

SOUTHEAST DISTRICT HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, the rate for the adult population was significantly better for one indicator in the Southeast District Health Department area. A smaller proportion of adults said they did not have a personal doctor or health care provider, compared to Nebraska.
- Rates for three indicators were significantly worse in the Southeast District, compared to the state. A greater proportion of adults reported heights and weights that categorized them as obese. Fewer adults visited the dentist or had their teeth cleaned within the last 12 months.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- No significant differences in indicator rates were noted in the current study, compared to the 2005 baseline.

HEALTH CARE ACCESS

Among respondents aged 18 to 64 years in the Southeast District, 16.6 percent reported having no health insurance at the time of the survey.

In 2007-2008, 10.5 percent of adults stated they did not have a personal doctor or health care provider—a significantly lower rate than the state average of 15.7 percent. Men in the Southeast District (16.3 percent) were significantly more likely than women (4.9 percent) to report not having a personal physician. Women in the Southeast District were also significantly less likely than Nebraska women overall (11.2 percent) to say they did not have a personal physician.

At some time in the past year, 10.9 percent of Southeast District adults needed to see a doctor but could not due to the potential cost of care. Women in this district (16.5 percent) were significantly more likely than men (5.6 percent) to say they were unable to see a physician because of the cost.

In the current study, 59.6 percent of adults in this area reported visiting a doctor for a routine checkup in the past year. Men (51.1 percent) were significantly less likely than women (68.3 percent) in this area to have had a checkup in the last 12 months.

GENERAL EMERGENCY PREPAREDNESS

In the Southeast District, 15.8 percent of adults indicated their household was not prepared for a major disaster. Seven out of ten adults (71.1 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this district (55.9 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 19.2 percent of households said they did not.

Similarly, 6.4 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them. Men in the Southeast District (1.7 percent) were significantly less likely than men statewide (7.5 percent) to be without an adequate supply of prescriptions. They were also significantly less likely than women in the Southeast District (10.0 percent) to report not having a three-day supply of needed medications.

In this area, 17.6 percent of respondents did not have a working battery-powered radio, while 2.3 percent of households did not have a working battery-powered flashlight at the time of the survey.

The great majority of BRFSS respondents in the Southeast District said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 3.2 percent stated they would not do so.

Seven out of ten respondents in this district (71.8 percent) indicated they would use a cell phone as their primary means of communication with family and friends in an emergency situation.

More than one-half (56.1 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

HEALTH-RELATED QUALITY OF LIFE

Among Southeast adults, 86.4 percent considered their general health “good”, “very good”, or “excellent.

Adults averaged 3.0 days in the past month when their physical health was “not good”, while they reported an average of 2.6 days when their mental health was “not good”.

Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 3.5 days in the past month.

DISABILITY

In 2007-2008, 20.5 percent of adults in this area stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems. Women in the Southeast District (23.3 percent) were significantly more likely than women statewide (17.9 percent) to have experienced these limitations.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 6.5 percent of adults in this area.

MENTAL HEALTH

In 2007, 5.9 percent of Southeast District adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 7.3 percent of adults in this district.

A larger proportion of adults (14.6 percent) said they had ever been diagnosed with a depressive disorder, while 11.3 percent stated they had received a diagnosis of an anxiety disorder at some time in their life.

CARDIOVASCULAR DISEASE

In the Southeast District, 3.2 percent of adults said they ever had a heart attack, while 3.6 percent were ever told they had angina or coronary heart disease.

Fewer Southeast respondents (1.9 percent) said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 28.6 percent in 2007.

Three-fourths of Southeast District adults (75.0 percent) ever had their cholesterol level checked and 68.7 percent had it tested in the past five years. Among respondents who ever had their blood cholesterol level checked, 34.8 percent had been told it was high.

DIABETES

Among adults in this district, 7.2 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

One-fourth of adults in this area (26.6 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults in the Southeast District who had ever been told they had asthma was 8.8 percent, while 6.6 percent currently have this disease. Women in this district (9.7 percent) were significantly more likely than men (3.6 percent) to say they currently have asthma.

OVERWEIGHT AND OBESITY

Three out of ten respondents in this district (31.7 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). Prevalence of obesity was significantly higher in the Southeast than in Nebraska overall (26.9 percent).

An additional 35.2 percent of Southeast District respondents were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 66.9 percent of adults in this district were overweight or obese in 2007-2008.

FRUIT AND VEGETABLE CONSUMPTION

Nearly one-fourth of Southeast adults (23.2 percent) consumed fruits and/or vegetables five or more times daily.

PHYSICAL ACTIVITY

One-fourth of the respondents in this district (26.7 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month. Women in this district (29.2 percent) were

significantly more likely than women statewide (23.4 percent) to be physically inactive.

One-half of Southeast District adults (51.2 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week. Men in this district (61.6 percent) were significantly more likely than women (42.6 percent) to indicate they participated in this level of physical activity.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 27.7 percent of respondents from this area.

