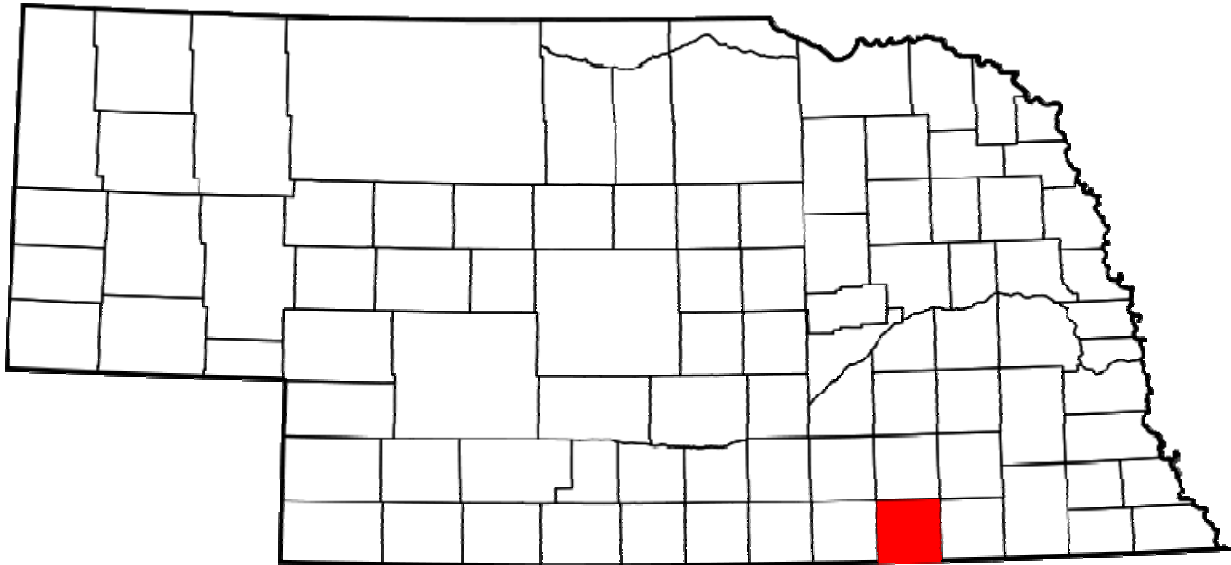


# A Behavioral Risk Factor Surveillance Survey System

## Findings for Thayer County Nebraska



November 2013  
(Survey completed in 2011)



**Public Health**  
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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 is 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. Thayer county was over-sampled in 2011 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 2011 Behavioral Risk Factor Surveillance System (BRFSS) results for Thayer 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 – Thayer County was selected for oversampling in 2011.

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 2020, 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 Thayer County respondents to the 2011 oversample, 3.86% were non-white after statistical weighting. The largest minority population in Thayer County in 2011 was of Hispanic origin (2.38% of the county population). These numbers are nearly identical to those reported in 2000, but represent an increase from the 1990 Census. 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 2011 an additional 740 residents of Thayer 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.

**Comparative Data.** All comparative data was gathered and taken from the DHHS Health Assessment Report, Community Health Needs Assessment (CHNA), or Network of Care online data. If the data reported was not from the same year as the survey (2011), then the year was indicated. A reference for where the data was taken can be found below any specific data table in the appendix.

### **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
  - nutrition
  - physical activity
  - alcohol consumption
  - wearing seatbelts
- Health Status
  - chronic diseases (diabetes & heart disease)
  - disability
  - mental health
- Preventive Care
  - Immunizations
  - certain cancer screening

## Select Findings from the Thayer County BRFSS

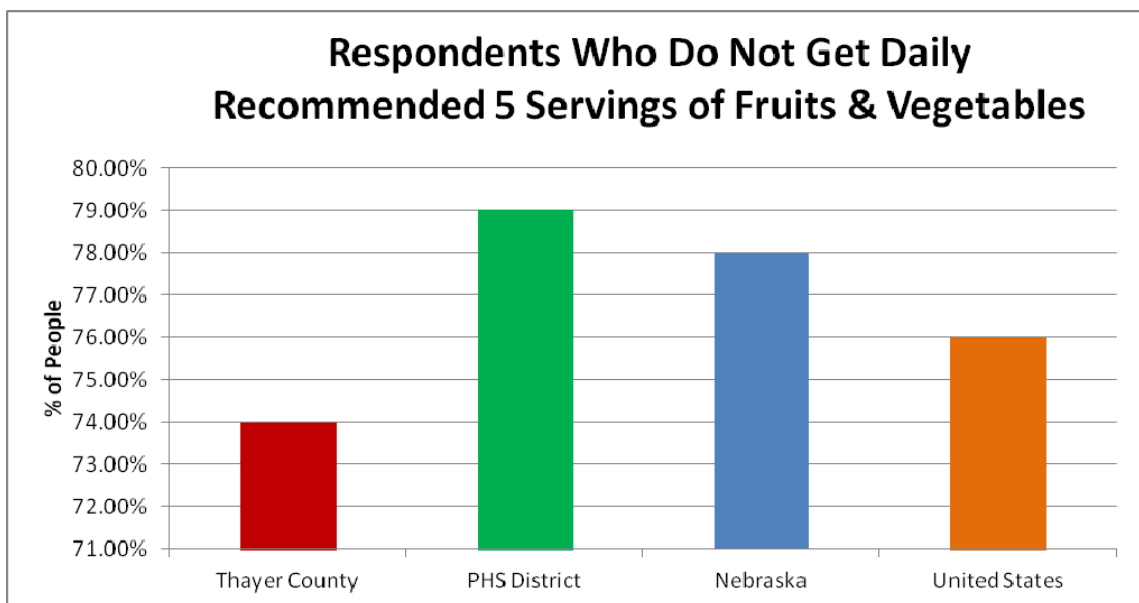
\*The weighted data can be found in Appendix 1, in the Table(s) indicated in *italics* below each heading.

### Healthy Choices/Behaviors

#### **Fruits & Vegetables**

(Table 6)

- (74%) of Thayer County respondents, (78%) of Nebraskans, and (76%) of United States citizens get less than the recommended 5 servings of fruits & vegetables per day.



- (4%) of people in Thayer county eat less than one serving of fruits and vegetables a day

#### **Exercise**

(Table 7 – 16)

- Thayer County adults (30%) had a bmi greater than 25, (37%) had a bmi between 25 and 29, and (33%) had a bmi above 30.
- In the United States, the average adult man has a BMI of 26.6 and the average adult woman has a BMI of 26.5.
- Nebraska residents have an average bmi of 26.42.
- (63.14%) of Thayer County respondents reported participating in physical activity outside of work. In Nebraska the average is (75.24%).
- Walking (65.76%) was the highest exercise activity in Thayer County.
- (34%) of Thayer County respondents exercise 2 or less times a week

- (61%) of Thayer County respondents were advised to exercise by a doctor.

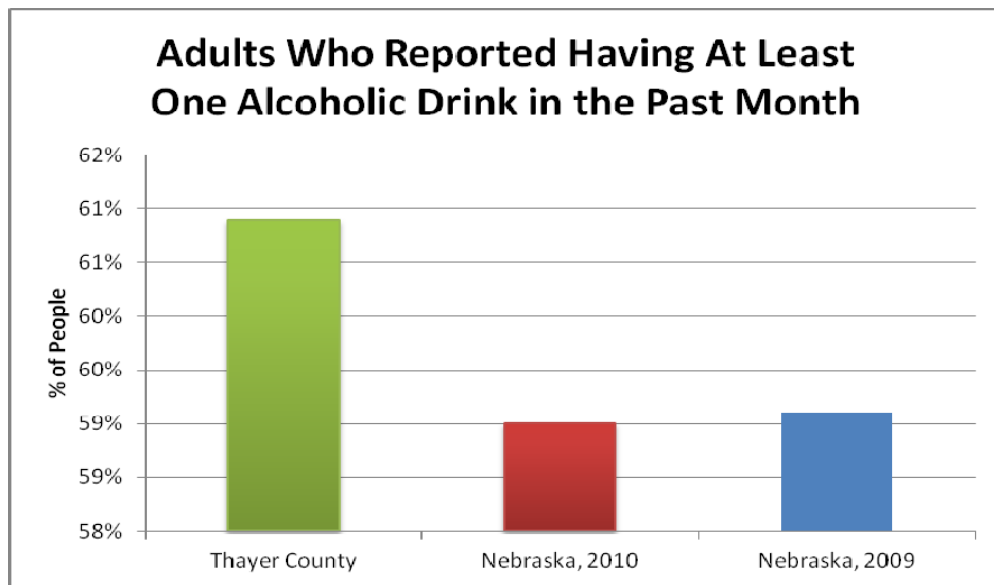
**Alcohol**

(Table 32 – 38)

*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.

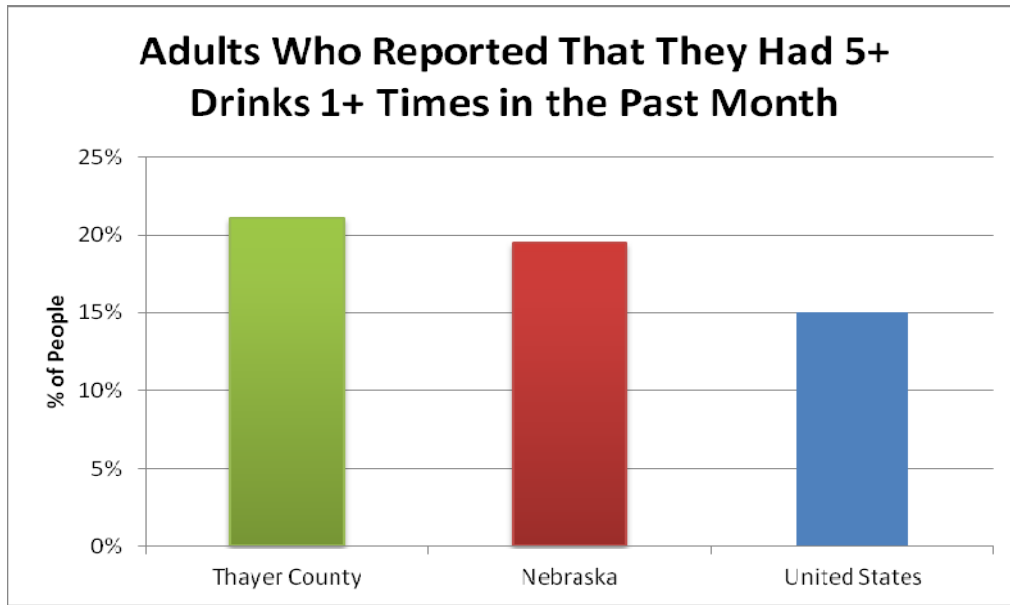
*Heavy (Chronic) Drinking:* Responses of more than 2 drinks for men and more than 1 drink for women to the question, “One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did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

- In Thayer (60.89%) of respondents have had at least one alcoholic drink in the past month and in Nebraska (59.0%, Nebraska 2010 & 59.1%, Nebraska 2009).



- (21.14%) of Thayer County respondents reported that they had 5+ drinks 1+ times in the past month, which is more than the Nebraska average (19.5%) and national average (15.02%) for this statistic.



