NEBRASKA
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DEPT. OF HEALTH AND HUMAN SERVICES

Nebraska Public Health Atlas

Nebraska Behavioral Risk Factor Surveillance System

Nebraska BRFSS Dashboard

BRFSS Indicator Definitions

This document contains definitions for the 90 BRFSS indicators presented within the Nebraska BRFSS Dashboard. These indicators reflect data collected during years 2011-2022. Note that the indicator for frequent mental distress is listed within both the 'General Health Status and Quality of Life' as well as 'Mental Health' topic areas.

Health Topics/Indicators	Indicator Definitions
General Health Status and Quality of Life	
General health fair or poor	Percentage of adults 18 and older who report that their general health is fair or poor
Average number of days physical health was not good in past 30 days	Average number of days during the previous 30 that adults 18 and older report their physical health (including physical illness and injury) was not good
Physical health was not good on 14 or more of the past 30 days (i.e., frequent physical distress)	Percentage of adults 18 and older who report that their physical health (including physical illness and injury) was not good on 14 or more of the past 30 days
Average number of days mental health was not good in past 30 days	Average number of days during the previous 30 that adults 18 and older report their mental health (including stress, depression, and problems with emotions) was not good
Mental health was not good on 14 or more of the past 30 days (i.e., frequent mental distress)	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
Average days poor physical or mental health limited usual activities in past 30 days	Average number of days during the previous 30 that adults 18 and older report their usual activities (such as self-care, work, and recreation) were limited due to poor physical or mental health
Poor physical or mental health limited usual activities on 14 or more of the past 30 days	Percentage of adults 18 and older who report that their usual activities (such as self-care, work, and recreation) were limited due to poor physical or mental health on 14 or more of the past 30 days
Health Care Access and Utilization	
No health care coverage, Adults 18-64 years old	Percentage of adults 18-64 years old who report that they do not have any kind of health insurance coverage, including employer, private purchase, or government insurance
No personal doctor or health care provider	Percentage of adults 18 and older who report that they do not have one person or a group of doctors that they think of as their personal 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 they could not afford it during the past 12 months
Had a routine checkup in past year	Percentage of adults 18 and older who report that they visited a doctor for a routine checkup during the past 12 months
Heart Disease and Stroke	
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
Currently taking aspirin to prevent or control heart disease or stroke	Percentage of adults 18 and older who report that they currently take an aspirin daily or on some days to prevent or control heart disease, heart attacks, or stroke
Blood Pressure and Cholesterol	
Had blood pressure checked in past year	Percentage of adults 18 and older who report having had their blood pressure taken by a doctor, nurse, pharmacist, dentist, eye doctor, or other health professional during the past 12 months
Regularly check blood pressure outside healthcare office	Percentage of adults 18 and older who report that they regularly check their blood pressure outside of their healthcare professional's office or at home
Ever told they have high blood pressure (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 high blood pressure (excluding pregnancy)
Currently taking blood pressure medication, among those ever told they have high BP	Among adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have high blood pressure (excluding pregnancy), the percentage who report that they currently take medication for their high blood pressure
Had cholesterol checked in past 5 years	Percentage of adults 18 and older who report having had their blood cholesterol checked during the past 5 years
Ever told they have high cholesterol, among those who have ever had it checked	Among adults 18 and older who report that they have ever had their blood cholesterol checked, the percentage who report that they have ever been told by a doctor, nurse, or other health professional that their blood cholesterol is high
Currently taking cholesterol medication, among those ever told they have high cholesterol	Among adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that their blood cholesterol is high, the percentage who report that they currently take medication prescribed by a doctor or other health professional for their blood cholesterol

Diabetes	
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 pre-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 pre-diabetes or borderline diabetes (excluding pregnancy)
Cancer	
Ever told they have cancer (in any form)	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
Up-to-date on colon cancer screening, Adults 45-75 years old	Percentage of adults 45–75 years old who report having had a blood stool test during the past year, or a stool DNA test during the past three years, or a sigmoidoscopy during the past five years, or a sigmoidoscopy during the past 10 years and a blood stool test during the past year, or a virtual colonoscopy during the past five years, or a colonoscopy during the past 10 years
Up-to-date on breast cancer screening, Females 50-74 years old	Percentage of females 50-74 years old who report having had a mammogram during the past 2 years
Had a pap test in past three years, Females 21-65 years old	Percentage of females 21-65 years old without a hysterectomy who report having had a Pap test during the past 3 years
Arthritis	
Ever told they have arthritis	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 some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
Currently have activity limitations due to arthritis, among those ever told they have arthritis	Among adults 18 and older who report that they have ever been told by a doctor, nurse, or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia, the percentage who report that their usual activities are limited in any way because of arthritis or joint symptoms
Asthma	
Ever told they have asthma	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 asthma
Currently have asthma	Percentage of adults 18 and older who report that they currently have asthma
Chronic Obstructive Pulmonary Disease (COPD)	
Ever told they have COPD	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 chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis

Kidney Disease	
Ever told they have kidney 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 have kidney disease (excluding kidney stones, bladder infection, or incontinence)
Tobacco	
Current cigarette smoking	Percentage of adults 18 and older who report that they currently smoke cigarettes either every day or on some days
Attempted to quit smoking in past year, among current cigarette smokers	Among adults 18 and older who report that they currently smoke cigarettes, the percentage who report that they stopped smoking cigarettes for one day or longer during the past 12 months because they were trying to quit smoking
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
Has rule not allowing smoking anywhere inside their home	Percentage of adults 18 and older who report having a rule not allowing smoking anywhere inside their home (excluding decks, garages, and porches)
Has rule not allowing smoking anywhere inside their family vehicle, among those who have a car	Percentage of adults 18 and older who report having a rule not allowing smoking at any time inside their family vehicle, among those who report having a car
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
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
Nutrition	
Consumed sugar-sweetened beverages 1 or more times per day in past 30 days	Percentage of adults 18 and older who report drinking regular soda or pop, sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks (excluding 100% fruit juice, diet drinks, or artificially sweetened drinks) an average of one or more times per day during the past 30 days
Currently watching or reducing sodium or salt intake	Percentage of adults 18 and older who report that they are currently watching or reducing their sodium or salt intake
Consumed fruits less than 1 time per day	Percentage of adults 18 and older who report consuming fruit or 100% fruit juice an average of less than one time per day during the past month
Consumed vegetables less than 1 time per day	Percentage of adults 18 and older who report consuming vegetables an average of less than one time per day during the past month

Physical Activity	
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
Met aerobic physical activity recommendation	Percentage of adults 18 and older who report at least 150 minutes of moderate-intensity physical activity, or at least 75 minutes of vigorous-intensity physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity per week during the past month
Met muscle strengthening recommendation	Percentage of adults 18 and older who report that they engaged in physical activities or exercises to strengthen their muscles two or more times per week during the past month
Met both aerobic physical activity and muscle strengthening recommendations	Percentage of adults 18 and older who report at least 150 minutes of moderate-intensity physical activity, or at least 75 minutes of vigorous-intensity physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity per week during the past month and that they engaged in physical activities or exercises to strengthen their muscles two or more times per week during the past month
Walk for at least 10 minutes at a time for any reason during a usual week	Percentage of adults 18 and older who report that during an average week they walk for at least 10 minutes at a time for recreation, exercise, to get to and from places, or for any other reason
Have access to safe places to walk in their neighborhood	Percentage of adults 18 and older who report that they have access to sidewalks, shoulders on the road, trails, or parks where they can safely walk in their neighborhood, defined as the area within one-half mile or a ten minute walk from their home
Injury	
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
Texted while driving in past 30 days	Percentage of adults 18 and older who report that they texted or e-mailed while driving a car or other vehicle on one or more of the past 30 days
Talked on a cell phone while driving in past 30 days	Percentage of adults 18 and older who report that they talked on a cell phone while driving a car or other vehicle on one or more of the past 30 days
Had a fall in past year, Adults 45 and older	Percentage of adults 45 and older who report that they fell to the ground or another lower level one or more times during the past 12 months
Injured due to a fall in past year, Adults 45 and older	Percentage of adults 45 and older who report being injured due to a fall during the past 12 months that caused them to limit their regular activities for at least a day or to go see a doctor

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
Alcohol and Drug Use	
Any alcohol consumption in past 30 days	Percentage of adults 18 and older who report having at least one alcoholic beverage during the past 30 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
Heavy drinking in past 30 days	Percentage of men 18 and older who report drinking more than 60 alcoholic drinks (an average of more than two drinks per day) during the past 30 days and the percentage of women 18 and older who report drinking more than 30 alcoholic drinks (an average of more than one drink per day) during the past 30 days
Alcohol impaired driving in past 30 days	Percentage of adults 18 and older who report driving after having had perhaps too much to drink 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
Opioid misuse in past year	Percentage of adults 18 and older who report that they used opioid pain medication more frequently or in higher doses than directed by a doctor during their last filled prescription or used opioid pain medication not prescribed to them, during the past 12 months
Immunization and Infectious Diseases	
Had a flu vaccination in past year, Adults 18 and older	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, Adults 65 and older	Percentage of adults 65 and older who report that they received an influenza vaccination during the past 12 months
Ever had a pneumonia vaccination, Adults 65 and older	Percentage of adults 65 and older who report that they have ever received a pneumonia vaccination
Had a tetanus vaccination since 2005	Percentage of adults 18 and older who report that they had a tetanus vaccination since 2005
Ever had a shingles vaccination, Adults 50 and older	Percentage of adults 50 and older who report that they have ever received a shingles or zoster vaccine
Ever been tested for HIV, Adults 18-64 years old (excluding blood donation)	Percentage of adults 18-64 year old who report that they have ever been tested for HIV/AIDS

