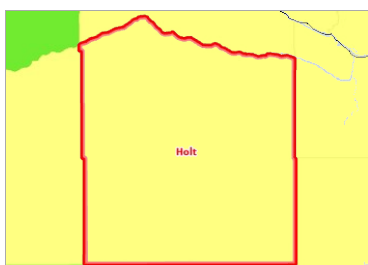
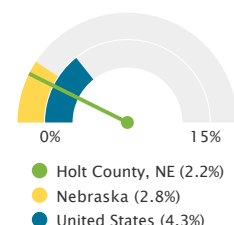
Total unemployment in the report area for the current month equals 124, or 2.2% of the civilian non-institutionalized population age 16 and older (non-seasonally adjusted). This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Labor Force	Number Employed	Number Unemployed	Unemployment Rate
Holt County, NE	5,565	5,441	124	2.2%
Rural Nebraska	172,320	167,862	4,458	2.6%
Urban Nebraska	920,313	894,113	26,200	2.8%
Nebraska	1,092,634	1,061,973	30,661	2.8%
United States	172,446,542	165,048,029	7,398,513	4.3%

Note: This indicator is compared to the state average.

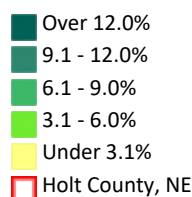
Data Source: US Department of Labor, [Bureau of Labor Statistics](#), 2025 - September.

Unemployment Rate:%



[View larger map](#)

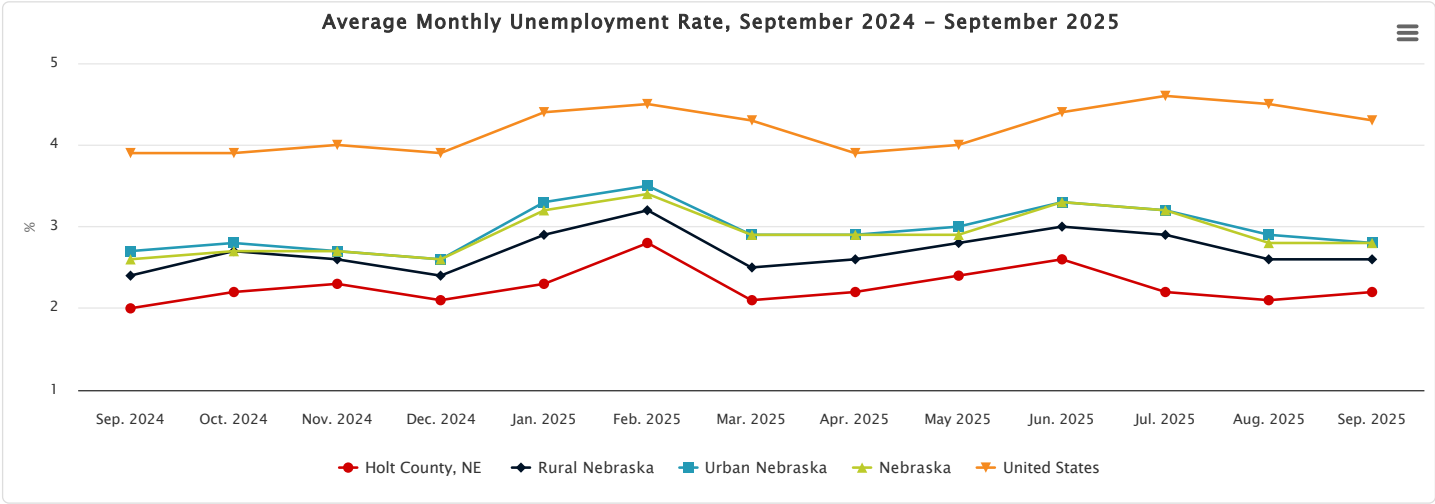
Unemployment, Rate by County, BLS 2025 - September



Average Monthly Unemployment Rate, September 2024 - September 2025

Report Area	Sep. 2024	Oct. 2024	Nov. 2024	Dec. 2024	Jan. 2025	Feb. 2025	Mar. 2025	Apr. 2025	May 2025	Jun. 2025	Jul. 2025	Aug. 2025	Sep. 2025
Holt County, NE	2.0%	2.2%	2.3%	2.1%	2.3%	2.8%	2.1%	2.2%	2.4%	2.6%	2.2%	2.1%	2.2%
Rural Nebraska	2.4%	2.7%	2.6%	2.4%	2.9%	3.2%	2.5%	2.6%	2.8%	3.0%	2.9%	2.6%	2.6%
Urban Nebraska	2.7%	2.8%	2.7%	2.6%	3.3%	3.5%	2.9%	2.9%	3.0%	3.3%	3.2%	2.9%	2.8%
Nebraska	2.6%	2.7%	2.7%	2.6%	3.2%	3.4%	2.9%	2.9%	2.9%	3.3%	3.2%	2.8%	2.8%
United States	3.9%	3.9%	4.0%	3.9%	4.4%	4.5%	4.3%	3.9%	4.0%	4.4%	4.6%	4.5%	4.3%

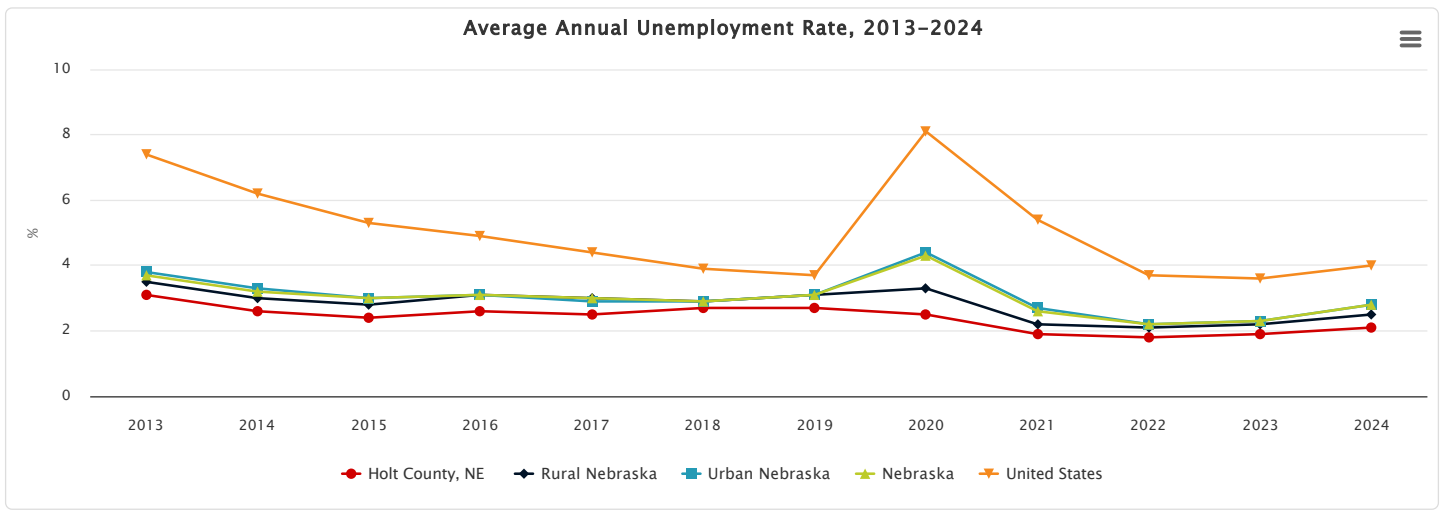
Data Source: US Department of Labor, Bureau of Labor Statistics. 2025 - September.



Average Annual Unemployment Rate, 2013-2024

Report Area	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Holt County, NE	3.1%	2.6%	2.4%	2.6%	2.5%	2.7%	2.7%	2.5%	1.9%	1.8%	1.9%	2.1%
Rural Nebraska	3.5%	3.0%	2.8%	3.1%	3.0%	2.9%	3.1%	3.3%	2.2%	2.1%	2.2%	2.5%
Urban Nebraska	3.8%	3.3%	3.0%	3.1%	2.9%	2.9%	3.1%	4.4%	2.7%	2.2%	2.3%	2.8%
Nebraska	3.7%	3.2%	3.0%	3.1%	3.0%	2.9%	3.1%	4.3%	2.6%	2.2%	2.3%	2.8%
United States	7.4%	6.2%	5.3%	4.9%	4.4%	3.9%	3.7%	8.1%	5.4%	3.7%	3.6%	4.0%

Data Source: US Department of Labor, Bureau of Labor Statistics. 2025 - September.



Income, Employment and Wealth - Income Inequality (80/20 Ratio)

This indicator reports the ratio of household income at the 80th percentile to that at the 20th percentile, i.e., when the incomes of all households in a county are listed from highest to lowest, the 80th percentile is the level of income at which only 20% of households have higher incomes, and the 20th percentile is the level of income at which only 20% of households have lower incomes. A higher inequality ratio indicates greater division between the top and bottom ends of the income spectrum.

Report Area	Total Households	Ratio of Household Income at the 80th Percentile to Income at the 20th Percentile
Holt County, NE	4,064	4.2
Nebraska	786,885	4.2
United States	127,482,865	4.9

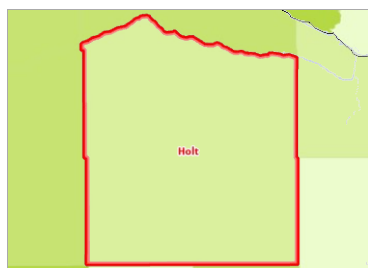
Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Income, Employment and Wealth - Children in Poverty

Poverty rate change for children ages 0 - 17 in the report area from 2013 to 2023 is shown below. According to the U.S. Census, the poverty rate for the area was 14.30% in 2023 and was 16.7% in 2013.

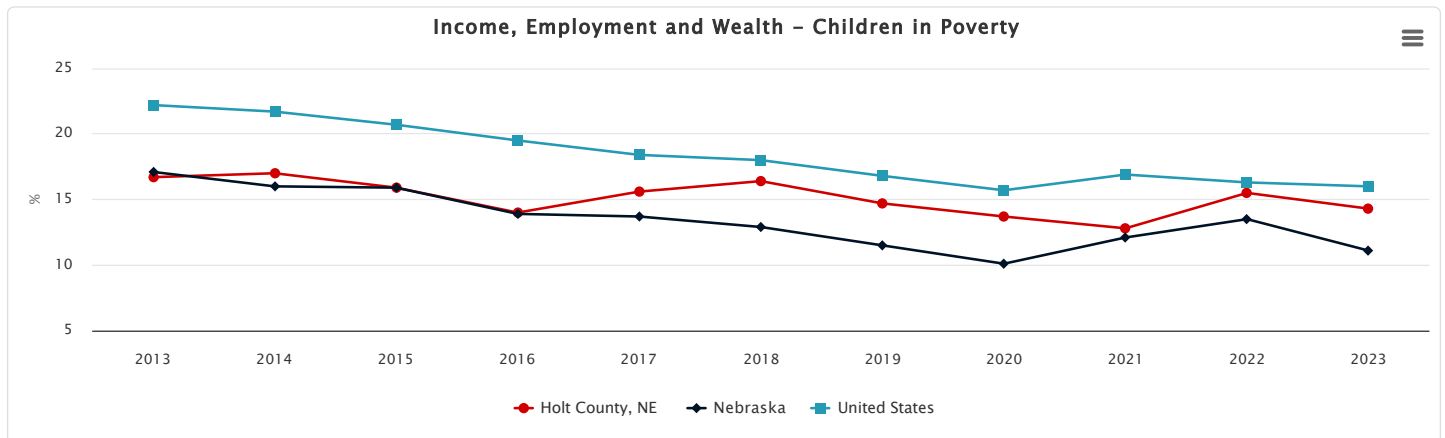
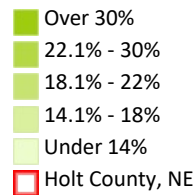
Report Area	Poverty Age 0-17 2013	Poverty Age 0-17 2014	Poverty Age 0-17 2015	Poverty Age 0-17 2016	Poverty Age 0-17 2017	Poverty Age 0-17 2018	Poverty Age 0-17 2019	Poverty Age 0-17 2020	Poverty Age 0-17 2021	Poverty Age 0-17 2022	Poverty Age 0-17 2023
Holt County, NE	16.7%	17%	15.9%	14%	15.6%	16.4%	14.7%	13.7%	12.8%	15.5%	14.30%
Rural Nebraska	17.9%	17.2%	16.4%	16.2%	16.0%	15.8%	14.4%	13.1%	13.7%	15.0%	13.5%
Urban Nebraska	16.9%	15.7%	15.8%	13.4%	13.3%	12.3%	11.0%	9.5%	11.7%	13.2%	10.6%
Nebraska	17.1%	16%	15.9%	13.9%	13.7%	12.9%	11.5%	10.1%	12.1%	13.5%	11.10%
United States	22.2%	21.7%	20.7%	19.5%	18.4%	18%	16.8%	15.7%	16.9%	16.30%	16%

Note: This indicator is compared to the state average.
 Data Source: US Census Bureau, [Small Area Income and Poverty Estimates](#). 2023.



[View larger map](#)

Population Below the Poverty Level, Children (Age 0-18), Percent by County, SAIPE 2023



Safety and Social Support - Injury Deaths

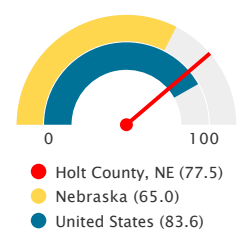
The injury mortality rate is the number of deaths due to intentional or unintentional injury per 100,000 population. Data were originally from the 2018-2022 National Center for Health Statistics (NCHS) data and were used in the 2025 County Health Rankings.

Within the report area there are 39 injury deaths over the five years from 2018 to 2022. This represents a rate of 77.5 deaths per 100,000 total population.

Note: Data are suppressed for counties with fewer than 10 injury deaths in the time period.

Report Area	Total Population (5-year Avg.)	Injury Deaths, Total (5-year Total)	Injury Deaths, Rate per 100,000 Population
Holt County, NE	10,058	39	77.5
Rural Nebraska	313,266	1,331	85.0
Urban Nebraska	1,608,412	4,900	60.9
Nebraska	1,946,568	6,322	65.0
United States	330,014,476	1,378,840	83.6

Injury Deaths, Rate per 100,000 Population



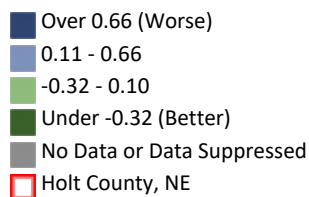
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. US Census Bureau, US Census Population Estimates. 2018-2022.



[View larger map](#)

Injury Deaths, Z-Score by County, County Health Rankings 2025

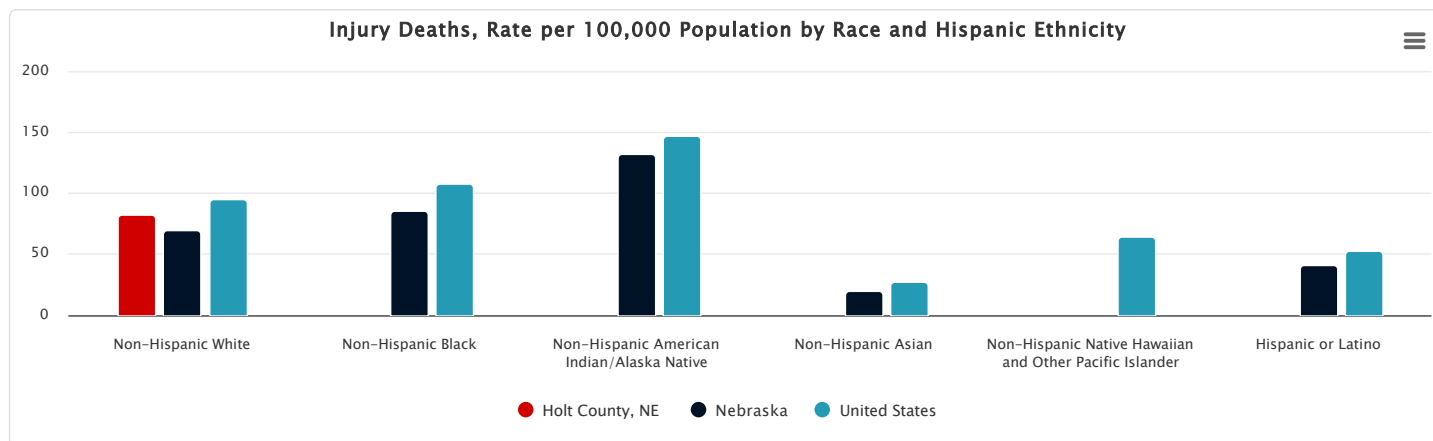


Injury Deaths, Rate per 100,000 Population by Race and Hispanic Ethnicity

This indicator reports the 2018-2022 five-year average rate of death due to intentional or unintentional injury per 100,000 population by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Hispanic or Latino
Holt County, NE	81.6	No data	No data	No data	No data	No data
Rural Nebraska	88.2	No data	193.6	No data	No data	48.5
Urban Nebraska	64.8	87.5	140.9	18.2	No data	40.7
Nebraska	69.2	85.5	131.8	19.2	No data	40.4
United States	94.4	107.9	146.5	26.8	63.9	52.1

Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). US Census Bureau, [US Census Population Estimates](#). 2018-2022.



Safety and Social Support - Social Associations

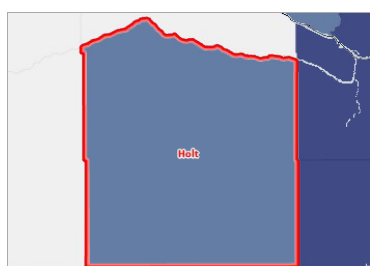
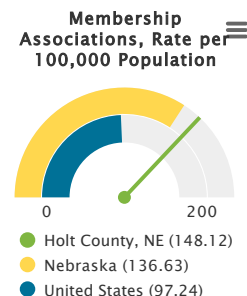
This indicator reports the number of social associations per 100,000 population. Associations include membership organizations such as civic organizations, bowling centers, golf clubs, fitness centers, sports organizations, political organizations, labor organizations, business organizations, and professional organizations.

Note: Counts of establishments < 3 are suppressed.

Report Area	Total Population (2020)	Number of Establishments	Establishments, Rate per 100,000 Population
Holt County, NE	10,127	15	148.12
Rural Nebraska	333,185	Suppressed	155.17
Urban Nebraska	1,628,319	Suppressed	115.76
Nebraska	1,961,504	2,680	136.63
United States	331,449,275	322,317	97.24

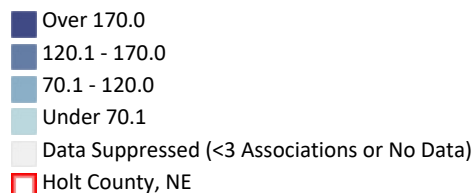
Note: This indicator is compared to the state average.

Data Source: US Census Bureau, [County Business Patterns](#). Additional data analysis by CARES. 2022.



[View larger map](#)

Social Associations, Rate (Per 100,000 Pop.) by County, CBP 2023

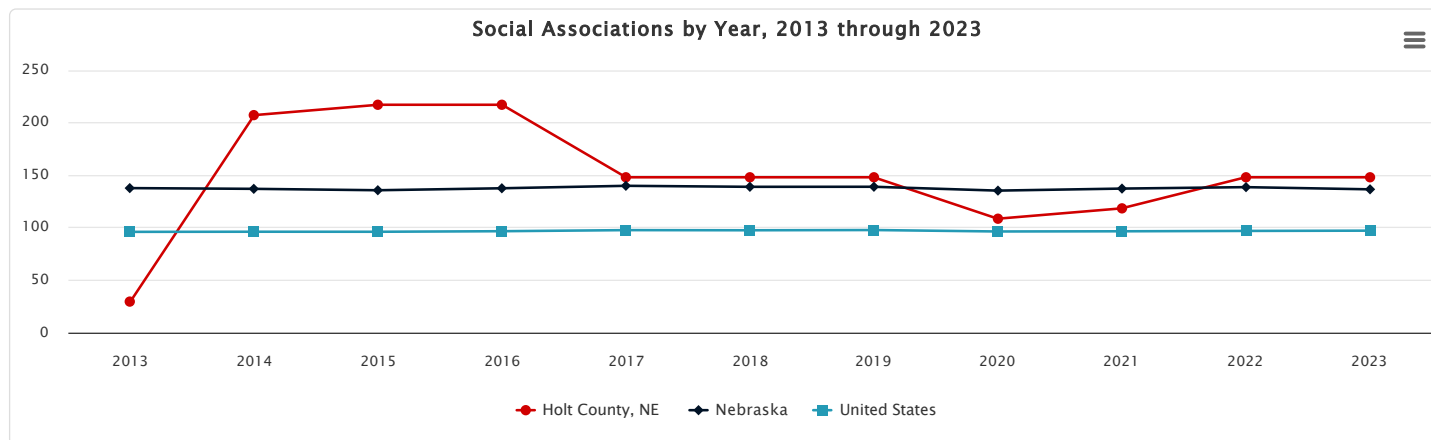


Social Associations by Year, 2013 through 2023

This indicator presents the annual rate of social associations per 100,000 people from 2013 to 2023, based on data from the U.S. Census Bureau's County Business Patterns (CBP). It captures the presence of civic, social, and community organizations, reflecting opportunities for social engagement and community connection over time.

Report Area	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Holt County, NE	29.62	207.37	217.24	217.24	148.12	148.12	148.12	108.62	118.5	148.12	148.12
Rural Nebraska	32.11	224.8	224.5	224.8	170.78	164.77	164.77	156.67	161.77	160.27	155.17
Urban Nebraska	20.02	119.08	117.61	119.82	116.75	116.62	116.62	113.06	115.03	116.5	115.76
Nebraska	137.8	137.09	135.76	137.65	139.99	139.03	139.08	135.41	137.34	138.72	136.63
United States	96.1	96.22	96.18	96.71	97.74	97.61	97.83	96.45	96.64	96.98	97.24

Data Source: US Census Bureau, [County Business Patterns](#). Additional data analysis by CARES. 2022.

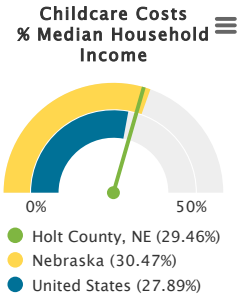


Safety and Social Support - Child Care Cost Burden

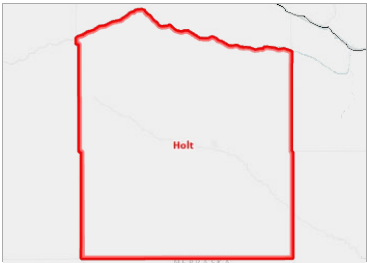
This indicator reports the childcare costs for a median-income household with two children as a percentage of household income. Data are acquired from the 2024&2023 Living Wage Calculator and Small Area Income and Poverty Estimates and are used in the 2025 County Health Rankings.

Within the report area, on average households with two children spend \$19,386 or 29.46% of their household income on childcare, which is lower than or equal to the state average of 30.47%.

Report Area	Median Household Income	Childcare Cost	Childcare Costs, Percentage of Median Household Income
Holt County, NE	\$65,815	\$19,386	29.46%
Rural Nebraska	\$3,897,451	\$1,221,318	31.34%
Urban Nebraska	\$2,191,389	\$602,364	27.49%
Nebraska	\$74,727	\$22,766	30.47%
United States	\$77,719	\$21,672	27.89%



Note: This indicator is compared to the state average.
Data Source: United States Census Bureau, Living Wage Agency, [US Census Small Area Income and Poverty Estimates and Living Wage Calculator](#). Accessed via [County Health Rankings](#). 2024&2023.



[View larger map](#)

Child Care Cost Burden, Percent of Median Household Income by County, SAIPE & LWC 2024 & 2023

- Over 30.0%
- 25.1 - 30.0%
- 21.0 - 25.0%
- Under 21.0%
- No Data or Data Suppressed
- Holt County, NE

Additional Measures - Population Health and Well-being - Length of Life

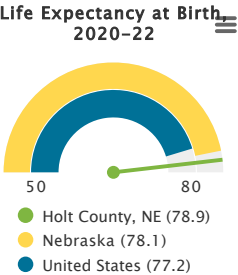
Life Span - Life Expectancy

This indicator reports the average life expectancy at birth (age-adjusted to 2000 standard). Data were from the National Center for Health Statistics - Mortality Files (2020-2022) and are used for the 2025 County Health Rankings.

Of the total 9,012 population in the report area, the average life expectancy during the 2020-22 three-year period is 78.9, which is higher than the statewide rate of 78.1.

Note: Data are suppressed for counties with fewer than 5,000 population-years-at-risk in the time frame.

Report Area	Total Population	Life Expectancy at Birth (2020-22)
Holt County, NE	9,012	78.9
Rural Nebraska	292,420	77.1
Urban Nebraska	1,521,686	78.3
Nebraska	1,823,098	78.1
United States	308,455,738	77.2

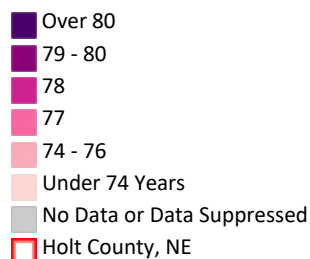


Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2020-2022.



[View larger map](#)

Life Expectancy, Years by County, CDC NVSS 2020-2022

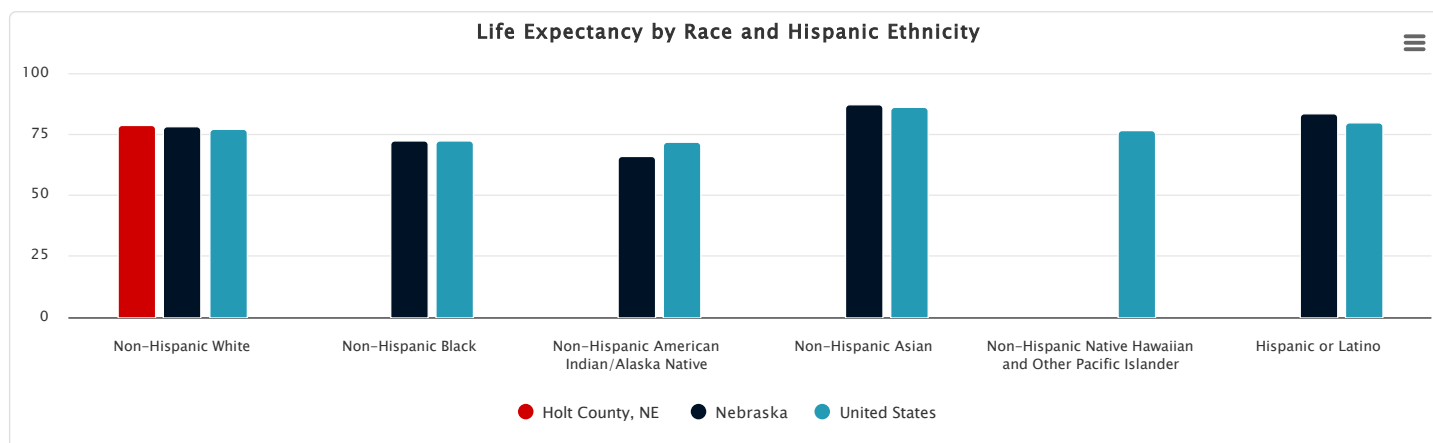


Life Expectancy by Race and Hispanic Ethnicity

This indicator reports the 2020-2022 three-year average number of years a person can expect to live by race and Hispanic ethnicity.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Hispanic or Latino
Holt County, NE	78.8	No data	No data	No data	No data	No data
Rural Nebraska	77.6	No data	53.7	No data	No data	85.2
Urban Nebraska	78.4	72.1	67.2	87.4	No data	83.3
Nebraska	78.2	72.4	66.0	87.0	No data	83.1
United States	77.2	72.1	71.8	86.0	76.4	79.7

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2020-2022.

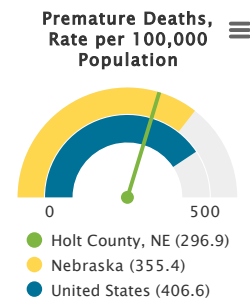


Life Span - Premature Age-Adjusted Mortality

This indicator reports the number of deaths among residents under age 75 per 100,000 population (age-adjusted). Data were originally from the 2020-2022 National Center for Health Statistics (NCHS) and were used in the 2025 County Health Rankings. Within the report area there are 119 premature deaths over the three years from 2020 to 2022. This represents a rate of 296.9 deaths among residents under the age of 75 per 100,000 total population.

Note: Data are suppressed for counties with fewer than 20 premature deaths in the time period.

Report Area	Total Population (3-year Avg.)	Premature Deaths, Total (3-year Total)	Premature Deaths, Rate per 100,000 Population
Holt County, NE	9,012	119	296.9
Rural Nebraska	292,420	4,877	555.9
Urban Nebraska	1,521,686	19,017	416.6
Nebraska	1,823,098	24,019	355.4
United States	308,455,738	4,763,989	406.6



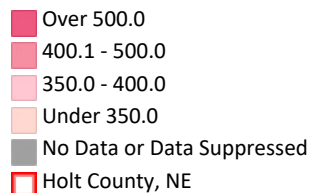
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via County Health Rankings. 2020-2022.



[View larger map](#)

Premature Death (Under Age 75), Deaths Before Age 75, Rate per 100,000 Population by County, CDC NVSS 2020-2022

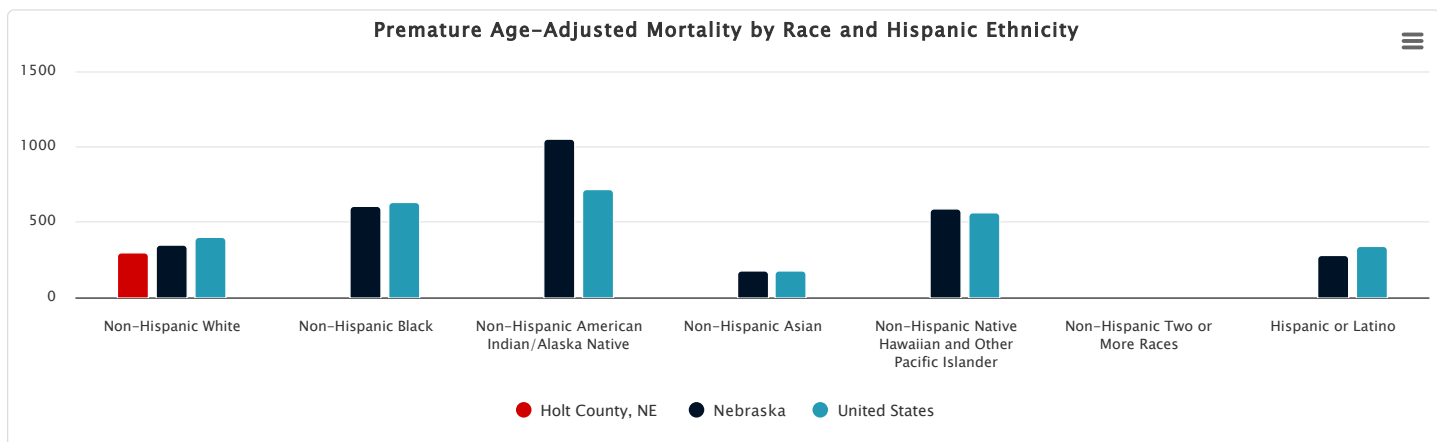


Premature Age-Adjusted Mortality by Race and Hispanic Ethnicity

This indicator reports the 2020-2022 three-year average rate of deaths among residents under age 75 per 100,000 population (age-adjusted) by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Non-Hispanic Two or More Races	Hispanic or Latino
Holt County, NE	299.9	No data	No data	No data	No data	No data	No data
Rural Nebraska	380.5	No data	1,952.9	No data	No data	No data	387.4
Urban Nebraska	342.0	625.4	935.7	161.7	No data	No data	274.2
Nebraska	349.6	602.4	1,052.2	172.5	589.5	No data	274.4
United States	398.8	631.2	715.7	174.3	562.7	No data	338.0

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via County Health Rankings. 2020-2022.



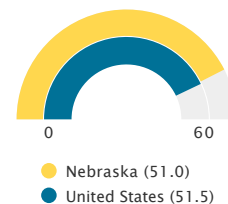
Life Span - Child Mortality

This indicator reports information about child mortality, which is defined as the number of deaths among residents ages 0-19 per 100,000 population. Data were from the National Center for Health Statistics - Mortality Files (2019-2022) and are used for the 2025 County Health Rankings.

Note: Data are suppressed for counties with fewer than 10 child deaths in the time frame.

Report Area	Number of Child Deaths	Deaths per 100,000 Population Age < 20
Holt County, NE	No data	No data
Rural Nebraska	63	82.9
Urban Nebraska	851	50.2
Nebraska	1,082	51.0
United States	168,175	51.5

Child Mortality
Rate per 100,000
Population Age < 20



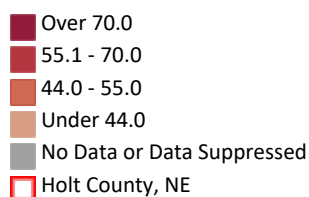
Note: This indicator is compared to the state average.

Data Source: University of Wisconsin Population Health Institute, County Health Rankings, 2019-2022.



[View larger map](#)

Child Mortality, Rate (Per 100,000 Pop.) by County, CDC NVSS 2019-2022

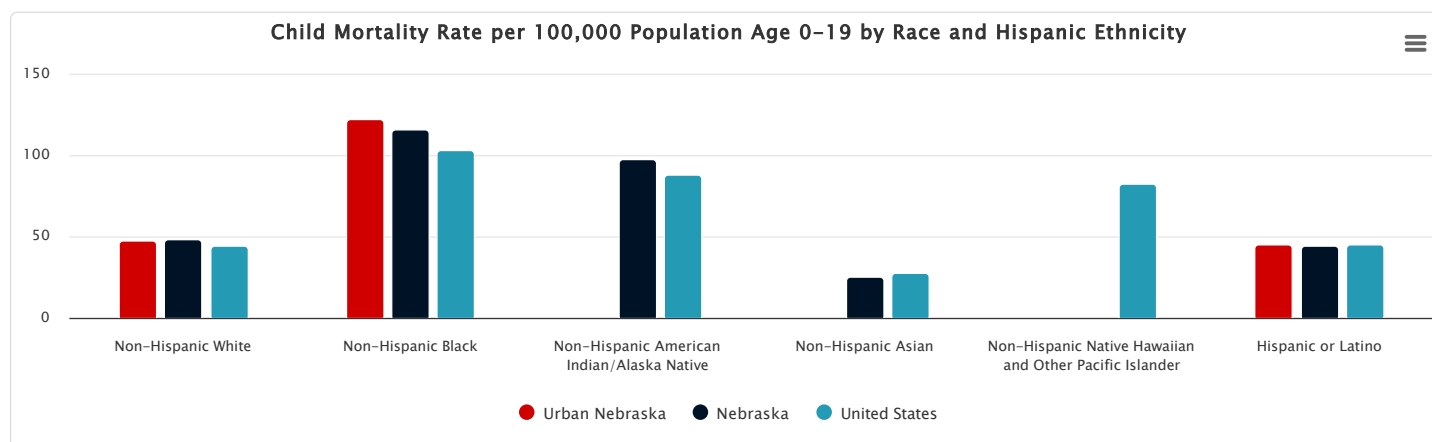


Child Mortality Rate per 100,000 Population Age 0-19 by Race and Hispanic Ethnicity

The indicator reports the 2019-2022 four-year average child mortality rates per 100,000 population age 0-19 by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Hispanic or Latino
Holt County, NE	No data	No data	No data	No data	No data	No data
Rural Nebraska	No data	No data	No data	No data	No data	No data
Urban Nebraska	47.4	121.7	No data	No data	No data	45.0
Nebraska	48.3	115.4	96.9	25.0	No data	44.1
United States	43.7	102.4	87.8	27.1	81.9	44.9

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2019-2022.

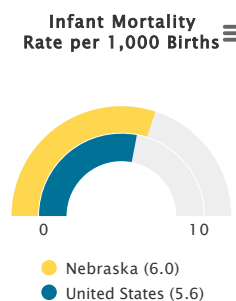


Life Span - Infant Mortality

This indicator reports information about infant mortality, which is defined as the number of all infant deaths (within 1 year) per 1,000 live births. Data were from the National Center for Health Statistics - Mortality Files (2016-2022) and are used for the 2025 County Health Rankings.

Note: Data are suppressed for counties with fewer than 20 infant deaths in the time frame.

Report Area	Number of Infant Deaths	Deaths per 1,000 Live Births
Holt County, NE	No data	No data
Rural Nebraska	No data	No data
Urban Nebraska	724	5.7
Nebraska	994	6.0
United States	147,939	5.6



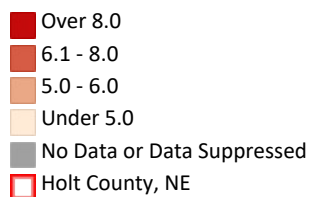
Note: This indicator is compared to the state average.

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2016-2022.



