Nebraska Behavioral Risk Factor Surveillance System
2011-2014 Detailed Data Tables
by Nebraska Local and District Public Health Department

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

These detailed tables provide prevalence estimates (percentages and means) and 95% confidence intervals for 88 health indicators collected from Nebraska adults aged 18 and older between 2011 and 2014. In addition, these detailed tables note whether there are significant differences between the LHD and the State of Nebraska as well as whether there are significant differences by gender within the LHD region. One detailed 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). Responses of “Don’t know/Not sure” and “Refused” were removed from the denominators when calculating prevalence estimates for these detailed tables. It is possible that 2011-2013 presented in these tables are slightly different than previously published results. These differences could have resulted from differences in how an indicator was calculated, how the data were analyzed, or changes to the coverage area of a LHD.

The definitions for the 88 BRFSS indicators presented in these detailed tables are presented on the following pages.

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Department of Health & Human Services
DHHS
NEBRASKA

BRFSS

Topics/Indicators	Indicator Definitions
General Health Status and Quality of Life	
General health fair or poor	Percentage of adults 18 and older who report that their general health is fair or poor
Average number of days physical health was not good in past 30 days	Average number of days during the previous 30 that adults 18 and older report their physical health (including physical illness and injury) was not good
Physical health was not good on 14 or more of the past 30 days	Percentage of adults 18 and older who report that their physical health (including physical illness and injury) was not good on 14 or more of the previous 30 days
Average number of days mental health was not good in past 30 days	Average number of days during the previous 30 that adults 18 and older report their mental health (including stress, depression, and problems with emotions) was not good
Mental health was not good on 14 or more of the past 30 days (i.e., frequent mental distress)	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
Average days poor physical or mental health limited usual activities in past 30 days	Average number of days during the previous 30 that adults 18 and older report their usual activities (such as self-care, work, and recreation) were limited due to poor physical or mental health
Poor physical or mental health limited usual activities on 14 or more of the past 30 days	Percentage of adults 18 and older who report that their usual activities (such as self-care, work, and recreation) were limited due to poor physical or mental health on 14 or more of the previous 30 days
Health Care Access and Utilization	
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
Has health care coverage, 18-64 year olds	Percentage of adults 18-64 years old who report that they 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
Has a personal doctor or health care provider	Percentage of adults 18 and older who report that they have one or more than one personal doctor or health care provider
Has a personal doctor or health care provider, aged 65 years and older	Percentage of adults 65 and older who report that they have one or more than one 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
Had a routine checkup in past year	Percentage of adults 18 and older who report that they visited a doctor for a routine checkup during the previous 12 months

Heart Disease and Stroke	
Ever told they had a heart attack	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
Ever told they have 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 have angina or coronary heart disease
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
Blood Pressure and Cholesterol	
Had blood pressure checked in past year	Percentage of adults 18 and older who report having had their blood pressure taken by a doctor, nurse, pharmacist, dentist, eye doctor, or other health professional during the past 12 months
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)
Currently taking blood pressure medication, among those ever told they have high BP	Among 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), the percentage who report that they currently take medication for their high blood pressure
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
Diabetes	
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 pre-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 pre-diabetes or borderline diabetes (excluding pregnancy)
Cancer	
Ever told they have skin 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
Ever told they have cancer other than skin 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 a type of cancer other than skin cancer
Ever told they have cancer (in any form)	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
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
Arthritis	
Ever told they have arthritis	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 some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
Currently have activity limitations due to arthritis, among those ever told they have arthritis	Among adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia, the percentage who report that their usual activities are limited in any way because of arthritis or joint symptoms
Asthma	
Ever told they have asthma	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 asthma
Currently have asthma	Percentage of adults 18 and older who report that they currently have asthma

Chronic Obstructive Pulmonary Disease (COPD)	
Ever told they have COPD	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 chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis
Kidney Disease	
Ever told they have kidney 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 have kidney disease (excluding kidney stones, bladder infection, or incontinence)
Tobacco	
Current cigarette smoking	Percentage of adults 18 and older who report that they currently smoke cigarettes either every day or on some days
Attempted to quit smoking in past year, among current cigarette smokers	Among adults 18 and older who report that they currently smoke cigarettes, the percentage who report that they stopped smoking cigarettes for one day or longer during the previous 12 months because they were trying to quit smoking
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
Has rule not allowing smoking anywhere inside their home	Percentage of adults 18 and older who report that they have a rule not allowing smoking anywhere inside their home (excluding decks, garages, and porches)
Overweight and Obesity	
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
Obese (BMI=30+), among disabled	Among adults 18 and older who report that they are disabled (calculated using the two traditional disability questions), the percentage 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
Nutrition	
Consumed sugar-sweetened beverages 1 or more times per day in past 30 days	Percentage of adults 18 and older who report drinking regular soda or pop, sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks (excluding 100% fruit juice, diet drinks, or artificially sweetened drinks) an average of one or more times per day during the past 30 days

