

SOUTHWEST NEBRASKA PUBLIC HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, rates for the adult population in the Southwest Nebraska Public Health Department area were significantly worse for 11 indicators, compared to the state. More adults stated they did not have a personal doctor and fewer respondents visited a physician for a routine checkup in the past year. Smaller proportions of adults had their cholesterol level checked in the past five years or ever had it checked. More respondents in Southwest Nebraska did not participate in any physical activity outside of work in the past 30 days and fewer respondents in this area engaged in vigorous physical activity in a usual week. A greater proportion of male respondents in the Southwest Nebraska area reported currently using smokeless tobacco compared to the state overall. Fewer women aged 18 and older had a Pap test in the past three years and fewer adults aged 50 and older reported ever having a colonoscopy or sigmoidoscopy. Among respondents aged 65 and older, a smaller proportion ever had a pneumonia vaccination. Fewer adults in this area had their teeth cleaned within the last 12 months.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of Southwest Nebraska adults who considered their general health “good” to “excellent” increased significantly in the current study, compared to the 2005 baseline.

HEALTH CARE ACCESS

Among respondents aged 18 to 64 years in the Southwest Nebraska area, 17.4 percent reported having no health insurance at the time of the survey.

One-fifth of Southwest Nebraska adults (20.4 percent) stated they did not have a personal doctor or health care provider—a significantly higher rate than the state average of 15.7 percent. Men in this area (27.2 percent) were significantly more likely than women (13.2 percent) to report not having a personal physician.

At some time in the past year, 11.7 percent of Southwest Nebraska adults needed to see a doctor but could not due to the potential cost of care.

Compared to Nebraska adults overall (61.1 percent), a significantly smaller proportion of adults in this area (55.2 percent) reported visiting a doctor for a routine checkup in the past year. Southwest Nebraska women (61.7 percent) were significantly less likely than women statewide (69.2 percent) to have had a routine checkup in the last 12 months. Men in this area (49.2 percent) were significantly less likely than women to report having a checkup in the last 12 months.

GENERAL EMERGENCY PREPAREDNESS

In the Southwest Nebraska area, 13.8 percent of adults indicated their household was not prepared for a major disaster. Three-fourths of adults (74.4 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this area (56.9 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 14.9 percent of households said they did not.

Similarly, 7.7 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them. Men in Southwest Nebraska (2.2 percent) were significantly less likely than women in this area (10.9 percent) to report not having a three-day supply of needed medications.

In this area, 15.8 percent of respondents did not have a working battery-powered radio, while 3.4 percent of households did not have a working battery-powered flashlight at the time of the survey.

The majority of BRFSS respondents in Southwest Nebraska said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 5.8 percent stated they would not do so.

Three-fourths of the respondents in this area (73.4 percent) indicated they would use a cell phone as their primary means of communication with family and friends in an emergency situation.

More than one-half (57.4 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 Southwest Nebraska adults, 86.4 percent considered their general health “good”, “very good”, or “excellent. This rate represents a significant increase from the 2005 baseline of 78.9 percent.

Adults in this area averaged 3.2 days in the past month when their physical health was “not good”, while they reported an average of 2.9 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 4.1 days in the past month. Men in Southwest Nebraska averaged a significantly greater number of days with restricted activity (5.1 days) than Nebraska men overall (3.2 days).

DISABILITY

In 2007-2008, 18.8 percent of adults in this area 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 6.0 percent of adults in this area.

MENTAL HEALTH

In 2007, 4.5 percent of Southwest Nebraska 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 7.2 percent of adults in this area.

A larger proportion of adults (21.0 percent) said they had ever been diagnosed with a depressive disorder, while 10.6 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

CARDIOVASCULAR DISEASE

In the Southwest Nebraska area, 4.0 percent of adults said they ever had a heart attack, while 3.9 percent were ever told they had angina or coronary heart disease. Men in the Southwest area (5.5 percent) were significantly more likely than women (2.4 percent) to have ever been diagnosed with coronary heart disease.

Fewer Southwest Nebraska respondents (2.3 percent) said they had ever been told by a health professional that 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 28.6 percent in 2007.

