

Indicators	Overall					Men					Women					LHD Gender Diff. ^e						
	East Central			State of NE		Sig ^d	East Central			State of NE		Sig ^d	East Central				State of NE		Sig ^d			
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b		95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a		mean or % ^b	95% C.I. ^c (Low - High)	n ^a		mean or % ^b	95% C.I. ^c (Low - High)		n ^a	mean or % ^b	95% C.I. ^c (Low - High)
Up-to-date on colon cancer screening, 50-75 year olds ^a																						
2011																						
2012																						
2013																						
2014																						
2015																						
2016																						
2017																						
2018																						
2019																						
2020	269	68.9%	(62.1 - 75.0)	6,520	72.5%	(70.9 - 74.1)	NS	128	67.2%*	(56.9 - 76.1)	2,901	70.6%	(68.2 - 73.0)	NS	141	70.7%	(61.7 - 78.3)	3,619	74.3%	(72.2 - 76.3)	NS	No
Up-to-date on breast cancer screening, female 50-74 year olds ^a																						
2011																						
2012	184	79.2%	(71.1 - 85.4)	5,200	74.9%	(73.2 - 76.5)	NS								184	79.2%	(71.1 - 85.4)	5,200	74.9%	(73.2 - 76.5)	NS	
2013																						
2014	247	74.8%	(68.1 - 80.5)	5,904	76.1%	(74.5 - 77.7)	NS								247	74.8%	(68.1 - 80.5)	5,904	76.1%	(74.5 - 77.7)	NS	
2015																						
2016	159	75.0%	(66.8 - 81.7)	3,914	73.4%	(71.3 - 75.4)	NS								159	75.0%	(66.8 - 81.7)	3,914	73.4%	(71.3 - 75.4)	NS	
2017																						
2018	130	81.0%	(72.4 - 87.4)	3,637	75.4%	(73.3 - 77.3)	NS								130	81.0%	(72.4 - 87.4)	3,637	75.4%	(73.3 - 77.3)	NS	
2019																						
2020	132	78.0%	(69.7 - 84.6)	3,529	76.4%	(74.4 - 78.4)	NS								132	78.0%	(69.7 - 84.6)	3,529	76.4%	(74.4 - 78.4)	NS	
Up-to-date on cervical cancer screening, female 21-65 year olds ^a																						
2011																						
2012	190	84.8%	(77.0 - 90.4)	5,055	83.9%	(82.5 - 85.2)	NS								190	84.8%	(77.0 - 90.4)	5,055	83.9%	(82.5 - 85.2)	NS	
2013																						
2014	237	82.3%	(76.0 - 87.3)	5,779	81.7%	(80.0 - 83.3)	NS								237	82.3%	(76.0 - 87.3)	5,779	81.7%	(80.0 - 83.3)	NS	
2015																						
2016	180	81.7%	(75.0 - 87.0)	3,814	77.7%	(75.5 - 79.8)	NS								180	81.7%	(75.0 - 87.0)	3,814	77.7%	(75.5 - 79.8)	NS	
2017																						
2018	127	86.0%	(78.7 - 91.0)	3,466	80.9%	(79.0 - 82.7)	NS								127	86.0%	(78.7 - 91.0)	3,466	80.9%	(79.0 - 82.7)	NS	
2019																						
2020	123	83.2%	(74.4 - 89.5)	3,323	77.7%	(75.6 - 79.7)	NS								123	83.2%	(74.4 - 89.5)	3,323	77.7%	(75.6 - 79.7)	NS	
Arthritis																						
Ever told they have arthritis																						
2011	1,037	24.1%	(21.3 - 27.1)	25,285	23.4%	(22.8 - 24.1)	NS	385	20.5%	(16.6 - 25.0)	10,184	20.1%	(19.2 - 21.1)	NS	652	27.8%	(24.1 - 31.7)	15,101	26.6%	(25.7 - 27.6)	NS	No
2012	688	24.6%	(21.1 - 28.4)	19,089	24.6%	(23.8 - 25.4)	NS	268	23.6%	(18.6 - 29.6)	7,839	21.5%	(20.3 - 22.6)	NS	420	25.5%	(21.0 - 30.6)	11,250	27.7%	(26.6 - 28.8)	NS	No
2013	579	23.0%	(19.4 - 27.1)	17,017	24.7%	(23.8 - 25.7)	NS	242	19.0%	(14.1 - 25.1)	6,925	21.6%	(20.2 - 23.0)	NS	337	27.1%	(22.2 - 32.7)	10,092	27.8%	(26.5 - 29.2)	NS	No
2014	966	23.8%	(21.0 - 26.9)	22,307	24.6%	(23.8 - 25.4)	NS	419	20.4%	(16.6 - 24.8)	9,560	21.6%	(20.5 - 22.8)	NS	547	27.3%	(23.4 - 31.6)	12,747	27.4%	(26.3 - 28.6)	NS	No
2015	730	22.8%	(19.7 - 26.2)	17,472	23.4%	(22.6 - 24.3)	NS	354	19.4%	(15.4 - 24.1)	7,540	19.7%	(18.5 - 20.9)	NS	376	26.2%	(21.7 - 31.3)	9,932	27.1%	(25.9 - 28.4)	NS	No
2016	664	24.4%	(20.9 - 28.4)	15,137	24.6%	(23.6 - 25.6)	NS	280	24.2%	(18.7 - 30.7)	6,622	21.7%	(20.3 - 23.2)	NS	384	24.7%	(20.5 - 29.4)	8,515	27.4%	(26.0 - 28.8)	NS	No
2017	629	24.1%	(20.8 - 27.8)	15,285	24.0%	(23.0 - 25.0)	NS	283	20.3%	(15.9 - 25.4)	6,939	20.6%	(19.3 - 22.0)	NS	346	28.1%	(23.2 - 33.5)	8,339	27.3%	(25.9 - 28.7)	NS	No
2018	591	23.3%	(19.9 - 27.0)	14,575	25.2%	(24.2 - 26.2)	NS	275	20.0%	(15.5 - 25.5)	6,537	21.3%	(19.9 - 22.6)	NS	316	26.7%	(21.8 - 32.2)	8,024	29.1%	(27.7 - 30.5)	NS	No
2019	652	24.3%	(21.0 - 27.9)	15,799	23.1%	(22.3 - 24.0)	NS	251	20.0%	(15.6 - 25.4)	7,118	19.3%	(18.2 - 20.5)	NS	401	28.7%	(24.1 - 33.8)	8,681	26.8%	(25.6 - 28.1)	NS	No
2020	616	21.2%	(18.0 - 24.7)	14,734	22.8%	(21.9 - 23.7)	NS	293	18.1%	(14.0 - 23.1)	6,770	19.5%	(18.3 - 20.8)	NS	323	24.4%	(19.8 - 29.7)	7,964	26.1%	(24.8 - 27.4)	NS	No
Currently have activity limitations due to arthritis, among those ever told they have arthritis ^a																						
2011	325	39.7%	(33.4 - 46.3)	7,973	45.2%	(43.6 - 46.8)	NS	107	39.6%*	(29.1 - 51.1)	2,711	42.6%	(40.0 - 45.2)	NS	218	39.8%	(32.5 - 47.5)	5,262	47.1%	(45.1 - 49.2)	NS	No
2012																						
2013	180	41.6%	(33.2 - 50.5)	5,460	42.4%	(40.3 - 44.6)	NS	59	37.4%*	(23.9 - 53.2)	1,861	41.0%	(37.4 - 44.6)	NS	121	44.5%*	(34.6 - 55.0)	3,599	43.5%	(40.8 - 46.2)	NS	No
2014																						
2015	196	41.5%	(34.0 - 49.4)	5,146	44.0%	(41.9 - 46.1)	NS	78	51.3%*	(39.3 - 63.1)	1,852	41.9%	(38.6 - 45.3)	NS	118	34.5%*	(25.6 - 44.7)	3,294	45.5%	(42.9 - 48.1)	NS	No
2016																						
2017	196	46.5%	(38.7 - 54.5)	4,782	46.2%	(44.0 - 48.4)	NS	74	48.4%*	(36.2 - 60.7)	1,885	41.1%	(37.8 - 44.5)	NS	122	45.2%*	(35.3 - 55.6)	2,895	50.0%	(47.1 - 52.9)	NS	No
2018																						
2019	227	33.2%	(26.5 - 40.7)	4,922	37.4%	(35.5 - 39.4)	NS	74	24.1%*	(14.8 - 36.7)	1,862	32.8%	(29.9 - 35.9)	NS	153	39.9%	(31.2 - 49.2)	3,060	40.7%	(38.2 - 43.3)	NS	No
2020																						

