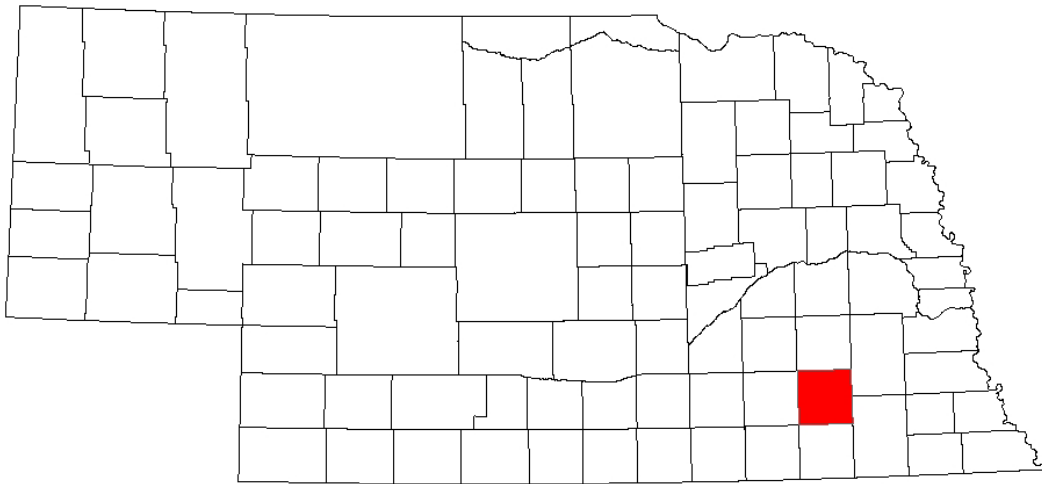


# Behavioral Risk Factor Surveillance Survey

## Findings for Saline County Nebraska



February 2010  
(survey completed in 2007-2008)

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Health**  
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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.

Because of its need for county level planning and evaluation data, Public Health Solutions District Health Department began contracting for a special sampling of each county in the district, one county per year. Saline County was "oversampled" in 2007 to provide this more locally relevant data, with special focus on its racial/ethnic diversity and apparent high rate of growth and in migration.

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# Executive Summary

## *Purpose*

The purpose of this report is to provide a brief summary of 2007 Behavioral Risk Factor Surveillance System (BRFSS) results for Saline 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 to 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 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, starting with Saline County.

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. To address this situation, Public Health Solutions District Health Department (PHSDHD) included a special oversampling of Saline County's Hispanic population in the 2007 Behavioral Risk Factor Surveillance Survey. The minority population in Saline County in 2000 was 2,386, representing 16.7% of the total population – the largest minority population in this area is Hispanic (13.9%). This is a dramatic increase from 1990, when the minority population was 1.4% of the population in Saline County. Currently, in the largest Saline County community of Crete, racial minorities make up estimated 20% or more of the city's total population.

## *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. Additionally, 774 residents of Saline County were interviewed as part of the "oversample" PHS directed to gain even more locally relevant insight into health issues

facing our area. Of the Saline County respondents, 92 were Hispanic (12%) and 682 were non-Hispanic white (88%). For comparison, the 2000 Census estimated population of Saline County was 13,843, with 1,984 (13.9%) being Hispanic.

**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. 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.

Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age/gender groups. Age-adjustment was used for most prevalence estimates in this report.

Confidence intervals associated with reported percentages are not available for Hispanic vs. non-Hispanic white risk factor prevalence estimates in this report. Though the number of Hispanic respondents was not sufficient to do meaningful analysis using this statistical tool, in many cases differences in prevalence were quite large indicating that differences between the population groups are important and should probably be investigated and addressed.

**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. Responses were also recorded by gender, but male respondents were too small in numbers to warrant a gender comparison (aside from questions that were gender specific, such as prostate cancer screening and breast exams) for the purpose of this report.

### **Major Areas of Concern**

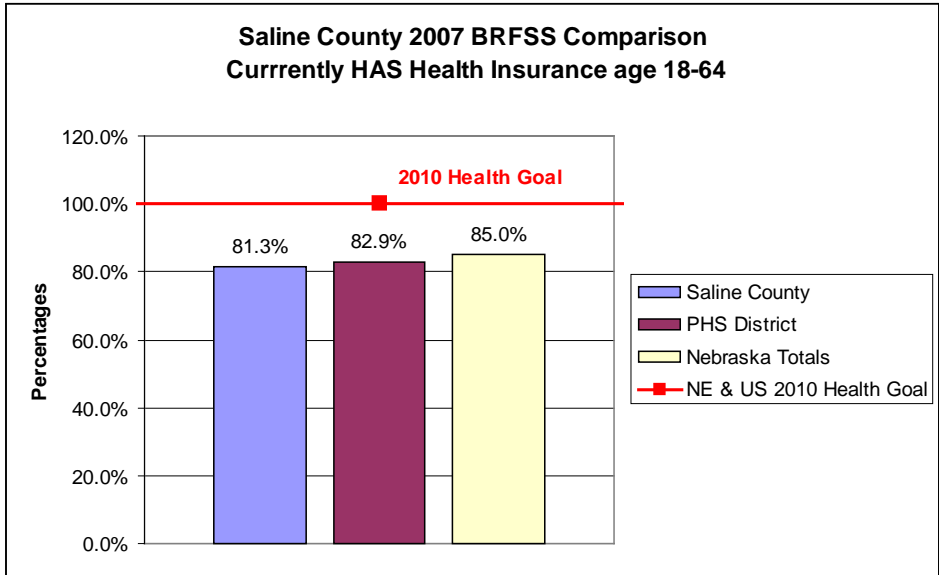
- Access to Care
- Mental Health
- Chronic Disease (diabetes, cardiovascular disease, high blood pressure, asthma)
- Healthy Weights, Physical Activity
- Minority Health Disparities

# Select Findings from the Saline County BRFSS

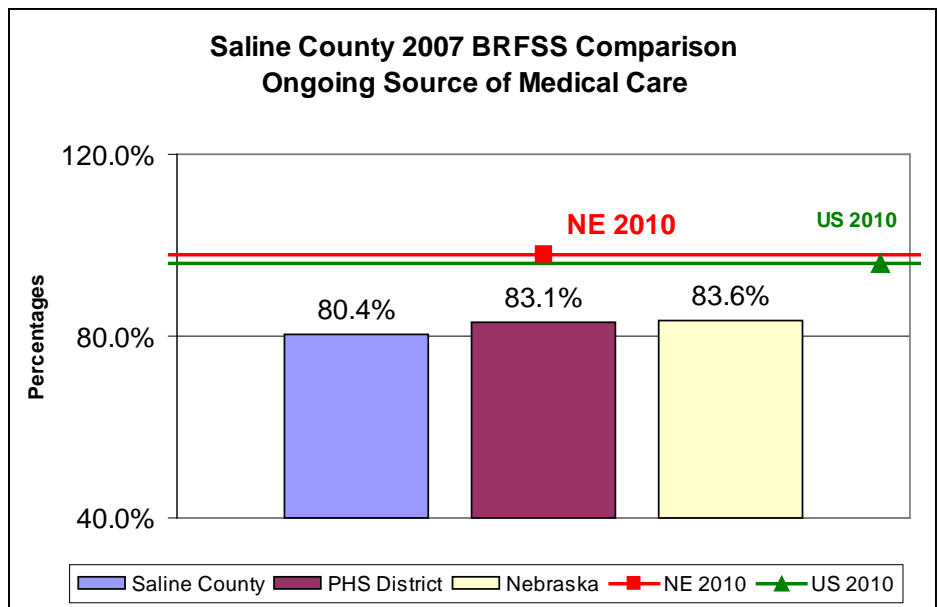
## Access to Health Care

Table 1

- A smaller percentage of Saline County residents (81.3%) had health insurance at the time of the survey compared to district (almost 83%) and state (85%) rates.



- 19.6% of Saline County adults surveyed had no personal doctor or health care provider, higher than the district rate (16.9%) and the state rate (16.4%).
- A smaller percentage of Saline County adults have consistent access to medical care compared to the district and state.



- + A smaller percentage of Saline County residents (8.5%) reported being unable to see a doctor in the previous year due to costs compared to district (9.5%) and state (10%) rates.

## ***Health Status***

*(Table 2)*

Residents were asked to rate their general health.

- ± A strong majority of Saline County respondents (86.7%) considered their general health “good” or “excellent” (i.e. “not at risk”), but the county rate was slightly lower than district (89.5%) and state (88%) rates.

## ***Mental Health***

*(Tables 3, 4)*

Residents were asked to rank their mental health (including stress, depression, problems with emotions, nervousness, hopelessness, restlessness, etc.), and report on mental health problems interfering with daily activities. While a very strong majority of respondents indicated having no days in the previous month when any mental health condition or emotional problem kept them from doing their usual activities, there were some mental health indicators where Saline County adults fared worse than the rest of the district and/or state.

- 2.9% of all Saline County respondents were found to have Serious Psychological Distress (based on answers to six questions) in the 30 days prior to the survey (compared to 0.5% district-wide and 2.4% statewide).
- 8.9% of Saline County adults stated they were now taking medication or receiving treatment from a health professional for some kind of mental health condition or emotional problem.
- The majority of respondents in Saline County (69.2%) agreed strongly that treatment can help people with mental illness lead normal lives.
- Only 30.0% of Saline County respondents strongly agreed that ‘people are generally caring and sympathetic to people with mental illness’. Including those who agree slightly, 66% of the respondents expressed agreement.

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

*(Table 5)*

- + The majority of Saline County respondents reported they were either “very satisfied” (44.2%) or “satisfied” (52.8%) with their lives.



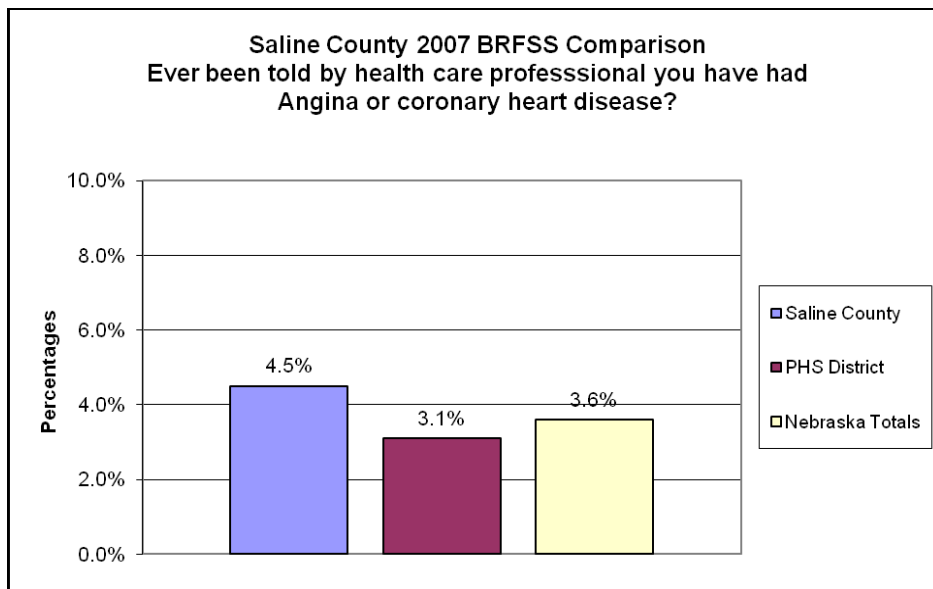
- 6.3% of Saline County adults said they currently have any health problems requiring them to use special equipment, slightly more than the district-wide (6%) and state rates (5.9%).
- + More than three-fourths of Saline County adults (78.9%) stated that they “always” or “usually” get the social and emotional support they need.

