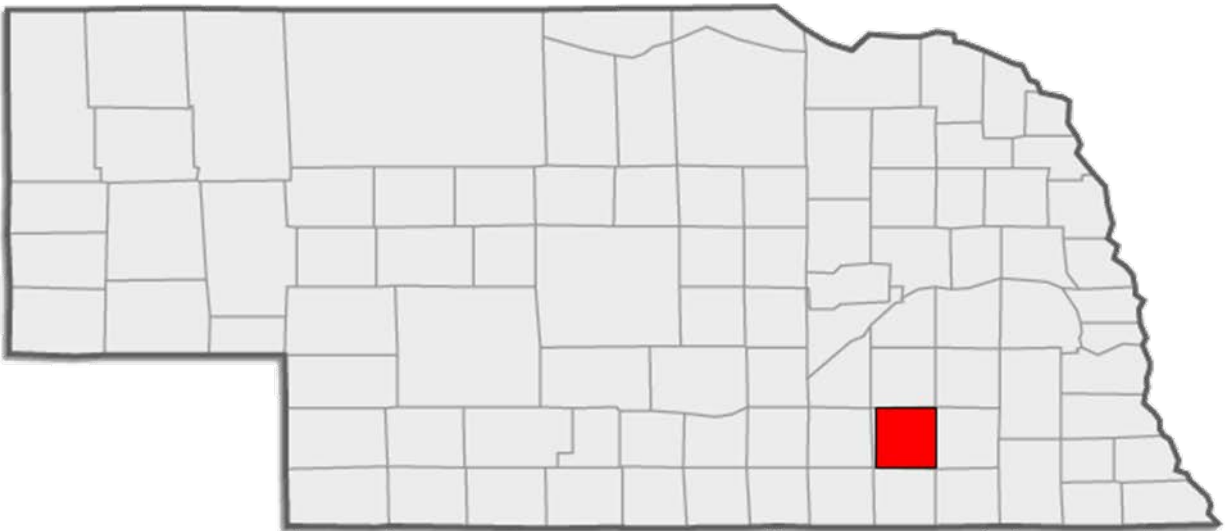


A Behavioral Risk Factor Surveillance Survey System

Findings for Fillmore County Nebraska



November 2011
(survey completed in 2010)

**Public
Health**

Solutions

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This project was funded by Public Health Solutions District Health Department and conducted in cooperation with the Nebraska Department of Health and Human Services Division of Public Health, Office of Statistics, Behavioral Risk Factor Surveillance System Program.

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INTRODUCTION

Since the 1980's, the State of Nebraska has conducted the CDC Behavioral Risk Factor Surveillance System (BRFSS) at the statewide level to better understand health problems and risk behaviors among adults in the state. The BRFSS is a telephone survey of adults aged 18 and older that includes questions related to a variety of health issues of state and national concerns. While this system provides valuable statewide information, the sample size was not sufficient to provide meaningful data regarding health problems and behaviors for counties or multicounty regions of the state.

With the establishment of the system of local health departments in 2002, the need for county and regional data became apparent. In 2007, the Nebraska BRFSS sample was drawn to allow the collection of data for all 20 public health department regions in the state. Though this more targeted collection was indeed valuable, each county within the Public Health Solutions District Health Department (PHS) service area is unique in composition and needs, so in the interest of the general public and in support of local leadership as they focus on county level planning, PHS began contracting for a special 'over-sampling' of each county in the district – one county per year. Fillmore County was over-sampled in 2010 to provide this more locally relevant data.

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Executive Summary

Purpose

The purpose of this report is to provide a brief summary of 2010 Behavioral Risk Factor Surveillance System (BRFSS) results for Fillmore County. In addition to the standard BRFSS format, special questions were added to address local concerns, some of which were raised in previously completed community health assessment projects. The results of this survey will be used to help identify or confirm health concerns and disparities, and support the development and implementation of strategies that can successfully address them.

Background

The BRFSS is a telephone survey of adults aged 18 and older which asks questions about a variety of health topics that are important for public health in Nebraska. Since the 1980's, Nebraska has conducted the BRFSS at the statewide level to gain a better understanding of the health problems and risk behaviors among adults. This system provides valuable information at the state level, but sample sizes at the local health department (LHD) level were insufficient in the past to provide useful data for many of the smaller rural health departments. In order to make the results more meaningful, each department began contracting to increase the sample at the local health department level. In 2007, Public Health Solutions District Health Department initiated a county-by-county BRFSS plan to gather more precise information about health and risk behaviors in each unique county we serve. The plan allows for one county to be oversampled each year from 2007 through 2012 – Fillmore County was selected for oversampling in 2010.

Health disparities exist when there is unequal disease, death and/or access to health care among populations based on certain demographic characteristics: race, gender, income, geographic location, and/or age. Eliminating these health disparities is a key goal of Nebraska Healthy People 2010, and a difficult one to achieve. There were not enough minority respondents to allow for analysis and comparison of their responses to other ethnic groups, but the percentage of total respondents who were of non-white racial origins was similar to demographics in the general population as of the 2000 Census. Of the Fillmore County respondents to the 2010 oversample, 1.1% was non-white (1.4% after statistical weighting). The minority population in Fillmore County in 2010 was 3.2% of the total population, the largest minority population being of Hispanic origins (3.0% of the county population). These numbers are nearly identical to those reported in 2000, but represent an increase from the 1990 Census when just 1.16% of the total Fillmore County population was an ethnic minority. Other demographics relating to vulnerability were also collected, including age, work status, income, and whether or not the respondent has health insurance. Again, responses within each demographic were not sufficient to allow for in-depth analysis or comparisons.

Methods

As part of the statewide BRFSS survey, telephone interviews were conducted with 560 randomly selected non-institutionalized adults aged 18 and older living throughout the PHS district. PHS directed an additional “oversample” in one county per year to gain even more locally relevant insight into health issues facing our area, so in 2010 an additional 411 residents of Fillmore County were interviewed.

