



**2016 Nebraska  
Behavioral Risk Factor  
Surveillance System  
(BRFSS) Data:**

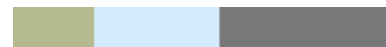
*Selected Variables on  
Veterans and Family  
Members of Veterans*



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# Introduction and Methodology

## ***BRFSS Background***

The Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys among Nebraska adults annually since 1986 for the purpose of collecting data on health-related risk behaviors and events, chronic health conditions, and use of preventive services. Information gathered during these surveys is used to identify emerging health problems, establish and track health objectives, and develop, implement, and evaluate a broad array of disease prevention activities in the state.

The BRFSS is a cross-sectional telephone survey of adults 18 and older conducted in all 50 states, the District of Columbia, and three U.S. territories with technical and methodological assistance provided by the Centers for Disease Control and Prevention (CDC). Survey questions are standardized to ensure comparability of data with other states and to monitor trends over time.

## ***Veterans, Family Members of Veterans and the Work of NALHD's VetSET project***

In 2016, respondents to the BRFSS in Nebraska were asked to identify if they were veterans of the U.S. military (i.e., if they have ever served active duty in the U.S. military). In the second half of 2016, respondents were asked to identify if they have a parent/guardian, brother or sister, spouse or significant other, or child who served in the U.S. military.

The Nebraska Association of Local Health Directors (NALHD) operates a project known as VetSET ("Serve, Education, Transition"). The project was funded by the Department of Veterans' Affairs to provide outreach to veterans and families and connect them with needed services.

Funding from NALHD allowed the BRFSS to include the veteran family member questions in the second half of 2016.

## ***Purpose***

The purpose of this report is to compare veterans and family members of veterans to the general population on a set of 22 BRFSS indicators (see the appendix for a detailed description of these indicators). These 22 indicators were selected for their close or proximal alignment with the work of the VetSET project. Data from this report can be used to illustrate areas of need for veterans and their family members in Nebraska.

### ***How to Interpret the Data (use caution)***

Many of the indicators in this report vary significantly by gender. For example, males are approximately twice as likely to report binge drinking in the past 30 days as compared to females (see Indicator 18 below). Furthermore, the vast majority (91.6%) of veterans surveyed were males, and accordingly the spouses/significant others of veterans are mostly females. For comparison between veterans or their family members and the total population, it will be necessary to see how the total population differs on gender for each indicator. It is necessary to use caution when comparing data between veterans and their family members and the total population due to the gender differences inherent in the makeup of the veteran population.

### ***A Note on Survey Weighting***

The Centers for Disease Control and Prevention (CDC) does the weighting of data for each state. Survey weighting allows a set of surveys that may not represent the population demographically to be adjusted (or weighted) to more accurately reflect the population they are intended to represent.

From the 1980s to 2010, CDC used a statistical method called post stratification to weight BRFSS survey data to known proportions of age, race and ethnicity, sex, and geographic region within a population. In 2011, the BRFSS moved to a new weighting methodology known as iterative proportional fitting or raking. Raking has several advantages over post stratification. First, it allows the introduction of more demographic variables, such as education level, marital status, and home ownership, into the statistical weighting process than would have been possible with post stratification. This advantage reduces the potential for bias and increases the representativeness of estimates. Second, raking allows for the incorporation of a now-crucial variable, telephone ownership (landline and/or cellular telephone), into the BRFSS weighting methodology. Beginning with the 2011 dataset, raking succeeded post stratification as the BRFSS statistical weighting method. As noted, age, sex, categories of ethnicity, geographic regions within states, marital status, education level, home ownership and type of phone ownership are currently used to weight BRFSS data.

The weight used for those who identified as family members was this “core” weight provided by the CDC. Since the military family questions were asked only during the last six months, the data for the last six months technically should be re-weighted for only those respondents. However, the “core” weight for the entire survey year was only available from the CDC for these respondents. This weighting issue is believed to be very minor and to have very little impact on the data included in this report.

### ***Acknowledgment***

Special thanks to Jeff Armitage (Epidemiology Surveillance Coordinator for the Division of Public Health, Nebraska Department of Health and Human Services) for running the analyses the BRFSS data used in this report, as well as for providing valuable insights.

## Demographics

Table 1 outlines the survey respondents as a percentage of all respondents. Table 2 displays demographics of veteran survey respondents compared to no-veterans.

Table 1	Survey respondents	
		Percent of total
	Served active duty in U.S. military (veterans)	12.1%
	Parent/guardian served in U.S. military	40.0%
	Brother or sister served in U.S. military	26.1%
	Been married to or in serious relationship with someone who served in U.S. military	17.6%
	Had a child serve in the U.S. military	8.1%
	Had a child serve in the U.S. military among those with children 18 year of age or older	16.5%
	Had a parent/guardian, sibling, spouse or significant other, or child serve in U.S. military	60.4%

Table 2	Demographics of Veteran and Non-Veteran Survey Respondents		
		Veterans	Non-veterans
<b>Gender</b>	<i>Male</i>	91.6%	44.0%
	<i>Female</i>	8.4%	56.0%
<b>Urban/Rural</b>	<i>Urban – Large</i>	60.6%	58.4%
	<i>Urban - Small</i>	19.4%	21.3%
	<i>Rural</i>	20.0%	20.3%
<b>Race/Ethnicity</b>	<i>White (non-Hispanic)</i>	89.4%	82.1%
	<i>Minority</i>	10.6%	17.9%
<b>Educational Attainment</b>	<i>Less than high school</i>	4.6%	10.7%
	<i>High school diploma/GED</i>	32.0%	26.7%
	<i>Some college or tech. school</i>	38.1%	35.6%
	<i>Graduated college</i>	25.3%	27.0%
<b>Household Income</b>	<i>Less than \$25,000</i>	18.2%	24.5%
	<i>\$25,000 to \$49,999</i>	29.8%	26.3%
	<i>\$50,000 to \$74,999</i>	20.9%	17.0%
	<i>\$75,000 or more</i>	31.1%	32.3%

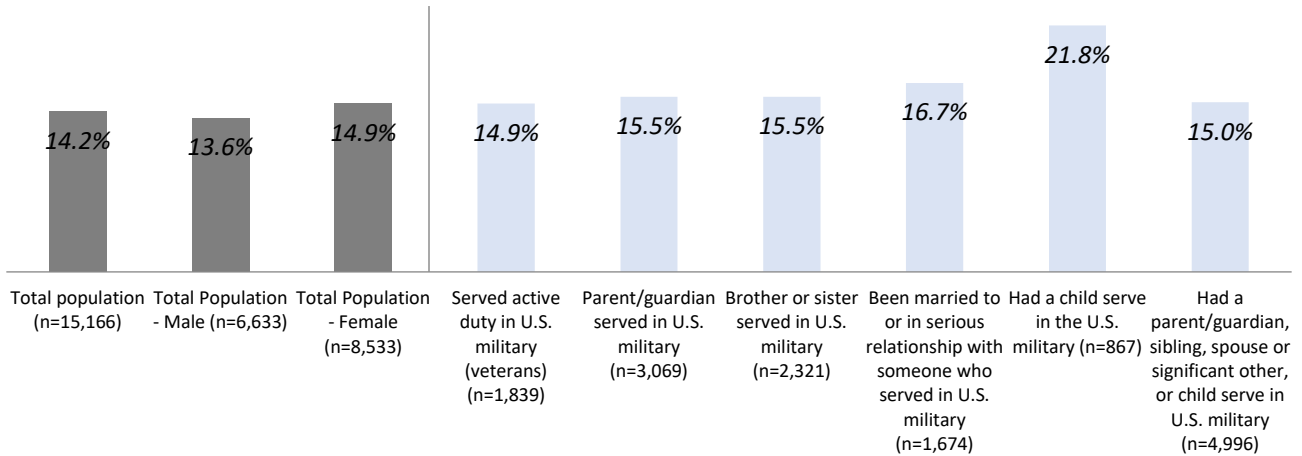
*Results Section 1.*

*Selected BRFSS Results*

## Indicator 1. General health fair or poor

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “general health fair or poor”. However, those who have had a child serve in the U.S. military reported their general health as fair or poor at a rate of 21.8%, compared to 14.2% for the total population (Figure 1).