### ***Cardiovascular Disease, High Blood Pressure***

(Tables 7, 8)

Saline County adults were slightly more likely than district and state peers to report having been diagnosed with coronary heart disease diagnosis, stroke diagnosis, and high blood cholesterol compared to district and state response rates.

- 4.5% of Saline County adults said they had ever been told by a health professional that they have coronary heart disease, slightly higher than the PHS rate (3.1%) and rate for Nebraska (3.6%).



- Among Saline County adults, 3.3% stated they had ever been told they had a heart attack, similar to district (3.4%) and state (3.7%) response rates.
- Only 2.4% of Saline County adults reported ever being told they had a stroke, very slightly higher than district (2.1%) and state (2.2%) rates.
- Approximately one-fourth of Saline County residents (26.2%) reported having high blood pressure, slightly higher than district (23.1%) and state (25.4%) rates.
- ± In Saline County, three-fourths of adults (74.5%) ever had their blood cholesterol checked, higher than the rate for the district (71.4%) but lower than the state rate (76.2%) for cholesterol screening.

- + 93.4% of Saline County residents who reported previous cholesterol checks also reported they had it checked within the previous 5 years, much higher than PHS (67.1%) and state (72%) rates.
- More than one-third of Saline County residents (37.3%) reported having high blood cholesterol. In comparison, 34.1% of PHS adults and 31.9% of Nebraska adults stated their cholesterol level was high.

## ***Diabetes***

*(Table 9)*

- Among Saline County adults, 7.8% 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.

## ***Asthma***

*(Table 10)*

- In Saline County, 12.2% of adults had ever been told they had asthma, slightly higher than district and state rates (both 11.6%).
- In Saline County, 8.5% of adults stated they currently have asthma, slightly higher than district (7.7%) and Nebraska (8.1%) rates.

## ***Arthritis***

*(Table 11)*

- 35.5% of Saline County adults reported joint pain in the previous month.
- ± Approximately ¼ of Saline County adults (25.8%) had ever been told they have arthritis or a related condition (i.e., diagnosed arthritis), a higher rate than among PHS adults (23.6%) but lower than among all Nebraskans (26.8%).
- Among Saline County respondents with probable or diagnosed arthritis, 18.1% reported activity limitations due to this condition.

## ***Alcohol Misuse***

*(Table 12)*

*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 Saline County adults (16.7%) reported binge drinking during the past 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, with only 5.5% of Saline County adults reporting this level of alcohol consumption in the past month. Among PHS adults, 6.0% engaged in heavy drinking, as did 4.5% of adult Nebraskans overall.

## ***Tobacco Use***

*(Tables 13, 14)*

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

- + In Saline County, 13.4% of adults reported currently smoking cigarettes, either daily or on some days of the month. These prevalence rates are lower than the PHS area rate (16.4%) and the overall Nebraska smoking rate (20.2%).
- Eight out of ten Saline County adults (81.4%) said that smoking is not allowed anywhere inside their homes. Seven percent (7.0%) indicated that smoking is allowed in some places or at some times, while 11.6% reported that smoking is allowed anywhere inside their home.
- 43.9% of Saline County smokers reported receiving no advice about quitting from their health care practitioner (28% of smokers reported not having seen a doctor in the previous year), and 71.6% reported that they received no assistance/methods to help them quit.

## ***Overweight and Obesity***

*(Table 15)*

- More than one-third of Saline County adults (37.3%) reported heights and weights that placed them in the “overweight but not obese” category (body mass index of between 25.0 and 29.9), similar to PHS and Nebraska rates (37.6% and 37.8%).
- Obesity (BMI of 30.0 or greater) prevalence rates for the county (28.9%) were similar to the district rate (28.4%) and slightly higher than the Nebraska rate (26.1%).

## ***Nutrition***

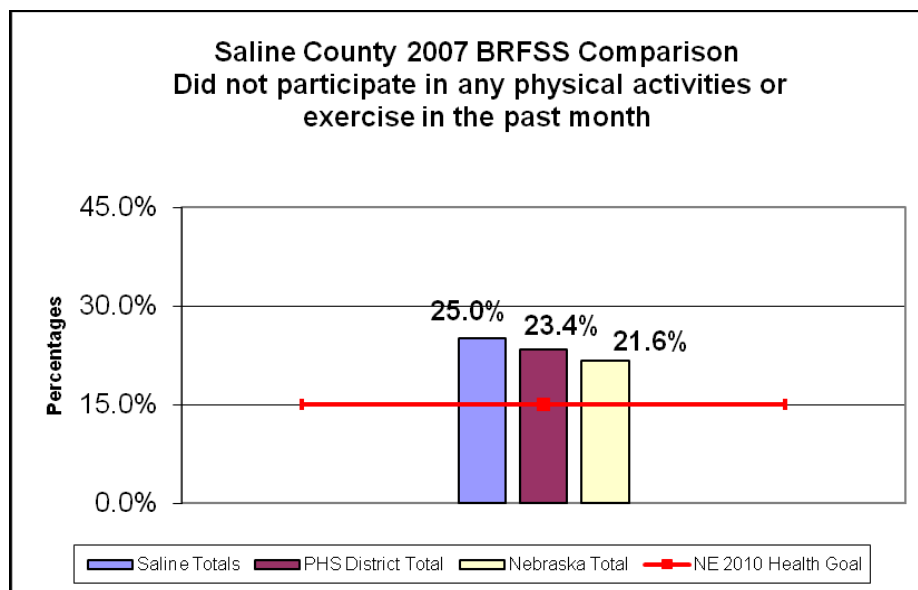
*(Table 15)*

- + A greater proportion of Saline County adults reported consuming fruits and vegetables five or more times daily (28.9%), compared to PHS (20.0%) or Nebraska (24.0%) respondents.

## Physical Activity

(Table 16)

- One-fourth of Saline County adults (25.0%) were physically **inactive** during the past month, a higher percentage than the PHS area (23.4%) and the state (21.6%).



*Vigorous activity:* activity that causes large increases in breathing or heart rate, for example running, aerobics, heavy yard work, etc. Positive reports were logged for “20 or more minutes per day, 3 or more days per week” responses.

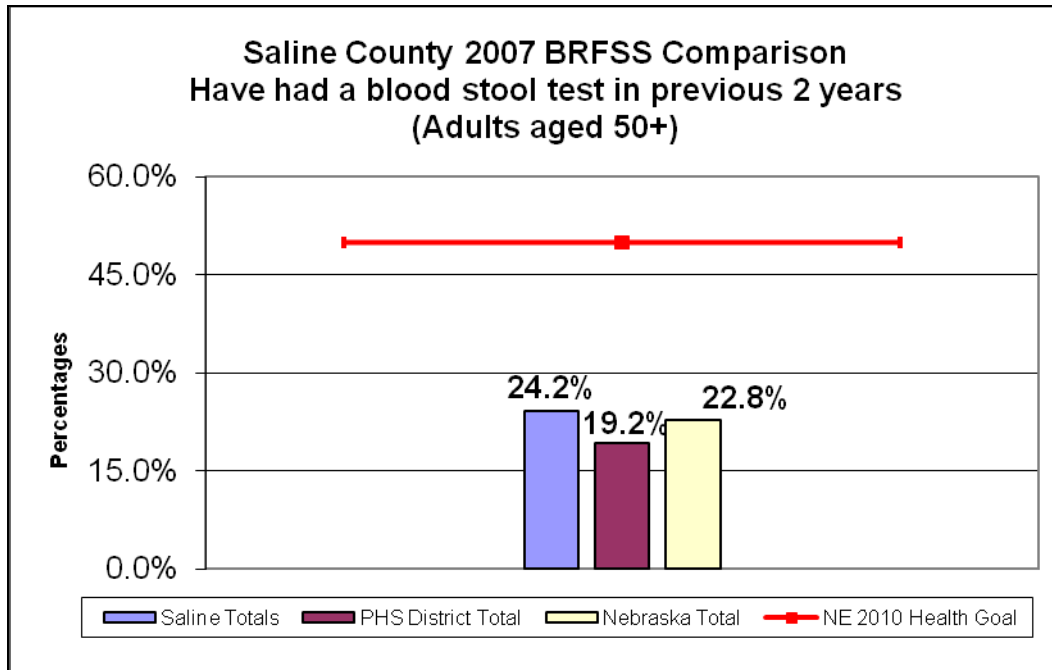
*Moderate activity:* activity that causes small increases in breathing or heart rate, for example brisk walking, bicycling, vacuuming, gardening, etc. Positive reports same as above.

- ± Participation in the recommended level of moderate and/or vigorous exercise in the past month was reported by nearly one-half of Saline County respondents (47.1%), more than the PHS area (43.6%) but less than the state rate (53.0%).

