

**Nebraska Behavioral Risk Factor Surveillance System**  
**2016 One-Page Summary Tables**  
**by Local and District Public Health Department**

*Released January 2018*

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 24 select health indicators collected from Nebraska adults aged 18 and older during 2016. One summary table has been prepared for each of 19 LHDs (18 LB692 departments plus Dakota County) 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 24 health indicators presented in these summary tables are presented on the following pages.

For additional information contact the Nebraska BRFSS Program: [dhhs.brfss@nebraska.gov](mailto:dhhs.brfss@nebraska.gov) or (402) 471-2180



| 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  |
| <b>Cancer Screening</b>   |   |
| Up-to-date on colon cancer screening, 50-75 year olds           | Percentage of adults 50–75 years old who report having had a fecal occult blood test (FOBT) during the past year, or a sigmoidoscopy during the past 5 years and an FOBT during the past 3 years, or a colonoscopy during the past 10 years |
| Up-to-date on breast cancer screening, female 50-74 year olds   | Percentage of females 50-74 years old who report having had a mammogram during the past 2 years   |
| Up-to-date on cervical cancer screening, female 21-65 year olds | Percentage of females 21-65 years old without a hysterectomy who report having had a Pap test during the past 3 years   |
| <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>                                      |   |
|--|---|
| 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                       |
| Get less than 7 hours of sleep per day                         | Percentage of adults 18 and older who report that they get an average of 7 or more hours of sleep in a 24-hour period   |
| 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>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  |
| <b>Oral Health</b>   |   |
| Visited a dentist or dental clinic for any reason in past year | Percentage of adults 18 and older who report that they visited a dentist or dental clinic for any reason within the past year   |