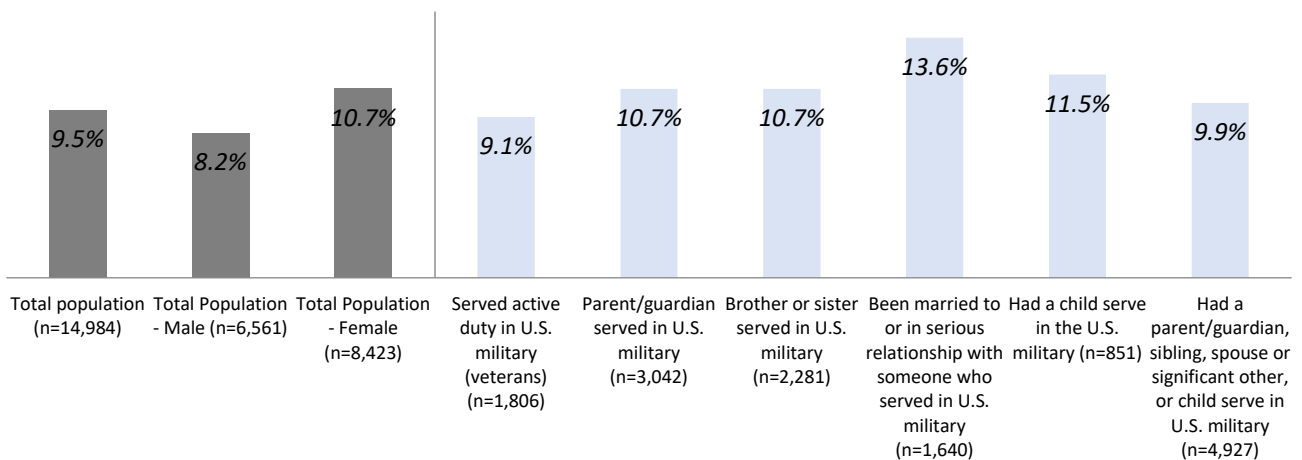
**Figure 1. General health fair or poor**



## Indicator 2. Physical health was not good on 14 or more of the past 30 days

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “physical health was not good on 14 or more of the past 30 days” (Figure 2).

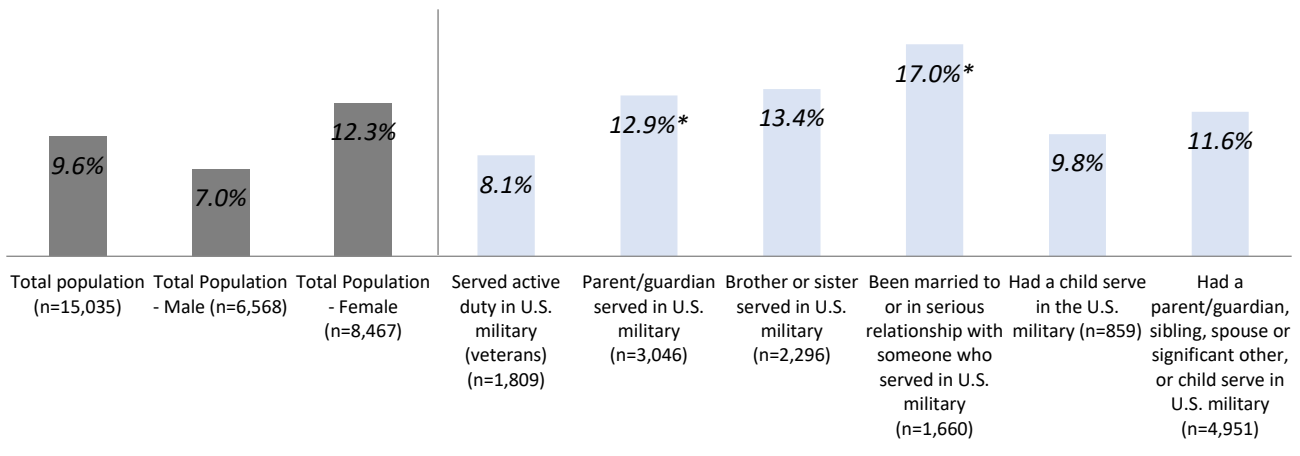
**Figure 2. Physical health was not good on 14 or more of the past 30 days**



**Indicator 3. Mental health was not good on 14 or more of the past 30 days (i.e., frequent mental distress)**

Family members of veterans appear to be more affected by mental health issues, most notably those who have been married to or in a serious relationship with someone who served in the U.S. military. Among this spouse/significant other group, 17.0% reported that their mental health was not good on 14 or more of the past 30 days, compared to 9.6% for the total population, a statistically significant difference (Figure 3).

**Figure 3. Mental health was not good on 14 or more of the past 30 days (i.e., frequent mental distress)**

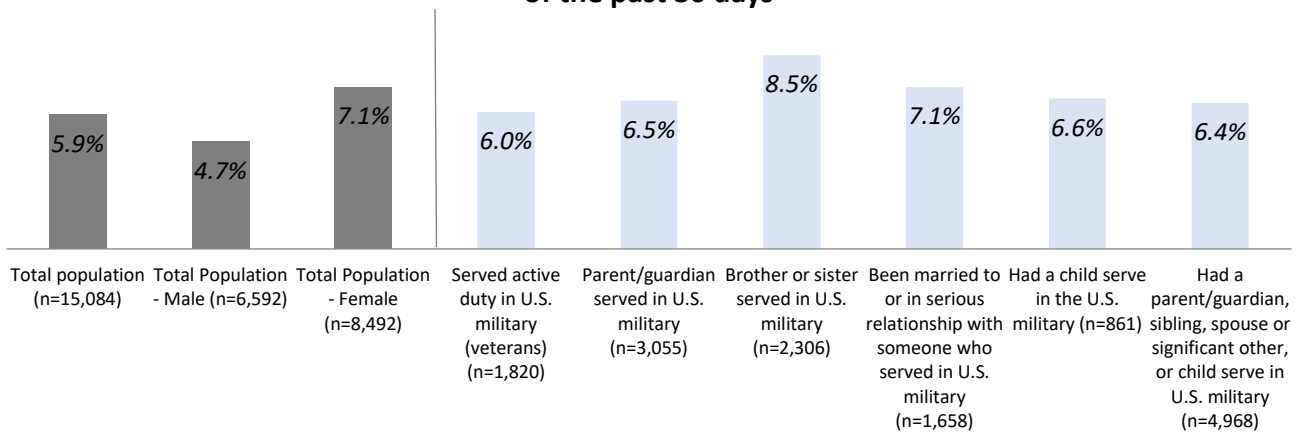


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

**Indicator 4. Poor physical or mental health limited usual activities on 14 or more of the past 30 days**

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “poor physical or mental health limited usual activities on 14 or more of the past 30 days” (Figure 4).

**Figure 4. Poor physical or mental health limited usual activities on 14 or more of the past 30 days**

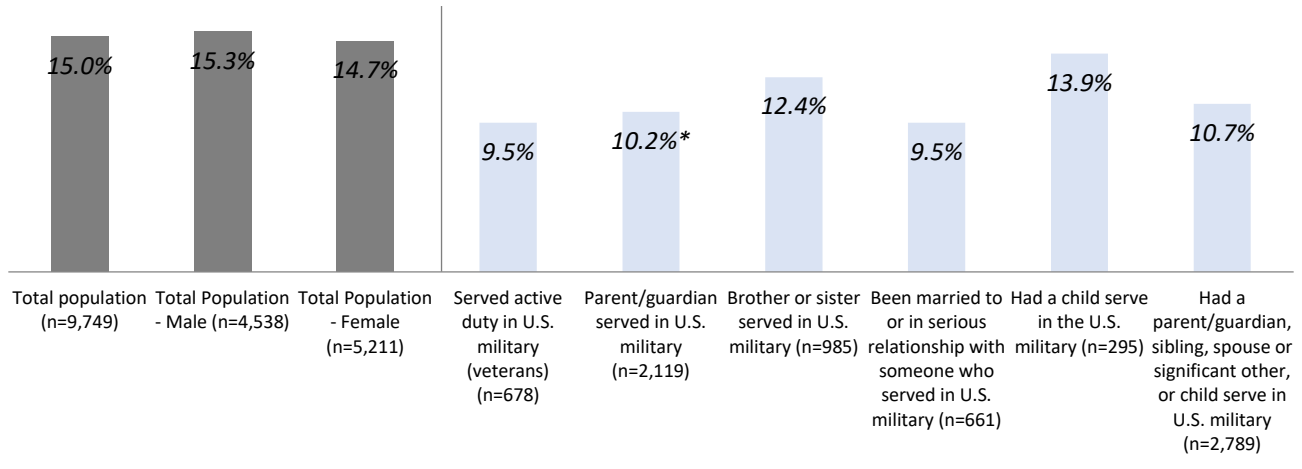




## Indicator 5. No health care coverage (18-64 year olds)

In general, veterans and their family members appear to have better access to health care coverage, with those who reported that their parent/guardian served reporting a rate of no health care coverage (among those ages 18 to 64) at 10.2%, compared to 15.0% for the total population, a statistically significant difference (Figure 5).

