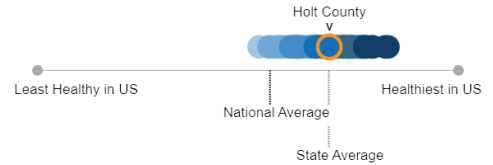
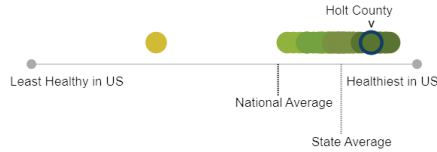


Holt County



Each Nebraska county with sufficient data is represented by a dot, placed on a continuum from least health to healthiest in the nation.

The color of each dot represents data-informed groupings of counties nationwide with similar **Population Health and Well-being** or **Community Conditions** on the continuum.

Population Health and Well-being: Holt County is faring slightly better than the average county in Nebraska and better than the average county in the nation.

Community Conditions: Holt County is faring about the same as the average county in Nebraska and better than the average county in the nation.

Population: 10,093	2025	Low NE 2025	High NE 2025	NE 2025	U.S. 2025
Population Health and Well-being					
Length of Life					
Premature death (years of potential life lost, per 100,000) ⁽¹⁾	6598	4802	27000	7100	8400
Quality of Life					
Average # of poor physical health days (adults)	3.6	3.2	4.9	3.4	3.9
% Low birthweight, <2,500 grams	5	3	12	8	8
Average # of poor mental health days (adults)	4.5	4.3	5.3	4.3	5.1
% Reporting of poor or fair health (adults)	15	11	24	15	17
Community Conditions					
Health Infrastructure					
% Flu vaccinations (Medicare enrollees)	17	4	64	50	48
% Access to exercise opportunities ⁽¹⁾	63	2	100	85	84
Food environment index (0=worst, 10=best)	7.7	3.5	8.8	7.6	7.4
Primary care physicians rate (per 100,000 population)	1117:1	367:1	8330:1	1340:1	1330:1
Mental health providers rate (per 100,000 population)	439:1	158:1	8459:1	290:1	300:1
Dentists rate (per 100,000 population)	1004:1	372:0	5287:1	1220:1	1360:1
Preventable hospital stays (per 100,000 Medicare enrollees)	3776	605	5909	2231	2666
% Mammography screening (Medicare females age 65-74)	54	18	64	52	44
% Uninsured (population under age 65)	10	5	15	8	10
Physical Environment					
% Households with severe housing problems	9	3	21	12	17
% Driving alone to work	80	55	88	77	70
% Long commute – driving alone	15	5	52	19	37
Average daily density of fine particulate matter	5.7	4.8	7.8	6.0	7.3
Drinking water violations?	No				
% Households with broadband Internet connection ^(1,2)	83	71	95	90	90
Library visits per person in service area per year ⁽²⁾	5	1	20	3	2
Social and Economic Factors					
% With some college (adults age 25–44)	73	48	90	72	68
% High school completion (adults age 25 and older)	93	77	100	92	89
% Unemployed (population age 16 and older)	1.8	1.5	3.6	2.3	3.6
Income inequality ratio (80th to 20th percentile)	4.2	2.8	5.9	4.2	4.9
% Children in poverty	14	5	28	11	16
Injury death rate (per 100,000 population) ⁽¹⁾	78	45	216	65	84
Membership associations rate (per 10,000 population)	14.9	0.0	59.6	13.7	9.1
Childcare cost (as % of median houshold income, two children) ^(1,2)	29	23	44	30	28

Holt County

The County Health Rankings & Roadmaps data release provides a snapshot of the health of each county in two summary scores: **Population Health and Well-being** (which measures length and quality of life) and **Community Conditions** (which measure issues that can shape population health and well-being). Each county is placed on a continuum from least healthy to healthiest in the nation and is categorized into a health grouping of counties with similar summary scores. The following tables illustrate the “drivers” for the health of this county.

What do these drivers mean?
The drivers indicate the measures with the greatest impact on the health of the county, according to the CHR&R model of health and county performance. Drivers labeled with a green plus sign are measures where the county performed better than the average of counties nationwide. Drivers labeled with a red minus sign could be improved and may warrant additional attention. The Direction of Impact is not determined for counties with insufficient data.

Population Health and Well-being
Drivers with the greatest impact on health, Holt County, Nebraska, 2025

Measure	Description	Factor Category	County Value	U.S. 2025	Direction of Impact
Poor Mental Health Days	Average number of mentally unhealthy days reported in past 30 days (age-adjusted)	Quality of Life	4.5	5.1	+
Low Birth Weight Days	Percentage of live births with low birth weight (<2,500 grams)	Quality of Life	5%	8.4%	+
Poor Physical Health	Average number of physically unhealthy days reported in past 30 days (age-adjusted)	Quality of Life	3.6	3.9	+
Premature Death	Years of potential life lost before age 75 per 100,000 population (age-adjusted)	Length of Life	6598	8400	+
Poor or Fair Health	Percentage of adults reporting fair or poor health (age-adjusted)	Quality of Life	15%	17%	+

Community Conditions
Drivers with the greatest impact on health, Holt County, Nebraska, 2025

Measure	Description	Factor Category	County Value	U.S. 2025	Direction of Impact
Flu Vaccinations	Percentage of fee-for-service (FFS) Medicare enrollees who had an annual flu vaccination	Health Infrastructure	17%	48%	-
Unemployment	Percentage of population ages 16 and older unemployed but seeking work	Social and Economic Factors	1.8%	3.6%	+
Dentists	Ratio of population to dentists	Health Infrastructure	1004:1	1360:1	+
Long Commute – Driving Alone	Among workers who commute in their car alone, the percentage that commute more than 30 minutes	Health Infrastructure	15%	37%	+
Mammography Screening	Percentage of female Medicare enrollees ages 65-74 who received an annual mammography screening	Health Infrastructure	54%	44%	+

N/A: Not applicable due to insufficient data

+ Green Plus: County performed better than the average of counties in the U.S.

- Red Minus: County performed worse than the average of counties in the U.S.

For more information on the derivation of health groups, please visit: bit.ly/2025CHRRmethods. For more information on data sources, year(s) of data and weights for measures, please visit bit.ly/2025CHRRmeasures.