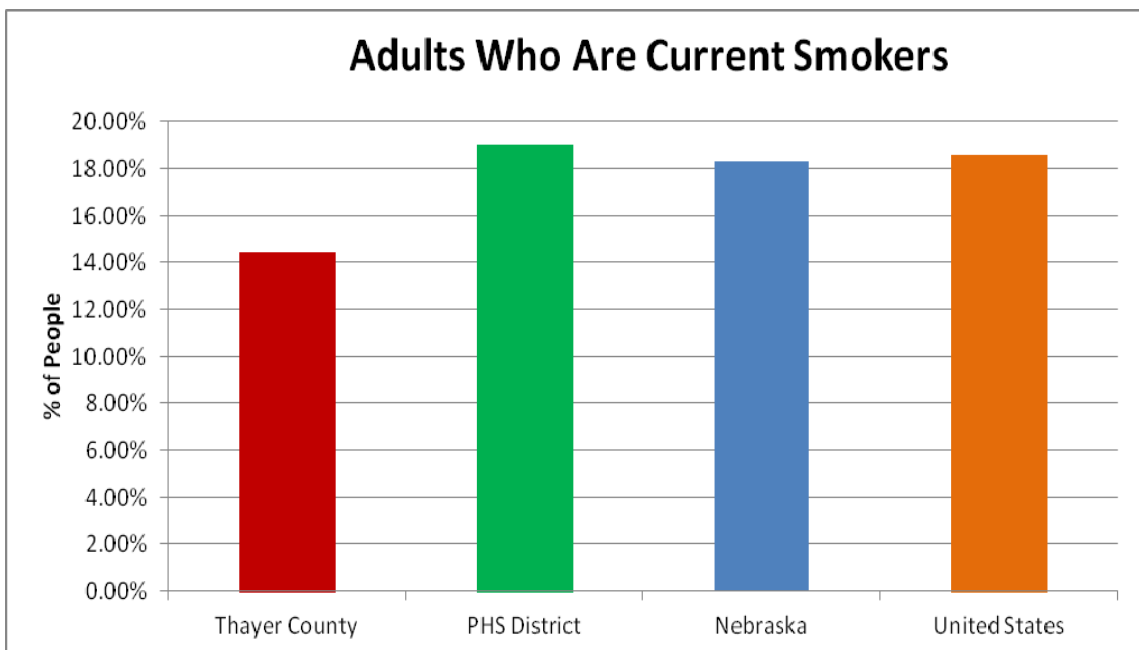


- (2.53%) of respondents had (60+) male or (30+) female in the past month.
- (17.87%) of people live with someone who drinks, (8.15%) of people live with someone who does drugs, and (4.46%) of people live with an ex-con.

### **Cigarette Smoking**

(Table 20 – 23)

- In Thayer County, (14.39%) of adults are current smokers, slightly lower than district and state rates (both 18.30%) and national rates (18.56).

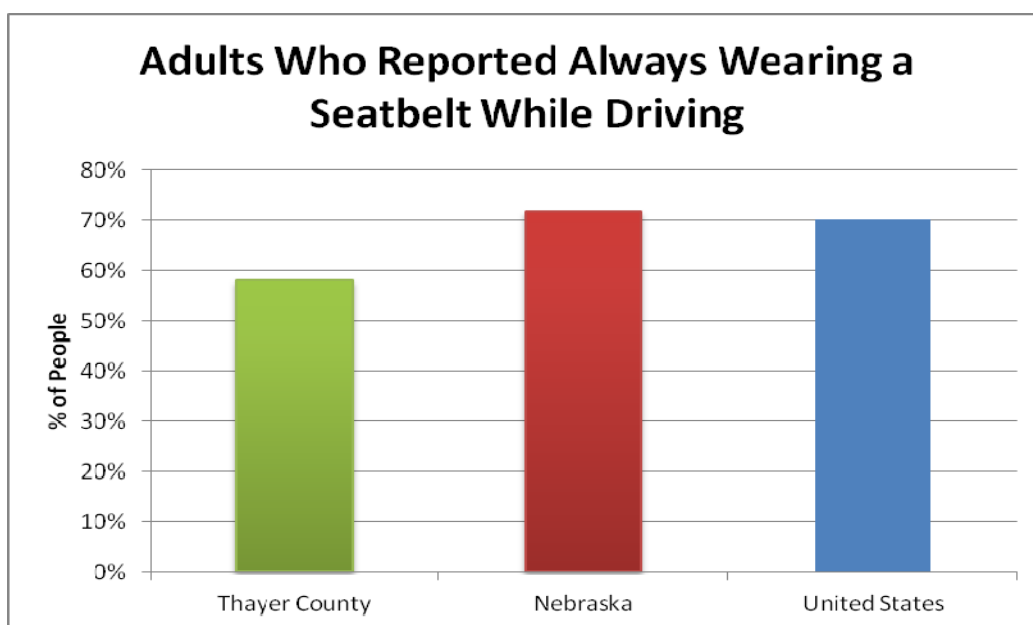


- In Thayer County, (60.45%) of adults stated they have quit for 1+ days in the past year.
- (96.56%) of Thayer County respondents do not currently use smokeless tobacco, which is better than state (94.7%) and national (95.3%) averages.

**Seatbelts**

*(Table 24)*

- In Thayer County, (58.08%) of adults reported always wearing a seatbelts which is well below the state average (71.8%, 2010 & 70.2%, 2008).



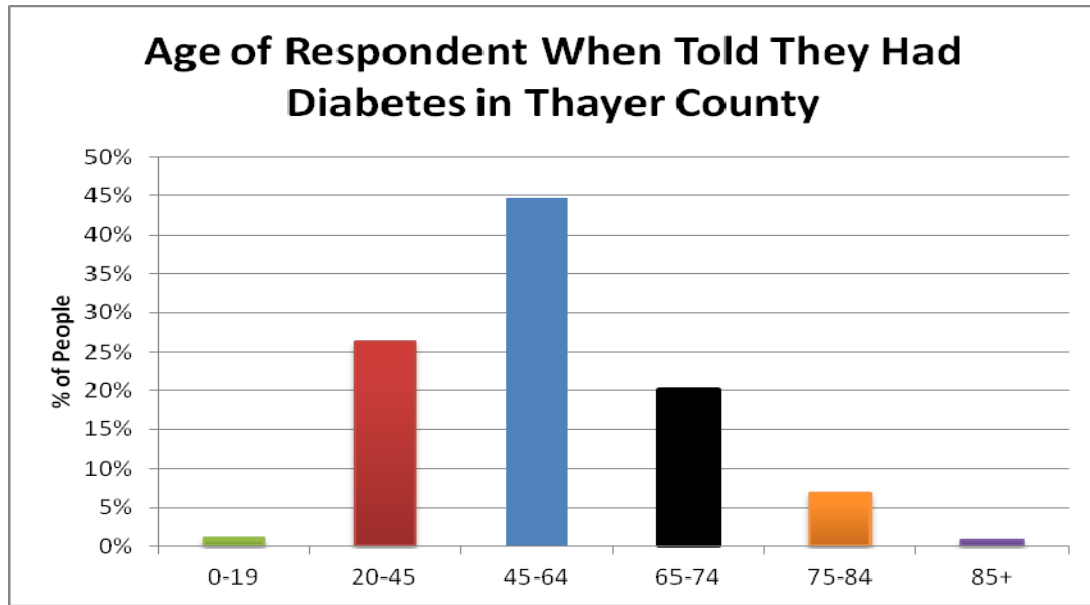
- Those respondents that never wear a seatbelt in Thayer County (4.12%) are above the state average (2.0%, 2010 & 2.5%, 2008).

**Health Status**

**Diabetes**

*(Table 44 – 51)*

- (5.17%) of Thayer respondents have been told they are borderline or prediabetic.
- The highest age range when they were told they have diabetes was 45 – 64 (44.66%) followed by 20 – 45 (26.4%).



- (20.9%) of those that participated in the survey are now taking insulin.
- More than half of those are checking their feet daily for sores
- (64.78%) of Thayer County respondents have taken a diabetes related class.

### **Blood Pressure**

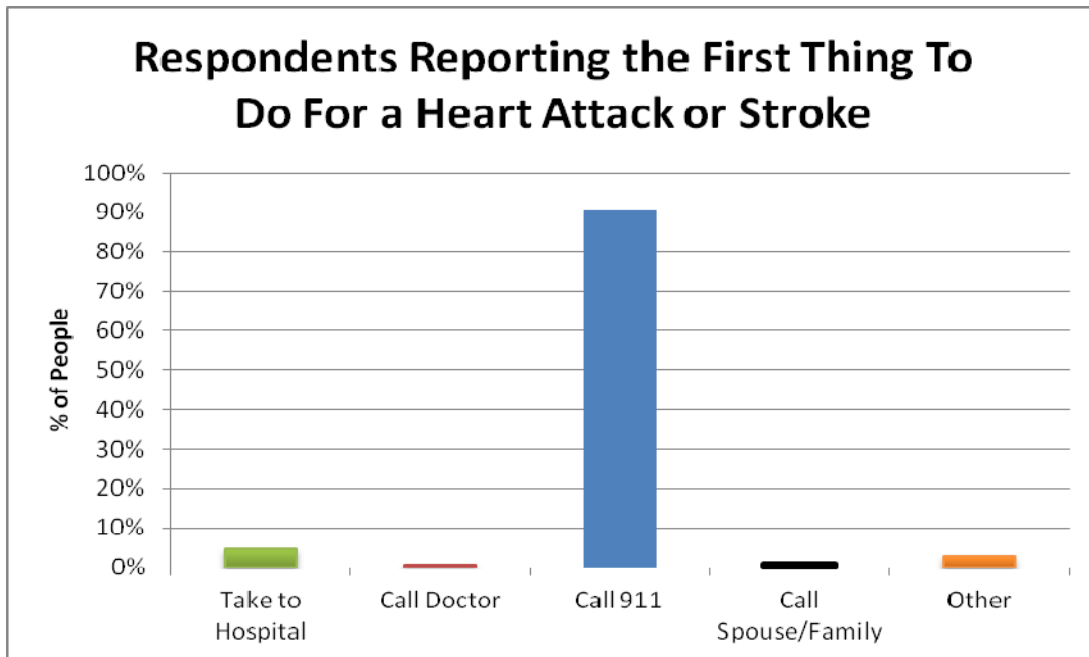
*(Table 59 – 64)*

- (35.82%) of Thayer respondents report that a health professional has told them they have high blood pressure.
- Thayer County residents control high blood pressure with eating habits (65.38%), with reducing salt intake (76.57%), reducing alcohol (29.74%), and with exercise (63.74%).
- (76.22%) of respondents have been told two or more times they have high blood pressure.

### **Heart Attack & Stroke**

*(Table 68 – 80)*

- Heart attack symptoms included: jaw pain, neck pain, or back pain (71.08%), lightheadness and fainting (75.96%), chest pain (96.46%), lose vision (41.78%), arm or shoulder pain (94.43%), and shortness of breath (91.86%).
- Stroke symptoms included: sudden confusion (96.74%), numbness on one side of the body (97.97%), sudden vision loss (90.18%), sudden chest pain (42.59%), sudden dizziness (94.42%), and severe unexplained headache (75.9%).



### **Blood Sugar**

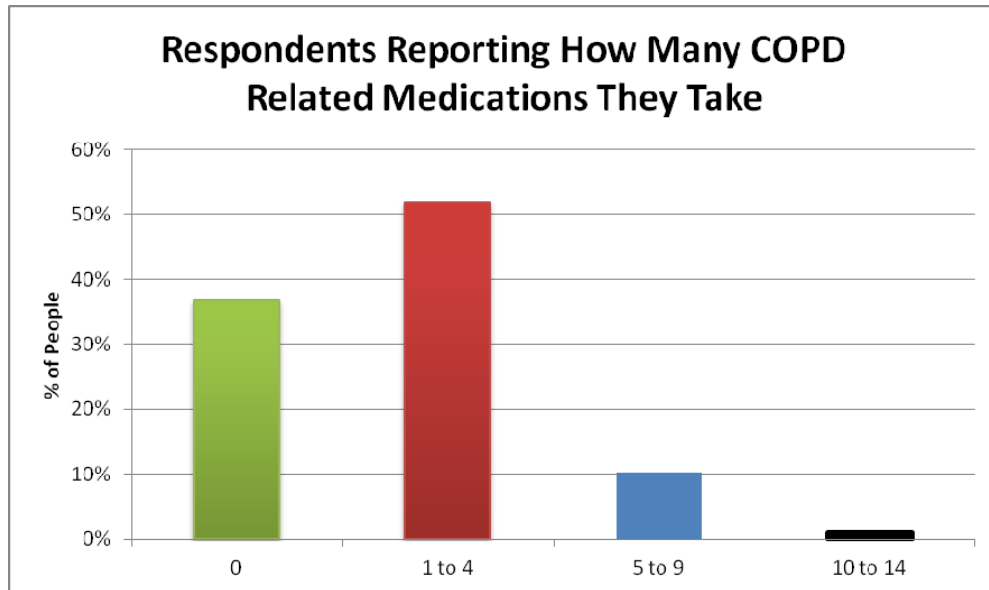
*(Table 41 – 43)*

- More than ½ of Thayer County respondents have had a blood sugar test in past three years and ½ of the respondents also check they blood sugar daily or more than once a day.
- Approximately ¼ of respondents check their blood sugar daily

### **COPD**

*(Table 86-91)*

- (6.12%) of Thayer County respondents have been told by a health professional that they have COPD and (66.88%) of respondents report that COPD affects their quality of life.
- (70.51%) of respondents reported having a breathing test done by doctor to test for COPD.
- (34.83%) of Thayer respondents have been to the doctor in relation to COPD and (6.39%) have visited the ER in the past year.



