

**Summary Table for Northeast Nebraska Public Health Department 2011**

Indicators	Overall						Men						Women						
	LHD			State			LHD			State			LHD			State			
	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	
<b>Health Status</b>																			
Good or better health	85.5	83.1	87.9	85.7	85.1	86.3	85.5	81.7	89.4	85.2	84.3	86.2	85.5	82.6	88.4	86.1	85.3	86.9	
<b>Health Care Access</b>																			
No health care coverage, 18-64 years old	16.6	12.8	20.3	19.1	18.3	20.0	15.4	9.9	20.8	22.0	20.7	23.4	17.8	12.6	22.9	16.2	15.1	17.3	
Could not see a doctor in past year due to cost	10.3	8.0	12.6	12.5	11.9	13.1	6.0	3.7	8.3	10.7	9.9	11.6	14.4	10.8	18.1	14.2	13.4	15.1	
Visited a doctor for a routine checkup in past year	58.2	54.4	62.1	57.7	56.8	58.7	53.1	47.2	59.0	50.6	49.2	52.0	63.1	58.2	68.1	64.6	63.4	65.8	
<b>Diabetes</b>																			
Ever told they had diabetes	10.6	8.7	12.4	8.4	7.9	8.8	10.3	7.0	13.6	8.6	7.9	9.3	10.8	9.0	12.7	8.2	7.6	8.8	
<b>Cardiovascular Disease</b>																			
Ever told had a heart attack	4.1	3.0	5.1	4.3	4.0	4.6	5.4	3.5	7.4	5.7	5.2	6.3	2.8	1.8	3.8	2.9	2.6	3.3	
Ever told had angina or coronary heart disease	2.9	2.1	3.7	3.9	3.6	4.2	3.3	2.0	4.7	4.8	4.3	5.3	2.4	1.5	3.3	3.1	2.7	3.4	
Ever told had a stroke	2.5	1.7	3.2	2.6	2.4	2.9	2.4	1.2	3.6	2.4	2.1	2.8	2.5	1.6	3.4	2.8	2.4	3.1	
Ever told blood pressure was high	28.6	25.8	31.4	28.5	27.8	29.3	28.4	23.8	32.9	30.3	29.1	31.5	28.8	25.5	32.1	26.9	25.9	27.8	
Had cholesterol level checked during past 5 years	66.0	62.1	69.9	71.8	71.0	72.7	65.1	59.1	71.0	67.9	66.6	69.3	66.8	61.8	71.9	75.6	74.5	76.7	
Ever told cholesterol was high, among not screened	37.0	33.4	40.6	38.3	37.3	39.3	37.9	31.9	44.0	40.6	39.1	42.1	36.2	32.0	40.3	36.3	35.1	37.6	
<b>Overweight and Obesity</b>																			
Overweight (BMI=25.0-29.9)	35.7	32.0	39.4	36.5	35.6	37.4	43.6	37.7	49.4	43.6	42.3	45.0	27.8	23.4	32.2	29.2	28.1	30.3	
Obese (BMI=30+)	31.9	28.4	35.4	28.4	27.6	29.2	31.3	26.1	36.4	29.2	27.9	30.4	32.5	27.9	37.2	27.6	26.5	28.7	
<b>Fruit / Vegetable Consumption</b>																			
Consumed fruits 2+ times per day	29.4	25.9	32.8	29.4	28.5	30.2	23.2	17.9	28.5	22.6	21.5	23.8	35.2	30.8	39.6	35.8	34.6	36.9	
Consumed vegetables 3+ times per day	11.9	9.2	14.7	12.8	12.2	13.4	10.6	6.1	15.0	10.1	9.2	10.9	13.3	9.9	16.6	15.4	14.5	16.3	
Consumed fruits 2+ times per day and vegetables 3+ times per day	7.2	5.1	9.3	7.7	7.2	8.1	5.2	2.0	8.5	5.3	4.7	6.0	9.1	6.4	11.8	9.9	9.2	10.6	
<b>Physical Activity (PA)</b>																			
Any leisure-time PA in past 30 days	67.9	64.4	71.5	73.7	72.9	74.5	65.0	59.3	70.6	72.8	71.6	74.0	70.7	66.3	75.0	74.6	73.5	75.7	
Met aerobic recommendations	45.0	41.0	49.0	49.0	48.0	49.9	41.4	35.3	47.6	47.2	45.8	48.6	48.3	43.1	53.4	50.6	49.4	51.9	
Met muscle strengthening recommendations	20.3	17.1	23.5	28.1	27.3	29.0	22.3	17.2	27.3	32.0	30.6	33.3	18.4	14.5	22.4	24.5	23.4	25.5	
Met both recommendations	13.5	10.6	16.3	19.0	18.2	19.8	13.7	9.3	18.2	19.7	18.5	20.9	13.2	9.7	16.8	18.4	17.4	19.4	
<b>Alcohol Consumption / Tobacco Use</b>																			
Engaged in binge drinking in the past 30 days	27.6	23.7	31.5	22.7	21.9	23.5	34.7	28.6	40.8	30.2	28.9	31.5	21.1	16.2	26.0	15.7	14.7	16.7	
Current smoker (at least some days of the month)	18.6	15.5	21.6	20.0	19.2	20.7	21.7	16.7	26.7	22.1	21.0	23.3	15.5	11.9	19.1	17.9	17.0	18.9	
Attempted to quit smoking in past 12 months	68.9	60.7	77.1	55.6	53.5	57.7	72.3	59.6	85.1	53.4	50.4	56.4	64.4	55.7	73.0	58.3	55.4	61.2	

Note: % is weighted by health district, gender, and age; L% and U% are the lower and upper limits for the 95% confidence interval, respectively.

LHD=local/district health department; BMI=body mass index