

Summary Table for East 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 %
General Health Status																		
General health fair or poor health	17.1	13.9	20.7	14.7	13.8	15.6	18.2	13.6	24.0	13.8	12.6	15.1	15.9	12.0	20.8	15.5	14.3	16.8
Health Care Access																		
No health care coverage, 18-64 year olds	15.1	11.5	19.4	14.7	13.6	16.0	15.2	10.5	21.6	15.0	13.3	16.9	14.9	10.1	21.5	14.4	12.9	16.2
No personal doctor or health care provider	20.0	16.5	24.1	19.1	18.0	20.2	23.3	18.0	29.6	24.5	22.8	26.2	16.7	12.3	22.3	13.8	12.5	15.2
Needed to see a doctor but could not due to cost in past year	10.1	7.6	13.3	12.1	11.2	13.1	8.9	5.5	14.0	10.1	8.9	11.4	11.4	8.1	15.6	14.0	12.7	15.5
Chronic Disease and Clinical Risk Factors																		
Ever told they had a heart attack or coronary heart disease	6.0	4.4	8.1	5.8	5.4	6.3	5.4	3.5	8.4	6.9	6.2	7.7	6.6	4.4	10.0	4.7	4.1	5.3
Ever told they had a stroke	2.4	1.5	3.9	2.8	2.5	3.2	2.3	1.1	4.9	2.6	2.1	3.1	2.6	1.4	4.5	3.0	2.5	3.6
Ever told they have diabetes (excluding pregnancy)	8.7	6.6	11.2	8.8	8.2	9.5	10.5	7.4	14.8	8.7	7.8	9.7	6.7	4.5	9.9	8.9	8.1	9.8
Ever told they have cancer	10.1	8.1	12.4	11.2	10.6	11.9	9.0	6.4	12.6	10.1	9.3	11.1	11.2	8.5	14.5	12.3	11.3	13.3
Cancer Screening																		
Up-to-date on colon cancer screening, 50-75 year olds	57.8	51.3	64.1	66.0	64.3	67.6	55.0	45.4	64.3	65.2	62.8	67.6	60.9	52.3	68.8	66.7	64.5	68.9
Up-to-date on breast cancer screening, female 50-74 year olds	-	-	-	-	-	-	-	-	-	-	-	-	75.0	66.8	81.7	73.4	71.3	75.4
Up-to-date on cervical cancer screening, female 21-65 year olds	-	-	-	-	-	-	-	-	-	-	-	-	81.7	75.0	87.0	77.7	75.5	79.8
Overweight and Obesity																		
Obese (BMI=30+)	34.7	30.3	39.4	32.0	30.8	33.2	40.6	34.0	47.6	32.6	30.8	34.3	27.7	22.6	33.4	31.4	29.7	33.1
Overweight or Obese (BMI=25+)	69.1	64.8	73.1	68.5	67.3	69.8	79.6	73.8	84.3	74.9	73.1	76.6	56.7	50.6	62.7	61.8	59.9	63.6
High Risk Behavior																		
No leisure-time physical activity in past 30 days	22.4	19.1	26.1	22.4	21.4	23.5	22.2	17.4	27.7	20.7	19.3	22.3	22.6	18.2	27.7	24.1	22.7	25.6
Get less than 7 hours of sleep per day	26.6	22.6	30.9	29.6	28.4	30.8	26.7	20.8	33.5	29.7	27.9	31.5	26.4	21.6	32.0	29.5	27.9	31.2
Current cigarette smoking	13.6	10.6	17.1	17.0	16.0	18.1	15.7	11.1	21.6	18.6	17.1	20.3	11.4	8.2	15.6	15.4	14.1	16.8
Current smokeless tobacco use	5.1	3.4	7.4	5.7	5.1	6.2	8.6	5.7	13.0	10.5	9.5	11.7	1.4	0.6	3.4	0.9	0.6	1.3
Binge drank in past 30 days	20.0	16.7	23.8	20.0	18.9	21.1	29.2	23.7	35.5	27.2	25.4	29.0	10.7	7.6	14.9	13.1	11.9	14.4
Always wear a seatbelt when driving or riding in a car	66.0	61.4	70.3	73.8	72.7	74.9	54.1	47.2	60.8	66.8	65.0	68.5	78.3	73.0	82.8	80.6	79.2	81.8
Mental Health																		
Ever told they have depression	13.9	11.2	17.0	17.8	16.8	18.8	9.6	6.5	14.1	12.1	10.9	13.4	18.2	14.2	23.0	23.4	21.8	25.0
Frequent mental distress in past 30 days	6.5	4.7	9.0	9.5	8.7	10.4	6.4	3.8	10.4	7.0	6.0	8.1	6.7	4.3	10.2	12.0	10.8	13.3
Immunization																		
Had a flu vaccination in past year	44.5	40.2	49.0	44.4	43.1	45.7	38.3	32.0	45.0	39.4	37.5	41.3	50.9	45.1	56.7	49.3	47.6	51.1
Had a flu vaccination in past year, aged 65 years and older	69.2	61.9	75.7	62.7	60.8	64.6	61.4	48.3	73.0	62.8	59.8	65.6	74.5	66.1	81.4	62.7	60.2	65.1
Oral Health																		
Visited a dentist or dental clinic for any reason in past year	67.2	62.9	71.2	68.7	67.5	69.9	61.1	54.4	67.4	65.9	64.1	67.7	73.4	67.8	78.2	71.4	69.8	73.0

Data reflect the four county LHD region of Boon, Colfax, Nance, and Platte 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