

LiveWell BRFSS Data

Report Specifications:

Year: 2010
 Company: Nebraska Interactive
 Total Respondent Count: 5
 Submissions (2009): 0 respondents (0.0%)
 Submissions (2008): 0 respondents (0.0%)
 Submissions (2007): 0 respondents (0.0%)

Health Indicator	LiveWell HRA Survey Results			BRFSS Survey Results				Indicator Description
	Your Company	Like Industry Data	All LiveWell Data	Nebraska 18 & Older Employed	Nebraska 18 & Older All	National 18 & Older Employed	National 18 & Older All	
General health								
General health is fair or poor	50.0%	50.0%	66.7%	20% (2010)	25% (2010)	20% (2010)	25% (2010)	Percentage who report that in general their health is fair or poor
Health care access and utilization								
Has health care coverage	60.0%	60.0%	81.8%	80% (2008)	60% (2008)	80% (2008)	60% (2008)	Percentage who report having any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare
Had a routine checkup during the past two years	60.0%	60.0%	81.8%	N/A	N/A	N/A	N/A	Percentage who report having visited a doctor for a routine checkup within the past two years.
Had teeth cleaned during the past 12 months	50.0%	50.0%	80.0%	N/A	N/A	N/A	N/A	Percentage who report having had their teeth cleaned by a dentist or dental hygienist during the past 12 months
Physical Activity								
Job consists of mostly sitting or standing	100.0%	100.0%	100.0%	N/A	N/A	N/A	N/A	Percentage who report that, when they are at work, they do the following: mostly sitting or standing
Job consists of mostly walking	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report that, when they are at work, they do the following: mostly walking
Job consists of mostly heavy labor or physically demanding work	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report that, when they are at work, they do the following: mostly heavy labor or physically demanding work
Engage in the recommended amount of physical activity	80.0%	80.0%	72.7%	N/A	N/A	N/A	N/A	Percentage who report that during an average week they engage in at least 150 minutes of moderate physical activity per week, 75 minutes of vigorous physical activity per week, or an equivalent combination of both moderate and vigorous physical activity per week, outside of work.
Nutrition								
Consume the recommended amount of fruit per day	40.0%	40.0%	30.0%	N/A	N/A	N/A	N/A	Percentage who report eating the recommended amount of fruit during an average day based on their age and gender
Consume the recommended amount of vegetables per day	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report eating the recommended amount of vegetables during an average day based on their age and gender
Consume the recommended amount of fruits and vegetables	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report eating the recommended amount of fruits and vegetables during an average day

Drink 12 or fewer oz of sugar sweetened beverages per day (on average)	60.0%	60.0%	70.0%	N/A	N/A	N/A	N/A	Percentage who report consuming an average of 12 or fewer ounces of regular soda/pop or other sugar sweetened beverages per day during the past seven days
Rarely or never eat foods high in saturated fat or trans fat	20.0%	20.0%	20.0%	N/A	N/A	N/A	N/A	Percentage who report rarely or never eating foods that are high in saturated fat or trans-fat during an average day
Body weight and weight loss								
Obese based on BMI	50.0%	50.0%	33.3%	N/A	N/A	N/A	N/A	Percentage with a body mass index (BMI) value of 30.0 or greater based on self-reported height and weight
Overweight or obese based on BMI	50.0%	50.0%	33.3%	N/A	N/A	N/A	N/A	Percentage with a body mass index (BMI) value of 25.0 or greater based on self-reported height and weight
Currently trying to lose weight	60.0%	60.0%	54.5%	N/A	N/A	N/A	N/A	Percentage who report that they are currently trying to lose weight
Tobacco								
Current cigarette smoker	40.0%	40.0%	27.3%	N/A	N/A	N/A	N/A	Percentage who report that they currently smoke cigarettes every day or on some days
Current smokeless tobacco user	20.0%	20.0%	18.2%	N/A	N/A	N/A	N/A	Percentage who report that they current use smokeless tobacco products (chewing tobacco, snuff, or snus) every day or on some days
Alcohol								
Consumed alcohol during the past 30 days	80.0%	80.0%	83.3%	N/A	N/A	N/A	N/A	Percentage who report having had at least one drink of an alcoholic beverage such as beer, wine, a malt beverage, or liquor during the past 30 days
Binge drank during the past 30 days	80.0%	80.0%	63.6%	N/A	N/A	N/A	N/A	Percentage who report having four or more drinks for women and five or more drinks for men on at least one occasion during the past 30 days
Drove after having too much to drink during the past 30 days	40.0%	40.0%	41.7%	N/A	N/A	N/A	N/A	Percentage who report that they drove after having had perhaps too much to drink during the past 30 days
Gambling								
Ever bet more than intended when gambling	60.0%	60.0%	45.5%	N/A	N/A	N/A	N/A	Percentage who report that they have ever bet more than they intended when gambling
Bet more than intended when gambling during the past 12 months	100.0%	100.0%	80.0%	N/A	N/A	N/A	N/A	Percentage who report that they bet more than they intended on gambling during the past 12 months
Arthritis								
Had arthritis symptoms during the past 30 days	60.0%	60.0%	54.5%	N/A	N/A	N/A	N/A	Percentage who report having symptoms of pain, aching, or stiffness in or around a joint during the past 30 days
Ever diagnosed with arthritis	20.0%	20.0%	18.2%	N/A	N/A	N/A	N/A	Percentage who report having ever been told by a doctor or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
Asthma								
Ever diagnosed with asthma	20.0%	20.0%	9.1%	N/A	N/A	N/A	N/A	Percentage who report having ever been told by a doctor, nurse, or other health professional that they had asthma
Currently has asthma	100.0%	100.0%	100.0%	N/A	N/A	N/A	N/A	Percentage who report that they currently have asthma
Blood Pressure								
Blood pressure screened by health professional during the past 12 months	60.0%	60.0%	75.0%	N/A	N/A	N/A	N/A	Percentage who report having had their blood pressure taken by a doctor, nurse, or other health professional during the past 12 months