Figure 5. No health care coverage (18-64 year olds)

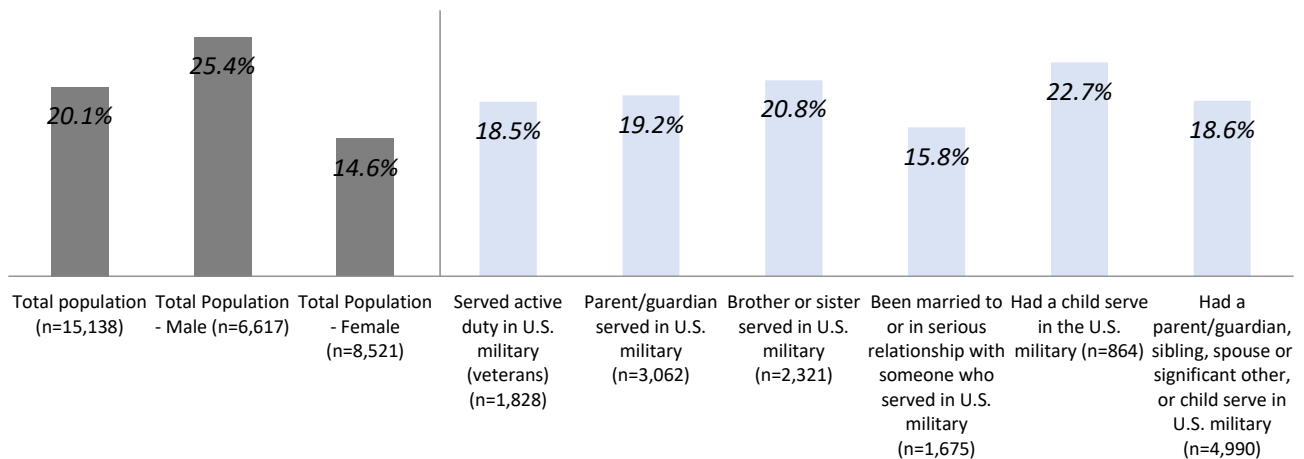


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

## Indicator 6. No personal doctor or health care provider

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “no personal doctor or health care provider” (Figure 4).

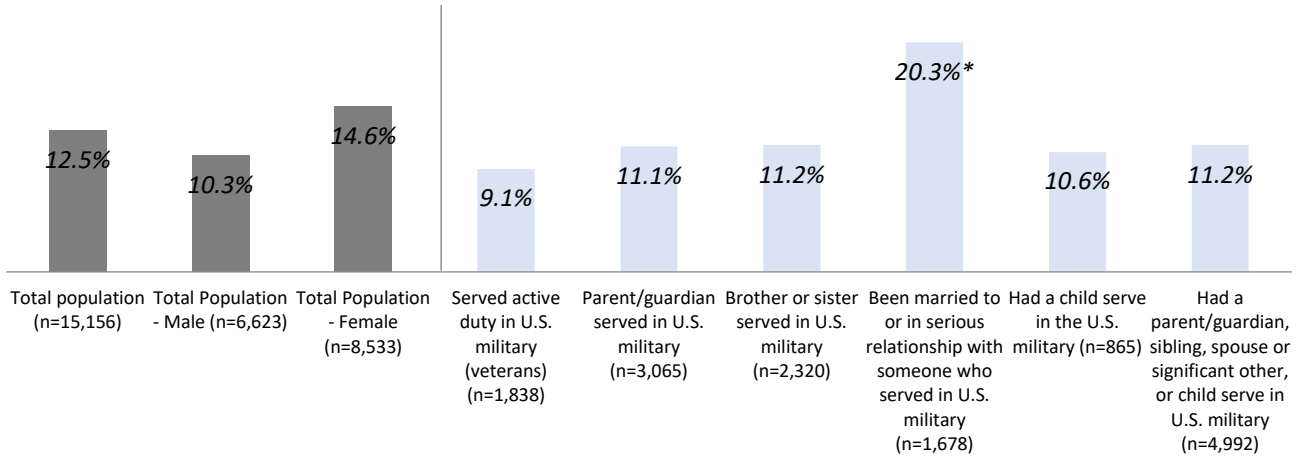
Figure 6. No personal doctor or health care provider



## Indicator 7. Needed to see a doctor but could not due to cost in the past year

Those who were the spouse/significant other of someone who served in the U.S. military reported that they needed to see the doctor but could not due to cost in the past year at a rate of 20.3%, compared to 12.5% for the total population, a statistically significant difference (Figure 7).

Figure 7. Needed to see a doctor but could not due to cost in the past year

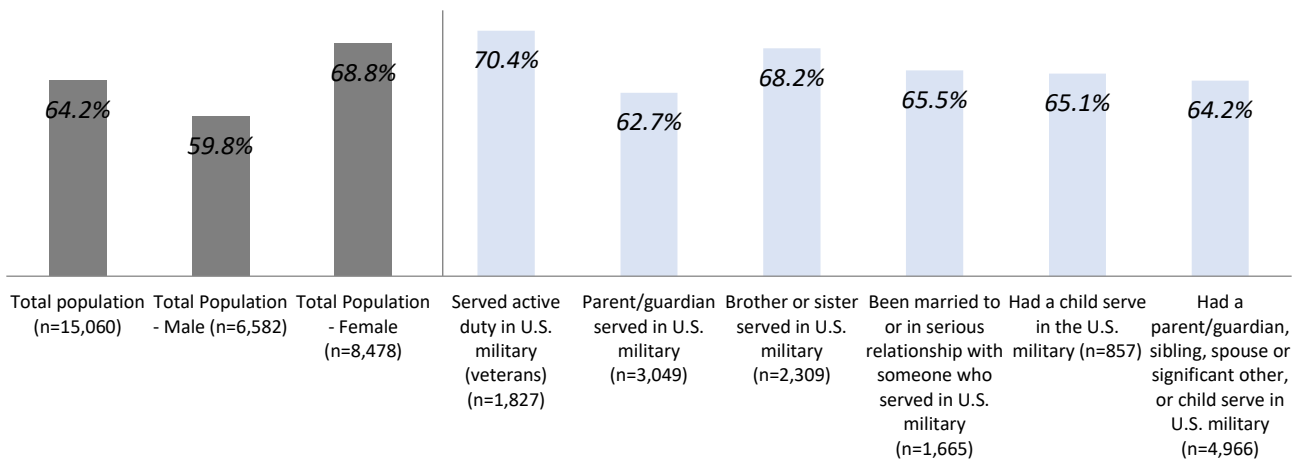


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

## Indicator 8. Had a routine checkup in the past year

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “had a routine checkup in the past year” (Figure 8).

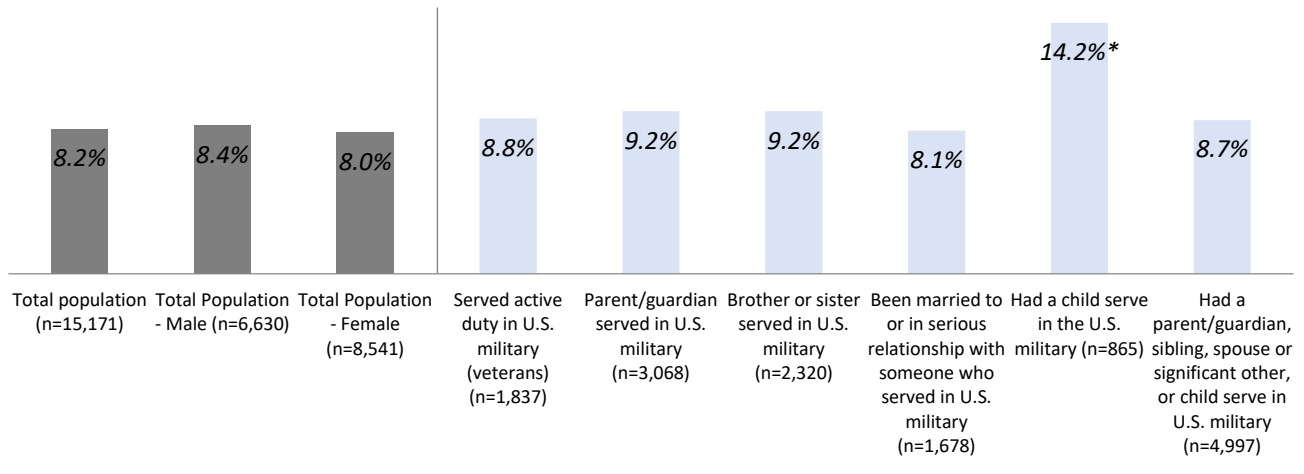
Figure 8. Had a routine checkup in the past year



## Indicator 9. Ever told they have diabetes (excluding pregnancy)

Among those who have had a child serve in the U.S. military, 14.2% report that they have ever been told by a health professional that they have diabetes, compared to 8.2% for the total population, a statistically significant difference (Figure 9).