Compared to Nebraska adults overall (76.2 percent), a significantly smaller proportion of Southwest Nebraska adults (66.6 percent) ever had their cholesterol level checked. The proportion who had it tested in the past five years was also significantly smaller in Southwest Nebraska (62.5 percent), compared to the statewide rate (72.0 percent). Women in this area were also significantly less likely than Nebraska women overall to say they ever had their cholesterol level tested (66.0 percent vs. 78.3 percent for Nebraska women) and to say they had their cholesterol level checked within the past five years (62.7 percent vs. 74.7 percent for Nebraska women).

Among Southwest Nebraska respondents who ever had their blood cholesterol level checked, 32.5 percent had been told it was high.

DIABETES

Among adults in this area, 6.8 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

One-fourth of adults in this area (24.5 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults in Southwest Nebraska who had ever been told they had asthma was 12.5 percent, while 8.2 percent currently have this disease.

OVERWEIGHT AND OBESITY

Three out of ten respondents in this area (29.8 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 36.5 percent of Southwest Nebraska respondents were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 66.3 percent of adults in this district were overweight or obese in 2007-2008.

Men in the Southwest Nebraska area (41.8 percent) were significantly more likely than women (31.0 percent) to report heights and weights that placed them in the “overweight” category.

FRUIT AND VEGETABLE CONSUMPTION

Nearly one-fourth of Southwest Nebraska adults (23.2 percent) consumed fruits and/or vegetables five or more times daily.

PHYSICAL ACTIVITY

Compared to Nebraska adults overall (23.0 percent), a significantly greater proportion of the respondents in this area (28.6 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month. Men in this area (32.8 percent) were significantly more likely than men statewide (22.4 percent) to be physically inactive.

Nearly one-half of Southwest Nebraska adults (48.2 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 22.7 percent of respondents from this area. This rate is significantly lower than the rate for adults statewide (31.8 percent). Women in Southwest Nebraska (15.5 percent) were also significantly less likely than Nebraska women overall (27.0 percent) to participate in vigorous physical activity. In addition, Southwest Nebraska women were significantly less likely than men in this area (29.7 percent) to report engaging in vigorous activity in a usual week.

TOBACCO USE

Among adults in the Southwest area, 19.6 percent said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 52.8 percent reported trying to quit smoking at least once in the past 12 months.

The proportion of male respondents who said they had ever used smokeless tobacco was 50.3 percent in Southwest Nebraska. More than one-fourth (27.5 percent) of men in this area stated they currently use these tobacco products—a significantly greater rate than the rate for Nebraska men overall (12.6 percent).

ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 19.7 percent of adults in this area, while 4.5 percent of respondents indicated they had participated in heavy drinking during the past 30 days.

Drinking and driving was reported by 5.8 percent of adults in this district in the last month.

CANCER SCREENING

Among women aged 40 and older in Southwest Nebraska, 64.8 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 93.4 percent reported ever having a Pap test, while 70.5 percent said they had this test within the past three years. The three-year screening rate for the Southwest area was significantly lower than the Nebraska rate (78.3 percent).

Most men aged 50 and older (84.1 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 77.1 percent said they had this test in the past two years.

Southwest Nebraska respondents aged 50 and older (43.5 percent) were significantly less likely than Nebraska BRFSS respondents in this age group (56.1 percent) to say they ever had a colonoscopy or sigmoidoscopy. Men in the Southwest area (40.2 percent) were also significantly less likely to have ever had this kind of exam than men statewide (55.4 percent), as were women (47.0 percent vs. 56.8 percent statewide).

Blood stool testing in the past two years among persons aged 50 and older was reported by 21.3 percent of respondents in the Southwest Nebraska area.

IMMUNIZATION

Seven out of ten adults aged 65 and older in this area (71.8 percent) said they had been vaccinated for influenza in the past 12 months.

Compared to Nebraska overall (71.2 percent), a significantly smaller proportion of respondents in this age group (61.5 percent) reported ever having a pneumonia vaccination. Women in the Southwest area (59.9 percent) were significantly less likely than women statewide (72.8 percent) to say they were ever vaccinated for pneumonia.