### **Arthritis/Joint Pain**

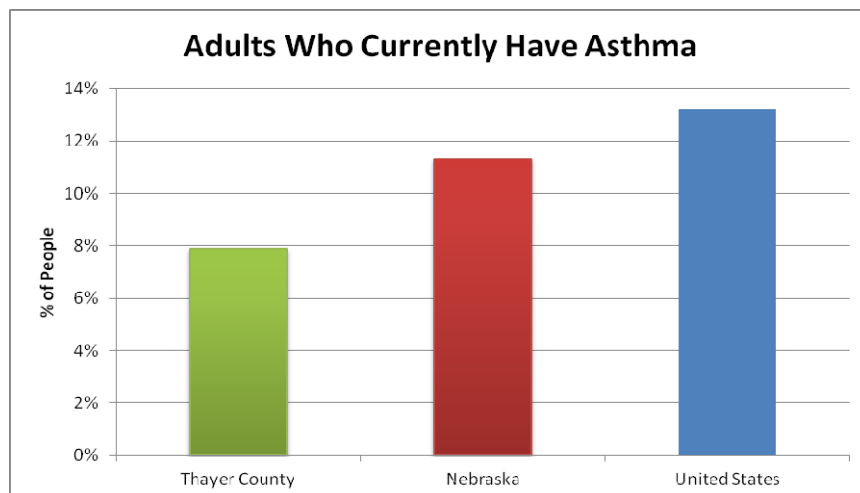
(Table 17-19)

- Among Thayer County adults, (38.33%) reported having pain around joints within the past month.
- One third of county residents reported that arthritis affects them while at work.

### **Asthma**

(Table 4 & 5)

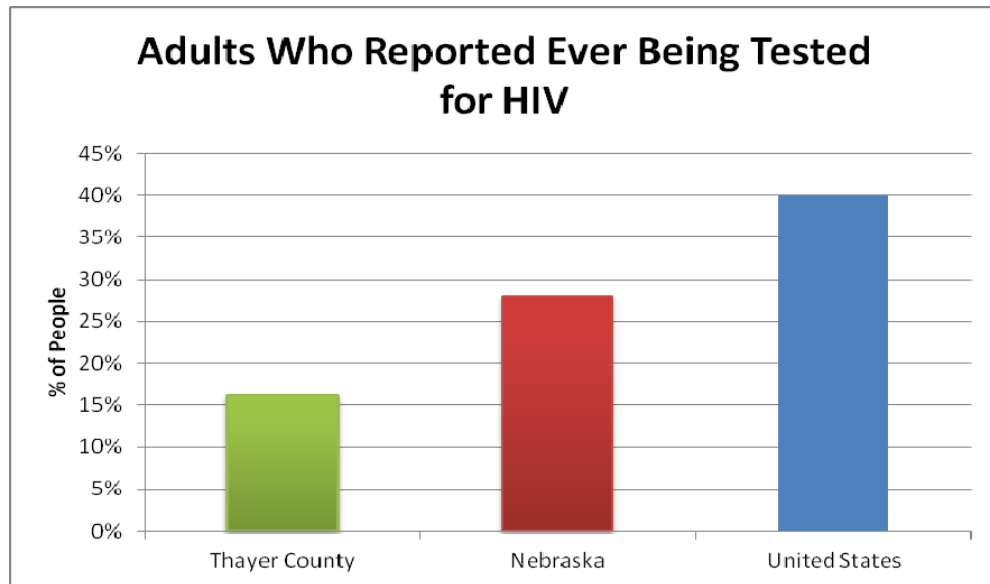
- 1/10 of the Thayer County residents have been told by a health professional that they have Asthma.
- (8%) of respondents reported having asthma.
- (11%) of Nebraska's population and (13%) of the United States population has asthma.



## **HIV**

(Table 30 – 31)

- (16.15%) of Thayer County adults reported ever being test for HIV compared to (27.89%) in Nebraska and (39.94%) in the United States.

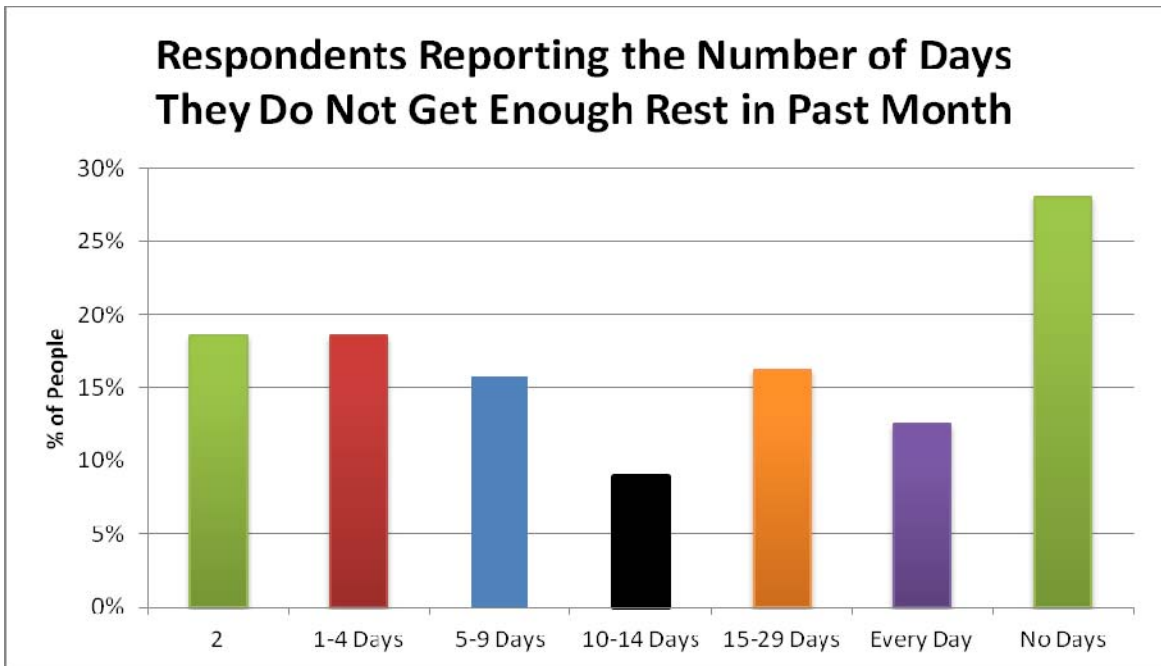


- In Thayer county an increase in the number of people tested has increased over the past four years (24.48% 2011, 14.24% 2010, 7.35% 2009, and 1.25% 2008).
- (0.84%) of Thayer county respondents engaged in HIV risk behavior compared to (2.4%, Nebraska 2010 & 2.8%, Nebraska 2008)

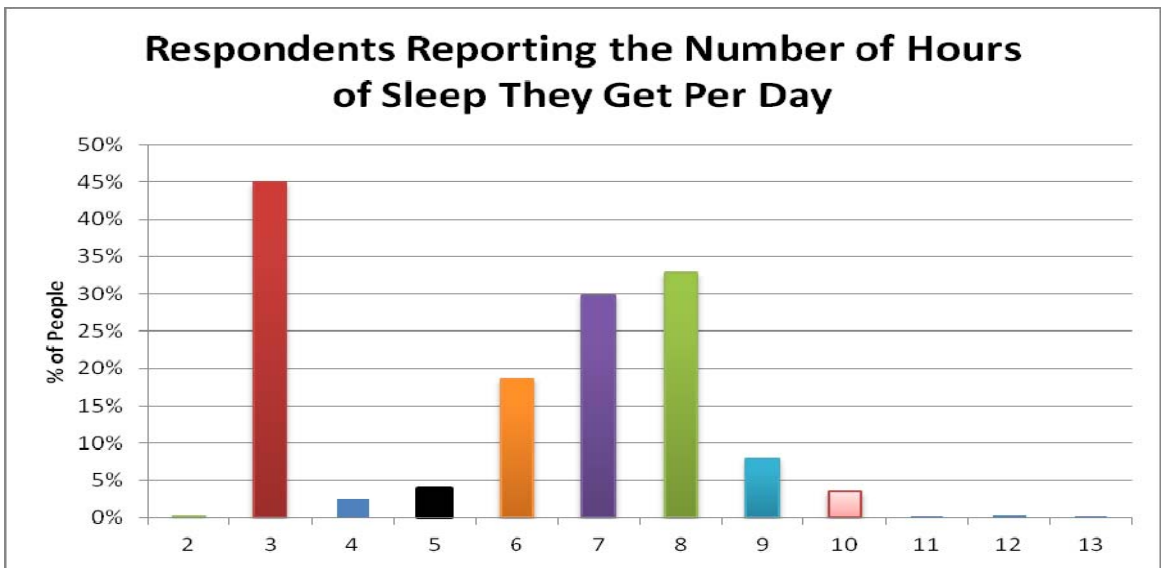
## **Sleep**

(Tables 54 – 58)

- (32.87%) of Thayer County residents get 8 hours of sleep a day while nearly (55%) of residents get less than 8 hours of sleep.



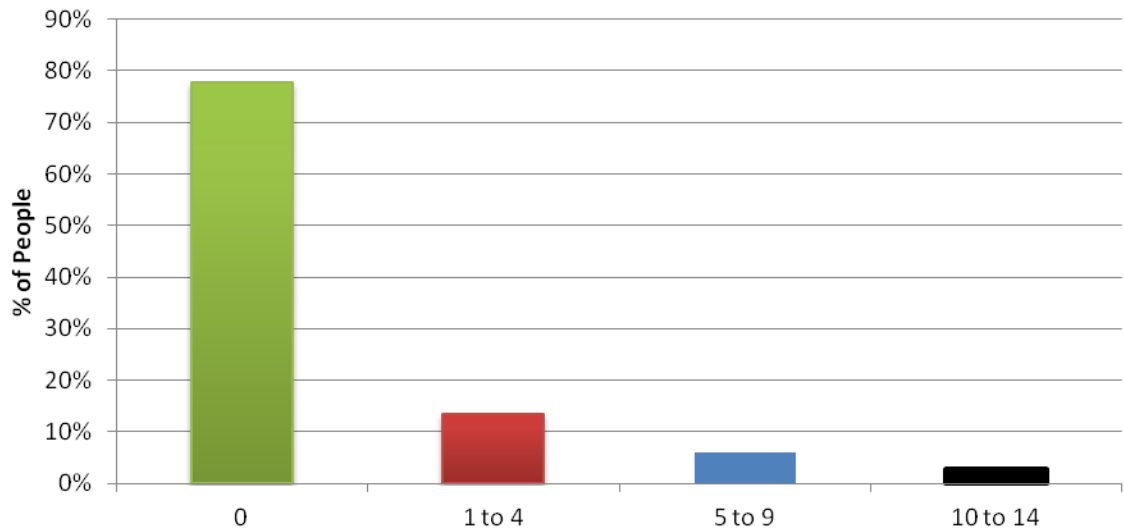
- More than (62%) of respondents report snoring while they sleep.
- During the month approximately (35%) of people within Thayer County have days where they unintentionally fell asleep



