

WEST CENTRAL DISTRICT HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, the rate was significantly better for two indicators for the adult population in the West Central District Health Department area, compared to the state. With regard to emergency preparedness, a smaller proportion of adults in this area said they did not have a written disaster evacuation plan. Fewer adults also said they did not have a three-day supply of water on hand in case of a large-scale disaster.
- Current rates were significantly worse for five indicators in the West Central District than they were for Nebraska overall. Fewer adults visited a doctor for a routine checkup in the past year. More West Central men reported ever using smokeless tobacco, compared to men statewide. Fewer adults aged 50 and older had a blood stool test in the last two years. Fewer adults in this district visited the dentist or had their teeth cleaned in the last year.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of West Central adults who visited their doctor for a routine checkup in the past 12 months decreased significantly in the current study, compared to the 2005 baseline.
- The proportion of adults who participated in the recommended level of moderate and/or vigorous physical activity in a usual week increased significantly from the 2005 baseline.

HEALTH CARE ACCESS

Among respondents aged 18 to 64 years in the West Central District, 17.4 percent reported having no health insurance at the time of the survey.

One out of eight adults in this district (11.9 percent) stated they did not have a personal doctor or health care provider. Men in this area (17.1 percent) were significantly more likely than women (6.7 percent) to report not having a personal physician.

At some time in the past year, 12.7 percent of West Central adults needed to see a doctor but could not due to the potential cost of care.

Compared to Nebraska (61.1 percent), significantly fewer respondents in this district (53.9 percent) reported visiting a doctor for a routine checkup in the past year. This rate also represents a significant decrease from 2005 when 72.9 percent of respondents had seen their doctor for a checkup in the last 12 months. Men in this area (44.1 percent) were significantly less likely than women (63.7 percent) to report having a checkup in the last year. West Central men were also significantly less likely than Nebraska men overall (53.2 percent) to report a doctor visit for this purpose.

GENERAL EMERGENCY PREPAREDNESS

In the West Central District, 15.7 percent of adults indicated their household was not prepared for a major disaster. Two-thirds of adults (67.1 percent) stated that they did not have a written disaster evacuation plan. This rate was significantly better than the state average of 75.8 of respondents without such a plan.

Less than one-half of BRFSS respondents in this area (45.4 percent) did not have a three-day supply of water on hand—significantly better than the Nebraska rate of 54.9 percent without the recommended supply of water.

Although most households in this county had a three-day supply of non-perishable food, respondents from 15.4 percent of households said they did not.

Similarly, 8.9 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

In this area, 16.5 percent of respondents did not have a working battery-powered radio. Women in the West Central District (24.2 percent) were significantly more likely than men (8.6 percent) to say they did not have this kind of radio.

Only 4.0 percent of households in this district did not have a working battery-powered flashlight at the time of the survey.

The majority of BRFSS respondents in the West Central District said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 5.1 percent stated they would not do so.

Three-fourths of the respondents in this area (74.2 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 (58.0 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 West Central adults, 87.9 percent considered their general health “good”, “very good”, or “excellent.

Adults in this area averaged 3.7 days in the past month when their physical health was “not good”.

In the West Central District, respondents averaged of 2.3 days out of the last 30 days when their mental health was “not good”. Women (3.3 days) reported significantly more days with poor mental health than men in this area (1.4 days).

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 4.2 days in the past month.

DISABILITY

In 2007-2008, 17.3 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 7.2 percent of adults in this area.

MENTAL HEALTH

In 2007, 3.8 percent of West Central 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 4.6 percent of adults in this area.

A larger proportion of adults (14.7 percent) said they had ever been diagnosed with a depressive disorder, while 7.7 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

CARDIOVASCULAR DISEASE

In the West Central District, 4.5 percent of adults said they ever had a heart attack, with men (6.6 percent) significantly more likely than women (2.7 percent) to have ever been told they had a heart attack.

A similar proportion of adults (4.5 percent) were ever told they had angina or coronary heart disease.

Fewer respondents in this area (1.8 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 26.2 percent in 2007.

Three-fourths of West Central adults (76.6 percent) ever had their cholesterol level checked and 70.3 percent had this testing done within the last five years. Among respondents who ever had their blood cholesterol level checked, 37.9 percent had been told it was high.

DIABETES

Among adults in this area, 6.9 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 area (28.8 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults in the West Central District who had ever been told they had asthma was 14.5 percent. Men in this district (16.6 percent) were significantly more likely than men statewide (10.2 percent) to have ever been told they had this disease.

One in ten adults in this district (9.7 percent) currently have asthma.

OVERWEIGHT AND OBESITY

About one-fourth of BRFSS respondents in this area (26.8 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 38.5 percent of West Central respondents were classified as “overweight” (Body Mass

Index = 25.0-29.9). Thus, 65.3 percent of adults in this district were overweight or obese in 2007-2008.

Men in this area (47.7 percent) were significantly more likely than women (29.0 percent) to report heights and weights that placed them in the “overweight” category.

