

Summary Table for West 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 %	
General Health Status																			
General health fair or poor health	16.4	13.5	19.9	13.9	13.1	14.8	13.2	9.5	18.0	13.7	12.5	14.9	19.5	15.2	24.7	14.2	13.1	15.3	
Health Care Access																			
No health care coverage, 18-64 year olds	15.9	12.1	20.6	14.4	13.3	15.5	15.4	10.4	22.3	15.4	13.8	17.1	16.4	11.2	23.5	13.4	12.0	14.9	
No personal doctor or health care provider	16.1	12.5	20.5	19.7	18.7	20.8	23.4	17.5	30.5	25.7	24.1	27.5	9.0	5.4	14.6	13.9	12.7	15.2	
Needed to see a doctor but could not due to cost in past year	9.6	7.2	12.7	11.5	10.7	12.3	9.0	5.8	13.7	9.8	8.7	11.1	10.1	6.9	14.8	13.1	12.0	14.3	
Chronic Disease and Clinical Risk Factors																			
Ever told they had a heart attack or coronary heart disease	8.6	6.5	11.2	5.8	5.4	6.3	9.6	6.5	14.1	7.5	6.7	8.3	7.5	5.2	10.7	4.3	3.9	4.8	
Ever told they had a stroke	4.0	2.6	6.1	2.5	2.3	2.9	4.3	2.2	8.2	2.7	2.2	3.1	3.7	2.2	6.1	2.4	2.1	2.8	
Ever told they have diabetes (excluding pregnancy)	11.9	9.4	15.0	8.8	8.2	9.4	10.7	7.4	15.1	9.0	8.2	9.9	13.2	9.7	17.6	8.6	7.8	9.3	
Ever told they have cancer	12.7	10.5	15.4	11.6	11.0	12.2	10.1	7.3	13.9	10.2	9.5	11.1	15.3	12.0	19.4	12.9	12.1	13.8	
Ever told they have high blood pressure (excluding pregnancy)	31.9	28.1	36.0	29.9	28.9	30.9	30.6	25.1	36.8	32.6	31.1	34.2	33.2	28.1	38.6	27.2	26.0	28.5	
Had cholesterol level checked in past 5 years	77.0	72.5	81.0	75.1	73.9	76.2	74.6	67.9	80.2	71.8	70.0	73.5	79.5	73.0	84.7	78.2	76.8	79.7	
Ever told they have high cholesterol, among those ever checked	37.7	33.2	42.4	35.1	34.0	36.3	36.2	29.7	43.3	37.5	35.7	39.4	39.1	33.2	45.4	33.0	31.5	34.5	
Overweight and Obesity																			
Obese (BMI=30+)	31.6	27.5	36.0	31.4	30.3	32.5	31.7	25.7	38.2	32.9	31.3	34.6	31.5	26.0	37.6	29.8	28.3	31.3	
Overweight or Obese (BMI=25+)	70.9	66.2	75.2	67.0	65.8	68.2	74.6	67.4	80.6	73.4	71.7	75.1	67.0	60.7	72.8	60.2	58.6	61.9	
High Risk Behavior																			
Current cigarette smoking	17.3	14.1	21.0	17.1	16.2	18.1	18.2	13.6	24.1	18.4	17.0	19.9	16.4	12.4	21.3	15.8	14.7	17.1	
Current smokeless tobacco use	8.5	6.2	11.7	5.5	4.9	6.1	15.9	11.4	21.7	9.9	8.9	11.1	1.3	0.5	3.5	1.1	0.8	1.6	
Binge drank in past 30 days	12.6	9.7	16.1	19.5	18.5	20.5	20.3	15.2	26.5	26.0	24.4	27.8	5.2	3.0	8.6	13.1	12.0	14.3	
Always wear a seatbelt when driving or riding in a car	68.1	63.6	72.3	75.4	74.4	76.4	61.2	54.2	67.8	68.2	66.5	69.9	75.0	69.2	80.1	82.3	81.1	83.4	
Fruit / Vegetable Consumption																			
Consumed fruits less than 1 time per day	43.8	39.2	48.6	41.1	39.9	42.4	50.1	43.1	57.1	47.4	45.6	49.3	37.7	31.7	44.1	35.1	33.5	36.7	
Consumed vegetables less than 1 time per day	23.1	19.2	27.5	24.7	23.7	25.9	25.0	19.2	32.0	28.3	26.6	30.0	21.2	16.4	26.9	21.4	20.1	22.8	
Physical Activity																			
No leisure-time physical activity in past 30 days	28.8	24.9	33.0	25.3	24.3	26.4	27.5	22.0	33.8	25.3	23.8	26.9	30.1	24.9	35.9	25.4	24.0	26.8	
Met aerobic physical activity recommendation	47.7	43.0	52.5	51.3	50.0	52.5	45.4	38.4	52.7	51.1	49.2	53.0	49.9	43.7	56.2	51.4	49.8	53.1	
Met muscle strengthening recommendation	26.3	22.4	30.7	31.2	30.1	32.5	30.1	24.1	37.0	34.9	33.1	36.8	22.6	17.8	28.3	27.7	26.2	29.3	
Met both aerobic PA and muscle strengthening recommendations	18.3	14.9	22.4	21.8	20.7	22.9	20.6	15.4	27.0	23.3	21.6	25.1	16.1	11.9	21.4	20.3	18.9	21.7	
Mental Health																			
Ever told they have depression	19.6	16.1	23.8	17.5	16.7	18.5	15.4	10.4	22.2	12.4	11.3	13.7	23.7	19.0	29.2	22.5	21.2	23.8	
Frequent mental distress in past 30 days	7.8	5.7	10.5	8.9	8.2	9.6	6.9	4.3	11.0	6.9	6.0	7.9	8.6	5.8	12.6	10.8	9.8	11.9	
Immunization																			
Had a flu vaccination in past year	40.2	35.7	44.8	47.2	46.0	48.4	33.1	27.2	39.5	40.8	39.0	42.6	47.2	41.1	53.5	53.4	51.7	55.0	
Had a flu vaccination in past year, aged 65 years and older	61.2	53.7	68.2	65.2	63.4	67.0	66.0	52.6	77.2	64.1	61.1	66.9	58.2	49.0	66.9	66.1	63.9	68.2	

Data reflect the six county LHD region of Arthur, Hooker, Lincoln, Logan, McPherson, and Thomas 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