Data Collection and Editing. Telephone interviews tend to oversample people in certain age and gender demographics, so the responses were weighted to reduce the effect of these biases. Age-adjustment was used for most prevalence estimates in this report. This report includes only the weighted responses. Calculations based on very small sample sizes are not considered to be reliable, so percentages were not calculated for subgroups of the population when their sample size was less than 50. Responses of “Don’t know/Not sure” and “Refused” were removed from the denominators when calculating percentages in this report. District and state comparisons, where available, are from the 2007 BRFSS survey completed across the state of Nebraska and collated by health district.

Study Limitations. The sample sizes for this survey were far too small to conduct meaningful analyses using certain statistical tools. Although formal statistical significance testing is not used in this report, findings are still useful in identifying differences and potential “problem” areas.

Major Areas of Concern

Results within each survey ‘category’ were overall mixed, but when comparing county response rates against the PHS district and state as well as state and national health goals, certain indicators stood out:

- Healthy Choices/Behaviors
 - physical activity
 - nutrition
 - alcohol consumption
- Health Status
 - chronic diseases (diabetes, heart disease)
 - disability
- Preventive Care
 - Immunizations
 - certain cancer screening

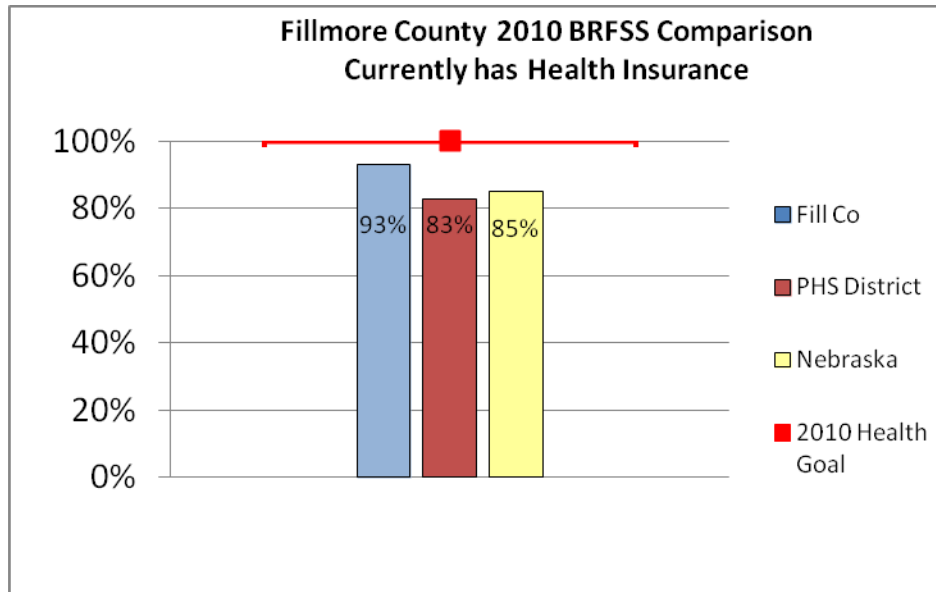
Select Findings from the Fillmore County BRFSS

*The weighted data can be found in Appendix 1, in the Table(s) indicated in *italics* below each heading.

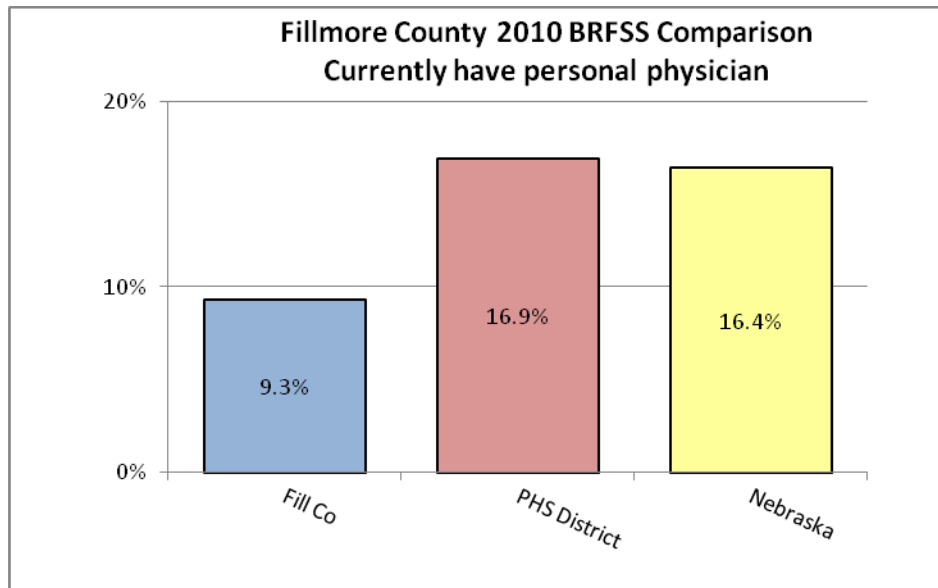
Access to Health Care

(Table 2)

- + A larger percentage of Fillmore County residents (93%) had health insurance at the time of the survey compared to district (83%) and state (85%) rates.



- + A lower percentage of Fillmore County residents (7%) reported being unable to see a doctor in the previous year due to costs compared to district (9.5%) and state (10%) rates.
- A notably lower percentage of Fillmore County residents (9.3%) reported having a personal physician compared to district (17%) and state (16.4%) residents.



