



Lexington Urban Area - COVID-19 Status Report 4 Dec 2020

Background

The Two Rivers Public Health Department (TRPHD) covers 7 counties in central Nebraska, reaching 97,132 people who live and work in the health district spread across roughly 4663 square miles. Over three quarters of residents live in Buffalo and Dawson county, a tenth live in Phelps county, and the remaining 15% is spread somewhat comparably among the four counties of Kearney, Harlan, Franklin and Gosper in decreasing order of population. The largest cities are Holdrege (pop. 5408), Lexington (pop. 10115) and Kearney (pop. 33867) meaning that well over half the residents of TRPHD live in three urban areas, and over a third are in Kearney city alone.

To better understand COVID transmission in TRPHD¹, we decided to analyze case numbers in Kearney, Lexington and Holdrege, defined as the city and surrounding smaller towns

- “Kearney area” includes Kearney city, Elm Creek, Pleasanton, Amherst, Riverdale, Gibbon, Shelton and Axtell (39,412 people)
- “Lexington area” includes Lexington city, Overton, Johnson Lake and Cozad (15,017 people)
- “Holdrege area” includes Holdrege city, Loomis and Funk (5967 people).

- **There has been widespread data discontinuity across the country due to Thanksgiving week. Fewer testing sites were open last week, lab work was likely slower, and hospitalizations and deaths may not have been reported with immediate urgency. This may have resulted in lower testing and reporting within the system. Typically, this discrepancy corrects itself over the next few weeks as unmet testing demand is fulfilled and the reporting catches up with daily counts.**
- **Following a statewide change in conventions for data presentation, we are shifting from reporting *case positivity rates* (positive cases/ all persons tested) to *test positivity rates* (positive cases/ all tests conducted) in our weekly reports. We are in the process of updating datasets to reflect this change.**
- **For the above reasons, we would caution against reading too closely into the drop in cases recorded in the past week. The most recent week’s decrease in numbers, observable as a secular trend across cities in the district, is likely to be influenced by data discontinuity issues and may not be attributable to actual reduction in new infections.**

¹ For complete explanation of definitions and data sources, please see appendix 1
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In the sixth edition of this document, we will

- a) Look at the overall course of the COVID-19 pandemic in TRPHD from **April - December** (35 weeks) and identify the outbreaks in each of the three urban areas.
- b) Analyze daily case averages (7-day rolling) in **Lexington, Holdrege and Kearney** cities from **April 1 - December 1**.
- c) Analyze the total (cumulative) COVID-19 cases in **Lexington, Holdrege, Kearney and Minden** cities, comparing the total cases by 10,000 population in each city ²
- d) Describe 7-day rolling average of cases in **Lexington** area by age and city of residence from **July 01 - November 17**.
- e) Describe the 7-day rolling average of COVID-19 cases from **Oct 20 - Nov 17** (4 weeks) across cities with more than 1100 residents in Two Rivers Health District. Present the same case counts/10,000 persons.
- f) Present a brief weekly overview and analysis for **Lexington urban area**.

To conclude, even as data delays and testing shortfalls have likely disrupted daily reporting, long term trends seem to point towards rising case counts across all urban areas in Two Rivers District. Incident cases among individuals aged 50 or more in Lexington area have accounted for over 40% of all positives in the last month. Half of all COVID deaths in TRPHD have occurred in the previous 6 weeks. Meanwhile, there appears to be slightly improved ICU availability and COVID-related medical/surgical bed usage across hospitals in the district the last week compared to previous weeks. Residents are advised to exercise utmost caution and adhere to strict preventive measures (social distancing, correct and consistent masking) at all times to protect themselves and others.

