

July, 2026

CITY HEALTH SCORECARD: LINCOLN, NEBRASKA



Measuring Lincoln's progress toward becoming the
HEALTHIEST CITY IN THE NATION.



COMMUNITY HEALTH ENDOWMENT
OF LINCOLN

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City Health
DASHBOARD

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ABOUT...

...THE COMMUNITY HEALTH ENDOWMENT

The Community Health Endowment of Lincoln is a municipal endowment. Our mission is to make our city the healthiest community in the nation. Our definition of health is broad: The ability of all people within the community to reach full mental, spiritual, and physical potential by living in safety with vigor and purpose; meeting personal needs; meeting community responsibilities; adapting to change; and having trusting and caring relationships. We work to achieve our mission through grantmaking, collaboration, and education initiatives.

...THE HEALTHY CITY SCORECARD

The purpose of this scorecard is to provide insight into local health issues and trends, to provide data to identify opportunities for interventions and investments, and to create indicators that help track progress towards achieving health related goals. This tool can be used to better understand our progress towards health goals by offering a consistent set of health measurements and offering comparability with other cities.

...THE METRICS

The scorecard metrics were all developed in partnership with the City Health Dashboard. The City Health Dashboard is a project of the NYU Grossman School of Medicine's Department of Population Health. All sources are referenced and include the American Community Survey of the US Census, the National Center for Health Statistics, and the PLACES Project, Centers for Disease Control. The City Health Dashboard provides free, local data on over 45 key metrics in 1,200+ U.S. cities using the most current data available and enables cities to compare their data with others.

The metrics were chosen based on priorities identified in the Lincoln Community Health Improvement Plan 2025 and Community Health Endowment priorities identified by our Place Matters data report, 2026 Strategic Planning Community Survey, and strategic funding priorities.



CITY HEALTH SCORECARD: LINCOLN, NEBRASKA

THE COMMUNITY HEALTH ENDOWMENT AND CITY HEALTH DASHBOARD

This scorecard shows how Lincoln, Nebraska compares to U.S. cities across key health measures. National City Health Dashboard (CHD) averages are shown on the left and current Lincoln data on the right. Indicators show how Lincoln compares to other cities and track progress toward becoming the healthiest city in the nation. Red Xs indicate health outcomes for Lincoln that are worse than other cities, while green check marks indicate comparatively better health outcomes.

HEALTH ACCESS

LINCOLN 2023 CHD CITIES*

Percent of Births Receiving Prenatal Care in the First Trimester

81% 79% 

Percent of Individuals Under 65-Years-Old Who Are Uninsured

7.8% 9.7% 

Percent of Adults (18+) Receiving Routine Checkups by a Doctor

75.2% 76.1% 

SOCIAL DETERMINANTS OF HEALTH

Percent of Children Living Below the Federal Poverty Level

13% 16.8% 

Percent of Youth (Aged 16-19) Not in Work or School

2.6% 6.6% 

Adults Self-Reporting Food Insecurity¹

13.4% 17.8% 

Adults Self-Reporting Difficulty Living Independently²

4.7% 5.8% 

Neighborhood Racial/Ethnic Segregation Index Score (0-100)³

10 9.8 

HEALTH OUTCOMES

Percent of Adults Who are Obese⁴

35.1% 32.6% 

Cardiovascular Disease Deaths, per 100,000

198.7 210.5 

Breast Cancer Deaths, per 100,000 Females

25 22.7 

Colorectal Cancer Deaths, per 100,000

13.6 15 

Opioid Overdose Deaths, per 100,000

7.7 29.6 

Percent of Adults Reporting Frequent Mental Distress⁵

15.2% 16.9% 

Life Expectancy at Birth (Years)

78.3 77.3 

* City Health Dashboard data includes over 1,200 cities across the U.S.
– all cities over population 50,000 plus a growing set of smaller places.

SOURCES

All measures are drawn from the City Health Dashboard and reflect the most recent available data, derived from the national sources listed below and calculated by the Dashboard team.

