LANCASTER COUNTY EARLY-childhood HEALTH STATUS

We will be a culturally aware and inclusive community where all young children and their families are healthy, thriving, and connected.

A collaboration between
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Lancaster County’s young children make up 12.1% of the population and 52.8% of children under 18 living in the county. The highest concentrations of children reside in ZIP codes 68502, 68506, 68516, and 68521. White, non-Hispanic children make up a majority of 0-8 year olds in Lancaster county followed by Hispanic children. Populations of children of color are concentrated in central and Northwest Lincoln ZIP codes. 71.6% of young children live with two parents and 19.5% live with a single female.
4,020 babies were born in Lancaster County in 2016. This has remained relatively consistent over the past decade. A majority of births were to moms aged 25-34 years, those having their first or second children, and those who are White, non-Hispanic.

**Births by Race/Ethnicity**

- **77.1%** White, non-Hispanic
- **5.7%** Black, non-Hispanic
- **0.8%** American Indian, non-Hispanic
- **5.7%** Asian, non-Hispanic
- **5.1%** White, Hispanic
- **5.2%** non-White, Hispanic
- **0.4%** Unknown

**Births by Mother’s Age**

- 15-19: 4.0%
- 20-24: 15.6%
- 25-34: 63.3%
- 35+: 17.1%

**Number of Births by Parity**

- 1: 1,394
- 2: 1,336
- 3: 732
- 4: 324
- 5+: 232
Women who see a health care provider regularly during pregnancy have healthier babies and are less likely to deliver prematurely or have other serious pregnancy-related problems (Kids Count). 81.1% of Lancaster County pregnant women begin prenatal care during their first trimester. Women with private health insurance are more likely to receive adequate prenatal care than those on Medicaid or self-pay. American Indian women have the highest rate of inadequate prenatal care.

**Folic Acid Use Prior to Pregnancy**

- 3 or fewer times/week: 56.4%
- 4+ times/week: 43.6%

**Prenatal Care Adequacy by Payment Type**

- Medicaid: 137 (Inadequate), 281 (Intermediate), 807 (Adequate/plus)
- Private: 211 (Inadequate), 2068 (Intermediate), 83 (Adequate/plus)
- Self-Pay: 34 (Inadequate), 9 (Intermediate), 83 (Adequate/plus)

**Prenatal Care Adequacy by Race/Ethnicity**

- Total: 532 (Adequate/plus), 438 (Intermediate), 3017 (Inadequate)
- White: 355 (Adequate/plus), 368 (Intermediate), 2562 (Inadequate)
- Black: 61 (Adequate/plus), 29 (Intermediate), 154 (Inadequate)
- American Indian: 20 (Adequate/plus), 2 (Intermediate), 18 (Inadequate)
- Asian: 55 (Adequate/plus), 25 (Intermediate), 152 (Inadequate)
- Hispanic: 90 (Adequate/plus), 38 (Intermediate), 280 (Inadequate)

**Tobacco Use During Pregnancy (2016)**

- Used Tobacco: 395
- Did Not Use Tobacco: 3,443
- Former Tobacco User: 182

**Trimester Began Prenatal Care**

- First: 3,222
- Second: 610
- Third: 141
A baby born with a low birth weight may have trouble eating, gaining weight, and fighting off infections (March of Dimes). 92.9% of Lancaster County babies are born at a healthy weight, but only 87% of Black babies are.

The American Academy of Pediatrics recommends that infants should be breastfed for the first twelve months of life to achieve optimal growth, development, and health.

### Nebraska Moms' Breastfeeding Duration

- Breastfeeding at 13 weeks: **60.4%**
- Breastfeeding at 8 weeks: **68.5%**
- Breastfeeding at 4 weeks: **79.5%**

The American Academy of Pediatrics recommends that infants should be breastfed for the first twelve months of life to achieve optimal growth, development, and health.

12% of new Nebraska moms experienced depression related to their most recent pregnancy.
A majority of Lancaster County children have all their parents in the workforce, but despite high rates of employment, childhood poverty still persists with 20.4% of 0-8 years olds living below the poverty line and 44.1% living in low-income families who may struggle to reach economic stability and self-sufficiency. Lancaster County also has areas of concentrated poverty, especially in ZIP codes of 68503, 68504, and 68508.
Early Head Start/Head Start

Language Spoken at home:
- English: 240
- Spanish: 87
- Middle Eastern Language: 126
- Far East Asian: 10
- European: 2
- African: 7
- Other: 12

Total WIC Individuals
- Total Women: 2058
- Pregnant: 912
- Exclusive Breastfeeding: 226
- Total Infants: 2208
- Exclusively Breastfed: 270
- Total Children: 3532
- Children with Special Needs: 104
Head Start, Early Head Start, and WIC provide young children and families with nutritious foods, health and nutrition education, and assistance in accessing on-going preventive health care. These programs partner with early childhood home visiting programs to give pregnant women and families, particularly those considered at-risk, the necessary resources and skills to raise children who are physically, socially, and emotionally healthy and ready to learn (USDA, HRSA). In Lancaster County, 387 children are served by Head Start/Early Head Start, 7798 total women, infants and children are served by WIC. 753 mothers, fathers, and children are served by Lincoln-Lancaster County Health Department Home Visiting.

