

# **Nevada Behavioral Risk Factor Surveillance System 2011 Annual Report (2011 Data)**

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**Department of Health and Human Services  
Division of Public and Behavioral Health  
Bureau of Health Statistics, Planning, Epidemiology, and Response  
Office of Public Health Informatics and Epidemiology**

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October 2013

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2011 Annual Report  
(2011 Data)**

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## The Behavioral Risk Factor Surveillance System (BRFSS)

### **BRFSS: General Information**

The Behavioral Risk Factor Surveillance System (BRFSS) is primarily funded by the Centers for Disease Control and Prevention (CDC). However, various state programs may fund additional modules or questions. This is the largest telephone health survey in the world and is conducted in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam. The BRFSS surveys adults eighteen years of age or older; in 2011, 5,493 adults were surveyed in Nevada. The BRFSS contains core questions that are asked in all states and territories allowing for national as well as state-to-state comparisons. In addition, optional modules are also available and state-specific questions may be added to address state-specific needs. The BRFSS is used to assess risk for chronic disease, identify demographic differences in health-related behaviors, address emerging health issues, evaluate public health policies and programs, assess special populations, and measure progress toward achieving state and national health objectives. Many states also use BRFSS data to support health-related legislative efforts. BRFSS information as well as survey results are available online at <http://www.cdc.gov/brfss/>.

### **BRFSS: Addition of Cell Phone Surveys and New Weighting Methodology**

The proportion of U.S. households with only cellular telephones has been rising steadily. In order to maintain representativeness, coverage, and validity, the BRFSS has added cellular telephones to their sample. It is well known that people who have only cellular telephone service have a different demographic profile than those who have a landline telephone.

In addition to the inclusion of cellular telephone surveys to the 2011 BRFSS, a new weighting methodology called “raking” was used to produce the dataset. This new weighting methodology allowed for the introduction of more demographic variables into the weighting process, thereby reducing the potential for bias and increasing the representativeness of estimates. It also allowed for the incorporation of cell and landline telephone surveys.

The addition of cellular telephones and the new weighting system used in the 2011 BRFSS survey will improve survey coverage for certain population groups. Some prevalence estimates will vary from estimates that would have been calculated with the old weighting procedure. These differences will vary by survey question and state and will be driven by state-to-state variations in demographic variables and the proportion of cell phone users. Therefore, it is not recommended that 2011 data be compared with earlier BRFSS surveys.



## BRFSS Questionnaire

The “core” questionnaire consists of standard questions designed and tested by the CDC and are administered by all states and territories. The Division of Public and Behavioral Health programs also funded questions from seven additional modules: pre-diabetes, diabetes, Veteran’s Health, Sexual Violence, Intimate Partner Violence, Childhood Asthma, Nutrition Labeling. In addition, CDC funded the following modules: Adverse Childhood Experience, Inadequate Sleep, Chronic Obstructive Pulmonary Disease (COPD), and Anxiety and Depression. Some topics are on a rotating core and are asked every other year. In this report, data tables are provided with indicator results broken out in selected demographics: Gender, Age Group, Race/ethnicity, Highest Education Level Attained, Income, and Region. Due to different non-response rates for each question, the total responses for a selected indicator will vary among demographic data. Topics addressed by the 2011 set of core questions include:

- **Alcohol Use:** includes heavy drinking, and binge drinking.
- **Asthma:** includes individuals that have ever had asthma and those that currently have asthma.
- **Blood Pressure and Cholesterol:** includes high cholesterol, high blood pressure, blood cholesterol checked within the past five years.
- **Cardiovascular:** includes stroke, heart attack, and cardiovascular disease.
- **Diabetes:** includes diabetes and pre-diabetes.
- **Disability:** includes individuals who have limited activities and who require special equipment such as a cane, wheelchair, special bed, or special telephone.
- **Health Status:** includes general, mental, and physical health, interruptions of daily routines because of health conditions, and inadequate sleep.
- **Healthcare Access:** includes health insurance, not able to see a doctor because of cost, and the time since the last routine check-up.
- **Immunization:** includes flu and Pneumonia Vaccinations.
- **Tobacco:** includes Cigarette Use.
- **Weight Status:** measured by body-mass index (BMI): A BMI greater than 25 and less than 30 is classified as overweight and a BMI of 30 or greater is classified as obese.

<p><b>The BRFSS Process and Methodology</b></p>	<p>The BRFSS survey development is a collaborative effort involving program representatives from the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) and other parts of CDC. In addition, input is received from all participating states concerning core components and optional modules. Taking into consideration state priorities and potential funding, the Behavioral Surveillance Branch (BSB) produces data processing layouts with core components and optional modules. States use this layout and add optional questions they have designed or acquired. The Nevada Division of Public and Behavioral Health contracted the University of Nevada, Reno (Center for Research and Design) and the University of Nevada, Las Vegas (Cannon Survey Center) to conduct the 2011 BRFSS phone survey according to protocols detailed in the BRFSS Operational and User's Guide. This guide is available at the following website:</p> <p style="text-align: center;"><a href="ftp://ftp.cdc.gov/pub/Data/Brfss/userguide.pdf">&lt;ftp://ftp.cdc.gov/pub/Data/Brfss/userguide.pdf&gt;.</a></p> <p>Samples were provided monthly from BSB who utilize disproportionate stratified random sampling to differentiate between sets of phone numbers containing a large proportion of target numbers and a set that contains a smaller proportion of target numbers.</p> <p>The State Contractor then conducts monthly interviews with the prescribed protocol, and incorporates surveillance results into computer-assisted telephone interviewing (CATI) computer files. Data is submitted monthly to BSB who weights the data annually according to state-specific population estimates. BSB produces and distributes yearly state-specific and nationwide data sets of risk-factor prevalence estimates to be used by states and BSB for analyses and publications.</p>
<p><b>Healthy People Initiative</b></p>	<p>The Healthy People (HP) Initiative is a national strategy for significantly improving the health of Americans and provides a framework for national, state and local health agencies, as well as non-government entities, to assess health status, health behaviors, and health services. The HP Initiative began as an offshoot from the 1979 the Surgeon General's Report, <i>Health Promotion and Disease Prevention</i>, which was followed in 1980 by the report, <i>Promoting Health/Preventing Disease: Objectives For a Nation</i>, which detailed 226 health objectives to be reached by 1990. Subsequently the HP 2020 was developed that documented objectives to be reached by 2020. The goals of the HP Initiative are to increase quality and years of healthy life and eliminate health disparities. Whenever applicable, HP 2020 objectives are included in this report along with their corresponding health indicators. Information on the Healthy People Initiative can be obtained online at <a href="http://www.healthypeople.gov/2020/default.aspx">http://www.healthypeople.gov/2020/default.aspx</a>.</p>

**Highlights  
From the 2011  
BRFSS Survey**

**Alcohol Consumption**

- The prevalence estimate for Nevada adults participating in binge drinking (males having five or more drinks on one occasion, females having four or more drinks on one occasion) is 18.6% essentially the same as the National value of 18.3%.
- The 2011 estimate of Nevada adult males participating in binge drinking is nearly twice that of Nevada adult females (23.9% and 13.2% respectively).

**Asthma**

- 13.8% of Nevada adults reported that they have ever had asthma and 8.1% reported they currently have asthma.

**Blood Pressure and Cholesterol**

- 30.8% of Nevada adults reported that they have been told that they have high blood pressure.
- 37.3% of Nevada adults reported that they have been told that they have high cholesterol.

**Cardiovascular**

- Consistent with national data, heart attacks among Nevada Men are higher than Nevada females (6.6% and 3.8% respectively).
- Nevada adults in the lower income brackets reported a higher prevalence of heart attacks, strokes, and cardiovascular disease than those in higher income brackets

**Diabetes**

- The 2011 prevalence estimate for diabetes among Nevada adults is 10.3%..
- Diabetes prevalence among Nevada adults is highest among the African American population at 17.7%.

**Disability**

- The 2011 estimate for Nevada adults who are limited in any activities do to physical, mental, or emotional problems is 23.1%.
- The 2011 estimate of Nevada adults requiring special equipment, such as a cane, wheelchair, special bed, or telephone is 7.9%.

**Health Status**

- In 2011, 20.7% of Nevada adults perceived their health status to be excellent, 27.6% perceived their health status to be very good, 31.4% perceived their health status to be good, 14.7% perceived their health status to be fair, and only 5.6% perceived their health status to be poor.

**Highlights  
From the 2011  
BRFSS Survey  
Continued**

**Health Status Continued**

- 19.4% of Nevada adults reported that poor physical or mental health had kept them from doing their usual activities on 10 or more of the last 30 days.
- 24.3% of Nevada adults had not participated in any physical activity other than their regular job in the past 30 days.

**Healthcare Access**

- The 2011 estimate for Nevada Adults without health insurance is 27.3% and 37.0% do not have a personal doctor or healthcare provider.
- 14.3% of Nevadans have not had a routine checkup in the past five years.

**Immunizations**

- In 2011, 53.7% of Nevada adults 65 years of age or older received a flu vaccination within the past year.
- 68.9% of Nevada adults 65 years of age or older have ever received a pneumonia vaccination.

**Tobacco**

- 22.9% of Nevada adults are current smokers compared to the national value of 21.2%.
- The prevalence of smoking among Nevada adults is greater among individuals with less education and those in the lower income brackets.
- The prevalence of smoking among Nevada adults is greater among males than females (25.6% and 20.2% respectively).
- The prevalence of smoking among Nevada adults is greater among individuals of lower income brackets than those of higher income brackets.

**Weight Status**

- 35.7% of Nevada adults are designated as overweight (BMI 25.0 to 29.9) and 24.5% are designated as obese (BMI 30.0 or greater).
- 2011 data indicates that 45.1% of Nevada adult females are at a healthy weight which is 15% higher than Nevada adult males at 30.1%.

**Table 1: BRFSS Respondent Demographics (NV BRFSS, 2011)**

- ◇ Distribution of respondents for the 2011 BRFSS by sex, age group, race, education, income, and region.
- ◇ There were 5,493 total surveys conducted in the 2011 survey.

Demographic	Grouping	N	Weighted Frequency	Percent
Age Group	18 - 24	290	236,957	11.7 ( 10.0- 13.4)
	25 - 34	566	395,074	19.4 ( 17.4- 21.5)
	35 - 44	726	385,293	19.0 ( 17.0- 20.9)
	45 - 54	964	372,656	18.3 ( 16.6- 20.1)
	55 - 64	1,274	310,461	15.3 ( 13.8- 16.8)
	65+	1,673	330,991	16.3 ( 14.9- 17.7)
Education	Less than H.S.	371	335,314	16.5 ( 14.4- 18.6)
	H.S. or G.E.D.	1,542	613,766	30.2 ( 28.1- 32.4)
	Some Post H.S.	1,765	671,336	33.0 ( 30.9- 35.2)
	College Graduate	1,799	401,819	19.8 ( 18.2- 21.4)
Sex	Male	2,241	1,028,081	50.6 ( 48.3- 52.9)
	Female	3,252	1,003,351	49.4 ( 47.1- 51.7)
Income	< \$15,000	466	193,676	9.5 ( 8.1- 11.0)
	\$15,000 to \$24,999	835	385,661	19.0 ( 17.0- 21.0)
	\$25,000 to \$34,999	533	216,914	10.7 ( 9.2- 12.2)
	\$35,000 to \$49,999	759	283,272	13.9 ( 12.3- 15.6)
	\$50,000 to \$74,999	833	255,286	12.6 ( 11.1- 14.0)
	\$75,000+	1,306	392,530	19.3 ( 17.7- 21.0)

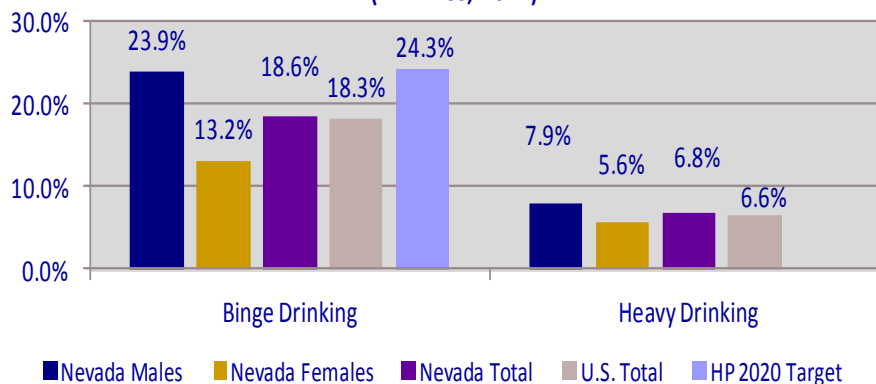
**Table 1 Continued: BRFSS Respondent Demographics Cont. (NV BRFSS, 2011)**

- ◇ Distribution of respondents for the 2011 BRFSS by sex, age group, race, education, income, and region.
- ◇ There were 5,493 total surveys conducted in the 2011 survey.

Demographic	Grouping	N	Weighted Frequency	Percent
Race/Ethnicity	White	4,233	1,161,810	57.2 ( 54.8- 59.6)
	Black	231	143,775	7.1 ( 5.8- 8.3)
	Other Race	440	220,829	10.9 ( 9.3- 12.5)
	Hispanic	505	476,707	23.5 ( 21.1- 25.8)
Region	Clark County	2,217	1,447,275	71.2 ( 69.8- 72.7)
	Washoe County	1,650	323,762	15.9 ( 14.9- 17.0)
	Balance of State	1,626	260,395	12.8 ( 11.9- 13.7)
Veteran Status	Veteran	872	275,473	13.6 ( 12.1- 15.0)
	Non-Veteran	4,615	1,748,549	86.1 ( 84.6- 87.6)

## Alcohol

**Chart 1: Nevada Adults Engaged in Binge Drinking and Heavy Drinking (NV BRFSS, 2011)**



A substantial proportion of the population drinks alcohol. 18.6% of Nevada adults 18 years of age or older reported binge drinking on at least one occasion within past 30 days, and 6.8% were categorized as “Heavy Drinkers.” This translates to about 375,794 and 137,387 Nevadans respectively.

Long-term heavy drinking increases the risk for high blood pressure, heart muscle disorders (cardiomyopathy), and stroke, as well as certain forms of cancer, especially of the esophagus, mouth, throat and larynx.<sup>1,2</sup>

Alcohol has been linked with a substantial proportion of injuries and deaths from motor vehicle crashes, falls, fires, and drowning. In 2010 3.7% of Nevadans reported driving at least once in the past 30 days after having too much to drink, translating into about 74,754 individuals. The percent of Nevada men reporting driving when they have had too much to drink in 2010 was nearly two times higher than women, 4.5% and 2.6% respectively.