ORAL HEALTH

Less than two-thirds of respondents in Southwest Nebraska (65.2 percent) had visited a dentist in the past 12 months. Women in this area (65.3 percent) were significantly less likely than women statewide (73.6 percent) to say they had visited a dentist in the last year.

Six out of ten adults in the Southwest area (63.4 percent) reported having had their teeth cleaned within the last 12 months—a significantly smaller proportion than the rate for Nebraska adults overall (70.1 percent). Women in this area (63.0 percent) were significantly less likely than Nebraska women overall (73.4 percent) to have a dental cleaning in the past year.

Three out of ten Southwest respondents (31.5 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 19.1 percent reported having all their teeth extracted due to decay or gum disease.

SOUTHWEST NEBRASKA PUBLIC HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN			Gender Difference Significant?
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	
HEALTH CARE ACCESS										
1. No health care coverage among adults 18-64 years old	802	17.4	NS	299	15.8	NS	503	19.1	NS	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,259	20.4	Sig.	454	27.2	NS	805	13.2	NS	Yes
3. Needed to see a doctor in past year but could not because of cost	1,255	11.7	NS	452	9.2	NS	803	14.3	NS	No
4. Visited a doctor for a routine checkup within the past year	1,232	55.2	Sig.	443	49.2	NS	789	61.7	Sig.	Yes
GENERAL EMERGENCY PREPAREDNESS										
1. Household not prepared for major disaster	471	13.8	NS	164	8.6	NS	307	16.9	NS	No
2. Household has no disaster evacuation plan	476	74.4	NS	165	77.3	NS	311	73.7	NS	No
3. Does not have at least 3-day supply of water	476	56.9	NS	164	58.0	NS	312	59.4	NS	No
4. Does not have at least 3-day supply of non-perishable food	475	14.9	NS	165	11.2	NS	310	16.9	NS	No
5. Does not have at least 3-day supply of prescription drugs	477	7.7	NS	164	2.2	NS	313	10.9	NS	Yes
6. Household has no working battery-powered radio	475	15.8	NS	164	14.7	NS	311	15.7	NS	No
7. Household has no working battery-powered flashlight	479	3.4	NS	165	2.9	NS	314	3.2	NS	No
8. Household would not leave home if evacuation were required	434	5.8	NS	153	7.5	NS	281	4.1	NS	No
9. Household would use cell phone as main source of communication	456	73.4	NS	161	76.9	NS	295	73.0	NS	No
10. Household would use radio as main source of information	455	57.4	NS	162	57.8	NS	293	55.4	NS	No
HEALTH-RELATED QUALITY OF LIFE										
1. General health was 'good' to 'excellent'	1,257	86.4	NS	454	85.5	NS	803	87.2	NS	No
2. Average number of days (in past month) that physical health was not good	1,229	3.2	NS	446	3.2	NS	783	3.3	NS	No
3. Average number of days (in past month) that mental health was not good	1,238	2.9	NS	450	2.8	NS	788	3.1	NS	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	598	4.1	NS	201	5.1	Sig.	397	3.5	NS	No
DISABILITY										
1. Limited in any way in any activities due to physical, mental or emotional problems	1,249	18.8	NS	449	20.2	NS	800	17.1	NS	No
2. Have health problems requiring use of special equipment	1,256	6.0	NS	453	6.5	NS	803	5.4	NS	No
MENTAL HEALTH										
1. Had serious psychological distress (SPD) in past 30 days	252	4.5	NS	91	1.2	NS	161	6.6	NS	No
2. Have current depression (based on Severity of Depression score of 10+)	218	7.2	NS	87	6.5	NS	131	7.9	NS	No
3. Lifetime diagnosis of depressive disorder	242	21.0	NS	95	15.0	NS	147	27.3	NS	No
4. Lifetime diagnosis of anxiety disorder	242	10.6	NS	95	8.0	NS	147	13.2	NS	No

