Kansas Behavioral Risk Factor Surveillance System – Local Data, 2009

Nemaha County

Kansas BRFSS
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Kansas Department of Health and Environment
1000 SW Jackson St., Suite 230
Topeka, Kansas 66612-1274
www.kdheks.gov/brfss/index.html

Kansas Behavioral Risk Factor Surveillance System – Local Data, 2009

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Kansas Department of Health and Environment
Bureau of Health Promotion
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Kansas Department of Health and Environment (KDHE)
Mission

To protect the health and environment of all Kansans by promoting responsible choices.

Through education, direct services and the assessment of data and trends, coupled with policy development and enforcement, KDHE will improve health and quality of life. We prevent illness, injuries and foster a safe and sustainable environment for the people of Kansas.

www.kdheks.gov

Foreword

The Behavioral Risk Factor Surveillance System (BRFSS) is the largest continuously conducted telephone survey in the world. The Kansas Department of Health and Environment's Bureau of Health Promotion (BHP) first collected state level health risk information in Kansas in 1990 as a point-in-time BRFSS survey. Since 1992, the Bureau has conducted the Kansas BRFSS survey continuously, enabling public health officials the ability to detect and monitor the trends in risk factors and health behaviors of adult Kansans (18 years and older) that are of greatest public health importance to Kansas. Public support of the survey is demonstrated by high response rates, resulting in consistently high data quality with respect to scientific validity and reliability, as indicated by above average CASRO Response Rates and other measures of data quality set by the Centers for Disease Control and Prevention (CDC).

Prior to 2009, the sample size for the Kansas survey was sufficient to produce state level estimates of health risk. Beginning in 2009, the Kansas BRFSS has been expanded in response to a growing demand from local health officials for local level health risk statistics. As a result, the survey will collect adequate sample during odd years (2009, 2011, 2013, 2015, 2017) over a 10 year time period to provide local level estimates from a single year of survey data.

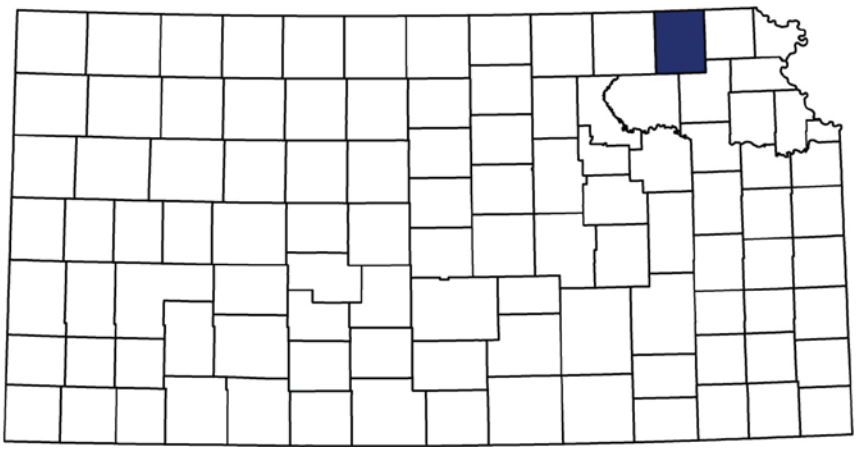
During the 2009 survey year, data were collected from more than 18,000 adult Kansans, providing estimates for 61 of the state's 105 counties and for 16 Public Health Preparedness Regions, with data for 31 health risk indicators analyzed at the subpopulation level. By the conclusion of the 10 year project, the majority of Kansas counties will have county-specific data for use in examining trends in selected health indicators.

This significant enhancement is made possible by a grant from the Kansas Health Foundation (KHF), a private philanthropy dedicated to improving the health of all Kansans. This report is intended for use by local and regional public health officials, community leaders and policy makers to measure and monitor health conditions and behaviors related to chronic and communicable diseases, disability and injury with ability to compare to state and national statistics.

Sherlock Holmes, the legendary detective created by Sir Arthur Conan Doyle, once said, "It is a capital mistake to theorize before one has data." Unfortunately, such mistakes are made in the practice of public health every day. Now that county- and region-specific BRFSS data are available in Kansas, we who devote our lives to public health practice are in a much better position to theorize about the underlying causes of serious health problems in our communities. And ultimately, we are much better positioned to take targeted action that will significantly improve the health of our communities.

