

**NE BRFSS, Panhandle Region, by Race/Ethnicity and Annual Household Income,
2011-2015**

| Indicators | Race/Ethnicity | | | | Total | Annual Household Income | | | |
|---|----------------|-----------|---------------|----------|-------|-------------------------|-------------------|-------------------|-----------|
| | Total | White, NH | Non-White, NH | Hispanic | | <\$24,999 | \$25,000 – 49,999 | \$50,000 - 74,999 | \$75,000+ |
| General Health Status | | | | | | | | | |
| General health fair or poor | 17.8% | 14.5% | 24.3% | 30.3% | 17.8% | 32.7% | 12.5% | 9.3% | 8.4% |
| Avg. # of days physical health was not good in past 30 days | 4.0 | 3.6 | 4.6 | 5.5 | 4.0 | 7.1 | 3.2 | 2.4 | 2.0 |
| Physical health was not good on 14 or more of the past 30 days | 13.1% | 11.4% | 13.9% | 19.6% | 13.1% | 24.3% | 10.0% | 6.5% | 5.7% |
| Avg. # of days mental health was not good in past 30 days | 3.3 | 3.3 | 4.9 | 3.8 | 3.3 | 5.9 | 2.6 | 2.6 | 2.2 |
| Mental health was not good in 14 or more of the past 30 days | 10.1% | 10.1% | 15.0% | 12.1% | 10.1% | 18.9% | 7.6% | 8.0% | 6.0% |
| Avg. # of days poor physical or mental health limited usual activities in past 30 days | 2.5 | 2.2 | 3.7 | 2.8 | 2.5 | 4.7 | 1.8 | 1.3 | 1.4 |
| Poor physical or mental health limited usual activities on 14 or more of the past 30 days | 8.6% | 7.8% | 13.2% | 10.2% | 8.6% | 17.1% | 6.1% | 4.2% | 4.9% |
| Health Care Access and Utilization | | | | | | | | | |
| No health care coverage, 18-64 years old | 19.0% | 16.2% | 24.3% | 37.1% | 19.0% | 40.3% | 20.6% | 6.2% | 2.6% |
| No personal doctor or health care provider | 23.3% | 24.4% | 29.6% | 32.3% | 23.3% | 31.0% | 27.6% | 23.6% | 18.3% |
| Needed to see doctor but could not due to cost in past year | 14.6% | 13.4% | 28.1% | 26.1% | 14.6% | 32.5% | 15.1% | 7.7% | 3.9% |
| Had a routine checkup in the past year | 57.4% | 54.8% | 60.0% | 57.7% | 57.4% | 54.9% | 52.2% | 55.8% | 58.5% |
| Heart Disease and Stroke | | | | | | | | | |
| Ever told they had a heart attack | 5.8% | 4.5% | 7.9% | 6.6% | 5.8% | 8.6% | 4.0% | 3.3% | 3.0% |
| Ever told they have coronary heart disease | 4.7% | 3.6% | 3.9% | 4.9% | 4.7% | 6.1% | 3.1% | 3.4% | 2.9% |
| Ever told they had a heart attack or coronary heart disease | 8.0% | 6.3% | 8.6% | 8.1% | 8.0% | 11.0% | 5.4% | 4.9% | 4.8% |
| Ever told they had a stroke | 3.0% | 2.2% | 5.0% | 4.4% | 3.0% | 4.6% | 2.5% | 1.1% | 1.2% |
| Blood Pressure and Cholesterol | | | | | | | | | |
| Blood pressure checked in past year (2013 & 2015) | 85.6% | 86.2% | -* | 72.1% | 85.6% | 82.2% | 82.2% | 83.1% | 91.1% |
| Ever told they have high blood pressure (excluding pregnancy) (2011, 2013, & 2015) | 35.1% | 31.6% | 36.8% | 30.1% | 35.1% | 36.1% | 31.1% | 30.6% | 28.5% |

