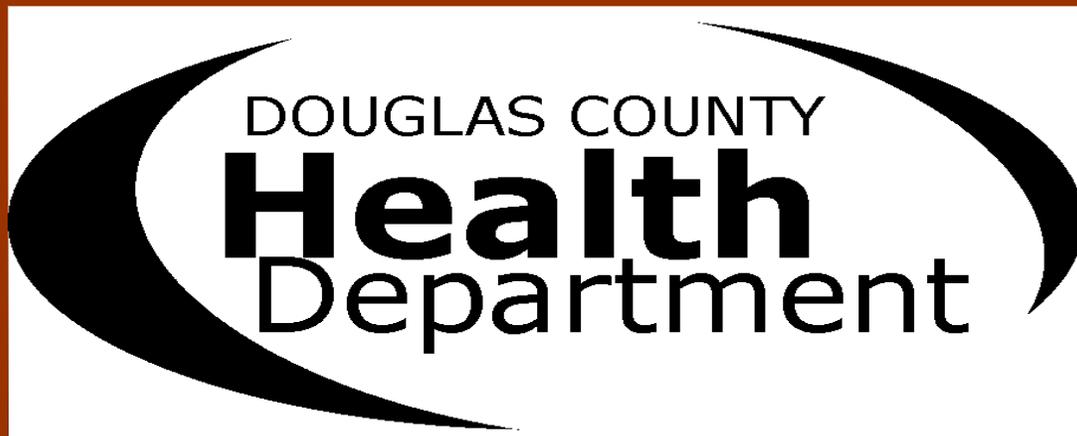


**Behavioral Risk Factor Surveillance System
Survey Results
Douglas County, Nebraska
2011-2013**



The BRFSS 2011-2013 Data are Not Directly Comparable to Previous Years of BRFSS Data Because of the Changes in Weighting Methodology and the Addition of the Cell Phone Sampling Frame.

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category	Douglas County Results	2013	2012	2011
		Percent	Percent	Percent
Active Living/Healthy Eating				
A 1	Adults who consume fruits 2 or more times and vegetables 3 or more times per day.	10.0%	N/A	8.3%
A 2	Adults who consumed sugar-sweetened beverages 1 or more times per day	28.4%	27.5%	N/A
A 3	Adults who participated in any physical activity during the past month.	76.1%	79.4%	75.6%
A 4	Adults who participated in 150 minutes or more of aerobic physical activity per week	47.7%	N/A	49.6%
A 5	Adults who participated muscle strengthening exercises more than twice per week	29.8%	N/A	30.4%
A 6	Adults who met both aerobic and muscle strengthening recommendations.	18.4%	N/A	20.8%
A 7	Adults who have been told they have arthritis.	22.5%	22.6%	20.8%
Alcohol Consumption				
B 1	Adults who have had at least one drink of alcohol within the past 30 days	57.6%	63.9%	64.8%
B 2	Adults who report being binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion) in the previous month.	19.8%	22.6%	24.4%
B 3	Adults who report being heavy drinkers (males having more than 2 drinks per day, females having more than 1 drink per day) in the previous month.	7.1%	7.6%	8.6%
B 4	Adults who report driving after having had perhaps too much to drink during the past 30 days.	N/A	3.4%	N/A
BMI (Body Mass Index)				
C 1	Adults who report being overweight or obese.	62.2%	62.7%	63.7%
C 2	Adults who report being overweight.	34.5%	34.7%	37.0%
C 3	Adults who report being obese.	27.7%	28.0%	26.6%

The BRFSS 2011 -- 2013 data are not directly comparable to previous years of BRFSS data because of the changes in weighting methodology and the addition of the cell phone sampling frame.

N/A -- Question Not Asked During Survey Year

Source Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category	Douglas County Results	2013	2012	2011
		Percent	Percent	Percent
Cancer				
D 1	Adult males aged 40 and over who report having had a PSA test within the past two years.	N/A	41.2%	N/A
D 2	Adult females aged 40 and over who report having had a mammogram within the past two years.	N/A	73.3%	N/A
D 3	Adult females aged 50 and over who report having had a mammogram within the past two years.	N/A	76.0%	N/A
D 4	Adult females aged 40 and over who report having had a clinical breast exam within the past two years.	N/A	75.5%	N/A
D 5	Adult females aged 18 and over who report having had a pap smear test within the past three years.	N/A	80.3%	N/A
D 6	Adults aged 50 and over who report having had a fecal occult blood test (FOBT) within the past two years.	12.8%	10.7%	13.2%
D 7	Adults aged 50 and over who report ever having had a sigmoidoscopy/colonoscopy.	67.1%	68.2%	68.6%
D 8	Adults who report having been diagnosed with cancer.	10.3%	10.0%	9.7%
Diabetes				
E 1	Adults who report having been diagnosed with diabetes.	9.3%	8.1%	8.4%
E 2	Adults with diabetes who received formal diabetes education.	70.0%	70.3%	63.0%
Economics				
F 1	Adults aged 18-64 reporting having NO insurance coverage for health care.	20.9%	18.5%	21.2%
F 2	Adults who report having a primary care provider.	75.7%	80.9%	79.7%
F 3	Adults who report having been prevented from seeing a provider due to the cost.	15.6%	14.7%	14.4%
Environmental Concerns				
G 1	Adults who have ever been told they have asthma.	10.9%	11.4%	11.8%
G 2	Adults who currently have asthma.	6.9%	7.6%	7.7%
Health Status				
H 1	Adults who report self-rated health status as fair or poor.	14.5%	16.2%	13.7%

The BRFSS 2011 -- 2013 data are not directly comparable to previous years of BRFSS data because of the changes in weighting methodology and the addition of the cell phone sampling frame.

N/A -- Question Not Asked During Survey Year

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category		Douglas County Results	2013	2012	2011
			Percent	Percent	Percent
Heart Disease and Stroke					
I 1	Adults who had blood pressure checked in past year		84.5%	N/A	N/A
I 2	Adults who have ever been told that they have high blood pressure.		28.9%	N/A	27.3%
I 3	Adults who taking medicine for high blood pressure control among adults who have been told had high blood pressure		76.6%	N/A	76.6%
I 4	Adults who have had their blood cholesterol checked within the last five years		74.2%		73.2%
I 5	Adults who have had their blood cholesterol checked and have been told that it was high.		34.3%	N/A	37.1%
I 6	Adults who have ever been told that they had a heart attack.		3.5%	3.7%	4.3%
I 7	Adults who have ever been told they had angina/coronary heart disease.		3.4%	3.1%	3.8%
I 8	Adults who have ever been told they had angina/coronary heart disease or heart attack		4.9%	5.5%	5.9%
I 9	Adults who have ever been told that they had a stroke.		2.1%	2.5%	2.2%
Immunization			Percent	Percent	Percent
J 1	Adults who had a flu vaccination in past 12 months		45.0%	45.5%	43.2%
Kidney Disease			Percent	Percent	Percent
K 1	Adults who have been told they have kidney disease		2.0%	2.4%	2.0%
Mental Health			Percent	Percent	Percent
L 1	Adults who reported at least one day in the past month when their mental health was not good.		31.4%	34.7%	33.9%
L 2	Adults who reported 14 or more days in the past month when their mental health was not good.		9.7%	10.3%	9.1%
L 3	Adults who reported at least one day in the past month when their mental/physical health prevented them from working or participating in their usual activities.		18.1%	22.1%	21.0%
L 4	Adults who currently taking medication or receiving treatment for a mental health condition.		N/A	10.0%	12.9%
L 5	Adults who report that they have ever been told by a doctor, nurse, or other health professional that they have depression		20.5%	18.1%	16.7%

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N/A -- Question Not Asked During Survey Year

Source Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category		Douglas County Results	2013	2012	2011
			Percent	Percent	Percent
Oral Health					
M	1	Adults who visited a dentist for any reason in past 12 months	N/A	68.4%	N/A
Pulmonary Health					
N	1	Adults who have ever been told they have COPD (Chronic Obstructive Pulmonary Disease)	3.8%	5.8%	4.6%
Senior Health					
O	1	Adults aged 65 and over who have been told that they have arthritis.	52.4%	54.0%	50.8%
O	2	Adults aged 65 and over who report having had a flu vaccination in the past year.	66.9%	68.1%	60.8%
O	3	Adults aged 65 and over who report ever having had a pneumonia vaccination.	76.0%	72.6%	72.6%
O	4	Adults aged 65 and over who report having had a fall in the past three months.	N/A	30.7%	N/A
O	5	Adults aged 65 and over who report injured due to a fall in the past three months.	N/A	39.7%	N/A
Social Context					
P	1	Adults who always or usually worried or stressed (in past 12 months) about having enough money to pay rent/mortgage	11.6%	9.2%	11.0%
P	2	Adults who always or usually worried or stressed (in past 12 months) about having enough money to buy nutritious meals:	8.3%	5.8%	6.2%
STDs					
Q	1	Adults less than 65 years of age who report ever having been tested for HIV.	38.7%	37.0%	36.6%
Q	2	Adults less than 65 years who report having been in HIV risk situations in the past year (used IV drugs, traded money/drugs for sex, anal sex without condom).	N/A	3.7%	4.0%

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N/A -- Question Not Asked During Survey Year

Source Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category	Douglas County Results	2013	2012	2011
Tobacco Use		Percent	Percent	Percent
R 1	Adults who report being occasional or regular smokers.	19.3%	20.6%	20.6%
R 2	Adults who report being a current user of smokeless tobacco.	4.1%	2.8%	3.4%
R 3	Adults who attempted to quit smoking in past year	57.0%	60.1%	57.2%
Transportation Safety		Percent	Percent	Percent
S 1	Adults who always or nearly always wears a seat belt	92.4%	89.8%	91.0%
	Texted while driving in past 30 days	N/A	26.7%	N/A
	Talked on a cell phone while driving in past 30 days	N/A	66.6%	N/A

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N/A -- Question Not Asked During Survey Year