Sincerely,

Jason Eberhart-Phillips, M.D., M.P.H.
State Health Officer and Director of Health
Kansas Department of Health and Environment



Nemaha County

Kansas Behavioral Risk Factor Surveillance System – Local Data, 2009 can also be accessed at http://www.kdheks.gov/brfss/

If you have any questions about survey methodology or need assistance interpreting the data, please contact:

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Percentage of Adults Who Are Binge Drinkers, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	1847	14.5	13.7	15.3
Nemaha County	14	17.4	7.6	27.2
Gender				
Men	*	*	*	*
Women	6	9.7	0.0	19.6
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	13	16.9	7.1	26.7
Race				
White	13	17.6	7.5	27.8
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	8	19.3	5.7	32.9
Some College or College Graduate	6	15.8	2.1	29.5
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	10	21.0	6.8	35.1
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	11	19.2	7.1	31.2

Numerator: Respondents males having five or more drinks on one occasion in the past 30 days or females having four or more drinks on one occasion in the past 30 days.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Reported Heavy Alcohol Consumption in the Past 30 Days, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	645	4.1	3.6	4.6
Nemaha County	*	*	*	*
Gender				
Men	*	*	*	*
Women	*	*	*	*
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	*	*	*	*
Race				
White	*	*	*	*
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	*	*	*	*
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	*	*	*	*
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	*	*	*	*

Numerator: Male respondents who reported consuming an average of more than two drinks per day and female respondents who reported consuming an average of more than one drink per day during the past 30 days.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults with Doctor Diagnosed Arthritis, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	6314	24.1	23.4	24.8
Nemaha County	32	25.6	15.5	35.7
Gender				
Men	*	*	*	*
Women	21	25.6	11.7	39.5
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	31	25.6	15.3	35.9
Race				
White	30	24.3	14.2	34.3
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	19	34.2	19.0	49.4
Some College or College Graduate	13	18.0	5.4	30.6
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	14	19.7	8.2	31.2
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	10	10.5	2.4	18.7

Numerator: Respondents who reported they had been told by a doctor or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults with Doctor Diagnosed Arthritis Who Are Limited in Their Usual Activities Because of Arthritis or Joint Symptoms, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	2867	44.9	43.4	46.5
Nemaha County	*	*	*	*
Gender				
Men	*	*	*	*
Women	*	*	*	*
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	*	*	*	*
Race				
White	*	*	*	*
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	*	*	*	*
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	*	*	*	*
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	*	*	*	*

Numerator: Respondents who reported any limitation in their usual activities because of arthritis or joint symptoms

Denominator: Respondents with doctor diagnosed arthritis, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults with Diagnosed Cancer, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	2652	9.9	9.5	10.4
Nemaha County	15	12.2	5.3	19.1
Gender				
Men	*	*	*	*
Women	8	8.4	1.8	15.0
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	13	11.1	4.3	18.0
Race				
White	15	12.7	5.5	19.9
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	9	17.3	5.3	29.4
Some College or College Graduate	6	7.9	0.6	15.2
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	6	9.9	1.4	18.3
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	9	9.9	2.8	17.1

Numerator: Respondents reporting they had been told by a doctor, nurse or other health professional that they had cancer.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Provide Care or Assistance to a Friend or Family Member Who Has a Health Problem, Long-term Illness, or Disability, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	5278	26.4	25.5	27.2
Nemaha County	32	29.1	18.1	40.2
Gender				
Men	*	*	*	*
Women	20	29.8	14.2	45.5
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	15	31.0	16.3	45.6
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	31	28.9	17.7	40.1
Race				
White	29	28.8	17.4	40.2
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	10	20.7	7.1	34.2
Some College or College Graduate	22	36.8	19.1	54.5
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	18	27.8	13.0	42.6
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	25	30.1	16.7	43.4

Numerator: Respondents who reported that they provided regular care or assistance to a family member or friend who has a health problem, long-term illness or disability in the past month.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults with Current Asthma, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	1447	8.5	7.9	9.1
Nemaha County	*	*	*	*
Gender				
Men	*	*	*	*
Women	*	*	*	*
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	*	*	*	*
Race				
White	*	*	*	*
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	*	*	*	*
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	*	*	*	*
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	*	*	*	*

Numerator: Respondents reporting they had been told by a doctor or health care professional that they had asthma and that they currently have asthma.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults with Diagnosed Diabetes, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	2267	8.5	8.1	9.0
Nemaha County	15	7.7	3.5	12.0
Gender				
Men	*	*	*	*
Women	9	7.6	2.0	13.2
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	7	14.1	3.7	24.5
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	15	7.9	3.5	12.2
Race				
White	15	8.1	3.6	12.5
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	11	12.7	5.0	20.5
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	5	4.8	0.2	9.4
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	8	5.9	1.5	10.3