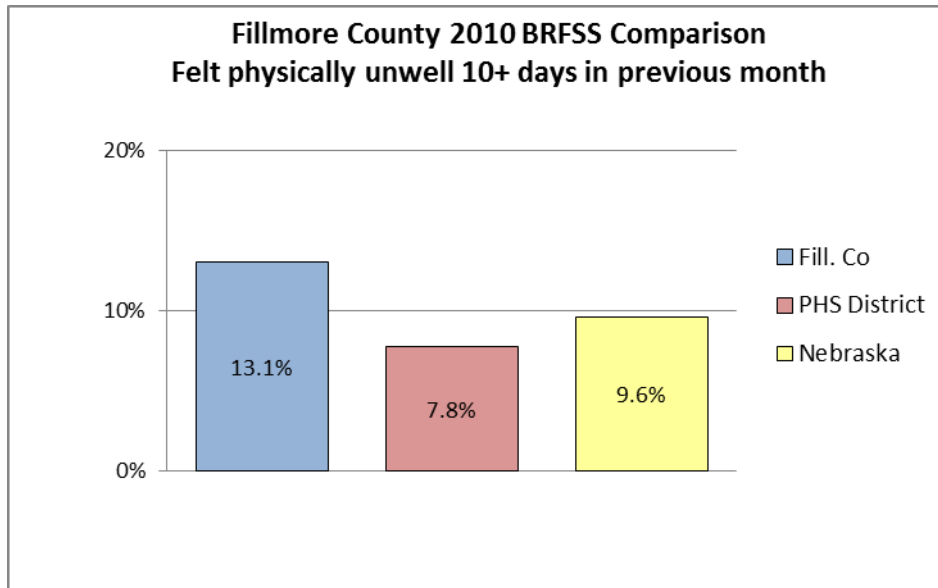
- 80% of Fillmore County residents reported having access to at least one health care professional whom they consider to be a personal physician, a lower rate than for the district (83%) and state (83.6%).
- + 65.5% county residents (65.6%) indicated they had a routine check up in the previous year, higher than the rates for PHS (60%) and Nebraska (62%).
- 67.8% of Fillmore County residents reported seeing a dentist sometime in the previous 12 months; this percentage increased to 77.5% for those seeing a dentist in the previous 24 months. The rates are similar for dental cleanings.

Health Status

(Table 3)

Residents were asked to rate their general health.

- A strong majority of Fillmore County respondents (82.8%) considered their general health “good” or “excellent” (i.e. “not at risk”), but the county rate was still lower than district (89.5%) and state (88.4%) rates.
- Nearly 30% of Fillmore County respondents reported having felt physically unwell at least 1 day during the previous month; 13% reported feeling unwell for 10 or more days of that month.



Mental Health

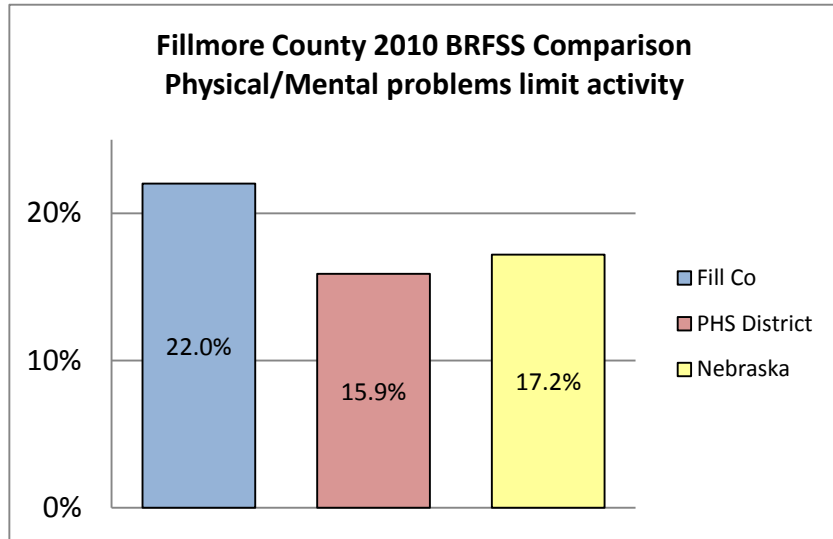
(Table 4)

- Nearly 30% of Fillmore County respondents reported feeling mentally unwell at least 1 day the previous month.
- More than 10% reported feeling unwell for 10 or more days of that month, compared to 9.4% for district respondents and 9.6% for respondents to the statewide survey.
- 61% of survey respondents indicated not enough rest 10 or more days of the previous month.
- 47% of respondents reported having served in combat or a war zone. Of those who served in that capacity, 7.14% reported suffering a traumatic brain injury.
- Of those who served in combat or a war zone, 15.8% had been told they had anxiety or depression based on symptoms presented.
- Just under 10% of residents with this service history reported receiving mental health treatment in the previous month, most of whom were treated at a facility other than the VA.

Disability and Quality of Life

(Table 5)

- + The vast majority of Fillmore County respondents reported they were either “very satisfied” (46.8%) or “satisfied” (50.3%) with their lives.
- 22% of respondents reported that physical or mental problems limited their activity, notably higher than both district and state rates.

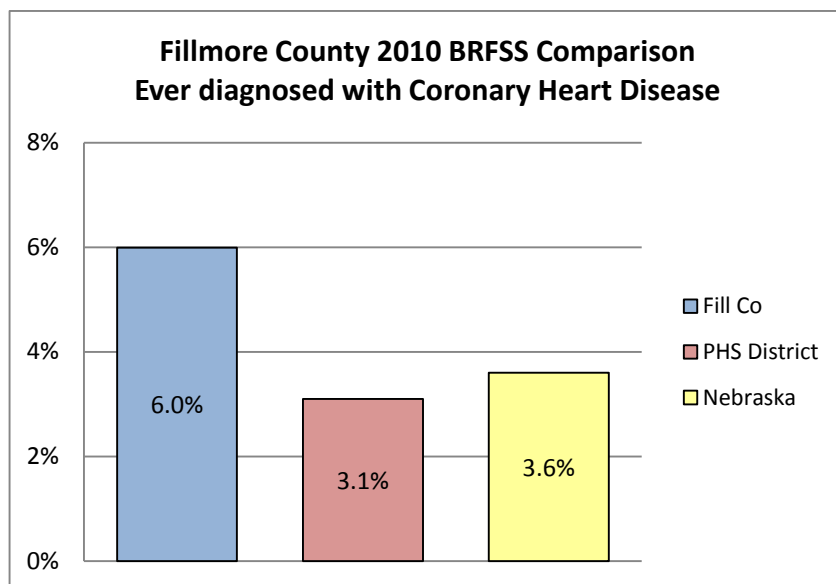


- 9% of Fillmore County adults said they currently have any health problems requiring them to use special equipment, higher than the district-wide (6%) and state rates (5.9%).
- + 81.7% of Fillmore County adults stated that they “always” or “usually” get the social and emotional support they need.

Cardiovascular Disease

(Table 6)

- 6.0% of Fillmore County adults said they had ever been told by a health professional that they have coronary heart disease, twice the PHS rate (3.1%) and higher than the rate for Nebraska (3.6%).



