

NE BRFSS, Panhandle Region, by Race/Ethnicity and Annual Household Income, 2011-2013

Indicators	Race/Ethnicity				Annual Household Income			
	Total	White, NH	Non- White, NH	Hispanic	Total	<\$24,999	\$25- 49,999	\$50K+
General Health Status								
General health fair or poor	17.6%	15.8%	30.5%	27.8%	17.3%	30.8%	14.3%	8.3%
Ave. # of days physical health was not good in past 30 days	3.97	3.84	5.49	4.54	3.97	6.59	3.62	2.05
Physical health was not good on 14 or more of the past 30 days	12.8%	12.4%	16.3%	15.6%	12.9%	22.5%	11.4%	6.1%
Ave. # of days mental health was not good in past 30 days	3.21	3.11	4.2	3.71	3.21	4.92	2.45	2.41
Mental health was not good on 14 or more of the past 30 days	9.9%	9.6%	12.1%	11.6%	9.9%	15.8%	7.5%	7.0%
Ave # of days poor physical or mental health limited usual activities in past 30 days	2.39	2.33	4.68	2.16	2.40	4.04	2.06	1.29
Poor physical or mental health limited usual activities on 14 or more of the past 30 days	8.2%	8.0%	16.1%	7.2%	8.3%	14.3%	7.0%	4.4%
Health Care Access and Utilization								
No health care coverage, 18-64 year olds	20.4%	17.4%	22.1%	40.6%	19.8%	41.5%	19.4%	5.0%
No personal doctor or health care provider	22.3%	21.1%	21.7%	32.8%	22.2%	26.7%	22.2%	18.2%
Need to see doctor but could not due to cost in past year	14.4%	12.3%	30.8%	26.1%	14.7%	26.6%	13.1%	5.7%
Had a routine checkup in past year	55.5%	55.1%	67.0%	54.3%	55.4%	57.4%	53.7%	55.2%
Heart Disease and Stroke								
Ever told they had a heart attack	5.5%	5.5%	10.0%	4.2%	5.6%	9.4%	5.2%	2.7%
Ever told they have coronary heart disease	4.9%	5.1%	6.1%	3.2%	5.1%	7.4%	5.1%	3.2%
Ever told they had a heart attack or coronary heart disease	7.6%	7.8%	10.6%	5.5%	7.9%	12.1%	7.7%	4.4%
Ever told they had a stroke	2.7%	2.8%	4.0%	1.7%	2.6%	4.7%	2.6%	0.8%
Blood Pressure and Cholesterol								
Blood pressure checked in past year (2013)	86.7%	88.5%	*	*	87.0%	86.5%	86.6%	87.6%
Ever told they have high blood pressure (excluding pregnancy) (2011 and 2013)	34.7%	35.9%	37.4%	25.3%	35.4%	37.2%	39.3%	30.2%

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Currently taking blood pressure medication, among those ever told they have high blood pressure (2011 and 2013)	78.7%	79.2%	*	70.7%	78.0%	80.2%	81.0%	72.2%
Had cholesterol checked in past 5 years (2011 and 2013)	70.6%	72.3%	69.9%	58.1%	71.2%	61.6%	75.8%	75.9%
Ever told they have high cholesterol among those who have ever had it checked (2011 and 2013)	38.1%	38.1%	51.8%	33.7%	39.0%	43.5%	43.3%	31.8%
Diabetes								
Ever told they have diabetes (excluding pregnancy)	10.6%	10.1%	15.3%	13.3%	10.5%	14.6%	9.9%	7.4%
Cancer								
Ever told they have skin cancer	7.7%	8.7%	3.7%	0.9%	7.6%	8.1%	7.7%	7.1%
Ever told they have cancer other than skin cancer	8.0%	8.3%	3.4%	7.0%	7.7%	9.4%	7.7%	6.1%
Ever told they have cancer (in any form)	13.9%	15.0%	6.2%	7.9%	13.6%	15.0%	14.3%	11.8%
Up-to-date colorectal cancer screening, 50-75 year olds (2012 and 2013)	54.1%	55.2%	*	45.1%	53.4%	49.9%	54.7%	54.7%
Up-to-date on breast cancer screening, female 50-74 year olds (2012)	70.3%	70.1%	*	*	71.7%	60.1%	73.8%	78.9%
Up-to-date on cervical cancer screening, female 21-65 year olds (2012)	77.4%	75.1%	*	*	77.3%	73.6%	74.0%	82.0%
Arthritis								
Ever told they have arthritis	29.6%	29.8%	38.4%	24.6%	30.1%	38.4%	30.9%	22.0%
Have activity limitations due to arthritis, among those ever told they have arthritis (2011 and 2013)	48.6%	48.2%	*	50.5%	48.6%	57.3%	45.0%	39.1%
Asthma								
Ever told they have asthma	11.6%	11.4%	12.8%	13.2%	11.4%	15.2%	9.4%	10.0%
Currently have asthma	8.4%	8.2%	10.0%	9.2%	8.3%	11.2%	6.9%	7.1%
Chronic Obstructive Pulmonary Disease (COPD)								
Ever told they have COPD	6.1%	6.5%	8.5%	2.2%	6.3%	10.3%	5.8%	3.2%

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Kidney Disease								
Ever told they have kidney disease	2.7%	2.7%	1.7%	2.3%	2.6%	3.3%	2.5%	2.1%
Tobacco								
Current cigarette smoking	19.5%	18.3%	42.1%	22.7%	20.3%	28.2%	20.0%	13.7%
Attempted to quit smoking in past year, among current cigarette smokers	60.9%	58.2%	*	75.4%	60.6%	61.8%	61.2%	58.0%
Current smokeless tobacco use	9.1%	9.8%	6.5%	4.1%	8.9%	4.8%	10.6%	11.0%
Has rule not allowing smoking anywhere inside their home (2013)	88.5%	89.6%	*	*	89.5%	80.4%	91.9%	95.2%
Overweight and Obesity								
Obese (BMI =/+ 30)	32.3%	32.0%	26.4%	36.3%	32.6%	31.9%	33.6%	32.3%
Overweight or Obese (BMI =/+ 25)	68.0%	67.6%	61.2%	73.0%	68.5%	65.2%	71.7%	68.5%
Nutrition								
Consumed sugar-sweetened beverages 1 or more times per day in past 30 days (2013)	30.7%	28.9%	*	*	30.7%	35.1%	31.2%	26.7%
Currently watching or reducing sodium or salt intake (2013)	47.4%	45.4%	*	*	46.4%	56.2%	51.0%	34.6%
Median times per day consumed fruits (2011 and 2013)	1.00	1.00	1.30	1.04	1.00	0.99	1.01	1.00
Consumed fruits less than 1 time per day (2011 and 2013)	41.8%	42.0%	35.7%	41.8%	41.5%	42.1%	40.6%	41.7%
Median times per day consumed vegetables (2011 and 2013)	1.52	1.53	1.51	1.49	1.53	1.42	1.50	1.61
Consumed vegetables less than 1 time per day (2011 and 2013)	23.8%	23.0%	21.9%	30.5%	23.4%	29.2%	23.6%	18.2%
Physical Activity								
No leisure-time physical activity in past 30 days	26.1%	26.3%	20.5%	26.9%	26.3%	33.5%	26.8%	19.8%
Meet aerobic physical activity recommendation (2011 and 2013)	48.4%	49.1%	48.9%	43.3%	48.1%	44.4%	46.9%	52.4%
Meet muscle strengthening recommendation (2011 and 2013)	23.7%	23.2%	23.3%	28.1%	23.5%	20.4%	19.7%	29.5%

