

Summary Table for South Heartland District Health Department Adults 18 and Older, 2016

Indicators	Overall						Men						Women						
	LHD			State			LHD			State			LHD			State			
	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	
<b>General Health Status</b>																			
General health fair or poor health	17.0	13.8	20.8	14.7	13.8	15.6	17.5	12.6	23.9	13.8	12.6	15.1	16.5	12.7	21.1	15.5	14.3	16.8	
<b>Health Care Access</b>																			
No health care coverage, 18-64 year olds	13.9	10.1	18.8	14.7	13.6	16.0	12.9	7.8	20.5	15.0	13.3	16.9	14.9	9.9	21.9	14.4	12.9	16.2	
No personal doctor or health care provider	16.5	13.0	20.8	19.1	18.0	20.2	18.2	13.2	24.6	24.5	22.8	26.2	14.8	10.2	21.0	13.8	12.5	15.2	
Needed to see a doctor but could not due to cost in past year	11.4	8.9	14.5	12.1	11.2	13.1	11.2	7.6	16.1	10.1	8.9	11.4	11.6	8.4	15.8	14.0	12.7	15.5	
<b>Chronic Disease and Clinical Risk Factors</b>																			
Ever told they had a heart attack or coronary heart disease	7.4	5.6	9.7	5.8	5.4	6.3	10.0	7.1	14.0	6.9	6.2	7.7	4.8	3.2	7.3	4.7	4.1	5.3	
Ever told they had a stroke	2.7	1.8	4.0	2.8	2.5	3.2	3.3	1.9	5.5	2.6	2.1	3.1	2.1	1.0	4.1	3.0	2.5	3.6	
Ever told they have diabetes (excluding pregnancy)	10.6	8.5	13.2	8.8	8.2	9.5	11.4	8.3	15.5	8.7	7.8	9.7	9.9	7.2	13.5	8.9	8.1	9.8	
Ever told they have cancer	15.2	12.4	18.4	11.2	10.6	11.9	14.8	11.0	19.5	10.1	9.3	11.1	15.5	11.8	20.2	12.3	11.3	13.3	
<b>Cancer Screening</b>																			
Up-to-date on colon cancer screening, 50-75 year olds	63.5	57.1	69.4	66.0	64.3	67.6	59.9	50.3	68.7	65.2	62.8	67.6	67.5	59.4	74.6	66.7	64.5	68.9	
Up-to-date on breast cancer screening, female 50-74 year olds	-	-	-	-	-	-	-	-	-	-	-	-	69.0	60.8	76.2	73.4	71.3	75.4	
Up-to-date on cervical cancer screening, female 21-65 year olds	-	-	-	-	-	-	-	-	-	-	-	-	80.8	72.9	86.7	77.7	75.5	79.8	
<b>Overweight and Obesity</b>																			
Obese (BMI=30+)	34.0	29.8	38.6	32.0	30.8	33.2	32.6	26.6	39.1	32.6	30.8	34.3	35.6	29.7	42.0	31.4	29.7	33.1	
Overweight or Obese (BMI=25+)	70.0	65.3	74.3	68.5	67.3	69.8	73.5	66.6	79.4	74.9	73.1	76.6	66.1	59.3	72.2	61.8	59.9	63.6	
<b>High Risk Behavior</b>																			
No leisure-time physical activity in past 30 days	26.3	22.6	30.4	22.4	21.4	23.5	25.0	19.9	31.0	20.7	19.3	22.3	27.6	22.5	33.3	24.1	22.7	25.6	
Get less than 7 hours of sleep per day	28.0	24.2	32.2	29.6	28.4	30.8	28.1	22.8	34.2	29.7	27.9	31.5	28.0	22.7	33.9	29.5	27.9	31.2	
Current cigarette smoking	18.0	14.7	21.7	17.0	16.0	18.1	20.7	15.8	26.6	18.6	17.1	20.3	15.3	11.4	20.1	15.4	14.1	16.8	
Current smokeless tobacco use	6.1	4.3	8.6	5.7	5.1	6.2	11.0	7.6	15.7	10.5	9.5	11.7	1.2	0.4	3.8	0.9	0.6	1.3	
Binge drank in past 30 days	14.8	11.7	18.6	20.0	18.9	21.1	21.2	16.1	27.5	27.2	25.4	29.0	8.5	5.5	12.9	13.1	11.9	14.4	
Always wear a seatbelt when driving or riding in a car	65.9	61.3	70.2	73.8	72.7	74.9	58.3	51.6	64.7	66.8	65.0	68.5	73.4	66.9	79.0	80.6	79.2	81.8	
<b>Mental Health</b>																			
Ever told they have depression	20.5	17.1	24.4	17.8	16.8	18.8	17.4	12.9	23.1	12.1	10.9	13.4	23.5	18.7	29.1	23.4	21.8	25.0	
Frequent mental distress in past 30 days	9.2	6.9	12.2	9.5	8.7	10.4	8.4	5.3	13.0	7.0	6.0	8.1	10.0	7.0	14.2	12.0	10.8	13.3	
<b>Immunization</b>																			
Had a flu vaccination in past year	44.5	39.9	49.2	44.4	43.1	45.7	39.4	33.1	46.0	39.4	37.5	41.3	49.7	43.1	56.2	49.3	47.6	51.1	
Had a flu vaccination in past year, aged 65 years and older	64.8	57.5	71.4	62.7	60.8	64.6	68.4	57.6	77.5	62.8	59.8	65.6	61.2	51.2	70.4	62.7	60.2	65.1	
<b>Oral Health</b>																			
Visited a dentist or dental clinic for any reason in past year	64.7	60.1	69.0	68.7	67.5	69.9	57.5	50.8	64.0	65.9	64.1	67.7	71.9	65.9	77.2	71.4	69.8	73.0	

Data reflect the four county LHD region of Adams, Clay, Nuckolls, and Webster Counties

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; January 2018