- Among Fillmore County adults, 6.9% stated they had ever been told they had a heart attack, twice the district rate (3.4%) and notably higher than the state response rate (3.7%).
- 2.5% of Fillmore County adults reported ever being told they had a stroke, slightly higher than the district (2.1%) and state (2.2%) rates.

Diabetes

(Table 7)

- Among Fillmore County adults, 10.3% reported ever being told they had diabetes. In comparison, 5.6% of PHS adults and 6.7% of Nebraska adults overall were ever diagnosed with diabetes.
- Three fourths of county residents reporting a diabetes diagnosis received that diagnosis at or after age 40.
- 11% of Fillmore County diabetics report never checking their blood sugar; 71% reported checking it at least once daily.

Asthma

(Table 8)

- In Fillmore County, 11.3% of adults had ever been told they had asthma, slightly lower than district and state rates (both 11.6%).
- In Fillmore County, 7.7% of adults stated they currently have asthma, identical to the district rate and slightly lower than the state rate (8.1%).

HIV

(Table 9)

- In Fillmore County, 25.7% of adults reported having been tested for HIV at least once in their lifetime. The top 3 locations for HIV testing were: private doctor (29%), clinic (27%), and drug treatment facility (18.2%).
- 2.0% of county respondents indicated that they engage in behaviors that place them at risk of contracting HIV.

Alcohol Misuse

(Table 10)

Binge Drinking: For men, five or more drinks of alcohol (beer, wine, wine coolers, cocktails, or liquor) on an occasion, one or more times during the past 30 days. For women, four or more drinks of alcohol on an occasion, one or more times during the past 30 days.

Heavy (Chronic) Drinking: Responses of more than 2 drinks for men and more than 1 drink for women to the question, “One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?”

- One-fifth of Fillmore County adults (20.4%) reported binge drinking during the past previous 30 days. Among PHS adults, 17.9% engaged in binge drinking in the past month, as did 18.7% of Nebraska adults.
- Heavy drinking was much more common overall, with 13.6% of Fillmore County adults reporting this level of alcohol consumption in the past month, similar to the district rate (6.0%). Both county and district rates of heavy drinking are higher than the state rate (4.5%).
- + 0% of total county respondents reported driving after they “perhaps had too much to drink”.

Tobacco Use

(Table 10)

- + In Fillmore County, 16.9% of adults reported currently smoking cigarettes. This prevalence rate is similar to the PHS area rate (16.4%) and lower than the overall Nebraska smoking rate (20.2%).
- Fewer than one tenth (7.6%) of county respondents indicated that they currently use smokeless tobacco.

Overweight and Obesity

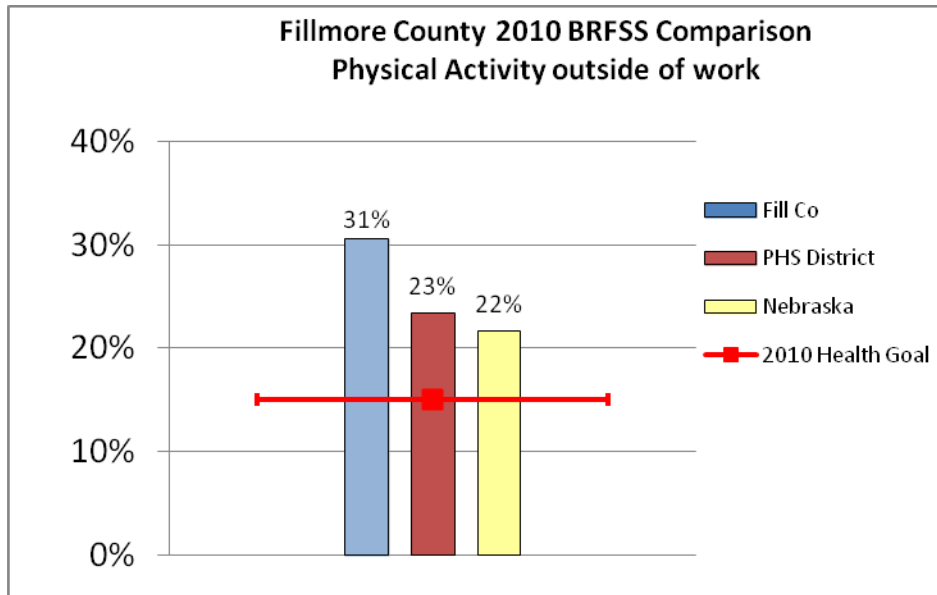
(Table 11)

- More than one-third of Fillmore County adults (35%) reported heights and weights that placed them in the “overweight but not obese” category (body mass index of between 25.0 and 29.9), slightly lower than PHS and Nebraska rates (37.6% and 37.8%).
- Obesity (BMI or 30.0 or greater) prevalence rates for the county (34.8%) were higher than the district rate (28.4%) and the Nebraska rate (26.1%).

Physical Activity

(Table 11)

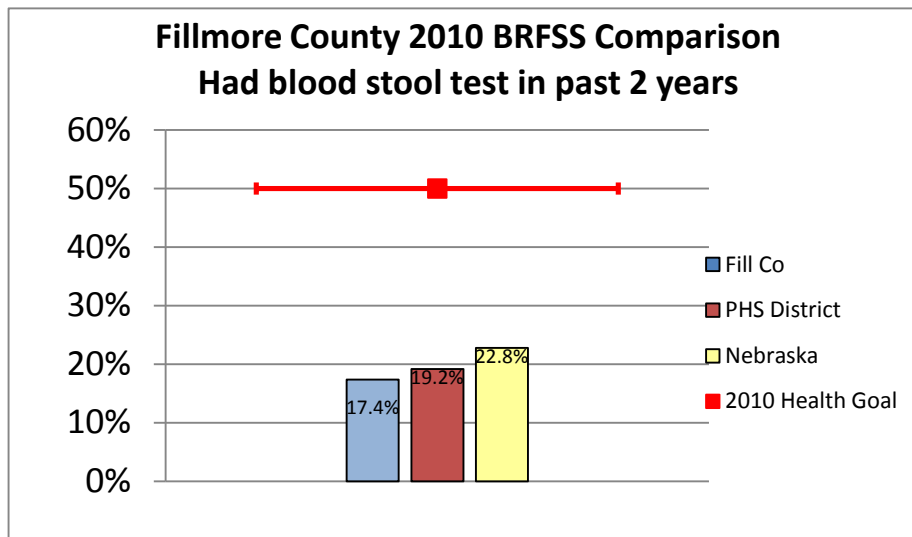
- Almost one-third of Fillmore County adults (30.5%) did **not** participate in any physical activity outside of work during the previous month, a higher percentage than the PHS area (23.4%) and the state (21.6%).



