

Transportation barriers are uncommon but strongly associated with poor health in Nebraska, USA

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Scottsbluff National Monument-Courthouse and Jail Rocks
| Gering

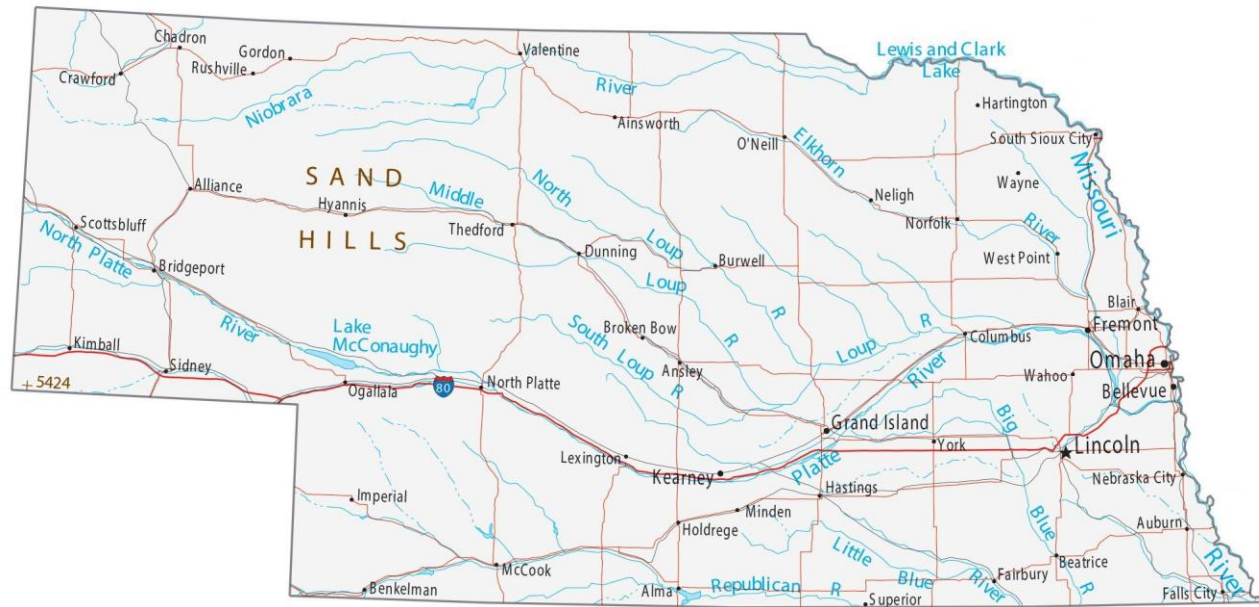
Disclosures

This project was funded in part by the University of Nebraska Medical Center Faculty Diversity Grant to Dr. Ratnapradipa.

I & my coauthors have no other disclosures.

Purpose

1. To **describe** the transportation landscape in Nebraska
2. To **examine** which transportation measures were most strongly associated with **poor health**



Dismal River in the Nebraska Sandhills | Nebraska National Forest

Methods

Study Design, Setting

- Cross-sectional mailed survey
- Nebraska
- October 2020 thru March 2021

Sample, Eligibility

- Random stratified sample
- Age 19+
- N = 5,300 mailings
- 1,101 returned (20.8% response)

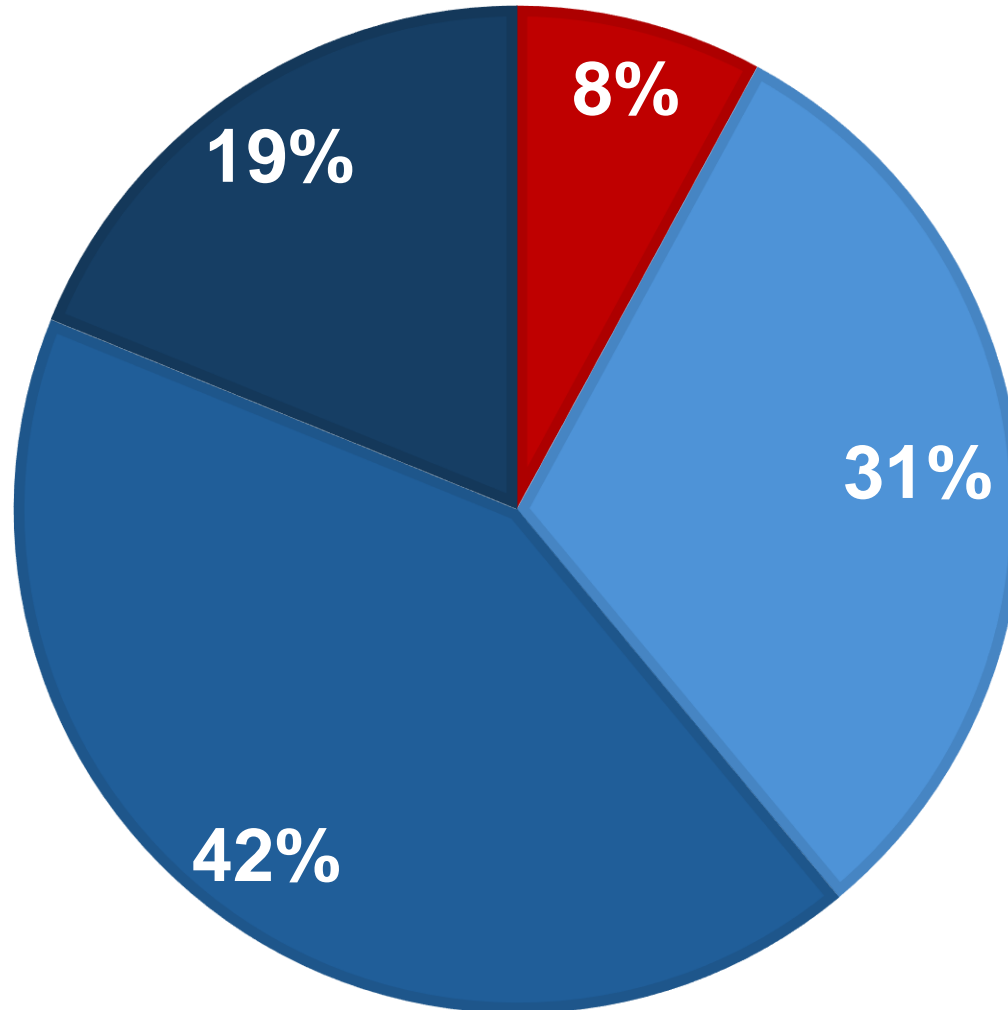
Analysis

- Weighted
- Robust Poisson regression (Prevalence odds ratios with 95% CI)



