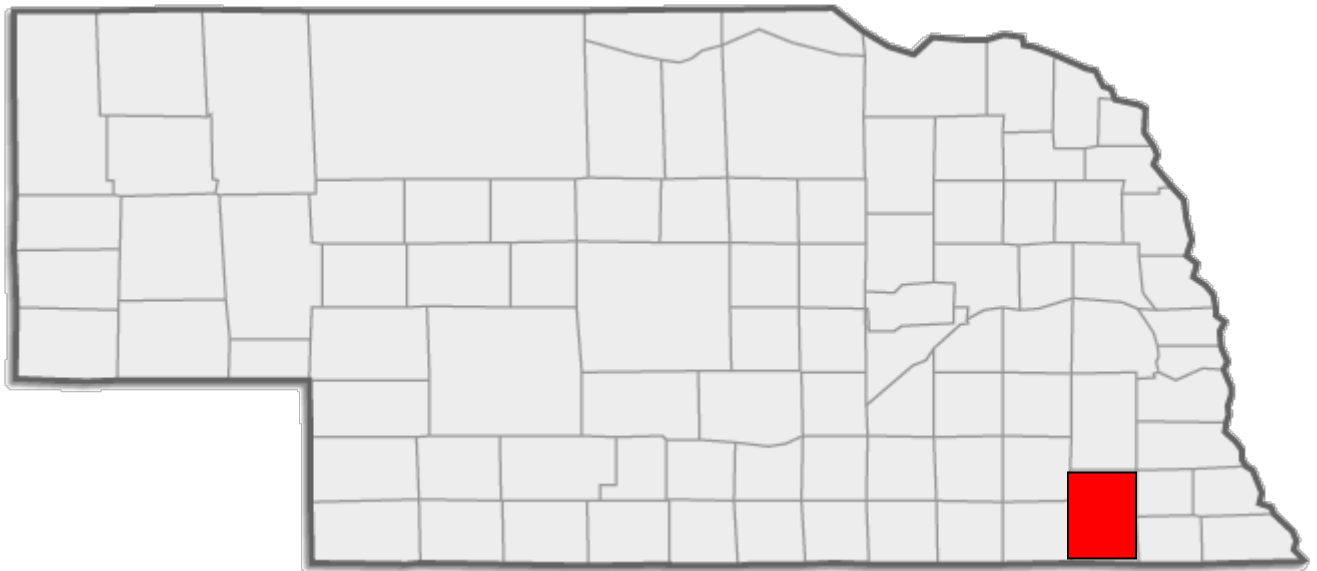


# A Behavioral Risk Factor Surveillance Survey System

## Findings for Gage County Nebraska



November 2010  
(survey completed in 2008-2009)

**Public  
Health**  
*Solutions*

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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. Gage County was over-sampled in 2008 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 2008 Behavioral Risk Factor Surveillance System (BRFSS) results for Gage County. In addition to the standard BRFSS format, special questions were added to address local concerns raised in previously completed community health assessment projects, and to provide health and risk information about the minority population of the county. 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 – Gage County was selected for oversampling in 2008.

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 Gage County respondents to the 2008 oversample, 1.8% was non-white (3.4% after statistical weighting). The minority population in Gage County in 2000 was 2.3% of the total population, the largest minority population being of Hispanic origins (0.9% of the county population). This is an increase from 1990, when just 1.16% of the total Gage 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 2008 an additional 1,353 residents of Gage 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. Unless otherwise noted, responses of “Don’t know/Not sure” and “Refused” were removed from the denominators when calculating percentages in this report. District and state comparisons 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 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, the following 3 priority areas stood out:

- Access to Health Care
- Healthy Choices/Behaviors (e.g. physical activity, smoking)
- Health Status (e.g. chronic disease)

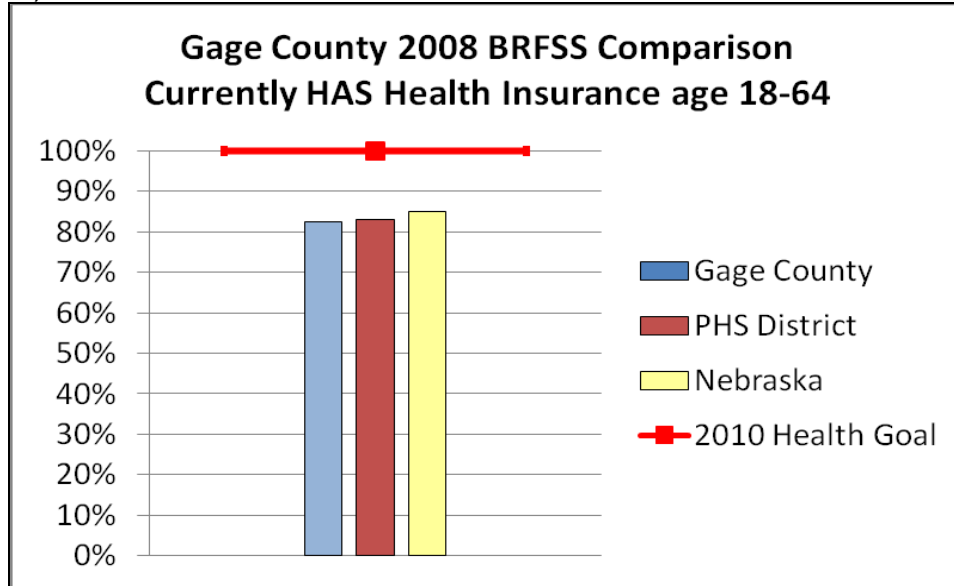
# Select Findings from the Gage County BRFSS