**Table 2: Selected Alcohol Use Indicators For Nevada and the United States (BRFSS, 2011)**

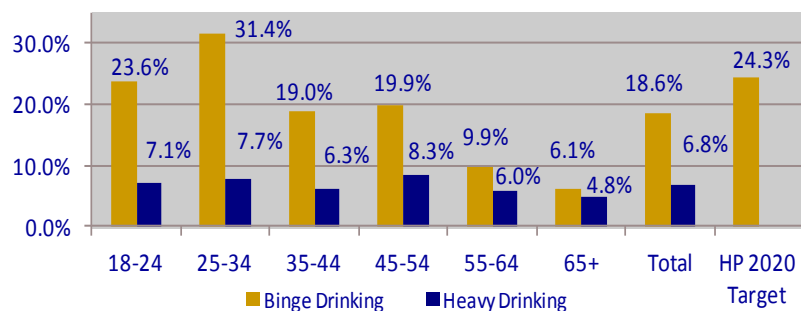
Health Indicator	Nevada	United States & D.C.
1. Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)		
A. Percent of Men	7.9%	7.7%
B. Percent of Women	5.6%	5.5%
C. Percent of Total Population	6.8%	6.6%
2. Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)		
A. Percent of Men	23.9%	24.2%
B. Percent of Women	13.2%	12.6%
C. Percent of Total Population	18.6%	18.3%

### Alcohol Consumption

- ◇ Heavy drinkers are defined as adult men having more than two drinks per day and adult women having more than one drink per day.
- ◇ Binge drinkers are defined as adult men having five or more drinks on one occasion and adult females having four or more drinks on one occasion.

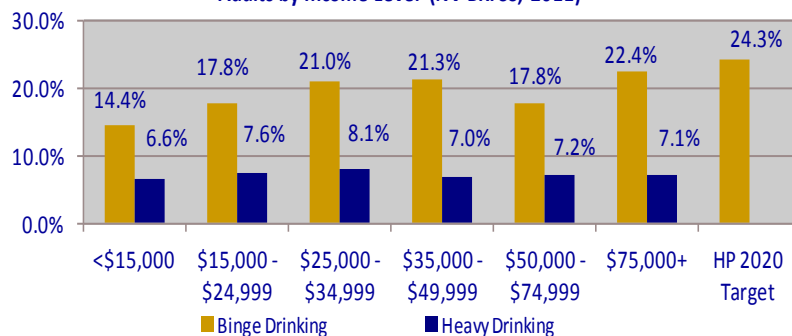
Nevada adults in the age range of 25 to 34 have the highest prevalence rate for binge drinking among age groups.

**Chart 2: Binge Drinking and Heavy Drinking Prevalence Among Nevada Adults by Age Group (NV BRFSS, 2011)**



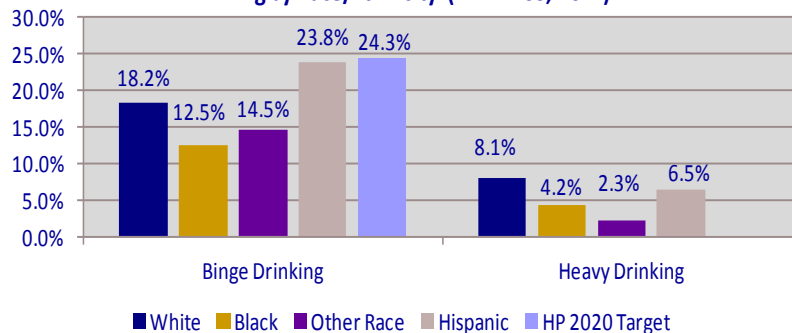
Nevada adults making less than \$15,000 per year had the lowest prevalence rate for binge drinking and heavy drinking.

**Chart 3: Binge Drinking and Heavy Drinking Prevalence Among Nevada Adults by Income Level (NV BRFSS, 2011)**



Evidence suggests that Nevada Blacks have the lowest prevalence rate for binge drinking and Hispanics and Other Races have the highest.

**Chart 4: Nevada Adults Engaged in Binge Drinking and Heavy Drinking by Race/Ethnicity (NV BRFSS, 2011)**





**Table 3: Heavy Drinking by Demographics and Region**

Heavy drinkers are defined as adult men having more than two drinks per day and adult women having more than one drink per day.

Demographic	Grouping	Yes	No
Statewide	Nevada	6.8 (5.6-7.9)	93.2 (92.1-94.4)
Geography	Clark County	6.1 (4.7-7.5)	93.9 (92.5-95.3)
	Washoe County	8.6 (6.1-11.0)	91.4 (89.0-93.9)
	Balance of State	8.2 (5.7-10.7)	91.8 (89.3-94.3)
Age	18 - 24	7.1 (3.8-10.5)	92.9 (89.5-96.2)
	25 - 34	7.7 (3.8-11.6)	92.3 (88.4-96.2)
	35 - 44	6.3 (3.8-8.8)	93.7 (91.2-96.2)
	45 - 54	8.3 (5.9-10.8)	91.7 (89.2-94.1)
	55 - 64	6.0 (4.1-7.9)	94.0 (92.1-95.9)
	65+	4.8 (3.5-6.2)	95.2 (93.8-96.5)
Sex	Male	7.9 (6.1-9.6)	92.1 (90.4-93.9)
	Female	5.6 (4.2-7.1)	94.4 (92.9-95.8)
Race/Ethnicity	White	8.1 (6.7-9.5)	91.9 (90.5-93.3)
	Black	4.2 (0.0-8.5)	95.8 (91.5-100.0)
	Other Race	2.3 (0.3-4.2)	97.7 (95.8-99.7)
	Hispanic	6.5 (3.4-9.6)	93.5 (90.4-96.6)

**Table 3 Continued: Heavy Drinking by Demographics and Region**  
Heavy drinkers are defined as adult men having more than two drinks per day and adult women having more than one drink per day.

Demographic	Grouping	Yes	No
Education	Less than H.S.	6.6 (3.2-10.1)	93.4 (89.9-96.8)
	H.S. or G.E.D.	7.2 (5.3-9.1)	92.8 (90.9-94.7)
	Some Post H.S.	7.0 (4.8-9.2)	93.0 (90.8-95.2)
	College Graduate	6.0 (4.3-7.6)	94.0 (92.4-95.7)
Income	< 15,000	6.6 (2.9-10.3)	93.4 (89.7-97.1)
	\$15,000 to \$24,999	7.6 (3.9-11.3)	92.4 (88.7-96.1)
	\$25,000 to \$34,999	8.1 (4.5-11.7)	91.9 (88.3-95.5)
	\$35,000 to \$49,999	7.0 (4.4-9.5)	93.0 (90.5-95.6)
	\$50,000 to \$74,999	7.2 (4.6-9.8)	92.8 (90.2-95.4)
	\$75,000+	7.1 (4.9-9.2)	92.9 (90.8-95.1)
Veteran	Yes	6.9 (4.4-9.4)	93.1 (90.6-95.6)
	No	6.8 (5.5-8.0)	93.2 (92.0-94.5)

**Table 4: Binge Drinking by Demographics and Region**

Binge drinkers are defined as adult men having five or more drinks on one occasion and adult females having four or more drinks on one occasion.

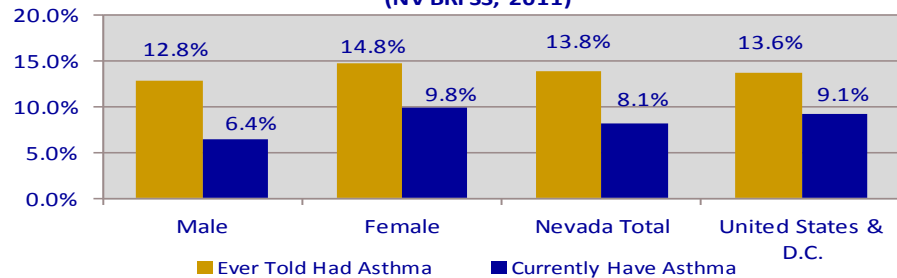
Demographic	Grouping	Yes	No
Statewide	Nevada	18.6 (16.6-20.5)	81.4 (79.5-83.4)
Geography	Clark County	18.7 (16.2-21.2)	81.3 (78.8-83.8)
	Washoe County	19.3 (15.9-22.8)	80.7 (77.2-84.1)
	Balance of State	16.9 (13.6-20.2)	83.1 (79.8-86.4)
Age	18 - 24	23.6 (17.1-30.1)	76.4 (69.9-82.9)
	25 - 34	31.4 (25.2-37.7)	68.6 (62.3-74.8)
	35 - 44	19.0 (14.5-23.4)	81.0 (76.6-85.5)
	45 - 54	19.9 (15.8-24.0)	80.1 (76.0-84.2)
	55 - 64	9.9 (7.4-12.4)	90.1 (87.6-92.6)
	65+	6.1 (4.3-8.0)	93.9 (92.0-95.7)
Sex	Male	23.9 (20.7-27.0)	76.1 (73.0-79.3)
	Female	13.2 (11.0-15.4)	86.8 (84.6-89.0)
Race/Ethnicity	White	18.2 (16.1-20.3)	81.8 (79.7-83.9)
	Black	12.5 (6.3-18.7)	87.5 (81.3-93.7)
	Other Race	14.5 (8.4-20.7)	85.5 (79.3-91.6)
	Hispanic	23.8 (18.3-29.3)	76.2 (70.7-81.7)

**Table 4 Continued: Binge Drinking by Demographics and Region**  
Binge drinkers are defined as adult men having five or more drinks on one occasion and adult females having four or more drinks on one occasion.

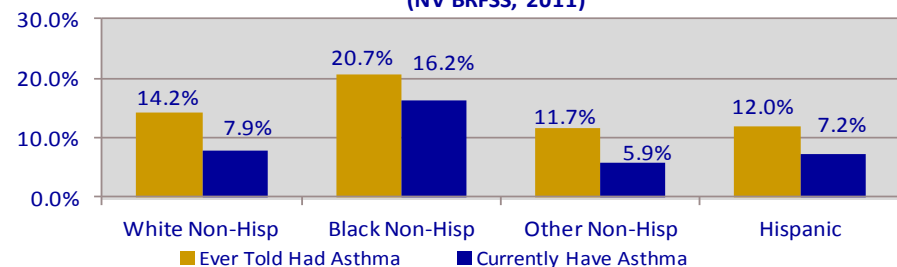
Demographic	Grouping	Yes	No
Education	Less than H.S.	17.2 (11.8-22.6)	82.8 (77.4-88.2)
	H.S. or G.E.D.	18.2 (14.8-21.5)	81.8 (78.5-85.2)
	Some Post H.S.	20.7 (17.2-24.3)	79.3 (75.7-82.8)
	College Graduate	16.9 (13.4-20.3)	83.1 (79.7-86.6)
Income	< 15,000	14.4 (9.3-19.5)	85.6 (80.5-90.7)
	\$15,000 to \$24,999	17.8 (12.7-22.9)	82.2 (77.1-87.3)
	\$25,000 to \$34,999	21.0 (14.3-27.8)	79.0 (72.2-85.7)
	\$35,000 to \$49,999	21.3 (16.1-26.5)	78.7 (73.5-83.9)
	\$50,000 to \$74,999	17.8 (13.3-22.2)	82.2 (77.8-86.7)
	\$75,000+	22.4 (18.3-26.5)	77.6 (73.5-81.7)
Veteran	Yes	16.3 (11.9-20.6)	83.7 (79.4-88.1)
	No	19.0 (16.8-21.1)	81.0 (78.9-83.2)

## Asthma

**Chart 5: Nevada Adults Who Have Ever Been Told That They Had Asthma and Those That Currently Have Asthma by Sex (NV BRFSS, 2011)**



**Chart 6: Nevada Adults Who Have Ever Been Told That They Had Asthma and Those that Currently Have Asthma by Race/Ethnicity (NV BRFSS, 2011)**



It is estimated that about 25.9 million Americans had asthma in 2011. Asthma related medical expenses in the U.S. were estimated to be \$50.1 annually.<sup>1</sup>

Effective management of asthma comprises four major components: controlling exposure to factors that trigger asthma episodes, managing asthma with medicine, monitoring the disease, and educating asthma patients on when and how to take medications correctly and what to do when asthma worsens.<sup>2,3,4</sup>

Asthma is one of the most common principal emergency room diagnoses. Data suggests that uneven distribution of costs of asthma relates to non-scheduled acute or emergency care, indicating poor asthma management and suboptimal outcomes.<sup>5</sup>

The lifetime asthma and current asthma prevalence rates in Nevada are similar to the national prevalence rates.

<sup>17,18,19</sup>

**Table 5: Selected Asthma Indicators For Nevada and the United States (BRFSS, 2011)**

Health Indicator	Nevada	United States
1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?	13.8%	13.8%
2. Do you still have asthma?	8.1%	9.1%

**Table 6: Respondents Who Had Ever Had Asthma by Demographics and Region**  
◇ “Have you ever been told by a doctor, nurse, or other health professional that you had asthma?”