**Figure 9. Ever told they have diabetes (excluding pregnancy)**

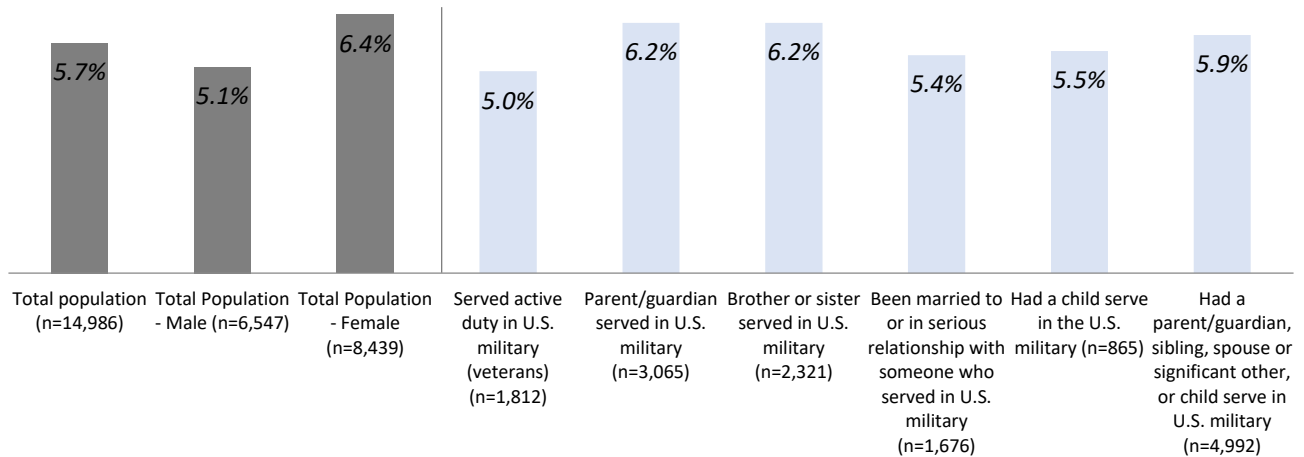


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

## Indicator 10. Ever told they have pre-diabetes (excluding pregnancy)

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “ever told they have pre-diabetes” (Figure 10).

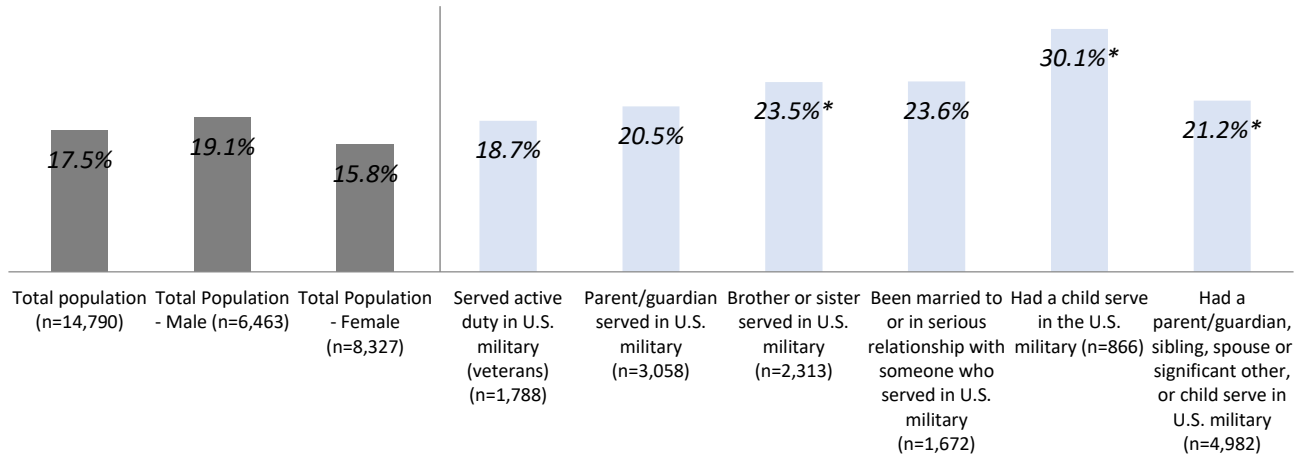
**Figure 10. Ever told they have pre-diabetes (excluding pregnancy)**



## Indicator 11. Current cigarette smoking

Cigarette smoking is significantly higher among family members of veterans as compared to the total population. Those who reported that they have had a child serve in the U.S. military reported the highest rates of cigarette smoking at 30.1%, compared to 17.5% for the total population (Figure 11).

**Figure 11. Current cigarette smoking**

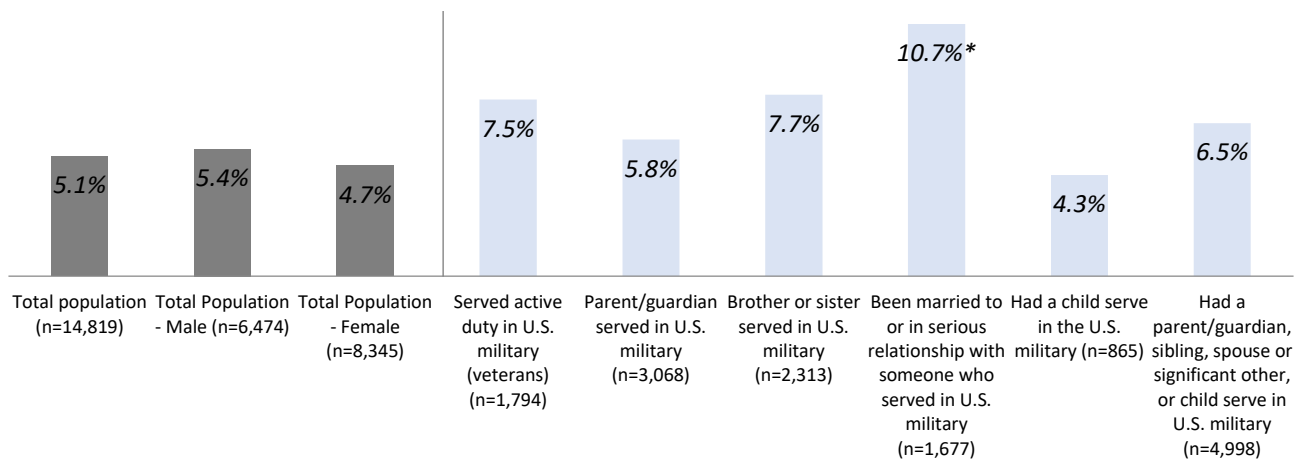


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

## Indicator 12. Current e-cigarette use

Among those who were married or in a serious relationship with someone who served in the U.S. military, 10.7% reported current e-cigarette use, compared to 5.1% for the total population, a statistically significant difference (Figure 12).

**Figure 12. Current e-cigarette use**

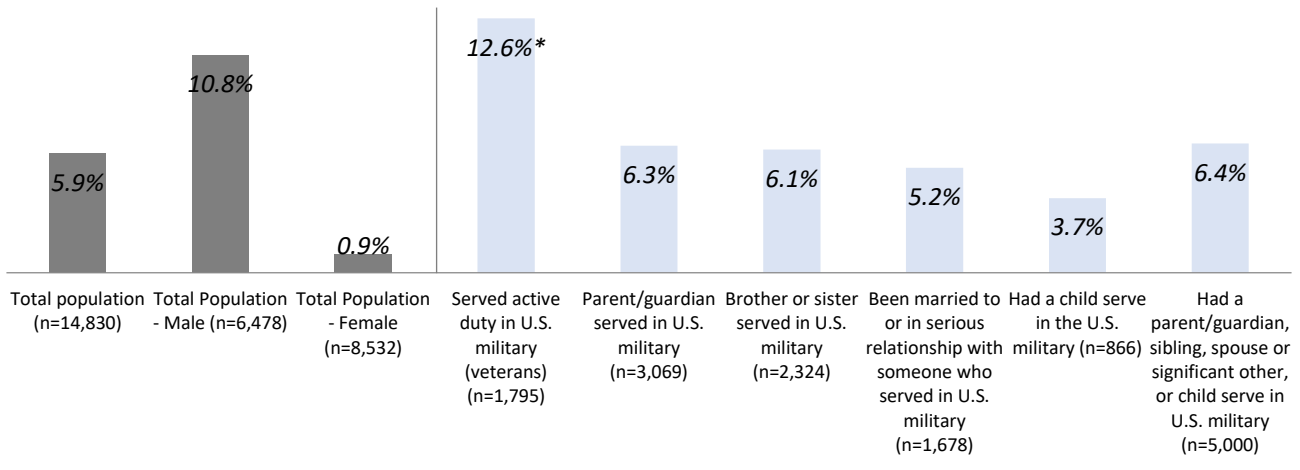


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

### Indicator 13. Current smokeless tobacco use

Veterans reported currently using smokeless tobacco at a rate of 12.6%, compared to 5.9% for the total population, a statistically significant difference.