[View larger map](#)

Infant Mortality, Rate per 1,000 Births by County, CDC NVSS 2016-2022

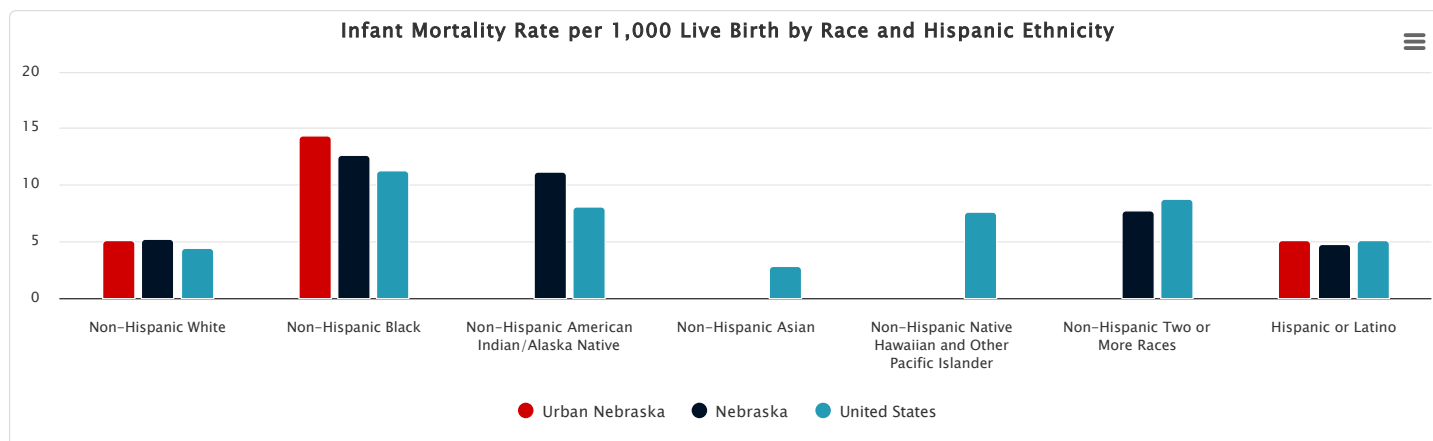


Infant Mortality Rate per 1,000 Live Birth by Race and Hispanic Ethnicity

The indicator reports the 2016-2022 seven-year average infant mortality rates per 1,000 births by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Non-Hispanic Two or More Races	Hispanic or Latino
Holt County, NE	No data	No data	No data	No data	No data	No data	No data
Rural Nebraska	No data	No data	No data	No data	No data	No data	No data
Urban Nebraska	5.1	14.3	No data	No data	No data	No data	5.1
Nebraska	5.2	12.6	11.1	No data	No data	7.7	4.8
United States	4.4	11.3	8.1	2.8	7.6	8.7	5.1

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#), 2016-2022.



Additional Measures - Population Health and Well-being - Quality of Life

Quality of life underscores the importance of physical, mental, social and emotional health throughout the life course. Quality of life reflects internal conditions, such as perceived health, life satisfaction and self-esteem. Quality of life also includes external aspects that enable people to live well, such as environmental and housing quality and community safety. Quality of life data tell us how people assess their overall well-being. Self-assessed health correlates with actual health outcomes. Health-related quality of life focuses on how a person's health impacts their ability to live a full life.

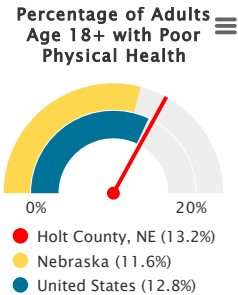
For more information, please visit the County Health Rankings [Quality of Life](#) web page.

Physical Health - Frequent Physical Distress

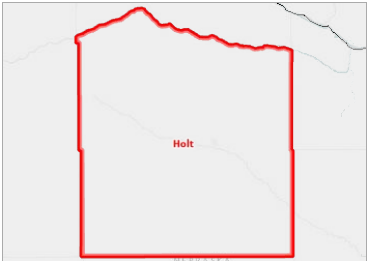
This indicator reports the percentage of adults age 18 and older who reported 14 or more days during the past 30 days during which their physical health was not good.

Within the report area, 13.2% of adults 18 and older reported having poor physical health in the past month.

Report Area	Total Population	Adults Age 18+ with Poor Physical Health (Crude)	Adults Age 18+ with Poor Physical Health (Age-Adjusted)
Holt County, NE	10,093	13.2%	11.8%
Rural Nebraska	331,290	13.1%	11.9%
Urban Nebraska	1,647,089	11.3%	10.9%
Nebraska	1,978,379	11.6%	11.0%
United States	334,914,895	12.8%	12.1%

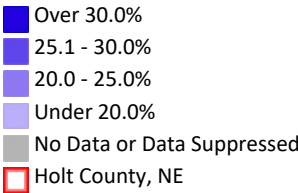


Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.



[View larger map](#)

Poor Physical Health, Percent of Adults Age 18+ by ZCTA, CDC BRFSS
PLACES Project 2023

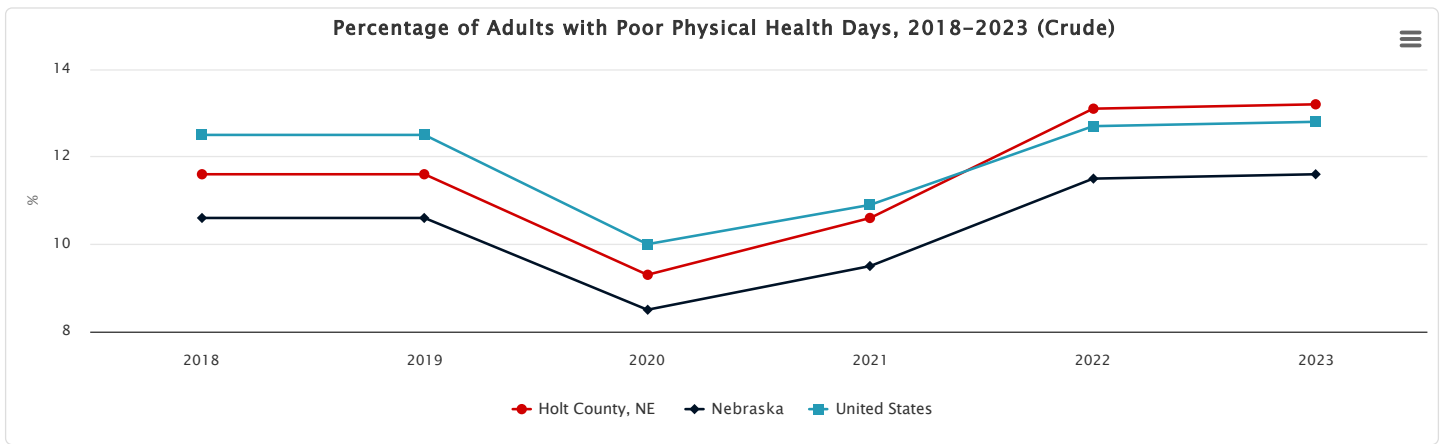


Percentage of Adults with Poor Physical Health Days, 2018-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ whose report frequent physical distress.

Report Area	2018	2019	2020	2021	2022	2023
Holt County, NE	11.6%	11.6%	9.3%	10.6%	13.1%	13.2%
Rural Nebraska	12.0%	12.0%	9.8%	10.8%	12.6%	13.1%
Urban Nebraska	10.3%	10.3%	8.3%	9.2%	11.3%	11.3%
Nebraska	10.6%	10.6%	8.5%	9.5%	11.5%	11.6%
United States	12.5%	12.5%	10.0%	10.9%	12.7%	12.8%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.

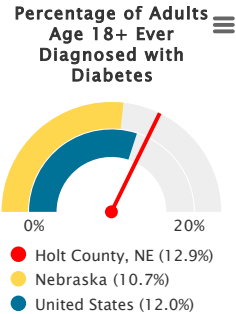


Physical Health - Diabetes Prevalence

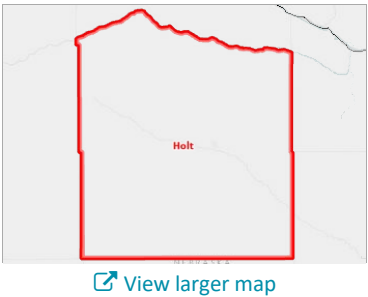
This indicator reports the percentage of adults age 18 and older who reported ever been told by a doctor, nurse, or other health professional that they have diabetes other than diabetes during pregnancy.

Within the report area there are 12.9% adults age 18 and older with diabetes.

Report Area	Total Population	Adults Age 18+ Ever Diagnosed with Diabetes (Crude)	Adults Age 18+ Ever Diagnosed with Diabetes (Age-Adjusted)
Holt County, NE	10,093	12.9%	9.6%
Rural Nebraska	331,290	12.5%	9.8%
Urban Nebraska	1,647,089	10.3%	9.4%
Nebraska	1,978,379	10.7%	9.5%
United States	334,914,895	12.0%	10.3%



Note: This indicator is compared to the state average.
 Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.



Diabetes, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023

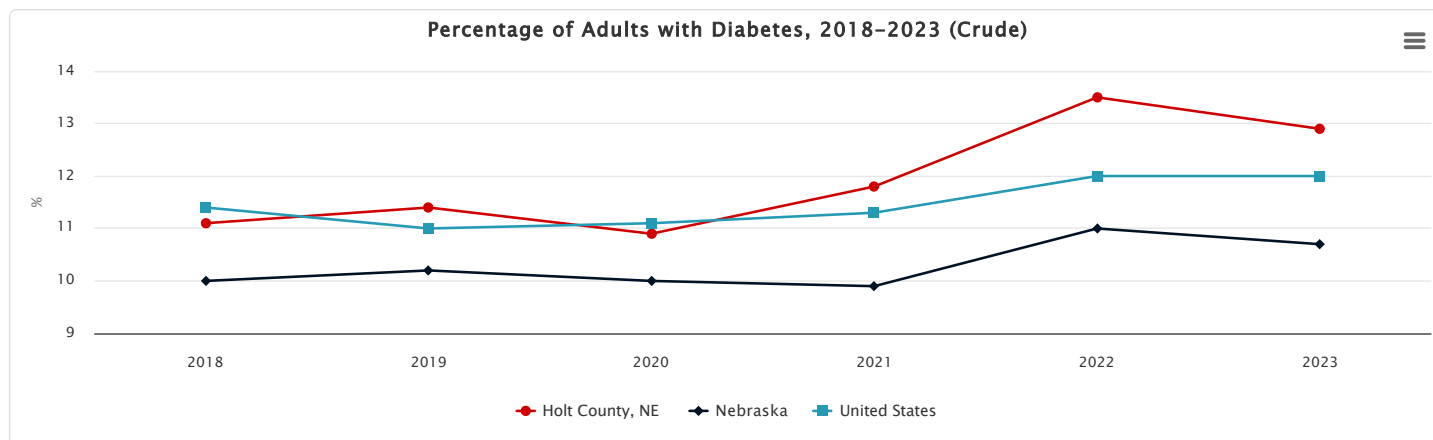
- Over 13.0%
- 11.1 - 13.0%
- 9.1 - 11.0%
- Under 9.1%
- No Data or Data Suppressed
- Holt County, NE

Percentage of Adults with Diabetes, 2018-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ who have ever been diagnosed with diabetes.

Report Area	2018	2019	2020	2021	2022	2023
Holt County, NE	11.1%	11.4%	10.9%	11.8%	13.5%	12.9%
Rural Nebraska	11.4%	11.6%	11.4%	11.5%	12.5%	12.5%
Urban Nebraska	9.7%	9.9%	9.7%	9.6%	10.7%	10.3%
Nebraska	10.0%	10.2%	10.0%	9.9%	11.0%	10.7%
United States	11.4%	11.0%	11.1%	11.3%	12.0%	12.0%

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2023.

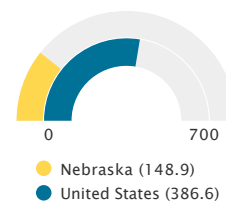


Physical Health - HIV Prevalence

This indicator reports the prevalence of HIV in the report area as a rate per 100,000 population over age 13. The data reflect persons living with diagnosed HIV infection at the end of the latest reporting year, or persons living with infection ever classified as stage 3 (AIDS) at the end of the latest report year.

Report Area	Population Age 13+	Population with HIV / AIDS	Population with HIV / AIDS, Rate per 100,000 Pop.
Holt County, NE	8,229	Suppressed	Suppressed
Rural Nebraska	277,140	5	6.57
Urban Nebraska	1,353,646	731	61.15
Nebraska	1,630,790	2,429	148.9
United States	282,494,087	1,092,023	386.6

Population with HIV / AIDS, Rate per 100,000 Pop.



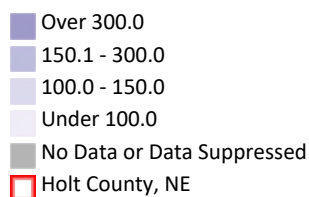
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, [National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention](#). 2022.



[View larger map](#)

HIV Prevalence, Rate (Per 100,000 Pop.) by County, CDC NCHHSTP 2022

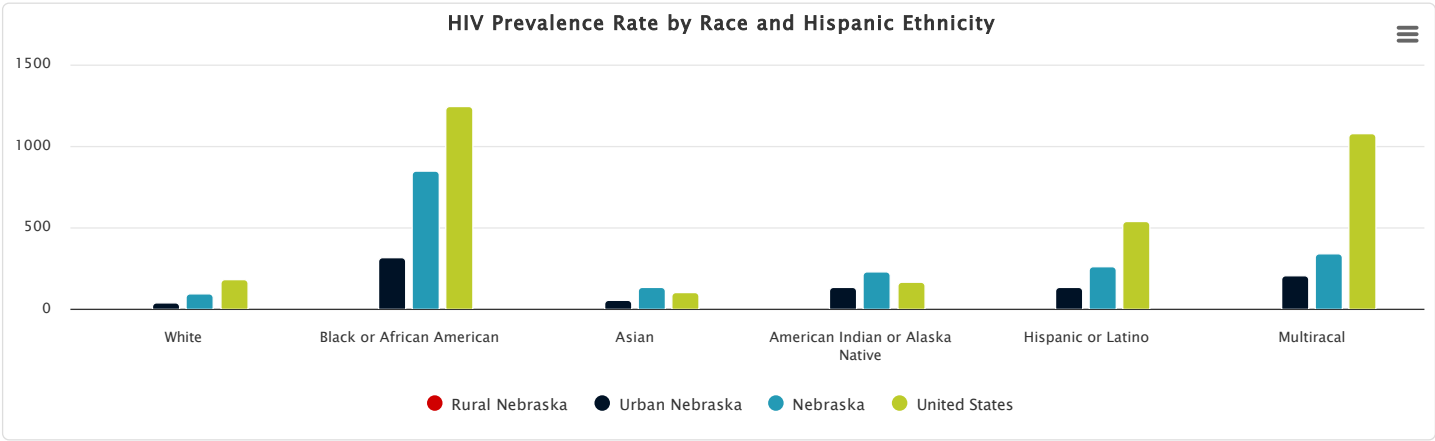


HIV Prevalence Rate by Race and Hispanic Ethnicity

The table below displays trends in the prevalence rate for HIV/AIDS for the latest report year by population race and Hispanic ethnicity.

Report Area	White	Black or African American	Asian	American Indian or Alaska Native	Hispanic or Latino	Multiracial
Holt County, NE	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed
Rural Nebraska	0.0	0.0	No data	0.0	0.0	0.0
Urban Nebraska	32.1	311.0	53.0	134.3	132.6	203.1
Nebraska	88.2	841.5	129.2	227.3	261.9	334.8
United States	178.7	1,243.8	99.3	160.6	533.6	1,078.8

Data Source: Centers for Disease Control and Prevention, [National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention](#). 2022.

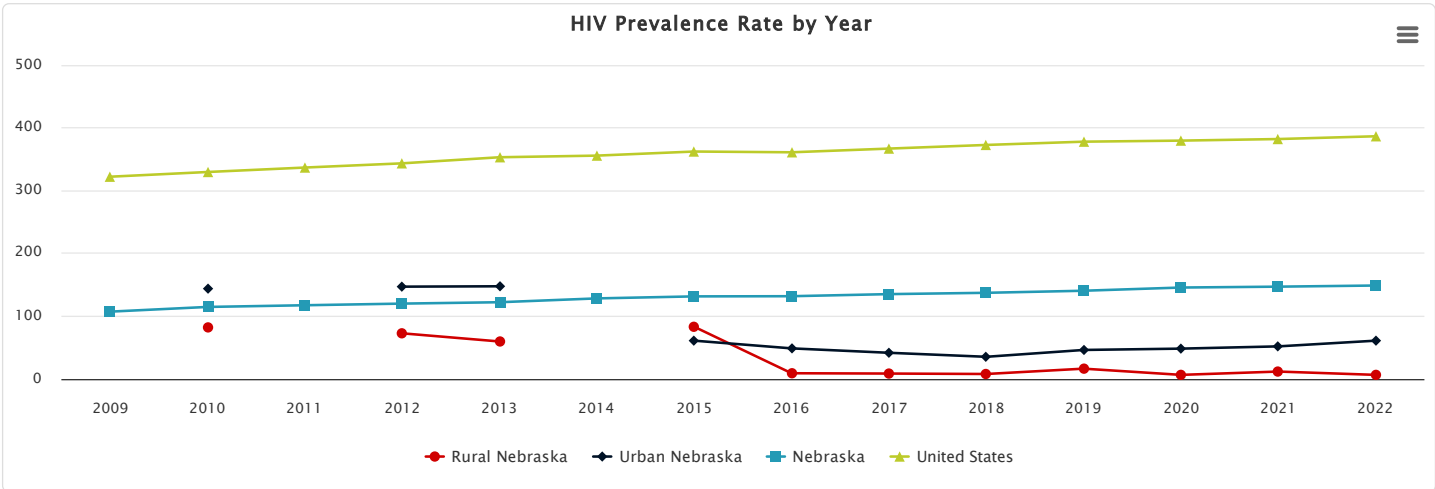


HIV Prevalence Rate by Year

The table below displays trends in the prevalence rate for HIV/AIDS for years 2009 through 2022. Rates are expressed per 100,000 population age 13 and older.

Report Area	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Holt County, NE	No data	No data	No data	No data	No data	No data	No data	No data	No data	No data	No data	No data	No data	No data
Rural Nebraska	No data	82.2	No data	72.8	59.8	No data	83.2	9.2	8.7	8.0	16.5	6.6	11.9	6.6
Urban Nebraska	No data	143.9	No data	147.1	147.7	No data	61.1	48.8	41.8	35.4	46.3	48.4	52.0	61.1
Nebraska	107.3	114.8	117.5	120.1	122.3	128.4	131.6	131.9	135.2	137.3	140.6	145.7	147.1	148.9
United States	322.2	329.7	336.8	343.5	353.2	355.8	362.3	361.1	367.0	372.8	378.0	379.7	382.2	386.6

Data Source: Centers for Disease Control and Prevention, [National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention](#). 2022.

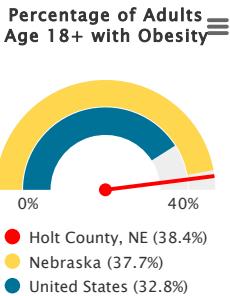


Physical Health - Adult Obesity

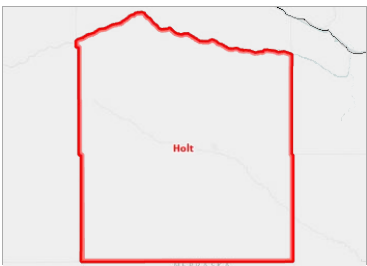
This indicator reports the percentage of adults age 18 and older who are obese, defined as having a body mass index (BMI) =30.0 kg/m², calculated from self-reported weight and height.

Within the report area there were 38.4% adults age 18 and older with obesity.

Report Area	Total Population	Adults Age 18+ with Obesity (Crude)	Adults Age 18+ with Obesity (Age-Adjusted)
Holt County, NE	10,093	38.4%	38.7%
Rural Nebraska	331,290	39.6%	40.1%
Urban Nebraska	1,647,089	37.3%	37.7%
Nebraska	1,978,379	37.7%	38.1%
United States	334,914,895	32.8%	32.9%

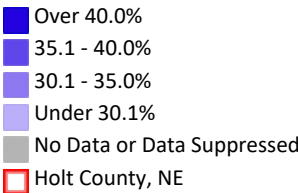


Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.



[View larger map](#)

Obese (BMI >= 30), Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023

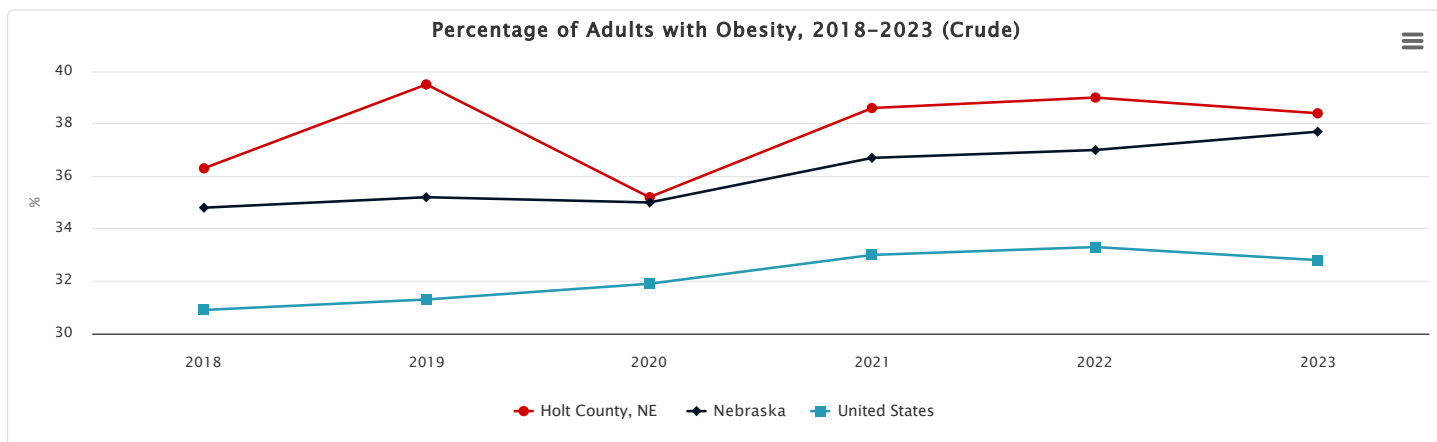


Percentage of Adults with Obesity, 2018-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ who are obese.

Report Area	2018	2019	2020	2021	2022	2023
Holt County, NE	36.3%	39.5%	35.2%	38.6%	39.0%	38.4%
Rural Nebraska	37.0%	37.2%	35.8%	39.4%	39.4%	39.6%
Urban Nebraska	34.3%	34.8%	34.8%	36.1%	36.6%	37.3%
Nebraska	34.8%	35.2%	35.0%	36.7%	37.0%	37.7%
United States	30.9%	31.3%	31.9%	33.0%	33.3%	32.8%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.

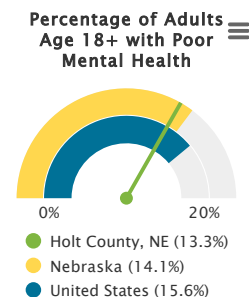


Mental Health - Frequent Mental Distress

This indicator reports the percentage of adults age 18 and older who reported 14 or more days during the past 30 days during which their mental health was not good.

Within the report area, 13.3% of adults 18 and older reported having poor mental health in the past month.

Report Area	Total Population	Adults Age 18+ with Poor Mental Health (Crude)	Adults Age 18+ with Poor Mental Health (Age-Adjusted)
Holt County, NE	10,093	13.3%	15.3%
Rural Nebraska	331,290	13.8%	15.5%
Urban Nebraska	1,647,089	14.2%	14.6%
Nebraska	1,978,379	14.1%	14.8%
United States	334,914,895	15.6%	16.3%



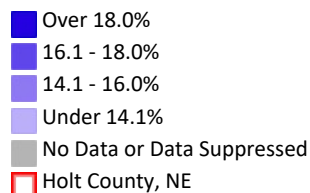
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.



[View larger map](#)

Frequent Mental Distress, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023

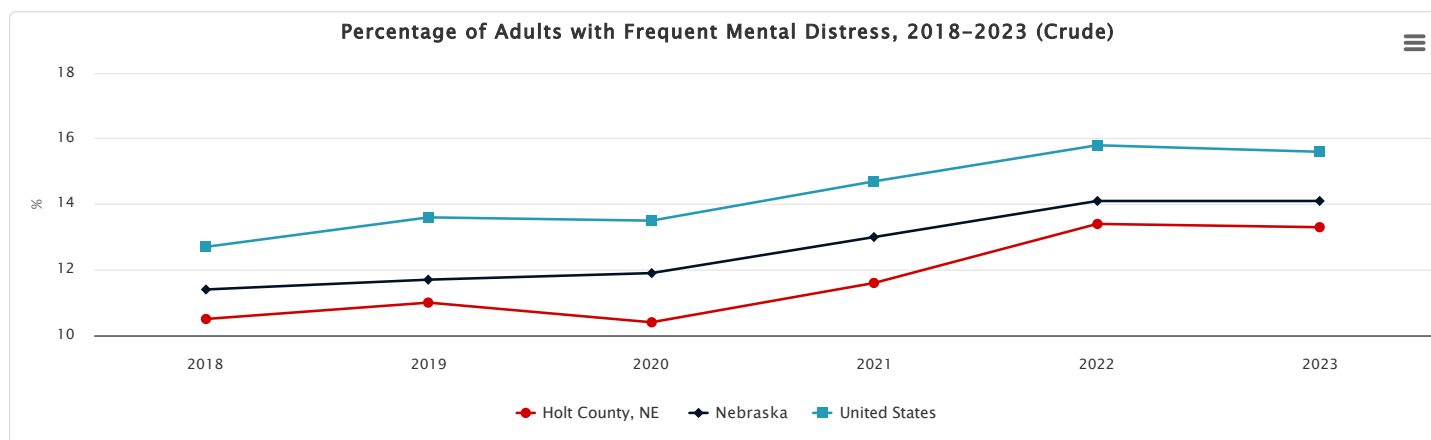


Percentage of Adults with Frequent Mental Distress, 2018–2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ whose report frequent mental distress.

Report Area	2018	2019	2020	2021	2022	2023
Holt County, NE	10.5%	11.0%	10.4%	11.6%	13.4%	13.3%
Rural Nebraska	11.2%	11.7%	11.2%	12.4%	13.8%	13.8%
Urban Nebraska	11.4%	11.7%	12.0%	13.1%	14.1%	14.2%
Nebraska	11.4%	11.7%	11.9%	13.0%	14.1%	14.1%
United States	12.7%	13.6%	13.5%	14.7%	15.8%	15.6%

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2023.



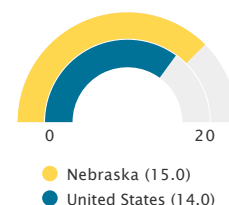
Mental Health - Suicides

The suicide death rate is the number of deaths due to self-inflicted injuries per 100,000 population. Data were originally from the 2018-2022 National Center for Health Statistics (NCHS) and were reported in the 2025 County Health Rankings as an age-adjusted rate.

Note: Data are suppressed for counties with fewer than 10 suicide deaths in the time period.

Report Area	Total Population (5-year Avg.)	Suicide Deaths, Total (5-year Total)	Suicide Deaths, Crude Rate per 100,000 Population	Suicide Deaths, Age-Adjusted Rate per 100,000 Population
Holt County, NE	No data	No data	No data	No data
Rural Nebraska	78,174	88	22.5	22.6
Urban Nebraska	1,559,569	1,126	14.4	14.5
Nebraska	1,946,568	1,457	15.0	15.0
United States	330,014,476	239,283	14.5	14.0

Suicide Deaths, Age-Adjusted Rate per 100,000 Population



Note: This indicator is compared to the state average.

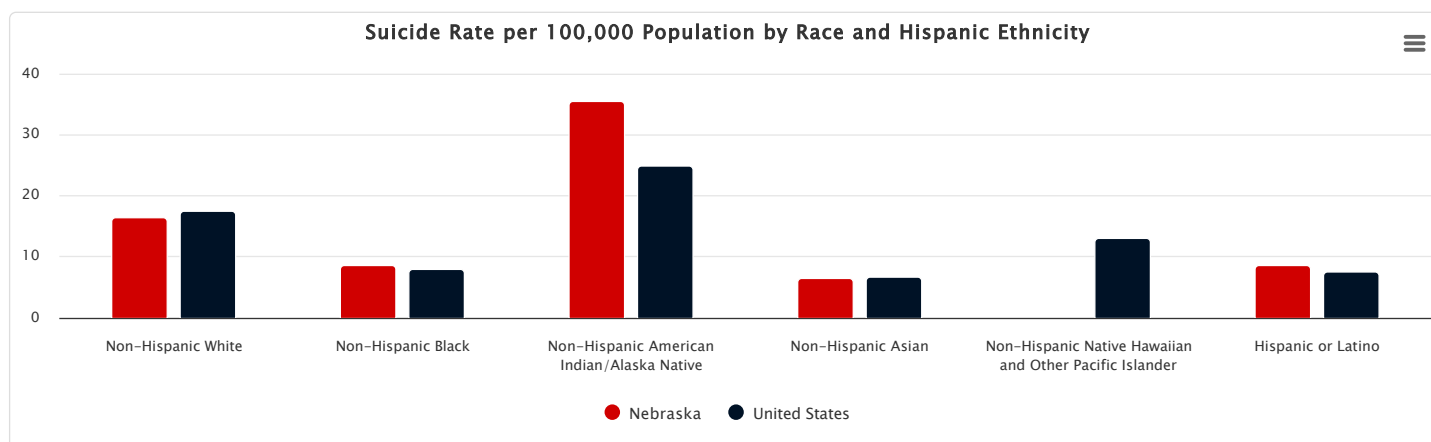
Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). US Census Bureau, [US Census Population Estimates](#). 2018-2022.

Suicide Rate per 100,000 Population by Race and Hispanic Ethnicity

This indicator reports the 2018-2022 five-year average rate of death due to suicide per 100,000 population by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Hispanic or Latino
Holt County, NE	No data	No data	No data	No data	No data	No data
Rural Nebraska	22.5	No data	No data	No data	No data	No data
Urban Nebraska	16.1	7.7	No data	No data	No data	10.2
Nebraska	16.3	8.6	35.5	6.4	No data	8.6
United States	17.5	8.0	24.8	6.7	13.1	7.6

Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). US Census Bureau, [US Census Population Estimates](#). 2018-2022.



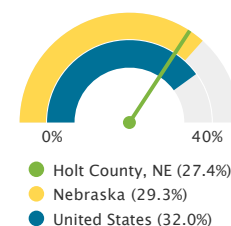
Life Satisfaction - Feelings of Loneliness

This indicator reports the percentage of adults age 18 and older who reported always/usually/sometimes feeling lonely.

Within the report area, 27.4% of adults 18 and older reported feeling lonely.

Report Area	Total Population	Adults Age 18+ Feeling Lonely (Crude)	Adults Age 18+ Feeling Lonely (Age-Adjusted)
Holt County, NE	10,093	27.4%	29.3%
Rural Nebraska	331,290	29.4%	30.9%
Urban Nebraska	1,647,089	29.3%	29.6%
Nebraska	1,978,379	29.3%	29.8%
United States	334,914,895	32.0%	33.2%

Percentage of Adults Age 18+ Feeling Lonely



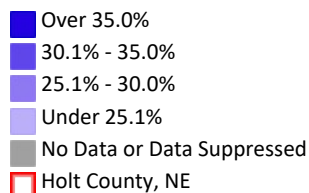
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2023.



[View larger map](#)

Loneliness, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023



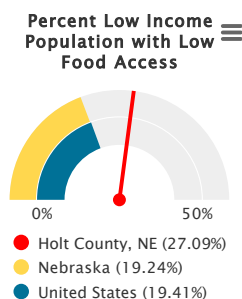
Additional Measures - Community Conditions - Health Infrastructure

Health Promotion and Harm Reduction - Limited Access to Healthy Foods

This indicator reports the percentage of the low income population with low food access. Low food access is defined as living more than 1 mile (urban) or 10 miles (rural) from the nearest supermarket, supercenter, or large grocery store. Data are from the April 2021 [Food Access Research Atlas](#) dataset. This indicator is relevant because it highlights populations and geographies facing food insecurity.

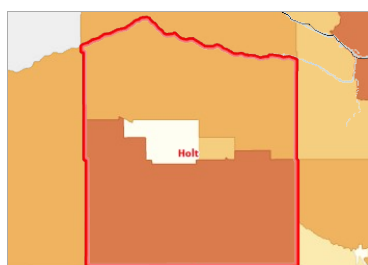
27.09% of the low-income population in the report area have low food access. The total low-income population in the report area with low food access is 890.

Report Area	Total Population	Low Income Population	Low Income Population with Low Food Access	Percent Low Income Population with Low Food Access
Holt County, NE	10,435	3,285	890	27.09%
Rural Nebraska	346,727	109,934	30,806	28.02%
Urban Nebraska	1,479,614	426,257	72,366	16.98%
Nebraska	1,826,341	536,191	103,172	19.24%
United States	308,745,538	97,055,825	18,834,033	19.41%



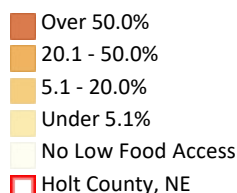
Note: This indicator is compared to the state average.

Data Source: US Department of Agriculture, Economic Research Service, [USDA - Food Access Research Atlas](#). 2019.



[View larger map](#)

Population with Limited Food Access, Low Income, Percent by Tract, USDA - FARA 2019

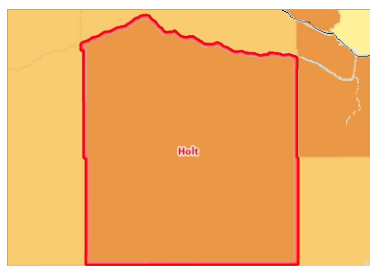
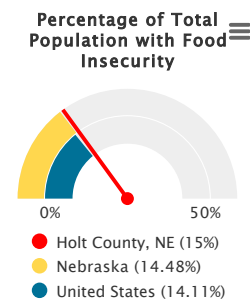


Health Promotion and Harm Reduction - Food Insecurity

This indicator reports the estimated percentage of the population that experienced food insecurity at some point during the report year. Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food.

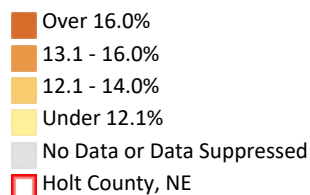
Report Area	Total Population	Food Insecure Population, Total	Food Insecurity Rate
Holt County, NE	9,800	1,470	15%
Rural Nebraska	331,856	47,990	14.46%
Urban Nebraska	1,600,623	231,850	14.48%
Nebraska	1,932,479	279,840	14.48%
United States	331,287,882	46,753,190	14.11%

Note: This indicator is compared to the state average.
Data Source: Feeding America. 2023.



[View larger map](#)

Food Insecure Population, Percent by County, Feeding America 2023



Food Insecurity - Food Insecure Children

This indicator reports the estimated percentage of the population under age 18 that experienced food insecurity at some point during the report year. Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food.

Report Area	Population Under Age 18	Food Insecure Children, Total	Child Food Insecurity Rate
Holt County, NE	2,579	490	19%
Rural Nebraska	77,349	15,100	19.52%
Urban Nebraska	396,609	74,910	18.89%
Nebraska	954,246	181,250	18.99%
United States	72,810,721	13,128,990	18.03%

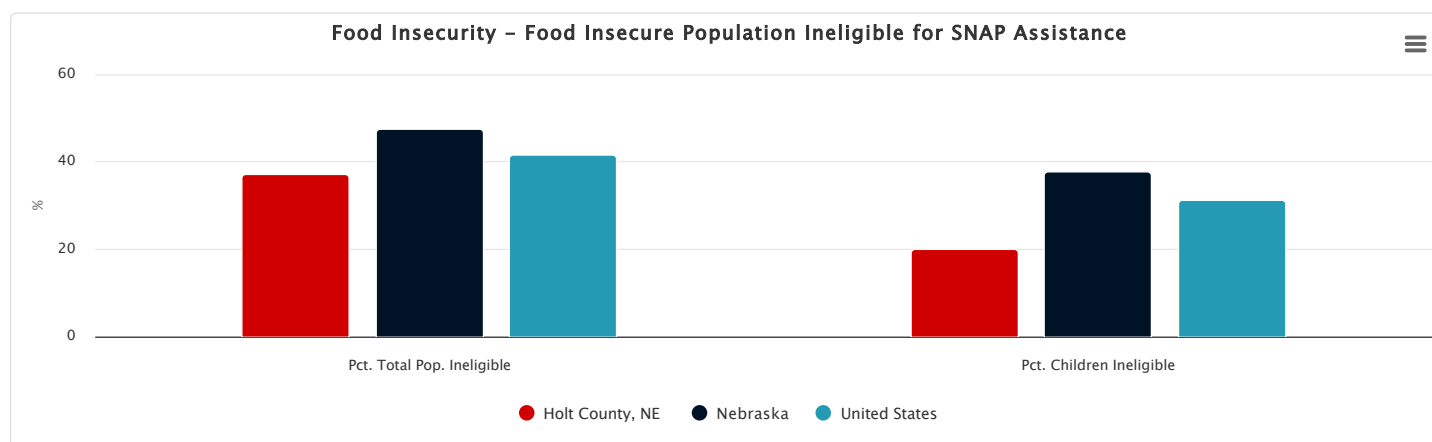
Data Source: Feeding America. 2023.

Food Insecurity - Food Insecure Population Ineligible for SNAP Assistance

This indicator reports the estimated percentage of the total population and the population under age 18 that experienced food insecurity at some point during the report year, but are ineligible for SNAP assistance. Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food. Assistance eligibility is determined based on household income of the food insecure households relative to the maximum income-to-poverty ratio for SNAP.

Report Area	Food Insecure Population	Food Insecure Population Ineligible for Assistance, Percent	Food Insecure Children	Food Insecure Children Ineligible for Assistance, Percent
Holt County, NE	1,350	37%	490	20%
Rural Nebraska	45,930	43.41%	15,100	33.6%
Urban Nebraska	212,660	48.2%	74,910	38.64%
Nebraska	258,590	47.35%	90,010	37.8%
United States	42,657,200	41.49%	13,128,990	31.21%

Data Source: [Feeding America](#). 2023.

