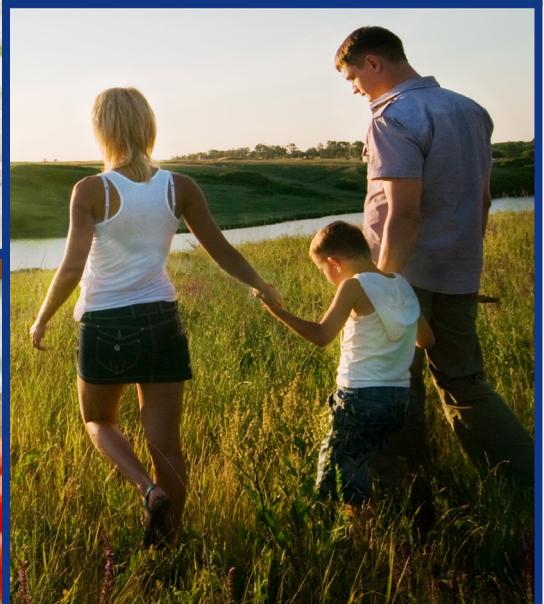


2013 Kansas Behavioral Risk Factor Surveillance System Local Data

Nemaha County



November 2014

2013 Kansas Behavioral Risk Factor Surveillance System Local Data

State of Kansas
Sam Brownback, Governor

Kansas Department of Health and Environment
Dr. Robert Moser, Secretary and State Health Officer

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**Kansas Department of Health and Environment
Bureau of Health Promotion
November 2014**

Kansas Department of Health and Environment (KDHE)

Mission

To protect and improve the health and environment of all Kansans

Vision

Healthy Kansans living in safe and sustainable environments

www.kdheks.gov

Foreword

The Behavioral Risk Factor Surveillance System (BRFSS) is the world's largest, annual population-based telephone survey system, tracking health conditions and risk behaviors in the U.S. It is coordinated by the Centers for Disease Control and Prevention (CDC) and is conducted in every state and several territories.

BRFSS allows us to perform a critical public health function of assessing population health and identifying issues critically important to public health and population health management. BRFSS provides data on a wide range of health issues including information related to access to health care, chronic and infectious diseases, clinical preventive services, environmental quality, infant and child health, injury and violence, maternal health, mental health, nutrition, physical activity, obesity, oral health, reproductive and sexual health, substance abuse and tobacco use.

Prior to 2009, the sample size for the Kansas survey was sufficient to produce state level estimates of health risk behaviors. Beginning in 2009, the Kansas BRFSS was expanded in response to demand from local health officials for local level health risk behavior data for a 10-year project. The survey now collects adequate sample data during odd years (2009, 2011, 2013, 2015 and 2017) to provide local level estimates by county or region for these years. By the conclusion of the 10-year project, most Kansas counties will have county-specific data for use in estimating trends in selected health indicators from 2011 forward. Data from 2011 onward cannot be compared to previous years as the BRFSS data collection and analysis methods changed beginning in 2011.

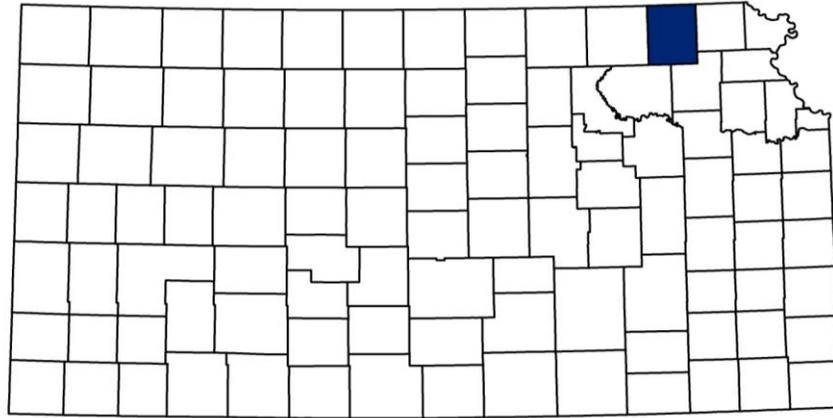
During the 2013 survey year, data were collected from more than 20,000 adult Kansans, providing estimates for 42 of the state's 105 counties and for 16 Public Health Preparedness Regions, with data for 42 health risk indicators analyzed at the county or regional level.

BRFSS data help public health professionals measure Kansans health behaviors, conditions and concerns at the state and the local level. These data are important when we consider where to focus our public health efforts and to help us emphasize the benefits of prevention.

Sincerely,



Robert Moser, MD
Secretary and State Health Officer
Kansas Department of Health and Environment



Nemaha County

Kansas Behavioral Risk Factor Surveillance System – Local Data, 2013 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 with Doctor Diagnosed Arthritis, 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 7,380 | 23.9 | 0.3 | 23.3 | 24.5 |
| Nemaha County | 42 | 28.1 | 4.6 | 19.1 | 37.0 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 30 | 34.2 | 6.1 | 22.2 | 46.2 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | 18 | 33.5 | 7.3 | 19.2 | 47.7 |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 41 | 28.1 | 4.6 | 19.1 | 37.1 |
| Race | | | | | |
| White | 40 | 27.8 | 4.6 | 18.8 | 36.9 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 25 | 43.0 | 8.0 | 27.4 | 58.7 |
| Some College or College Graduate | 17 | 16.4 | 4.6 | 7.4 | 25.3 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | 15 | 20.8 | 5.5 | 10.1 | 31.5 |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 23 | 21.0 | 4.6 | 11.9 | 30.0 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | 20 | 21.6 | 5.1 | 11.7 | 31.6 |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 37 | 26.4 | 4.6 | 17.4 | 35.4 |
| Health Insurance Status | | | | | |
| Insured | 42 | 29.5 | 4.7 | 20.2 | 38.7 |
| Uninsured | * | * | * | * | * |

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 and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Percentage of Adults with Diagnosed Hypertension, 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 9,309 | 31.3 | 0.4 | 30.6 | 32.0 |
| Nemaha County | 49 | 32.8 | 4.9 | 23.2 | 42.4 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 28 | 30.1 | 5.7 | 18.8 | 41.3 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | 20 | 39.4 | 7.5 | 24.7 | 54.2 |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 47 | 32.4 | 4.9 | 22.8 | 42.0 |
| Race | | | | | |
| White | 45 | 31.4 | 4.9 | 21.8 | 40.9 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 28 | 46.8 | 8.2 | 30.7 | 62.8 |
| Some College or College Graduate | 21 | 21.6 | 5.3 | 11.3 | 32.0 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | 16 | 22.6 | 5.7 | 11.5 | 33.7 |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 32 | 29.6 | 5.3 | 19.2 | 40.1 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | 26 | 26.8 | 5.5 | 15.9 | 37.7 |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 44 | 31.3 | 5.0 | 21.6 | 41.0 |
| Health Insurance Status | | | | | |
| Insured | 48 | 34.0 | 5.0 | 24.2 | 43.8 |
| Uninsured | * | * | * | * | * |

Numerator: Respondents who reported they had been told by a doctor, nurse or other health professional that they have high blood pressure.

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Did Not Have Their Blood Cholesterol Checked
Within the Past Five Years, 2013**

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 3,976 | 26.7 | 0.4 | 25.9 | 27.5 |
| Nemaha County | 18 | 22.4 | 5.4 | 11.9 | 33.0 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 11 | 22.8 | 6.5 | 9.9 | 35.6 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 17 | 22.1 | 5.4 | 11.5 | 32.7 |
| Race | | | | | |
| White | 15 | 21.3 | 5.5 | 10.6 | 32.1 |
| 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 Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 15 | 23.1 | 6.2 | 10.9 | 35.3 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | * | * | * | * | * |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 16 | 21.4 | 5.6 | 10.5 | 32.3 |
| Health Insurance Status | | | | | |
| Insured | 17 | 19.4 | 4.6 | 10.3 | 28.5 |
| Uninsured | * | * | * | * | * |

Numerator: Respondents who reported they had not checked their blood cholesterol in the past five years.

Denominator: All respondents excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Percentage of Adults Tested and Diagnosed with High Cholesterol, 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 8,351 | 38.1 | 0.4 | 37.3 | 38.9 |
| Nemaha County | 45 | 38.9 | 5.7 | 27.6 | 50.1 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 28 | 34.0 | 6.5 | 21.4 | 46.7 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 44 | 38.8 | 5.8 | 27.5 | 50.0 |
| Race | | | | | |
| White | 44 | 39.6 | 5.9 | 28.1 | 51.1 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | * | * | * | * | * |
| Some College or College Graduate | 23 | 34.9 | 8.1 | 19.2 | 50.7 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | * | * | * | * | * |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 32 | 37.7 | 6.7 | 24.6 | 50.8 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | 22 | 31.4 | 7.2 | 17.3 | 45.4 |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 43 | 40.6 | 6.0 | 28.8 | 52.4 |
| Health Insurance Status | | | | | |
| Insured | 43 | 37.9 | 5.8 | 26.5 | 49.2 |
| Uninsured | * | * | * | * | * |

Numerator: Respondents who reported they had been told by a doctor, nurse or other health professional that they have high blood cholesterol.

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

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Were EVER Diagnosed with a Depressive Disorder,
2013**

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 4,386 | 18.1 | 0.3 | 17.5 | 18.7 |
| Nemaha County | 19 | 17.1 | 4.9 | 7.5 | 26.7 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 14 | 19.7 | 5.4 | 9.0 | 30.3 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | 11 | 18.9 | 5.6 | 7.8 | 29.9 |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 18 | 17.0 | 4.9 | 7.3 | 26.7 |
| Race | | | | | |
| White | 19 | 17.5 | 5.0 | 7.7 | 27.4 |
| 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 Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | * | * | * | * | * |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | * | * | * | * | * |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | * | * | * | * | * |
| Health Insurance Status | | | | | |
| Insured | 19 | 18.0 | 5.1 | 8.0 | 28.0 |
| Uninsured | * | * | * | * | * |

Numerator: Respondents who reported they had ever been told by a doctor, nurse or other health professional that they have a depressive disorder (including depression, major depression, dysthymia, or minor depression).

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Activity Limitations Due to Physical,
Mental or Emotional Problems, 2013**

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 5,417 | 19.1 | 0.3 | 18.5 | 19.7 |
| Nemaha County | 25 | 19.9 | 4.9 | 10.3 | 29.6 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 16 | 18.8 | 4.9 | 9.1 | 28.4 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | 12 | 20.3 | 6.0 | 8.6 | 32.1 |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 25 | 20.1 | 5.0 | 10.3 | 29.8 |
| Race | | | | | |
| White | 23 | 19.5 | 5.0 | 9.7 | 29.3 |
| 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 | * | * | * | * | * |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------------|
| | | | | Lower | Upper |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | * | * | * | * | * |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | <i>21</i> | <i>18.6</i> | <i>5.1</i> | <i>8.7</i> | <i>28.5</i> |
| Health Insurance Status | | | | | |
| Insured | <i>25</i> | <i>20.9</i> | <i>5.1</i> | <i>10.9</i> | <i>31.0</i> |
| Uninsured | * | * | * | * | * |

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 and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Percentage of Adults Who Reported Living with a Disability, 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 6,048 | 21.1 | 0.3 | 20.5 | 21.7 |
| Nemaha County | 30 | 23.3 | 5.1 | 13.3 | 33.3 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 20 | 22.3 | 5.2 | 12.2 | 32.4 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | 13 | 21.7 | 6.1 | 9.7 | 33.7 |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 30 | 23.4 | 5.1 | 13.4 | 33.5 |
| Race | | | | | |
| White | 28 | 22.9 | 5.2 | 12.8 | 33.1 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 14 | 32.2 | 9.0 | 14.6 | 49.7 |
| Some College or College Graduate | 16 | 16.3 | 4.7 | 7.1 | 25.6 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | * | * | * | * | * |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | 19 | 24.9 | 7.0 | 11.2 | 38.6 |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 26 | 22.1 | 5.2 | 11.9 | 32.4 |
| Health Insurance Status | | | | | |
| Insured | 30 | 24.5 | 5.3 | 14.2 | 34.8 |
| Uninsured | * | * | * | * | * |

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 and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Percentage of Adults Not Participating in the Recommended Level of Physical Activity (Aerobic and/or Strengthening), 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 17,688 | 82.1 | 0.3 | 81.4 | 82.8 |
| Nemaha County | 94 | 86.2 | 5.2 | 75.9 | 96.4 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 63 | 89.0 | 5.0 | 79.3 | 98.8 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 93 | 86.2 | 5.2 | 75.9 | 96.4 |
| Race | | | | | |
| White | 92 | 86.0 | 5.3 | 75.7 | 96.4 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 44 | 78.9 | 9.6 | 60.0 | 97.7 |
| Some College or College Graduate | 50 | 92.1 | 4.4 | 83.4 | 100 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | 48 | 89.6 | 4.8 | 80.2 | 99.0 |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 68 | 89.9 | 3.9 | 82.2 | 97.5 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | <i>91</i> | <i>88.1</i> | <i>5.4</i> | <i>77.6</i> | <i>98.6</i> |
| Health Insurance Status | | | | | |
| Insured | <i>91</i> | <i>85.4</i> | <i>5.5</i> | <i>74.7</i> | <i>96.1</i> |
| Uninsured | * | * | * | * | * |

Numerator: Respondents not participating in the recommended level of physical activity or participating in insufficient recommended level of physical activity for either aerobic or muscle strengthening guidelines.

Denominator: All respondents, excluding unknowns and refusals.

Not participating in the recommended level of physical activity referred to not participating in aerobic and strengthening exercises according to guidelines.

Participating in insufficient level of recommended physical activity referred to participating only in aerobic or only in strengthening exercises according to guidelines.

The aerobic guideline is defined as 150 minutes a week of moderate-intensity aerobic activity, or 75 minutes a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.

The strengthening guideline is defined as muscle-strengthening activities that involved all major muscle groups two or more times per week.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Percentage of Adults Not Participating in Any Physical Activity Other Than Their Regular Job in the Past 30 Days (Leisure Time Physical Activity), 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 6,085 | 26.5 | 0.4 | 25.8 | 27.3 |
| Nemaha County | 38 | 33.5 | 5.6 | 22.6 | 44.4 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 23 | 27.5 | 5.9 | 15.9 | 39.1 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 37 | 33.6 | 5.6 | 22.6 | 44.6 |
| Race | | | | | |
| White | 37 | 34.0 | 5.6 | 22.9 | 45.1 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 23 | 37.9 | 7.8 | 22.6 | 53.2 |
| Some College or College Graduate | 15 | 30.1 | 8.0 | 14.5 | 45.7 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | 13 | 21.7 | 6.0 | 9.9 | 33.6 |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 28 | 34.7 | 6.5 | 22.0 | 47.4 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 37 | 34.8 | 5.8 | 23.5 | 46.1 |
| Health Insurance Status | | | | | |
| Insured | 36 | 30.5 | 5.1 | 20.4 | 40.6 |
| Uninsured | * | * | * | * | * |

Numerator: Respondents who reported 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 and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Consuming Fruit Less than 1 Time Per Day,
2013**

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 8,400 | 41.7 | 0.4 | 40.9 | 42.6 |
| Nemaha County | 28 | 29.9 | 5.6 | 19.0 | 40.8 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 14 | 22.3 | 5.8 | 10.9 | 33.6 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 28 | 30.1 | 5.6 | 19.1 | 41.1 |
| Race | | | | | |
| White | 27 | 29.9 | 5.7 | 18.7 | 41.0 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 11 | 24.5 | 6.9 | 11.0 | 38.0 |
| Some College or College Graduate | 17 | 34.1 | 8.1 | 18.2 | 50.0 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | 18 | 33.1 | 7.3 | 18.9 | 47.3 |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 23 | 33.1 | 6.5 | 20.3 | 45.9 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | 18 | 26.0 | 6.3 | 13.6 | 38.4 |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 26 | 29.8 | 5.7 | 18.5 | 41.1 |
| Health Insurance Status | | | | | |
| Insured | 26 | 26.7 | 5.1 | 16.7 | 36.8 |
| Uninsured | * | * | * | * | * |

Numerator: Respondents who reported they consumed fruit less than 1 time per day.

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Consuming Vegetables Less than 1 Time
Per Day, 2013**

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|-------------------------|------------------------|-------------------|-----------------------------|-------|
| | | | | Lower | Upper |
| Kansas | 4,482 | 22.9 | 0.4 | 22.2 | 23.6 |
| Nemaha County | 22 | 25.5 | 5.7 | 14.3 | 36.8 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | * | * | * | * | * |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 22 | 25.7 | 5.8 | 14.4 | 37.0 |
| Race | | | | | |
| White | 21 | 25.1 | 5.8 | 13.7 | 36.5 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | * | * | * | * | * |
| Some College or College Graduate | 15 | 34.0 | 8.5 | 17.4 | 50.6 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | * | * | * | * | * |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 17 | 27.2 | 6.8 | 13.7 | 40.6 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI <25) | * | * | * | * | * |
| Overweight (25 ≤ BMI <30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | * | * | * | * | * |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 22 | 26.6 | 6.0 | 15.0 | 38.3 |
| Health Insurance Status | | | | | |
| Insured | 21 | 22.8 | 5.2 | 12.6 | 33.1 |
| Uninsured | * | * | * | * | * |

Numerator: Respondents who reported they consumed vegetables less than 1 time per day.

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Percentage of Adults with Fair or Poor Self-Perceived Health Status, 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 3,911 | 15.4 | 0.3 | 14.8 | 16.0 |
| Nemaha County | 21 | 13.4 | 3.1 | 7.3 | 19.6 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 13 | 14.2 | 4.2 | 6.0 | 22.3 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 21 | 13.5 | 3.2 | 7.3 | 19.7 |
| Race | | | | | |
| White | 19 | 12.8 | 3.1 | 6.7 | 18.9 |
| 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 Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | * | * | * | * | * |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | * | * | * | * | * |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | <i>18</i> | <i>13.0</i> | <i>3.2</i> | <i>6.7</i> | <i>19.3</i> |
| Health Insurance Status | | | | | |
| Insured | <i>21</i> | <i>14.1</i> | <i>3.3</i> | <i>7.7</i> | <i>20.5</i> |
| Uninsured | * | * | * | * | * |

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

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Percentage of Adults Who Reported Their Poor Physical or Mental Health Kept Them From Doing Their Usual Activities, such as Self-care, Work or Recreation in the Past 30 Days, 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 4,563 | 39.3 | 0.6 | 38.1 | 40.4 |
| Nemaha County | 16 | 25.4 | 6.5 | 12.7 | 38.1 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | * | * | * | * | * |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 16 | 25.8 | 6.6 | 12.9 | 38.7 |
| 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 Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | * | * | * | * | * |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | * | * | * | * | * |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | * | * | * | * | * |
| Health Insurance Status | | | | | |
| Insured | 16 | 25.4 | 6.5 | 12.7 | 38.1 |
| Uninsured | * | * | * | * | * |

Numerator: Respondents who reported one or more days in the past 30 days when their poor physical or mental health kept them from doing their usual activities, such as self-care, work or recreation.

Denominator: Respondents with at least one day in the past 30 days when their physical or mental health was not good, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Ages 18 Years and Older Who Did Not Get Immunized
Against Influenza During the Past 12 Months, 2013**

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|-------------------------|------------------------|-------------------|-----------------------------|-------|
| | | | | Lower | Upper |
| Kansas | 11,185 | 57.8 | 0.4 | 57.0 | 58.6 |
| Nemaha County | 48 | 53.0 | 5.9 | 41.4 | 64.6 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 32 | 49.0 | 7.0 | 35.4 | 62.7 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 47 | 53.2 | 6.0 | 41.5 | 64.9 |
| Race | | | | | |
| White | 46 | 52.8 | 6.0 | 41.0 | 64.6 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 18 | 42.5 | 9.1 | 24.6 | 60.4 |
| Some College or College Graduate | 30 | 61.2 | 7.7 | 46.1 | 76.2 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | 24 | 48.8 | 7.8 | 33.5 | 64.1 |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 37 | 53.2 | 6.7 | 40.2 | 66.3 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | 33 | 54.9 | 7.3 | 40.7 | 69.2 |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 48 | 55.2 | 6.0 | 43.5 | 67.0 |
| Health Insurance Status | | | | | |
| Insured | 46 | 51.0 | 6.0 | 39.2 | 62.8 |
| Uninsured | * | * | * | * | * |

Numerator: Respondents who reported they did not get a flu shot or flu vaccine sprayed in their nose during the past 12 months.

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported That They Do Not Always Wear a Seatbelt
When They Drive or Ride in a Car, 2013**

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|-------------------------|------------------------|-------------------|-----------------------------|-------|
| | | | | Lower | Upper |
| Kansas | 3,359 | 17.0 | 0.3 | 16.3 | 17.6 |
| Nemaha County | 26 | 29.3 | 5.6 | 18.3 | 40.4 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | * | * | * | * | * |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 26 | 29.5 | 5.7 | 18.4 | 40.6 |
| Race | | | | | |
| White | 24 | 28.7 | 5.7 | 17.5 | 39.9 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 13 | 29.2 | 7.5 | 14.4 | 43.9 |
| Some College or College Graduate | 13 | 29.5 | 8.1 | 13.5 | 45.4 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | 15 | 30.3 | 7.2 | 16.3 | 44.3 |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 21 | 32.6 | 6.7 | 19.5 | 45.6 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | 12 | 19.9 | 5.9 | 8.3 | 31.4 |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 25 | 29.2 | 5.8 | 17.9 | 40.6 |
| Health Insurance Status | | | | | |
| Insured | 25 | 26.9 | 5.2 | 16.7 | 37.2 |
| Uninsured | * | * | * | * | * |

Respondents who reported they nearly always, sometimes, seldom or never use a seatbelt when they ride or drive in a car.

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Ever Served on Active Duty in the United States
Armed Forces, 2013**

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|-------------------------|------------------------|-------------------|-----------------------------|-------|
| | | | | Lower | Upper |
| Kansas | 3,022 | 12.0 | 0.3 | 11.5 | 12.5 |
| Nemaha County | 14 | 11.1 | 3.0 | 5.2 | 17.0 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | * | * | * | * | * |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 14 | 11.2 | 3.0 | 5.2 | 17.2 |
| Race | | | | | |
| White | 14 | 11.4 | 3.1 | 5.3 | 17.5 |
| 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 Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | * | * | * | * | * |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Weight Category | | | | | |
| Normal or Underweight (BMI < 25) | * | * | * | * | * |
| Overweight (25 ≤ BMI < 30) | * | * | * | * | * |
| Obese (BMI ≥ 30) | * | * | * | * | * |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | * | * | * | * | * |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 12 | 10.2 | 3.0 | 4.3 | 16.1 |
| Health Insurance Status | | | | | |
| Insured | 14 | 11.7 | 3.2 | 5.5 | 17.9 |
| Uninsured | * | * | * | * | * |

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 and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Percentage of Adults Who Are Obese, 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 6,656 | 30.0 | 0.4 | 29.2 | 30.7 |
| Nemaha County | 30 | 27.5 | 5.1 | 17.4 | 37.6 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 15 | 18.7 | 4.9 | 9.1 | 28.2 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 29 | 27.2 | 5.2 | 17.1 | 37.3 |
| Race | | | | | |
| White | 28 | 26.9 | 5.2 | 16.7 | 37.1 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 15 | 26.3 | 6.8 | 13.0 | 39.6 |
| Some College or College Graduate | 15 | 28.6 | 7.5 | 13.8 | 43.3 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | 13 | 24.1 | 6.9 | 10.5 | 37.7 |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 16 | 21.4 | 5.6 | 10.4 | 32.4 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------------|
| | | | | Lower | Upper |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | * | * | * | * | * |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | <i>28</i> | <i>28.0</i> | <i>5.4</i> | <i>17.5</i> | <i>38.6</i> |
| Health Insurance Status | | | | | |
| Insured | <i>30</i> | <i>29.0</i> | <i>5.3</i> | <i>18.6</i> | <i>39.4</i> |
| Uninsured | * | * | * | * | * |

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 and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Percentage of Adults Who Are Overweight or Obese, 2013

Nemaha County

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|----------------------------------|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Kansas | 14,533 | 65.3 | 0.4 | 64.5 | 66.1 |
| Nemaha County | 64 | 55.1 | 6.2 | 43.1 | 67.2 |
| Gender | | | | | |
| Men | * | * | * | * | * |
| Women | 35 | 41.2 | 6.6 | 28.2 | 54.2 |
| Age Group | | | | | |
| 18 to 44 Years | * | * | * | * | * |
| 45 to 64 Years | * | * | * | * | * |
| 65 Years and Older | * | * | * | * | * |
| Ethnicity | | | | | |
| Hispanic | * | * | * | * | * |
| Non-Hispanic | 62 | 54.8 | 6.2 | 42.7 | 67.0 |
| Race | | | | | |
| White | 62 | 55.2 | 6.3 | 42.9 | 67.5 |
| African American | * | * | * | * | * |
| Other | * | * | * | * | * |
| Multi-Race | * | * | * | * | * |
| Education | | | | | |
| High School Graduate or Less | 29 | 47.4 | 8.4 | 31.0 | 63.8 |
| Some College or College Graduate | 35 | 61.7 | 8.6 | 44.9 | 78.4 |
| Annual Household Income | | | | | |
| Less than \$35,000 per Year | * | * | * | * | * |
| \$35,000 or Higher per Year | 32 | 57.9 | 7.7 | 42.8 | 73.0 |
| Disability Status | | | | | |
| Living with a Disability | * | * | * | * | * |
| Living without a Disability | 46 | 54.7 | 6.8 | 41.2 | 68.1 |

| | Unweighted Frequency | Weighted Percentage | Standard Error | 95% Confidence Limits | |
|--|----------------------|---------------------|----------------|-----------------------|-------|
| | | | | Lower | Upper |
| Leisure Time Physical Activity | | | | | |
| Participates in leisure time physical activity | 40 | 52.0 | 7.8 | 36.8 | 67.2 |
| Does not participate in leisure time physical activity | * | * | * | * | * |
| Smoking Status | | | | | |
| Current smoker | * | * | * | * | * |
| Non-smoker | 62 | 57.3 | 6.4 | 44.7 | 70.0 |
| Health Insurance Status | | | | | |
| Insured | 63 | 57.2 | 6.1 | 45.2 | 69.2 |
| Uninsured | * | * | * | * | * |

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 and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

Technical Notes

The 2013 BRFSS data for your county/region on 42 health risk indicators, analyzed by various subpopulation groups (e.g. gender, age group, ethnicity, etc.), are included in this report. The indicators are summarized in tables that show:

- Unweighted Frequency: the number of respondents who reported the risk behavior
- Weighted Percentage: the prevalence estimate for the risk behavior within a particular subpopulation group category
- Standard Error: used to compute the 95% confidence limits
- Lower and upper 95% confidence limits

Prevalence estimates vary in precision depending on sample size. One way of describing the precision of an estimate is the margin of error, which is the half-width of the confidence interval. When the sample size is large for a particular subpopulation group, the corresponding margin of error for an estimate is small. When the sample size is small for a particular subpopulation group, the corresponding margin of error for an estimate is large. Large margins of error (i.e. >5) indicate that an estimate may be less precise. Prevalence estimates that have a margin of error >5 are *italicized* in this report and should be interpreted with caution.

To determine whether two weighted percentages are significantly different from one another, the reader must compare the confidence intervals. Confidence intervals which do not overlap indicate a statistically significant difference between the two prevalence estimates while overlapping confidence intervals indicate that two estimates are not statistically different from one another. It is incorrect to say two estimates are different if their confidence limits overlap.

Estimates have been censored with an asterisk ("*") when the sample size was inadequate and/or when the estimates were statistically unreliable. Specifically, estimates were censored when any of the following conditions were met:

- the numerator of the indicator is less than 5
- the denominator of the indicator is less than 50
- the relative standard error (RSE) is 30 percent or higher

RSE is obtained by dividing the standard error of the estimate by the estimate itself, then multiplying that result by 100 to be expressed as a percent.

2011 BRFSS data represent a new baseline for public health surveillance. Due to changes in BRFSS survey methodology, the BRFSS estimates for 2011 and subsequent years cannot be compared to estimates from the years prior to 2011.

For more information on changes to the Kansas BRFSS survey methodology beginning in 2011, please visit: <http://www.kdheks.gov/brfss/newmethod.html>

For more detailed technical notes on the Kansas BRFSS, please visit: <http://www.kdheks.gov/brfss/technotes.html>