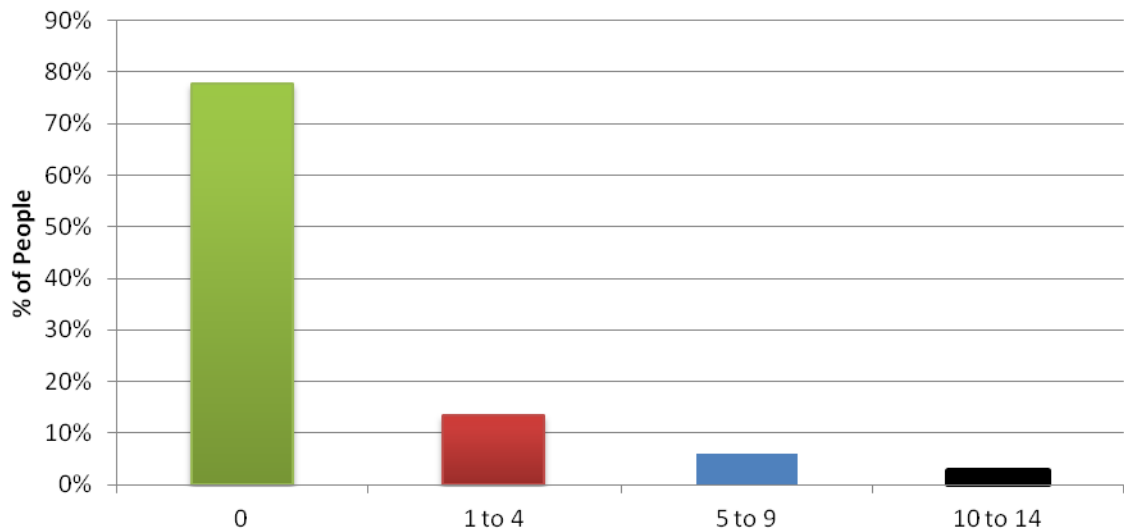
**Mental Health**  
(Table 103-125)

- (35%) of respondents reported to have little pleasure doing anything during the day

### Respondents Reporting the Number of Days They Felt Down, Depressed, or Hopeless

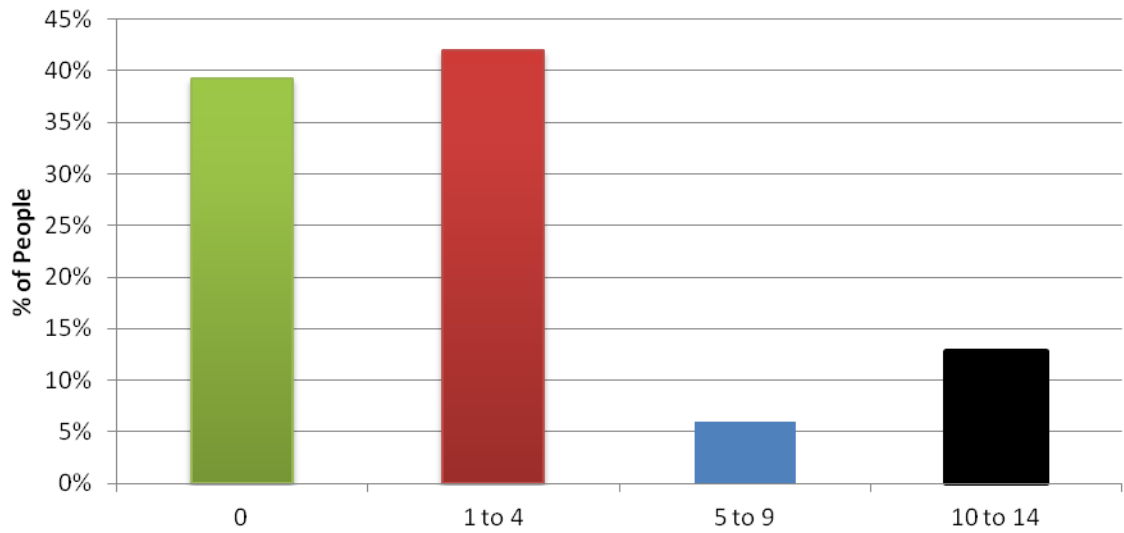


### Respondents Reporting the Number of Days They Had Trouble with Sleep

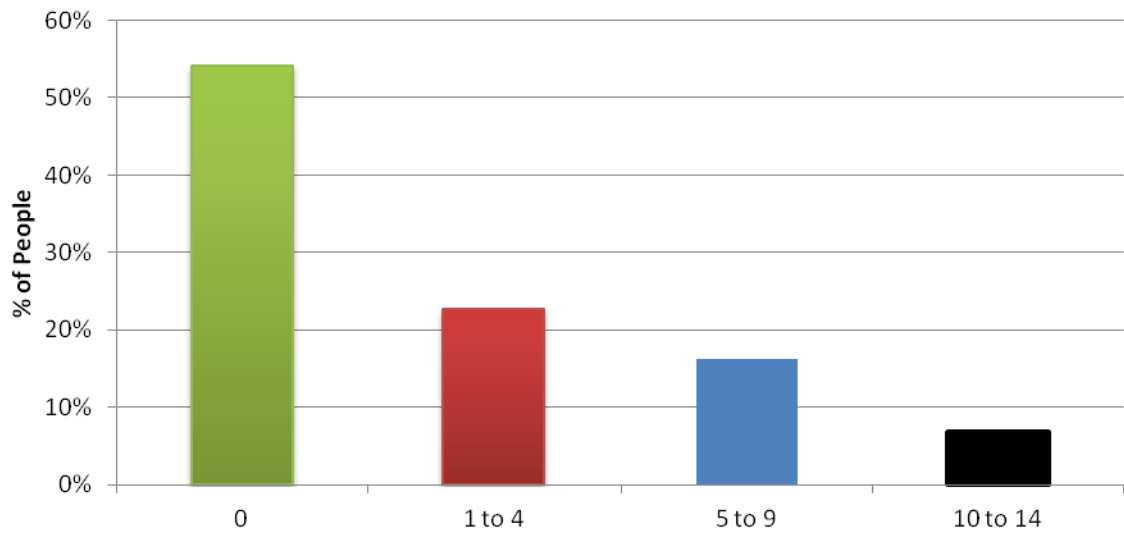


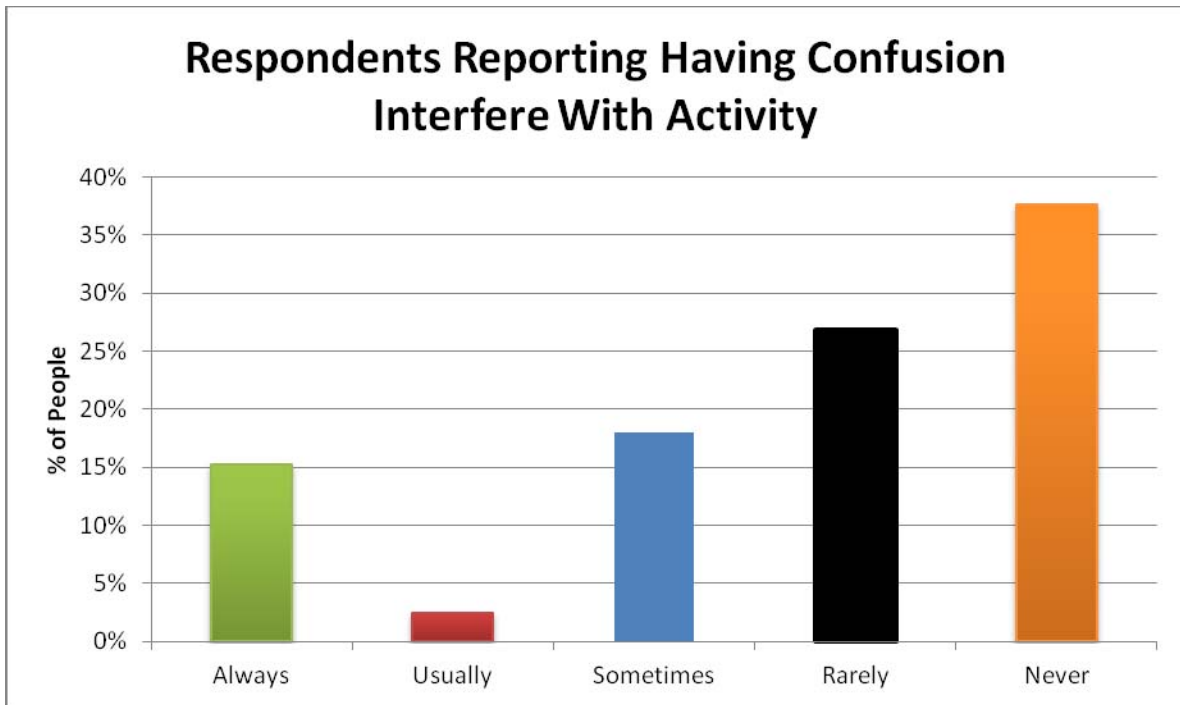


### Respondents Reporting the Number of Days They Were Tired or Had Little Energy



### Respondents Reporting the Number of Days They Ate Too Little or Too Much





### **Preventive Care**

#### ***Flu Shot***

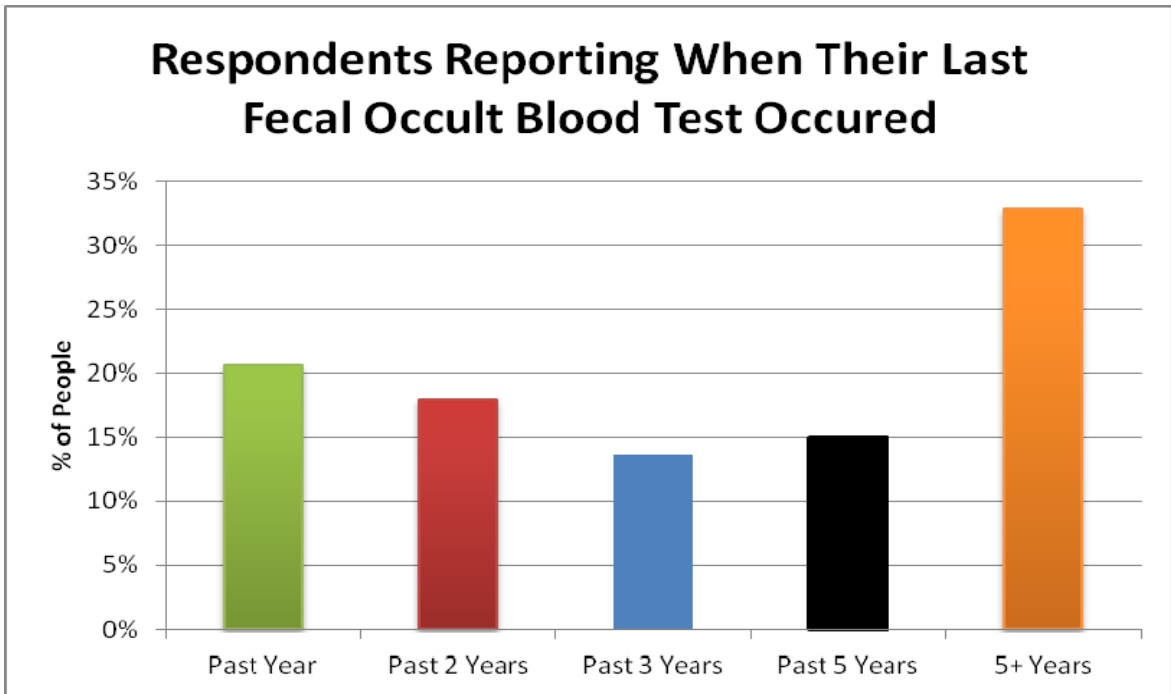
*(Table 25 – 28)*

- In Thayer County, (48.37%) of adults reported receiving an annual flu shot which is higher than the rate in Nebraska (47.5%).
- October (53.07%) was the highest reported month in which people received a flu shot.
- The common health center (26.65%) was the highest place where flu shots were given, followed by doctor's office (22.17%), and hospital (19.49%).

