

Summary Table for East 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 %
General Health Status																		
General health fair or poor health	8.8	6.7	11.5	10.8	10.1	11.5	7.1	4.5	11.1	10.3	9.3	11.4	10.6	7.6	14.6	11.3	10.3	12.4
Health Care Access																		
No health care coverage, 18-64 year olds	20.4	15.5	26.3	15.1	14.0	16.3	24.3	17.0	33.6	17.1	15.5	18.8	15.9	10.7	22.9	13.1	11.7	14.6
No personal doctor or health care provider	18.5	14.5	23.2	20.5	19.5	21.6	21.9	15.9	29.4	27.2	25.5	28.8	15.0	10.4	21.0	14.0	12.7	15.4
Needed to see a doctor but could not due to cost in past year	8.5	6.1	11.7	9.3	8.6	10.1	7.1	4.2	11.8	8.5	7.5	9.6	10.0	6.6	14.9	10.1	9.1	11.3
Chronic Disease and Clinical Risk Factors																		
Ever told they had a heart attack or coronary heart disease	5.8	4.2	7.9	5.3	4.9	5.7	5.7	3.5	8.9	6.6	5.9	7.4	5.9	3.8	9.0	4.0	3.5	4.5
Ever told they had a stroke	1.4*	0.7	2.6	2.4	2.1	2.7	0.9*	0.3	2.7	2.3	1.9	2.8	1.8*	0.8	4.2	2.4	2.0	3.0
Ever told they have diabetes (excluding pregnancy)	10.9	8.6	13.8	9.9	9.3	10.5	9.5	6.5	13.8	10.5	9.5	11.5	12.4	9.1	16.7	9.3	8.5	10.2
Ever told they have cancer	12.6	10.1	15.6	11.3	10.7	12.0	11.6	8.1	16.2	10.7	9.8	11.6	13.6	10.2	17.9	12.0	11.2	13.0
Overweight and Obesity																		
Obese (BMI=30+)	33.2	28.8	37.8	34.0	32.8	35.2	32.8	26.7	39.6	34.7	33.0	36.4	33.6	27.6	40.1	33.3	31.6	35.0
Overweight or Obese (BMI=25+)	73.8	69.5	77.8	69.8	68.6	71.0	78.8	72.8	83.8	75.3	73.6	76.8	68.1	61.7	74.0	64.0	62.2	65.7
High Risk Behavior																		
No leisure-time physical activity in past 30 days	23.7	19.6	28.2	21.5	20.6	22.5	21.4	16.5	27.2	20.8	19.5	22.3	26.0	19.9	33.3	22.2	20.9	23.6
Get less than 7 hours of sleep per day	29.7	25.4	34.3	28.2	27.1	29.4	29.6	23.3	36.7	29.5	27.9	31.1	29.8	24.3	36.0	27.0	25.5	28.6
Current cigarette smoking	13.4	10.0	17.7	13.9	13.1	14.8	14.9	9.6	22.3	15.6	14.3	16.9	11.8	8.1	16.8	12.4	11.2	13.6
Current e-cigarette use	6.0	3.3	10.7	5.9	5.2	6.6	8.0*	3.5	16.9	7.4	6.4	8.5	4.1*	2.0	8.1	4.4	3.6	5.3
Current smokeless tobacco use	4.9	3.3	7.3	5.2	4.6	5.7	7.9	5.1	11.9	9.4	8.4	10.5	1.9*	0.6	5.8	1.0	0.7	1.4
Binge drank in past 30 days	22.5	18.8	26.7	20.4	19.4	21.5	29.8	24.0	36.5	26.6	25.0	28.3	14.9	10.8	20.4	14.4	13.1	15.7
Used marijuana in past 30 days	3.1*	1.5	6.2	6.9	5.8	8.1	4.4*	1.9	9.9	7.2	5.8	8.9	1.4*	0.3	5.7	6.6	5.1	8.4
Always wear a seatbelt when driving or riding in a car	70.8	66.2	75.0	76.7	75.7	77.7	62.6	55.7	69.0	70.2	68.6	71.7	79.1	72.8	84.2	83.0	81.8	84.2
Mental Health																		
Ever told they have depression	17.4	13.3	22.5	16.8	15.8	17.7	11.5	6.7	19.0	11.4	10.3	12.5	23.7	17.6	31.1	22.1	20.6	23.6
Frequent mental distress in past 30 days	9.2	6.8	12.2	11.9	11.1	12.8	6.8	4.1	11.0	9.1	8.1	10.3	11.6	8.1	16.5	14.6	13.3	15.9
Immunization																		
Had a flu vaccination in past year	54.5	49.5	59.5	53.2	52.0	54.5	48.5	41.4	55.6	47.0	45.2	48.8	60.7	53.2	67.6	59.4	57.6	61.1
Had a flu vaccination in past year, aged 65 years and older	71.2	63.0	78.3	71.7	70.0	73.4	63.8*	50.4	75.3	70.0	67.3	72.6	77.3	67.4	84.8	73.1	70.9	75.3
Oral Health																		
Visited a dentist or dental clinic for any reason in past year	62.8	58.0	67.4	68.1	67.0	69.3	60.3	53.1	67.1	63.7	61.9	65.3	65.5	58.9	71.5	72.5	71.0	74.0

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