

Nebraska Behavioral Risk Factor Surveillance System
2020 One-Page Summary Tables
by Nebraska Local and District Public Health Department

Released December 2021

The purpose of these summary tables is to supplement other Nebraska Behavioral Risk Factor Surveillance System (BRFSS) reporting efforts including data presented in narrative reports, fact sheets, and local health department (LHD)-specific BRFSS detailed tables.

These one-page summary tables provide prevalence estimates and 95% confidence intervals for 23 select health indicators collected from Nebraska adults aged 18 and older during 2020. One summary table has been prepared for each of 19 LHDs (18 LB692 departments plus Dakota County) in place at the time of this report.

The BRFSS is a telephone survey of adults 18 and older and includes landline telephone and cell phone data collection. To be more representative of all adults, data are weighted according to the CDC BRFSS weighting methodology (i.e. iterative proportional fitting, also known as raking). Differences in prevalence estimates for two sub-groups of the population can be determined to be statistically significant if their 95% confidence intervals do not overlap. Responses of “Don’t know/Not sure” and “Refused” were removed from the denominators when calculating prevalence estimates for these summary tables. It is possible that data presented in these tables are slightly different than previously published results due to differences in how an indicator was calculated or how the data were analyzed.

The definitions for the 23 health indicators presented in these summary tables are presented on the following pages.

For additional information contact the Nebraska BRFSS Program: dhhs.brfss@nebraska.gov or (402) 471-2180



Topics/Indicators	Indicator Definitions
General Health Status	
General health fair or poor	Percentage of adults 18 and older who report that their general health is fair or poor
Health Care Access	
No health care coverage, 18-64 year olds	Percentage of adults 18-64 years old who report that they do not have any kind of health care coverage
No personal doctor or health care provider	Percentage of adults 18 and older who report that they do not have a personal doctor or health care provider
Needed to see a doctor but could not due to cost in past year	Percentage of adults 18 and older who report that they needed to see a doctor but could not because of cost during the past 12 months
Chronic Disease and Clinical Risk Factors	
Ever told they had a heart attack or coronary heart disease	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they had a heart attack or myocardial infarction or have angina or coronary heart disease
Ever told they had a stroke	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they had a stroke
Ever told they have diabetes (excluding pregnancy)	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have diabetes (excluding pregnancy)
Ever told they have cancer	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have skin cancer or any other type of cancer
Overweight and Obesity	
Obese (BMI=30+)	Percentage of adults 18 and older with a body mass index (BMI) of 30.0 or greater, based on self-reported height and weight
Overweight or Obese (BMI=25+)	Percentage of adults 18 and older with a body mass index (BMI) of 25.0 or greater, based on self-reported height and weight
High Risk Behavior	
No leisure-time physical activity in past 30 days	Percentage of adults 18 and older who report no physical activity or exercise (such as running, calisthenics, golf, gardening or walking for exercise) other than their regular job during the past month
Get less than 7 hours of sleep per day	Percentage of adults 18 and older who report that they get an average of 7 or more hours of sleep in a 24-hour period
Current cigarette smoking	Percentage of adults 18 and older who report that they currently smoke cigarettes either every day or on some days
Current e-cigarette use	Percentage of adults 18 and older who report that they currently use e-cigarettes or other electronic “vaping” products either every day or on some days
Current smokeless tobacco use	Percentage of adults 18 and older who report that they currently use smokeless tobacco products (chewing tobacco, snuff, or snus) either every day or on some days

Binge drank in past 30 days	Percentage of adults 18 and older who report having five or more alcoholic drinks for men/four or more alcoholic drinks for women on at least one occasion during the past 30 days
Used marijuana in past 30 days	Percentage of adults 18 and older who report using marijuana or hashish during the past 30 days
Always wear a seatbelt when driving or riding in a car	Percentage of adults 18 and older who report that they always use a seatbelt when driving or riding in a car
Mental Health	
Ever told they have depression	Percentage of adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have a depressive disorder (depression, major depression, dysthymia, or minor depression)
Frequent mental distress in past 30 days	Percentage of adults 18 and older who report that their mental health (including stress, depression, and problems with emotions) was not good on 14 or more of the past 30 days
Immunization	
Had a flu vaccination in past year	Percentage of adults 18 and older who report that they received an influenza vaccination during the past 12 months
Had a flu vaccination in past year, aged 65 years and older	Percentage of adults 65 and older who report that they received an influenza vaccination during the past 12 months
Oral Health	
Visited a dentist or dental clinic for any reason in past year	Percentage of adults 18 and older who report that they visited a dentist or dental clinic for any reason within the past year