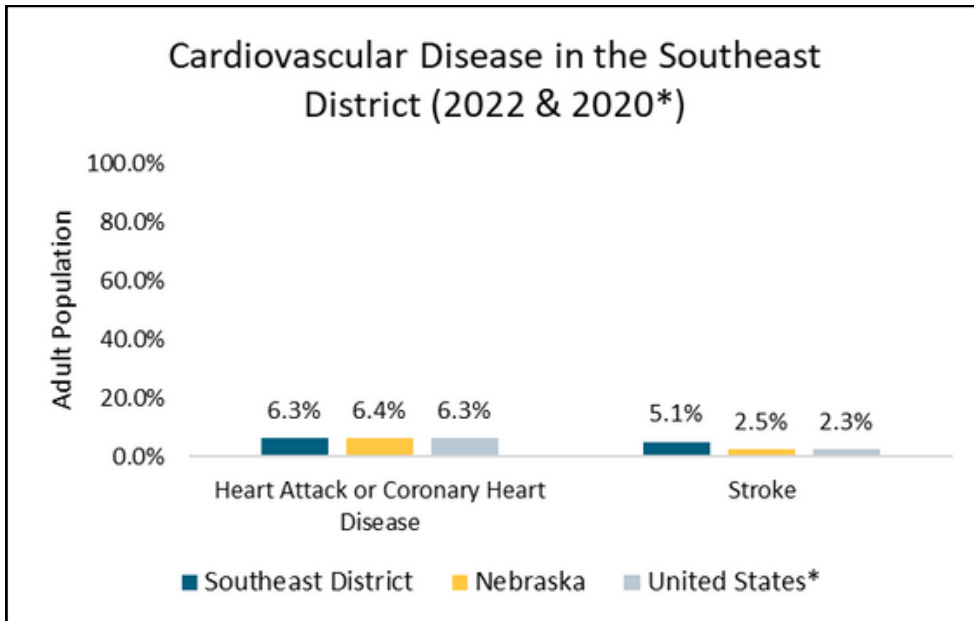


Southeast District Health Department Cardiovascular Health Data

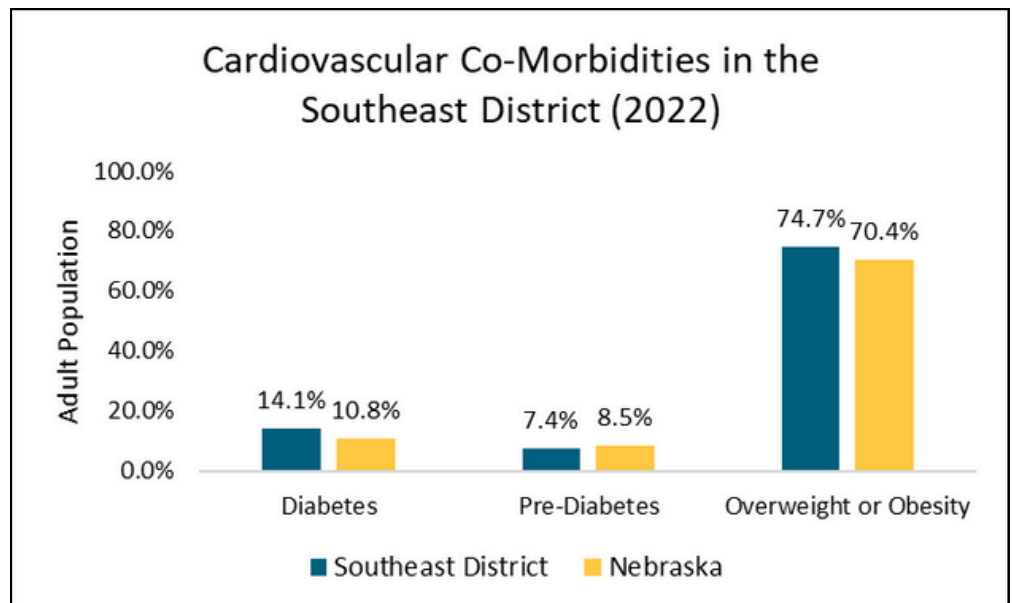
Cardiovascular Disease



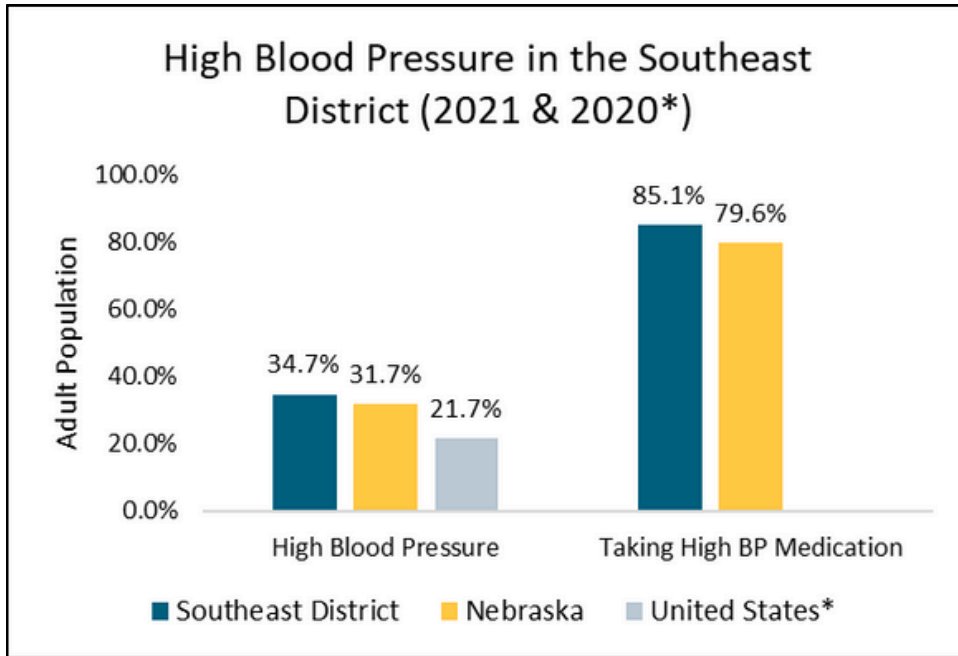
- In the SEDHD district, the percentage of the adult population who had ever received a diagnosis of a heart attack or coronary heart disease (CHD) (6.3%) is about the same as Nebraska (6.4%) and U.S. (6.3%) adults.
- However, SEDHD district adults (5.1%) have about 2x the rate of stroke diagnoses than Nebraska (2.5%) and U.S. (2.3%) adults.

Cardiovascular Co-Morbidities

- In the SEDHD district, the percentage of the adult population with diabetes (14.1%) and overweight or obesity (74.7%) is higher than the percentage of Nebraska adults with diabetes (10.8%) and overweight or obesity (70.4%).
- There are slightly less adults in the SEDHD district with pre-diabetes (7.4%) than Nebraska (8.5%).

