

## DOUGLAS COUNTY HEALTH DEPARTMENT SUMMARY

### SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, rates for the adult population were significantly better for four indicators in Douglas County, compared to Nebraska. More women aged 18 and older reported ever having a Pap test and having a Pap test in the past three years. A greater proportion of adults aged 50 and older in Douglas County ever had a colonoscopy or sigmoidoscopy. More adults aged 65 and older had a flu shot in the past 12 months.

### SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of adults in this county who reported consuming five or more servings of fruits and vegetables daily increased significantly from the baseline rate. In addition, a significantly greater proportion of adults participated in the recommended levels of moderate and/or vigorous physical activity in 2007-2008, compared to 2005.

### HEALTH CARE ACCESS

In 2007-2008, 14.7 percent of Douglas County residents aged 18 to 64 years reported having no health insurance at the time of the survey.

One-sixth (16.8 percent) did not have a personal doctor or health care provider, with men (22.3 percent) significantly more likely than women (11.2 percent) to be without a personal physician.

At some time in the past year, 12.9 percent of Douglas County adults needed to see a doctor but could not due to the potential cost of care.

Nearly two-thirds of respondents (64.6 percent) reported visiting a doctor for a routine checkup in the past year. Men in Douglas County (56.2 percent) were significantly less likely than women (72.9 percent) in this county to have had a checkup in the last 12 months.

### GENERAL EMERGENCY PREPAREDNESS

In Douglas County, 16.1 percent of adults indicated their household was not prepared for a major disaster. Three-fourths of adults (75.3 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in Douglas County (58.0 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 18.0 percent of households said they did not.

Similarly, 10.8 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them. Female respondents (16.9 percent) were significantly more likely than male respondents (4.8 percent) to say they did not have a three-day supply of Rx's.

Nearly one-fifth of Douglas County households (19.0 percent) did not have a working battery-powered radio, with women (27.1 percent) significantly more likely than men (10.8 percent) to be without one.

Only 4.7 percent of households did not have a working battery-powered flashlight at the time of the survey.

The great majority of BRFSS respondents in Douglas County said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 2.8 percent stated they would not do so. Men (5.1 percent) were significantly more likely than women (0.8 percent) to say they would refuse to leave.

Three-fourths of Douglas County adults (77.4 percent) would use a cell phone as their primary means of communication with family and friends in an emergency situation. More than one-half (54.4 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

### HEALTH-RELATED QUALITY OF LIFE

Among Douglas County adults, 88.6 percent considered their general health "good", "very good", or "excellent."

Douglas County adults averaged 2.7 days in the past month when their physical health was "not good" and 2.7 days when their mental health was "not good". Among adults who reported days when physical or mental health was "not good", these problems prevented

them from participating in their usual activities an average of 3.4 days in the past month.

### **DISABILITY**

In 2007-2008, 17.4 percent of adults in this county stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 5.7 percent of adults in Douglas County.

### **MENTAL HEALTH**

Only 3.1 percent of Douglas County adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 11.2 percent of adults.

A larger proportion of adults (17.0 percent) said they had ever been diagnosed with a depressive disorder, while 12.5 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

### **CARDIOVASCULAR DISEASE**

In Douglas County, 3.8 percent of adults said they ever had a heart attack. The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 3.6 percent in this county, while 2.3 percent said they were ever told they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 27.0 percent in 2007.

Eight of every ten respondents (80.6 percent) ever had their cholesterol level checked and 78.1 percent had it tested in the past five years. Among respondents who ever had their blood cholesterol level checked, 29.8 percent had been told it was high.

### **DIABETES**

Among Douglas County residents, 7.6 percent had ever been told they have diabetes. (This estimate does not

include persons told they had gestational diabetes or pre-diabetes).

### **ARTHRITIS**

More than one-fourth of adults in this county (26.5 percent) reported ever being diagnosed with arthritis.

### **ASTHMA**

The proportion of adults who had ever been told they had asthma was 11.6 percent, while 7.8 percent currently have this disease.

### **OVERWEIGHT AND OBESITY**

One-fourth of all adults residing in Douglas County (25.6 percent) reported heights and weights that placed them in the "obese" category (Body Mass Index = 30.0+). An additional 35.0 percent were classified as "overweight" (Body Mass Index = 25.0-29.9). Thus, six in ten adults (60.6 percent) were overweight or obese in 2007-2008.

Men in this county (46.3 percent) were significantly more likely than women (23.7 percent) to report heights and weights that placed them in the overweight category.

### **FRUIT AND VEGETABLE CONSUMPTION**

One-fourth of Douglas County adults (25.8 percent) consume fruits and/or vegetables five or more times daily. This rate has increased significantly from the 2005 prevalence rate of 15.5 percent.

### **PHYSICAL ACTIVITY**

One-fifth of respondents in this county (21.7 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

More than one-half of Douglas County adults (52.0 percent) participated in the recommended level of "moderate and/or vigorous" physical activity in a usual week. The current rate represents a significant increase from 33.5 percent in 2005.

Participation in the recommended level of "vigorous" physical activity in a usual week was reported by 32.8 percent of respondents from this county.