Results

■ Fair/Poor ■ Good
■ Very Good ■ Excellent



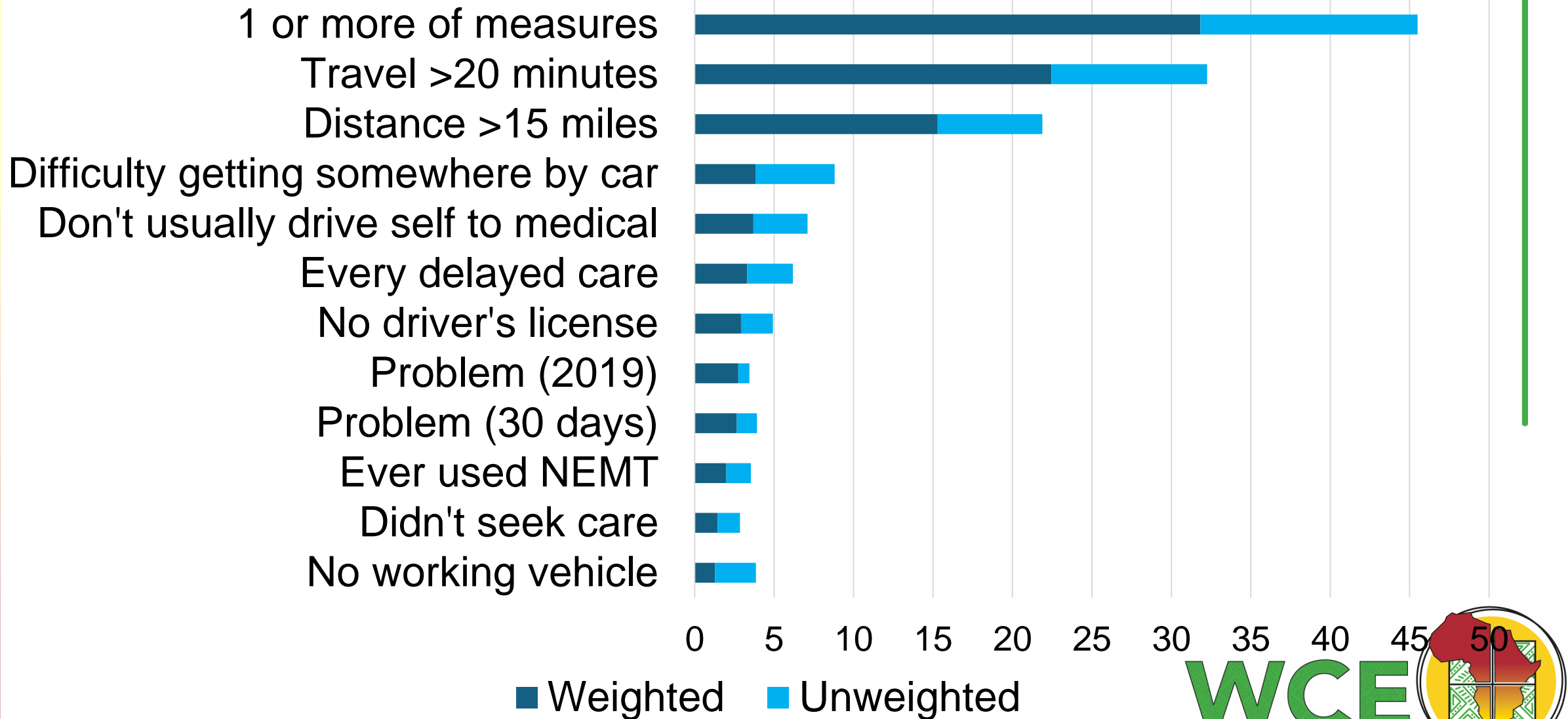
An estimated 7.9% of Nebraska adults have fair-to-poor self-reported health