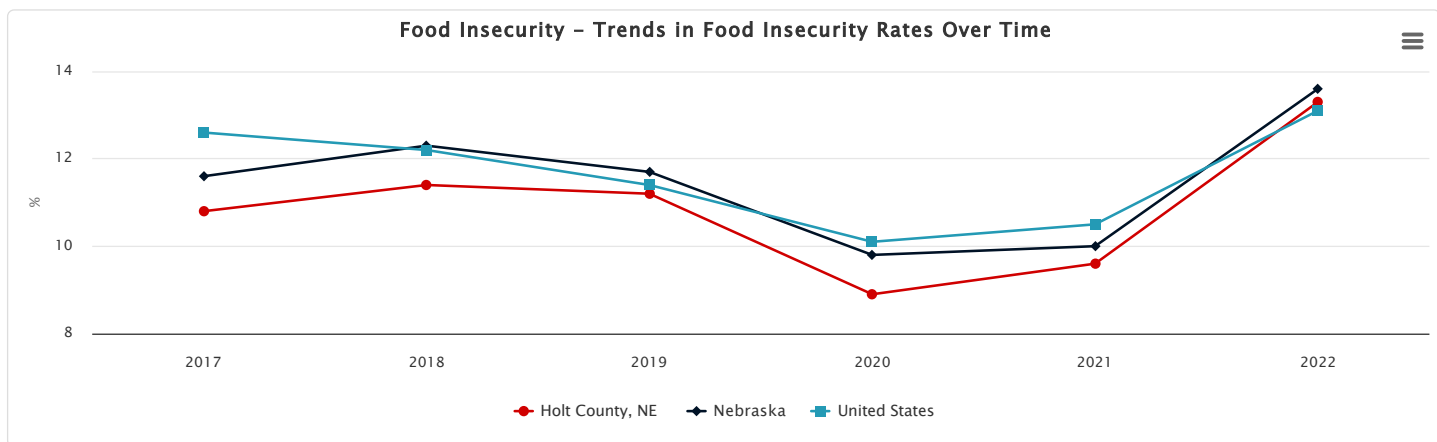


Food Insecurity - Trends in Food Insecurity Rates Over Time

This indicator reports the estimated percentage of the food insecurity trend observed at various points throughout the report year. Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food.

Report Area	2017	2018	2019	2020	2021	2022
Holt County, NE	10.8%	11.4%	11.2%	8.9%	9.6%	13.3%
Rural Nebraska	11.4%	12.3%	12.4%	10.5%	10.1%	13.9%
Urban Nebraska	10.9%	11.5%	11.5%	9.8%	9.3%	13.1%
Nebraska	11.6%	12.3%	11.7%	9.8%	10%	13.6%
United States	12.6%	12.2%	11.4%	10.1%	10.5%	13.1%

Data Source: [Feeding America](#). 2023.

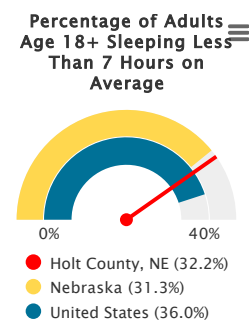


Health Promotion and Harm Reduction - Insufficient Sleep

This indicator reports the percentage of adults age 18 and older who report usually getting insufficient sleep (<7 hours for those aged ≥18 years, on average, during a 24-hour period).

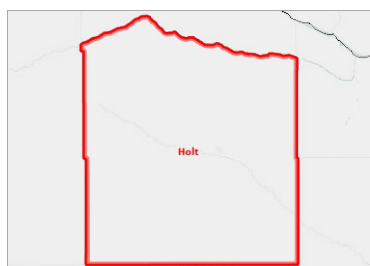
Within the report area there are 32.2% adults age 18+ sleeping less than 7 hours on average of the total population of the total population age 18+.

Report Area	Total Population (2020)	Adults Age 18+ Sleeping Less Than 7 Hours on Average (Crude)	Adults Age 18+ Sleeping Less Than 7 Hours on Average (Age-Adjusted)
Holt County, NE	10,043	32.2%	33.8%
Rural Nebraska	331,567	30.9%	32.5%
Urban Nebraska	1,636,356	31.4%	32.0%
Nebraska	1,967,923	31.3%	32.1%
United States	333,287,557	36.0%	36.8%



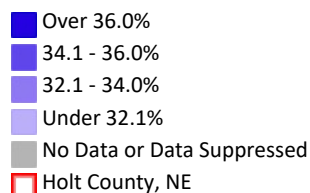
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2022.



[View larger map](#)

Inadequate Sleep Habits, Percent of Adults Age 18+ by ZCTA, CDC BRFS PLACES Project 2022

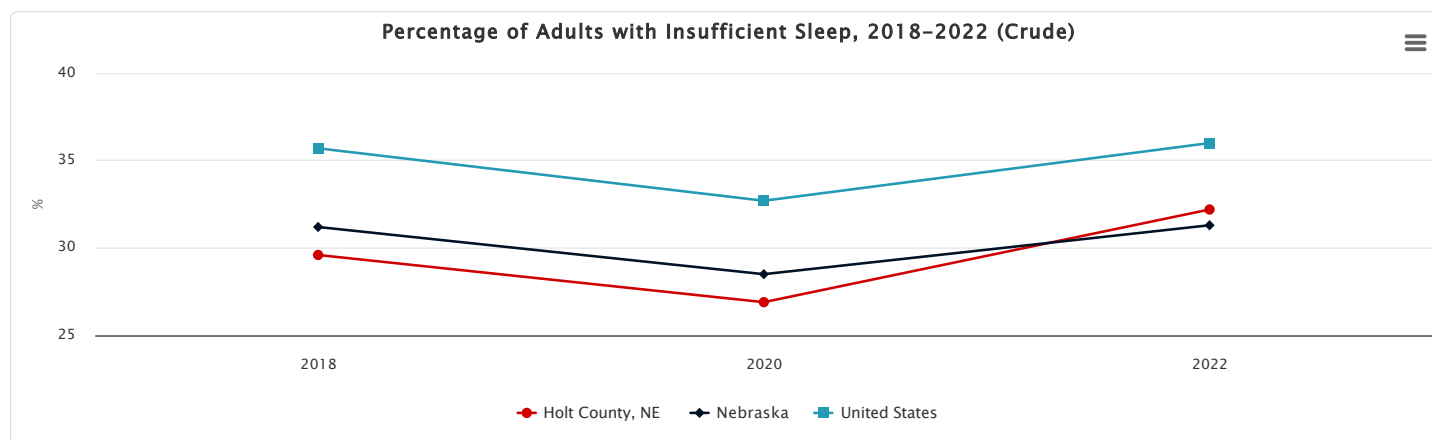


Percentage of Adults with Insufficient Sleep, 2018-2022 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ who report having insufficient sleep.

Report Area	2018	2020	2022
Holt County, NE	29.6%	26.9%	32.2%
Rural Nebraska	29.7%	28.0%	30.9%
Urban Nebraska	31.5%	28.6%	31.4%
Nebraska	31.2%	28.5%	31.3%
United States	35.7%	32.7%	36.0%

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2022.



Health Promotion and Harm Reduction - Teen Births

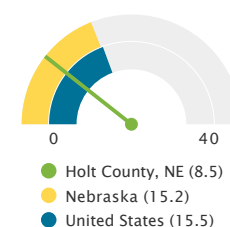
This indicator reports the seven-year average number of births per 1,000 female population age 15-19. Data were from the National Center for Health Statistics - Natality files (2017-2023) and are used for the 2025 County Health Rankings.

In the report area, of the 2,122 total female population age 15-19, the teen birth rate is 8.5 per 1,000, which is less than the state's teen birth rate of 15.2.

Note: Data are suppressed for counties with fewer than 10 teen births in the time frame.

Report Area	Female Population Age 15-19	Teen Births, Rate per 1,000 Female Population Age 15-19
Holt County, NE	2,122	8.5
Rural Nebraska	61,808	16.6
Urban Nebraska	381,930	15.2
Nebraska	461,029	15.2
United States	73,099,680	15.5

Teen Birth Rate Per
1,000 Female
Population, Ages 15–19



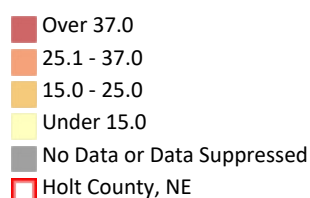
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [County Health Rankings](#). 2017-2023.



[View larger map](#)

Teen Births, Rate Per 1,000 Females Age 15-19 by County, CDC NVSS 2017-2023

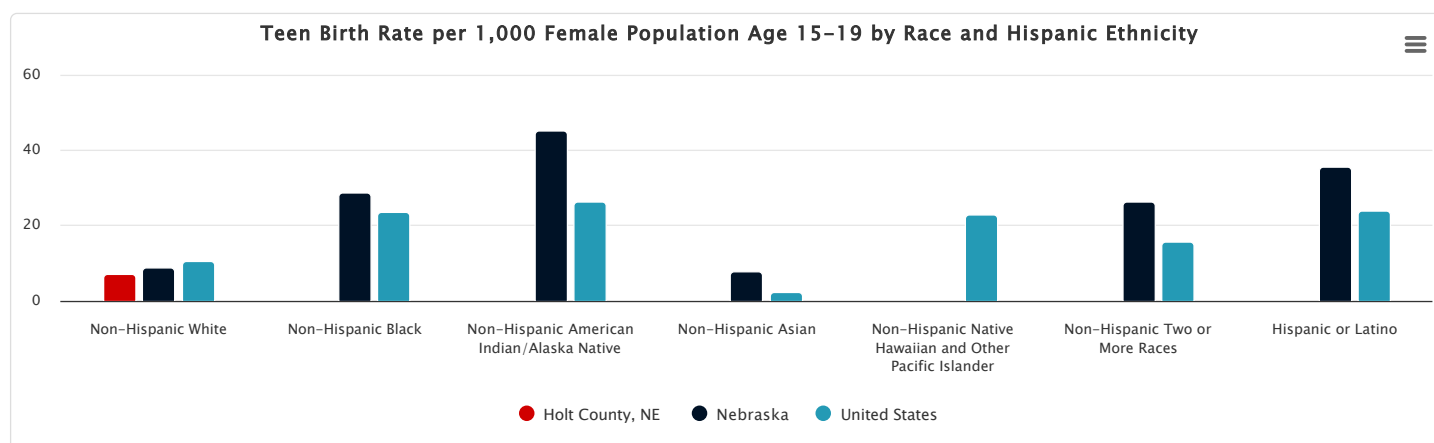


Teen Birth Rate per 1,000 Female Population Age 15-19 by Race and Hispanic Ethnicity

This indicator reports the 2017-2023 seven-year average teen birth rate per 1,000 female population age 15-19 by race and Hispanic ethnicity.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Non-Hispanic Two or More Races	Hispanic or Latino
Holt County, NE	7.1	No data	No data	No data	No data	No data	No data
Rural Nebraska	12.5	No data	58.4	No data	No data	No data	46.3
Urban Nebraska	8.2	30.0	35.9	9.6	No data	27.7	36.1
Nebraska	8.7	28.8	45.2	7.8	No data	26.3	35.4
United States	10.5	23.5	26.1	2.2	22.7	15.6	23.8

Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [County Health Rankings](#). 2017-2023.



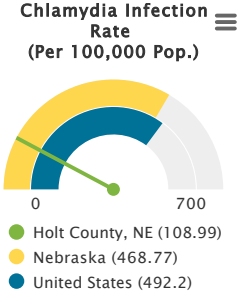
Health Promotion and Harm Reduction - Sexually Transmitted Infections

This indicator reports the number of chlamydia cases occurring in the report area. Rates are presented per 100,000 population.

The number of cases is based on laboratory-confirmed diagnoses that occurred between January 1st and December 31st of the latest reporting year. These data are delivered to and analyzed by the CDC as part of the Nationally notifiable STD surveillance system.

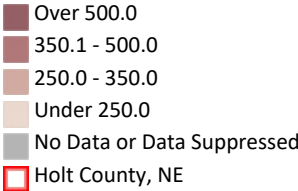
Report Area	Total Population	Chlamydia Infections	Chlamydia Infections, Rate per 100,000 Pop.
Holt County, NE	10,093	11	108.99
Rural Nebraska	331,290	742	223.97
Urban Nebraska	1,647,089	8,528	517.76
Nebraska	1,978,379	9,274	468.77
United States	334,914,895	1,648,568	492.2

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. 2023.



[View larger map](#)

Chlamydia, Infection Rate per 100,000 Population by County, CDC NCHSTP 2023

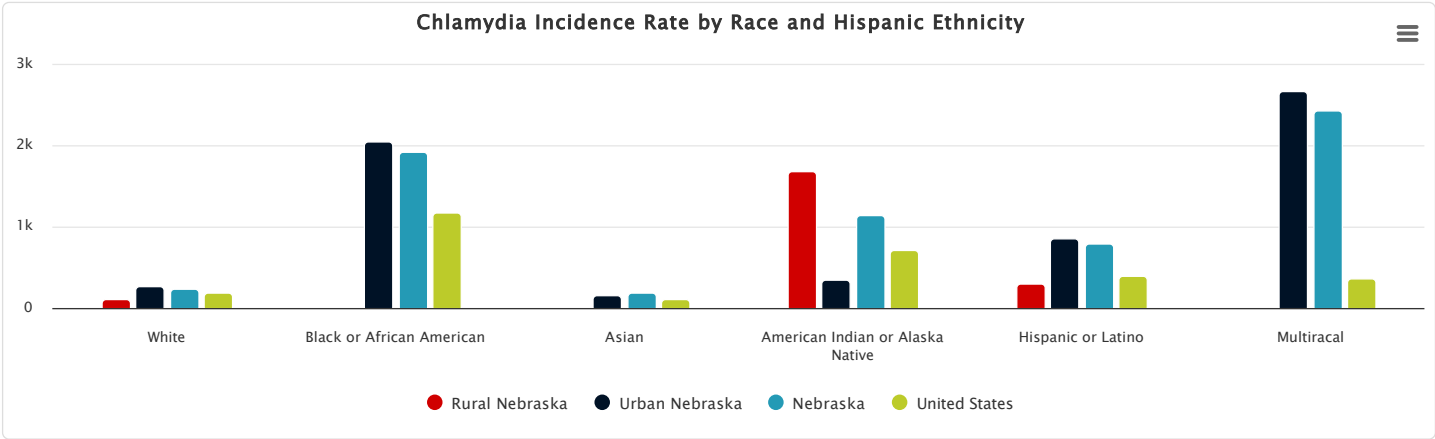


Chlamydia Incidence Rate by Race and Hispanic Ethnicity

The table below displays national, state, and local variation in the rate per 100,000 total population of diagnosed chlamydia cases for the latest report year by population race and Hispanic ethnicity.

Report Area	White	Black or African American	Asian	American Indian or Alaska Native	Hispanic or Latino	Multiracial
Holt County, NE	No data	No data	No data	No data	No data	No data
Rural Nebraska	104.5	0.0	0.0	1,673.7	288.9	0.0
Urban Nebraska	264.2	2,037.8	156.1	344.8	850.2	2,657.2
Nebraska	236.5	1,910.7	187.3	1,140.0	781.9	2,415.7
United States	182.1	1,166.9	105.3	711.3	387.7	353.0

Data Source: Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. 2023.

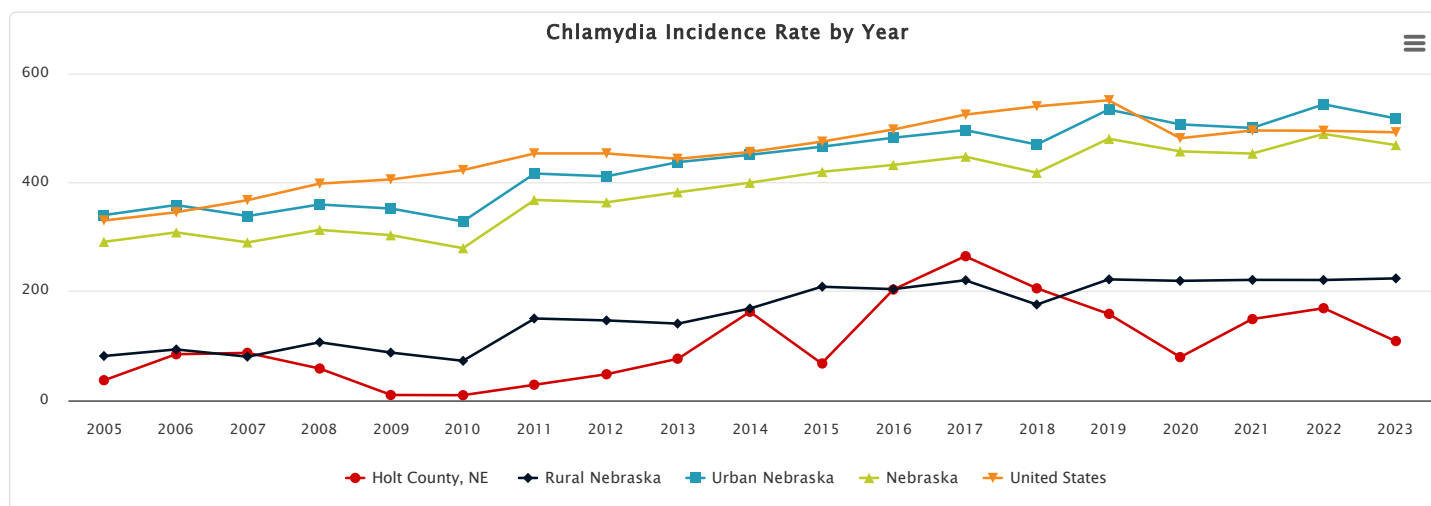


Chlamydia Incidence Rate by Year

The table below displays trends in the rate of diagnosed chlamydia cases for years 2005 through 2023. Rates are expressed per 100,000 total population.

Report Area	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Holt County, NE	37.1	84.8	87.3	58.6	10.0	9.6	28.8	48.1	76.6	162.7	67.9	203.6	264.7	205.8	158.9	79.5	149.3	169.3	109.0
Rural Nebraska	81.6	93.6	80.3	106.8	87.8	72.7	150.4	146.9	141.0	168.7	208.7	204.3	220.6	176.0	222.2	219.5	221.3	221.1	224.0
Urban Nebraska	340.3	358.7	338.5	359.7	352.2	328.5	416.5	411.4	437.4	450.9	465.7	482.2	496.2	469.8	533.9	506.7	500.2	543.5	517.8
Nebraska	291.2	308.5	290.1	313.1	303.3	279.5	368.1	363.7	382.2	399.6	419.6	432.3	447.6	418.0	480.3	457.2	453.1	489.2	468.8
United States	330.3	345.4	367.7	398.0	405.7	422.8	453.4	453.4	443.5	456.1	475.0	497.3	524.6	539.9	551.0	481.3	495.5	495.0	492.2

Data Source: Centers for Disease Control and Prevention, [National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention](#). 2023.



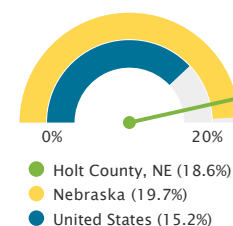
Health Promotion and Harm Reduction - Excessive Drinking

This indicator reports the percentage of adults age 18 and older who reported having five or more drinks (men) or four or more drinks (women) on an occasion in the past 30 days.

Within the report area 18.6% of adults age 18+ reported having four or more drinks in the last month.

Report Area	Total Population	Adults Age 18+ Binge Drinking in the Past 30 Days (Crude)	Adults Age 18+ Binge Drinking in the Past 30 Days (Age-Adjusted)
Holt County, NE	10,093	18.6%	22.6%
Rural Nebraska	331,290	18.8%	22.1%
Urban Nebraska	1,647,089	19.8%	20.8%
Nebraska	1,978,379	19.7%	21.0%
United States	334,914,895	15.2%	16.6%

Percentage of Adults Age 18+ Binge Drinking in the Past 30 Days



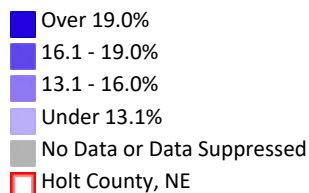
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2023.



[View larger map](#)

Binge Drinking, Percent of Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023

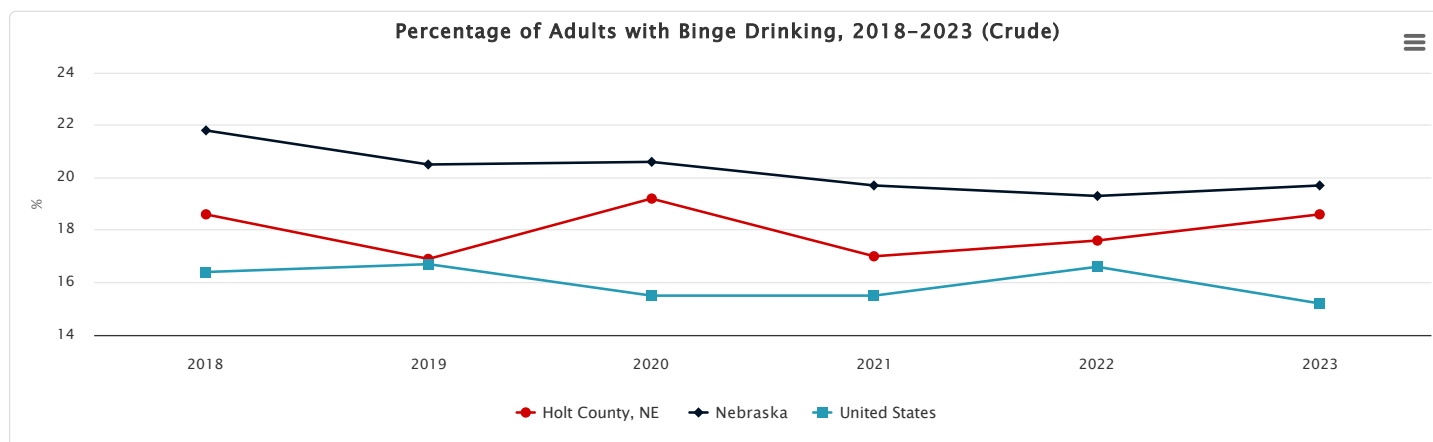


Percentage of Adults with Binge Drinking, 2018-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ who report binge drinking.

Report Area	2018	2019	2020	2021	2022	2023
Holt County, NE	18.6%	16.9%	19.2%	17.0%	17.6%	18.6%
Rural Nebraska	19.5%	18.6%	19.2%	18.2%	18.0%	18.8%
Urban Nebraska	22.3%	20.9%	20.9%	20.0%	19.5%	19.8%
Nebraska	21.8%	20.5%	20.6%	19.7%	19.3%	19.7%
United States	16.4%	16.7%	15.5%	15.5%	16.6%	15.2%

Data Source: Centers for Disease Control and Prevention, *Behavioral Risk Factor Surveillance System*. Accessed via the *PLACES Data Portal*. 2023.

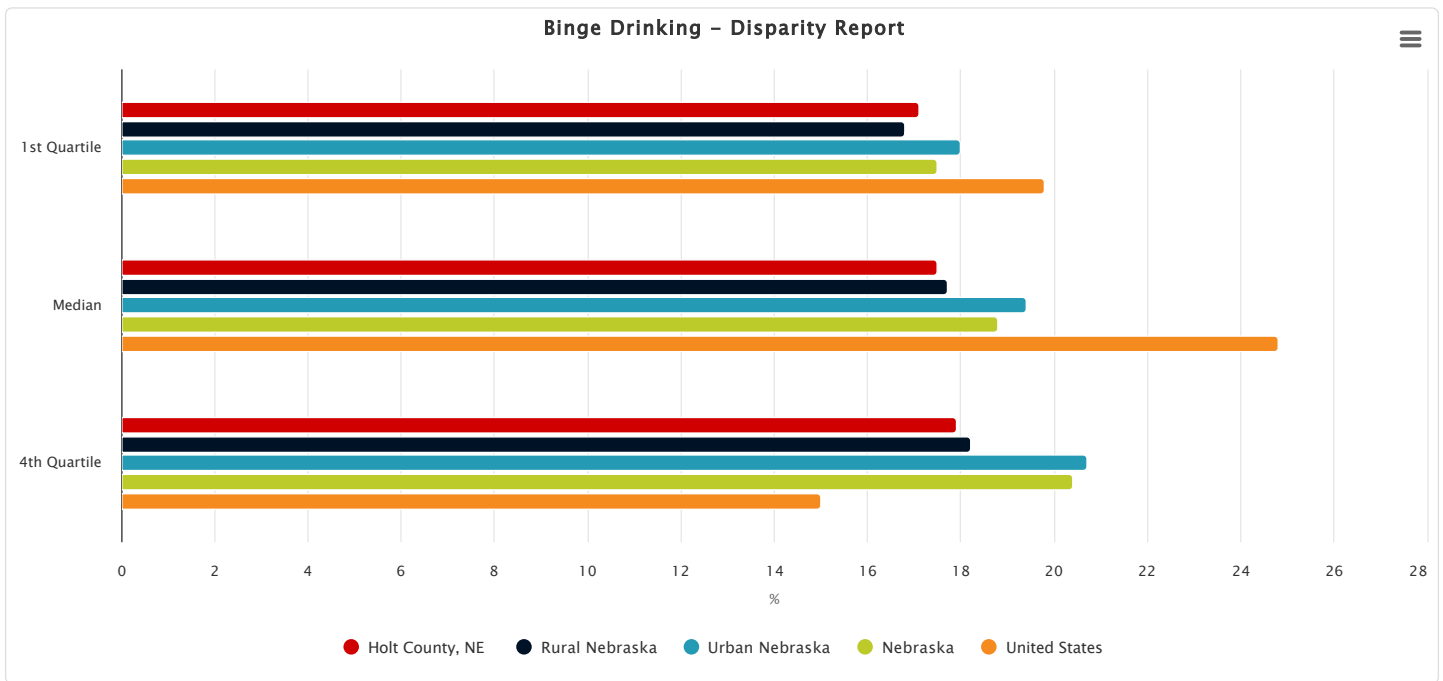


Binge Drinking - Disparity Report

The table and chart below display the median and interquartile ranges for census tract values related to the indicator.

Report Area	1st Quartile	Median	4th Quartile
Holt County, NE	17.10%	17.50%	17.90%
Rural Nebraska	16.80%	17.70%	18.20%
Urban Nebraska	18.00%	19.40%	20.70%
Nebraska	17.50%	18.80%	20.40%
United States	19.80%	24.80%	15.00%

Data Source: Centers for Disease Control and Prevention, *Behavioral Risk Factor Surveillance System*. Accessed via the *PLACES Data Portal*. 2023.



Health Promotion and Harm Reduction - Alcohol-Impaired Driving Deaths

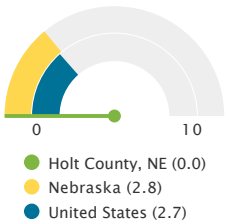
Motor vehicle crash deaths are preventable and are a leading cause of death among young persons. This indicator reports the crude rate of persons killed in motor vehicle crashes involving alcohol as a rate per 100,000 population. Fatality counts are based on the location of the crash and not the decedent's residence.

Within the report area, there are a total of 0 deaths due to motor vehicle crash involving alcohol. The crude rate per 100,000 total population is 0.0.

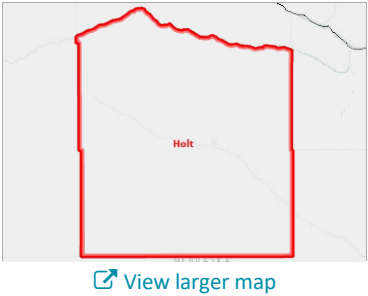
Note: Fatality counts are based on the location of the crash and not the decedent's residence.

Report Area	Total Population (2020)	Alcohol-Involved Crash Deaths (2018-2022)	Alcohol-Involved Crash Deaths, Annual Rate per 100,000 Population
Holt County, NE	10,127	0	0.0
Rural Nebraska	333,185	93	5.6
Urban Nebraska	1,628,319	183	2.2
Nebraska	1,961,504	276	2.8
United States	334,735,155	44,355	2.7

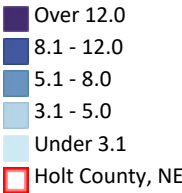
Alcohol-Involved Motor Vehicle Crash Mortality, Crude Death Rate (Per 100,000 Pop.)



Note: This indicator is compared to the state average.
Data Source: US Department of Transportation, National Highway Traffic Safety Administration, [Fatality Analysis Reporting System](#). 2018-2022.



Alcohol-Related Motor Vehicle Crashes Mortality, Rate (Per 100,000 Pop.) by County, NHTSA 2018-2022



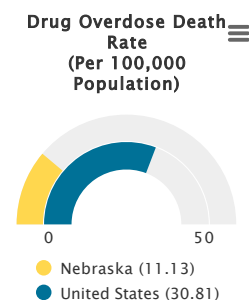
Health Promotion and Harm Reduction - Drug Overdose Deaths

This indicator reports the 2020-2022 three-year average rate of death due to drug overdose per 100,000 population and is used in the 2025 County Health Rankings. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because drug overdose is the leading cause of injury deaths in the United States, and they have increased dramatically in recent years.

Note:

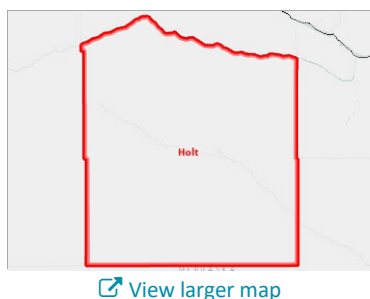
1. Deaths are counted in the county of residence of the deceased.
2. A missing value is reported for counties with fewer than 10 drug poisoning deaths in the time period.

Report Area	Three Year Total Population (2020-2022)	Three Year Total Deaths (2020-2022)	Drug Overdose Death Rate (Per 100,000 Population)
Nebraska	5,869,167	653	11.13
United States	994,665,425	306,439	30.81

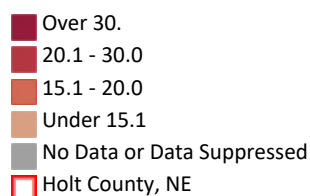


Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. US Census Bureau, US Census Population Estimates. 2020-2022.



Drug Overdose Deaths, Adult, Rate per 100,000 Pop. by County, CDC NVSS 2020-2022



Drug Overdose Death Rate per 100,000 Population by Race and Hispanic Ethnicity

This indicator reports the 2020-2022 three-year average rate of death due to drug overdose per 100,000 population by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Hispanic or Latino
Rural Nebraska	0	0	0	0	0	0

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. US Census Bureau, US Census Population Estimates. 2020-2022.

Drug Overdose Death Rate per 100,000 Population by Race and Hispanic Ethnicity



0

Non-Hispanic White

Non-Hispanic Black

Non-Hispanic American
Indian/Alaska Native

Non-Hispanic Asian

Non-Hispanic Native Hawaiian
and Other Pacific Islander

Hispanic or Latino

● Rural Nebraska

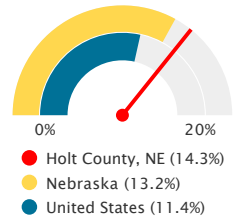
Health Promotion and Harm Reduction - Adult Smoking

This indicator reports the percentage of adults age 18 and older who reported having smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days.

Within the report area 14.3% of adults age 18+ reported having smoked and currently smoking.

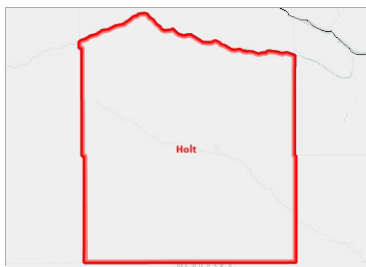
Report Area	Total Population	Adults Age 18+ as Current Smokers (Crude)	Adults Age 18+ as Current Smokers (Age-Adjusted)
Holt County, NE	10,093	14.3%	15.0%
Rural Nebraska	331,290	14.5%	15.2%
Urban Nebraska	1,647,089	12.9%	13.3%
Nebraska	1,978,379	13.2%	13.6%
United States	334,914,895	11.4%	11.6%

Percentage of Adults Age 18+ who are Current Smokers



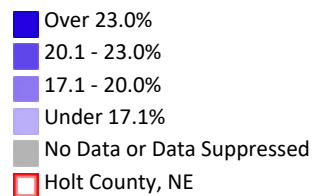
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.



[View larger map](#)

Current Smokers, Adult, Percent of Adults Age 18+ by ZCTA, CDC BRFS PLACES Project 2023

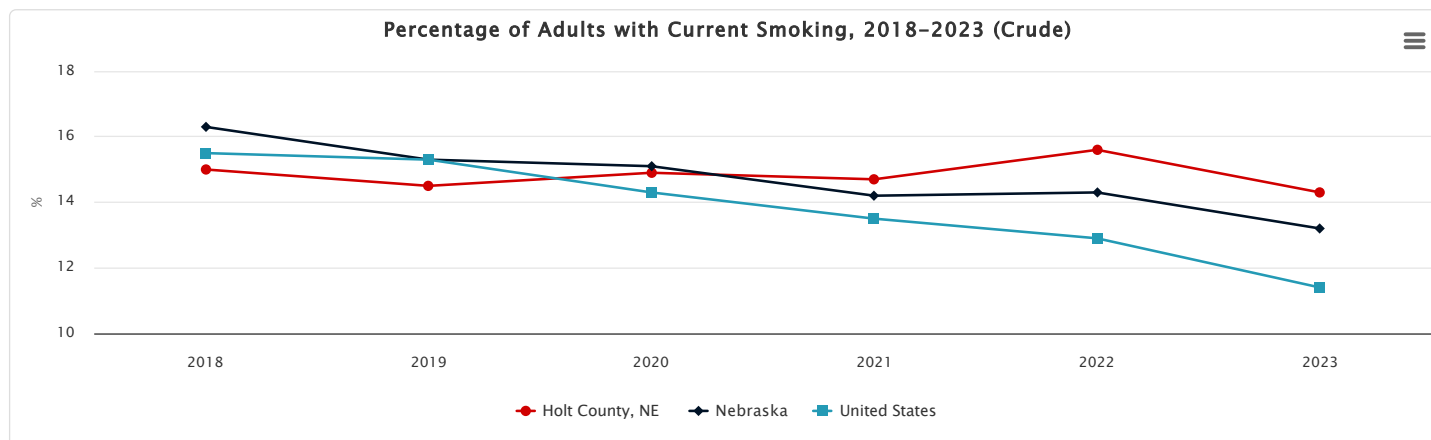


Percentage of Adults with Current Smoking, 2018-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ who report that they currently smoke cigarettes.

Report Area	2018	2019	2020	2021	2022	2023
Holt County, NE	15.0%	14.5%	14.9%	14.7%	15.6%	14.3%
Rural Nebraska	16.1%	16.0%	15.9%	15.5%	15.1%	14.5%
Urban Nebraska	16.3%	15.1%	14.9%	14.0%	14.1%	12.9%
Nebraska	16.3%	15.3%	15.1%	14.2%	14.3%	13.2%
United States	15.5%	15.3%	14.3%	13.5%	12.9%	11.4%

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2023.



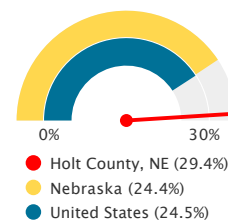
Health Promotion and Harm Reduction - Physical Inactivity

This indicator reports the percentage of adults age 18 and older who answered “no” to the following question: “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”

Within the report area 29.4% of adults age 18+ reported having no leisure-time physical activity last month.

Report Area	Total Population	Adults Age 18+ with No Leisure-Time Physical Activity (Crude)	Adults Age 18+ with No Leisure-Time Physical Activity (Age-Adjusted)
Holt County, NE	10,093	29.4%	27.1%
Rural Nebraska	331,290	28.9%	27.0%
Urban Nebraska	1,647,089	23.4%	23.0%
Nebraska	1,978,379	24.4%	23.7%
United States	334,914,895	24.5%	23.7%

Percentage of Adults Age 18+ with No Leisure-Time Physical Activity



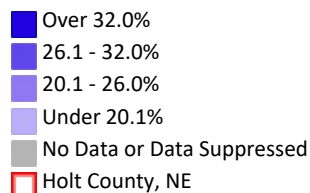
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2023.



[View larger map](#)

No Leisure-Time Physical Activity, Percent of Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023

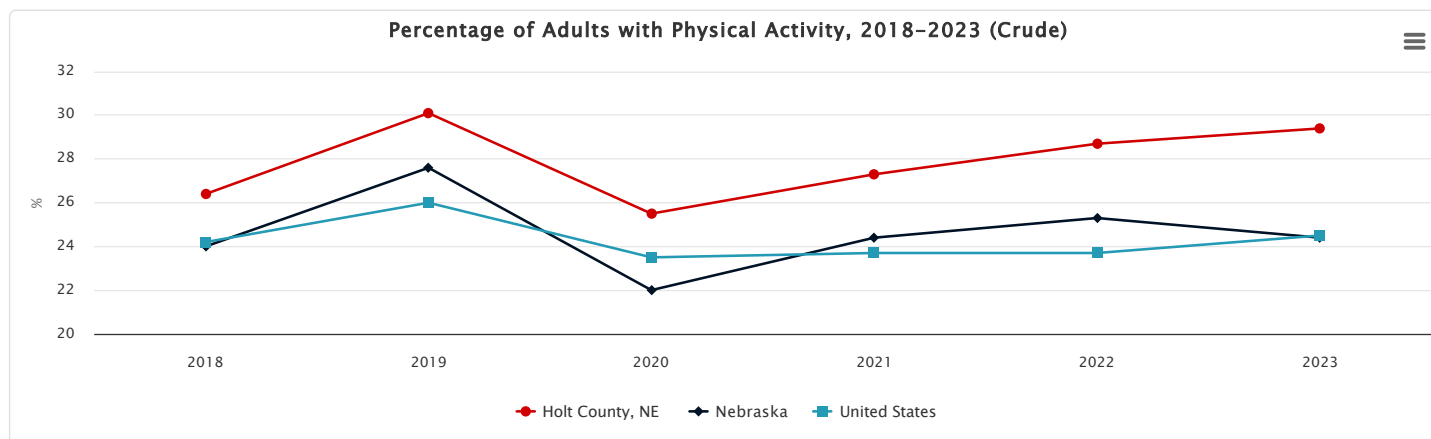


Percentage of Adults with Physical Activity, 2018-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ who report no leisure time physical activity.

Report Area	2018	2019	2020	2021	2022	2023
Holt County, NE	26.4%	30.1%	25.5%	27.3%	28.7%	29.4%
Rural Nebraska	27.5%	31.1%	24.9%	28.0%	27.6%	28.9%
Urban Nebraska	23.2%	26.8%	21.3%	23.7%	24.9%	23.4%
Nebraska	24.0%	27.6%	22.0%	24.4%	25.3%	24.4%
United States	24.2%	26.0%	23.5%	23.7%	23.7%	24.5%

Data Source: Centers for Disease Control and Prevention, *Behavioral Risk Factor Surveillance System*. Accessed via the *PLACES Data Portal*. 2023.