**Figure 13. Current smokeless tobacco use**

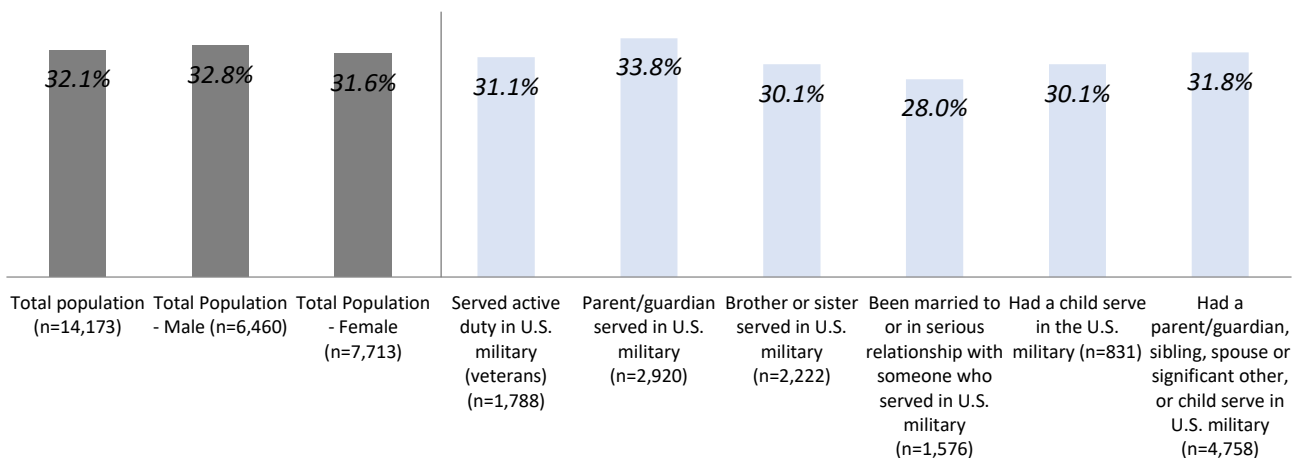


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

### Indicator 14. Obese (BMI of 30 or higher)

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “obese (BMI of 30 or higher)” (Figure 14).

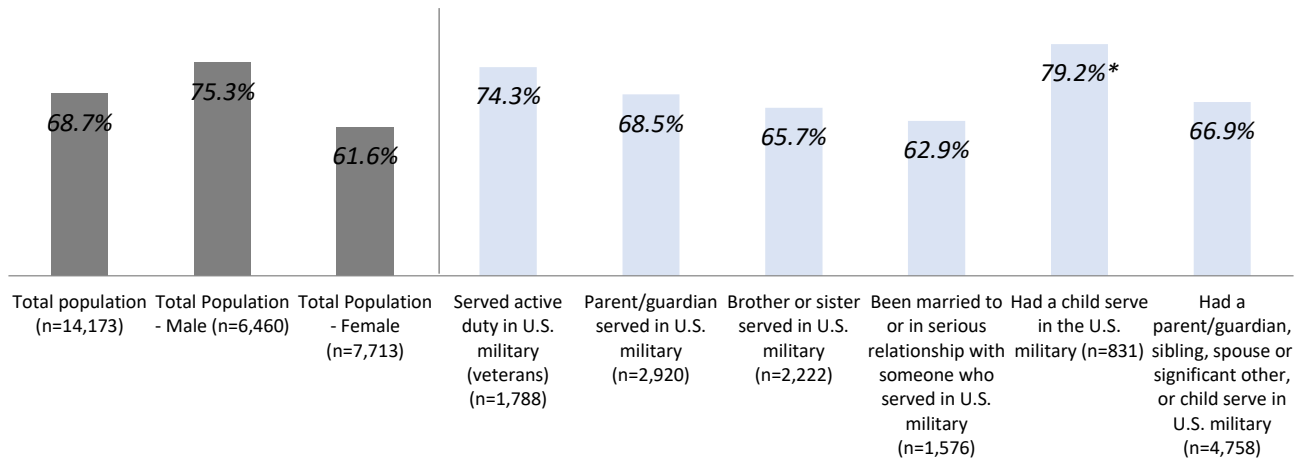
**Figure 14. Obese (BMI of 30 or higher)**



## Indicator 15. Overweight or obese (BMI of 25 or higher)

Among those who have had a child serve in the U.S. military, 79.2% reported a height and weight that registered as overweight or obese (BMI of 25 or higher), compared to 68.7% for the total population, a statistically significant difference (Figure 15).

Figure 15. Overweight or obese (BMI of 25 or higher)

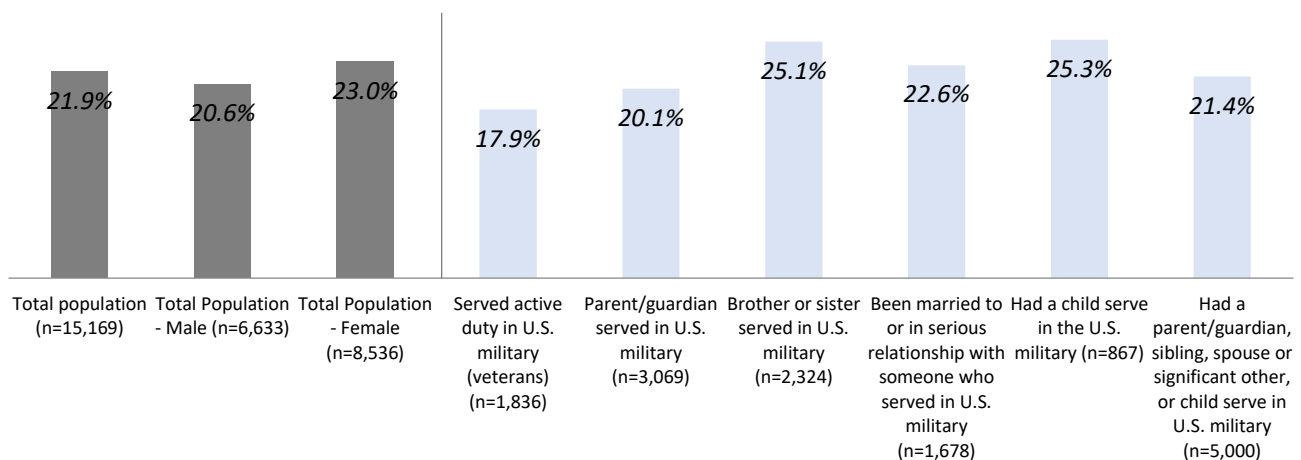


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

## Indicator 16. No leisure time physical activity in the past 30 days

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “no leisure time physical activity in the past 30 days” (Figure 16).

