

Needs Assessment Data

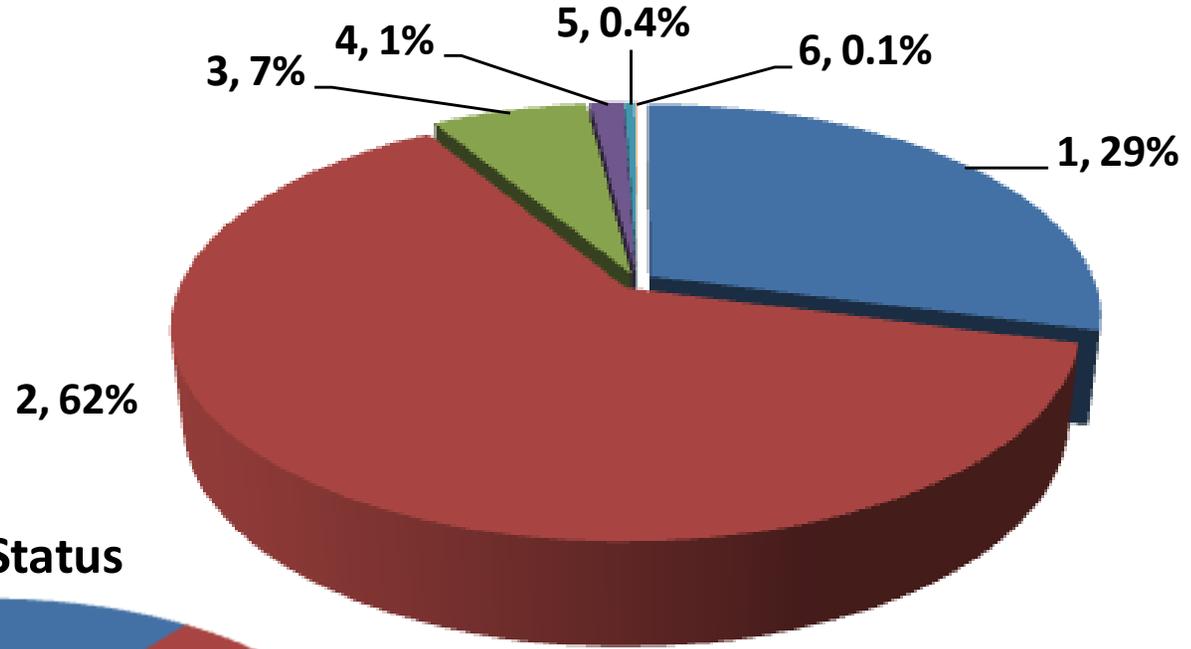
North Central District Health Department

Ionia Research

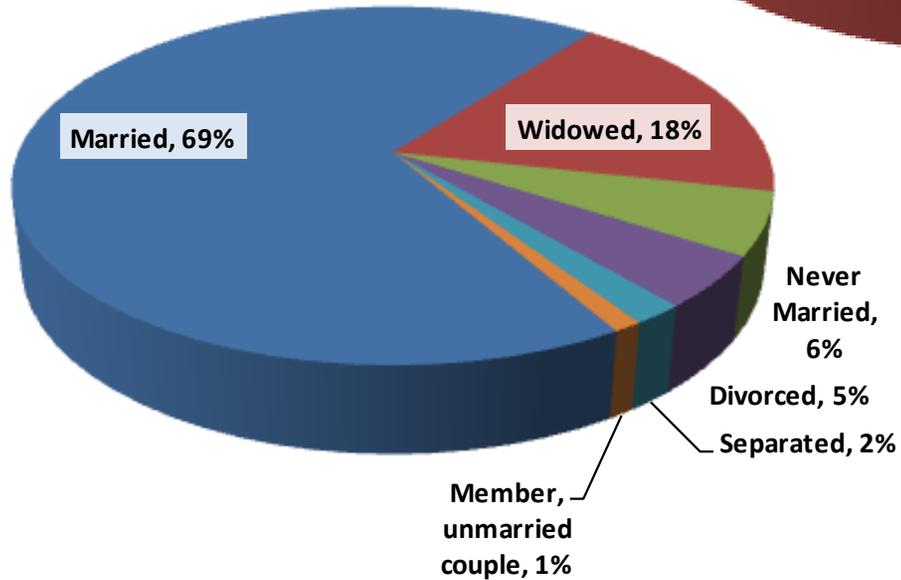
Joseph Nitzke
10/12/2012

Basic Demographics

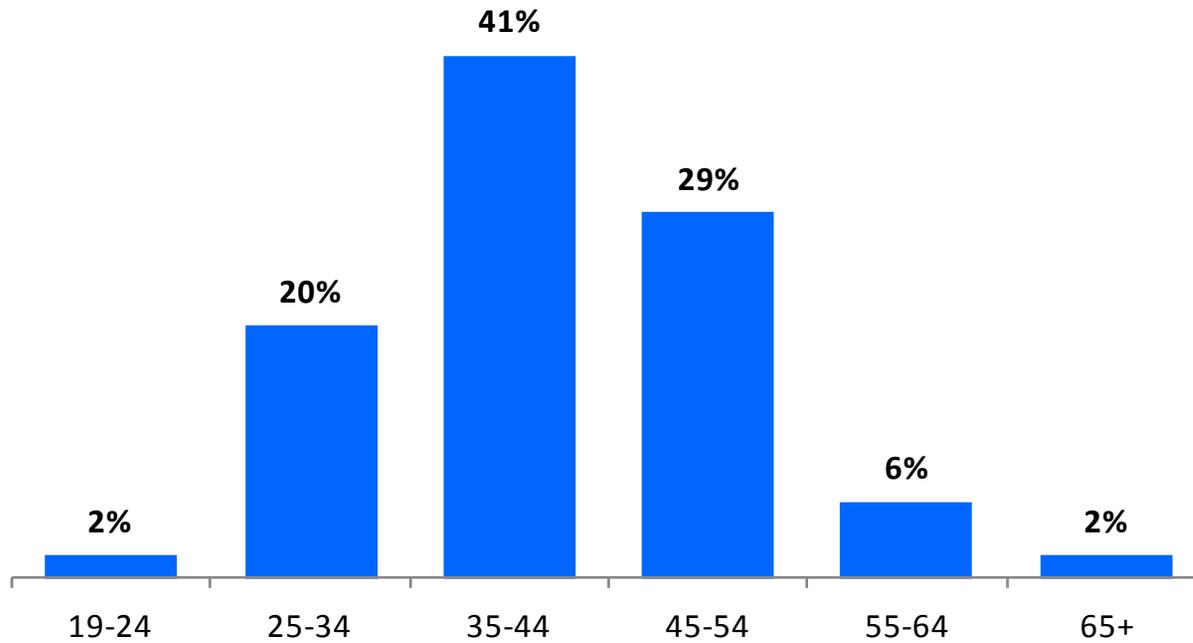
Adults in HH



Marital Status



Households w/ Children <18 (percent by age)



In NCDHD (PHAN, Census)

69% of Households are Family Households

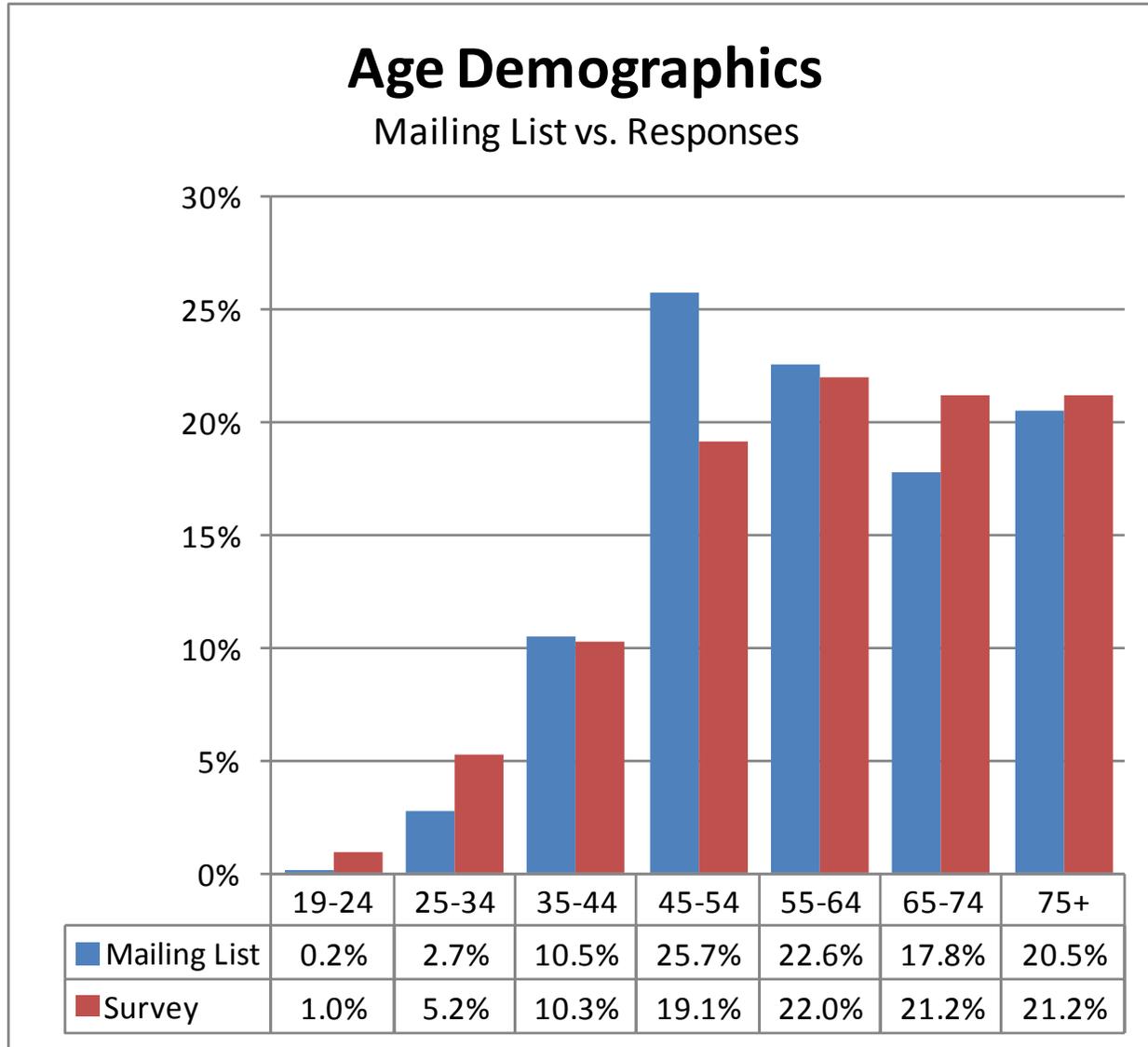
26% of Households have children under 18

NCDHD 2012 Survey

70% of Households are Family Households

22% of Households have children under 18

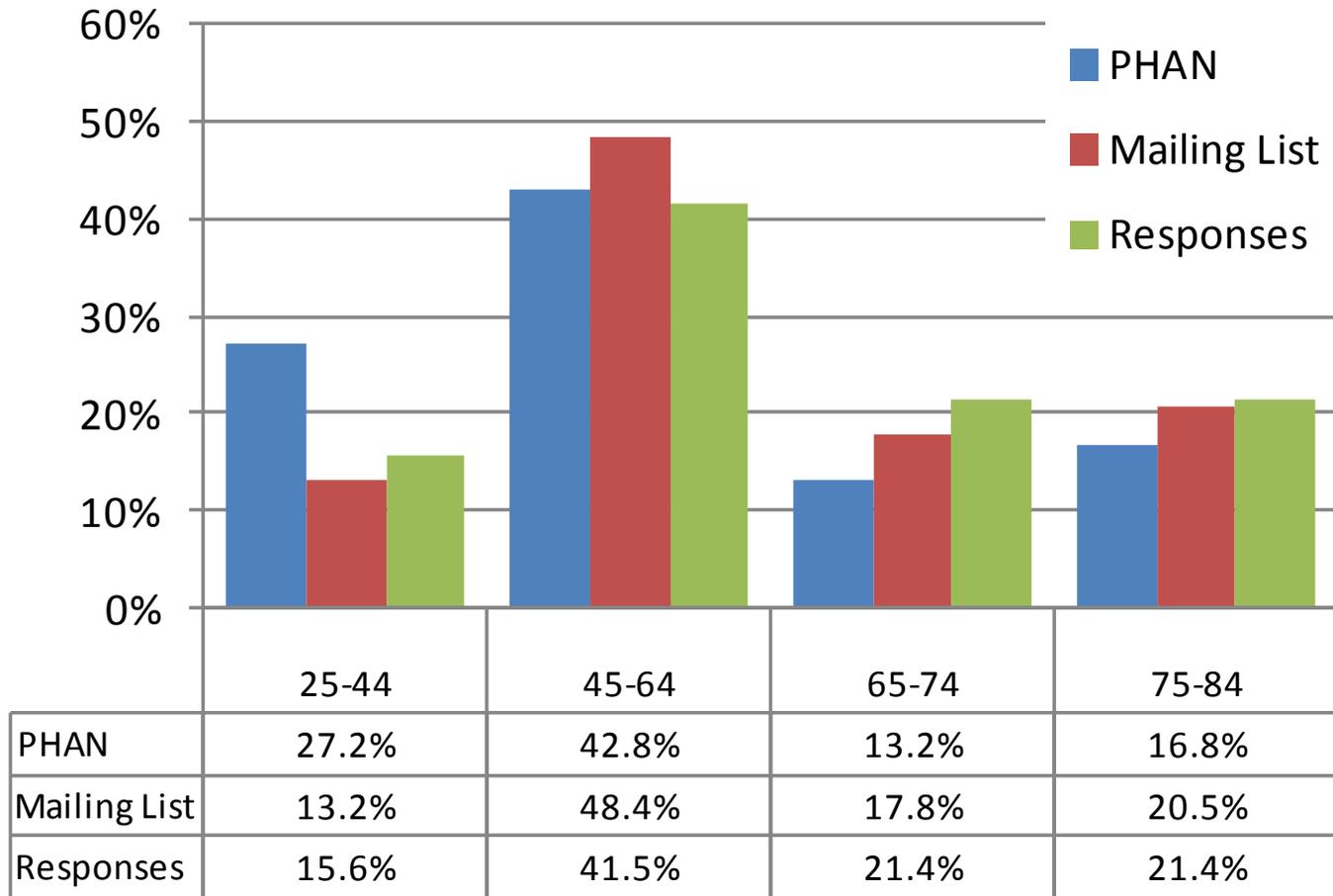
Demographics: Age x List



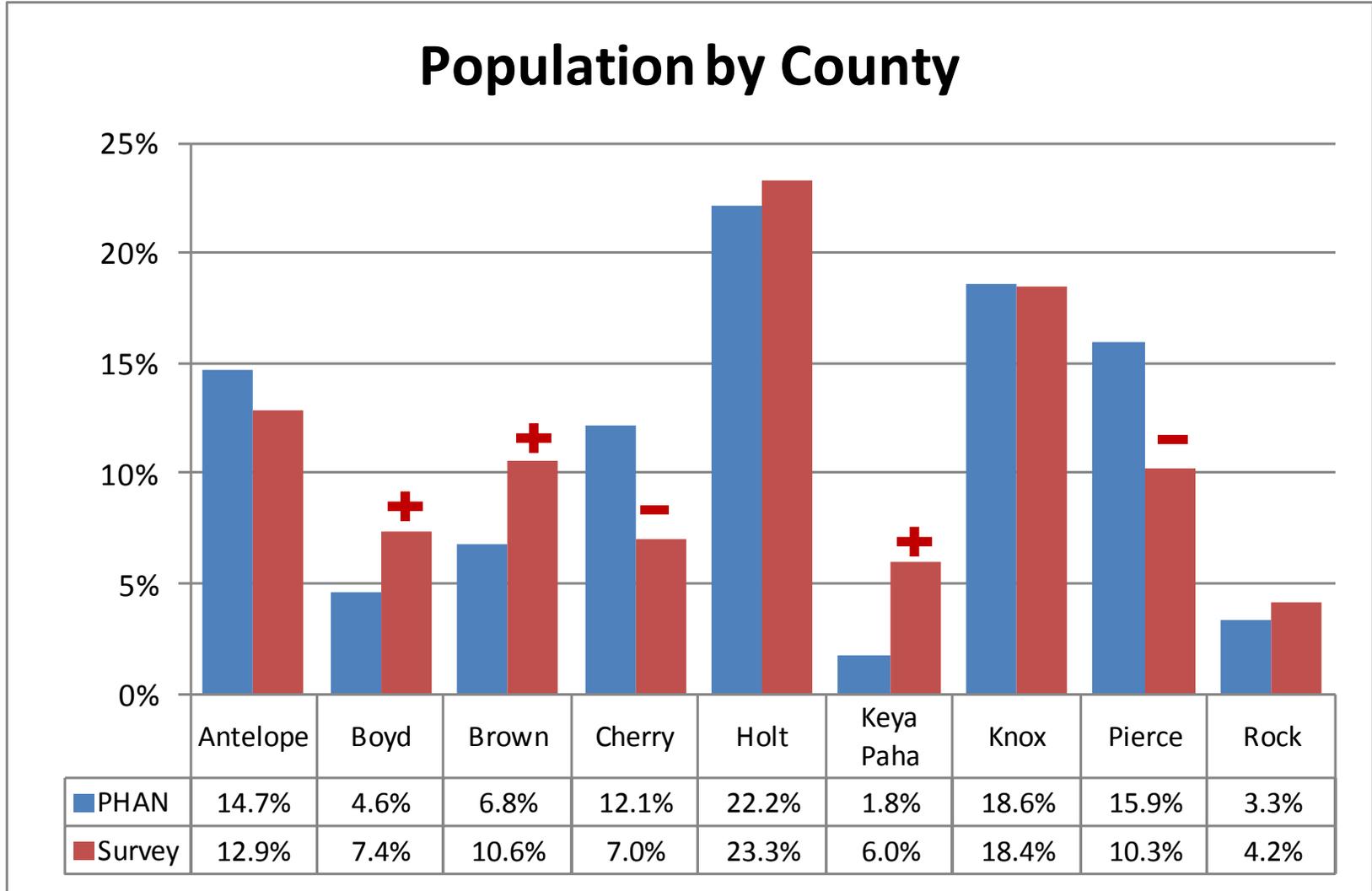
Demographics: Age (2)