Indicators	Overall					Men					Women					LHD Gender Diff. ^e						
	East Central		State of NE			East Central		State of NE			East Central		State of NE									
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d							
Current e-cigarette use																						
2011																						
2012																						
2013																						
2014																						
2015																						
2016	658	5.4%	(3.5 - 8.2)	14,819	4.9%	(4.3 - 5.6)	NS	277	7.3%	(4.2 - 12.4)	6,474	5.3%	(4.5 - 6.4)	NS	381	3.5%* (1.8 - 6.6)	8,345	4.5%	(3.7 - 5.6)	NS	No	
2017	608	2.3%*	(1.2 - 4.4)	14,763	3.8%	(3.3 - 4.4)	NS	274	2.3%*	(0.8 - 6.3)	6,690	4.7%	(3.9 - 5.7)	NS	334	2.4%* (1.1 - 5.1)	8,067	3.0%	(2.4 - 3.8)	NS	No	
2018	572	2.9%*	(1.5 - 5.8)	13,966	5.6%	(5.0 - 6.3)	NS	264	3.5%*	(1.5 - 7.9)	6,242	6.7%	(5.7 - 7.9)	NS	308	2.4%* (0.7 - 7.7)	7,714	4.6%	(3.8 - 5.5)	NS	No	
2019	622	4.1%	(2.3 - 7.0)	15,127	5.9%	(5.3 - 6.6)	NS	241	6.1%*	(3.1 - 11.7)	6,839	6.7%	(5.8 - 7.8)	NS	381	2.0%* (0.8 - 4.6)	8,288	5.2%	(4.4 - 6.2)	NS	No	
2020	588	6.0%	(3.3 - 10.7)	14,016	5.9%	(5.2 - 6.6)	NS	277	8.0%*	(3.5 - 16.9)	6,413	7.4%	(6.4 - 8.5)	NS	311	4.1%* (2.0 - 8.1)	7,603	4.4%	(3.6 - 5.3)	NS	No	
Overweight and Obesity																						
Obese (BMI=30+)[^]																						
2011	982	31.9%	(28.4 - 35.7)	24,366	28.4%	(27.6 - 29.2)	NS	380	33.3%	(27.8 - 39.2)	10,102	29.2%	(28.0 - 30.4)	NS	602	30.4%	(26.2 - 35.1)	14,264	27.6%	(26.5 - 28.8)	NS	No
2012	663	30.3%	(25.8 - 35.4)	18,385	28.6%	(27.7 - 29.6)	NS	265	31.4%	(24.7 - 38.9)	7,781	29.2%	(27.9 - 30.6)	NS	398	29.2%	(23.2 - 36.0)	10,604	28.1%	(26.8 - 29.3)	NS	No
2013	544	28.9%	(24.0 - 34.4)	16,250	29.6%	(28.4 - 30.7)	NS	239	26.3%	(19.7 - 34.1)	6,860	30.8%	(29.1 - 32.5)	NS	305	31.7%	(24.8 - 39.5)	9,390	28.4%	(26.9 - 29.9)	NS	No
2014	893	31.4%	(27.9 - 35.2)	21,130	30.2%	(29.2 - 31.3)	NS	402	33.2%	(27.9 - 38.9)	9,399	31.7%	(30.2 - 33.2)	NS	491	29.5%	(25.0 - 34.5)	11,731	28.7%	(27.4 - 30.1)	NS	No
2015	672	31.8%	(27.8 - 36.0)	16,265	31.4%	(30.3 - 32.5)	NS	341	33.5%	(28.0 - 39.6)	7,323	32.9%	(31.3 - 34.6)	NS	331	29.8%	(24.4 - 35.9)	8,942	29.8%	(28.3 - 31.3)	NS	No
2016	616	34.7%	(30.3 - 39.4)	14,173	32.0%	(30.8 - 33.2)	NS	275	40.6%	(34.0 - 47.6)	6,460	32.6%	(30.8 - 34.3)	NS	341	27.7%	(22.6 - 33.4)	7,713	31.4%	(29.7 - 33.1)	NS	Yes
2017	580	36.7%	(32.1 - 41.4)	14,330	32.8%	(31.6 - 34.0)	NS	275	41.5%	(34.9 - 48.3)	6,753	33.2%	(31.5 - 34.9)	+	305	31.1%	(25.2 - 37.7)	7,574	32.3%	(30.6 - 34.0)	NS	No
2018	547	38.5%	(33.9 - 43.3)	13,669	34.1%	(32.9 - 35.3)	NS	267	43.0%	(36.4 - 49.8)	6,334	34.5%	(32.8 - 36.2)	+	280	33.4%	(27.2 - 40.2)	7,331	33.7%	(32.1 - 35.4)	NS	No
2019	590	33.6%	(29.2 - 38.3)	14,710	34.1%	(33.0 - 35.2)	NS	239	33.0%	(26.7 - 40.0)	6,891	33.6%	(32.1 - 35.1)	NS	351	34.3%	(28.4 - 40.7)	7,819	34.7%	(33.2 - 36.3)	NS	No
2020	558	33.2%	(28.8 - 37.8)	13,601	34.0%	(32.8 - 35.2)	NS	274	32.8%	(26.7 - 39.6)	6,503	34.7%	(33.0 - 36.4)	NS	284	33.6%	(27.6 - 40.1)	7,098	33.3%	(31.6 - 35.0)	NS	No
Overweight or Obese (BMI=25+)																						
2011	982	68.4%	(64.7 - 71.9)	24,366	64.9%	(64.0 - 65.8)	NS	380	76.6%	(70.8 - 81.6)	10,102	72.8%	(71.5 - 74.1)	NS	602	59.6%	(54.8 - 64.2)	14,264	56.8%	(55.5 - 58.1)	NS	Yes
2012	663	66.4%	(61.3 - 71.2)	18,385	65.0%	(64.0 - 66.0)	NS	265	75.2%	(67.5 - 81.6)	7,781	72.3%	(70.8 - 73.7)	NS	398	56.9%	(50.0 - 63.6)	10,604	57.6%	(56.2 - 59.0)	NS	Yes
2013	544	66.8%	(61.3 - 71.8)	16,250	65.5%	(64.2 - 66.7)	NS	239	69.3%	(60.8 - 76.7)	6,860	72.2%	(70.4 - 74.0)	NS	305	63.9%	(56.9 - 70.4)	9,390	58.5%	(56.8 - 60.2)	NS	No
2014	893	67.6%	(63.6 - 71.2)	21,130	66.7%	(65.6 - 67.8)	NS	402	73.9%	(68.0 - 79.1)	9,399	73.8%	(72.3 - 75.3)	NS	491	60.5%	(55.3 - 65.5)	11,731	59.2%	(57.7 - 60.7)	NS	Yes
2015	672	69.2%	(64.7 - 73.4)	16,265	67.0%	(65.8 - 68.2)	NS	341	79.2%	(73.1 - 84.2)	7,323	73.4%	(71.7 - 75.1)	NS	331	58.4%	(51.8 - 64.7)	8,942	60.2%	(58.6 - 61.9)	NS	Yes
2016	616	69.1%	(64.8 - 73.1)	14,173	68.5%	(67.3 - 69.8)	NS	275	79.6%	(73.8 - 84.3)	6,460	74.9%	(73.1 - 76.6)	NS	341	56.7%	(50.6 - 62.7)	7,713	61.8%	(59.9 - 63.6)	NS	Yes
2017	580	69.5%	(64.8 - 73.9)	14,330	69.0%	(67.8 - 70.2)	NS	275	76.8%	(70.1 - 82.4)	6,753	75.2%	(73.5 - 76.8)	NS	305	61.1%	(54.4 - 67.4)	7,574	62.4%	(60.6 - 64.2)	NS	Yes
2018	547	74.6%	(70.2 - 78.6)	13,669	68.9%	(67.6 - 70.1)	+	267	81.7%	(75.7 - 86.5)	6,334	73.9%	(72.2 - 75.5)	+	280	66.5%	(59.8 - 72.6)	7,331	63.7%	(61.9 - 65.4)	NS	Yes
2019	590	69.9%	(64.9 - 74.4)	14,710	69.0%	(67.9 - 70.1)	NS	239	71.9%	(64.2 - 78.5)	6,891	73.4%	(71.8 - 74.9)	NS	351	67.5%	(61.3 - 73.1)	7,819	64.4%	(62.8 - 66.0)	NS	No
2020	558	73.8%	(69.5 - 77.8)	13,601	69.8%	(68.6 - 71.0)	NS	274	78.8%	(72.8 - 83.8)	6,503	75.3%	(73.6 - 76.8)	NS	284	68.1%	(61.7 - 74.0)	7,098	64.0%	(62.2 - 65.7)	NS	No
Nutrition																						
Consumed sugar-sweetened beverages 1 or more times per day in past 30 days																						
2011																						
2012																						
2013	270	23.0%	(17.3 - 30.1)	7,822	28.5%	(26.8 - 30.3)	NS	118	28.0%*	(19.0 - 39.2)	3,164	35.8%	(33.1 - 38.5)	NS	152	18.1%	(11.8 - 26.6)	4,658	21.7%	(19.7 - 24.0)	NS	No
2014																						
2015																						
2016																						
2017																						
2018																						
2019																						
2020																						
Currently watching or reducing sodium or salt intake																						
2011																						
2012																						
2013	268	51.2%	(43.5 - 58.8)	7,818	46.3%	(44.6 - 48.1)	NS	117	53.0%*	(41.6 - 64.2)	3,165	43.4%	(40.8 - 46.0)	NS	151	49.3%*	(39.2 - 59.4)	4,653	49.1%	(46.8 - 51.5)	NS	No
2014																						
2015	326	54.1%	(47.3 - 60.8)	7,892	46.8%	(45.0 - 48.5)	NS	150	48.1%*	(38.1 - 58.1)	3,436	46.0%	(43.4 - 48.7)	NS	176	60.0%	(50.9 - 68.5)	4,456	47.5%	(45.2 - 49.8)	+	No
2016																						
2017																						
2018	254	46.4%	(39.3 - 53.6)	6,616	44.0%	(42.3 - 45.8)	NS	124	42.9%*	(33.4 - 53.0)	2,950	43.0%	(40.4 - 45.6)	NS	130	50.5%*	(40.1 - 60.8)	3,663	45.0%	(42.6 - 47.4)	NS	No
2019	309	45.5%	(39.1 - 52.1)	7,009	40.4%	(38.8 - 42.0)	NS	109	38.7%*	(29.1 - 49.3)	3,144	38.4%	(36.1 - 40.8)	NS	200	50.1%	(41.8 - 58.4)	3,865	42.3%	(40.1 - 44.6)	NS	No
2020																						

