

**Summary Table for Central District Health Department Adults 18 and Older, 2020**

Indicators	Overall						Men						Women						
	LHD			State			LHD			State			LHD			State			
	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	
<b>General Health Status</b>																			
General health fair or poor health	11.5	9.0	14.5	10.8	10.1	11.5	7.6	4.9	11.7	10.3	9.3	11.4	15.3	11.5	20.2	11.3	10.3	12.4	
<b>Health Care Access</b>																			
No health care coverage, 18-64 year olds	23.5	18.7	29.2	15.1	14.0	16.3	25.1	18.7	32.7	17.1	15.5	18.8	22.0	15.1	30.9	13.1	11.7	14.6	
No personal doctor or health care provider	24.0	19.8	28.8	20.5	19.5	21.6	28.7	22.8	35.5	27.2	25.5	28.8	19.3	13.7	26.6	14.0	12.7	15.4	
Needed to see a doctor but could not due to cost in past year	11.5	8.4	15.6	9.3	8.6	10.1	8.3	5.3	12.8	8.5	7.5	9.6	14.7	9.7	21.7	10.1	9.1	11.3	
<b>Chronic Disease and Clinical Risk Factors</b>																			
Ever told they had a heart attack or coronary heart disease	5.5	4.1	7.4	5.3	4.9	5.7	5.6	3.8	8.3	6.6	5.9	7.4	5.5	3.6	8.3	4.0	3.5	4.5	
Ever told they had a stroke	2.4	1.5	4.0	2.4	2.1	2.7	2.2*	1.1	4.4	2.3	1.9	2.8	2.7*	1.3	5.3	2.4	2.0	3.0	
Ever told they have diabetes (excluding pregnancy)	11.2	8.8	14.2	9.9	9.3	10.5	10.4	7.3	14.6	10.5	9.5	11.5	12.0	8.6	16.5	9.3	8.5	10.2	
Ever told they have cancer	10.2	8.1	12.8	11.3	10.7	12.0	9.9	7.1	13.8	10.7	9.8	11.6	10.5	7.6	14.3	12.0	11.2	13.0	
<b>Overweight and Obesity</b>																			
Obese (BMI=30+)	39.8	35.0	44.9	34.0	32.8	35.2	42.3	35.7	49.3	34.7	33.0	36.4	37.0	30.1	44.5	33.3	31.6	35.0	
Overweight or Obese (BMI=25+)	72.9	68.4	77.0	69.8	68.6	71.0	80.3	74.5	85.1	75.3	73.6	76.8	64.6	57.6	71.0	64.0	62.2	65.7	
<b>High Risk Behavior</b>																			
No leisure-time physical activity in past 30 days	24.6	20.9	28.6	21.5	20.6	22.5	24.5	19.3	30.5	20.8	19.5	22.3	24.6	19.7	30.3	22.2	20.9	23.6	
Get less than 7 hours of sleep per day	29.0	24.7	33.8	28.2	27.1	29.4	25.7	20.3	32.1	29.5	27.9	31.1	32.4	26.1	39.4	27.0	25.5	28.6	
Current cigarette smoking	14.5	11.4	18.1	13.9	13.1	14.8	14.5	10.3	20.1	15.6	14.3	16.9	14.4	10.4	19.6	12.4	11.2	13.6	
Current e-cigarette use	7.0	4.6	10.5	5.9	5.2	6.6	10.1	6.3	15.9	7.4	6.4	8.5	3.9*	1.6	9.1	4.4	3.6	5.3	
Current smokeless tobacco use	5.7	3.8	8.3	5.2	4.6	5.7	10.7	7.2	15.6	9.4	8.4	10.5	0.7*	0.2	2.8	1.0	0.7	1.4	
Binge drank in past 30 days	17.6	14.0	22.0	20.4	19.4	21.5	23.6	17.8	30.5	26.6	25.0	28.3	11.7	7.8	17.4	14.4	13.1	15.7	
Used marijuana in past 30 days	5.2*	2.8	9.5	6.9	5.8	8.1	4.9*	2.0	11.6	7.2	5.8	8.9	5.6*	2.4	12.5	6.6	5.1	8.4	
Always wear a seatbelt when driving or riding in a car	72.0	67.5	76.1	76.7	75.7	77.7	65.8	59.1	72.0	70.2	68.6	71.7	78.1	72.1	83.1	83.0	81.8	84.2	
<b>Mental Health</b>																			
Ever told they have depression	20.7	17.2	24.7	16.8	15.8	17.7	15.3	11.2	20.6	11.4	10.3	12.5	26.0	20.7	32.2	22.1	20.6	23.6	
Frequent mental distress in past 30 days	12.7	9.7	16.3	11.9	11.1	12.8	8.5	5.4	13.3	9.1	8.1	10.3	16.9	12.3	22.6	14.6	13.3	15.9	
<b>Immunization</b>																			
Had a flu vaccination in past year	50.6	45.8	55.5	53.2	52.0	54.5	45.5	38.8	52.3	47.0	45.2	48.8	55.8	48.8	62.6	59.4	57.6	61.1	
Had a flu vaccination in past year, aged 65 years and older	70.4	63.4	76.6	71.7	70.0	73.4	68.5*	57.7	77.7	70.0	67.3	72.6	72.0	62.4	79.9	73.1	70.9	75.3	
<b>Oral Health</b>																			
Visited a dentist or dental clinic for any reason in past year	69.2	64.7	73.4	68.1	67.0	69.3	66.8	59.9	73.0	63.7	61.9	65.3	71.6	65.6	77.0	72.5	71.0	74.0	

Note: Central District Health Department includes the three county LHD region of Hall, Hamilton, and Merrick Counties

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

Notes (1) % reflects the weighted percentage for adults 18 and older; L% and U% reflect the lower and upper limits for the 95% confidence interval, respectively; (2) LHD=local/district health department; BMI=body mass index

Source: Behavioral Risk Factor Surveillance System, Nebraska Department of Health and Human Services; December 2021