Population Distribution

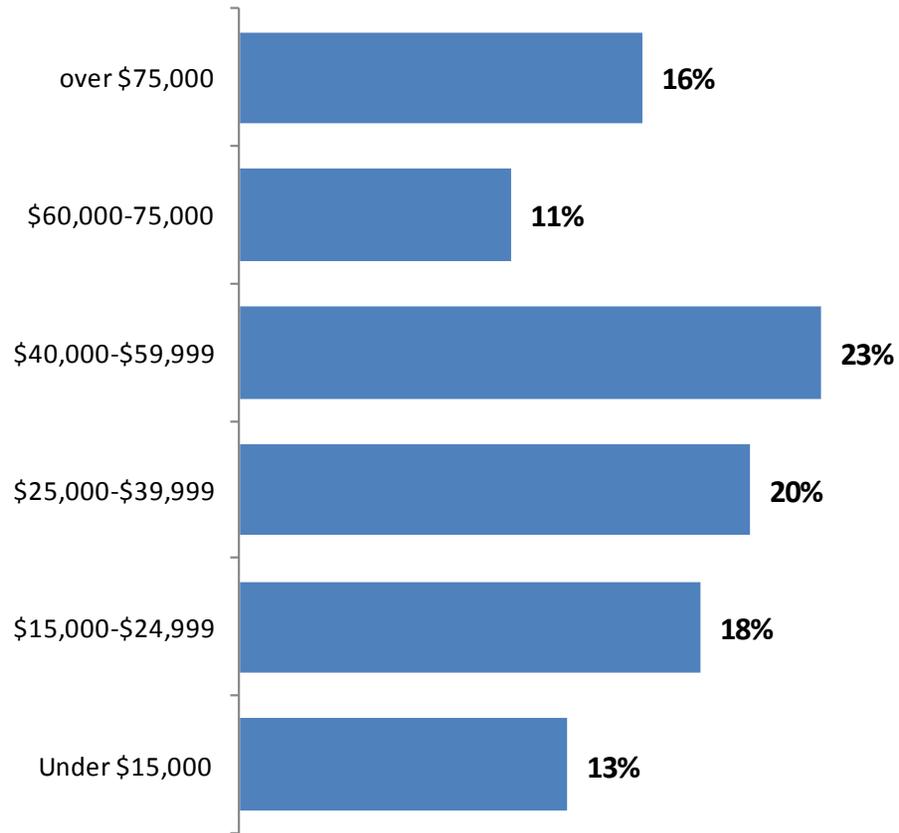
(selected age groups)



Distribution by County



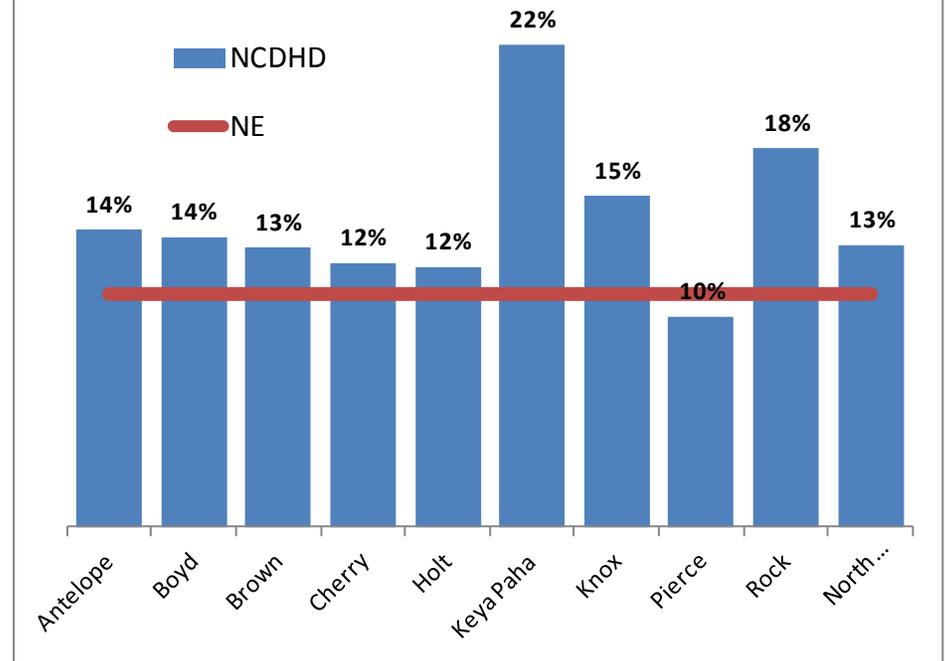
HH Income



Income

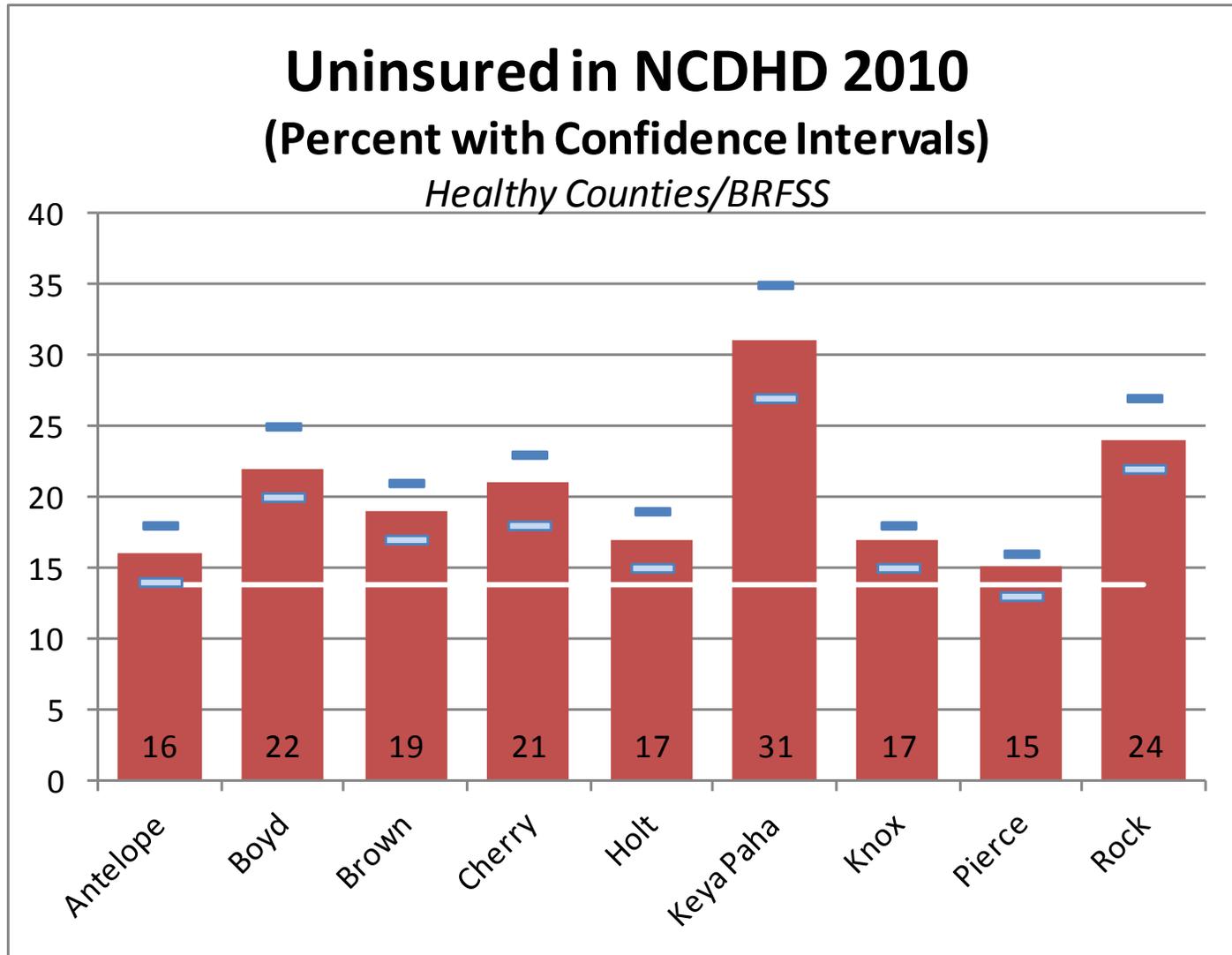
Of those respondents reporting less than \$15,000 household income, 68% are 65 and older (\$15-24,000, 62% are 65+; 73% of those 65+ report income of less than \$40,000).

Percent of population below 100% of poverty (2008)



Health Care Access

One in five residents do not have health insurance.



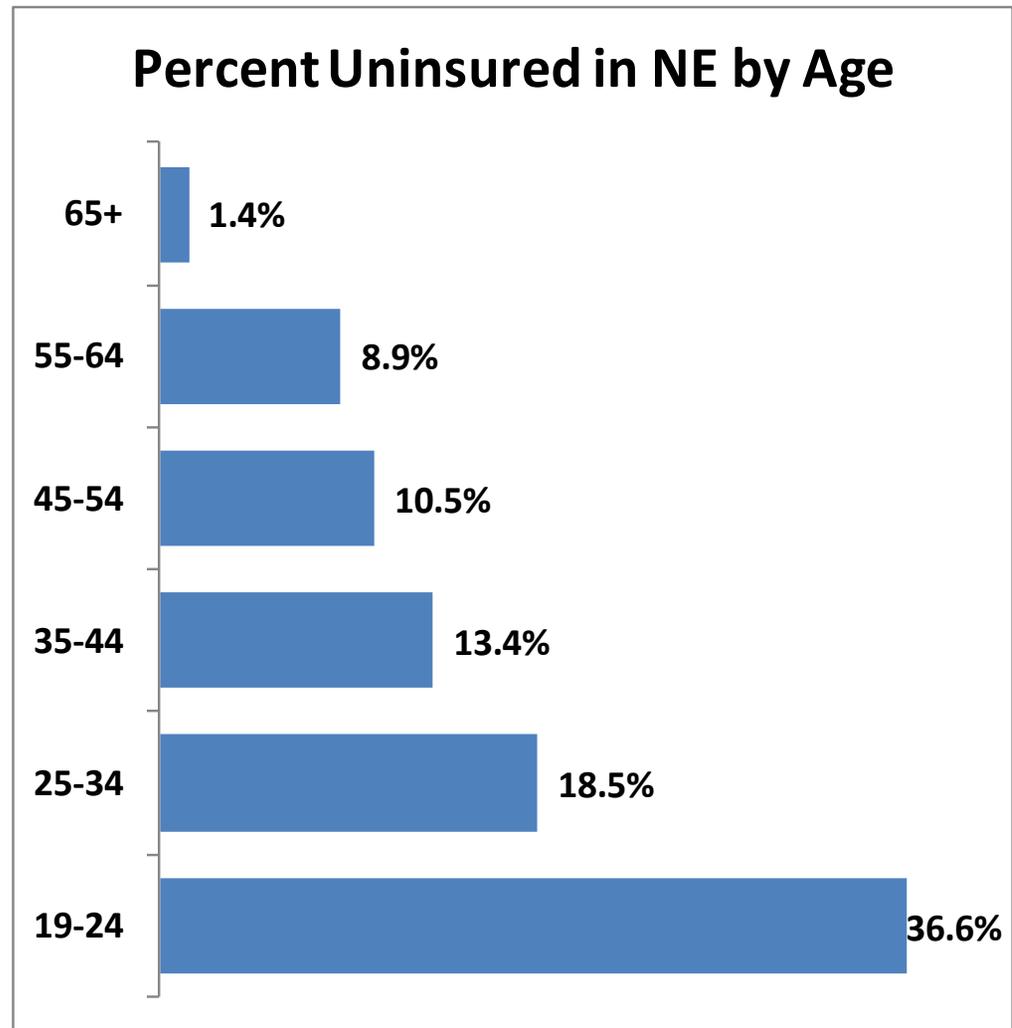
- 19.5% (NCDHD BRFSS) of respondents aged 18 to 64 years reported having no health insurance at the time of the survey.
- 17.6% (RWJ Health Rankings) of those under 65 years were uninsured;
- 20.9% of those 18-64 were uninsured (RWJ).

In Persons

- *5,177 of those age 18-64 (N=24,713) are uninsured, and*
- *6,133 of all under 65 (N = 34,880) are uninsured.*

In Healthy People 2020 insurance is a metric for Access to Health Care (insurance and the proportion having a usual primary care provider).

The 2020 Goal is to increase the proportion of persons with health/medical insurance to 100%, from a baseline of 83.2% in 2008.



Barriers and Delays in Obtaining Health Care

Barriers. 2012

- **43% reported barriers to obtaining health care (57% reported no 'barriers' to obtaining health care.)**
 - **One in eight (13%) cited *high co-pays*.**
 - **35% of those uninsured couldn't pay for prescription medicine in the past year.**
 - **Of those uninsured, 61% did not get a flu shot.**
 - **Of all respondents, with and without insurance, 8.2% of all respondents could not pay for prescription medicines. (HP2020 Goal: 2.8%)**
- **In the 12 months before the 2008 BRFSS survey, nearly 10% who needed to see a doctor did not because of the potential cost of care.**

Other Surveys

- **19.6% always delay health care.**
- **74.5% Sometimes/Always delay health care.**

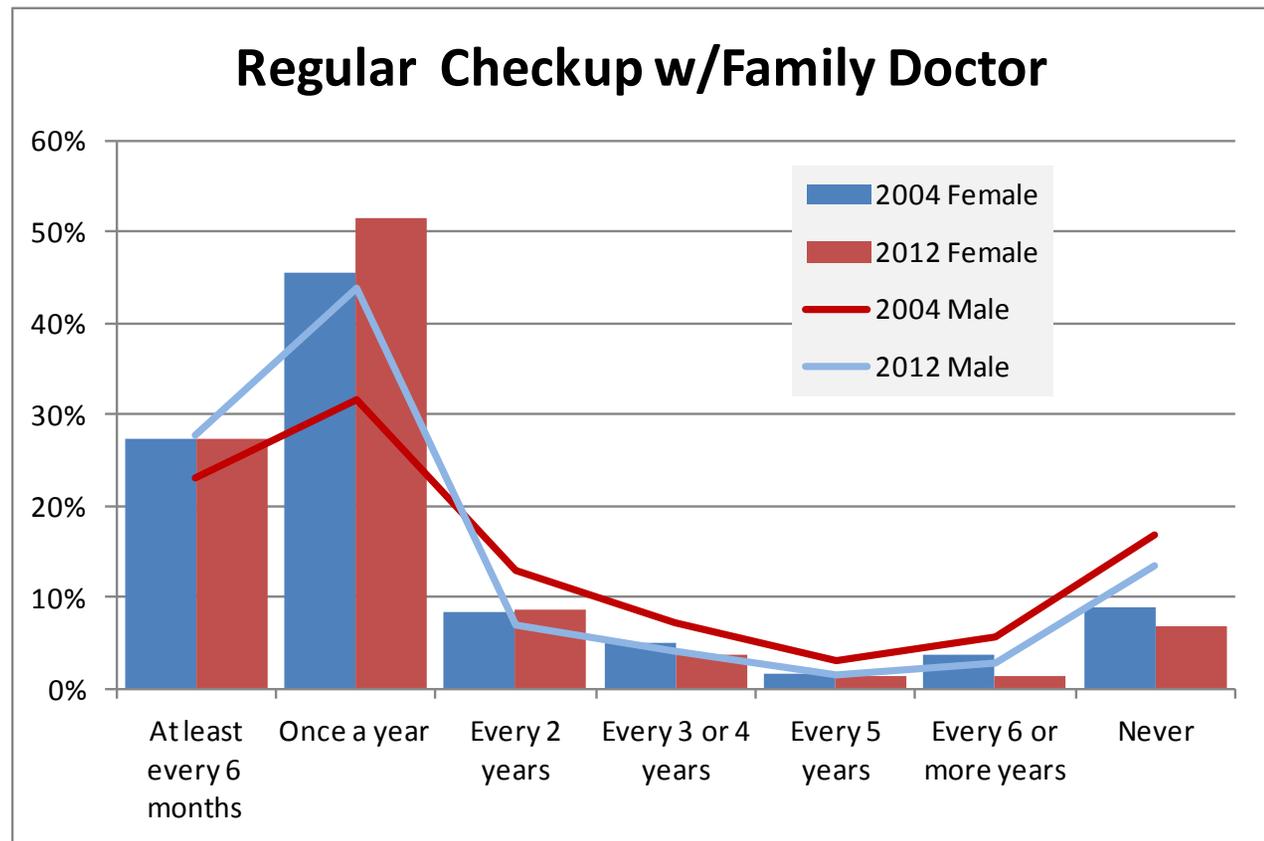
Community Action Agency Survey 2010

Personal Physician

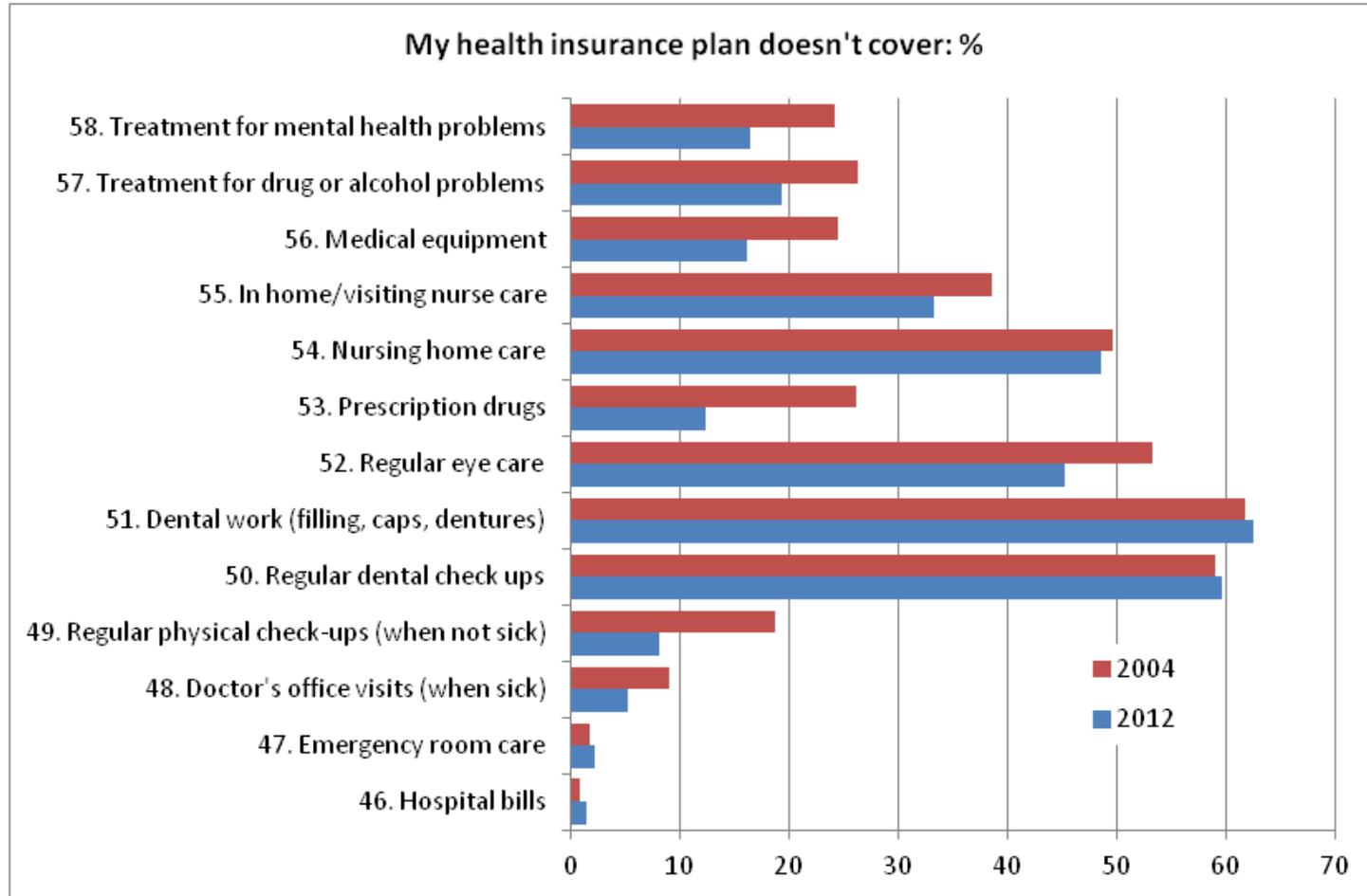
Most (94%) of the survey respondents have a primary care doctor, an increase from the 2004 survey (89%). Other surveys:

- Community Action Survey: 85% have a regular family doctor.
- BRFSS, 2008 reports 81% have a personal doctor or health care provider.

