

Summary Table for Four Corners 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 %
General Health Status																		
General health fair or poor health	11.5	8.6	15.1	10.8	10.1	11.5	11.9	8.0	17.5	10.3	9.3	11.4	11.1	7.4	16.3	11.3	10.3	12.4
Health Care Access																		
No health care coverage, 18-64 year olds	11.8	8.0	17.1	15.1	14.0	16.3	13.0	7.6	21.2	17.1	15.5	18.8	10.7	6.0	18.3	13.1	11.7	14.6
No personal doctor or health care provider	14.3	10.7	18.8	20.5	19.5	21.6	25.3	18.9	33.0	27.2	25.5	28.8	3.4*	1.7	6.6	14.0	12.7	15.4
Needed to see a doctor but could not due to cost in past year	5.7	3.8	8.4	9.3	8.6	10.1	4.5	2.5	8.0	8.5	7.5	9.6	6.8	4.0	11.5	10.1	9.1	11.3
Chronic Disease and Clinical Risk Factors																		
Ever told they had a heart attack or coronary heart disease	7.0	5.1	9.5	5.3	4.9	5.7	8.7	5.9	12.6	6.6	5.9	7.4	5.3	3.1	9.0	4.0	3.5	4.5
Ever told they had a stroke	2.7	1.6	4.6	2.4	2.1	2.7	2.9*	1.5	5.5	2.3	1.9	2.8	2.6*	1.1	5.8	2.4	2.0	3.0
Ever told they have diabetes (excluding pregnancy)	10.3	8.0	13.2	9.9	9.3	10.5	12.9	9.4	17.3	10.5	9.5	11.5	7.8	4.9	12.1	9.3	8.5	10.2
Ever told they have cancer	11.9	9.4	14.9	11.3	10.7	12.0	13.3	9.6	18.1	10.7	9.8	11.6	10.5	7.4	14.6	12.0	11.2	13.0
Overweight and Obesity																		
Obese (BMI=30+)	36.5	31.5	41.8	34.0	32.8	35.2	39.0	32.2	46.2	34.7	33.0	36.4	33.8	26.6	41.7	33.3	31.6	35.0
Overweight or Obese (BMI=25+)	70.0	64.6	74.9	69.8	68.6	71.0	74.3	67.0	80.4	75.3	73.6	76.8	65.4	57.1	72.8	64.0	62.2	65.7
High Risk Behavior																		
No leisure-time physical activity in past 30 days	21.1	17.4	25.4	21.5	20.6	22.5	19.6	14.6	25.8	20.8	19.5	22.3	22.6	17.4	28.9	22.2	20.9	23.6
Get less than 7 hours of sleep per day	26.8	22.5	31.7	28.2	27.1	29.4	29.2	23.1	36.1	29.5	27.9	31.1	24.5	18.5	31.6	27.0	25.5	28.6
Current cigarette smoking	13.1	10.0	16.9	13.9	13.1	14.8	12.7	8.7	18.3	15.6	14.3	16.9	13.4	9.3	19.1	12.4	11.2	13.6
Current e-cigarette use	2.4*	1.2	4.9	5.9	5.2	6.6	3.5*	1.6	7.7	7.4	6.4	8.5	1.4*	0.3	5.9	4.4	3.6	5.3
Current smokeless tobacco use	7.6	5.3	10.9	5.2	4.6	5.7	14.6	10.2	20.6	9.4	8.4	10.5	0.6*	0.1	3.9	1.0	0.7	1.4
Binge drank in past 30 days	20.4	16.2	25.4	20.4	19.4	21.5	26.5	20.3	33.8	26.6	25.0	28.3	14.2	9.1	21.5	14.4	13.1	15.7
Used marijuana in past 30 days	3.3*	1.3	7.9	6.9	5.8	8.1	3.1*	1.0	9.6	7.2	5.8	8.9	3.4*	0.8	13.3	6.6	5.1	8.4
Always wear a seatbelt when driving or riding in a car	68.5	63.2	73.4	76.7	75.7	77.7	56.4	49.0	63.6	70.2	68.6	71.7	80.8	73.1	86.8	83.0	81.8	84.2
Mental Health																		
Ever told they have depression	15.3	11.9	19.4	16.8	15.8	17.7	11.4	7.8	16.4	11.4	10.3	12.5	19.2	13.8	26.1	22.1	20.6	23.6
Frequent mental distress in past 30 days	6.0	4.1	8.6	11.9	11.1	12.8	5.7	3.3	9.5	9.1	8.1	10.3	6.4	3.8	10.5	14.6	13.3	15.9
Immunization																		
Had a flu vaccination in past year	52.6	47.3	57.8	53.2	52.0	54.5	47.5	40.5	54.6	47.0	45.2	48.8	57.8	50.0	65.3	59.4	57.6	61.1
Had a flu vaccination in past year, aged 65 years and older	71.9	64.0	78.7	71.7	70.0	73.4	76.7*	65.7	85.0	70.0	67.3	72.6	67.0*	55.3	77.0	73.1	70.9	75.3
Oral Health																		
Visited a dentist or dental clinic for any reason in past year	70.1	65.1	74.7	68.1	67.0	69.3	65.6	58.3	72.2	63.7	61.9	65.3	74.6	67.4	80.6	72.5	71.0	74.0

Note: Four Corners Health Department includes the four county LHD region of Butler, Polk, Seward, and York Counties

* Unstable estimate, use data with caution; relative standard error $\geq 30\%$ 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