Indicators	Overall					Men					Women					LHD Gender Diff. ^e						
	East Central			State of NE		Sig ^d	East Central			State of NE		Sig ^d	East Central				State of NE		Sig ^d			
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b		95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a		mean or % ^b	95% C.I. ^c (Low - High)	n ^a		mean or % ^b	95% C.I. ^c (Low - High)		n ^a	mean or % ^b	95% C.I. ^c (Low - High)
Median times per day consumed fruits ^a																						
2011																						
2012																						
2013																						
2014																						
2015																						
2016																						
2017	585	1.0	(1.0 - 1.1)	14,259	1.0	(1.0 - 1.1)	NS	263	1.0	(0.8 - 1.0)	6,436	1.0	(1.0 - 1.0)	NS	322	1.1	(1.0 - 1.2)	7,817	1.1	(1.1 - 1.2)	NS	No
2018																						
2019	589	1.0	(1.0 - 1.1)	14,423	1.0	(1.0 - 1.0)	NS	231	1.0	(0.9 - 1.0)	6,514	1.0	(1.0 - 1.0)	NS	358	1.1	(1.0 - 1.3)	7,909	1.0	(1.0 - 1.0)	NS	No
2020																						
Consumed fruits less than 1 time per day ^a																						
2011																						
2012																						
2013																						
2014																						
2015																						
2016																						
2017	585	39.4%	(34.8 - 44.3)	14,259	36.9%	(35.6 - 38.1)	NS	263	45.7%	(38.8 - 52.8)	6,436	42.0%	(40.1 - 43.8)	NS	322	33.1%	(27.1 - 39.6)	7,817	31.9%	(30.2 - 33.6)	NS	No
2018																						
2019	589	37.0%	(32.3 - 41.8)	14,423	39.5%	(38.3 - 40.6)	NS	231	44.1%	(36.8 - 51.6)	6,514	44.0%	(42.3 - 45.7)	NS	358	29.4%	(24.1 - 35.3)	7,909	35.1%	(33.5 - 36.7)	NS	Yes
2020																						
Median times per day consumed vegetables ^a																						
2011																						
2012																						
2013																						
2014																						
2015																						
2016																						
2017	574	1.6	(1.4 - 1.7)	14,023	1.7	(1.6 - 1.7)	NS	256	1.5	(1.3 - 1.6)	6,314	1.6	(1.6 - 1.6)	NS	318	1.6	(1.5 - 1.7)	7,703	1.7	(1.7 - 1.8)	NS	No
2018																						
2019	585	1.6	(1.4 - 1.7)	14,170	1.6	(1.6 - 1.6)	NS	228	1.5	(1.3 - 1.7)	6,394	1.5	(1.5 - 1.6)	NS	357	1.6	(1.5 - 1.8)	7,776	1.6	(1.6 - 1.7)	NS	No
2020																						
Consumed vegetables less than 1 time per day ^a																						
2011																						
2012																						
2013																						
2014																						
2015																						
2016																						
2017	574	21.9%	(18.0 - 26.3)	14,023	20.0%	(18.9 - 21.1)	NS	256	26.2%	(20.3 - 33.2)	6,314	21.9%	(20.3 - 23.5)	NS	318	17.5%	(13.0 - 23.2)	7,703	18.1%	(16.7 - 19.6)	NS	No
2018																						
2019	585	24.4%	(20.3 - 29.1)	14,170	20.8%	(19.8 - 21.8)	NS	228	27.9%	(21.5 - 35.3)	6,394	23.1%	(21.7 - 24.7)	NS	357	20.7%	(15.9 - 26.5)	7,776	18.4%	(17.2 - 19.8)	NS	No
2020																						
Physical Activity																						
No leisure-time physical activity in past 30 days ^a																						
2011	1,009	27.7%	(24.4 - 31.2)	24,433	26.3%	(25.5 - 27.1)	NS	375	30.6%	(25.3 - 36.4)	9,795	27.2%	(26.0 - 28.5)	NS	634	24.7%	(21.0 - 28.9)	14,638	25.4%	(24.3 - 26.5)	NS	No
2012	690	21.8%	(18.3 - 25.9)	19,153	21.0%	(20.2 - 21.9)	NS	268	24.7%	(19.1 - 31.3)	7,865	20.4%	(19.3 - 21.7)	NS	422	19.0%	(14.8 - 24.0)	11,288	21.6%	(20.5 - 22.8)	NS	No
2013	550	26.5%	(22.0 - 31.6)	16,158	25.3%	(24.2 - 26.4)	NS	227	30.5%	(23.2 - 39.0)	6,567	26.3%	(24.7 - 28.1)	NS	323	22.7%	(17.9 - 28.4)	9,591	24.3%	(22.9 - 25.8)	NS	No
2014	968	21.9%	(19.1 - 25.1)	22,397	21.3%	(20.4 - 22.1)	NS	420	21.9%	(17.7 - 26.8)	9,599	21.2%	(20.0 - 22.5)	NS	548	22.0%	(18.3 - 26.2)	12,798	21.4%	(20.2 - 22.5)	NS	No
2015	667	30.3%	(26.3 - 34.6)	16,319	25.3%	(24.3 - 26.4)	NS	321	30.5%	(24.7 - 36.9)	6,997	25.3%	(23.8 - 26.9)	NS	346	30.1%	(24.8 - 36.0)	9,322	25.4%	(24.0 - 26.8)	NS	No
2016	663	22.4%	(19.1 - 26.1)	15,169	22.4%	(21.4 - 23.5)	NS	279	22.2%	(17.4 - 27.7)	6,633	20.7%	(19.3 - 22.3)	NS	384	22.6%	(18.2 - 27.7)	8,536	24.1%	(22.7 - 25.6)	NS	No
2017	577	29.8%	(25.6 - 34.4)	14,296	25.4%	(24.3 - 26.5)	NS	261	36.3%	(29.9 - 43.3)	6,456	25.7%	(24.2 - 27.4)	+	316	23.0%	(18.0 - 28.9)	7,835	25.0%	(23.5 - 26.5)	NS	Yes
2018	593	27.5%	(23.5 - 31.8)	14,615	23.8%	(22.8 - 24.8)	NS	275	25.5%	(20.3 - 31.6)	6,549	23.1%	(21.7 - 24.6)	NS	318	29.4%	(23.7 - 35.9)	8,053	24.3%	(22.9 - 25.8)	NS	No
2019	618	32.5%	(28.1 - 37.2)	15,137	26.9%	(25.9 - 27.9)	+	240	31.9%	(25.3 - 39.3)	6,852	26.5%	(25.1 - 28.0)	NS	378	33.2%	(27.7 - 39.2)	8,285	27.3%	(25.9 - 28.7)	NS	No
2020	619	23.7%	(19.6 - 28.2)	14,775	21.5%	(20.6 - 22.5)	NS	294	21.4%	(16.5 - 27.2)	6,796	20.8%	(19.5 - 22.3)	NS	325	26.0%	(19.9 - 33.3)	7,979	22.2%	(20.9 - 23.6)	NS	No