A Healthy 2020 goal for Access is to increase the proportion of persons with a usual primary care provider to 83.9% from a baseline of 76.3 percent. *Based on the 2008 BRFSS data (81%), the district is most likely short of that goal.*



Insurance Does Not Cover

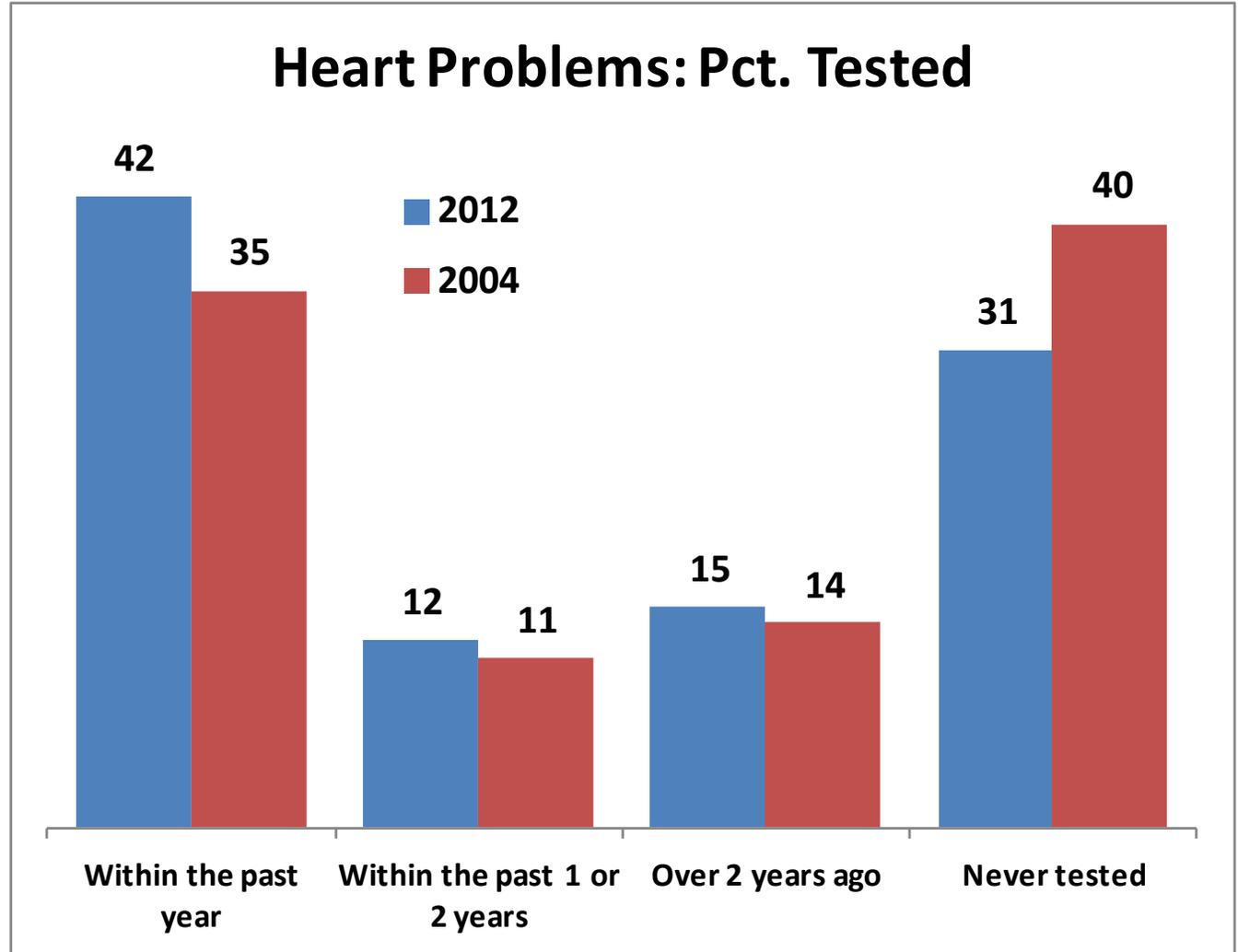


Cardiovascular (Heart Problems)

Family History: 60%, slight increase since 2004 (56%).

The proportion tested within the past two years has increased from 47% in 2004 to 54% in 2012.

Recent Diagnosis: 12% in 2012 have been told by a health professional they have heart problems.¹



¹ Though the (112.6/100,000) due coronary disease is not significantly higher than the state rate of 91.7, that rate is higher than the HP2020 target of 100.8 deaths per 100,000 population.

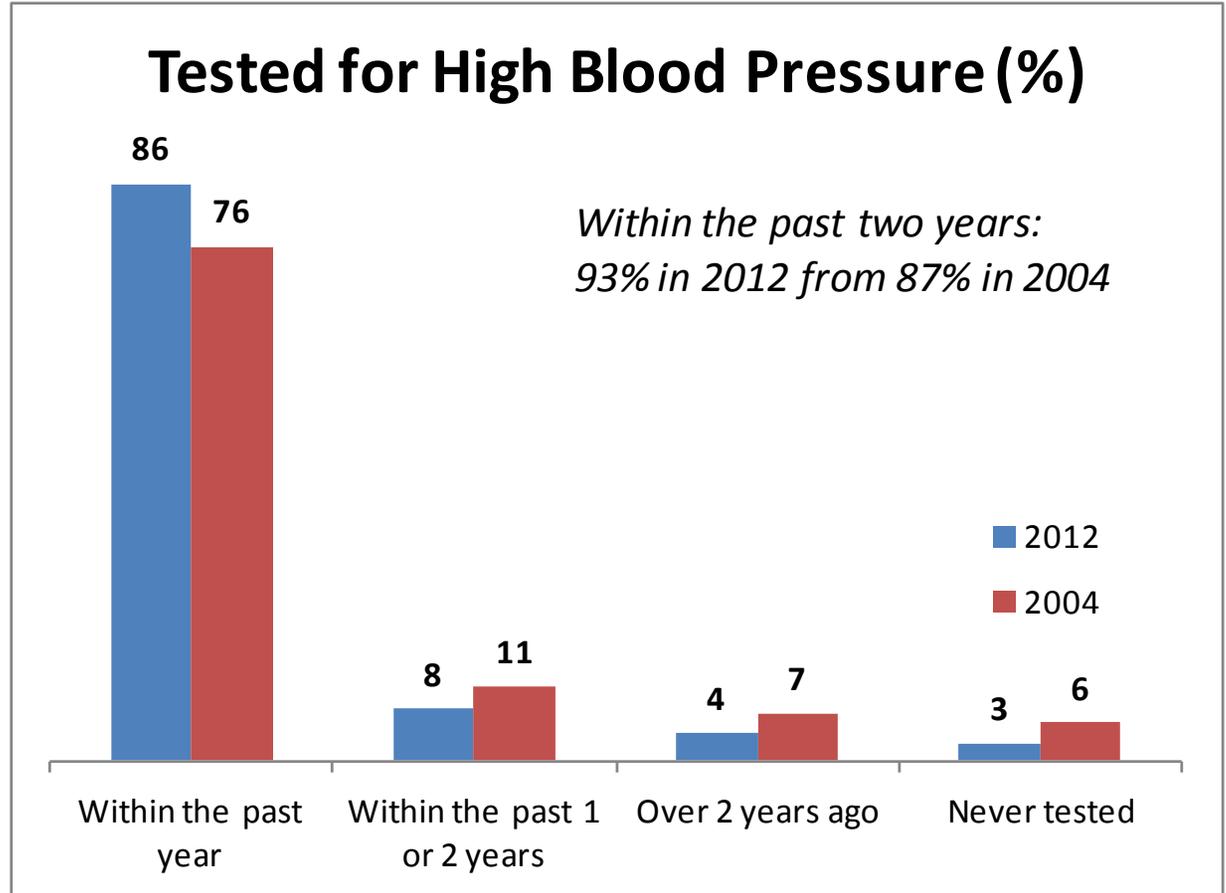
High Blood Pressure

Percent diagnosed with high blood pressure

- 30% in 2004 Survey
- 26% in 2009 PHAN/BRFSS for NCDHD
- 34% in 2012 Survey
- 29% in Nebraska, 2011

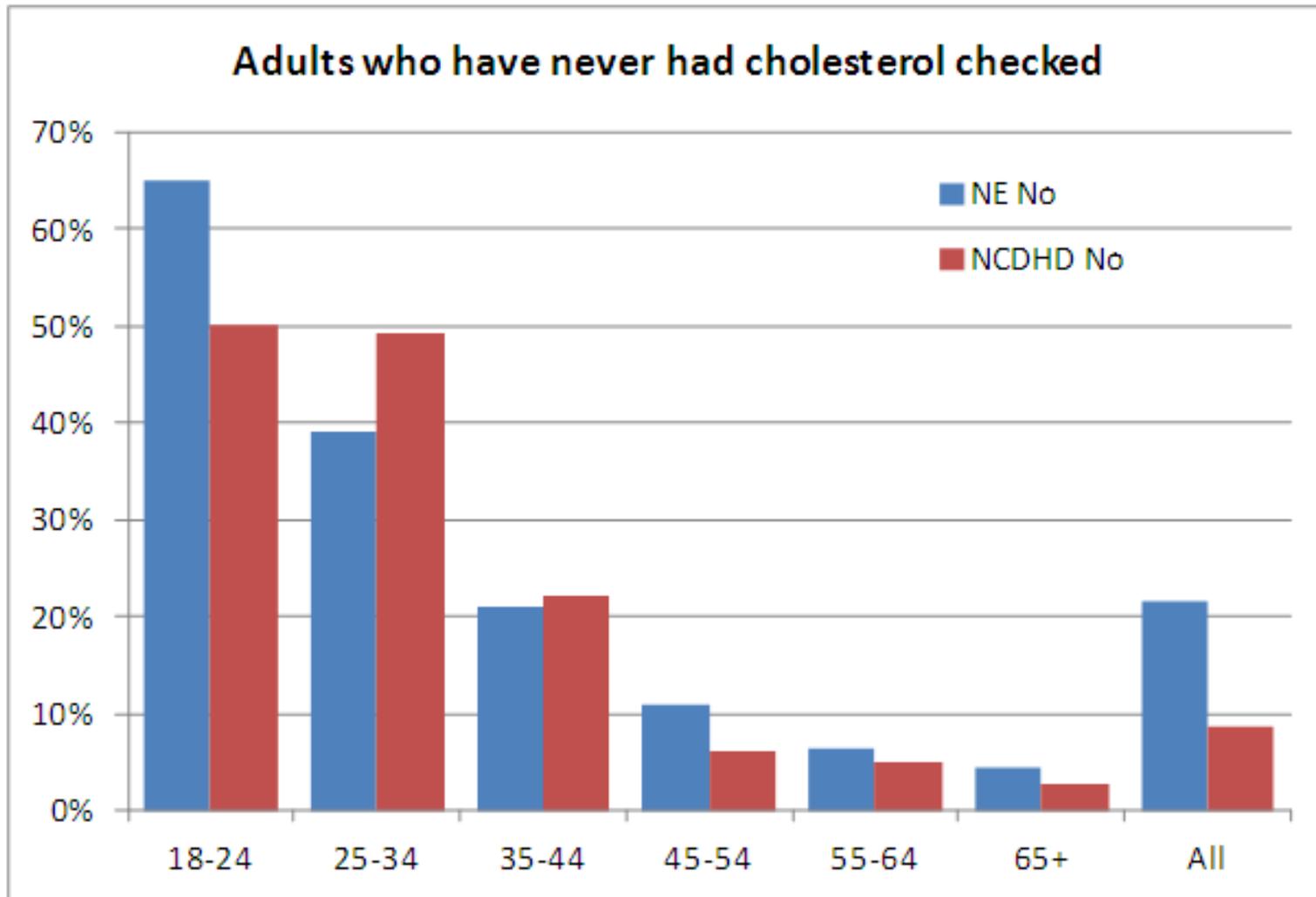
Of those 62% with a family history, 80% have been told by a HP they have HBP.

The HP2020 target for high blood pressure was revised for 2020 to 26.9%.



The rate of deaths due to stroke in the HD was significantly higher than that of Nebraska (HD, 47.6; NE, 42.9). The HP 2020 target is 33.8 deaths per 100,000 population.

Cholesterol



Survey Response (cont.)

2004: 64% were checked within the past two years.

2012: 80% of respondents had their cholesterol checked within the past two years.

(The proportion of those never tested decreases with Age; increases with Education.)

High Cholesterol BRFSS

Advised by HP. Of those tested, 30.8% of survey respondents were advised by a health professional that they have high cholesterol (2012 Survey).

2008 NCDHD BFRSS: 25.5%

2008 Nebraska: 32%

2010 Nebraska: 37%

NCDHD is very close to the HP2020 Goal for having cholesterol checked (To Increase the proportion of adults aged 18 years and older who have had their blood cholesterol checked within the preceding 5 years to 82.1% from 74.6% (2008 benchmark).

Weight

Nebraska: In 2002, 23% of Nebraskans were obese; in 2011 that proportion has increased to 28%. In the 2004 Health District survey, the average BMI for HD respondents was 27.88; in 2012 the average increased to 28.44.

2012 Survey

Normal Weight: about one third (30.5%), a slight increase from 2004 (29.8%);

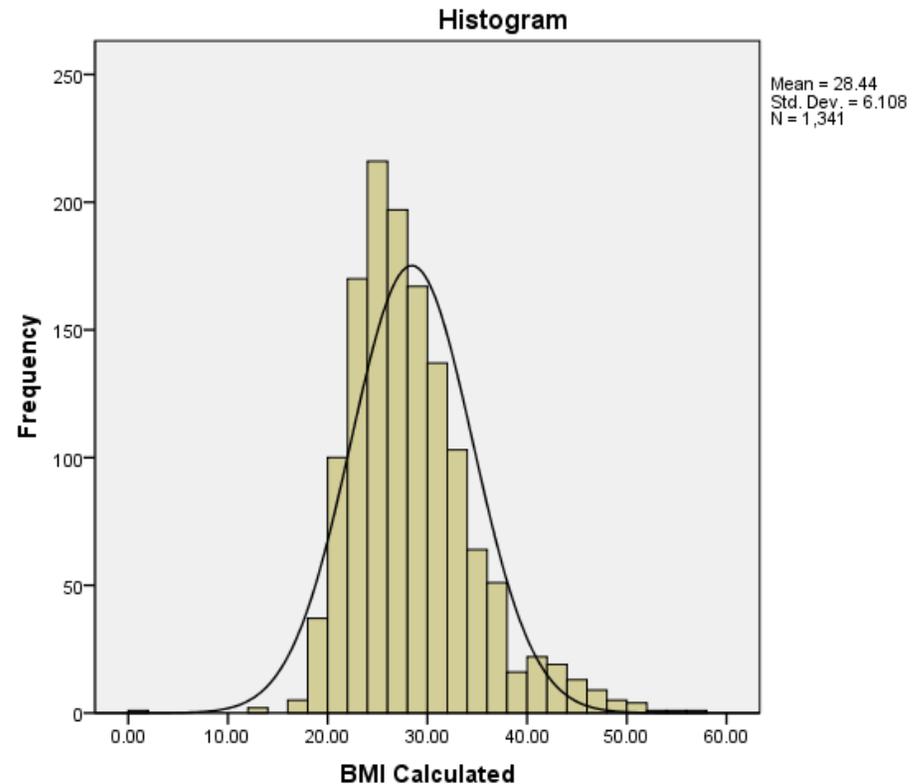
Overweight: three of ten (34.9%), compared to 42.4% in 2004; and

Obese: one third (33.7%) obese, compared to 27.8% in 2004.

In Nebraska, the prevalence of obesity has nearly doubled between 1995 (16.3%) and 2011 (28.4%).

