

**Summary Table for South Heartland 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	15.2	12.2	18.9	13.9	13.1	14.8	18.0	13.2	24.0	13.7	12.5	14.9	12.5	9.2	16.8	14.2	13.1	15.3
<b>Health Care Access</b>																		
No health care coverage, 18-64 year olds	14.6	10.9	19.3	14.4	13.3	15.5	10.5	6.7	15.9	15.4	13.8	17.1	18.6	12.7	26.5	13.4	12.0	14.9
No personal doctor or health care provider	14.8	11.4	18.8	19.7	18.7	20.8	15.8	11.2	21.9	25.7	24.1	27.5	13.7	9.3	19.7	13.9	12.7	15.2
Needed to see a doctor but could not due to cost in past year	8.7	6.3	12.0	11.5	10.7	12.3	8.1	5.1	12.8	9.8	8.7	11.1	9.3	5.8	14.5	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	8.3	6.3	10.8	5.8	5.4	6.3	12.2	8.7	16.8	7.5	6.7	8.3	4.4	2.9	6.7	4.3	3.9	4.8
Ever told they had a stroke	3.0	1.9	4.8	2.5	2.3	2.9	4.5	2.5	7.9	2.7	2.2	3.1	1.5	0.7	3.2	2.4	2.1	2.8
Ever told they have diabetes (excluding pregnancy)	9.2	7.1	11.9	8.8	8.2	9.4	10.0	6.9	14.3	9.0	8.2	9.9	8.4	5.8	11.9	8.6	7.8	9.3
Ever told they have cancer	13.7	11.2	16.6	11.6	11.0	12.2	12.5	9.2	16.7	10.2	9.5	11.1	14.9	11.4	19.1	12.9	12.1	13.8
Ever told they have high blood pressure (excluding pregnancy)	34.6	30.5	38.8	29.9	28.9	30.9	41.1	34.8	47.6	32.6	31.1	34.2	28.1	23.4	33.4	27.2	26.0	28.5
Had cholesterol level checked in past 5 years	76.0	71.3	80.2	75.1	73.9	76.2	78.7	72.4	84.0	71.8	70.0	73.5	73.3	66.1	79.4	78.2	76.8	79.7
Ever told they have high cholesterol, among those ever checked	39.0	34.5	43.7	35.1	34.0	36.3	44.4	37.5	51.5	37.5	35.7	39.4	33.2	27.8	39.1	33.0	31.5	34.5
<b>Overweight and Obesity</b>																		
Obese (BMI=30+)	34.4	30.2	38.9	31.4	30.3	32.5	38.5	32.3	45.1	32.9	31.3	34.6	30.1	24.6	36.1	29.8	28.3	31.3
Overweight or Obese (BMI=25+)	70.9	66.3	75.0	67.0	65.8	68.2	79.4	73.2	84.5	73.4	71.7	75.1	61.8	55.0	68.0	60.2	58.6	61.9
<b>High Risk Behavior</b>																		
Current cigarette smoking	16.3	13.1	20.2	17.1	16.2	18.1	17.3	12.7	23.0	18.4	17.0	19.9	15.4	11.1	21.1	15.8	14.7	17.1
Current smokeless tobacco use	6.2	4.3	8.8	5.5	4.9	6.1	11.8	8.2	16.7	9.9	8.9	11.1	0.7	0.2	2.6	1.1	0.8	1.6
Binge drank in past 30 days	19.9	16.2	24.3	19.5	18.5	20.5	24.2	18.7	30.8	26.0	24.4	27.8	15.7	11.0	22.0	13.1	12.0	14.3
Always wear a seatbelt when driving or riding in a car	62.5	57.6	67.2	75.4	74.4	76.4	55.3	48.3	62.1	68.2	66.5	69.9	69.7	62.9	75.7	82.3	81.1	83.4
<b>Fruit / Vegetable Consumption</b>																		
Consumed fruits less than 1 time per day	39.5	34.9	44.2	41.1	39.9	42.4	41.3	34.8	48.1	47.4	45.6	49.3	37.6	31.3	44.3	35.1	33.5	36.7
Consumed vegetables less than 1 time per day	24.2	20.2	28.7	24.7	23.7	25.9	24.6	18.8	31.6	28.3	26.6	30.0	23.8	18.5	29.9	21.4	20.1	22.8
<b>Physical Activity</b>																		
No leisure-time physical activity in past 30 days	23.4	19.7	27.6	25.3	24.3	26.4	24.1	18.8	30.4	25.3	23.8	26.9	22.7	17.8	28.4	25.4	24.0	26.8
Met aerobic physical activity recommendation	53.1	48.4	57.9	51.3	50.0	52.5	52.4	45.5	59.1	51.1	49.2	53.0	53.9	47.3	60.4	51.4	49.8	53.1
Met muscle strengthening recommendation	25.7	21.4	30.4	31.2	30.1	32.5	29.8	23.7	36.8	34.9	33.1	36.8	21.5	16.0	28.3	27.7	26.2	29.3
Met both aerobic PA and muscle strengthening recommendations	18.7	14.9	23.3	21.8	20.7	22.9	21.2	15.6	28.0	23.3	21.6	25.1	16.3	11.5	22.7	20.3	18.9	21.7
<b>Mental Health</b>																		
Ever told they have depression	19.1	15.7	23.2	17.5	16.7	18.5	12.1	8.4	17.2	12.4	11.3	13.7	25.9	20.5	32.2	22.5	21.2	23.8
Frequent mental distress in past 30 days	7.2	5.0	10.2	8.9	8.2	9.6	6.1	3.5	10.5	6.9	6.0	7.9	8.3	5.2	13.0	10.8	9.8	11.9
<b>Immunization</b>																		
Had a flu vaccination in past year	42.0	37.5	46.6	47.2	46.0	48.4	42.4	35.8	49.2	40.8	39.0	42.6	41.6	35.6	47.9	53.4	51.7	55.0
Had a flu vaccination in past year, aged 65 years and older	63.0	56.0	69.5	65.2	63.4	67.0	67.3	56.3	76.7	64.1	61.1	66.9	59.0	49.9	67.6	66.1	63.9	68.2

Data reflect the four county LHD region of Adams, Clay, Nuckolls, and Webster 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