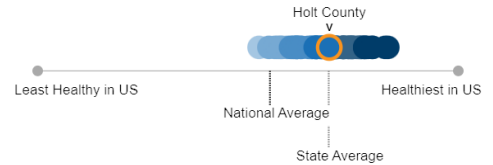


Holt County



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 household income, two children) ^(1,2)	29	23	44	30	28

Note: Shaded cells indicate data are unavailable due to low reliability or were omitted due to ⁽¹⁾methodology change or ⁽²⁾new additions in 2025.