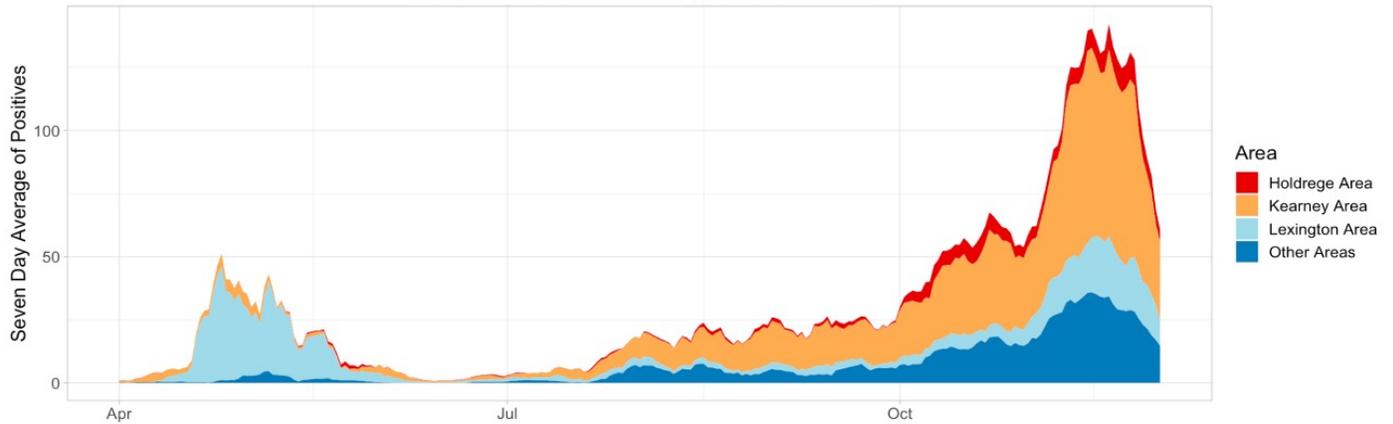
² For complete explanation of definitions and data sources, please see appendix 2
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- The graph below describes daily COVID-19 cases in TRPHD from **April 1 - December 1** broken down by **urban area** (Holdrege, **Lexington**, Kearney and all others). The height of the graph corresponds to the daily case count and the thickness of each colored band corresponds to the urban area.
- The second graph below describes daily cases (7-day rolling average) in **Lexington, Holdrege and Kearney** cities from **April 1- December 1**.

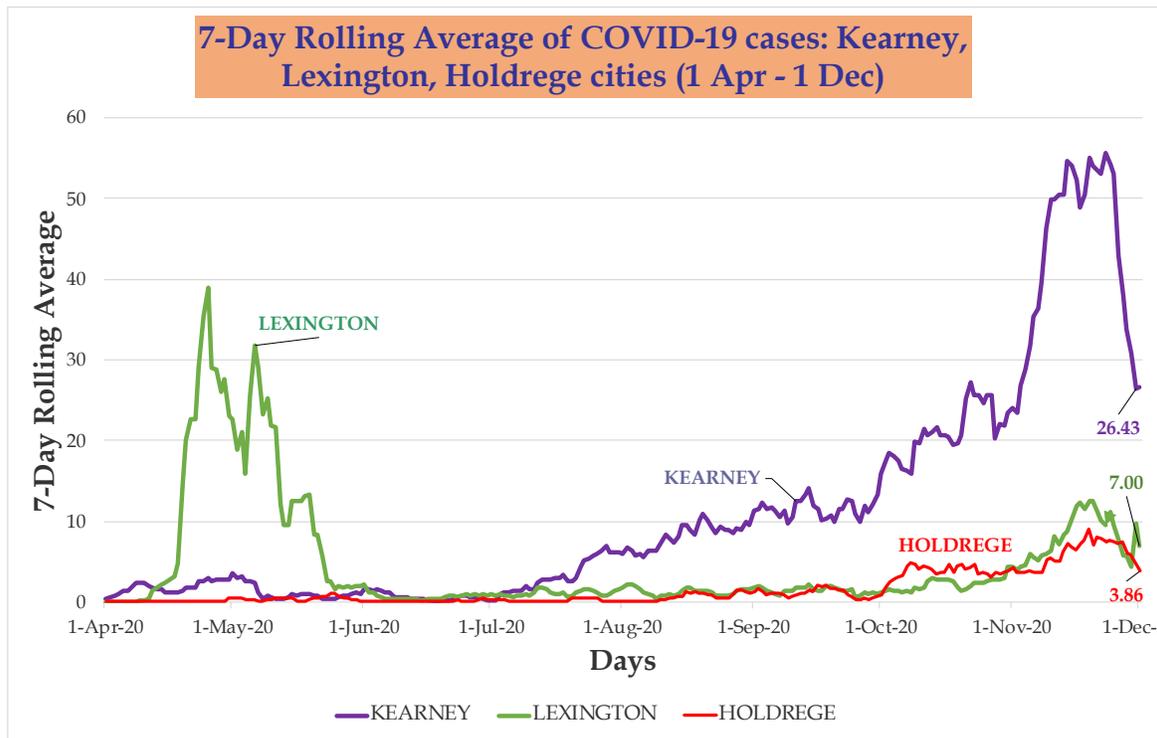
7 Day Rolling Average of COVID-19 Cases by area