Source Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Active Living/Healthy Eating	Percent	Percent	Percent
A 1 Adults who consume fruits 2 or more times and vegetables 3 or more times per day			
Total for Douglas County:	10.0%	N/A	8.3%
Sex	Percent	Percent	Percent
Male	7.9%	N/A	6.1%
Female	11.8%	N/A	10.2%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	8.8%	N/A	8.3%
Black, not Hispanic	10.7%	N/A	5.6%
Other, not Hispanic	10.5%	N/A	18.3%
Hispanic	18.0%	N/A	5.3%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	13.3%	N/A	8.6%
25 - 34	8.1%	N/A	8.7%
35 - 44	7.3%	N/A	9.3%
45 - 54	13.0%	N/A	6.7%
55 - 64	9.6%	N/A	8.1%
65+	9.5%	N/A	8.2%
A 2 Adults who consumed sugar-sweetened beverages 1 or more times per day			
Total for Douglas County:	28.4%	27.5%	N/A
Sex	Percent	Percent	Percent
Male	33.9%	34.9%	N/A
Female	24.2%	20.7%	N/A
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	23.9%	22.1%	N/A
Black, not Hispanic	41.3%	41.5%	N/A
Other, not Hispanic	22.5%	45.1%	N/A
Hispanic	52.1%	42.7%	N/A
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	32.5%	40.4%	N/A
25 - 34	40.2%	36.6%	N/A
35 - 44	42.1%	27.1%	N/A
45 - 54	22.4%	25.3%	N/A
55 - 64	11.7%	18.6%	N/A
65+	18.1%	14.6%	N/A
A 3 Adults who participated in any physical activity during the past month.			
Total for Douglas County:	76.1%	79.4%	75.6%
Sex	Percent	Percent	Percent
Male	76.4%	82.3%	76.8%
Female	75.7%	76.7%	74.5%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	78.2%	81.1%	79.1%
Black, not Hispanic	64.9%	73.6%	64.7%
Other, not Hispanic	91.6%	75.1%	76.6%
Hispanic	62.3%	74.4%	58.6%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	84.6%	82.4%	82.7%
25 - 34	81.2%	84.3%	76.0%
35 - 44	71.2%	85.4%	80.7%
45 - 54	74.4%	78.1%	77.8%
55 - 64	72.7%	74.7%	72.0%
65+	72.9%	69.4%	64.4%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Active Living/Healthy Eating--(Continued)		Percent	Percent	Percent
A 4	Adults who participated in 150 minutes or more of aerobic physical activity per week			
Total for Douglas County:		47.7%	N/A	49.6%
Sex		Percent	Percent	Percent
	Male	46.8%	N/A	49.6%
	Female	48.5%	N/A	49.5%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	46.9%	N/A	53.1%
	Black, not Hispanic	53.6%	N/A	37.5%
	Other, not Hispanic	64.7%	N/A	37.8%
	Hispanic	40.8%	N/A	39.0%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	49.8%	N/A	49.9%
	25 - 34	39.6%	N/A	47.8%
	35 - 44	42.4%	N/A	47.9%
	45 - 54	48.9%	N/A	54.1%
	55 - 64	52.3%	N/A	47.3%
	65+	56.5%	N/A	50.6%
A 5	Adults who participated muscle strengthening exercises more than twice per week			
Total for Douglas County:		29.8%	N/A	30.4%
Sex		Percent	Percent	Percent
	Male	33.5%	N/A	36.1%
	Female	26.4%	N/A	25.1%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	31.2%	N/A	31.3%
	Black, not Hispanic	26.3%	N/A	28.5%
	Other, not Hispanic	26.6%	N/A	25.4%
	Hispanic	22.9%	N/A	27.5%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	37.1%	N/A	46.7%
	25 - 34	34.4%	N/A	33.2%
	35 - 44	30.9%	N/A	29.0%
	45 - 54	28.0%	N/A	28.5%
	55 - 64	25.5%	N/A	26.4%
	65+	23.0%	N/A	21.2%
A 6	Adults who met both aerobic and muscle strengthening recommendations.			
Total for Douglas County:		18.4%	N/A	20.8%
Sex		Percent	Percent	Percent
	Male	19.6%	N/A	22.6%
	Female	17.3%	N/A	19.0%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	19.0%	N/A	22.0%
	Black, not Hispanic	18.3%	N/A	17.7%
	Other, not Hispanic	17.2%	N/A	16.0%
	Hispanic	13.7%	N/A	16.7%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	24.9%	N/A	28.9%
	25 - 34	17.2%	N/A	20.8%
	35 - 44	18.1%	N/A	20.7%
	45 - 54	16.4%	N/A	21.7%
	55 - 64	17.2%	N/A	18.4%
	65+	18.1%	N/A	15.1%

The BRFSS 2011 -- 2013 data are not directly comparable to previous years of BRFSS data because of the changes in weighting methodology and the addition of the N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Active Living/Healthy Eating--(Continued)	Percent	Percent	Percent
A 7 Adults who have been told they have arthritis.			
Total for Douglas County:	22.5%	22.6%	20.8%
<u>Sex</u>	Percent	Percent	Percent
Male	20.5%	19.5%	17.5%
Female	24.5%	25.4%	23.8%
<u>Race/Ethnicity</u>	Percent	Percent	Percent
White, not Hispanic	24.2%	24.7%	22.3%
Black, not Hispanic	26.9%	21.3%	24.6%
Other, not Hispanic	16.5%	14.7%	7.4%
Hispanic	8.9%	11.7%	10.0%
<u>Age Group (Age at time of interview)</u>	Percent	Percent	Percent
18 - 24	4.4%	2.9%	2.8%
25 - 34	5.0%	4.9%	6.6%
35 - 44	12.9%	10.3%	10.5%
45 - 54	27.6%	29.1%	23.7%
55 - 64	36.8%	38.8%	35.9%
65+	52.4%	54.0%	50.8%

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Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Alcohol Consumption		Percent	Percent	Percent
B 1	Adults who have had at least one drink of alcohol within the past 30 days			
Total for Douglas County:		57.6%	63.9%	64.8%
Sex		Percent	Percent	Percent
	Male	62.2%	70.7%	69.0%
	Female	53.5%	57.5%	60.8%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	61.8%	67.4%	69.1%
	Black, not Hispanic	43.3%	58.0%	51.1%
	Other, not Hispanic	55.5%	56.0%	49.7%
	Hispanic	43.3%	47.7%	51.7%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	55.9%	59.0%	64.0%
	25 - 34	69.4%	76.9%	71.6%
	35 - 44	55.8%	64.2%	69.6%
	45 - 54	53.3%	64.1%	70.5%
	55 - 64	59.9%	59.5%	60.3%
	65+	48.1%	54.4%	47.9%
B 2	Adults who report being binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion) in the previous month.			
Total for Douglas County:		19.8%	22.6%	24.4%
Sex		Percent	Percent	Percent
	Male	22.2%	28.3%	31.3%
	Female	17.6%	17.1%	18.0%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	20.8%	23.8%	25.9%
	Black, not Hispanic	6.9%	18.3%	21.6%
	Other, not Hispanic	20.0%	15.6%	17.5%
	Hispanic	25.9%	20.7%	18.8%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	28.1%	32.1%	39.9%
	25 - 34	34.1%	35.7%	36.6%
	35 - 44	20.5%	22.6%	27.9%
	45 - 54	15.0%	21.3%	22.6%
	55 - 64	14.9%	14.0%	11.4%
	65+	4.1%	6.3%	5.6%
B 3	Adults who report being heavy drinkers (males having more than 2 drinks per day, females having more than 1 drink per day) in the previous month.			
Total for Douglas County:		7.1%	7.6%	8.6%
Sex		Percent	Percent	Percent
	Male	6.7%	7.1%	8.9%
	Female	7.4%	8.1%	8.3%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	6.9%	7.8%	9.2%
	Black, not Hispanic	5.4%	8.6%	8.9%
	Other, not Hispanic	13.4%	7.0%	5.9%
	Hispanic	6.9%	5.7%	4.8%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	11.0%	10.7%	12.8%
	25 - 34	7.4%	7.9%	11.5%
	35 - 44	7.1%	8.1%	5.2%
	45 - 54	4.8%	6.7%	11.9%
	55 - 64	10.3%	6.4%	5.4%
	65+	2.6%	6.3%	4.5%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Alcohol Consumption-- (Continued)	Percent	Percent	Percent
B 4 Adults who report driving after having had perhaps too much to drink during the past 30 days.			
Total for Douglas County:	N/A	3.4%	N/A
Sex	Percent	Percent	Percent
Male	N/A	4.4%	N/A
Female	N/A	2.4%	N/A
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	N/A	3.8%	N/A
Black, not Hispanic	N/A	1.7%	N/A
Other, not Hispanic	N/A	2.3%	N/A
Hispanic	N/A	2.9%	N/A
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	N/A	6.6%	N/A
25 - 34	N/A	3.6%	N/A
35 - 44	N/A	3.3%	N/A
45 - 54	N/A	3.7%	N/A
55 - 64	N/A	2.0%	N/A
65+	N/A	1.5%	N/A
65+	N/A	6.3%	N/A

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
BMI (Body Mass Index)		Percent	Percent	Percent
C 1	Adults who report being overweight or obese.			
	Total for Douglas County:	62.2%	62.7%	63.7%
	Sex	Percent	Percent	Percent
	Male	69.5%	70.4%	71.8%
	Female	55.0%	55.1%	55.5%
	Race/Ethnicity	Percent	Percent	Percent
	White, not Hispanic	61.8%	61.8%	62.9%
	Black, not Hispanic	62.0%	68.1%	72.7%
	Other, not Hispanic	53.9%	58.3%	52.7%
	Hispanic	70.7%	67.3%	66.5%
	Age Group (Age at time of interview)	Percent	Percent	Percent
	18 - 24	31.7%	39.7%	39.9%
	25 - 34	57.7%	57.9%	63.5%
	35 - 44	69.4%	66.6%	66.6%
	45 - 54	68.5%	69.9%	68.2%
	55 - 64	72.3%	71.0%	69.1%
	65+	67.4%	67.5%	68.8%
C 2	Adults who report being overweight.			
	Total for Douglas County:	34.5%	34.7%	37.0%
	Sex	Percent	Percent	Percent
	Male	41.3%	43.1%	45.1%
	Female	27.8%	26.4%	29.0%
	Race/Ethnicity	Percent	Percent	Percent
	White, not Hispanic	35.3%	35.0%	37.0%
	Black, not Hispanic	24.8%	31.8%	34.9%
	Other, not Hispanic	27.6%	32.7%	38.7%
	Hispanic	43.5%	37.2%	39.2%
	Age Group (Age at time of interview)	Percent	Percent	Percent
	18 - 24	22.3%	23.1%	29.8%
	25 - 34	33.0%	33.2%	38.2%
	35 - 44	37.0%	38.3%	34.2%
	45 - 54	34.8%	36.0%	38.5%
	55 - 64	34.0%	38.2%	37.0%
	65+	43.4%	37.5%	42.8%
C 3	Adults who report being obese.			
	Total for Douglas County:	27.7%	28.0%	26.6%
	Sex	Percent	Percent	Percent
	Male	28.2%	27.4%	26.7%
	Female	27.2%	28.6%	26.5%
	Race/Ethnicity	Percent	Percent	Percent
	White, not Hispanic	26.5%	26.8%	25.9%
	Black, not Hispanic	37.2%	36.3%	37.8%
	Other, not Hispanic	26.3%	25.7%	14.0%
	Hispanic	27.2%	30.1%	27.3%
	Age Group (Age at time of interview)	Percent	Percent	Percent
	18 - 24	9.3%	16.6%	10.1%
	25 - 34	24.6%	24.7%	25.3%
	35 - 44	32.4%	28.3%	32.4%
	45 - 54	33.6%	34.0%	29.6%
	55 - 64	38.3%	32.8%	32.1%
	65+	24.0%	30.0%	26.0%

The BRFSS 2011 -- 2013 data are not directly comparable to previous years of BRFSS data because of the changes in weighting methodology and the addition of the cell phone sampling frame.