Cancer Screening

(Tables 12, 13, 14)

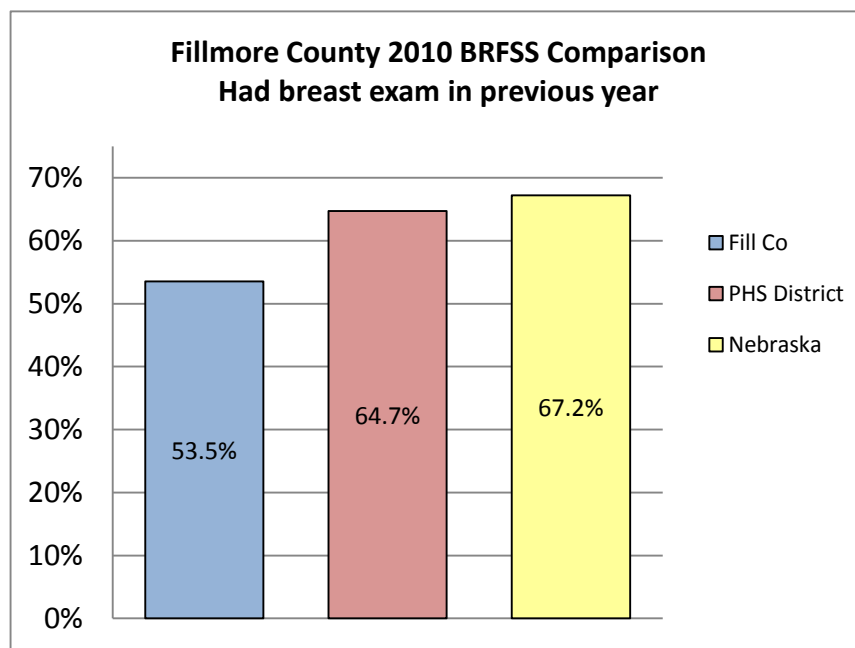
- More than 42% of Fillmore County adults aged 50 and older stated they ever had a blood stool test (also known as a fecal occult blood test or FOBT), while only 17.4% reported having had the test within the previous two years. The two-year county rate lower than both the district (19.2%) and state (22.8%) rates, and well below the Healthy People 2010 goal for Nebraska and the US.



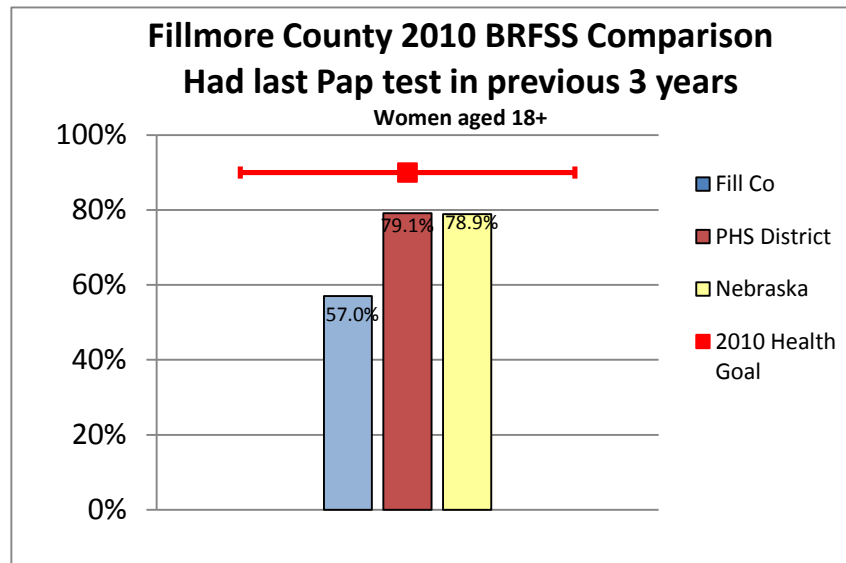
- Slightly more than half of Fillmore County residents (55%) in the appropriate age group reported ever having a sigmoidoscopy or colonoscopy to screen for cancer

or other problems. This is higher than the district rate (47.6%) and approaching notably the state rate (56.1%).

- + About one third (33.9%) of Fillmore County men aged 50 and older reported having had this colon cancer screen done in the previous 2 years, and about 94.5% reported having one done in the previous 10 years (much than district and state rates, which were 41.2 and 49.1% respectively).
- 59% of men aged 50 and older in Fillmore County stated that had a PSA Test to check for prostate cancer sometime in their lifetime. Of those who had the test, 72% reported having it within the past year.
- Three-fourths of men aged 50 and older in Fillmore County (74.9%) indicated that they had a digital rectal exam at some point in their lifetime, with nearly half of those (49.4%) reporting that the exam occurred in the past two years.
- 3.25% of Fillmore County men aged 50 and older stated they had ever been told by a health professional that they have prostate cancer.
- 71.6% of women aged 40 and older in Fillmore County stated had a mammogram at some time in their lives, while 68% of those reported having this screen in the past two years. 64.6% of women across the district in this age group reported having a mammogram within the previous 2 years, compared to 69.3% for the state rate.
- Nine out of ten women (91.9%) aged 18 and older in Fillmore County said they had at some time had a clinical breast examination (CBE).
- Rate of Fillmore County women aged 18 and older receiving a Breast exam within the previous year (53.5%) were lower than district-wide (64.7%) and state-wide rates (67.2%).



- 95.9% of women in Fillmore County stated they ever had a Pap test for cervical cancer, similar to district (95.9%) and state (95.5) rates.
- The majority of women in this county aged 18 and older (71.9%) said their last Pap test occurred within the past three years, lower than district- and state-wide rates (79.1 and 78.9% respectively). The percentage of those aged 40 and older with a Pap test in the previous 3 years was much lower, at 59%.