WCE

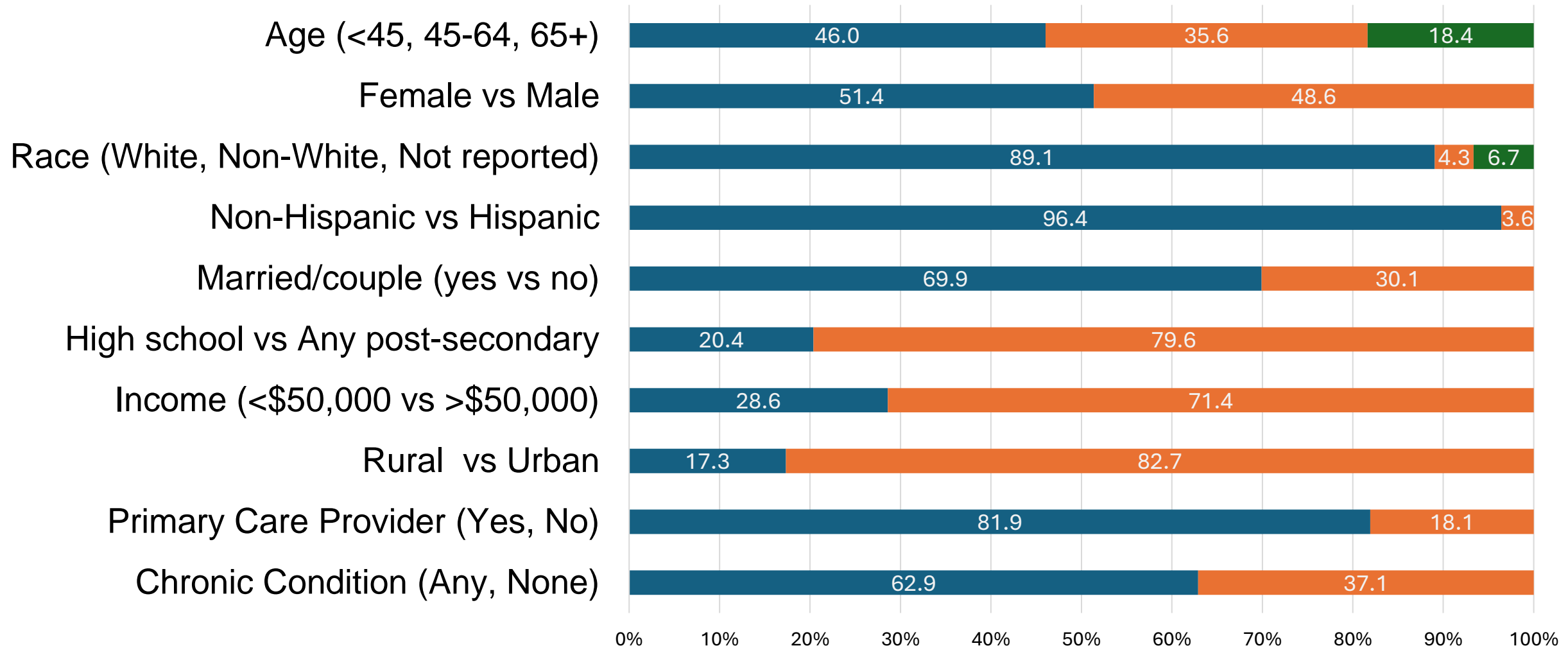
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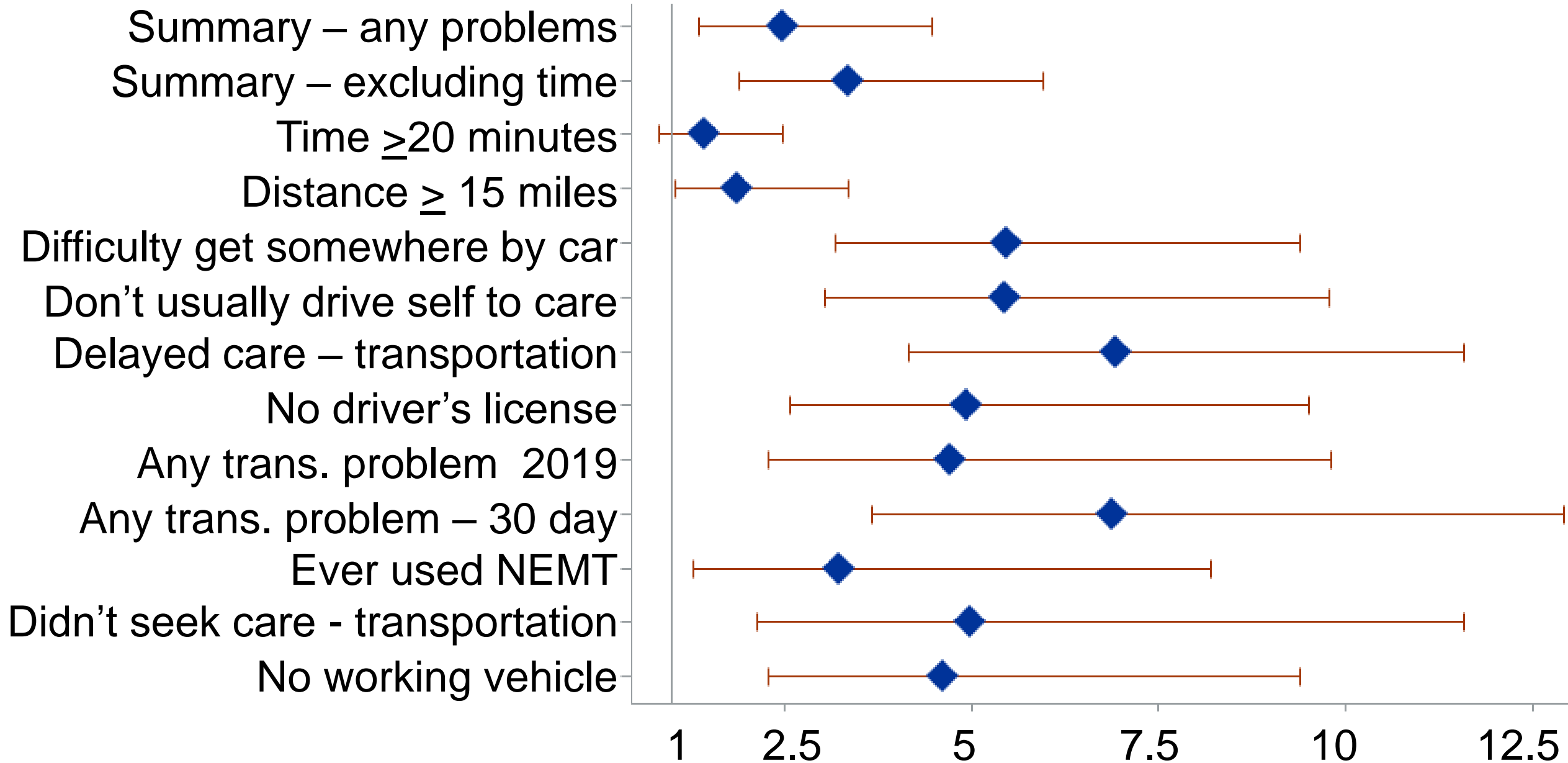
Prevalence of Transportation Problems