Numerator: Respondents reporting they had been told by a doctor they had diabetes, excluding females told only during pregnancy and pre-diabetes or borderline diabetes.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Reported Living with a Disability, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	4971	20.5	19.7	21.2
Nemaha County	32	24.3	14.8	33.9
Gender				
Men	*	*	*	*
Women	19	20.1	9.2	31.0
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	31	24.3	14.6	34.0
Race				
White	30	23.1	13.6	32.6
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	22	38.5	22.8	54.2
Some College or College Graduate	10	11.8	2.7	20.9
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	14	19.8	7.8	31.7

Numerator: Respondents who reported they were limited in any activities because of physical, mental, or emotional problems or who reported having a health problem that requires them to use special equipment such as a cane, a wheelchair, a special bed, or a special telephone.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Reported Activity Limitations Due to Physical, Mental, or Emotional Problems, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	4526	18.9	18.1	19.6
Nemaha County	29	22.0	12.9	31.2
Gender				
Men	*	*	*	*
Women	18	19.2	8.6	29.8
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	9	17.5	5.8	29.2
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	28	22.0	12.7	31.2
Race				
White	27	20.7	11.7	29.6
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	21	35.5	20.3	50.7
Some College or College Graduate	8	9.9	1.4	18.4
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	12	16.9	5.7	28.0

Numerator: Respondents who reported they were limited in any activities because of physical, mental, or emotional problems.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Reported Consuming Fruits and Vegetables Less Than 5 Times Per Day, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	14770	81.4	80.6	82.1
Nemaha County	94	91.6	86.6	96.5
Gender				
Men	*	*	*	*
Women	53	88.1	79.6	96.7
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	91	91.4	86.4	96.5
Race				
White	92	92.8	88.1	97.5
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	51	90.4	82.7	98.0
Some College or College Graduate	43	92.6	86.3	98.9
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	50	91.3	84.4	98.1
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	66	93.2	88.3	98.0

Numerator: Respondents who reported they consumed fruits and vegetables less than 5 times per day.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Have Gambled in Past 12 Months, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	6848	38.4	37.4	39.4
Nemaha County	40	40.4	27.6	53.3
Gender				
Men	*	*	*	*
Women	22	39.6	20.9	58.4
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	38	39.9	26.9	52.9
Race				
White	40	42.1	28.7	55.4
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	20	39.9	23.6	56.1
Some College or College Graduate	20	40.9	21.5	60.4
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	23	36.2	19.7	52.7
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	28	39.5	23.8	55.1

Numerator: Respondents reporting they had played the lottery, bingo, card games, slot machines, or any other games for money or something else of value in the last 12 months.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults with Fair or Poor Self-Perceived Health Status, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	3019	12.3	11.7	12.9
Nemaha County	13	9.9	3.7	16.1
Gender				
Men	*	*	*	*
Women	8	6.7	1.6	11.9
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	13	10.1	3.7	16.4
Race				
White	13	10.3	3.8	16.9
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	9	17.4	5.4	29.3
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	*	*	*	*
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	*	*	*	*

Numerator: Respondents reporting that in general their health is fair or poor.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Lack Health Care Coverage, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	1641	11.8	11.1	12.6
Nemaha County	6	6.0	0.3	11.7
Gender				
Men	*	*	*	*
Women	*	*	*	*
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	6	6.1	0.3	11.9
Race				
White	6	6.2	0.3	12.2
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	*	*	*	*
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	*	*	*	*
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	*	*	*	*

Numerator: Respondents reporting they had no health care coverage.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults with No Personal Doctor or Health Care Provider, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	1912	14.6	13.8	15.5
Nemaha County	*	*	*	*
Gender				
Men	*	*	*	*
Women	*	*	*	*
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	*	*	*	*
Race				
White	*	*	*	*
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	*	*	*	*
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	*	*	*	*
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	*	*	*	*

Numerator: Respondents reporting they had no personal doctor or health care provider.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Could Not See Doctor Because of Cost in Past 12 Months, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	1823	11.2	10.5	11.8
Nemaha County	6	6.9	0.1	13.7
Gender				
Men	*	*	*	*
Women	5	11.3	0.0	23.5
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	6	7.0	0.1	14.0
Race				
White	6	7.2	0.1	14.3
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	*	*	*	*
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	*	*	*	*
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	*	*	*	*

Numerator: Respondents reporting they could not see a doctor because of cost in the past 12 months.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Reported Their Mental Health Was Not Good on 14 or More Days in the Past 30 Days, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	1630	8.6	8.1	9.2
Nemaha County	9	8.3	1.4	15.2
Gender				
Men	*	*	*	*
Women	5	8.1	0.0	17.7
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	9	8.4	1.4	15.5
Race				
White	9	8.7	1.5	15.9
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	*	*	*	*
Some College or College Graduate	5	8.1	0.0	17.5
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	*	*	*	*
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	*	*	*	*