Indicators	Overall				Men				Women				LHD Gender Diff. ^e											
	East Central		State of NE		East Central		State of NE		East Central		State of NE													
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a		mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d								
Met aerobic physical activity recommendation ^a																								
2011	966	47.7%	(43.8 - 51.6)	23,735	49.0%	(48.0 - 49.9)	NS	363	43.1%	(37.1 - 49.3)	NS	9,544	47.2%	(45.8 - 48.6)	NS	603	52.5%	(47.7 - 57.1)	NS	14,191	50.6%	(49.4 - 51.9)	NS	No
2012																								
2013	533	49.1%	(43.4 - 54.7)	15,730	50.1%	(48.8 - 51.4)	NS	220	40.9%	(32.8 - 49.5)	NS	6,416	48.8%	(46.9 - 50.7)	NS	313	56.9%	(49.9 - 63.8)	NS	9,314	51.4%	(49.7 - 53.1)	NS	Yes
2014																								
2015	645	44.4%	(39.8 - 49.1)	15,878	51.3%	(50.0 - 52.5)	-	308	42.8%	(36.2 - 49.7)	NS	6,832	51.1%	(49.2 - 53.0)	NS	337	46.0%	(39.8 - 52.4)	NS	9,046	51.4%	(49.8 - 53.1)	NS	No
2016																								
2017	561	47.7%	(42.9 - 52.6)	13,922	49.4%	(48.1 - 50.7)	NS	254	43.8%	(37.0 - 50.9)	NS	6,309	48.8%	(46.9 - 50.7)	NS	307	51.7%	(45.0 - 58.3)	NS	7,613	49.9%	(48.1 - 51.7)	NS	No
2018																								
2019	587	45.0%	(40.1 - 49.9)	14,579	48.0%	(46.8 - 49.2)	NS	230	45.2%	(37.8 - 52.8)	NS	6,607	47.3%	(45.6 - 49.0)	NS	357	44.7%	(38.6 - 51.0)	NS	7,972	48.7%	(47.1 - 50.4)	NS	No
2020																								
Met muscle strengthening recommendation ^a																								
2011	996	23.3%	(20.0 - 26.8)	24,204	28.1%	(27.3 - 29.0)	-	370	23.0%	(18.0 - 28.9)	-	9,697	32.0%	(30.6 - 33.4)	-	626	23.5%	(19.7 - 27.9)	NS	14,507	24.5%	(23.4 - 25.6)	NS	No
2012																								
2013	545	21.0%	(16.8 - 25.9)	16,021	28.4%	(27.2 - 29.6)	-	224	21.1%	(14.8 - 29.2)	-	6,499	31.0%	(29.2 - 32.8)	-	321	20.9%	(15.8 - 27.0)	NS	9,522	26.0%	(24.5 - 27.6)	NS	No
2014																								
2015	659	27.2%	(23.2 - 31.6)	16,117	31.2%	(30.1 - 32.5)	NS	318	29.3%	(23.5 - 35.8)	NS	6,893	34.9%	(33.1 - 36.8)	NS	341	25.2%	(19.9 - 31.3)	NS	9,224	27.7%	(26.2 - 29.3)	NS	No
2016																								
2017	569	21.1%	(17.4 - 25.5)	14,103	29.8%	(28.6 - 31.1)	-	254	21.2%	(15.9 - 27.8)	-	6,366	32.2%	(30.4 - 34.0)	-	315	21.0%	(16.1 - 27.0)	NS	7,732	27.5%	(25.9 - 29.2)	NS	No
2018																								
2019	603	32.6%	(28.1 - 37.4)	14,648	34.8%	(33.7 - 35.9)	NS	235	36.7%	(29.7 - 44.3)	NS	6,634	37.5%	(35.9 - 39.2)	NS	368	28.1%	(23.1 - 33.9)	NS	8,014	32.1%	(30.5 - 33.7)	NS	No
2020																								
Met both aerobic physical activity and muscle strengthening recommendations ^a																								
2011	959	15.7%	(13.1 - 18.8)	23,567	19.0%	(18.2 - 19.8)	NS	359	13.8%	(10.1 - 18.7)	NS	9,477	19.7%	(18.5 - 20.9)	NS	600	17.7%	(14.2 - 21.7)	NS	14,090	18.4%	(17.4 - 19.4)	NS	No
2012																								
2013	530	13.6%	(10.4 - 17.5)	15,635	18.8%	(17.8 - 19.9)	-	218	9.9%	(6.2 - 15.6)	-	6,366	19.4%	(17.9 - 21.0)	-	312	17.0%	(12.4 - 22.9)	NS	9,269	18.2%	(16.8 - 19.6)	NS	No
2014																								
2015	639	15.9%	(12.8 - 19.6)	15,724	21.8%	(20.7 - 22.9)	-	306	18.0%	(13.3 - 24.0)	NS	6,757	23.3%	(21.6 - 25.1)	NS	333	13.8%	(10.1 - 18.7)	NS	8,967	20.3%	(18.9 - 21.7)	-	No
2016																								
2017	555	15.6%	(12.3 - 19.6)	13,779	19.1%	(18.0 - 20.1)	NS	250	14.5%	(10.1 - 20.4)	NS	6,239	19.7%	(18.3 - 21.3)	NS	305	16.7%	(12.2 - 22.5)	NS	7,540	18.4%	(17.0 - 19.9)	NS	No
2018																								
2019	576	19.9%	(16.1 - 24.3)	14,226	20.9%	(20.0 - 21.9)	NS	227	22.7%	(16.8 - 30.0)	NS	6,461	21.0%	(19.6 - 22.4)	NS	349	16.8%	(12.8 - 21.9)	NS	7,765	20.9%	(19.5 - 22.3)	NS	No
2020																								
Walk for at least 10 minutes at a time for any reason during a usual week																								
2011																								
2012																								
2013																								
2014																								
2015	325	82.4%	(76.6 - 87.0)	7,895	84.6%	(83.3 - 85.8)	NS	152	82.3%	(72.9 - 88.9)	NS	3,442	84.2%	(82.2 - 86.0)	NS	173	82.6%	(74.9 - 88.3)	NS	4,453	85.1%	(83.4 - 86.6)	NS	No
2016																								
2017	279	81.8%	(76.0 - 86.4)	6,914	84.8%	(83.5 - 86.0)	NS	125	81.4%	(72.1 - 88.2)	NS	3,134	84.0%	(82.0 - 85.8)	NS	154	82.2%	(74.6 - 87.8)	NS	3,778	85.6%	(83.9 - 87.2)	NS	No
2018																								
2019																								
2020																								
Have access to safe places to walk in their neighborhood																								
2011																								
2012																								
2013																								
2014																								
2015	326	83.3%	(78.0 - 87.5)	7,893	88.4%	(87.2 - 89.4)	NS	151	83.4%	(75.3 - 89.2)	NS	3,439	88.8%	(87.2 - 90.3)	NS	175	83.2%	(75.8 - 88.7)	NS	4,454	87.9%	(86.3 - 89.3)	NS	No
2016																								
2017	278	82.5%	(76.7 - 87.1)	6,927	88.3%	(87.3 - 89.2)	-	125	82.9%	(74.6 - 88.9)	NS	3,137	89.2%	(87.7 - 90.5)	NS	153	82.1%	(73.2 - 88.5)	NS	3,788	87.4%	(85.9 - 88.7)	NS	No
2018																								
2019																								
2020																								

Indicators	Overall						Men						Women						LHD Gender Diff. ^e			
	East Central			State of NE			East Central			State of NE			East Central			State of NE						
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)		Sig ^d		
Injury																						
Always wear a seatbelt when driving or riding in a car ^h																						
2011	996	64.1%	(60.2 - 67.8)	24,208	71.3%	(70.5 - 72.1)	-	369	56.4%	(50.2 - 62.4)	9,683	63.7%	(62.4 - 65.0)	-	627	71.8%	(67.2 - 75.9)	14,525	78.6%	(77.5 - 79.5)	-	Yes
2012	677	62.0%	(57.0 - 66.9)	18,851	69.7%	(68.7 - 70.6)	-	263	53.4%	(45.7 - 60.9)	7,731	61.7%	(60.2 - 63.2)	NS	414	70.7%	(64.1 - 76.5)	11,120	77.3%	(76.1 - 78.4)	NS	Yes
2013	544	66.1%	(60.3 - 71.4)	16,053	74.1%	(73.0 - 75.2)	-	223	58.6%	(49.8 - 66.9)	6,520	67.0%	(65.3 - 68.7)	NS	321	73.2%	(65.7 - 79.6)	9,533	80.8%	(79.5 - 82.1)	NS	No
2014	926	61.5%	(57.6 - 65.3)	21,599	72.4%	(71.5 - 73.3)	-	396	47.4%	(41.5 - 53.4)	9,241	64.7%	(63.2 - 66.2)	-	530	75.2%	(70.4 - 79.4)	12,358	79.8%	(78.7 - 80.9)	NS	Yes
2015	658	70.3%	(65.8 - 74.4)	16,136	75.4%	(74.4 - 76.4)	-	316	62.7%	(56.0 - 69.0)	6,900	68.2%	(66.5 - 69.9)	NS	342	77.7%	(71.9 - 82.7)	9,236	82.3%	(81.1 - 83.4)	NS	Yes
2016	649	66.0%	(61.4 - 70.3)	14,628	73.8%	(72.7 - 74.9)	-	273	54.1%	(47.2 - 60.8)	6,370	66.8%	(65.0 - 68.5)	-	376	78.3%	(73.0 - 82.8)	8,258	80.6%	(79.2 - 81.8)	NS	Yes
2017	573	66.6%	(61.8 - 71.2)	14,160	76.3%	(75.2 - 77.3)	-	258	58.5%	(51.4 - 65.3)	6,393	70.4%	(68.8 - 72.0)	-	315	75.1%	(68.2 - 80.9)	7,762	82.0%	(80.7 - 83.3)	NS	Yes
2018	565	66.7%	(61.9 - 71.1)	13,968	75.2%	(74.1 - 76.2)	-	260	57.1%	(50.1 - 63.8)	6,256	69.0%	(67.4 - 70.6)	-	305	76.4%	(70.0 - 81.8)	7,702	81.1%	(79.8 - 82.4)	NS	Yes
2019																						
2020	582	70.8%	(66.2 - 75.0)	14,029	76.7%	(75.7 - 77.7)	-	272	62.6%	(55.7 - 69.0)	6,434	70.2%	(68.6 - 71.7)	NS	310	79.1%	(72.8 - 84.2)	7,595	83.0%	(81.8 - 84.2)	NS	Yes
Texted while driving in past 30 days																						
2011																						
2012	360	22.6%	(17.2 - 29.1)	11,451	26.8%	(25.6 - 27.9)	NS	133	27.0%*	(18.4 - 37.9)	4,757	29.2%	(27.5 - 31.0)	NS	227	18.6%	(12.6 - 26.6)	6,694	24.4%	(22.8 - 26.0)	NS	No
2013																						
2014																						
2015	303	19.9%	(14.4 - 26.8)	7,620	24.9%	(23.3 - 26.6)	NS	149	17.3%	(11.1 - 25.9)	3,209	27.6%	(25.0 - 30.3)	NS	154	23.1%*	(14.4 - 34.9)	4,411	22.3%	(20.3 - 24.4)	NS	No
2016																						
2017	263	24.3%	(18.6 - 31.0)	6,452	26.6%	(24.9 - 28.4)	NS	115	27.9%*	(19.4 - 38.4)	2,894	29.9%	(27.4 - 32.6)	NS	148	21.0%	(14.0 - 30.3)	3,555	23.4%	(21.2 - 25.8)	NS	No
2018																						
2019																						
2020																						
Talked on a cell phone while driving in past 30 days																						
2011																						
2012	360	67.5%	(61.3 - 73.2)	11,424	69.1%	(68.0 - 70.2)	NS	133	70.2%	(60.6 - 78.3)	4,742	71.5%	(69.9 - 73.2)	NS	227	65.1%	(56.7 - 72.6)	6,682	66.7%	(65.2 - 68.2)	NS	No
2013																						
2014																						
2015	304	64.0%	(57.0 - 70.5)	7,604	67.0%	(65.3 - 68.6)	NS	150	67.3%	(57.8 - 75.6)	3,203	71.0%	(68.5 - 73.3)	NS	154	59.8%*	(49.5 - 69.4)	4,401	63.1%	(60.8 - 65.2)	NS	No
2016																						
2017	261	58.6%	(51.7 - 65.2)	6,436	66.5%	(64.8 - 68.2)	NS	113	63.3%*	(52.6 - 72.9)	2,888	71.2%	(68.7 - 73.6)	NS	148	54.4%	(45.2 - 63.2)	3,545	61.9%	(59.5 - 64.3)	NS	No
2018																						
2019																						
2020																						
Had a fall in past year, aged 45 years and older																						
2011																						
2012	530	31.9%	(27.2 - 37.0)	13,738	28.8%	(27.7 - 29.9)	NS	203	34.6%	(27.2 - 42.7)	5,384	26.9%	(25.3 - 28.5)	NS	327	29.0%	(23.6 - 35.1)	8,354	30.5%	(29.1 - 31.9)	NS	No
2013																						
2014	654	24.2%	(20.6 - 28.3)	15,671	26.1%	(25.1 - 27.1)	NS	265	21.5%	(16.1 - 28.0)	6,513	24.5%	(23.0 - 26.1)	NS	389	26.5%	(21.8 - 31.8)	9,158	27.6%	(26.2 - 29.0)	NS	No
2015																						
2016	446	30.8%	(26.2 - 35.9)	10,369	29.0%	(27.7 - 30.3)	NS	186	32.1%	(25.1 - 40.0)	4,333	28.1%	(26.2 - 30.1)	NS	260	29.5%	(23.8 - 36.0)	6,036	29.7%	(28.0 - 31.5)	NS	No
2017																						
2018	398	23.6%	(19.4 - 28.4)	9,873	25.3%	(24.0 - 26.5)	NS	184	20.6%	(15.0 - 27.5)	4,281	23.3%	(21.5 - 25.1)	NS	214	26.7%	(20.7 - 33.7)	5,586	27.1%	(25.4 - 28.9)	NS	No
2019																						
2020	406	20.2%	(16.1 - 25.0)	9,698	23.7%	(22.5 - 24.9)	NS	182	19.9%	(14.0 - 27.5)	4,173	22.7%	(21.0 - 24.5)	NS	224	20.5%	(15.2 - 27.0)	5,525	24.5%	(23.0 - 26.2)	NS	No
Injured due to a fall in past year, aged 45 years and older																						
2011																						
2012	530	11.6%	(8.5 - 15.6)	13,719	9.9%	(9.2 - 10.6)	NS	203	12.2%	(7.6 - 18.9)	5,377	7.7%	(6.7 - 8.7)	NS	327	11.0%	(7.4 - 15.9)	8,342	11.8%	(10.9 - 12.9)	NS	No
2013																						
2014	654	8.0%	(5.8 - 10.9)	15,647	8.8%	(8.2 - 9.5)	NS	265	7.2%	(4.2 - 12.1)	6,502	6.8%	(6.0 - 7.7)	NS	389	8.6%	(5.8 - 12.6)	9,145	10.6%	(9.7 - 11.6)	NS	No
2015																						
2016	446	12.1%	(8.8 - 16.3)	10,367	10.1%	(9.3 - 11.0)	NS	186	14.7%	(9.5 - 22.2)	4,333	7.8%	(6.8 - 9.0)	+	260	9.3%	(6.1 - 14.0)	6,034	12.2%	(11.0 - 13.6)	NS	No
2017																						
2018	398	7.7%	(5.3 - 11.1)	9,865	9.7%	(8.8 - 10.6)	NS	184	5.3%*	(2.7 - 10.2)	4,279	7.7%	(6.6 - 9.1)	NS	214	10.2%	(6.5 - 15.5)	5,580	11.5%	(10.3 - 12.9)	NS	No
2019																						
2020	406	6.1%	(4.1 - 9.0)	9,687	8.0%	(7.3 - 8.8)	NS	182	4.8%*	(2.5 - 9.1)	4,166	6.8%	(5.8 - 7.9)	NS	224	7.3%	(4.4 - 12.0)	5,521	9.1%	(8.1 - 10.3)	NS	No

