Summary Table for Southwest 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	14.4	11.8	17.6	13.9	13.1	14.8	13.7	10.2	18.2	13.7	12.5	14.9	15.1	11.4	19.8	14.2	13.1	15.3
Health Care Access																		
No health care coverage, 18-64 year olds	14.7	11.1	19.4	14.4	13.3	15.5	13.4	8.9	19.8	15.4	13.8	17.1	16.2	10.8	23.5	13.4	12.0	14.9
No personal doctor or health care provider	15.9	12.8	19.5	19.7	18.7	20.8	24.1	19.0	29.9	25.7	24.1	27.5	7.8	4.9	12.3	13.9	12.7	15.2
Needed to see a doctor but could not due to cost in past year	8.7	6.4	11.8	11.5	10.7	12.3	4.9	2.9	8.4	9.8	8.7	11.1	12.4	8.6	17.6	13.1	12.0	14.3
Chronic Disease and Clinical Risk Factors																		
Ever told they had a heart attack or coronary heart disease	8.9	6.9	11.5	5.8	5.4	6.3	11.3	8.1	15.6	7.5	6.7	8.3	6.5	4.4	9.7	4.3	3.9	4.8
Ever told they had a stroke	1.5	0.7	2.9	2.5	2.3	2.9	1.7	0.7	4.2	2.7	2.2	3.1	1.3	0.5	3.5	2.4	2.1	2.8
Ever told they have diabetes (excluding pregnancy)	9.9	7.7	12.6	8.8	8.2	9.4	8.8	6.1	12.4	9.0	8.2	9.9	11.0	7.7	15.3	8.6	7.8	9.3
Ever told they have cancer	15.1	12.3	18.3	11.6	11.0	12.2	15.2	11.6	19.6	10.2	9.5	11.1	15.0	11.1	19.9	12.9	12.1	13.8
Ever told they have high blood pressure (excluding pregnancy)	35.6	31.7	39.8	29.9	28.9	30.9	39.9	34.1	46.1	32.6	31.1	34.2	31.4	26.2	37.1	27.2	26.0	28.5
Had cholesterol level checked in past 5 years	76.0	71.6	79.9	75.1	73.9	76.2	70.3	63.8	76.0	71.8	70.0	73.5	81.8	75.6	86.6	78.2	76.8	79.7
Ever told they have high cholesterol, among those ever checked	38.5	33.9	43.3	35.1	34.0	36.3	44.9	37.9	52.0	37.5	35.7	39.4	32.9	27.1	39.3	33.0	31.5	34.5
Overweight and Obesity																		
Obese (BMI=30+)	33.3	29.0	37.9	31.4	30.3	32.5	38.2	32.1	44.8	32.9	31.3	34.6	27.9	22.3	34.4	29.8	28.3	31.3
Overweight or Obese (BMI=25+)	68.2	63.7	72.5	67.0	65.8	68.2	80.1	74.3	84.8	73.4	71.7	75.1	55.6	48.8	62.2	60.2	58.6	61.9
High Risk Behavior																		
Current cigarette smoking	18.0	14.6	22.0	17.1	16.2	18.1	16.5	12.2	22.0	18.4	17.0	19.9	19.5	14.6	25.5	15.8	14.7	17.1
Current smokeless tobacco use	8.7	6.5	11.7	5.5	4.9	6.1	16.8	12.5	22.1	9.9	8.9	11.1	0.8	0.1	5.2	1.1	0.8	1.6
Binge drank in past 30 days	13.0	10.2	16.5	19.5	18.5	20.5	18.3	13.6	24.1	26.0	24.4	27.8	8.0	5.2	12.0	13.1	12.0	14.3
Always wear a seatbelt when driving or riding in a car	58.4	53.7	63.0	75.4	74.4	76.4	49.2	42.6	55.9	68.2	66.5	69.9	67.2	60.6	73.2	82.3	81.1	83.4
Fruit / Vegetable Consumption																		
Consumed fruits less than 1 time per day	44.1	39.5	48.9	41.1	39.9	42.4	51.3	44.6	58.0	47.4	45.6	49.3	37.4	31.2	44.0	35.1	33.5	36.7
Consumed vegetables less than 1 time per day	26.3	22.1	31.0	24.7	23.7	25.9	29.7	23.5	36.7	28.3	26.6	30.0	23.1	17.7	29.4	21.4	20.1	22.8
Physical Activity																		
No leisure-time physical activity in past 30 days	27.8	24.0	32.0	25.3	24.3	26.4	29.2	23.7	35.4	25.3	23.8	26.9	26.5	21.4	32.2	25.4	24.0	26.8
Met aerobic physical activity recommendation	51.5	46.8	56.2	51.3	50.0	52.5	49.7	43.1	56.4	51.1	49.2	53.0	53.3	46.7	59.8	51.4	49.8	53.1
Met muscle strengthening recommendation	20.5	16.9	24.5	31.2	30.1	32.5	20.6	15.6	26.6	34.9	33.1	36.8	20.4	15.5	26.2	27.7	26.2	29.3
Met both aerobic PA and muscle strengthening recommendations	14.2	11.2	17.9	21.8	20.7	22.9	13.2	9.2	18.5	23.3	21.6	25.1	15.3	11.1	20.7	20.3	18.9	21.7
Mental Health																		
Ever told they have depression	17.5	14.4	21.0	17.5	16.7	18.5	12.8	9.0	18.0	12.4	11.3	13.7	22.1	17.6	27.3	22.5	21.2	23.8
Frequent mental distress in past 30 days	7.9	5.9	10.6	8.9	8.2	9.6	6.9	4.3	10.8	6.9	6.0	7.9	8.9	6.0	13.1	10.8	9.8	11.9
Immunization																		
Had a flu vaccination in past year	40.7	36.3	45.4	47.2	46.0	48.4	36.3	30.3	42.8	40.8	39.0	42.6	45.0	38.6	51.6	53.4	51.7	55.0
Had a flu vaccination in past year, aged 65 years and older	56.0	48.5	63.1	65.2	63.4	67.0	53.4	42.4	64.1	64.1	61.1	66.9	57.9	47.9	67.3	66.1	63.9	68.2

Data reflect the nine county LHD region of Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow 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