N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Cancer		Percent	Percent	Percent
D 1	Adult males aged 40 and over who report having had a PSA test within the past two years.			
Total for Douglas County:		N/A	41.2%	N/A
<u>Race/Ethnicity</u>		Percent	Percent	Percent
White, not Hispanic		N/A	47.8%	N/A
Black, not Hispanic		N/A	28.0%	N/A
Other, not Hispanic		N/A	25.3%	N/A
Hispanic		N/A	7.2%	N/A
<u>Age Group (Age at time of interview)</u>		Percent	Percent	Percent
40 - 44		N/A	10.0%	N/A
45 - 54		N/A	30.4%	N/A
55 - 64		N/A	50.2%	N/A
65+		N/A	66.2%	N/A
D 2	Adult females aged 40 and over who report having had a mammogram within the past two years.			
Total for Douglas County:		N/A	73.3%	N/A
<u>Race/Ethnicity</u>		Percent	Percent	Percent
White, not Hispanic		N/A	74.1%	N/A
Black, not Hispanic		N/A	72.4%	N/A
Other, not Hispanic		N/A	61.2%	N/A
Hispanic		N/A	67.5%	N/A
<u>Age Group (Age at time of interview)</u>		Percent	Percent	Percent
40 - 44		N/A	62.0%	N/A
45 - 54		N/A	77.4%	N/A
55 - 64		N/A	77.0%	N/A
65+		N/A	72.3%	N/A
D 3	Adult females aged 50 and over who report having had a mammogram within the past two years.			
Total for Douglas County:		N/A	76.0%	N/A
<u>Race/Ethnicity</u>		Percent	Percent	Percent
White, not Hispanic		N/A	75.8%	N/A
Black, not Hispanic		N/A	76.4%	N/A
Other, not Hispanic		N/A	78.2%	N/A
Hispanic		N/A	76.8%	N/A
<u>Age Group (Age at time of interview)</u>		Percent	Percent	Percent
50 - 54		N/A	80.9%	N/A
55 - 64		N/A	77.0%	N/A
65+		N/A	72.3%	N/A
D 4	Adult females aged 40 and over who report having had a clinical breast within the past two years.			
Total for Douglas County:		N/A	75.5%	N/A
<u>Race/Ethnicity</u>		Percent	Percent	Percent
White, not Hispanic		N/A	76.0%	N/A
Black, not Hispanic		N/A	74.5%	N/A
Other, not Hispanic		N/A	86.2%	N/A
Hispanic		N/A	64.0%	N/A
<u>Age Group (Age at time of interview)</u>		Percent	Percent	Percent
40 - 44		N/A	80.2%	N/A
45 - 54		N/A	78.0%	N/A
55 - 64		N/A	78.0%	N/A
65+		N/A	68.6%	N/A

The BRFSS 2011 -- 2013 data are not directly comparable to previous years of BRFSS data because of the changes in weighting methodology and the addition of the cell phone sampling frame.

N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Cancer -- (Continued)		Percent	Percent	Percent
D 5	Adult females who report having had a Pap smear test within the past three years.			
Total for Douglas County:		N/A	80.3%	N/A
<u>Race/Ethnicity</u>		Percent	Percent	Percent
White, not Hispanic		N/A	79.5%	N/A
Black, not Hispanic		N/A	80.6%	N/A
Other, not Hispanic		N/A	75.9%	N/A
Hispanic		N/A	89.1%	N/A
<u>Age Group (Age at time of interview)</u>		Percent	Percent	Percent
18 - 24		N/A	68.3%	N/A
25 - 34		N/A	88.8%	N/A
35 - 44		N/A	87.3%	N/A
45 - 54		N/A	85.3%	N/A
55 - 64		N/A	83.2%	N/A
65+		N/A	56.2%	N/A
D 6	Adults aged 50 and over who report having had a fecal occult blood test (FOBT) within the past two years.			
Total for Douglas County:		12.8%	10.7%	13.2%
<u>Sex</u>		Percent	Percent	Percent
Male		11.3%	10.4%	16.5%
Female		14.0%	11.0%	10.4%
<u>Race/Ethnicity</u>		Percent	Percent	Percent
White, not Hispanic		13.5%	10.9%	11.9%
Black, not Hispanic		9.7%	10.3%	21.6%
Other, not Hispanic		5.5%	8.8%	5.3%
Hispanic		8.1%	8.1%	31.0%
<u>Age Group (Age at time of interview)</u>		Percent	Percent	Percent
50 - 54		12.6%	4.3%	12.5%
55 - 64		8.7%	9.5%	13.0%
65+		17.5%	16.1%	13.9%
D 7	Adults aged 50 and over who report ever having had a sigmoidoscopy/colonoscopy.			
Total for Douglas County:		67.1%	68.2%	68.6%
<u>Sex</u>		Percent	Percent	Percent
Male		64.3%	66.8%	68.0%
Female		69.6%	69.3%	69.1%
<u>Race/Ethnicity</u>		Percent	Percent	Percent
White, not Hispanic		69.9%	71.7%	71.8%
Black, not Hispanic		64.4%	58.7%	44.1%
Other, not Hispanic		32.1%	66.2%	26.1%
Hispanic		38.4%	27.0%	65.9%
<u>Age Group (Age at time of interview)</u>		Percent	Percent	Percent
50 - 54		45.8%	50.4%	52.4%
55 - 64		72.7%	69.3%	74.5%
65+		78.0%	78.7%	74.5%

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N/A -- Question Not Asked During Survey Year

** L% and U% are the lower and upper limits for the 95% confidence interval
Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Cancer -- (Continued)	Percent	Percent	Percent
D 8 Adults who report having been diagnosed with cancer.			
Total for Douglas County:	10.3%	10.0%	9.7%
<u>Sex</u>	Percent	Percent	Percent
Male	9.9%	8.9%	9.0%
Female	10.7%	11.0%	10.4%
<u>Race/Ethnicity</u>	Percent	Percent	Percent
White, not Hispanic	11.6%	11.9%	11.3%
Black, not Hispanic	7.6%	5.4%	6.2%
Other, not Hispanic	8.8%	2.3%	4.3%
Hispanic	3.4%	4.2%	3.1%
<u>Age Group (Age at time of interview)</u>	Percent	Percent	Percent
18 - 24	0.8%	1.1%	1.7%
25 - 34	0.6%	2.5%	2.5%
35 - 44	4.1%	3.4%	3.0%
45 - 54	8.3%	10.7%	9.0%
55 - 64	20.3%	12.8%	16.2%
65+	30.4%	31.7%	29.8%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Diabetes		Percent	Percent	Percent
E 1	Adults who report having been diagnosed with diabetes.			
Total for Douglas County:		9.3%	8.1%	8.4%
Sex		Percent	Percent	Percent
	Male	10.0%	8.1%	8.8%
	Female	8.5%	8.0%	8.1%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	8.8%	8.2%	8.3%
	Black, not Hispanic	13.4%	10.0%	11.9%
	Other, not Hispanic	8.1%	5.5%	4.5%
	Hispanic	9.5%	6.4%	7.8%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	1.4%	1.8%	0.3%
	25 - 34	0.9%	2.9%	1.7%
	35 - 44	7.8%	4.0%	3.4%
	45 - 54	11.3%	7.9%	9.4%
	55 - 64	15.4%	16.0%	16.4%
	65+	20.0%	17.5%	22.3%
E 2	Adults with diabetes who received formal diabetes education .			
Total for Douglas County:		70.0%	70.3%	63.0%
Sex		Percent	Percent	Percent
	Male	66.3%	70.4%	63.2%
	Female	73.4%	70.3%	62.9%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	69.8%	73.2%	62.3%
	Black, not Hispanic	68.3%	64.2%	49.9%
	Other, not Hispanic	90.2%	47.7%	84.6%
	Hispanic	53.7%	61.5%	92.2%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	0.0%	100.0%	0.0%
	25 - 34	0.0%	34.1%	100.0%
	35 - 44	42.9%	68.2%	86.1%
	45 - 54	89.3%	60.4%	57.3%
	55 - 64	49.4%	80.1%	66.1%
	65+	71.2%	69.3%	57.3%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Economics	Percent	Percent	Percent
F 1 Adults aged 18-64 reporting having NO insurance coverage for health care.			
Total for Douglas County:	20.9%	18.5%	21.2%
Sex	Percent	Percent	Percent
Male	20.2%	21.9%	25.9%
Female	21.5%	15.2%	16.6%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	13.7%	12.0%	14.0%
Black, not Hispanic	35.4%	24.8%	37.3%
Other, not Hispanic	18.1%	14.5%	18.1%
Hispanic	55.5%	56.9%	59.4%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	21.5%	25.3%	30.7%
25 - 34	25.8%	22.4%	28.7%
35 - 44	23.8%	18.8%	16.1%
45 - 54	19.0%	14.8%	16.0%
55 - 64	12.6%	11.7%	14.5%
F 2 Adults who report having a primary care provider.			
Total for Douglas County:	75.7%	80.9%	79.7%
Sex	Percent	Percent	Percent
Male	68.4%	74.1%	72.0%
Female	82.7%	87.2%	87.0%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	79.1%	85.2%	85.8%
Black, not Hispanic	76.9%	77.1%	70.3%
Other, not Hispanic	71.9%	73.0%	62.8%
Hispanic	50.3%	56.2%	47.9%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	61.0%	64.3%	68.1%
25 - 34	65.7%	69.5%	60.4%
35 - 44	72.2%	78.8%	80.2%
45 - 54	77.5%	87.1%	87.0%
55 - 64	86.1%	90.9%	92.2%
65+	92.8%	95.7%	96.4%
F 3 Adults who report having been prevented from seeing a provider due to the cost.			
Total for Douglas County:	15.6%	14.7%	14.4%
Sex	Percent	Percent	Percent
Male	12.9%	13.6%	13.3%
Female	18.2%	15.8%	15.4%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	12.5%	11.1%	10.8%
Black, not Hispanic	30.4%	24.6%	30.1%
Other, not Hispanic	18.1%	21.1%	18.6%
Hispanic	23.3%	28.3%	24.9%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	18.2%	20.0%	18.8%
25 - 34	19.0%	21.9%	19.8%
35 - 44	21.6%	17.3%	14.8%
45 - 54	15.0%	12.1%	13.1%
55 - 64	13.5%	10.4%	13.5%
65+	4.9%	5.0%	4.7%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Environmental Concerns		Percent	Percent	Percent
G 1	Adults who have ever been told they have asthma.			
Total for Douglas County:		10.9%	11.4%	11.8%
Sex		Percent	Percent	Percent
	Male	9.5%	10.0%	10.9%
	Female	12.3%	12.8%	12.6%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	10.5%	10.7%	11.4%
	Black, not Hispanic	14.8%	17.4%	21.0%
	Other, not Hispanic	4.6%	14.9%	6.1%
	Hispanic	13.5%	9.4%	7.8%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	15.5%	16.9%	16.5%
	25 - 34	12.9%	11.6%	12.7%
	35 - 44	10.3%	13.0%	11.8%
	45 - 54	7.1%	11.6%	9.7%
	55 - 64	12.4%	8.4%	11.7%
	65+	8.0%	7.5%	8.9%
G 2	Adults who currently have asthma.			
Total for Douglas County:		6.9%	7.6%	7.7%
Sex		Percent	Percent	Percent
	Male	5.2%	6.2%	6.1%
	Female	8.5%	9.0%	9.2%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	6.2%	7.6%	7.2%
	Black, not Hispanic	13.8%	11.2%	15.0%
	Other, not Hispanic	4.6%	12.1%	4.2%
	Hispanic	6.4%	2.3%	5.7%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	9.8%	10.7%	9.7%
	25 - 34	6.4%	7.0%	8.2%
	35 - 44	6.9%	8.0%	8.5%
	45 - 54	5.5%	7.6%	7.1%
	55 - 64	7.9%	7.0%	7.2%
	65+	5.8%	6.1%	5.4%
Health Status		Percent	Percent	Percent
H 1	Adults who report self-rated health status as fair or poor.			
Total for Douglas County:		14.5%	16.2%	13.7%
Sex		Percent	Percent	Percent
	Male	14.2%	17.5%	14.5%
	Female	14.9%	14.9%	13.0%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	12.1%	13.5%	10.9%
	Black, not Hispanic	24.6%	25.9%	24.4%
	Other, not Hispanic	15.8%	16.7%	11.0%
	Hispanic	23.2%	25.7%	26.9%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	3.3%	10.6%	8.7%
	25 - 34	6.5%	13.1%	7.9%
	35 - 44	16.5%	11.9%	9.9%
	45 - 54	18.5%	20.5%	14.9%
	55 - 64	20.1%	19.9%	20.5%
	65+	22.6%	21.2%	23.0%