Ever diagnosed with high blood pressure	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report having ever been told by a doctor, nurse, or other health professional that they had high blood pressure, among those ever screened for blood pressure by a health professional
Blood pressure category at last screening: Normal	100.0%	100.0%	100.0%	N/A	N/A	N/A	N/A	Percentage who report that during their last blood pressure screening they had a blood pressure reading of: (normal) - less than 120 systolic and less than 80 diastolic or were told by a health professional that their blood pressure was normal; among those ever screened for blood pressure by a health professional
Blood pressure category at last screening: Borderline high	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report that during their last blood pressure screening they had a blood pressure reading of: (borderline high) - between 120-139 systolic or 80-89 diastolic or were told by a health professional that their blood pressure was borderline high; among those ever screened for blood pressure by a health professional
Blood pressure category at last screening: High	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report that during their last blood pressure screening they had a blood pressure reading of: (high) - 140 or greater systolic or 90 or greater diastolic or were told by a health professional that their blood pressure was high; among those ever screened for blood pressure by a health professional
Blood pressure category at last screening: Don't know/not sure	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report that during their last blood pressure screening they had a blood pressure reading of: (unknown); among those ever screened for blood pressure by a health professional
Blood Cholesterol								
Cholesterol screened during the past five years	60.0%	60.0%	66.7%	N/A	N/A	N/A	N/A	Percentage who report having had their blood cholesterol checked within the past five years
Ever diagnosed with high total cholesterol	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report having ever been told by a doctor, nurse, or other health professional that their total cholesterol was high; among those ever screened for cholesterol
Total cholesterol category at last screening: Normal	100.0%	100.0%	100.0%	N/A	N/A	N/A	N/A	Percentage who report that during their last cholesterol screening they had a total cholesterol reading of: (normal) - less than 200 mg/dL or were told by a health professional that their total cholesterol was normal; among those ever screened for cholesterol
Total cholesterol category at last screening: Borderline high	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report that during their last cholesterol screening they had a total cholesterol reading of: (borderline high) - 200-239 mg/dL or were told by a health professional that their total cholesterol was borderline high; among those ever screened for cholesterol
Total cholesterol category at last screening: High	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report that during their last cholesterol screening they had a total cholesterol reading of: (high) - 240 mg/dL or greater or were told by a health professional that their total cholesterol was high; among those ever screened for cholesterol
Total cholesterol category at last screening: Don't know/not sure	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report that during their last cholesterol screening they had a total cholesterol reading of: (unknown); among those ever screened for cholesterol
Heart Disease and Stroke								
Has coronary heart disease or has had a heart	40.0%	40.0%	33.3%	N/A	N/A	N/A	N/A	Percentage who report having ever been told by a doctor, nurse, or other health professional that they have coronary heart disease or that