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

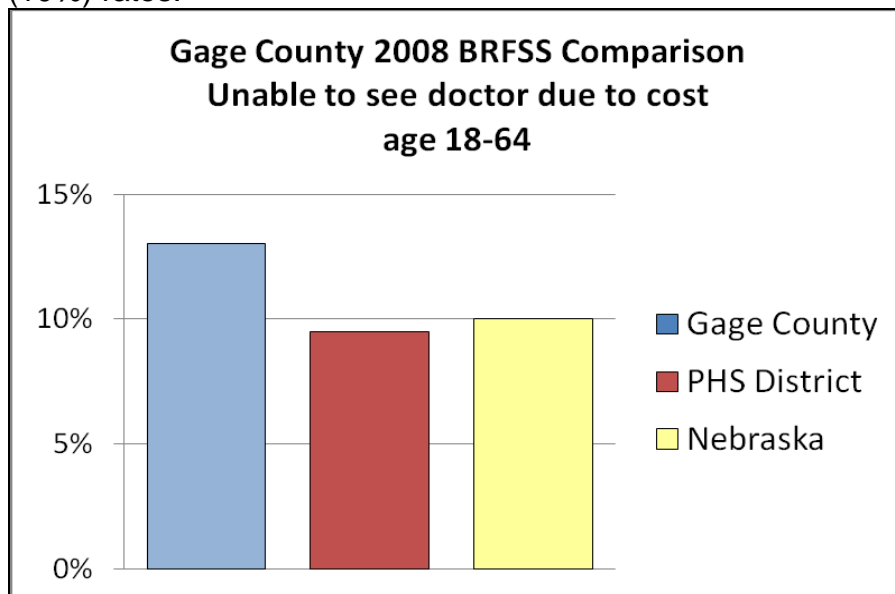
## Access to Health Care

(Table 2)

- A slightly smaller percentage of Gage County residents (82.3%) had health insurance at the time of the survey compared to district (almost 83%) and state (85%) rates.



- A higher percentage of Gage County residents (13%) reported being unable to see a doctor in the previous year due to costs compared to district (9.5%) and state (10%) rates.



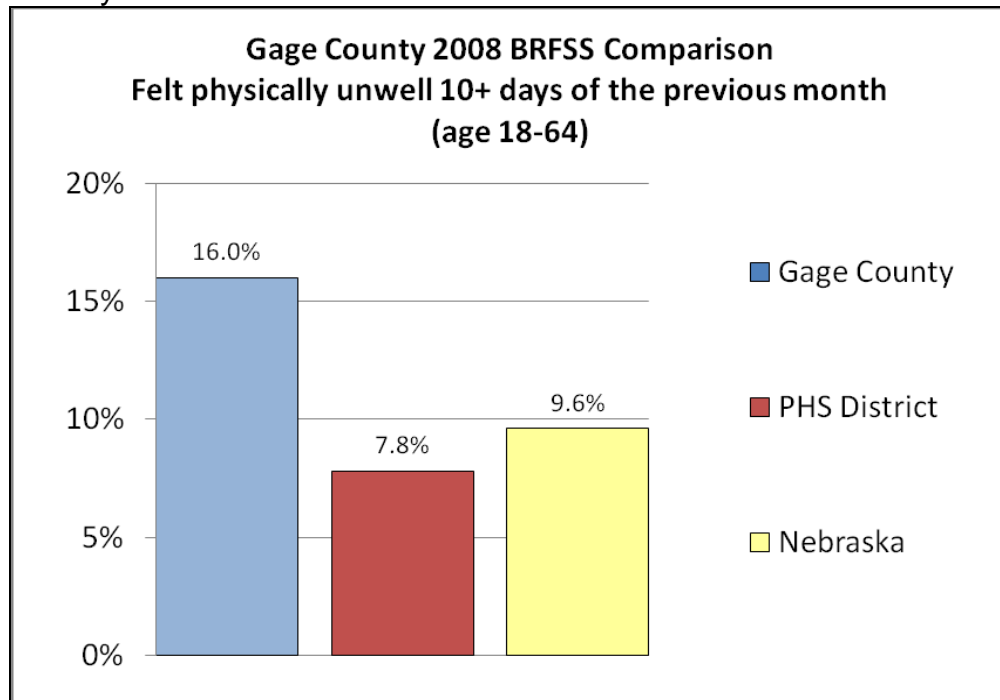
- + 89% of Gage County residents reported having access to at least one health care professional whom they consider to be a personal physician, a higher rate than for the district (83%) and state (83.6%).
- Almost six out of 10 county residents (59.5%) indicated they had a routine check up in the previous year, similar to PHS (60%) and slightly lower than the state rate (62%).
- 63.8% of Gage County residents reported seeing a dentist sometime in the previous 12 months; this percentage increased to 72.8% 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 Gage County respondents (80.5%) considered their general health “good” or “excellent” (i.e. “not at risk”), but the county rate was lower than district (89.5%) and state (88.4%) rates.
- Nearly 40% of Gage County respondents reported having felt physically unwell at least 1 day during the previous month; 16% reported feeling unwell for 10 or more days of that month.