HP 2020 Healthy Weight: 33.9%

HP 2020 Obesity: 30.6%



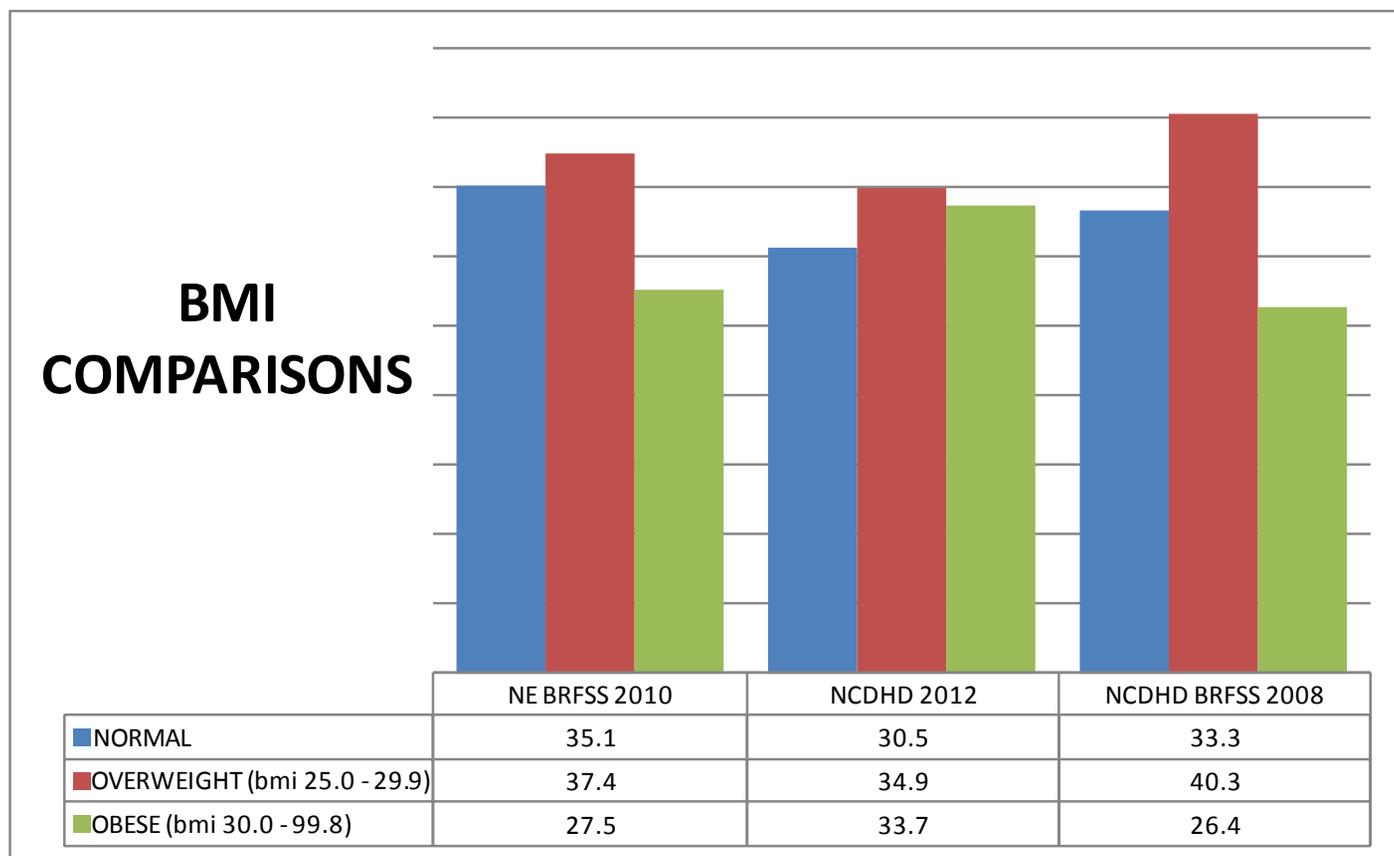
Weight and Family History

About half (48.4%) of the respondents to the NCDHD survey reported a family history of being overweight. In 2004, 44%.

Of those with a family history, 85.9% are overweight/obese (32.8% overweight; 53.1% obese).

Of those who responded *No*, 46.5% are normal weight, 37.3% are overweight, and 15.2% are obese.

In practical terms, between 10-12,000 of the adults served by NCDHD would be categorized as obese.



Current Weight Loss Attempts (Over the past two years)

One in five (19%) of respondents have been told by a health professional that they have obesity/weight problems. Of these, one in six (16%) is overweight, and four of five (82%) are obese.

Of all respondents, two-thirds (65%) are trying to lose weight, and 44% limit the fat in their diets *Often-Always*. In the 2004 study, 49% were trying to lose weight, and 33% limited the fat in their diets *Often-Always*.

Overweight: 70% of those overweight are trying to lose weight, 29% are not; 46% limit the fat in their diet *Often-Always*.

Obese: 89% are trying to lose weight, and 39% limit the fat in their diet *Often-Always*.

HP2020

HP 2020 Healthy Weight: 33.9%

HP 2020 Obesity: 30.6%

Youth and Weight (YRBS)

- 72% are at a Healthy Weight for their age.
- One in four (26%) are either overweight or at risk of being overweight.

Youth report that to control weight they have gone without eating for 24 hours or more (8.8%); 3% have taken pills, diet powders, or liquids to lose weight; and 2.2% reported that they vomited or took laxatives to lose weight or to keep from gaining weight.

Diabetes

Prevalence. Nearly half (49.5%; 2004 = 46.8%) reported a family history of the disease. One in ten (11%) have been told by a health professional that they have diabetes.

Two thirds (70%) of the respondents were tested for diabetes within the past two years, while one in five (19%) have never been tested for diabetes.

The prevalence of diabetes in the HD is about the same as that for Nebraska. The rate for diabetes related deaths in the HD (78.6 per 100,000; NE is 81.2) is significantly lower than that of the state; however, both are about 20% above the 2020 HP goal of 65.8/100,000.

Dental care. An HP2020 Goal is to increase the proportion of persons with diagnosed diabetes who have at least an annual dental examination to 61.2%. In the 2012 survey, 63% of diabetic adults report having at least an annual dental exam.

Eye Exam. The HP202 Goal is to increase the proportion of adults with diabetes who have an annual dilated eye examination to 58.7%; in the survey 70% of diabetic adults reported having an eye exam annually.

Other rates: hospitalization for diabetes in the HD is significantly lower than that of the state; the proportion of diabetics who have their blood pressure checked at least every two years is 95%.

Exercise

75% report that they exercise in HD and in NE.

In the NCDHD survey the percent of adults who have not exercised decreased since 2004 (2004, 32.8% of respondents responded 'no' to the exercise question; 25% in 2012).

Conversely, 75% of respondents answered 'yes' to exercise in 2012, an increase from 67.2%.

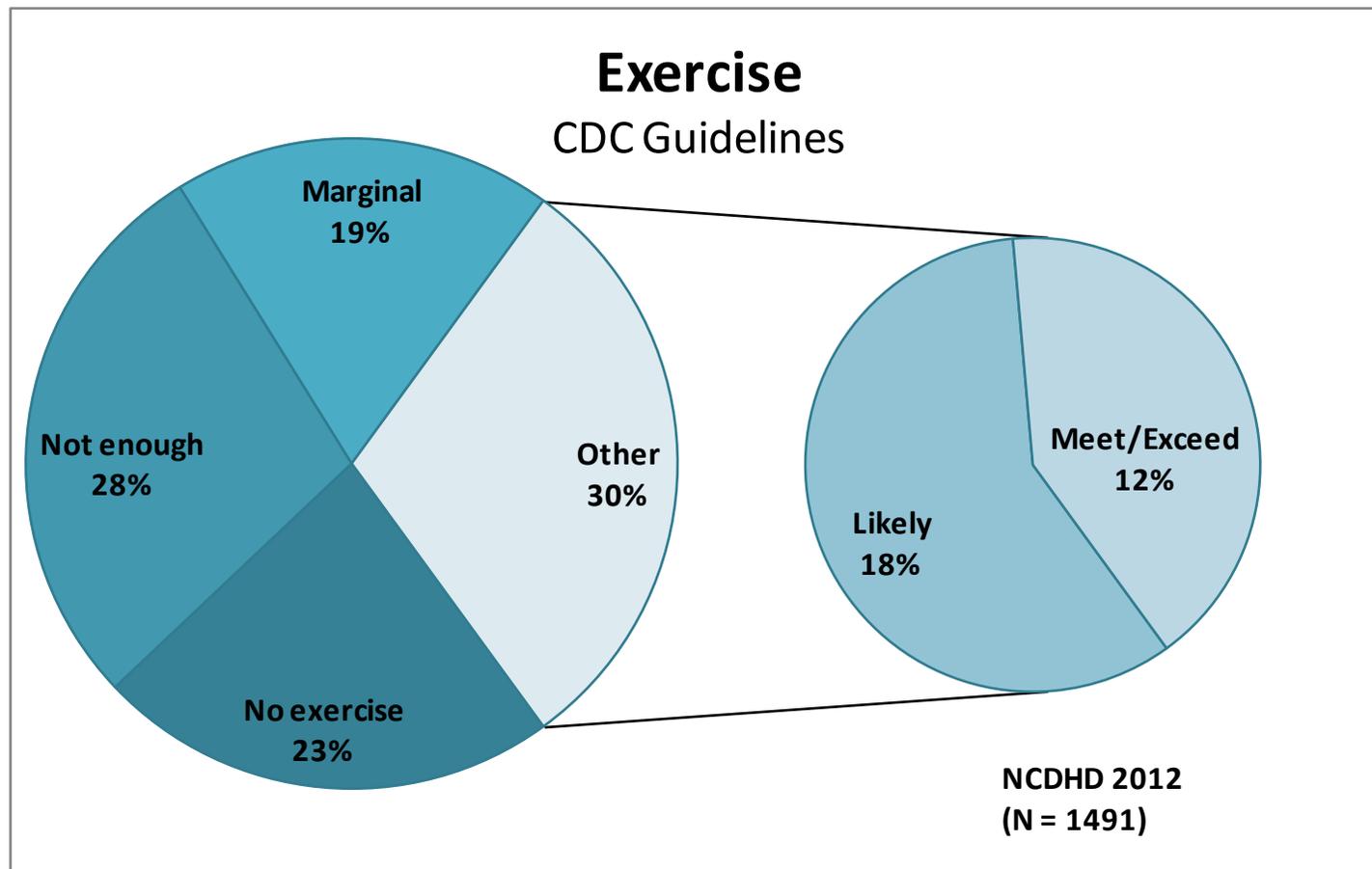
For NCDHD respondents, exercise decreases with age, from 92% for the youngest level to 73% for the oldest demographic. Exercise increases with income.

Two-fifths (39%) exercise less than two times per week, which compares favorably to the 2004 response (43%). In 2012, one in four (24%) exercise five or more times per week.

The proportion of respondents whose exercise periods are more than 30 minutes has increased from 36% in 2004 to 39% in 2012.

| 103. Each week I exercise | | | 104. When I exercise, I exercise for | | |
|----------------------------------|--------|--------|---|--------|--------|
| | 2012 % | 2004 % | | 2012 % | 2004 % |
| Less than 1 time | 15.4 | 9.2 | Less than 20 minutes | 31.9 | 31.8 |
| 1 or 2 times | 24.0 | 33.8 | 20-29 minutes | 28.8 | 32.5 |
| 3 or 4 times | 36.9 | 31.8 | 30 minutes or more | 39.4 | 35.7 |
| 5 or more times | 23.7 | 25.3 | Total | 100 | 100 |
| Total | 100 | 100 | System | | |

Exercise



- One half (51%) are below the levels recommended by the CDC.
- One in eight (12%) meet or exceed the guidelines (2 hours 30 minutes per week, the threshold for moderate exercise);
- One in five (18%) are likely to meet the guidelines, depending on whether their exercise is moderate or vigorous (if it is vigorous, yes; if moderate, no).

Exercise (cont.)

103. Each week I exercise * 104. When I exercise, I exercise for Crosstabulation

| 103. Each week I exercise | | 104. When I exercise, I exercise for | | | Total |
|---------------------------|------------------|--------------------------------------|------------------------------|-----------------------------------|-------|
| | | Column 1 Less than 20 minutes | Column 2 20-29 minutes | Column 3 30 minutes or more | |
| Cell1 | Less than 1 time | 9.8% | 1.1% | 0.7% | 11.7% |
| Cell 2 | 1 or 2 times | 10.6% | 8.8% | 5.6% | 25.0% |
| Cell 3 | 3 or 4 times | 8.0% | 13.3% | 17.3% | 38.6% |
| Cell 4 | 5 or more times | 3.1% | 5.5% | 16.1% | 24.7% |
| Total (N) | | 363 | 330 | 456 | 1149 |

Environment

Pesticides: Inside the Home

One in four respondents (27.8%) used pesticides inside the home. Of those, chemicals were applied on average 5.59 days per year. The number was wide ranging, with a median of 2 days and a range of 1 through 190.

Outside the Home

Half of the respondents (53.8%) reported applying chemicals in the yard. The average was about the same as indoors (4.52 days) as was the median (2days). The range, however, was 1-365.

Radon

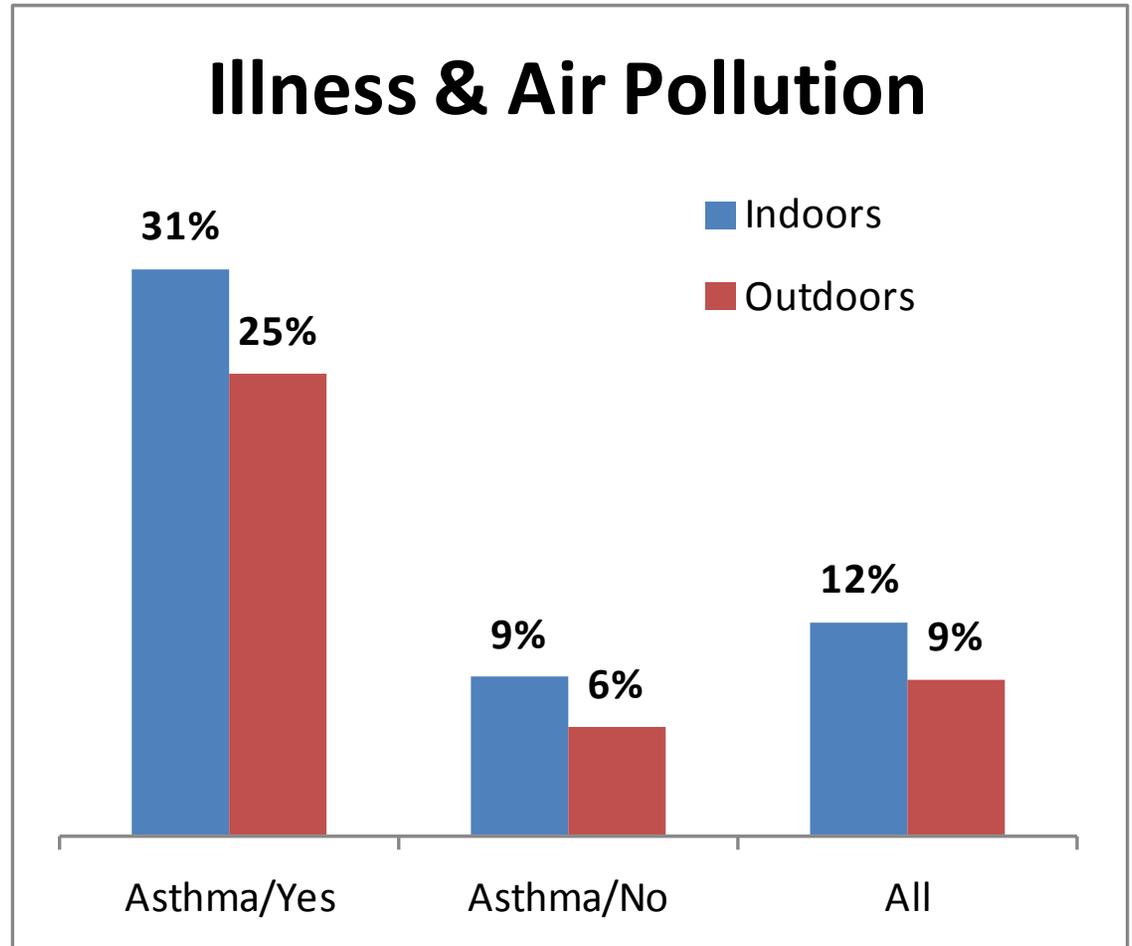
A positive finding is that the percent who have their home tested for radon doubled between 2004 (9.6%) and 2012 (19.4%).

Asthma

About one in eight (13.5%) have asthma.

- In the 2008 BRFSS report, the proportion of adults in the NCDHD ever diagnosed with asthma was 9.6%; 6.5% currently have this disease, according to the report.
- For Nebraska (BRFSS, 2010) a similar proportion were diagnosed with asthma (12.2%: CI 11.1-13.4).

The 2012 Survey asked if respondents had an illness or symptom caused by something in the air (indoors and outdoors).