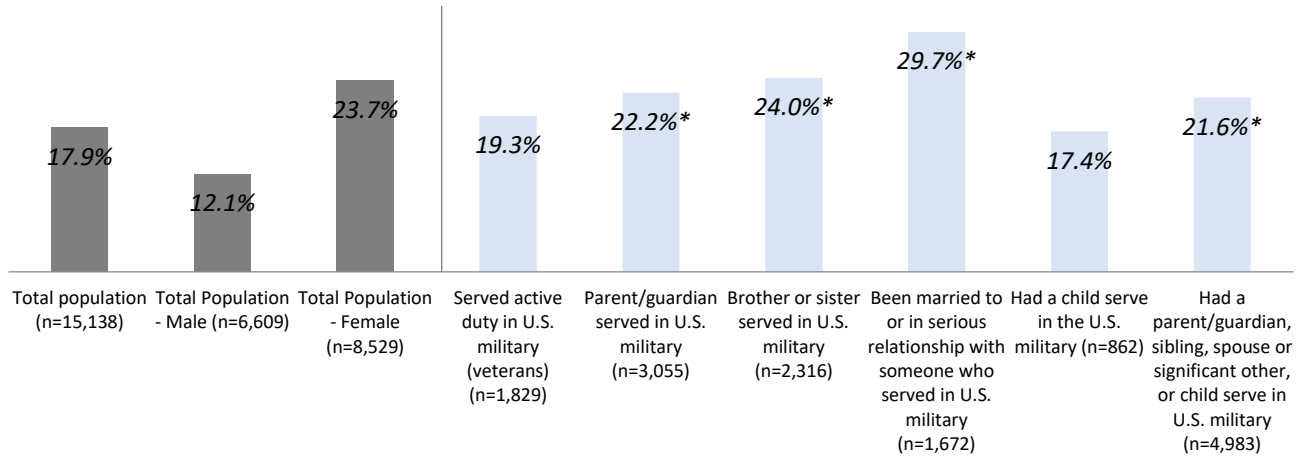
Figure 16. No leisure time physical activity in the past 30 days



## Indicator 17. Ever told they have depression

Family members of veterans reported being told that they have depression by a health professional at significantly higher rates compared to the total population. Most notably, 29.7% spouses/significant others of those who have served in the U.S. military reported that they have been told they have depression, compared to 17.9% for the total population (Figure 17).

**Figure 17. Ever told they have depression**

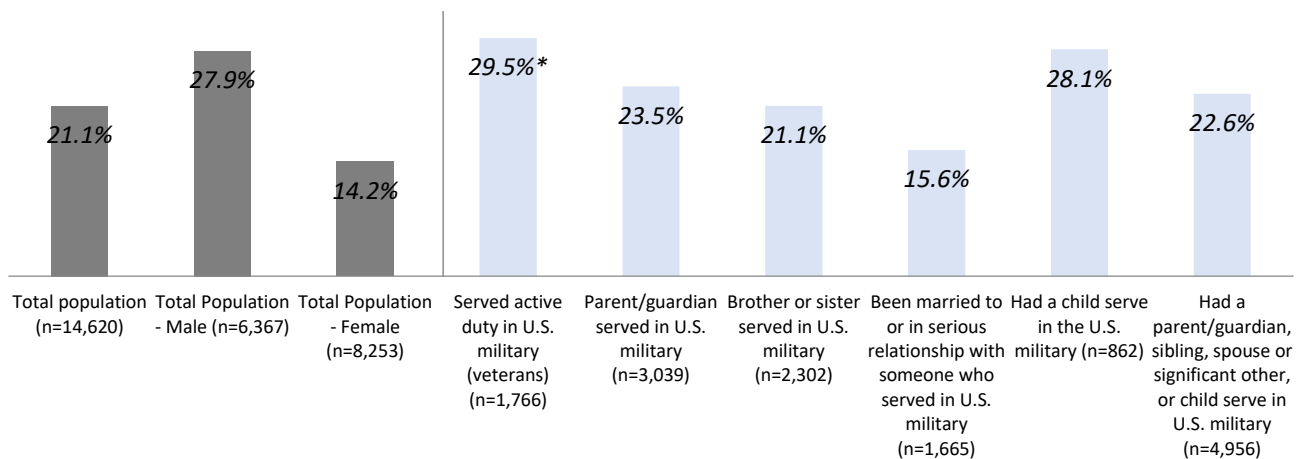


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

## Indicator 18. Binge drank in the past 30 days

Veterans reported significantly higher rates of binge drinking compared to the total population. Nearly three-in-ten (29.5%) veterans reported that they binge drank in the past 30 days, compared to 21.1% for the total population (Figure 18).

**Figure 18. Binge drank in the past 30 days**

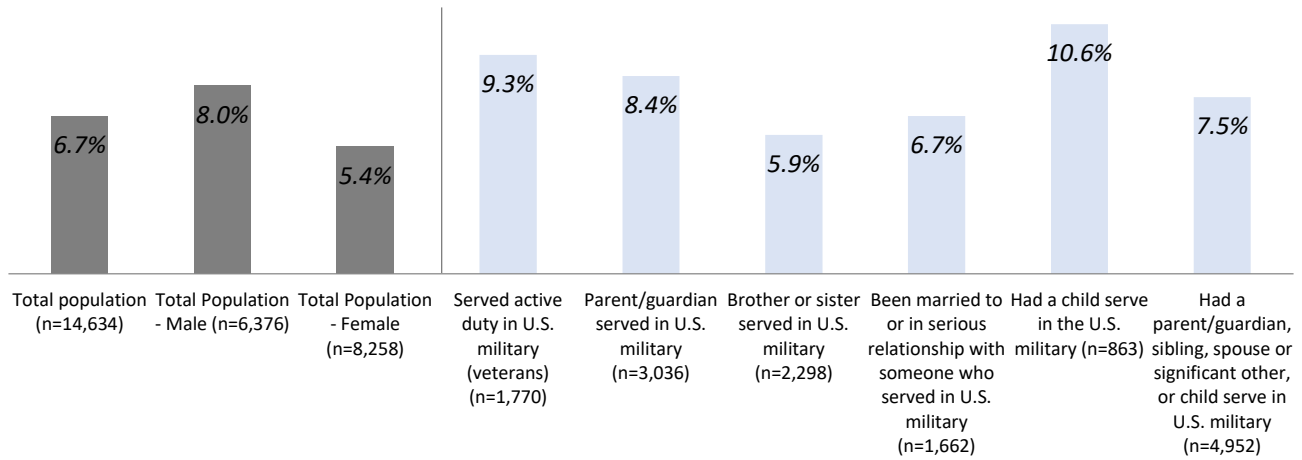


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

## Indicator 19. Heavy drinking in the past 30 days

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “heavy drinking in the past 30 days” (Figure 19).

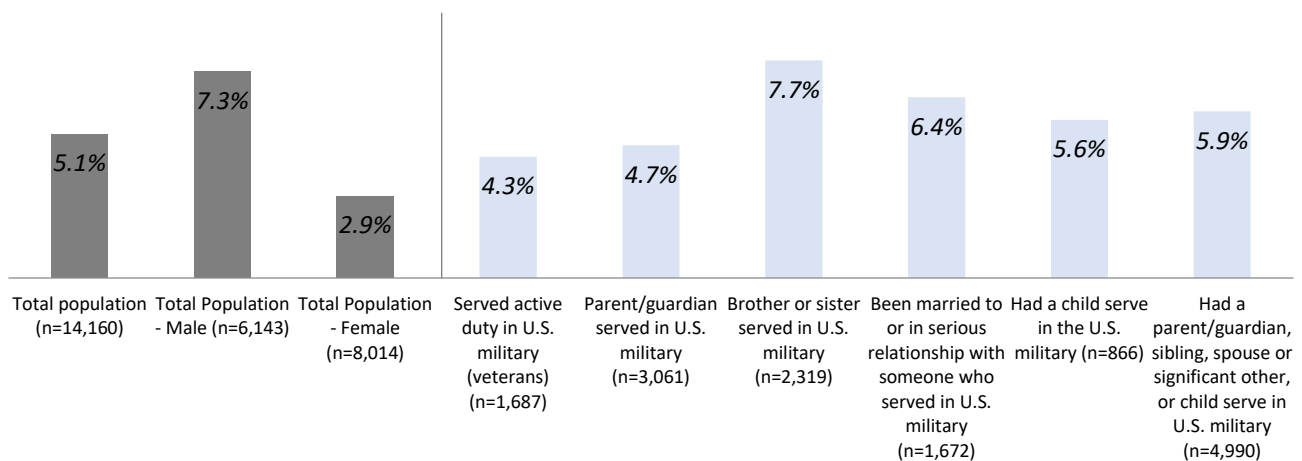
Figure 19. Heavy drinking in the past 30 days



## Indicator 20. Marijuana use in the past 30 days

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “marijuana use in the past 30 days” (Figure 20).