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N/A -- Question Not Asked During Survey Year

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Heart Disease and Stroke	Percent	Percent	Percent
1 1 Adults who had blood pressure checked in past year			
Total for Douglas County:	84.5%	N/A	N/A
Sex	Percent	Percent	Percent
Male	81.6%	N/A	N/A
Female	86.6%	N/A	N/A
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	86.6%	N/A	N/A
Black, not Hispanic	81.6%	N/A	N/A
Other, not Hispanic	95.3%	N/A	N/A
Hispanic	66.9%	N/A	N/A
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	81.7%	N/A	N/A
25 - 34	73.1%	N/A	N/A
35 - 44	77.1%	N/A	N/A
45 - 54	88.6%	N/A	N/A
55 - 64	91.5%	N/A	N/A
65+	98.4%	N/A	N/A
1 2 Adults who have ever been told that they have high blood pressure.			
Total for Douglas County:	28.9%	N/A	27.3%
Sex	Percent	Percent	Percent
Male	30.5%	N/A	29.2%
Female	27.4%	N/A	25.5%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	29.0%	N/A	27.3%
Black, not Hispanic	47.0%	N/A	39.9%
Other, not Hispanic	25.8%	N/A	18.3%
Hispanic	12.0%	N/A	17.1%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	4.7%	N/A	2.3%
25 - 34	7.2%	N/A	10.5%
35 - 44	25.4%	N/A	15.1%
45 - 54	32.8%	N/A	31.5%
55 - 64	42.6%	N/A	49.9%
65+	63.7%	N/A	60.6%
1 3 Adults taking medicine for high blood pressure control.			
Total for Douglas County:	76.6%	N/A	76.6%
Sex	Percent	Percent	Percent
Male	69.2%	N/A	71.2%
Female	84.2%	N/A	82.5%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	76.6%	N/A	79.1%
Black, not Hispanic	88.9%	N/A	74.9%
Other, not Hispanic	50.0%	N/A	36.1%
Hispanic	55.7%	N/A	70.9%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	0.0%	N/A	7.6%
25 - 34	35.7%	N/A	22.1%
35 - 44	66.8%	N/A	49.5%
45 - 54	67.9%	N/A	72.9%
55 - 64	86.0%	N/A	89.3%
65+	90.6%	N/A	93.4%

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N/A -- Question Not Asked During Survey Year

Source Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Heart Disease and Stroke -- (Continued)		Percent	Percent	Percent
14	Adults who have had their blood cholesterol checked within the last five years			
Total for Douglas County:		74.2%	N/A	73.2%
Sex		Percent	Percent	Percent
	Male	71.7%	N/A	67.3%
	Female	76.5%	N/A	78.9%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	78.0%	N/A	77.8%
	Black, not Hispanic	74.7%	N/A	70.6%
	Other, not Hispanic	64.5%	N/A	64.7%
	Hispanic	48.7%	N/A	42.2%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	37.0%	N/A	37.6%
	25 - 34	62.4%	N/A	56.7%
	35 - 44	74.8%	N/A	71.6%
	45 - 54	81.8%	N/A	85.9%
	55 - 64	87.1%	N/A	90.2%
	65+	95.1%	N/A	95.1%
15	Adults who have had their blood cholesterol checked and have been told it was high.			
Total for Douglas County:		34.3%	N/A	37.1%
Sex		Percent	Percent	Percent
	Male	38.2%	N/A	40.4%
	Female	30.8%	N/A	34.3%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	35.5%	N/A	39.3%
	Black, not Hispanic	34.6%	N/A	34.3%
	Other, not Hispanic	24.8%	N/A	15.4%
	Hispanic	25.4%	N/A	26.3%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	7.6%	N/A	8.8%
	25 - 34	12.3%	N/A	17.5%
	35 - 44	25.9%	N/A	22.2%
	45 - 54	36.8%	N/A	45.2%
	55 - 64	47.3%	N/A	50.4%
	65+	55.1%	N/A	56.9%
16	Adults who have ever been told that they had a heart attack.			
Total for Douglas County:		3.5%	3.7%	4.3%
Sex		Percent	Percent	Percent
	Male	4.3%	4.9%	5.8%
	Female	2.7%	2.6%	2.8%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	3.9%	3.9%	4.3%
	Black, not Hispanic	2.7%	3.2%	5.4%
	Other, not Hispanic	4.5%	4.1%	5.1%
	Hispanic	0.8%	2.2%	2.3%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	0.0%	0.3%	1.4%
	25 - 34	1.1%	0.8%	0.7%
	35 - 44	1.0%	0.7%	0.6%
	45 - 54	3.1%	2.7%	2.7%
	55 - 64	4.8%	7.3%	7.7%
	65+	11.4%	11.4%	15.0%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Heart Disease and Stroke -- (Continued)		Percent	Percent	Percent
17	Adults who have ever been told they had angina/coronary heart disease.			
Total for Douglas County:		3.4%	3.1%	3.8%
Sex		Percent	Percent	Percent
	Male	4.0%	3.9%	4.5%
	Female	2.8%	2.4%	3.1%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	4.0%	3.3%	4.1%
	Black, not Hispanic	3.0%	1.9%	4.2%
	Other, not Hispanic	1.2%	3.6%	0.7%
	Hispanic	0.0%	2.7%	1.7%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	1.6%	0.0%	0.2%
	25 - 34	0.5%	0.4%	0.5%
	35 - 44	0.3%	1.0%	0.6%
	45 - 54	2.2%	2.1%	3.0%
	55 - 64	5.9%	5.5%	6.0%
	65+	11.0%	10.8%	14.3%
18	Adults who have ever been told they had angina/coronary heart disease or heart attack			
Total for Douglas County:		4.9%	5.5%	5.9%
Sex		Percent	Percent	Percent
	Male	5.8%	7.0%	7.5%
	Female	4.1%	4.0%	4.4%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	5.6%	5.7%	6.1%
	Black, not Hispanic	3.9%	4.5%	7.1%
	Other, not Hispanic	4.5%	5.2%	5.6%
	Hispanic	0.8%	4.4%	3.5%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	1.7%	0.3%	1.6%
	25 - 34	1.1%	1.2%	1.0%
	35 - 44	1.0%	1.3%	1.1%
	45 - 54	3.8%	4.2%	4.0%
	55 - 64	7.7%	10.4%	9.5%
	65+	15.7%	17.0%	21.7%
19	Adults who have ever been told that they had a stroke.			
Total for Douglas County:		2.1%	2.5%	2.2%
Sex		Percent	Percent	Percent
	Male	1.3%	2.7%	1.9%
	Female	2.7%	2.3%	2.5%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	2.0%	2.4%	2.1%
	Black, not Hispanic	3.7%	2.7%	4.7%
	Other, not Hispanic	0.0%	4.1%	0.3%
	Hispanic	2.0%	2.4%	1.7%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	0.0%	0.5%	0.2%
	25 - 34	0.5%	1.0%	0.7%
	35 - 44	0.5%	0.6%	0.1%
	45 - 54	1.1%	2.8%	1.7%
	55 - 64	2.6%	3.5%	4.0%
	65+	8.3%	7.1%	7.5%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