Injuries and Injury Prevention

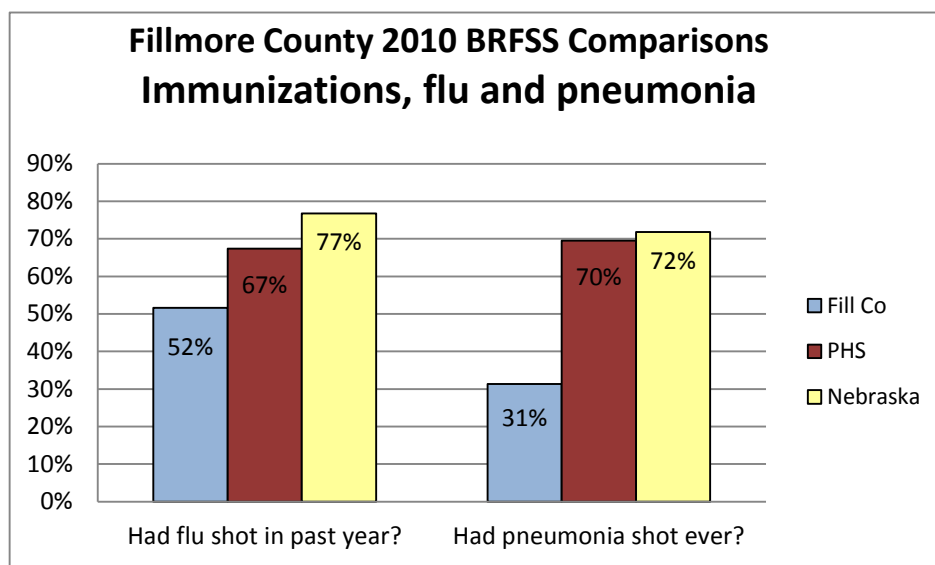
(Table 15)

- 85.15% of Fillmore County residents responding to the survey stated they always or nearly always wear seatbelts. 4.15% reported never wearing a seatbelt.
- 17.8% of county respondents stated indicated that they had fallen at least once in the previous 3 months. Of those, 24.9% reported being injured from at least one of those falls.

Immunizations

(Table 16)

- 51.7% of Fillmore County residents aged 65 and older stated they had a flu vaccine in the previous 12 months. In the PHS area, a larger percentage of residents in this age group (67.4%) had a flu shot in the last year. Among Nebraskans aged 65 and older, 76.8% reported having this vaccination.
- About one third of Fillmore County residents aged 65 and older (31.3%) reported ever having a pneumonia shot, considerably lower than what was reported for the entire PHS district (69.5%) and for Nebraska (71.8%); all three rates are well below the US and Nebraska Healthy People 2010 goal of 90%.



Long Term Care-giving

(Table 17)

- 15.3% of respondents provide long-term care to someone; of those, 80% were caring for someone aged 65 or older.
- 85% of those caring for someone reported that the person receiving care is a family member, most commonly a parent (36.8%) or grandparent (20.8%).
- 58% reported being responsible for providing daily care for that person throughout the year.
- The top 3 areas of assistance being provided were: personal care (29.5%), home care (22.9%), and transportation assistance (18.4%).
- The most commonly reported difficulty for the care-giver was that it creates stress (26%).

Emergency Preparedness

(Table 18)

- While 31% of respondents reported being well prepared for an emergency situation, only 15% reported having a disaster evacuation plan, and less than 52% reported having 3 days of water on hand
- + The vast majority of residents reported having 3 days of food on hand (90%), 3 days of prescription medications (93%), a working radio with batteries (81%), and a working flashlight with batteries (97%).
- 91% reported that they would comply with mandatory evacuation orders if given. The top 5 reasons for not complying with such orders are

other” (64%), leaving pets (8%), leaving property (6%), lack of trust in the order (5%), and lack of transportation (4%).

- The primary methods of communication reported were cell phone (70%), telephone (18%), and “other” (10%).
- The primary methods of accessing information are “other” (38%), radio (35.6%), and TV (17%).

Conclusions and Recommendations

Responses to the Fillmore County Behavioral Risk Factor Surveillance Survey support the outcomes of earlier community-driven efforts to identify priority local health problems, which included:

Sedentary Lifestyle/Nutrition – Survey responses indicate that Fillmore County residents are indeed more sedentary, and suffer related ailments at a greater rate (diabetes, myocardial infarction, coronary heart disease, and stroke) than the district and state averages. Though a district/state comparison was not available, fully 62% of county residents consume fewer than 2 vegetables per day. Based on survey responses, Fillmore County residents also have a greater incidence of obesity compared to the rest of the district and state.

Cancer – Survey responses suggest that rates of several types of cancer screening were significantly lower for Fillmore County residents than the district and state rates.

Behavioral Health – Though no regional comparisons were possible with this survey in the areas of behavioral health, there were some areas of concern under this category. 1 in 10 respondents reporting that they had 10 or more ‘bad mental health’ days in the previous month, and response rates in this category are even more concerning among the sizable combat service population.

“Cost of Care” has also been cited as a concern of residents in past county health assessment efforts, though survey responses suggest that the cost of health care has not been a significant deterrent to seeking care compared to the rest of the district and state. Other indicators of Access to Care were actually more favorable for Fillmore County residents compared to the district and state, such as percentage of residents with health insurance coverage, percentage who have a personal physician, and percentage that have had a recent routine check-up.

It is vital that PHS and other community health partners continue to focus on implementation of programs and services that align with the goals, objectives and strategies developed under the 2007 MAPP assessment project, especially in the areas of health lifestyle choices, improving cancer detection and treatment, and addressing the daunting category of behavioral health, especially among military service veterans with combat or war zone experience. The complete health improvement plan containing

these strategies is available at the following web address (or upon request for hard copy):

http://www.phsneb.org/health_planning/MAPPforaHealthyFuture.html

The plan should be revisited and updated to address new concerns raised and supported by the data included in this survey.