**Lincoln-Lancaster County Health Department Home Visiting by Race/Ethnicity**

- Hispanic: 119
- Black/African American: 114
- Asian/Pacific Islander: 37
- American Indian: 25
- 2+ Races: 37
- Non-Hispanic: 469
- White: 635

**Lincoln-Lancaster County Health Department Home Visiting**

- Individuals Served: 753
- Mothers: 262
- Fathers: 194
- Children: 297

**Ages of Children**

- Infant: 5
- 1-5 years: 45
- 6-10 years: 249

**Family Resources**

- 4,569 home visits were provided to 342 unique families
- Families speaking 15 different languages were served
When children have health insurance, they are more likely to be healthy and get medical care than uninsured children. They are also more likely to have improved outcomes related to education and economic security benefiting society as a whole (Child Trends). 5.1% of 0-8 year olds in Lancaster County are uninsured with the highest concentrations of uninsured kids living in ZIP codes 68521, 68508, 68503, 68504, and 68505. Hispanic and Black children are also more likely to be uninsured.

Lancaster County Uninsured Children 0-8 by ZIP code

Lancaster County Uninsured Children 0-8 by Race/Ethnicity

Lancaster County Children 0-8 by Health Insurance Type
Access to comprehensive, quality health care services is important for promoting and maintaining health, preventing and managing disease, reducing unnecessary disability and premature death, and achieving health equity for all Americans (Healthy People 2020).

**Lancaster County Number of Providers per 10,000 Children (2015)**

- 6 Pediatricians
- 2.4 Psychiatrists
- 16.4 Family Medicine
- 22.7 Licensed Social Worker
- 21.8 Psychologists

85% of Nebraska kids received medical care in 2016

83% of Nebraska kids received oral care in 2016

28.5% of Nebraska 0-11 year olds receive medical care in a well-functioning system

55% of Nebraska kids receive their medical care in a medical home

**LPS Dental Screenings**
- 70% of students see their own dentist
- 28% see a dentist at school
- 2% received dental screen by school nurse
- 870 students were referred to further dental care
- 253 students were identified as having urgent dental needs

16,248 students screened
- 8.8% required rescreening
- 1.9% of students were referred due to failing screening
- 62% of referred students received needed care
- 58 students made no contact after referral attempts

**LPS Hearing Screenings**
- 16,248 students screened
- 5% of students were referred due to failing screening
- 62% of referred students received needed care
- 331 students made no contact after referral attempts

**LPS Vision Screenings**
- 70% of students see their own dentist
- 28% see a dentist at school
- 2% received dental screen by school nurse
- 870 students were referred to further dental care
- 253 students were identified as having urgent dental needs
Children who are food insecure are more likely to be hospitalized and face higher risks of health conditions (Feeding America). 18.7% of Lancaster County children struggle with food insecurity and 6,828 rely on SNAP for some of their nutritional needs.

Childhood vaccines help all children by working to stamp out serious childhood diseases. 98% of LPS elementary children are compliant on all their immunizations.

In children, a high amount of body fat can lead to weight-related diseases and other health issues, and being underweight can also put one at risk for health issues (CDC). 67% of LPS children grade 3 and under are at a normal weight. Hispanic children, American Indian children, and low-income children are more likely to have higher BMI and therefore may be at higher risk of health issues.
Children with special health care needs have, or are at increased risk for chronic physical, developmental, behavioral, or emotional conditions, and who also require health and related services of a type or amount beyond that required by children generally (HRSA).

- **14.5%** Public school children grade 3 and under designated special education
- **7.1%** Public school children grade 3 and under with asthma
- **2.6%** Public school children grade 3 and under with risk of breathing emergency
- **0.8%** Public school children grade 3 and under with a seizure disorder
- **0.2%** Public school children grade 3 and under with diabetes
- **37** Children had elevated blood lead levels in 2016

Special Education (SPED) by School ZIP Code

2.4% (893) Lancaster County Children 0-8 have a parent-reported disability
As early experiences shape the architecture of the developing brain, they also lay the foundations of sound mental health. Disruptions to this developmental process can impair a child’s capacities for learning and relating to others – with lifelong implications (Center on the Developing Child). Adverse childhood experiences (ACEs) are stressful or traumatic events. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person’s lifespan. When children are exposed to chronic stressful events, their neurodevelopment can be disrupted. As a result, the child’s cognitive functioning or ability to cope with negative or disruptive emotions may be impaired (SAMHSA).

