

Summary Table for East Central District 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 % |
| General Health Status | | | | | | | | | | | | | | | | | | |
| General health fair or poor health | 14.4 | 11.7 | 17.7 | 13.9 | 13.1 | 14.8 | 15.3 | 11.3 | 20.3 | 13.7 | 12.5 | 14.9 | 13.6 | 10.2 | 17.9 | 14.2 | 13.1 | 15.3 |
| Health Care Access | | | | | | | | | | | | | | | | | | |
| No health care coverage, 18-64 year olds | 13.6 | 10.0 | 18.2 | 14.4 | 13.3 | 15.5 | 13.8 | 9.0 | 20.4 | 15.4 | 13.8 | 17.1 | 13.4 | 8.6 | 20.3 | 13.4 | 12.0 | 14.9 |
| No personal doctor or health care provider | 18.4 | 15.0 | 22.3 | 19.7 | 18.7 | 20.8 | 26.1 | 20.6 | 32.4 | 25.7 | 24.1 | 27.5 | 10.6 | 7.4 | 15.2 | 13.9 | 12.7 | 15.2 |
| Needed to see a doctor but could not due to cost in past year | 10.3 | 7.6 | 13.9 | 11.5 | 10.7 | 12.3 | 10.8 | 6.9 | 16.5 | 9.8 | 8.7 | 11.1 | 9.8 | 6.5 | 14.7 | 13.1 | 12.0 | 14.3 |
| Chronic Disease and Clinical Risk Factors | | | | | | | | | | | | | | | | | | |
| Ever told they had a heart attack or coronary heart disease | 7.5 | 5.7 | 9.8 | 5.8 | 5.4 | 6.3 | 9.3 | 6.6 | 13.0 | 7.5 | 6.7 | 8.3 | 5.6 | 3.5 | 8.8 | 4.3 | 3.9 | 4.8 |
| Ever told they had a stroke | 3.4 | 2.3 | 5.0 | 2.5 | 2.3 | 2.9 | 3.8 | 2.2 | 6.4 | 2.7 | 2.2 | 3.1 | 3.0 | 1.7 | 5.4 | 2.4 | 2.1 | 2.8 |
| Ever told they have diabetes (excluding pregnancy) | 9.2 | 7.2 | 11.7 | 8.8 | 8.2 | 9.4 | 9.9 | 7.0 | 13.7 | 9.0 | 8.2 | 9.9 | 8.6 | 6.0 | 12.2 | 8.6 | 7.8 | 9.3 |
| Ever told they have cancer | 10.5 | 8.5 | 12.9 | 11.6 | 11.0 | 12.2 | 9.6 | 7.0 | 13.0 | 10.2 | 9.5 | 11.1 | 11.4 | 8.5 | 15.1 | 12.9 | 12.1 | 13.8 |
| Ever told they have high blood pressure (excluding pregnancy) | 30.9 | 27.3 | 34.8 | 29.9 | 28.9 | 30.9 | 33.9 | 28.4 | 39.8 | 32.6 | 31.1 | 34.2 | 27.9 | 23.3 | 33.1 | 27.2 | 26.0 | 28.5 |
| Had cholesterol level checked in past 5 years | 75.7 | 71.5 | 79.5 | 75.1 | 73.9 | 76.2 | 70.0 | 63.6 | 75.7 | 71.8 | 70.0 | 73.5 | 81.5 | 75.9 | 86.1 | 78.2 | 76.8 | 79.7 |
| Ever told they have high cholesterol, among those ever checked | 31.8 | 27.8 | 36.1 | 35.1 | 34.0 | 36.3 | 34.2 | 28.1 | 40.8 | 37.5 | 35.7 | 39.4 | 29.7 | 24.5 | 35.5 | 33.0 | 31.5 | 34.5 |
| Overweight and Obesity | | | | | | | | | | | | | | | | | | |
| Obese (BMI=30+) | 31.8 | 27.8 | 36.0 | 31.4 | 30.3 | 32.5 | 33.5 | 28.0 | 39.6 | 32.9 | 31.3 | 34.6 | 29.8 | 24.4 | 35.9 | 29.8 | 28.3 | 31.3 |
| Overweight or Obese (BMI=25+) | 69.2 | 64.7 | 73.4 | 67.0 | 65.8 | 68.2 | 79.2 | 73.1 | 84.2 | 73.4 | 71.7 | 75.1 | 58.4 | 51.8 | 64.7 | 60.2 | 58.6 | 61.9 |
| High Risk Behavior | | | | | | | | | | | | | | | | | | |
| Current cigarette smoking | 17.1 | 13.9 | 21.0 | 17.1 | 16.2 | 18.1 | 17.7 | 13.1 | 23.6 | 18.4 | 17.0 | 19.9 | 16.5 | 12.2 | 21.9 | 15.8 | 14.7 | 17.1 |
| Current smokeless tobacco use | 4.7 | 3.1 | 7.1 | 5.5 | 4.9 | 6.1 | 7.9 | 5.1 | 11.9 | 9.9 | 8.9 | 11.1 | 1.5 | 0.4 | 5.3 | 1.1 | 0.8 | 1.6 |
| Binge drank in past 30 days | 19.1 | 15.7 | 23.0 | 19.5 | 18.5 | 20.5 | 26.2 | 21.0 | 32.3 | 26.0 | 24.4 | 27.8 | 12.0 | 8.2 | 17.3 | 13.1 | 12.0 | 14.3 |
| Always wear a seatbelt when driving or riding in a car | 70.3 | 65.8 | 74.4 | 75.4 | 74.4 | 76.4 | 62.7 | 56.0 | 69.0 | 68.2 | 66.5 | 69.9 | 77.7 | 71.9 | 82.7 | 82.3 | 81.1 | 83.4 |
| Fruit / Vegetable Consumption | | | | | | | | | | | | | | | | | | |
| Consumed fruits less than 1 time per day | 42.7 | 38.1 | 47.4 | 41.1 | 39.9 | 42.4 | 51.4 | 44.7 | 58.0 | 47.4 | 45.6 | 49.3 | 33.9 | 28.1 | 40.3 | 35.1 | 33.5 | 36.7 |
| Consumed vegetables less than 1 time per day | 27.8 | 23.6 | 32.3 | 24.7 | 23.7 | 25.9 | 29.1 | 23.2 | 35.7 | 28.3 | 26.6 | 30.0 | 26.5 | 20.9 | 32.9 | 21.4 | 20.1 | 22.8 |
| Physical Activity | | | | | | | | | | | | | | | | | | |
| No leisure-time physical activity in past 30 days | 30.3 | 26.3 | 34.6 | 25.3 | 24.3 | 26.4 | 30.5 | 24.7 | 36.9 | 25.3 | 23.8 | 26.9 | 30.1 | 24.8 | 36.0 | 25.4 | 24.0 | 26.8 |
| Met aerobic physical activity recommendation | 44.4 | 39.8 | 49.1 | 51.3 | 50.0 | 52.5 | 42.8 | 36.2 | 49.7 | 51.1 | 49.2 | 53.0 | 46.0 | 39.8 | 52.4 | 51.4 | 49.8 | 53.1 |
| Met muscle strengthening recommendation | 27.2 | 23.2 | 31.6 | 31.2 | 30.1 | 32.5 | 29.3 | 23.5 | 35.8 | 34.9 | 33.1 | 36.8 | 25.2 | 19.9 | 31.3 | 27.7 | 26.2 | 29.3 |
| Met both aerobic PA and muscle strengthening recommendations | 15.9 | 12.8 | 19.6 | 21.8 | 20.7 | 22.9 | 18.0 | 13.3 | 24.0 | 23.3 | 21.6 | 25.1 | 13.8 | 10.1 | 18.7 | 20.3 | 18.9 | 21.7 |
| Mental Health | | | | | | | | | | | | | | | | | | |
| Ever told they have depression | 16.2 | 13.2 | 19.8 | 17.5 | 16.7 | 18.5 | 13.4 | 9.6 | 18.5 | 12.4 | 11.3 | 13.7 | 19.1 | 14.7 | 24.4 | 22.5 | 21.2 | 23.8 |
| Frequent mental distress in past 30 days | 6.5 | 4.5 | 9.5 | 8.9 | 8.2 | 9.6 | 7.4 | 4.2 | 12.7 | 6.9 | 6.0 | 7.9 | 5.6 | 3.5 | 8.9 | 10.8 | 9.8 | 11.9 |
| Immunization | | | | | | | | | | | | | | | | | | |
| Had a flu vaccination in past year | 46.3 | 41.7 | 50.9 | 47.2 | 46.0 | 48.4 | 43.0 | 36.6 | 49.7 | 40.8 | 39.0 | 42.6 | 49.6 | 43.2 | 56.0 | 53.4 | 51.7 | 55.0 |
| Had a flu vaccination in past year, aged 65 years and older | 66.4 | 58.8 | 73.1 | 65.2 | 63.4 | 67.0 | 67.6 | 56.4 | 77.1 | 64.1 | 61.1 | 66.9 | 65.3 | 54.9 | 74.3 | 66.1 | 63.9 | 68.2 |

Data reflect the four county LHD region of Boon, Colfax, Nance, and Platte Counties

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