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>Polk 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>82.7</td>
<td>81.7</td>
<td>81.5</td>
<td>366</td>
<td>+3.3</td>
</tr>
<tr>
<td>Male</td>
<td>78.6</td>
<td>77.4</td>
<td>76.7</td>
<td>295</td>
<td>+7.4</td>
</tr>
</tbody>
</table>

life expectancy at birth (years), 2014

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

FINDINGS: ALL-CAUSE MORTALITY

<table>
<thead>
<tr>
<th>Sex</th>
<th>Polk 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>605.3</td>
<td>653.6</td>
<td>667.8</td>
<td>453</td>
<td>-16.1</td>
</tr>
<tr>
<td>Male</td>
<td>820.3</td>
<td>908.6</td>
<td>930.1</td>
<td>349</td>
<td>-31.9</td>
</tr>
</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>
<th>Polk 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>162.0</td>
<td>102.0</td>
<td>124.9</td>
<td>2337</td>
<td>-27.6</td>
</tr>
<tr>
<td>Male</td>
<td>195.5</td>
<td>162.0</td>
<td>191.5</td>
<td>1296</td>
<td>-56.0</td>
</tr>
</tbody>
</table>

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>
<th>Polk 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>51.2</td>
<td>47.1</td>
<td>47.4</td>
<td>1562</td>
<td>-50.8</td>
</tr>
<tr>
<td>Male</td>
<td>54.8</td>
<td>52.2</td>
<td>48.8</td>
<td>1885</td>
<td>-47.5</td>
</tr>
</tbody>
</table>

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>
<th>Polk 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>28.9</td>
<td>42.1</td>
<td>43.8</td>
<td>171</td>
<td>+67.0</td>
</tr>
<tr>
<td>Male</td>
<td>61.2</td>
<td>68.0</td>
<td>67.6</td>
<td>793</td>
<td>-18.0</td>
</tr>
</tbody>
</table>

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>
<th>Polk 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>24.4</td>
<td>24.6</td>
<td>25.9</td>
<td>1066</td>
<td>-25.6</td>
</tr>
<tr>
<td>Male</td>
<td>0.3</td>
<td>0.3</td>
<td>0.3</td>
<td>796</td>
<td>-12.4</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>
<thead>
<tr>
<th>Sex</th>
<th>Polk 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>2.3</td>
<td>2.1</td>
<td>1.9</td>
<td>2073</td>
<td>+19.4</td>
</tr>
<tr>
<td>Male</td>
<td>5.2</td>
<td>4.9</td>
<td>4.5</td>
<td>1984</td>
<td>+51.8</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>Polk County</th>
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<th>National</th>
<th>National rank</th>
<th>% change 1980-2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>37.0</td>
<td>49.8</td>
<td>49.6</td>
<td>269</td>
<td>+50.5</td>
</tr>
<tr>
<td>Male</td>
<td>48.6</td>
<td>60.9</td>
<td>63.8</td>
<td>318</td>
<td>+16.5</td>
</tr>
</tbody>
</table>