Demographic	Grouping	Yes	No
Statewide	Nevada	13.8 (12.2-15.4)	86.2 (84.6-87.8)
Geography	Clark County	13.7 (11.7-15.8)	86.3 (84.2-88.3)
	Washoe County	13.2 (10.7-15.7)	86.8 (84.3-89.3)
	Balance of State	15.0 (11.8-18.3)	85.0 (81.7-88.2)
Age	18 - 24	18.5 (12.6-24.3)	81.5 (75.7-87.4)
	25 - 34	19.3 (14.4-24.1)	80.7 (75.9-85.6)
	35 - 44	11.2 (7.9-14.5)	88.8 (85.5-92.1)
	45 - 54	12.4 (9.1-15.7)	87.6 (84.3-90.9)
	55 - 64	12.4 (9.4-15.4)	87.6 (84.6-90.6)
	65+	10.0 (7.6-12.4)	90.0 (87.6-92.4)
Sex	Male	12.8 (10.5-15.2)	87.2 (84.8-89.5)
	Female	14.8 (12.7-17.0)	85.2 (83.0-87.3)
Race/Ethnicity	White	14.2 (12.3-16.1)	85.8 (83.9-87.7)
	Black	20.7 (13.3-28.2)	79.3 (71.8-86.7)
	Other Race	11.7 (7.5-15.8)	88.3 (84.2-92.5)
	Hispanic	12.0 (8.1-16.0)	88.0 (84.0-91.9)

**Table 6 Continued: Respondents Who Had Ever Had Asthma by Demographics and Region**  
◇ “Have you ever been told by a doctor, nurse, or other health professional that you had asthma?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	11.5 (7.1-16.0)	88.5 (84.0-92.9)
	H.S. or G.E.D.	15.5 (12.4-18.6)	84.5 (81.4-87.6)
	Some Post H.S.	15.9 (13.0-18.7)	84.1 (81.3-87.0)
	College Graduate	9.9 (7.7-12.2)	90.1 (87.8-92.3)
Income	< 15,000	17.5 (12.1-22.8)	82.5 (77.2-87.9)
	\$15,000 to \$24,999	15.9 (11.6-20.3)	84.1 (79.7-88.4)
	\$25,000 to \$34,999	15.2 (10.0-20.4)	84.8 (79.6-90.0)
	\$35,000 to \$49,999	16.4 (12.1-20.6)	83.6 (79.4-87.9)
	\$50,000 to \$74,999	12.2 (8.6-15.8)	87.8 (84.2-91.4)
	\$75,000+	8.8 (6.0-11.6)	91.2 (88.4-94.0)
Veteran	Yes	10.4 (7.1-13.7)	89.6 (86.3-92.9)
	No	14.3 (12.6-16.1)	85.7 (83.9-87.4)

**Table 7: Respondents who Currently Have Asthma by Demographics and Region**  
◇ “Do you currently have asthma?”

Demographic	Grouping	Yes	No
Statewide	Nevada	8.1 (6.9-9.2)	91.9 (90.8-93.1)
Geography	Clark County	7.4 (5.9-8.9)	92.6 (91.1-94.1)
	Washoe County	8.5 (6.5-10.6)	91.5 (89.4-93.5)
	Balance of State	11.0 (7.9-14.1)	89.0 (85.9-92.1)
Age	18 - 24	8.7 (5.0-12.3)	91.3 (87.7-95.0)
	25 - 34	11.8 (8.0-15.7)	88.2 (84.3-92.0)
	35 - 44	6.6 (3.9-9.2)	93.4 (90.8-96.1)
	45 - 54	6.7 (4.6-8.9)	93.3 (91.1-95.4)
	55 - 64	8.6 (6.1-11.1)	91.4 (88.9-93.9)
	65+	5.9 (4.4-7.3)	94.1 (92.7-95.6)
Sex	Male	6.4 (4.7-8.1)	93.6 (91.9-95.3)
	Female	9.8 (8.2-11.4)	90.2 (88.6-91.8)
Race/Ethnicity	White	7.9 (6.7-9.1)	92.1 (90.9-93.3)
	Black	16.2 (9.4-23.0)	83.8 (77.0-90.6)
	Other Race	5.9 (3.2-8.6)	94.1 (91.4-96.8)
	Hispanic	7.2 (4.0-10.3)	92.8 (89.7-96.0)

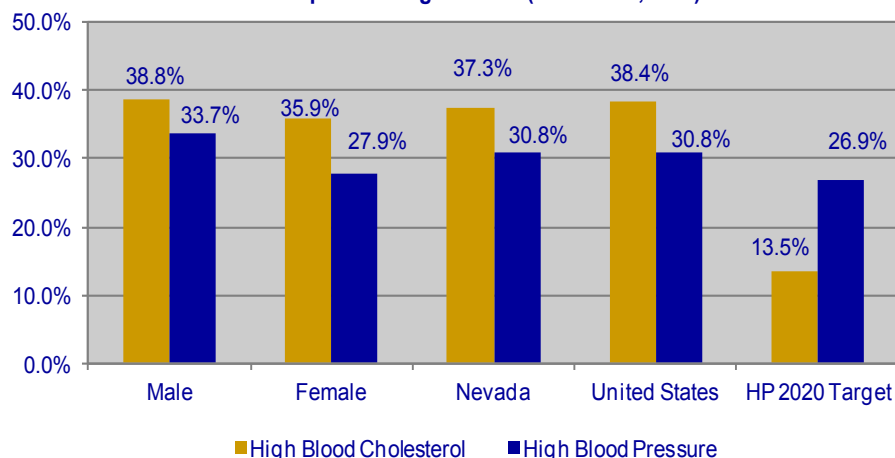


**Table 7 Continued: Respondents who Currently Have Asthma by Demographics and Region**  
◇ “Do you currently have asthma?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	6.3 (3.2-9.4)	93.7 (90.6-96.8)
	H.S. or G.E.D.	8.4 (6.3-10.6)	91.6 (89.4-93.7)
	Some Post H.S.	10.1 (7.7-12.4)	89.9 (87.6-92.3)
	College Graduate	5.7 (4.3-7.2)	94.3 (92.8-95.7)
Income	< 15,000	12.0 (7.4-16.6)	88.0 (83.4-92.6)
	\$15,000 to \$24,999	8.0 (5.1-10.9)	92.0 (89.1-94.9)
	\$25,000 to \$34,999	9.9 (5.3-14.5)	90.1 (85.5-94.7)
	\$35,000 to \$49,999	9.0 (6.1-12.0)	91.0 (88.0-93.9)
	\$50,000 to \$74,999	6.1 (3.5-8.7)	93.9 (91.3-96.5)
	\$75,000+	6.0 (3.7-8.3)	94.0 (91.7-96.3)
Veteran	Yes	6.4 (3.8-8.9)	93.6 (91.1-96.2)
	No	8.3 (7.0-9.6)	91.7 (90.4-93.0)

## Blood Pressure and Cholesterol

**Chart 7: Nevada Adults Who Have Been Told They Have High Blood Cholesterol and High Blood Pressure by Gender With U.S. and Healthy People 2020 Target Values (NVBRFSS, 2011)**



High blood pressure, or hypertension, and high blood cholesterol are significant conditions considered in evaluating cardiovascular disease. Becoming aware of high cholesterol levels via a blood cholesterol check can lead to earlier intervention and increase the potential for a positive medical outcome, thus decreasing the long-term effects of heart disease.<sup>1</sup>

Having high blood pressure puts you at risk for heart disease and stroke which are leading causes of death in the U. S. About 1 out of 3 U. S. adults have high blood pressure.<sup>2, 3</sup>

In 2011, 71.5% of Nevada adults and 75.5% of U.S. adults reported having had their blood cholesterol checked in the past five years.

30.8% of Nevada adults had ever been told that they had high blood pressure and 37.3% had ever been told they had high blood cholesterol. The corresponding national rates are 30.8% and 38.4% respectively.

**Table 8: Selected Blood Pressure and Cholesterol Indicators For Nevada and the United States (BRFSS, 2011)**

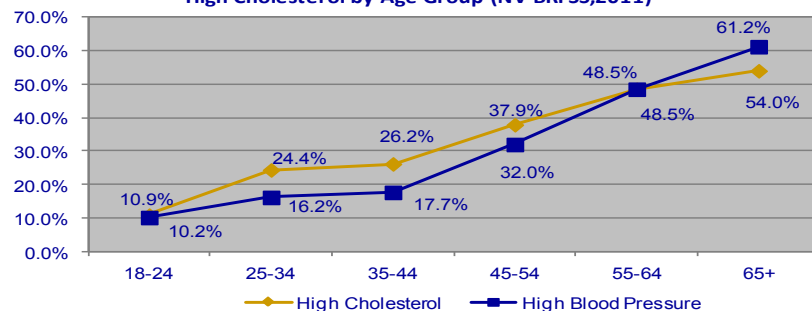
Health Indicator	Nevada	United States
1. Nevada adults who have ever been told by a doctor, nurse, or other health professional that they have high blood pressure?	30.8%	30.8%
2. Nevada adults who have ever been told by a doctor, nurse, or other health professional that they have high blood cholesterol?	37.3%	38.4%
3. How long has it been since you last had your blood cholesterol checked?		
A. Within the past 5 years.	71.5%	75.5%
B. Not within the past 5 years	4.8%	3.6%
C. Never	23.7%	21.1%

### Cholesterol

- ◇ “Blood Cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked? About how long has it been since you had your blood cholesterol checked?”
- ◇ “Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?”
- ◇ “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”

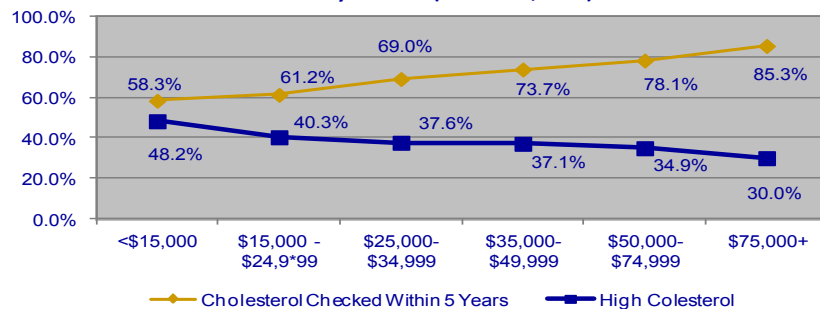
The percentage of Nevada adults with high blood pressure or high cholesterol increases with age.

**Chart 8: Nevada Adults Who Have Been Told By a Doctor, Nurse, or Other Health Professional That They Have High Blood Pressure and High Cholesterol by Age Group (NV BRFSS,2011)**



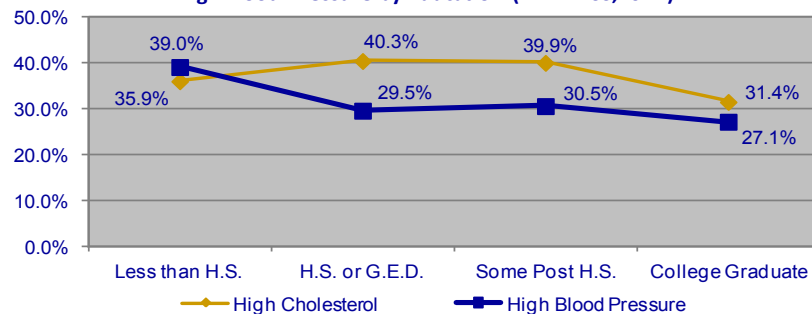
The percentage of Nevada adults who have had their cholesterol checked in the past 5 years was higher among the higher income groups. The percentage of Nevada adults with high blood cholesterol was highest among the lower income groups.

**Chart 9: Nevada Adults Who Have Been Told That They Have High Cholesterol and Have Had their Cholesterol Checked in the Past Five Years by Income (NV BRFSS,2011)**



College graduates had a lower percentage of high cholesterol and high blood pressure than individuals with less education.

**Chart 10: Nevada Adults Who Have Been Told By a Doctor, Nurse, or Other Health Professional That They Have High Cholesterol and High Blood Pressure by Education (NV BRFSS,2011)**



**Table 9: Cholesterol Data by Demographics and Region**  
◇ “Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?”

Demographic	Grouping	Yes	No
Statewide	Nevada	37.3 (34.8-39.9)	62.7 (60.1-65.2)
Geography	Clark County	37.4 (34.1-40.8)	62.6 (59.2-65.9)
	Washoe County	36.1 (32.3-39.8)	63.9 (60.2-67.7)
	Balance of State	38.5 (34.3-42.7)	61.5 (57.3-65.7)
Age	18 - 24	10.9 (0.3-21.6)	89.1 (78.4-99.7)
	25 - 34	24.4 (17.0-31.8)	75.6 (68.2-83.0)
	35 - 44	26.2 (20.5-31.9)	73.8 (68.1-79.5)
	45 - 54	37.9 (32.4-43.4)	62.1 (56.6-67.6)
	55 - 64	48.5 (43.0-54.0)	51.5 (46.0-57.0)
	65+	54.0 (49.5-58.5)	46.0 (41.5-50.5)
Sex	Male	38.8 (35.0-42.6)	61.2 (57.4-65.0)
	Female	35.9 (32.6-39.2)	64.1 (60.8-67.4)
Race/Ethnicity	White	38.6 (35.9-41.3)	61.4 (58.7-64.1)
	Black	39.3 (29.2-49.4)	60.7 (50.6-70.8)
	Other Race	39.0 (29.7-48.2)	61.0 (51.8-70.3)
	Hispanic	33.1 (26.0-40.3)	66.9 (59.7-74.0)

**Table 9 Continued: Cholesterol Data by Demographics and Region**

◇ “Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	35.9 (27.7-44.1)	64.1 (55.9-72.3)
	H.S. or G.E.D.	40.3 (35.6-45.0)	59.7 (55.0-64.4)
	Some Post H.S.	39.9 (35.5-44.3)	60.1 (55.7-64.5)
	College Graduate	31.4 (27.4-35.5)	68.6 (64.5-72.6)
Income	< 15,000	48.2 (39.0-57.3)	51.8 (42.7-61.0)
	\$15,000 to \$24,999	40.3 (33.2-47.4)	59.7 (52.6-66.8)
	\$25,000 to \$34,999	37.6 (29.3-45.9)	62.4 (54.1-70.7)
	\$35,000 to \$49,999	37.1 (30.5-43.7)	62.9 (56.3-69.5)
	\$50,000 to \$74,999	34.9 (28.8-40.9)	65.1 (59.1-71.2)
	\$75,000+	30.0 (25.7-34.2)	70.0 (65.8-74.3)
Veteran	Yes	47.6 (41.6-53.6)	52.4 (46.4-58.4)
	No	35.1 (32.4-37.8)	64.9 (62.2-67.6)

**Table 10: Cholesterol Data by Demographics and Region**

◇ Nevada adults who have had their cholesterol checked within the past five years.