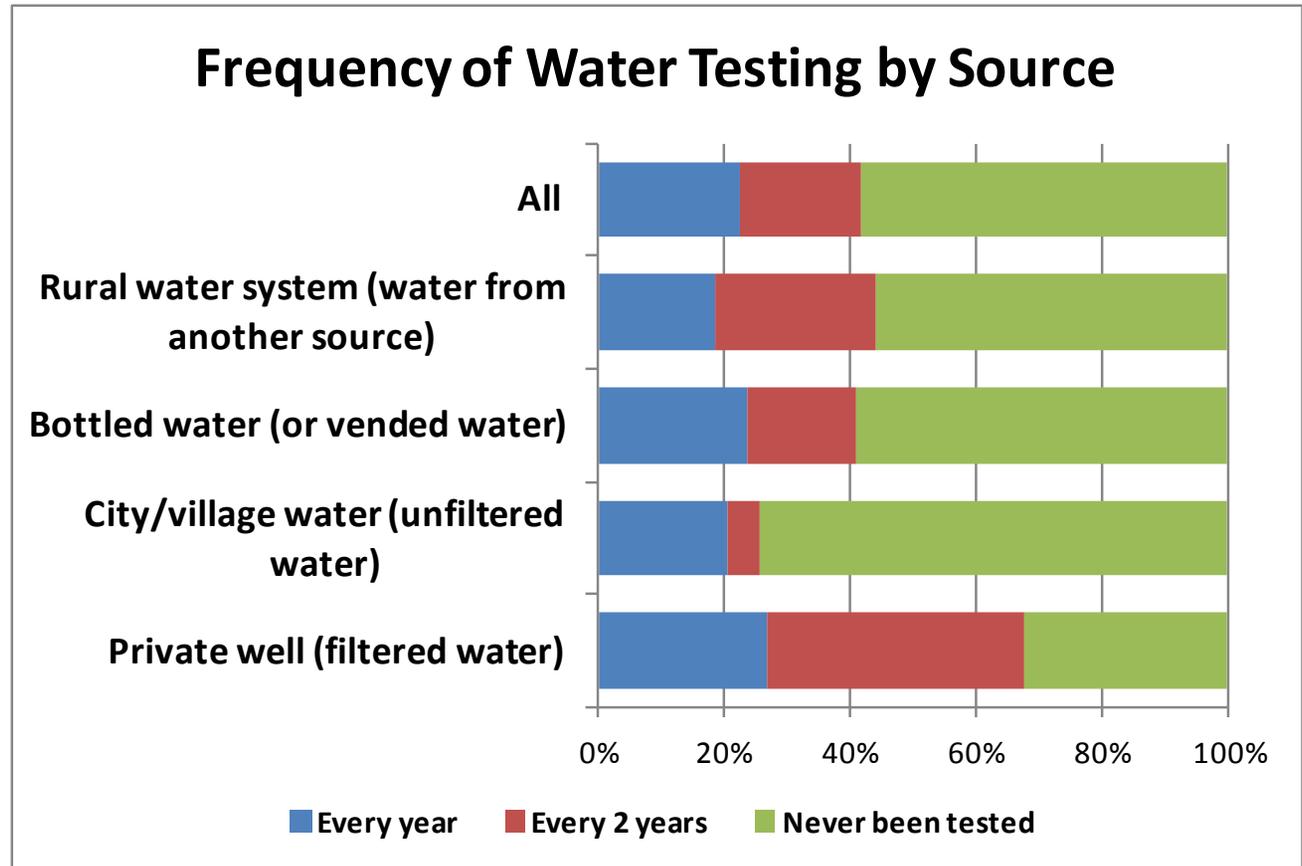
Water

About one third (29%) of households rely upon a private well for water, while half (52%) use *city/village water*. Overall, more than half (58%) report never having had their water tested.

Of those who rely on a private well, one-third (33%) have never had their water tested.

Of those with city/village water, 75% have never had their water tested (it is unclear if the city/village conducts testing on its own).

Over half of those who use a rural water system (56%) have never had their water tested.



Tobacco

Current Prevalence. In the 2008 BRFSS report for the district, 17.8 % said they currently smoke cigarettes, either daily or on some days of the month. Among current smokers, 51.1% reported trying to quit smoking at least once in the past 12 months. Nearly one-half of men in the North Central District (48.4%) said they had ever used smokeless tobacco, while 29.8. % stated they currently use these tobacco products. This current rate of smokeless tobacco use is significantly higher than the statewide rate of 12.6%.

RWJ County Health Rankings estimate the prevalence at just over 18%; *of nearly 35,000 adults, 6,300 are current smokers.*

Current Smokers: 2012 Survey

For these respondents, only 7.2 percent are current smokers.

Of current smokers, two-thirds (67%) smoke some days or every day. Overall, the prevalence of smoking reported in the 2012 survey is lower than that reported in 2004. For example, In 2012, 13% of current smokers smoked more than a pack per day, which is down from the 25% reported in 2004.

In addition, 10.6% said they have ever used or tried any smokeless tobacco product; currently, only 2.4% use smokeless tobacco (in the 2004 survey, 7.7% were current users). In 2004 4.5% reported using other tobacco products (cigars, pipes, etc.), but in 2012 other tobacco usage decreased to 1.9%.

Youth Tobacco Use (2010 YRBS)

One-third (35%) of youth have tried smoking, with males more likely to have smoked (39%) than females (30%).

About one in six (14%) currently smoke.

Of those, 8% considered themselves regular smokers (at least one per day for 30 days).

Any Tobacco

A calculated variable for tobacco users (all tobacco products) from the NCDHD results shows that 8.6% of all respondents use some type of tobacco product. In 2004, 21.7% of the respondents used one or more forms of tobacco.

The pattern of usage by demographics is different than that for smoking. Unlike smoking, increasing age actually shows an increase in the proportion who use tobacco. The same is true of income and education. What this suggests is that other tobacco use morphs with age, so that those who once smoked may now be using smokeless tobacco, cigars, or pipes.

Tobacco: Goals and Comment

For adults, the HP2020 goal is to reduce cigarette smoking to 12% from 20.6% in adults aged 18 years and older.

For NCDHD, the current prevalence of smoking is equal or greater than the benchmark identified in the cigarette goal; for smokeless tobacco it is equal or greater than the benchmark; and for cigar smoking it is nearly equal to the benchmark. Each of these goals, then, presents an opportunity for improvement.

Alcohol Use

About half of the respondents drink alcohol (49.8%; 2004, 56.4%), and

One in five respondents (18.5%; 2004, 22.6%) have a family history of alcohol problems. In households reporting a family history of alcohol problems, about half (51%) report heavy drinking and 11.8% report binge drinking.

Two-thirds (Q82, 62%) drink infrequently, at most a few times per month, and the remaining third drink once per week (14.7%), a few days per week (18.3%), and daily (5.1%).

Binge drinking: Of all males responding to the 2012 survey, 10% reported binge drinking, while 3% of females reported binge drinking. Of all households, 9.4% reported binge drinking.

In the survey, the greatest differences are across age groups under 35, in which 12-17% of respondents reported binge drinking, compared to 5% for age 55-64 and 1% for 65+.

Self-reported binge drinking across the district and across Nebraska is more prevalent than heavy drinking. Both binge and heavy drinking are more common in men (e.g. in the 2010 BRFSS: males, 25; females, 14%). In the 2008 BRFSS report for NCDHD, binge drinking in the past month was reported by 16.6% of adults in this district, with men (24.7%) significantly more likely than women (8.4%) to report this pattern of alcohol consumption.

Youth and Binge Drinking. In the 2010 YRBS report, 11.5% of youth in the district had engaged in binge drinking (males, 12%; females, 10%; or, 23% of all 12th grade respondents). There is considerable separation for the district between that and the HP2020 goal to reduce the proportion of persons engaging in binge drinking during the past month to 8.5% from 9.4% during the past month in 2008.

Focus Group participants mentioned alcohol and alcohol treatment as one of their concerns. They were concerned about youth and alcohol, and believe that youthful drinking is, in part, the product of few choices, most of which depend on having a school large enough that can offer activities.

Participants also cited the difficulties in getting alcohol treatment and social services, “It is too hard to get help for a family” in some of the communities. Other communities echoed that saying, “people not know about alcohol related services.” They also expressed similar concerns about drug abuse, with some comments about specific communities, and that included abuse of prescription drugs.

Ride w/a drinking driver. The HP2020 goal is to reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol to 25.5 percent. About 24% of NCDHD youth reported that they rode with a driver who had been drinking. (About one in five survey respondents (22%) reportedly rode with a driver who had been drinking.)

Miscellaneous

Gambling

In 2012, the proportion of 'gamblers' decreased from 37% in 2004 to 29% in 2012. Of the 394 who play the lottery/gamble, 1.3% reported that it caused problems, and 3% have tried to quit.

Regular Eye Care

Over the six year period defined in the question, 49% of respondents reported regular eye check-ups once a year or less, and for another 28% regular eye exams are within a two-year span (77% within every two years). That is an increase from 2004 from 36% having a checkup at least once per year and 27% additional within the second year (63% cumulative)

In 2004, 11%, never had a regular eye exam; in 2012 that dropped to 5%.

Some of the improvements in vision care may be related to improvements in insurance coverage. Less than half (45%) of respondents reported that their insurance does not cover regular eye care; that is a decrease from the 53% of the 2004 survey. Other changes in coverage occurred where insurance covers *Some costs* (2012, 29%; 2004, 19%) and *Most costs* (2012, 17%; 2004, 15%).

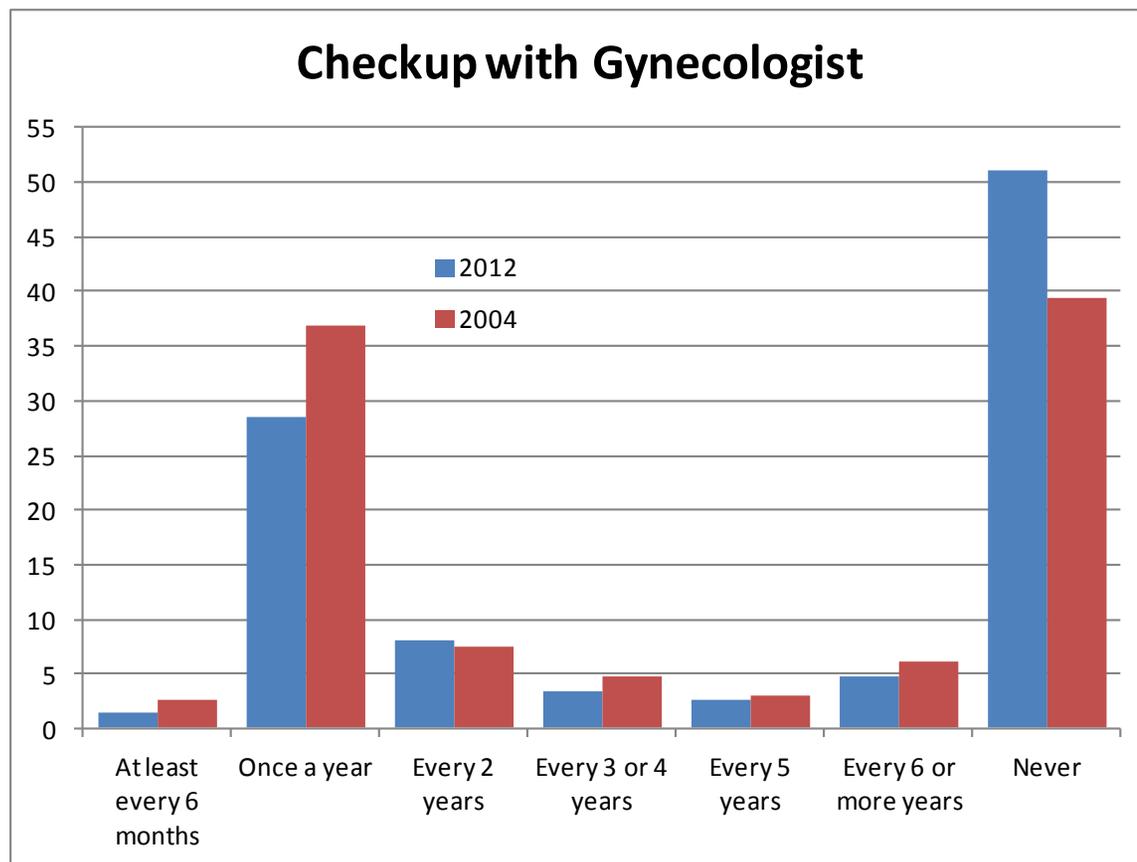
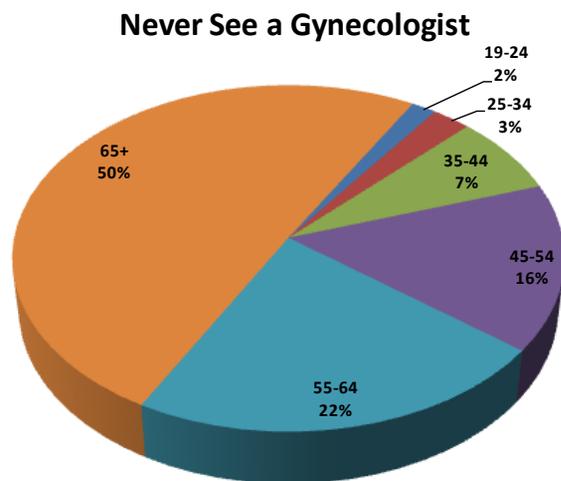
Glaucoma Tests. Though glaucoma tests are often part of regular eye exams, more than one in five of respondents (20%; 2004, 29%) report never having been tested for glaucoma. On the other hand, nearly half (48%; 2004, 37%) report being tested within the past year. Within the past two years, 5% of survey respondents have been diagnosed with glaucoma (2004, 8.6%).

Women's Health

Of the women responding to the survey (average age, 60), 30% visit a gynecologist at least once each year (2004, 39.5%).

Regular Checkups Increase with Education, Income; Decrease with Age.

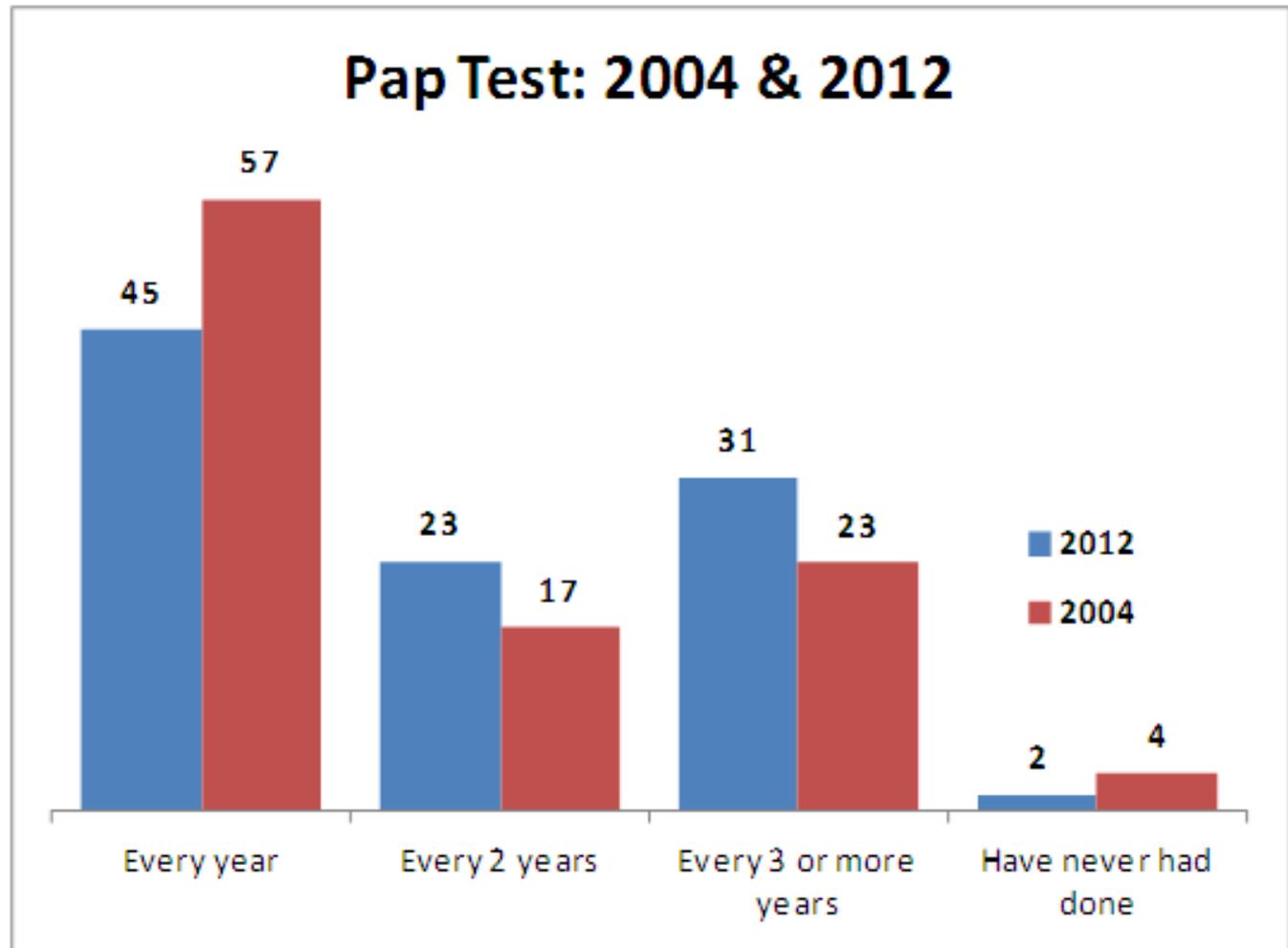
Never: 51.1%, 2012; 39.4%, 2004)—Increases with Age, Decreases with Income and Education.



Cervical Cancer

The HP2020 goal is to increase the proportion of women who receive a cervical cancer screening based on the most recent guidelines to 93% from 84.5% of women aged 21 to 65 years. The 2012 survey results (98.5%) *appear to* surpass that goal, as did the results from 2004 (96.5%).

In the HD, 75% of women surveyed in the 2008 BRFSS had a Pap test within the past three years. Using that benchmark would put NCDHD below the 93% target and even below the level reported for Nebraska in 2010 (80.2%).