Indicators	Overall					Men					Women					LHD Diff. ^e						
	East Central		State of NE		Sig ^d	East Central		State of NE		Sig ^d	East Central		State of NE		Sig ^d							
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a		mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b		95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)			n ^a	mean or % ^b	95% C.I. ^c (Low - High)			
Mental Health																						
Ever told they have depression																						
2011	1,039	13.5%	(11.1 - 16.3)	25,333	16.8%	(16.2 - 17.5)	NS	387	10.3%	(7.2 - 14.6)	10,198	11.5%	(10.7 - 12.4)	NS	652	16.7%	(13.5 - 20.6)	15,135	22.0%	(21.0 - 23.0)	-	No
2012	688	13.0%	(10.2 - 16.5)	19,115	16.7%	(16.0 - 17.5)	NS	268	8.6%	(5.6 - 13.1)	7,853	12.4%	(11.4 - 13.5)	NS	420	17.5%	(13.0 - 23.0)	11,262	20.9%	(19.8 - 22.1)	NS	No
2013	582	14.6%	(11.5 - 18.5)	17,065	18.2%	(17.3 - 19.2)	NS	242	8.4%	(5.3 - 12.9)	6,940	12.9%	(11.6 - 14.2)	NS	340	21.0%	(15.8 - 27.3)	10,125	23.4%	(22.0 - 24.8)	NS	Yes
2014	971	13.8%	(11.5 - 16.6)	22,346	17.7%	(16.9 - 18.6)	-	422	7.0%	(4.5 - 10.6)	9,582	13.0%	(11.8 - 14.2)	-	549	20.7%	(17.0 - 25.0)	12,764	22.3%	(21.1 - 23.5)	NS	Yes
2015	733	16.2%	(13.2 - 19.8)	17,485	17.5%	(16.7 - 18.5)	NS	357	13.4%	(9.6 - 18.5)	7,534	12.4%	(11.3 - 13.7)	NS	376	19.1%	(14.7 - 24.4)	9,951	22.5%	(21.2 - 23.8)	NS	No
2016	663	13.9%	(11.2 - 17.0)	15,138	17.8%	(16.8 - 18.8)	NS	279	9.6%	(6.5 - 14.1)	6,609	12.1%	(10.9 - 13.4)	NS	384	18.2%	(14.2 - 23.0)	8,529	23.4%	(21.8 - 25.0)	NS	Yes
2017	628	14.8%	(11.8 - 18.4)	15,299	19.4%	(18.5 - 20.5)	-	280	10.0%	(6.9 - 14.4)	6,937	13.0%	(11.8 - 14.2)	NS	348	19.6%	(14.9 - 25.3)	8,355	25.8%	(24.3 - 27.3)	NS	Yes
2018	591	12.1%	(9.2 - 15.7)	14,608	17.3%	(16.3 - 18.3)	-	275	8.6%	(5.5 - 13.2)	6,549	11.5%	(10.3 - 12.8)	NS	316	15.7%	(11.2 - 21.5)	8,045	22.9%	(21.5 - 24.5)	NS	No
2019	649	11.9%	(9.2 - 15.3)	15,813	16.2%	(15.4 - 17.1)	-	249	8.8%	(5.5 - 13.7)	7,126	10.6%	(9.7 - 11.7)	NS	400	15.2%	(11.2 - 20.3)	8,687	21.7%	(20.4 - 23.1)	-	No
2020	620	17.4%	(13.3 - 22.5)	14,748	16.8%	(15.8 - 17.7)	NS	294	11.5%	(6.7 - 19.0)	6,785	11.4%	(10.3 - 12.5)	NS	326	23.7%	(17.6 - 31.1)	7,963	22.1%	(20.6 - 23.6)	NS	No
Frequent Mental Distress in past 30 days																						
2011	1,025	8.6%	(6.6 - 11.1)	25,036	9.2%	(8.7 - 9.7)	NS	383	7.4%	(4.6 - 11.6)	10,097	7.7%	(7.0 - 8.4)	NS	642	9.9%	(7.3 - 13.1)	14,939	10.7%	(9.9 - 11.5)	NS	No
2012	685	7.0%	(5.1 - 9.6)	18,935	9.0%	(8.4 - 9.7)	NS	265	5.6%	(3.3 - 9.3)	7,786	7.4%	(6.6 - 8.3)	NS	420	8.4%	(5.7 - 12.4)	11,149	10.6%	(9.7 - 11.5)	NS	No
2013	573	9.0%	(5.9 - 13.4)	16,889	8.9%	(8.2 - 9.6)	NS	242	7.3%*	(3.7 - 13.8)	6,889	6.8%	(5.9 - 7.9)	NS	331	10.7%	(6.3 - 17.7)	10,000	10.9%	(9.8 - 12.0)	NS	No
2014	958	7.7%	(5.9 - 10.1)	22,132	8.2%	(7.6 - 8.8)	NS	417	6.7%	(4.2 - 10.3)	9,483	6.4%	(5.6 - 7.3)	NS	541	8.8%	(6.3 - 12.2)	12,649	9.9%	(9.0 - 10.8)	NS	No
2015	728	6.5%	(4.5 - 9.5)	17,369	8.9%	(8.2 - 9.6)	NS	355	7.4%	(4.2 - 12.7)	7,491	6.9%	(6.0 - 7.9)	NS	373	5.6%	(3.5 - 8.9)	9,878	10.8%	(9.8 - 11.9)	-	No
2016	664	6.5%	(4.7 - 9.0)	15,035	9.5%	(8.7 - 10.4)	NS	280	6.4%	(3.8 - 10.4)	6,568	7.0%	(6.0 - 8.1)	NS	384	6.7%	(4.3 - 10.2)	8,467	12.0%	(10.8 - 13.3)	-	No
2017	621	10.9%	(8.2 - 14.5)	15,179	10.5%	(9.7 - 11.4)	NS	277	9.9%	(6.5 - 14.9)	6,894	7.6%	(6.7 - 8.6)	NS	344	12.0%	(8.0 - 17.5)	8,278	13.4%	(12.2 - 14.7)	NS	No
2018	581	7.2%	(5.1 - 10.2)	14,490	11.2%	(10.4 - 12.1)	-	267	5.5%	(3.0 - 9.7)	6,498	9.2%	(8.1 - 10.4)	NS	314	9.0%	(5.8 - 13.7)	7,979	13.2%	(12.0 - 14.5)	NS	No
2019	641	9.1%	(6.7 - 12.2)	15,699	11.3%	(10.5 - 12.1)	NS	248	8.2%	(5.1 - 13.0)	7,076	8.6%	(7.7 - 9.6)	NS	393	10.0%	(6.7 - 14.5)	8,623	13.9%	(12.7 - 15.1)	NS	No
2020	616	9.2%	(6.8 - 12.2)	14,624	11.9%	(11.1 - 12.8)	NS	292	6.8%	(4.1 - 11.0)	6,735	9.1%	(8.1 - 10.3)	NS	324	11.6%	(8.1 - 16.5)	7,889	14.6%	(13.3 - 15.9)	NS	No
Currently taking medication or receiving treatment for a mental health condition																						
2011																						
2012	293	10.1%	(6.1 - 16.3)	6,643	11.0%	(10.0 - 12.1)	NS	122	8.6%*	(4.2 - 17.1)	2,693	7.4%	(6.2 - 8.9)	NS	171	11.7%*	(5.8 - 22.1)	3,950	14.5%	(12.9 - 16.2)	NS	No
2013																						
2014																						
2015																						
2016																						
2017																						
2018																						
2019																						
2020																						
Symptoms of serious mental illness in past 30 days																						
2011																						
2012	291	2.3%*	(0.6 - 7.9)	6,555	3.2%	(2.6 - 3.9)	NS	121	1.6%*	(0.4 - 6.4)	2,657	2.5%	(1.8 - 3.7)	NS	170	3.0%*	(0.5 - 16.9)	3,898	3.8%	(2.9 - 4.9)	NS	No
2013																						
2014																						
2015																						
2016																						
2017																						
2018																						
2019																						
2020																						
Alcohol and Drug Use																						
Any alcohol consumption in past 30 days																						
2011	989	64.0%	(60.2 - 67.6)	24,051	61.8%	(60.9 - 62.7)	NS	365	72.3%	(66.3 - 77.6)	9,597	67.7%	(66.4 - 69.1)	NS	624	55.5%	(50.9 - 60.0)	14,454	56.2%	(55.0 - 57.4)	NS	Yes
2012	679	63.0%	(57.8 - 67.8)	18,891	61.3%	(60.3 - 62.3)	NS	263	71.9%	(64.5 - 78.3)	7,749	68.7%	(67.2 - 70.1)	NS	416	54.1%	(47.3 - 60.8)	11,142	54.2%	(52.8 - 55.6)	NS	Yes
2013	566	57.5%	(51.9 - 62.9)	16,614	57.5%	(56.2 - 58.7)	NS	236	57.6%	(48.7 - 66.0)	6,754	63.3%	(61.4 - 65.2)	NS	330	57.4%	(50.5 - 63.9)	9,860	51.8%	(50.2 - 53.5)	NS	No
2014	924	60.9%	(57.0 - 64.7)	21,612	59.2%	(58.1 - 60.3)	NS	395	70.3%	(64.3 - 75.7)	9,246	65.2%	(63.6 - 66.8)	NS	529	51.9%	(46.8 - 56.9)	12,366	53.4%	(52.0 - 54.9)	NS	Yes
2015	706	56.8%	(52.4 - 61.2)	16,939	57.6%	(56.4 - 58.8)	NS	340	65.6%	(59.3 - 71.4)	7,282	63.8%	(62.0 - 65.5)	NS	366	48.0%	(42.0 - 54.1)	9,657	51.6%	(50.0 - 53.2)	NS	Yes
2016	649	57.4%	(52.9 - 61.8)	14,723	59.8%	(58.5 - 61.0)	NS	274	67.4%	(60.8 - 73.5)	6,421	68.0%	(66.1 - 69.8)	NS	375	47.0%	(41.3 - 52.9)	8,302	51.8%	(50.0 - 53.6)	NS	Yes
2017	597	58.5%	(53.7 - 63.1)	14,640	60.2%	(58.9 - 61.4)	NS	268	63.4%	(56.3 - 70.1)	6,630	66.2%	(64.5 - 68.0)	NS	329	53.4%	(47.0 - 59.8)	8,004	54.3%	(52.5 - 56.0)	NS	No
2018	568	60.5%	(55.8 - 65.1)	14,055	58.8%	(57.5 - 60.0)	NS	260	66.8%	(60.0 - 73.0)	6,289	64.2%	(62.5 - 66.0)	NS	308	54.2%	(47.6 - 60.7)	7,756	53.5%	(51.8 - 55.3)	NS	No
2019	622	56.3%	(51.5 - 61.1)	15,159	59.5%	(58.3 - 60.6)	NS	241	63.5%	(55.9 - 70.5)	6,844	64.2%	(62.6 - 65.8)	NS	381	48.7%	(42.6 - 54.9)	8,315	54.9%	(53.3 - 56.5)	NS	Yes
2020	583	55.0%	(49.9 - 59.9)	14,047	60.0%	(58.8 - 61.2)	NS	274	60.8%	(53.3 - 67.8)	6,439	64.1%	(62.4 - 65.8)	NS	309	49.1%	(42.2 - 56.0)	7,608	56.0%	(54.3 - 57.7)	NS	No