Numerator: Respondents reporting 14 or more days when their mental health was not good.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Had a Heart Attack, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	1037	3.7	3.4	4.0
Nemaha County	5	3.1	0.1	6.1
Gender				
Men	*	*	*	*
Women	*	*	*	*
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	5	3.2	0.1	6.2
Race				
White	5	3.2	0.1	6.4
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	*	*	*	*
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	*	*	*	*
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	*	*	*	*

Numerator: Respondents who reported that a doctor, nurse, or other health professional EVER told them that they had ever had a heart attack, also called a myocardial infarction.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Tested and Diagnosed with High Cholesterol, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	7158	38.6	37.6	39.5
Nemaha County	40	35.6	23.5	47.7
Gender				
Men	*	*	*	*
Women	22	33.0	16.7	49.4
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	39	35.8	23.5	48.1
Race				
White	40	37.3	24.6	50.0
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	26	45.7	28.6	62.7
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	20	30.0	15.2	44.8
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	23	27.7	14.5	40.9

Numerator: Respondents reporting they had been told by a doctor or health care professional that they have high blood cholesterol.

Denominator: Respondents who had ever had their cholesterol checked, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults with Diagnosed Hypertension, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	7332	28.7	27.9	29.5
Nemaha County	33	27.2	16.9	37.5
Gender				
Men	*	*	*	*
Women	16	15.3	6.4	24.3
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	12	25.7	11.8	39.5
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	33	27.7	17.2	38.1
Race				
White	32	26.6	16.2	37.0
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	22	43.5	28.1	58.8
Some College or College Graduate	11	12.5	3.2	21.7
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	12	20.7	6.1	35.3
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	17	18.0	6.5	29.4

Numerator: Respondents reporting they had been told by a doctor or health care professional that they have high blood pressure.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Ages 18 Years and Older Who Did Not Receive a Flu Shot During the Past 12 Months, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	9542	58.9	58.0	59.9
Nemaha County	47	44.9	31.8	57.9
Gender				
Men	*	*	*	*
Women	26	38.8	20.6	57.1
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	45	44.7	31.5	57.9
Race				
White	43	43.2	29.8	56.6
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	28	45.8	29.3	62.2
Some College or College Graduate	19	44.1	24.4	63.8
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	22	34.1	17.5	50.6
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	34	47.7	31.7	63.7

Numerator: Respondents who reported they did not have a flu shot during the past 12 months.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Not Participating in Any Physical Activity (Leisure Time Physical Activity), 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	4969	23.2	22.3	24.0
Nemaha County	32	28.9	17.4	40.3
Gender				
Men	*	*	*	*
Women	17	27.9	11.1	44.8
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	14	30.8	16.8	44.8
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	31	28.6	17.0	40.2
Race				
White	31	29.6	17.7	41.5
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	21	34.1	19.4	48.8
Some College or College Graduate	11	24.1	6.9	41.3
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	15	18.9	7.8	30.0
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	21	28.1	14.2	42.1

Numerator: Respondents reporting they did not participate in any physical activities or exercise, other than their regular job, in the past 30 days.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Not Participating in Recommended Level of Physical Activity, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	10019	51.5	50.5	52.6
Nemaha County	57	59.6	46.8	72.3
Gender				
Men	*	*	*	*
Women	31	63.9	46.8	81.1
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	56	59.8	47.0	72.7
Race				
White	54	59.1	45.9	72.2
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	36	57.8	41.2	74.4
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	34	61.4	43.9	78.9
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	38	56.5	40.5	72.6

Numerator: Respondents reporting they did not participate in moderate physical activities at least 5 times per week for at least 30 minutes or vigorous physical activities at least 3 times per week for at least 20 minutes.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Not Participating in Recommended Level of Moderate Physical Activity, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	10019	51.5	50.5	52.6
Nemaha County	57	59.6	46.8	72.3
Gender				
Men	*	*	*	*
Women	31	63.9	46.8	81.1
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	56	59.8	47.0	72.7
Race				
White	54	59.1	45.9	72.2
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	36	57.8	41.2	74.4
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	34	61.4	43.9	78.9
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	38	56.5	40.5	72.6

Numerator: Respondents reporting they did not participate in either moderate physical activity defined as 30 or more minutes per day for 5 or more days per week, or vigorous activity for 20 or more minutes per day on 3 or more days.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Not Participating in Recommended Level of Vigorous Physical Activity, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	14428	72.5	71.5	73.5
Nemaha County	88	84.9	76.7	93.1
Gender				
Men	*	*	*	*
Women	54	88.2	77.1	99.4
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	85	84.6	76.2	93.0
Race				
White	84	85.2	76.8	93.6
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	50	88.1	77.8	98.4
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	44	80.1	67.4	92.8
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	61	83.2	72.7	93.6

Numerator: Respondents reporting they did not participate in vigorous physical activities at least 3 times per week for at least 20 minutes.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Did Not Get Enough Rest or Sleep in Past 30 Days, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	4400	26.4	25.5	27.4
Nemaha County	20	19.7	9.9	29.5
Gender				
Men	*	*	*	*
Women	13	21.7	7.4	36.0
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	8	17.5	4.9	30.1
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	19	19.6	9.7	29.5
Race				
White	19	18.7	9.0	28.4
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	9	18.6	5.8	31.4
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	9	14.9	3.6	26.2
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	14	18.6	7.4	29.8

Numerator: Respondents reporting they did not get enough sleep on 14 or more days in the past 30 days.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Are Current Smokers, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	3019	17.8	17.0	18.7
Nemaha County	12	11.1	3.6	18.5
Gender				
Men	*	*	*	*
Women	5	5.3	0.0	11.1
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	7	14.6	2.7	26.5
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	12	11.3	3.7	18.8
Race				
White	11	11.0	3.3	18.7
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	6	14.7	1.9	27.6
Some College or College Graduate	6	7.7	0.4	15.1
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	7	8.5	1.1	16.0
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	7	10.3	1.8	18.8

Numerator: Respondents who reported they have smoked at least 100 cigarettes in their entire life and that they now smoke some days or every day.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Currently Use Any Smokeless Tobacco Products, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	788	5.9	5.3	6.4
Nemaha County	9	15.2	5.5	24.8
Gender				
Men	*	*	*	*
Women	*	*	*	*
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	9	15.4	5.7	25.2
Race				
White	8	14.1	4.5	23.6
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	6	21.7	6.4	37.0
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	6	18.7	2.9	34.5
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	5	11.9	0.2	23.7

Numerator: Respondents who reported they currently use chewing tobacco, snuff or snus (Swedish for snuff) some days or every day.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Ever Served on Active Duty in the United States Armed Forces, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	2568	12.1	11.5	12.7
Nemaha County	11	9.3	3.1	15.4
Gender				
Men	*	*	*	*
Women	*	*	*	*
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	6	11.7	1.8	21.5
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	11	9.4	3.2	15.6
Race				
White	11	9.7	3.3	16.0
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	8	17.1	5.0	29.3
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	5	4.9	0.0	9.9
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	6	4.5	0.4	8.7

Numerator: Respondents who reported that they served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Are Obese, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	5453	28.8	27.9	29.7
Nemaha County	25	18.0	9.3	26.7
Gender				
Men	*	*	*	*
Women	15	16.3	5.1	27.6
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	25	18.3	9.5	27.2
Race				
White	24	17.0	8.5	25.5
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	16	22.9	10.3	35.5
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	10	14.0	3.1	24.9
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	13	12.1	3.4	20.7

Numerator: Respondents with a body mass index greater than or equal to 30, based on self-reported height and weight.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**

Percentage of Adults Who Are Overweight or Obese, 2009

Nemaha County

	Unweighted Frequency	Weighted Percentage	95% Confidence Limit	
			Lower	Upper
Kansas	11952	64.6	63.6	65.6
Nemaha County	75	63.8	50.1	77.5
Gender				
Men	*	*	*	*
Women	34	40.8	22.9	58.6
Age				
18 to 44 Years	*	*	*	*
45 to 64 Years	*	*	*	*
65 Years and Older	*	*	*	*
Ethnicity				
Hispanic	*	*	*	*
Non-Hispanic	74	64.5	50.6	78.4
Race				
White	73	64.0	49.7	78.2
African American	*	*	*	*
Other	*	*	*	*
Multi-Race	*	*	*	*
Education				
High School Graduate or Less	47	86.8	78.3	95.2
Some College or College Graduate	*	*	*	*
Annual Household Income				
Less than $35,000 per Year	*	*	*	*
$35,000 or Higher per Year	42	65.3	45.6	84.9
Disability				
Living with a Disability	*	*	*	*
Living without a Disability	46	55.4	38.7	72.2

Numerator: Respondents with a body mass index greater than or equal to 25, based on self-reported height and weight.

Denominator: All respondents, excluding unknowns and refusals.

*** Insufficient Sample**