Demographic	Grouping	Yes	No	Have Not Had Cholesterol Checked
Statewide	Nevada	71.5 (69.2-73.8)	4.8 (3.7-5.9)	23.7 (21.6-25.9)
Geography	Clark County	71.5 (68.5-74.5)	4.5 (3.1-6.0)	24.0 (21.1-26.8)
	Washoe County	71.7 (67.5-75.8)	4.4 (2.8-6.1)	23.9 (19.8-28.0)
	Balance of State	71.2 (67.0-75.3)	6.4 (4.0-8.9)	22.4 (18.5-26.3)
Age	18 - 24	33.2 (25.8-40.7)	1.4 (0.2-2.7)	65.3 (57.9-72.8)
	25 - 34	57.7 (51.6-63.8)	6.7 (3.1-10.2)	35.6 (29.7-41.6)
	35 - 44	71.1 (65.5-76.7)	4.9 (2.3-7.6)	24.0 (18.6-29.4)
	45 - 54	79.4 (74.9-83.9)	5.2 (2.9-7.6)	15.4 (11.3-19.4)
	55 - 64	84.0 (79.6-88.3)	7.1 (3.9-10.3)	9.0 (5.6-12.3)
	65+	92.7 (90.6-94.9)	1.9 (1.0-2.9)	5.3 (3.4-7.2)
Sex	Male	68.9 (65.5-72.3)	5.6 (3.8-7.5)	25.5 (22.3-28.7)
	Female	74.2 (71.2-77.2)	3.9 (2.8-5.0)	22.0 (19.0-24.9)
Race/Ethnicity	White	75.2 (72.7-77.7)	5.3 (4.1-6.6)	19.5 (17.1-21.9)
	Black	75.7 (67.6-83.9)	2.4 (0.4-4.4)	21.8 (13.8-29.9)
	Other Race	63.0 (55.0-71.0)	1.6 (0.0-3.4)	35.4 (27.4-43.3)
	Hispanic	64.4 (58.5-70.3)	5.6 (2.3-8.9)	30.0 (24.4-35.6)

**Table 10 Continued: Cholesterol Data by Demographics and Region**

◇ Nevada adults who have had their cholesterol checked within the past five years.

Demographic	Grouping	Yes	No	Have Not Had Cholesterol Checked
Education	Less than H.S.	57.5 (50.3-64.7)	7.0 (2.9-11.0)	35.6 (28.5-42.6)
	H.S. or G.E.D.	68.4 (64.3-72.6)	3.8 (2.2-5.3)	27.8 (23.7-31.9)
	Some Post H.S.	73.8 (70.0-77.6)	5.5 (3.5-7.6)	20.7 (17.2-24.2)
	College Graduate	83.3 (79.8-86.7)	3.2 (1.8-4.5)	13.6 (10.3-16.8)
Income	< 15,000	58.3 (49.8-66.8)	5.8 (2.8-8.9)	35.8 (27.2-44.4)
	\$15,000 to \$24,999	61.2 (55.1-67.3)	5.2 (2.7-7.8)	33.5 (27.5-39.6)
	\$25,000 to \$34,999	69.0 (62.0-76.0)	7.3 (2.1-12.4)	23.7 (17.7-29.8)
	\$35,000 to \$49,999	73.7 (68.0-79.5)	4.0 (2.2-5.7)	22.3 (16.7-28.0)
	\$50,000 to \$74,999	78.1 (72.2-84.0)	6.0 (1.5-10.4)	15.9 (11.2-20.6)
	\$75,000+	85.3 (81.9-88.7)	2.5 (1.3-3.6)	12.2 (9.0-15.5)
Veteran	Yes	87.3 (83.4-91.2)	2.8 (1.5-4.1)	9.9 (6.1-13.7)
	No	68.9 (66.4-71.5)	5.1 (3.9-6.4)	25.9 (23.5-28.4)

**Table 11: Hypertension Data by Demographics and Region**  
◇ “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”

Demographic	Grouping	Yes	No
Statewide	Nevada	30.8 (28.7-33.0)	69.2 (67.0-71.3)
Geography	Clark County	30.4 (27.6-33.2)	69.6 (66.8-72.4)
	Washoe County	30.2 (26.6-33.8)	69.8 (66.2-73.4)
	Balance of State	33.9 (30.3-37.4)	66.1 (62.6-69.7)
Age	18 - 24	10.2 (4.4-16.0)	89.8 (84.0-95.6)
	25 - 34	16.2 (11.0-21.5)	83.8 (78.5-89.0)
	35 - 44	17.7 (13.3-22.0)	82.3 (78.0-86.7)
	45 - 54	32.0 (27.0-36.9)	68.0 (63.1-73.0)
	55 - 64	48.5 (43.3-53.6)	51.5 (46.4-56.7)
	65+	61.2 (57.3-65.2)	38.8 (34.8-42.7)
Sex	Male	33.7 (30.5-37.0)	66.3 (63.0-69.5)
	Female	27.9 (25.2-30.6)	72.1 (69.4-74.8)
Race/Ethnicity	White	32.4 (30.1-34.7)	67.6 (65.3-69.9)
	Black	45.7 (36.4-55.0)	54.3 (45.0-63.6)
	Other Race	30.9 (23.3-38.4)	69.1 (61.6-76.7)
	Hispanic	21.2 (15.9-26.4)	78.8 (73.6-84.1)



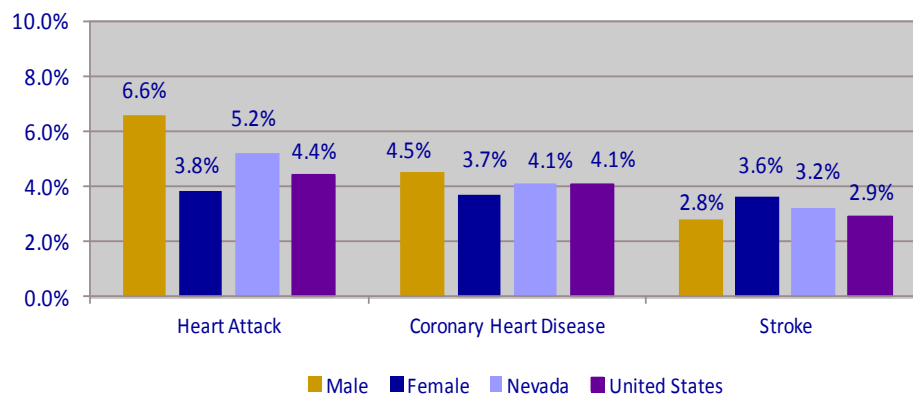
**Table 11: Hypertension Data by Demographics and Region Continued**

◇ “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	39.0 (32.1-46.0)	61.0 (54.0-67.9)
	H.S. or G.E.D.	29.5 (25.9-33.1)	70.5 (66.9-74.1)
	Some Post H.S.	30.5 (26.9-34.2)	69.5 (65.8-73.1)
	College Graduate	27.1 (23.4-30.8)	72.9 (69.2-76.6)
Income	< 15,000	41.4 (33.6-49.2)	58.6 (50.8-66.4)
	\$15,000 to \$24,999	35.3 (29.6-41.0)	64.7 (59.0-70.4)
	\$25,000 to \$34,999	33.4 (26.9-39.9)	66.6 (60.1-73.1)
	\$35,000 to \$49,999	28.4 (22.9-33.8)	71.6 (66.2-77.1)
	\$50,000 to \$74,999	29.0 (24.0-34.1)	71.0 (65.9-76.0)
	\$75,000+	22.6 (18.6-26.5)	77.4 (73.5-81.4)
Veteran	Yes	46.0 (40.4-51.6)	54.0 (48.4-59.6)
	No	28.5 (26.2-30.7)	71.5 (69.3-73.8)

## Cardiovascular

**Chart 11: Nevada Adults Who Have Been Told by a Doctor That They Had a Heart Attack, Stroke, or Have Coronary Heart Disease by Sex With Nevada Total and U.S. Data (NV BRFSS, 2011)**



**Table 12: Selected Cardiovascular Indicators For Nevada and the United States (BRFSS, 2011)**

Health Indicator	Nevada	United States
1. Nevada adults who have been told by a doctor, nurse, or other health professional that they have had a heart attack (myocardial infarction).	5.2%	4.4%
2. Nevada adults who have been told by a doctor, nurse, or other health professional that they have had angina or coronary heart disease.	4.1%	4.1%
3. Nevada adults who have been told by a doctor, nurse, or other health professional that they have had a stroke.	3.2%	2.9%

Heart disease is the leading cause of death for all people in the United States for both men and women. Stroke is the third leading cause of death. Heart disease and stroke are major causes of disability and contribute significantly to healthcare costs in the United States. In general, heart disease death rate has been consistently higher in males than females and higher in the African American population than other racial/ethnic groups.<sup>1, 2, 3</sup>

The Centers for Disease Control and Prevention recommend the following five lifestyle changes to reduce coronary heart disease:<sup>4</sup>

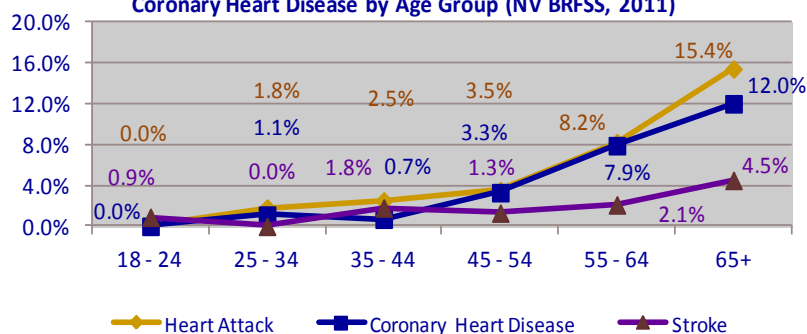
- Eat a healthy diet low in saturated fat and cholesterol and high in fiber.
- Maintain a healthy weight.
- Exercise regularly.
- Don't Smoke.
- Limit alcohol use.

### Cardiovascular

- ◇ “Has a doctor, nurse, or other health professional ever told you that you had any of the following:
  - ⇒ (Ever told) you had a heart attack, also called a myocardial infarction?
  - ⇒ (Ever told) you had angina or coronary heart disease?
  - ⇒ (Ever told) you had a stroke?”

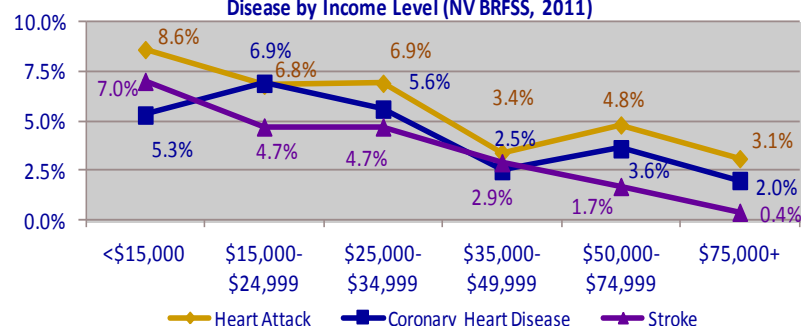
Consistent with national data, heart attack coronary heart disease, and stroke prevalence rates increase significantly in the older age groups. With the aging “Baby Boomer” generation, healthcare costs related to heart attack, coronary heart disease, and stroke will be significantly impacted.

**Chart 12: Nevada Adults Who Have Been Told by a Doctor or Health Professional That They Had a Heart Attack, Stroke, or Have Coronary Heart Disease by Age Group (NV BRFSS, 2011)**



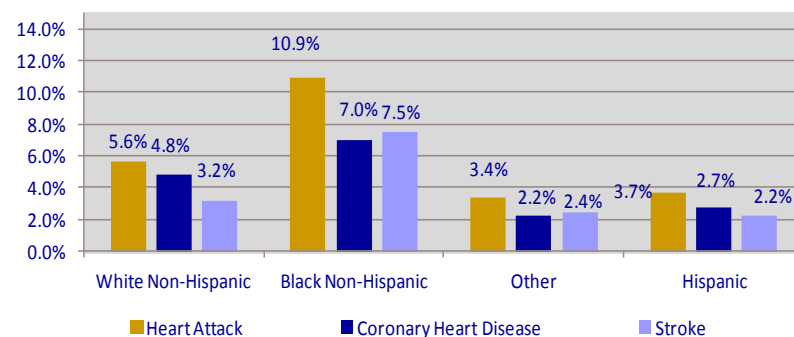
Evidence suggests that Nevadans in lower income brackets are at higher risk for heart attack, coronary heart disease, and stroke than those in higher income brackets.

**Chart 13: Nevada Adults Who Have Been Told by a Doctor or Health Professional That They Had a Heart Attack, Stroke, or Have Coronary Heart Disease by Income Level (NV BRFSS, 2011)**



Evidence suggests that Nevada Blacks have a higher prevalence of heart attacks, coronary heart disease, and strokes than other racial/ethnic categories and Hispanics have the lowest.

**Chart 14: Nevada Adults Who Have Been Told by a Doctor That They Had a Heart Attack, Stroke, or Have Coronary Heart Disease by Race/ethnicity (NV BRFSS, 2011)**



**Table 13: Heart Attack Prevalence by Demographics and Region**  
◇ “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”

Demographic	Grouping	Yes	No
Statewide	Nevada	5.2 (4.2-6.2)	94.8 (93.8-95.8)
Geography	Clark County	5.0 (3.7-6.3)	95.0 (93.7-96.3)
	Washoe County	5.2 (3.7-6.7)	94.8 (93.3-96.3)
	Balance of State	6.4 (4.4-8.5)	93.6 (91.5-95.6)
Age	18 - 24	0.0	100.0 (100.0-100.0)
	25 - 34	1.8 (0.0-4.0)	98.2 (96.0-100.0)
	35 - 44	2.5 (0.3-4.7)	97.5 (95.3-99.7)
	45 - 54	3.5 (1.9-5.2)	96.5 (94.8-98.1)
	55 - 64	8.2 (5.1-11.3)	91.8 (88.7-94.9)
	65+	15.4 (12.2-18.5)	84.6 (81.5-87.8)
Sex	Male	6.6 (4.9-8.2)	93.4 (91.8-95.1)
	Female	3.8 (2.9-4.8)	96.2 (95.2-97.1)
Race/Ethnicity	White	5.6 (4.4-6.7)	94.4 (93.3-95.6)
	Black	10.9 (5.5-16.4)	89.1 (83.6-94.5)
	Other Race	3.4 (1.4-5.4)	96.6 (94.6-98.6)
	Hispanic	3.7 (1.1-6.2)	96.3 (93.8-98.9)

**Table 13 Continued: Heart Attack Prevalence by Demographics and Region**  
◇ “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	4.9 (2.9-6.9)	95.1 (93.1-97.1)
	H.S. or G.E.D.	4.9 (3.3-6.5)	95.1 (93.5-96.7)
	Some Post H.S.	6.6 (4.3-8.8)	93.4 (91.2-95.7)
	College Graduate	3.8 (2.5-5.1)	96.2 (94.9-97.5)
Income	< 15,000	8.6 (5.2-11.9)	91.4 (88.1-94.8)
	\$15,000 to \$24,999	6.9 (4.0-9.8)	93.1 (90.2-96.0)
	\$25,000 to \$34,999	6.9 (3.1-10.7)	93.1 (89.3-96.9)
	\$35,000 to \$49,999	3.4 (1.6-5.3)	96.6 (94.7-98.4)
	\$50,000 to \$74,999	4.8 (2.9-6.8)	95.2 (93.2-97.1)
	\$75,000+	3.1 (1.1-5.1)	96.9 (94.9-98.9)
Veteran	Yes	12.0 (8.1-15.8)	88.0 (84.2-91.9)
	No	4.2 (3.2-5.1)	95.8 (94.9-96.8)