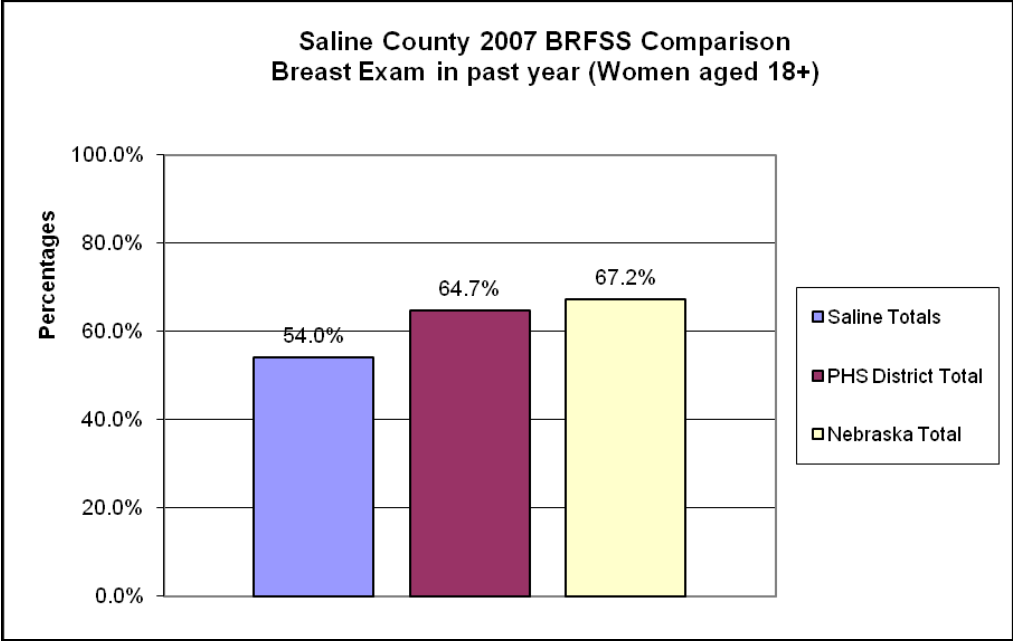
## Cancer Screening

(Tables 17, 18, 19)

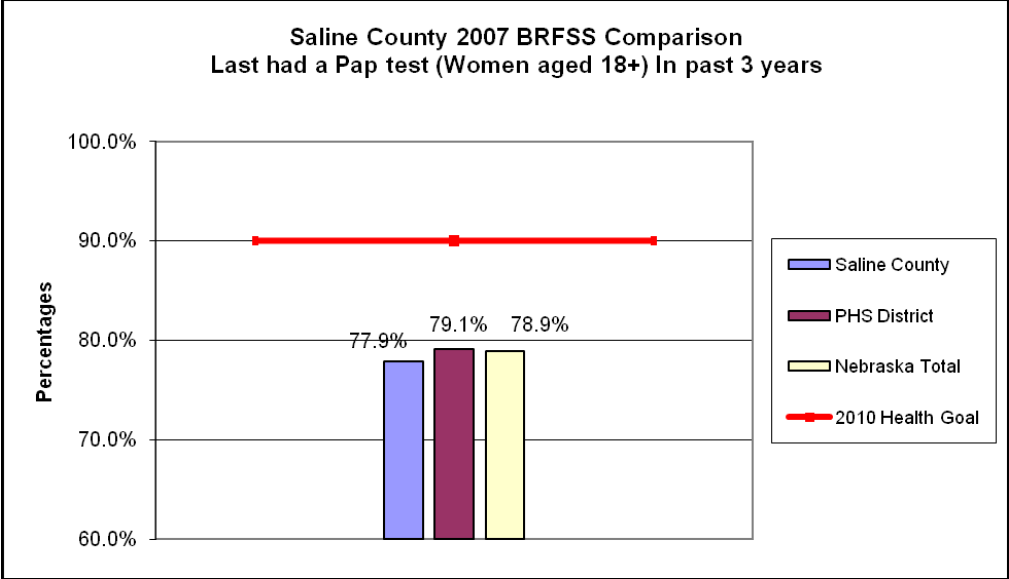
- Less than half (42.9%) of Saline County adults aged 50 and older stated they ever had a blood stool test (also known as a fecal occult blood test or FOBT), and less than one-fourth (24.3%) had this test within the previous two years. The two-year county rate is slightly higher than the district and state rates, but well below the Healthy People 2010 goal for Nebraska and the US.

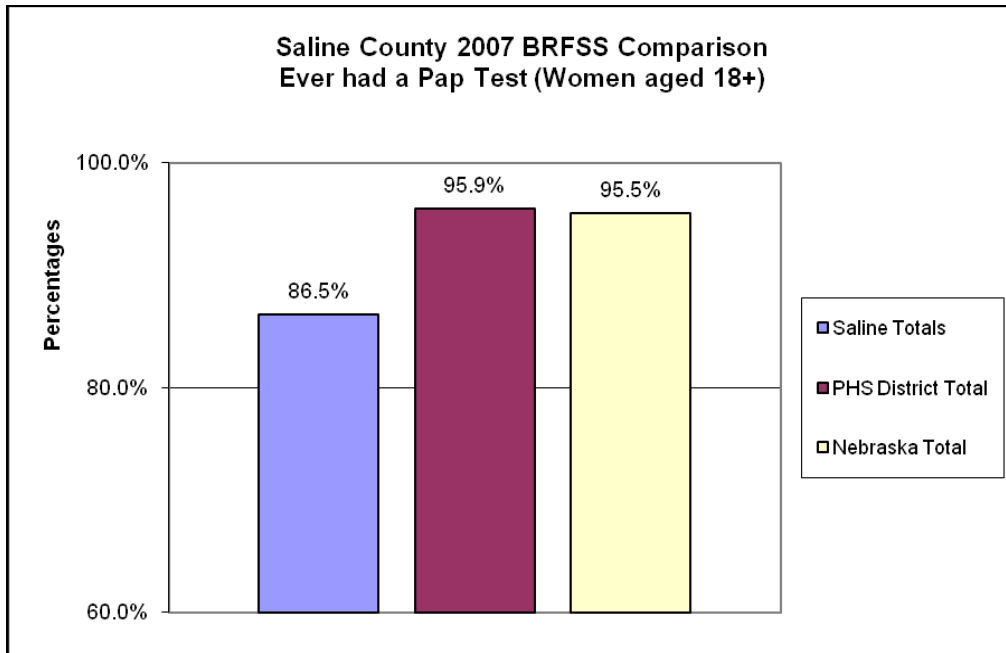


- + Slightly more than half of Saline County residents (52%) in the appropriate age group reported ever having a sigmoidoscopy or colonoscopy to screen for cancer or other problems. This is lower than the state rate (56.1%).
- Nearly three-fourths of men aged 50 and older in Saline County (72.4%) stated that they ever had a PSA Test to check for prostate cancer. One-half of all men in this age group (49.5%) reported having this test within the past year.
- Three-fourths of men aged 50 and older in Saline County (77.1%) indicated that they ever had a digital rectal exam, with 56.8% of all males in this age group reporting the exam occurred in the past two years.
- 6.9% of Saline County men aged 50 and older stated they had ever been told by a health professional that they have prostate cancer.
- 89.3% of women aged 40 and older in Saline County stated had a mammogram at some time in their lives, though a lower percentage (70%) reported having a this screen in the past two years compared to women across the district (64.6%).
- Nine out of ten women aged 18 and older in Saline County said they had at some time had a clinical breast examination (CBE).
- Breast exam rates within the past year for Saline County women (54%) were considerably lower than district-wide rates (64.7%) and state-wide rates (67.2%).



- 86.5% of women in Saline County stated they ever had a Pap test for cervical cancer, much lower than district (95.9%) and state (95.5) rates.
- The majority of women in this county (77.9%) said their last Pap test occurred within the past three years, slightly lower than district- and state-wide rates.





## ***Immunizations***

*(Table 20)*

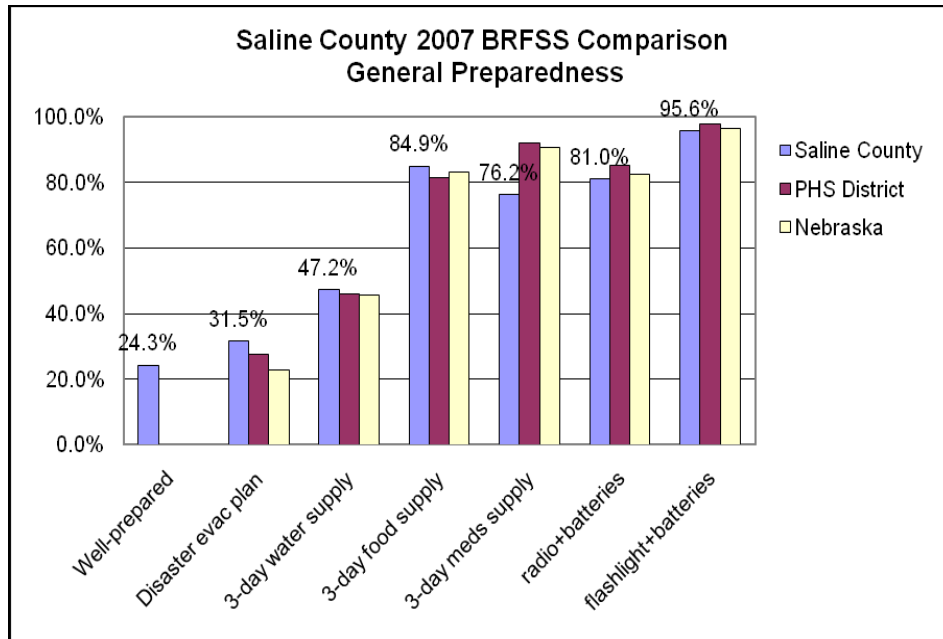
- + More than three-fourths of Saline County residents aged 65 and older (77.9%) stated they had a flu shot in the past 12 months. In the PHS area, a smaller percentage of residents in this age group (67.4%) had a flu shot in the last year. Among Nebraskans aged 65 and older, 76.8% reported having this vaccination.
- Seven out of ten Saline County residents aged 65 and older (70.2%) 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%.

## ***General Preparedness***

*(Table 21)*

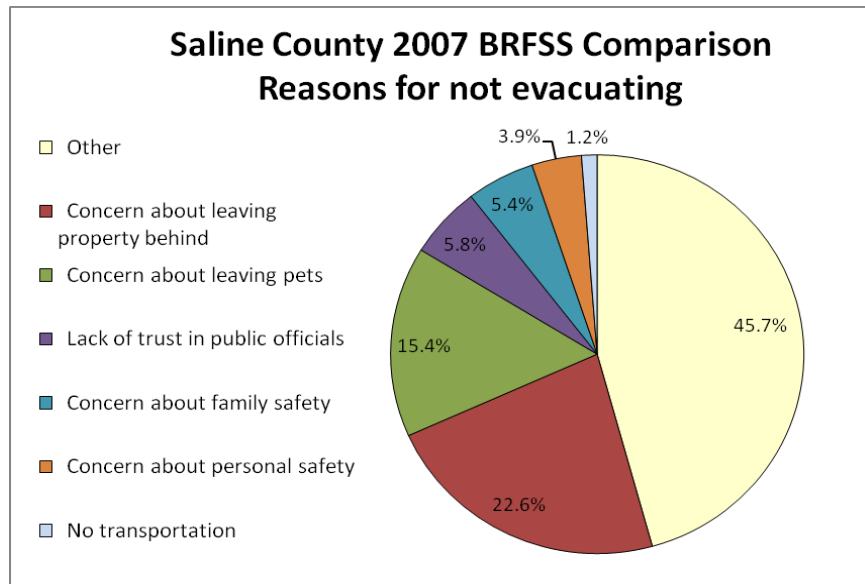
Residents were asked:

- How prepared do you feel your household is to handle a large-scale disaster or emergency?
- Do you have a disaster evacuation plan?
- Do you have a 3-day supply of water per person?
- Do you have a 3-day supply of non-perishable food?
- Do you have a working battery-operated radio with batteries?
- Do you have a working flashlight with batteries?