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CARDIOVASCULAR DISEASE										
1. Ever told they had a heart attack or myocardial infarction	1,248	4.0	NS	450	5.7	NS	798	2.6	NS	No
2. Ever told they had angina or coronary heart disease	1,252	3.9	NS	452	5.5	NS	800	2.4	NS	Yes
3. Ever told they had a stroke	1,257	2.3	NS	454	2.6	NS	803	2.1	NS	No
4. Ever told blood pressure was high	511	28.6	NS	185	32.3	NS	326	24.0	NS	No
5. Ever had cholesterol level checked	499	66.6	Sig.	183	67.6	NS	316	66.0	Sig.	No
6. Had cholesterol level checked during the past five years	497	62.5	Sig.	183	62.5	NS	314	62.7	Sig.	No
7. Ever told cholesterol was high, among those who had ever been screened	391	32.5	NS	141	32.0	NS	250	32.7	NS	No
DIABETES										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,258	6.8	NS	454	6.5	NS	804	7.3	NS	No
ARTHRITIS										
1. Ever diagnosed with arthritis	507	24.5	NS	184	23.0	NS	323	25.6	NS	No
ASTHMA										
1. Ever told they had asthma	1,254	12.5	NS	452	13.2	NS	802	12.1	NS	No
2. Currently have asthma	1,249	8.2	NS	449	7.7	NS	800	8.9	NS	No
OVERWEIGHT AND OBESITY										
1. Obese (BMI=30+)	1,207	29.8	NS	450	30.8	NS	757	29.0	NS	No
2. Overweight (BMI=25.0-29.9)	1,207	36.5	NS	450	41.8	NS	757	31.0	NS	Yes
FRUIT AND VEGETABLE CONSUMPTION										
1. Consumed fruits and vegetables 5 or more times per day	508	23.2	NS	183	16.1	NS	325	30.4	NS	No
PHYSICAL ACTIVITY										
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,258	28.6	Sig.	454	32.8	Sig.	804	24.5	NS	No
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	474	48.2	NS	176	50.8	NS	298	44.6	NS	No
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	495	22.7	Sig.	180	29.7	NS	315	15.5	Sig.	Yes
TOBACCO USE										
1. Currently smoke cigarettes (either every day or on some days of the month)	1,258	19.6	NS	454	20.3	NS	804	19.0	NS	No
2. Attempted to quit smoking in past 12 months (among current smokers)	207	52.8	NS	80	55.9	NS	127	50.1	NS	No
3. Ever used smokeless tobacco (males)	--	--	--	264	50.3	NS	--	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	124	27.5	Sig.	--	--	--	--

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	
ALCOHOL CONSUMPTION										
1. Engaged in binge drinking in the past 30 days	503	19.7	NS	188	26.6	NS	315	11.7	NS	No
2. Engaged in heavy (chronic) drinking in the past 30 days	1,239	4.5	NS	444	5.8	NS	795	3.1	NS	No
3. Engaged in drinking and driving in the past 30 days	336	5.8	NS	156	9.1	NS	180	1.3	NS	No
CANCER SCREENING										
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	522	64.8	NS	--
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	631	93.4	NS	--
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	619	70.5	Sig.	--
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	64	84.1	NS	--	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	63	77.1	NS	--	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	67	83.6	NS	--	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	65	55.4	NS	--	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	659	43.5	Sig.	238	40.2	Sig.	421	47.0	Sig.	No
9. Among adults aged 50+, had a blood stool test in past two years	589	21.3	NS	218	18.9	NS	371	23.8	NS	No
IMMUNIZATION										
1. Had a flu shot in past 12 months (aged 65+)	452	71.8	NS	155	72.5	NS	297	71.3	NS	No
2. Ever had a pneumonia vaccination (aged 65+)	438	61.5	Sig.	148	63.8	NS	290	59.9	Sig.	No
ORAL HEALTH										
1. Visited the dentist in past 12 months	732	65.2	NS	261	65.3	NS	471	65.3	Sig.	No
2. Had teeth cleaned in past 12 months	660	63.4	Sig.	233	63.7	NS	427	63.0	Sig.	No
3. Had one or more teeth extracted due to decay or gum disease	737	31.5	NS	265	27.8	NS	472	35.4	NS	No
4. Had all of their teeth extracted (aged 65+)	278	19.1	NS	94	17.8	NS	184	20.0	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