**Table 14: Coronary Heart Disease Prevalence by Demographics and Region**  
◇ “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”

Demographic	Grouping	Yes	No
Statewide	Nevada	4.1 (3.3-4.9)	95.9 (95.1-96.7)
Geography	Clark County	3.9 (2.8-5.1)	96.1 (94.9-97.2)
	Washoe County	4.4 (3.1-5.8)	95.6 (94.2-96.9)
	Balance of State	4.6 (2.9-6.2)	95.4 (93.8-97.1)
Age	18 - 24	0.0	100.0 (100.0-100.0)
	25 - 34	1.1 (0.0-2.9)	98.9 (97.1-100.0)
	35 - 44	0.7 (0.0-1.3)	99.3 (98.7-100.0)
	45 - 54	3.3 (1.4-5.2)	96.7 (94.8-98.6)
	55 - 64	7.9 (4.8-11.1)	92.1 (88.9-95.2)
	65+	12.0 (9.3-14.8)	88.0 (85.2-90.7)
Sex	Male	4.5 (3.2-5.9)	95.5 (94.1-96.8)
	Female	3.7 (2.7-4.7)	96.3 (95.3-97.3)
Race/Ethnicity	White	4.8 (3.7-5.8)	95.2 (94.2-96.3)
	Black	7.0 (2.4-11.7)	93.0 (88.3-97.6)
	Other Race	2.2 (0.9-3.5)	97.8 (96.5-99.1)
	Hispanic	2.7 (0.6-4.7)	97.3 (95.3-99.4)

**Table 14 Continued: Coronary Heart Disease Prevalence by Demographics and Region**  
◇ “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	3.9 (2.1-5.7)	96.1 (94.3-97.9)
	H.S. or G.E.D.	4.6 (3.2-6.1)	95.4 (93.9-96.8)
	Some Post H.S.	4.8 (2.8-6.7)	95.2 (93.3-97.2)
	College Graduate	2.4 (1.6-3.2)	97.6 (96.8-98.4)
Income	< 15,000	5.3 (3.3-7.3)	94.7 (92.7-96.7)
	\$15,000 to \$24,999	7.1 (3.9-10.2)	92.9 (89.8-96.1)
	\$25,000 to \$34,999	5.6 (1.9-9.2)	94.4 (90.8-98.1)
	\$35,000 to \$49,999	2.5 (0.9-4.0)	97.5 (96.0-99.1)
	\$50,000 to \$74,999	3.6 (1.9-5.4)	96.4 (94.6-98.1)
	\$75,000+	2.0 (1.2-2.7)	98.0 (97.3-98.8)
Veteran	Yes	8.7 (5.2-12.2)	91.3 (87.8-94.8)
	No	3.4 (2.6-4.2)	96.6 (95.8-97.4)

**Table 15: Stroke Prevalence by Demographics and Region**

◇ “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”

Demographic	Grouping	Yes	No
Statewide	Nevada	3.2 (2.4-4.0)	96.8 (96.0-97.6)
Geography	Clark County	3.1 (2.1-4.1)	96.9 (95.9-97.9)
	Washoe County	2.9 (1.7-4.1)	97.1 (95.9-98.3)
	Balance of State	4.0 (2.2-5.9)	96.0 (94.1-97.8)
Age	18 - 24	0.0	100.0 (100.0-100.0)
	25 - 34	1.8 (0.0-4.0)	98.2 (96.0-100.0)
	35 - 44	1.3 (0.2-2.5)	98.7 (97.5-99.8)
	45 - 54	2.1 (0.4-3.7)	97.9 (96.3-99.6)
	55 - 64	4.5 (2.6-6.4)	95.5 (93.6-97.4)
	65+	9.3 (6.6-12.0)	90.7 (88.0-93.4)
Sex	Male	2.8 (1.7-3.9)	97.2 (96.1-98.3)
	Female	3.6 (2.5-4.7)	96.4 (95.3-97.5)
Race/Ethnicity	White	3.2 (2.4-3.9)	96.8 (96.1-97.6)
	Black	7.5 (2.1-12.9)	92.5 (87.1-97.9)
	Other Race	2.4 (1.0-3.8)	97.6 (96.2-99.0)
	Hispanic	2.2 (0.2-4.1)	97.8 (95.9-99.8)

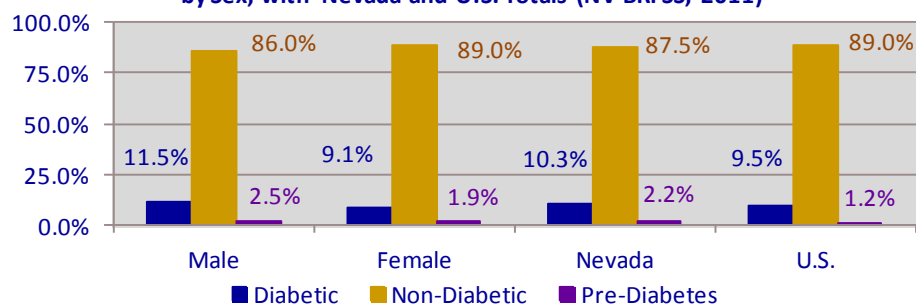


**Table 15 Continued: Stroke Prevalence by Demographics and Region**  
◇ “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	4.4 (2.3-6.4)	95.6 (93.6-97.7)
	H.S. or G.E.D.	3.0 (1.6-4.3)	97.0 (95.7-98.4)
	Some Post H.S.	3.6 (2.0-5.2)	96.4 (94.8-98.0)
	College Graduate	1.9 (0.9-2.9)	98.1 (97.1-99.1)
Income	< 15,000	7.0 (3.8-10.3)	93.0 (89.7-96.2)
	\$15,000 to \$24,999	4.7 (2.4-7.0)	95.3 (93.0-97.6)
	\$25,000 to \$34,999	4.7 (0.8-8.5)	95.3 (91.5-99.2)
	\$35,000 to \$49,999	2.9 (0.9-4.9)	97.1 (95.1-99.1)
	\$50,000 to \$74,999	1.7 (0.6-2.9)	98.3 (97.1-99.4)
	\$75,000+	0.4 (0.2-0.7)	99.6 (99.3-99.8)
Veteran	Yes	5.9 (3.4-8.5)	94.1 (91.5-96.6)
	No	2.7 (1.9-3.5)	97.3 (96.5-98.1)

## Diabetes

**Chart 15: Diabetes Prevalence Among Nevada Adults by Sex, with Nevada and U.S. Totals (NV BRFSS, 2011)**



About 1.9 million people aged 20 years or older were newly diagnosed with diabetes in 2010. In 2005-2008, based on fasting glucose or A1C levels, 35% of U.S. adults aged 20 years or older had prediabetes (50% of adults aged 65 years or older). Diabetes is the leading cause of kidney failure, non-traumatic lower limb amputations, and new cases of blindness among adults in the United States.<sup>1</sup>

Type 1 diabetes or insulin dependent diabetes mellitus usually strikes children or young adults who require insulin to survive. Type 1 diabetes accounts for 5% to 10% of all diagnosed cases of diabetes.

Type 2 diabetes or non-insulin dependent diabetes mellitus accounts for about 90% to 95% of all diagnosed cases. Type 2 diabetes is associated with older age, obesity, family history of diabetes, impaired glucose metabolism, physical activity, and race/ethnicity.

Many people with Type 2 diabetes can control their blood glucose through diet, exercise, losing excessive weight, and taking oral medication. Gestational diabetes is a form of glucose intolerance diagnosed during pregnancy. During pregnancy, gestational diabetes requires treatment to normalize blood glucose levels.<sup>2</sup>

**Table 16: Selected Diabetes Indicators for Nevada and the United States (BRFSS, 2011)**

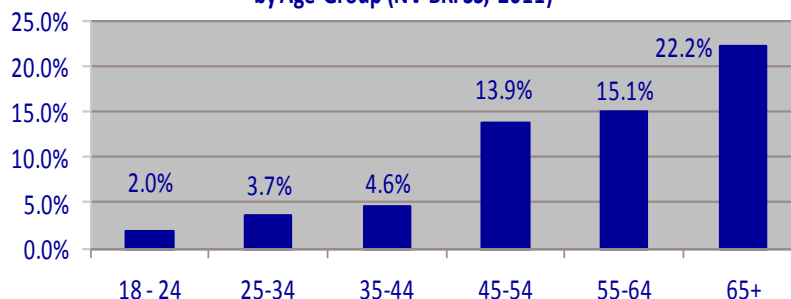
Health Indicator	Nevada	United States
Have you ever been told by a doctor that you have diabetes?		
Yes	10.3%	9.5%
No	87.5%	89.0%
No, pre-diabetes or borderline diabetes	2.2%	1.2%

## Diabetes

◇ “Have you ever been told by a doctor that you have diabetes?”

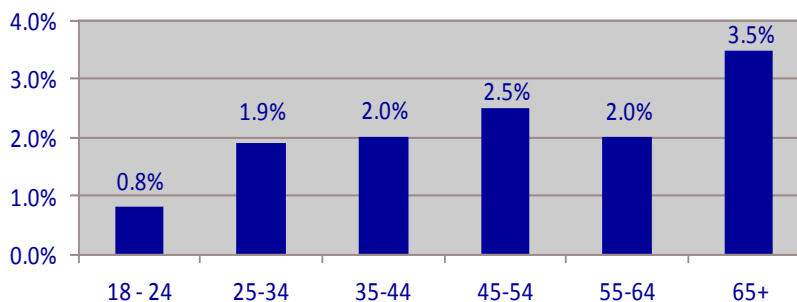
Diabetes is more prevalent in older age groups than younger age groups. The Healthy People 2020 goal is to reduce the overall rate of clinically diagnosed diabetes to 7.2 cases per 1,000 population.

**Chart 16: Diabetes Prevalence Among Nevada Adults by Age Group (NV BRFSS, 2011)**



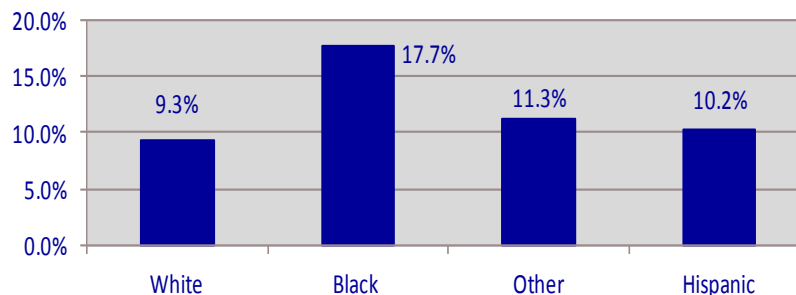
Pre-diabetes means that your blood sugar level is higher than normal, but it's not yet increased enough to be classified as type 2 diabetes.

**Chart 17: Nevada Adults With Pre-Diabetes by Age Group (NV BRFSS, 2011)**



Black adults in Nevada have a higher prevalence rate of diabetes than Whites, Hispanics, and Other race/ethnicities.

**Chart 18: Diabetes Prevalence Among Nevada Adults by Race Ethnicity and Sex (NV, BRFSS 2011)**



**Table 17: Diabetes Prevalence by Demographics and Region**  
◇ “Have you ever been told by a doctor that you have diabetes ?”

Demographic	Grouping	Yes	Yes Female During Pregnancy	No	No Pre- diabetes
Statewide	Nevada	10.3 (8.8-11.8)	1.1 (0.7-1.5)	86.4 (84.8-88.1)	2.2 (1.5-2.8)
Geography	Clark County	10.4 (8.4-12.4)	0.9 (0.4-1.4)	86.6 (84.4-88.8)	2.0 (1.2-2.9)
	Washoe County	9.7 (7.1-12.2)	1.6 (0.5-2.7)	86.0 (83.0-88.9)	2.8 (1.5-4.1)
	Balance of State	10.5 (8.1-12.9)	1.4 (0.7-2.1)	85.9 (83.3-88.5)	2.2 (1.3-3.0)
Age	18 - 24	2.0 (0.0-5.3)	0.0	97.2 (93.7-100.0)	0.8 (0.0-2.0)
	25 - 34	3.7 (0.5-6.8)	1.7 (0.6-2.8)	92.8 (89.2-96.3)	1.9 (0.5-3.2)
	35 - 44	4.6 (1.7-7.5)	2.6 (1.0-4.3)	90.7 (87.0-94.5)	2.0 (0.0-4.0)
	45 - 54	13.9 (9.9-17.8)	0.6 (0.2-1.0)	83.0 (78.8-87.2)	2.5 (1.0-4.0)
	55 - 64	15.1 (10.8-19.5)	0.5 (0.0-1.0)	82.3 (77.9-86.8)	2.0 (0.9-3.2)
	65+	22.2 (18.2-26.3)	0.5 (0.1-0.9)	73.8 (69.6-78.1)	3.5 (1.6-5.3)
Sex	Male	11.5 (9.2-13.7)	0.0	86.1 (83.6-88.5)	2.5 (1.5-3.5)
	Female	9.1 (7.1-11.2)	2.2 (1.4-3.0)	86.8 (84.6-89.1)	1.9 (1.1-2.6)
Race/Ethnicity	White	9.3 (7.7-10.9)	0.8 (0.5-1.1)	87.6 (85.9-89.4)	2.2 (1.5-3.0)
	Black	17.7 (11.0-24.4)	0.5 (0.0-1.2)	81.0 (74.1-87.8)	0.8 (0.0-2.1)
	Other Race	11.3 (6.4-16.3)	1.3 (0.0-2.8)	84.0 (78.5-89.5)	3.3 (0.9-5.7)
	Hispanic	10.2 (6.1-14.4)	1.9 (0.5-3.2)	86.2 (81.6-90.8)	1.7 (0.0-3.5)

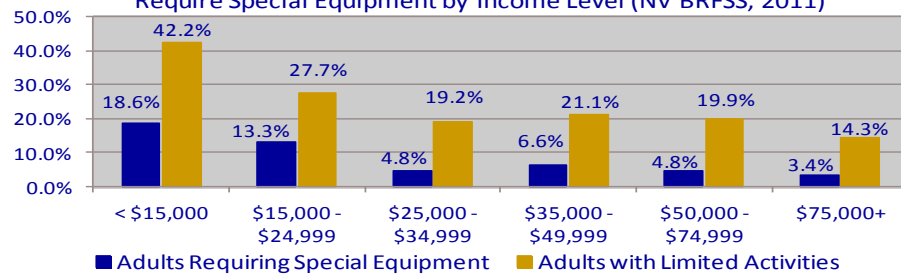
**Table 17 Continued: Diabetes Prevalence by Demographics and Region**

◇ “Have you ever been told by a doctor that you have diabetes ?”