Figure 20. Marijuana use in the past 30 days

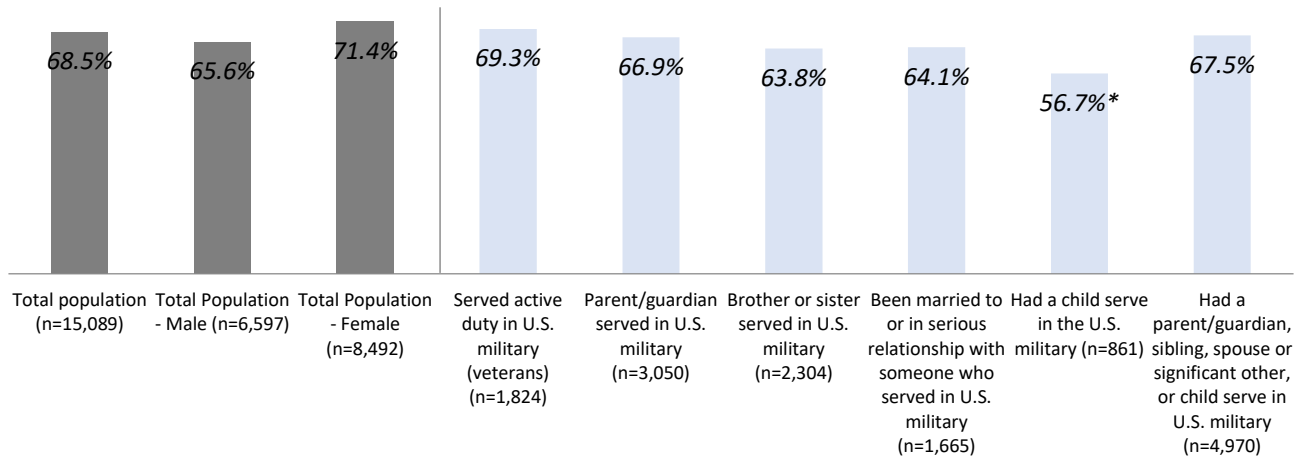




## Indicator 21. Visited a dentist or dental clinic for any reason in the past year

Among those who have had a child serve in the U.S. military, 56.7% reported that they visited a dentist or dental clinic in the past year, compared to 68.5% for the total population, a statistically significant difference (Figure 21).

**Figure 21. Visited a dentist or dental clinic for any reason in the past year**

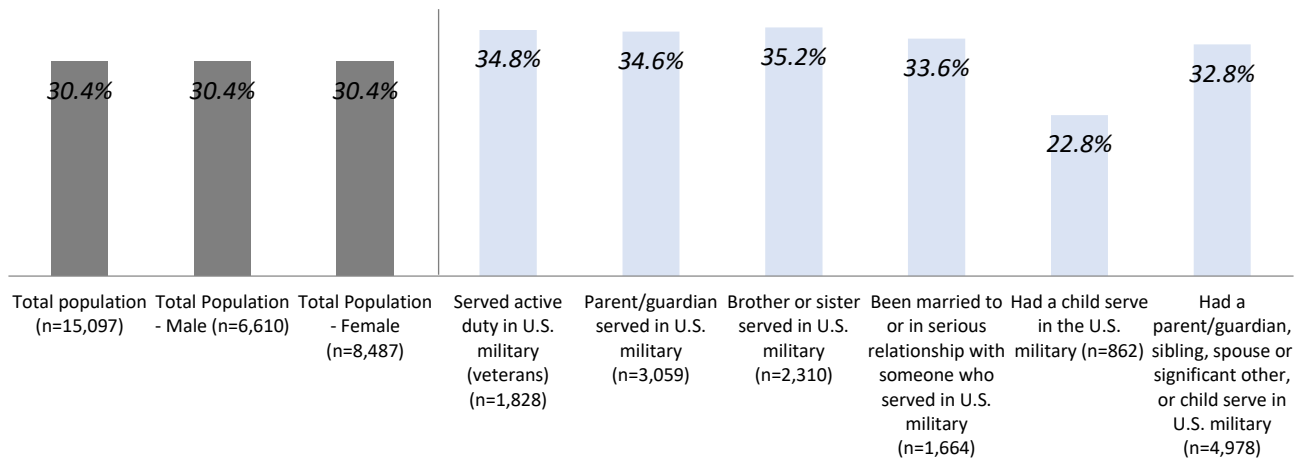


\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

## Indicator 22. Get less than 7 hours of sleep per day

There were no statistically significant differences between veterans/family members of veterans and the total population on the indicator “get less than 7 hours of sleep per day” (Figure 22).

**Figure 22. Get less than 7 hours of sleep per day**



\*Statistically significant difference between the indicated group and the total population (based on 95% confidence interval non-overlap).

*Results Section 2.*

*Detailed Tables of Selected Results*

**Table 3: Indicators by “Ever served active duty in U.S. military (veterans)”**

	Total population			Served active duty in U.S. military (non-veterans)			DID NOT serve active duty in U.S. military (non-veterans)		
	Sample Size (n) <sup>a</sup>	Weighted % <sup>b</sup>	95% C.I. <sup>c</sup> Low - High	Sample Size (n) <sup>a</sup>	Weighted % <sup>b</sup>	95% C.I. <sup>c</sup> Low - High	Sample Size (n) <sup>a</sup>	Weighted % <sup>b</sup>	95% C.I. <sup>c</sup> Low - High
1. General health fair or poor	15,166	14.2%	(13.4-15.1)	1,839	14.9%	(12.1-18.2)	13,321	14.1%	(13.2-15.0)
2. Physical health was not good on 14 or more of the past 30 days	14,984	9.5%	(8.8-10.3)	1,806	9.1%	(7.3-11.3)	13,172	9.6%	(8.8-10.4)
3. Mental health was not good on 14 or more of the past 30 days (i.e., frequent mental distress)	15,035	9.6%	(8.8-10.5)	1,809	8.1%	(5.6-11.5)	13,321	9.7%	(8.9-10.7)
4. Poor physical or mental health limited usual activities on 14 or more of the past 30 days	15,084	5.9%	(5.4-6.6)	1,820	6.0%	(4.6-7.8)	13,258	5.9%	(5.3-6.6)
5. No health care coverage (18-64 year olds)	9,749	15.0%	(13.8-16.3)	678	9.5%	(6.2-14.4)	9,066	15.4%	(14.2-16.8)
6. No personal doctor or health care provider	15,138	20.1%	(18.9-21.2)	1,828	18.5%	(14.2-23.9)	13,304	20.1%	(19.0-21.3)
7. Needed to see a doctor but could not due to cost in the past year	15,156	12.5%	(11.5-13.5)	1,838	9.1%	(6.3-13.2)	13,312	12.8%	(11.8-13.9)
8. Had a routine checkup in the past year	15,060	64.2%	(62.9-65.5)	1,827	70.4%	(64.1-76.0)	13,227	63.7%	(62.3-65.0)
9. Ever told they have diabetes (excluding pregnancy)	15,171	8.2%	(7.6-8.8)	1,837	8.8%	(7.3-10.5)	13,328	7.9%	(7.3-8.6)
10. Ever told they have pre-diabetes (excluding pregnancy)	14,986	5.7%	(5.2-6.3)	1,812	5.0%	(3.9-6.5)	13,168	5.8%	(5.2-6.4)
11. Current cigarette smoking	14,790	17.5%	(16.4-18.6)	1,788	18.7%	(14.9-23.4)	12,997	17.4%	(16.2-18.5)
12. Current e-cigarette use	14,819	5.1%	(4.4-5.8)	1,794	7.5%	(4.6-12.0)	13,021	4.9%	(4.2-5.6)
13. Current smokeless tobacco use	14,830	5.9%	(5.3-6.5)	1,795	12.6%	(9.0-17.3)	13,031	5.5%	(4.9-6.2)
14. Obese (BMI of 30 or higher)	14,173	32.1%	(30.9-33.4)	1,788	31.1%	(26.4-36.2)	12,382	32.0%	(30.7-33.3)
15. Overweight or obese (BMI of 25 or higher)	14,173	68.7%	(67.4-69.9)	1,788	74.3%	(68.2-79.5)	12,382	67.7%	(66.4-69.0)
16. No leisure time physical activity in the past 30 days	15,169	21.9%	(20.8-22.9)	1,836	17.9%	(14.9-21.3)	13,327	22.3%	(21.2-23.4)
17. Ever told they have depression	15,138	17.9%	(16.8-19.0)	1,829	19.3%	(15.4-24.1)	13,304	17.8%	(16.7-18.9)
18. Binge drank in the past 30 days	14,620	21.1%	(19.9-22.3)	1,766	29.5%	(24.9-34.6)	12,851	20.7%	(19.5-21.9)
19. Heavy drinking in the past 30 days	14,634	6.7%	(6.0-7.5)	1,770	9.3%	(6.0-14.1)	12,860	6.6%	(5.9-7.4)
20. Marijuana use in the past 30 days	14,160	5.1%	(4.4-6.0)	1,687	4.3%	(2.1-8.9)	12,469	5.1%	(4.4-5.9)
21. Visited a dentist or dental clinic for any reason in the past year	15,089	68.5%	(67.2-69.7)	1,824	69.3%	(64.5-73.8)	13,260	68.4%	(67.1-69.7)
22. Get less than 7 hours of sleep per day	15,097	30.4%	(29.1-31.7)	1,828	34.8%	(29.4-40.6)	13,263	30.0%	(28.8-31.4)