attack or stroke								they have had a heart attack, also called myocardial infarction, or a stroke
Diabetes								
Ever diagnosed with diabetes	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	Percentage who report having ever been told by a doctor, nurse, or other health professional that they have diabetes
Cancer Screening								
Women 40 and older who had a mammogram during the past two years	100.0%	100.0%	100.0%	N/A	N/A	N/A	N/A	Percentage of women aged 40 and older who report having had a mammogram (for detecting breast cancer) during the past two years
Women 40 and older who had a mammogram or clinical breast exam during the past two years	100.0%	100.0%	100.0%	N/A	N/A	N/A	N/A	Percentage of women aged 40 and older who report having had a mammogram or a clinical breast exam (for detecting breast cancer) during the past two years
Women 18 and older who had a pap test during the past three years	100.0%	100.0%	100.0%	N/A	N/A	N/A	N/A	Percentage of women aged 18 and older who report having had a pap test (for detecting cancer of the cervix) during the past three years
Persons 50 and older who have ever had a colonoscopy or sigmoidoscopy	0.0%	0.0%	66.7%	N/A	N/A	N/A	N/A	Percentage of persons 50 and older who report having ever had a sigmoidoscopy or colonoscopy (for detecting colorectal cancer)
Persons 50 and older who met the basic guidelines for colorectal cancer screening	0.0%	0.0%	66.7%	N/A	N/A	N/A	N/A	Percentage of persons 50 and older who report having had a blood stool test during the past year, a sigmoidoscopy exam during the past five years, or a colonoscopy exam during the past 10 years
Injury								
Injured due to a fall during the past three months	40.0%	40.0%	18.2%	N/A	N/A	N/A	N/A	Percentage who report being injured due to a fall during the past three months that caused them to limit their regular activities for at least a day or to go see a doctor
Always or nearly always use a seatbelt	60.0%	60.0%	83.3%	N/A	N/A	N/A	N/A	Percentage who report that they always or nearly always use seatbelts when driving or riding in a car
Flu and pneumonia vaccination								
Had a seasonal flu vaccination during the past 12 months	60.0%	60.0%	41.7%	N/A	N/A	N/A	N/A	Percentage who report having had a seasonal flu shot (injected into their arm) or a seasonal flu vaccine (called FluMist™) sprayed in their nose during the past 12 months
Stress								
Average stress at work from 0 (not at all stressed) to 10 (extremely stressed)	7.4	7.4	6.6	N/A	N/A	N/A	N/A	Average (or mean) value for their average amount of stress at work (self-reported), based on a 10 point scale ranging from 0=not at all stressed to 10=extremely stressed
Average stress at home from 0 (not at all stressed) to 10 (extremely stressed)	3.6	3.6	3.4	N/A	N/A	N/A	N/A	Average (or mean) value for their average amount of stress at home (self-reported), based on a 10 point scale ranging from 0=not at all stressed to 10=extremely stressed
Always or usually come to work feeling well rested	20.0%	20.0%	33.3%	N/A	N/A	N/A	N/A	Percentage who report that they always or usually come to work feeling well rested
Life Satisfaction								
Rarely or never get the social and emotional support they need	40.0%	40.0%	50.0%	N/A	N/A	N/A	N/A	Percentage who report that they rarely or never get the social and emotional support they need from family, friends, work, and other sources
Dissatisfied with their life	0.0%	0.0%	100.0%	N/A	N/A	N/A	N/A	Percentage who report that they are dissatisfied or very dissatisfied with their life

Mental Illness								
High risk for mental health problems	50.0%	50.0%	22.2%	N/A	N/A	N/A	N/A	Percentage who report answers to six questions measuring risk for serious psychological distress (based on the Kessler 6 (K6) instrument) that generate a score of 13 or higher, suggesting high risk for mental health problems
Currently taking medication or receiving treatment for a mental health condition or emotional problem	40.0%	40.0%	25.0%	N/A	N/A	N/A	N/A	Percentage who report that they are now taking medication or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem
Workplace culture								
Average rating for how supportive employees think their company is	3.7	3.7	3.5	N/A	N/A	N/A	N/A	Average (or mean) value for how supportive they feel their company is across five measures related to general support, health commitment, health encouragement, work/life balance, and personal needs; based on a five-point scale ranging from strongly disagree to strongly agree
Average rating for how supportive employees think their supervisor is	3.3	3.3	3.6	N/A	N/A	N/A	N/A	Average (or mean) value for how supportive they feel their supervisor is across three measures related to caring, listening, and support; based on a five-point scale ranging from strongly disagree to strongly agree
Average rating for how supportive employees think their co-workers are	3.2	3.2	3.4	N/A	N/A	N/A	N/A	Average (or mean) value for how supportive they feel their co-workers are across two measures related to caring and encouragement; based on a five-point scale ranging from strongly disagree to strongly agree
Average rating for how supportive employees think the overall company, supervisor, and co-workers are	3.5	3.5	3.5	N/A	N/A	N/A	N/A	Average (or mean) value for how supportive they feel their company is across the 10 measures related to support from their company, supervisor, and co-workers; based on a five-point scale ranging from strongly disagree to strongly agree
Demographics of responding employees								
Average age (mean)	38.6	38.6	37.2	N/A	N/A	N/A	N/A	
% Female	60.0%	60.0%	50.0%	N/A	N/A	N/A	N/A	
% Male	40.0%	40.0%	50.0%	N/A	N/A	N/A	N/A	
% White, non-Hispanic	60.0%	60.0%	75.0%	N/A	N/A	N/A	N/A	
% Minority	40.0%	40.0%	25.0%	N/A	N/A	N/A	N/A	
% Married	40.0%	40.0%	38.5%	N/A	N/A	N/A	N/A	
% High school grad/GED or higher education	100.0%	100.0%	100.0%	N/A	N/A	N/A	N/A	
% College grad or high education	20.0%	20.0%	50.0%	N/A	N/A	N/A	N/A	
% Employed full-time	80.0%	80.0%	75.0%	N/A	N/A	N/A	N/A	
% Household income less than \$35,000 per year	100.0%	100.0%	100.0%	N/A	N/A	N/A	N/A	
% Currently pregnant or planning to become pregnant in the next few years (women 18-44 years)	0.0%	0.0%	33.3%	N/A	N/A	N/A	N/A	

Save