TOBACCO USE

Among adults in the Southeast District, 21.4 percent said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 56.0 percent reported trying to quit smoking at least once in the past 12 months.

The proportion of male respondents who said they had ever used smokeless tobacco was 46.4 percent in the Southeast District, while 19.5 percent stated they currently use these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 18.1 percent of adults in this area, while 5.3 percent of respondents indicated they had participated in heavy drinking during the past 30 days. Southeast District men (8.0 percent) were significantly more likely than women in this District (2.8 percent) to report drinking heavily.

Drinking and driving was reported by 7.2 percent of adults in this district in the last month.

CANCER SCREENING

Among women aged 40 and older in the Southeast District, 68.9 percent stated they had a mammogram in the past two years. Among women aged 18 and older, 97.8 percent reported ever having a Pap test, while 77.2 percent said they had this test within the past three years.

Most men aged 50 and older (70.1 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 56.1 percent said they had this test in the past two years.

In the Southeast District, 52.9 percent of adults aged 50 and older stated they ever had a colonoscopy or sigmoidoscopy.

Blood stool testing in the past two years among persons aged 50 and older was reported among 20.7 of respondents in the Southeast District.

IMMUNIZATION

More than three-fourths of adults aged 65 and older in this district (77.9 percent) said they had been vaccinated for influenza in the past 12 months.

Two-thirds of respondents in this age group (67.3 percent) reported ever having a pneumonia vaccination. Men in the Southeast District (50.6 percent) were significantly less likely than men statewide (69.1 percent) to say they were ever vaccinated for pneumonia. They were also significantly less likely than women in this district (78.2 percent) to have taken this preventive measure.

ORAL HEALTH

Less than two-thirds of respondents in the Southeast District (63.5 percent) had visited a dentist in the past 12 months—a significantly smaller proportion than the Nebraska average (70.7 percent). Women in this district (66.1 percent) were also significantly less likely than women statewide (73.6 percent) to say they had visited a dentist in the last year.

Six out of ten adults in the Southeast District (61.3 percent) reported having had their teeth cleaned within the last 12 months—a significantly smaller proportion than the rate for Nebraska adults overall (70.1 percent). Women in this district (65.2 percent) were significantly less likely than Nebraska women overall (73.4 percent) to have a dental cleaning in the past year.

Three out of ten district respondents (38.4 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 19.2 percent reported having all their teeth extracted due to decay or gum disease.

SOUTHEAST DISTRICT HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN			Gender Difference Significant?
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	
HEALTH CARE ACCESS										
1. No health care coverage among adults 18-64 years old	845	16.6	NS	322	15.8	NS	523	17.6	NS	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,326	10.5	Sig.	484	16.3	NS	842	4.9	Sig.	Yes
3. Needed to see a doctor in past year but could not because of cost	1,327	10.9	NS	484	5.6	NS	843	16.5	NS	Yes
4. Visited a doctor for a routine checkup within the past year	1,299	59.6	NS	473	51.1	NS	826	68.3	NS	Yes
GENERAL EMERGENCY PREPAREDNESS										
1. Household not prepared for major disaster	477	15.8	NS	156	13.3	NS	321	16.7	NS	No
2. Household has no disaster evacuation plan	479	71.1	NS	156	67.3	NS	323	73.4	NS	No
3. Does not have at least 3-day supply of water	483	55.9	NS	158	52.7	NS	325	57.5	NS	No
4. Does not have at least 3-day supply of non-perishable food	484	19.2	NS	157	17.4	NS	327	20.2	NS	No
5. Does not have at least 3-day supply of prescription drugs	481	6.4	NS	158	1.7	Sig.	323	10.0	NS	Yes
6. Household has no working battery-powered radio	480	17.6	NS	155	11.9	NS	325	21.0	NS	No
7. Household has no working battery-powered flashlight	484	2.3	NS	158	2.5	NS	326	1.7	NS	No
8. Household would not leave home if evacuation were required	443	3.2	NS	139	5.1	NS	304	1.7	NS	No
9. Household would use cell phone as main source of communication	456	71.8	NS	154	76.4	NS	302	72.7	NS	No
10. Household would use radio as main source of information	446	56.1	NS	149	63.1	NS	297	50.8	NS	No
HEALTH-RELATED QUALITY OF LIFE										
1. General health was 'good' to 'excellent'	1,322	86.4	NS	482	87.6	NS	840	84.8	NS	No
2. Average number of days (in past month) that physical health was not good	1,284	3.0	NS	471	2.7	NS	813	3.4	NS	No
3. Average number of days (in past month) that mental health was not good	1,308	2.6	NS	482	2.0	NS	826	3.1	NS	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	627	3.5	NS	196	3.3	NS	431	3.8	NS	No
DISABILITY										
1. Limited in any way in any activities due to physical, mental or emotional problems	1,319	20.5	NS	481	17.6	NS	838	23.3	Sig.	No
2. Have health problems requiring use of special equipment	1,320	6.5	NS	480	5.8	NS	840	7.2	NS	No
MENTAL HEALTH										
1. Had serious psychological distress (SPD) in past 30 days	234	5.9	NS	87	2.0	NS	147	7.1	NS	No
2. Have current depression (based on Severity of Depression score of 10+)	255	7.3	NS	94	4.6	NS	161	9.8	NS	No
3. Lifetime diagnosis of depressive disorder	276	14.6	NS	98	12.1	NS	178	17.7	NS	No
4. Lifetime diagnosis of anxiety disorder	275	11.3	NS	98	7.4	NS	177	15.5	NS	No