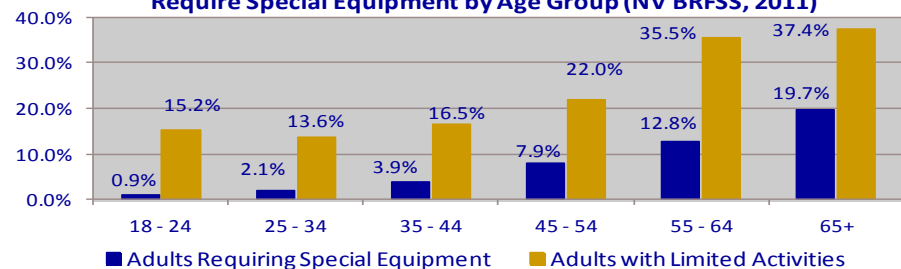
Demographic	Grouping	Yes	Yes Female During Pregnancy	No	No Pre- diabetes
Education	Less than H.S.	13.5 (8.7-18.4)	1.4 (0.0-3.1)	82.8 (77.5-88.1)	2.3 (0.3-4.2)
	H.S. or G.E.D.	9.5 (7.1-11.9)	1.1 (0.5-1.8)	87.4 (84.8-90.0)	2.0 (1.1-3.0)
	Some Post H.S.	12.2 (9.1-15.3)	1.1 (0.6-1.6)	84.2 (80.9-87.5)	2.5 (1.2-3.8)
	College Graduate	5.9 (4.4-7.4)	0.8 (0.2-1.3)	91.9 (90.2-93.6)	1.4 (0.8-2.0)
Income	< 15,000	13.6 (8.5-18.7)	1.5 (0.0-3.0)	80.9 (75.1-86.7)	4.0 (1.3-6.8)
	\$15,000 to \$24,999	15.6 (11.0-20.2)	0.6 (0.1-1.2)	81.9 (77.1-86.7)	1.9 (0.5-3.3)
	\$25,000 to \$34,999	16.5 (9.9-23.0)	3.2 (0.5-5.9)	77.8 (71.0-84.7)	2.5 (0.6-4.3)
	\$35,000 to \$49,999	6.9 (3.7-10.0)	0.6 (0.1-1.0)	91.1 (87.9-94.4)	1.4 (0.4-2.4)
	\$50,000 to \$74,999	5.8 (3.9-7.7)	1.2 (0.3-2.1)	91.7 (89.4-94.1)	1.3 (0.3-2.2)
	\$75,000+	5.9 (3.6-8.1)	0.8 (0.2-1.4)	90.8 (87.9-93.8)	2.5 (0.5-4.4)
Veteran	Yes	19.2 (14.5-23.9)	0.1 (0.0-0.3)	78.8 (74.0-83.6)	1.9 (0.7-3.1)
	No	8.9 (7.3-10.5)	1.3 (0.8-1.7)	87.6 (85.8-89.4)	2.2 (1.5-2.9)

## Disability

**Chart 19: Nevada Adults Who Are Limited in Any Activity Because of Physical, Mental, or Emotional Problems and Nevada Adults Who Require Special Equipment by Income Level (NV BRFSS, 2011)**



**Chart 20: Nevada Adults Who Are Limited in Any Activity Because of Physical, Mental, or Emotional Problems and Nevada Adults Who Require Special Equipment by Age Group (NV BRFSS, 2011)**



According to the 2000 U.S. Census about 49.7 million people in the U.S., age 5 and over have a disability (nearly 1 in 5 or 19%).

Disability can be viewed as representing a minority of the population, in that many people with disabilities may be less visible, undercounted, and underserved. People with disabilities may experience lack of access to health services and may be considered at increased risk of secondary medical, social, and emotional conditions.

Few data systems identify people with disabilities as a subpopulation. Disparities that have been noted between people with and without disabilities are excess weight, reduced physical activity, increased stress, and less frequent mammograms for women over the age of 55.<sup>1,2</sup>

**Table 18: Selected Disability Indicators For Nevada and the United States (BRFSS, 2011)**

Health Indicator	Nevada	United States
1. Adult respondents who are limited in any way in any activities because of physical, mental, or emotional problems.	23.1%	24.3%
2. Adult respondents with health problems that require the use special equipment, such as a cane, wheelchair, a special bed, or special telephone.	7.9%	7.9%

**Table 19: Nevada Adults Who Are Limited (Disability) by Demographics and Region**  
“Are you limited in any way in any activities because of physical, mental, or emotional problems?”

Demographic	Grouping	Yes	No
Statewide	Nevada	23.1 (21.2-25.1)	76.9 (74.9-78.8)
Geography	Clark County	21.7 (19.1-24.2)	78.3 (75.8-80.9)
	Washoe County	23.2 (20.0-26.4)	76.8 (73.6-80.0)
	Balance of State	31.3 (27.5-35.1)	68.7 (64.9-72.5)
Age	18 - 24	15.2 (8.9-21.4)	84.8 (78.6-91.1)
	25 - 34	13.6 (9.6-17.6)	86.4 (82.4-90.4)
	35 - 44	16.5 (12.1-20.8)	83.5 (79.2-87.9)
	45 - 54	22.0 (17.7-26.2)	78.0 (73.8-82.3)
	55 - 64	35.5 (30.1-40.9)	64.5 (59.1-69.9)
	65+	37.4 (33.1-41.7)	62.6 (58.3-66.9)
Sex	Male	20.8 (18.1-23.6)	79.2 (76.4-81.9)
	Female	25.5 (22.8-28.3)	74.5 (71.7-77.2)
Race/Ethnicity	White	27.6 (25.2-30.0)	72.4 (70.0-74.8)
	Black	29.3 (20.4-38.3)	70.7 (61.7-79.6)
	Other Race	19.3 (13.1-25.4)	80.7 (74.6-86.9)
	Hispanic	11.9 (8.0-15.9)	88.1 (84.1-92.0)

**Table 19 Continued:** Nevada Adults Who Are Limited (Disability) by Demographics and Region  
“Are you limited in any way in any activities because of physical, mental, or emotional problems?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	27.5 (21.0-34.1)	72.5 (65.9-79.0)
	H.S. or G.E.D.	25.0 (21.4-28.6)	75.0 (71.4-78.6)
	Some Post H.S.	22.8 (19.6-25.9)	77.2 (74.1-80.4)
	College Graduate	17.8 (14.7-20.8)	82.2 (79.2-85.3)
Income	< 15,000	42.2 (34.1-50.2)	57.8 (49.8-65.9)
	\$15,000 to \$24,999	27.7 (22.4-33.0)	72.3 (67.0-77.6)
	\$25,000 to \$34,999	19.2 (14.4-24.1)	80.8 (75.9-85.6)
	\$35,000 to \$49,999	21.1 (16.0-26.3)	78.9 (73.7-84.0)
	\$50,000 to \$74,999	19.9 (15.1-24.7)	80.1 (75.3-84.9)
	\$75,000+	14.3 (11.5-17.2)	85.7 (82.8-88.5)
Veteran	Yes	30.7 (25.2-36.2)	69.3 (63.8-74.8)
	No	21.8 (19.8-23.9)	78.2 (76.1-80.2)



**Table 20: Nevada Adults Who Require Special Equipment by Demographics and Region**

“Do you now have any health problem that requires you to use special equipment, such as cane, a wheelchair, a special bed, or a special telephone?” (include occasional use or

Demographic	Grouping	Yes	No
Statewide	Nevada	7.9 (6.8-9.0)	92.1 (91.0-93.2)
Geography	Clark County	7.4 (5.9-8.9)	92.6 (91.1-94.1)
	Washoe County	7.4 (5.8-9.0)	92.6 (91.0-94.2)
	Balance of State	11.4 (8.7-14.0)	88.6 (86.0-91.3)
Age	18 - 24	0.9 (0.1-1.8)	99.1 (98.2-99.9)
	25 - 34	2.1 (0.5-3.7)	97.9 (96.3-99.5)
	35 - 44	3.9 (1.8-5.9)	96.1 (94.1-98.2)
	45 - 54	7.9 (4.5-11.3)	92.1 (88.7-95.5)
	55 - 64	12.8 (9.8-15.8)	87.2 (84.2-90.2)
	65+	19.7 (16.1-23.2)	80.3 (76.8-83.9)
Sex	Male	6.3 (5.0-7.7)	93.7 (92.3-95.0)
	Female	9.5 (7.7-11.3)	90.5 (88.7-92.3)
Race/Ethnicity	White	9.2 (7.8-10.7)	90.8 (89.3-92.2)
	Black	14.4 (8.0-20.8)	85.6 (79.2-92.0)
	Other Race	7.0 (3.5-10.4)	93.0 (89.6-96.5)
	Hispanic	3.2 (1.3-5.1)	96.8 (94.9-98.7)

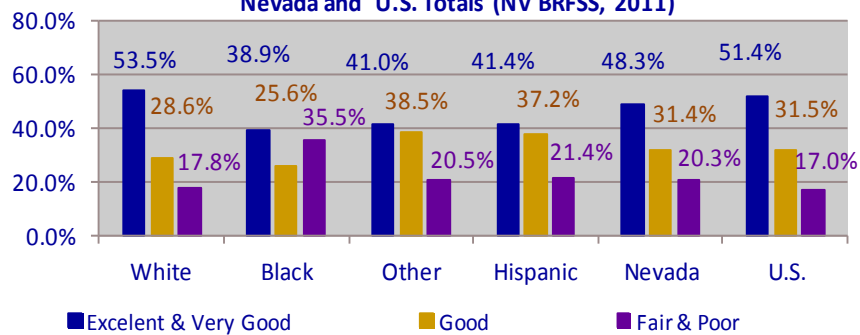
**Table 20 Continued: Nevada Adults Who Require Special Equipment by Demographics and Region**

“Do you now have any health problem that requires you to use special equipment, such as cane, a wheelchair, a special bed, or a special telephone?” (include occasional use or

Demographic	Grouping	Yes	No
Education	Less than H.S.	10.0 (6.0-14.0)	90.0 (86.0-94.0)
	H.S. or G.E.D.	7.0 (5.3-8.7)	93.0 (91.3-94.7)
	Some Post H.S.	9.5 (7.5-11.6)	90.5 (88.4-92.5)
	College Graduate	4.9 (3.3-6.4)	95.1 (93.6-96.7)
Income	< 15,000	18.6 (13.2-24.0)	81.4 (76.0-86.8)
	\$15,000 to \$24,999	13.3 (9.8-16.9)	86.7 (83.1-90.2)
	\$25,000 to \$34,999	4.8 (2.9-6.6)	95.2 (93.4-97.1)
	\$35,000 to \$49,999	6.6 (2.8-10.4)	93.4 (89.6-97.2)
	\$50,000 to \$74,999	4.8 (2.8-6.7)	95.2 (93.3-97.2)
	\$75,000+	3.4 (1.9-4.8)	96.6 (95.2-98.1)
Veteran	Yes	11.3 (7.9-14.6)	88.7 (85.4-92.1)
	No	7.4 (6.2-8.6)	92.6 (91.4-93.8)

## Health Status

**Chart 21: Health Status of Nevada Adults by Race/Ethnicity With Nevada and U.S. Totals (NV BRFSS, 2011)**



Health-related quality of life reflects a personal sense of physical and mental health and the ability to react to factors in the physical and social environments. Health-related quality of life is more subjective than life expectancy and can be more difficult to measure. Self ratings of health status seek to determine how people perceive their own health and how they function physically and mentally during their day to day activities.<sup>1,2,3</sup> The 2011 BRFSS data indicate that 20.3% of Nevadans perceive their health to be fair or poor, slightly higher than the national estimate of 17.0%.

14.5% of Nevada adults claimed 10 or more days of poor physical health in the past 30 days, close to the national value of 14.2%. 14.9% of Nevadans claimed 10 or more days of poor mental health in the past 30 days, essentially the same as the national value of 14.8%. 65.4% of Nevada adults reported having no days of poor physical health in the past 30, and 65.0% reported having no days of poor mental health in the past 30 days. The 2011 Nevada values for adults not participating in physical activity other than their regular job in the past month is 24.3, similar to the national value of 26.2%.

**Table 21: Selected Health Status Indicators For Nevada and the United States (BRFSS, 2011)**

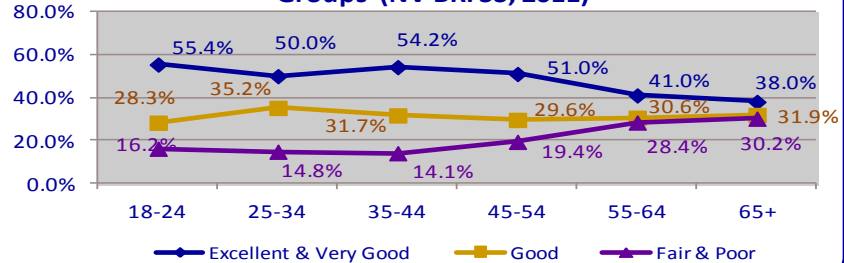
Health Indicator	Nevada	United States
1. Adults indicating a health status of fair or poor (self-assessment).	20.3%	17.0%
2. Adults with poor physical health for 10 or more days out of the last 30 days (includes physical illness and injury).	14.5%	14.2%
3. Adults with poor mental health 10 or more days out of the last 30 days (includes stress, depression, and problems with emotions).	14.9%	14.8%
4. Adults kept from doing usual activities (work, recreation, etc.) over 10 of the last 30 days because of poor mental or physical health.	19.4%	18.5%
5. Adults not getting enough rest or sleep over 10 of the last 30 days.	39.7	Not Available
6. Adults not participating in physical activities during the past month, other than their regular job (running, calisthenics, golf, etc.)	24.3%	26.2%

### Health Status

"How would you rate your general health (excellent, very good, good, fair, or poor)?"