As described in the Executive Summary above, vulnerable populations (including but not limited to low-income residents, children, the elderly, racial minorities, and veterans with combat experience) often experience health disparities that only add to their daily and oftentimes lifelong struggle. Due to small population size, response rate comparisons and subsequent analysis were not possible to identify trends among vulnerable populations in Fillmore County. However, PHS will continue to work towards equitable access to health care, and to the information and resources residents need to be healthy.

Appendix 1 – Data Tables

Table 1
Demographics
Fillmore County Adults (2010 BRFSS, weighted)

		Fillmore County (%)
Age	18 – 24	8.00
	25 – 34	11.70
	35 – 44	13.40
	45 – 54	19.80
	55 – 64	18.35
	65+	28.73
	Gender	Male
Female		51.02
Race/Ethnicity	White, Non-Hispanic	96.27
	Not white, Non-Hispanic	1.44
	Hispanic	2.29
Income (annual)	< \$15,000	5.5
	\$15,000 - \$24,999	20.03
	\$25,000 - \$49,999	35.0
	\$50,000+	39.47
Work status	Employed	46.53
	Self Employed	15.42
	No work > 1 year	0.94
	No work < 1 year	3.08
	Homemaker	6.12
	Student	4.07
	Retired	20.75
	Unable to Work	3.08
Education	< High School	3.54
	High School / GED	39.48
	Some College	36.61
	College Graduate	20.37
Children <18 in household		34.6
Marital status	Married	60.82
	Divorced	6.73
	Widowed	14.38
	Separated	1.88
	Never married	13.03
	Unmarried couple	3.16

Table 2
Access to Health Care
Fillmore County Adults (2010 BRFSS, weighted)

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Currently has NO health insurance (aged 18-64)	6.83	17.1	15.0
Does NOT have at least one personal doctor or health care provider (aged 18+)	9.33	16.9	16.4
Could NOT see a physician due to cost at least once in previous year (aged 18+)	7.06	9.5	10.0
Last routine checkup (aged 18+):		60.0	62.0
Past Year	65.58		
1-2 Years	13.5		
2-5 Years	11.45		
5+ Years	8.97		
Never	0.5		
Last visited dentist (aged 18+):			
Previous year	67.84		
1+ to 2 years	9.61		
2+ to 5 years	10.77		
5+ years	11.78		
Last dental cleaning (aged 18+):			
Previous year	67.18		
1+ to 2 years	13.02		
2+ to 5 years	9.54		
5+ years	9.54		
Never	0.71		

Table 3
Health Status
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Self-reported health status			
Good to Excellent	82.78	89.5	88.4
Fair or poor	17.22		
# of days physically not well in previous month			
None	69.89		
1-9 days	17.01		
10+ days	13.1	7.8	9.6

Table 4
Mental Health
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
# of days mentally not well in previous month			
None			
1-9 days	70.53		
10+ days	19.43		
	10.04	9.4	9.6
# of days with not enough rest in previous month:			
None	38.86		
1-9 days	30.43		
10+ days	30.71		
Served in combat or a war zone	47.99		
Of those who served in combat/war			
Ever suffered a traumatic brain injury	7.14		
Ever diagnosed with anxiety or depression	15.81		
Received mental health treatment in previous month:			
At VA	1.09		
At non-VA	6.33		
At both	1.73		
No	90.85		
Felt suicidal in previous year	0.0		
Attempted suicide in previous year	0.0		

Table 5
Disability and Quality of Life
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Physical or mental problems limited activity	22.03	15.9	17.2
Has health problems requiring the use of special equipment	9.07	6.0	5.9
Gets needed social/emotional support:			
Always	52.7		
Usually	29.02		
Sometimes	8.21		
Rarely	3.86		
Never	6.21		
How satisfied with life			
Very satisfied	46.78		
Satisfied	50.29		
Dissatisfied	1.46		
Very dissatisfied	1.47		

**Table 6
Cardiovascular Disease
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)**

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Ever told by health professional you had a myocardial infarction	6.87	3.4	3.7
Ever told by health professional you had coronary heart disease	5.99	3.1	3.6
Ever told by health professional that you had a stroke	2.52	2.1	2.2

**Table 7
Diabetes
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)**

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Ever told by health professional you had diabetes			
Yes	4.26	5.6	6.7
No	95.35		
During pregnancy	0.39		
Age when you were told you have diabetes (years)			
Under 20	2.51		
20-45	23.48		
45-64	51.5		
65-74	9.81		
75-84	12.7		
Currently taking insulin?	27.62		
Times check blood sugar per week			
Never	11.06		
< 1 / wk	7.07		
1-4 / wk	10.37		
5-9 / wk	37.03		
10+	34.46		
Times check feet for sores in previous year			
1	28.95		
2	16.13		
3	5.04		
4	10.5		
5-9	4.8		
10+	34.59		
Times in past year seen doctor for diabetes			
1 – 2	29.43		

3 – 4	34.05		
5 – 9	12.18		
10+	24.35		
Times in past year had A1C			
Once	14.67		
At least twice	70.15		
Zero	4.79		
Never heard of	10.4		
Ever told by health care professional you have retinopathy	12.24		

**Table 8
Asthma
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)**

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Ever told by health professional you have asthma	11.32	11.6	11.6
Currently have asthma	7.68	7.7	8.1

**Table 9
HIV
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)**

	Fillmore County (%)
Ever tested for HIV	
Yes, total	22.82
Yes, rapid test (2 hours)	4.5
Location of last HIV test	
Private doctor	29.32
Counseling	0.41
Hospital	9.15
Clinic	26.88
Prison	0.3
Other	10.06
Drug treatment facility	18.17
Unknown	4.05
Engaged in high HIV-risk behavior	1.98

**Table 10
Alcohol and Tobacco Use
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)**

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Engaged in binge drinking at least one during previous month	20.44	17.9	18.7
Engaged in heavy drinking over previous month (60+ drinks for males, 30+ drinks for females)	13.64	6.0	4.5

Driven when perhaps had too much to drink	0.00		
Currently smoke	16.87	16.4	20.2
Quit for at least 1 day in previous month	51.97		
Currently use smokeless tobacco			
Every day	4.94		
Some days	2.64		
Not at all	92.42		