Indicators	Overall					Men					Women					LHD Gender Diff. ^e							
	East Central			State of NE			Sig ^d	East Central			State of NE			Sig ^d	East Central			State of NE			Sig ^d		
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)		n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)		n ^a		mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b		95% C.I. ^c (Low - High)	
Binge drank in past 30 days ^a																							
2011	980	25.9%	(22.4 - 29.9)	23,948	22.7%	(21.9 - 23.5)	NS	360	36.3%	(30.4 - 42.7)	9,533	30.2%	(28.9 - 31.5)	NS	620	15.6%	(12.1 - 19.8)	14,415	15.7%	(14.7 - 16.7)	NS	Yes	
2012	672	25.2%	(20.9 - 30.1)	18,742	22.1%	(21.3 - 23.0)	NS	259	33.5%	(26.5 - 41.3)	7,664	29.1%	(27.6 - 30.5)	NS	413	17.0%	(12.4 - 22.9)	11,078	15.5%	(14.5 - 16.6)	NS	Yes	
2013	564	22.1%	(17.6 - 27.4)	16,500	20.0%	(19.0 - 21.1)	NS	235	23.6%	(17.2 - 31.5)	6,687	25.2%	(23.6 - 26.9)	NS	329	20.5%	(14.6 - 28.1)	9,813	15.0%	(13.8 - 16.4)	NS	No	
2014	912	21.6%	(18.4 - 25.1)	21,443	20.3%	(19.4 - 21.3)	NS	388	30.7%	(25.5 - 36.5)	9,149	26.8%	(25.3 - 28.3)	NS	524	12.8%	(9.5 - 17.0)	12,294	14.1%	(13.0 - 15.3)	NS	Yes	
2015	702	19.1%	(15.7 - 23.0)	16,832	19.5%	(18.5 - 20.5)	NS	338	26.2%	(21.0 - 32.3)	7,216	26.0%	(24.4 - 27.8)	NS	364	12.0%	(8.2 - 17.3)	9,616	13.1%	(12.0 - 14.3)	NS	Yes	
2016	645	20.0%	(16.7 - 23.8)	14,620	20.0%	(18.9 - 21.1)	NS	270	29.2%	(23.7 - 35.5)	6,367	27.2%	(25.4 - 29.0)	NS	375	10.7%	(7.6 - 14.9)	8,253	13.1%	(11.9 - 14.4)	NS	Yes	
2017	591	22.3%	(18.4 - 26.7)	14,534	20.6%	(19.5 - 21.7)	NS	262	27.1%	(21.3 - 33.8)	6,562	27.3%	(25.6 - 29.0)	NS	329	17.6%	(12.7 - 23.7)	7,966	14.2%	(12.9 - 15.6)	NS	No	
2018	560	22.8%	(18.9 - 27.3)	13,940	21.2%	(20.1 - 22.2)	NS	254	29.9%	(23.7 - 36.9)	6,215	27.7%	(26.0 - 29.4)	NS	306	15.8%	(11.5 - 21.4)	7,715	14.9%	(13.7 - 16.3)	NS	Yes	
2019	619	19.9%	(16.1 - 24.2)	15,025	20.9%	(19.9 - 21.9)	NS	239	25.7%	(19.7 - 32.7)	6,763	26.1%	(24.7 - 27.7)	NS	380	13.8%	(9.8 - 19.0)	8,262	15.7%	(14.4 - 17.1)	NS	Yes	
2020	575	22.5%	(18.8 - 26.7)	13,926	20.4%	(19.4 - 21.5)	NS	271	29.8%	(24.0 - 36.5)	6,374	26.6%	(25.0 - 28.3)	NS	304	14.9%	(10.8 - 20.4)	7,552	14.4%	(13.1 - 15.7)	NS	Yes	
Heavy drinking in past 30 days																							
2011	983	8.0%	(6.1 - 10.5)	23,906	7.5%	(7.0 - 8.1)	NS	361	9.7%	(6.6 - 14.0)	9,514	9.2%	(8.4 - 10.2)	NS	622	6.3%	(4.2 - 9.2)	14,392	5.9%	(5.2 - 6.6)	NS	No	
2012	670	6.2%	(4.0 - 9.4)	18,738	7.2%	(6.6 - 7.7)	NS	260	9.1%	(5.4 - 15.0)	7,668	8.5%	(7.7 - 9.4)	NS	410	3.3%*	(1.6 - 6.5)	11,070	5.9%	(5.3 - 6.6)	NS	No	
2013	562	9.3%	(6.0 - 14.1)	16,513	6.8%	(6.2 - 7.5)	NS	233	7.5%*	(3.7 - 14.5)	6,698	7.3%	(6.4 - 8.3)	NS	329	11.1%	(6.4 - 18.6)	9,815	6.3%	(5.5 - 7.2)	NS	No	
2014	916	6.8%	(5.0 - 9.1)	21,447	6.4%	(5.9 - 7.0)	NS	393	8.3%	(5.6 - 12.2)	9,158	7.5%	(6.7 - 8.5)	NS	523	5.3%	(3.4 - 8.4)	12,289	5.3%	(4.7 - 6.1)	NS	No	
2015	705	6.5%	(4.6 - 9.2)	16,815	5.7%	(5.1 - 6.4)	NS	339	8.9%	(6.0 - 13.0)	7,214	7.0%	(6.0 - 8.1)	NS	366	4.2%*	(2.1 - 8.2)	9,601	4.6%	(3.9 - 5.3)	NS	No	
2016	645	6.7%	(4.8 - 9.2)	14,634	6.6%	(5.9 - 7.3)	NS	270	9.9%	(6.7 - 14.4)	6,376	8.0%	(7.0 - 9.1)	NS	375	3.4%*	(1.9 - 6.1)	8,258	5.2%	(4.4 - 6.2)	NS	Yes	
2017	591	6.3%	(4.2 - 9.5)	14,534	7.0%	(6.3 - 7.7)	NS	263	8.9%	(5.5 - 14.3)	6,566	8.2%	(7.2 - 9.3)	NS	328	3.8%*	(1.7 - 8.1)	7,963	5.8%	(4.9 - 6.7)	NS	No	
2018	563	8.2%	(5.9 - 11.5)	13,944	7.1%	(6.4 - 7.8)	NS	258	8.7%	(5.4 - 13.7)	6,216	8.2%	(7.2 - 9.3)	NS	305	7.8%	(4.8 - 12.4)	7,720	6.0%	(5.2 - 7.0)	NS	No	
2019	617	7.4%	(5.0 - 10.8)	15,037	6.2%	(5.7 - 6.8)	NS	239	9.0%	(5.4 - 14.8)	6,775	7.1%	(6.3 - 7.9)	NS	378	5.7%	(3.2 - 9.8)	8,262	5.4%	(4.7 - 6.2)	NS	No	
2020	578	6.7%	(4.7 - 9.4)	13,927	7.4%	(6.7 - 8.1)	NS	272	8.3%	(5.4 - 12.6)	6,365	8.4%	(7.4 - 9.5)	NS	306	5.1%	(2.9 - 8.8)	7,562	6.4%	(5.5 - 7.3)	NS	No	
Alcohol impaired driving in past 30 days																							
2011																							
2012	680	4.8%	(2.9 - 7.7)	18,895	3.4%	(3.1 - 3.8)	NS	263	8.7%	(5.1 - 14.3)	7,741	5.5%	(4.9 - 6.3)	NS	417	1.0%*	(0.3 - 3.0)	11,154	1.4%	(1.1 - 1.8)	NS	Yes	
2013																							
2014	922	3.5%	(2.3 - 5.4)	21,627	2.5%	(2.2 - 2.9)	NS	393	5.8%	(3.7 - 9.2)	9,242	4.2%	(3.5 - 4.9)	NS	529	1.3%*	(0.4 - 4.0)	12,385	1.0%	(0.7 - 1.3)	NS	No	
2015																							
2016	650	5.2%	(3.5 - 7.5)	14,666	3.4%	(2.9 - 3.9)	NS	272	9.3%	(6.2 - 13.7)	6,383	5.1%	(4.3 - 6.0)	+	378	0.9%*	(0.3 - 2.7)	8,283	1.7%	(1.3 - 2.4)	NS	Yes	
2017																							
2018	567	4.6%	(2.9 - 7.4)	13,977	3.0%	(2.6 - 3.4)	NS	260	6.4%	(3.6 - 10.9)	6,245	4.4%	(3.7 - 5.2)	NS	307	2.9%*	(1.2 - 6.9)	7,722	1.6%	(1.2 - 2.1)	NS	No	
2019																							
2020	583	3.4%	(2.0 - 5.5)	14,048	2.5%	(2.1 - 2.9)	NS	274	5.4%	(3.2 - 9.0)	6,437	3.7%	(3.1 - 4.4)	NS	309	1.3%*	(0.3 - 5.4)	7,611	1.3%	(0.9 - 1.8)	NS	No	
Used marijuana in past 30 days																							
2011																							
2012																							
2013																							
2014																							
2015																							
2016	636	1.5%*	(0.7 - 3.1)	14,160	4.9%	(4.2 - 5.7)	-	266	2.3%*	(1.0 - 5.4)	6,143	7.2%	(6.0 - 8.6)	-	370	0.6%*	(0.1 - 2.9)	8,017	2.7%	(2.1 - 3.5)	NS	No	
2017																							
2018																							
2019	270	3.6%*	(1.5 - 8.4)	6,952	7.2%	(6.3 - 8.3)	NS	114	3.5%*	(1.2 - 9.5)	3,129	9.3%	(7.7 - 11.1)	NS	156	3.6%*	(0.9 - 13.3)	3,823	5.3%	(4.2 - 6.6)	NS	No	
2020	288	3.1%*	(1.5 - 6.2)	6,517	6.9%	(5.8 - 8.1)	NS	143	4.4%*	(1.9 - 9.9)	2,951	7.2%	(5.8 - 8.9)	NS	145	1.4%*	(0.3 - 5.7)	3,566	6.6%	(5.1 - 8.4)	NS	No	
Opioid misuse in past year																							
2011																							
2012																							
2013																							
2014																							
2015																							
2016																							
2017																							
2018	282	3.9%*	(1.8 - 8.4)	6,622	4.3%	(3.6 - 5.1)	NS	122	6.0%*	(2.4 - 14.2)	2,941	4.7%	(3.6 - 6.0)	NS	160	1.9%*	(0.4 - 8.5)	3,675	3.9%	(3.0 - 5.0)	NS	No	
2019	268	8.9%	(5.4 - 14.3)	6,890	3.4%	(2.8 - 4.1)	+	113	7.8%*	(3.8 - 15.6)	3,100	2.9%	(2.2 - 3.9)	NS	155	9.9%*	(5.0 - 18.4)	3,790	3.9%	(3.1 - 5.0)	+	No	
2020	286	3.0%*	(1.4 - 6.2)	6,492	2.9%	(2.3 - 3.7)	NS	141	1.3%*	(0.3 - 5.2)	2,936	2.9%	(2.0 - 4.1)	NS	145	5.0%*	(2.1 - 11.3)	3,556	3.0%	(2.2 - 3.9)	NS	No	