#### ***Fecal Occult Blood Test***

*(Table 81-82)*

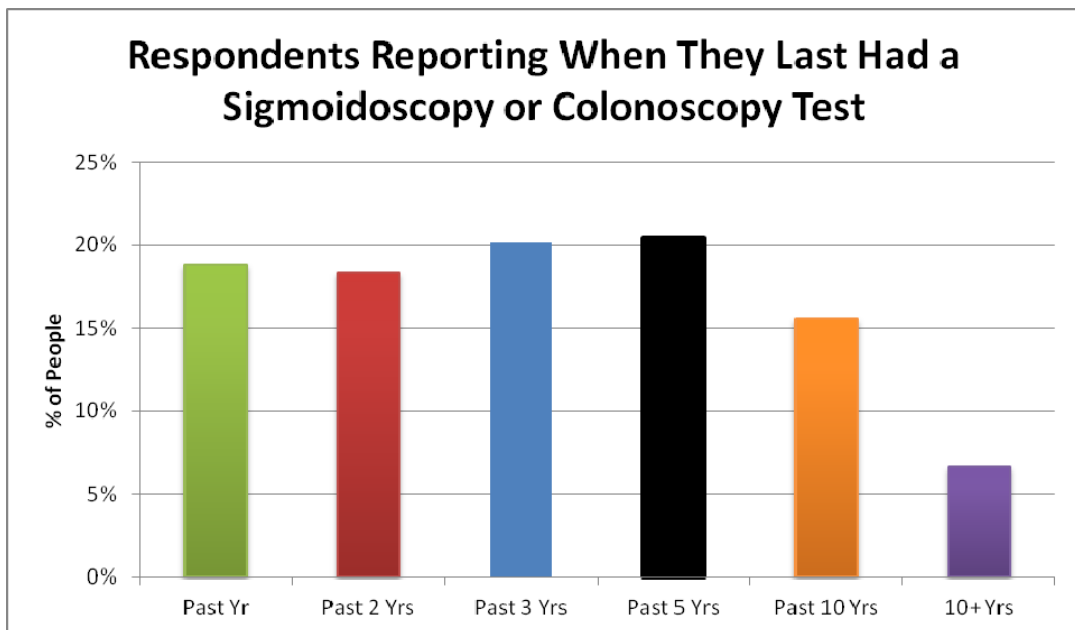
- While (44.64%) of respondents reported having ever had a fecal occult blood test, (32.77%) of respondents last fecal occult blood test was 5 years ago or longer.



**Sigmoidoscopy or Colonoscopy?**

(Table 84-85)

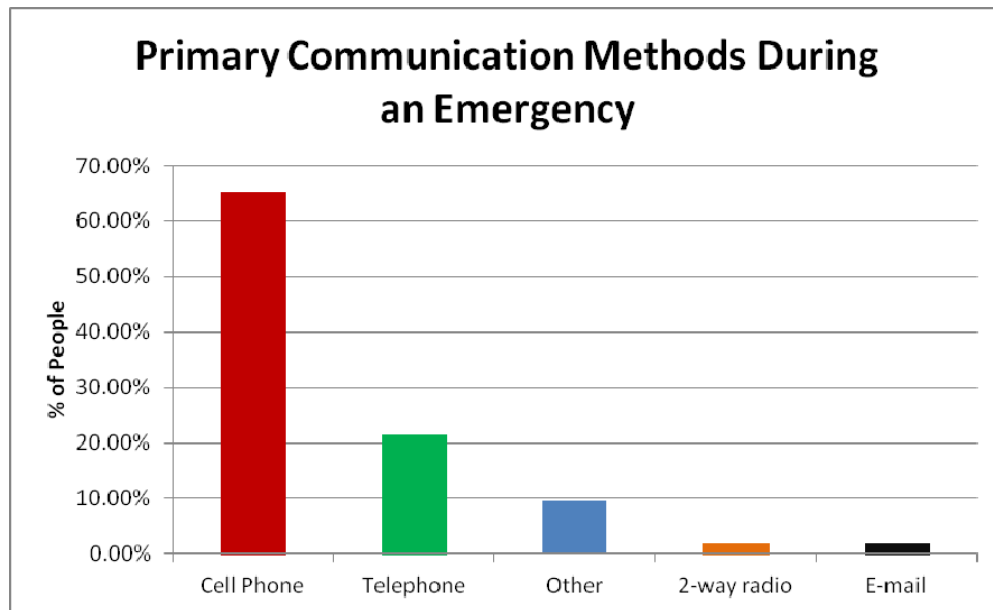
- (6.78%) of Thayer County respondents reported ever having a sigmoidoscopy test while (93.22%) of respondents reported having a colonoscopy test.
- While (64.31%) of respondents reported having ever had a sigmoidoscopy or colonoscopy test, approximately (60%) of respondents last fecal occult blood test was 5 years ago or longer.

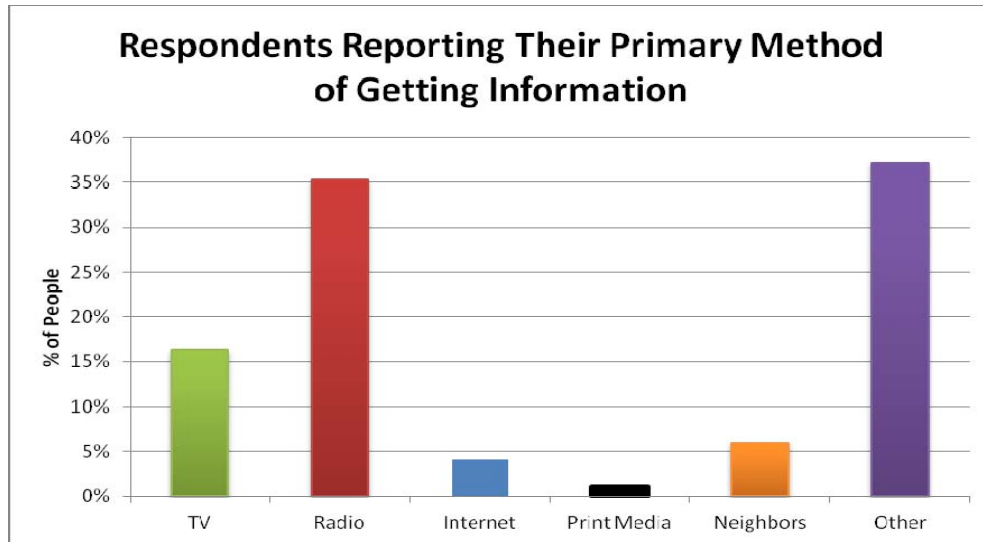


## Disaster Preparedness

(Table 92-100)

- ¼ of Thayer county respondents reported to be well prepared for a major disaster.
- (86.5%) of Thayer county respondents **do not** have a disaster evacuation plan.
- (43%) of households have a 3-day supply of water, (88%) have a 3-day supply of food, and (88%) of households have a 3-day supply of rx drugs.
- (86%) of respondents have a household radio and (99%) have a household light with working batteries.
- (95%) of Thayer county respondents stated they would leave in the event of a mandatory evacuation.
- The top five reasons to not evacuate in response to a disaster were: 1) Leaving Property 2) Personal Safety 3) Leaving pets 4) Family Safety 5) Lack of Trust





### **Home Environment**

(Table 126-132)

- (16%) of Parents were reported to be divorced within Thayer county.
- Of respondents age 18 and older (12%) reported being punched by a parent, (15%) reported that parents had hurt them, and (26.5%) reported that parents had swore at them.
- (8%) of respondents reported an adult had touched their genitals, (8%) reported they were forced to touch an adults genitals, and (6%) reported they were forced to have sex

### **Conclusions and Recommendations**

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

Healthy Choices/Behaviors – Survey responses indicate that Thayer County residents are indeed more sedentary, and suffer related ailments at a greater rate (diabetes, heart disease, and stroke) than the district and state averages. Fully (74.40%) of county residents consume fewer than 5 vegetables per day. Based on survey responses, Thayer County residents also have a greater incidence of higher body mass index compared to the rest of the district and state.

Health Status – Survey responses indicated that a high number people in Thayer County develop diabetes at ages 45 – 64, (45%). Also, (55%) of residents in Thayer County get less than 8 hours of sleep. Though no regional comparisons were possible with this survey in the areas of behavioral health, there were some areas of concern under this category. (10%) of 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.

Preventative Care – Respondents in Thayer County are lower in comparison to the state and national levels in certain cancer screenings (33%) of respondents haven't had a fecal occult blood test in 5+ years. (86.5%) of Thayer county respondents do not have a disaster evacuation plan.

"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. Availability of care within Thayer County has also been cited as a concern.

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](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 Thayer 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**  
**Thayer County Adults Surveyed (2011 BRFSS, weighted)**

<b>Table of age by sex</b>			
<b>age(Age of respondent)</b>	<b>sex(Gender of respondent)</b>		
	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>18_24</b>	<b>160</b>	<b>132</b>	<b>292</b>
<b>25_34</b>	<b>224</b>	<b>191</b>	<b>415</b>
<b>35_44</b>	<b>253</b>	<b>262</b>	<b>515</b>
<b>45_54</b>	<b>375</b>	<b>352</b>	<b>727</b>
<b>55_64</b>	<b>416.001</b>	<b>410.998</b>	<b>826.999</b>
<b>65+</b>	<b>557.336</b>	<b>757.001</b>	<b>1314.34</b>
<b>Total</b>	<b>1989</b>	<b>2105</b>	<b>4094</b>

**Table 2**  
**Demographics**  
**Thayer County Adults Surveyed (2011 BRFSS, weighted)**

<b>Race/Ethnicity</b>	<b>Thayer County Percent, 2011</b>
<b>White NH</b>	<b>99.46</b>
<b>Hispanic</b>	<b>0.54</b>

**Table 3**  
**Demographics**  
**Thayer County Adults Surveyed (2011 BRFSS, weighted)**

<b>Racial/Ethnicity</b>	
<b>White, Non-Hispanic</b>	<b>96.13</b>
<b>Not white, Hispanic</b>	<b>2.38</b>
<b>Not white, Non-Hispanic</b>	<b>1.48</b>

**Table 4**  
**Asthma**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Told have asthma by health professional</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska 2010</b>	<b>Nebraska 2009</b>

Yes	10.01	7.8	7.6
No	89.99	92.2	92.4

**Table 5  
Asthma  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Currently have asthma</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska</b>	<b>United States</b>
Yes	7.9	11.32%	13.20%
No	92.1	88.68%	86.8%
*Comparative data taken from <a href="http://assessment.communitycommons.org/CHNA/">http://assessment.communitycommons.org/CHNA/</a>			

**Table 6  
Fruits & Vegetables  
Thayer County Adults (2011 BRFSS, weighted)**

<b># Servings/Day of Fruits &amp; Vegetables</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska</b>	<b>United States</b>
<1	3.98		
1_2	52.98		
3_4	30.68		
>5	74.40%	78.20%	75.86%
*Comparative data taken from <a href="http://assessment.communitycommons.org/CHNA/">http://assessment.communitycommons.org/CHNA/</a>			

**Table 7  
Exercise  
Thayer County Adults (2011 BRFSS, weighted)**

<b>BMI</b>	<b>Thayer County Percent, 2011</b>
<_25	29.71
25_29	36.88
30+	33.42

**Table 8  
Exercise  
Thayer County Adults (2011 BRFSS, weighted)**



<b>Any kind of physical activity outside of work?</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska</b>	<b>United States</b>
<b>Yes</b>	<b>63.14</b>	<b>75.24</b>	<b>76.59</b>
<b>No</b>	<b>36.86</b>	<b>24.76%</b>	<b>23.41%</b>
<b>*Comparative data taken from <a href="http://assessment.communitycommons.org/CHNA/">http://assessment.communitycommons.org/CHNA/</a></b>			

**Table 9  
Exercise  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Type of Exercise</b>	<b>Thayer County Percent, 2011</b>
<b>Walking</b>	<b>65.76</b>
<b>Unknown</b>	<b>7.89</b>
<b>Running</b>	<b>4.58</b>
<b>Gardening</b>	<b>4.42</b>
<b>Weights</b>	<b>2.24</b>
<b>Golf w/ cart</b>	<b>2.08</b>
<b>Bike Machine</b>	<b>1.96</b>
<b>Basketball</b>	<b>1.95</b>
<b>Elliptical</b>	<b>1.75</b>
<b>Mowing</b>	<b>1.35</b>
<b>Bicycling</b>	<b>1.08</b>
<b>Aerobic</b>	<b>0.69</b>
<b>Swimming</b>	<b>0.68</b>
<b>Golf no cart</b>	<b>0.67</b>
<b>Calisthenics</b>	<b>0.64</b>
<b>Dancing</b>	<b>0.62</b>
<b>Jogging</b>	<b>0.39</b>
<b>Bowling</b>	<b>0.34</b>
<b>Active Gaming</b>	<b>0.31</b>
<b>Waterskiing</b>	<b>0.17</b>
<b>Shoveling</b>	<b>0.14</b>
<b>Hunting</b>	<b>0.12</b>
<b>Swimming Inside</b>	<b>0.11</b>
<b>Yoga</b>	<b>0.05</b>