- ± 15.6% of Saline County respondents said they were “not prepared at all”. In comparison, one in seven PHS area adults (14.4%) and one in six Nebraska adults (16.5%) reported that they were not prepared at all for a large-scale disaster.
- + A greater percentage of Saline County adults said they have a disaster evacuation plan in place and an emergency supply of water and food than adults throughout the PHS district and across Nebraska.
- A much lower percentage of Saline County adults (76.2%) reported having a three-day supply of prescription drugs on hand compared to the PHS district (92.2%) and Nebraska (90.8%) rates, and county rates were also lower for those who have working flashlight, radio and batteries.
- Approximately 95% of respondents in Saline County, the PHS district, and the state of Nebraska indicated that they would evacuate from their community if public authorities announced a mandatory evacuation. The primary reason specified by Saline County residents for not planning to evacuate was concern about leaving property behind. Other reasons are shown in the chart below:





- When asked what their main method communicating with relatives and friends would be in a large-scale disaster or emergency, nearly three-fourths (73.7%) of adults in Saline County said it would be their cell phones. In comparison, 71.8% of PHS adults and 74.0% of Nebraska adults stated they would use their cell phones in an emergency of this kind.
- More than one-half of Saline County adults (54.4%) reported that their main method of getting information from the authorities in a large-scale disaster would be the radio. (PHS=51.2%, NE=55.5%).
- One-fifth (20.4%) of Saline County respondents overall stated they would get needed information via the television.

## ***Sexual Violence***

*(Table 22)*

- Less than one percent of Saline County adults in each group (males, females and total) reported having unwanted sexual experiences (including unwanted touching of sexual body parts or unwanted sexual situations that did not involve physical touching) in the previous 12 months.
- Altogether, 2.8% of adult respondents in Saline County reported that someone had ever had sex with them against their will. Women (5.5%) were more likely than men (0.1%) to have had this experience.
- A slightly greater proportion of adults (5.7%) stated that someone had ever tried to have sex with them against their will, but it did not happen. Once again, females (7.8%) were more likely than males (3.7%) to report such an occurrence.
- Less than one percent (0.8%) of respondents said that at least one of their children had been sexually assaulted.

## Conclusions and Recommendations

Responses to the Saline County Behavioral Risk Factor Surveillance Survey support the outcomes of earlier community-driven efforts to identify priority local health problems. Access to health care, behavioral health, chronic disease, and factors contributing to improper weight management have all previously been named as priority concerns of PHS residents. It is important for PHS and other community health partners 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 population and response rate were too small for meaningful analysis of sexual violence indicators, PHS will continue to monitor this important and delicate issue.

PHS must also focus special attention on areas where health disparities exist for vulnerable populations, including but not limited to low-income residents, children and the elderly, and racial minorities. Appendix 1 contains response data with comparisons between Hispanic and non-Hispanic residents of Saline County, showing health disparities under access to care, mental health, physical activity, and emergency preparedness. PHS has already initiated programs geared towards Hispanic residents to increase emergency preparedness, heart health awareness, and chronic disease management (Pandemic Flu 101 workshop, Fire and Burn Prevention, Su Corazon Su Vida, Programa de Manejo de la Diabetes). This BRFSS report sheds additional light on the value and importance of these programs and others like them.

## Appendix 1 – Minority Health Disparities

There are apparent health disparities between Hispanic and non-Hispanic residents of Saline County in the following areas:

- Access to Health Care\*
- Mental Health
- Physical Activity
- Emergency Preparedness

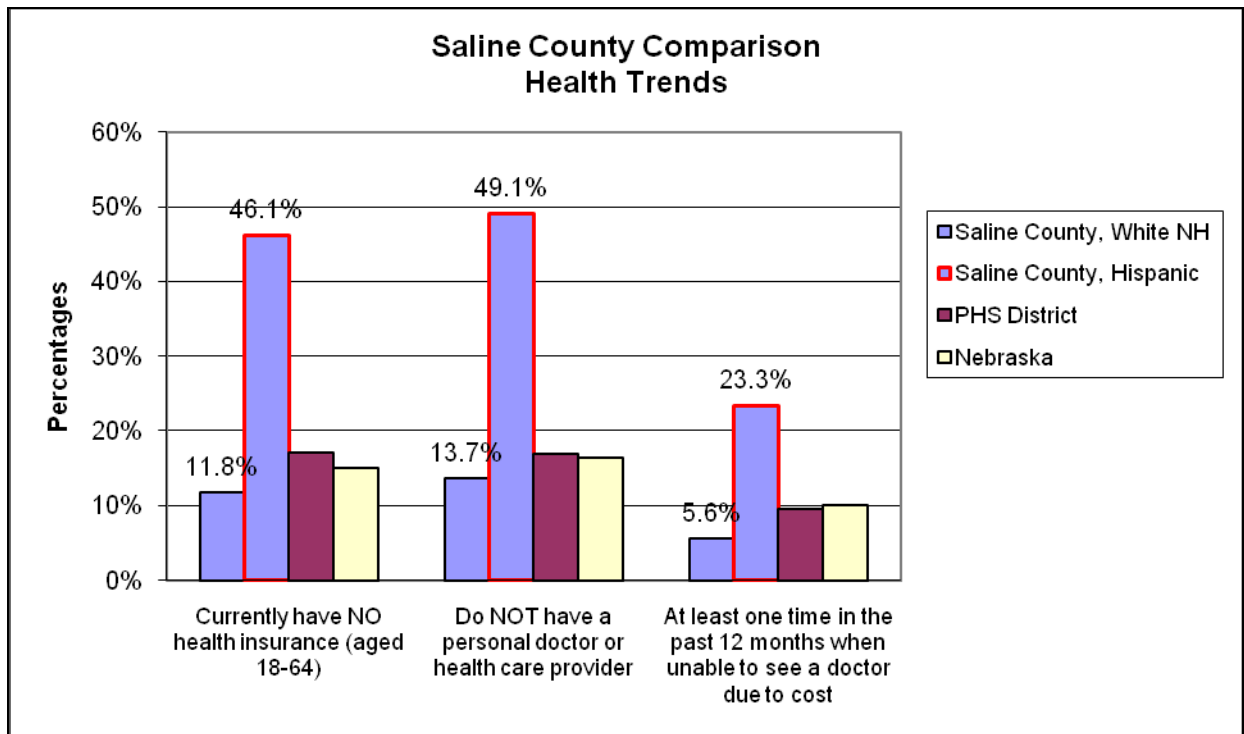
\*Obstacles to accessing health care (including diagnostics and screening) may artificially lower the rates of diagnosed illnesses like cardiovascular disease, diabetes, asthma, and even some cancers for Hispanic residents.

### ***Access to Health Care***

*(Table 1)*

Hispanic residents of Saline County are significantly less likely to be able to access health care than non-Hispanic white residents:

- Nearly one-fourth of Hispanic adults (23.3%) said that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care. Among non-Hispanic white adults, the proportion that could not afford to see a physician was much smaller (5.6%).
- One-half of Hispanic adults surveyed (49.1%) stated they did not have a personal doctor or health care provider, while only 13.7% of non-Hispanic white adults were without a personal physician.
- Nearly one-half of Hispanic respondents aged 18 to 64 years (46.1%) had no health insurance at the time of the survey, compared to only 11.8% of non-Hispanic white residents in this age group.



The Nebraska Healthy People 2010 goal for health insurance coverage is 100%.

### ***Mental Health***

(Table 3, 4)

Residents were asked to rank their mental health (including stress, depression, problems with emotions, nervousness, hopelessness, restlessness, etc.), report on mental health problems interfering with daily activities.

- Hispanic residents of Saline County (5.7%) were twice as likely to report Serious Psychological Distress (based on answers to six questions) in the 30 days prior to the survey compared to non-Hispanics in Saline County (2.4%).

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

(Table 5)

- 82.8% of non-Hispanic white adults in Saline County stated that they “always” or “usually” get the social and emotional support they need, compared to only 58.2% of Hispanic adults.
  - In fact, 16.6% of Hispanic adults stated that they “rarely” or “never” receive the support they need.
- Non-Hispanic white adults (46.0%) were more likely than Hispanic residents (34.7%) to say they were “very satisfied” with their lives.

## ***Reactions to Race***

*(Table 6)*

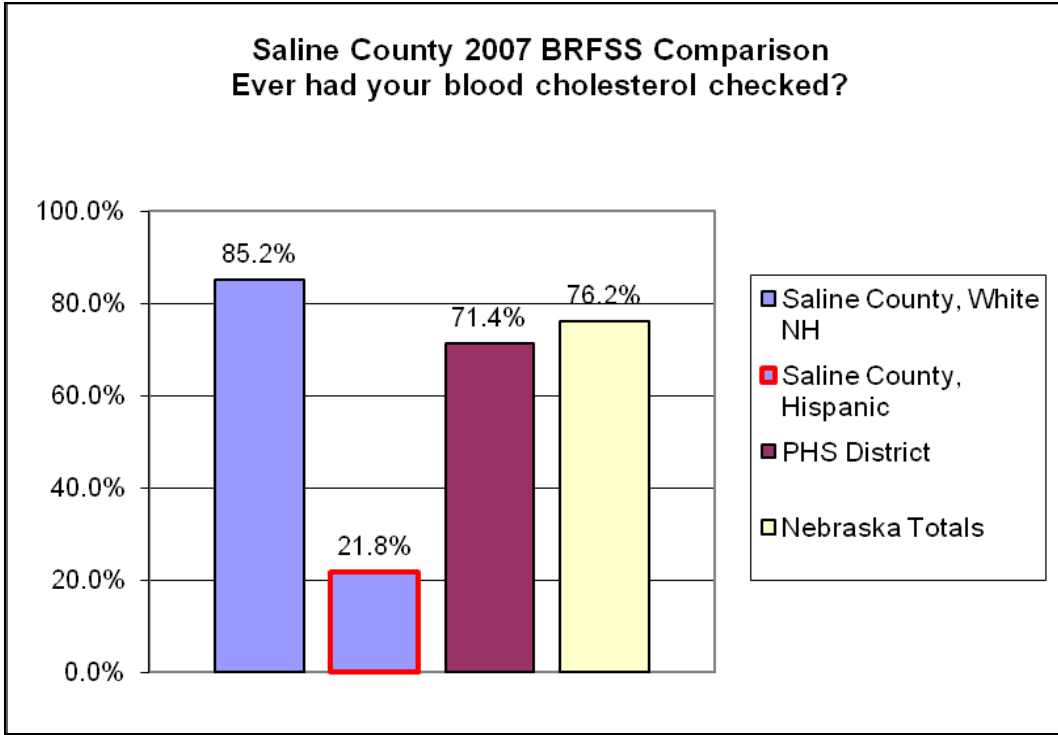
- One-fourth of Hispanic adults (25.6%) said they think about their race constantly and 20.8% think about it every day. Among non-Hispanic white adults, only 5.7% said they think about their race daily or constantly.
- The majority of respondents in both groups (88.3% of non-Hispanic white residents and 77.2% of Hispanics) felt they were treated the same as people of other races in the workplace. However, 18.2% of Hispanic adults in Saline County did report being treated worse than people of other races in their place of employment.
- The majority of people surveyed (83.0% of non-Hispanic and 84.5% of Hispanic respondents) rated their experiences the same as people of other races when seeking health care.
- Nearly all Saline County respondents (99.6% of non-Hispanic white and 95.5% of Hispanic adults) stated they had not had any physical symptoms in the past month due to treatment of them based on race. However, 11.9% of Hispanic adults said they had felt “emotionally upset” in the past 30 days because of the way they were treated based on their race.

