

## NE BRFSS, Panhandle Region, by Age and Gender, 2011-2013

Indicators	Gender			Age			
	Total	Male	Female	Total	18-44	45-64	65+
<b>General Health Status</b>							
General health fair or poor	17.7%	17.0%	18.3%	17.7%	12.0%	19.2%	25.0%
Ave. # of days physical health was not good in past 30 days	3.97	3.63	4.30	3.97	2.86	4.24	5.49
Physical health was not good on 14 or more of the past 30 days	12.9%	11.9%	13.9%	12.9%	8.8%	13.9%	18.5%
Ave. # of days mental health was not good in past 30 days	3.24	2.73	3.71	3.24	3.69	3.33	2.35
Mental health was not good on 14 or more of the past 30 days	10.0%	8.3%	11.6%	10.0%	10.8%	10.5%	7.8%
Ave # of days poor physical or mental health limited usual activities in past 30 days	2.38	2.22	2.54	2.38	1.93	2.68	2.71
Poor physical or mental health limited usual activities on 14 or more of the past 30 days	8.1%	7.3%	9.0%	8.2%	6.7%	9.1%	9.3%
<b>Health Care Access and Utilization</b>							
No health care coverage, 18-64 year olds	20.5%	20.7%	20.3%	20.5%	24.1%	16.4%	-
No personal doctor or health care provider	22.3%	29.3%	15.8%	22.4%	35.1%	17.5%	8.6%
Need to see doctor but could not due to cost in past year	14.4%	12.4%	16.3%	14.5%	19.3%	16.2%	3.8%
Had a routine checkup in past year	55.6%	49.7%	61.0%	55.4%	46.8%	55.7%	69.4%
<b>Heart Disease and Stroke</b>							
Ever told they had a heart attack	5.5%	6.9%	4.3%	5.5%	0.9%	4.9%	14.2%
Ever told they have coronary heart disease	4.9%	6.1%	3.8%	4.9%	0.5%	4.6%	12.8%
Ever told they had a heart attack or coronary heart disease	7.7%	9.4%	6.0%	7.7%	1.3%	7.0%	19.7%
Ever told they had a stroke	2.7%	2.4%	2.9%	2.7%	0.6%	3.0%	5.7%
<b>Blood Pressure and Cholesterol</b>							
Blood pressure checked in past year (2013)	86.5%	86.0%	87.0%	86.4%	78.7%	87.0%	96.6%
Ever told they have high blood pressure (excluding pregnancy) (2011 and 2013)	34.8%	37.3%	32.4%	34.7%	16.1%	38.3%	60.5%
Currently taking blood pressure medication, among those ever told they have high blood pressure (2011 and 2013)	78.8%	73.7%	84.2%	78.7%	50.9%	78.0%	92.0%
Had cholesterol checked in past 5 years (2011 and 2013)	70.5%	69.0%	72.0%	70.5%	50.5%	79.5%	90.3%
Ever told they have high cholesterol among those who have ever had it checked (2011 and 2013)	38.3%	39.3%	37.4%	38.2%	15.5%	43.2%	54.8%
<b>Diabetes</b>							
Ever told they have diabetes (excluding pregnancy)	10.6%	11.2%	10.1%	10.6%	3.4%	12.0%	20.5%
<b>Cancer</b>							
Ever told they have skin cancer	7.6%	8.3%	7.0%	7.7%	0.8%	7.0%	20.2%
Ever told they have cancer other than skin cancer	8.0%	5.9%	9.9%	8.0%	2.5%	7.1%	18.6%