AMERICAN COMMUNITY SURVEY (U.S. CENSUS BUREAU), 2023 5-YEAR ESTIMATES

Children in Poverty; Youth Not in Work or School; Uninsured Population; Independent Living Difficulty; Neighborhood Racial/Ethnic Segregation

PLACES PROJECT (CDC), 2023 MODELED ESTIMATES

Routine Checkup, 18+; Food Insecurity; Obesity; Frequent Mental Distress

NATIONAL VITAL STATISTICS SYSTEM (NCHS), 2023 3-YEAR ESTIMATES

Prenatal Care; Cardiovascular Disease Deaths; Breast Cancer Deaths; Colorectal Cancer Deaths; Opioid Overdose Deaths; Life Expectancy

FOOTNOTES

1. **Adults Self-Reporting Food Insecurity:** Percentage of adults who reported that during the past year they did not have enough food and did not have money to get more.
2. **Adults Self-Reporting Difficulty Living Independently:** Percentage of adults who reported difficulty doing errands alone because of a physical, mental, or emotional condition.
3. **Neighborhood Racial/Ethnic Segregation Index Score (0–100):** Index (0-100) reflecting the geographic clustering of racial/ethnic groups across the area.
4. **Percent of Adults Who are Obese:** Percentage of adults with a body mass index (BMI) ≥ 30 kg/m², based on their reported weight and height
5. **Adult Frequent Mental Distress:** Percentage of adults who reported experiencing ≥ 14 days of poor mental health in the past 30 days.

LEARN MORE ABOUT HOW EACH METRIC IS DEFINED AND MEASURED AT THE CITY HEALTH DASHBOARD.



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IN FOCUS:

MENTAL HEALTH

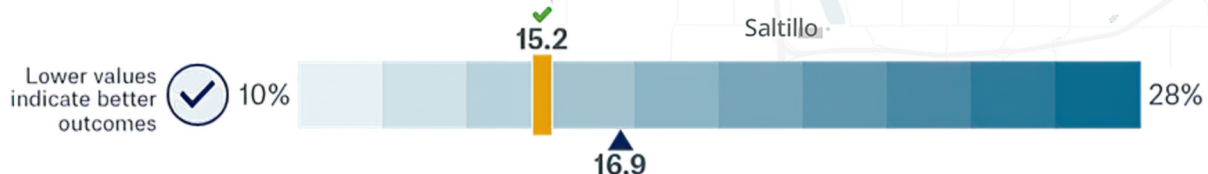
Mental health is an important component of overall health. Frequent mental distress is an indicator of mental health needs and is defined as adults reporting fourteen or more days of poor mental health including stress, depression, and emotional problems. The following map identifies this at a census tract level:

FREQUENT MENTAL DISTRESS

Source: City Health Dashboard; Data from PLACES Project, Centers for Disease Control., 2023

In **Lincoln**, an estimated **15.2%** of adults in **2023** reported that they experienced frequent mental distress in the past 30 days, compared to an average of **16.9%** across the Dashboard's cities.

- City or census tract value
- Dashboard-City Average
- Present when value is better than Dashboard-City Average
- Better Outcomes



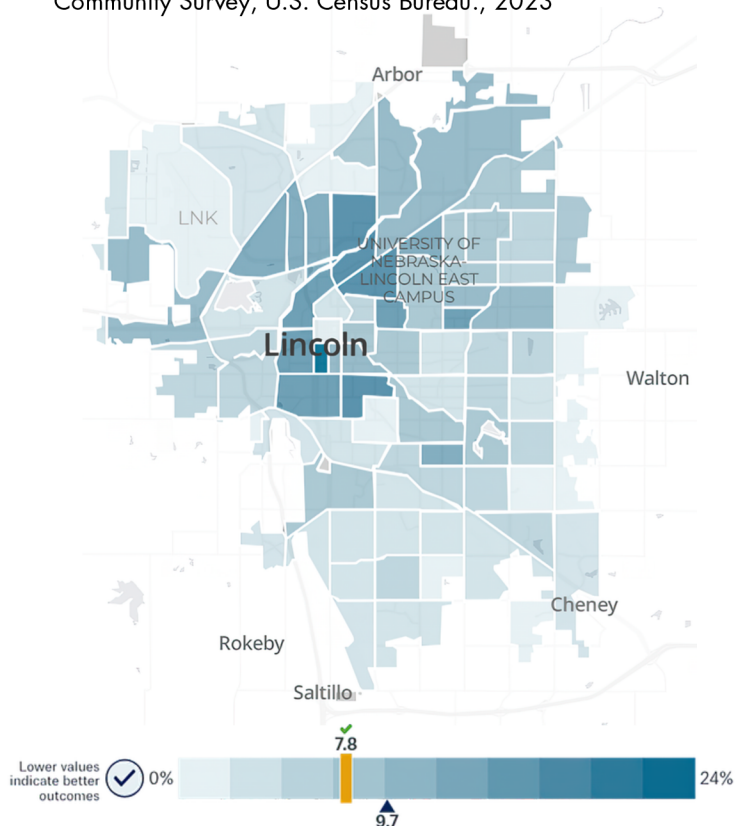
Mindful Philanthropy, a national leader in mental health funding strategies, has identified priority measures to consider in prevention of mental health and substance abuse challenges (Measuring Success in Mental Health Philanthropy report):