## ***Cardiovascular Disease, Diabetes, Asthma***

*(Tables 7, 8)*

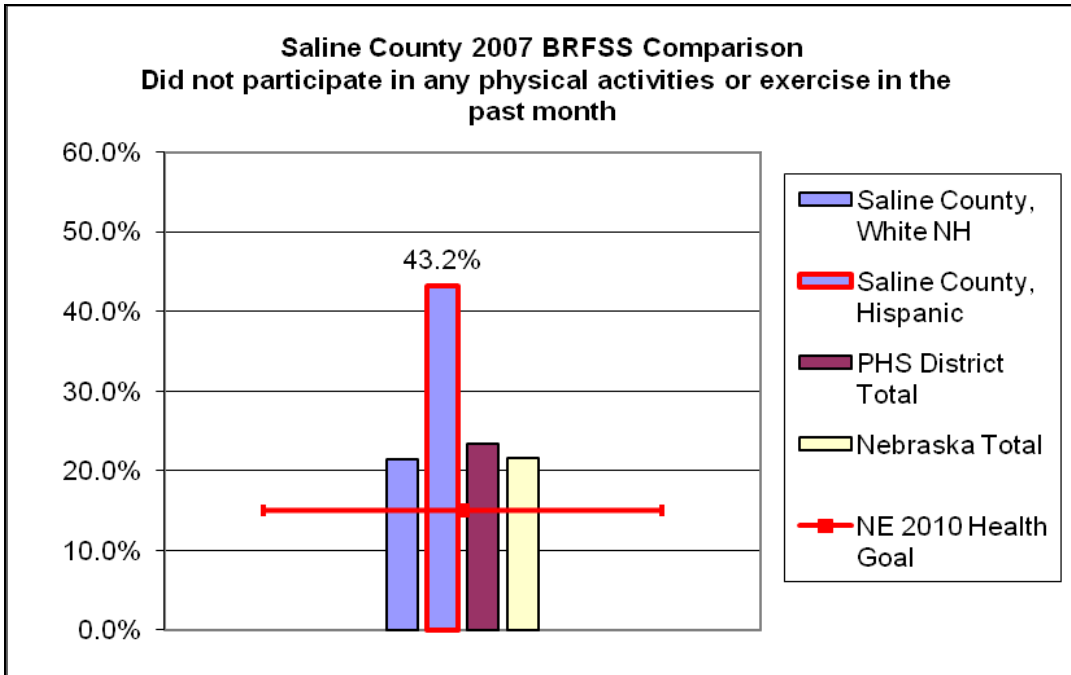
In general, there is either no difference or slightly higher rates of diagnosed cardiovascular disease indicators (high blood pressure, high cholesterol, etc.) among non-Hispanic residents compared to Hispanic residents. However, previous questions indicate that access to care for Hispanic residents is generally poorer, which could influence the proportion of those who have been diagnosed with these CVD indicators. For example, too few Hispanic adults reported ever being tested for cholesterol to allow reporting of prevalence.

This same issue may be in play for diagnosis for diabetes, asthma, and other health conditions requiring a diagnosis to be included in this report.



**Physical Activity**  
(Table 16)

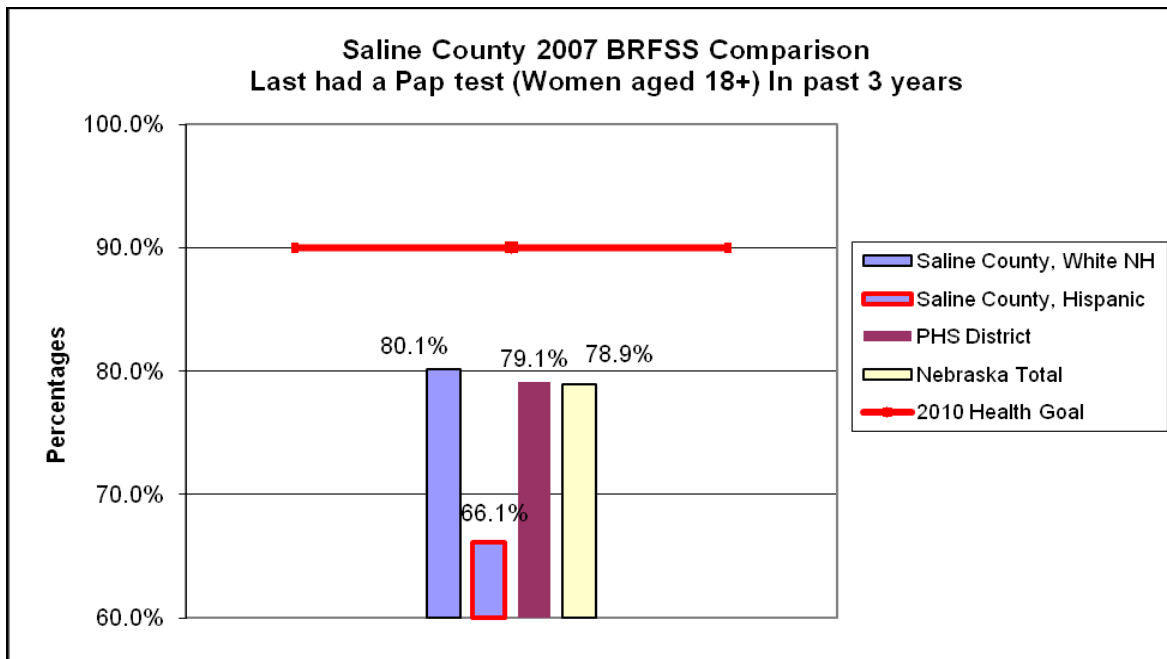
- A greater proportion of Hispanic adults in the county (43.2%) did not participate in any exercise in the past 30 days, compared to 21.4% non-Hispanic white adults.



## Cancer Screening

(Tables 17, 18, 19)

- There were too few Hispanic respondents in the applicable age groups to permit complete analysis of colon, prostate and breast cancer screening test rates.
- A smaller percentage of Hispanic women reported ever having a clinical breast exam compared to non-Hispanic white females – 80.3% compared to 93.5%.
- Non-Hispanic white women (89.8%) were more likely than Hispanic women (68.4%) to report ever having a Pap test done.
- Eight out of ten non-Hispanic white women (80.1%) had a Pap test within the previous 3 years, compared to only 66.1% of Hispanic women.



## General Preparedness

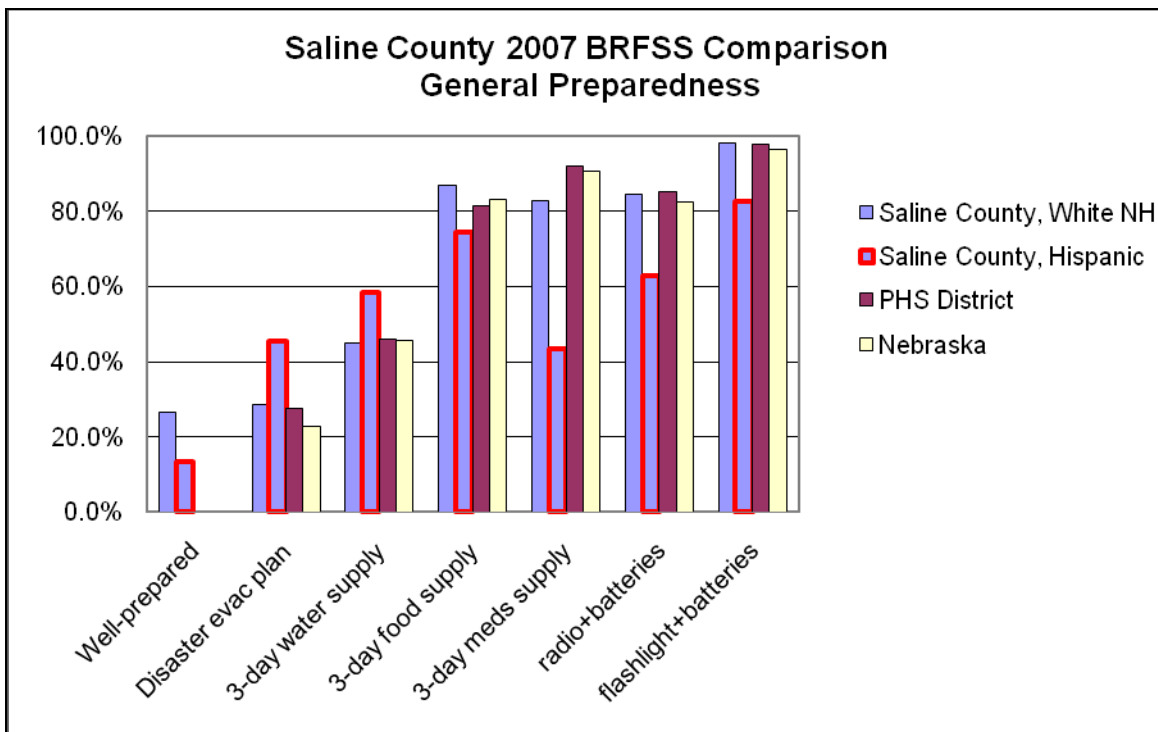
(Table 21)

- Hispanic respondents of Saline County were more likely (30.3%) than non-Hispanic white residents (12.7%) to say they were “not prepared at all” for a large-scale disaster.

Residents were asked:

- How prepared do you feel your household is to handle a large-scale disaster or emergency?
- Do you have a disaster evacuation plan?
- Do you have a 3-day supply of water per person?
- Do you have a 3-day supply of non-perishable food?
- Do you have a working battery-operated radio with batteries?
- Do you have a working flashlight with batteries?