<table>
<thead>
<tr>
<th>% of Nebraska children experiencing each ACE</th>
<th>0-5 years old</th>
<th>6-11 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent was divorced or separated</td>
<td>15.2%</td>
<td>19.0%</td>
</tr>
<tr>
<td>Lived with someone mentally ill, suicidal, or severely depressed</td>
<td>5.6%</td>
<td>11.5%</td>
</tr>
<tr>
<td>Lived with someone with a substance abuse problem</td>
<td>4.1%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Parent or guardian was incarcerated</td>
<td>3.5%</td>
<td>10.4%</td>
</tr>
<tr>
<td>Very often hard to get by on family income</td>
<td>7.1%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Treated or judged unfairly because of race/ethnicity</td>
<td>0.5%</td>
<td>4.8%</td>
</tr>
<tr>
<td>Victim or witness to neighborhood violence</td>
<td>0.8%</td>
<td>3.5%</td>
</tr>
<tr>
<td>Witnessed domestic violence</td>
<td>3.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Parent or guardian died</td>
<td>0.5%</td>
<td>2.8%</td>
</tr>
</tbody>
</table>

68% of Nebraska 6 months to 5 year olds met all four measures of “flourishing”

**Flourishing Measures:**
1. Child is affectionate with parent/s
2. Child shows interest and curiosity in learning new things
3. Child smiles and laughs a lot
4. Child bounces back quickly when things do not go his or her way
In addition to giving us key information about maternal and infant health, the infant mortality rate is an important marker of the overall health of a society (CDC). 19 babies died before their 1st birthday in Lancaster County in 2016. Leading causes were illness/infection and birth defects/prematurity. Two Lancaster County children under 8 died due to accident in 2016. 2,241 children 0-8 years old were hospitalized due to injury.

### Infant and Child Deaths by Race/Ethnicity

<table>
<thead>
<tr>
<th>Cause</th>
<th>Total Deaths</th>
<th>Black</th>
<th>White, Hispanic</th>
<th>White, non-Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>21</td>
<td>1</td>
<td>1</td>
<td>16</td>
</tr>
<tr>
<td>SIDS</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Homicide</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birth Defect/Prematurity</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illness/Infection</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accident</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### Rate of Infant Mortality in Lancaster County:
4.7 per 1,000 live births

### Infant and Child Mortality by Cause

<table>
<thead>
<tr>
<th>Cause</th>
<th>Total Deaths</th>
<th>Fall</th>
<th>Other/Unspecified</th>
<th>Other Transportation</th>
<th>Natural/Environmental</th>
<th>Motor Vehicle</th>
<th>Cut/Pierce</th>
<th>Fire/Burn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lancaster County</td>
<td>2,241</td>
<td>984</td>
<td>424</td>
<td>281</td>
<td>191</td>
<td>135</td>
<td>127</td>
<td>99</td>
</tr>
<tr>
<td>Children 0-8 discharged from hospital due to injury</td>
<td>Jan-Sep 2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Data Sources**

Population: U.S. Census Bureau, 2016 American Community Survey 5-year Estimates
Births: Vital Statistics, Nebraska Department of Health and Human Services (DHHS)
Prenatal Care: Vital Statistics, DHHS
Folic Acid Use: Nebraska PRAMS, DHHS
Prenatal Tobacco Use: Vital Statistics, DHHS
Birthweight: Vital Statistics, DHHS
Breastfeeding: Nebraska PRAMS, DHHS
Maternal Depression: Nebraska PRAMS, DHHS
Parent Employment Status: U.S. Census Bureau, 2016 American Community Survey 5-year Estimates
Poverty and Income Ratio: U.S. Census Bureau, 2016 American Community Survey 5-year Estimates
Home Visiting: Lincoln-Lancaster County Health Department
Head Start/Early Head Start: Community Action Partnership of Lancaster and Saunders Counties
WIC: Nebraska WIC Program, DHHS
Health Insurance: U.S. Census Bureau, 2016 American Community Survey 5-year Estimates
Health Care Provider Rate: Centers for Disease Control
Receipt of Care/Medical Home: National Survey of Children’s Health
Health Screenings: Lincoln Public Schools
Immunizations: Lincoln Public Schools
Food Security: Feeding America, Map the Meal Gap
SNAP Enrollment: Financial Services, DHHS
Child Weight/BMI: Lincoln Public Schools
Disability: U.S. Census Bureau, 2016 American Community Survey 5-year Estimates
Special Education: Lincoln Public Schools
Health Care Needs: Lincoln Public Schools
Blood Lead Level: Public Health, DHHS
ACEs: National Survey of Children’s Health
Flourishing: National Survey of Children’s Health
Mental Health Visits: Lincoln Public Schools
Injury Hospitalizations: Safe Kids, Lincoln-Lancaster County Health Department
Mortality: Vital Statistics, DHHS

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