Indicators	Overall					Men					Women					LHD Gender Diff. ^e							
	East Central			State of NE		Sig ^d	East Central			State of NE		Sig ^d	East Central				State of NE		Sig ^d				
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b		95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a		mean or % ^b	95% C.I. ^c (Low - High)	n ^a		mean or % ^b	95% C.I. ^c (Low - High)		n ^a	mean or % ^b	95% C.I. ^c (Low - High)	
Had all permanent teeth extracted due to tooth decay or gum disease, 65-74 year olds ^a																							
2011																							
2012	110	14.9%*	(8.1 - 25.8)	3,149	11.3%	(9.9 - 12.8)	NS	**	**	**	**	1,268	9.3%	(7.5 - 11.4)		64	20.3%*	(10.0 - 36.8)	1,881	13.1%	(11.1 - 15.3)	NS	
2013																							
2014	171	12.7%	(7.3 - 21.3)	4,089	10.9%	(9.6 - 12.3)	NS	70	4.9%*	(1.7 - 13.5)		1,804	12.0%	(9.9 - 14.4)	NS	101	18.1%*	(9.8 - 31.1)	2,285	9.8%	(8.3 - 11.7)	NS	No
2015																							
2016	98	11.5%*	(5.6 - 22.2)	2,815	10.4%	(9.0 - 12.0)	NS	**	**	**	**	1,168	8.8%	(6.9 - 11.2)		62	4.9%*	(1.7 - 13.1)	1,647	11.8%	(9.9 - 14.1)	NS	
2017																							
2018	118	12.6%	(7.5 - 20.4)	2,948	9.3%	(7.9 - 10.8)	NS	57	8.7%*	(3.7 - 18.7)		1,319	9.2%	(7.4 - 11.4)	NS	61	16.8%*	(8.7 - 30.1)	1,629	9.3%	(7.5 - 11.5)	NS	No
2019																							
2020	117	4.4%*	(1.6 - 11.3)	2,971	7.6%	(6.3 - 9.0)	NS	52	1.7%*	(0.2 - 11.4)		1,281	8.1%	(6.2 - 10.5)	NS	65	7.0%*	(2.3 - 19.7)	1,690	7.0%	(5.5 - 9.0)	NS	No
Had teeth cleaned by dentist/hygienist in past year, among those with 1+ permanent teeth																							
2011																							
2012																							
2013																							
2014																							
2015																							
2016	608	64.3%	(59.8 - 68.6)	13,764	67.4%	(66.1 - 68.6)	NS	261	58.2%	(51.3 - 64.9)		6,092	63.9%	(62.0 - 65.8)	NS	347	70.8%	(64.9 - 76.0)	7,672	70.8%	(69.1 - 72.5)	NS	Yes
2017																							
2018	545	65.2%	(60.4 - 69.8)	13,356	65.8%	(64.6 - 67.0)	NS	257	59.7%	(52.7 - 66.3)		6,015	61.2%	(59.3 - 63.0)	NS	288	71.1%	(64.4 - 77.0)	7,328	70.3%	(68.7 - 72.0)	NS	No
2019																							
2020																							
Visited hospital ER for tooth pain or dental problem in past year (excluding injury or trauma)																							
2011																							
2012																							
2013																							
2014																							
2015																							
2016																							
2017																							
2018																							
2019	570	4.1%	(2.6 - 6.4)	13,815	4.3%	(3.8 - 4.8)	NS	218	4.6%*	(2.4 - 8.7)		6,199	4.6%	(3.9 - 5.4)	NS	352	3.5%*	(1.9 - 6.5)	7,616	3.9%	(3.3 - 4.7)	NS	No
2020	554	2.9%*	(1.5 - 5.7)	13,422	2.4%	(2.0 - 2.8)	NS	256	3.2%*	(1.3 - 8.0)		6,108	2.4%	(1.9 - 3.0)	NS	298	2.6%*	(0.9 - 6.9)	7,314	2.4%	(1.8 - 3.1)	NS	No
Eye Care Access and Utilization																							
No health insurance coverage for eye care, aged 40 years and older																							
2011																							
2012																							
2013																							
2014																							
2015																							
2016	112	48.3%*	(36.9 - 59.9)	2,824	42.1%	(39.4 - 44.8)	NS	**	**	**	**	1,204	42.5%	(38.4 - 46.8)		65	50.1%*	(35.6 - 64.5)	1,620	41.6%	(38.2 - 45.2)	NS	
2017	421	51.2%	(45.8 - 56.5)	10,237	44.2%	(42.8 - 45.7)	+	167	54.4%	(46.0 - 62.7)		4,471	44.9%	(42.7 - 47.1)	NS	254	48.7%	(41.8 - 55.7)	5,763	43.6%	(41.6 - 45.5)	NS	No
2018	404	51.7%	(46.2 - 57.2)	9,986	43.5%	(42.1 - 44.9)	+	181	51.7%	(43.6 - 59.7)		4,326	42.9%	(40.8 - 45.1)	NS	223	51.7%	(44.3 - 59.1)	5,656	44.0%	(42.1 - 45.9)	NS	No
2019																							
2020																							
Had eye exam by doctor or eye care provider in past year, aged 40 years and older																							
2011																							
2012																							
2013																							
2014																							
2015																							
2016	113	52.3%*	(40.7 - 63.7)	2,863	61.4%	(58.6 - 64.1)	NS	**	**	**	**	1,220	58.2%	(53.9 - 62.4)		65	63.6%*	(48.7 - 76.4)	1,643	64.2%	(60.6 - 67.7)	NS	
2017	432	55.8%	(50.4 - 61.1)	10,380	61.8%	(60.4 - 63.3)	NS	175	47.7%	(39.6 - 55.8)		4,532	58.1%	(55.9 - 60.3)	-	257	62.3%	(55.1 - 68.9)	5,845	65.3%	(63.3 - 67.2)	NS	No
2018	406	60.8%	(55.3 - 66.1)	10,126	62.2%	(60.8 - 63.6)	NS	183	55.8%	(47.6 - 63.7)		4,389	59.7%	(57.5 - 61.8)	NS	223	65.7%	(58.3 - 72.5)	5,733	64.5%	(62.6 - 66.4)	NS	No
2019																							
2020																							