Immunization		2013	2012	2011
		Percent	Percent	Percent
J 1	Had a flu vaccination in past 12 months			
Total for Douglas County:		45.0%	45.5%	43.2%
Sex		Percent	Percent	Percent
	Male	42.5%	40.1%	36.4%
	Female	47.3%	50.7%	49.7%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	46.6%	48.0%	46.1%
	Black, not Hispanic	35.8%	35.3%	33.1%
	Other, not Hispanic	62.5%	43.6%	37.3%
	Hispanic	33.2%	38.5%	33.1%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	26.1%	27.2%	29.9%
	25 - 34	37.3%	39.3%	34.7%
	35 - 44	39.6%	41.8%	40.3%
	45 - 54	43.7%	46.9%	44.0%
	55 - 64	56.2%	49.7%	51.5%
	65+	66.9%	68.1%	60.8%

Kidney Disease		2013	2012	2011
		Percent	Percent	Percent
K 1	Adults who have been told they have kidney disease			
Total for Douglas County:		2.0%	2.4%	2.0%
Sex		Percent	Percent	Percent
	Male	2.3%	2.8%	1.9%
	Female	1.8%	2.0%	2.1%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	1.8%	2.6%	1.9%
	Black, not Hispanic	4.7%	2.9%	2.5%
	Other, not Hispanic	0.6%	1.4%	0.7%
	Hispanic	1.7%	1.1%	2.7%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	0.2%	0.9%	0.5%
	25 - 34	0.4%	0.7%	0.7%
	35 - 44	1.9%	1.4%	0.9%
	45 - 54	1.5%	3.1%	2.0%
	55 - 64	3.8%	3.5%	4.1%
	65+	4.6%	5.3%	4.7%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Mental Health	Percent	Percent	Percent
L 1 Adults who reported at least one day in the past month when their mental health was not good.			
Total for Douglas County:	31.4%	34.7%	33.9%
Sex	Percent	Percent	Percent
Male	26.3%	31.6%	27.1%
Female	36.2%	37.7%	40.4%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	34.0%	35.6%	33.9%
Black, not Hispanic	22.9%	34.4%	38.2%
Other, not Hispanic	35.6%	36.9%	35.0%
Hispanic	17.9%	28.0%	27.7%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	36.7%	51.6%	46.0%
25 - 34	39.9%	39.6%	39.4%
35 - 44	32.4%	35.5%	32.6%
45 - 54	29.5%	35.5%	34.6%
55 - 64	28.4%	30.7%	29.8%
65+	20.1%	16.2%	20.2%
L 2 Adults who reported 14 or more days in the past month when their mental health was not good.			
Total for Douglas County:	9.7%	10.3%	9.1%
Sex	Percent	Percent	Percent
Male	6.2%	9.6%	8.3%
Female	12.9%	11.0%	9.9%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	10.3%	9.9%	8.0%
Black, not Hispanic	8.2%	13.4%	15.6%
Other, not Hispanic	13.4%	13.5%	13.1%
Hispanic	4.5%	8.9%	9.3%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	5.9%	17.2%	10.2%
25 - 34	9.8%	10.8%	9.6%
35 - 44	13.3%	9.7%	7.9%
45 - 54	13.6%	10.2%	10.3%
55 - 64	9.1%	11.5%	11.8%
65+	4.4%	3.5%	5.1%
L 3 Adults who reported at least one day in the past month when their mental/physical health prevented them from working or participating in their usual activities.			
Total for Douglas County:	18.1%	22.1%	21.0%
Sex	Percent	Percent	Percent
Male	15.9%	20.7%	18.1%
Female	20.3%	23.5%	23.7%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	17.9%	22.6%	19.5%
Black, not Hispanic	23.0%	19.5%	30.1%
Other, not Hispanic	20.6%	26.1%	24.5%
Hispanic	13.8%	19.0%	21.4%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	18.5%	29.9%	23.3%
25 - 34	14.8%	20.3%	22.3%
35 - 44	21.0%	21.4%	15.7%
45 - 54	18.2%	22.3%	23.0%
55 - 64	18.2%	21.6%	24.2%
65+	18.7%	19.1%	17.9%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Mental Health -- (Continued)	Percent	Percent	Percent
L 4 Adults who currently taking medication or receiving treatment for a mental health condition.			
Total for Douglas County:	N/A	10.0%	12.9%
Sex	Percent	Percent	Percent
Male	N/A	7.9%	9.7%
Female	N/A	12.0%	15.7%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	N/A	10.9%	13.8%
Black, not Hispanic	N/A	11.2%	18.9%
Other, not Hispanic	N/A	9.2%	5.9%
Hispanic	N/A	4.4%	3.5%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	N/A	10.8%	15.3%
25 - 34	N/A	11.4%	11.7%
35 - 44	N/A	9.4%	6.1%
45 - 54	N/A	8.0%	15.2%
55 - 64	N/A	11.6%	15.4%
65+	N/A	8.4%	14.3%
L 5 Adults who report that they have ever been told by a doctor, nurse, or other health professional that they have depression			
Total for Douglas County:	20.5%	18.1%	16.7%
Sex	Percent	Percent	Percent
Male	14.5%	14.7%	11.6%
Female	26.2%	21.2%	21.6%
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	21.5%	18.9%	17.9%
Black, not Hispanic	15.4%	16.5%	16.1%
Other, not Hispanic	19.9%	15.0%	10.9%
Hispanic	17.9%	14.8%	10.2%
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	17.7%	20.8%	15.4%
25 - 34	21.4%	17.3%	15.8%
35 - 44	23.7%	16.7%	12.7%
45 - 54	22.6%	20.3%	21.7%
55 - 64	21.2%	20.3%	21.2%
65+	15.1%	13.5%	13.8%
Oral Health	Percent	Percent	Percent
M 1 Visited a dentist for any reason in past 12 months			
Total for Douglas County:	N/A	68.4%	N/A
Sex	Percent	Percent	Percent
Male	N/A	64.1%	N/A
Female	N/A	72.5%	N/A
Race/Ethnicity	Percent	Percent	Percent
White, not Hispanic	N/A	73.1%	N/A
Black, not Hispanic	N/A	54.4%	N/A
Other, not Hispanic	N/A	57.2%	N/A
Hispanic	N/A	52.7%	N/A
Age Group (Age at time of interview)	Percent	Percent	Percent
18 - 24	N/A	66.4%	N/A
25 - 34	N/A	62.9%	N/A
35 - 44	N/A	64.8%	N/A
45 - 54	N/A	73.3%	N/A
55 - 64	N/A	72.5%	N/A
65+	N/A	72.1%	N/A

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Pulmonary Health		Percent	Percent	Percent
N 1	Adults who have ever been told they have COPD (Chronic Obstructive Pulmonary Disease)			
Total for Douglas County:		3.8%	5.8%	4.6%
Sex		Percent	Percent	Percent
	Male	2.6%	4.9%	4.1%
	Female	5.0%	6.7%	5.0%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	4.0%	6.2%	4.8%
	Black, not Hispanic	6.1%	4.6%	5.5%
	Other, not Hispanic	4.5%	8.5%	2.1%
	Hispanic	0.1%	2.7%	2.8%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	1.6%	4.1%	0.9%
	25 - 34	0.3%	3.2%	1.4%
	35 - 44	3.1%	1.5%	3.1%
	45 - 54	3.7%	6.9%	4.0%
	55 - 64	6.1%	9.2%	9.2%
	65+	9.2%	11.2%	10.2%
Senior Health		Percent	Percent	Percent
O 1	Adults aged 65 and over who have been told that they have arthritis.			
Total for Douglas County:		52.4%	54.0%	50.8%
Sex		Percent	Percent	Percent
	Male	52.8%	45.7%	42.9%
	Female	52.1%	59.8%	57.0%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	51.5%	53.6%	51.6%
	Black, not Hispanic	59.2%	59.5%	42.8%
	Other, not Hispanic	78.1%	38.0%	62.8%
	Hispanic	38.9%	61.9%	42.3%
Age Group (Age at time of interview)		Percent	Percent	Percent
	65+	52.4%	54.0%	50.8%
O 2	Adults aged 65 and over who report having had a flu vaccination in the past year.			
Total for Douglas County:		66.9%	68.1%	60.8%
Sex		Percent	Percent	Percent
	Male	68.3%	69.2%	60.9%
	Female	65.9%	67.3%	60.7%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	65.8%	70.6%	61.5%
	Black, not Hispanic	69.2%	52.3%	50.3%
	Other, not Hispanic	75.3%	84.2%	66.3%
	Hispanic	99.9%	25.2%	68.5%
Age Group (Age at time of interview)		Percent	Percent	Percent
	65+	66.9%	68.1%	60.8%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Senior Health -- (Continued)	Percent	Percent	Percent
O 3 Adults aged 65 and over who report ever having had a pneumonia vaccination.			
Total for Douglas County:	76.0%	72.6%	72.6%
<u>Sex</u>	Percent	Percent	Percent
Male	77.7%	67.9%	70.3%
Female	74.7%	75.8%	74.5%
<u>Race/Ethnicity</u>	Percent	Percent	Percent
White, not Hispanic	76.8%	74.5%	73.5%
Black, not Hispanic	82.6%	67.1%	63.5%
Other, not Hispanic	56.9%	84.1%	87.2%
Hispanic	31.8%	32.4%	63.8%
<u>Age Group (Age at time of interview)</u>	Percent	Percent	Percent
65+	76.0%	72.6%	72.6%
O 4 Adults aged 65 and over who report having had a fall in the past three months.			
Total for Douglas County:	N/A	30.7%	N/A
<u>Sex</u>	Percent	Percent	Percent
Male	N/A	23.9%	N/A
Female	N/A	35.5%	N/A
<u>Race/Ethnicity</u>	Percent	Percent	Percent
White, not Hispanic	N/A	30.9%	N/A
Black, not Hispanic	N/A	31.4%	N/A
Other, not Hispanic	N/A	22.0%	N/A
Hispanic	N/A	31.3%	N/A
<u>Age Group (Age at time of interview)</u>	Percent	Percent	Percent
65+	N/A	30.7%	N/A
O 5 Adults aged 65 and over who report injured due to a fall in the past three months.			
Total for Douglas County:	N/A	39.7%	N/A
<u>Sex</u>	Percent	Percent	Percent
Male	N/A	36.6%	N/A
Female	N/A	41.2%	N/A
<u>Race/Ethnicity</u>	Percent	Percent	Percent
White, not Hispanic	N/A	39.7%	N/A
Black, not Hispanic	N/A	25.5%	N/A
Other, not Hispanic	N/A	55.8%	N/A
Hispanic	N/A	58.9%	N/A
<u>Age Group (Age at time of interview)</u>	Percent	Percent	Percent
65+	N/A	39.7%	N/A