**Table 10**  
**Exercise**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Times per week exercise</b>	
	<b>Thayer County Percent, 2011</b>
<b>&lt;1</b>	<b>4.05</b>
<b>1_2</b>	<b>29.61</b>
<b>3_4</b>	<b>31.55</b>
<b>5_7</b>	<b>32.27</b>
<b>8_12</b>	<b>1.21</b>
<b>14</b>	<b>1.3</b>

**Table 11**  
**Exercise**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Minutes exercise per time</b>	
	<b>Thayer County Percent, 2011</b>
<b>1</b>	<b>0.11</b>
<b>4</b>	<b>0.18</b>
<b>5</b>	<b>0.42</b>
<b>8</b>	<b>0.1</b>
<b>10</b>	<b>1.51</b>
<b>15</b>	<b>5.58</b>
<b>17</b>	<b>0.11</b>
<b>20</b>	<b>10.65</b>
<b>25</b>	<b>2.1</b>
<b>30</b>	<b>35.63</b>
<b>35</b>	<b>0.28</b>
<b>40</b>	<b>3.24</b>
<b>45</b>	<b>7.12</b>
<b>50</b>	<b>0.13</b>
<b>1 hour</b>	<b>16.48</b>
<b>1 hr 20 min</b>	<b>0.11</b>
<b>1 hr 30 min</b>	<b>1.41</b>
<b>2 hrs</b>	<b>6.39</b>
<b>2 hr 30 min</b>	<b>0.39</b>

<b>3 hr</b>	<b>2.93</b>
<b>4 hr</b>	<b>4.48</b>
<b>6 hr</b>	<b>0.17</b>
<b>8 hr</b>	<b>0.48</b>

**Table 12**  
**Exercise**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Exercise Type</b>	<b>Thayer County Percent, 2011</b>
<b>Unknown</b>	<b>53.12</b>
<b>Walking</b>	<b>9.39</b>
<b>Weights</b>	<b>8.09</b>
<b>Gardening</b>	<b>5.34</b>
<b>Running</b>	<b>4.88</b>
<b>Bike Machine</b>	<b>3.35</b>
<b>Basketball</b>	<b>2.99</b>
<b>Active gaming</b>	<b>2.27</b>
<b>Bicycling</b>	<b>1.25</b>
<b>Swimming</b>	<b>1.17</b>
<b>Shoveling</b>	<b>1.15</b>
<b>Aerobic</b>	<b>1</b>
<b>Dancing</b>	<b>0.93</b>
<b>Fishing</b>	<b>0.9</b>
<b>Mowing</b>	<b>0.68</b>
<b>Golf w/ cart</b>	<b>0.5</b>
<b>Calisthenics</b>	<b>0.37</b>
<b>Volleyball</b>	<b>0.35</b>
<b>Stairs</b>	<b>0.34</b>
<b>Jogging</b>	<b>0.3</b>
<b>Bowling</b>	<b>0.3</b>
<b>Golf no cart</b>	<b>0.28</b>
<b>Hiking</b>	<b>0.28</b>
<b>Elliptical</b>	<b>0.26</b>
<b>Tai Chi</b>	<b>0.14</b>
<b>Rowing on water</b>	<b>0.11</b>
<b>Pilates</b>	<b>0.11</b>
<b>Rowing machine</b>	<b>0.1</b>
<b>Yoga</b>	<b>0.06</b>

**Table 13**  
**Exercise**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Strengthening times per week</b>	
	<b>Thayer County Percent, 2011</b>
<b>&lt;1</b>	<b>16.04</b>
<b>1_2</b>	<b>37.51</b>
<b>3_4</b>	<b>24.67</b>
<b>5_7</b>	<b>21.24</b>
<b>14</b>	<b>0.54</b>

**Table 14**  
**Exercise**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Doctor advice to exercise?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>60.96</b>
<b>No</b>	<b>39.04</b>

**Table 15**  
**Exercise**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Physical / mental problems limit activity?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>22.96</b>
<b>No</b>	<b>77.04</b>

**Table 16**  
**Exercise**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Health problem(s) require special equipment?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>10.29</b>

<b>No</b>	<b>89.71</b>
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**Table 17  
Arthritis/Joint Pain  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Pain around joint within past month?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>38.33</b>
<b>No</b>	<b>61.67</b>

**Table 18  
Arthritis/Joint Pain  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Arthritis affects work/type of work?</b>	
	<b>Thayer County Percent, 2011</b>
<b>A lot</b>	<b>10.66</b>
<b>A little</b>	<b>24.99</b>
<b>Not at all</b>	<b>64.35</b>

**Table 19  
Arthritis/Joint Pain  
Thayer County Adults (2011 BRFSS, weighted)**

<b>How bad was your joint pain?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Not bad</b>	<b>8.02</b>
<b>1</b>	<b>8.72</b>
<b>2</b>	<b>10.74</b>
<b>3</b>	<b>14.75</b>
<b>4</b>	<b>16.22</b>
<b>Medium bad</b>	<b>16.02</b>
<b>6</b>	<b>6.18</b>
<b>7</b>	<b>6.5</b>
<b>8</b>	<b>8.7</b>
<b>9</b>	<b>0.47</b>
<b>Extremely bad</b>	<b>1.83</b>

Unknown	1.86
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**Table 20  
Cigarette Smoking  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Cigarette Smoking Status</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska</b>	<b>United States</b>
<b>Current</b>	<b>14.39</b>	<b>18.30%</b>	<b>18.56%</b>
<b>Non Smoker</b>	<b>85.61</b>	<b>81.7%</b>	<b>81.44%</b>
<b>*Comparative data taken from <a href="http://assessment.communitycommons.org/CHNA/">http://assessment.communitycommons.org/CHNA/</a></b>			

**Table 21  
Cigarette Smoking  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Quit for 1+ days in past year</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>60.45</b>
<b>No</b>	<b>39.55</b>

**Table 22  
Cigarette Smoking  
Thayer County Adults (2011 BRFSS, weighted)**

<b>When did you last smoke?</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2009</b>
<b>&lt;_Mon</b>	<b>9.14</b>	<b>1.3</b>	<b>1.1</b>
<b>1_2.9_Mon</b>	<b>0.44</b>	<b>0.9</b>	<b>1.2</b>
<b>3_5.9_Mon</b>	<b>0.13</b>	<b>2.2</b>	<b>1.9</b>
<b>6_11.9_Mon</b>	<b>5.7</b>	<b>3.6</b>	<b>3.4</b>
<b>1_4.9_Yrs</b>	<b>16.68</b>	<b>16.4</b>	<b>14.2</b>
<b>5_9.9_Yrs</b>	<b>6.62</b>	<b>12.2</b>	<b>13.4</b>
<b>10+_Yrs</b>	<b>61.28</b>	<b>62.2</b>	<b>62.1</b>
<b>Taken from Behavioral Risk Factor Query System, Nebraska DHHS</b>			

**Table 23  
Cigarette Smoking  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Currently use smokeless tobacco</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2009</b>
<b>Every day</b>	<b>2.42</b>	<b>2.9</b>	<b>2.6</b>
<b>Some days</b>	<b>1.02</b>	<b>2.4</b>	<b>2.1</b>
<b>Not at all</b>	<b>96.56</b>	<b>94.7</b>	<b>95.3</b>
<b>CD Behavioral Risk Factor Query System, Nebraska DHHS</b>			

**Table 24  
Seatbelts  
Thayer County Adults (2011 BRFSS, weighted)**

<b>How often do you use seatbelts?</b>	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2008</b>
<b>Always</b>	<b>58.08</b>	<b>71.8</b>	<b>70.2</b>
<b>Nearly always</b>	<b>27.13</b>	<b>17.1</b>	<b>17.3</b>
<b>Sometime</b>	<b>6.64</b>	<b>6.4</b>	<b>7.0</b>
<b>Seldom</b>	<b>3.84</b>	<b>2.7</b>	<b>3.1</b>
<b>Never</b>	<b>4.12</b>	<b>2.0</b>	<b>2.5</b>
<b>No car</b>	<b>0.19</b>	<b>0</b>	<b>0.1</b>
<b>Comparative Data, Behavioral Risk Factor Query System, Nebraska DHHS</b>			

**Table 25  
Flu Shot  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Had flu shot in past year?</b>	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>
<b>Yes</b>	<b>48.37</b>	<b>47.5</b>
<b>No</b>	<b>51.63</b>	<b>52.5</b>
<b>2010 Comparative data taken from Nebraska DHHS</b>		

**Table 26  
Flu Shot  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Month of last flu shot</b>	<b>Thayer County Percent, 2011</b>
<b>1</b>	<b>2.09</b>

<b>2</b>	<b>0.14</b>
<b>3</b>	<b>0.18</b>
<b>4</b>	<b>0.13</b>
<b>8</b>	<b>0.97</b>
<b>9</b>	<b>3.89</b>
<b>10</b>	<b>53.07</b>
<b>11</b>	<b>26.01</b>
<b>12</b>	<b>9</b>
<b>Unknown</b>	<b>4.51</b>

**Table 27  
Flu Shot  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Year of last flu shot</b>	<b>Thayer County Percent, 2011</b>
<b>2011</b>	<b>37.55</b>
<b>2011</b>	<b>57.52</b>
<b>2012</b>	<b>0.41</b>
<b>Unknown</b>	<b>4.51</b>

**Table 28  
Flu Shot  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Place where flu shot was given</b>	<b>Thayer County Percent, 2011</b>
<b>Common Health Center</b>	<b>26.65</b>
<b>Drs office</b>	<b>22.17</b>
<b>Hospital</b>	<b>19.49</b>
<b>Store</b>	<b>12.13</b>
<b>Workplace</b>	<b>11.96</b>
<b>Other place</b>	<b>3.42</b>
<b>School</b>	<b>2.67</b>
<b>Senior Center</b>	<b>0.74</b>
<b>Health Dept.</b>	<b>0.56</b>
<b>Unknown</b>	<b>0.2</b>

**Table 29  
Pneumonia Shot**



**Thayer County Adults (2011 BRFSS, weighted)**

<b>Ever had pneumonia shot?</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska</b>	<b>United states</b>
<b>Yes</b>	<b>34.07</b>	<b>69.40%</b>	<b>66.34%</b>
<b>No</b>	<b>60.43</b>	<b>30.6%</b>	<b>33.66%</b>
<b>DK</b>	<b>5.5</b>		
<b>*Comparative data taken from <a href="http://assessment.communitycommons.org/CHNA/">http://assessment.communitycommons.org/CHNA/</a></b>			

**Table 30  
HIV  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Ever tested for HIV?</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2012</b>	<b>United States, 2012</b>
<b>Yes</b>	<b>16.15</b>	<b>27.89%</b>	<b>39.94%</b>
<b>No</b>	<b>83.85</b>	<b>72.11%</b>	<b>60.06%</b>
<b>*Comparative data taken from <a href="http://assessment.communitycommons.org/CHNA/">http://assessment.communitycommons.org/CHNA/</a></b>			

**Table 31  
HIV  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Month of last HIV test</b>	<b>Thayer County Percent, 2011</b>
<b>1</b>	<b>9.76</b>
<b>2</b>	<b>2.84</b>
<b>3</b>	<b>23.77</b>
<b>4</b>	<b>9.18</b>
<b>5</b>	<b>2.06</b>
<b>6</b>	<b>7.91</b>
<b>7</b>	<b>9.3</b>
<b>8</b>	<b>17.67</b>
<b>9</b>	<b>5.3</b>
<b>10</b>	<b>2.85</b>
<b>11</b>	<b>7.11</b>
<b>12</b>	<b>2.26</b>

**Table 32**  
**HIV**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Year of last HIV test</b>	<b>Thayer County Percent, 2011</b>
1985	0.5
1987	0.52
1988	0.65
1989	0.71
1991	2
1992	1.41
1993	2.48
1995	3.8
1996	1.12
1997	3.68
1998	7.38
1999	1.69
2000	11.1
2001	1.14
2002	0.63
2003	0.69
2005	7.13
2006	2.2
2007	3.87
2008	1.25
2009	7.35
2010	14.24
2011	24.48