FRUIT AND VEGETABLE CONSUMPTION

One-fourth of West Central adults (25.9 percent) consumed fruits and/or vegetables five more times daily.

PHYSICAL ACTIVITY

One-fifth of the respondents in this area (21.1 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 West Central adults (57.7 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week. This rate represents a significant increase over the 2005 baseline rate of 39.3 percent. Men in this district (66.6 percent) were significantly more likely than men statewide (54.2 percent) to participate in this level of physical activity. West Central men were also significantly more likely than women in this district (48.6 percent) to report this activity level in a usual week.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 32.2 percent of respondents from this area.

TOBACCO USE

Among adults in the West Central District, 20.0 percent said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 58.1 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 57.6 percent in this area—a significantly greater percentage than the Nebraska rate for men (41.4 percent). About one-fifth of West Central men (22.5 percent) currently use these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 20.9 percent of adults in this area, while 6.9 percent engaged

in heavy drinking. West Central men (10.0 percent) were significantly more likely than men statewide (5.2 percent) to drink heavily.

Drinking and driving was reported by 7.6 percent of West Central adults.

CANCER SCREENING

Among women aged 40 and older in the West Central area, 66.8 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 95.4 percent reported ever having a Pap test, while 78.7 percent said they had this test within the past three years.

Most men aged 50 and older (85.7 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 69.0 percent said they had this test in the past two years.

Among West Central respondents aged 50 and older, 53.8 percent ever had a colonoscopy or sigmoidoscopy.

Only 14.0 percent of adults in this age group stated they had a blood stool test in the past two years—a significantly smaller proportion than the Nebraska average (22.8 percent). Men in the West Central District (10.8 percent) were also significantly less likely than men statewide (21.4 percent) to report having this test in the last two years.

IMMUNIZATION

Three-fourths of adults aged 65 and older in this area (74.5 percent) said they had been vaccinated for influenza in the past 12 months.

Seven out of ten respondents aged 65 and older in the West Central District (70.7 percent) reported ever having a pneumonia vaccination.

ORAL HEALTH

Compared to the state overall (70.7 percent), a significantly smaller proportion of respondents in the West Central District (61.2 percent) had visited a dentist in the past 12 months. Men in this district (55.7 percent) were also significantly less likely than men statewide (67.7 percent) to have seen the dentist in the last year.

The proportion of West Central adults who had their teeth cleaned within the last 12 months (60.5 percent) was also significantly smaller than the overall rate for the state (70.1 percent).

One-third of the adults in this area (33.2 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 19.3 percent reported having all their teeth extracted due to decay or gum disease.

WEST CENTRAL DISTRICT 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	865	17.4	NS	340	16.1	NS	525	18.7	NS	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,287	11.9	NS	480	17.1	NS	807	6.7	NS	Yes
3. Needed to see a doctor in past year but could not because of cost	1,287	12.7	NS	480	11.0	NS	807	14.3	NS	No
4. Visited a doctor for a routine checkup within the past year	1,264	53.9	Sig.	472	44.1	Sig.	792	63.7	NS	Yes
GENERAL EMERGENCY PREPAREDNESS										
1. Household not prepared for major disaster	478	15.7	NS	192	8.6	NS	286	22.7	NS	No
2. Household has no disaster evacuation plan	482	67.1	Sig.	193	63.4	NS	289	70.3	NS	No
3. Does not have at least 3-day supply of water	481	45.4	Sig.	195	40.6	NS	286	50.8	NS	No
4. Does not have at least 3-day supply of non-perishable food	483	15.4	NS	194	11.8	NS	289	19.0	NS	No
5. Does not have at least 3-day supply of prescription drugs	484	8.9	NS	195	8.1	NS	289	9.5	NS	No
6. Household has no working battery-powered radio	479	16.5	NS	194	8.6	NS	285	24.2	NS	Yes
7. Household has no working battery-powered flashlight	485	4.0	NS	195	3.1	NS	290	4.9	NS	No
8. Household would not leave home if evacuation were required	449	5.1	NS	178	7.7	NS	271	2.6	NS	No
9. Household would use cell phone as main source of communication	456	74.2	NS	182	79.0	NS	274	69.9	NS	No
10. Household would use radio as main source of information	460	5.8	NS	190	62.3	NS	270	53.9	NS	No
HEALTH-RELATED QUALITY OF LIFE										
1. General health was 'good' to 'excellent'	1,287	87.9	NS	480	89.0	NS	807	86.8	NS	No
2. Average number of days (in past month) that physical health was not good	1,268	3.7	NS	474	3.8	NS	794	3.7	NS	No
3. Average number of days (in past month) that mental health was not good	1,263	2.3	NS	473	1.4	NS	790	3.3	NS	Yes
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	630	4.2	NS	192	3.7	NS	438	4.7	NS	No
DISABILITY										
1. Limited in any way in any activities due to physical, mental or emotional problems	1,280	17.3	NS	477	14.8	NS	803	19.7	NS	No
2. Have health problems requiring use of special equipment	1,282	7.2	NS	479	7.3	NS	803	6.9	NS	No
MENTAL HEALTH										
1. Had serious psychological distress (SPD) in past 30 days	242	3.8	NS	104	2.4	NS	138	5.1	NS	No
2. Have current depression (based on Severity of Depression score of 10+)	228	4.6	NS	74	1.2	NS	154	8.0	NS	No
3. Lifetime diagnosis of depressive disorder	247	14.7	NS	80	8.1	NS	167	21.5	NS	No
4. Lifetime diagnosis of anxiety disorder	248	7.7	NS	80	2.3	NS	168	11.0	NS	No