## ***Mental Health***

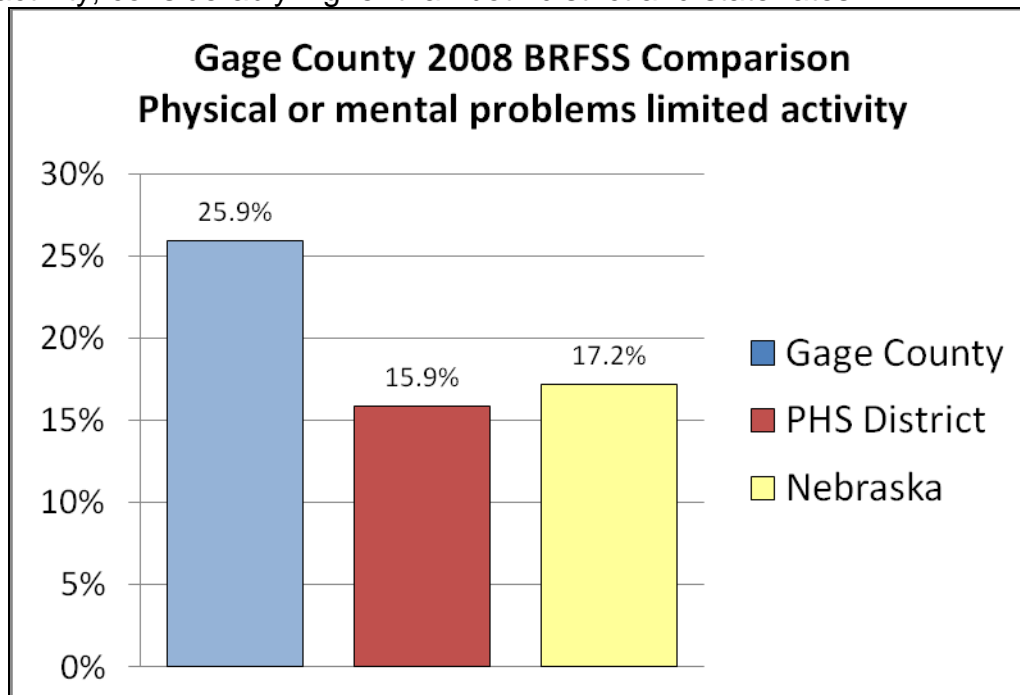
(Table 4)

- 63.8% of Gage County respondents reported feeling mentally unwell at least 1 day the previous month.
- More than 17% 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.
- Nearly 1 in 10 survey responses (9.8%) indicated not enough rest every day of the previous month.

## ***Disability and Quality of Life***

(Table 5)

- + The vast majority of Gage County respondents reported they were either “very satisfied” (33.9%) or “satisfied” (56.4%) with their lives.
- 25.9% of respondents reported that physical or mental problems limited their activity, considerably higher than both district and state rates.



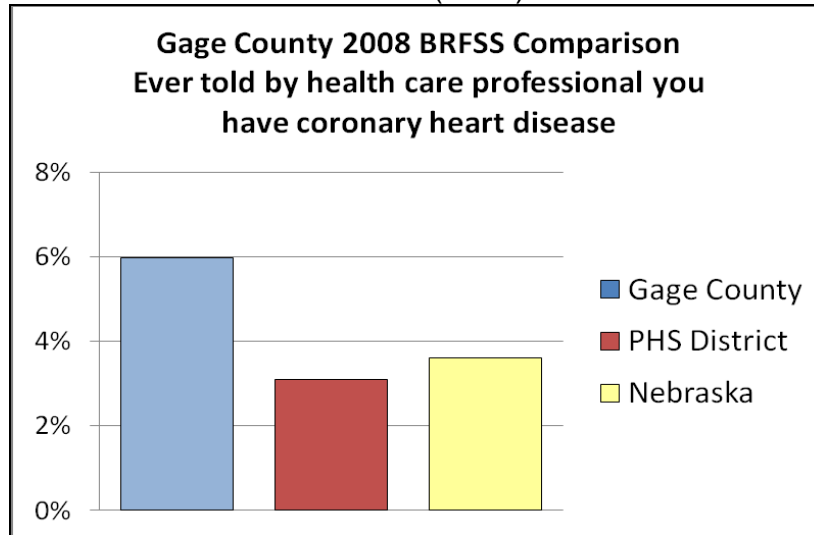
- 10.9% of Gage County adults said they currently have any health problems requiring them to use special equipment, higher than the district-wide (6%) and state rates (5.9%).
- + More than three-fourths of Gage County adults (76.1%) stated that they “always” or “usually” get the social and emotional support they need.