Graph displays data from April 1st to December 1st



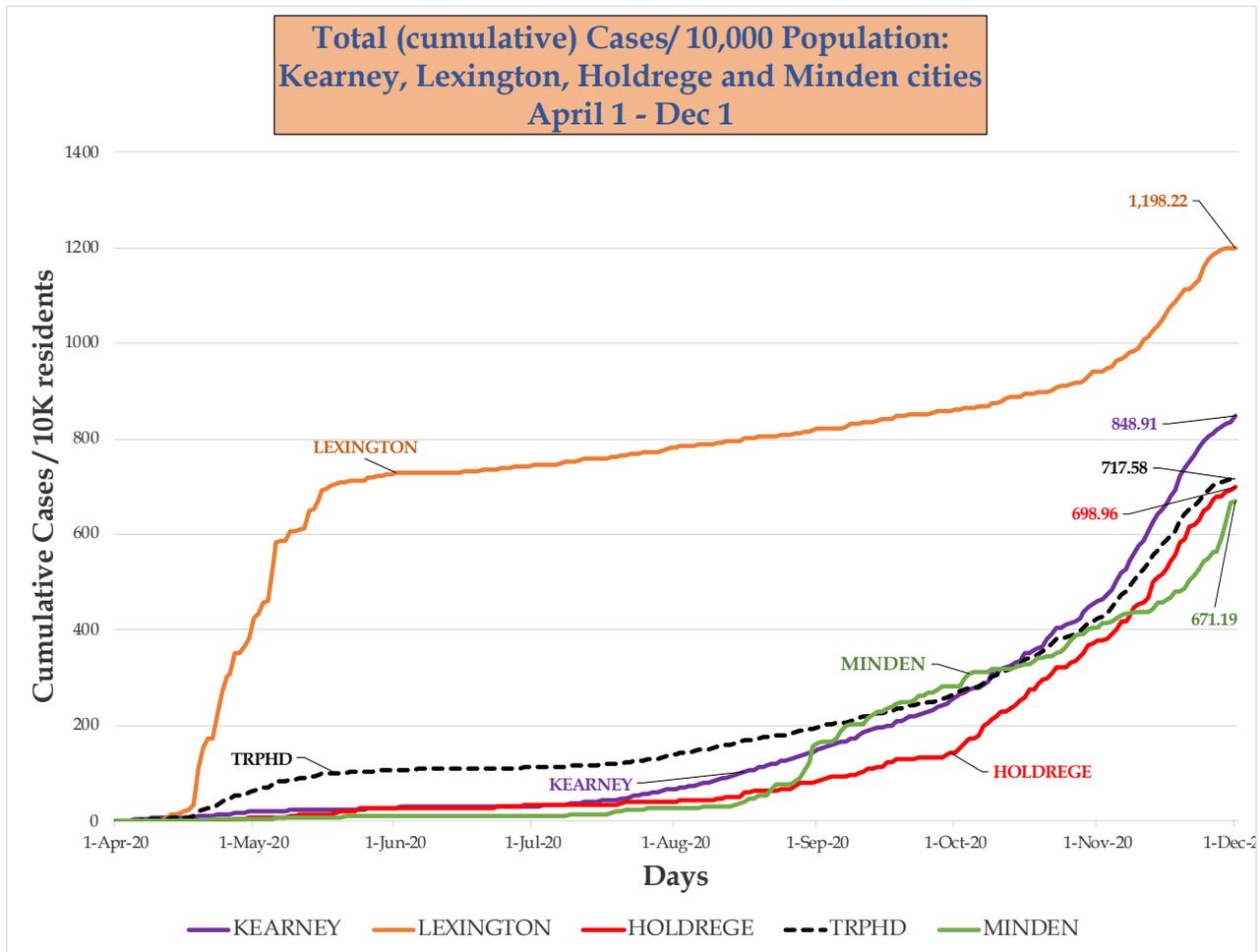
Information Updated as of 12/01 at 8 p.m.