Ever had a COVID-19 vaccination, Adults 18 and older	Percentage of adults 18 and older who report that they have ever received a COVID-19 vaccination
Ever had a COVID-19 vaccination, Adults 65 and older	Percentage of adults 65 and older who report that they have ever received a COVID-19 vaccination
Has received 2 or more COVID-19 vaccinations, aged 18 years and older	Percentage of adults 18 and older who report that they have ever received two or more COVID-19 vaccinations
Has received 2 or more COVID-19 vaccinations, Adults 65 and older	Percentage of adults 65 and older who report that they have ever received two or more COVID-19 vaccinations
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
Had any permanent teeth extracted due to tooth decay or gum disease	Percentage of adults 18 and older who report that they have had any of their permanent teeth extracted because of tooth decay or gum disease, including teeth lost to infection, but not those lost for other reasons, such as injury or orthodontics
Had all permanent teeth extracted due to tooth decay or gum disease, Adults 65 and older	Percentage of adults 65 and older who report that they have had all of their permanent teeth extracted because of tooth decay or gum disease, including teeth lost to infection, but not those lost for other reasons, such as injury or orthodontics
Had teeth cleaned by dentist/hygienist in past year, among those with 1+ permanent teeth	Among adults 18 and older who report having one or more of their permanent teeth, the percentage who report that they had their teeth cleaned by a dentist or dental hygienist during the past 12 months
Visited hospital ER for tooth pain or dental problem in past year (excluding injury or trauma)	Percentage of adults 18 and older who report having gone to a hospital emergency room for tooth pain or a dental problem, not counting visits for injury or trauma, during the past 12 months
Eye Care Access and Utilization	
No health insurance coverage for eye care, Adults 40 and older	Percentage of adults 40 and older who report that they do not have any kind of health insurance coverage for eye care; excludes individuals who are blind
Had eye exam by doctor or eye care provider in past year, Adults 40 and older	Percentage of adults 40 and older who report that they had their eyes examined by any doctor or eye care provider during the past 12 months; excludes individuals who are blind
Social Context	
Housing insecurity in past year, among those who own or rent their home	Among adults 18 and older who report that they own or rent their home, the percentage who report that they were always, usually, or sometimes worried or stressed during the past 12 months about having enough money to pay their rent or mortgage

Food insecurity in past year	Percentage of adults 18 and older who report that they were always, usually, or sometimes worried or stressed during the past 12 months about having enough money to buy nutritious meals
Caregiving	
Provided regular care or assistance in past month to friend or family member with health issue	Percentage of adults 18 and older who report that they provided regular care or assistance to a friend or family member who has a health problem or disability during the past 30 days
Cognitive Decline	
Experienced more or worsening confusion or memory loss in past year, Adults 45 and older	Percentage of adults 18 and older who report that they have experienced significant confusion or memory loss (such as forgetting how to do things they always do or forgetting things they would normally do) that is happening more often or is getting worse during the past 12 months
Inadequate Sleep	
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
Average hours of sleep per day	Average hours of sleep in a 24-hour period among adults 18 and older
Occupational Safety and Health	
Work-related injury or illness in past year, among employed or recently out of work	Among adults 18 and older who report being employed for wages, self-employed, out of work for less than 1 year, or unable to work, the percentage who report being injured while performing their job or that a doctor or other medical professional told them that they have a work-related illness during the past 12 months
Health Literacy	
Very easy to get needed advice or information about health or medical topics	Percentage of adults 18 and older who report that it is very easy for them to get advice or information about health or medical topics if they need it; excludes those who report that they don’t look for health information
Very easy to understand information that medical professions tell you	Percentage of adults 18 and older who report that it is very easy for them to understand information that doctors, nurses and other health professionals tell them
Very easy to understand written health information	Percentage of adults 18 and older who report that it is very easy for them to understand written health information, such as written information about health on the internet, in newspapers and magazines, and in brochures in the doctor’s office and clinic; excludes those who report that they don’t pay attention to written health information

Last updated September 3, 2024