US COUNTY PERFORMANCE
The Institute for Health Metrics and Evaluation (IHME) at the University of Washington analyzed the performance of all 3,142 US counties or county-equivalents in terms of life expectancy at birth, mortality rates for select causes, alcohol use, smoking prevalence, obesity prevalence, and recommended physical activity using novel small area estimation techniques and the most up-to-date county-level information.

Explore more results using the interactive US Health Map data visualization (http://vizhub.healthdata.org/subnational/usa).

FINDINGS: LIFE EXPECTANCY

<table>
<thead>
<tr>
<th>Sex</th>
<th>Douglas County</th>
<th>Nebraska</th>
<th>National</th>
<th>National rank</th>
<th>% change 1980-2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>81.0</td>
<td>81.7</td>
<td>81.5</td>
<td>1191</td>
<td>+4.4</td>
</tr>
<tr>
<td>Male</td>
<td>76.2</td>
<td>77.4</td>
<td>76.7</td>
<td>1289</td>
<td>+8.6</td>
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Life expectancy at birth (years), 2014

Fig. 1: Female life expectancy, 2014
Fig. 2: Male life expectancy, 2014

FINDINGS: ALL-CAUSE MORTALITY

<table>
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<th>Sex</th>
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<th>National rank</th>
<th>% change 1980-2014</th>
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<tr>
<td>Female</td>
<td>682.8</td>
<td>653.6</td>
<td>667.8</td>
<td>1116</td>
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</tr>
<tr>
<td>Male</td>
<td>982.8</td>
<td>908.6</td>
<td>930.1</td>
<td>1369</td>
<td>-33.7</td>
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</tbody>
</table>

Rate per 100,000 population, age-standardized, 2014

Fig. 3: Female all-cause mortality, 2014
Fig. 4: Male all-cause mortality, 2014
FINDINGS: ISCHEMIC HEART DISEASE

<table>
<thead>
<tr>
<th>Sex</th>
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<th>National rank</th>
<th>% change 1980-2014</th>
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<tbody>
<tr>
<td>Female</td>
<td>94.5</td>
<td>102.0</td>
<td>124.9</td>
<td>426</td>
<td>-62.2</td>
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<tr>
<td>Male</td>
<td>160.5</td>
<td>162.0</td>
<td>191.5</td>
<td>518</td>
<td>-68.7</td>
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rate per 100,000 population, age-standardized, 2014

Fig. 5: Female ischemic heart disease, 2014
Fig. 6: Male ischemic heart disease, 2014

FINDINGS: CEREBROVASCULAR DISEASE (STROKE)

<table>
<thead>
<tr>
<th>Sex</th>
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<th>National</th>
<th>National rank</th>
<th>% change 1980-2014</th>
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</thead>
<tbody>
<tr>
<td>Female</td>
<td>46.7</td>
<td>47.1</td>
<td>47.4</td>
<td>1003</td>
<td>-49.7</td>
</tr>
<tr>
<td>Male</td>
<td>56.1</td>
<td>52.2</td>
<td>48.8</td>
<td>2019</td>
<td>-41.8</td>
</tr>
</tbody>
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rate per 100,000 population, age-standardized, 2014

Fig. 7: Female cerebrovascular disease (stroke), 2014
Fig. 8: Male cerebrovascular disease (stroke), 2014
FINDINGS: TRACHEAL, BRONCHUS, AND LUNG CANCER

<table>
<thead>
<tr>
<th>Sex</th>
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<th>% change 1980-2014</th>
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<tr>
<td>Female</td>
<td>50.5</td>
<td>42.1</td>
<td>43.8</td>
<td>1890</td>
<td>+30.8</td>
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<tr>
<td>Male</td>
<td>72.8</td>
<td>68.0</td>
<td>67.6</td>
<td>1359</td>
<td>-42.1</td>
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rate per 100,000 population, age-standardized, 2014