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

	2013	2012	2011
Social Context	Percent	Percent	Percent
P 1 <i>Always or usually worried or stressed (in past 12 months) about having enough money to pay rent/mortgage:</i>			
Total for Douglas County:	11.6%	9.2%	11.0%
<u>Sex</u>	Percent	Percent	Percent
Male	8.1%	8.4%	8.8%
Female	14.2%	9.9%	13.2%
<u>Race/Ethnicity</u>	Percent	Percent	Percent
White, not Hispanic	10.3%	7.9%	9.9%
Black, not Hispanic	20.6%	15.7%	10.9%
Other, not Hispanic	12.8%	8.1%	19.4%
Hispanic	11.8%	10.7%	16.8%
<u>Age Group (Age at time of interview)</u>	Percent	Percent	Percent
18 - 24	12.5%	6.6%	4.3%
25 - 34	9.1%	9.1%	12.8%
35 - 44	18.7%	13.5%	13.9%
45 - 54	14.6%	15.2%	9.9%
55 - 64	7.6%	4.1%	14.4%
65+	6.1%	3.9%	5.4%
P 2 <i>Adults who always or usually worried or stressed (in past 12 months) about having enough money to buy nutritious meals:</i>			
Total for Douglas County:	8.3%	5.8%	6.2%
<u>Sex</u>	Percent	Percent	Percent
Male	7.0%	4.1%	4.5%
Female	9.3%	7.4%	7.8%
<u>Race/Ethnicity</u>	Percent	Percent	Percent
White, not Hispanic	6.8%	4.8%	4.6%
Black, not Hispanic	15.7%	9.9%	12.3%
Other, not Hispanic	9.3%	0.0%	20.1%
Hispanic	11.0%	11.1%	4.6%
<u>Age Group (Age at time of interview)</u>	Percent	Percent	Percent
18 - 24	5.4%	6.0%	2.8%
25 - 34	6.5%	7.7%	6.0%
35 - 44	18.1%	6.9%	9.2%
45 - 54	6.8%	7.0%	5.8%
55 - 64	5.4%	5.6%	7.6%
65+	6.1%	0.0%	4.2%

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Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
STDs		Percent	Percent	Percent
Q 1	Adults less than 65 years of age who report ever having been tested for HIV.			
Total for Douglas County:		38.7%	37.0%	36.6%
Sex		Percent	Percent	Percent
	Male	37.0%	32.5%	33.2%
	Female	40.3%	41.5%	39.8%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	33.9%	33.0%	33.1%
	Black, not Hispanic	47.1%	61.5%	57.6%
	Other, not Hispanic	61.6%	38.2%	42.6%
	Hispanic	54.6%	38.2%	37.9%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	35.6%	27.5%	26.5%
	25 - 34	52.9%	52.3%	50.4%
	35 - 44	49.8%	51.0%	50.2%
	45 - 54	33.6%	31.7%	26.9%
	55 - 64	17.1%	14.0%	19.3%
Q 2	Adults less than 65 years of age who report having been in HIV risk situations in the past year (used IV drugs, traded money/drugs for sex, anal sex without condom).			
Total for Douglas County:		N/A	3.7%	4.0%
Sex		Percent	Percent	Percent
	Male	N/A	3.9%	4.3%
	Female	N/A	3.5%	3.7%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	N/A	2.6%	3.4%
	Black, not Hispanic	N/A	4.9%	7.4%
	Other, not Hispanic	N/A	5.3%	1.9%
	Hispanic	N/A	9.6%	6.2%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	N/A	8.1%	7.8%
	25 - 34	N/A	4.5%	6.2%
	35 - 44	N/A	3.8%	3.9%
	45 - 54	N/A	2.0%	1.2%
	55 - 64	N/A	0.9%	0.9%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Tobacco Use		Percent	Percent	Percent
R 1	Adults who report being occasional or regular smokers.			
Total for Douglas County:		19.3%	20.6%	20.6%
Sex		Percent	Percent	Percent
	Male	19.4%	21.2%	21.6%
	Female	19.2%	20.0%	19.6%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	20.2%	19.6%	20.2%
	Black, not Hispanic	20.4%	31.3%	25.6%
	Other, not Hispanic	13.1%	23.3%	18.9%
	Hispanic	14.0%	15.1%	18.7%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	17.3%	24.9%	19.6%
	25 - 34	24.1%	29.2%	27.2%
	35 - 44	24.0%	18.1%	21.6%
	45 - 54	19.3%	21.8%	20.2%
	55 - 64	18.5%	18.7%	21.6%
	65+	10.3%	8.6%	9.6%
R 2	Adults who report being a current user of smokeless tobacco.			
Total for Douglas County:		4.1%	2.8%	3.4%
Sex		Percent	Percent	Percent
	Male	7.7%	4.7%	6.2%
	Female	0.8%	0.9%	0.8%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	4.0%	2.9%	3.8%
	Black, not Hispanic	2.1%	3.7%	2.1%
	Other, not Hispanic	5.5%	2.6%	3.2%
	Hispanic	6.1%	1.1%	1.7%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	6.6%	4.1%	4.1%
	25 - 34	5.5%	4.6%	4.3%
	35 - 44	6.7%	3.8%	3.4%
	45 - 54	3.0%	2.1%	5.1%
	55 - 64	1.6%	1.3%	1.1%
	65+	1.0%	0.3%	1.8%
R 3	Adults who attempted to quit smoking in past year			
Total for Douglas County:		57.0%	60.1%	57.2%
Sex		Percent	Percent	Percent
	Male	51.8%	61.7%	54.9%
	Female	61.8%	58.5%	59.5%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	54.2%	59.5%	56.2%
	Black, not Hispanic	75.3%	57.2%	69.0%
	Other, not Hispanic	72.0%	65.4%	49.1%
	Hispanic	55.5%	65.8%	51.3%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	66.8%	71.9%	64.3%
	25 - 34	64.5%	66.8%	59.7%
	35 - 44	63.4%	55.5%	54.1%
	45 - 54	53.5%	60.7%	64.1%
	55 - 64	34.1%	42.5%	51.3%
	65+	52.3%	49.3%	37.9%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category

		2013	2012	2011
Transportation Safety		Percent	Percent	Percent
S 1	<i>Always or nearly always wears a seat belt</i>			
Total for Douglas County:		92.4%	89.8%	91.0%
Sex		Percent	Percent	Percent
	Male	90.4%	86.3%	88.5%
	Female	94.3%	93.1%	93.4%
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	93.3%	90.8%	92.2%
	Black, not Hispanic	87.1%	81.6%	81.4%
	Other, not Hispanic	92.9%	89.8%	89.9%
	Hispanic	90.4%	91.4%	92.0%
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	93.1%	83.8%	88.0%
	25 - 34	92.0%	86.3%	88.3%
	35 - 44	87.8%	90.5%	93.9%
	45 - 54	91.5%	93.3%	93.4%
	55 - 64	95.7%	91.7%	90.9%
	65+	95.3%	93.1%	91.2%
S 2	<i>Texted while driving in past 30 days</i>			
Total for Douglas County:		N/A	26.7%	N/A
Sex		Percent	Percent	Percent
	Male	N/A	26.7%	N/A
	Female	N/A	26.8%	N/A
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	N/A	28.8%	N/A
	Black, not Hispanic	N/A	26.9%	N/A
	Other, not Hispanic	N/A	14.5%	N/A
	Hispanic	N/A	16.2%	N/A
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	N/A	49.4%	N/A
	25 - 34	N/A	43.0%	N/A
	35 - 44	N/A	29.7%	N/A
	45 - 54	N/A	23.8%	N/A
	55 - 64	N/A	7.3%	N/A
	65+	N/A	2.6%	N/A
S 3	<i>Talked on a cell phone while driving in past 30 days</i>			
Total for Douglas County:		N/A	66.6%	N/A
Sex		Percent	Percent	Percent
	Male	N/A	69.0%	N/A
	Female	N/A	64.4%	N/A
Race/Ethnicity		Percent	Percent	Percent
	White, not Hispanic	N/A	68.7%	N/A
	Black, not Hispanic	N/A	62.9%	N/A
	Other, not Hispanic	N/A	62.4%	N/A
	Hispanic	N/A	57.2%	N/A
Age Group (Age at time of interview)		Percent	Percent	Percent
	18 - 24	N/A	72.1%	N/A
	25 - 34	N/A	84.5%	N/A
	35 - 44	N/A	79.1%	N/A
	45 - 54	N/A	68.0%	N/A
	55 - 64	N/A	58.9%	N/A
	65+	N/A	30.9%	N/A

The BRFSS 2011 -- 2013 data are not directly comparable to previous years of BRFSS data because of the changes in weighting methodology and the addition of the cell phone sampling frame.