A smaller percentage of Hispanic residents reported positively for most of these preparedness indicators compared to non-Hispanic residents:



Emergency preparedness indicator	% of Saline County residents who responded affirmatively	
	White Non-Hispanic	Hispanic
Well-prepared	26.5%	13.3%
Disaster evacuation plan	28.7%	45.5%
3-day water supply	45%	58.6%
3-day food supply	87%	74.6%
3-day medicine supply	82.7%	43.5%
Radio, batteries	84.7%	62.9%
Flashlight, batteries	98.3%	82.5%

- Hispanic respondents were less likely to rely on cell phones (45.4%) to communicate with relatives and friends in a large-scale disaster or emergency than non-Hispanic white residents (79.2%).
  - Instead, Hispanic adults indicated they would probably use their regular home telephone (50.9%) as a means of communicating with family members and friends.
- Hispanic adults (40.7%) in Saline County were more likely than the county population in general (20.4%) to rely on television to get needed information.



## Appendix 2 – Data Tables

**Table 1**  
**Access to Health Care**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Currently have NO health insurance (aged 18-64)</b>	N=433 11.8%	N=83 46.1%	N=51 6 18.7%	17.1%	15.0%
<b>Do NOT have a personal doctor or health care provider</b>	N=680 13.7%	N=92 49.1%	N=77 2 19.6%	16.9%	16.4%
<b>At least one time in the past 12 months when unable to see a doctor due to cost</b>	N=681 5.6%	N=92 23.3%	N=77 3 8.5%	9.5%	10.0%
<b>How long since you last visited a doctor for a routine checkup?</b>	N=674	N=88	N=76 2	60.0%	62.0%
In the past year	64.4%	62.6%	64.1%		
1 - 2 years ago	15.6%	10.2%	14.7%		
2 - 5 years ago	9.1%	12.6%	9.7%		
5+ years ago	10.3%	9.0%	10.1%		
Never	0.6%	5.6%	1.4%		

**Table 2**  
**Health Status**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Self-reported health status</b>	N=679	N=92	N=771		
Good to excellent	87.0%	85.1%	86.7%	89.5%	88.4%
Fair or poor	13.0%	14.9%	13.3%		
<b>Number of days physically not well in past 30 days</b>	N=667	N=92	N=759		
None	74.6%	74.6%	74.6%		
1 - 9 days	14.9%	21.5%	16.0%		
10 + days	10.5%	3.9%	9.4%	7.8%	9.6%
<b>Number of days mentally not well in past 30 days</b>	N=672	N=92	N=764		
None	79.4%	80.8%	79.6%		
1 - 9 days	12.9%	17.2%	13.7%		
10 + days	7.7%	2.1%	6.7%	9.4%	9.6%

**Table 3**  
**Mental Illness and Stigma**  
**Symptoms of Serious Psychological Distress (SPD)**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County		
	White NH	Hispanic	Total
<b>How often in past 30 days felt nervous?</b>	N=682	N=92	N=774
All	0.2%	1.5%	0.4%
Most	3.1%	3.8%	3.2%
Some	15.6%	26.1%	17.4%
A little	41.4%	29.3%	39.4%
None	39.6%	39.3%	39.6%
<b>How often in past 30 days felt hopeless?</b>	N=676	N=90	N=766
All	0.1%	2.3%	0.5%
Most	2.2%	2.5%	2.3%
Some	4.8%	14.7%	6.4%
A little	9.5%	26.5%	12.3%
None	83.3%	54.0%	78.5%

<b>How often in past 30 days felt restless or fidgety?</b>	N=677	N=90	N=767
All	0.9%	3.3%	1.2%
Most	2.7%	2.2%	2.6%
Some	17.7%	20.0%	18.0%
A little	27.8%	33.3%	28.4%
None	51.0%	41.1%	49.8%
<b>How often in past 30 days felt so depressed nothing could cheer you up?</b>	N=682	N=89	N=771
All	0.1%	2.7%	0.5%
Most	1.5%	1.1%	1.4%
Some	3.5%	15.0%	5.3%
A little	4.8%	19.7%	7.1%
None	90.1%	61.6%	85.7%
<b>How often in past 30 days felt everything was an effort?</b>	N=673	N=91	N=764
All	4.0%	8.7%	4.8%
Most	2.1%	6.8%	2.9%
Some	11.2%	17.0%	12.2%
A little	13.6%	17.7%	14.3%
None	69.1%	49.8%	65.9%
<b>How often in past 30 days felt worthless?</b>	N=678	N=92	N=770
All	0.2%	7.3%	1.4%
Most	1.6%	0.7%	1.4%
Some	3.7%	10.0%	4.8%
A little	5.5%	11.2%	6.4%
None	89.1%	70.8%	86.0%

**Table 4**  
**Mental Illness and Stigma**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Had Serious Psychological Distress (SPD) in the past 30 days</b>	N=662 2.4%	N=85 5.7%	N=747 2.9%	0.5%	2.4%
<b># of days in past month mental health or emotional problem kept you from doing work/usual activities</b>	N=678	N=91	N=769		
1-2 days	1.2%	2.0%	1.3%		
3-4 days	0.3%	6.8%	1.4%		
5-9 days	1.2%	1.1%	1.2%		

10+ days	1.8%	1.0%	1.6%		
None	95.5%	89.1%	94.5%		
<b>Now taking medication or treatment from doctor/health professional for mental health condition or emotional problem?</b>	N=681	N=92	N=773		
Yes	10.0%	3.4%	8.9%		
<b>Agreement with statement that: Treatment can help people with mental illness lead normal lives.</b>	N=643	N=87	N=730		
Agree strongly	67.0%	81.2%	69.2%		
Agree slightly	27.4%	13.7%	25.2%		
Neither agree nor disagree	1.2%	0.0%	1.0%		
Disagree slightly	3.5%	4.4%	3.6%		
Disagree strongly	1.0%	0.8%	1.0%		
<b>Agreement with statement that: People are generally caring and sympathetic to people with mental illness.</b>	N=652	N=90	N=742		
Agree strongly	25.4%	53.1%	30.0%		
Agree slightly	40.4%	17.3%	36.5%		
Neither agree nor disagree	0.7%	0.0%	0.6%		
Disagree slightly	25.4%	17.0%	24.0%		
Disagree strongly	8.2%	12.5%	8.9%		

**Table 5  
Disability and Quality of Life  
Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Activities limited by physical, mental or emotional problems</b>	N=679	N=91	N=770	(2007-2008)	
	17.6%	2.7%	15.1%	15.9%	17.2%
<b>Have health problems requiring use of special equipment (e.g., cane, wheelchair, special bed, etc.)</b>	N=682	N=92	N=774	(2007-2008)	
	7.5%	0.3%	6.3%	6.0%	5.9%
<b>How often get social/emotional support you need?</b>	N=673	N=91	N=764		
Always	49.5%	38.2%	47.7%		
Usually	33.3%	20.0%	31.2%		

Sometimes	11.8%	14.0%	12.2%		
Rarely	2.1%	14.5%	4.0%		
Never	3.3%	2.1%	4.9%		
<b>How satisfied are you with your life?</b>	N=678	N=91	N=769		
Very satisfied	46.0%	34.7%	44.2%		
Satisfied	51.1%	61.8%	52.8%		
Dissatisfied	2.6%	3.5%	2.7%		
Very Dissatisfied	0.3%	0.0%	0.2%		

**Table 6**  
**Reactions to Race**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County		
	White NH	Hispanic	Total
<b>How often do you think about your race?</b>	N=654	N=84	N=738
Never	67.2%	25.9%	60.7%
Once a year	13.8%	12.4%	13.6%
Once a month	7.7%	8.5%	7.8%
Once a week	5.6%	5.7%	5.6%
Once a day	4.9%	20.8%	7.4%
Once an hour	0.0%	1.2%	0.2%
Constantly	0.8%	25.6%	4.7%
<b>In last 12 mos at work, how were you treated ... compared to people of other races?</b>	N=381	N=53	N=434
Worse	3.1%	18.2%	5.2%
Same	88.3%	77.2%	86.7%
Better	2.5%	0.6%	2.3%
Worse than some races/better than others	0.3%	2.1%	0.5%
Only encountered people of same race	5.8%	1.8%	5.3%
<b>In last 12 mos when seeking health care, were your experiences:</b>	N=561	N=87	N=648
Worse	2.2%	5.2%	2.7%
Same	83.0%	84.5%	83.3%
Better	11.0%	5.9%	10.1%
Only encountered people of same race	2.0%	0.3%	1.7%
No health care in past 12 months	1.8%	4.1%	2.2%
<b>Any physical symptoms due how treated based on your race in past 30 days?</b>	N=680	N=92	N=772
Yes	0.4%	4.5%	1.1%
No	99.6%	95.5%	98.9%
<b>Have you felt emotionally upset due to how you were treated based on your race in past 30 days?</b>	N=677	N=91	N=768
Yes	1.9%	11.9%	3.5%
No	98.1%	88.1%	96.5%

**Table 7**  
**Cardiovascular Disease**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Ever told by health professional that you had angina or coronary heart disease?</b>	N=674	N=92	N=766	(2007-2008)	
Yes	4.6%	3.8%	4.5%	3.1%	3.6%
<b>Ever told by health professional that you had a heart attack (myocardial infarction)?</b>	N=679	N=91	N=770	(2007-2008)	
Yes	3.6%	1.7%	3.3%	3.4%	3.7%
<b>Ever told by health professional that you had a stroke?</b>	N=679	N=91	N=770	(2007-2008)	
Yes	2.6%	1.4%	2.4%	2.1%	2.2%
<b>Ever told by health professional that your blood pressure is high?</b>	N=681	N=91	N=772	23.1%	25.4%
Yes	29.3%	10.5%	26.2%		
No	68.4%	89.5%	71.8%		
During pregnancy	0.6%	0.0%	0.5%		
Pre-hypertensive	1.8%	0.0%	1.5%		
<b>Ever had your blood cholesterol level checked?</b>	N=673	N=92	N=765	71.4%	76.2%
Yes	85.2%	21.8%	74.5%		
No	14.8%	78.2%	25.5%		
<b>How long since last had cholesterol checked?</b>	N=595	N=28	N=623	67.1%	72.0%
Within the last 5 years	93.3%	NA	93.4%		
More than 5 years ago	6.7%	NA	6.6%		
<b>(Among those who ever had cholesterol level checked) Ever told your cholesterol level was high?</b>	N=595	N=28	N=623	34.1%	31.9%
Yes	37.5%	NA	37.3%		
No	62.5%	NA	62.7%		

**Table 8**  
**Management of High Blood Pressure**  
**Saline County Adults Aged 18+ With High Blood Pressure (2007 BRFSS)**