Indicators	Overall						Men						Women						LHD Gender Diff. ^e			
	East Central			State of NE			East Central			State of NE			East Central			State of NE						
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a		mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d
Social Context																						
Housing insecurity in past year, among those who own or rent their home ^a																						
2011																						
2012	270	26.9%	(19.4 - 35.8)	6,089	26.6%	(25.0 - 28.3)	NS	113	25.6%*	(16.1 - 38.2)	2,481	24.7%	(22.3 - 27.3)	NS	157	28.1%*	(17.7 - 41.6)	3,608	28.5%	(26.3 - 30.8)	NS	No
2013	258	30.0%	(23.4 - 37.6)	7,324	28.8%	(27.1 - 30.5)	NS	115	26.2%*	(18.0 - 36.4)	2,961	25.0%	(22.5 - 27.7)	NS	143	34.0%*	(24.3 - 45.3)	4,363	32.3%	(30.0 - 34.7)	NS	No
2014																						
2015	299	30.1%	(23.4 - 37.8)	7,461	28.5%	(26.8 - 30.2)	NS	147	35.3%*	(25.7 - 46.3)	3,109	26.6%	(24.2 - 29.2)	NS	152	23.5%*	(15.4 - 34.1)	4,352	30.3%	(28.1 - 32.5)	NS	No
2016																						
2017																						
2018																						
2019																						
2020																						
Food insecurity in past year ^a																						
2011																						
2012	294	20.3%	(13.3 - 29.7)	6,621	17.6%	(16.2 - 19.0)	NS	122	20.9%*	(11.7 - 34.5)	2,684	13.9%	(12.1 - 16.0)	NS	172	19.8%*	(10.5 - 34.2)	3,937	21.1%	(19.1 - 23.2)	NS	No
2013	269	18.3%	(12.7 - 25.5)	7,828	19.0%	(17.6 - 20.6)	NS	118	14.4%	(8.3 - 23.9)	3,159	15.4%	(13.4 - 17.7)	NS	151	22.2%*	(13.8 - 33.7)	4,669	22.5%	(20.5 - 24.6)	NS	No
2014																						
2015	314	20.3%	(14.7 - 27.3)	7,918	21.0%	(19.5 - 22.5)	NS	155	22.6%*	(14.5 - 33.3)	3,309	17.9%	(15.8 - 20.2)	NS	159	17.4%	(10.9 - 26.7)	4,609	24.0%	(22.1 - 26.1)	NS	No
2016																						
2017																						
2018																						
2019																						
2020																						
Caregiving																						
Provided regular care/assistance in past month to friend or family member with health issue																						
2011																						
2012																						
2013																						
2014																						
2015	327	18.8%	(14.2 - 24.5)	7,883	24.7%	(23.2 - 26.2)	NS	152	15.4%	(9.3 - 24.5)	3,434	21.1%	(19.1 - 23.4)	NS	175	22.2%	(16.0 - 30.0)	4,449	28.0%	(25.9 - 30.2)	NS	No
2016																						
2017																						
2018																						
2019																						
2020																						
Cognitive Decline																						
Experienced more or worsening confusion or memory loss in past year, aged 45 years and older																						
2011																						
2012																						
2013																						
2014																						
2015	245	6.4%*	(3.5 - 11.6)	5,767	9.4%	(8.4 - 10.5)	NS	113	8.2%*	(3.8 - 16.9)	2,436	10.2%	(8.7 - 12.0)	NS	132	4.8%*	(1.7 - 12.7)	3,331	8.6%	(7.3 - 10.2)	NS	No
2016																						
2017																						
2018																						
2019	228	9.7%	(6.2 - 14.9)	5,060	9.6%	(8.5 - 10.7)	NS	73	10.9%*	(5.4 - 20.7)	2,169	9.3%	(7.9 - 10.9)	NS	155	9.1%	(5.0 - 15.9)	2,891	9.8%	(8.4 - 11.4)	NS	No
2020																						
Inadequate Sleep																						
Get less than 7 hours of sleep per day																						
2011																						
2012																						
2013	576	26.1%	(21.7 - 31.1)	16,972	31.8%	(30.6 - 33.0)	NS	238	27.2%	(20.2 - 35.5)	6,927	32.6%	(30.8 - 34.4)	NS	338	25.1%	(19.9 - 31.1)	10,045	31.0%	(29.5 - 32.6)	NS	No
2014	955	26.2%	(23.0 - 29.7)	22,172	30.0%	(29.0 - 31.0)	NS	416	27.6%	(22.7 - 33.0)	9,527	30.7%	(29.2 - 32.2)	NS	539	24.9%	(20.8 - 29.5)	12,645	29.4%	(28.1 - 30.7)	NS	No
2015																						
2016	664	26.6%	(22.6 - 30.9)	15,097	29.6%	(28.4 - 30.8)	NS	280	26.7%	(20.8 - 33.5)	6,610	29.7%	(27.9 - 31.5)	NS	384	26.4%	(21.6 - 32.0)	8,487	29.5%	(27.9 - 31.2)	NS	No
2017																						
2018	590	29.6%	(25.5 - 34.1)	14,535	31.6%	(30.4 - 32.8)	NS	273	30.3%	(24.4 - 37.0)	6,516	32.3%	(30.6 - 34.1)	NS	317	28.9%	(23.4 - 35.1)	8,006	30.9%	(29.3 - 32.5)	NS	No
2019																						
2020	616	29.7%	(25.4 - 34.3)	14,694	28.2%	(27.1 - 29.4)	NS	293	29.6%	(23.3 - 36.7)	6,765	29.5%	(27.9 - 31.1)	NS	323	29.8%	(24.3 - 36.0)	7,929	27.0%	(25.5 - 28.6)	NS	No

Indicators	Overall						Men						Women						LHD Gender Diff. ^e	
	East Central			State of NE			East Central			State of NE			East Central			State of NE				
	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	Sig ^d	n ^a	mean or % ^b	95% C.I. ^c (Low - High)	n ^a		mean or % ^b

Note: East Central District Health Department includes the four county LHD region of Boon, Colfax, Nance, and Platte Counties

Note: Data reflect both landline and cell phone responses

Note: This table is not intended to be inclusive of all BRFSS indicators; some were excluded due to small numbers at the LHD level

Note: This table excludes 2011 BRFSS optional module and state added questions data due to the data being landline only

Note: The results in this table may be slightly different than results in previously published reports and tables due to differences in the software used, how the statistical analysis code was written, or suppression rules; these results were analyzed using SAS and SAS-callable SUDAAN software

^a Non-weighted sample size among adults 18 and older (unless different age group noted)

^b Weighted mean, median, or percentage (percentages are followed by the % symbol) among adults 18 and older (unless different age group noted)

^c Low and High are the lower and upper limits of the 95% confidence interval, respectively

^d Symbols represent: "+" = LHD value significantly higher than the state value; "-" = LHD value significantly lower than the state value; "NS" = LHD value not statistically different than the state value; significant differences based on 95% confidence interval overlap

^e Indicates whether there is a significant difference by gender within the LHD region, based on non-overlapping 95% confidence intervals; Note: small sample size for males or females can make interpreting significance difficult due to large confidence intervals

[^] Reflects a Nebraska Healthy People 2020 (HP2020) measure

* Unstable estimate, use data with caution; relative standard error \geq 30% or confidence interval half-width \geq 10.0

** Data suppressed due to sample size < 50 respondents

[^] Visible data are not comparable to earlier years due to changes in question wording

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS); December 2021