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Ever told they have cancer (in any form)	13.9%	12.6%	15.2%	14.0%	3.2%	12.9%	33.6%
Up-to-date colorectal cancer screening, 50-75 year olds (2012 and 2013)	53.9%	49.2%	58.0%	53.9%	-	48.4%	66.2%
Up-to-date on breast cancer screening, female 50-74 year olds (2012)	70.5%	-	70.5%	70.5%	-	68.6%	74.5%
Up-to-date on cervical cancer screening, female 21-65 year olds (2012)	77.4%	-	77.4%	77.4%	79.4%	*	92.0%
<b>Arthritis</b>							
Ever told they have arthritis	29.7%	26.4%	32.7%	29.7%	11.6%	34.9%	52.0%
Have activity limitations due to arthritis, among those ever told they have arthritis (2011 and 2013)	48.4%	49.2%	47.9%	48.6%	45.6%	49.7%	48.4%
<b>Asthma</b>							
Ever told they have asthma	11.7%	10.1%	13.1%	11.7%	12.9%	12.1%	9.1%
Currently have asthma	8.4%	6.7%	10.0%	8.4%	8.7%	9.3%	6.6%
<b>Chronic Obstructive Pulmonary Disease (COPD)</b>							
Ever told they have COPD	6.2%	4.9%	7.4%	6.2%	3.1%	6.7%	10.7%
<b>Kidney Disease</b>							
Ever told they have kidney disease	2.7%	2.6%	2.7%	2.7%	1.0%	2.8%	5.2%
<b>Tobacco</b>							
Current cigarette smoking	19.6%	19.7%	19.6%	19.6%	24.8%	20.6%	9.5%
Attempted to quit smoking in past year, among current cigarette smokers	60.7%	59.9%	61.4%	60.5%	68.8%	54.9%	42.4%
Current smokeless tobacco use	9.0%	17.6%	1.0%	9.1%	14.0%	8.1%	2.4%
Has rule not allowing smoking anywhere inside their home (2013)	88.0%	87.5%	88.5%	88.0%	89.4%	85.9%	88.7%
<b>Overweight and Obesity</b>							
Obese (BMI =/+ 30)	32.4%	34.3%	30.4%	32.3%	31.9%	37.3%	25.5%
Overweight or Obese (BMI =/+ 25)	67.9%	73.5%	62.3%	67.9%	62.9%	73.2%	68.3%
<b>Nutrition</b>							
Consumed sugar-sweetened beverages 1 or more times per day in past 30 days (2013)	30.7%	37.0%	23.7%	30.7%	47.7%	24.0%	16.0%
Currently watching or reducing sodium or salt intake (2013)	47.2%	45.3%	49.2%	47.1%	29.0%	50.9%	67.5%
Median times per day consumed fruits (2011 and 2013)	1.00	0.97	1.13	1.00	0.95	0.99	1.19
Consumed fruits less than 1 time per day (2011 and 2013)	41.8%	49.0%	35.0%	41.8%	48.2%	40.8%	32.4%
Median times per day consumed vegetables (2011 and 2013)	1.52	1.41	1.6	1.52	1.43	1.56	1.62
Consumed vegetables less than 1 time per day (2011 and 2013)	23.9%	26.8%	21.2%	23.9%	26.0%	23.6%	20.8%