Currently watching or reducing sodium or salt intake	Percentage of adults 18 and older who report that they are currently watching or reducing their sodium or salt intake
Median times per day consumed fruits	Median number of times per day that adults 18 and older report consuming fruit or 100% fruit juice during the past month
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
Median times per day consumed vegetables	Median number of times per day that adults 18 and older report consuming vegetables 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
Physical Activity	
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
Injury	
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
Texted while driving in past 30 days	Percentage of adults 18 and older who report that they texted or e-mailed while driving a car or other vehicle on one or more of the past 30 days
Talked on a cell phone while driving in past 30 days	Percentage of adults 18 and older who report that they talked on a cell phone while driving a car or other vehicle on one or more of the past 30 days

Had a fall in past year, aged 45 years and older	Percentage of adults 45 and older who report that they fell to the ground or another lower level one or more times during the past 12 months
Injured due to a fall in past year, aged 45 years and older	Percentage of adults 45 and older who report being injured due to a fall during the past 12 months that caused them to limit their regular activities for at least a day or to go see a doctor
Mental Health	
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
Currently taking medication or receiving treatment for a mental health condition	Percentage of adults 18 and older who report that they are currently taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem
Symptoms of serious mental illness in past 30 days	Percentage of adults 18 and older who report answers to six questions measuring risk for serious psychological distress during the past 30 days (based on the Kessler 6 (K6) instrument) that generate a score of 13 or higher, suggesting serious mental illness
Alcohol and Drug Use	
Any alcohol consumption in past 30 days	Percentage of adults 18 and older who report having at least one alcoholic beverage during the past 30 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
Heavy drinking in past 30 days	Percentage of men 18 and older who report drinking more than 60 alcoholic drinks (an average of more than two drinks per day) during the past 30 days and the percentage of women 18 and older who report drinking more than 30 alcoholic drinks (an average of more than one drink per day) during the past 30 days
Alcohol impaired driving in past 30 days	Percentage of adults 18 and older who report driving after having had perhaps too much to drink during the past 30 days
Took pain medication prescribed by doctor in past year	Percentage of adults 18 and older who report taking pain medication prescribed to them by a doctor during the past year

Had leftover pain meds after last filled script, among those who took pain meds in past year	Among adults 18 and older who report taking pain medication prescribed to them by a doctor during the past year, the percentage who report having leftover medication from their last filled prescription for pain medication
Immunization and Infectious Diseases	
Had a flu vaccination in past year, aged 18 years and older	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
Ever had a pneumonia vaccination, aged 65 years and older	Percentage of adults 65 and older who report that they have ever received a pneumonia vaccination
Had a tetanus vaccination since 2005	Percentage of adults 18 and older who report that they had a tetanus vaccination since 2005
Ever had a shingles vaccination, aged 50 years and older	Percentage of adults 50 and older who report that they have ever received a shingles or zoster vaccine
Ever been tested for HIV, 18-64 year olds (excluding blood donation)	Percentage of adults 18-64 year old who report that they have ever been tested for HIV/AIDS
Oral Health	
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
Had any permanent teeth extracted due to tooth decay or gum disease	Percentage of adults 18 and older who report that they have had any of their permanent teeth extracted because of tooth decay or gum disease, including teeth lost to infection, but not those lost for other reasons, such as injury or orthodontics
Had any permanent teeth extracted due to tooth decay or gum disease, 45-64 year olds	Percentage of adults 45-64 years old who report that they have had any of their permanent teeth extracted because of tooth decay or gum disease, including teeth lost to infection, but not those lost for other reasons, such as injury or orthodontics
Had all permanent teeth extracted due to tooth decay or gum disease, aged 65 years and older	Percentage of adults 65 and older who report that they have had all of their permanent teeth extracted because of tooth decay or gum disease, including teeth lost to infection, but not those lost for other reasons, such as injury or orthodontics
Had all permanent teeth extracted due to tooth decay or gum disease, 65-74 year olds	Percentage of adults 65-74 years old who report that they have had all of their permanent teeth extracted because of tooth decay or gum disease, including teeth lost to infection, but not those lost for other reasons, such as injury or orthodontics

Social Context	
Housing insecurity in past year, among those who own or rent their home	Among adults 18 and older who report that they own or rent their home, the percentage who report that they were always, usually, or sometimes worried or stressed during the past 12 months about having enough money to pay their rent or mortgage
Food insecurity in past year	Percentage of adults 18 and older who report that they were always, usually, or sometimes worried or stressed during the past 12 months about having enough money to buy nutritious meals
Inadequate Sleep	
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
Average hours of sleep per day	Average hours of sleep in a 24-hour period among adults 18 and older
Occupational Safety and Health	
Work-related injury or illness in past year, among employed or recently out of work	Among adults 18 and older who report being employed for wages, self-employed, out of work for less than 1 year, or unable to work, the percentage who report being injured while performing their job or that a doctor or other medical professional told them that they have a work-related illness during the past 12 months
Health Literacy	
Lacking confidence in their ability to fill out health forms	Percentage of adults 18 and older who report that they are somewhat or not at all confident in their ability to fill out health forms themselves, including insurance forms, questionnaires, doctor's office forms, and any other forms related to health and health care
Written health information is always or nearly always easy to understand	Percentage of adults 18 and older who report that health information (on the internet, in newspapers and magazines, on medications, at the doctor's office, in clinics, and many other places) is always or nearly always written in a way that is easy for them to understand
Always or nearly always get help reading health information	Percentage of adults 18 and older who report that someone else (including family members, friends, caregivers, doctors, nurses, or other health professionals) always or nearly always helps them read health information