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| | Total | White, NH | Non-White, NH | Hispanic | Total | <\$24,999 | \$25,000-49,999 | \$50,000-74,999 | \$75,000+ |
| Currently taking blood pressure medication, among those ever told they have high blood pressure (2011, 2013, & 2015) | 77.8% | 60.9% | 76.2% | 58.3% | 77.8% | 64.5% | 73.6% | 55.2% | 58.4% |
| Had cholesterol checked in past 5 years (2011, 2013, & 2015) | 72.2% | 68.6% | 76.8% | 62.6% | 72.2% | 61.2% | 70.5% | 67.5% | 77.0% |
| Ever told they have high cholesterol among those who have ever had it checked (2011, 2013, & 2015) | 36.6% | 28.6% | 35.8% | 33.1% | 36.6% | 35.9% | 30.3% | 26.1% | 25.7% |
| Diabetes | | | | | | | | | |
| Ever told they have diabetes (excluding pregnancy) | 11.0% | 8.2% | 16.0% | 17.4% | 11.0% | 15.0% | 8.0% | 7.6% | 6.5% |
| Cancer | | | | | | | | | |
| Ever told they have skin cancer | 7.9% | 6.7% | 3.6% | 1.3% | 7.9% | 5.4% | 5.5% | 6.5% | 8.2% |
| Ever told they have cancer other than skin cancer | 7.9% | 6.7% | 3.4% | 6.1% | 7.9% | 8.4% | 5.7% | 7.5% | 5.3% |
| Ever told they have cancer (in any form) | 14.1% | 12.0% | 6.3% | 7.4% | 14.1% | 12.3% | 10.2% | 12.6% | 12.3% |
| Up-to-date colorectal cancer screening, 50-75 years old (2012-2015) | 54.6% | 55.9% | 45.6% | 44.6% | 54.6% | 48.3% | 55.3% | 55.8% | 59.3% |
| Up-to-date on breast cancer screening, female 50-74 year olds (2012 & 2104) | 65.5% | 65.3% | -* | -* | 65.5% | 54.0% | 67.3% | 72.6% | 78.1% |
| Up-to-date on cervical cancer screening, female 21-65 years old (2012 & 2014) | 76.9% | 75.5% | -* | 81.4% | 76.9% | 72.2% | 73.5% | 84.1% | 82.9% |
| Arthritis | | | | | | | | | |
| Ever told they have arthritis | 29.2% | 25.1% | 34.1% | 26.2% | 29.2% | 35.4% | 24.5% | 22.5% | 18.8% |
| Have activity limitations due to arthritis, among those ever told they have arthritis (2011,2013, & 2015) | 47.7% | 43.0% | 44.4% | 51.5% | 47.7% | 55.6% | 42.1% | 40.3% | 50.3% |
| Asthma | | | | | | | | | |
| Ever told they have asthma | 11.9% | 11.9% | 16.9% | 12.2% | 11.9% | 17.1% | 11.2% | 10.5% | 8.1% |
| Currently have asthma | 8.5% | 8.5% | 13.3% | 8.2% | 8.5% | 12.6% | 8.0% | 7.4% | 5.8% |
| Chronic Obstructive Pulmonary Disease (COPD) | | | | | | | | | |
| Ever told they have COPD | 6.0% | 5.2% | 9.0% | 2.7% | 6.0% | 10.4% | 4.1% | 2.9% | 2.8% |
| Kidney Disease | | | | | | | | | |
| Every told they have kidney disease | 2.6% | 2.1% | 1.8% | 3.4% | 2.6% | 3.5% | 1.9% | 2.1% | 1.6% |

