

**Summary Table for Loup Basin Public 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	15.0	12.0	18.5	13.9	13.1	14.8	15.0	10.6	20.7	13.7	12.5	14.9	15.0	11.4	19.5	14.2	13.1	15.3
<b>Health Care Access</b>																		
No health care coverage, 18-64 year olds	8.3	5.7	12.1	14.4	13.3	15.5	9.7	5.7	16.1	15.4	13.8	17.1	6.8	4.0	11.5	13.4	12.0	14.9
No personal doctor or health care provider	15.9	12.3	20.3	19.7	18.7	20.8	24.0	17.7	31.7	25.7	24.1	27.5	8.0	5.4	11.9	13.9	12.7	15.2
Needed to see a doctor but could not due to cost in past year	7.9	5.7	10.9	11.5	10.7	12.3	8.0	4.8	13.0	9.8	8.7	11.1	7.8	5.1	11.8	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	7.2	5.2	9.8	5.8	5.4	6.3	8.2	5.2	12.7	7.5	6.7	8.3	6.2	4.0	9.5	4.3	3.9	4.8
Ever told they had a stroke	4.2	2.8	6.3	2.5	2.3	2.9	4.1	2.1	7.7	2.7	2.2	3.1	4.4	2.8	7.0	2.4	2.1	2.8
Ever told they have diabetes (excluding pregnancy)	9.0	6.8	11.8	8.8	8.2	9.4	9.7	6.3	14.5	9.0	8.2	9.9	8.3	5.8	11.7	8.6	7.8	9.3
Ever told they have cancer	15.1	12.3	18.5	11.6	11.0	12.2	14.1	10.1	19.4	10.2	9.5	11.1	16.1	12.4	20.7	12.9	12.1	13.8
Ever told they have high blood pressure (excluding pregnancy)	35.9	31.4	40.6	29.9	28.9	30.9	40.8	33.6	48.4	32.6	31.1	34.2	31.0	25.9	36.7	27.2	26.0	28.5
Had cholesterol level checked in past 5 years	70.1	65.1	74.6	75.1	73.9	76.2	62.4	54.4	69.7	71.8	70.0	73.5	77.9	72.0	82.8	78.2	76.8	79.7
Ever told they have high cholesterol, among those ever checked	38.5	33.6	43.6	35.1	34.0	36.3	38.3	30.4	46.9	37.5	35.7	39.4	38.6	32.8	44.8	33.0	31.5	34.5
<b>Overweight and Obesity</b>																		
Obese (BMI=30+)	35.3	30.7	40.3	31.4	30.3	32.5	38.4	31.4	46.0	32.9	31.3	34.6	32.1	26.3	38.6	29.8	28.3	31.3
Overweight or Obese (BMI=25+)	71.9	67.1	76.4	67.0	65.8	68.2	79.6	72.8	85.0	73.4	71.7	75.1	63.9	57.0	70.3	60.2	58.6	61.9
<b>High Risk Behavior</b>																		
Current cigarette smoking	14.7	11.4	18.7	17.1	16.2	18.1	15.3	10.3	22.1	18.4	17.0	19.9	14.1	10.4	19.0	15.8	14.7	17.1
Current smokeless tobacco use	6.9	4.5	10.5	5.5	4.9	6.1	13.8	9.0	20.5	9.9	8.9	11.1	0.4	0.1	1.4	1.1	0.8	1.6
Binge drank in past 30 days	14.3	11.1	18.2	19.5	18.5	20.5	18.6	13.3	25.5	26.0	24.4	27.8	10.2	7.0	14.6	13.1	12.0	14.3
Always wear a seatbelt when driving or riding in a car	53.4	48.3	58.5	75.4	74.4	76.4	41.7	34.3	49.5	68.2	66.5	69.9	65.0	58.1	71.2	82.3	81.1	83.4
<b>Fruit / Vegetable Consumption</b>																		
Consumed fruits less than 1 time per day	44.9	39.8	50.1	41.1	39.9	42.4	58.2	50.3	65.7	47.4	45.6	49.3	31.9	25.6	39.0	35.1	33.5	36.7
Consumed vegetables less than 1 time per day	19.5	15.8	23.9	24.7	23.7	25.9	23.4	17.5	30.6	28.3	26.6	30.0	15.8	11.7	21.1	21.4	20.1	22.8
<b>Physical Activity</b>																		
No leisure-time physical activity in past 30 days	33.8	29.2	38.9	25.3	24.3	26.4	40.4	33.0	48.4	25.3	23.8	26.9	27.3	22.1	33.2	25.4	24.0	26.8
Met aerobic physical activity recommendation	45.5	40.5	50.7	51.3	50.0	52.5	40.4	33.1	48.2	51.1	49.2	53.0	50.8	44.1	57.3	51.4	49.8	53.1
Met muscle strengthening recommendation	21.3	17.2	25.9	31.2	30.1	32.5	20.1	14.7	26.8	34.9	33.1	36.8	22.4	16.8	29.2	27.7	26.2	29.3
Met both aerobic PA and muscle strengthening recommendations	14.2	10.7	18.4	21.8	20.7	22.9	11.1	7.4	16.3	23.3	21.6	25.1	17.2	12.0	24.2	20.3	18.9	21.7
<b>Mental Health</b>																		
Ever told they have depression	13.7	10.9	17.2	17.5	16.7	18.5	11.9	8.1	17.3	12.4	11.3	13.7	15.5	11.7	20.2	22.5	21.2	23.8
Frequent mental distress in past 30 days	6.0	4.1	8.7	8.9	8.2	9.6	4.8	2.4	9.6	6.9	6.0	7.9	7.1	4.6	10.8	10.8	9.8	11.9
<b>Immunization</b>																		
Had a flu vaccination in past year	43.3	38.4	48.3	47.2	46.0	48.4	36.2	29.3	43.7	40.8	39.0	42.6	50.3	43.8	56.8	53.4	51.7	55.0
Had a flu vaccination in past year, aged 65 years and older	61.3	54.0	68.1	65.2	63.4	67.0	66.7	54.5	77.0	64.1	61.1	66.9	57.1	48.2	65.6	66.1	63.9	68.2

Data reflect the nine county LHD region of Blaine, Custer, Garfield, Greeley, Howard, Loup, Sherman, Valley, and Wheeler 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