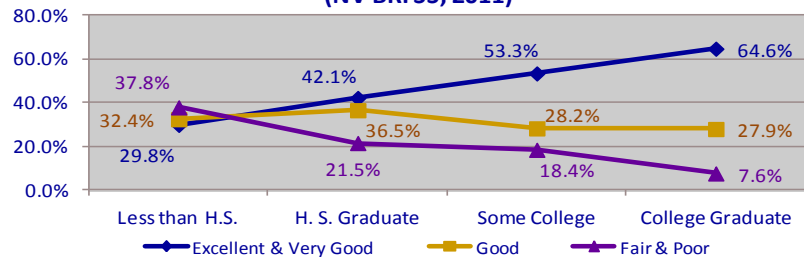
Respondents in younger age groups perceived their health to be "excellent or very good" more often than individuals in older age groups.

**Chart 22: Health Status of Nevada Adults by Age Groups (NV BRFSS, 2011)**



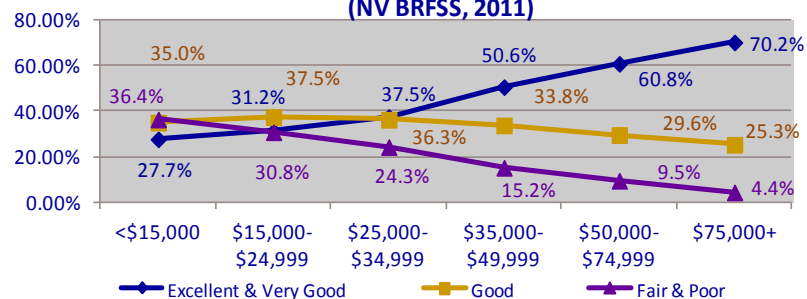
Respondents with more education perceived their health to be "excellent or very good" more often than individuals with less education.

**Chart 23: Health Status of Nevada Adults by Education (NV BRFSS, 2011)**



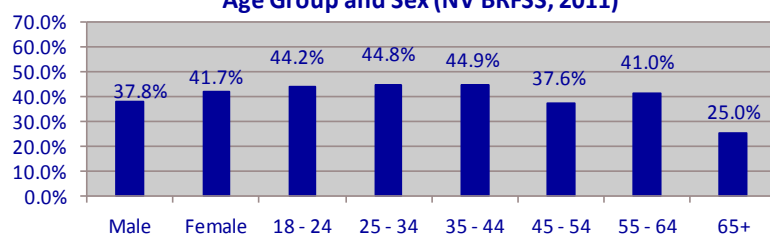
Respondents with higher incomes perceived their health to be "excellent or very good" more often than individuals with lower incomes.

**Chart 24: Health Status of Nevada Adults by Income Level (NV BRFSS, 2011)**



With the exception of individuals 65 years of age or older, around 40% of Nevadans reported not getting enough sleep for 10 or more days in the past 30 days.

**Chart 25: Nevada Adults Who Reported Not Getting Enough Sleep 10 or More Days During the Past 30 Days by Age Group and Sex (NV BRFSS, 2011)**

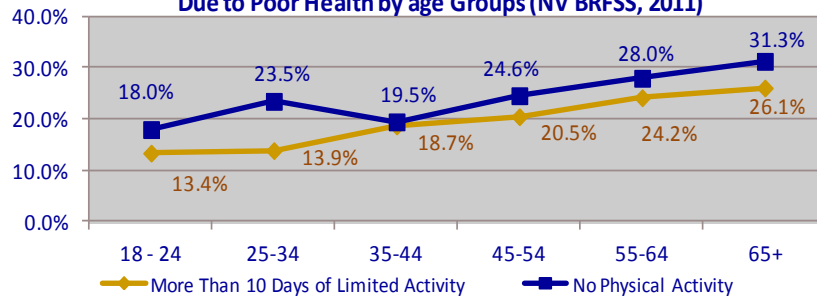


### Health Status

- ◇ "During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?"
- ◇ "During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?"

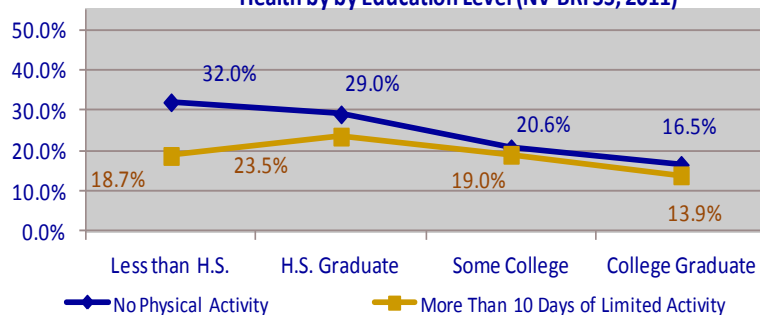
Respondents in younger age groups generally have fewer daily interferences from poor health and have a higher prevalence of physical activity than individuals in older age groups.

**Chart 26: Nevada Adults With No Physical Activity in the Past 30 Days or Those Who Experienced 10 or More Days of Limited Activity Due to Poor Health by Age Groups (NV BRFSS, 2011)**



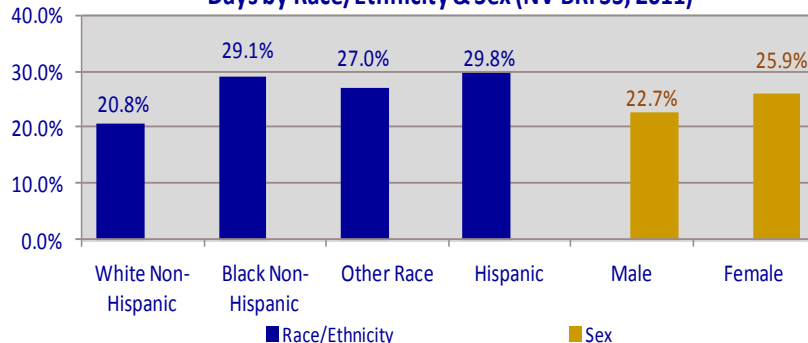
Survey data indicates that the prevalence rate of individuals not participating in physical activity in the past 30 days declines as education level increases.

**Chart 27: Nevada Adults With No Physical Activity in the Past 30 Days or Those Who Experienced 10 or More Days of Limited Activity Due to Poor Health by Education Level (NV BRFSS, 2011)**



Whites had the lowest prevalence of no physical activity in the past 30 days at 20.8%. Females had a higher prevalence rate of inactivity than males, 25.9% and 22.7% respectively.

**Chart 28: Nevada Adults With No Physical Activity in the Past 30 Days by Race/Ethnicity & Sex (NV BRFSS, 2011)**

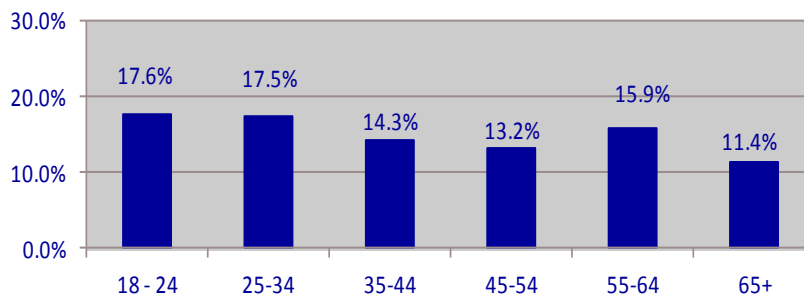


### Mental Health

- ◇ "Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?"

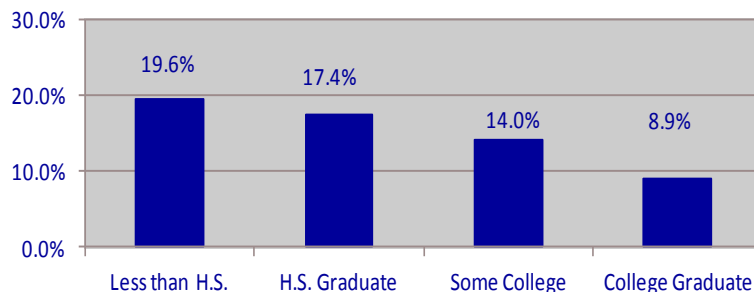
Individuals experiencing 10 or more days of poor mental health in the past month is more prevalent in ages 18 to 34.

**Chart 29: Nevada Adults Who Experienced 10 or More Days of Poor Mental Health by Age Groups (NV BRFSS, 2011)**



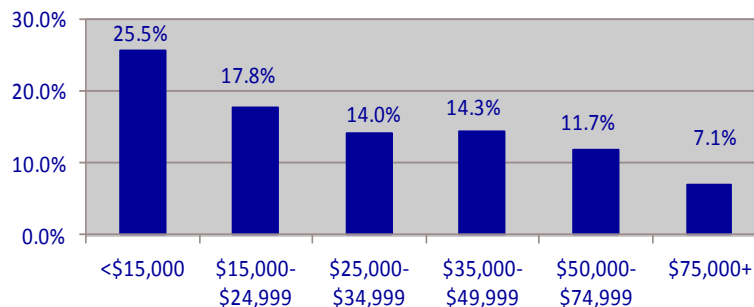
Individuals experiencing 10 or more days of poor mental health are more prevalent in individuals with less education.

**Chart 30: Nevada Adults Who experienced 10 or More days of Poor Mental Health by Education Level (NV BRFSS, 2011)**



Individuals experiencing 10 or more days of poor mental health are more in lower income brackets than higher income brackets.

**Chart 31: Nevada Adults Who experienced 10 or More days of Poor Mental Health by Income Level (NV BRFSS, 2011)**



**Table 22: Perceived Health Status, by Demographics and Region**  
◇ "How would you rate your general health (excellent, very good, good, fair, or poor)?"

Demographic	Grouping	Excellent	Very Good	Good	Fair	Poor
Statewide	Nevada	20.7 (18.8-22.6)	27.6 (25.6-29.6)	31.4 (29.2-33.7)	14.7 (12.9-16.4)	5.6 (4.5-6.7)
Geography	Clark County	22.0 (19.4-24.5)	26.9 (24.3-29.5)	31.5 (28.6-34.4)	14.3 (12.0-16.6)	5.4 (4.0-6.7)
	Washoe County	17.7 (14.8-20.5)	30.0 (26.6-33.5)	32.5 (28.7-36.4)	14.1 (11.2-17.1)	5.6 (3.6-7.7)
	Balance of State	17.4 (14.3-20.5)	28.6 (25.0-32.2)	29.9 (26.4-33.4)	17.4 (14.3-20.5)	6.8 (4.7-8.9)
Age	18 - 24	23.7 (17.0-30.5)	31.7 (24.3-39.1)	28.3 (21.4-35.2)	13.8 (7.7-19.9)	2.4 (0.0-6.0)
	25 - 34	24.7 (19.7-29.8)	25.3 (20.5-30.1)	35.2 (29.1-41.2)	12.4 (8.1-16.7)	2.4 (0.8-4.1)
	35 - 44	26.8 (21.4-32.2)	27.4 (22.5-32.3)	31.7 (26.2-37.2)	10.4 (6.9-13.8)	3.7 (1.8-5.6)
	45 - 54	19.6 (15.3-23.9)	31.4 (26.5-36.3)	29.6 (24.7-34.4)	13.5 (9.6-17.5)	5.9 (3.0-8.9)
	55 - 64	14.0 (11.2-16.8)	27.0 (22.7-31.3)	30.6 (25.6-35.5)	17.4 (13.0-21.9)	11.0 (7.4-14.7)
	65+	14.0 (10.9-17.0)	24.0 (20.7-27.4)	31.9 (28.1-35.7)	21.8 (17.9-25.6)	8.4 (6.1-10.6)
Sex	Male	21.0 (18.1-23.8)	29.6 (26.6-32.6)	31.7 (28.4-35.0)	13.3 (10.9-15.7)	4.4 (3.1-5.7)
	Female	20.4 (17.9-23.0)	25.6 (22.9-28.2)	31.2 (28.2-34.2)	16.1 (13.5-18.6)	6.7 (5.0-8.5)
Race/Ethnicity	White	21.6 (19.4-23.9)	31.9 (29.5-34.3)	28.6 (26.3-30.9)	12.8 (11.0-14.7)	5.0 (3.9-6.1)
	Black	13.6 (6.9-20.4)	25.3 (16.8-33.8)	25.6 (18.3-32.9)	24.6 (16.1-33.1)	10.9 (5.4-16.3)
	Other Race	24.0 (17.1-30.8)	17.0 (12.1-22.0)	38.5 (30.8-46.3)	13.6 (8.5-18.6)	6.9 (3.0-10.9)
	Hispanic	18.3 (13.7-23.0)	23.1 (18.0-28.1)	37.2 (31.2-43.2)	16.4 (11.7-21.1)	5.0 (2.2-7.8)

**Table 22 Continued: Perceived Health Status, by Demographics and Region**

◇ "How would you rate your general health (excellent, very good, good, fair, or poor)?"

Demographic	Grouping	Excellent	Very Good	Good	Fair	Poor
Education	Less than H.S.	7.7 (3.9-11.6)	22.1 (15.8-28.4)	32.4 (25.8-39.0)	29.6 (22.9-36.4)	8.2 (4.4-12.0)
	H.S. or G.E.D.	17.5 (14.0-20.9)	24.6 (21.2-27.9)	36.5 (32.3-40.6)	14.4 (11.5-17.4)	7.1 (4.9-9.2)
	Some Post H.S.	25.0 (21.4-28.7)	28.3 (24.9-31.8)	28.2 (24.6-31.8)	13.7 (10.9-16.4)	4.7 (3.1-6.4)
	College Graduate	29.3 (25.4-33.2)	35.3 (31.4-39.1)	27.9 (23.8-31.9)	4.9 (3.4-6.3)	2.7 (1.4-4.0)
Income	< 15,000	11.0 (5.6-16.4)	16.7 (11.1-22.2)	35.0 (26.8-43.2)	22.6 (16.3-28.9)	13.8 (9.1-18.5)
	\$15,000 to \$24,999	13.9 (9.5-18.4)	17.3 (13.1-21.4)	37.5 (31.6-43.4)	22.8 (17.7-27.9)	8.0 (5.0-11.0)
	\$25,000 to \$34,999	12.7 (7.9-17.6)	24.8 (19.2-30.5)	36.3 (29.4-43.3)	16.6 (10.5-22.6)	7.7 (3.3-12.2)
	\$35,000 to \$49,999	22.1 (16.8-27.3)	28.5 (23.2-33.9)	33.8 (27.5-40.0)	11.5 (7.4-15.6)	3.7 (1.9-5.5)
	\$50,000 to \$74,999	26.0 (20.4-31.6)	34.8 (28.9-40.7)	29.6 (24.4-34.8)	7.4 (4.9-9.9)	2.1 (1.0-3.3)
	\$75,000+	32.4 (28.1-36.8)	37.8 (33.4-42.2)	25.3 (21.3-29.4)	3.8 (2.2-5.4)	0.6 (0.1-1.1)
Veteran	Yes	20.5 (15.9-25.2)	26.1 (21.4-30.8)	32.6 (27.2-38.0)	13.8 (10.1-17.5)	7.0 (3.6-10.4)
	No	20.7 (18.6-22.8)	27.8 (25.6-30.0)	31.4 (29.0-33.8)	14.7 (12.8-16.7)	5.4 (4.3-6.5)



**Table 23: Physical Health by Demographics and Region**

◇ "Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 was your physical health not good?"