Clinical Care - Uninsured Adults

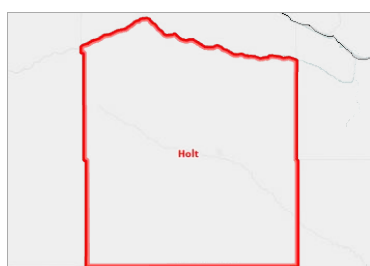
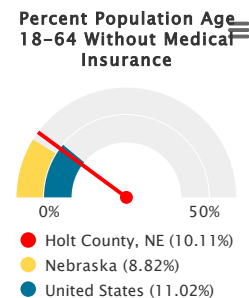
The lack of health insurance is considered a *key driver* of health status.

This indicator reports the percentage of adults aged 18 to 64 without health insurance coverage. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contribute to poor health status.

Report Area	Total Population Age 18-64	Pop. Age 18-64 w/o Insurance	Pop. Age 18-64 w/o Insurance, Percent
Holt County, NE	5,112	517	10.11%
Rural Nebraska	173,090	16,363	9.45%
Urban Nebraska	959,810	83,534	8.70%
Nebraska	1,132,900	99,897	8.82%
United States	197,624,923	21,777,817	11.02%

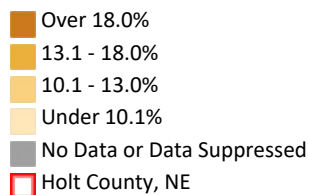
Note: This indicator is compared to the state average.

Data Source: US Census Bureau, *Small Area Health Insurance Estimates*. 2023.



[View larger map](#)

Uninsured Population, Age 18-64, Percent by County, SAHIE 2023



Uninsured Population Age 18 - 64 by Race and Hispanic Ethnicity, Percent

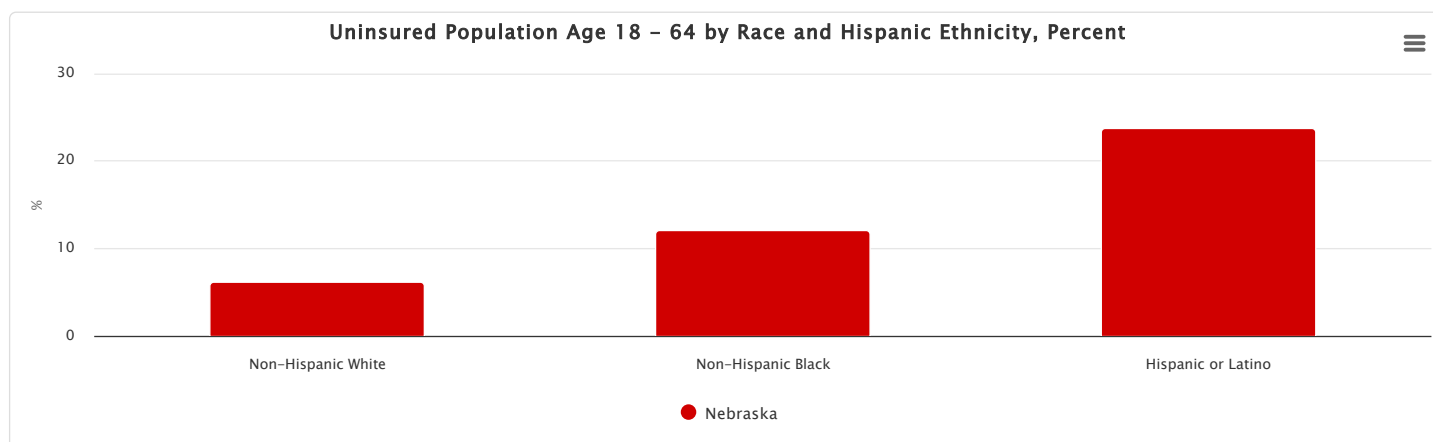
This indicator reports the percentage of uninsured population age 18-64 by race/ethnicity.

The percentage values could be interpreted as, for example, "Of all the non-Hispanic white population age 18-64 in the report area, the proportion without medical insurance is (value)."

Note: There is only SAHIE data available for state/national areas for this dataset.

Report Area	Non-Hispanic White	Non-Hispanic Black	Hispanic or Latino
Nebraska	6.10%	12.10%	23.70%

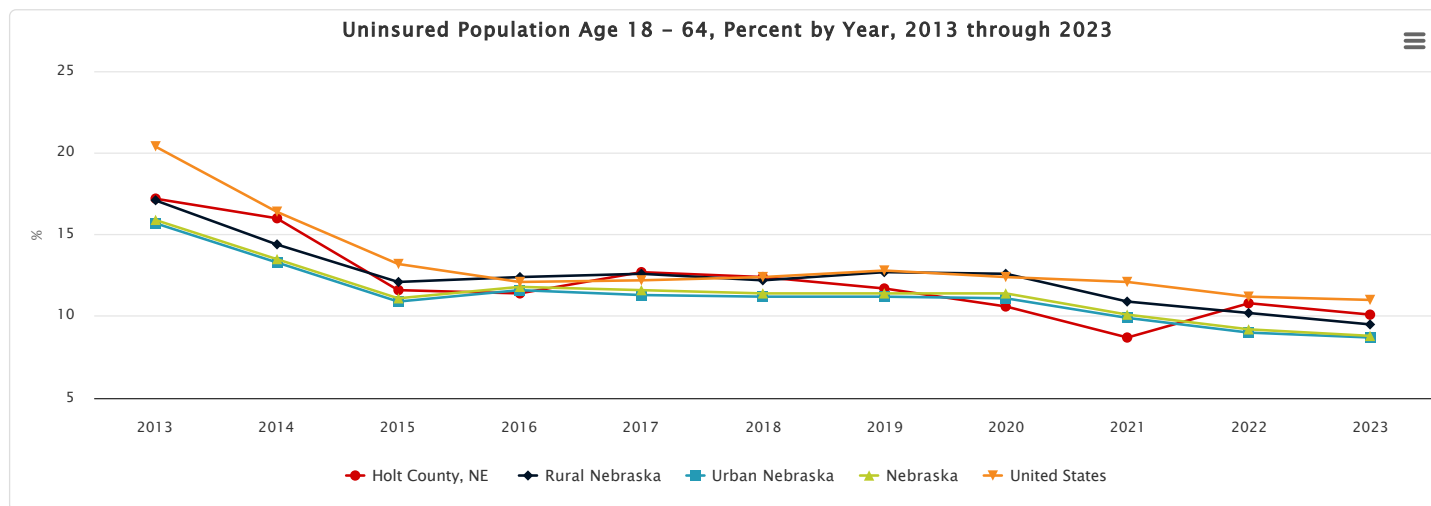
Data Source: US Census Bureau, *Small Area Health Insurance Estimates*. 2023.



Uninsured Population Age 18 - 64, Percent by Year, 2013 through 2023

Report Area	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Holt County, NE	17.20%	16.00%	11.60%	11.40%	12.70%	12.40%	11.70%	10.60%	8.70%	10.80%	10.10%
Rural Nebraska	17.1%	14.4%	12.1%	12.4%	12.6%	12.2%	12.7%	12.6%	10.9%	10.2%	9.5%
Urban Nebraska	15.7%	13.3%	10.9%	11.6%	11.3%	11.2%	11.2%	11.1%	9.9%	9.0%	8.7%
Nebraska	15.90%	13.50%	11.10%	11.80%	11.60%	11.40%	11.40%	11.40%	10.10%	9.20%	8.80%
United States	20.4%	16.4%	13.2%	12.1%	12.2%	12.4%	12.8%	12.4%	12.1%	11.2%	11.0%

Data Source: US Census Bureau, *Small Area Health Insurance Estimates*. 2023.



Clinical Care - Uninsured Children

The lack of health insurance is considered a *key driver* of health status.

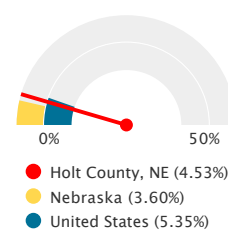
This indicator reports the percentage of children under age 19 without health insurance coverage. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contributes to poor health status.

Report Area	Total Population Age 0-18	Pop. Age 0-18 w/o Insurance	Pop. Age 0-18 w/o Insurance, Percent
Holt County, NE	2,669	121	4.53%
Rural Nebraska	79,813	3,612	4.53%
Urban Nebraska	418,694	14,339	3.42%
Nebraska	498,507	17,951	3.60%
United States	75,222,332	4,021,118	5.35%

Note: This indicator is compared to the state average.

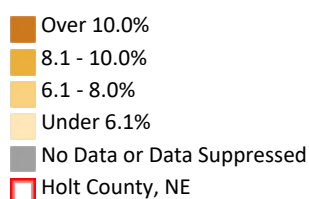
Data Source: US Census Bureau, *Small Area Health Insurance Estimates*. 2023.

Percent Population Under Age 19 Without Medical Insurance



[View larger map](#)

Uninsured Population, Age 0-18, Percent by County, SAHIE 2023



Uninsured Population Under Age 19, by Race and Hispanic Ethnicity, Percent

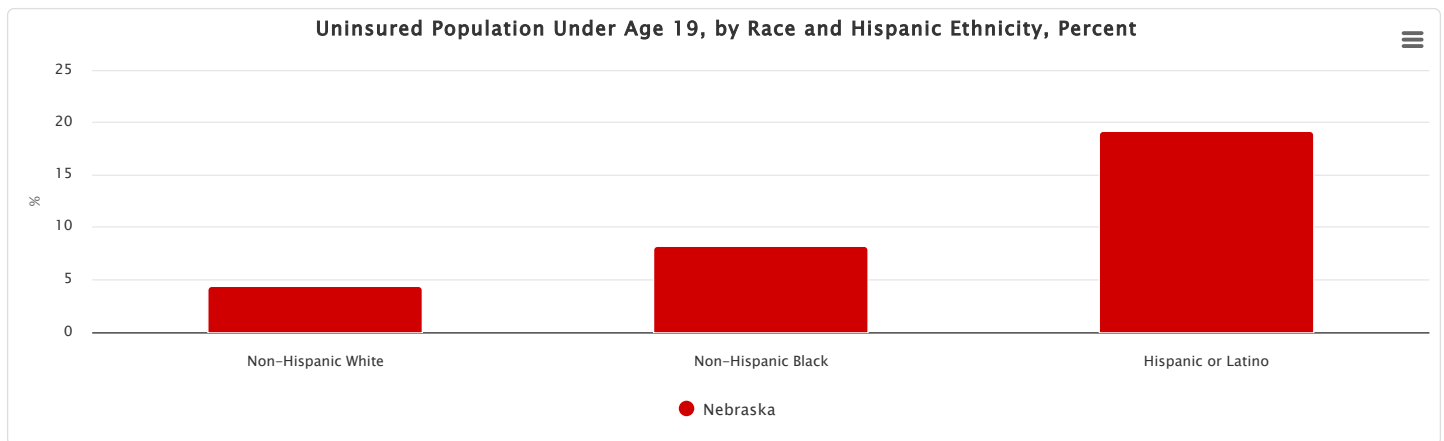
This indicator reports the percentage of uninsured population under age 19 by race/ethnicity.

The percentage values could be interpreted as, for example, "Of all the non-Hispanic white population under age 19 in the report area, the proportion without medical insurance is (value)."

Note: There is only SAHIE data available for state/national areas for this dataset.

Report Area	Non-Hispanic White	Non-Hispanic Black	Hispanic or Latino
Nebraska	4.40%	8.20%	19.10%

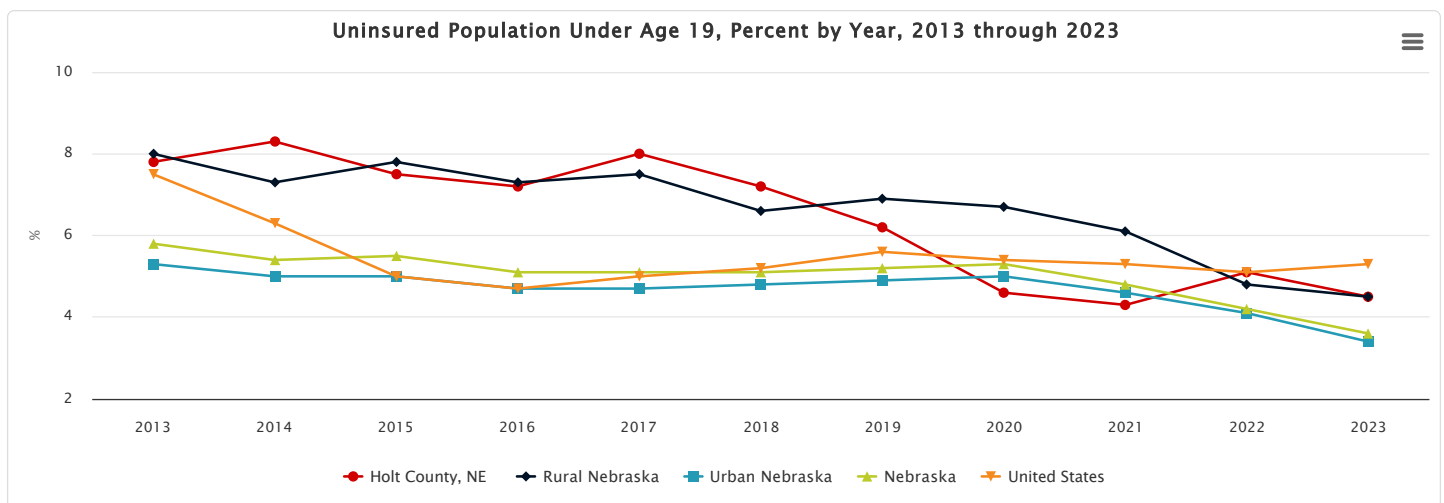
Data Source: US Census Bureau, [Small Area Health Insurance Estimates](#). 2023.



Uninsured Population Under Age 19, Percent by Year, 2013 through 2023

Report Area	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Holt County, NE	7.80%	8.30%	7.50%	7.20%	8.00%	7.20%	6.20%	4.60%	4.30%	5.10%	4.50%
Rural Nebraska	8.0%	7.3%	7.8%	7.3%	7.5%	6.6%	6.9%	6.7%	6.1%	4.8%	4.5%
Urban Nebraska	5.3%	5.0%	5.0%	4.7%	4.7%	4.8%	4.9%	5.0%	4.6%	4.1%	3.4%
Nebraska	5.80%	5.40%	5.50%	5.10%	5.10%	5.10%	5.20%	5.30%	4.80%	4.20%	3.60%
United States	7.5%	6.3%	5.0%	4.7%	5.0%	5.2%	5.6%	5.4%	5.3%	5.1%	5.3%

Data Source: US Census Bureau, [Small Area Health Insurance Estimates](#). 2023.

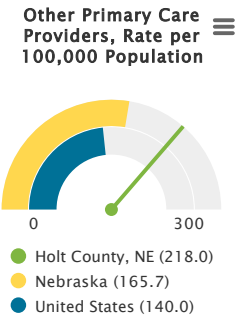


Clinical Care - Other Primary Care Providers

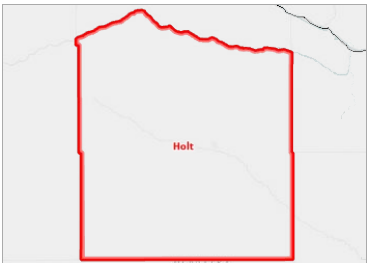
This indicator reports the rate of non-physician primary care providers per 100,000 population, along with the population-to-provider ratio, using 2024 data. The ratio is featured in the 2025 County Health Rankings. Rates and ratios are aggregated for report areas from county-level data where available. This measure is crucial because non-physician providers, such as nurse practitioners, physician assistants, and clinical nurse specialists, are essential in ensuring access to routine and preventive care, particularly as physician shortages persist, helping to maintain care quality and close gaps in the healthcare system.

Within the report area there are 22 non-physician primary care providers. This represents a population-to-provider ratio of 458.8 and a rate of 218.0 providers per 100,000 total population.

Report Area	Total Population (2024)	Other Primary Care Providers (2024)	Ratio of Providers to Population (1 Provider per x Persons)	Other Primary Care Providers, Rate per 100,000 Population
Holt County, NE	10,093	22	458.8	218.0
Rural Nebraska	331,290	393	843.0	118.6
Urban Nebraska	1,647,089	2,884	571.1	175.1
Nebraska	1,978,379	3,278	603.5	165.7
United States	334,914,895	468,761	714.5	140.0

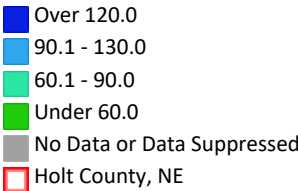


Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - National Provider Identification (NPI). Accessed via County Health Rankings. 2024.



[View larger map](#)

Other Primary Care Providers, Rate Per 100,000 Pop. by County, CMS NPI 2024



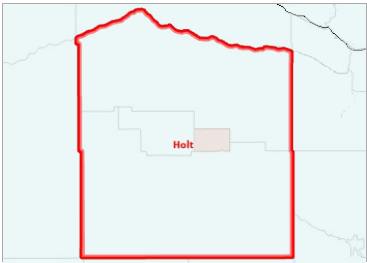
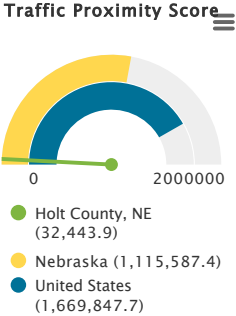
Additional Measures - Community Conditions - Physical Environment

Housing and Transportation - Traffic Volume

This indicator reports the count of vehicles per day (average annual daily traffic) at major roads within 10 kilometers (km), divided by distance in km. Although proximity to roads can provide access to amenities, in EJScreen, the indicator is designed to screen for the negative aspects of very close proximity to very high volumes of traffic, which include asthma and cardiovascular and heart disease, among others. Areas with higher traffic proximity scores are placed higher in percentile (national ranking). The percentile could be interpreted as, for example, for a place at the 80th percentile nationwide, 20% (i.e., 100 minus the percentile) of the U.S. population lives in a block group that has a higher value. The EJ Index for Traffic Proximity and Volume is a combination of this environmental indicator and the Demographic Index (the average of percent low-income and percent people of color). Data are acquired from EPA's EJScreen dataset, 2024.

Report Area	Total Population	Traffic Proximity	Percentile for Traffic Proximity	EJ Index for Traffic Proximity
Holt County, NE	10,149	32,443.9	8	8.6
Rural Nebraska	333,069	47,569.1	9	8.9
Urban Nebraska	1,625,870	1,334,377.2	52	58.2
Nebraska	1,958,939	1,115,587.4	44	49.8
United States	334,369,975	1,669,847.7	50	74.2

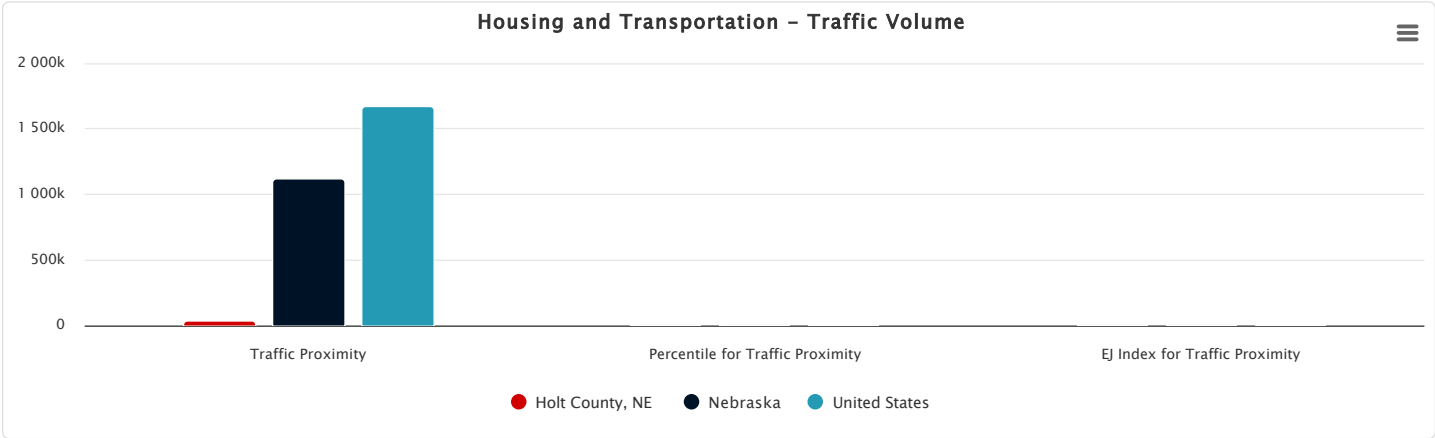
Note: This indicator is compared to the state average.
 Data Source: Environmental Protection Agency, EPA - EJScreen. 2024.



[View larger map](#)

Traffic Proximity and Volume, EJ Screen Index by Tract, EPA EJ-Screen 2024

- Over 100.0
- 65.0 - 100.0
- 35.0 - 64.9
- 15.0 - 34.9
- Under 15.0
- No Data
- Holt County, NE



Housing and Transportation - Homeownership

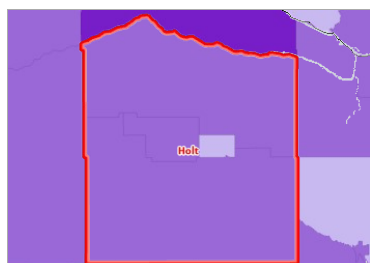
Tenure provides a measurement of home ownership, which has served as an indicator of the nation’s economy for decades. This data covers all occupied housing units, which are classified as either owner occupied or renter occupied. These data are used to aid in the distribution of funds for programs such as those involving mortgage insurance, rental housing, and national defense housing. Data on tenure allows planners to evaluate the overall viability of housing markets and to assess the stability of neighborhoods. The data also serve in understanding the characteristics of owner occupied and renter occupied units to aid builders, mortgage lenders, planning officials, government agencies, etc., in the planning of housing programs and services.

Owner-Occupied Housing

A housing unit is owner-occupied if the owner or co-owner lives in the unit, even if it is mortgaged or not fully paid for. The unit also is considered owned with a mortgage if it is built on leased land and there is a mortgage on the unit. Mobile homes occupied by owners with installment loan balances also are included in this category.

Report Area	Total Occupied Housing Units	Owner-Occupied Housing Units	Percent Owner-Occupied Housing Units
Holt County, NE	4,064	2,960	72.83%
Rural Nebraska	136,746	101,815	74.46%
Urban Nebraska	650,139	421,788	64.88%
Nebraska	786,885	523,603	66.54%
United States	127,482,865	82,892,037	65.02%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



[View larger map](#)

Owner-Occupied Housing Units, Percent by Tract, ACS 2019-23

- Over 82.0%
- 74.1 - 82.0%
- 66.1 - 74.0%
- Under 66.1%
- No Data or Data Suppressed
- Holt County, NE

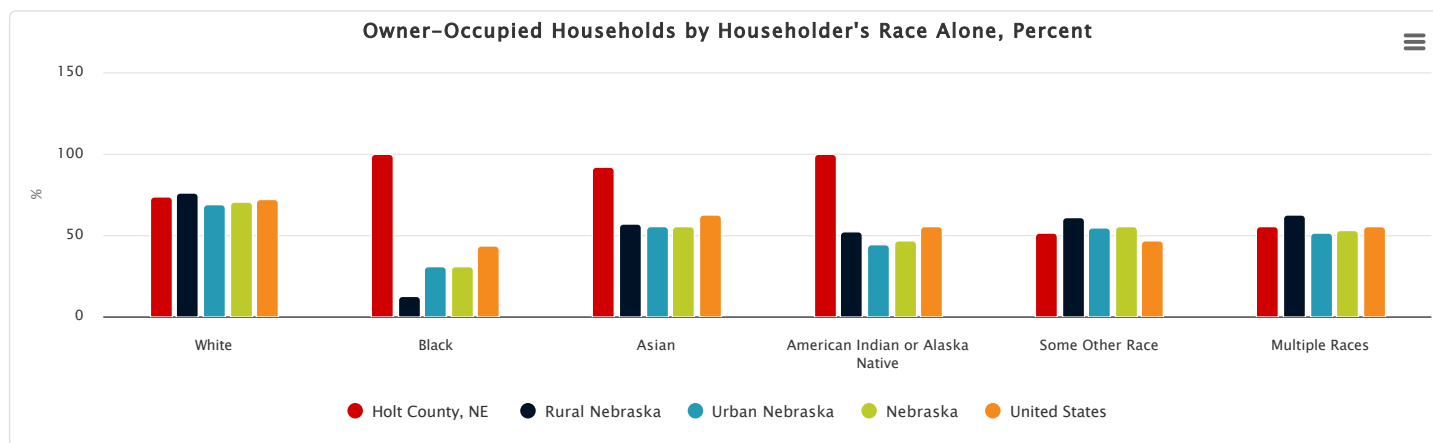
Owner-Occupied Households by Householder's Race Alone, Percent

This indicator reports the percentage of owner-occupied households by householder's race alone.

The percentage values could be interpreted as, for example, "Of all the housing units with a white householder within the report area, the percentage of owner-occupied households is (value)."

Report Area	White	Black	Asian	American Indian or Alaska Native	Some Other Race	Multiple Races
Holt County, NE	73.13%	100.00%	91.67%	100.00%	51.35%	55.17%
Rural Nebraska	75.95%	12.66%	56.81%	51.73%	60.99%	62.35%
Urban Nebraska	68.68%	30.72%	54.95%	44.01%	54.43%	51.46%
Nebraska	70.05%	30.39%	55.01%	46.47%	55.14%	52.89%
United States	71.71%	43.60%	62.35%	54.77%	46.21%	54.85%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

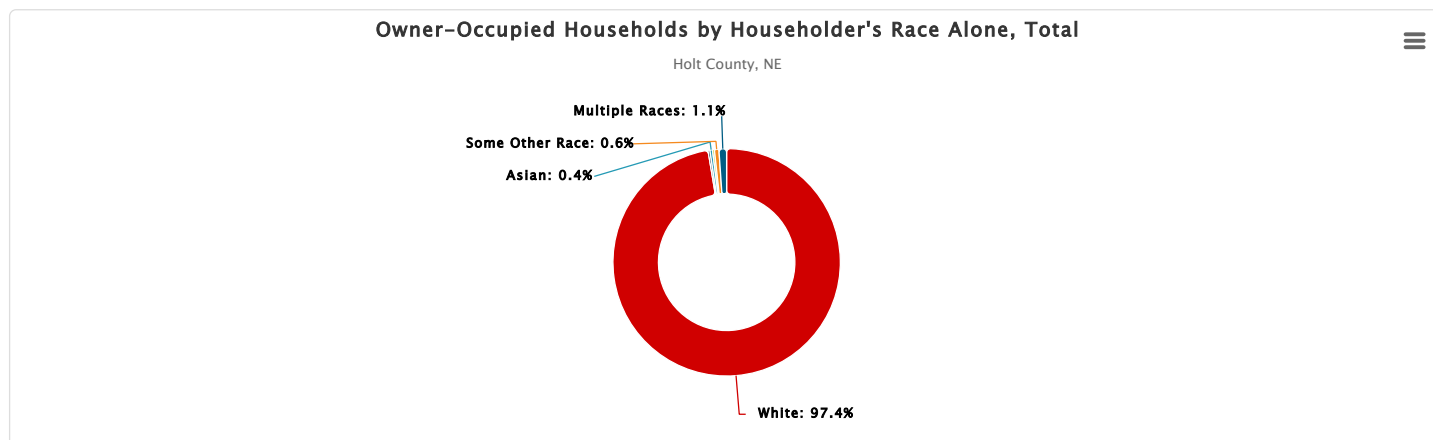


Owner-Occupied Households by Householder's Race Alone, Total

This indicator reports the total count of owner-occupied households by householder's race alone.

Report Area	White	Black	Asian	American Indian or Alaska Native	Some Other Race	Multiple Races
Holt County, NE	2,882	8	11	8	19	32
Rural Nebraska	95,686	79	267	958	1,471	3,353
Urban Nebraska	371,929	10,271	8,543	1,742	10,803	18,286
Nebraska	467,615	10,350	8,810	2,700	12,274	21,639
United States	62,899,230	6,782,072	4,100,873	510,579	2,883,070	5,639,929

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



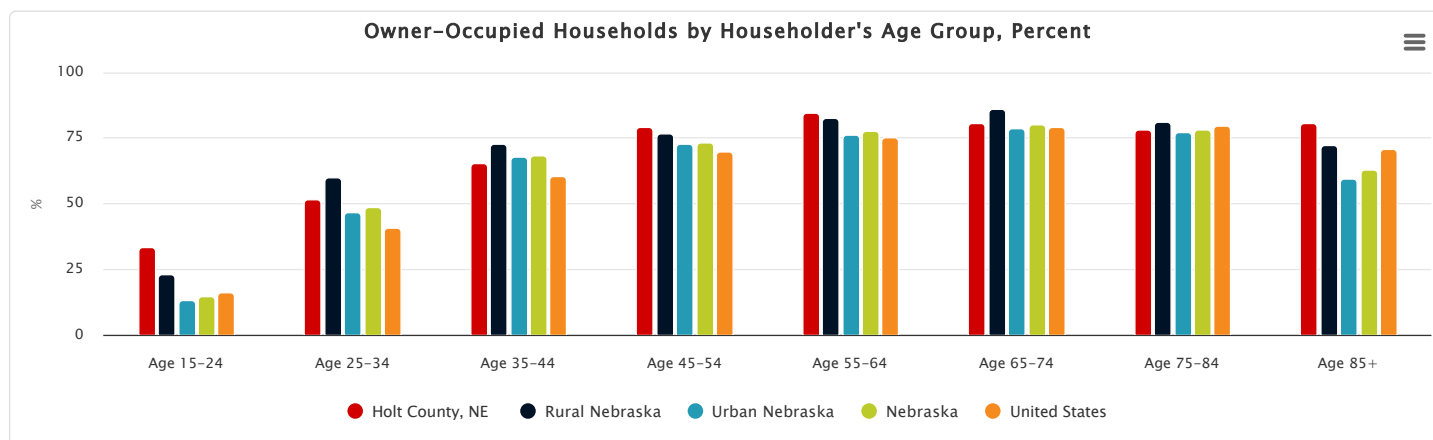
Owner-Occupied Households by Householder's Age Group, Percent

This indicator reports the percentage of owner-occupied households by householder's age group.

The percentage values could be interpreted as, for example, "Of all the housing units with a householder aged 15-24 within the report area, the percentage of owner-occupied households is (value)."

Report Area	Age 15-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65-74	Age 75-84	Age 85+
Holt County, NE	33.33%	51.48%	65.47%	79.26%	84.49%	80.38%	78.01%	80.71%
Rural Nebraska	22.79%	59.89%	72.82%	76.63%	82.38%	86.03%	80.99%	72.24%
Urban Nebraska	13.18%	46.59%	67.49%	72.72%	76.22%	78.72%	77.23%	59.15%
Nebraska	14.51%	48.37%	68.23%	73.34%	77.40%	80.27%	78.11%	62.70%
United States	16.10%	40.84%	60.58%	69.47%	75.09%	79.16%	79.50%	70.93%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

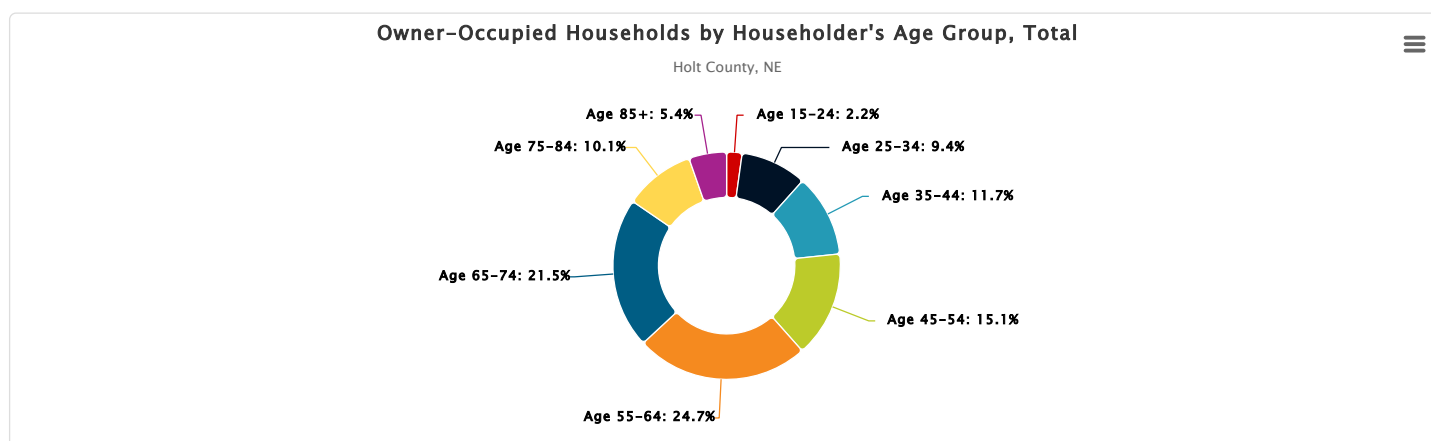


Owner-Occupied Households by Householder's Age Group, Total

This indicator reports the total count of owner-occupied households by householder's age group.

Report Area	Age 15-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65-74	Age 75-84	Age 85+
Holt County, NE	65	279	347	447	730	635	298	159
Rural Nebraska	1,509	10,247	14,294	15,191	22,569	21,469	11,240	5,296
Urban Nebraska	5,464	51,654	81,272	75,877	88,103	73,033	34,703	11,682
Nebraska	6,973	61,901	95,566	91,068	110,672	94,502	45,943	16,978
United States	763,343	7,950,972	13,497,818	15,410,995	18,285,898	16,015,654	8,125,312	2,842,045

Data Source: US Census Bureau, American Community Survey, 2019-23.



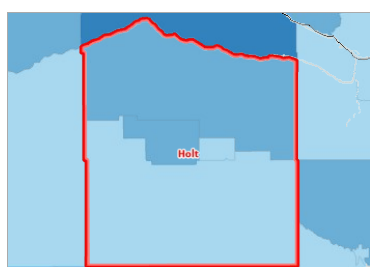
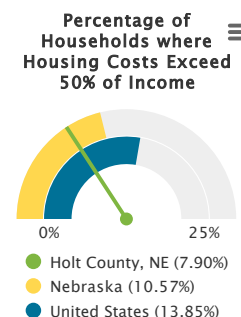
Housing and Transportation - Severe Housing Cost Burden

This indicator reports the percentage of the households where housing costs are 50% or more total household income. This indicator provides information on the cost of monthly housing expenses for owners and renters. The information offers a measure of housing affordability and excessive shelter costs. The data also serve to aid in the development of housing programs to meet the needs of people at different economic levels.

Report Area	Total Households	Severely Burdened Households	Severely Burdened Households, Percent
Holt County, NE	4,064	321	7.90%
Rural Nebraska	136,746	11,161	8.16%
Urban Nebraska	650,139	72,044	11.08%
Nebraska	786,885	83,205	10.57%
United States	127,482,865	17,661,218	13.85%

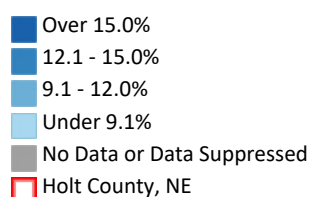
Note: This indicator is compared to the state average.

Data Source: US Census Bureau, American Community Survey, 2019-23.



[View larger map](#)

Severely Cost Burdened Households (Housing Costs Exceed 50% of Household Income), Percent by Tract, ACS 2019-23



Severely Cost-Burdened Households by Tenure, Total

This data shows the number of households that spend more than 50% of the household income on housing costs. In the report area, there were 321 severely cost burdened households according to the U.S. Census Bureau American Community Survey (ACS) 2019-2023 5-year estimates. The data for this indicator is only reported for households where household housing costs and income earned was identified in the American Community Survey.

Report Area	Severely Burdened Households	Severely Burdened Rental Households	Severely Burdened Owner-Occupied Households w/ Mortgage	Severely Burdened Owner-Occupied Households w/o Mortgage
Holt County, NE	321	85	154	92
Rural Nebraska	11,161	4,619	3,902	2,956
Urban Nebraska	72,044	45,581	20,202	8,544
Nebraska	83,205	50,200	24,104	11,500
United States	17,661,218	10,516,877	5,576,596	2,107,768

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

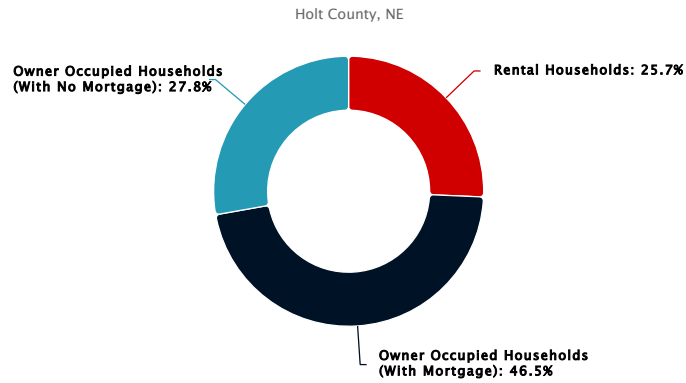
Severely Cost-Burdened Households by Tenure, Percent of Severely Burdened Households

This data shows the percentage of severely cost burdened households that each tenure type represented. Rental households that spent more than 50% of the household income on rental costs represented 26.48% of all of the severely cost burdened households in the report area, according to the U.S. Census Bureau American Community Survey (ACS) 2019-2023 5-year estimates. The data for this indicator is only reported for households where tenure, household housing costs, and income earned was identified in the American Community Survey.