N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category	2013			2012			2011			
	Douglas Percent	NE Percent	US Percent	Douglas Percent	NE Percent	US Percent	Douglas Percent	NE Percent	US Percent	
Active Living/Healthy Eating										
A 1	Adults who consume fruits 2 or more times and vegetables 3 or more times per day.	10.0%	N/A	N/A	N/A	N/A	N/A	8.3%	7.7%	N/A
A 2	Adults who consumed sugar-sweetened beverages 1 or more times per day	28.4%	N/A	N/A	27.5%	N/A	N/A	N/A	N/A	N/A
A 3	Adults who participated in any physical activity during the past month.	76.1%	74.7%	74.7%	79.4%	79.0%	77.1%	75.6%	73.7%	73.8%
A 4	Adults who participated in 150 minutes or more of aerobic physical activity per week	47.7%	50.1%	50.8%	N/A	N/A	N/A	49.6%	49.0%	51.7%
A 5	Adults who participated muscle strengthening exercises more than twice per week	29.8%	28.4%	29.8%	N/A	N/A	N/A	30.4%	28.1%	29.6%
A 6	Adults who met both aerobic and muscle strengthening recommendations.	18.4%	18.8%	20.5%	N/A	N/A	N/A	20.8%	19.0%	21.0%
A 7	Adults who have been told they have arthritis.	22.5%	24.7%	25.3%	22.6%	24.6%	25.7%	20.8%	23.4%	24.4%
Alcohol Consumption										
B 1	Adults who have had at least one drink of alcohol within the past 30 days	57.6%	57.5%	54.5%	63.9%	61.3%	55.3%	64.8%	61.8%	57.1%
B 2	Adults who report being binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion).	19.8%	20.0%	16.8%	22.6%	22.1%	16.9%	24.4%	22.7%	18.3%
B 3	Adults who report being heavy drinkers (males having more than 2 drinks per day, females having more than 1 drink per day) in the previous month.	7.1%	6.8%	6.2%	7.6%	7.2%	6.1%	8.6%	7.5%	6.6%
B 4	Adults who report driving after having had perhaps too much to drink during the past 30 days.	N/A	N/A	N/A	3.4%	3.4%	N/A	N/A	N/A	N/A
BMI (Body Mass Index)										
C 1	Adults who report being overweight or obese.	62.2%	65.5%	64.8%	62.7%	65.0%	63.4%	63.7%	64.9%	63.5%
C 2	Adults who report being overweight.	34.5%	35.9%	35.4%	34.7%	36.4%	35.8%	37.0%	36.5%	35.7%
C 3	Adults who report being obese.	27.7%	29.6%	29.4%	28.0%	28.6%	27.6%	26.6%	28.4%	27.8%
Cancer										
D 1	Adult males aged 40 and over who report having had a PSA test within the past two years.	N/A	N/A	N/A	41.2%	44.9%	45.2%	N/A	N/A	N/A
D 2	Adult females aged 40 and over who report having had a mammogram within the past two years.	N/A	N/A	N/A	73.3%	70.0%	74.0%	N/A	N/A	N/A
D 3	Adult females aged 50 and over who report having had a mammogram within the past two years.	N/A	N/A	N/A	76.0%	72.9%	77.0%	N/A	N/A	N/A
D 4	Adult females aged 40 and over who report having had a clinical breast exam within the past two years.	N/A	N/A	N/A	75.5%	N/A	N/A	N/A	N/A	N/A
D 5	Adult females aged 18 and over who report having had a pap smear test within the past three years.	N/A	N/A	N/A	80.3%	76.6%	78.0%	N/A	N/A	N/A
D 6	Adults aged 50 and over who report having had a fecal occult blood test (FOBT) within the past two years.	12.8%	N/A	N/A	10.7%	12.6%	14.2%	13.2%	N/A	N/A
D 7	Adults aged 50 and over who report ever having had a sigmoidoscopy/colonoscopy.	67.1%	N/A	N/A	68.2%	64.5%	67.3%	68.6%	N/A	N/A
D 8	Adults who report having been diagnosed with cancer.	10.3%	N/A	N/A	10.0%	10.8%	N/A	9.7%	N/A	N/A

The BRFSS 2011 -- 2013 data are not directly comparable to previous years of BRFSS data because of the changes in weighting methodology and the addition of the cell phone sampling frame.

N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category	2013			2012			2011			
	Douglas Percent	NE Percent	US Percent	Douglas Percent	NE Percent	US Percent	Douglas Percent	NE Percent	US Percent	
Diabetes										
E 1	Adults who report having been diagnosed with diabetes.	9.3%	9.2%	9.7%	8.1%	8.1%	9.7%	8.4%	8.4%	9.5%
E 2	Adults with diabetes who received formal diabetes education.	70.0%	N/A	N/A	70.3%	N/A	N/A	63.0%	N/A	N/A
Economics										
F 1	Adults aged 18-64 reporting having NO insurance coverage for health care.	20.9%	17.6%	20.0%	18.5%	18.0%	20.4%	21.2%	19.1%	21.3%
F 2	Adults who report having a primary care provider.	75.7%	79.1%	77.1%	80.9%	82.8%	N/A	79.7%	N/A	N/A
F 3	Adults who report having been prevented from seeing a provider due to the cost.	15.6%	13.0%	15.3%	14.7%	12.8%	N/A	14.4%	12.5%	N/A
Environmental Concerns										
G 1	Adults who have ever been told they have asthma.	10.9%	11.2%	14.1%	11.4%	10.8%	13.3%	11.8%	11.5%	13.6%
G 2	Adults who currently have asthma.	6.9%	7.3%	9.0%	7.6%	7.4%	8.9%	7.7%	7.3%	9.1%
Health Status										
H 1	Adults who report self-rated health status as fair or poor.	14.5%	13.9%	16.7%	16.2%	14.4%	16.9%	13.7%	14.3%	16.9%
Heart Disease and Stroke										
I 1	Adults who had blood pressure checked in past year	84.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
I 2	Adults who have ever been told that they have high blood pressure.	28.9%	30.3%	31.4%	N/A	N/A	N/A	27.3%	28.6%	30.8%
I 3	Adults taking medicine for high blood pressure control.	76.6%	N/A	N/A	N/A	N/A	N/A	76.6%	N/A	N/A
I 4	Adults who have had their blood cholesterol checked within the last five years	74.2%	74.0%	76.4%				73.2%	71.8%	75.5%
I 5	Adults who have had their blood cholesterol checked and have been told it was high.	34.3%	37.4%	38.4%	N/A	N/A	N/A	37.1%	38.3%	38.4%
I 6	Adults who have ever been told that they had a heart attack.	3.5%	4.0%	4.3%	3.7%	4.1%	4.5%	4.3%	4.3%	4.4%
I 7	Adults who have ever been told they had angina/coronary heart disease.	3.4%	4.1%	4.1%	3.1%	3.9%	4.3%	3.8%	3.9%	4.1%
I 8	Adults who have ever been told they had angina/coronary heart disease or heart attack	4.9%	N/A	N/A	5.5%	N/A	N/A	5.9%	N/A	N/A
I 9	Adults who have ever been told that they had a stroke.	2.1%	2.5%	2.8%	2.5%	2.4%	2.9%	2.2%	2.6%	2.9%
Immunization										
J 1	Had a flu vaccination in past 12 months	45.0%	N/A	N/A	45.5%	42.2%	N/A	43.2%	N/A	N/A
Kidney Disease										
K 1	Adults who have been told they have kidney disease	2.0%	2.0%	2.5%	2.4%	2.4%	2.5%	2.0%	2.2%	2.4%

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Category	2013			2012			2011			
	Douglas	NE	US	Douglas	NE	US	Douglas	NE	US	
Mental Health	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	
L 1	Adults who reported at least one day in the past month when their mental health was not good.	31.4%	N/A	N/A	34.7%	N/A	N/A	33.9%	N/A	N/A
L 2	Adults who reported 14 or more days in the past month when their mental health was not good.	9.7%	N/A	N/A	10.3%	N/A	N/A	9.1%	N/A	N/A
L 3	Adults who reported at least one day in the past month when their mental/physical health prevented them from working or participating in their usual activities.	18.1%	N/A	N/A	22.1%	N/A	N/A	21.0%	N/A	N/A
L 4	Adults who currently taking medication or receiving treatment for a mental health condition .	N/A	N/A	N/A	10.0%	N/A	N/A	12.9%	N/A	N/A
L 5	Adults who report that they have ever been told by a doctor, nurse, or other health professional that they have depression	20.5%	18.2%	18.7%	18.1%	16.8%	18.0%	16.7%	16.9%	17.5%
Oral Health	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	
M 1	Visited a dentist for any reason in past 12 months	N/A	N/A	N/A	68.4%	67.6%	67.2%	N/A	N/A	N/A
Pulmonary Health	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	
N 1	Adults who have ever been told they have COPD (Chronic Obstructive Pulmonary Disease)	3.8%	5.3%	6.5%	5.8%	5.4%	6.2%	4.6%	5.0%	6.1%
Senior Health	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	
O 1	Adults aged 65 and over who have been told that they have arthritis.	52.4%	N/A	N/A	54.0%	N/A	N/A	50.8%	N/A	N/A
O 2	Adults aged 65 and over who report having had a flu vaccination in the past year.	66.9%	66.2%	62.8%	68.1%	62.9%	60.1%	60.8%	61.8%	61.3%
O 3	Adults aged 65 and over who report ever having had a pneumonia vaccination.	76.0%	71.7%	69.5%	72.6%	70.0%	68.8%	72.6%	70.3%	70.0%
O 4	Adults aged 65 and over who report having had a fall in the past three months.	N/A	N/A	N/A	30.7%	N/A	N/A	N/A	N/A	N/A
O 5	Adults aged 65 and over who report injured due to a fall in the past three months.	N/A	N/A	N/A	39.7%	N/A	N/A	N/A	N/A	N/A
				(32.1%-47.2%)						
Social Context	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	
P 1	Always or usually worried or stressed (in past 12 months) about having enough money to pay rent/mortgage	11.6%	N/A	N/A	9.2%	N/A	N/A	11.0%	N/A	N/A
P 2	Adults who always or usually worried or stressed (in past 12 months) about having enough money to buy nutritious meals:	8.3%	N/A	N/A	5.8%	N/A	N/A	6.2%	N/A	N/A
STDs	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	
Q 1	Adults less than 65 years of age who report ever having been tested for HIV.	38.7%	N/A	N/A	37.0%	N/A	N/A	36.6%	N/A	N/A
Q 2	Adults who report having been in HIV risk situations in the past year (used IV drugs, traded money/drugs for sex, anal sex without condom).	N/A	N/A	N/A	3.7%	N/A	N/A	4.0%	N/A	N/A
Tobacco Use	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	
R 1	Adults who report being occasional or regular smokers.	19.3%	18.5%	19.0%	20.6%	19.7%	19.6%	20.6%	20.0%	21.2%
R 2	Adults who report being a current user of smokeless tobacco.	4.1%	5.3%	4.2%	2.8%	5.1%	N/A	3.4%	N/A	N/A
R 3	Adults who attempted to quit smoking in past year	57.0%	N/A	N/A	60.1%	N/A	N/A	57.2%	55.6%	N/A
Transportation Safety	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	
S 1	Always or nearly always wears a seat belt	92.4%	88.4%	94.1%	89.8%	86.2%	93.8%	91.0%	87.1%	93.3%
S 2	Texted while driving in past 30 days	N/A	N/A	N/A	N/A	26.7%	N/A	N/A	N/A	N/A
S 3	Talked on a cell phone while driving in past 30 days	N/A	N/A	N/A	N/A	66.6%	N/A	N/A	N/A	N/A