## Cardiovascular Disease, High Blood Pressure

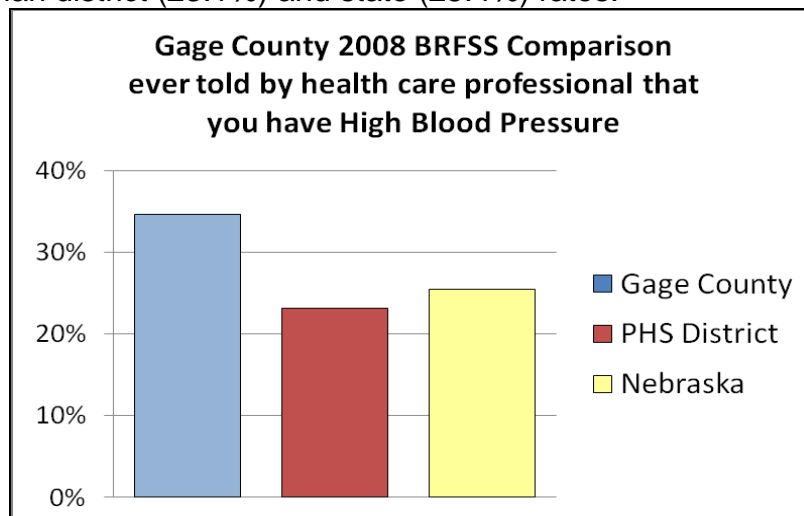
(Table 6)

Gage County adults were more likely than district and state peers to report having been diagnosed with coronary heart disease diagnosis and high blood pressure compared to district and state response rates.

- 6.0% of Gage 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 Gage County adults, 5.3% stated they had ever been told they had a heart attack, higher than district (3.4%) and state (3.7%) response rates.
- Only 2.3% of Gage County adults reported ever being told they had a stroke, similar to district (2.1%) and state (2.2%) rates.
- Approximately one-third of Gage County residents (34.7%) reported having been told by a health care professional that they had high blood pressure, notably higher than district (23.1%) and state (25.4%) rates.



## ***Diabetes***

(Table 7)

- Among Gage County adults, 9.8% 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.
- The overwhelming majority of residents reporting a diabetes diagnosis received that diagnosis at or after age 40.
- Gage County residents reporting a diabetes diagnosis were disproportionately female (54.7% versus 45.3%); of the female diabetes diagnoses, the vast majority (85% of those diagnosed) were not pregnancy related.
- 13.5% of Gage County diabetics report never checking their blood sugar; approximately 36% check it daily.

## ***Asthma***

(Table 8)

- In Gage County, 12.8% of adults had ever been told they had asthma, slightly higher than district and state rates (both 11.6%).
- In Gage County, 9.1% of adults stated they currently have asthma, slightly higher than district (7.7%) and Nebraska (8.1%) rates.

## ***HIV***

(Table 9)

- In Gage County, 22.8% of adults reported having been tested for HIV at least once in their lifetime. The top 3 locations for HIV testing were: private doctor (35%), hospital (28%), and clinic (12%).
- 4.8% 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-sixth of Gage County adults (16.5%) 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 less common overall, with only 5.9% of Gage 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%).
- 8% of total county respondents reported driving after they “perhaps had too much to drink”. Of those who reported binge drinking, 16.9% reported driving afterwards.

## ***Tobacco Use***

*(Tables 10)*

*\*\*\* Since the time of this survey, Nebraska passed a statewide smoking ban that prohibits smoking indoors at workplaces.*

- In Gage County, 25.4% of adults reported currently smoking cigarettes. This prevalence rate is higher than both the PHS area rate (16.4%) and the overall Nebraska smoking rate (20.2%).
- One quarter of county respondents (25.8%) indicated that they currently use smokeless tobacco (18% use it every day).
- 72.9% of Gage County adults said that smoking is not allowed anywhere inside their homes. 83% reported having no smoking in their home in the week prior to the survey.
- 2.2% of county respondents reported that smoking is allowed anywhere in their home, and 17.6% reported having no established rules about smoking in the home. 12.7% reported that smoking took place every day of the week prior to the survey.

## ***Overweight and Obesity***

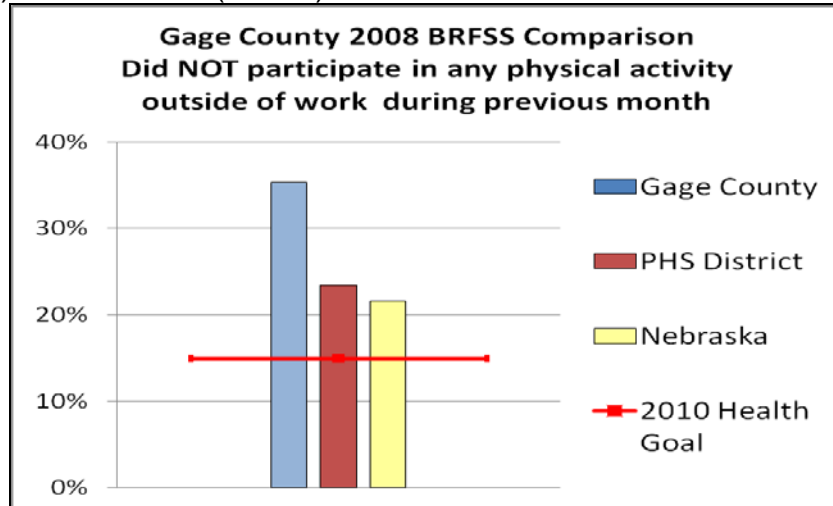
*(Table 11)*

- More than one-third of Gage County adults (34.7%) 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 (32.9%) were higher than the district rate (28.4%) and the Nebraska rate (26.1%).