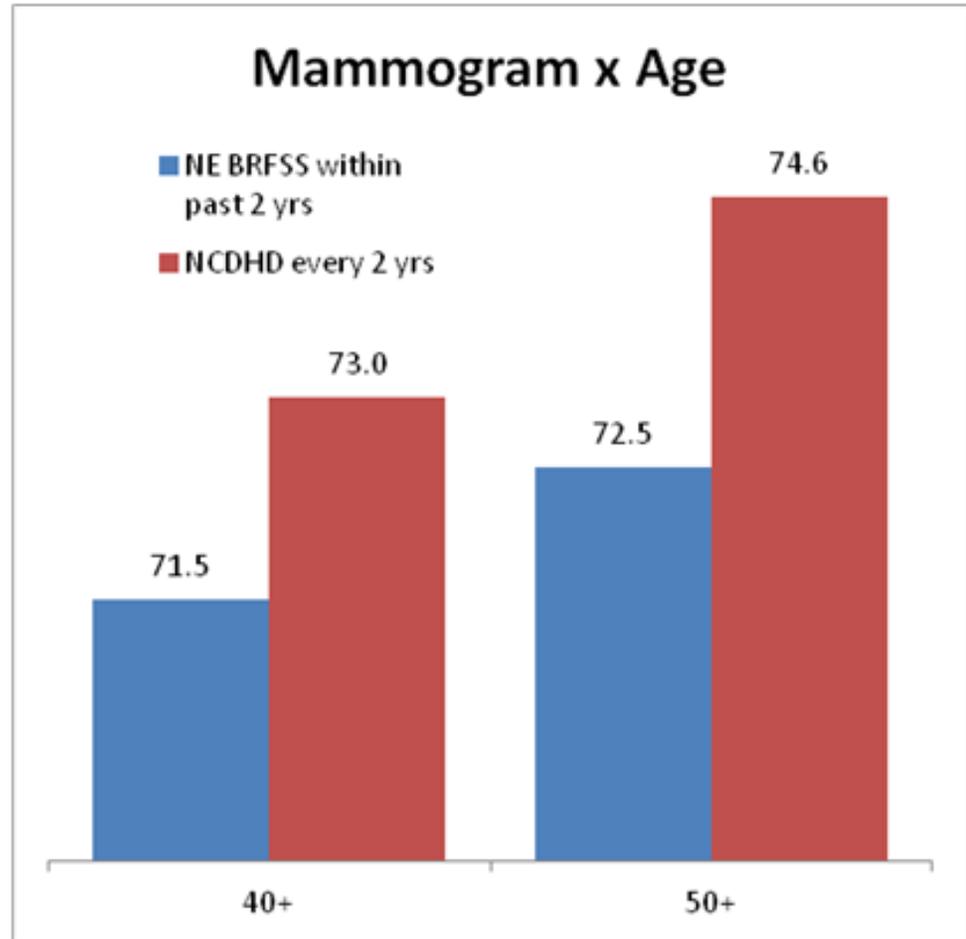
Mammogram Results

- For women 50+, 74.6% of survey respondents had a mammogram within the past two years (50-74 = 77%).
- For women 40+ in the HD, 73.1% of survey respondents have had a mammogram in the past two years.

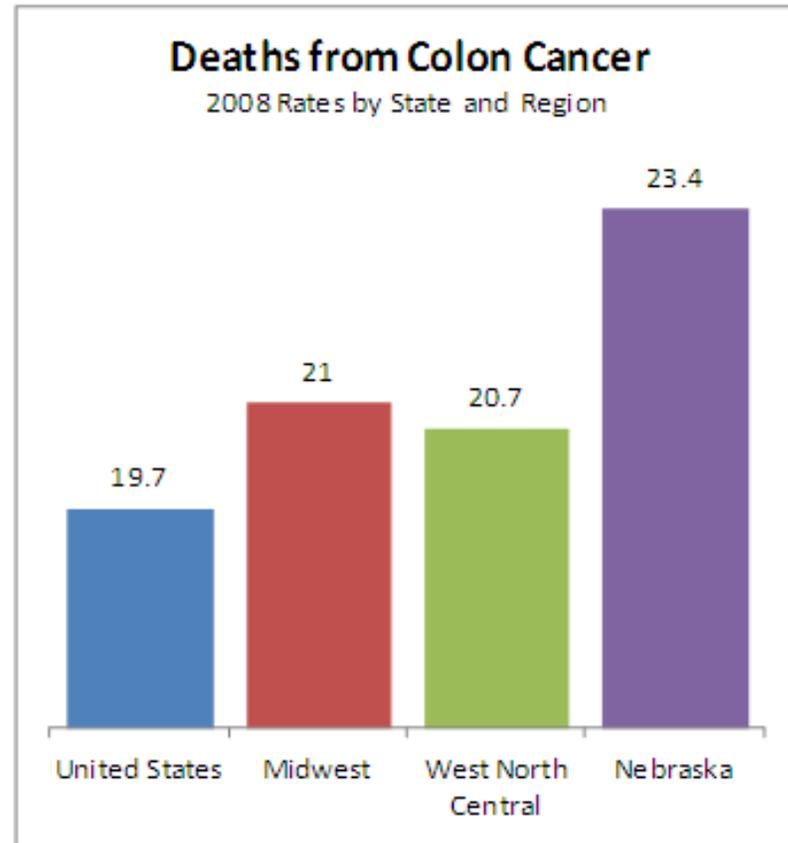
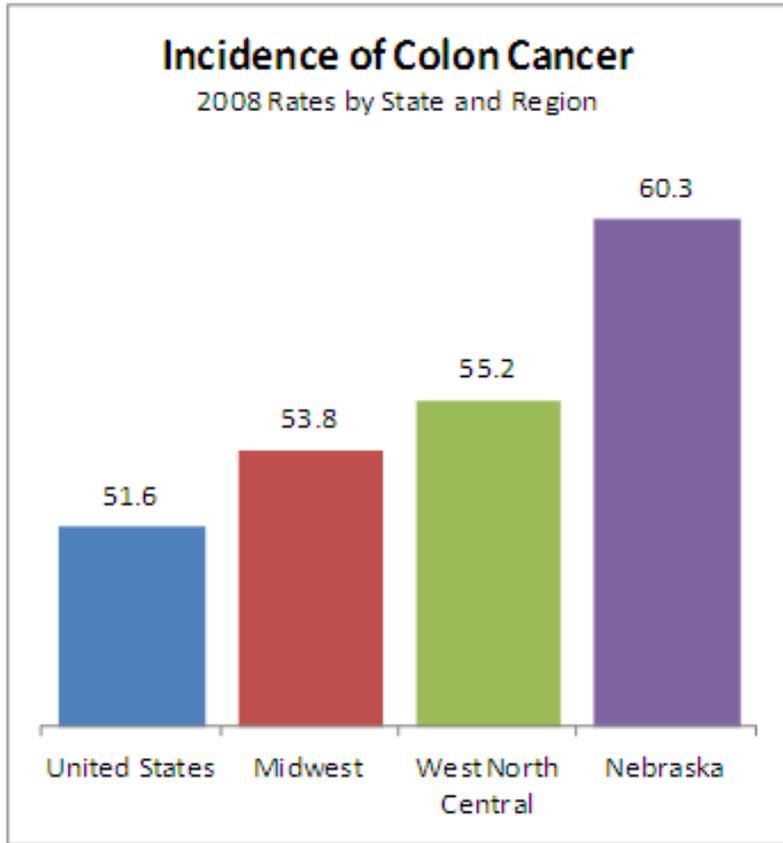
The HP2020 goal, for women aged 50 to 74, is to increase the proportion of women who receive a breast cancer screening based on the most recent guidelines to 81.1% from 73.7% based on the most recent guidelines.

The HD proportions are comparable to the state rate and the national benchmark, but below the 81.1% target.

Note that the 2008 BRFSS report for the HD put the proportion for women 40+ at 63.5%, which was below the state percent and considerably below the target.



Cancer Screening: Colonoscopy



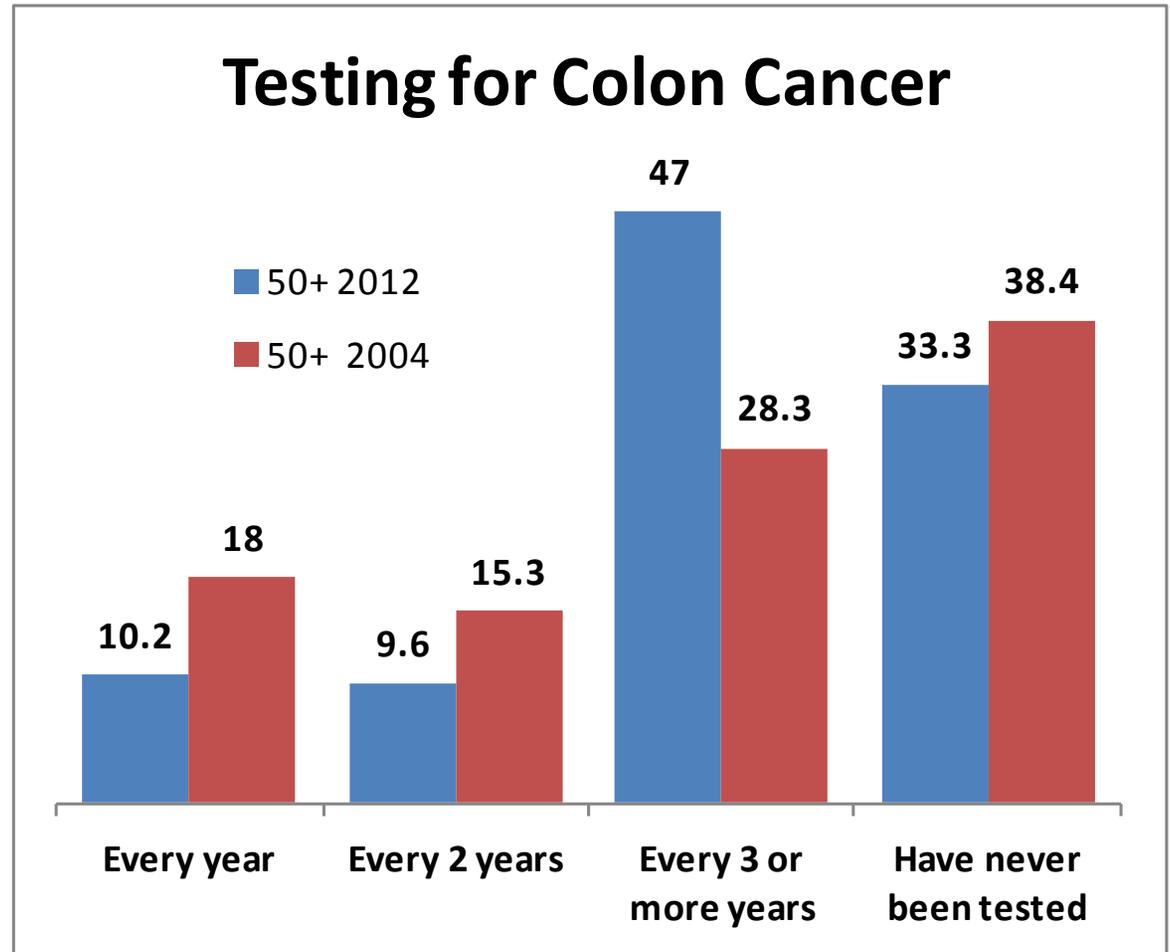
Death & Incidence rates. There are no significant differences between the HD and the state of Nebraska in the rates of incidence or death; however, in comparison to other states, Nebraska rates in the top tier (highest rates) in each of those categories. In the percent screened, it ranks 39th.

Testing

About half (45.9%) of the HD respondents have had either a colonoscopy or Sigmoidoscopy, compared to 61.8% in Nebraska. (For those in the HD, all who had a Sigmoidoscopy also had a colonoscopy, thus 45.9%)

One in four (22.6%) in the HD have had an FOBT in the past 5 years; 15.3% in NE have had an FOBT *within the past two years*.

The proportion screened increases with increases in age, education, and income, both for the HD and for Nebraska.



Colon Cancer Screening Goals

HP 2020 set a target of 70.5% for the proportion of adults aged 50 to 75 who receive a colorectal cancer screening (benchmark, 54.2%).

Although participation in colon cancer screenings in the health district has increased in recent years, it is significantly lower than that of the state (according to PHAN data). The most telling comparison within this survey is that 45.9% of the HD respondents have had either a colonoscopy or Sigmoidoscopy, compared to 61.8% in Nebraska, which as a state is lagging in screenings, and ahead in rates of incidence and death when compared to other states.

Notes: Barriers

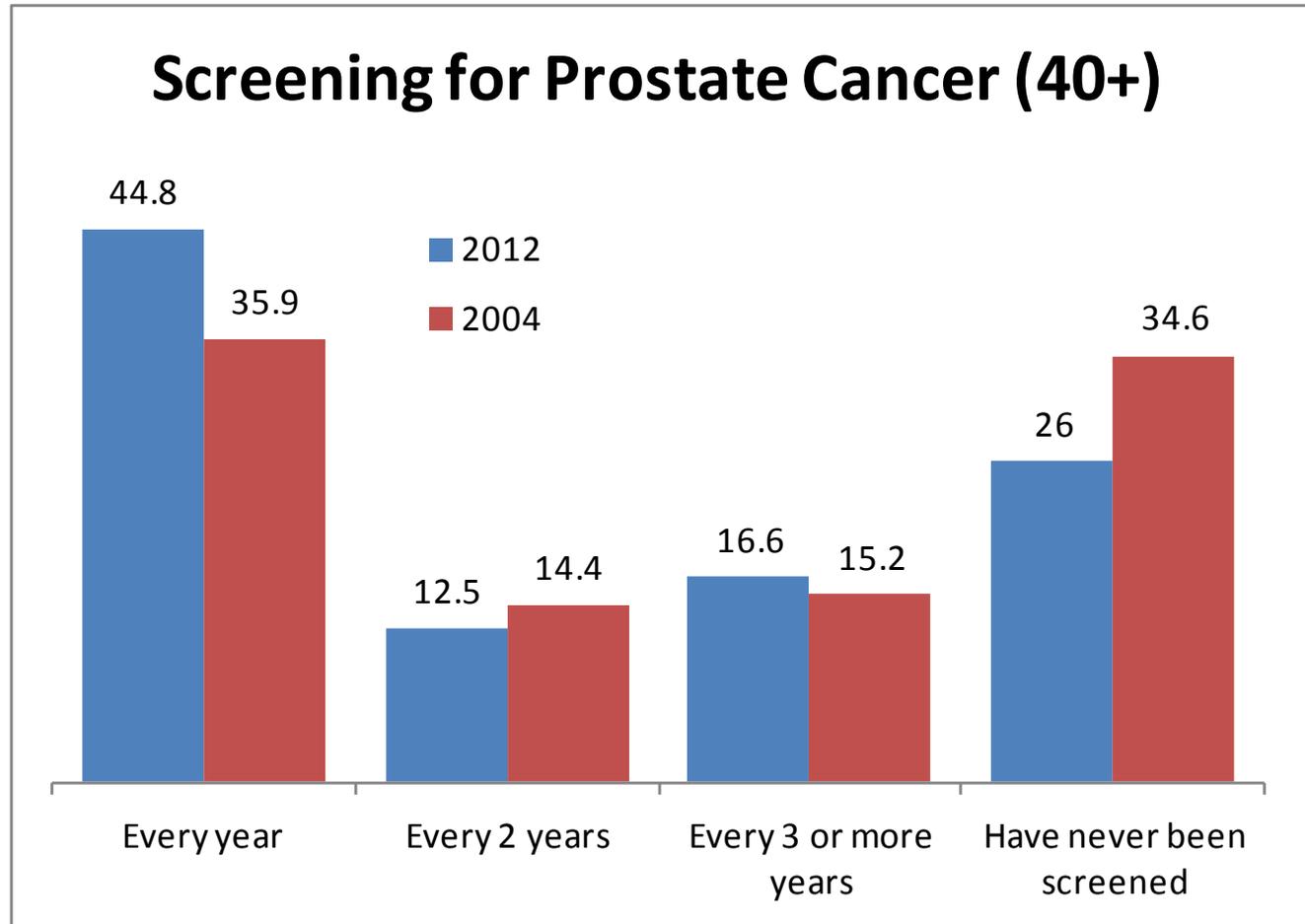
In studies cited by the American Cancer Society:

- General lack of access to health care, often as a result of no health insurance.
- Inadequate communication by health care providers; i.e., the absence of a physician's recommendation for screening reduces the likelihood of screening among both insured and uninsured individuals.
- The differences in patient and provider testing preferences.
- Individuals with the lowest educational attainment and income levels, who have the highest colorectal cancer burden and would thus benefit most from cancer screening, have among the lowest colorectal cancer screening rates, even among insured populations.
- Personal barriers to screening include fear and embarrassment.

Prostate Cancer

Of NCDHD respondents over 40, 57.4% have been tested for prostate cancer within the past two years; one-fourth (26%) have never been screened. That is an increase over 2004 (50.3%), when the percentage of those not screened was 34.6%.

Results for the HD are similar to those of Nebraska. Proportions increase with age and with education.



Maternal Child Health

In the 2004 survey, one-sixth (16.6%) of the female respondents reported being pregnant; in 2012 6.8% were pregnant. Of those, two-fifths (42%) were 19-24, and two-thirds were 25-34.

97% are seeing (or saw) a doctor while pregnant.

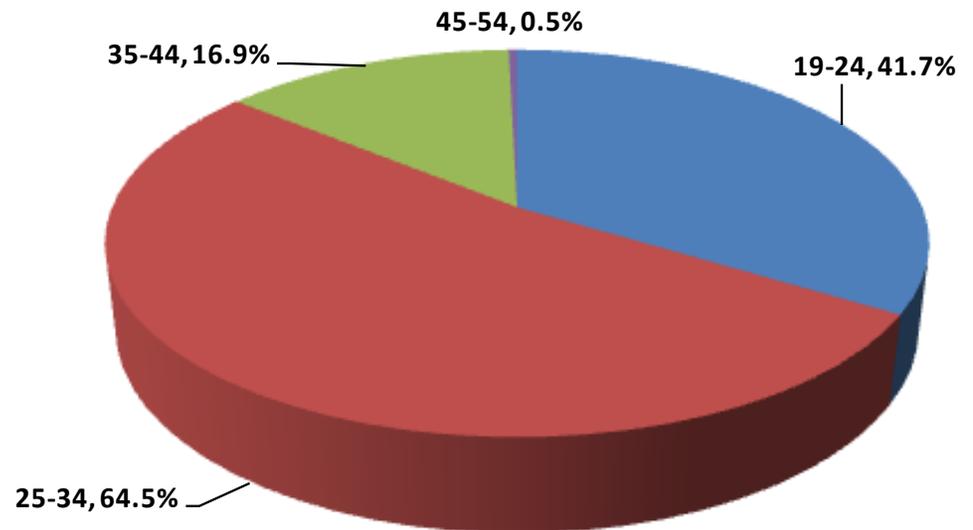
The average number of doctor visits during the pregnancy was 12.5.

33% (Question 64) took classes on how to care for their new baby; 67% did not.

85% knew where to go or where to call for Prenatal care (care for pregnant women).

With respect to goals from HP2020, survey respondents reported behaviors that exceeded most of the goals covered in the questionnaire (see Table below).

61. Pregnant or have been in past 5 years
(by Age)



HP2020: Childbirth related goals

| HP2020 Goal | Goal | HD Pct. |
|--|-------|---------|
| Took multivitamins/folic acid prior to pregnancy | 33.1% | 94.2% |
| Abstain from cigarette smoking during pregnancy. | 98.6% | 94.2% |
| Abstain from alcohol (pregnant, 15 to 44 years) in the past 30 days. | 98.3% | 100.0% |
| Abstain from Illicit drugs (pregnant, 15 to 44 years) in the past 30 days. | 100% | 100.0% |
| Prenatal care beginning in first trimester of females delivering a live birth. | 77.9% | 97.0% |

Children in Households

One in five (21.9%) households had children under the age of 18 living in the home, with an average of 2.1 children per household.

Of those with children, 34.4% had 1 child, 36.9% had two, and 19.1% had three children.

Check-ups, etc.

Physical Exam. Of those with children, 90.8% (2004, 80.2%) reported that their children had a physical within the past year.

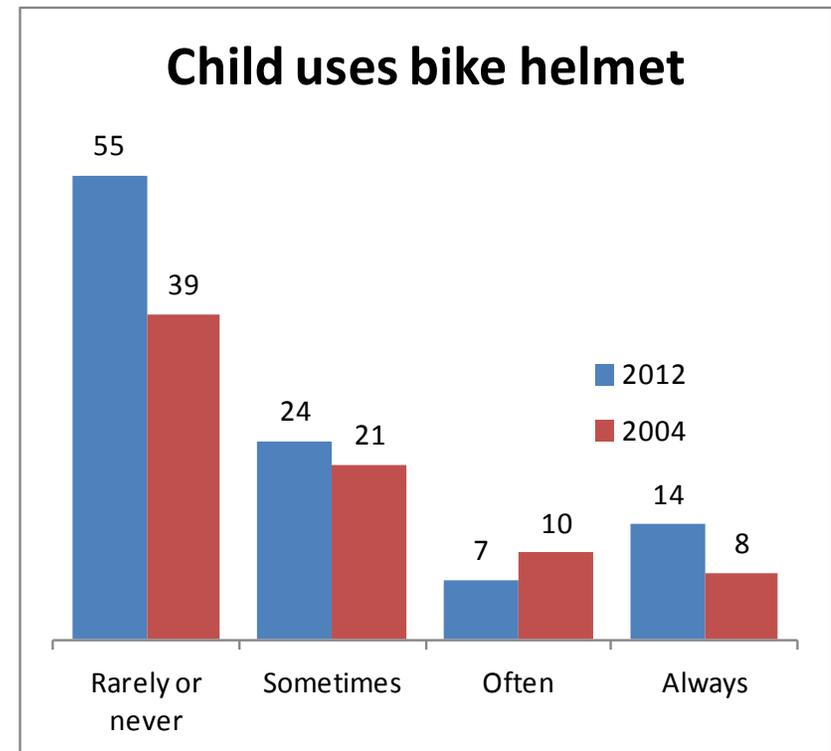
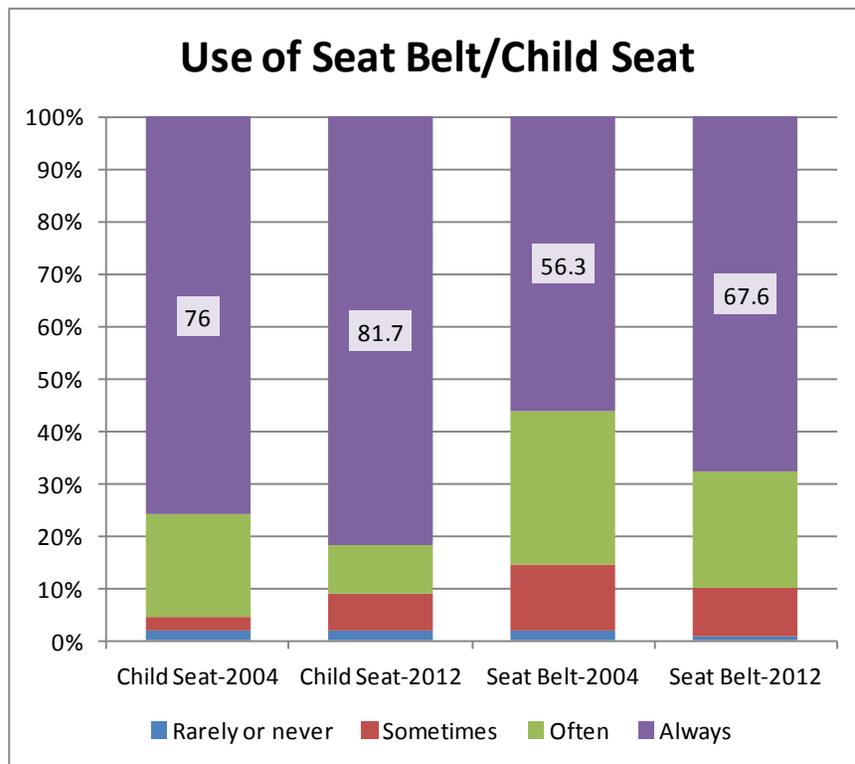
About one in ten (8.5%) said their children did not have a checkup in the past year.

Dental. Of the children under 3, four of five (84.1%; 2004, 80.1%) saw a dentist during the past year; 14.8% (2004, 16%) did not.

Immunization. Nearly all of the children (96.8%) are up to date on their immunizations, a nearly identical response to the 2004 survey.

Nutrition. In those households with children, three in four children (81.2% 2004, 74%) living in the HD *always* eat at least three meals per day, and another one in eight (12.3%) *Often* do.

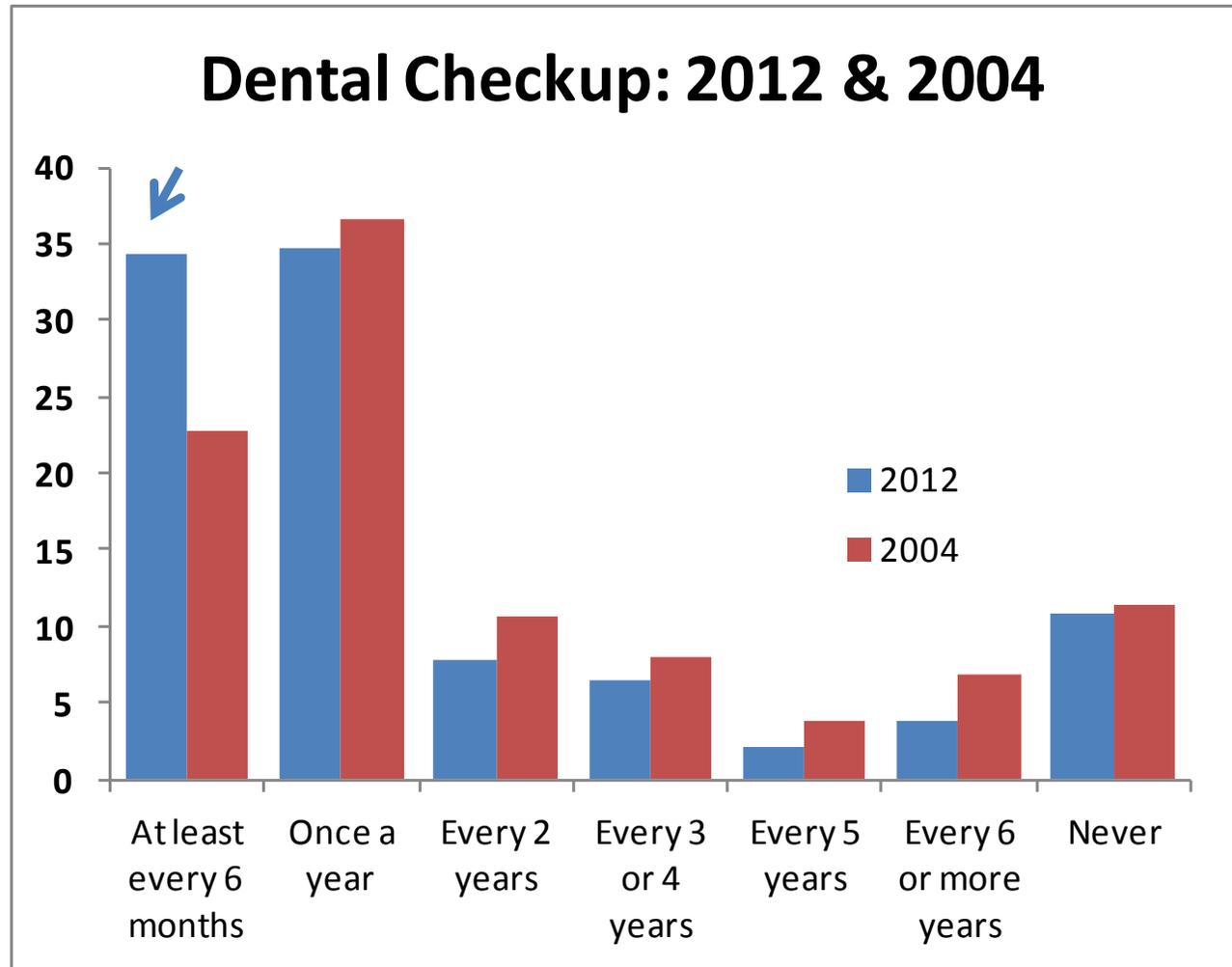
Automotive Safety: Child Seats and Seatbelts. Of 142 families with children under 6, 82% (76%, 2004) *always* use a child seat, while another 9.2% *often* use a child seat. Of households with children over age 6 (N=256), the *always* category for seat belt use increased to 67.6% (2004, 56.3%), while the *often* category was at 22.3% (2004, 29%).



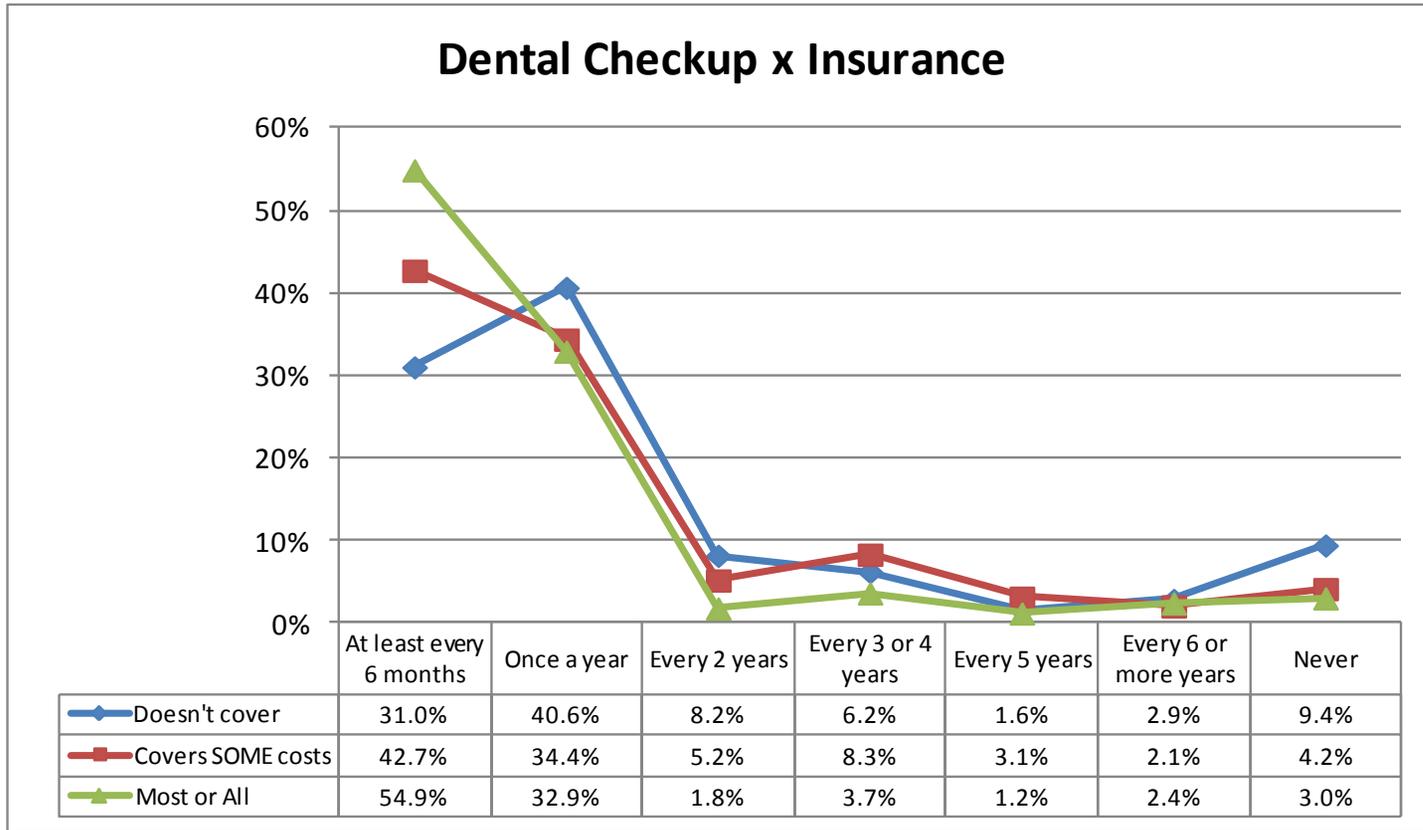
Dental

Results. The proportion of adult residents (69%) who have visited the dentist within the past year is well ahead of the HP2020 Goal (49%). It is also an increase over the 2004 study in which 59% have visited the dentist within the past year.

Most of the children 3 and older (84%) have had a dental checkup within the past year, nearly double the HP2020 target.



Insurance & Dental Checkups



Other Sources: CAN

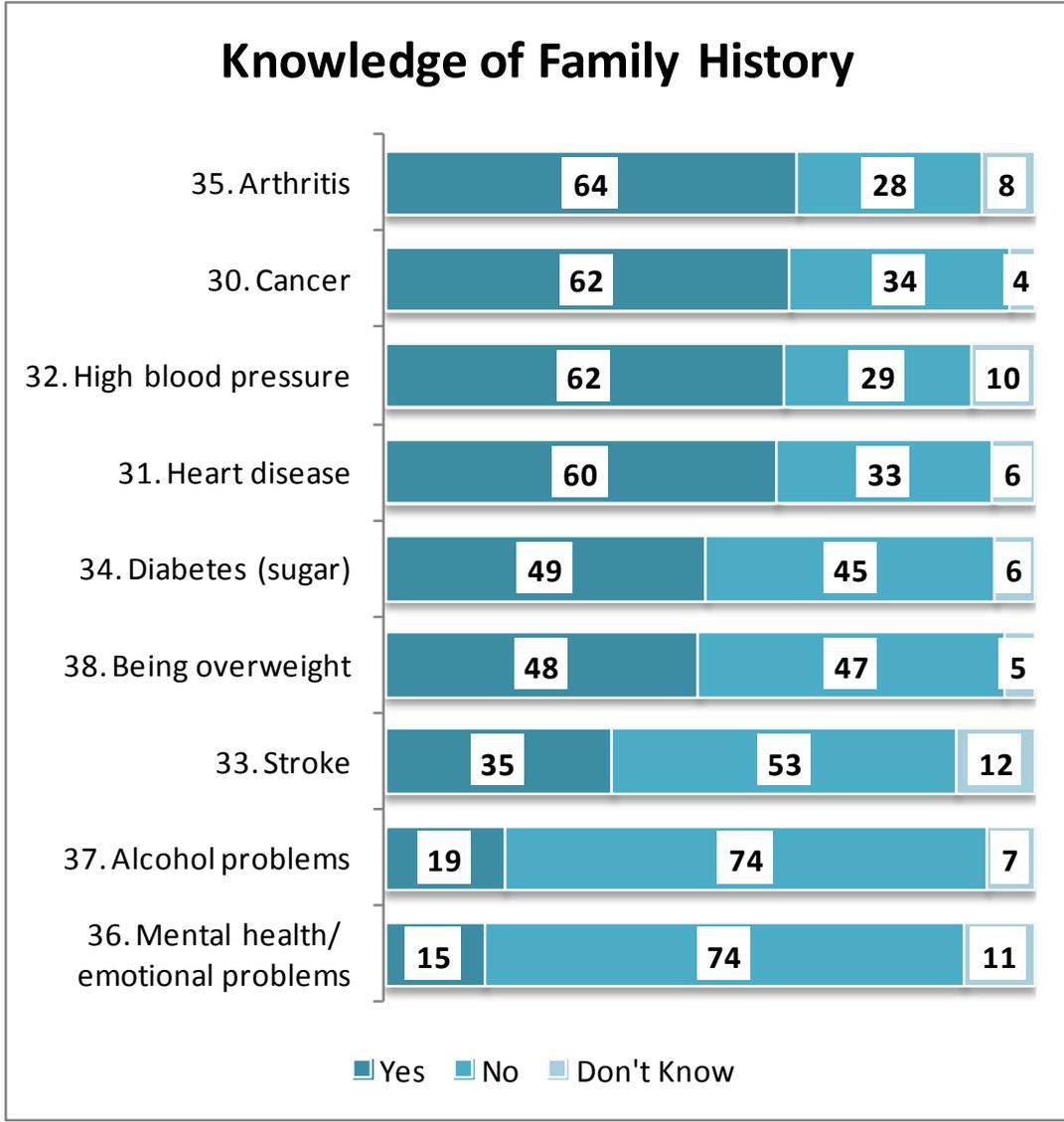
- Two-thirds (66%) of respondents *Sometimes (43%) or Always (23%) delay seeing the dentist.*
- Half (50%) say that affordable dental care is a *somewhat/very serious problem* for the family.

Diagnoses by Health Professional

The survey included a series of questions reflecting the currency of diagnosed conditions (past 2 years). The most common of those was high blood pressure followed by high cholesterol, and overweight/obesity.