## TOBACCO USE

Among Douglas County adults, 20.8 percent said they currently smoke cigarettes, either daily or on some days of the month. A significantly greater proportion of men (24.9 percent) indicated they currently smoke, compared to women (16.6 percent) in this county.

Among current smokers, 47.5 percent reported trying to quit smoking at least once in the past 12 months.

One-third of Douglas County men (33.6 percent) said they had ever used smokeless tobacco, while only 5.2 percent stated they currently use these tobacco products.

## ALCOHOL CONSUMPTION

Binge drinking was reported by 18.2 percent of Douglas County adults, while a much smaller proportion of respondents (4.7 percent) indicated they engaged in heavy drinking in the past 30 days.

Drinking and driving was reported by 7.0 percent of adults in this county in the last month.

## CANCER SCREENING

Among women aged 40 and older in Douglas County, 73.5 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 98.2 percent reported ever having a Pap test, while 83.9 percent said they had this test within the past three years. These screening rates are significantly higher than corresponding rates for Nebraska women overall.

Most men aged 50 and older (87.0 percent) in Douglas County indicated that they ever had a PSA test to screen for prostate cancer, while 74.9 percent said they had this test in the past two years.

A significantly larger proportion of adults aged 50 and older in Douglas County (64.8 percent) reported ever having a colonoscopy or sigmoidoscopy, compared to Nebraska. Douglas County women in this age group (66.7 percent) were also significantly more likely than Nebraska women overall to say they ever had one of these examinations.

More than one-fifth of respondents in this age group in this county (22.5 percent) stated they had blood stool testing done in the past two years.

## IMMUNIZATION

Among adults aged 65 and older in Douglas County, 83.2 percent said they had been vaccinated for influenza in the past 12 months. This rate is significantly higher than the Nebraska rate (76.3 percent).

Three-fourths of adults aged 65 and older in this county indicated they ever had a pneumonia vaccination (77.9 percent).

## ORAL HEALTH

Three-fourths of adults in Douglas County (73.6 percent) had visited a dentist in the past 12 months and 73.3 percent had their teeth cleaned within the last year.

One-third of adults (33.4 percent) stated they had one or more teeth extracted due to decay or gum disease, while 16.8 percent of respondents aged 65 and older reported having all their teeth extracted due to decay or gum disease.

**DOUGLAS COUNTY HEALTH DEPARTMENT: SUMMARY TABLE**

INDICATORS	OVERALL			MEN			WOMEN			
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Gender Difference Significant?
<b>HEALTH CARE ACCESS</b>										
1. No health care coverage among adults 18-64 years old	1,151	14.7	NS	409	14.3	NS	742	15.0	NS	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,510	16.8	NS	537	22.3	NS	973	11.2	NS	Yes
3. Needed to see a doctor in past year but could not because of cost	1,510	12.9	NS	539	11.2	NS	971	14.7	NS	No
4. Visited a doctor for a routine checkup within the past year	1,505	64.6	NS	537	56.2	NS	968	72.9	NS	Yes
<b>GENERAL EMERGENCY PREPAREDNESS</b>										
1. Household not prepared for major disaster	579	16.1	NS	196	11.1	NS	383	21.9	NS	No
2. Household has no disaster evacuation plan	578	75.3	NS	195	72.6	NS	383	79.8	NS	No
3. Does not have at least 3-day supply of water	581	58.0	NS	197	51.4	NS	384	63.0	NS	No
4. Does not have at least 3-day supply of non-perishable food	582	18.0	NS	197	14.3	NS	385	21.1	NS	No
5. Does not have at least 3-day supply of prescription drugs	582	10.8	NS	196	4.8	NS	386	16.9	NS	Yes
6. Household has no working battery-powered radio	578	19.0	NS	194	10.8	NS	384	27.1	NS	Yes
7. Household has no working battery-powered flashlight	583	4.7	NS	197	5.1	NS	386	3.9	NS	No
8. Household would not leave home if evacuation were required	543	2.8	NS	178	5.1	NS	365	0.8	NS	Yes
9. Household would use cell phone as main source of communication	565	77.4	NS	193	77.5	NS	372	76.7	NS	No
10. Household would use radio as main source of information	555	54.4	NS	191	60.4	NS	364	51.0	NS	No
<b>HEALTH-RELATED QUALITY OF LIFE</b>										
1. General health was 'good' to 'excellent'	1,510	88.6	NS	539	88.3	NS	971	88.8	NS	No
2. Average number of days (in past month) that physical health was not good	1,499	2.7	NS	535	2.3	NS	964	3.1	NS	No
3. Average number of days (in past month) that mental health was not good	1,495	2.7	NS	537	2.2	NS	958	3.1	NS	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	735	3.4	NS	237	2.9	NS	498	3.7	NS	No
<b>DISABILITY</b>										
1. Limited in any way in any activities due to physical, mental or emotional problems	1,503	17.4	NS	538	16.5	NS	965	18.3	NS	No
2. Have health problems requiring use of special equipment	1,509	5.7	NS	539	5.2	NS	970	6.0	NS	No
<b>MENTAL HEALTH</b>										
1. Had serious psychological distress (SPD) in past 30 days	286	3.1	NS	101	2.5	NS	185	3.6	NS	No
2. Have current depression (based on Severity of Depression score of 10+)	260	11.2	NS	98	10.9	NS	162	11.3	NS	No
3. Lifetime diagnosis of depressive disorder	275	17.0	NS	102	17.1	NS	173	17.1	NS	No
4. Lifetime diagnosis of anxiety disorder	277	12.5	NS	103	10.5	NS	174	14.2	NS	No

