

**Summary Table for Douglas County 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	11.0	9.4	12.8	10.8	10.1	11.5	11.6	9.3	14.5	10.3	9.3	11.4	10.4	8.4	12.8	11.3	10.3	12.4
<b>Health Care Access</b>																		
No health care coverage, 18-64 year olds	18.2	15.7	21.0	15.1	14.0	16.3	19.6	16.1	23.7	17.1	15.5	18.8	16.8	13.4	20.8	13.1	11.7	14.6
No personal doctor or health care provider	24.0	21.6	26.6	20.5	19.5	21.6	29.7	26.1	33.6	27.2	25.5	28.8	18.6	15.6	22.1	14.0	12.7	15.4
Needed to see a doctor but could not due to cost in past year	11.1	9.4	13.1	9.3	8.6	10.1	9.5	7.3	12.2	8.5	7.5	9.6	12.7	10.1	15.7	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	4.3	3.4	5.4	5.3	4.9	5.7	5.9	4.4	7.9	6.6	5.9	7.4	2.7	1.9	3.9	4.0	3.5	4.5
Ever told they had a stroke	2.9	2.1	3.9	2.4	2.1	2.7	2.4	1.6	3.6	2.3	1.9	2.8	3.3	2.1	5.1	2.4	2.0	3.0
Ever told they have diabetes (excluding pregnancy)	10.2	8.8	11.8	9.9	9.3	10.5	10.8	8.8	13.3	10.5	9.5	11.5	9.6	7.7	11.9	9.3	8.5	10.2
Ever told they have cancer	9.4	8.1	10.8	11.3	10.7	12.0	8.6	6.8	10.7	10.7	9.8	11.6	10.1	8.4	12.2	12.0	11.2	13.0
<b>Overweight and Obesity</b>																		
Obese (BMI=30+)	34.1	31.4	36.9	34.0	32.8	35.2	34.3	30.6	38.3	34.7	33.0	36.4	33.8	30.1	37.8	33.3	31.6	35.0
Overweight or Obese (BMI=25+)	68.5	65.7	71.1	69.8	68.6	71.0	73.0	69.1	76.5	75.3	73.6	76.8	63.8	59.8	67.6	64.0	62.2	65.7
<b>High Risk Behavior</b>																		
No leisure-time physical activity in past 30 days	20.4	18.2	22.7	21.5	20.6	22.5	19.4	16.4	22.8	20.8	19.5	22.3	21.2	18.3	24.5	22.2	20.9	23.6
Get less than 7 hours of sleep per day	27.4	25.0	29.9	28.2	27.1	29.4	29.5	26.0	33.3	29.5	27.9	31.1	25.3	22.1	28.8	27.0	25.5	28.6
Current cigarette smoking	13.3	11.4	15.4	13.9	13.1	14.8	15.0	12.2	18.3	15.6	14.3	16.9	11.6	9.3	14.4	12.4	11.2	13.6
Current e-cigarette use	6.0	4.7	7.7	5.9	5.2	6.6	7.5	5.4	10.3	7.4	6.4	8.5	4.6	3.1	6.8	4.4	3.6	5.3
Current smokeless tobacco use	3.6	2.7	4.8	5.2	4.6	5.7	6.3	4.5	8.7	9.4	8.4	10.5	1.0*	0.5	2.0	1.0	0.7	1.4
Binge drank in past 30 days	20.8	18.5	23.2	20.4	19.4	21.5	27.4	23.8	31.4	26.6	25.0	28.3	14.4	11.8	17.5	14.4	13.1	15.7
Used marijuana in past 30 days	10.9	8.2	14.2	6.9	5.8	8.1	11.5	7.7	16.7	7.2	5.8	8.9	10.3	6.9	15.1	6.6	5.1	8.4
Always wear a seatbelt when driving or riding in a car	85.4	83.2	87.4	76.7	75.7	77.7	80.4	76.8	83.5	70.2	68.6	71.7	90.2	87.4	92.4	83.0	81.8	84.2
<b>Mental Health</b>																		
Ever told they have depression	16.6	14.6	18.7	16.8	15.8	17.7	11.8	9.5	14.6	11.4	10.3	12.5	21.2	18.2	24.5	22.1	20.6	23.6
Frequent mental distress in past 30 days	14.3	12.4	16.4	11.9	11.1	12.8	12.1	9.6	15.1	9.1	8.1	10.3	16.3	13.6	19.4	14.6	13.3	15.9
<b>Immunization</b>																		
Had a flu vaccination in past year	56.8	54.0	59.6	53.2	52.0	54.5	50.5	46.4	54.6	47.0	45.2	48.8	62.8	58.8	66.6	59.4	57.6	61.1
Had a flu vaccination in past year, aged 65 years and older	76.3	71.7	80.3	71.7	70.0	73.4	74.0	66.2	80.5	70.0	67.3	72.6	78.0	72.3	82.7	73.1	70.9	75.3
<b>Oral Health</b>																		
Visited a dentist or dental clinic for any reason in past year	67.6	64.9	70.1	68.1	67.0	69.3	63.7	59.7	67.6	63.7	61.9	65.3	71.2	67.6	74.6	72.5	71.0	74.0

Note: Data reflect Douglas County Nebraska

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