## Physical Activity

(Table 11)

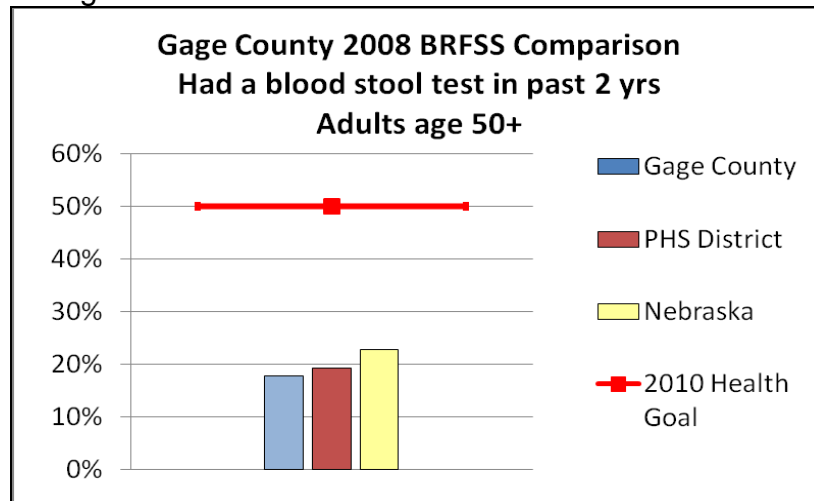
- More than one-third of Gage County adults (35.3%) were physically **inactive** during the past month, a considerably higher percentage than the PHS area (23.4%) and the state (21.6%).



## Cancer Screening

(Tables 12, 13, 14)

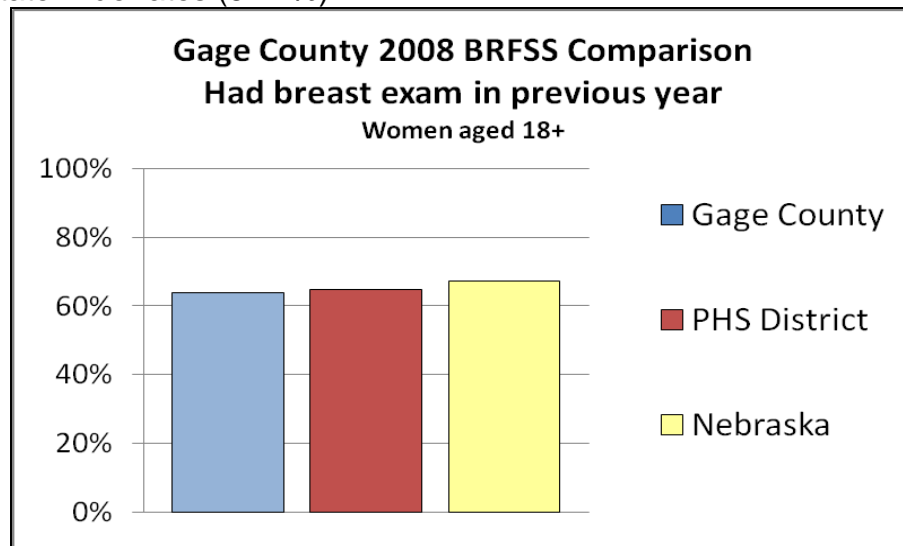
- About one-third (37%) of Gage County adults aged 50 and older stated they ever had a blood stool test (also known as a fecal occult blood test or FOBT), and 17.8% had this test within the previous two years. The two-year county rate is below the district (19.2%) and state (22.8%) rates, and far below the Healthy People 2010 goal for Nebraska and the US.



- ± Slightly less than half of Gage County residents (49.5%) in the appropriate age group reported ever having a sigmoidoscopy or colonoscopy to screen for cancer

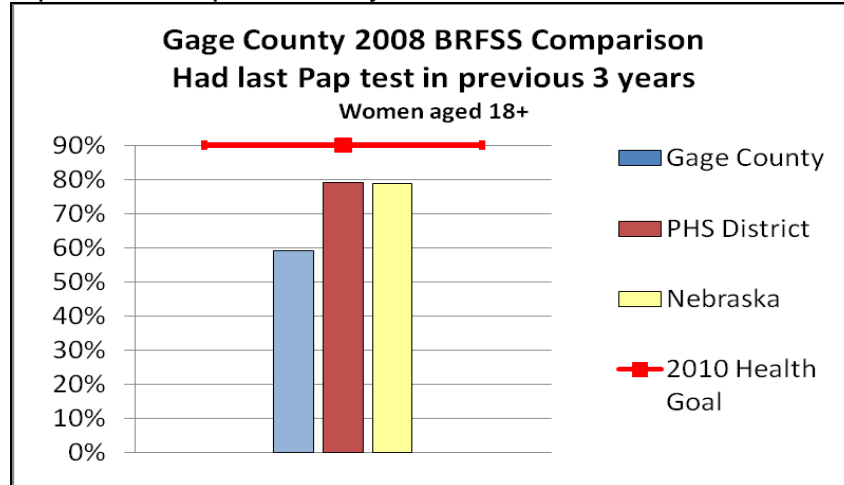
or other problems. This is higher than the district rate (47.6%) but notably lower than the state rate (56.1%).