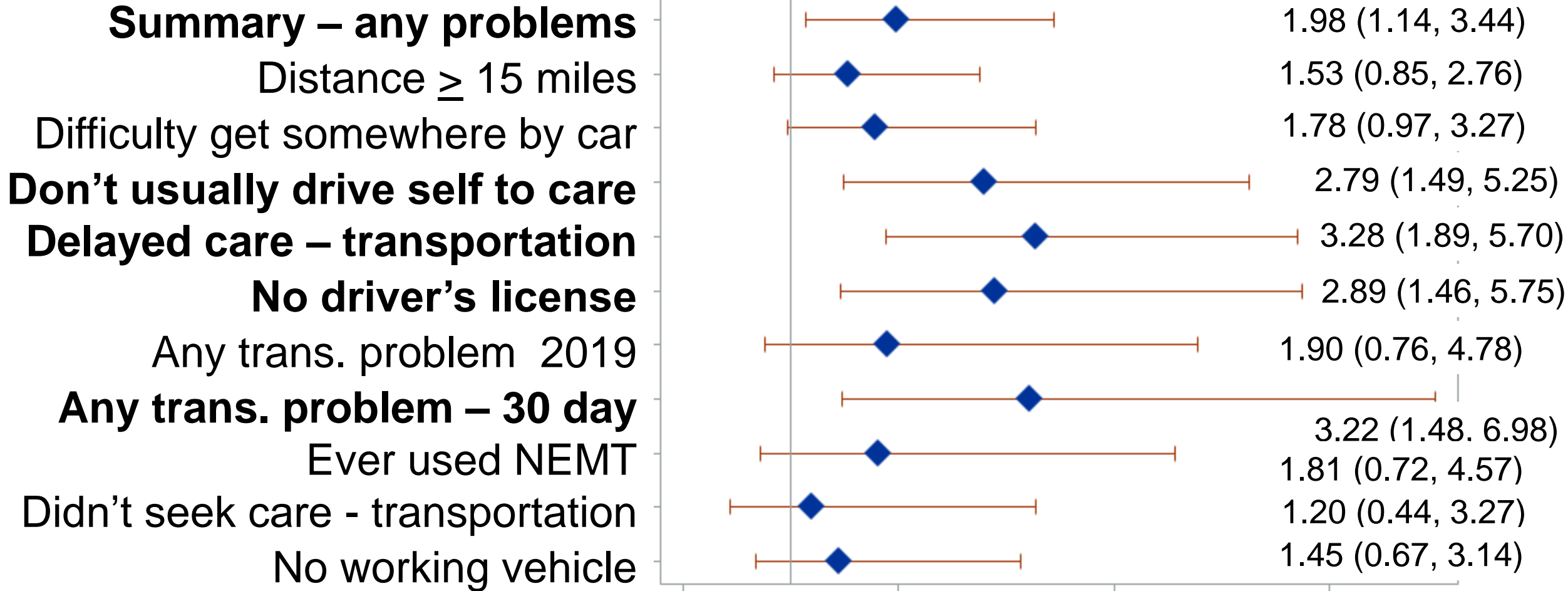
Weighted Covariate Frequency



Unadjusted POR (95% CI)