- **HEALTH:** access to preventive care, insurance coverage
- **EDUCATION:** school attendance, school engagement, social and emotional learning programs
- **HOUSING:** stable/affordable housing access
- **CRIMINAL JUSTICE:** diversion from system involvement
- **POVERTY/ECONOMIC MOBILITY:** employment stability, income sufficiency, job training

Focusing on health-related prevention measures, investing in projects to promote health insurance coverage, and participation in routine check-ups are positive prevention strategies. Maps illustrating these concepts are available on the next page.

UNINSURED

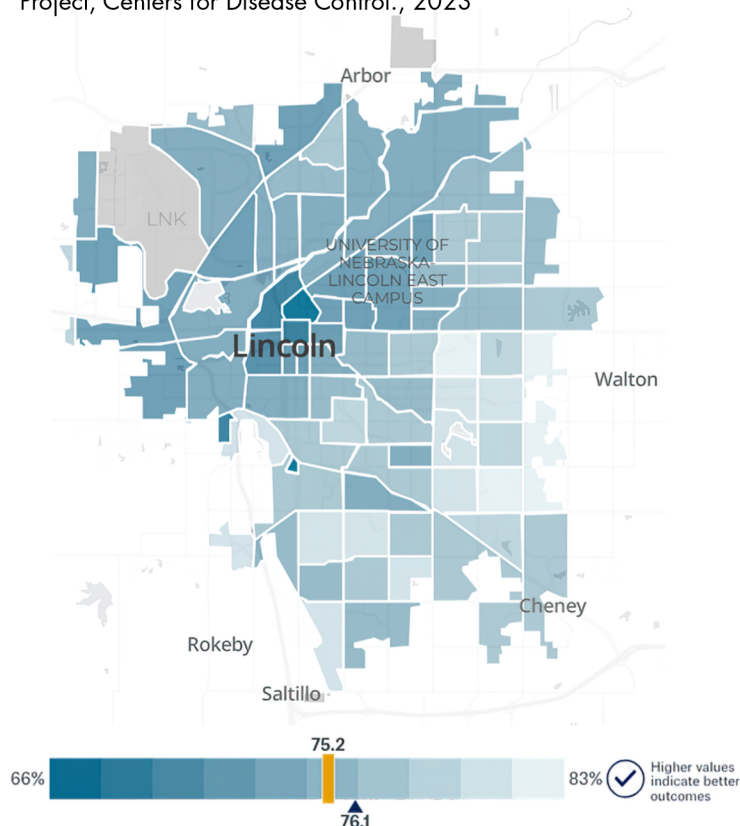
Source: City Health Dashboard; Data from American Community Survey, U.S. Census Bureau., 2023



In **Lincoln**, an estimated **7.8%** of the population under 65 years old did not have health insurance in 2023, compared to an average of **9.7%** across the Dashboard's cities.

ROUTINE CHECKUP, 18+

Source: City Health Dashboard; Data from PLACES Project, Centers for Disease Control., 2023



In **Lincoln**, an estimated **75.2%** of adults reported visiting a doctor for a routine checkup in 2023, compared to an average of **76.1%** across the Dashboard's cities.

SUMMARY

ABOVE AVERAGE, STILL IMPROVING

The city of Lincoln, Nebraska performs well in comparison to the other cities in the City Health Dashboard. Areas where Lincoln performs better than the city average are prenatal care, uninsured population, children in poverty, unemployment, food insecurity, independent living difficulty, cardiovascular disease deaths, colorectal cancer deaths, opioid overdose deaths, frequent mental distress, firearm suicides, and life expectancy.

Challenging areas include routine checkups, neighborhood racial/ethnic segregation, obesity, and breast cancer deaths. Opportunities for Lincoln include promoting routine checkups as a strategy to identify mental and physical health needs and appropriate interventions, as well as considering how best to support preventive mental health across multiple factors. The overall success of health for Lincoln residents is due in no small part to the health care providers, nonprofit organizations, and government entities that promote health in partnership with the Community Health Endowment and we are grateful for their contributions and commitment.