- ± Only 23% of Gage County men aged 50 and older reported having had this colon cancer screen done in the previous 2 years, and about 45% reported having one done in the previous 10 years (higher than district and state rates, which were 41.2 and 49.1% respectively).
- 65.4% of men aged 50 and older in Gage County stated that had a PSA Test to check for prostate cancer sometime in their lifetime. 43.3% of all men in this age group reported having this test within the past year.
- Three-fourths of men aged 50 and older in Gage County (76.1%) indicated that they had a digital rectal exam at some point in their lifetime, with 32.9% of all males in this age group reporting the exam occurred in the past two years.
- 5.7% of Gage County men aged 50 and older stated they had ever been told by a health professional that they have prostate cancer (4% for males aged 18 and older).
- + 86.8% of women aged 40 and older in Gage County stated had a mammogram at some time in their lives, while 66.6% 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.
- Almost nine out of ten women (89.1%) aged 18 and older in Gage County said they had at some time had a clinical breast examination (CBE).
- Breast exam rates within the previous year for Gage County women aged 18 and older were similar to district-wide rates (63.90% versus 64.7%) and slightly lower than state-wide rates (67.2%).



- + 98% of women in Gage County stated they ever had a Pap test for cervical cancer, higher than 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)

- 79.8% of Gage County residents responding to the survey stated they always or nearly always wear seatbelts. 5% reported never wearing a seatbelt.
- 22.5% of county respondents stated indicated that they had fallen at least once in the previous 3 months. Of those, 38.1% reported being injured from at least one of those falls.

## ***Immunizations***

(Table 16)

- ± 70.8% of Gage County residents aged 65 and older stated they had a flu shot in the previous 12 months (~72% including those who received the nasal spray vaccine). In the PHS area, a smaller 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.
- Seven out of ten Gage County residents aged 65 and older (70.3%) reported ever having a pneumonia shot. Similar percentages were noted for the PHS area (69.5%) and for Nebraska (71.8%), all three well below the US and Nebraska Healthy People 2010 goal of 90%.

## ***Sexual Violence***

(Table 17)

- 4.8% of respondents said that at least one of their children had been sexually assaulted. The overwhelming majority of these children were male (96.5%), and the most common perpetrators were Nondescript/Other (36.8%), Family Friend (36.1%), and Stranger (20.7%).

## Conclusions and Recommendations

Responses to the Gage County Behavioral Risk Factor Surveillance Survey support the outcomes of earlier community-driven efforts to identify priority local health problems, particularly access to health care and incidence and prevention of chronic disease. Prevention of chronic disease and crises in particular was named as a priority concern of PHS residents, and encompasses indicators like cancer screening and behaviors/choices leading to poor health status. Additionally, though “access to care” was not a stand-out category for Gage County based on survey responses, there were several individual indicators within this category that warrant monitoring and intervention. Among those are “percentage of residents who currently have health insurance”, and “percentage of residents who could not see a doctor due to cost”. As with prevention of chronic disease, these indicators are supportive of earlier efforts to characterize priority health issues in the PHS district. 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. 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)

Though district- and state-wide comparisons are not yet available through this survey, county response rates suggest that sexual violence, particularly sexual assault against children, is an important local issue that PHS will continue to monitor and work towards addressing.

As described in the Executive Summary above, vulnerable populations (including but not limited to low-income residents, children and the elderly and racial minorities) 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 Gage 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  
Gage County Adults (2008 BRFSS)**

<b>Age/Gender</b>	<b>Gage County (%)</b>		
	Male	Female	Total
18 – 24	5.06	5.41	10.47
25 – 34	8.29	8.51	16.80
35 – 44	8.28	7.17	15.45
45 – 54	10.69	10.15	20.83
55 – 64	6.31	6.80	13.11
65+	9.76	13.57	23.33
TOTAL by gender	48.4	51.60	100.00
<b>Race/Ethnicity</b>			
White, Non-Hispanic	96.65		
Not white	3.35		
<b>Income (annual)</b>			
< \$15,000	13.03		
\$15,000 - \$24,999	21.99		
\$25,000 - \$49,999	32.98		
\$50,000+	32.00		
<b>Work status</b>			
Employed	51.36		
Self Employed	7.63		
No work > 1 year	2.58		
No work < 1 year	3.87		
Homemaker	7.58		
Student	2.04		
Retired	19.35		
Unable to Work	5.59		
<b>Education</b>			
< High School	8.61		
High School / GED	40.43		
Some College	27.5		
College Graduate	23.26		
<b>Children &lt;18 in household</b>	39.54		
<b>Marital status</b>			
Married	63.91		
Divorced	10.02		
Widowed	7.95		
Separated	0.53		
Never married	16.46		
Unmarried couple	1.13		

**Table 2  
Access to Health Care  
Gage County Adults (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b>Currently has NO health insurance (aged 18-64)</b>	17.68	17.1	15.0
<b>Does NOT have at least one personal doctor or health care provider (aged 18+)</b>	10.94	16.9	16.4
<b>Could NOT see a physician due to cost at least once in previous year (aged 18+)</b>	13.0	9.5	10.0
<b>Last routine checkup (aged 18+):</b>		60.0	62.0
Past Year	59.52		
1-2 Years	12.79		
2-5 Years	12.29		
5+ Years	13.19		
Never	2.2		
<b>Last visited dentist (aged 18+):</b>			
Previous year	63.84		
1+ to 2 years	8.91		
2+ to 5 years	12.19		
5+ years	15.06		
<b>Last dental cleaning (aged 18+):</b>			
Previous year	61.54		
1+ to 2 years	10.96		
2+ to 5 years	13.35		
5+ years	10.93		
Never	3.23		