	Saline County		
	White NH	Hispanic	Total
<b>Currently taking medicine for HBP</b>	N=239	N=17	N=256
Yes	85.0%	NA	82.2%
No	15.0%	NA	17.8%
<b>Changing your eating habits to control HBP</b>	N=237	N=17	N=254
Yes	66.6%	NA	66.0%
No	33.4%	NA	34.0%
<b>Cutting down on salt to control HBP</b>	N=236	N=17	N=253
Yes	73.9%	NA	73.0%
No	26.1%	NA	27.0%
<b>Reducing alcohol use to control HBP</b>	N=237	N=17	N=254
Yes	35.8%	NA	18.0%
No	64.2%	NA	82.0%
<b>Exercising to control HBP</b>	N=237	N=17	N=254
Yes	69.6%	NA	70.5%
No	30.4%	NA	29.5%
<b>Doctor ever advised you to change eating habits</b>	N=236	N=17	N=253
Yes	60.5%	NA	57.6%
No	39.6%	NA	42.4%
<b>Doctor ever advised you to cut down on salt</b>	N=237	N=16	N=253
Yes	66.8%	NA	66.3%
No	33.2%	NA	33.7%
<b>Doctor ever advised you to reduce alcohol use</b>	N=239	N=17	N=256
Yes	23.8%	NA	23.6%
No	76.2%	NA	76.4%
<b>Doctor ever advised you to exercise</b>	N=237	N=17	N=254
Yes	74.7%	NA	74.4%
No	25.3%	NA	25.6%
<b>Doctor advised you to take meds to control HBP</b>	N=239	N=17	N=256
Yes	88.9%	NA	86.8%
No	11.1%	NA	13.2%
<b>Told on 2+ doctor visits that you have HBP</b>	N=234	N=17	N=51
Yes	75.1%	NA	79.3%
Yes, but only during pregnancy	0.2%	NA	0.4%
No	16.1%	NA	18.3%

**Table 9  
Diabetes Prevalence and Management  
Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Ever told by a doctor that you have diabetes? (Not including gestational diabetes or pre-diabetes).</b>	N=682	N=92	N=774	5.6%	6.7%
Yes	8.3%	5.2%	7.8%		
No	90.4%	91.6%	90.6%		
Gestational (during pregnancy)	0.4%	3.2%	0.8%		
Borderline (pre-diabetes)	1.0%	0.0%	0.8%		
<b>Age when told you had diabetes (Persons with diabetes)</b>	N=70	N=6	N=76		
10-19	7.8%	NA	6.9%		
20-29	4.5%	NA	4.7%		
30-39	8.8%	NA	12.1%		
40-49	22.1%	NA	23.0%		
50-59	25.3%	NA	25.4%		
60-69	13.6%	NA	12.1%		
70+	17.9%	NA	15.8%		
<b>Now taking insulin? (Persons with diabetes)</b>	N=73	N=6	N=79		
Yes	23.4%	NA	21.9%		
<b>Now taking diabetes pills? (Persons with diabetes)</b>	N=73	N=6	N=79		
Yes	60.1%	NA	59.8%		
<b>Number of times/week check blood sugar (Persons with diabetes)</b>	N=70	N=6	N=76		
Never	17.0%	NA	18.3%		
<1/week	7.0%	NA	7.0%		
1 - 6 /week	17.5%	NA	20.1%		
Daily	21.6%	NA	22.0%		
> 1/day	37.0%	NA	32.7%		
<b>Number of times/week check feet for sores (Persons with diabetes)</b>	N=71	N=6	N=77		
Never	19.3%	NA	22.1%		
<1/week	5.5%	NA	6.0%		
1 - 6 /week	11.3%	NA	10.0%		
Daily	57.6%	NA	56.3%		
> 1/day	6.3%	NA	5.6%		
<b>Any sores or irritations on feet? (Persons with diabetes)</b>	N=73	N=6	N=79		
Yes	9.8%	NA	8.7%		



<b>Number of times in past year saw Dr. for diabetes (Persons with diabetes)</b>	N=72	N=5	N=77
1-2 times	27.8%	NA	27.8%
3-4 times	37.2%	NA	36.5%
5-9 times	13.3%	NA	12.8%
10+ times	5.2%	NA	7.9%
None	16.6%	NA	14.9%
<b>Number of times in past year had A1C test (Persons with diabetes)</b>	N=65	N=5	N=70
Once	12.9%	NA	11.6%
At least twice	69.6%	NA	71.6%
None	14.8%	NA	14.5%
Never heard of it	2.6%	NA	2.4%
<b>Number of times in past year had feet checked by Dr. for sores (Persons with diabetes)</b>	N=72	N=6	N=78
1-2 times	31.5%	NA	29.6%
3-4 times	28.8%	NA	25.5%
5-9 times	4.5%	NA	10.1%
10+ times	4.2%	NA	3.8%
None	31.0%	NA	31.0%
<b>Number of times in past year had eye exam (Persons with diabetes)</b>	N=72	N=6	N=78
1-2 times	63.6%	NA	63.3%
3-4 times	31.4%	NA	31.2%
5-9 times	5.1%	NA	5.6%
<b>Ever told you have retinopathy (Persons with diabetes)</b>	N=72	N=6	N=78
Yes	16.9%	NA	23.6%
<b>Ever taken a diabetes class (Persons with diabetes)</b>	N=73	N=6	N=78
Yes	57.9%	NA	59.9%

**Table 10  
Asthma  
Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Ever told by health professional that you have asthma? (Lifetime prevalence)</b>	N=679	N=91	N=770		
Yes	14.1%	2.6%	12.2%	11.6%	11.6%
<b>Do you currently have asthma?</b>	N=675	N=91	N=766		
Yes	9.9%	1.8%	8.5%	7.7%	8.1%

**Table 11**  
**Arthritis**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Pain around joint within the past month</b>					
Yes	N=680 39.1%	N=92 17.3%	N=772 35.5%		
<b>First had joint pain &gt;3 months ago</b>					
Yes	N=678 32.2%	N=91 10.2%	N=769 28.6%		
<b>Ever seen health professional for these joint symptoms</b>					
Yes	N=256 72.2%	N=13 NA	N=269 73.0%		
<b>Ever told by health professional that they have arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia</b>					
Yes	N=678 30.3%	N=92 3.4%	N=770 25.8%	23.6%	26.8%
<b>Usual activities limited due to arthritis or joint symptoms</b>					
Yes	N=336 31.5%	N=17 NA	N=353 18.1%		

**Table 12**  
**Alcohol Misuse**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Binge drinking (5+ alcoholic drinks 1+ times in past month for males, 4+ for females)</b>					
Yes	N=670 19.1%	N=92 5.2%	N=762 16.7%	17.9%	18.7%
<b>Heavy drinking--had 60+ (males) or 30+ (females) in past month</b>					
Yes	N=669 6.2%	N=92 2.1%	N=761 5.5%	6.0%	4.5%

**Table 13  
Tobacco Use  
Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Currently smoke cigarettes</b>	N=679 13.8%	N=92 11.7%	N=771 13.4%	16.4%	20.2%
<b>Rules about smoking in your home</b>	N=511	N=81	N=592		
Not allowed anywhere in the home	81.3%	82.0%	81.4%		
Allowed in some places or at some times	7.7%	3.8%	7.0%		
Allowed anywhere in the home	11.0%	14.2%	11.6%		
<b>Rules about smoking at work (public areas)</b>	N=228	N=38	N=266		
Not allowed anywhere	79.5%	NA	73.9%		
Allowed in some places or at some times	14.3%	NA	20.3%		
Allowed anywhere	2.1%	NA	1.8%		
No smoking policy	4.1%	NA	4.1%		
<b>Rules about smoking at work (work areas)</b>	N=227	N=38	N=265		
Not allowed anywhere	87.4%	NA	81.8%		
Allowed in some places or at some times	6.2%	NA	12.9%		
Allowed anywhere	2.8%	NA	2.3%		
No smoking policy	3.7%	NA	3.1%		

**Table 14  
Physician Advice about Quitting Smoking  
Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County		
	White NH	Hispanic	Total
<b>When did you last smoke cigarettes?</b>	N=175	N=8	N=183
Past month	0.2%	NA	0.2%
Past 3 months	0.7%	NA	0.6%
Past 6 months	1.8%	NA	1.6%
Past 6-12 months	4.3%	NA	4.0%
Past 1-5 years	12.5%	NA	13.0%
Past 5-10 years	15.9%	NA	15.6%
10+ years ago	64.8%	NA	64.9%
<b># times in past year visited a doctor?</b>	N=175	N=8	N=183

1-2 times	39.7%	NA	41.1%
3-4 times	16.6%	NA	19.3%
5-9 times	7.8%	NA	6.8%
10+ times	5.3%	NA	4.6%
None	30.6%	NA	28.3%
<b># times in past year advised to quit smoking?</b>	N=82	N=5	N=87
1-2 times	42.3%	NA	39.4%
3-4 times	11.8%	NA	9.9%
5-9 times	5.8%	NA	4.9%
10+ times	2.4%	NA	2.0%
None	37.8%	NA	43.9%
<b># times in past year given meds to quit smoking?</b>	N=81	N=5	N=86
1-2 times	40.5%	NA	34.0%
3-4 times	0.7%	NA	0.5%
5-9 times	3.7%	NA	3.1%
10+ times	1.7%	NA	1.5%
None	53.4%	NA	60.9%
<b># times in past given other methods to quit smoking?</b>	N=81	N=5	N=86
1-2 times	27.1%	NA	22.8%
3-4 times	2.8%	NA	2.4%
5-9 times	1.5%	NA	1.3%
10+ times	2.4%	NA	2.0%
None	66.2%	NA	71.6%

**Table 15**  
**Nutrition, Overweight and Obesity**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Body Mass Index (BMI)</b>	N=649	N=50	N=699		
Healthy weight (BMI <25.0)	33.7%	35.2%	33.9%		
Overweight (BMI = 25.0 - 29.9)	37.7%	33.8%	37.3%	37.6%	37.8%
Obese (BMI = 30.0 +)	28.6%	31.0%	28.9%	28.4%	26.1%
<b>Number of times per day consume fruits and vegetables</b>	N=682	N=92	N=774		
<1	4.2%	11.6%	5.5%		
1-2	35.1%	27.6%	33.9%		
3-4	32.4%	28.7%	31.8%		
5+	28.3%	32.1%	28.9%	20.0%	24.0%

