

Nebraska Behavioral Risk Factor Surveillance System
2011-2015 Detailed Data Tables
by Nebraska Local and District Public Health Department

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

These detailed tables provide prevalence estimates (percentages and means) and 95% confidence intervals for 92 health indicators collected from Nebraska adults aged 18 and older between 2011 and 2015. In addition, these detailed tables note whether there are significant differences between the LHD and the State of Nebraska as well as whether there are significant differences by gender within the LHD region. One detailed table has been prepared for each of the 20 LHDs (18 LB692 departments plus Dakota and Scotts Bluff Counties) 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). Responses of “Don’t know/Not sure” and “Refused” were removed from the denominators when calculating prevalence estimates for these detailed tables. It is possible that 2011-2014 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 92 BRFSS indicators presented in these detailed tables are presented on the following pages.

Please contact Jeff Armitage, Epidemiology Surveillance Coordinator, with any questions: jeff.armitage@nebraska.gov or (402) 471-7733



| Topics/Indicators | Indicator Definitions |
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| 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 | 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 |
| 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 previous 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 previous 30 days |
| Health Care Access and Utilization | |
| 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 |
| Has health care coverage, 18-64 year olds | Percentage of adults 18-64 years old who report that they 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 |
| Has a personal doctor or health care provider | Percentage of adults 18 and older who report that they have one or more than one personal doctor or health care provider |
| Has a personal doctor or health care provider, aged 65 years and older | Percentage of adults 65 and older who report that they have one or more than one 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 |
| 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 previous 12 months |

| Heart Disease and Stroke | |
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| Ever told they had a heart attack | 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 |
| Ever told they have 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 have angina or coronary heart disease |
| 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 |
| 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 |
| 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 |
| 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) |

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| 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 skin 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 |
| Ever told they have cancer other than skin 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 a type of cancer other than skin 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, 50-75 year olds | Percentage of adults 50–75 years old who report having had a fecal occult blood test (FOBT) during the past year, or a sigmoidoscopy during the past 5 years and an FOBT during the past 3 years, or a colonoscopy during the past 10 years |
| Up-to-date on breast cancer screening, female 50-74 year olds | Percentage of females 50-74 years old who report having had a mammogram during the past 2 years |
| Up-to-date on cervical cancer screening, female 21-65 year olds | 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) | |
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| 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 previous 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 that they have a rule not allowing smoking anywhere inside their home (excluding decks, garages, and porches) |
| 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 |
| Obese (BMI=30+), among disabled | Among adults 18 and older who report that they are disabled (calculated using the two traditional disability questions), the percentage 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 |

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| 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 |
| Median times per day consumed fruits | Median number of times per day that adults 18 and older report consuming fruit or 100% fruit juice during the past month |
| 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 |
| Median times per day consumed vegetables | Median number of times per day that adults 18 and older report consuming vegetables 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 |

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| 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, aged 45 years 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, aged 45 years 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 previous 30 days |
| Currently taking medication or receiving treatment for a mental health condition | Percentage of adults 18 and older who report that they are currently taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem |
| Symptoms of serious mental illness in past 30 days | Percentage of adults 18 and older who report answers to six questions measuring risk for serious psychological distress during the past 30 days (based on the Kessler 6 (K6) instrument) that generate a score of 13 or higher, suggesting serious mental illness |
| 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 |

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| 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 |
| Took pain medication prescribed by doctor in past year | Percentage of adults 18 and older who report taking pain medication prescribed to them by a doctor during the past year |
| Had leftover pain meds after last filled script, among those who took pain meds in past year | Among adults 18 and older who report taking pain medication prescribed to them by a doctor during the past year, the percentage who report having leftover medication from their last filled prescription for pain medication |
| Immunization and Infectious Diseases | |
| Had a flu vaccination in past year, aged 18 years 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, aged 65 years 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, aged 65 years 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, aged 50 years 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, 18-64 year olds (excluding blood donation) | Percentage of adults 18-64 year old who report that they have ever been tested for HIV/AIDS |
| 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 any permanent teeth extracted due to tooth decay or gum disease, 45-64 year olds | Percentage of adults 45-64 years old 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 |

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| Had all permanent teeth extracted due to tooth decay or gum disease, aged 65 years 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 all permanent teeth extracted due to tooth decay or gum disease, 65-74 year olds | Percentage of adults 65-74 years old 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 |
| 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, aged 45 years 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 | |
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| Lacking confidence in their ability to fill out health forms | Percentage of adults 18 and older who report that they are somewhat or not at all confident in their ability to fill out health forms themselves, including insurance forms, questionnaires, doctor's office forms, and any other forms related to health and health care |
| Written health information is always or nearly always easy to understand | Percentage of adults 18 and older who report that health information (on the internet, in newspapers and magazines, on medications, at the doctor's office, in clinics, and many other places) is always or nearly always written in a way that is easy for them to understand |
| Always or nearly always get help reading health information | Percentage of adults 18 and older who report that someone else (including family members, friends, caregivers, doctors, nurses, or other health professionals) always or nearly always helps them read health information |