

Nebraska Annual Social Survey Snapshot:

How Healthy are Nebraska Adults?

Those who are employed, retired, earn more, have higher education, live in rural areas, are Republican, and are married have higher self-rated health

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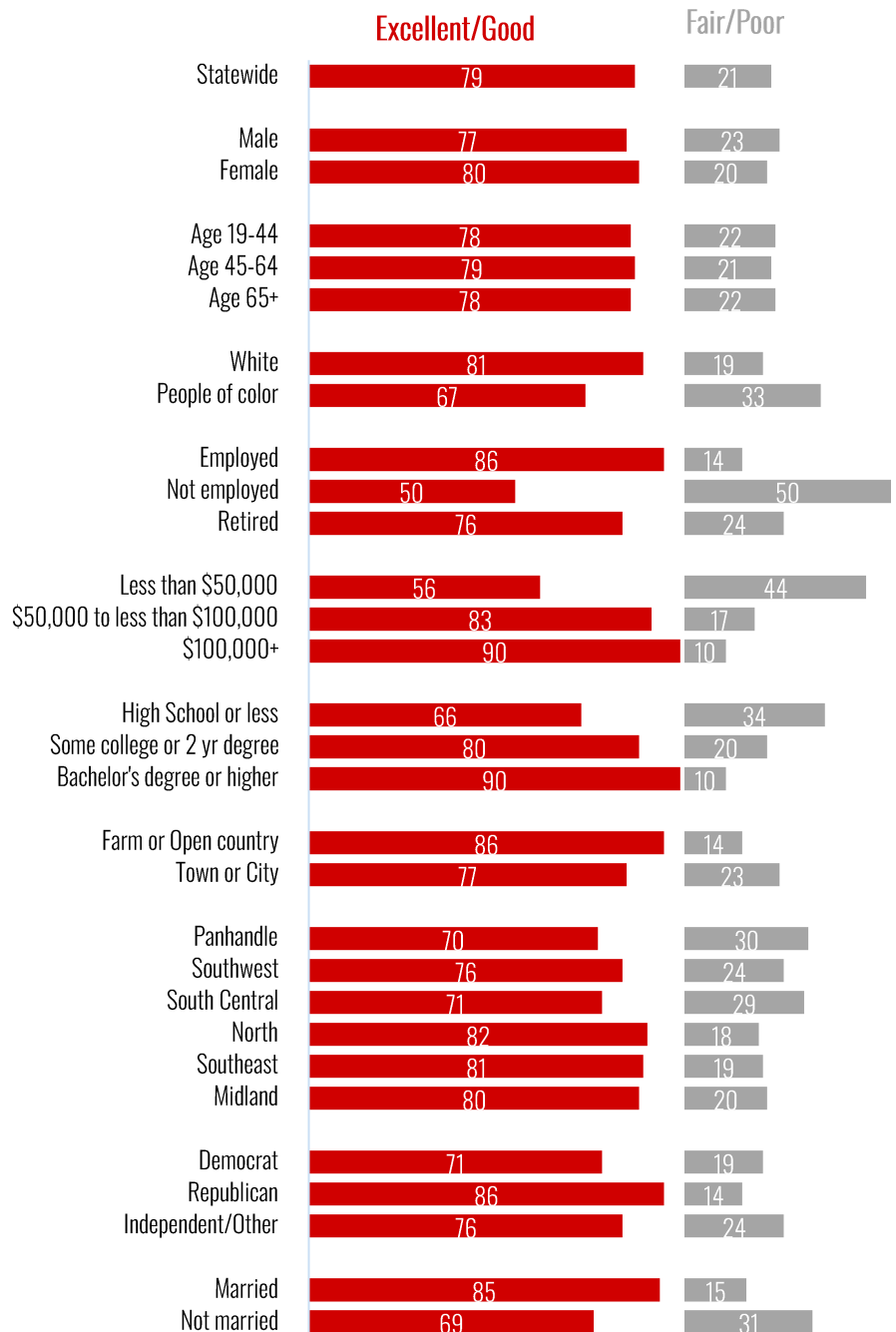
A survey of 2,232 Nebraskans conducted between July and November 2024 asked respondents “Would you say that your overall health and well-being is excellent, good, fair, or poor?” For this report, excellent and good are combined and fair and poor are combined.

Overall, 79% of Nebraska adults rate their health as excellent or good while 21% say their health is fair or poor. This difference is significant between white adults and people of color. About one-third of people of color report having fair or poor health, compared to about one-in-five white adults.

The majority of people who are employed or retired (86% and 76%, respectively) report their health is excellent or good, compared to only half of those who are not employed (50%). Those who earn less than \$50,000 are also significantly more likely to report their health is fair or poor (44%) compared to those making \$50,000 to less than \$100,000 (17%) or \$100,000 or more (10%). Four-fifths of people with some college or a two-year degree (80%) and nine-in-ten adults with a bachelor’s degree or higher report their health is excellent or good (90%), while about two-thirds (66%) of those with a high school education or less report their health is excellent or good.

While self-rated health does not differ significantly between regions, it does differ between rural and urban areas. Those living in farm or open country are significantly more likely to report their health is excellent or good (86%) compared to those living in a town or city (77%).

Would you say that your overall health and well-being is...



Republicans are significantly more likely to report their health is excellent or good (86%) than Democrats and Independents (71% and 76%, respectively). Finally, self-rated health is significantly better among married Nebraskans compared to those who are not married, with 85% of married adults reporting their health is excellent or good and only 69% of not married adults rating their health as excellent or good.

Data Source and Methodology The Nebraska Annual Social Indicators Survey (NASIS) is an annual statewide concurrent mail and web survey conducted by BOSR with multiple clients. NASIS uses an address-based sample of adults aged 19 and older (Nebraska's age of majority) and asks adults with the next birthday to participate in the survey. The 2024 NASIS consisted of a 16-page paper questionnaire that was administered by mail with an option to complete by web to a sample of 10,000 Nebraska households. Data were collected from July to November 2024 with an AAPOR Response Rate 2 of 23.2% (n=2,232). Overall estimates have a margin of error of $\pm 4\%$. Significantly separate groups are reported from statistical tests with $p < .05$. The full methodology report can be found at <https://bosr.unl.edu/nasis>

WHO ARE WE? BOSR has been conducting survey research and providing research assistance to University of Nebraska–Lincoln faculty, departments, administrative units, students, and various government agencies and non-profit organizations since 1964. Operating as a 'one-stop research shop,' BOSR develops and manages mail, web, telephone, in-person, and mixed-mode surveys with academic rigor.