**Table 33**  
**HIV**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Engaged in HIV risk behavior</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2008</b>
<b>Yes</b>	0.84	2.4	2.8
<b>No</b>	99.16	97.6	97.2

**Table 34**  
**Alcohol**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Had at least one alcoholic drink past month</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2009</b>
<b>Yes</b>	<b>60.89</b>	<b>59.0</b>	<b>59.1</b>
<b>No</b>	<b>38.68</b>	<b>41.0</b>	<b>40.9</b>
<b>Refused</b>	<b>0.43</b>		
<b>2010 Comparative data taken from Nebraska DHHS</b>			

**Table 35**  
**Alcohol**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Had 5+ drinks 1+ times past month</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska</b>	<b>United States</b>
<b>Yes</b>	<b>21.14</b>	<b>19.5%</b>	<b>15.02%</b>
<b>No</b>	<b>78.86</b>	<b>80.5%</b>	<b>84.98</b>
<b>*Comparative data taken from <a href="http://assessment.communitycommons.org/CHNA/">http://assessment.communitycommons.org/CHNA/</a></b>			

**Table 36**  
**Alcohol**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Had 60+ Male or Had 30+ Female in Past Month</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>2.53</b>
<b>No</b>	<b>97.47</b>

**Table 37**  
**Alcohol**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Lived with someone</b>	<b>Thayer County</b>

who drank?	Percent, 2011
Yes	17.87
No	82.13

**Table 38**  
**Alcohol**  
**Thayer County Adults (2011 BRFSS, weighted)**

Doctor advice to reduce alcohol?	Thayer County Percent, 2011
Yes	18.66
No	60.68
Do not drink	20.66

**Table 39**  
**Drugs**  
**Thayer County Adults (2011 BRFSS, weighted)**

Lived with someone who did drugs?	Thayer County Percent, 2011
Yes	8.15
No	91.85

**Table 40**  
**Ex-con**  
**Thayer County Adults (2011 BRFSS, weighted)**

Lived with someone who was ex-con?	Thayer County Percent, 2011
Yes	4.46
No	95.54

**Table 41**  
**Blood Sugar**  
**Thayer County Adults (2011 BRFSS, weighted)**

Blood sugar test in past three years?	Thayer County Percent, 2011
Yes	56.8
No	43.2

**Table 42  
Blood Sugar  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Times check blood sugar per week</b>	<b>Thayer County Percent, 2011</b>
<b>Never</b>	<b>16.23</b>
<b>&lt; 1/Wk</b>	<b>1.83</b>
<b>1_6 / Wk</b>	<b>29.26</b>
<b>Daily</b>	<b>26.63</b>
<b>&gt; Daily</b>	<b>26.06</b>

**Table 43  
Diabetes  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Ever told you are borderline or prediabetic?</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2009</b>
<b>Yes</b>	<b>5.17</b>	<b>7.7</b>	<b>7.5</b>
<b>During pregnancy</b>	<b>1.1</b>	<b>0.6</b>	<b>0.5</b>
<b>No</b>	<b>93.73</b>	<b>91.0</b>	<b>90.3</b>

**Table 44  
Diabetes  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Age when you were told you have diabetes</b>	<b>Thayer County Percent, 2011</b>
<b>0_19</b>	<b>1.07</b>
<b>20_45</b>	<b>26.4</b>
<b>45_64</b>	<b>44.66</b>
<b>65_74</b>	<b>20.14</b>
<b>75_84</b>	<b>6.96</b>
<b>85+</b>	<b>0.77</b>

**Table 46  
Diabetes  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Are you now taking insulin?</b>	<b>Thayer County Percent, 2011</b>

<b>Yes</b>	<b>20.9</b>
<b>No</b>	<b>79.1</b>

**Table 47  
Diabetes  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Times check feet for sores per week</b>	<b>Thayer County Percent, 2011</b>
<b>Never</b>	<b>5.6</b>
<b>&lt; 1/Wk</b>	<b>6.85</b>
<b>1_6 / Wk</b>	<b>33.23</b>
<b>Daily</b>	<b>52.48</b>
<b>&gt; Daily</b>	<b>1.84</b>

**Table 48  
Diabetes  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Visits to doctor past year for diabetes?</b>	<b>Thayer County Percent, 2011</b>
<b>1</b>	<b>11.76</b>
<b>2</b>	<b>27.63</b>
<b>3</b>	<b>13.96</b>
<b>4</b>	<b>19.72</b>
<b>5_9</b>	<b>6.27</b>
<b>10+</b>	<b>20.67</b>

**Table 49  
Diabetes  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Times checked for A one C past year?</b>	<b>Thayer County Percent, 2011</b>
<b>0</b>	<b>8.32</b>
<b>1</b>	<b>14.45</b>
<b>2</b>	<b>34.82</b>
<b>3</b>	<b>11.92</b>
<b>4</b>	<b>19.93</b>
<b>5_9</b>	<b>0.88</b>
<b>Never heard of A1C</b>	<b>9.69</b>

**Table 50**  
**Diabetes**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Times past year had feet checked?</b>	<b>Thayer County Percent, 2011</b>
<b>1</b>	<b>18.73</b>
<b>2</b>	<b>25.85</b>
<b>3</b>	<b>0.39</b>
<b>4</b>	<b>14.67</b>
<b>5_9</b>	<b>5.11</b>
<b>10+</b>	<b>35.26</b>

**Table 51**  
**Diabetes**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Ever taken diabetes class?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>64.78</b>
<b>No</b>	<b>35.22</b>

**Table 52**  
**Eye**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Last eye exam?</b>	<b>Thayer County Percent, 2011</b>
<b>Past Month</b>	<b>16.71</b>
<b>Past Year</b>	<b>61.07</b>
<b>Past 2 Years</b>	<b>16.47</b>
<b>2+ Years</b>	<b>5.36</b>
<b>Never</b>	<b>0.39</b>

**Table 53**  
**Eyes**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Have retinopathy?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>15.77</b>

No	84.23
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**Table 54**  
**Sleep**  
**Thayer County Adults (2011 BRFSS, weighted)**

Days not enough rest past month	Thayer County Percent, 2011
1_4 Days	18.56
5_9 Days	15.72
10_14 Days	8.92
15_29 Days	16.25
Every Day	12.48
No days	28.08

**Table 55**  
**Sleep**  
**Thayer County Adults (2011 BRFSS, weighted)**

Hours of sleep per day	Thayer County Percent, 2011
2	0.13
3	0.45
4	2.49
5	3.88
6	18.64
7	29.8
8	32.87
9	7.94
10	3.43
11	0.04
12	0.29
14	0.04

**Table 56**  
**Sleep**  
**Thayer County Adults (2011 BRFSS, weighted)**

Do you snore?	Thayer County Percent, 2011
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<b>Yes</b>	<b>62.31</b>
<b>No</b>	<b>37.69</b>

**Table 57  
Sleep  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Days unintentionally fell asleep past in past month?</b>	<b>Thayer County Percent, 2011</b>
<b>0</b>	<b>66.38</b>
<b>1_4</b>	<b>20.68</b>
<b>5_9</b>	<b>3.61</b>
<b>10_14</b>	<b>2.32</b>
<b>15_30</b>	<b>7.01</b>

**Table 58  
Sleep  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Nodded off while driving in past month?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>2.7</b>
<b>No</b>	<b>96.19</b>
<b>Do not drive</b>	<b>1.06</b>
<b>No license</b>	<b>0.04</b>

**Table 59  
Blood Pressure  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Reduce salt to control HBP?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>35.82</b>
<b>Pregnant</b>	<b>1.02</b>
<b>No</b>	<b>62.66</b>
<b>Pre-hypertensive</b>	<b>0.5</b>

**Table 60  
Blood Pressure  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Reduce alcohol to control HBP?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>65.38</b>
<b>No</b>	<b>34.62</b>

**Table 61  
Blood Pressure  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Reduce salt to control HBP?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>76.57</b>
<b>No</b>	<b>15.88</b>
<b>Do not use salt</b>	<b>7.55</b>

**Table 62  
Blood Pressure  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Reduce alcohol to control HBP?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>29.74</b>
<b>No</b>	<b>26.97</b>
<b>Do not drink</b>	<b>43.3</b>

**Table 63  
Blood Pressure  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Exercise to control HBP?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>63.74</b>
<b>No</b>	<b>36.26</b>

**Table 64  
Blood Pressure  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Told have HBP two or more times?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>76.22</b>

<b>Pregnant</b>	<b>0.18</b>
<b>No</b>	<b>23.27</b>
<b>Pre-hypertensive</b>	<b>0.34</b>

**Table 65**  
**Eating**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Doctor advice to change eating?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>42.2</b>
<b>No</b>	<b>57.8</b>

**Table 66**  
**Eating**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Doctor advice to decrease salt?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>56.47</b>
<b>No</b>	<b>41.98</b>
<b>Do not use salt</b>	<b>1.55</b>

**Table 67**  
**Medication**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Doctor advice to take medication?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>93.47</b>
<b>No</b>	<b>6.53</b>

**Table 68**  
**Heart Attack**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Heart attack symptom: jaw, neck, or back pain</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>71.08</b>
<b>No</b>	<b>28.92</b>

**Table 69**  
**Heart Attack**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Heart attack symptom: lightheaded, fainted</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>75.96</b>
<b>No</b>	<b>24.04</b>

**Table 70**  
**Heart Attack**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Heart attack symptom: chest pain</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>96.46</b>
<b>No</b>	<b>3.54</b>

**Table 71**  
**Heart Attack**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Heart attack symptom: lose vision</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>41.78</b>
<b>No</b>	<b>58.22</b>

**Table 72**  
**Heart Attack**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Heart attack symptom: arm or shoulder pain</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>94.43</b>
<b>No</b>	<b>5.57</b>

**Table 73**  
**Heart Attack**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Heart attack symptom: shortness</b>	<b>Thayer County Percent, 2011</b>
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<b>of breath</b>	
<b>Yes</b>	<b>91.86</b>
<b>No</b>	<b>8.14</b>

**Table 74**  
**Stroke**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Stroke symptom: sudden confusion</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>96.74</b>
<b>No</b>	<b>3.26</b>

**Table 75**  
**Stroke**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Stroke Symptom: Numbness On One Side of Body</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>97.97</b>
<b>No</b>	<b>2.03</b>

**Table 76**  
**Stroke**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Stoke Symptom: Sudden Vision Loss</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>90.18</b>
<b>No</b>	<b>9.82</b>

**Table 77**  
**Stroke**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Stroke Symptom: Sudden Chest Pain</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>42.59</b>
<b>No</b>	<b>57.41</b>

**Table 78**  
**Stroke**

**Thayer County Adults (2011 BRFSS, weighted)**

<b>Stoke Symptom: Sudden Dizziness</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>94.42</b>
<b>No</b>	<b>5.58</b>

**Table 79  
Stroke  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Stroke Symptom: Severe Unexplained Headache</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>75.9</b>
<b>No</b>	<b>24.1</b>

**Table 80  
Stroke  
Thayer County Adults (2011 BRFSS, weighted)**

<b>First thing to do for heart/stroke?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Call 911</b>	<b>90.8</b>
<b>Take to hospital</b>	<b>4.76</b>
<b>Other</b>	<b>2.75</b>
<b>Call spouse/family member</b>	<b>0.94</b>
<b>Tell them to call Dr</b>	<b>0.75</b>

**Table 81  
Fecal Occult Blood Test  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Ever had a fecal occult blood test?</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2009</b>
<b>Yes</b>	<b>44.64</b>	<b>40.7</b>	<b>40.8</b>
<b>No</b>	<b>55.36</b>	<b>59.3</b>	<b>59.2</b>

**Table 82  
Fecal Occult Blood Test**

**Thayer County Adults (2011 BRFSS, weighted)**

<b>Last had a fecal occult blood test?</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2009</b>
<b>Past Yr</b>	<b>20.65</b>	<b>22.7</b>	<b>28.1</b>
<b>Past 2 Years</b>	<b>17.97</b>	<b>14.9</b>	<b>17.8</b>
<b>Past 3 Years</b>	<b>13.7</b>	<b>13</b>	<b>10.9</b>
<b>Past 5 years</b>	<b>14.9</b>	<b>14.9</b>	<b>13.4</b>
<b>5+ Yr</b>	<b>32.77</b>	<b>34.3</b>	<b>29.8</b>