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Meet both aerobic physical activity and muscle strengthening recommendations (2011 and 2013)	16.7%	16.9%	17.8%	15.1%	16.7%	14.2%	13.7%	21.3%
Injury								
Always wear a seatbelt when driving or riding in a car	58.1%	56.8%	77.5%	62.6%	57.9%	58.4%	57.3%	57.9%
Talked on a cell phone while driving in past 30 days (2012)	65.6%	65.4%	*	*	67.8%	51.8%	66.9%	80.4%
Texted while driving in past 30 days (2012)	22.5%	24.0%	*	*	23.5%	11.3%	24.9%	31.3%
Had a fall in past year, aged 45 and older (2012)	32.8%	32.4%	*	*	33.0%	33.7%	31.1%	34.2%
Injured due to fall in past year, aged 45 and older (2012)	12.2%	11.6%	*	*	12.1%	19.7%	10.8%	7.0%
Mental Health								
Ever told they have depression	18.8%	18.3%	25.4%	20.3%	19.0%	25.2%	17.8%	14.6%
Currently taking medication or receiving treatment for a mental health condition (2012)	15.4%	14.3%	*	*	16.3%	20.7%	9.3%	18.5%
Symptoms of serious mental illness in past 30 days (2012)	4.1%	3.8%	*	*	4.4%	7.4%	1.5%	4.4%
Alcohol and Drug Use								
Any alcohol consumption in past 30 days	52.4%	54.3%	32.8%	43.4%	53.9%	38.8%	52.9%	67.5%
Binge drank in past 30 days	17.6%	18.1%	10.8%	15.8%	18.3%	15.4%	15.1%	23.4%
Heavy drinking in past 30 days	6.6%	6.9%	2.4%	5.6%	6.7%	5.6%	5.2%	8.9%
Alcohol impaired driving in past 30 days (2012)	2.4%	2.4%	*	4.2%	2.6%	0.8%	2.8%	3.9%
Took pain medication prescribed by a doctor in past year (2012)	35.9%	34.6%	*	*	36.1%	40.6%	37.3%	31.4%
Had left over pain meds after last filled script, among those who took pain meds in past year (2012)	55.1%	50.5%	*	*	54.6%	52.9%	48.9%	62.5%
Immunization and Infectious Disease								
Had a flu vaccination in past year, aged 18 years and older	36.8%	36.6%	45.1%	35.6%	36.2%	34.9%	36.6%	37.0%

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Had a flu vaccination in past year, aged 65 years and older	57.6%	57.0%	*	71.5%	57.4%	56.6%	60.9%	52.1%
Ever had a pneumonia vaccination, aged 65 years and older	63.5%	64.4%	*	56.1%	63.4%	67.3%	61.8%	58.3%
Had a tetanus vaccination in the past 10 years (2013)	53.4%	54.1%	*	48.4%	53.8%	51.4%	52.2%	57.4%
Ever been tested for HIV, 18-64 year olds, (excluding blood donation)	28.5%	27.1%	38.6%	35.4%	29.5%	33.9%	28.5%	27.2%
Oral Health								
Visited a dentist or dental clinic for any reason in past year (2012)	60.0%	59.8%	*	57.8%	59.7%	47.0%	54.5%	74.4%
Had any permanent teeth extracted due to tooth decay or gum disease (2012)	47.7%	48.1%	*	40.1%	47.4%	53.9%	46.4%	35.2%
Had all permanent teeth extracted due to tooth decay or gum disease, aged 65 years and older (2012)	15.1%	15.6%	*	*	15.1%	18.4%	16.0%	6.5%
Social Context								
Housing insecurity in past year, among those who own or rent their home (2012 and 2013)	28.9%	25.9%	*	51.8%	29.1%	50.6%	26.6%	13.6%
Food insecurity in past year (2012 and 2013)	19.2%	17.1%	*	30.1%	19.8%	36.8%	17.4%	7.5%
Inadequate Sleep								
Get less than 7 hours of sleep per day (2013)	33.1%	32.9%	*	28.5%	33.2%	38.4%	35.5%	26.6%
Average hours of sleep per day (2013)	7.08	7.06	*	7.02	7.05	7.01	6.99	7.15
Occupational Safety and Health								
Work-related injury or illness in past year, among employed (2013)	3.4%	3.2%	*	*	3.7%	4.6%	5.4%	1.7%

* Data suppressed because less than 50 respondents

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