

Summary Table for Northeast Nebraska 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 %
General Health Status																		
General health fair or poor health	14.8	11.6	18.6	13.9	13.1	14.8	16.8	11.8	23.4	13.7	12.5	14.9	12.8	9.5	17.0	14.2	13.1	15.3
Health Care Access																		
No health care coverage, 18-64 year olds	14.6	10.6	19.8	14.4	13.3	15.5	17.6	11.5	26.0	15.4	13.8	17.1	11.4	6.7	18.8	13.4	12.0	14.9
No personal doctor or health care provider	19.5	15.7	24.0	19.7	18.7	20.8	23.0	17.1	30.3	25.7	24.1	27.5	16.0	11.7	21.5	13.9	12.7	15.2
Needed to see a doctor but could not due to cost in past year	8.3	6.2	11.1	11.5	10.7	12.3	8.8	5.7	13.4	9.8	8.7	11.1	7.8	5.2	11.5	13.1	12.0	14.3
Chronic Disease and Clinical Risk Factors																		
Ever told they had a heart attack or coronary heart disease	7.1	5.2	9.4	5.8	5.4	6.3	8.9	5.9	13.1	7.5	6.7	8.3	5.3	3.5	8.0	4.3	3.9	4.8
Ever told they had a stroke	4.0	2.7	5.9	2.5	2.3	2.9	3.6	2.0	6.5	2.7	2.2	3.1	4.4	2.6	7.2	2.4	2.1	2.8
Ever told they have diabetes (excluding pregnancy)	10.5	8.4	13.0	8.8	8.2	9.4	9.8	7.1	13.4	9.0	8.2	9.9	11.1	8.1	15.0	8.6	7.8	9.3
Ever told they have cancer	11.3	9.2	13.8	11.6	11.0	12.2	11.0	8.0	14.8	10.2	9.5	11.1	11.6	8.8	15.2	12.9	12.1	13.8
Ever told they have high blood pressure (excluding pregnancy)	31.5	27.8	35.4	29.9	28.9	30.9	33.9	28.2	40.0	32.6	31.1	34.2	29.1	24.4	34.2	27.2	26.0	28.5
Had cholesterol level checked in past 5 years	70.3	65.4	74.8	75.1	73.9	76.2	69.2	61.6	75.9	71.8	70.0	73.5	71.4	64.8	77.3	78.2	76.8	79.7
Ever told they have high cholesterol, among those ever checked	31.3	27.3	35.5	35.1	34.0	36.3	30.0	24.2	36.4	37.5	35.7	39.4	32.5	27.3	38.2	33.0	31.5	34.5
Overweight and Obesity																		
Obese (BMI=30+)	36.9	32.6	41.5	31.4	30.3	32.5	41.1	34.5	48.0	32.9	31.3	34.6	32.5	27.1	38.4	29.8	28.3	31.3
Overweight or Obese (BMI=25+)	71.9	67.4	76.1	67.0	65.8	68.2	82.8	76.5	87.6	73.4	71.7	75.1	60.3	54.0	66.4	60.2	58.6	61.9
High Risk Behavior																		
Current cigarette smoking	13.8	11.0	17.0	17.1	16.2	18.1	16.3	12.0	21.9	18.4	17.0	19.9	11.2	8.3	15.0	15.8	14.7	17.1
Current smokeless tobacco use	6.1	4.3	8.6	5.5	4.9	6.1	11.2	7.8	15.9	9.9	8.9	11.1	1.2	0.4	3.2	1.1	0.8	1.6
Binge drank in past 30 days	22.7	18.8	27.1	19.5	18.5	20.5	32.5	26.0	39.8	26.0	24.4	27.8	13.0	9.3	17.9	13.1	12.0	14.3
Always wear a seatbelt when driving or riding in a car	66.4	61.6	70.8	75.4	74.4	76.4	55.4	48.1	62.6	68.2	66.5	69.9	76.9	70.7	82.1	82.3	81.1	83.4
Fruit / Vegetable Consumption																		
Consumed fruits less than 1 time per day	44.4	39.7	49.1	41.1	39.9	42.4	52.9	45.7	60.0	47.4	45.6	49.3	36.2	30.2	42.6	35.1	33.5	36.7
Consumed vegetables less than 1 time per day	27.0	22.9	31.5	24.7	23.7	25.9	30.1	24.0	37.0	28.3	26.6	30.0	24.0	18.8	30.1	21.4	20.1	22.8
Physical Activity																		
No leisure-time physical activity in past 30 days	32.7	28.4	37.4	25.3	24.3	26.4	37.3	30.6	44.6	25.3	23.8	26.9	28.3	22.9	34.4	25.4	24.0	26.8
Met aerobic physical activity recommendation	45.2	40.5	49.9	51.3	50.0	52.5	38.5	31.7	45.8	51.1	49.2	53.0	51.7	45.4	57.9	51.4	49.8	53.1
Met muscle strengthening recommendation	24.8	20.9	29.2	31.2	30.1	32.5	21.0	15.9	27.3	34.9	33.1	36.8	28.4	22.9	34.5	27.7	26.2	29.3
Met both aerobic PA and muscle strengthening recommendations	16.6	13.4	20.4	21.8	20.7	22.9	11.3	7.8	16.0	23.3	21.6	25.1	21.7	16.8	27.6	20.3	18.9	21.7
Mental Health																		
Ever told they have depression	12.0	9.6	14.9	17.5	16.7	18.5	10.5	7.3	14.9	12.4	11.3	13.7	13.5	10.3	17.6	22.5	21.2	23.8
Frequent mental distress in past 30 days	5.1	3.6	7.3	8.9	8.2	9.6	3.5	1.8	6.5	6.9	6.0	7.9	6.7	4.4	10.2	10.8	9.8	11.9
Immunization																		
Had a flu vaccination in past year	44.5	39.9	49.1	47.2	46.0	48.4	37.2	30.4	44.5	40.8	39.0	42.6	51.3	45.1	57.5	53.4	51.7	55.0
Had a flu vaccination in past year, aged 65 years and older	60.6	53.2	67.6	65.2	63.4	67.0	53.8	41.7	65.5	64.1	61.1	66.9	65.8	57.0	73.7	66.1	63.9	68.2

Data reflect the four county LHD region of Cedar, Dixon, Thurston, and Wayne 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