<sup>a</sup> Non-weighted sample size (i.e. number of survey respondents) <sup>b</sup> Weighted according to the CDC BRFSS methodology <sup>c</sup> 95% confidence interval (lower and upper limits)

**Table 4: Indicators by “Had a parent/guardian, sibling, spouse or significant other, or child serve in U.S. military”**

	Total population			Had a parent/guardian, sibling, spouse or significant other, or child serve in U.S. military			HAVE NOT had a parent/guardian, sibling, spouse or significant other, or child serve in U.S. military		
	Sample Size (n) <sup>a</sup>	Weighted % <sup>b</sup>	95% C.I. <sup>c</sup> Low - High	Sample Size (n) <sup>a</sup>	Weighted % <sup>b</sup>	95% C.I. <sup>c</sup> Low - High	Sample Size (n) <sup>a</sup>	Weighted % <sup>b</sup>	95% C.I. <sup>c</sup> Low - High
1. General health fair or poor	15,166	14.2%	(13.4-15.1)	4,996	15.0%	(12.9-17.4)	2,307	15.8%	(13.6-18.2)
2. Physical health was not good on 14 or more of the past 30 days	14,984	9.5%	(8.8-10.3)	4,927	9.9%	(8.4-11.6)	2,291	9.9%	(8.1-12.0)
3. Mental health was not good on 14 or more of the past 30 days (i.e., frequent mental distress)	15,035	9.6%	(8.8-10.5)	4,951	11.6%	(9.7-13.9)	2,298	8.0%	(6.4-10.0)
4. Poor physical or mental health limited usual activities on 14 or more of the past 30 days	15,084	5.9%	(5.4-6.6)	4,968	6.4%	(5.1-8.0)	2,303	5.5%	(4.3-7.2)
5. No health care coverage (18-64 year olds)	9,749	15.0%	(13.8-16.3)	2,789	10.7%	(8.9-13.0)	1,818	18.4%	(15.6-21.4)
6. No personal doctor or health care provider	15,138	20.1%	(18.9-21.2)	4,990	18.6%	(16.2-21.2)	2,305	22.5%	(20.0-25.2)
7. Needed to see a doctor but could not due to cost in the past year	15,156	12.5%	(11.5-13.5)	4,992	11.2%	(9.4-13.3)	2,308	13.9%	(11.7-16.4)
8. Had a routine checkup in the past year	15,060	64.2%	(62.9-65.5)	4,966	64.2%	(61.3-67.0)	2,287	62.4%	(59.4-65.3)
9. Ever told they have diabetes (excluding pregnancy)	15,171	8.2%	(7.6-8.8)	4,997	8.7%	(7.6-10.1)	2,309	8.9%	(7.3-10.7)
10. Ever told they have pre-diabetes (excluding pregnancy)	14,986	5.7%	(5.2-6.3)	4,992	5.9%	(4.9-7.2)	2,302	4.5%	(3.5-5.7)
11. Current cigarette smoking	14,790	17.5%	(16.4-18.6)	4,982	21.2%	(18.8-23.8)	2,305	14.2%	(12.1-16.7)
12. Current e-cigarette use	14,819	5.1%	(4.4-5.8)	4,998	6.5%	(4.9-8.6)	2,309	4.2%	(3.0-5.8)
13. Current smokeless tobacco use	14,830	5.9%	(5.3-6.5)	5,000	6.4%	(5.1-8.1)	2,308	6.6%	(5.3-8.2)
14. Obese (BMI of 30 or higher)	14,173	32.1%	(30.9-33.4)	4,758	31.8%	(29.1-34.5)	2,164	31.8%	(29.0-34.8)
15. Overweight or obese (BMI of 25 or higher)	14,173	68.7%	(67.4-69.9)	4,758	66.9%	(63.9-69.7)	2,164	69.5%	(66.6-72.2)
16. No leisure time physical activity in the past 30 days	15,169	21.9%	(20.8-22.9)	5,000	21.4%	(19.2-23.6)	2,305	21.6%	(19.2-24.1)
17. Ever told they have depression	15,138	17.9%	(16.8-19.0)	4,983	21.6%	(19.1-24.4)	2,304	15.0%	(13.0-17.1)
18. Binge drank in the past 30 days	14,620	21.1%	(19.9-22.3)	4,956	22.6%	(20.0-25.3)	2,297	20.3%	(17.9-22.8)
19. Heavy drinking in the past 30 days	14,634	6.7%	(6.0-7.5)	4,952	7.5%	(5.8-9.6)	2,296	6.5%	(5.1-8.3)
20. Marijuana use in the past 30 days	14,160	5.1%	(4.4-6.0)	4,990	5.9%	(4.4-7.9)	2,303	5.7%	(4.3-7.7)
21. Visited a dentist or dental clinic for any reason in the past year	15,089	68.5%	(67.2-69.7)	4,970	67.5%	(64.7-70.1)	2,303	67.7%	(64.7-70.5)
22. Get less than 7 hours of sleep per day	15,097	30.4%	(29.1-31.7)	4,978	32.8%	(30.1-35.6)	2,299	29.5%	(26.7-32.5)

<sup>a</sup> Non-weighted sample size (i.e. number of survey respondents) <sup>b</sup> Weighted according to the CDC BRFSS methodology <sup>c</sup> 95% confidence interval (lower and upper limits)

## Conclusion

While there are many noteworthy areas in which veterans and their family members may have differed from the general population on the 22 BRFSS indicators in this report, it appears that mental health is the most prominent area indicating a need for services for veterans and their families.

On the indicator (#3) “Mental health was not good on 14 or more of the past 30 days (i.e., frequent mental distress)” there was a striking difference between family members of veterans and the general population. More than one-in-six (17.0%) spouses/significant others of veterans reported that their mental health was not good on 14 or more of the past 30 days, which is nearly double the rate of 9.6% for all of Nebraska. Spouses/significant others of military veterans are mostly females, and females report higher rates of mental distress in general. Nevertheless, the 17.0% rate of frequent mental distress reported by spouses/significant others is notably higher than the 12.3% reported by females across the state. In addition, parents/guardians and brothers/sisters of military veterans report notably high rates of frequent mental distress (12.9% for parents/guardians and 13.4% for brothers/sisters).

Perhaps even more telling is Indicator 17: “Ever told they have depression.” Nearly one-in-five (17.9%) out of the total population has ever been told by a health professional that they have depression. Among veterans, this rate is slightly higher at 19.3%, but notably higher than the rate of 12.1% among all males in Nebraska, and veterans were 92% male in this survey sample. Females tend to report rates of depression that are approximately double that for males. Among all females, the reported rate of ever having depression was 23.7%. Among spouses/significant others, the reported rate of ever having depression was notably higher than this rate for all females at 29.7%. In addition, parents/guardians and brothers/sisters reported rates of ever having depression that are notably higher than the rate for the overall population (22.2% for parents/guardians and 24.0% for brothers/sisters).

Clearly, these two indicators point to a relatively high need for mental health services primarily for family members of veterans, but also for veterans themselves.

## Appendix: Indicator Definitions

Indicator	Definition
1. General health fair or poor	Percentage of adults 18 and older who report that their general health is fair or poor.
2. Physical health was not good on 14 or more of the past 30 days	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 previous 30 days.
3. Indicator 3. 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 previous 30 days.
4. 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 previous 30 days.
5. 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.
6. 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.
7. Needed to see a doctor but could not due to cost in the 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.
8. Had a routine checkup in the past year	Percentage of adults 18 and older who report that they visited a doctor for a routine checkup during the previous 12 months.
9. 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).
10. 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).
11. Current cigarette smoking	Percentage of adults 18 and older who report that they currently smoke cigarettes either every day or on some days.
12. Current e-cigarette use	Percentage of adults 18 and older who report that they currently use electronic cigarettes either every day or on some days.
13. 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.

Indicator	Definition
14. Obese (BMI of 30 or higher)	Percentage of adults 18 and older with a body mass index (BMI) of 30.0 or greater, based on self-reported height and weight.
15. Overweight or obese (BMI of 25 or higher)	Percentage of adults 18 and older with a body mass index (BMI) of 25.0 or greater, based on self-reported height and weight.
16. No leisure time physical activity in the 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.
17. 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).
18. Binge drank in the 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.
19. Heavy drinking in the 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.
20. Marijuana use in the past 30 days	Percentage of adults 18 and older who report that they used marijuana at least once in the past 30 days.
21. Visited a dentist or dental clinic for any reason in the 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.
22. 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.