**Table 83  
Colonoscopy  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Ever had a sigmoidoscopy or colonoscopy?</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2009</b>
<b>Yes</b>	<b>64.31</b>	<b>61.5</b>	<b>60.1</b>
<b>No</b>	<b>35.69</b>	<b>38.5</b>	<b>39.9</b>

**Table 84  
Colonoscopy  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Sigmoidoscopy or Colonoscopy?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Sigmoidoscopy</b>	<b>6.78</b>
<b>Colonoscopy</b>	<b>93.22</b>

**Table 85  
Colonoscopy  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Last sigmoidoscopy or colonoscopy</b>			
	<b>Thayer County Percent, 2011</b>	<b>Nebraska, 2010</b>	<b>Nebraska, 2009</b>
<b>Past Yr</b>	<b>18.83</b>	<b>22.0</b>	<b>24.1</b>
<b>Past 2 Years</b>	<b>18.38</b>	<b>18.2</b>	<b>21.2</b>

<b>Past 3 Years</b>	<b>20.14</b>	<b>16.1</b>	<b>15.9</b>
<b>Past 5 Years</b>	<b>20.44</b>	<b>22.9</b>	<b>20.1</b>
<b>Past 10 Years</b>	<b>15.56</b>	<b>15.6</b>	<b>12.9</b>
<b>10+ Years</b>	<b>6.65</b>	<b>5.3</b>	<b>5.7</b>

**Table 86  
COPD  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Told by health professional you have COPD?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>6.12</b>
<b>No</b>	<b>93.88</b>

**Table 87  
COPD  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Had a breathing test to Dx your COPD?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>70.51</b>
<b>No</b>	<b>29.49</b>

**Table 88  
COPD  
Thayer County Adults (2011 BRFSS, weighted)**

<b>COPD affects quality of life?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>66.88</b>
<b>No</b>	<b>33.12</b>

**Table 89  
COPD  
Thayer County Adults (2011 BRFSS, weighted)**

<b>COPD-related Dr visit in past year?</b>	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>34.83</b>



No	65.17
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**Table 90**  
**COPD**  
**Thayer County Adults (2011 BRFSS, weighted)**

COPD-related visit to the ER in past year?	Thayer County Percent, 2011
Yes	6.39
No	93.61

**Table 91**  
**COPD**  
**Thayer County Adults (2011 BRFSS, weighted)**

How many COPD medications do you take?	Thayer County Percent, 2011
0	36.81
1-4	51.86
5-9	10.24
10-14	1.09

**Table 92**  
**Disaster Preparedness**  
**Thayer County Adults (2011 BRFSS, weighted)**

Household prepared for major disaster?	
	Thayer County Percent, 2011
Well	25.68
Somewhat	58.96
Not at all	15.36

**Table 93**  
**Disaster Preparedness**  
**Thayer County Adults (2011 BRFSS, weighted)**

Household have disaster evacuation plan?	
	Thayer County Percent, 2011
Yes	13.5

<b>No</b>	<b>86.5</b>
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**Table 94  
Disaster Preparedness  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Household have 3-day supply of water?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>43.25</b>
<b>No</b>	<b>56.75</b>

**Table 95  
Disaster Preparedness  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Household have 3-day supply of food?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>88.06</b>
<b>No</b>	<b>11.94</b>

**Table 96  
Disaster Preparedness  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Household have 3-day supply of rx drugs?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>88.05</b>
<b>No</b>	<b>4.4</b>
<b>No Rx in family</b>	<b>7.54</b>

**Table 97  
Disaster Preparedness  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Household have radio/working batteries?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>85.61</b>
<b>No</b>	<b>14.39</b>

**Table 98  
Disaster Preparedness  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Household have light/working batteries?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>98.82</b>
<b>No</b>	<b>1.18</b>

**Table 99  
Disaster Preparedness  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Leave if mandatory evacuation required?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>94.95</b>
<b>No</b>	<b>5.05</b>

**Table 100  
Disaster Preparedness  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Why would you not evacuate?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Other</b>	<b>61.72</b>
<b>Leaving property</b>	<b>12.13</b>
<b>Personal safety</b>	<b>7.66</b>
<b>Leaving pets</b>	<b>6.3</b>
<b>Family safety</b>	<b>5.3</b>
<b>Lack of trust</b>	<b>3.87</b>
<b>Health</b>	<b>2.11</b>
<b>No transportation</b>	<b>0.48</b>
<b>Traffic</b>	<b>0.43</b>

**Table 101  
Communication Method**

**Thayer County Adults (2011 BRFSS, weighted)**

<b>Main communication method?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Cell phone</b>	<b>65.22</b>
<b>Telephone</b>	<b>21.57</b>
<b>Other</b>	<b>9.47</b>
<b>2-way radio</b>	<b>1.93</b>
<b>E-mail</b>	<b>1.81</b>

**Table 102  
Communication Method  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Main method of getting information?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Other</b>	<b>37.2</b>
<b>Radio</b>	<b>35.28</b>
<b>TV</b>	<b>16.3</b>
<b>Neighbors</b>	<b>5.99</b>
<b>Internet</b>	<b>4.06</b>
<b>Print media</b>	<b>1.17</b>

**Table 103  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Days had little pleasure doing things</b>	<b>Thayer County Percent, 2011</b>
<b>0</b>	<b>64.68</b>
<b>1-4</b>	<b>25.78</b>
<b>5-9</b>	<b>3.5</b>
<b>10-14</b>	<b>6.04</b>

**Table 104  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Days felt down,</b>	<b>Thayer County</b>
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<b>depressed or hopeless</b>	<b>Percent, 2011</b>
<b>0</b>	<b>77.62</b>
<b>1-4</b>	<b>13.68</b>
<b>5-9</b>	<b>5.92</b>
<b>10-14</b>	<b>2.77</b>

**Table 105  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Days had trouble with sleep</b>	<b>Thayer County Percent, 2011</b>
<b>0</b>	<b>54.86</b>
<b>1-4</b>	<b>25.25</b>
<b>5-9</b>	<b>7.35</b>
<b>10-14</b>	<b>12.53</b>

**Table 106  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Days were tired or had little energy</b>	<b>Thayer County Percent, 2011</b>
<b>0</b>	<b>39.21</b>
<b>1-4</b>	<b>41.98</b>
<b>5-9</b>	<b>5.99</b>
<b>10-14</b>	<b>12.82</b>

**Table 107  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Days ate too little or too much</b>	<b>Thayer County Percent, 2011</b>
<b>0</b>	<b>54.2</b>
<b>1-4</b>	<b>22.76</b>
<b>5-9</b>	<b>16.23</b>
<b>10-14</b>	<b>6.81</b>

**Table 108**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Days felt like failure or let family down</b>	
	<b>Thayer County Percent, 2011</b>
<b>0</b>	<b>82.57</b>
<b>1-4</b>	<b>13.51</b>
<b>5-9</b>	<b>1.35</b>
<b>10-14</b>	<b>2.56</b>

**Table 109**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Days had trouble concentrating</b>	
	<b>Thayer County Percent, 2011</b>
<b>0</b>	<b>87.26</b>
<b>1-4</b>	<b>8.87</b>
<b>5-9</b>	<b>1.32</b>
<b>10-14</b>	<b>2.54</b>

**Table 110**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Days moved slower or faster than usual</b>	
	<b>Thayer County Percent, 2011</b>
<b>0</b>	<b>94.01</b>
<b>1-4</b>	<b>3.61</b>
<b>5-9</b>	<b>0.62</b>
<b>10-14</b>	<b>1.76</b>

**Table 111**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Taking medication for emotional problem?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>7.68</b>
<b>No</b>	<b>92.32</b>

**Table 112  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Ever told you had an depressive disorder</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>16.59</b>
<b>No</b>	<b>83.41</b>

**Table 113  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Ever told you had an anxiety disorder</b>	
	<b>Thayer County Percent, 2011</b>
<b>Yes</b>	<b>9.62</b>
<b>No</b>	<b>90.38</b>

**Table 114  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Depression/anxiety severity scale</b>	
	<b>Thayer County Percent, 2011</b>
<b>severity score &gt;10</b>	<b>62.14</b>
<b>severity score &lt;10</b>	<b>37.86</b>

**Table 115  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Major/Minor Depression</b>	
	<b>Thayer County</b>

	Percent, 2011
Major	58.68
Minor	41.32

**Table 116**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

Memory loss/confusion in past year?	
	Thayer County Percent, 2011
Yes	10.36
No	89.64

**Table 117**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

# confused family members?	
	Thayer County Percent, 2011
One	7.68
Two	0.15
Zero	92.17

**Table 118**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

Age of confused family member	
	Thayer County Percent, 2011
30-39	3.66
50-59	7.47
60-69	9.95
70-79	49.54
80-89	29.38

**Table 119**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**



<b>How often confusion doing chores</b>	
	<b>Thayer County Percent, 2011</b>
<b>Always</b>	<b>15.6</b>
<b>Usually</b>	<b>2.38</b>
<b>Sometimes</b>	<b>12.89</b>
<b>Rarely</b>	<b>25.17</b>
<b>Never</b>	<b>43.95</b>

**Table 120  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Confusion interferes w/ activity?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Always</b>	<b>15.22</b>
<b>Usually</b>	<b>2.41</b>
<b>Sometimes</b>	<b>17.97</b>
<b>Rarely</b>	<b>26.83</b>
<b>Never</b>	<b>37.57</b>

**Table 121  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Frequency of care for confused?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Always</b>	<b>8.06</b>
<b>Usually</b>	<b>1.75</b>
<b>Sometimes</b>	<b>18.38</b>
<b>Rarely</b>	<b>16.04</b>
<b>Never</b>	<b>55.77</b>

**Table 122  
Mental Health  
Thayer County Adults (2011 BRFSS, weighted)**

<b>Confusion discussed with professional?</b>	
	<b>Thayer County</b>

	Percent, 2011
Yes	30.23
No	69.77

**Table 123**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

Medications used for confusion?	
	Thayer County Percent, 2011
Yes	41.89
No	58.11

**Table 124**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

Condition defined as Alzheimer's?	
	Thayer County Percent, 2011
Yes, Alzheimer's	31.14
Yes, another dementia	9.08
No Dx has been given	59.77

**Table 125**  
**Mental Health**  
**Thayer County Adults (2011 BRFSS, weighted)**

Lived with someone with depression?	
	Thayer County Percent, 2011
Yes	10.7
No	89.3

**Table 126**  
**Home Environment**  
**Thayer County Adults (2011 BRFSS, weighted)**

Parents were divorced?	
	Thayer County Percent, 2011

<b>Yes</b>	<b>16.02</b>
<b>No</b>	<b>83.98</b>

**Table 127**  
**Home Environment**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Parents punched you?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Never</b>	<b>88.6</b>
<b>Once</b>	<b>1.58</b>
<b>More than once</b>	<b>9.82</b>

**Table 128**  
**Home Environment**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Parents hurt you?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Never</b>	<b>85.33</b>
<b>Once</b>	<b>1.8</b>
<b>More than once</b>	<b>12.87</b>

**Table 129**  
**Home Environment**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Parents swore at you?</b>	
	<b>Thayer County Percent, 2011</b>
<b>Never</b>	<b>71.55</b>
<b>Once</b>	<b>5.99</b>
<b>More than once</b>	<b>22.46</b>

**Table 130**  
**Home Environment**  
**Thayer County Adults (2011 BRFSS, weighted)**

<b>Adult touched your genitals?</b>
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	Thayer County Percent, 2011
Never	91.85
Once	2.1
More than once	6.05

**Table 131  
Home Environment  
Thayer County Adults (2011 BRFSS, weighted)**

Forced to touch their genitals?	
	Thayer County Percent, 2011
Never	92.57
Once	1.74
More than once	5.7

**Table 132  
Home Environment  
Thayer County Adults (2011 BRFSS, weighted)**

Forced to have sex?	
	Thayer County Percent, 2011
Never	93.57
Once	2.16
More than once	4.27