7-Day Rolling Average of COVID-19 cases: Kearney, Lexington, Holdrege cities (1 Apr - 1 Dec)





- The graph below describes the total (cumulative) cases/10,000 persons in **Lexington, Kearney, Holdrege and Minden cities** from **April 1- December 1**. The graph tries to estimate what proportion of each city would have tested positive were its population about equal to that of Lexington (10,115). The graph presents the same numbers for Two Rivers Health District for reference.

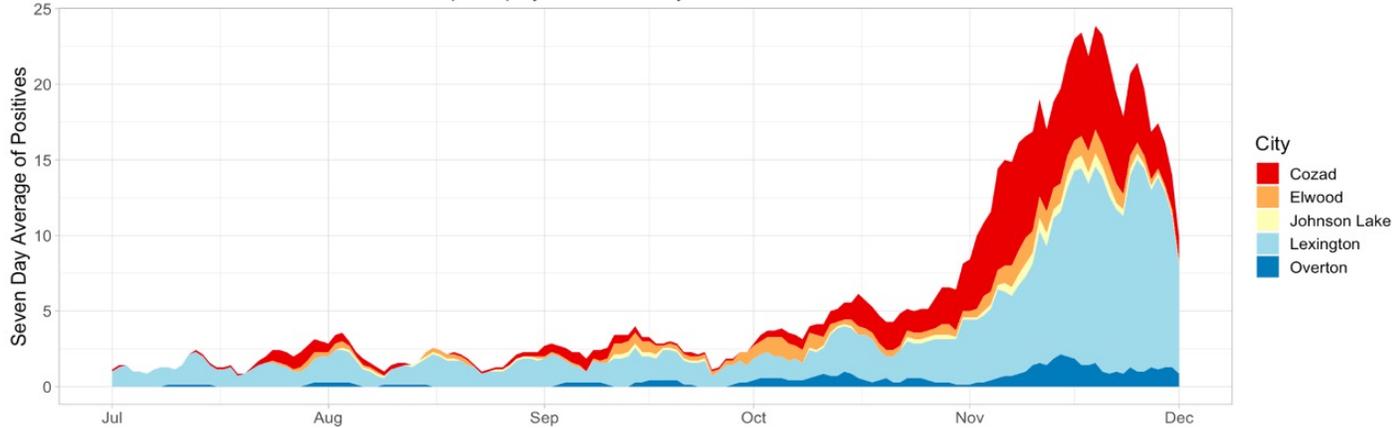




- The graph below shows COVID-19 cases in **Lexington** area from **July 1 – December 1**, describing positive cases by city. The height of the graph corresponds to the daily case count and the thickness of each colored band corresponds to a city's contribution.
- The second graph describes cases by age during the same period in the **Lexington** area.

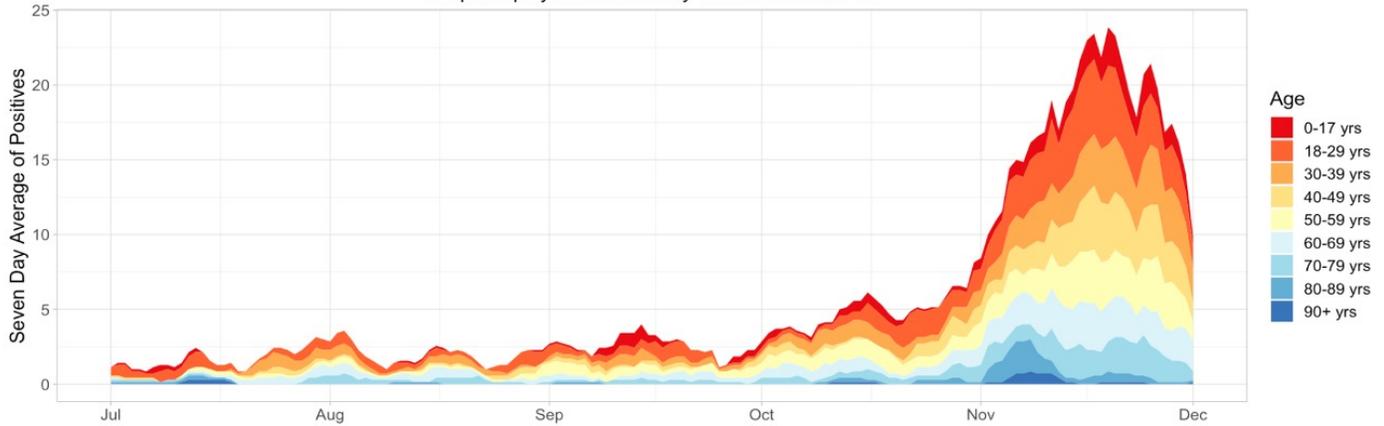
7 Day Rolling Average of COVID-19 Cases by City

Graph displays data from July 1st to December 1st



7 Day Rolling Average of COVID-19 Cases by Age in Lexington Area

Graph displays data from July 1st to December 1st

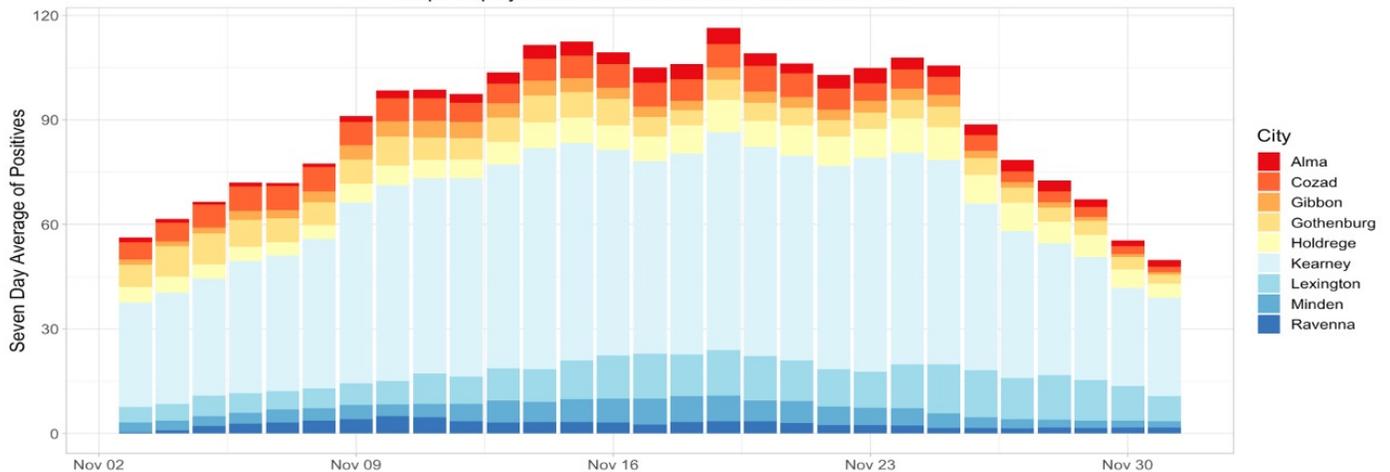




- The graph below shows COVID-19 cases across 9 cities in TRPHD counties with population greater than 1100 from Nov 3 - Dec 1. The height of the bar corresponds to the daily case count and the thickness of each colored band corresponds to a city's contribution.
- The second graph describes cases per 10,000 residents in cities with population >1100 during this time period. ³ Lexington city is represented by the light violet line

