

**Nebraska Behavioral Risk Factor Surveillance System**  
**2015 One-Page Summary Tables**  
**by Local and District Public Health Department**

*Prepared October 2016*

The purpose of these summary tables is to supplement other Nebraska Behavioral Risk Factor Surveillance System (BRFSS) reporting efforts including data presented in narrative reports, fact sheets, local health department (LHD)-specific BRFSS detailed tables, and the Nebraska BRFSS Web Query System.

These one-page summary tables provide prevalence estimates (percentages and means) and 95% confidence intervals for 27 select health indicators collected from Nebraska adults aged 18 and older during 2015. One summary table has been prepared for each of the 20 LHDs (18 LB692 departments plus Dakota and Scotts Bluff Counties) in place at the time of this report.

The BRFSS is a telephone survey of adults 18 and older and includes landline telephone and cell phone data collection. To be more representative of all adults, data are weighted according to the CDC BRFSS weighting methodology (i.e. iterative proportional fitting, also known as raking). Differences in prevalence estimates for two sub-groups of the population can be determined to be statistically significant if their 95% confidence intervals do not overlap. Responses of “Don’t know/Not sure” and “Refused” were removed from the denominators when calculating prevalence estimates for these summary tables. It is possible that data presented in these tables are slightly different than previously published results due to differences in how an indicator was calculated or how the data were analyzed.

The definitions for the 27 health indicators presented in these summary tables are presented on the following pages.

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Topics/Indicators	Indicator Definitions
<b>General Health Status</b>	
General health fair or poor	Percentage of adults 18 and older who report that their general health is fair or poor
<b>Health Care Access</b>	
No health care coverage, 18-64 year olds	Percentage of adults 18-64 years old who report that they do not have any kind of health care coverage
No personal doctor or health care provider	Percentage of adults 18 and older who report that they do not have a personal doctor or health care provider
Needed to see a doctor but could not due to cost in past year	Percentage of adults 18 and older who report that they needed to see a doctor but could not because of cost during the past 12 months
<b>Chronic Disease and Clinical Risk Factors</b>	
Ever told they had a heart attack or coronary heart disease	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they had a heart attack or myocardial infarction or have angina or coronary heart disease
Ever told they had a stroke	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they had a stroke
Ever told they have diabetes (excluding pregnancy)	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have diabetes (excluding pregnancy)
Ever told they have cancer	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have skin cancer or any other type of cancer
Ever told they have high blood pressure (excluding pregnancy)	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have high blood pressure (excluding pregnancy)
Had cholesterol checked in past 5 years	Percentage of adults 18 and older who report having had their blood cholesterol checked during the past 5 years
Ever told they have high cholesterol, among those who have ever had it checked	Among adults 18 and older who report that they have ever had their blood cholesterol checked, the percentage who report that they have ever been told by a doctor, nurse, or other health professional that their blood cholesterol is high
<b>Overweight and Obesity</b>	
Obese (BMI=30+)	Percentage of adults 18 and older with a body mass index (BMI) of 30.0 or greater, based on self-reported height and weight
Overweight or Obese (BMI=25+)	Percentage of adults 18 and older with a body mass index (BMI) of 25.0 or greater, based on self-reported height and weight

<b>High Risk Behavior</b>	
Current cigarette smoking	Percentage of adults 18 and older who report that they currently smoke cigarettes either every day or on some days
Current smokeless tobacco use	Percentage of adults 18 and older who report that they currently use smokeless tobacco products (chewing tobacco, snuff, or snus) either every day or on some days
Binge drank in past 30 days	Percentage of adults 18 and older who report having five or more alcoholic drinks for men/four or more alcoholic drinks for women on at least one occasion during the past 30 days
Always wear a seatbelt when driving or riding in a car	Percentage of adults 18 and older who report that they always use a seatbelt when driving or riding in a car
<b>Fruit / Vegetable Consumption</b>	
Consumed fruits less than 1 time per day	Percentage of adults 18 and older who report consuming fruit or 100% fruit juice an average of less than one time per day during the past month
Consumed vegetables less than 1 time per day	Percentage of adults 18 and older who report consuming vegetables an average of less than one time per day during the past month
<b>Physical Activity</b>	
No leisure-time physical activity in past 30 days	Percentage of adults 18 and older who report no physical activity or exercise (such as running, calisthenics, golf, gardening or walking for exercise) other than their regular job during the past month
Met aerobic physical activity recommendation	Percentage of adults 18 and older who report at least 150 minutes of moderate-intensity physical activity, or at least 75 minutes of vigorous-intensity physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity per week during the past month
Met muscle strengthening recommendation	Percentage of adults 18 and older who report that they engaged in physical activities or exercises to strengthen their muscles two or more times per week during the past month
Met both aerobic physical activity and muscle strengthening recommendations	Percentage of adults 18 and older who report at least 150 minutes of moderate-intensity physical activity, or at least 75 minutes of vigorous-intensity physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity per week during the past month and that they engaged in physical activities or exercises to strengthen their muscles two or more times per week during the past month

<b>Mental Health</b>	
Ever told they have depression	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have a depressive disorder (depression, major depression, dysthymia, or minor depression)
Frequent mental distress in past 30 days	Percentage of adults 18 and older who report that their mental health (including stress, depression, and problems with emotions) was not good on 14 or more of the previous 30 days
<b>Immunization</b>	
Had a flu vaccination in past year	Percentage of adults 18 and older who report that they received an influenza vaccination during the past 12 months
Had a flu vaccination in past year, aged 65 years and older	Percentage of adults 65 and older who report that they received an influenza vaccination during the past 12 months