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>Polk County</th>
<th>Nebraska</th>
<th>National</th>
<th>National rank</th>
<th>% change 1980-2014</th>
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</thead>
<tbody>
<tr>
<td>Female</td>
<td>5.5</td>
<td>7.7</td>
<td>9.0</td>
<td>108</td>
<td>-14.7</td>
</tr>
<tr>
<td>Male</td>
<td>16.9</td>
<td>26.9</td>
<td>30.9</td>
<td>44</td>
<td>-26.5</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>
<th>Polk County</th>
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<th>% change 1980-2014</th>
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<tbody>
<tr>
<td>Female</td>
<td>13.6</td>
<td>9.5</td>
<td>8.1</td>
<td>1602</td>
<td>-14.3</td>
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<tr>
<td>Male</td>
<td>30.2</td>
<td>20.9</td>
<td>19.8</td>
<td>1525</td>
<td>-28.5</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>Polk County</th>
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<th>National rank</th>
<th>% change 1980-2014</th>
</tr>
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<tr>
<td>Female</td>
<td>3.6</td>
<td>5.5</td>
<td>8.2</td>
<td>175</td>
<td>+269.1</td>
</tr>
<tr>
<td>Male</td>
<td>6.2</td>
<td>10.3</td>
<td>18.7</td>
<td>95</td>
<td>+72.2</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>
<th>Polk County</th>
<th>Nebraska</th>
<th>National</th>
<th>National rank</th>
<th>% change 1980-2014</th>
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</thead>
<tbody>
<tr>
<td>Female</td>
<td>8.2</td>
<td>10.5</td>
<td>11.8</td>
<td>227</td>
<td>+11.4</td>
</tr>
<tr>
<td>Male</td>
<td>11.4</td>
<td>18.9</td>
<td>22.2</td>
<td>74</td>
<td>+1.1</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>
<th>Polk County</th>
<th>Nebraska</th>
<th>National</th>
<th>National rank</th>
<th>% change 2005-2012</th>
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<tbody>
<tr>
<td>Female</td>
<td>6.7</td>
<td>7.4</td>
<td>6.7</td>
<td>2188</td>
<td>+74.3</td>
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<tr>
<td>Male</td>
<td>14.3</td>
<td>12.7</td>
<td>9.9</td>
<td>2817</td>
<td>+33.5</td>
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prevalence (%), age-standardized, 2012

Fig. 25: Female heavy drinking, 2012
Fig. 26: Male heavy drinking, 2012

FINDINGS: BINGE DRINKING

<table>
<thead>
<tr>
<th>Sex</th>
<th>Polk County</th>
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<th>% change 2002-2012</th>
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<tr>
<td>Female</td>
<td>15.3</td>
<td>16.0</td>
<td>12.4</td>
<td>2563</td>
<td>+11.4</td>
</tr>
<tr>
<td>Male</td>
<td>35.8</td>
<td>31.2</td>
<td>24.5</td>
<td>2983</td>
<td>+8.3</td>
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prevalence (%), age-standardized, 2012

Fig. 27: Female binge drinking, 2012
Fig. 28: Male binge drinking, 2012
### FINDINGS: SMOKING

<table>
<thead>
<tr>
<th>Sex</th>
<th>Polk County</th>
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<th>% change 1996-2012</th>
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<tbody>
<tr>
<td>Female</td>
<td>18.2</td>
<td>19.5</td>
<td>17.9</td>
<td>600</td>
<td>-16.3</td>
</tr>
<tr>
<td>Male</td>
<td>22.4</td>
<td>22.6</td>
<td>22.2</td>
<td>658</td>
<td>-17.3</td>
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prevalence (%), age-standardized, 2012

#### Fig. 29: Female smoking, 2012

#### Fig. 30: Male smoking, 2012

### FINDINGS: OBESITY

<table>
<thead>
<tr>
<th>Sex</th>
<th>Polk County</th>
<th>Nebraska</th>
<th>National</th>
<th>National rank</th>
<th>% change 2001-2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>34.7</td>
<td>36.5</td>
<td>36.1</td>
<td>564</td>
<td>+12.7</td>
</tr>
<tr>
<td>Male</td>
<td>36.1</td>
<td>36.1</td>
<td>33.8</td>
<td>1042</td>
<td>+31.2</td>
</tr>
</tbody>
</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>Polk County</th>
<th>Nebraska</th>
<th>National</th>
<th>National rank</th>
<th>% change 2001-2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>56.8</td>
<td>52.7</td>
<td>52.6</td>
<td>490</td>
<td>+14.2</td>
</tr>
<tr>
<td>Male</td>
<td>58.1</td>
<td>53.7</td>
<td>56.3</td>
<td>638</td>
<td>+4.1</td>
</tr>
</tbody>
</table>

prevalence (%), age-standardized, 2011

Fig. 33: Female recommended physical activity, 2011
Fig. 34: Male recommended physical activity, 2011

CITATION:
Institute for Health Metrics and Evaluation (IHME),
US County Profile: Polk County, Nebraska.