7 Day Rolling Average of COVID-19 Cases in Cities > 1,100 Residents

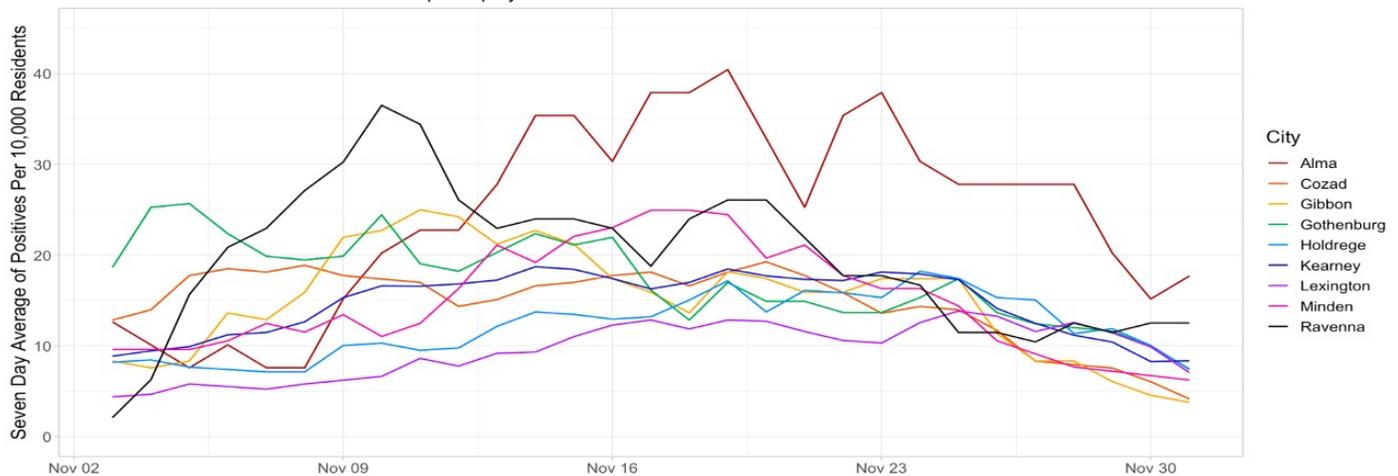
Graph displays data from November 3rd to December 1st



Information Updated as of 12/01 at 8 p.m.

7 Day Rolling Average of COVID-19 Cases Per 10,000 Residents in Cities > 1,100 Residents

Graph displays data from November 3rd to December 1st



Information Updated as of 12/01 at 8 p.m.

³ Note: We have used 10,000 residents as reference population to better compare cities across the district.



Weekly Summary Report

Viewing the graphs from **April – December**, some broad trends are noticeable:

- The COVID-19 outbreak in Lexington city and urban area was accelerating till the previous week, when daily case counts fell across the area. The 7-day rolling average on December 1 in Lexington city was about half the rate seen previous week.
- A drop in daily case rates can be observed across all three urban areas in TRPHD as well as the rest of the district over the past week. It seems likely that this sharp decrease is related to reduced uptake of testing and delays in lab reporting last week related to Thanksgiving Holiday.
- Cumulative case counts per 10,000 population continue to rise. About 12% of Lexington city's residents have tested positive for COVID-19 at some point in the last nine months.

On analyzing graphs of COVID cases from **July – December**, some details become clear:

- The drop in cases over the last week has occurred across all cities in Lexington area, especially in Cozad.
- Cases continue to rise rapidly among all age groups, most worrying among older residents. Over 40% of all persons testing positive in the Lexington area last week was aged 50 years or more, and 18% were aged 65 or more.

On analyzing graphs of COVID cases from **November – December**, we are able to observe the following:

- Prior to the last week in November, daily case counts across Lexington city had displayed a steady rate of increase. It is likely that some of the unmet need for testing over the past week will influence case counts over the coming few weeks, inflating daily case rates across the district.
- COVID-related hospital bed use accounts for about 35% of all hospital beds in the district and ICU availability is currently about 15%. (see <https://www.trphd.org/covid-19/> for details)
- Deaths due to COVID-19 have increased across Two Rivers Health Department. 72 deaths due to COVID have been confirmed in the district, half of those occurring in the last six weeks.

To conclude, even as data delays and testing shortfalls have likely disrupted daily reporting, long term trends seem to point towards rising case counts across all urban areas in Two Rivers District. Incident cases among individuals aged 50 or more in Lexington area have accounted for over 40% of all positives in the last month. Half of all COVID deaths in TRPHD have occurred in the previous 6 weeks. Meanwhile, there appears to be slightly improved ICU availability and COVID-related medical/surgical bed usage across hospitals in the district the last week compared to previous weeks. Residents are advised to exercise utmost caution and adhere to strict preventive measures (social distancing, correct and consistent masking) at all times to protect themselves and others.