**Fig. 9: Female tracheal, bronchus, and lung cancer, 2014**

**Fig. 10: Male tracheal, bronchus, and lung cancer, 2014**

FINDINGS: BREAST CANCER

<table>
<thead>
<tr>
<th>Sex</th>
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<th>National</th>
<th>National rank</th>
<th>% change 1980-2014</th>
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</thead>
<tbody>
<tr>
<td>Female</td>
<td>26.0</td>
<td>24.6</td>
<td>25.9</td>
<td>1643</td>
<td>-33.3</td>
</tr>
<tr>
<td>Male</td>
<td>0.4</td>
<td>0.3</td>
<td>0.3</td>
<td>2395</td>
<td>-13.5</td>
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rate per 100,000 population, age-standardized, 2014

**Fig. 11: Female breast cancer, 2014**

**Fig. 12: Male breast cancer, 2014**
FINDINGS: MALIGNANT SKIN MELANOMA

<table>
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<tr>
<td>Female</td>
<td>2.1</td>
<td>2.1</td>
<td>1.9</td>
<td>1417</td>
<td>+12.5</td>
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<tr>
<td>Male</td>
<td>4.7</td>
<td>4.9</td>
<td>4.5</td>
<td>1380</td>
<td>+39.6</td>
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rate per 100,000 population, age-standardized, 2014

Fig. 13: Female malignant skin melanoma, 2014

Fig. 14: Male malignant skin melanoma, 2014

FINDINGS: DIABETES, UROGENITAL, BLOOD, AND ENDOCRINE DISEASES MORTALITY

<table>
<thead>
<tr>
<th>Sex</th>
<th>Douglas County</th>
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<th>National</th>
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<th>% change 1980-2014</th>
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</thead>
<tbody>
<tr>
<td>Female</td>
<td>55.1</td>
<td>49.8</td>
<td>49.6</td>
<td>1551</td>
<td>+69.1</td>
</tr>
<tr>
<td>Male</td>
<td>69.1</td>
<td>60.9</td>
<td>63.8</td>
<td>1691</td>
<td>+36.1</td>
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rate per 100,000 population, age-standardized, 2014

Fig. 15: Female diabetes, urogenital, blood, and endocrine diseases mortality, 2014

Fig. 16: Male diabetes, urogenital, blood, and endocrine diseases mortality, 2014
FINDINGS: SELF-HARM AND INTERPERSONAL VIOLENCE MORTALITY

<table>
<thead>
<tr>
<th>Sex</th>
<th>Douglas County</th>
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<th>National rank</th>
<th>% change 1980-2014</th>
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<tr>
<td>Female</td>
<td>8.5</td>
<td>7.7</td>
<td>9.0</td>
<td>1095</td>
<td>-11.2</td>
</tr>
<tr>
<td>Male</td>
<td>32.9</td>
<td>26.9</td>
<td>30.9</td>
<td>1581</td>
<td>-0.5</td>
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rate per 100,000 population, age-standardized, 2014

Fig. 17: Female self-harm and interpersonal violence mortality, 2014

Fig. 18: Male self-harm and interpersonal violence mortality, 2014

FINDINGS: TRANSPORT INJURIES MORTALITY

<table>
<thead>
<tr>
<th>Sex</th>
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<tr>
<td>Female</td>
<td>6.4</td>
<td>9.5</td>
<td>8.1</td>
<td>229</td>
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<tr>
<td>Male</td>
<td>14.1</td>
<td>20.9</td>
<td>19.8</td>
<td>191</td>
<td>-46.0</td>
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rate per 100,000 population, age-standardized, 2014

Fig. 19: Female transport injuries mortality, 2014

Fig. 20: Male transport injuries mortality, 2014
FINDINGS: MENTAL AND SUBSTANCE USE DISORDERS MORTALITY

<table>
<thead>
<tr>
<th>Sex</th>
<th>Douglas County</th>
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<th>% change 1980-2014</th>
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<tr>
<td>Female</td>
<td>6.2</td>
<td>5.5</td>
<td>8.2</td>
<td>1024</td>
<td>+324.3</td>
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<tr>
<td>Male</td>
<td>15.3</td>
<td>10.3</td>
<td>18.7</td>
<td>1546</td>
<td>+301.9</td>
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rate per 100,000 population, age-standardized, 2014