Report Area	Severely Burdened Households	Rental Households, Percent	Owner-Occupied Households w/ Mortgage, Percent	Owner-Occupied Households w/o Mortgage, Percent
Holt County, NE	321	26.48%	47.98%	28.66%
Rural Nebraska	11,161	41.39%	34.96%	26.49%
Urban Nebraska	72,044	63.27%	28.04%	11.86%
Nebraska	83,205	60.33%	28.97%	13.82%
United States	17,661,218	59.55%	31.58%	11.93%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Severely Cost-Burdened Households by Tenure, Percent of Severely Burdened Households



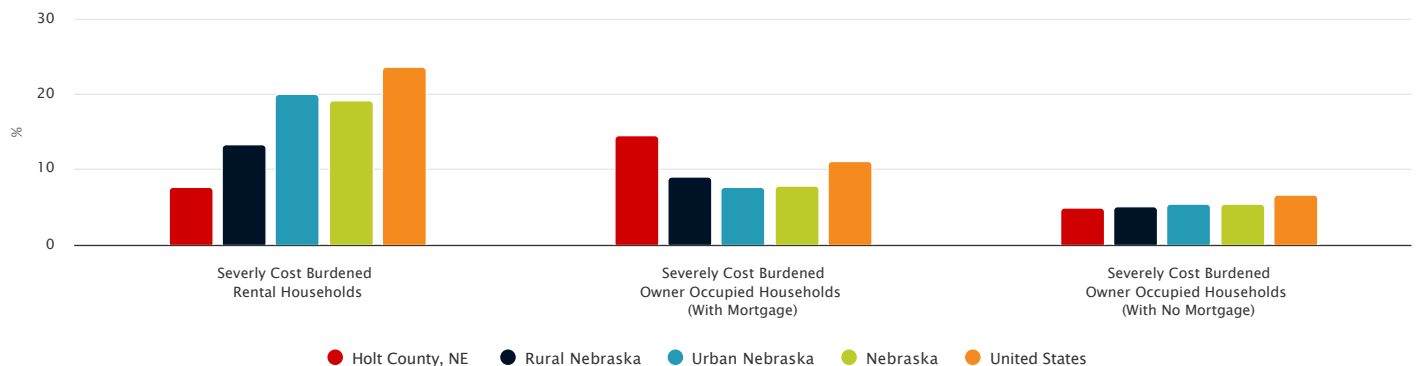
Severely Cost-Burdened Households by Tenure, Percentage of Tenure

This data shows the percentage of each tenure type that represented severely cost burdened households. Severely cost burdened rental households (those that spent more than 50% of the household income on rental costs) represented 7.70% of all of the rental households in the report area, according to the U.S. Census Bureau American Community Survey (ACS) 2019-2023 5-year estimates. The data for this indicator is only reported for households where tenure, household housing costs, and income earned was identified in the American Community Survey.

Report Area	Rental Households	Rental Households Severely Burdened, Percent	Owner-Occupied Households w/ Mortgage	Owner-Occupied Households w/ Mortgage Severely Burdened, Percent	Owner-Occupied Households w/o Mortgage	Owner-Occupied Households w/o Mortgage Severely Burdened, Percent
Holt County, NE	1,104	7.70%	1,064	14.47%	1,896	4.85%
Rural Nebraska	34,931	13.22%	43,234	9.03%	58,581	5.05%
Urban Nebraska	228,351	19.96%	265,442	7.61%	156,346	5.46%
Nebraska	263,282	19.07%	308,676	7.81%	214,927	5.35%
United States	44,590,828	23.59%	50,718,449	11.00%	32,173,588	6.55%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Severely Cost-Burdened Households by Tenure, Percentage of Tenure



Air, Water and Land - Access to Parks

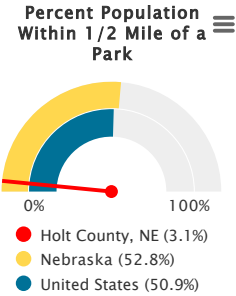
This indicator reports the percentage of the total 2020 population living within 1/2 mile of a park and is included in the 2025

County Health Rankings framework.

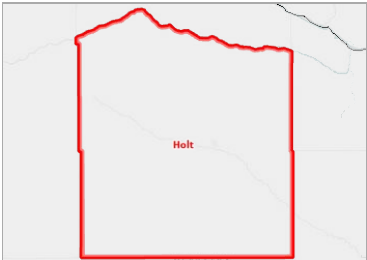
Within the report area, there were 309 people living within a half mile of a park. This represents 3.1% of the 2020 total population.

Note: Data are suppressed for counties with no park locations have been identified in the USA Parks dataset. In contrast, counties are assigned a 0% when they have a park location identified but the county residents do not live in a census block within a half mile of that location.

Report Area	Total Population, 2020 Census	Population Within 1/2 Mile of a Park	Percent Within 1/2 Mile of a Park
Holt County, NE	10,127	309	3.1%
Rural Nebraska	No data	No data	No data
Urban Nebraska	No data	No data	No data
Nebraska	1,961,504	1,035,165	52.8%
United States	331,449,281	168,749,265	50.9%

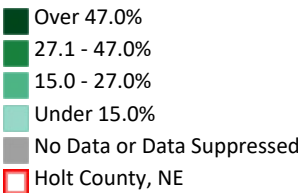


Note: This indicator is compared to the state average.
Data Source: US Census Bureau, Topologically Integrated Geographic Encoding and Referencing. ESRI, ArcGIS Living Atlas of the World. 2024&2020.



[View larger map](#)

Access to Parks, Percent by County, ARCGIS 2024 & 2020



Climate - Adverse Climate Events

This indicator shows how many of three adverse climate and weather-related event thresholds a county met over a five-year period:

- **Extreme heat:** 300 or more days above 90°F
- **Moderate or greater drought:** 65 or more weeks
- **Presidential disaster declarations:** 2 or more events

Each category with a qualifying event adds one point to the county’s total score, for a maximum of 3. For example, if a county met the thresholds in two categories, it would receive a score of 2. The actual number of events in each category is available in the disaggregated data. This is a new measure in the 2025 CHR framework.

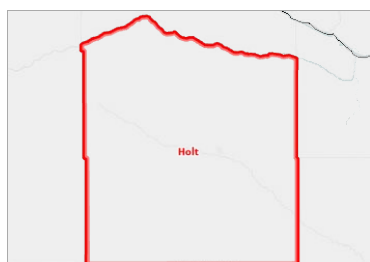
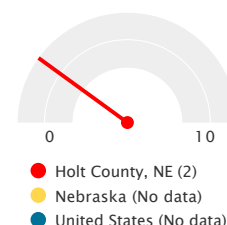
From 2019–2023, the report area met a total of 2 adverse climate event thresholds. Specifically, there were 265 days above 90°F, 153 weeks of moderate or greater drought, and 2 presidential disaster declarations.

Report Area	County Value	Days above 90°F	Weeks in Moderate or Greater Drought	Disaster Declarations
Holt County, NE	2	265	153	2
Rural Nebraska	No data	No data	No data	No data
Urban Nebraska	No data	No data	No data	No data
Nebraska	No data	No data	No data	No data
United States	No data	No data	No data	No data

Note: This indicator is compared to the state average.

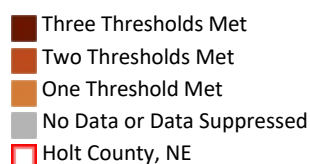
Data Source: Environmental Public Health Tracking (EPHT) Network; U.S. Drought Monitor (USDM); OPEN FEMA Disaster Declaration Summaries. 2019-2023.

Adverse Climate Events



[View larger map](#)

Adverse Climate Events, Total Occurance by County, CDC EPH 2019-2023



Civic and Community Resources - Census Participation

This indicator reports the percentage of all households that self-responded to the 2020 census (by internet, paper questionnaire or telephone). Data were originally from the Census Operational Quality Metrics and are used in the 2025 County Health Rankings.

Of all the 3,846 households in the report area, 2,353 or 61.2% have self-responded to the 2020 Census.

Note: 1. The total number of self-responding households at all geographic levels is back-calculated by CARES using the total number of occupied housing units from the 2019–2023 ACS as the denominator. As a result, these estimates may not be fully aligned with those reported by the original data source.

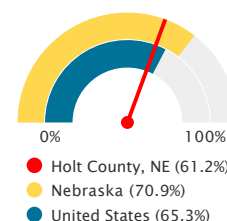
2. Connecticut planning regions could only report rates since the denominator data are for the old counties. This will affect multi-county, state and US summary where one or more Connecticut planning regions are included.

Report Area	Total Households	Responded to the 2020 Census, Total	Responded to the 2020 Census, Percent
Holt County, NE	3,846	2,353	61.2%
Rural Nebraska	129,723	79,732	61.5%
Urban Nebraska	634,788	462,304	72.8%
Nebraska	764,511	542,036	70.9%
United States	123,712,766	80,788,179	65.3%

Note: This indicator is compared to the state average.

Data Source: Census Bureau, Census Operational Quality Metrics. 2020.

Census Participation Rate



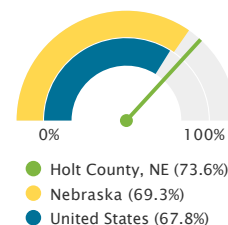
Civic and Community Resources - Voter Turnout

This indicator reports the percentage of citizen population aged 18 or older who voted in the 2020 U.S. Presidential election. Data were originally from the MIT Election Data and Science Lab (2020) and ACS16-20.

Of all the 7,525 U.S. citizens ages 18 and older in the report area, 5,537 or 73.6% voted in the 2020 U.S. Presidential election.

Report Area	US Citizens Age 18+	Voted in 2020 Presidential Election, Total	Voted in 2020 Presidential Election, Percent
Holt County, NE	7,525	5,537	73.6%
Rural Nebraska	250,150	174,774	69.9%
Urban Nebraska	1,123,425	776,938	69.2%
Nebraska	1,373,575	951,712	69.3%
United States	232,908,330	157,981,636	67.8%

Voter Turnout (2020) 



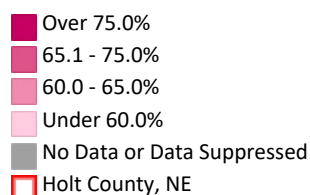
Note: This indicator is compared to the state average.

Data Source: US Census Bureau, [American Community Survey](#). Massachusetts Institute of Technology, [MIT Election Data and Science Lab](#). 2020.



[View larger map](#)

Voter Turnout, Rate of Adults Age 18+ by County, ACS 2016-2020



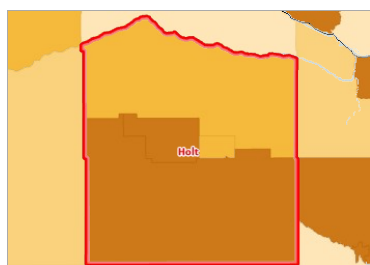
Additional Measures - Demographics

Population Under Age 18

Of the estimated 10,093 total population in the report area, an estimated 2,547 persons are under the age of 18, representing 25.24% of the population. These data are based on the latest U.S. Census Bureau American Community Survey 5-year estimates. The number of persons under age 18 is relevant because this population has unique needs which should be considered separately from other age groups.

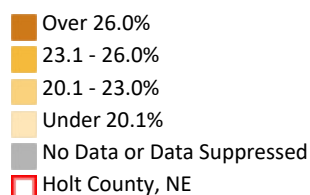
Report Area	Total Population	Population Age 0-17	Population Age 0-17, Percent
Holt County, NE	10,093	2,547	25.24%
Rural Nebraska	332,420	77,712	23.38%
Urban Nebraska	1,633,506	407,038	24.92%
Nebraska	1,965,926	484,750	24.66%
United States	332,387,540	73,645,238	22.16%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



[View larger map](#)

Population Age 0-17, Percent by Tract, ACS 2019-23

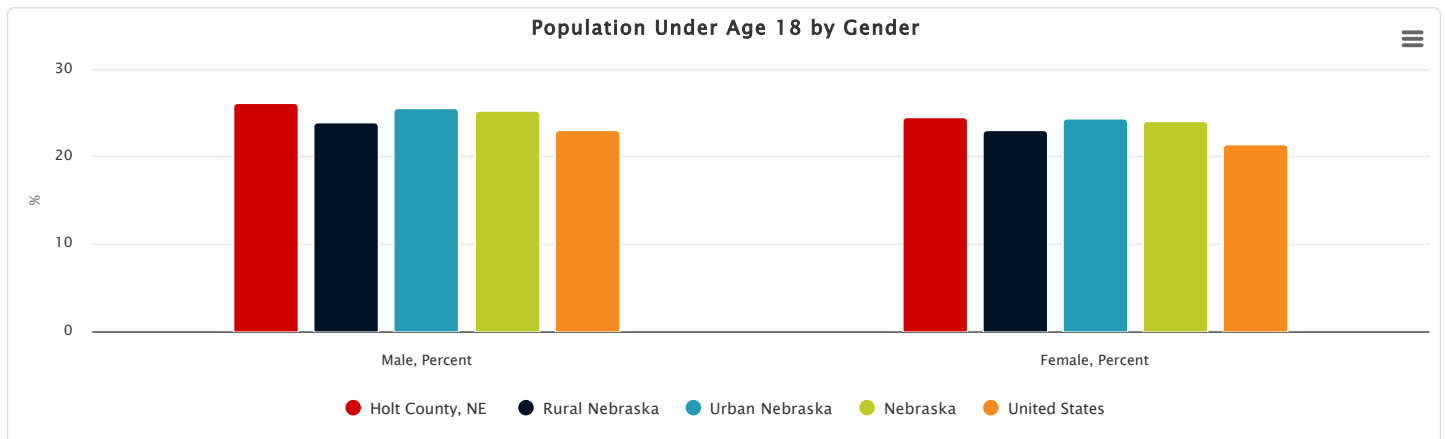


Population Under Age 18 by Gender

This indicator reports the percentage of population that is under age 18 by gender, when compared to the total population of all ages, by gender.

Report Area	Male	Female	Male, Percent	Female, Percent
Holt County, NE	1,313	1,234	26.01%	24.46%
Rural Nebraska	40,211	37,501	23.81%	22.93%
Urban Nebraska	208,984	198,054	25.53%	24.31%
Nebraska	249,195	235,555	25.23%	24.08%
United States	37,693,870	35,951,368	22.91%	21.42%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

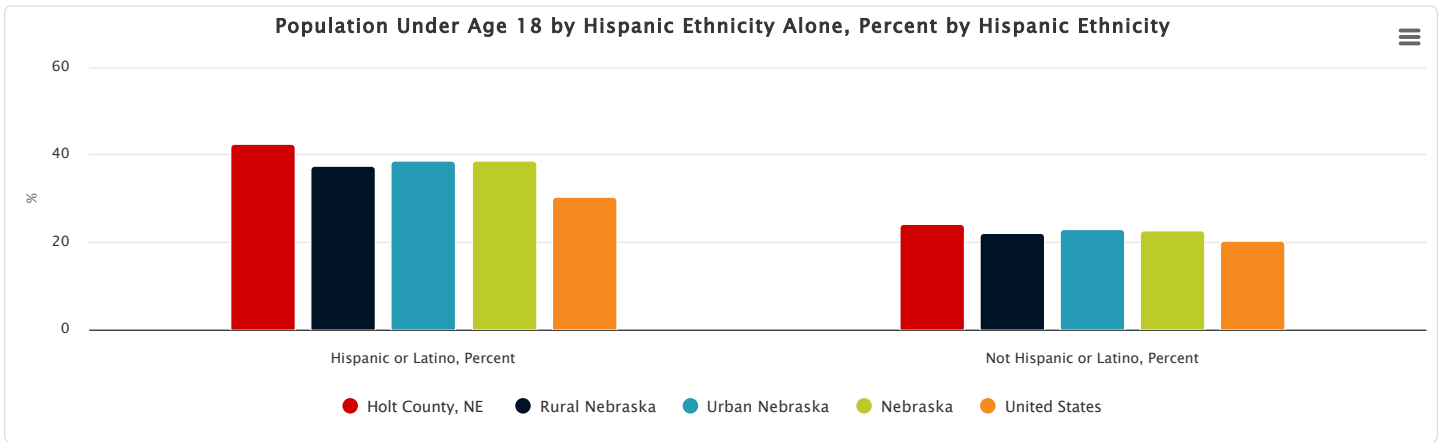


Population Under Age 18 by Hispanic Ethnicity Alone, Percent by Hispanic Ethnicity

This indicator reports the percentage of population who are under age 18 by Hispanic ethnicity alone during 2019-2023, according to the American Community Survey (ACS). Within the report area, there were 236 persons of Hispanic or Latino origin under age 18 in the report area, representing 42.45% of the Hispanic or Latino population. There were 2,311 persons not of Hispanic or Latino origin under age 18 in the report area, representing 24.23% of the total non-Hispanic population. Data for this indicator is only reported for individuals where age, race, and ethnicity were identified in the American Community Survey.

Report Area	Hispanic or Latino	Not Hispanic or Latino	Hispanic or Latino, Percent	Not Hispanic or Latino, Percent
Holt County, NE	236	2,311	42.45%	24.23%
Rural Nebraska	10,322	67,390	37.35%	22.11%
Urban Nebraska	83,065	323,973	38.71%	22.83%
Nebraska	93,387	391,363	38.55%	22.70%
United States	19,086,946	54,558,292	30.23%	20.26%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

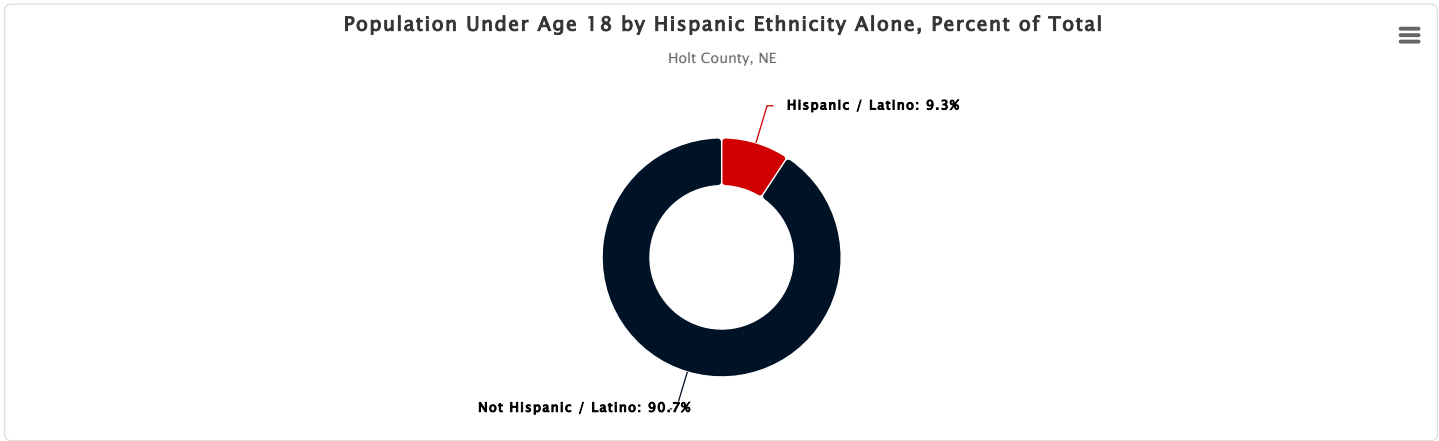


Population Under Age 18 by Hispanic Ethnicity Alone, Percent of Total

This indicator reports the percentage of population who are under age 18 by Hispanic ethnicity alone during 2019-2023, according to the American Community Survey (ACS). Within the report area, there were 236 persons of Hispanic or Latino origin under age 18, representing 9.27% of the total population under age 18. There were 2,311 persons not of Hispanic or Latino origin under age 18 in the report area, representing 90.73% of the total population under age 18. Data for this indicator is only reported for individuals where age, race, and ethnicity were identified in the American Community Survey.

Report Area	Hispanic or Latino	Not Hispanic or Latino	Hispanic or Latino, Percent	Not Hispanic or Latino, Percent
Holt County, NE	236	2,311	9.27%	90.73%
Rural Nebraska	10,322	67,390	13.28%	86.72%
Urban Nebraska	83,065	323,973	20.41%	79.59%
Nebraska	93,387	391,363	19.26%	80.74%
United States	19,086,946	54,558,292	25.92%	74.08%

Data Source: US Census Bureau, American Community Survey, 2019-23.

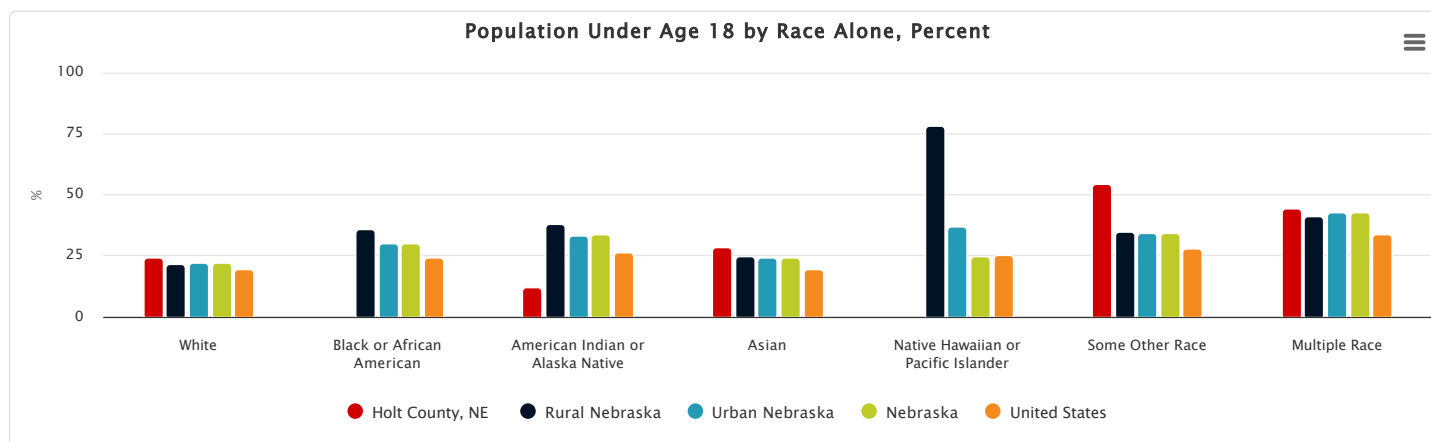


Population Under Age 18 by Race Alone, Percent

This indicator reports the percentage of population that is under age 18 by race alone. The percentage values could be interpreted as, for example, "Of all the white population in the report area, the percentage under age 18 is (value)."

Report Area	White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	24.02%	No data	12.00%	28.26%	No data	54.43%	43.92%
Rural Nebraska	21.64%	35.46%	37.81%	24.52%	78.05%	34.85%	40.84%
Urban Nebraska	22.17%	30.08%	33.22%	24.25%	36.64%	34.23%	42.67%
Nebraska	22.07%	29.85%	33.71%	23.98%	24.44%	34.20%	42.38%
United States	19.39%	24.24%	26.00%	19.42%	25.15%	27.72%	33.86%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



Population Under Age 18 by Race Alone, Total

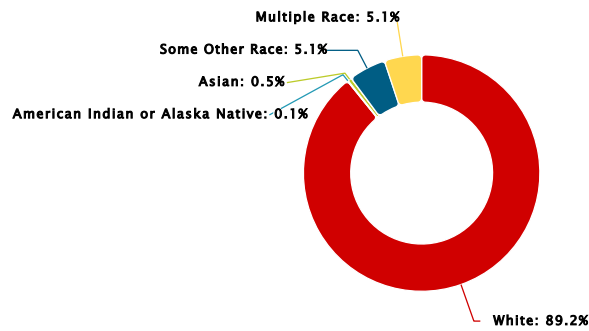
This indicator reports the proportion of each race (alone) making up the population under age 18.

Report Area	White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	2,272	0	3	13	0	129	130
Rural Nebraska	63,107	690	2,660	267	32	3,327	7,629
Urban Nebraska	283,438	27,252	3,940	11,509	196	25,115	55,588
Nebraska	346,545	27,942	6,600	11,776	228	28,442	63,217
United States	40,879,518	9,955,428	760,402	3,757,347	158,273	6,082,178	12,052,092

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Population Under Age 18 by Race Alone, Total

Holt County, NE

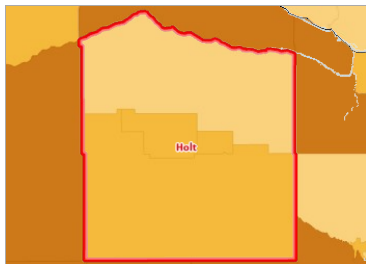


Population Age 65+

Of the estimated 10,093 total population in the report area, an estimated 2,266 persons are adults aged 65 and older, representing 22.45% of the population. These data are based on the latest U.S. Census Bureau American Community Survey 5-year estimates. The number of older adults in the report area is relevant because this population has unique needs which should be considered separately from other age groups.

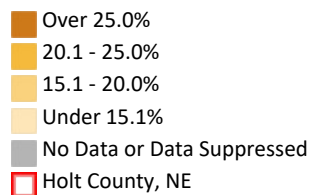
Report Area	Total Population	Population Age 65+	Population Age 65+, Percent
Holt County, NE	10,093	2,266	22.45%
Rural Nebraska	332,420	73,203	22.02%
Urban Nebraska	1,633,506	248,962	15.24%
Nebraska	1,965,926	322,165	16.39%
United States	332,387,540	55,970,047	16.84%

Data Source: US Census Bureau, American Community Survey, 2019-23.



[View larger map](#)

Population Age 65+, Percent by Tract, ACS 2019-23

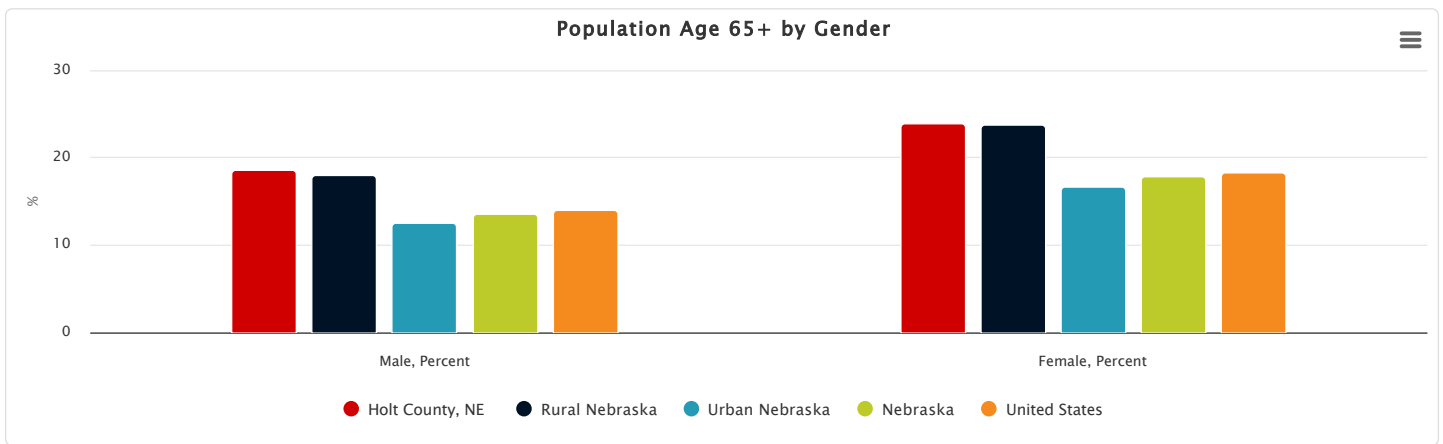


Population Age 65+ by Gender

The table below reports the percentage of the population that is age 65 or older by gender. Among the male population in the report area, 18.52% are aged 65 years or older. Among the female population, 23.87% are aged 65 years or older.

Report Area	Male	Female	Male, Percent	Female, Percent
Holt County, NE	935	1,204	18.52%	23.87%
Rural Nebraska	30,279	38,846	17.93%	23.75%
Urban Nebraska	102,492	135,945	12.52%	16.68%
Nebraska	132,771	174,791	13.45%	17.86%
United States	22,891,164	30,750,968	13.91%	18.32%

Data Source: US Census Bureau, American Community Survey, 2019-23.

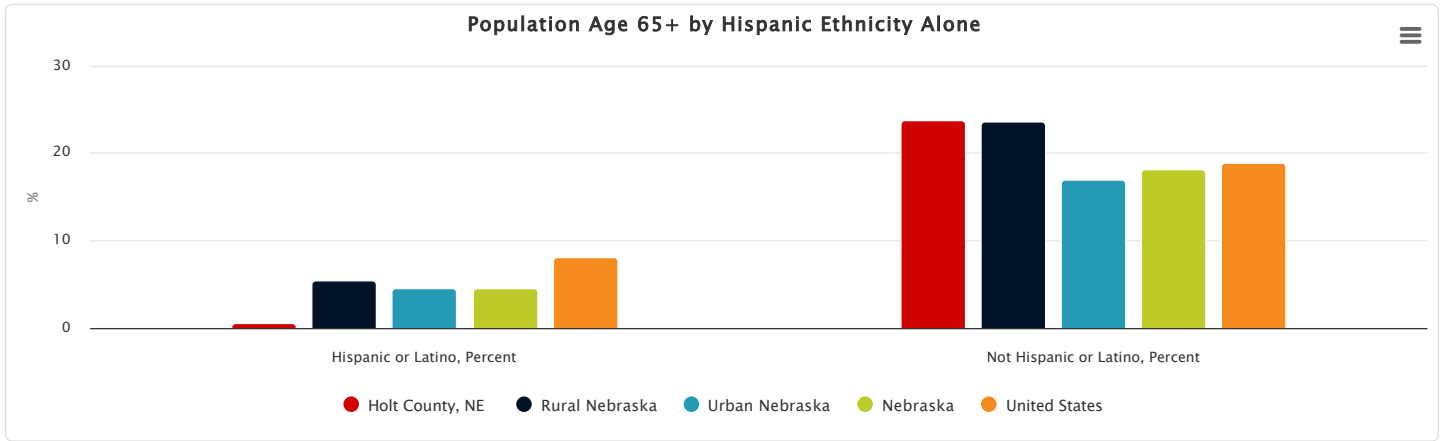


Population Age 65+ by Hispanic Ethnicity Alone

This indicator reports the percentage of population that are at age 65+ by Hispanic ethnicity alone. In the report area, 0.54% of Hispanic / Latino population are at age 65+, and 23.73% of non Hispanic / Latino population are at age 65+.

Report Area	Hispanic or Latino	Not Hispanic or Latino	Hispanic or Latino, Percent	Not Hispanic or Latino, Percent
Holt County, NE	3	2,263	0.54%	23.73%
Rural Nebraska	1,492	71,711	5.40%	23.53%
Urban Nebraska	9,575	239,387	4.46%	16.87%
Nebraska	11,067	311,098	4.57%	18.05%
United States	5,044,304	50,925,743	7.99%	18.91%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

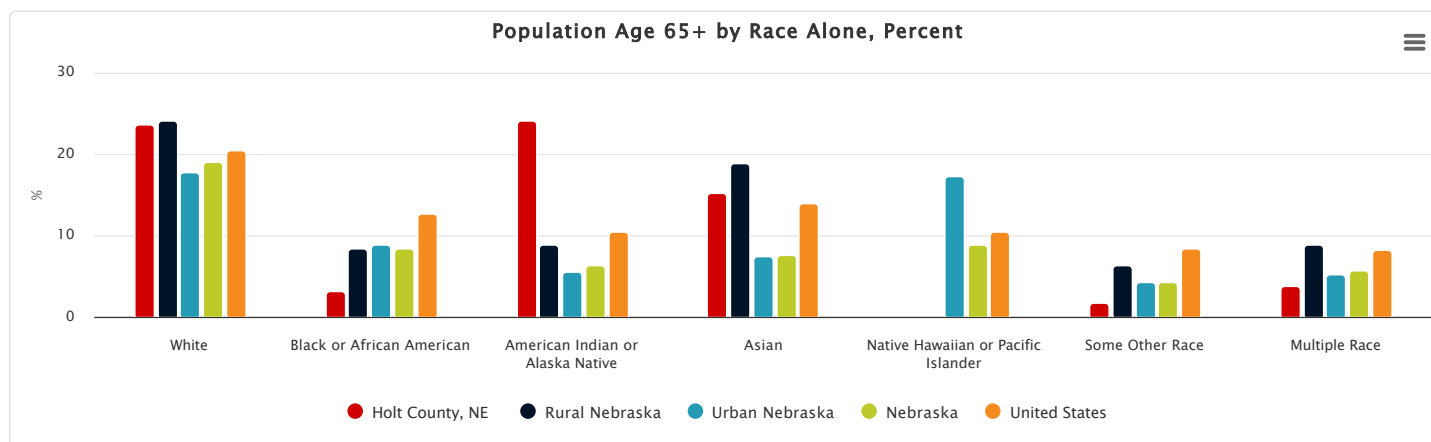


Population Age 65+ by Race Alone, Percent

This indicator reports the percentage of population age 65+ by race alone. The percentage values could be interpreted as, for example, "Among the white population in the report area, the percentage of the population age 65+ is (value)."

Report Area	White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	23.65%	3.13%	24.00%	15.22%	No data	1.69%	3.72%
Rural Nebraska	24.06%	8.31%	8.86%	18.74%	No data	6.34%	8.74%
Urban Nebraska	17.77%	8.74%	5.51%	7.45%	17.15%	4.18%	5.18%
Nebraska	18.94%	8.33%	6.22%	7.50%	8.79%	4.27%	5.61%
United States	20.40%	12.59%	10.32%	13.82%	10.46%	8.36%	8.16%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



Population Age 65+ by Race Alone, Total

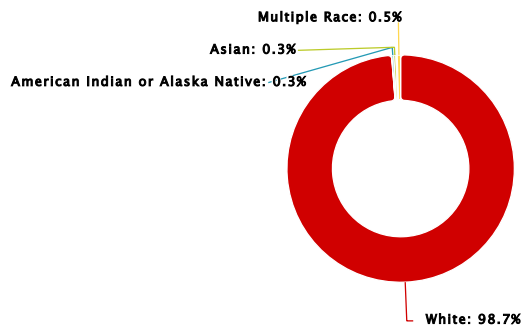
This indicator reports the proportion of each race (alone) making up the population aged 65 or older.

Report Area	White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	2,237	1	6	7	0	4	11
Rural Nebraska	70,174	105	596	200	0	509	1,619
Urban Nebraska	227,287	7,693	622	3,483	82	3,043	6,752
Nebraska	297,461	7,798	1,218	3,683	82	3,552	8,371
United States	43,015,029	5,171,484	301,996	2,674,875	65,800	1,835,121	2,905,742

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Population Age 65+ by Race Alone, Total

Holt County, NE

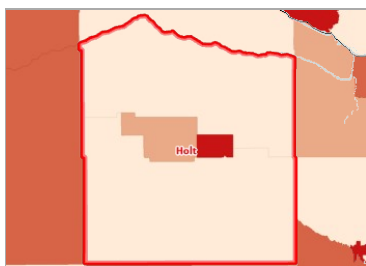


Female Population

A total of 5,044 females reside in the report area according to the U.S. Census Bureau American Community Survey 2019-23 5-year estimates. Females represent 49.98% of the total population in the area, which is less than the national average of 50.50%.

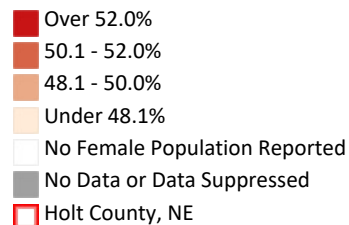
Report Area	Total Population	Female Population	Percent Female Population
Holt County, NE	10,093	5,044	49.98%
Rural Nebraska	332,420	163,560	49.20%
Urban Nebraska	1,633,506	814,860	49.88%
Nebraska	1,965,926	978,420	49.77%
United States	332,387,540	167,842,453	50.50%

Data Source: US Census Bureau, American Community Survey. 2019-23.



[View larger map](#)

Female Population, Percent by Tract, ACS 2019-23

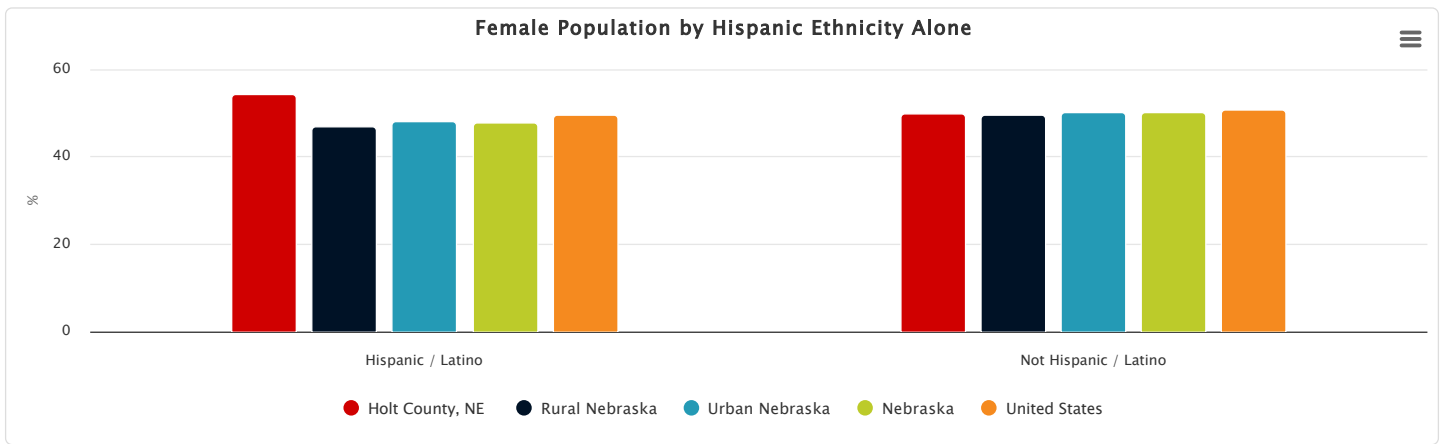


Female Population by Hispanic Ethnicity Alone

The table below reports the percentage of the female population by Hispanic ethnicity alone. Among the Hispanic population in the report area, 54.14% are female. Among the non-Hispanic population, 49.73% are female.