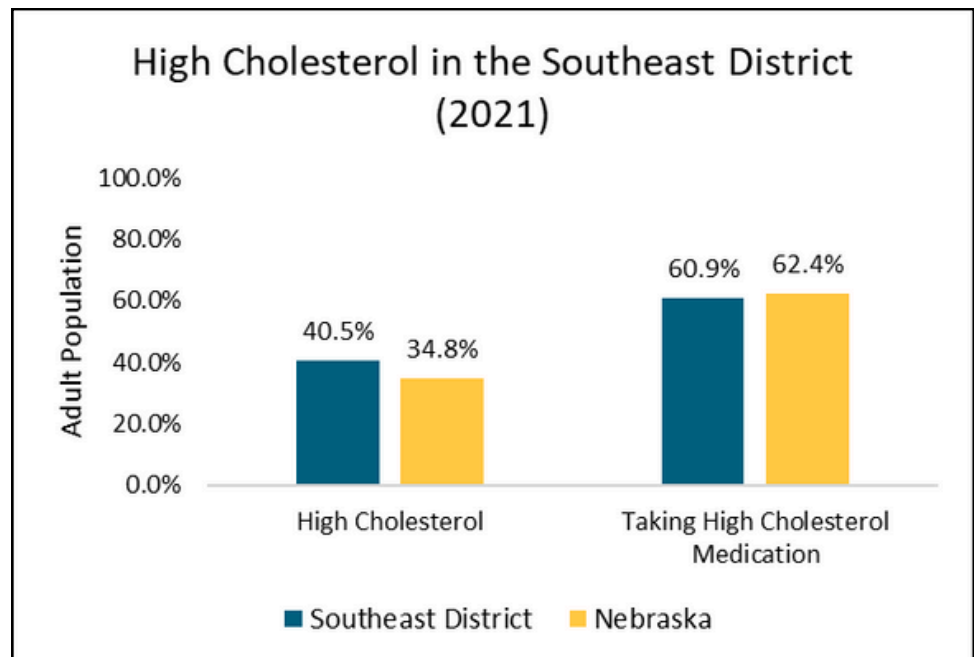


Cardiovascular Risk Factors

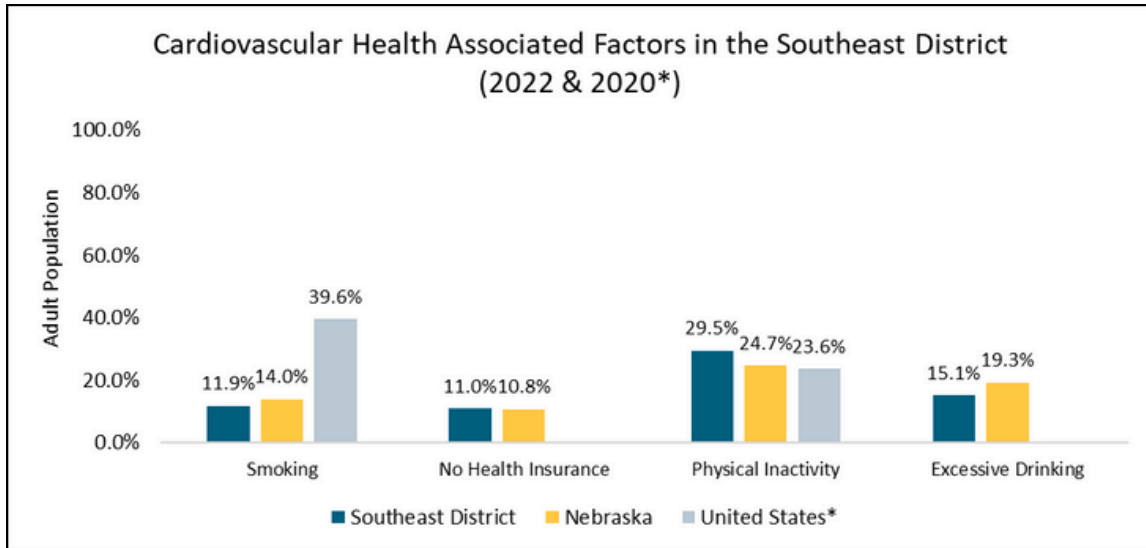


- In the SEDHD district, the percentage of the adult population with high blood pressure (34.7%) is higher than Nebraska and U.S. adults with high blood pressure (31.7% and 21.7% respectively).
- Of the 34.7% adults with high blood pressure in the SEDHD district, 85.1% are taking medication for it. As opposed to 79.6% of Nebraska adults with high blood pressure who are taking medication for it.

- In the SEDHD district, the percentage of the adult population with high cholesterol is higher than Nebraska adults with high cholesterol (40.5% and 34.8%, respectively).
- Of the 40.5% of adults with high cholesterol in the SEDHD district, 60.9% are taking medication for it. This is slightly less than the 62.4% of Nebraska adults with high cholesterol taking medication.



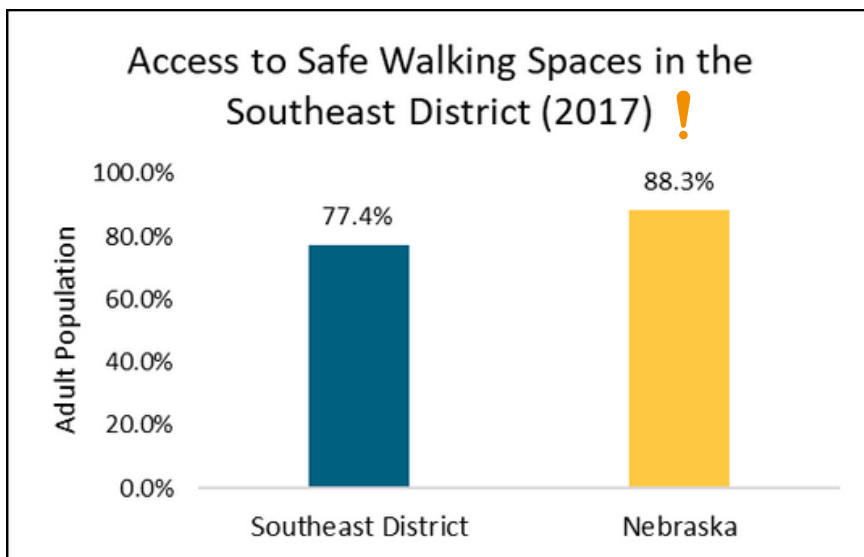
Health Associated Factors



- In the SEDHD district, the percentage of the adult population who smoke (11.9%) and drink excessively* (15.1%) is lower than the percentage of Nebraska and U.S. adults.
- SEDHD district adults (29.5%) have higher rates of physical inactivity than Nebraska and U.S. adults (24.7%) and about the same rate of uninsured adults as Nebraska.

*Excessive drinking is defined as a woman consuming more than four alcoholic drinks during a single occasion or a man consuming more than five alcoholic drinks during a single occasion.

Exercise Access



! These are significantly different.

- In the SEDHD district, the percentage of the adult population (77.4%) who report having access to safe spaces to walk (i.e. sidewalks, road shoulders, trails, parks, etc.) in their neighborhood* is significantly less than Nebraska adults (88.3%) who report the same.

*A neighborhood is defined as the area within one-half mile or a ten minute walk from someone's home.

Notes

Sources

CDC. (2024). https://data.cdc.gov/Heart-Disease-Stroke-Prevention/National-Health-Interview-Survey-NHIS-National-Car/fwns-azgu/data_preview

Nebraska BRFSS. (2024). https://datanexus-dhhs.ne.gov/views/BRFSS_PROD_2022/OverallNew?%3Aembed=y&%3Aiid=1&%3AisGuestRedirectFromVizportal=y

*This data sheet was produced in partnership with The National Cardiovascular Program, CDC.