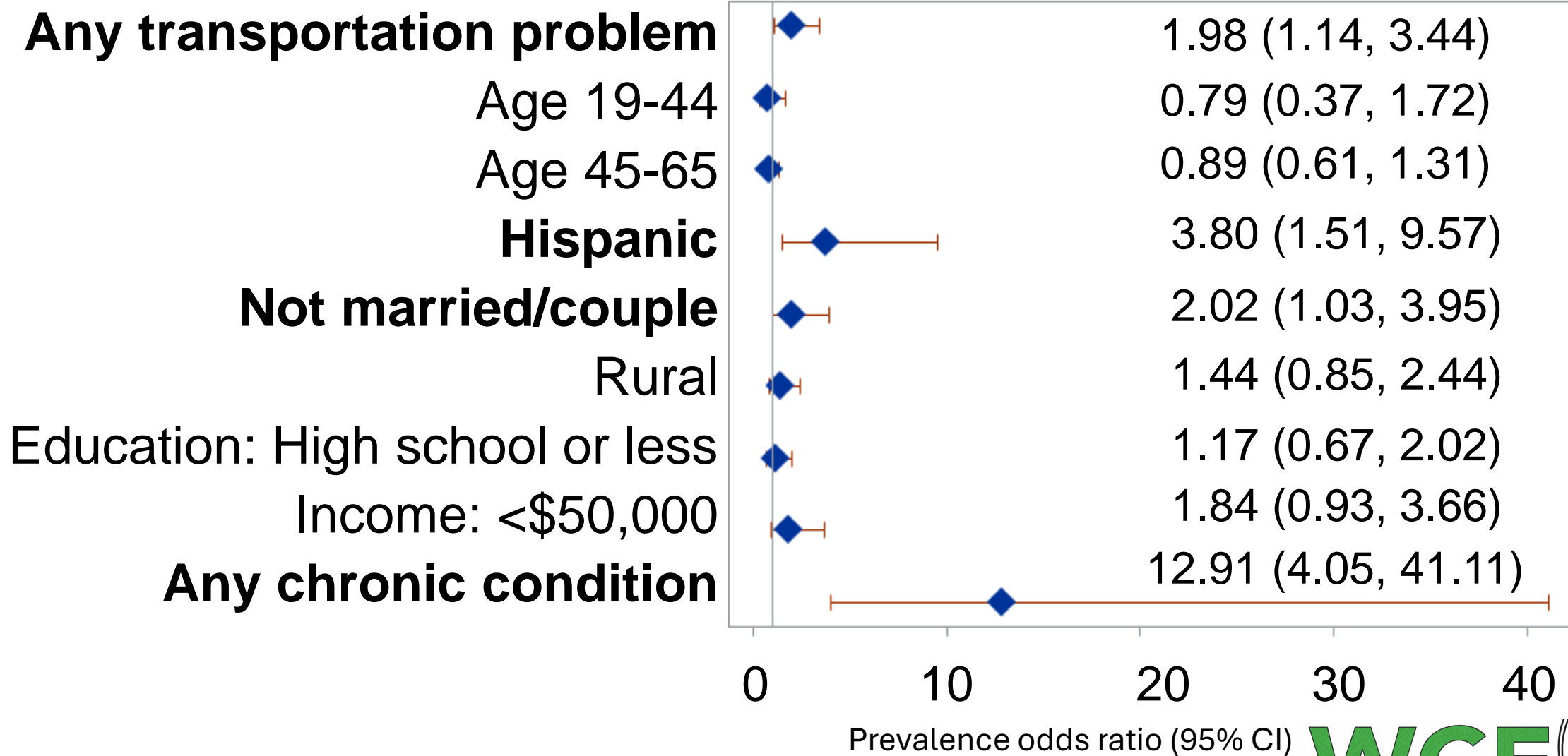


Adjusted* POR (95% CI)



*Each outcome modeled separately & adjusted for age group, Hispanic ethnicity, married, rural, education high school or less, income less than \$50,000, and any chronic condition.

Any transportation problem was associated with fair/poor health





Corn fields with wind turbines | Norfolk

- Most transportation barriers are uncommon
- Only 5 remained significant when adjusted
- The strongest associations were delayed care & transportation problem in the past 30 days
- Next step: develop index of multi-component travel barrier