Fig. 21: Female mental and substance use disorders mortality, 2014
Fig. 22: Male mental and substance use disorders mortality, 2014

FINDINGS: CIRRHOSIS AND OTHER CHRONIC LIVER DISEASES MORTALITY

<table>
<thead>
<tr>
<th>Sex</th>
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<th>National</th>
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<tr>
<td>Female</td>
<td>12.0</td>
<td>10.5</td>
<td>11.8</td>
<td>1424</td>
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<tr>
<td>Male</td>
<td>25.3</td>
<td>18.9</td>
<td>22.2</td>
<td>2045</td>
<td>+4.2</td>
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rate per 100,000 population, age-standardized, 2014

Fig. 23: Female cirrhosis and other chronic liver diseases mortality, 2014
Fig. 24: Male cirrhosis and other chronic liver diseases mortality, 2014
## FINDINGS: HEAVY DRINKING

<table>
<thead>
<tr>
<th>Sex</th>
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<th>% change 2005-2012</th>
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</thead>
<tbody>
<tr>
<td>Female</td>
<td>8.8</td>
<td>7.4</td>
<td>6.7</td>
<td>2770</td>
<td>+69.9</td>
</tr>
<tr>
<td>Male</td>
<td>12.6</td>
<td>12.7</td>
<td>9.9</td>
<td>2454</td>
<td>+33.2</td>
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prevalence (%), age-standardized, 2012

![Fig. 25: Female heavy drinking, 2012](image1)

![Fig. 26: Male heavy drinking, 2012](image2)

## FINDINGS: BINGE DRINKING

<table>
<thead>
<tr>
<th>Sex</th>
<th>Douglas County</th>
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<td>Female</td>
<td>17.6</td>
<td>16.0</td>
<td>12.4</td>
<td>2863</td>
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<td>Male</td>
<td>31.1</td>
<td>31.2</td>
<td>24.5</td>
<td>2654</td>
<td>+12.5</td>
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prevalence (%), age-standardized, 2012

![Fig. 27: Female binge drinking, 2012](image3)

![Fig. 28: Male binge drinking, 2012](image4)
FINDINGS: SMOKING

<table>
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<tr>
<th>Sex</th>
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<tbody>
<tr>
<td>Female</td>
<td>20.4</td>
<td>19.5</td>
<td>17.9</td>
<td>1145</td>
<td>-17.2</td>
</tr>
<tr>
<td>Male</td>
<td>22.7</td>
<td>22.6</td>
<td>22.2</td>
<td>734</td>
<td>-23.5</td>
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prevalence (%), age-standardized, 2012

Fig. 29: Female smoking, 2012
Fig. 30: Male smoking, 2012

FINDINGS: OBESITY

<table>
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<tr>
<th>Sex</th>
<th>Douglas County</th>
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<th>National rank</th>
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<tr>
<td>Female</td>
<td>37.1</td>
<td>36.5</td>
<td>36.1</td>
<td>1205</td>
<td>+31.2</td>
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<td>Male</td>
<td>35.0</td>
<td>36.1</td>
<td>33.8</td>
<td>667</td>
<td>+39.1</td>
</tr>
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</table>

prevalence (%), age-standardized, 2011

Fig. 31: Female obesity, 2011
Fig. 32: Male obesity, 2011
### FINDINGS: RECOMMENDED PHYSICAL ACTIVITY

<table>
<thead>
<tr>
<th>Sex</th>
<th>Douglas County</th>
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<th>National</th>
<th>National rank</th>
<th>% change 2001-2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>50.2</td>
<td>52.7</td>
<td>52.6</td>
<td>1574</td>
<td>+20.3</td>
</tr>
<tr>
<td>Male</td>
<td>52.4</td>
<td>53.7</td>
<td>56.3</td>
<td>1794</td>
<td>-5.2</td>
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</tbody>
</table>

prevalence (%), age-standardized, 2011

Fig. 33: Female recommended physical activity, 2011

Fig. 34: Male recommended physical activity, 2011

### CITATION: