

**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 %
<b>General Health Status</b>																		
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
<b>Health Care Access</b>																		
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
<b>Chronic Disease and Clinical Risk Factors</b>																		
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
<b>Overweight and Obesity</b>																		
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
<b>High Risk Behavior</b>																		
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
<b>Fruit / Vegetable Consumption</b>																		
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
<b>Physical Activity</b>																		
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
<b>Mental Health</b>																		
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
<b>Immunization</b>																		
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