Table 11
Overweight and Physical Activity
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Current body mass index			
< 25	30.19		
25-29 (overweight)	35.01	37.6	37.8
30+ (obese)	34.79	28.4	26.1
No physical activity outside of work	30.53	23.4	21.6

Table 12
Cancer Screening, Cervical and Breast
Fillmore County Adults (2010 BRFSS, weighted, aged 18+)

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Ever had a PAP test	95.86	95.9	95.5
Last had a PAP test			
< 3 years	56.98	79.1	78.9
3+ years	43.02		
Ever had a clinical breast exam	91.86		
Last had a clinical breast exam			
Previous year	53.54	64.7	67.2
Previous 2 years	16.72		
Previous 3 years	9.97		
Previous 5 years	8.14		
Previous 5+ years	11.64		
Ever had a mammogram (aged 40+)	71.59		
Last had a mammogram (aged 40+)			
Previous 2 years	68.42	64.6	69.3
2+ years	31.58		

Table 13
Cancer Screening, Prostate
Fillmore County Adults (2010 BRFSS, weighted)

	Fillmore County (%) (aged 50+)
Ever had a PSA test	59.08
Last time had PSA test	
Previous year	71.6
Previous 2 years	16.06
Previous 3 years	5.8
Previous 5 years	3.64
Previous 5+ years	2.9
Ever had a digital rectal exam	74.93
Last time had a digital rectal exam	
Previous year	30.58
Previous 2 years	18.79
Previous 3 years	10.02
Previous 5 years	18.03
Previous 5+ years	22.58
Ever told by physician you have prostate cancer	3.25

**Table 14
Cancer Screening, Colon
Fillmore County Adults, aged 50+ (2010 BRFSS, weighted)**

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Ever had a fecal occult blood test	42.44		
Last had a fecal occult blood test			
Previous year	9.0		
1+ to 2 years	8.4		
(cumulative, ever in prev. 2 years)	(17.40)	19.2	22.8
2+ to 3 years	5.99		
3+ to 5 years	6.16		
5+ years	11.88		
Never	57.56		
Ever had a sigmoidoscopy or colonoscopy			
Either	55.35	47.6	56.1
Sigmoidoscopy (% of those who had either)	6.72		
Colonoscopy (% of those who had either)	93.28		
Last sigmoidoscopy or colonoscopy in:			
Previous year	9.39		
1+ to 2 years	9.36		
2+ to 3 years	11.68		
3+ to 5 years	12.95		
5+ to 10 years	8.93		
(cumulative, ever in past 10 years)	(52.31)	41.2	49.1
10+ years	3.04		
Never	44.65		

**Table 15
Injuries, Injury Prevention
Fillmore County Adults, aged 18+ (2010 BRFSS, weighted)**

	Fillmore County (%)
How often do you use seatbelts	
Always	54.2
Nearly always	30.95
Sometimes	7.21
Seldom	3.42
Never	4.15
No car	0.08
Number of times fallen in previous 3 months	
0	82.19
1 – 5	17.13
6 – 9	0.13
10 – 19	0.44
20 – 29	0.11

**Table 16
Immunizations
Fillmore County Adults, aged 65+ (2010 BRFSS, weighted)**

	Fillmore County (%)	Public Health Solutions (%)	Nebraska (%)
Had a flu shot in previous year	51.66	67.4	76.8
Had flu nasal spray vaccination in previous year	0.95		
Ever had a pneumonia shot	31.31	69.5	71.8

**Table 17
Long Term Care
Fillmore County Adults, (2010 BRFSS, weighted)**

	Fillmore County (%)
Provided long term care	15.3
Age of person receiving long term care	
0-17	5.23
18-24	1.1
25-34	3.43
35-44	0.72
45-54	2.3
55-64	6.67
65-74	21.09
75-84	22.24
85+	36.86
Gender of person receiving long term care	
Male	39.93
Female	60.08
How related to person receiving long term care	
Parent	36.75
Parent-in-law	3.77
Child	9.76
Spouse	6.29
Sibling	4.04
Grandparent	20.82

Grandchild	0.25
Other relative	3.3
Non-relative	15.02
# days per year provided long term care	
1 to 30	25.88
31 to 90	5.92
91 to 120	2.24
181 to 210	6.31
241 to 270	0.57
301 to 364	0.8
Everyday	58.27
What is the long term care health problem	
Arthritis	11.99
Cancer	16.24
Diabetes	4.19
Heart Disease	11.09
Lung Disease	2.41
Parkinsons	4.04
Stroke	1.57
Eye/Vision	1.07
Hearing	0.27
MS	0.53
TBI	3.78
Alzheimers	8.24
Other birth defect	5.57
Anxiety	0.39
Depression	1.41
Other	27.21
Hours per week provide long term care	
1 to 24	88.17
25 to 49	2.13
50 to 74	5.29
75 to 99	3.68
151 to 167	0.44
All the time	0.29
Greatest difficulty giving long term care	
Financial burden	0.85
Time for self	4.03
Time for family	4.23
Effects work	1.95
Creates stress	26.36
Own health problems	1.83
Family relationships	1.48
Other	12.73
No difficulty	46.55
Change observed in remembering of long term care patient	57.75

**Table 18
Emergency Preparedness
Fillmore County Adults, (2010 BRFSS, weighted)**

	Fillmore County (%)
Household prepared for major disaster	

	Well	31.01
	Somewhat	58.04
	Not at all	10.94
Household has disaster plan		15.67
Household has 3-day supply of:		
	Water	51.65
	Food	90.3
	Prescription medication	98.91
Household has		
	Radio, working batteries	80.64
	Flashlight, working batteries	97.14
Would leave if mandatory evacuation required		91.18
Reasons to refuse evacuation if ordered		
	No transportation	4.18
	Lack of trust	5.07
	Leaving property	5.98
	Personal safety	0.94
	Family safety	3.55
	Leaving pets	8.25
	Traffic	3.87
	Health	3.37
	Other	64.79
Main communication method		
	Telephone	18.06
	Cell phone	70.12
	E-mail	0.19
	2-way radio	1.22
	Other	10.41
Main method of getting information		
	TV	17.0
	Radio	35.62
	Internet	4.97
	Print media	0.39
	Neighbors	4.04
	Other	37.98