Report Area	Hispanic or Latino	Not Hispanic or Latino	Hispanic or Latino, Percent	Not Hispanic or Latino, Percent
Holt County, NE	301	4,743	54.14%	49.73%
Rural Nebraska	12,929	150,631	46.79%	49.42%
Urban Nebraska	103,016	711,844	48.01%	50.17%
Nebraska	115,945	862,475	47.87%	50.04%
United States	31,189,814	136,652,639	49.40%	50.75%

Data Source: US Census Bureau, American Community Survey. 2019-23.

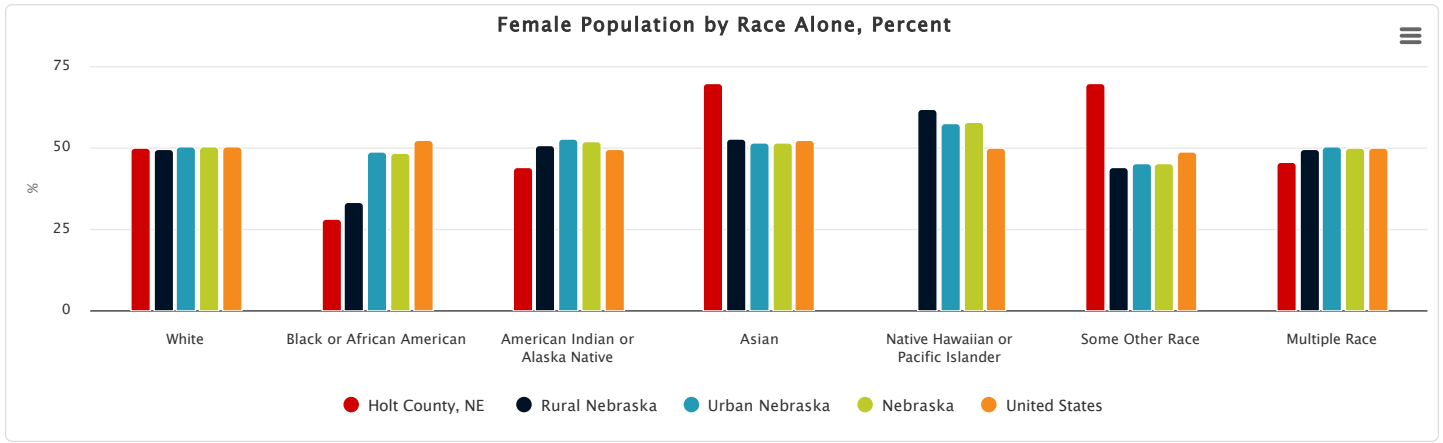


Female Population by Race Alone, Percent

The table below reports the percentage of the female population by race alone. The percentage could be interpreted as, for example, among the white population in the report area, 49.61% are female; among the black population, 28.13% are female; etc.

Report Area	White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	49.61%	28.13%	44.00%	69.57%	No data	69.62%	45.61%
Rural Nebraska	49.49%	33.27%	50.41%	52.70%	61.54%	43.68%	49.28%
Urban Nebraska	50.16%	48.51%	52.49%	51.30%	57.43%	45.04%	50.07%
Nebraska	50.03%	48.03%	51.69%	51.35%	57.77%	44.88%	49.97%
United States	50.36%	51.99%	49.50%	52.06%	49.61%	48.80%	49.85%

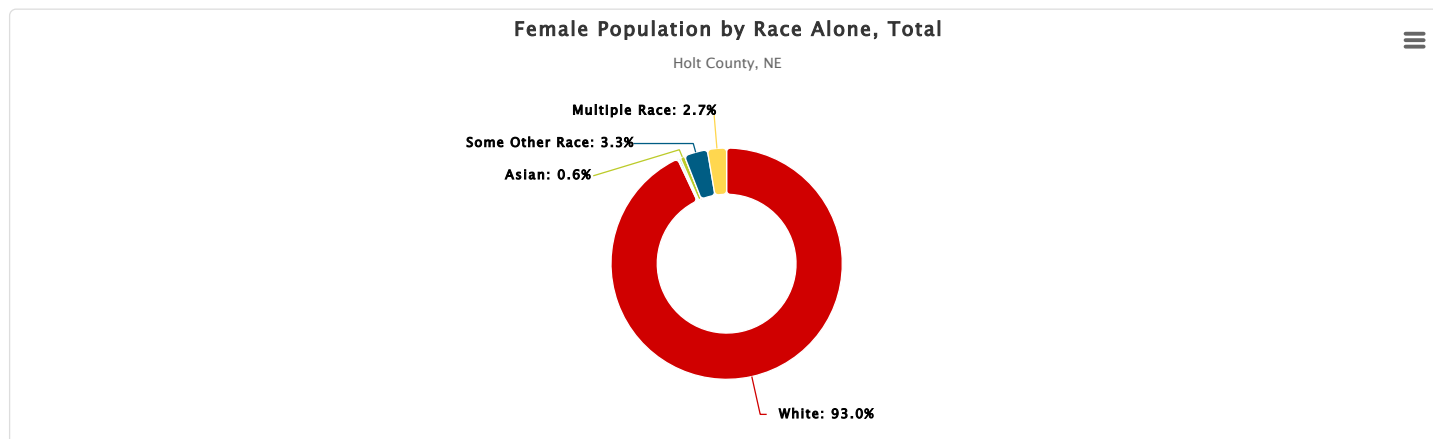
Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



Female Population by Race Alone, Total

Report Area	White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	4,692	9	11	32	0	165	135
Rural Nebraska	144,342	980	3,782	848	48	4,260	9,300
Urban Nebraska	641,388	43,972	6,340	24,366	491	33,062	65,241
Nebraska	785,730	44,952	10,122	25,214	539	37,322	74,541
United States	106,203,825	21,354,128	1,447,981	10,074,944	312,176	10,706,346	17,743,053

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

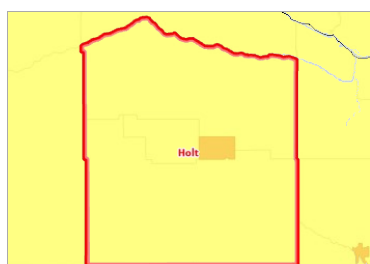


Population, Total and by Race/Ethnicity

A total of 10,093 people live in the 2,411.85 square mile report area defined for this assessment according to the U.S. Census Bureau American Community Survey 2019-23 5-year estimates. The population density for this area, estimated at 4 persons per square mile, is less than the national average population density of 94 persons per square mile.

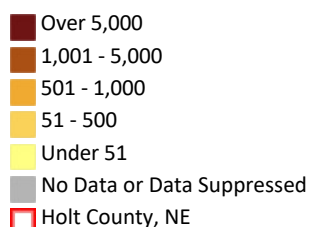
Report Area	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Holt County, NE	10,093	2,411.85	4
Rural Nebraska	332,420	55,565.31	6
Urban Nebraska	1,633,506	21,249.57	77
Nebraska	1,965,926	76,814.88	26
United States	332,387,540	3,533,298.58	94

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



[View larger map](#)

Population, Density (Persons per Sq Mile) by Tract, ACS 2019-23

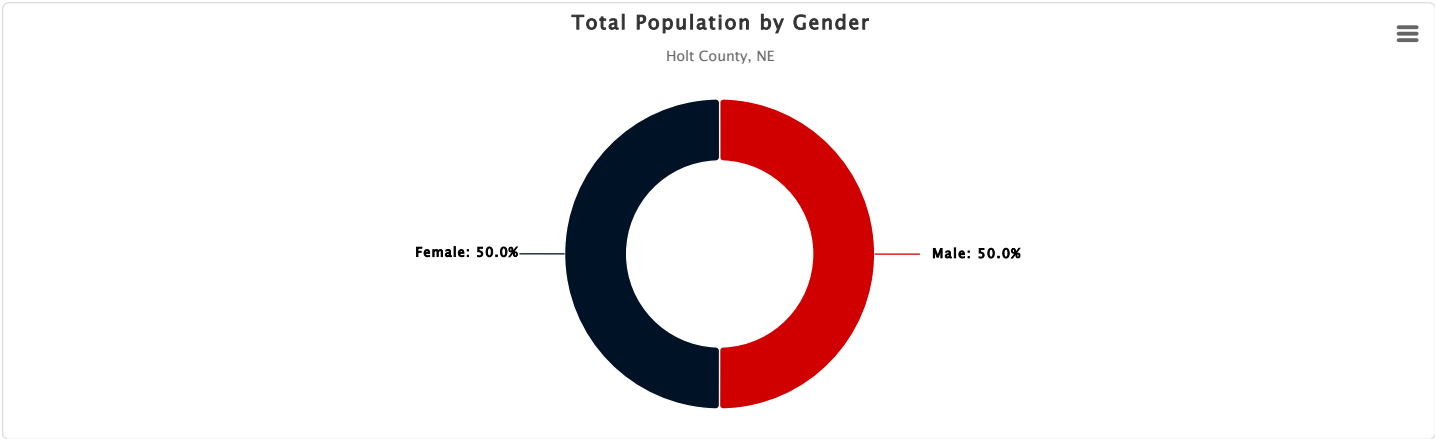


Total Population by Gender

This indicator reports the total population of the report area by gender.
The percentage values could be interpreted as, for example, "Among the total report area population, the percentage of population that is male is (value)."

Report Area	Male	Female	Male, Percent	Female, Percent
Holt County, NE	5,049	5,044	50.02%	49.98%
Rural Nebraska	168,860	163,560	50.80%	49.20%
Urban Nebraska	818,646	814,860	50.12%	49.88%
Nebraska	987,506	978,420	50.23%	49.77%
United States	164,545,087	167,842,453	49.50%	50.50%

Data Source: US Census Bureau, American Community Survey. 2019-23.



Total Population by Age Groups, Total

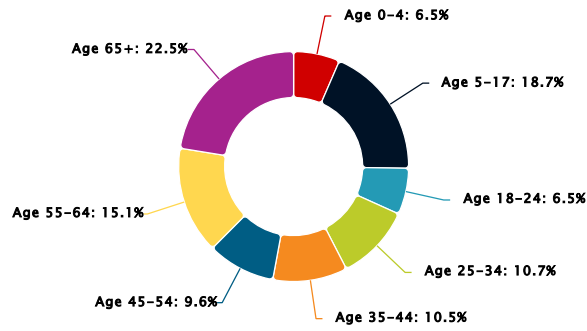
This indicator reports the total population of the report area by age groups.

Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
Holt County, NE	657	1,890	657	1,079	1,058	964	1,522	2,266
Rural Nebraska	19,888	57,824	27,419	34,617	37,150	35,544	46,775	73,203
Urban Nebraska	107,117	299,921	163,501	219,213	218,053	183,916	192,823	248,962
Nebraska	127,005	357,745	190,920	253,830	255,203	219,460	239,598	322,165
United States	18,939,899	54,705,339	30,307,641	45,497,632	43,492,887	40,847,713	42,626,382	55,970,047

Data Source: US Census Bureau, American Community Survey. 2019-23.

Total Population by Age Groups, Total

Holt County, NE



Total Population by Age Groups, Percent

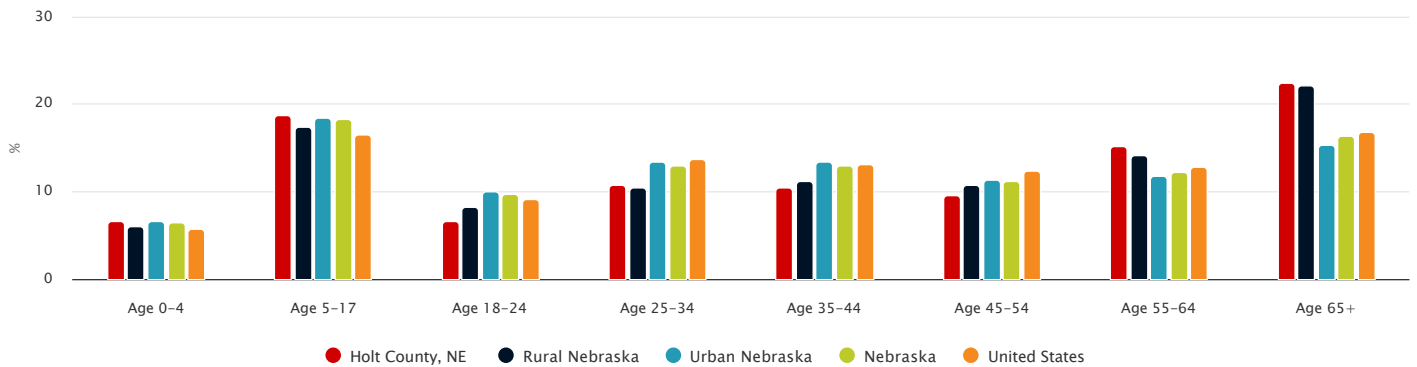
This indicator reports the percentage of age groups in the population of the report area.

The percentage values could be interpreted as, for example, "Of the total population in the report area, the percentage of population age 0-4 is (value)."

Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
Holt County, NE	6.51%	18.73%	6.51%	10.69%	10.48%	9.55%	15.08%	22.45%
Rural Nebraska	5.98%	17.39%	8.25%	10.41%	11.18%	10.69%	14.07%	22.02%
Urban Nebraska	6.56%	18.36%	10.01%	13.42%	13.35%	11.26%	11.80%	15.24%
Nebraska	6.46%	18.20%	9.71%	12.91%	12.98%	11.16%	12.19%	16.39%
United States	5.70%	16.46%	9.12%	13.69%	13.08%	12.29%	12.82%	16.84%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Total Population by Age Groups, Percent

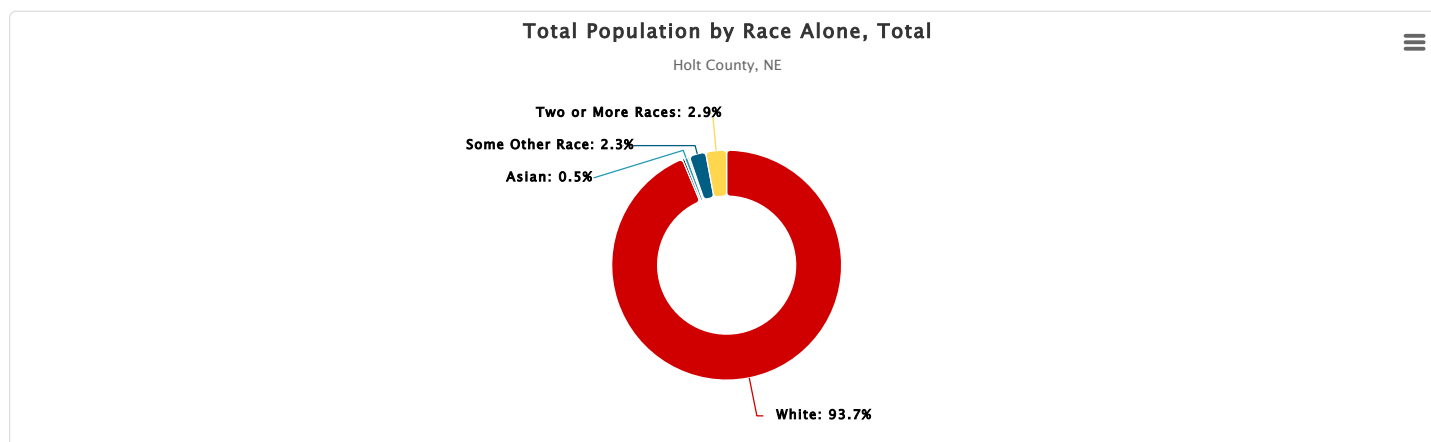


Total Population by Race Alone, Total

This indicator reports the total population of the report area by race alone, without considering respondents' ethnicity. An ACS survey respondent may identify as a single race, or may choose multiple races. Respondents selecting multiple categories are racially identified as "Two or More Races."

Report Area	White	Black	Asian	American Indian or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race	Two or More Races
Holt County, NE	9,457	32	46	25	0	237	296
Rural Nebraska	291,661	2,946	1,609	7,502	78	9,752	18,872
Urban Nebraska	1,278,730	90,649	47,498	12,079	855	73,404	130,291
Nebraska	1,570,391	93,595	49,107	19,581	933	83,156	149,163
United States	210,875,446	41,070,890	19,352,659	2,924,996	629,292	21,940,536	35,593,721

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



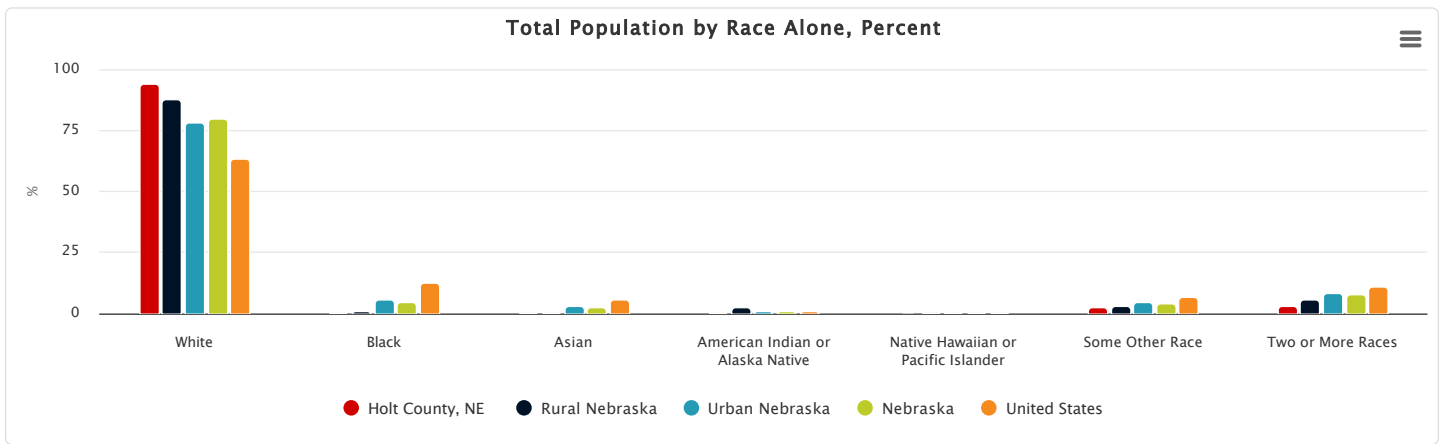
Total Population by Race Alone, Percent

This indicator reports the percentage of population by race alone in the report area, without considering respondents' ethnicity. An ACS survey respondent may identify as a single race, or may choose multiple races. Respondents selecting multiple categories are racially identified as "Two or More Races."

The percentage values could be interpreted as, for example, "Of all the population in the report area, the percentage of population who are white alone is (value)."

Report Area	White	Black	Asian	American Indian or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race	Two or More Races
Holt County, NE	93.70%	0.32%	0.46%	0.25%	0.00%	2.35%	2.93%
Rural Nebraska	87.74%	0.89%	0.48%	2.26%	0.02%	2.93%	5.68%
Urban Nebraska	78.28%	5.55%	2.91%	0.74%	0.05%	4.49%	7.98%
Nebraska	79.88%	4.76%	2.50%	1.00%	0.05%	4.23%	7.59%
United States	63.44%	12.36%	5.82%	0.88%	0.19%	6.60%	10.71%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



Total Population by Race Alone or in Combination with One or More Other Races, Total

This indicator reports the total population of the selected area by race alone or in combination with one or more other races, without considering respondents' ethnicity.

For example, the count for *White* represents the number of people who identify as *White alone or in combination with any other race(s)*. Similarly, the count for *Black* includes individuals who identify as *Black alone or Black in combination with other race(s)*.

Report Area	White	Black	Asian	American Indian or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race
Holt County, NE	9,728	112	62	75	0	412
Rural Nebraska	310,156	5,257	2,877	12,446	456	21,309
Urban Nebraska	1,401,909	122,236	63,926	30,979	3,585	148,817
Nebraska	1,712,065	127,493	66,803	43,425	4,041	170,126
United States	243,824,103	47,893,286	23,789,529	7,334,948	1,540,829	46,162,229

Data Source: US Census Bureau, American Community Survey. 2019-23.

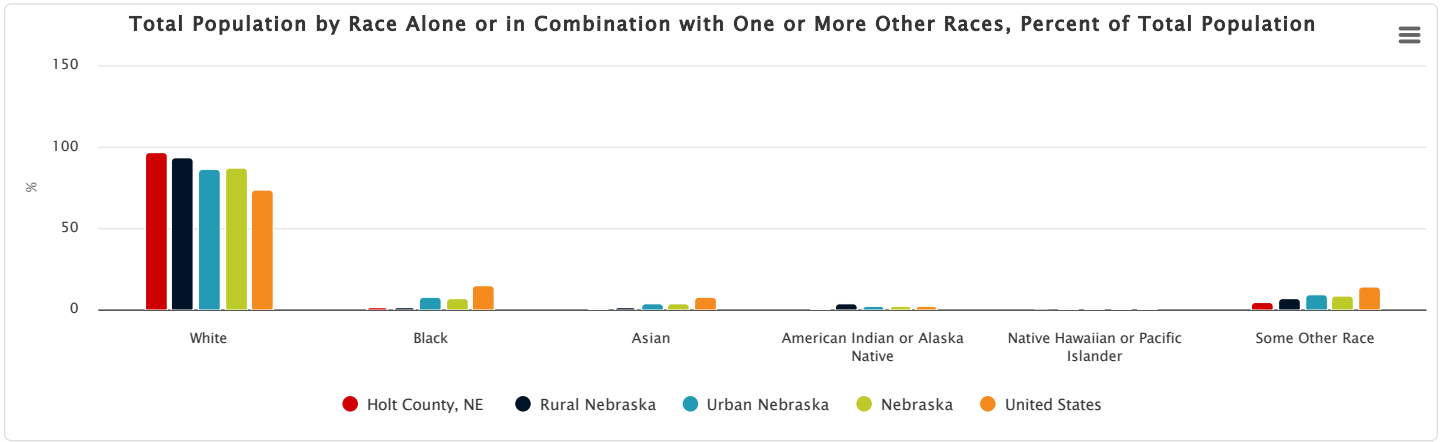
Total Population by Race Alone or in Combination with One or More Other Races, Percent of Total Population

This indicator reports the percentage of population by race alone or in combination with one or more other races in the report area, without considering respondents' ethnicity.

The percentage values could be interpreted as, for example, "*Of all the population in the report area, the percentage of population who are white alone or white in combination with other race(s) is (value).*"

Report Area	White	Black	Asian	American Indian or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race
Holt County, NE	96.38%	1.11%	0.61%	0.74%	0.00%	4.08%
Rural Nebraska	93.3%	1.58%	0.87%	3.74%	0.14%	6.41%
Urban Nebraska	85.82%	7.48%	3.91%	1.9%	0.22%	9.11%
Nebraska	87.09%	6.49%	3.40%	2.21%	0.21%	8.65%
United States	73.36%	14.41%	7.16%	2.21%	0.46%	13.89%

Data Source: US Census Bureau, American Community Survey. 2019-23.

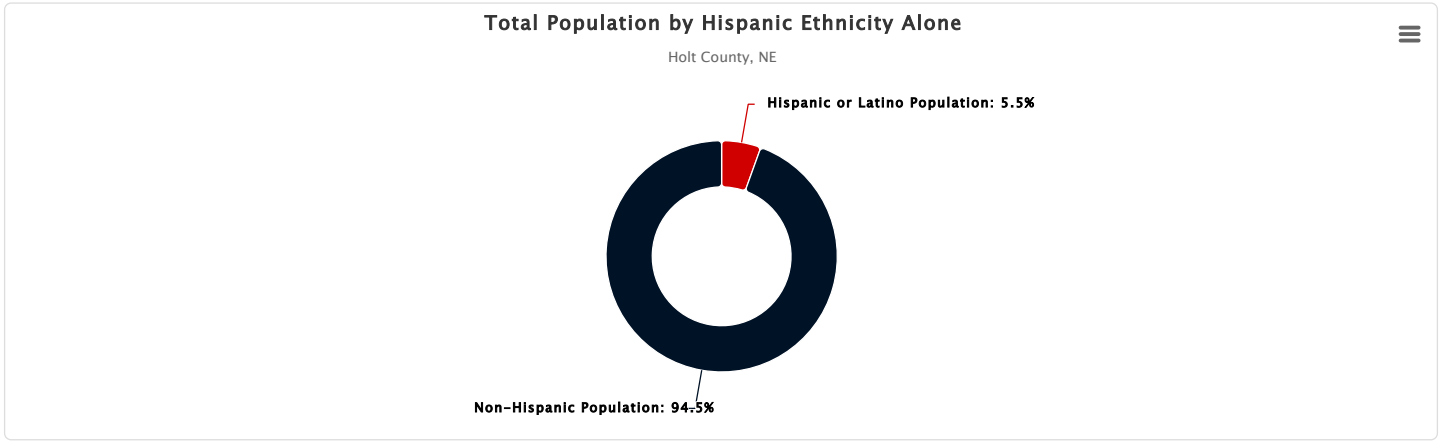


Total Population by Hispanic Ethnicity Alone

This indicator reports the total population of the report area by Hispanic ethnicity alone.

Report Area	Total Population	Hispanic or Latino Population	Hispanic or Latino Population, Percent	Non-Hispanic Population	Non-Hispanic Population, Percent
Holt County, NE	10,093	556	5.51%	9,537	94.49%
Rural Nebraska	332,420	27,634	8.31%	304,786	91.69%
Urban Nebraska	1,633,506	214,592	13.14%	1,418,914	86.86%
Nebraska	1,965,926	242,226	12.32%	1,723,700	87.68%
United States	332,387,540	63,131,589	18.99%	269,255,951	81.01%

Data Source: US Census Bureau, American Community Survey. 2019-23.

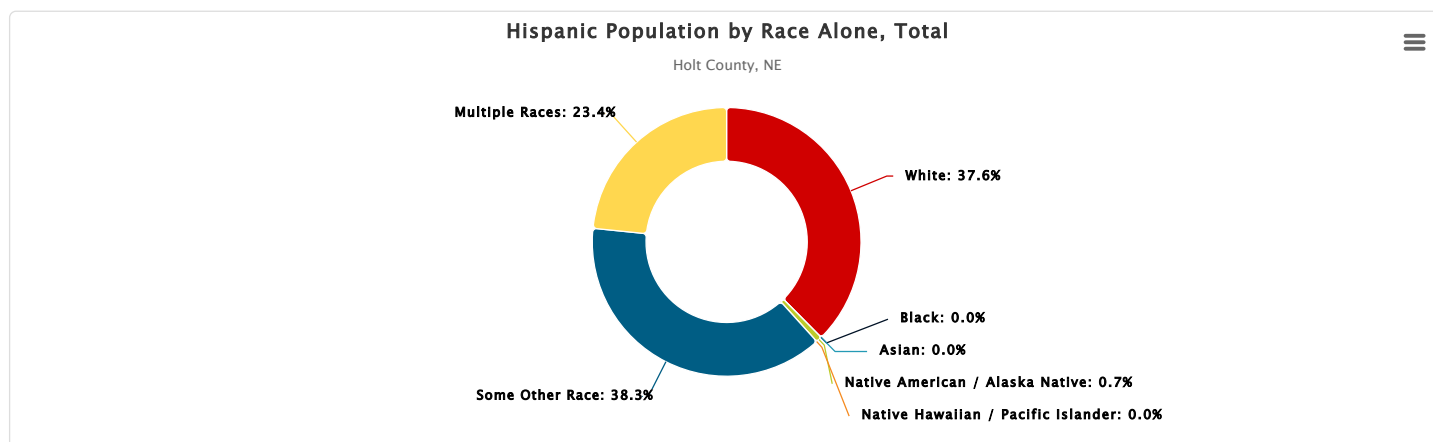


Hispanic Population by Race Alone, Total

This indicator reports the total of Hispanic or Latino population in the report area by race alone.

Report Area	White	Black	Asian	American Indian or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Races
Holt County, NE	209	0	0	4	0	213	130
Rural Nebraska	7,154	117	19	996	3	9,264	10,081
Urban Nebraska	64,779	2,743	342	7,064	110	68,198	71,356
Nebraska	71,933	2,860	361	8,060	113	77,462	81,437
United States	17,537,179	1,089,281	245,786	1,173,658	63,669	20,294,334	22,727,682

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



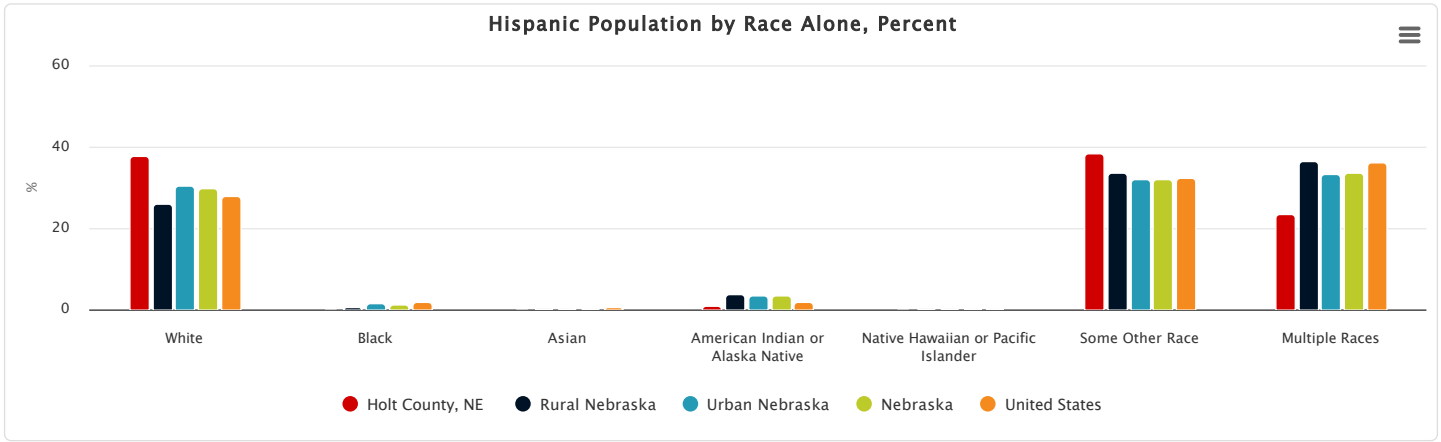
Hispanic Population by Race Alone, Percent

This indicator reports the percentage of Hispanic or Latino population in the report area by race alone.

The percentage values could be interpreted as, for example, "Of all the Hispanic population in the report area, the percentage of population who are white is (value)."

Report Area	White	Black	Asian	American Indian or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Races
Holt County, NE	37.59%	0.00%	0.00%	0.72%	0.00%	38.31%	23.38%
Rural Nebraska	25.89%	0.42%	0.07%	3.60%	0.01%	33.52%	36.48%
Urban Nebraska	30.19%	1.28%	0.16%	3.29%	0.05%	31.78%	33.25%
Nebraska	29.70%	1.18%	0.15%	3.33%	0.05%	31.98%	33.62%
United States	27.78%	1.73%	0.39%	1.86%	0.10%	32.15%	36.00%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

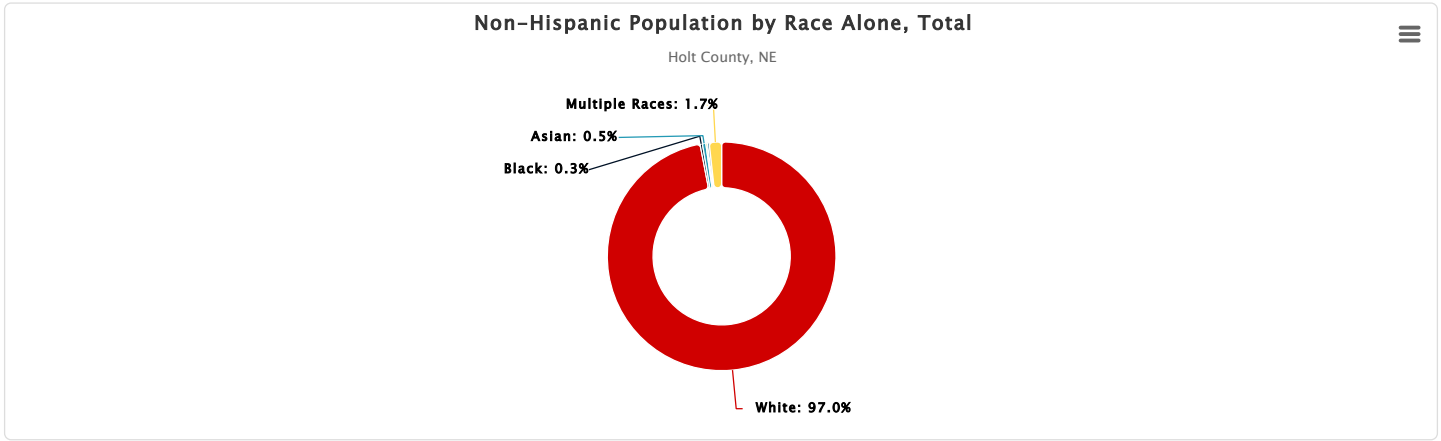


Non-Hispanic Population by Race Alone, Total

This indicator reports the total non-Hispanic population in the report area by race alone.

Report Area	White	Black	Asian	American Indian or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Races
Holt County, NE	9,248	32	46	21	0	24	166
Rural Nebraska	284,507	2,829	1,590	6,506	75	488	8,791
Urban Nebraska	1,213,951	87,906	47,156	5,015	745	5,206	58,935
Nebraska	1,498,458	90,735	48,746	11,521	820	5,694	67,726
United States	193,338,267	39,981,609	19,106,873	1,751,338	565,623	1,646,202	12,866,039

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

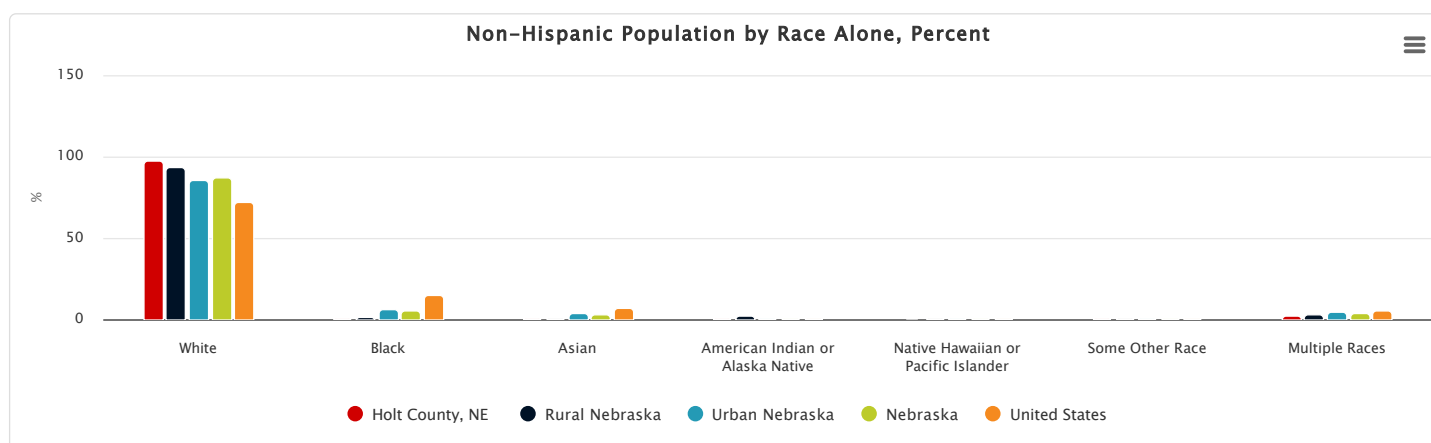


Non-Hispanic Population by Race Alone, Percent

This indicator reports the percentage of the non-Hispanic population in the report area by race alone. The percentage values could be interpreted as, for example, "Of all the non-Hispanic population in the report area, the percentage of population who are white is (value)."

Report Area	White	Black	Asian	American Indian or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Races
Holt County, NE	96.97%	0.34%	0.48%	0.22%	0.00%	0.25%	1.74%
Rural Nebraska	93.35%	0.93%	0.52%	2.13%	0.02%	0.16%	2.88%
Urban Nebraska	85.55%	6.20%	3.32%	0.35%	0.05%	0.37%	4.15%
Nebraska	86.93%	5.26%	2.83%	0.67%	0.05%	0.33%	3.93%
United States	71.80%	14.85%	7.10%	0.65%	0.21%	0.61%	4.78%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



Total Population by Combined Race and Hispanic Ethnicity

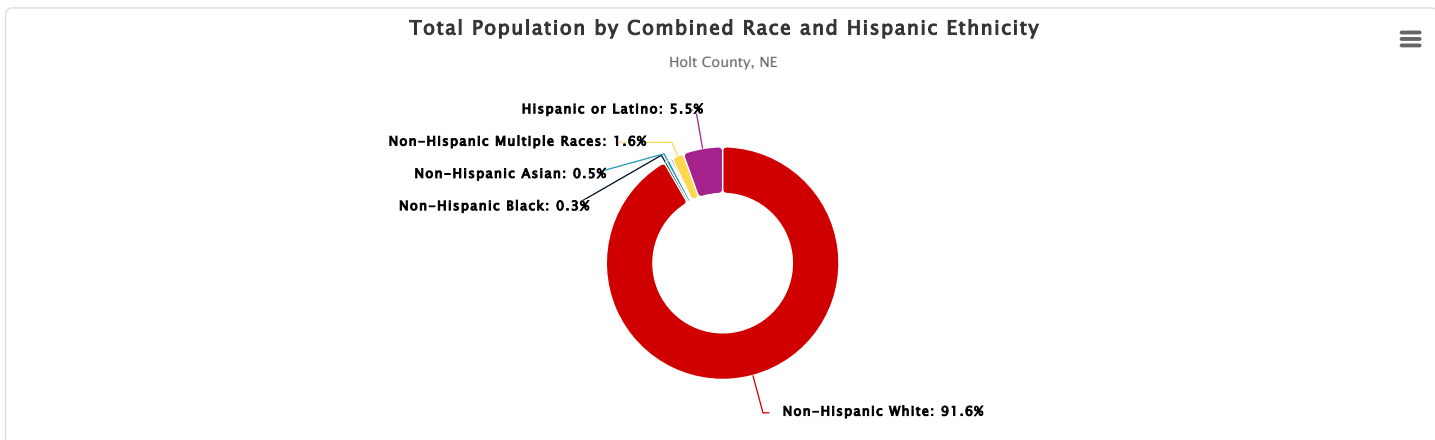
This indicator reports the percentage of the total population in the report area by combined race and Hispanic ethnicity. The percentage values could be interpreted as, for example, "Of all the population in the report area, the percentage of population who are non-Hispanic white is (value)."

Note: Some of the combined race/ethnicity groups use acronyms for their names in the following table and chart. The full forms are as followed:

- *Non-Hispanic NAAN = Non-Hispanic Native American or Alaska Native*
- *Non-Hispanic NPI = Non-Hispanic Native Hawaiian or Pacific Islander*
- *Non-Hispanic Other = Non-Hispanic Some Other Race*

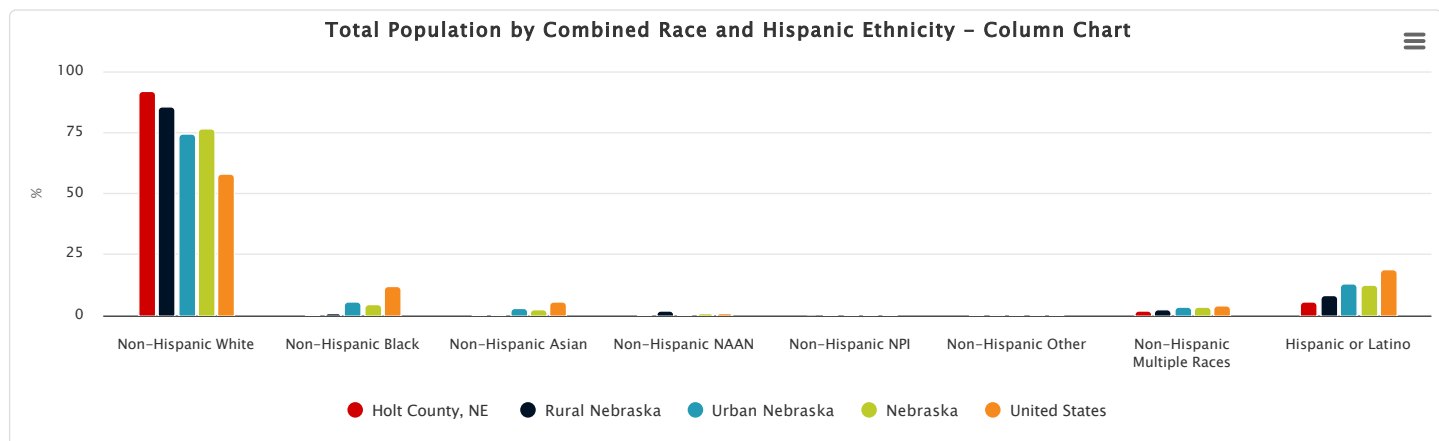
Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic Asian	Non-Hispanic NAAN	Non-Hispanic NPI	Non-Hispanic Other	Non-Hispanic Multiple Races	Hispanic or Latino
Holt County, NE	91.63%	0.32%	0.46%	0.21%	0.00%	0.24%	1.64%	5.51%
Rural Nebraska	85.59%	0.85%	0.48%	1.96%	0.02%	0.15%	2.64%	8.31%
Urban Nebraska	74.32%	5.38%	2.89%	0.31%	0.05%	0.32%	3.61%	13.14%
Nebraska	76.22%	4.62%	2.48%	0.59%	0.04%	0.29%	3.44%	12.32%
United States	58.17%	12.03%	5.75%	0.53%	0.17%	0.50%	3.87%	18.99%

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



Total Population by Combined Race and Hispanic Ethnicity - Column Chart

The chart below represents combined race and Hispanic ethnicity data in a column chart. This chart enables comparison between the report area and state and/or national averages.



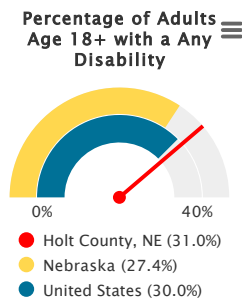
% Disability: Functional Limitations

This indicator reports the percentage of adults age 18 and older who reported having at least one of six types of disabilities based on the following questions:

- "Are you deaf or do you have serious difficulty hearing?"
- "Are you blind or do you have serious difficulty seeing, even when wearing glasses?"
- "Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?"
- "Do you have serious difficulty walking or climbing stairs?"
- "Do you have difficulty dressing or bathing?"
- "Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?"

Based on this definition, 31.0% of adults age 18+ within the report area were estimated to have a disability.

Report Area	Total Population	Adults Age 18+ with Any Disability (Crude)	Adults Age 18+ with Any Disability (Age-Adjusted)
Holt County, NE	10,093	31.0%	27.7%
Rural Nebraska	331,290	30.7%	27.9%
Urban Nebraska	1,647,089	26.7%	25.9%
Nebraska	1,978,379	27.4%	26.2%
United States	334,914,895	30.0%	28.3%



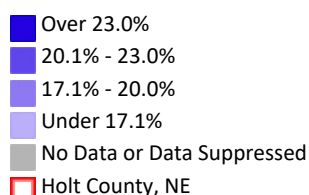
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2023.



[View larger map](#)

Any Disability, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023

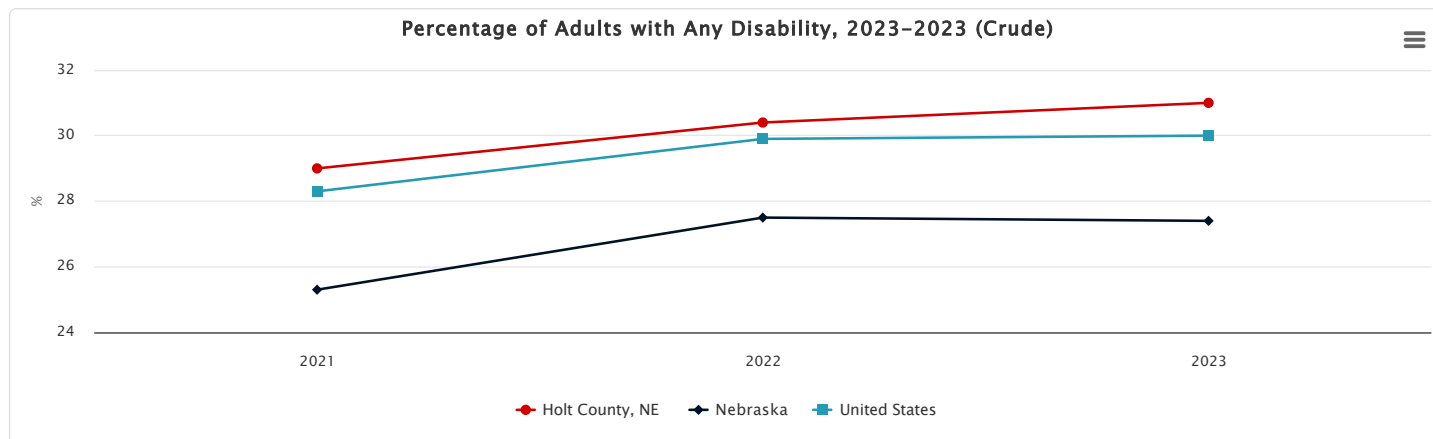


Percentage of Adults with Any Disability, 2023-2023 (Crude)

The table and chart below display annual trends in the percentage of adults age 18+ who report having any disability.

Report Area	2021	2022	2023
Holt County, NE	29.0%	30.4%	31.0%
Rural Nebraska	28.7%	30.1%	30.7%
Urban Nebraska	24.7%	27.0%	26.7%
Nebraska	25.3%	27.5%	27.4%
United States	28.3%	29.9%	30.0%

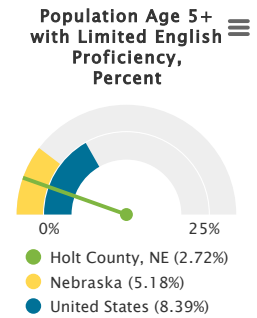
Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [PLACES Data Portal](#). 2023.



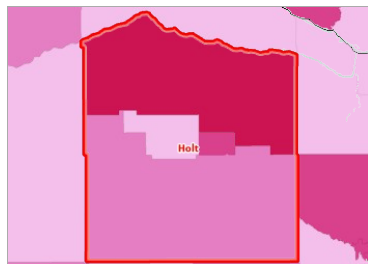
% Not Proficient in English

This indicator reports the percentage of the population aged 5 and older who speak a language other than English at home and speak English less than "very well". This indicator is relevant because an inability to speak English well creates barriers to healthcare access, provider communications, and health literacy/education. Of the 9,436 total population aged 5 and older in the report area, 257 or 2.72% have limited English proficiency.

Report Area	Population Age 5+	Population Age 5+ with Limited English Proficiency	Population Age 5+ with Limited English Proficiency, Percent
Holt County, NE	9,436	257	2.72%
Rural Nebraska	312,532	9,422	3.01%
Urban Nebraska	1,526,389	85,904	5.63%
Nebraska	1,838,921	95,326	5.18%
United States	313,447,641	26,299,012	8.39%

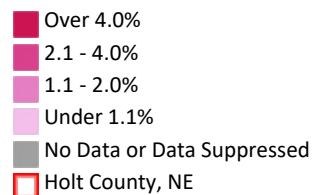


Note: This indicator is compared to the state average.
Data Source: US Census Bureau, *American Community Survey*. 2019-23.



[View larger map](#)

Population with Limited English Proficiency, Percent by Tract, ACS 2019-23

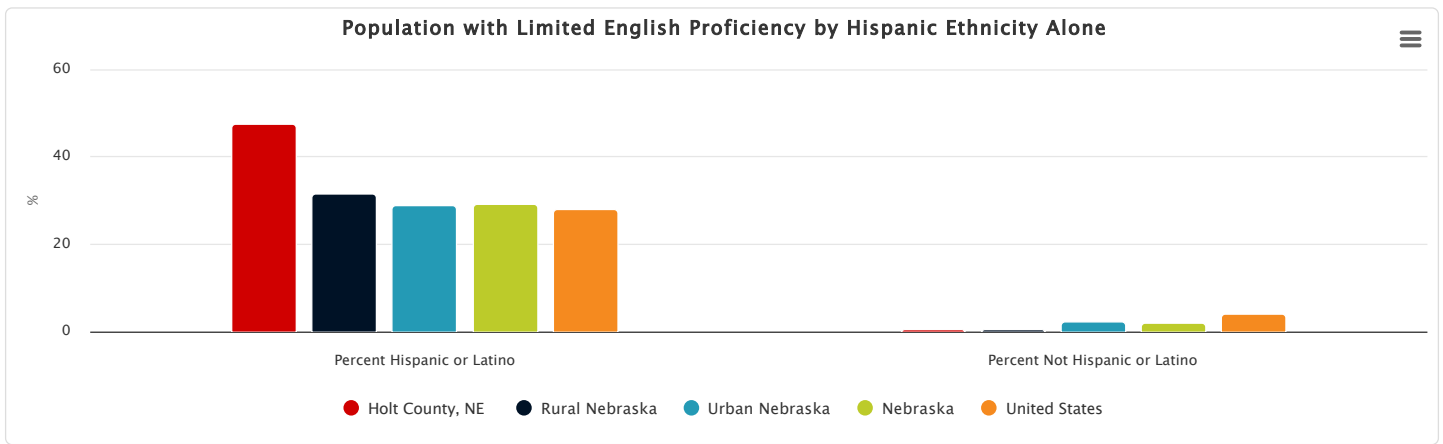


Population with Limited English Proficiency by Hispanic Ethnicity Alone

This indicator reports the total and percentage of population aged 5 and older who speak a language other than English at home and speak English less than "very well" by Hispanic ethnicity alone in the report area. The percentage values could be interpreted as, for example, "Among the Hispanic population in the report area, the percentage of the population with limited English proficiency is (value)."

Report Area	Total Hispanic or Latino	Total Not Hispanic or Latino	Percent Hispanic or Latino	Percent Not Hispanic or Latino
Holt County, NE	220	37	47.41%	0.41%
Rural Nebraska	7,840	1,582	31.47%	0.55%
Urban Nebraska	55,197	30,707	28.92%	2.30%
Nebraska	63,037	32,289	29.22%	1.99%
United States	16,290,980	10,008,032	28.02%	3.92%

Data Source: US Census Bureau, *American Community Survey*. 2019-23.

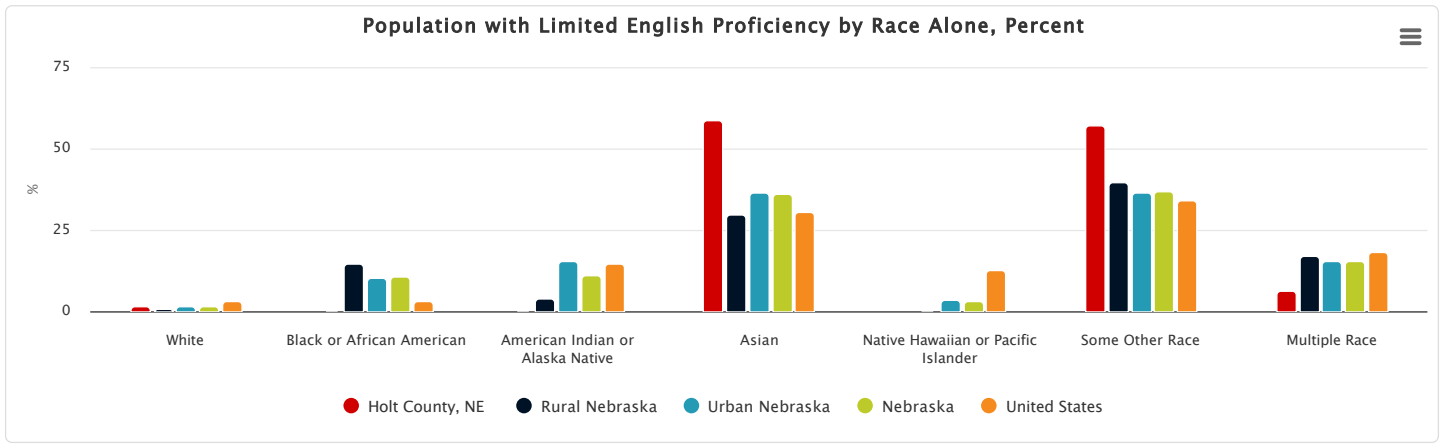


Population with Limited English Proficiency by Race Alone, Percent

This indicator reports the percentage of the population aged 5 and older who speak a language other than English at home and speak English less than "very well" by race alone in the report area. The percentage values could be interpreted as, for example, "Of all the white population in the report area, the percentage of population with limited English proficiency is (value)."

Report Area	White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	1.33%	0.00%	0.00%	58.70%	No data	57.14%	6.08%
Rural Nebraska	0.74%	14.51%	3.95%	29.76%	0.00%	39.40%	16.68%
Urban Nebraska	1.50%	10.18%	15.10%	36.24%	3.21%	36.25%	15.26%
Nebraska	1.36%	10.32%	10.85%	36.03%	2.95%	36.61%	15.44%
United States	3.13%	3.11%	14.39%	30.47%	12.50%	33.93%	18.06%

Data Source: US Census Bureau, American Community Survey, 2019-23.

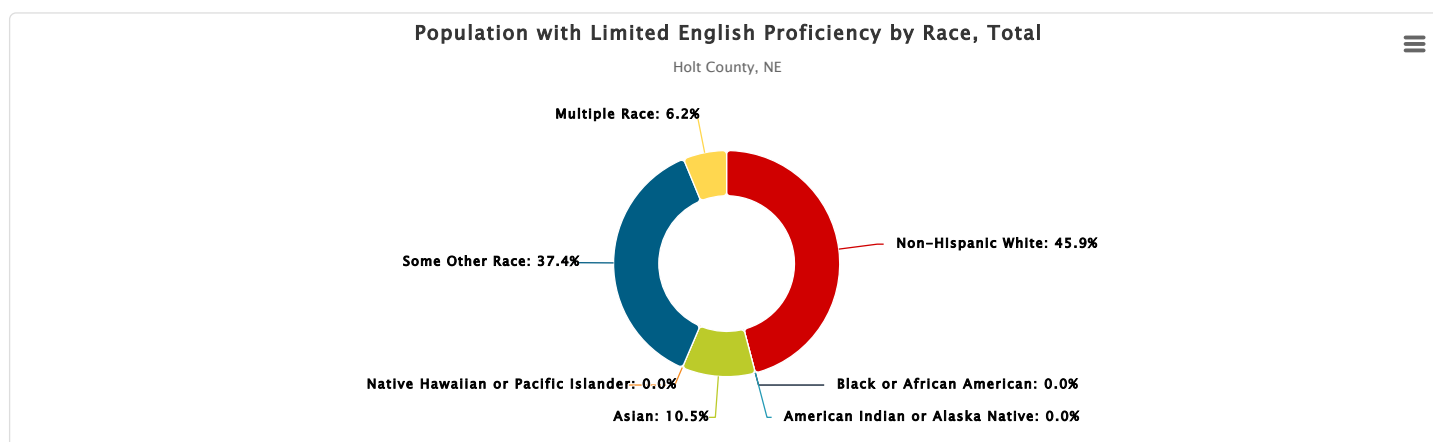


Population with Limited English Proficiency by Race, Total

This indicator reports the total population aged 5 and older who speak a language other than English at home and speak English less than "very well" by race alone in the report area.

Report Area	Non-Hispanic White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	118	0	0	27	0	96	16
Rural Nebraska	2,032	399	271	450	0	3,412	2,858
Urban Nebraska	18,070	8,518	1,682	16,270	26	23,983	17,355
Nebraska	20,102	8,917	1,953	16,720	26	27,395	20,213
United States	6,268,072	1,198,675	395,358	5,604,715	73,488	6,939,133	5,819,571

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



Population with Limited English Proficiency by Language Spoken at Home

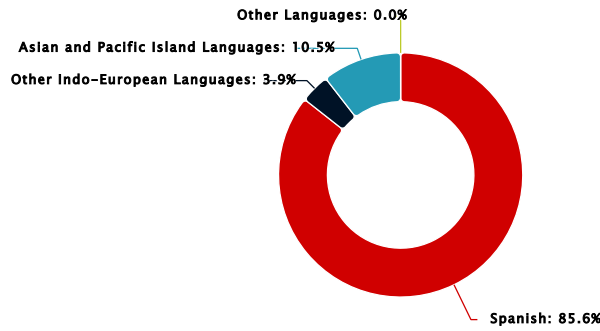
This indicator reports the total population aged 5 and older who speak a language other than English at home and speak English less than "very well" by language spoken at home in the report area.

Report Area	Spanish	Other Indo-European Languages	Asian and Pacific Island Languages	Other Languages
Holt County, NE	220	10	27	0
Rural Nebraska	8,094	362	461	505
Urban Nebraska	56,354	8,663	13,509	7,378
Nebraska	64,448	9,025	13,970	7,883
United States	16,642,933	3,637,966	4,890,240	1,127,873

Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Population with Limited English Proficiency by Language Spoken at Home

Holt County, NE

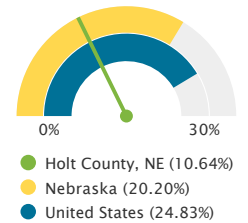


Children in Single-Parent Households

This indicator reports the percentage of children who live in households where only one parent is present.

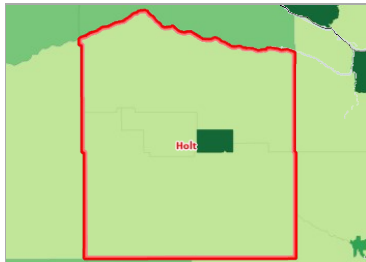
Report Area	Population Age 0-17	Children in Single-Parent Households	Percentage of Children in Single-Parent Households
Holt County, NE	2,547	271	10.64%
Rural Nebraska	77,597	12,788	16.48%
Urban Nebraska	405,964	84,910	20.92%
Nebraska	483,561	97,698	20.20%
United States	73,466,592	18,244,481	24.83%

Percentage of children that live in a household headed by single parent



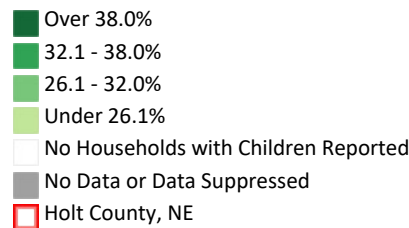
Note: This indicator is compared to the state average.

Data Source: US Census Bureau, American Community Survey, 2019-23.



[View larger map](#)

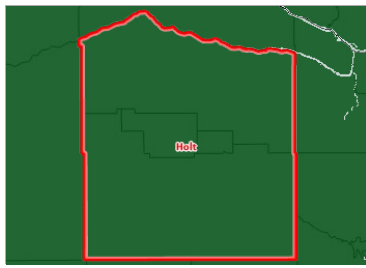
Single Parent Households with Children (Age 0-17), Percent by Tract, ACS 2019-23



Urban and Rural Population

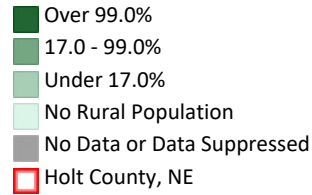
This indicator reports the percentage of population living in urban and rural areas as of 2020. Urban areas are identified using population density, count, and size thresholds. Urban areas also include territory with a high degree of impervious surface (development). Rural areas are all areas that are not urban. Of the report areas 10,127 population, 0 or 0.00% of the population is classified urban while 10,127 or 100.00% is rural.

Report Area	Total Population	Urban Population	Rural Population	Urban Population, Percent	Rural Population, Percent
Holt County, NE	10,127	0	10,127	0.00%	100.00%
Rural Nebraska	333,185	79,444	253,741	23.84%	76.16%
Urban Nebraska	1,628,319	1,352,559	275,760	83.06%	16.94%
Nebraska	1,961,504	1,432,003	529,501	73.01%	26.99%
United States	331,449,281	265,149,027	66,300,254	80.00%	20.00%



[View larger map](#)

Population Living in Rural Areas, Percent by Tract, US Census Bureau 2020

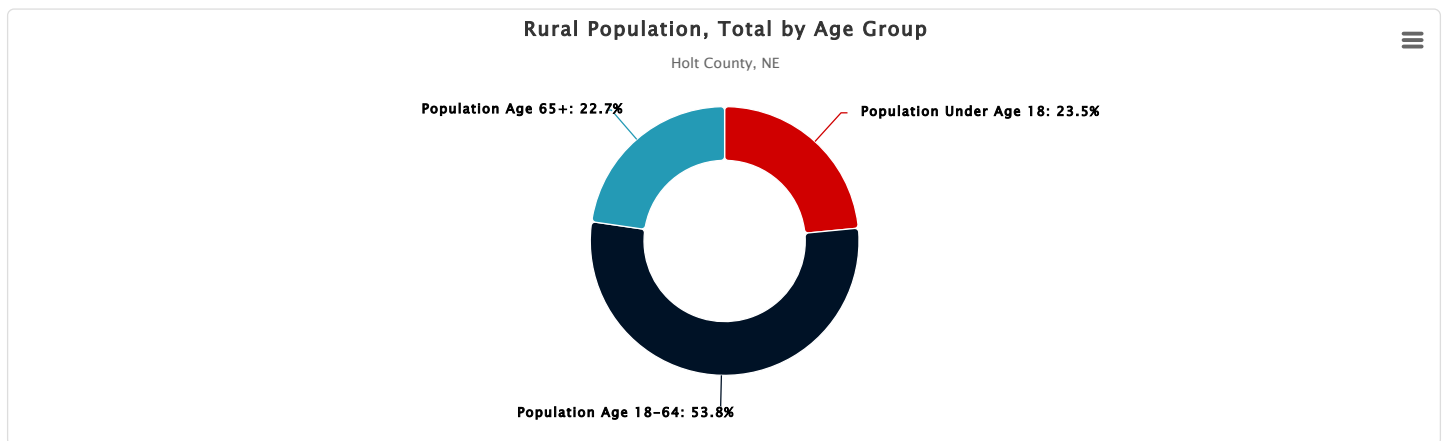


Rural Population, Total by Age Group

This indicator reports the total rural population of the report area by age group.

Report Area	Population Under Age 18	Population Age 18-64	Population Age 65+
Holt County, NE	2,356	5,404	2,279
Rural Nebraska	55,996	135,809	59,578
Urban Nebraska	65,657	153,571	53,300
Nebraska	121,653	289,380	112,878
United States	13,901,034	38,682,984	13,426,319

Data Source: US Census Bureau, [Decennial Census](#). 2020.



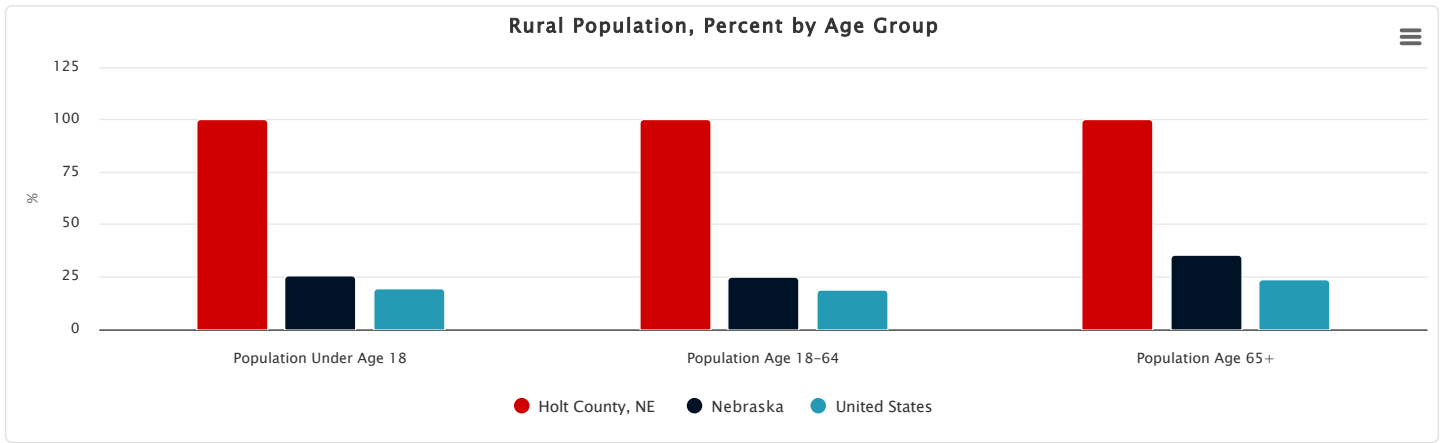
Rural Population, Percent by Age Group

This indicator reports the total rural population of the report area by age group.

The percentage values could be interpreted as, for example, "Of all the population under age 18 within the report area, the proportion of rural population is (value)."

Report Area	Population Under Age 18	Population Age 18-64	Population Age 65+
Holt County, NE	100.00%	100.00%	100.00%
Rural Nebraska	74.31%	74.87%	80.42%
Urban Nebraska	16.53%	15.78%	21.56%
Nebraska	25.75%	25.06%	35.13%
United States	19.35%	18.91%	23.75%

Data Source: US Census Bureau, [Decennial Census](#). 2020.

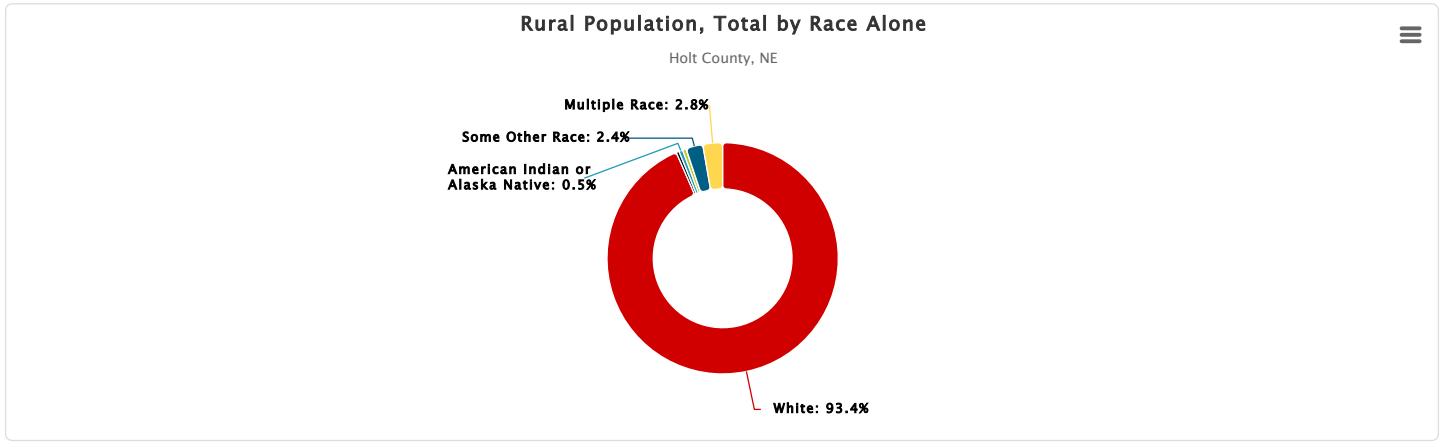


Rural Population, Total by Race Alone

This indicator reports the total rural population of the report area by race alone.

Report Area	White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	9,460	43	53	52	1	239	279
Rural Nebraska	229,476	1,226	7,004	735	100	5,368	9,832
Urban Nebraska	252,398	1,234	1,158	1,567	135	6,420	12,848
Nebraska	481,874	2,460	8,162	2,302	235	11,788	22,680
United States	54,088,660	3,902,208	1,209,823	611,072	67,638	2,238,639	4,449,180

Data Source: US Census Bureau, [Decennial Census](#). 2020.

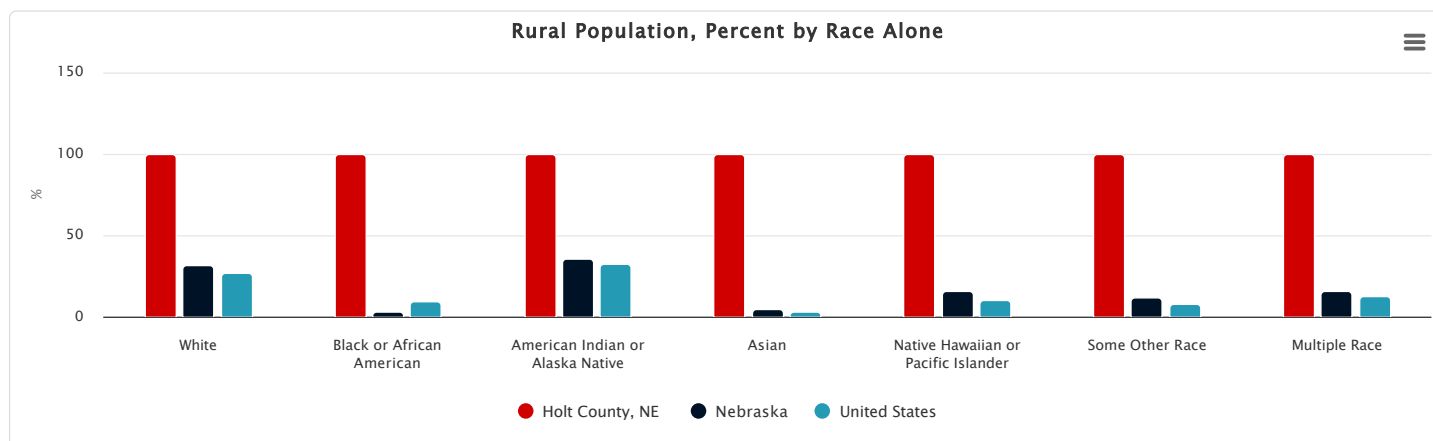


Rural Population, Percent by Race Alone

This indicator reports the percentage of rural population in the report area by race alone. The percentage values could be interpreted as, for example, "Of all the white population within the report area, the proportion of rural population is (value)."

Report Area	White	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Holt County, NE	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%
Rural Nebraska	78.66%	48.25%	82.23%	47.57%	54.35%	41.58%	62.41%
Urban Nebraska	20.25%	1.31%	7.94%	3.05%	10.00%	6.96%	10.01%
Nebraska	31.33%	2.55%	35.33%	4.35%	15.32%	11.21%	15.73%
United States	26.41%	9.44%	32.30%	3.07%	9.79%	7.79%	12.54%

Data Source: US Census Bureau, [Decennial Census](#). 2020.

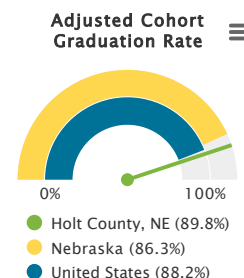


Additional Measures - Community Conditions - Social and Economic Factors

Education - High School Graduation

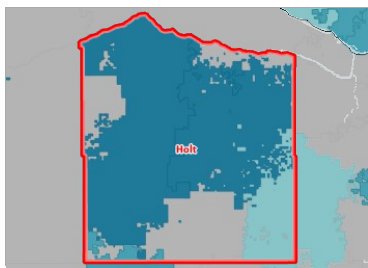
The adjusted cohort graduation rate (ACGR) is a graduation metric that follows a “cohort” of first-time 9th graders in a particular school year, and adjusts this number by adding any students who transfer into the cohort after 9th grade and subtracting any students who transfer out, emigrate to another country, or pass away. The ACGR is the percentage of the students in this cohort who graduate within four years. In the report area, the adjusted cohort graduation rate was 89.8% during the most recently reported school year. Students in the report area performed better than the state, which had an ACGR of 86.3%.

Report Area	Adjusted Student Cohort	Number of Diplomas Issued	Cohort Graduation Rate
Holt County, NE	128	115	89.8%
Rural Nebraska	4,121	3,680	89.3%
Urban Nebraska	20,097	17,229	85.7%
Nebraska	24,218	20,909	86.3%
United States	3,479,541	3,067,953	88.2%



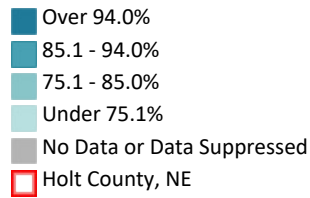
Note: This indicator is compared to the state average.

Data Source: US Department of Education, [ED Data Express](#). Additional data analysis by [CARES](#). 2022-23.



[View larger map](#)

On-Time Graduation, Rate by School District (Secondary), EDFacts 2022-23



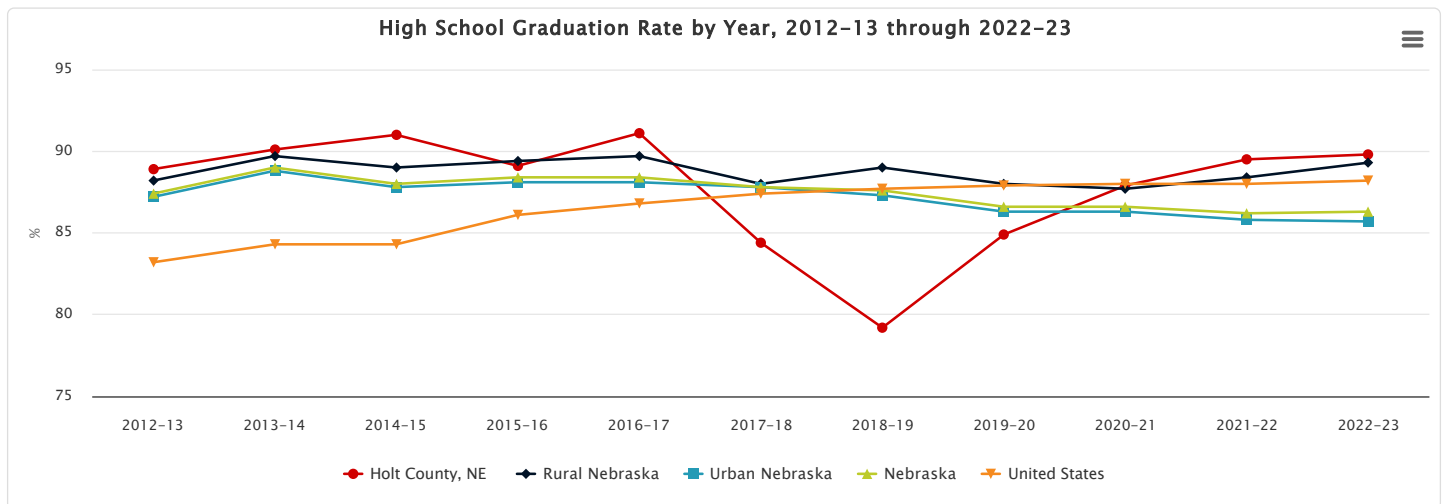
High School Graduation Rate by Year, 2012-13 through 2022-23

The table below shows county, state, and national trends in cohort graduation rates.

Note: Data for some states are omitted each year when they fail to meet federal reporting standards or deadlines. Use caution when comparing national trends as the "universe" population may differ over time.

Report Area	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23
Holt County, NE	88.9%	90.1%	91.0%	89.1%	91.1%	84.4%	79.2%	84.9%	87.9%	89.5%	89.8%
Rural Nebraska	88.2%	89.7%	89.0%	89.4%	89.7%	88.0%	89.0%	88.0%	87.7%	88.4%	89.3%
Urban Nebraska	87.2%	88.8%	87.8%	88.1%	88.1%	87.8%	87.3%	86.3%	86.3%	85.8%	85.7%
Nebraska	87.4%	89.0%	88.0%	88.4%	88.4%	87.8%	87.6%	86.6%	86.6%	86.2%	86.3%
United States	83.2%	84.3%	84.3%	86.1%	86.8%	87.4%	87.7%	87.9%	88.0%	88.0%	88.2%

Data Source: US Department of Education, [ED Data Express](#). Additional data analysis by [CARES](#). 2022-23.