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CARDIOVASCULAR DISEASE										
1. Ever told they had a heart attack or myocardial infarction	1,284	4.5	NS	477	6.6	NS	807	2.7	NS	Yes
2. Ever told they had angina or coronary heart disease	1,273	4.5	NS	472	5.5	NS	801	3.8	NS	No
3. Ever told they had a stroke	1,286	1.8	NS	480	1.6	NS	806	2.0	NS	No
4. Ever told blood pressure was high	531	26.2	NS	203	23.8	NS	328	28.6	NS	No
5. Ever had cholesterol level checked	525	76.6	NS	203	78.8	NS	322	74.0	NS	No
6. Had cholesterol level checked during the past five years	519	70.3	NS	201	71.6	NS	318	68.9	NS	No
7. Ever told cholesterol was high, among those who had ever been screened	436	37.9	NS	171	43.5	NS	265	32.2	NS	No
DIABETES										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,287	6.9	NS	480	6.8	NS	807	6.9	NS	No
ARTHRITIS										
1. Ever diagnosed with arthritis	524	28.8	NS	202	30.8	NS	322	26.7	NS	No
ASTHMA										
1. Ever told they had asthma	1,282	14.5	NS	478	16.6	Sig.	804	12.3	NS	No
2. Currently have asthma	1,279	9.7	NS	477	10.4	NS	802	9.2	NS	No
OVERWEIGHT AND OBESITY										
1. Obese (BMI=30+)	1,237	26.8	NS	474	24.9	NS	763	28.9	NS	No
2. Overweight (BMI=25.0-29.9)	1,237	38.5	NS	474	47.7	NS	763	29.0	NS	Yes
FRUIT AND VEGETABLE CONSUMPTION										
1. Consumed fruits and vegetables 5 or more times per day	522	25.9	NS	202	21.3	NS	320	30.1	NS	No
PHYSICAL ACTIVITY										
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,285	21.1	NS	479	18.3	NS	806	23.8	NS	No
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	496	57.7	NS	197	66.6	Sig.	299	48.6	NS	Yes
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	508	32.2	NS	200	38.8	NS	308	25.7	NS	No
TOBACCO USE										
1. Currently smoke cigarettes (either every day or on some days of the month)	1,289	20.0	NS	480	19.1	NS	809	21.0	NS	No
2. Attempted to quit smoking in past 12 months (among current smokers)	243	58.1	NS	86	56.5	NS	157	59.5	NS	No
3. Ever used smokeless tobacco (males)	--	--	--	272	57.6	Sig.	--	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	143	22.5	NS	--	--	--	--

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ALCOHOL CONSUMPTION										
1. Engaged in binge drinking in the past 30 days	507	20.9	NS	189	26.9	NS	318	14.9	NS	No
2. Engaged in heavy (chronic) drinking in the past 30 days	1,267	6.9	NS	469	10.0	Sig.	798	3.5	NS	No
3. Engaged in drinking and driving in the past 30 days	351	7.6	NS	161	9.4	NS	190	4.9	NS	No
CANCER SCREENING										
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	501	66.8	NS	--
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	617	95.4	NS	--
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	616	78.7	NS	--
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	50	85.7	NS	--	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	50	69.0	NS	--	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	51	83.5	NS	--	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	49	45.2	NS	--	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	667	53.8	NS	248	56.5	NS	419	50.5	NS	No
9. Among adults aged 50+, had a blood stool test in past two years	582	14.0	Sig.	232	10.8	Sig.	350	17.3	NS	No
IMMUNIZATION										
1. Had a flu shot in past 12 months (aged 65+)	422	74.5	NS	139	76.7	NS	283	72.8	NS	No
2. Ever had a pneumonia vaccination (aged 65+)	414	70.7	NS	134	73.3	NS	280	68.8	NS	No
ORAL HEALTH										
1. Visited the dentist in past 12 months	753	61.2	Sig.	273	55.7	Sig.	480	65.9	NS	No
2. Had teeth cleaned in past 12 months	674	60.5	Sig.	244	55.5	NS	430	64.8	NS	No
3. Had one or more teeth extracted due to decay or gum disease	750	33.2	NS	272	30.4	NS	478	36.8	NS	No
4. Had all of their teeth extracted (aged 65+)	244	19.3	NS	77	16.9	NS	167	21.0	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