

**Summary Table for Douglas County Health Department Adults 18 and Older, 2015**

Indicators	Overall						Men						Women						
	LHD			State			LHD			State			LHD			State			
	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	
<b>General Health Status</b>																			
General health fair or poor health	15.8	13.8	18.0	13.9	13.1	14.8	15.0	12.1	18.4	13.7	12.5	14.9	16.5	13.9	19.5	14.2	13.1	15.3	
<b>Health Care Access</b>																			
No health care coverage, 18-64 year olds	17.4	14.8	20.3	14.4	13.3	15.5	18.9	15.1	23.4	15.4	13.8	17.1	16.0	12.7	19.9	13.4	12.0	14.9	
No personal doctor or health care provider	24.5	21.9	27.3	19.7	18.7	20.8	31.1	27.1	35.5	25.7	24.1	27.5	18.1	15.1	21.6	13.9	12.7	15.2	
Needed to see a doctor but could not due to cost in past year	13.1	11.2	15.3	11.5	10.7	12.3	10.2	7.7	13.5	9.8	8.7	11.1	15.9	13.2	19.0	13.1	12.0	14.3	
<b>Chronic Disease and Clinical Risk Factors</b>																			
Ever told they had a heart attack or coronary heart disease	4.8	3.8	5.9	5.8	5.4	6.3	6.5	4.8	8.7	7.5	6.7	8.3	3.1	2.3	4.2	4.3	3.9	4.8	
Ever told they had a stroke	2.7	2.0	3.5	2.5	2.3	2.9	2.2	1.5	3.3	2.7	2.2	3.1	3.1	2.2	4.3	2.4	2.1	2.8	
Ever told they have diabetes (excluding pregnancy)	8.2	7.0	9.7	8.8	8.2	9.4	8.6	6.7	10.8	9.0	8.2	9.9	7.9	6.3	9.8	8.6	7.8	9.3	
Ever told they have cancer	10.7	9.4	12.1	11.6	11.0	12.2	10.0	8.2	12.1	10.2	9.5	11.1	11.3	9.5	13.3	12.9	12.1	13.8	
Ever told they have high blood pressure (excluding pregnancy)	28.5	26.2	30.9	29.9	28.9	30.9	30.5	26.9	34.4	32.6	31.1	34.2	26.6	23.8	29.7	27.2	26.0	28.5	
Had cholesterol level checked in past 5 years	73.6	70.8	76.2	75.1	73.9	76.2	69.6	65.2	73.6	71.8	70.0	73.5	77.5	73.9	80.8	78.2	76.8	79.7	
Ever told they have high cholesterol, among those ever checked	34.3	31.5	37.1	35.1	34.0	36.3	37.9	33.5	42.5	37.5	35.7	39.4	31.1	27.8	34.6	33.0	31.5	34.5	
<b>Overweight and Obesity</b>																			
Obese (BMI=30+)	29.8	27.2	32.5	31.4	30.3	32.5	32.8	28.9	37.0	32.9	31.3	34.6	26.6	23.3	30.3	29.8	28.3	31.3	
Overweight or Obese (BMI=25+)	65.0	62.1	67.7	67.0	65.8	68.2	72.0	67.8	75.8	73.4	71.7	75.1	57.7	53.7	61.5	60.2	58.6	61.9	
<b>High Risk Behavior</b>																			
Current cigarette smoking	19.9	17.6	22.5	17.1	16.2	18.1	22.7	19.1	26.8	18.4	17.0	19.9	17.3	14.6	20.4	15.8	14.7	17.1	
Current smokeless tobacco use	4.2	3.0	5.7	5.5	4.9	6.1	6.7	4.6	9.5	9.9	8.9	11.1	1.8	0.9	3.5	1.1	0.8	1.6	
Binge drank in past 30 days	21.9	19.4	24.5	19.5	18.5	20.5	30.1	26.1	34.5	26.0	24.4	27.8	14.0	11.5	16.9	13.1	12.0	14.3	
Always wear a seatbelt when driving or riding in a car	82.6	80.2	84.9	75.4	74.4	76.4	76.5	72.4	80.2	68.2	66.5	69.9	88.3	85.4	90.7	82.3	81.1	83.4	
<b>Fruit / Vegetable Consumption</b>																			
Consumed fruits less than 1 time per day	43.1	40.2	46.1	41.1	39.9	42.4	48.7	44.3	53.2	47.4	45.6	49.3	37.9	34.1	41.8	35.1	33.5	36.7	
Consumed vegetables less than 1 time per day	25.1	22.6	27.7	24.7	23.7	25.9	29.8	25.9	34.1	28.3	26.6	30.0	20.6	17.7	23.9	21.4	20.1	22.8	
<b>Physical Activity</b>																			
No leisure-time physical activity in past 30 days	25.7	23.2	28.4	25.3	24.3	26.4	24.2	20.6	28.1	25.3	23.8	26.9	27.1	23.8	30.8	25.4	24.0	26.8	
Met aerobic physical activity recommendation	51.0	48.1	53.9	51.3	50.0	52.5	53.0	48.6	57.4	51.1	49.2	53.0	49.1	45.2	53.0	51.4	49.8	53.1	
Met muscle strengthening recommendation	35.4	32.6	38.3	31.2	30.1	32.5	39.8	35.5	44.3	34.9	33.1	36.8	31.3	27.8	34.9	27.7	26.2	29.3	
Met both aerobic PA and muscle strengthening recommendations	25.9	23.3	28.7	21.8	20.7	22.9	28.2	24.1	32.6	23.3	21.6	25.1	23.7	20.5	27.2	20.3	18.9	21.7	
<b>Mental Health</b>																			
Ever told they have depression	18.6	16.5	20.9	17.5	16.7	18.5	14.1	11.2	17.5	12.4	11.3	13.7	22.9	20.0	26.2	22.5	21.2	23.8	
Frequent mental distress in past 30 days	10.0	8.4	11.8	8.9	8.2	9.6	7.1	5.1	9.7	6.9	6.0	7.9	12.8	10.5	15.6	10.8	9.8	11.9	
<b>Immunization</b>																			
Had a flu vaccination in past year	48.3	45.4	51.2	47.2	46.0	48.4	41.3	37.1	45.6	40.8	39.0	42.6	54.7	50.8	58.5	53.4	51.7	55.0	
Had a flu vaccination in past year, aged 65 years and older	66.2	61.3	70.7	65.2	63.4	67.0	63.2	54.7	71.0	64.1	61.1	66.9	68.3	62.5	73.5	66.1	63.9	68.2	

Notes (1) % reflects the weighted percentage for adults 18 and older; L% and U% reflect the lower and upper limits for the 95% confidence interval, respectively; (2) LHD=local/district health department; BMI=body mass index

Source: Behavioral Risk Factor Surveillance System, Nebraska Department of Health and Human Services; October 2015