**Table 3  
Health Status  
Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b>Self-reported health status</b>			
Good to Excellent	80.52	89.5	88.4
Fair or poor	19.48		
<b># of days physically not well in previous month</b>			
None	60.57		
1-9 days	23.37		
10+ days	16.06	7.8	9.6

**Table 4  
Mental Health  
Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b># of days mentally not well in previous month</b>			
None	63.78		
1-9 days	18.49		
10+ days	17.73	9.4	9.6
<b># of days with not enough rest in previous month:</b>			
None	34.73		
1-4 days	15.59		
5-9 days	11.31		
10-14 days	9.54		
15-29 days	19.0		
Every Day	9.84		

**Table 5  
Disability and Quality of Life  
Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b>Physical or mental problems limited activity</b>	25.92	15.9	17.2
<b>Has health problems requiring the use of special equipment</b>	10.91	6.0	5.9
<b>Gets needed social/emotional support:</b>			
Always	41.7		
Usually	34.37		
Sometimes	15.43		
Rarely	4.1		
Never	4.39		
<b>How satisfied with life</b>			
Very satisfied	33.88		
Satisfied	56.39		
Dissatisfied	8.55		
Very dissatisfied	1.18		

**Table 6  
Cardiovascular Disease  
Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b>Ever told by health professional you had a myocardial infarction</b>	5.29	3.4	3.7
<b>Ever told by health</b>	5.96	3.1	3.6

<b>professional you had coronary heart disease</b>					
<b>Ever told by health professional you had high blood pressure</b>	Male (% of tot male)	Female (% of tot fem)	Total		
Yes	34.13	35.15	34.66	23.1	25.4
No	64.11	62.58	63.32		
During pregnancy	n/a	1.91	0.99		
Pre-hypertensive	1.76	0.36	1.03		
<b>Ever told by health professional you had high blood pressure TWICE</b>					
Yes		76.87			
No		20.77			
During pregnancy		0.1			
<b>Ever controlled HBP using:</b>					
Diet		69.87			
Salt reduction		43.72			
Alcohol reduction		68.32			
Exercise		56.97			
<b>Ever advised by doctor to control HBP using:</b>					
Diet		56.97			
Salt reduction		62.09			
Alcohol reduction		28.31			
Exercise		73.22			
Prescription medication		86.86			

**Table 7  
Diabetes  
Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>			<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
	Male (% of tot male)	Female (% of tot fem)	Total		
<b>Ever told by health professional you had diabetes</b>					
Yes	9.19	10.41	9.82	5.6	6.7
No	89.62	85.38	87.43		
During pregnancy	n/a	1.57	0.81		
Borderline	1.2	2.63	1.94		
<b>Age when you were told you have diabetes (years)</b>					
Under 10		0.29			
10-19		2.98			
20-29		9.32			
30-39		3.97			
40-49		23.7			
50-59		25.75			
60-69		18.36			
70+		15.63			
<b>Currently taking insulin?</b>		24.61			
<b>Times check blood sugar per week</b>					

Never	13.46		
< 1 / wk	7.3		
1-6 / wk	18.49		
Daily	24.83		
> Daily	35.92		
<b>Times check feet for sores per week</b>			
Never	8.76		
< 1 / wk	1.43		
1-6 / wk	13.18		
Daily	63.72		
> Daily	12.9		
<b>Times feet checked in previous year</b>			
1-2	39.39		
3-4	21.5		
5-9	4.36		
10+	3.16		
Zero	31.6		
<b>Times in past year seen doctor for diabetes</b>			
1 – 2	35.72		
3 – 4	34.68		
5 – 9	13.51		
10+	2.88		
0 (zero)	13.2		
<b>Times in past year had A1C</b>			
Once	10.1		
At least twice	67.62		
Zero	15.91		
Never heard of	6.37		
<b>Ever told by health care professional you have retinopathy</b>	23.92		

**Table 8  
Asthma  
Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b>Ever told by health professional you have asthma</b>	12.81	11.6	11.6
<b>Currently have asthma</b>	9.11	7.7	8.1

**Table 9  
HIV  
Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>
<b>Ever tested for HIV</b>	
Yes, total	22.82
Yes, rapid test (2 hours)	18.11
<b>Location of last HIV test</b>	

Private doctor	35.44
Counseling	5.94
Hospital	28.32
Clinic	11.86
Prison	1.57
Other	7.2
Drug treatment facility	8.44
Unknown	1.24
<b>Engaged in high HIV-risk behavior</b>	<b>4.75</b>

**Table 10**  
**Alcohol and Tobacco Use**  
**Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b>Engaged in binge drinking at least one during previous month</b>	16.53	17.9	18.7
<b>Engaged in heavy drinking over previous month (60+ drinks for males, 30+ drinks for females)</b>	5.88	6.0	4.5
<b>Driven when perhaps had too much to drink</b>	8.18		
<b>Location where you drank alcohol</b>			
Your home	34.28		
Other's home	24.73		
Restaurant	5.38		
Bar	24.99		
Park/Concert	5.99		
Other place	4.62		
<b>Drove after binge drinking</b>	16.88		
<b>Currently smoke</b>	25.42	16.4	20.2
<b>Quit for at least 1 day in previous month</b>	51.45		
<b>Ever tried smokeless tobacco</b>	25.16		
<b>Currently use smokeless tobacco</b>			
Every day	17.94		
Some days	7.82		
Not at all	74.24		
<b>Currently use other tobacco products</b>	2.27		
<b>Smoking rules in your home</b>			
Not allowed	72.87		
Allowed in some places	7.29		
Allowed anywhere	2.24		
No rules	17.6		
<b>Number of times in previous week that someone smoked in your home</b>			
0	83.18		
1	0.91		
2	2.14		
3	0.24		
4	0.3		
5	0.49		
7	12.74		