APPENDIX 1

Methods & Definitions

To better understand the course of the COVID-19 pandemic in Kearney, Lexington and Holdrege, we created ‘urban areas’ that included both the city and its surrounding towns. We included all towns within 20 miles of Kearney city, 15 miles of Lexington and 10 miles of Holdrege within each city’s urban area. The respective populations of all 7 counties in TRPHD are shown below. Kearney city accounts for over third of the population of TRPHD.

| County | Population |
|--------------------|---------------|
| Buffalo | 49,659 |
| Dawson | 23,595 |
| Franklin | 2,979 |
| Gosper | 1,990 |
| Harlan | 3,380 |
| Kearney | 6,495 |
| Phelps | 9,034 |
| TRPHD total | 97,132 |
| Nebraska state | 1,934,408 |

Thus “Kearney area” includes Kearney city as well as Elm Creek, Pleasanton, Amherst, Riverdale, Odessa, Gibbon, Shelton and Axtell.

“Lexington area” includes Lexington city as well as Overton, Johnson Lake and Cozad.

“Holdrege area” includes Holdrege city, Loomis and Funk.

The respective populations of cities and villages included is described below.

| CITY | POPULATION |
|-----------------------------------|--------------|
| Kearney | 33867 |
| Elm Creek | 949 |
| Axtell | 751 |
| Pleasanton | 359 |
| Riverdale | 179 |
| Amherst | 253 |
| Gibbon | 1869 |
| Shelton | 1055 |
| Odessa | 130 |
| KEARNEY URBAN AREA (TOTAL) | 39412 |
| Lexington | 10115 |



| | |
|-------------------------------------|--------------|
| Overton | 567 |
| Johnson Lake | 600 |
| Cozad | 3735 |
| LEXINGTON URBAN AREA (TOTAL) | 15017 |
| Holdrege | 5408 |
| Funk | 183 |
| Loomis | 376 |
| HOLDREGE URBAN AREA (TOTAL) | 5967 |

For presenting data, we selected 3 time frames:

- a) April 1 - Dec 1 (From the beginning of the pandemic to current)
- b) July 01 - Dec 1 (From the beginning of second sustained 'wave' in daily case counts to current)
- c) Nov 3 - Dec 1 (Previous 4 weeks)
 - Data is presented as 7-day rolling averages for daily numbers and absolute counts for cumulative cases. The 7-day rolling average is the sum of all cases reported on that day plus the previous six divided by 7.
 - Cumulative cases refer to all cases that have been confirmed in the district since the beginning of the pandemic in TRPHD (March 19)
 - Average positivity rate refers to a seven-day rolling average positivity rate, which is the sum of all cases for that day and the previous six divided by the sum of all tests done in that day and the previous six
 - In cases that call for comparison across larger areas (counties v/s state of Nebraska, for eg), we present the count per 100,000 population. 100,000 roughly corresponds to the population of Two Rivers Health District (97,132)
 - In cases that call for comparison between cities, (Kearney v/s Minden for eg), we present a count per 10,000 population. 10,000 roughly corresponds to the population of Lexington (10,115), the second largest city in TRPHD.
 - For calculation, we use the 2019 mid- year estimate (American Community Survey, ACS) and data from The Atlantic's COVID tracking project (<https://covidtracking.com/data>)



APPENDIX 2

Total (cumulative) cases per 10,000 population

The total/ cumulative case counts are the total cases counted in an area (county, city, urban region or health district) from the first recorded case in the area (in case of TRPHD this is March 19), expressed as a fraction of the population of the area, and standardized to 10,000 persons.

10,000 is used while describing cities in Two Rivers District as it offers a rough mean value that is comparable across the populations of Holdrege (pop. 5408), Lexington (pop. 10115) and Kearney (pop. 33867).

Population numbers used are from the American Community Survey (ACS 2019 mid-year estimates). For further detail, see: <https://www.census.gov/programs-surveys/acs/data.html>

The Total cases/ 10,000 persons is calculated as:

$$\text{(Total COVID cases)/ (mid-year population)*10000}$$