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	Total	Male	Female	Total	18-44	45-64	65+
<b>Physical Activity</b>							
No leisure-time physical activity in past 30 days	26.4%	28.6%	24.4%	26.4%	19.4%	29.2%	33.9%
Meet aerobic physical activity recommendation (2011 and 2013)	48.2%	45.7%	50.5%	48.2%	52.2%	42.5%	50.5%
Meet muscle strengthening recommendation (2011 and 2013)	23.7%	26.1%	21.5%	23.7%	31.7%	20.4%	15.8%
Meet both aerobic physical activity and muscle strengthening recommendations (2011 and 2013)	16.6%	17.4%	16.0%	16.6%	22.1%	13.8%	12.0%
<b>Injury</b>							
Always wear a seatbelt when driving or riding in a car	58.0%	46.9%	68.5%	58.1%	52.6%	58.4%	66.8%
Talked on a cell phone while driving in past 30 days (2012)	65.6%	70.1%	60.4%	65.6%	84.8%	72.8%	30.9%
Texted while driving in past 30 days (2012)	22.5%	29.2%	14.7%	22.5%	42.3%	18.0%	2.1%
Had a fall in past year, aged 45 and older (2012)	32.8%	32.4%	33.1%	33.0%	-	32.7%	33.5%
Injured due to fall in past year, aged 45 and older (2012)	12.1%	9.1%	14.4%	12.2%	-	13.6%	10.0%
<b>Mental Health</b>							
Ever told they have depression	18.9%	14.1%	23.4%	19.0%	19.7%	21.5%	13.9%
Currently taking medication or receiving treatment for a mental health condition (2012)	15.3%	10.7%	19.5%	15.4%	17.1%	16.3%	10.5%
Symptoms of serious mental illness in past 30 days (2012)	4.1%	4.3%	4.0%	4.1%	1.8%	7.3%	2.5%
<b>Alcohol and Drug Use</b>							
Any alcohol consumption in past 30 days	52.3%	60.8%	44.5%	52.3%	61.4%	54.0%	34.6%
Binge drank in past 30 days	17.6%	24.8%	10.9%	17.5%	29.7%	14.1%	2.7%
Heavy drinking in past 30 days	6.5%	9.4%	3.9%	6.5%	10.0%	5.5%	2.1%
Alcohol impaired driving in past 30 days (2012)	2.4%	4.5%	0.5%	2.4%	3.9%	2.3%	0.4%
Took pain medication prescribed by a doctor in past year (2012)	35.8%	31.8%	40.3%	35.9%	35.7%	32.8%	40.0%
Had left over pain meds after last filled script, among those who took pain meds in past year (2012)	55.2%	46.1%	63.0%	55.2%	*	45.2%	48.2%
<b>Immunization and Infectious Disease</b>							
Had a flu vaccination in past year, aged 18 years and older	36.8%	30.5%	42.8%	36.8%	27.5%	33.2%	57.5%
Had a flu vaccination in past year, aged 65 years and older	57.5%	54.6%	59.6%	57.5%	-	-	57.5%
Ever had a pneumonia vaccination, aged 65 years and older	63.4%	61.9%	64.5%	63.4%	-	-	63.4%

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	Total	Male	Female	Total	18-44	45-64	65+
Had a tetanus vaccination in the past 10 years (2013)	53.2%	61.7%	44.9%	53.2%	64.5%	50.3%	39.8%
Ever been tested for HIV, 18-64 year olds, (excluding blood donation)	28.4%	25.3%	31.5%	28.4%	36.2%	20.0%	-
<b>Oral Health</b>							
Visited a dentist or dental clinic for any reason in past year (2012)	59.9%	57.8%	61.8%	59.8%	59.0%	62.6%	57.0%
Had any permanent teeth extracted due to tooth decay or gum disease (2012)	47.7%	43.0%	52.1%	47.8%	27.7%	55.3%	70.3%
Had all permanent teeth extracted due to tooth decay or gum disease, aged 65 years and older (2012)	15.2%	15.6%	15.0%	15.2%	-	-	15.2%
<b>Social Context</b>							
Housing insecurity in past year, among those who own or rent their home	29.1%	27.5%	30.6%	29.1%	34.1%	31.6%	17.1%
Food insecurity in past year	19.4%	16.8%	21.9%	19.5%	22.9%	20.5%	12.3%
<b>Inadequate Sleep</b>							
Get less than 7 hours of sleep per day (2013)	32.9%	33.2%	32.7%	32.9%	38.9%	32.4%	23.5%
Average hours of sleep per day (2013)	7.09	7.1	7.08	7.09	6.91	7.02	7.51
<b>Occupational Safety and Health</b>							
Work-related injury or illness in past year, among employed (2013)	3.4%	3.4%	3.4%	3.4%	2.8%	3.8%	4.1%

\* Data suppressed because less than 50 respondents

\*\* Data is for 2011, 2012 and 2013 combined, unless indicated otherwise