**Table 11  
Overweight and Physical Activity  
Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b>Current body mass index</b>			
< 25	32.38		
25-29 (overweight)	34.71	37.6	37.8
30+ (obese)	32.91	28.4	26.1
<b>No physical activity outside of work</b>	35.29	23.4	21.6

**Table 12  
Cancer Screening, Cervical and Breast  
Gage County Adults (2008 BRFSS)**

	<b>Gage County (%)</b>		<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
	<b>Aged 18+</b>	<b>Aged 40+</b>		
<b>Ever had a PAP test</b>	98.02	97.2	95.9 (aged 18+)	95.5 (aged 18+)
<b>Last had a PAP test</b>				
< 3 years	71.93	59.1	79.1 (aged 18+)	78.9 (aged 18+)
3+ years	28.07	40.9		
<b>Ever had a clinical breast exam</b>	89.09	87.93		
<b>Last had a clinical breast exam</b>				
Previous year	63.92	57.8	64.7	67.2
Previous 2 years	10.2	11.01		
Previous 3 years	4.56	4.6		
Previous 5 years	4.16	5.25		
Previous 5+ years	6.15	9.13		
Never	11.0	12.22		
<b>Had a hysterectomy</b>	31.28	41.2		
<b>Ever had a mammogram</b>	65.11	86.77		
<b>Last had a mammogram</b>				
Previous 2 years		66.62	64.6 (aged 40+)	69.3 (aged 40+)
2+ years		33.38		

**Table 13  
Cancer Screening, Prostate  
Gage County Adults (2008 BRFSS)**

	<b>Gage County (%)</b>	
	<b>Aged 18+</b>	<b>Aged 50+</b>
<b>Ever had a PSA test</b>	57.47	65.36
<b>Last time had PSA test</b>		
Previous year	37.4	43.33
Previous 2 years	10.99	13.16
Previous 3 years	1.93	2.42
Previous 5 years	3.28	1.74

	Previous 5+ years	2.67	3.32
	Never	43.74	36.04
<b>Ever had a digital rectal exam</b>		67.73	76.6
<b>Last time had a digital rectal exam</b>			
	Previous year	28.0	32.89
	Previous 2 years	13.48	17.36
	Previous 3 years	8.56	9.39
	Previous 5 years	6.25	4.16
	Previous 5+ years	11.09	12.43
	Never	32.62	23.77
<b>Ever told by physician you have prostate cancer</b>		3.99	5.66

**Table 14  
Cancer Screening, Colon  
Gage County Adults, aged 50+ (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b>Ever had a fecal occult blood test</b>	37.0		
<b>Last had a fecal occult blood test</b>			
Previous year	12.03		
1+ to 2 years	5.74		
(cumulative, ever in prev. 2 years)	(17.77)	19.2	22.8
2+ to 3 years	3.73		
3+ to 5 years	4.13		
5+ years	11.14		
Never	63.22		
<b>Ever had a sigmoidoscopy or colonoscopy</b>			
Either	49.48	47.6	56.1
Sigmoidoscopy (% of those who had either)	10.38		
Colonoscopy (% of those who had either)	89.62		
<b>Last sigmoidoscopy or colonoscopy</b>			
Previous year	13.23		
1+ to 2 years	9.72		
2+ to 3 years	7.65		
3+ to 5 years	8.74		
5+ to 10 years	6.1		
(cumulative, ever in past 10 years)	(45.44)	41.2	49.1
10+ years	3.59		
Never	50.97		

**Table 15  
Injuries, Injury Prevention  
Gage County Adults, aged 18+ (2008 BRFSS)**

	<b>Gage County (%)</b>
<b>How often do you use seatbelts</b>	
Always	59.09
Nearly always	20.73
Sometimes	9.37
Seldom	5.58
Never	5.14
No car	0.1



<b>Number of times fallen in previous month</b>	0	77.52
	1 – 5	19.89
	6 – 10	0.81
	11 – 15	0.07
	16 – 20	1.52
	21 – 30	0.16
	30+	0.03
<b>Number of times injured from falls in previous 3 months</b>	0	
	1 – 5	61.87
	6 – 10	37.06
	11 – 15	0.36
		0.71

**Table 16  
Immunizations  
Gage County Adults, aged 65+ (2008 BRFSS)**

	<b>Gage County (%)</b>	<b>Public Health Solutions (%)</b>	<b>Nebraska (%)</b>
<b>Had a flu shot in previous year</b>	70.83	67.4	76.8
<b>Had flu nasal spray vaccination in previous year</b>	0.97		
<b>Ever had a pneumonia shot</b>	70.29	69.5	71.8

**Table 17  
Sexual Violence  
Gage County Adults (2008 BRFSS)**

	<b>Gage County (%)</b>
<b>Your child ever sexually assaulted</b>	4.75
<b>Gender of assaulted child</b>	
Male	96.48
Female	3.52
<b>Who assaulted your child</b>	
Stranger	20.73
Family friend	36.09
Family member	6.37
Other	36.82