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| | Total | White, NH | Non-White, NH | Hispanic | Total | <\$24,999 | \$25,000– 49,999 | \$50,000– 74,999 | \$75,000+ |
| Tobacco | | | | | | | | | |
| Current cigarette smoking | 19.6% | 20.1% | 33.2% | 22.2% | 19.6% | 33.3% | 23.0% | 14.8% | 12.1% |
| Attempted to quit smoking in past year, among current cigarette smokers | 59.9% | 58.7% | 61.0% | 68.1% | 59.9% | 61.1% | 60.6% | 64.0% | 50.1% |
| Current smokeless tobacco use | 8.4% | 10.2% | 6.5% | 3.8% | 8.4% | 6.2% | 10.2% | 12.7% | 10.3% |
| Has rule not allowing smoking anywhere inside their home (2013-2015) | 87.5% | 88.8% | 73.2% | 88.4% | 87.5% | 79.2% | 87.9% | 95.2% | 93.9% |
| Overweight and Obesity | | | | | | | | | |
| Obese (BMI =/ + 30) | 33.2% | 32.9% | 30.3% | 41.2% | 33.2% | 35.0% | 35.9% | 33.4% | 32.4% |
| Overweight or Obese (BMI =/ + 25) | 67.9% | 66.9% | 59.2% | 78.0% | 67.9% | 67.5% | 70.7% | 67.2% | 67.1% |
| Nutrition | | | | | | | | | |
| Consumed sugar-sweetened beverages 1 or more time per day in past 30 days (2013) | 30.5% | 32.3% | -* | -* | 30.5% | 42.4% | 35.0% | 25.8% | 29.6% |
| Currently watching or reducing sodium or salt intake (2013 & 2015) | 49.0% | 43.2% | -* | 60.1% | 49.0% | 55.4% | 45.1% | 38.9% | 37.5% |
| Median times per day consumed fruits (2011,2013, &2015) | 1.00 | 1.00 | 1.13 | 1.03 | 1.00 | 0.99 | 1.00 | 0.98 | 1.01 |
| Consumed fruits less than 1 time per day (2011, 2013, & 2015) | 41.1% | 42.7% | 41.4% | 39.4% | 41.1% | 44.9% | 42.5% | 43.5% | 41.2% |
| Median times per day consumed vegetables (2011, 2013, & 2015) | 1.55 | 1.54 | 1.57 | 1.56 | 1.55 | 1.43 | 1.49 | 1.61 | 1.60 |
| Consumed vegetable less than 1 time per day (2011, 2013, & 2015) | 23.8% | 23.8% | 25.6% | 26.4% | 23.8% | 29.4% | 25.0% | 21.1% | 18.3% |
| Physical Activity | | | | | | | | | |
| No leisure-time physical activity in past 30 days | 26.9% | 24.7% | 25.8% | 29.5% | 26.9% | 34.3% | 24.7% | 21.4% | 17.5% |
| Met aerobic physical activity recommendation (2011, 2013, & 2015) | 49.2% | 50.8% | 45.4% | 44.8% | 49.2% | 42.1% | 48.2% | 50.7% | 59.7% |
| Meet muscle strengthening recommendations (2011, 2013, & 2015) | 24.8% | 26.5% | 18.9% | 26.1% | 24.8% | 21.8% | 21.9% | 30.0% | 35.9% |
| Met both aerobic physical activity and muscle strengthening recommendations (2011, 2013, & 2015) | 17.3% | 18.7% | 12.8% | 16.3% | 17.3% | 13.9% | 15.0% | 20.6% | 27.0% |

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| | Total | White, NH | Non-White, NH | Hispanic | Total | <\$24,999 | \$25,000– 49,999 | \$50K+ | \$75,000+ |
| Injury | | | | | | | | | |
| Always wear a seatbelt when driving or riding in a car | 59.7% | 57.3% | 69.8% | 67.0% | 59.7% | 57.9% | 57.1% | 56.5% | 60.3% |
| Texted while driving in past 30 days (2012 & 2015) | 21.4% | 25.9% | 7.2% | 26.5% | 21.4% | 12.4% | 27.2% | 34.0% | 30.0% |
| Talked on a cell phone while driving in past 30 days (2012 & 2015) | 67.6% | 75.2% | 52.9% | 63.9% | 67.6% | 56.6% | 73.7% | 82.3% | 84.4% |
| Had a fall in past year, aged 45 and older (2012 & 2014) | 33.5% | 33.0% | 32.3% | 43.0% | 33.5% | 38.1% | 33.5% | 36.8% | 29.1% |
| Injured due to fall in past year, aged 45 and older (2012 & 2014) | 12.6% | 12.4% | 13.3% | 18.1% | 12.6% | 19.7% | 12.0% | 10.0% | 7.3% |
| Mental Health | | | | | | | | | |
| Ever told they have depression | 18.8% | 18.8% | 25.0% | 20.9% | 18.8% | 27.9% | 17.9% | 15.7% | 12.5% |
| Currently taking medication or receiving treatment for a mental health condition (2012) | 15.1% | 16.0% | .* | .* | 15.1% | 21.8% | 8.7% | 28.8% | 8.7% |
| Symptoms of serious mental illness in past 30 days (2012) | 4.1% | 3.5% | .* | .* | 4.1% | 7.1% | 1.3% | 8.9% | 1.5% |
| Alcohol and Drug Use | | | | | | | | | |
| Any alcohol consumption in past 30 days | 52.1% | 57.2% | 38.6% | 40.6% | 52.1% | 41.4% | 55.7% | 65.3% | 67.3% |
| Binge drank in past 30 days | 16.8% | 20.6% | 13.1% | 12.3% | 16.8% | 16.5% | 18.4% | 24.4% | 23.1% |
| Heavy drinking in past 30 days | 5.9% | 7.0% | 5.0% | 3.5% | 5.9% | 5.8% | 5.3% | 9.0% | 8.0% |
| Alcohol impaired driving in the past 30 days (2012 & 2014) | 2.5% | 3.1% | 0.8% | 2.1% | 2.5% | 0.9% | 3.5% | 3.9% | 4.1% |
| Took pain medication prescribed by a doctor in past year (2012 & 2015) | 37.4% | 36.4% | 45.1% | 44.8% | 37.4% | 44.7% | 37.4% | 35.8% | 32.2% |
| Had left over pain meds after last filled script, among those who took pain meds in past year (2012 & 2015) | 48.4% | 48.6% | .* | .* | 48.4% | 42.4% | 53.7% | 65.8% | 59.6% |
| Immunization and Infectious Disease | | | | | | | | | |
| Had a flu vaccination in past year, aged 18 years and older | 37.7% | 35.1% | 40.9% | 34.6% | 37.7% | 30.4% | 32.1% | 36.1% | 41.6% |
| Had a flu vaccination in past year, aged 65 years and older | 56.3% | 55.9% | 49.6% | 68.7% | 56.3% | 53.7% | 59.5% | 49.9% | 60.0% |