**Table 16**  
**Physical Activity Levels**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Participate in any kind of physical activity outside of work in the past 30 days?</b>	N=681	N=92	N=773		
Yes	78.6%	56.8%	75.0%		
No	21.4%	43.2%	25.0%	23.4%	21.6%
<b>Participated in vigorous exercise in past 30 days</b>	N=666	N=91	N=757		
Yes	23.9%	21.0%	23.4%	26.0%	31.8%
No	76.2%	79.0%	76.6%		
<b>Participated in recommended level of moderate and/or vigorous exercise in past 30 days</b>	N=650	N=91	N=741		
Recommended level (moderate/vigorous)	49.3%	36.6%	47.1%	43.6%	53.0%
Insufficient to meet recommended level	40.2%	38.3%	39.9%		
Inactive	10.5%	25.1%	13.0%		

**Table 17**  
**Colorectal Cancer Screening**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Ever had a fecal occult blood test (FOBT)--50+</b>	N=444	N=19	N=463		
Yes	44.8%	NA	42.9%		
No	55.2%	NA	57.1%		
<b>Last had a FOBT--age 50+</b>	N=442	N=19	N=461		
Within past year	15.6%	NA	15.2%	<b>19.2%</b> <b>in past two years</b>	<b>22.8%</b>
In past 1-2 years	9.5%	NA	9.1%		
In past 2-5 years	10.3%	NA	9.7%		
More than 5 years ago	9.2%	NA	8.7%		
Never	55.5%	NA	57.3%		
<b>Ever had sigmoidoscopy or colonoscopy--50+</b>	N=444	N=18	N=462		
Yes	55.0%	NA	52.7%	<b>47.6%</b>	<b>56.1%</b>
No	45.1%	NA	47.3%		

<b>Which--sigmoidoscopy or colonoscopy? (50+)</b>	N=245	N=2	N=247		
Sigmoidoscopy	9.2%	NA	9.1%		
Colonoscopy	90.9%	NA	90.9%		
<b>Last had a sigmoidoscopy or colonoscopy--age 50+</b>	N=441	N=18	N=459		
Within past year	19.2%	NA	18.3%	41.2%	49.1%
In past 1-2 years	11.3%	NA	10.9%		
In past 2-5 years	15.8%	NA	15.2%		
In past 5-10 years	5.4%	NA	5.2%		
10+ years ago	2.9%	NA	2.8%		
Never	45.4%	NA	47.7%		
				<b>in past ten years</b>	

**Table 18**  
**Prostate Cancer Screening**  
**Saline County Males (2007 BRFSS)**

	Saline County		
	White NH	Hispanic	Total
<b>Ever had a PSA (Prostate-Specific-Antigen) Test (Men aged 50+)</b>			
Yes	N=169 74.8%	N=10 NA	N=179 72.4%
<b>Last time you had a PSA Test (Men aged 50+)</b>			
Within past year	N=168 50.4%	N=10 NA	N=178 49.5%
In past 1-2 years	10.9%	NA	10.2%
In past 2-3 years	4.4%	NA	4.1%
In past 3-5 years	6.6%	NA	6.2%
More than 5 years ago	2.4%	NA	2.3%
Never	25.4%	NA	27.8%
<b>Ever had a digital rectal exam (DRE)--Men 50+</b>			
Yes	N=176 80.1%	N=10 NA	N=186 77.1%
<b>Last time you had a DRE (Men aged 50+)</b>			
Within past year	N=175 42.3%	N=10 NA	N=185 41.2%
In past 1-2 years	16.2%	NA	15.6%
In past 2-3 years	7.5%	NA	7.1%
In past 3-5 years	5.8%	NA	5.5%
More than 5 years ago	8.2%	NA	7.7%
Never	20.0%	NA	23.0%
<b>Told by physician you have prostate cancer (Men aged 50+)</b>			
Yes	N=177 7.3%	N=10 NA	N=187 6.9%

**Table 19**  
**Breast and Cervical Cancer Screening**  
**Saline County Females (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Ever had a mammogram? (Women aged 40+)</b>	N=337	N=24	N=361		
Yes	90.1%	NA	89.3%		
<b>Last had a mammogram (Women aged 40+)</b>	N=334	N=24	N=358		
In past 2 years	73.1%	NA	70.0%	64.6%	69.3%
2+ years ago	26.9%	NA	30.0%		
<b>Ever had a Pap test (Women aged 18+)</b>	N=418	N=56	N=474		
Yes	89.8%	68.4%	86.5%	95.9%	95.5%
<b>Last had a Pap test (Women aged 18+)</b>	N=415	N=56	N=471		
In past 3 years	80.1%	66.1%	77.9%	79.1%	78.9%
3+ years ago	19.9%	33.9%	22.1%		
<b>Ever had a clinical breast exam (CBE)-- Women aged 18+)</b>	N=418	N=58	N=476		
Yes	93.5%	80.3%	91.4%		
<b>Last CBE (Women aged 18+)</b>	N=414	N=58	N=472		
In past year	53.0%	59.2%	54.0%	64.7%	67.2%
In past 1-2 years	10.7%	11.8%	10.8%		
In past 2-3 years	5.9%	4.2%	5.6%		
In past 3-5 years	4.1%	3.0%	3.9%		
5 or more years ago	19.8%	2.1%	16.9%		
Never	6.6%	19.7%	8.7%		

**Table 20**  
**Immunizations**  
**Saline County Adults (2007 BRFSS)**

	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>Had a flu shot in the past 12 months (aged 65+)</b>	N=246	N=7	N=253		
Yes	79.2%	NA	77.9%	67.4%	76.8%

<b>Had influenza vaccination (nasal spray) in the past 12 months (aged 65+)</b>	N=243	N=7	N=250		
Yes	0.5%	NA	0.5%		
<b>Ever had pneumonia shot (aged 65+)</b>	N=237	N=6	N=243		
Yes	70.7%	NA	70.2%	69.5%	71.8%
<b>Ever received hepatitis B Vaccine</b>	N=218	N=7	N=225		
Yes	10.2%	NA	9.9%		
No	89.8%	NA	90.1%		

**Table 21  
General Preparedness  
Saline County Adults Aged 18+ (2007 BRFSS)**

	2007			2007-2008	
	Saline County			Public Health Solutions	Nebraska
	White NH	Hispanic	Total	Total	Total
<b>How prepared do you feel your household is to handle a large-scale disaster or emergency?</b>	N=670	N=90	N=760		
Well-prepared	26.5%	13.3%	24.3%		
Somewhat prepared	60.9%	56.3%	60.1%		
Not prepared at all	12.7%	30.3%	15.6%	14.4%	16.5%
<b>Have a disaster evacuation plan?</b>	N=672	N=91	N=763		
Yes	28.7%	45.5%	31.5%	27.5%	22.7%
No	71.3%	54.5%	68.5%		
<b>Have a 3-day supply of water per person?</b>	N=677	N=89	N=766		
Yes	45.0%	58.6%	47.2%	46.1%	45.5%
No	55.0%	41.4%	52.8%		
<b>Have a 3-day supply of non-perishable food?</b>	N=677	N=91	N=768		
Yes	87.0%	74.6%	84.9%	81.6%	83.3%
No	13.0%	25.4%	15.1%		
<b>Have a 3-day supply of prescription meds?</b>	N=678	N=91	N=769		
Yes	82.7%	43.5%	76.2%	92.2%	90.8%
No	6.7%	34.2%	11.3%		
No one in household requires Rx'd medicine	10.6%	22.4%	12.6%		



<b>Have a working battery-operated radio+batteries?</b>	N=678	N=92	N=770		
Yes	84.7%	62.9%	81.0%	85.1%	82.4%
No	15.4%	37.1%	19.0%		
<b>Have a working flashlight and working batteries?</b>	N=679	N=92	N=771		
Yes	98.3%	82.5%	95.6%	97.9%	96.4%
No	1.7%	17.5%	4.4%		
<b>Would you evacuate if mandatory?</b>	N=614	N=92	N=706		
Yes	94.6%	95.7%	94.8%	95.8%	95.0%
No	5.4%	4.3%	5.2%		
<b>Main reason you might not evacuate?</b>	N=83	N=5	N=88		
No transportation	1.3%	NA	1.2%		
Lack of trust in public officials	5.1%	NA	5.8%		
Concern about leaving property behind	23.9%	NA	22.6%	17.9%	10.6%
Concern about personal safety	4.1%	NA	3.9%		
Concern about family safety	4.2%	NA	5.4%		
Concern about leaving pets	14.6%	NA	15.4%	1.5%	4.7%
Other	46.8%	NA	45.7%	68.5%	57.3%
<b>In a large-scale emergency, what would be your main method of communicating with relatives and friends?</b>	N=636	N=84	N=720		
Regular home telephones	17.7%	50.9%	23.2%		
Cell phones	79.2%	45.4%	73.7%	71.8%	74.0%
Email	0.3%	0.9%	0.4%		
Pager	0.0%	0.0%	0.0%		
2-way radios	0.0%	1.2%	0.2%		
Other	2.8%	1.7%	2.6%		
<b>In a large-scale emergency, main method of getting information from authorities?</b>	N=620	N=81	N=701		
TV	16.6%	40.7%	20.4%		
Radio	56.5%	42.9%	54.4%	51.2%	55.5%
Internet	2.9%	4.0%	3.1%		
Print media	1.0%	0.0%	0.8%		
Neighbors	0.9%	2.1%	1.1%		
Other	22.1%	10.3%	20.3%		

**Table 22**  
**Sexual Violence**  
**Saline County Adults Aged 18+ (2007 BRFSS)**

	Saline County		
	White NH	Hispanic	Total
<b>Unwanted sexual experiences in past 12 months--anyone touched sexual parts of your body?</b>			
Total	N=638	N=75	N=713
Yes	0.5%	2.2%	0.8%
Males	N=248	N=30	N=278
Yes	0.4%	NA	0.9%
Females	N=390	N=45	N=435
Yes	0.5%	NA	0.6%
<b>Unwanted sexual experiences in past 12 months--situations not involving physical touching?</b>			
Total	N=636	N=76	N=712
Yes	0.1%	0.8%	0.3%
Males	N=247	N=30	N=277
Yes	0.0%	NA	0.0%
Females	N=389	N=46	N=435
Yes	0.3%	NA	0.5%
<b>Someone ever had sex with you against your will?</b>			
Total	N=633	N=76	N=709
Yes	3.2%	0.8%	2.8%
Males	N=247	N=30	N=277
Yes	0.2%	NA	0.1%
Females	N=386	N=46	N=432
Yes	6.2%	NA	5.5%
<b>Someone ever attempt to have sex with you against your will, but did not happen?</b>			
Total	N=632	N=76	N=708
Yes	5.3%	8.2%	5.7%
Males	N=247	N=30	N=277
Yes	2.6%	NA	3.7%
Females	N=385	N=46	N=431
Yes	8.0%	NA	7.8%
<b>Have any of your children been sexually assaulted?</b>			
Yes	0.5%	1.6%	0.8%
No	99.5%	98.4%	99.2%