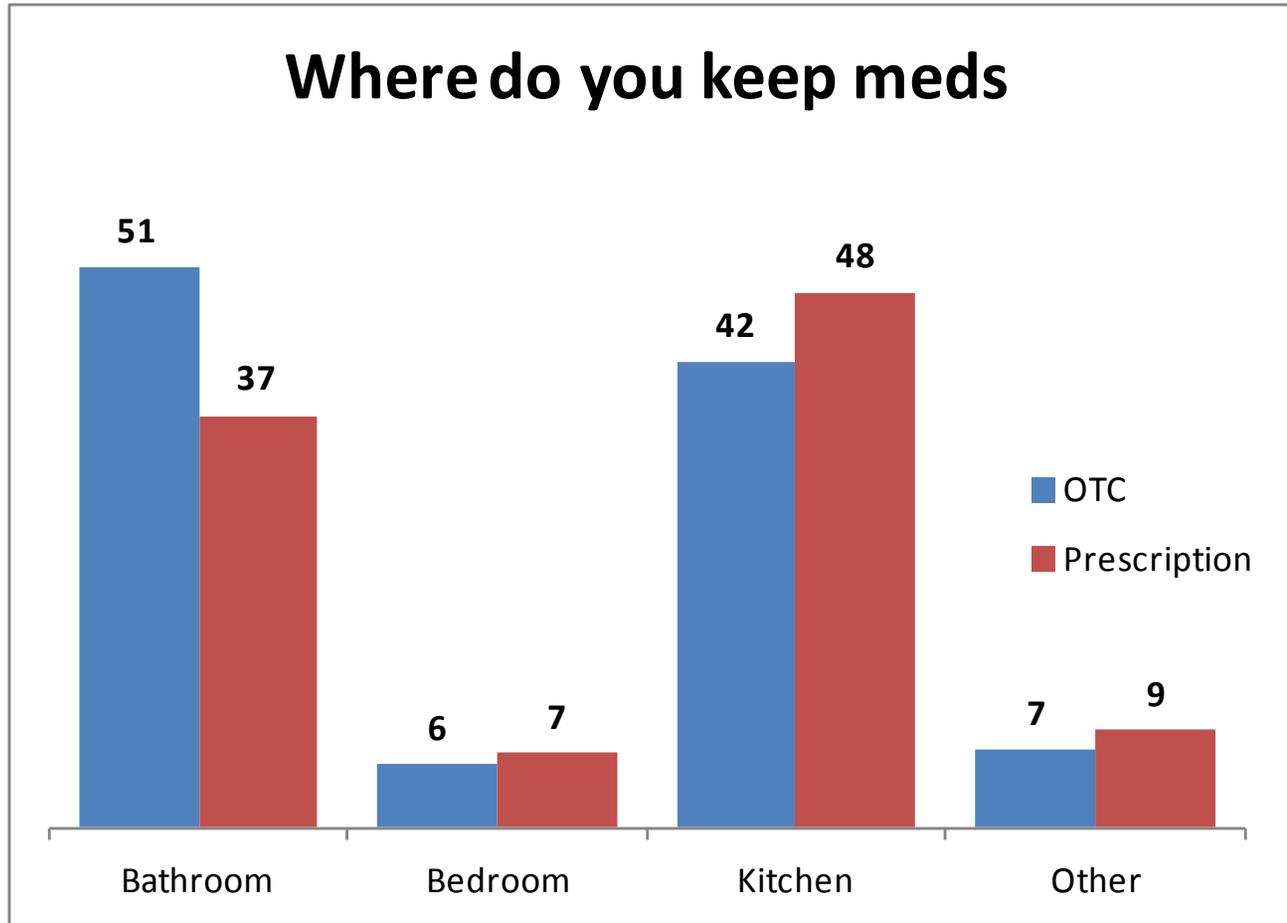
| Diagnosis | Frequency | Pct | Diagnosis | Frequency | Pct |
|----------------------|-----------|-------|------------------------|-----------|------|
| High blood pressure | 503 | 33.7% | Skin cancer | 76 | 5.1% |
| High cholesterol | 459 | 30.8% | Colon or rectal cancer | 13 | 0.9% |
| Arthritis | 401 | 26.9% | Breast cancer | 13 | 0.9% |
| Obesity /overweight* | 280 | 18.8% | Lung cancer | 6 | 0.4% |
| Thyroid problems | 233 | 15.6% | HIV / AIDS | 5 | 0.3% |
| Heart problems | 180 | 12.1% | Cervical cancer | 3 | 0.2% |
| Diabetes (sugar) | 165 | 11.1% | Prostate | 3 | 0.2% |
| None | 143 | 9.6% | STDs | 2 | 0.1% |
| Glaucoma | 76 | 5.1% | | | |

Family History



Medication: Storage and Disposal

Overall, the kitchen and bathroom are the preferred storage place for medication.

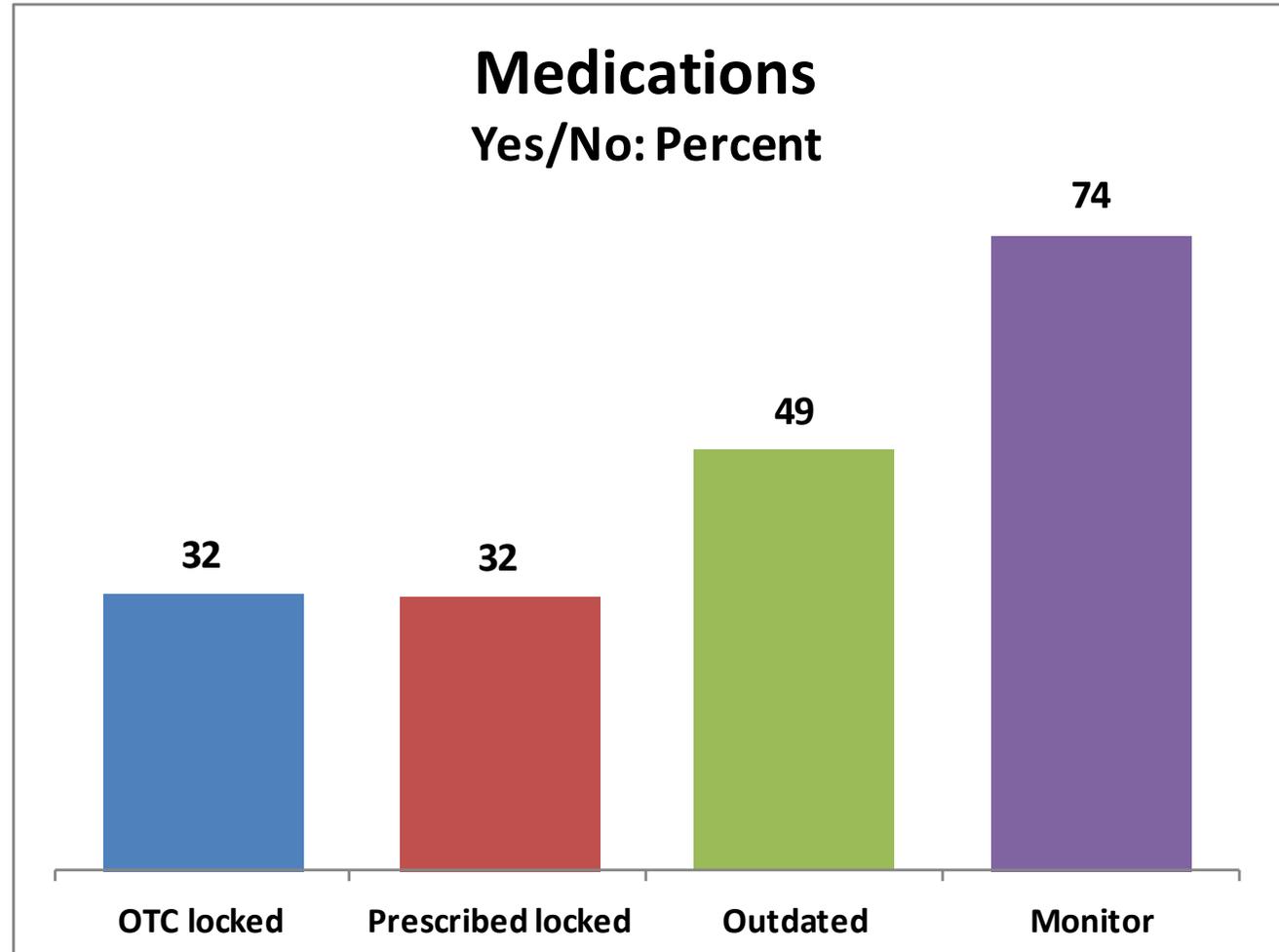


Medications (cont.)

One third of households (32%) keep prescription and OTC medications in a locked location.

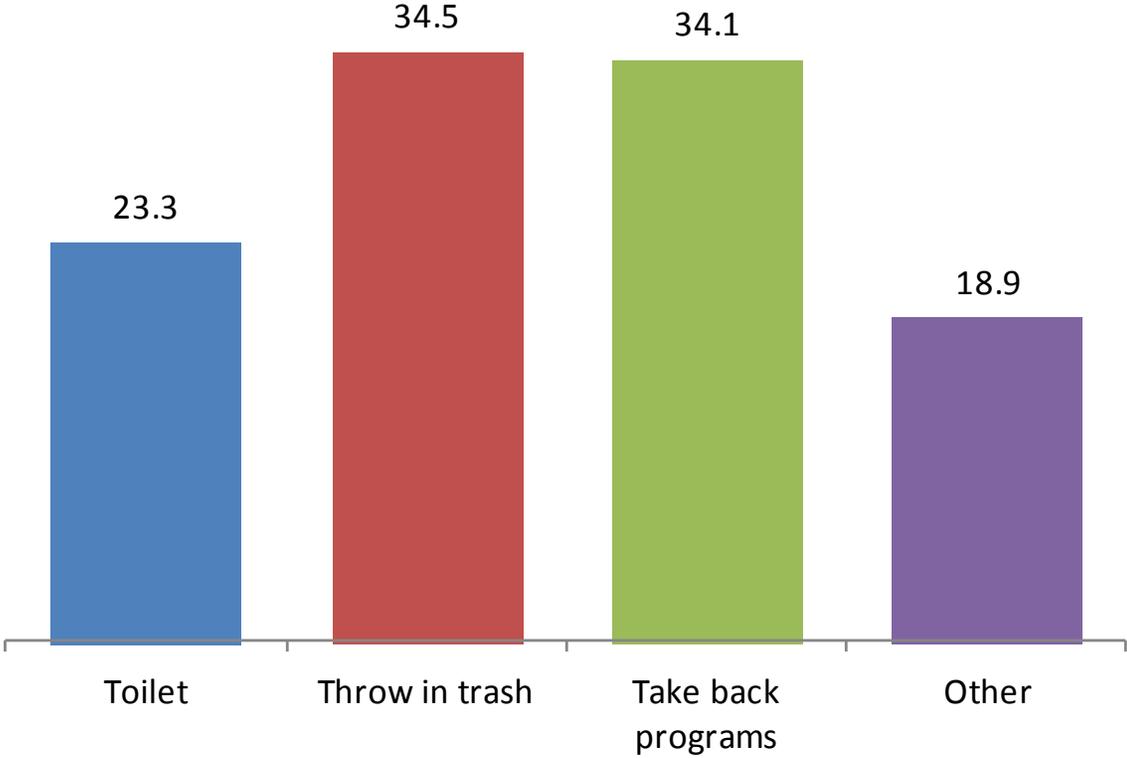
Of those households that have at least one child, 42% keep OTC medications in a locked location.

Of those households that have at least one child, 41% keep prescription medications in a locked location.

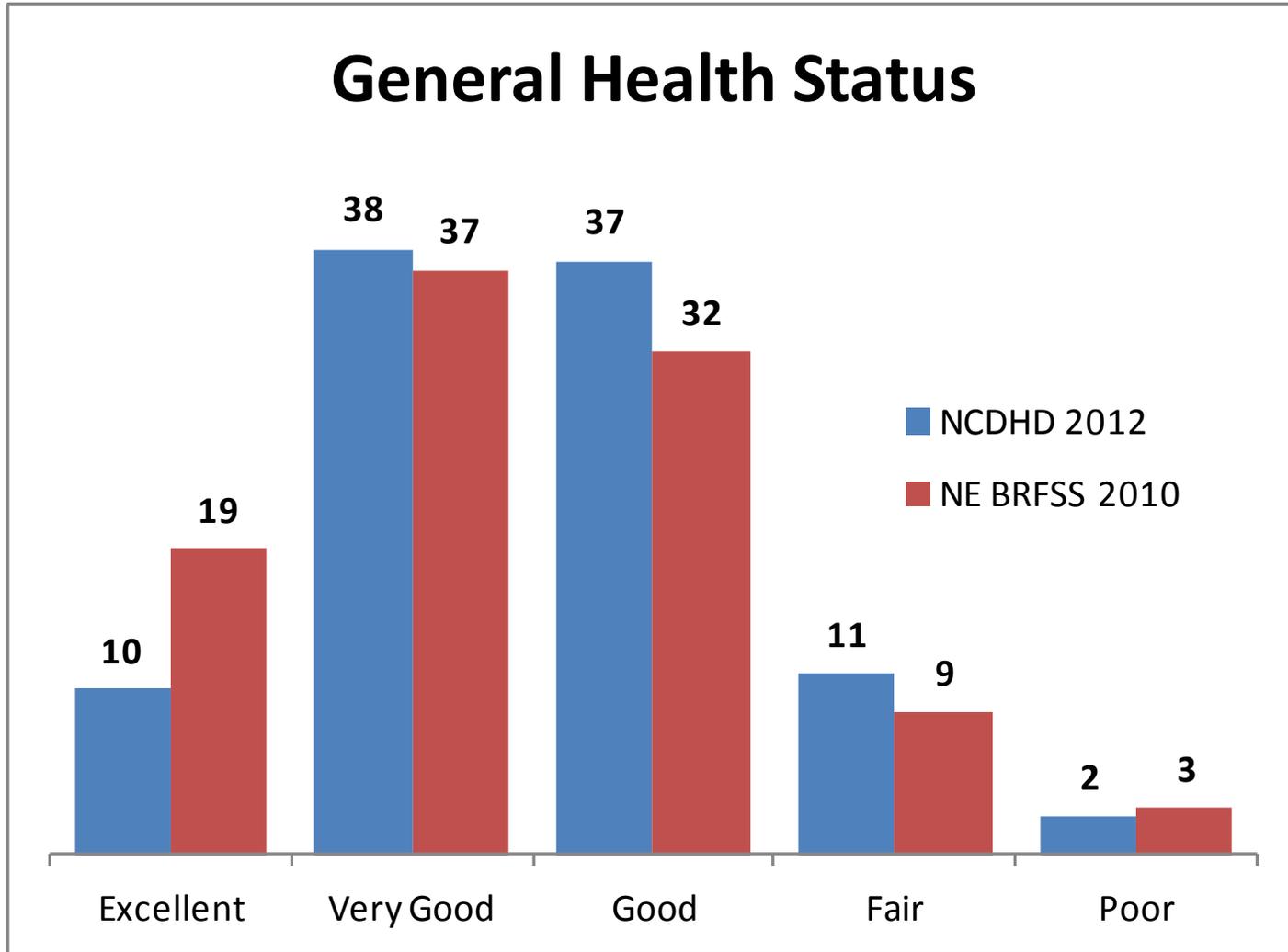


Disposing of medications

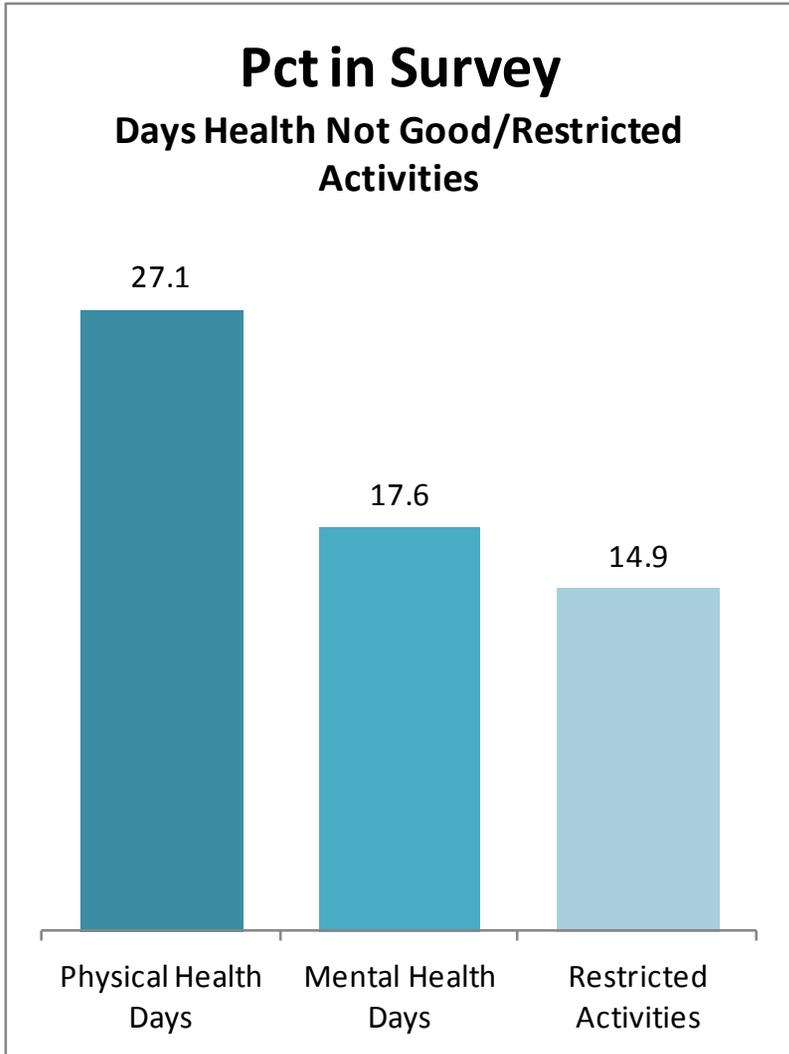
(check all that apply)



General Health Status



General Health Status



Physical Health. 27% (N=364)

Mental Health. 18% (N= 249).

Restricted Activities. In the 2012 Survey, 14.9% (N=185) responded that their activities were limited because of health. In Nebraska, compare to 19% (BRFSS, 2010).

| Days Not Good/Limiting | Mean | For All | HD BRFSS |
|------------------------|------|---------|----------|
| Physical Health | 10.4 | 2.7 | 2.5 |
| Mental Health | 10.0 | 1.6 | 2.0 |
| Restricted Activities | 11.4 | 1.5 | 3.7 |