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| | Total | White, NH | Non-White, NH | Hispanic | Total | <\$24,999 | \$25,000– 49,999 | \$50K+ | \$75,000+ |
| Ever had a pneumonia vaccination, aged 65 years and older | 62.8% | 63.9% | 49.0% | 50.1% | 62.8% | 63.9% | 62.8% | 59.5% | 64.7% |
| Had a tetanus vaccination since 2005 (2013) | 53.1% | 57.1% | -* | 52.0% | 53.1% | 53.6% | 54.3% | 55.5% | 63.7% |
| Ever been tested for HIV, 18-64 year olds, (excluding blood donation) | 28.8% | 29.4% | 39.6% | 39.0% | 28.8% | 38.8% | 31.0% | 26.9% | 29.6% |
| Oral Health | | | | | | | | | |
| Visited a dentist of dental clinic for any reason in past year (2012 & 2014) | 58.2% | 59.2% | 59.7% | 50.3% | 58.2% | 42.8% | 52.0% | 69.9% | 74.9% |
| Had any permanent teeth extracted due to tooth decay or gum disease (2012 & 2014) | 48.2% | 44.1% | 53.9% | 47.7% | 48.2% | 60.2% | 44.9% | 37.3% | 31.5% |
| Had all permanent teeth extracted due to tooth decay or gum disease, aged 65 years and older (2012 & 2014) | 16.4% | 16.2% | -* | -* | 16.4% | 22.9% | 13.0% | 4.9% | 6.6% |
| Social Context | | | | | | | | | |
| Housing insecurity in past year, among those who own or rent their home | 29.0% | 27.7% | 27.7% | 47.6% | 29.0% | 57.9% | 29.1% | 17.8% | 8.7% |
| Food insecurity in past year (2012-2013, 2015) | 20.2% | 19.3% | 36.7% | 29.6% | 20.2% | 42.3% | 19.5% | 13.8% | 3.7% |
| Inadequate Sleep | | | | | | | | | |
| Get less than 7 hours of sleep per day (2013) | 32.2% | 32.8% | 50.5% | 32.6% | 32.2% | 41.7% | 33.6% | 30.0% | 26.1% |
| Average hours of sleep per day (2013-2014) | 7.1 | 7.1 | 6.4 | 7.1 | 7.1 | 6.9 | 7.0 | 7.1 | 7.1 |
| Occupational Safety and Health | | | | | | | | | |
| Work-related injury or illness in past year, among employed (2013-2015) | 5.6% | 4.9% | 12.9% | -* | 5.6% | 8.8% | 5.8% | 3.8% | 3.7% |

*Data suppressed because less than 50 respondents

**Data is for 2011, 2012, 2013, 2014, and 2015 combined, unless indicated otherwise