



Community Health Improvement Tracker – 2016

Progress Toward Target	Priority Area	Baseline Year	2015-2016 Data	Target	Special Thanks to our partners
Obesity (%)					
+	Increase the percentage of adults exercising 30 minutes a day, five times per week.	49.1	53.1	52.0	YMCA, UNL Extension, Hastings College, Healthy Hastings, Mary Lanning Wellness, City of Hastings, Choose Healthy Here stores, Brodstone Hospital, Brodstone Healthcare, Harvard Multicultural Parent Association, HPS School Wellness Teams, Harvard Wellness Team, St. Cecilia Wellness Team, DHHS
↓	Increase the percentage of youth exercising 60 minutes a day, five times per week.	58.7	51.7	62.2	
+	Consumed fruit more than 1 time per day*	54.6	60.5	58.1	
○	Consumed vegetables more than 1 time per day*	72.9	75.8	77.2	
↓	Increase the percentage of youth who report eating fruits ≥2 times/day during the past 7 days	23.4	18.0	24.8	
○	Increase the percentage of youth who report vegetables ≥ 3 times/day during the past 7 days	8.5	8.2	10.5	
↓	Decrease the percentage of adults 18+ years who are overweight or obese (BMI ≥ 25.0)	68.7	70.9	64.6	
↓	Decrease the percentage of adults who are obese (BMI ≥ 30.0)	30.6	34.4	28.8	
○	Decrease the percentage of children under 18 years who are overweight (BMI ≥ 25) or at risk of becoming overweight (21 < BMI <25)	32.1	32.5	30.0	
Cancer (% and rate per 100,000)					
○	Increase percentage of women aged 50-74 years who are up-to-date on breast cancer screening	70.0	71.7	74.2	Morrison Cancer Center, Brodstone Healthcare, Webster Co. Hospital, Vital Signs Health Fair, Mary Lanning Cancer Committee, SHDHD Cancer Coalition, American Cancer Society
○	Increase percentage of women aged 21-65 years who are up-to-date on cervical cancer screening rates	80.4	79.3	85.2	
+	Increase percentage of adults aged 50-75 years who are up-to-date on colorectal cancer screening (annual fecal occult blood test (FOBT), OR sigmoidoscopy every 5 years + FOBT every 3 years, OR colonoscopy	59.9	72.1	60.0	
↓	Reduce incidence rates due to female breast cancer	128.9	131.6	121.2	
↓	Reduce mortality rates due to female breast cancer	19.0	22.8	18.0	
+	Reduce incidence rates due to colorectal cancer	64.7	42.6	60.9	
○	Reduce mortality rates due to colorectal cancer	15.5	15.7	14.6	
+	Reduce incidence rates due to prostate cancer	161.3	117.1	151.6	
+	Reduce mortality rates due to prostate cancer	25.1	18.8	23.6	

+ at or within 1% of target,
 ○ within 5% of target,
 ↓ greater than 5% change from baseline away from target



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Cancer (% and rate per 100,000), continued					Partners, Continued
	Reduce incidence rates due to skin cancer	18.5	29.0	17.4	Providers for Sun-Safe behavioral counseling, Community Pools, City of Hastings, DHHS Radon Program
	Reduce mortality rates due to skin cancer	4.6	5.6	4.3	
	Reduce incidence rates due to lung cancer	66.2	63.3	62.3	
	Reduce mortality rates due to lung cancer	48.2	43.9	45.3	
Mental Health (#)					
	Average number of days mental health was not good in past 30 days*	3.4	3.1	2.8	Region III, churches/ colleges-suicide prevention; Dr. Kathy Anderson, Mary Lanning - integrated care
	Mental health was not good on 14 or more of the past 30 days*	11.0	9.2	10.3	
	Reduce reported suicide attempts by high school students during the past year.	9.6	13.2	9.0	
Substance Abuse (%)					
	Decrease the proportion of high school students who reported use of alcohol in the past 30 days.	24.2	23.9	22.7	Horizon Recovery, ASAAP, Region 3, Life of an Athlete, Dr. Ken Zoucha, Dr. Max Owen, Hastings Public Schools, Harvard Public Schools, Hastings Ste. Cecilia Schools
	Decrease the proportion of high school students who reported use of marijuana in the past 30 days.	12.3	11.3	11.5	
	Decrease the misuse or abuse of prescription drugs among high school students.	11.8	11.1	11.1	
	Reduce the proportion of adolescents who report riding in the past 30 days with a driver who had been drinking alcohol	22.7	22.1	21.3	
	Decrease the proportion of high school students who reported texting or email while driving	38.7	38.6	36.4	
Access to Care (%)					
	Increase the proportion of persons with a personal doctor or health care provider.	88.2	83.5	93.5	Mary Lanning Insurance enrollment, SC Partnership (Emergency Dentist), Project Homeless Connect, Salvation Army
	Increase the proportion of persons who report visiting the doctor for a routine exam in the past year.	63.0	67.0	66.8	
	Decrease the proportion of persons aged 18 – 64 years without healthcare coverage.	19.3	13.9	18.1	
	Decrease the proportion of persons reporting cost as a barrier to visiting a doctor in the past year.	9.5	11.4	8.4	
	Increase the proportion of persons who report visiting a dentist for any reason in the past year.	67.9	61.6	72.0	

Sources: BRFSS 2015&2016, YRBS 2016, Nebraska Cancer Registry 2015.