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CARDIOVASCULAR DISEASE										
1. Ever told they had a heart attack or myocardial infarction	1,316	3.2	NS	479	3.9	NS	837	2.7	NS	No
2. Ever told they had angina or coronary heart disease	1,313	3.6	NS	479	4.4	NS	834	3.1	NS	No
3. Ever told they had a stroke	1,325	1.9	NS	483	1.8	NS	842	2.0	NS	No
4. Ever told blood pressure was high	491	28.6	NS	187	31.7	NS	304	25.8	NS	No
5. Ever had cholesterol level checked	485	75.0	NS	187	76.9	NS	298	72.7	NS	No
6. Had cholesterol level checked during the past five years	484	68.7	NS	187	68.5	NS	297	68.3	NS	No
7. Ever told cholesterol was high, among those who had ever been screened	407	34.8	NS	156	40.1	NS	251	28.1	NS	No
DIABETES										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,327	7.2	NS	484	8.6	NS	843	6.0	NS	No
ARTHRITIS										
1. Ever diagnosed with arthritis	486	26.6	NS	185	23.0	NS	301	30.1	NS	No
ASTHMA										
1. Ever told they had asthma	1,321	8.8	NS	481	6.2	NS	840	11.6	NS	No
2. Currently have asthma	1,319	6.6	NS	480	3.6	NS	839	9.7	NS	Yes
OVERWEIGHT AND OBESITY										
1. Obese (BMI=30+)	1,266	31.7	Sig.	477	32.8	NS	789	30.5	NS	No
2. Overweight (BMI=25.0-29.9)	1,266	35.2	NS	477	38.4	NS	789	32.2	NS	No
FRUIT AND VEGETABLE CONSUMPTION										
1. Consumed fruits and vegetables 5 or more times per day	484	23.2	NS	185	20.6	NS	299	26.0	NS	No
PHYSICAL ACTIVITY										
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,323	26.7	NS	482	24.2	NS	841	29.2	Sig.	No
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	454	51.2	NS	173	61.6	NS	281	42.6	NS	Yes
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	467	27.7	NS	175	36.5	NS	292	20.6	NS	No
TOBACCO USE										
1. Currently smoke cigarettes (either every day or on some days of the month)	1,324	21.4	NS	483	21.5	NS	841	21.3	NS	No
2. Attempted to quit smoking in past 12 months (among current smokers)	242	56.0	NS	96	53.1	NS	146	57.6	NS	No
3. Ever used smokeless tobacco (males)	--	--	--	290	46.4	NS	--	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	110	19.5	NS	--	--	--	--

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ALCOHOL CONSUMPTION										
1. Engaged in binge drinking in the past 30 days	515	18.1	NS	179	24.9	NS	336	11.4	NS	No
2. Engaged in heavy (chronic) drinking in the past 30 days	1,293	5.3	NS	461	8.0	NS	832	2.8	NS	Yes
3. Engaged in drinking and driving in the past 30 days	390	7.2	NS	169	8.6	NS	221	5.1	NS	No
CANCER SCREENING										
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	563	68.9	NS	--
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	682	97.8	NS	--
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	665	77.2	NS	--
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	61	70.1	NS	--	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	61	56.1	NS	--	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	62	76.4	NS	--	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	62	41.4	NS	--	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	708	52.9	NS	253	53.7	NS	455	52.5	NS	No
9. Among adults aged 50+, had a blood stool test in past two years	640	20.7	NS	235	18.6	NS	405	22.2	NS	No
IMMUNIZATION										
1. Had a flu shot in past 12 months (aged 65+)	476	77.9	NS	160	72.3	NS	316	81.7	NS	No
2. Ever had a pneumonia vaccination (aged 65+)	463	67.3	NS	152	50.6	Sig.	311	78.2	NS	Yes
ORAL HEALTH										
1. Visited the dentist in past 12 months	822	63.5	Sig.	290	60.7	NS	532	66.1	Sig.	No
2. Had teeth cleaned in past 12 months	742	61.3	Sig.	267	57.2	NS	475	65.2	Sig.	No
3. Had one or more teeth extracted due to decay or gum disease	821	38.4	NS	291	37.8	NS	530	39.4	NS	No
4. Had all of their teeth extracted (aged 65+)	294	19.2	NS	96	12.3	NS	198	23.6	NS	No

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska