

# 2017 Kansas Behavioral Risk Factor Surveillance System Local Data

## Nemaha County



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# **2017 Kansas Behavioral Risk Factor Surveillance System Local Data**

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**Project Funding:**  
Partial funding for the 2017 Behavioral Risk Factor Survey was provided by cooperative agreement 6NU58DP006025-03-01 from the Centers for Disease Control and Prevention, Atlanta GA and by Kansas Health Foundation 200804006-01, Wichita, KS.

**Kansas Department of Health and Environment  
Bureau of Health Promotion  
February 2019**

# **Kansas Department of Health and Environment (KDHE)**

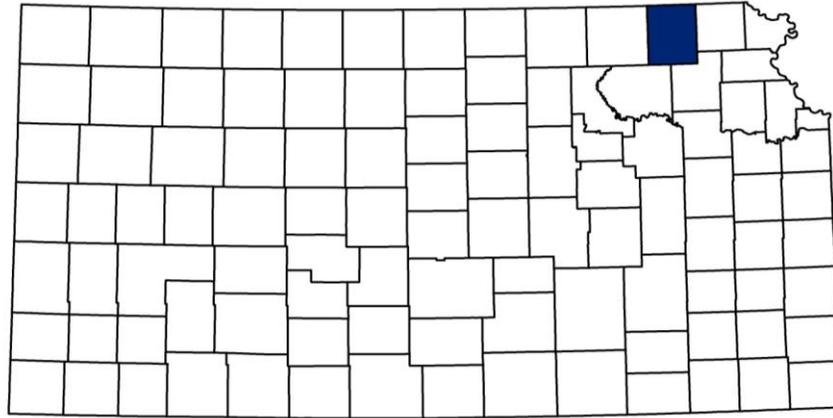
## **Mission**

To protect and improve the health and environment of all Kansans

## **Vision**

Healthy Kansans living in safe and sustainable environments

**[www.kdheks.gov](http://www.kdheks.gov)**



Nemaha County

Kansas Behavioral Risk Factor Surveillance System – Local Data, 2017 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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**Unpublished Tables** - The following data tables are not published due to insufficient sample and/or statistically unreliable estimates for Nemaha County: Heavy Drinking, Activity Limitation Due to Arthritis, Asthma, Cancer (Excluding Skin Cancer), Skin Cancer, Heart Attack, Coronary Heart Disease, Stroke, Not Checked Cholesterol within Five Years, Chronic Obstructive Pulmonary Disease (COPD), Diabetes, Not Participating in the Recommended Level of Physical Activity (Aerobic and/or Strengthening), Lack of Health Care Coverage, Lack of Health Care Coverage 18 to 64 Years Old Only, No Personal Doctor, Did Not See Doctor Due to Cost, Physical Health Status, Mental Health Status, Poor Physical or Mental Health is Barrier to Usual Activities, Not Immunized Against Influenza 65 Years and Older Only, Never Had Pneumonia Vaccination 65 Years and Older Only, Tried Quitting Smoking, Smokeless Tobacco Use, Male Smokeless Tobacco Use and Veteran Status.

# Percentage of Adults Who Are Binge Drinkers, 2017

## Nemaha County

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,785	17.2	0.4	16.5	17.9
Nemaha County	20	19.1	4.3	10.7	27.5
<b>Gender</b>					
Men	*	*	*	*	*
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	19	18.9	4.3	10.5	27.4
<b>Race</b>					
White	18	18.6	4.3	10.2	27.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	15	22.7	5.5	11.9	33.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	15	26.2	6.5	13.6	38.9
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	19	24.0	5.3	13.6	34.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	17	24.6	5.9	13.0	36.1
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	16	20.0	4.8	10.5	29.4
<b>Health Insurance Status</b>					
Insured	18	18.8	4.4	10.2	27.4
Uninsured	*	*	*	*	*

Numerator: Male respondents who reported having five or more drinks on one occasion in the past 30 days or female respondents who reported having four or more drinks on one occasion in the past 30 days.

Denominator: All respondents, excluding unknowns and refusals.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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 Doctor Diagnosed Arthritis, 2017

### Nemaha County

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,634	24.1	0.3	23.5	24.8
Nemaha County	34	32.3	5.5	21.5	43.1
<b>Gender</b>					
Men	14	30.1	8.0	14.4	45.9
Women	20	34.5	7.6	19.5	49.5
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	34	32.7	5.6	21.8	43.7
<b>Race</b>					
White	34	32.9	5.6	21.9	43.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	22	32.0	6.9	18.4	45.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	15	18.7	5.3	8.4	29.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	19	26.9	6.3	14.5	39.3
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	27	30.7	5.9	19.2	42.2
<b>Health Insurance Status</b>					
Insured	31	33.4	5.8	22.1	44.7
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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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, 2017

### Nemaha County

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,757	32.8	0.4	32.0	33.5
Nemaha County	41	34.2	5.3	23.8	44.7
<b>Gender</b>					
Men	22	36.9	7.8	21.7	52.1
Women	19	31.6	7.2	17.4	45.8
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	41	34.7	5.4	24.1	45.2
<b>Race</b>					
White	40	34.7	5.4	24.1	45.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	25	27.9	5.6	16.9	38.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	19	29.1	6.9	15.5	42.7
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	28	32.8	6.1	20.9	44.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	20	23.3	5.4	12.8	33.8
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	35	35.2	5.6	24.1	46.2
<b>Health Insurance Status</b>					
Insured	40	39.9	5.8	28.5	51.2
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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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, 2017 ‡**

**Nemaha County**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,314	34.1	0.4	33.2	34.9
Nemaha County	38	34.1	5.4	23.5	44.6
<b>Gender</b>					
Men	*	*	*	*	*
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	38	34.1	5.4	23.5	44.6
<b>Race</b>					
White	37	34.4	5.5	23.7	45.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	29	38.8	6.7	25.7	52.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	20	30.8	6.7	17.6	44.0
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	26	32.8	6.0	21.0	44.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	22	33.2	6.7	20.0	46.4
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	33	38.4	6.2	26.3	50.5
<b>Health Insurance Status</b>					
Insured	34	33.9	5.7	22.8	45.0
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.

‡ In 2017, the cholesterol questions have been modified for all states.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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,  
2017**

**Nemaha County**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,374	20.9	0.4	20.2	21.6
Nemaha County	15	16.5	4.5	7.7	25.3
<b>Gender</b>					
Men	*	*	*	*	*
Women	12	22.2	6.6	9.2	35.1
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	13	15.4	4.5	6.6	24.2
<b>Race</b>					
White	14	16.3	4.6	7.4	25.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	12	19.3	5.5	8.5	30.1
<b>Health Insurance Status</b>					
Insured	14	18.6	5.1	8.6	28.6
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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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, 2017†

Nemaha County

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,832	25.9	0.4	25.2	26.7
Nemaha County	24	21.4	4.7	12.2	30.6
<b>Gender</b>					
Men	*	*	*	*	*
Women	15	29.6	7.7	14.6	44.6
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	24	21.7	4.8	12.3	31.0
<b>Race</b>					
White	23	21.3	4.7	12.1	30.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	19	22.2	5.3	11.7	32.7
<b>Health Insurance Status</b>					
Insured	23	23.4	5.1	13.4	33.5
Uninsured	*	*	*	*	*

Numerator: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living)

Denominator: All respondents, excluding unknowns and refusals.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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 Strengthening), 2017**

**Nemaha County**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,754	41.2	0.5	40.3	42.1
Nemaha County	45	50.6	6.2	38.5	62.8
<b>Gender</b>					
Men	*	*	*	*	*
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	44	50.9	6.3	38.6	63.1
<b>Race</b>					
White	44	50.5	6.2	38.3	62.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	31	48.6	7.0	34.9	62.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	31	45.2	7.0	31.4	59.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	39	51.0	6.3	38.6	63.3
<b>Health Insurance Status</b>					
Insured	43	55.3	6.1	43.2	67.3
Uninsured	*	*	*	*	*

**Numerator:** Respondents who did not participate in the recommended level of aerobic and strengthening exercises during the past month.

**Denominator:** All respondents, excluding unknowns and refusals.

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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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), 2017**

**Nemaha County**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,721	27.9	0.4	27.1	28.7
Nemaha County	35	35.6	5.8	24.3	46.9
<b>Gender</b>					
Men	*	*	*	*	*
Women	18	30.6	7.4	16.2	45.0
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	35	36.1	5.8	24.6	47.5
<b>Race</b>					
White	35	35.8	5.8	24.4	47.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	22	30.5	6.4	17.9	43.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	15	28.2	7.1	14.2	42.3
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	21	29.2	6.4	16.6	41.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	29	35.0	6.0	23.2	46.8
<b>Health Insurance Status</b>					
Insured	34	39.1	6.1	27.2	50.9
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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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,  
2017‡**

**Nemaha County**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,946	37.5	0.4	36.7	38.4
Nemaha County	32	38.0	5.8	26.7	49.3
<b>Gender</b>					
Men	*	*	*	*	*
Women	15	39.2	8.2	23.1	55.3
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	32	38.5	5.8	27.1	50.0
<b>Race</b>					
White	32	38.2	5.8	26.8	49.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	21	36.0	6.9	22.5	49.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	18	35.3	7.3	21.1	49.6
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	21	32.8	6.4	20.3	45.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	20	39.5	7.1	25.7	53.4
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	25	35.4	6.2	23.3	47.5
<b>Health Insurance Status</b>					
Insured	29	36.9	6.0	25.1	48.6
Uninsured	*	*	*	*	*

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

Denominator: All respondents, excluding unknowns and refusals.

‡ In 2017, the fruit and vegetable questions have been modified for all states. Fruit consumption includes: fruits and 100% PURE fruit juices/blends.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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, 2017‡**

**Nemaha County**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,049	17.3	0.4	16.6	18.0
Nemaha County	15	18.2	4.9	8.6	27.7
<b>Gender</b>					
Men	*	*	*	*	*
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	15	18.3	4.9	8.7	28.0
<b>Race</b>					
White	15	18.2	4.9	8.6	27.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	13	18.4	5.3	8.0	28.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	15	22.3	5.7	11.1	33.5
<b>Health Insurance Status</b>					
Insured	14	19.4	5.3	9.0	29.8
Uninsured	*	*	*	*	*

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

Denominator: All respondents, excluding unknowns and refusals.

‡ In 2017, the fruit and vegetable questions have been modified for all states. Vegetable consumption includes: green leafy or lettuce salad, fried potatoes, any other kind of potatoes/sweet potatoes, or other vegetables.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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, 2017

### Nemaha County

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,766	16.7	0.3	16.0	17.3
Nemaha County	16	11.9	3.3	5.5	18.3
<b>Gender</b>					
Men	*	*	*	*	*
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	16	12.1	3.3	5.6	18.6
<b>Race</b>					
White	15	12.0	3.3	5.5	18.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	*	*	*	*	*
<b>Health Insurance Status</b>					
Insured	15	13.4	3.7	6.1	20.7
Uninsured	*	*	*	*	*

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

Denominator: All respondents, excluding unknowns and refusals.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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, 2017**

**Nemaha County**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	11,141	61.6	0.4	60.7	62.4
Nemaha County	60	66.8	5.3	56.4	77.2
<b>Gender</b>					
Men	*	*	*	*	*
Women	27	59.8	8.0	44.2	75.5
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	58	66.4	5.4	55.8	76.9
<b>Race</b>					
White	59	66.8	5.3	56.3	77.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	40	61.7	6.6	48.7	74.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	34	63.6	7.2	49.5	77.7
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	48	70.7	5.7	59.6	81.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	35	58.9	7.1	45.0	72.7
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	47	60.8	5.9	49.1	72.4
<b>Health Insurance Status</b>					
Insured	55	65.4	5.6	54.5	76.3
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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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, 2017**

**Nemaha County**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,294	16.6	0.3	16.0	17.3
Nemaha County	37	34.8	5.4	24.2	45.5
<b>Gender</b>					
Men	*	*	*	*	*
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	36	34.9	5.5	24.1	45.6
<b>Race</b>					
White	36	34.6	5.4	23.9	45.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	23	34.4	6.5	21.7	47.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	23	38.3	7.2	24.3	52.3
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	27	31.9	5.8	20.4	43.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	21	33.0	6.6	19.9	46.0
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	35	40.7	6.0	29.0	52.3
<b>Health Insurance Status</b>					
Insured	35	36.7	5.7	25.6	47.8
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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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 Currently Smoke Cigarettes, 2017

### Nemaha County

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,145	17.4	0.4	16.7	18.1
Nemaha County	15	15.9	4.6	7.0	24.9
<b>Gender</b>					
Men	*	*	*	*	*
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	14	15.7	4.6	6.7	24.7
<b>Race</b>					
White	14	15.6	4.6	6.6	24.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Health Insurance Status</b>					
Insured	15	17.3	4.9	7.7	26.9
Uninsured	*	*	*	*	*

**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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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, 2017

### Nemaha County

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,551	32.3	0.4	31.5	33.2
Nemaha County	31	32.9	5.7	21.8	44.0
<b>Gender</b>					
Men	17	36.0	8.2	19.9	52.1
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	31	33.4	5.7	22.2	44.6
<b>Race</b>					
White	31	33.1	5.7	22.0	44.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	20	30.2	6.5	17.4	42.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	19	32.1	7.1	18.2	46.1
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	23	32.0	6.5	19.3	44.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	17	25.4	5.8	14.0	36.8
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	26	31.3	5.9	19.8	42.7
<b>Health Insurance Status</b>					
Insured	29	33.7	6.0	22.0	45.3
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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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, 2017

### Nemaha County

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	13,706	67.2	0.4	66.3	68.0
Nemaha County	73	75.1	4.9	65.4	84.8
<b>Gender</b>					
Men	39	74.2	7.0	60.5	87.8
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	72	75.2	5.0	65.4	85.0
<b>Race</b>					
White	73	75.6	5.0	65.9	85.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	48	72.8	6.2	60.6	85.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	40	69.1	6.9	55.5	82.7
<b>Disability Status</b>					
Living with a Disability†	*	*	*	*	*
Living without a Disability	55	75.8	5.4	65.2	86.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	43	70.3	6.7	57.2	83.5
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	61	73.5	5.5	62.7	84.3
<b>Health Insurance Status</b>					
Insured	70	78.2	4.8	68.8	87.6
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.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* 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 2017 BRFSS data for your county/region on 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 greater than 30 percent

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>

In 2017, cholesterol questions and fruits and vegetables modules were modified for all states. Due to the changes in methodology, we do not advise comparing 2017 findings to the previous modules.

For more information on new fruits and vegetables module: please visit <https://www.cdc.gov/nutrition/data-statistics/using-the-new-BRFSS-modules.html>

In 2017 and 2016, a six-item set of questions identify disability in hearing, vision, cognition, mobility, self-care, and independent living for all states. Respondents who responded "yes" to at least one of the six functional disability questions were identified as adults living with a disability.

For more information on disability questions: please visit [https://www.cdc.gov/brfss/data\\_documentation/pdf/BRFSS\\_Data\\_Users\\_Guide\\_on\\_Disability\\_Questions\\_2018-508.pdf](https://www.cdc.gov/brfss/data_documentation/pdf/BRFSS_Data_Users_Guide_on_Disability_Questions_2018-508.pdf)

Please visit the BRFSS questionnaires below to see the questions on specific topics:

2017 Kansas BRFSS: <http://www.kdheks.gov/brfss/PDF/ks2017svy.pdf>

2016 Kansas BRFSS: <http://www.kdheks.gov/brfss/PDF/ks2016svy.pdf>

2015 Kansas BRFSS: <http://www.kdheks.gov/brfss/PDF/ks2015svy.pdf>