

**Summary Table for Central District Health Department Adults 18 and Older, 2016**

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	13.5	10.5	17.2	14.7	13.8	15.6	11.5	7.6	17.1	13.8	12.6	15.1	15.4	11.3	20.8	15.5	14.3	16.8
<b>Health Care Access</b>																		
No health care coverage, 18-64 year olds	16.6	11.9	22.8	14.7	13.6	16.0	17.7	10.7	27.7	15.0	13.3	16.9	15.5	9.8	23.6	14.4	12.9	16.2
No personal doctor or health care provider	19.8	15.6	24.9	19.1	18.0	20.2	28.3	21.3	36.6	24.5	22.8	26.2	11.4	7.3	17.3	13.8	12.5	15.2
Needed to see a doctor but could not due to cost in past year	11.2	8.3	14.9	12.1	11.2	13.1	8.3	5.0	13.7	10.1	8.9	11.4	14.0	9.8	19.7	14.0	12.7	15.5
<b>Chronic Disease and Clinical Risk Factors</b>																		
Ever told they had a heart attack or coronary heart disease	5.3	3.9	7.3	5.8	5.4	6.3	5.4	3.5	8.3	6.9	6.2	7.7	5.3	3.3	8.4	4.7	4.1	5.3
Ever told they had a stroke	2.2	1.4	3.5	2.8	2.5	3.2	2.0	1.0	4.0	2.6	2.1	3.1	2.3	1.2	4.4	3.0	2.5	3.6
Ever told they have diabetes (excluding pregnancy)	10.3	8.0	13.2	8.8	8.2	9.5	8.2	5.3	12.3	8.7	7.8	9.7	12.4	9.1	16.8	8.9	8.1	9.8
Ever told they have cancer	14.1	11.4	17.2	11.2	10.6	11.9	14.5	10.5	19.5	10.1	9.3	11.1	13.7	10.4	17.9	12.3	11.3	13.3
<b>Cancer Screening</b>																		
Up-to-date on colon cancer screening, 50-75 year olds	64.0	56.6	70.7	66.0	64.3	67.6	56.6	44.6	67.8	65.2	62.8	67.6	70.0	61.5	77.3	66.7	64.5	68.9
Up-to-date on breast cancer screening, female 50-74 year olds	-	-	-	-	-	-	-	-	-	-	-	-	72.8	64.5	79.7	73.4	71.3	75.4
Up-to-date on cervical cancer screening, female 21-65 year olds	-	-	-	-	-	-	-	-	-	-	-	-	80.4	71.7	86.8	77.7	75.5	79.8
<b>Overweight and Obesity</b>																		
Obese (BMI=30+)	38.2	33.0	43.7	32.0	30.8	33.2	42.2	34.4	50.5	32.6	30.8	34.3	34.0	27.5	41.1	31.4	29.7	33.1
Overweight or Obese (BMI=25+)	75.1	70.2	79.4	68.5	67.3	69.8	81.3	74.2	86.8	74.9	73.1	76.6	68.5	61.6	74.6	61.8	59.9	63.6
<b>High Risk Behavior</b>																		
No leisure-time physical activity in past 30 days	25.4	21.3	29.9	22.4	21.4	23.5	25.7	19.7	32.8	20.7	19.3	22.3	25.1	20.0	31.1	24.1	22.7	25.6
Get less than 7 hours of sleep per day	31.2	26.3	36.5	29.6	28.4	30.8	32.7	25.3	41.1	29.7	27.9	31.5	29.7	23.8	36.3	29.5	27.9	31.2
Current cigarette smoking	12.4	9.3	16.2	17.0	16.0	18.1	12.9	8.3	19.4	18.6	17.1	20.3	11.8	8.2	16.7	15.4	14.1	16.8
Current smokeless tobacco use	5.9	3.7	9.3	5.7	5.1	6.2	11.2	7.0	17.6	10.5	9.5	11.7	0.7	0.1	4.7	0.9	0.6	1.3
Binge drank in past 30 days	17.8	13.7	22.9	20.0	18.9	21.1	25.8	18.9	34.3	27.2	25.4	29.0	9.9	6.2	15.5	13.1	11.9	14.4
Always wear a seatbelt when driving or riding in a car	68.8	63.4	73.7	73.8	72.7	74.9	61.9	53.4	69.7	66.8	65.0	68.5	75.6	69.0	81.3	80.6	79.2	81.8
<b>Mental Health</b>																		
Ever told they have depression	16.5	13.1	20.6	17.8	16.8	18.8	10.4	6.5	16.3	12.1	10.9	13.4	22.6	17.5	28.6	23.4	21.8	25.0
Frequent mental distress in past 30 days	7.2	5.0	10.4	9.5	8.7	10.4	6.1	3.1	11.5	7.0	6.0	8.1	8.4	5.5	12.7	12.0	10.8	13.3
<b>Immunization</b>																		
Had a flu vaccination in past year	36.2	31.5	41.2	44.4	43.1	45.7	27.4	21.1	34.6	39.4	37.5	41.3	44.9	38.3	51.6	49.3	47.6	51.1
Had a flu vaccination in past year, aged 65 years and older	63.6	56.1	70.5	62.7	60.8	64.6	61.5	49.6	72.2	62.8	59.8	65.6	65.4	55.7	74.0	62.7	60.2	65.1
<b>Oral Health</b>																		
Visited a dentist or dental clinic for any reason in past year	68.2	62.8	73.1	68.7	67.5	69.9	64.4	55.9	72.1	65.9	64.1	67.7	71.9	65.3	77.7	71.4	69.8	73.0

Data reflect the three county health department region of Hall, Hamilton, and Merrick 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; January 2018