

Nutrition Education Program Fosters Healthy Families and Communities

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Lancaster County's Health Status

According to the County Health Rankings and Road Maps¹, Lancaster County is healthy overall. Lancaster County ranks 10th of 79 counties (of Nebraska's 93 counties, 79 of them were assessed for health) in Health Outcomes, measuring how long people live and how healthy they feel while alive. However, Lancaster County is 24th of 79 counties in Health Factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

Thanks to Lincoln's Community Health Endowment, there are maps of specific Lincoln neighborhoods based upon Census tracts with new 2019 maps². These maps show that though Lincoln is healthy overall, certain neighborhoods have health inequities. The maps indicate poverty in Lincoln is growing and localized to specific neighborhoods. They also show that physical activity and food access are correlated to poverty: areas with higher poverty have lower physical fitness among youth and lower access to



NEP staff member Dana Hardy (second from right) with an English Language Learner class after they received cookware items.

healthy food.

The Nutrition Education Program (NEP) in Lancaster County, part of Nebraska Extension, works to address these issues and other social determinants of health (the conditions in which people live that impact health such as, neighborhood, employment, physical environment and education) through direct education and broader community health initiatives.

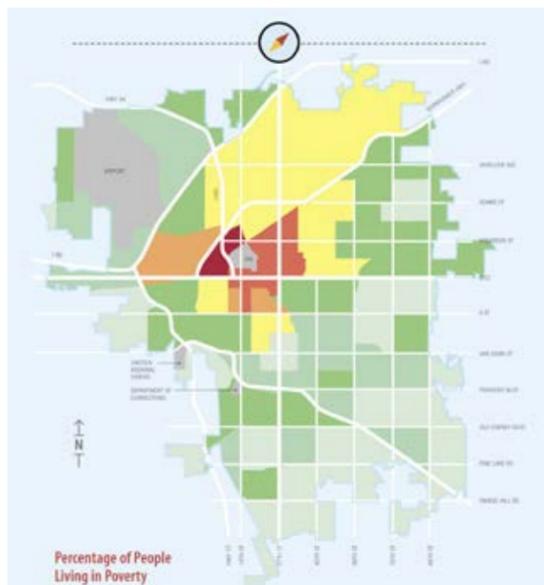
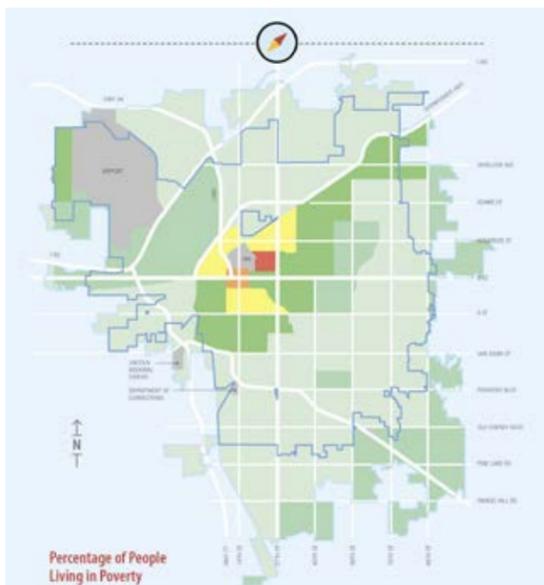
NEP Teaches Limited-Income Families

Research has shown that income and education affect health³. Those with limited income and low educational levels are at the highest risk for chronic diseases such as diabetes, heart disease and obesity.



Parents and children prepare a meal together during a NEP family-based class.

see *NUTRITION EDUCATION PROGRAM* on back page



Maps of poverty in Lincoln from 1980 (left) and 2017 (right). The yellow, orange and red census tracts represent increasing levels of poverty. Find these maps and more at www.chelincoln.org/placematters.

Everyone counts.

Completing the census is required: it's a way to participate in our democracy and say "I COUNT!"



United States
Census
Bureau

2020 Census

Census results affect your voice in government, how much funding your community receives and how your community plans for the future. In 2020, for the first time ever, the U.S. Census Bureau will accept responses online, but you can still respond by phone or mail if you prefer. Multiple languages are available.

Confidential and Secure

By law, your information is confidential! No law enforcement agency (not the DHS, ICE, FBI or CIA) can access or use your personal information at any time.

4 Ways to Respond

- Secure internet:** New and quick, respond online at <http://2020census.gov> starting March 23. It's user-friendly — offering you help screens and the ability to review your answers.
- Respond by phone:** Number will be listed on invitation. (some households will also receive paper questionnaires).
- Respond by mail:** If you haven't responded online by early April, a paper questionnaire will be mailed to you.
- In-person interview:** If you have not responded by May, a census worker will follow up in person.

Timeline

When you respond to the census, use the address where you live as of April 1, 2020.

On or between:	You'll receive in the mail:
March 12-20	An invitation to respond online (some households will also receive paper questionnaires).
March 16-24	A reminder letter.
If you haven't responded yet:	
March 26-April 3	A reminder postcard.
April 8-16	A reminder letter and paper questionnaire.
April 20-27	A final reminder postcard before census workers follow up in person.

For more information:
2020CENSUS.GOV

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