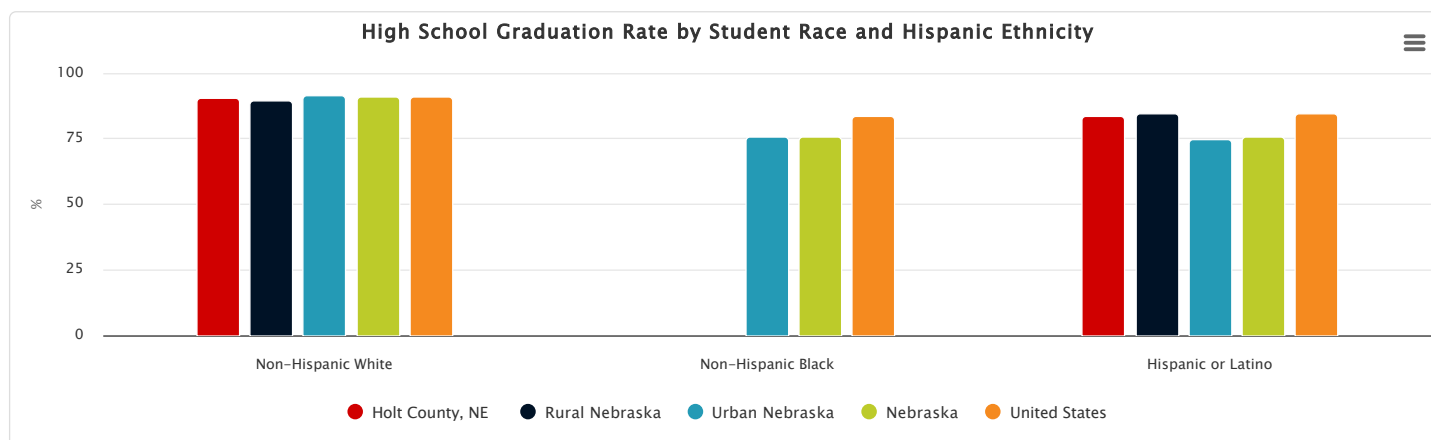
High School Graduation Rate by Student Race and Hispanic Ethnicity

The table and chart below display county, state, and national variation in cohort graduation rates by student race and Hispanic ethnicity.

Note: Data are suppressed for some school districts for population groups when the "universe" population falls below a certain threshold. County, state, and national summaries are aggregates of district level data and may not represent all students when suppression has occurred.

Report Area	Non-Hispanic White	Non-Hispanic Black%	Hispanic or Latino
Holt County, NE	90.4%	No data	83.3%
Rural Nebraska	89.4%	No data	84.7%
Urban Nebraska	91.2%	75.6	74.4%
Nebraska	90.8%	75.6	75.4%
United States	91.0%	83.6	84.5%

Data Source: US Department of Education, [ED Data Express](#). Additional data analysis by [CARES](#), 2022-23.



Education - Reading Scores

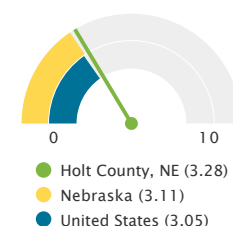
This indicator reports the average grade level performance in the county for 3rd graders on English Language Arts standardized tests. The score values could be interpreted as, for example, a score of 3.5 indicates that the 3rd graders are performing half a grade level better than expected for 3rd graders. In the report area, the 3rd graders are performing an average of 3.28 grade level on reading, which is greater than the state average of 3.11.

Report Area	3rd Graders, Total	3rd Graders, Average Grade Level Performance on Reading
Holt County, NE	105	3.28
Rural Nebraska	3,712	2.94
Urban Nebraska	19,271	3.11
Nebraska	22,983	3.11
United States	3,072,830	3.05

Note: This indicator is compared to the state average.

Data Source: The Educational Opportunity Project at Stanford University, [Stanford Education Data Archive](#), 2019.

3rd Graders' Average Grade Level Performance on Reading

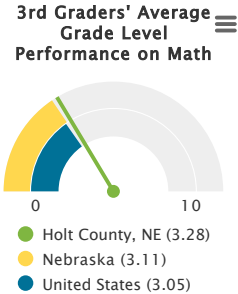


Education - Math Scores

This indicator reports the average grade level performance in the county for 3rd graders on math standardized tests. The score values could be interpreted as, for example, a score of 3.5 indicates that the 3rd graders are performing half a grade level better than expected for 3rd graders. In the report area, the 3rd graders are performing an average of 3.28 grade level on math, which is greater than the state average of 3.11.

Report Area	3rd Graders, Total	3rd Graders, Average Grade Level Performance on Math
Holt County, NE	105	3.28
Rural Nebraska	3,709	2.94
Urban Nebraska	19,263	3.11
Nebraska	22,972	3.11
United States	2,942,011	3.05

Note: This indicator is compared to the state average.
Data Source: The Educational Opportunity Project at Stanford University, [Stanford Education Data Archive](#). 2019.



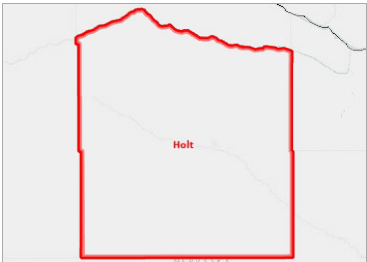
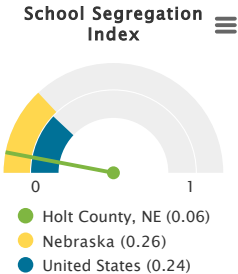
Education - School Segregation Index

This indicator reports the extent to which students within different race and Hispanic ethnicity groups are unevenly distributed across schools when compared with the racial and ethnic composition of the local population. The index ranges from 0 to 1 with lower values representing a school composition that approximates race and Hispanic ethnicity distributions in the student populations within the county, and higher values representing more segregation. Data are acquired from the 2023-2024 National Center for Education Statistics (NCES) data and are used in the 2025 County Health Rankings.

Within the report area, the school segregation index is 0.06, which is lower than the state average of 0.26.

Report Area	Population Age 5-17	School Segregation Index
Holt County, NE	1,902	0.06
Rural Nebraska	57,510	0.11
Urban Nebraska	295,613	0.16
Nebraska	353,123	0.26
United States	54,208,780	0.24

Note: This indicator is compared to the state average.
Data Source: National Center for Education Statistics, [NCES - School Segregation Index](#). Accessed via [County Health Rankings](#). 2023-2024.



[View larger map](#)

School Segregation Index, Ranges from 0 to 1 by County, NCES 2023-2024

- Over 0.10
- 0.06 - 0.10
- 0.03 - 0.05
- Under 0.03
- No Data or Data Suppressed
- Holt County, NE

Education - School Funding Adequacy

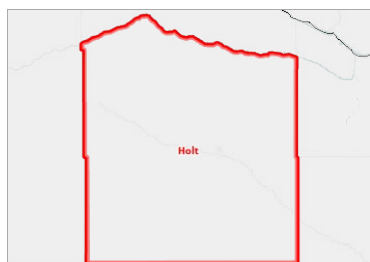
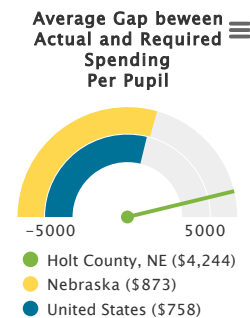
This indicator reports the average gap in dollars between actual and required spending per pupil among public school districts. Required spending is an estimate of dollars needed to achieve U.S. average test scores in each district. Data are acquired from the 2022 School Finance Indicators Database and are used in the 2025 County Health Rankings.

Within the report area, the average per-pupil spending is \$19,011 while the required spending is \$14,767, thus resulting in a gap of \$4,244 that is greater than the state average of \$873.

Report Area	Actual Spending Per Pupil	Required Spending Per Pupil	Gap between Actual and Required Spending
Holt County, NE	\$19,011	\$14,767	\$4,244
Rural Nebraska	\$17,430	\$13,690	\$3,741
Urban Nebraska	\$13,526	\$10,878	\$2,648
Nebraska	\$13,730	\$12,857	\$873
United States	\$15,395	\$14,637	\$758

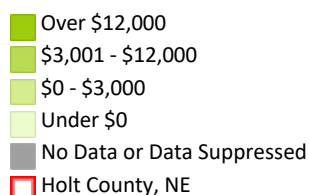
Note: This indicator is compared to the state average.

Data Source: School Finance Indicators Database, SFID - School Finance Indicators Database. 2022.



[View larger map](#)

School Funding Adequacy, Gap in Dollars by County, SFID 2022



Income, Employment and Wealth - Children Eligible for Free/Reduced Price Lunch

Free or reduced price lunches are served to qualifying students in families with income between under 185 percent (reduced price) or under 130 percent (free lunch) of the US federal poverty threshold as part of the federal National School Lunch Program (NSLP).

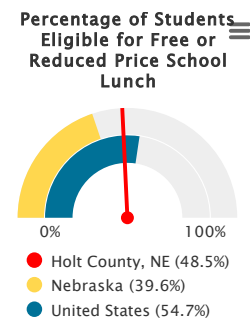
Out of 1,584 total public school students in the report area, 769 were eligible for the free or reduced price lunch program in the latest report year. This represents 48.5% of public school students, which is higher than the state average of 39.6%.

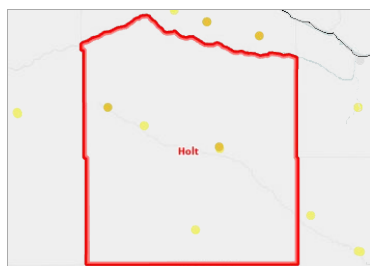
Note: States with more than 80% records "not reported" are suppressed for all geographic areas, including hospital service area, census tract, zip code, school district, county, state, etc.

Report Area	Total Students	Students Eligible for Free or Reduced Price Lunch	Students Eligible for Free or Reduced Price Lunch, Percent
Holt County, NE	1,584	769	48.5%
Rural Nebraska	53,020	23,672	44.6%
Urban Nebraska	206,861	79,359	38.4%
Nebraska	329,162	103,031	39.6%
United States	46,694,706	24,748,121	54.7%

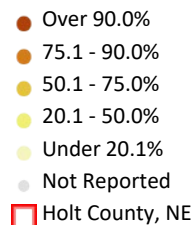
Note: This indicator is compared to the state average.

Data Source: National Center for Education Statistics, NCES - Common Core of Data. 2023-24.





Students Eligible for Free or Reduced-Price Lunch, NCES CCD 2023-24



[View larger map](#)

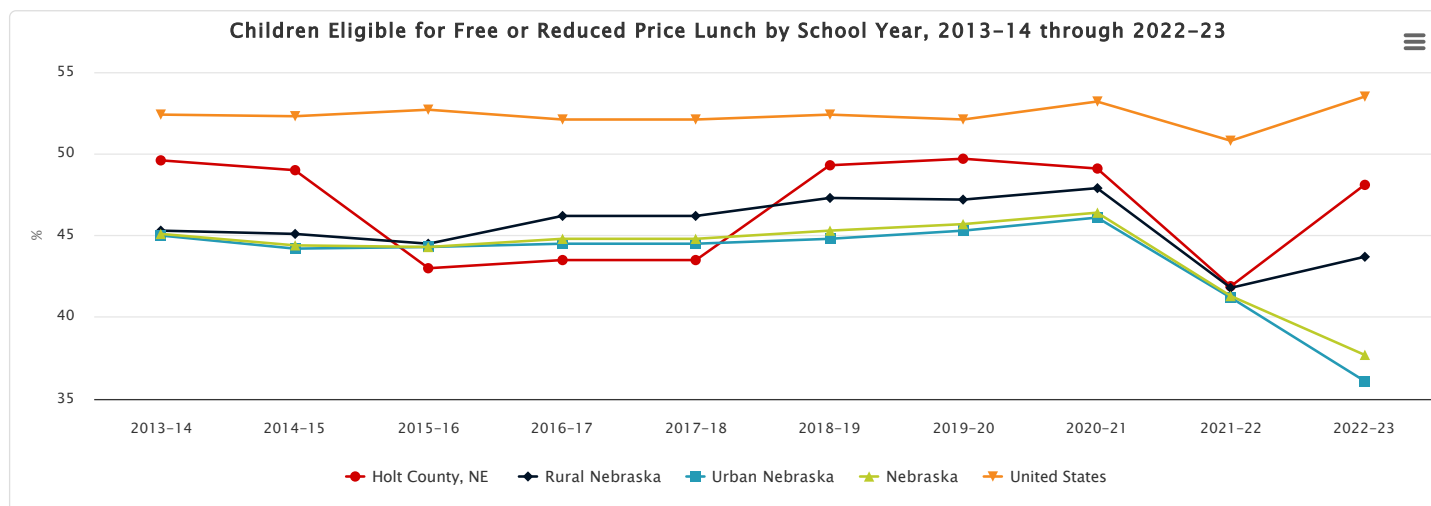
Children Eligible for Free or Reduced Price Lunch by School Year, 2013-14 through 2022-23

The table below shows local, state, and national trends in student free and reduced lunch eligibility by percent.

Note: The states below have more than 80% public schools labeled as "not reported" in 2022-2023. For consistency, these states still have their values calculated with the limited records on all geographic levels (unless there is not a single record reported in the selected area). Use with caution when comparing to other years. This issue might occur in other states/years as well. For 2022-2023, watch out for Delaware, District of Columbia, Massachusetts, Montana, Tennessee, West Virginia, American Samoa, and Guam.

Report Area	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23
Holt County, NE	49.6%	49.0%	43.0%	43.5%	43.5%	49.3%	49.7%	49.1%	41.9%	48.1%
Rural Nebraska	45.3%	45.1%	44.5%	46.2%	46.2%	47.3%	47.2%	47.9%	41.8%	43.7%
Urban Nebraska	45.0%	44.2%	44.3%	44.5%	44.5%	44.8%	45.3%	46.1%	41.2%	36.1%
Nebraska	45.1%	44.4%	44.3%	44.8%	44.8%	45.3%	45.7%	46.4%	41.3%	37.7%
United States	52.4%	52.3%	52.7%	52.1%	52.1%	52.4%	52.1%	53.2%	50.8%	53.5%

Data Source: National Center for Education Statistics, [NCES - Common Core of Data](#). 2023-24.



Children Eligible for Free or Reduced Price Lunch by Eligibility

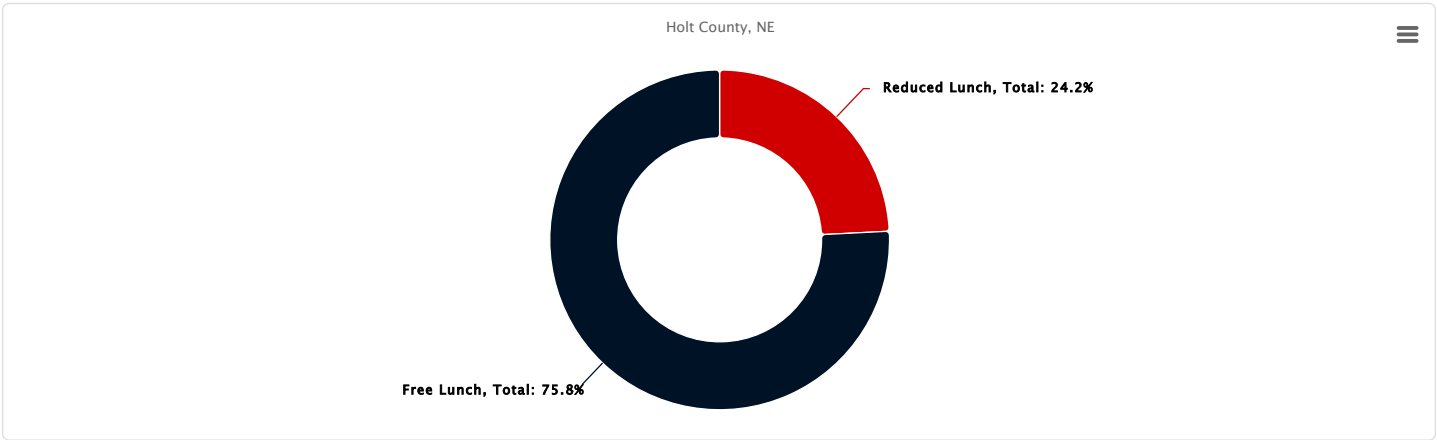
The table below displays the number and percentage of students eligible for free or reduced price lunch by income eligibility category. Percentages in the table below are out of the total student population.

Note: States with more than 80% records labeled as "not reported" are suppressed for all geographic areas.

Report Area	Free Lunch, Total	Free Lunch, Percent	Reduced Lunch, Total	Reduced Lunch, Percent
Holt County, NE	586	36.5%	187	11.6%
Rural Nebraska	18,156	31.0%	5,510	9.4%
Urban Nebraska	59,206	21.9%	15,501	5.7%
Nebraska	77,362	23.5%	21,011	6.4%
United States	21,117,358	42.8%	2,275,791	4.6%

Data Source: National Center for Education Statistics, [NCES - Common Core of Data](#). 2023-24.

The chart below displays the percentage of the students in each eligibility category out of the total number of students eligible for free or reduced price lunch. Of all the 773 students eligible for free or reduced price lunch, 75.8% are eligible for free lunch and 24.2% are eligible for reduced lunch.



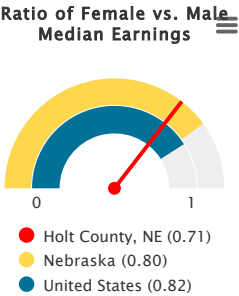
Income, Employment and Wealth - Gender Pay Gap

This indicator reports the ratio of women's median earnings to men's median earnings for all full-time, year-round workers, presented as "cents on the dollar." Data are acquired from the 2019-2023 American Community Survey and are used in the 2025 County Health Rankings.

Within the report area, on average women were paid \$0.71 for every dollar in male median earnings, which is less than the state average of \$0.80.

Report Area	Ratio of Female vs. Male Median Earnings
Holt County, NE	0.71
Rural Nebraska	0.75
Urban Nebraska	0.80
Nebraska	0.80
United States	0.82

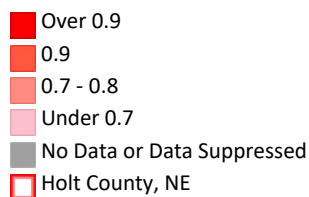
Note: This indicator is compared to the state average.
Data Source: US Census Bureau, [American Community Survey](#). 2019-2023.





[View larger map](#)

Gender Pay Gap, Ratio by County, ACS 2019-2023



Income, Employment and Wealth - Median Household Income

Median annual household incomes in the report area for 2023 are shown in the table below. Since this reports a median amount, a "Report Area" value is not able to be calculated.

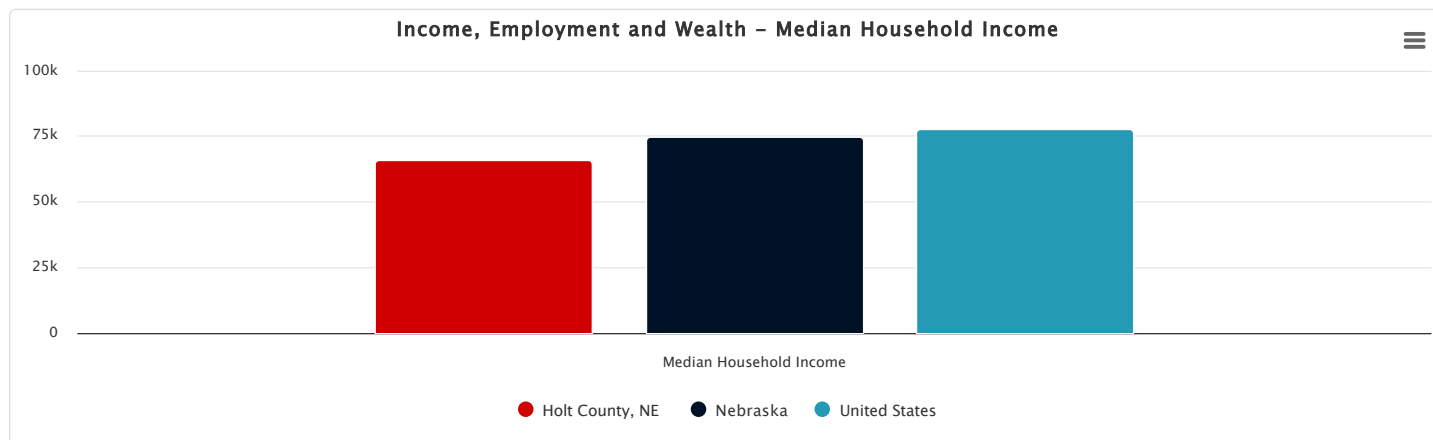
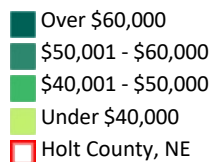
Report Area	Estimated Population	Median Household Income
Holt County, NE	9,975	\$65,815
Nebraska	1,937,510	\$74,727
United States	326,104,344	\$77,719

Data Source: US Census Bureau, *Small Area Income and Poverty Estimates*. 2023.



[View larger map](#)

Median Household Income by County, SAIPE 2023

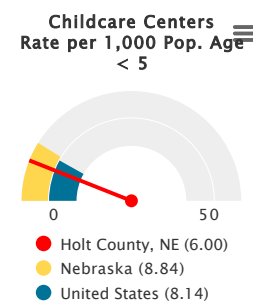


Safety and Social Support - Child Care Centers

This indicator reports the number of childcare centers per 1,000 population under 5 years old. Data are acquired from the 2010-2022 Homeland Infrastructure Foundation-Level Data (HIFLD) and are used in the 2025 County Health Rankings.

Within the report area there is a total of 4 childcare centers or a rate of 6.00 childcare centers per 1,000 population under 5 years old, which is less than the state rate of 8.84.

Report Area	Population under 5	Total Childcare Centers	Rate of Childcare Centers per 1,000 Population Age < 5
Holt County, NE	667	4	6.00
Rural Nebraska	18,098	133	7.35
Urban Nebraska	108,874	903	8.29
Nebraska	126,971	1,036	8.84
United States	19,515,983	132,071	8.14



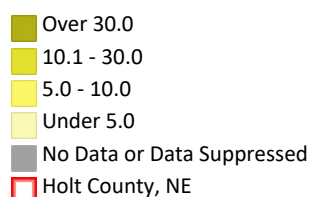
Note: This indicator is compared to the state average.

Data Source: Department of Homeland Security, [Homeland Infrastructure Foundation-Level Data](#), 2010-2022.



[View larger map](#)

Child Care Centers, Rate per 1,000 population under 5 years old by County, HIFLD 2010-2022

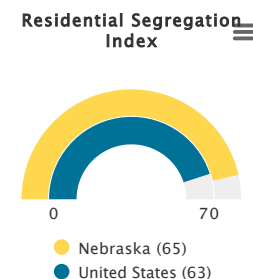


Safety and Social Support - Residential Segregation - Black/White

This indicator reports the index of dissimilarity where higher values indicate greater residential segregation between Black and white county residents. Data were based on 2019-2023 American Community Survey data and were reported as additional measures in the 2025 County Health Rankings.

The residential segregation index ranges from 0 (complete integration) to 100 (complete segregation). The index score can be interpreted as the percentage of either Black or white residents that would have to move to different geographic areas in order to produce a distribution that matches that of the larger area.

Report Area	White Population	Black Population	Residential Segregation Index
Holt County, NE	9,457	32	No data
Rural Nebraska	291,661	2,946	-8,885
Urban Nebraska	1,278,730	90,649	-1,166
Nebraska	1,570,391	93,595	65
United States	210,875,446	41,070,890	63



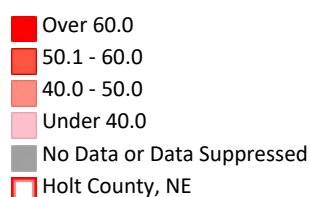
Note: This indicator is compared to the state average.

Data Source: US Census Bureau, [American Community Survey](#), 2019-23.



[View larger map](#)

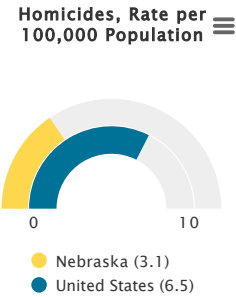
Residential Segregation - Black/White, Ranges from 0 to 1 by County, ACS 2019-2023



Safety and Social Support - Homicides

The homicide rate is the number of deaths due to homicide per 100,000 population. Data were originally from the 2016-2022 National Center for Health Statistics (NCHS) data and were used in the 2025 County Health Rankings.
Note: Data are suppressed for counties with fewer than 10 deaths in the time period.

Report Area	Total Population (7-year Avg.)	Homicides, Total (7-year Total)	Homicides, Rate per 100,000 Population
Holt County, NE	-1,428	No data	No data
Rural Nebraska	No data	No data	No data
Urban Nebraska	1,077,387	300	4.0
Nebraska	1,937,147	419	3.1
United States	328,417,010	150,455	6.5



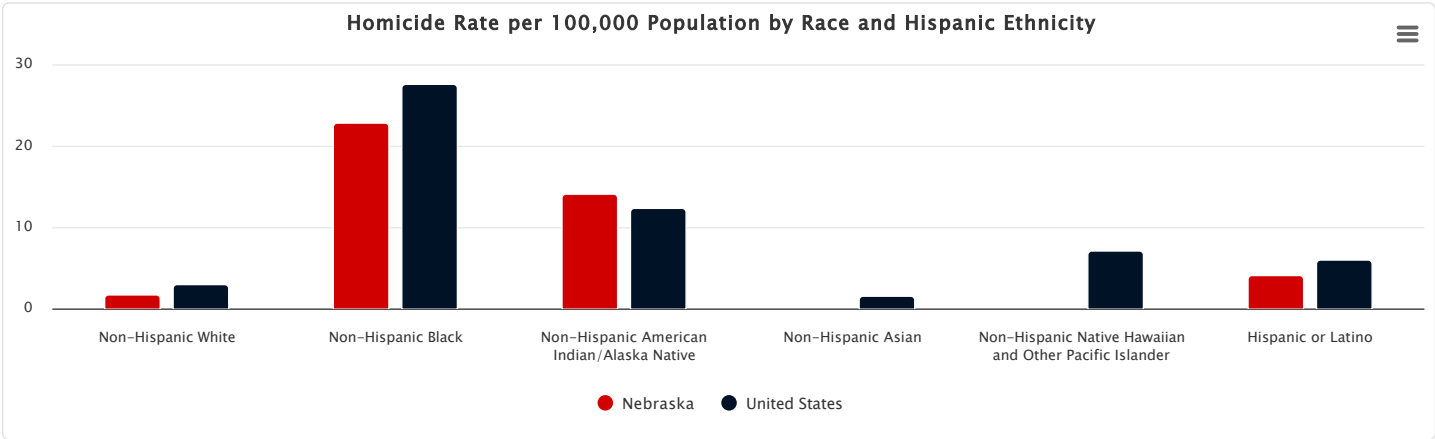
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. US Census Bureau, US Census Population Estimates. 2016-2022.

Homicide Rate per 100,000 Population by Race and Hispanic Ethnicity

This indicator reports the 2016-2022 seven-year average rate of death due to homicide per 100,000 population by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Hispanic or Latino
Holt County, NE	No data	No data	No data	No data	No data	No data
Rural Nebraska	No data	No data	No data	No data	No data	No data
Urban Nebraska	1.8	25.9	No data	No data	No data	5.0
Nebraska	1.7	22.7	14.1	No data	No data	4.0
United States	2.9	27.5	12.3	1.5	7.0	5.9

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. US Census Bureau, US Census Population Estimates. 2016-2022.



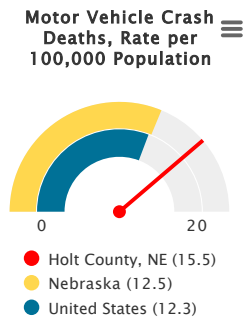
Safety and Social Support - Motor Vehicle Crash Deaths

The motor vehicle crash deaths rate is the number of deaths due to motor vehicle crash per 100,000 population. Data were originally from the 2016-2022 National Center for Health Statistics (NCHS) data and were used in the 2025 County Health Rankings.

Within the report area there are 11 motor vehicle crash deaths over the seven years from 2016 to 2022. This represents a rate of 15.5 deaths per 100,000 total population.

Note: Data are suppressed for counties with fewer than 10 deaths in the time period.

Report Area	Total Population (7-year Avg.)	Motor Vehicle Crash Deaths, Total (7-year Total)	Motor Vehicle Crash Deaths, Rate per 100,000 Population
Holt County, NE	10,106	11	15.5
Rural Nebraska	180,164	290	23.0
Urban Nebraska	1,556,172	1,155	10.6
Nebraska	1,937,147	1,692	12.5
United States	328,417,010	283,629	12.3



Note: This indicator is compared to the state average.

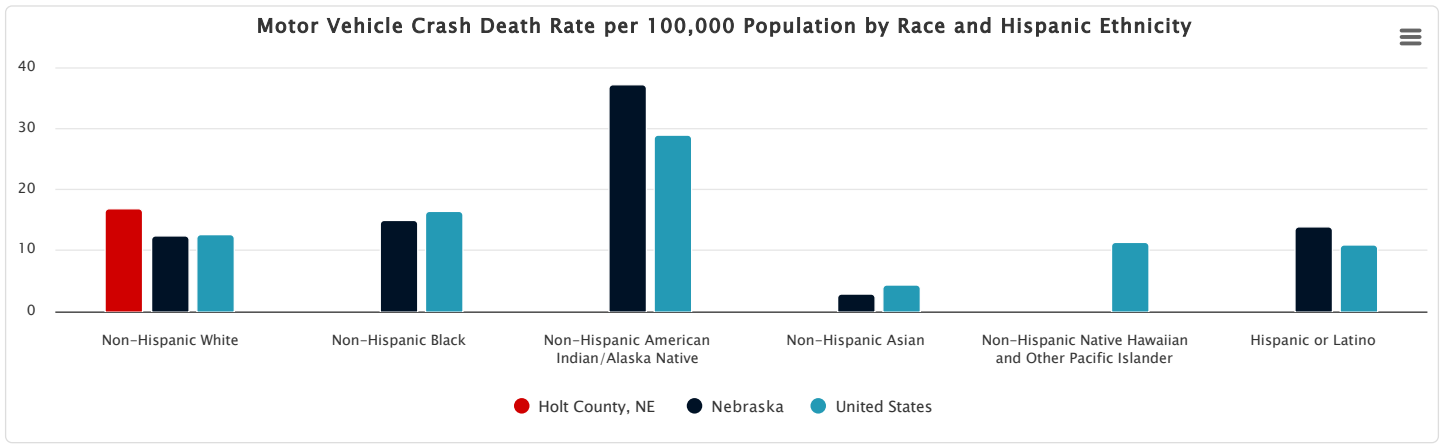
Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. US Census Bureau, US Census Population Estimates. 2016-2022.

Motor Vehicle Crash Death Rate per 100,000 Population by Race and Hispanic Ethnicity

This indicator reports the 2016-2022 seven-year average rate of death due to motor vehicle crash per 100,000 population by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Hispanic or Latino
Holt County, NE	16.8	No data	No data	No data	No data	No data
Rural Nebraska	23.0	No data	55.7	No data	No data	32.1
Urban Nebraska	10.4	14.1	No data	No data	No data	12.2
Nebraska	12.4	15.0	37.1	2.8	No data	13.8
United States	12.6	16.5	28.8	4.4	11.4	11.0

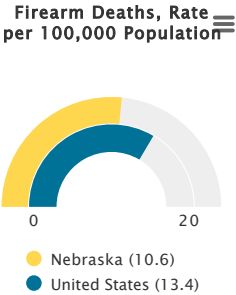
Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. US Census Bureau, US Census Population Estimates. 2016-2022.



Safety and Social Support - Firearm Fatalities

The firearm death rate is the number of deaths due to firearms per 100,000 population. Data were originally from the 2018-2022 National Center for Health Statistics (NCHS) and were reported in the 2025 County Health Rankings. *Note: Data are suppressed for counties with fewer than 10 firearm deaths in the time period.*

Report Area	Total Population (5-year Avg.)	Firearm Deaths, Total (5-year Total)	Firearm Deaths, Rate per 100,000 Population
Holt County, NE	-1,999	No data	No data
Rural Nebraska	51,497	57	22.1
Urban Nebraska	1,521,660	773	10.2
Nebraska	1,946,568	1,029	10.6
United States	330,014,476	221,682	13.4



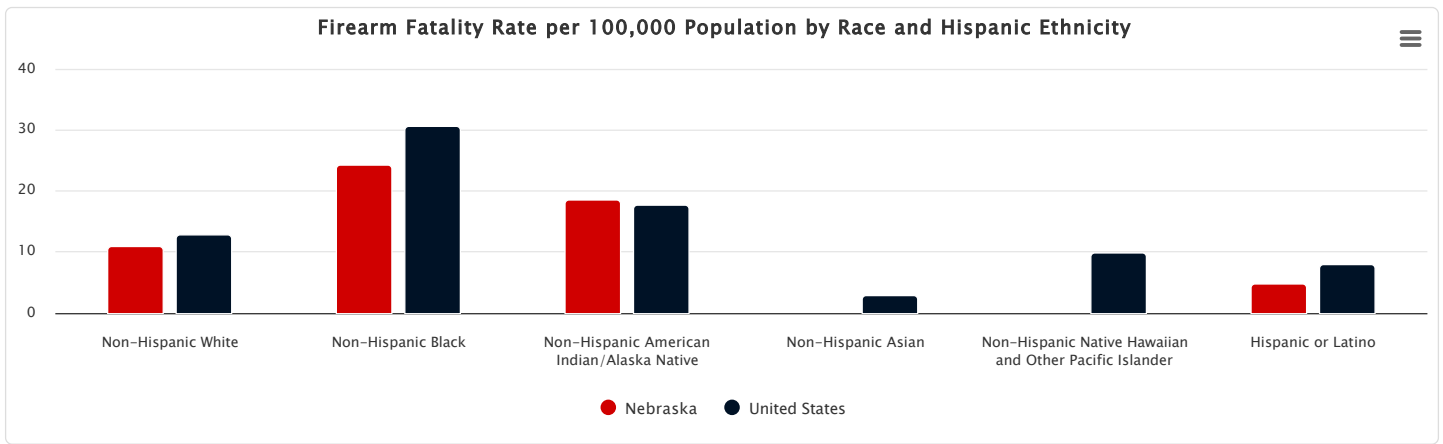
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. US Census Bureau, US Census Population Estimates. 2018-2022.

Firearm Fatality Rate per 100,000 Population by Race and Hispanic Ethnicity

This indicator reports the 2018-2022 five-year average rate of death due to firearms per 100,000 population by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic American Indian/Alaska Native	Non-Hispanic Asian	Non-Hispanic Native Hawaiian and Other Pacific Islander	Hispanic or Latino
Holt County, NE	No data	No data	No data	No data	No data	No data
Rural Nebraska	27.8	No data	No data	No data	No data	No data
Urban Nebraska	10.2	27.6	No data	No data	No data	5.0
Nebraska	10.9	24.2	18.5	No data	No data	4.8
United States	12.8	30.6	17.6	2.8	9.8	8.0

Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. US Census Bureau, US Census Population Estimates. 2018-2022.

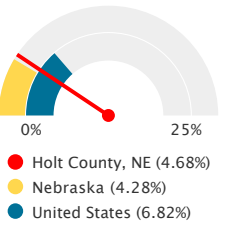


Safety and Social Support - Disconnected Youth

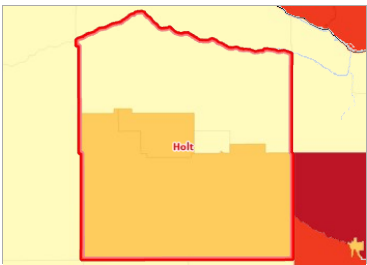
This indicator reports the percentage of youth age 16-19 who are not currently enrolled in school and who are not employed. The report area has a total population of 427 between the ages, of which 20 are not in school and not employed.

Report Area	Population Age 16-19	Population Age 16-19 Not in School and Not Employed	Population Age 16-19 Not in School and Not Employed, Percent
Holt County, NE	427	20	4.68%
Rural Nebraska	18,131	806	4.45%
Urban Nebraska	91,846	3,904	4.25%
Nebraska	109,977	4,710	4.28%
United States	17,415,920	1,187,439	6.82%

Population Age 16-19 Not in School and Not Employed, Percent

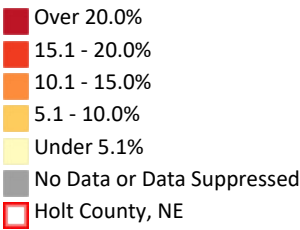


Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey, 2019-23.



[View larger map](#)

Youths Not Enrolled in School and Not Employed, Percent by Tract, ACS 2019-23

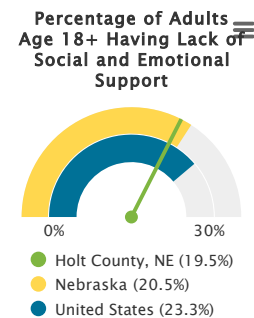


Safety and Social Support - Lack of Social and Emotional Support

This indicator reports the percentage of adults age 18 and older who reported having a lack of social and emotional support.

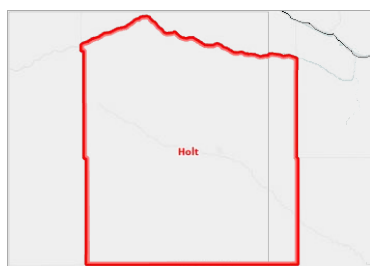
Within the report area, 19.5% of adults 18 and older reported having a lack of social and emotional support in the past 12 months.

Report Area	Total Population	Adults Age 18+ Having Lack of Social and Emotional Support (Crude)	Adults Age 18+ Having Lack of Social and Emotional Support (Age-Adjusted)
Holt County, NE	10,093	19.5%	20.6%
Rural Nebraska	331,290	20.5%	21.5%
Urban Nebraska	1,647,089	20.5%	20.9%
Nebraska	1,978,379	20.5%	21.0%
United States	334,914,895	23.3%	24.1%



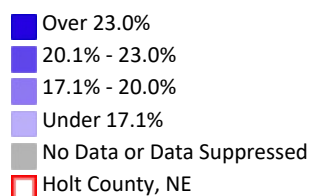
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2023.



[View larger map](#)

Lack of Social and Emotional Support, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2023



<https://allthingsnebraska.unl.edu>, 12/29/2025