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N/A -- Question Not Asked During Survey Year

Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Demographics - 2011-2013

Demographics

UNWEIGHTED DATA		Results 2013	Results 2012	Results 2011
Total Unweighted Survey Sample		Sample	Sample	Sample
All adults aged 18 and older		1,711	3,575	4,414
WEIGHTED DATA		Results	Results	Results
Gender		Percent	Percent	Percent
Male		48.6%	48.6%	48.8%
Female		51.4%	51.4%	51.2%
Age		Percent	Percent	Percent
18 - 24		13.1%	13.1%	12.5%
25 - 34		20.7%	20.7%	22.2%
35 - 44		17.7%	17.7%	17.9%
45 - 54		17.4%	17.7%	17.9%
55 - 64		15.7%	15.4%	14.5%
65+		15.6%	15.4%	15.0%
Unknown/refused		0.0%	0.0%	0.0%
Race/Ethnicity		Percent	Percent	Percent
White, not Hispanic		75.6%	74.9%	76.0%
Black, not Hispanic		9.9%	10.4%	10.2%
American Indian, not Hispanic		0.4%	1.4%	0.6%
Asian, not Hispanic		1.9%	1.8%	2.9%
Other, not Hispanic		2.4%	1.5%	1.3%
Hispanic		9.9%	9.9%	9.0%
Unknown/refused		0.0%	0.0%	0.0%
Adults in Household		Percent	Percent	Percent
One adult		20.2%	18.6%	17.7%
Two adults		57.2%	59.9%	58.1%
Three or more adults		22.6%	21.5%	24.2%
Total adults with a male in the household		82.5%	85.1%	83.9%
Total adults with a female in the household		91.4%	92.5%	92.5%
Children in Household		Percent	Percent	Percent
One		14.1%	15.3%	14.7%
Two		13.4%	13.5%	15.4%
Three		5.2%	6.4%	6.7%
Four or more		4.6%	3.7%	3.4%
None		62.0%	61.2%	57.3%
Unknown/refused		0.6%	0.3%	2.5%

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Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Demographics - 2011-2013

WEIGHTED DATA

Demographics - continued

	2013	2012	2011
Marital Status	Percent	Percent	Percent
Married	48.7%	50.7%	50.0%
Divorced	13.0%	10.0%	11.0%
Widowed	5.0%	5.4%	6.1%
Separated	2.7%	1.5%	2.1%
Never married	26.8%	27.1%	26.4%
Unmarried couple	3.4%	5.3%	4.1%
Unknown/refused	0.4%	0.7%	0.3%
Income	Percent	Percent	Percent
Under \$10,000	5.7%	5.5%	4.8%
\$10,000 - \$14,999	4.1%	4.5%	4.7%
\$15,000 - \$19,999	7.4%	6.4%	6.5%
\$20,000 - \$24,999	7.2%	8.2%	8.5%
\$25,000 - \$34,999	9.4%	9.6%	10.0%
\$35,000 - \$49,999	12.8%	13.2%	12.3%
\$50,000 - \$74,999	11.8%	15.0%	14.0%
\$75,000+	28.7%	27.2%	27.1%
Unknown/refused	12.8%	10.4%	12.2%
Employment Status	Percent	Percent	Percent
Employed for wages	55.0%	56.8%	54.9%
Self-employed	8.8%	7.6%	7.4%
Out of work more than 1 year	2.4%	2.9%	2.7%
Out of work less than 1 year	2.0%	2.8%	2.9%
Homemaker	5.8%	5.2%	7.0%
Student	5.1%	5.4%	6.7%
Retired	13.3%	13.8%	13.7%
Unable to work	6.3%	5.4%	4.7%
Unknown/refused	1.3%	0.7%	0.3%
Education	Percent	Percent	Percent
Never attended/only kindergarten	0.7%	0.3%	0.4%
Less than high school graduate	11.9%	10.6%	10.7%
High school graduate	23.6%	22.6%	24.4%
Some college/technical school	31.8%	35.0%	32.1%
College graduate	31.0%	31.6%	32.2%
Unknown/refused	1.0%	0.3%	0.3%
Pregnancy Status	Percent	Percent	Percent
Females < 45 who are currently pregnant	4.2%	5.1%	4.7%
Military Status	Percent	Percent	Percent
Veteran	9.2%	9.1%	10.2%

N/A -- Question Not Asked During Survey Year

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Source: Nebraska Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS) Results - 2011-2013

Survey History, Methodologies, and Definitions

About the BRFSS

In 1984, the Centers for Disease Control and Prevention (CDC) initiated the state-based Behavioral Risk Factor Surveillance System (BRFSS) to collect prevalence data on risk behaviors and preventive health practices that affect health status.

The BRFSS is an annual cross-sectional telephone survey of Douglas County residents over the age of 18 conducted by state health departments with technical and methodologic assistance provided by the CDC. States conduct monthly telephone surveillance using a standardized questionnaire to determine the distribution of risk behaviors and health practices among adults. Responses are forwarded to CDC, where the monthly data are aggregated for each state, returned with standard tabulations, and published at the year's end by each state.

The BRFSS questionnaire was developed jointly by CDC's Behavioral Surveillance Branch (BSB) and the states. Data derived from the questionnaire provide health departments, public health officials, and policymakers with necessary behavioral information. When combined with mortality and morbidity statistics, these data enable public health officials to establish policies and priorities and to initiate and assess health promotion strategies.

BRFSS History

By the early 1980s, scientific research clearly showed that personal health behaviors played a major role in premature morbidity and mortality. Although national estimates of health risk behaviors among U.S. adult populations had been periodically obtained through surveys conducted by the National Center for Health Statistics (NCHS), these data were not available on a state-specific basis. This deficiency was viewed as critical for state health agencies that have the primary role of targeting resources to reduce behavioral risks and their consequent illnesses. National data may not be appropriate for any given state; however, state and local agency participation was critical to achieve national health goals.

About the same time as personal health behaviors received wider recognition in relation to chronic disease morbidity and mortality, telephone surveys emerged as an acceptable method for determining the prevalence of many health risk behaviors among populations. In addition to their cost advantages, telephone surveys were especially desirable at the state and local level, where the necessary expertise and resources for conducting area probability sampling for in-person household interviews were not likely to be available.

As a result, surveys were developed and conducted to monitor state-level prevalence of the major behavioral risks among adults associated with premature morbidity and mortality. The basic philosophy was to collect data on actual behaviors, rather than on attitudes or knowledge, that would be especially useful for planning, initiating, supporting, and evaluating health promotion and disease prevention programs.

To determine feasibility of behavioral surveillance, initial point-in-time state surveys were conducted in 29 states from 1981–1983. In 1984, The Centers for Disease Control and Prevention (CDC) established the Behavioral Risk Factor Surveillance System (BRFSS), and 15 states participated in monthly data collection. Although the BRFSS was designed to collect state-level data, a number of states from the outset stratified their samples to allow them to estimate prevalence for regions within their respective states.

The BRFSS implemented the Cell Phone Survey in all states and territories in 2009. By including cell phones in the survey, in 2011, new weighting methodology—raking, or iterative proportional fitting—replaced the post stratification weighting method that had been used with previous BRFSS data sets. In addition to age, gender, and race/ethnicity, raking permits more demographic variables to be included in weighting such as education attainment, marital status, tenure (property ownership), and telephone ownership.

CDC developed the standard core questionnaire for states to use to provide data that could be compared across states. The BRFSS, administered and supported by the Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion, CDC, is an ongoing data collection program. By 1994, all states, the District of Columbia, and three territories were participating in the BRFSS.

BRFSS Questionnaire

There are up to 10 emerging issues questions included within the core component. After one year, these questions are either discontinued or incorporated into the fixed core, rotating core, or optional modules. Emerging core questions typically focus on "late breaking" health issues. They are evaluated each year to determine their potential value in future surveys.

States are encouraged to gather data on additional topics related to their specific health priorities through the use of state-added questions.

The Optional Modules section of the Questionnaire comprises modules (standardized questions on various topics) from which a state may select to include as part of their questionnaire. A selected module must be used in its entirety and asked of all eligible respondents. If an optional module is modified in any way (e.g., if a question is omitted), then the questions will be treated as state-added questions.

All states must ask the core component questions without modification. States may choose to add any, all, or none of the optional modules and state-added questions after the core component.

BRFSS Data are Weighted

Beginning with the 2011 dataset, raking will succeed post stratification as the sole BRFSS statistical weighting method. The new BRFSS weighting methodology is comprised of two sections: Design Weights and Raking

FINALWTT = DesignWeight * Raking Adjustment. FINALWT is the final weight assigned to each respondent.

Design Weight = STRWT * (1/NUMPHON2) * NUMADULT

STRWT accounts for differences in the basic probability of selection among strata (subsets of area code/prefix combinations). It is the inverse of the sampling fraction of each stratum. There is rarely a complete correspondence between strata, which are defined by subsets of area code/prefix combinations, and regions, which are defined by the boundaries of government entities.

1/NUMPHON2 is the inverse of the number of residential telephone numbers in the respondent's household

NUMADULT is the number of adults 18 years and older in the respondent's household

BRFSS Raking includes categories of age by gender, detailed race and ethnicity groups, education levels, marital status, regions within states, gender by race and ethnicity, telephone source, renter/owner status, and age groups by race and ethnicity. Raking is completed by adjusting for one demographic variable (or dimension) at a time. For example, when weighting by age and gender, weights would first be adjusted for gender groups, then those estimates would be adjusted by age groups. This procedure would continue in an iterative process until all group proportions in the sample approach those of the population, or after 75 iterations.

BRFSS In Words

It is important to note that this data reflects the self-reported responses of participants in the survey regarding various topics. It cannot be said to measure the prevalence of a given condition in the population. Care must be exercised when utilizing BRFSS figures in written form. Some examples of correct ways to cite BRFSS data:

"In the 2012 BRFSS survey of adults in Douglas County, 18.5% reported they had no health care insurance."

"11.4% of adults in Douglas County responded that they have been told they have asthma in the 2012 BRFSS survey."