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<b>CARDIOVASCULAR DISEASE</b>										
1. Ever told they had a heart attack or myocardial infarction	1,509	3.8	NS	538	5.3	NS	971	2.7	NS	No
2. Ever told they had angina or coronary heart disease	1,501	3.6	NS	536	4.9	NS	965	2.6	NS	No
3. Ever told they had a stroke	1,510	2.3	NS	539	2.9	NS	971	1.8	NS	No
4. Ever told blood pressure was high	598	27.0	NS	210	28.5	NS	388	25.4	NS	No
5. Ever had cholesterol level checked	592	80.6	NS	210	79.2	NS	382	82.2	NS	No
6. Had cholesterol level checked during the past five years	583	78.1	NS	207	76.9	NS	376	79.7	NS	No
7. Ever told cholesterol was high, among those who had ever been screened	512	29.8	NS	182	31.1	NS	330	28.6	NS	No
<b>DIABETES</b>										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,512	7.6	NS	539	9.1	NS	973	6.3	NS	No
<b>ARTHRITIS</b>										
1. Ever diagnosed with arthritis	593	26.5	NS	210	26.1	NS	383	27.0	NS	No
<b>ASTHMA</b>										
1. Ever told they had asthma	1,507	11.6	NS	538	12.0	NS	969	11.3	NS	No
2. Currently have asthma	1,504	7.8	NS	537	7.8	NS	967	7.9	NS	No
<b>OVERWEIGHT AND OBESITY</b>										
1. Obese (BMI=30+)	1,439	25.6	NS	529	25.2	NS	910	25.6	NS	No
2. Overweight (BMI=25.0-29.9)	1,439	35.0	NS	529	46.3	NS	910	23.7	NS	Yes
<b>FRUIT AND VEGETABLE CONSUMPTION</b>										
1. Consumed fruits and vegetables 5 or more times per day	590	25.8	NS	210	23.2	NS	380	28.2	NS	No
<b>PHYSICAL ACTIVITY</b>										
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,513	21.7	NS	540	20.7	NS	973	22.5	NS	No
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	562	52.0	NS	204	50.9	NS	358	53.4	NS	No
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	577	32.8	NS	208	37.4	NS	369	28.5	NS	No
<b>TOBACCO USE</b>										
1. Currently smoke cigarettes (either every day or on some days of the month)	1,508	20.8	NS	536	24.9	NS	972	16.6	NS	Yes
2. Attempted to quit smoking in past 12 months (among current smokers)	269	47.5	NS	111	40.2	NS	158	55.5	NS	No
3. Ever used smokeless tobacco (males)	--	--	--	309	33.6	NS	--	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	100	5.2	NS	--	--	--	--

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<b>ALCOHOL CONSUMPTION</b>										
1. Engaged in binge drinking in the past 30 days	605	18.2	NS	222	20.9	NS	383	15.7	NS	No
2. Engaged in heavy (chronic) drinking in the past 30 days	1,474	4.7	NS	521	4.8	NS	953	4.6	NS	No
3. Engaged in drinking and driving in the past 30 days	536	7.0	NS	223	10.7	NS	313	3.1	NS	No
<b>CANCER SCREENING</b>										
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	560	73.5	NS	--
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	761	98.2	Sig.	--
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	749	83.9	Sig.	--
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	67	87.0	NS	--	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	65	74.9	NS	--	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	67	87.1	NS	--	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	65	64.6	NS	--	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	650	64.8	Sig.	237	62.7	NS	413	66.7	Sig.	No
9. Among adults aged 50+, had a blood stool test in past two years	564	22.5	NS	203	18.5	NS	361	25.7	NS	No
<b>IMMUNIZATION</b>										
1. Had a flu shot in past 12 months (aged 65+)	355	83.2	Sig.	126	84.1	NS	229	82.7	NS	No
2. Ever had a pneumonia vaccination (aged 65+)	347	77.9	NS	122	76.1	NS	225	79.2	NS	No
<b>ORAL HEALTH</b>										
1. Visited the dentist in past 12 months	905	73.6	NS	325	69.9	NS	580	77.1	NS	No
2. Had teeth cleaned in past 12 months	859	73.3	NS	309	69.3	NS	550	77.4	NS	No
3. Had one or more teeth extracted due to decay or gum disease	905	33.4	NS	326	31.7	NS	579	34.7	NS	No
4. Had all of their teeth extracted (aged 65+)	213	16.8	NS	79	17.2	NS	134	16.5	NS	No

**NOTES:**

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska