







Indicators	Overall						Men						Women						LHD Gender Diff. <sup>e</sup>			
	Central District			State of NE			Central District			State of NE			Central District			State of NE						
	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>		mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>
<b>Diabetes</b>																						
Ever told they have diabetes (excluding pregnancy) <sup>a</sup>																						
2011	1,017	8.7%	(7.1 - 10.7)	25,393	8.4%	(7.9 - 8.8)	NS	422	9.4%	(6.9 - 12.6)	10,222	8.6%	(7.9 - 9.3)	NS	595	8.0%	(6.1 - 10.5)	15,171	8.2%	(7.6 - 8.8)	NS	No
2012	749	7.8%	(5.8 - 10.5)	19,156	8.1%	(7.6 - 8.6)	NS	318	9.6%	(6.3 - 14.3)	7,861	8.3%	(7.6 - 9.1)	NS	431	6.2%	(4.2 - 9.0)	11,295	7.9%	(7.3 - 8.5)	NS	No
2013	699	10.2%	(7.6 - 13.5)	17,110	9.2%	(8.5 - 9.9)	NS	291	13.4%	(9.1 - 19.4)	6,968	10.1%	(9.0 - 11.2)	NS	408	7.0%	(4.7 - 10.3)	10,142	8.3%	(7.5 - 9.2)	NS	No
2014	916	9.3%	(7.3 - 11.7)	22,388	9.2%	(8.6 - 9.7)	NS	371	11.7%	(8.5 - 16.0)	9,598	9.7%	(8.9 - 10.6)	NS	545	6.9%	(4.9 - 9.6)	12,790	8.6%	(7.9 - 9.3)	NS	No
2015	671	9.8%	(7.5 - 12.7)	17,547	8.8%	(8.2 - 9.4)	NS	277	7.9%	(5.3 - 11.5)	7,565	9.0%	(8.2 - 9.9)	NS	394	11.7%	(8.2 - 16.4)	9,982	8.6%	(7.8 - 9.3)	NS	No
2016	637	10.3%	(8.0 - 13.2)	15,171	8.8%	(8.2 - 9.5)	NS	261	8.2%	(5.3 - 12.3)	6,630	8.7%	(7.8 - 9.7)	NS	376	12.4%	(9.1 - 16.8)	8,541	8.9%	(8.1 - 9.8)	NS	No
Ever told they have pre-diabetes (excluding pregnancy)																						
2011	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2012	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2013	369	4.3%	(2.6 - 7.3)	8,549	5.5%	(4.8 - 6.3)	NS	143	4.8%	(2.3 - 9.8)	3,452	5.9%	(4.8 - 7.2)	NS	226	3.9%	(1.8 - 8.2)	5,097	5.1%	(4.1 - 6.2)	NS	No
2014	460	4.1%	(2.4 - 6.9)	11,165	5.8%	(5.1 - 6.5)	NS	176	7.2%	(3.6 - 13.6)	4,723	5.8%	(4.8 - 6.9)	NS	284	2.1%	(1.0 - 4.4)	6,442	5.7%	(4.9 - 6.7)	-	No
2015	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2016	633	4.2%	(2.7 - 6.4)	14,986	6.0%	(5.5 - 6.6)	NS	259	5.2%	(3.1 - 8.6)	6,547	5.3%	(4.6 - 6.2)	NS	374	3.2%	(1.5 - 6.6)	8,439	6.7%	(5.9 - 7.6)	NS	No
<b>Cancer</b>																						
Ever told they have skin cancer																						
2011	1,015	7.2%	(5.7 - 9.1)	25,359	5.6%	(5.3 - 6.0)	NS	420	8.2%	(5.7 - 11.6)	10,205	6.3%	(5.8 - 6.8)	NS	595	6.3%	(4.8 - 8.3)	15,154	5.0%	(4.6 - 5.5)	NS	No
2012	749	5.8%	(4.3 - 7.6)	19,133	5.6%	(5.2 - 6.0)	NS	318	7.0%	(4.7 - 10.2)	7,859	5.8%	(5.3 - 6.4)	NS	431	4.6%	(3.0 - 6.9)	11,274	5.4%	(4.9 - 6.0)	NS	No
2013	697	5.7%	(4.3 - 7.6)	17,087	5.9%	(5.5 - 6.3)	NS	291	6.4%	(4.2 - 9.7)	6,956	6.3%	(5.7 - 7.1)	NS	406	5.0%	(3.4 - 7.5)	10,131	5.4%	(4.9 - 6.0)	NS	No
2014	915	5.8%	(4.1 - 8.0)	22,370	5.7%	(5.4 - 6.1)	NS	370	6.7%	(4.1 - 11.0)	9,586	5.9%	(5.4 - 6.5)	NS	545	4.8%	(3.3 - 7.0)	12,784	5.6%	(5.1 - 6.1)	NS	No
2015	669	7.3%	(5.4 - 9.8)	17,512	6.0%	(5.6 - 6.4)	NS	277	7.1%	(4.4 - 11.3)	7,556	6.4%	(5.7 - 7.0)	NS	392	7.5%	(5.1 - 10.7)	9,956	5.6%	(5.1 - 6.2)	NS	No
2016	636	7.1%	(5.3 - 9.3)	15,150	5.5%	(5.0 - 5.9)	NS	260	7.3%	(4.9 - 10.8)	6,616	5.8%	(5.1 - 6.5)	NS	376	6.8%	(4.6 - 10.1)	8,534	5.2%	(4.6 - 5.8)	NS	No
Ever told they have cancer other than skin cancer																						
2011	1,014	7.7%	(6.2 - 9.6)	25,369	6.6%	(6.2 - 7.0)	NS	421	4.8%	(3.3 - 7.0)	10,219	5.0%	(4.6 - 5.5)	NS	593	10.6%	(8.0 - 13.8)	15,150	8.1%	(7.5 - 8.6)	NS	Yes
2012	749	6.9%	(5.3 - 8.9)	19,136	6.5%	(6.0 - 6.9)	NS	318	6.1%	(4.0 - 9.0)	7,858	5.0%	(4.5 - 5.6)	NS	431	7.8%	(5.5 - 10.8)	11,278	7.9%	(7.2 - 8.5)	NS	No
2013	697	9.4%	(7.2 - 12.2)	17,104	6.8%	(6.3 - 7.3)	NS	291	9.1%	(6.1 - 13.4)	6,965	5.6%	(5.0 - 6.4)	NS	406	9.7%	(6.7 - 13.8)	10,139	8.0%	(7.3 - 8.8)	NS	No
2014	916	6.3%	(4.8 - 8.2)	22,380	6.1%	(5.7 - 6.5)	NS	371	5.5%	(3.6 - 8.4)	9,590	4.6%	(4.1 - 5.1)	NS	545	7.1%	(5.0 - 9.9)	12,790	7.6%	(7.0 - 8.3)	NS	No
2015	669	6.7%	(5.1 - 8.9)	17,524	6.9%	(6.4 - 7.3)	NS	277	4.2%	(2.6 - 6.6)	7,557	5.2%	(4.6 - 5.8)	NS	392	9.3%	(6.6 - 12.9)	9,967	8.5%	(7.8 - 9.2)	NS	No
2016	637	8.5%	(6.4 - 11.0)	15,165	6.9%	(6.3 - 7.4)	NS	261	8.7%	(5.7 - 13.1)	6,629	5.5%	(4.9 - 6.2)	NS	376	8.2%	(5.9 - 11.4)	8,536	8.2%	(7.4 - 9.0)	NS	No
Ever told they have cancer (in any form)																						
2011	1,010	13.7%	(11.6 - 16.1)	25,315	11.2%	(10.7 - 11.7)	NS	418	11.3%	(8.5 - 15.0)	10,192	10.1%	(9.5 - 10.8)	NS	592	16.0%	(13.0 - 19.5)	15,123	12.2%	(11.5 - 12.9)	+	No
2012	749	11.1%	(9.0 - 13.6)	19,100	10.8%	(10.3 - 11.4)	NS	318	11.4%	(8.4 - 15.2)	7,846	9.6%	(8.9 - 10.4)	NS	431	10.8%	(8.1 - 14.3)	11,254	11.9%	(11.2 - 12.7)	NS	No
2013	695	12.6%	(10.1 - 15.5)	17,062	11.4%	(10.8 - 12.1)	NS	291	13.0%	(9.5 - 17.6)	6,946	10.6%	(9.7 - 11.6)	NS	404	12.1%	(8.9 - 16.3)	10,116	12.3%	(11.4 - 13.2)	NS	No
2014	913	11.2%	(8.9 - 13.9)	22,338	10.7%	(10.2 - 11.2)	NS	369	11.2%	(7.8 - 15.8)	9,568	9.3%	(8.6 - 10.0)	NS	544	11.2%	(8.6 - 14.5)	12,770	12.1%	(11.4 - 12.9)	NS	No
2015	668	12.9%	(10.4 - 15.9)	17,481	11.6%	(11.0 - 12.2)	NS	277	10.0%	(6.8 - 14.4)	7,541	10.2%	(9.5 - 11.1)	NS	391	15.8%	(12.2 - 20.2)	9,940	12.9%	(12.1 - 13.8)	NS	No
2016	636	14.1%	(11.4 - 17.2)	15,132	11.2%	(10.6 - 11.9)	NS	260	14.5%	(10.5 - 19.5)	6,607	10.1%	(9.3 - 11.1)	NS	376	13.7%	(10.4 - 17.9)	8,525	12.3%	(11.3 - 13.3)	NS	No





Indicators	Overall						Men						Women						LHD Gender Diff. <sup>e</sup>				
	Central District			State of NE			Central District			State of NE			Central District			State of NE							
	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>		mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>	
Current e-cigarette use																							
2011	-	-	-	-	-	-		-	-	-	-	-	-		-	-	-	-	-	-	-	-	
2012	-	-	-	-	-	-		-	-	-	-	-	-		-	-	-	-	-	-	-	-	
2013	-	-	-	-	-	-		-	-	-	-	-	-		-	-	-	-	-	-	-	-	
2014	-	-	-	-	-	-		-	-	-	-	-	-		-	-	-	-	-	-	-	-	
2015	-	-	-	-	-	-		-	-	-	-	-	-		-	-	-	-	-	-	-	-	
2016	624	5.5%	(3.0 - 9.9)	14,819	4.9%	(4.3 - 5.6)	NS	255	8.0%	(3.7 - 16.4)	6,474	5.3%	(4.5 - 6.4)	NS	369	3.1%	(1.3 - 7.1)	8,345	4.5%	(3.7 - 5.6)	NS	No	
<b>Overweight and Obesity</b>																							
<b>Obese (BMI=30+)<sup>^</sup></b>																							
2011	963	32.6%	(29.0 - 36.5)	24,366	28.4%	(27.6 - 29.2)	NS	415	31.4%	(26.2 - 37.1)	10,102	29.2%	(28.0 - 30.4)	NS	548	33.9%	(29.0 - 39.1)	14,264	27.6%	(26.5 - 28.8)	+	No	
2012	716	33.3%	(28.9 - 38.0)	18,385	28.6%	(27.7 - 29.6)	NS	314	38.5%	(31.9 - 45.7)	7,781	29.2%	(27.9 - 30.6)	+	402	27.9%	(22.6 - 33.9)	10,604	28.1%	(26.8 - 29.3)	NS	No	
2013	662	35.7%	(30.7 - 41.0)	16,250	29.6%	(28.4 - 30.7)	NS	284	39.6%	(32.4 - 47.2)	6,860	30.8%	(29.1 - 32.5)	NS	378	31.7%	(25.0 - 39.2)	9,390	28.4%	(26.9 - 29.9)	NS	No	
2014	853	36.5%	(31.9 - 41.4)	21,130	30.2%	(29.2 - 31.3)	+	364	39.6%	(32.8 - 47.0)	9,399	31.7%	(30.2 - 33.2)	NS	489	32.9%	(27.0 - 39.4)	11,731	28.7%	(27.4 - 30.1)	NS	No	
2015	623	29.8%	(25.3 - 34.7)	16,265	31.4%	(30.3 - 32.5)	NS	270	25.7%	(19.6 - 32.9)	7,323	32.9%	(31.3 - 34.6)	NS	353	34.2%	(28.0 - 41.0)	8,942	29.8%	(28.3 - 31.3)	NS	No	
2016	596	38.2%	(33.0 - 43.7)	14,173	32.0%	(30.8 - 33.2)	NS	254	42.2%	(34.4 - 50.5)	6,460	32.6%	(30.8 - 34.3)	+	342	34.0%	(27.5 - 41.1)	7,713	31.4%	(29.7 - 33.1)	NS	No	
<b>Overweight or Obese (BMI=25+)</b>																							
2011	963	69.0%	(65.1 - 72.6)	24,366	64.9%	(64.0 - 65.8)	NS	415	75.9%	(70.2 - 80.8)	10,102	72.8%	(71.5 - 74.1)	NS	548	61.7%	(56.4 - 66.7)	14,264	56.8%	(55.5 - 58.1)	NS	Yes	
2012	716	69.3%	(64.7 - 73.6)	18,385	65.0%	(64.0 - 66.0)	NS	314	78.9%	(72.5 - 84.2)	7,781	72.3%	(70.8 - 73.7)	NS	402	59.4%	(52.7 - 65.8)	10,604	57.6%	(56.2 - 59.0)	NS	Yes	
2013	662	71.7%	(66.8 - 76.1)	16,250	65.5%	(64.2 - 66.7)	+	284	82.3%	(75.9 - 87.3)	6,860	72.2%	(70.4 - 74.0)	+	378	60.7%	(53.6 - 67.4)	9,390	58.5%	(56.8 - 60.2)	NS	Yes	
2014	853	70.6%	(66.0 - 74.8)	21,130	66.7%	(65.6 - 67.8)	NS	364	78.3%	(71.5 - 83.9)	9,399	73.8%	(72.3 - 75.3)	NS	489	61.8%	(55.6 - 67.6)	11,731	59.2%	(57.7 - 60.7)	NS	Yes	
2015	623	70.8%	(65.6 - 75.5)	16,265	67.0%	(65.8 - 68.2)	NS	270	75.4%	(67.5 - 81.9)	7,323	73.4%	(71.7 - 75.1)	NS	353	65.7%	(58.8 - 72.0)	8,942	60.2%	(58.6 - 61.9)	NS	No	
2016	596	75.1%	(70.2 - 79.4)	14,173	68.5%	(67.3 - 69.8)	+	254	81.3%	(74.2 - 86.8)	6,460	74.9%	(73.1 - 76.6)	NS	342	68.5%	(61.6 - 74.6)	7,713	61.8%	(59.9 - 63.6)	NS	No	
<b>Nutrition</b>																							
<b>Consumed sugar-sweetened beverages 1 or more times per day in past 30 days</b>																							
2011	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2012	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2013	305	33.7%	(26.7 - 41.4)	7,822	28.5%	(26.8 - 30.3)	NS	135	43.3%	(32.6 - 54.7)	3,164	35.8%	(33.1 - 38.5)	NS	170	22.5%	(15.6 - 31.2)	4,658	21.7%	(19.7 - 24.0)	NS	Yes	
2014	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2015	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2016	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
<b>Currently watching or reducing sodium or salt intake</b>																							
2011	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2012	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2013	307	53.4%	(46.1 - 60.5)	7,818	46.3%	(44.6 - 48.1)	NS	136	52.3%	(41.4 - 63.0)	3,165	43.4%	(40.8 - 46.0)	NS	171	54.6%	(45.2 - 63.7)	4,653	49.1%	(46.8 - 51.5)	NS	No	
2014	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2015	291	39.8%	(32.7 - 47.3)	7,892	46.8%	(45.0 - 48.5)	NS	111	33.8%	(23.6 - 45.7)	3,436	46.0%	(43.4 - 48.7)	NS	180	44.7%	(35.6 - 54.1)	4,456	47.5%	(45.2 - 49.8)	NS	No	
2016	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
<b>Median times per day consumed fruits</b>																							
2011	948	0.99	(0.98 - 1.00)	24,090	1.02	(1.02 - 1.04)	-	395	0.98	(0.76 - 0.99)	9,660	0.99	(0.99 - 1.00)	NS	553	0.99	(0.96 - 1.13)	14,430	1.14	(1.13 - 1.14)	NS	No	
2012	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2013	649	0.97	(0.94 - 1.05)	15,949	1.00	(1.00 - 1.00)	NS	264	0.83	(0.63 - 0.95)	6,462	0.99	(0.99 - 1.00)	-	385	1.20	(1.00 - 1.59)	9,487	1.07	(1.06 - 1.14)	NS	Yes	
2014	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2015	613	0.99	(0.97 - 1.07)	16,135	1.00	(1.00 - 1.00)	NS	248	0.83	(0.57 - 0.94)	6,899	0.99	(0.98 - 1.00)	-	365	1.15	(1.00 - 1.36)	9,236	1.03	(1.02 - 1.09)	NS	Yes	
2016	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
<b>Consumed fruits less than 1 time per day</b>																							
2011	948	43.8%	(39.9 - 47.9)	24,090	40.1%	(39.2 - 41.1)	NS	395	49.2%	(43.2 - 55.2)	9,660	46.2%	(44.8 - 47.6)	NS	553	38.6%	(33.5 - 43.9)	14,430	34.3%	(33.1 - 35.6)	NS	No	
2012	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2013	649	43.7%	(38.6 - 48.9)	15,949	39.7%	(38.5 - 41.0)	NS	264	54.1%	(46.3 - 61.7)	6,462	45.4%	(43.4 - 47.3)	NS	385	33.7%	(27.7 - 40.2)	9,487	34.4%	(32.8 - 36.1)	NS	Yes	
2014	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		
2015	613	43.8%	(38.5 - 49.3)	16,135	41.1%	(39.9 - 42.4)	NS	248	54.8%	(46.1 - 63.1)	6,899	47.4%	(45.6 - 49.3)	NS	365	33.4%	(27.6 - 39.8)	9,236	35.1%	(33.5 - 36.7)	NS	Yes	
2016	-	-	-	-	-	-		-	-	-	-	-		-	-	-	-	-	-	-	-		

Indicators	Overall						Men						Women						LHD Gender Diff. <sup>e</sup>			
	Central District			State of NE			Central District			State of NE			Central District			State of NE						
	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>		mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>
<b>Median times per day consumed vegetables</b>																						
2011	932	1.38	(1.30 - 1.44)	23,785	1.46	(1.44 - 1.50)	NS	388	1.27	(1.16 - 1.40)	9,534	1.35	(1.33 - 1.41)	NS	544	1.43	(1.38 - 1.57)	14,251	1.57	(1.57 - 1.61)	NS	No
2012	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2013	639	1.57	(1.44 - 1.72)	15,700	1.57	(1.55 - 1.58)	NS	261	1.43	(1.22 - 1.62)	6,373	1.43	(1.42 - 1.50)	NS	378	1.73	(1.50 - 1.98)	9,327	1.70	(1.66 - 1.73)	NS	No
2014	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2015	604	1.42	(1.34 - 1.57)	15,850	1.53	(1.50 - 1.58)	NS	244	1.30	(1.13 - 1.43)	6,786	1.42	(1.40 - 1.46)	NS	360	1.58	(1.45 - 1.73)	9,064	1.62	(1.58 - 1.69)	NS	Yes
2016	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Consumed vegetables less than 1 time per day</b>																						
2011	932	28.0%	(24.4 - 31.9)	23,785	26.2%	(25.4 - 27.1)	NS	388	34.5%	(28.8 - 40.7)	9,534	29.7%	(28.4 - 31.0)	NS	544	21.6%	(17.5 - 26.2)	14,251	22.9%	(21.8 - 24.1)	NS	Yes
2012	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2013	639	25.3%	(20.7 - 30.5)	15,700	23.3%	(22.2 - 24.4)	NS	261	30.5%	(23.6 - 38.4)	6,373	26.6%	(25.0 - 28.4)	NS	378	20.4%	(14.7 - 27.6)	9,327	20.1%	(18.7 - 21.6)	NS	No
2014	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2015	604	28.0%	(23.1 - 33.4)	15,850	24.7%	(23.7 - 25.9)	NS	244	34.5%	(26.5 - 43.4)	6,786	28.3%	(26.6 - 30.0)	NS	360	21.9%	(16.8 - 28.1)	9,064	21.4%	(20.1 - 22.8)	NS	No
2016	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Physical Activity</b>																						
<b>No leisure-time physical activity in past 30 days<sup>a</sup></b>																						
2011	977	31.8%	(28.2 - 35.6)	24,433	26.3%	(25.5 - 27.1)	+	403	29.5%	(24.4 - 35.2)	9,795	27.2%	(26.0 - 28.5)	NS	574	34.0%	(29.2 - 39.2)	14,638	25.4%	(24.3 - 26.5)	+	No
2012	749	22.9%	(19.0 - 27.2)	19,153	21.0%	(20.2 - 21.9)	NS	318	20.0%	(15.2 - 25.9)	7,865	20.4%	(19.3 - 21.7)	NS	431	25.6%	(20.1 - 32.1)	11,288	21.6%	(20.5 - 22.8)	NS	No
2013	655	33.9%	(29.1 - 39.0)	16,158	25.3%	(24.2 - 26.4)	+	266	36.6%	(29.2 - 44.7)	6,567	26.3%	(24.7 - 28.1)	+	389	31.3%	(25.4 - 37.8)	9,591	24.3%	(22.9 - 25.8)	NS	No
2014	918	28.3%	(24.2 - 32.8)	22,397	21.3%	(20.4 - 22.1)	+	372	29.8%	(23.5 - 36.9)	9,599	21.2%	(20.0 - 22.5)	+	546	26.9%	(21.9 - 32.6)	12,798	21.4%	(20.2 - 22.5)	NS	No
2015	623	31.4%	(26.8 - 36.5)	16,319	25.3%	(24.3 - 26.4)	+	249	30.5%	(23.7 - 38.2)	6,997	25.3%	(23.8 - 26.9)	NS	374	32.3%	(26.1 - 39.1)	9,322	25.4%	(24.0 - 26.8)	NS	No
2016	636	25.4%	(21.3 - 29.9)	15,169	22.4%	(21.4 - 23.5)	NS	261	25.7%	(19.7 - 32.8)	6,633	20.7%	(19.3 - 22.3)	NS	375	25.1%	(20.0 - 31.1)	8,536	24.1%	(22.7 - 25.6)	NS	No
<b>Met aerobic physical activity recommendation<sup>a</sup></b>																						
2011	951	45.3%	(41.4 - 49.2)	23,735	49.0%	(48.0 - 49.9)	NS	394	44.3%	(38.5 - 50.3)	9,544	47.2%	(45.8 - 48.6)	NS	557	46.2%	(41.1 - 51.4)	14,191	50.6%	(49.4 - 51.9)	NS	No
2012	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2013	641	45.3%	(40.3 - 50.4)	15,730	50.1%	(48.8 - 51.4)	NS	257	45.0%	(37.4 - 52.9)	6,416	48.8%	(46.9 - 50.7)	NS	384	45.6%	(39.2 - 52.1)	9,314	51.4%	(49.7 - 53.1)	NS	No
2014	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2015	607	47.1%	(41.6 - 52.6)	15,878	51.3%	(50.0 - 52.5)	NS	246	48.7%	(40.1 - 57.4)	6,832	51.1%	(49.2 - 53.0)	NS	361	45.5%	(38.8 - 52.4)	9,046	51.4%	(49.8 - 53.1)	NS	No
2016	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Met muscle strengthening recommendation<sup>a</sup></b>																						
2011	966	18.8%	(15.9 - 22.1)	24,204	28.1%	(27.3 - 29.0)	-	399	22.2%	(17.6 - 27.6)	9,697	32.0%	(30.6 - 33.4)	-	567	15.5%	(12.3 - 19.3)	14,507	24.5%	(23.4 - 25.6)	-	No
2012	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2013	652	23.6%	(19.5 - 28.3)	16,021	28.4%	(27.2 - 29.6)	NS	264	24.0%	(17.9 - 31.4)	6,499	31.0%	(29.2 - 32.8)	NS	388	23.3%	(18.2 - 29.4)	9,522	26.0%	(24.5 - 27.6)	NS	No
2014	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2015	612	25.4%	(20.5 - 31.1)	16,117	31.2%	(30.1 - 32.5)	NS	244	31.6%	(23.5 - 41.0)	6,893	34.9%	(33.1 - 36.8)	NS	368	19.7%	(14.6 - 26.1)	9,224	27.7%	(26.2 - 29.3)	-	No
2016	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Met both aerobic physical activity and muscle strengthening recommendations<sup>a</sup></b>																						
2011	940	12.3%	(10.0 - 15.0)	23,567	19.0%	(18.2 - 19.8)	-	390	14.3%	(10.7 - 18.8)	9,477	19.7%	(18.5 - 20.9)	NS	550	10.4%	(7.9 - 13.5)	14,090	18.4%	(17.4 - 19.4)	-	No
2012	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2013	638	14.9%	(11.5 - 19.0)	15,635	18.8%	(17.8 - 19.9)	NS	256	13.5%	(8.8 - 20.2)	6,366	19.4%	(17.9 - 21.0)	NS	382	16.1%	(11.7 - 21.7)	9,269	18.2%	(16.8 - 19.6)	NS	No
2014	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2015	599	15.2%	(11.2 - 20.4)	15,724	21.8%	(20.7 - 22.9)	-	241	19.9%	(12.9 - 29.4)	6,757	23.3%	(21.6 - 25.1)	NS	358	11.0%	(7.5 - 15.8)	8,967	20.3%	(18.9 - 21.7)	-	No
2016	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Walk for at least 10 minutes at a time for any reason during a usual week</b>																						
2011	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2012	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2013	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2014	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2015	291	82.7%	(76.6 - 87.5)	7,895	84.6%	(83.3 - 85.8)	NS	111	82.6%	(72.7 - 89.4)	3,442	84.2%	(82.2 - 86.0)	NS	180	82.8%	(74.2 - 88.9)	4,453	85.1%	(83.4 - 86.6)	NS	No
2016	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-













Indicators	Overall						Men						Women						LHD Gender Diff. <sup>e</sup>			
	Central District			State of NE			Central District			State of NE			Central District			State of NE						
	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>	n <sup>a</sup>	mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	n <sup>a</sup>		mean or % <sup>b</sup>	95% C.I. <sup>c</sup> (Low - High)	Sig <sup>d</sup>
<b>Occupational Safety and Health</b>																						
Work-related injury or illness in past year, among employed or recently out of work																						
2011	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2012	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2013	206	1.1%	(0.4 - 3.0)	4,952	4.8%	(3.9 - 5.8)	-	88	0.7%	(0.1 - 5.0)	2,246	6.1%	(4.8 - 7.7)	NS	118	1.5%	(0.5 - 4.7)	2,706	3.3%	(2.2 - 4.9)	NS	No
2014	288	4.5%	(2.3 - 8.6)	6,966	4.9%	(4.1 - 5.9)	NS	134	5.3%	(2.2 - 12.4)	3,403	5.4%	(4.4 - 6.7)	NS	154	3.6%	(1.5 - 8.5)	3,563	4.3%	(3.1 - 6.0)	NS	No
2015	205	7.1%	(3.3 - 14.6)	5,434	5.7%	(4.7 - 6.8)	NS	92	10.7%	(4.4 - 23.8)	2,727	7.1%	(5.6 - 9.0)	NS	113	3.1%	(0.8 - 11.0)	2,707	3.9%	(2.9 - 5.3)	NS	No
2016	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	

Note: Data reflect the three county health department region of Hall, Hamilton, and Merrick Counties

Note: Data reflect both landline and cell phone responses

Note: This table is not intended to be inclusive of all BRFSS indicators; some were excluded due to small numbers at the LHD level

Note: This table excludes 2011 BRFSS optional module and state added questions data due to the data being landline only

Note: The results in this table may be slightly different than results in previously published reports and tables due differences in the software used and/or how the statistical analysis code was written; these results were analyzed using SAS and SAS-callable SUDAAN software

<sup>a</sup> Non-weighted sample size among adults 18 and older (unless different age group noted)

<sup>b</sup> Weighted mean, median, or percentage (percentages are followed by the % symbol) among adults 18 and older (unless different age group noted)

<sup>c</sup> Low and High are the lower and upper limits of the 95% confidence interval, respectively

<sup>d</sup> Symbols represent: "+" = LHD value significantly higher than the state value; "-" = LHD value significantly lower than the state value; "NS" = LHD value not statistically different than the state value; significant differences based on 95% confidence interval overlap

<sup>e</sup> Indicates whether there is a significant difference by gender within the LHD region, based on non-overlapping 95% confidence intervals; note that small sample sizes for males and females can make interpreting significance difficult due to large confidence intervals

<sup>f</sup> Reflects a Nebraska Healthy People 2020 (HP2020) measure

\* Data suppressed due to a small number of respondents (i.e., fewer than 50)

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS); January 2018