Demographic	Grouping	0	1-9	10+
Statewide	Nevada	65.4 (63.1-67.6)	20.2 (18.2-22.1)	14.5 (12.9-16.0)
Geography	Clark County	65.6 (62.6-68.5)	20.7 (18.1-23.3)	13.8 (11.7-15.8)
	Washoe County	67.8 (64.0-71.5)	18.3 (15.0-21.5)	13.9 (11.4-16.5)
	Balance of State	61.4 (57.4-65.3)	19.6 (16.5-22.7)	19.0 (15.7-22.3)
Age	18 - 24	68.4 (60.7-76.2)	24.0 (16.8-31.2)	7.6 (3.2-11.9)
	25 - 34	66.7 (61.1-72.2)	23.5 (18.6-28.5)	9.8 (6.3-13.3)
	35 - 44	68.3 (63.1-73.6)	20.1 (15.5-24.7)	11.6 (8.1-15.0)
	45 - 54	69.3 (64.3-74.2)	15.5 (11.9-19.0)	15.3 (11.1-19.4)
	55 - 64	58.7 (53.3-64.2)	21.3 (16.0-26.6)	20.0 (16.0-24.0)
	65+	59.8 (55.4-64.1)	17.6 (13.9-21.3)	22.7 (19.1-26.2)
Sex	Male	68.7 (65.4-71.9)	18.9 (16.1-21.8)	12.4 (10.2-14.6)
	Female	62.0 (58.9-65.1)	21.4 (18.7-24.1)	16.6 (14.4-18.9)
Race/Ethnicity	White	66.4 (63.9-68.8)	18.8 (16.7-20.9)	14.8 (13.0-16.7)
	Black	56.4 (47.2-65.5)	18.9 (12.0-25.8)	24.8 (17.1-32.4)
	Other Race	65.1 (57.6-72.6)	18.0 (11.9-24.1)	16.9 (11.2-22.6)
	Hispanic	65.9 (60.0-71.9)	24.4 (18.9-30.0)	9.7 (6.1-13.2)

**Table 23 Continued: Physical Health by Demographics and Region**

◇ "Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 was your physical health not good?"

Demographic	Grouping	0	1-9	10+
Education	Less than H.S.	59.0 (51.7-66.3)	21.6 (15.2-28.0)	19.4 (13.9-24.8)
	H.S. or G.E.D.	64.8 (60.7-68.8)	21.2 (17.5-24.9)	14.1 (11.6-16.6)
	Some Post H.S.	64.7 (60.9-68.5)	19.9 (16.8-23.1)	15.4 (12.5-18.3)
	College Graduate	72.0 (68.3-75.6)	18.1 (15.0-21.2)	10.0 (7.7-12.2)
Income	< 15,000	46.7 (38.4-54.9)	24.3 (16.6-32.1)	29.0 (22.3-35.6)
	\$15,000 to \$24,999	58.7 (52.8-64.6)	20.3 (15.5-25.2)	21.0 (16.4-25.6)
	\$25,000 to \$34,999	58.2 (50.7-65.8)	24.3 (17.5-31.1)	17.4 (11.3-23.6)
	\$35,000 to \$49,999	68.6 (62.8-74.5)	16.5 (12.0-21.1)	14.8 (10.2-19.4)
	\$50,000 to \$74,999	70.9 (65.3-76.5)	22.0 (16.5-27.5)	7.1 (5.1-9.1)
	\$75,000+	77.0 (73.5-80.5)	17.0 (13.8-20.1)	6.0 (4.4-7.7)
Veteran	Yes	66.8 (61.3-72.3)	15.1 (10.8-19.3)	18.1 (13.7-22.5)
	No	65.2 (62.8-67.7)	21.0 (18.8-23.1)	13.8 (12.1-15.5)

**Table 24: Mental Health by Demographics and Region**

◇ "Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?"

Demographic	Grouping	0	1-9	10+
Statewide	Nevada	65.0 (62.8-67.3)	20.1 (18.1-22.1)	14.9 (13.2-16.5)
Geography	Clark County	65.0 (62.0-68.0)	20.6 (18.0-23.2)	14.4 (12.3-16.5)
	Washoe County	64.3 (60.5-68.1)	20.4 (17.1-23.8)	15.2 (12.5-18.0)
	Balance of State	66.4 (62.5-70.3)	16.7 (13.6-19.8)	16.9 (13.7-20.1)
Age	18 - 24	57.8 (50.0-65.7)	24.5 (18.4-30.7)	17.6 (10.7-24.5)
	25 - 34	58.8 (52.8-64.8)	23.7 (18.3-29.1)	17.5 (13.2-21.8)
	35 - 44	66.5 (61.2-71.8)	19.3 (14.8-23.7)	14.3 (10.6-17.9)
	45 - 54	67.4 (62.4-72.3)	19.5 (15.3-23.7)	13.2 (9.8-16.5)
	55 - 64	61.9 (56.5-67.3)	22.1 (16.7-27.6)	15.9 (12.7-19.2)
	65+	76.3 (72.3-80.3)	12.3 (8.9-15.7)	11.4 (8.7-14.1)
Sex	Male	69.5 (66.1-72.8)	18.6 (15.6-21.6)	11.9 (9.8-14.0)
	Female	60.5 (57.4-63.7)	21.6 (19.0-24.2)	17.9 (15.4-20.3)
Race/Ethnicity	White	64.9 (62.3-67.5)	19.9 (17.7-22.2)	15.2 (13.3-17.1)
	Black	62.5 (53.5-71.5)	14.3 (8.7-19.9)	23.2 (15.0-31.3)
	Other Race	66.5 (58.8-74.2)	17.1 (10.6-23.7)	16.4 (10.6-22.1)
	Hispanic	65.4 (59.6-71.3)	23.1 (17.7-28.4)	11.5 (7.8-15.2)

**Table 24 Continued: Mental Health by Demographics and Region**

◇ "Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?"

Demographic	Grouping	0	1-9	10+
Education	Less than H.S.	62.3 (55.2-69.4)	18.1 (12.1-24.2)	19.6 (14.3-24.8)
	H.S. or G.E.D.	64.5 (60.4-68.6)	18.1 (14.8-21.4)	17.4 (14.1-20.7)
	Some Post H.S.	62.1 (58.1-66.0)	23.9 (20.3-27.6)	14.0 (11.6-16.4)
	College Graduate	72.7 (68.9-76.5)	18.4 (14.9-22.0)	8.9 (6.8-10.9)
Income	< 15,000	55.2 (47.4-63.0)	19.2 (12.5-25.9)	25.5 (19.6-31.5)
	\$15,000 to \$24,999	60.6 (54.6-66.5)	21.7 (16.3-27.0)	17.8 (13.7-21.8)
	\$25,000 to \$34,999	64.1 (56.7-71.5)	21.9 (15.1-28.7)	14.0 (8.8-19.1)
	\$35,000 to \$49,999	64.8 (58.8-70.8)	20.9 (15.7-26.0)	14.3 (10.0-18.6)
	\$50,000 to \$74,999	72.7 (67.7-77.7)	15.6 (11.6-19.6)	11.7 (8.3-15.1)
	\$75,000+	72.5 (68.3-76.6)	20.5 (16.7-24.2)	7.1 (4.7-9.5)
Veteran	Yes	74.3 (68.9-79.8)	14.8 (9.6-19.9)	10.9 (8.0-13.8)
	No	63.5 (61.0-66.0)	20.9 (18.8-23.1)	15.5 (13.7-17.4)

**Table 25: Nevada Adults Unable to Do Usual Activities because of Poor Health by Demographics and Region**

◇ "During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recrea-

Demographic	Grouping	0	1-9	10+
Statewide	Nevada	60.2 (57.0-63.4)	20.4 (17.9-22.9)	19.4 (16.8-22.0)
Geography	Clark County	61.0 (56.9-65.2)	20.1 (16.8-23.4)	18.9 (15.5-22.3)
	Washoe County	59.4 (54.1-64.8)	22.7 (17.9-27.5)	17.9 (13.9-21.8)
	Balance of State	56.5 (50.6-62.3)	19.3 (14.7-23.8)	24.3 (19.6-29.0)
Age	18 - 24	70.5 (60.9-80.1)	16.1 (10.1-22.2)	13.4 (5.0-21.8)
	25 - 34	63.1 (55.5-70.8)	23.0 (16.7-29.2)	13.9 (8.3-19.5)
	35 - 44	57.3 (49.6-65.1)	23.9 (17.3-30.5)	18.7 (12.5-24.9)
	45 - 54	58.0 (50.4-65.6)	21.5 (15.0-28.1)	20.5 (14.4-26.6)
	55 - 64	53.0 (45.4-60.5)	22.8 (15.9-29.7)	24.2 (17.6-30.8)
	65+	61.0 (54.9-67.0)	12.9 (9.3-16.5)	26.1 (20.6-31.6)
Sex	Male	61.3 (56.3-66.3)	21.5 (17.2-25.7)	17.3 (13.4-21.1)
	Female	59.2 (55.2-63.3)	19.5 (16.5-22.5)	21.3 (17.8-24.7)
Race/Ethnicity	White	61.3 (57.7-64.8)	19.7 (16.9-22.4)	19.1 (16.2-21.9)
	Black	60.5 (49.2-71.8)	17.9 (9.3-26.5)	21.6 (12.3-30.9)
	Other Race	56.4 (45.3-67.5)	20.4 (10.9-30.0)	23.2 (14.1-32.2)
	Hispanic	60.1 (51.5-68.7)	21.8 (15.0-28.5)	18.1 (11.0-25.3)

**Table 25 Continued: Nevada Adults Unable to Do Usual Activities because of Poor Health by Demographics and Region Cont.**

◇ "During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recrea-

Demographic	Grouping	0	1-9	10+
Education	Less than H.S.	63.9 (55.1-72.8)	17.4 (10.3-24.5)	18.7 (11.8-25.5)
	H.S. or G.E.D.	56.2 (50.4-61.9)	20.4 (15.8-24.9)	23.5 (18.5-28.5)
	Some Post H.S.	62.5 (57.3-67.7)	18.5 (14.6-22.3)	19.0 (14.7-23.4)
	College Graduate	57.9 (51.7-64.0)	28.3 (22.5-34.1)	13.9 (9.6-18.1)
Income	< 15,000	44.9 (35.5-54.4)	18.2 (10.7-25.6)	36.9 (28.3-45.5)
	\$15,000 to \$24,999	55.2 (47.7-62.7)	22.6 (16.2-29.0)	22.2 (16.0-28.4)
	\$25,000 to \$34,999	61.5 (51.3-71.8)	17.6 (10.7-24.4)	20.9 (11.7-30.1)
	\$35,000 to \$49,999	62.7 (54.5-70.9)	24.3 (17.0-31.5)	13.1 (7.8-18.3)
	\$50,000 to \$74,999	63.8 (55.1-72.4)	22.9 (14.6-31.3)	13.3 (8.4-18.2)
	\$75,000+	70.0 (63.7-76.2)	22.2 (16.6-27.9)	7.8 (4.1-11.5)
Veteran	Yes	58.9 (50.2-67.6)	19.4 (11.9-26.9)	21.7 (14.2-29.3)
	No	60.6 (57.2-64.0)	20.5 (17.8-23.2)	18.9 (16.2-21.7)

**Table 26: Physical Activity by Demographics and Region**

◇ "During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?"

Demographic	Grouping	Yes	No
Statewide	Nevada	75.7 (73.6-77.9)	24.3 (22.1-26.4)
Geography	Clark County	74.7 (71.8-77.5)	25.3 (22.5-28.2)
	Washoe County	81.2 (78.0-84.4)	18.8 (15.6-22.0)
	Balance of State	75.0 (71.2-78.9)	25.0 (21.1-28.8)
Age	18 - 24	82.0 (75.4-88.5)	18.0 (11.5-24.6)
	25 - 34	76.5 (70.6-82.3)	23.5 (17.7-29.4)
	35 - 44	80.5 (75.4-85.6)	19.5 (14.4-24.6)
	45 - 54	75.4 (70.7-80.2)	24.6 (19.8-29.3)
	55 - 64	72.0 (66.8-77.3)	28.0 (22.7-33.2)
	65+	68.7 (64.3-73.0)	31.3 (27.0-35.7)
Sex	Male	77.3 (74.0-80.5)	22.7 (19.5-26.0)
	Female	74.1 (71.3-77.0)	25.9 (23.0-28.7)
Race/Ethnicity	White	79.2 (77.1-81.3)	20.8 (18.7-22.9)
	Black	70.9 (61.8-79.9)	29.1 (20.1-38.2)
	Other Race	73.0 (65.8-80.3)	27.0 (19.7-34.2)
	Hispanic	70.2 (63.9-76.4)	29.8 (23.6-36.1)

**Table 26 Continued: Physical Activity by Demographics and Region**

◇ "During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?"

Demographic	Grouping	Yes	No
Education	Less than H.S.	68.0 (61.2-74.8)	32.0 (25.2-38.8)
	H.S. or G.E.D.	71.0 (66.9-75.1)	29.0 (24.9-33.1)
	Some Post H.S.	79.4 (76.0-82.9)	20.6 (17.1-24.0)
	College Graduate	83.5 (80.0-86.9)	16.5 (13.1-20.0)
Income	< 15,000	64.1 (56.2-72.0)	35.8 (28.0-43.7)
	\$15,000 to \$24,999	66.7 (60.7-72.7)	33.3 (27.3-39.3)
	\$25,000 to \$34,999	70.5 (62.7-78.2)	29.4 (21.6-37.1)
	\$35,000 to \$49,999	80.2 (75.3-85.2)	19.7 (14.8-24.7)
	\$50,000 to \$74,999	80.7 (76.0-85.5)	19.3 (14.5-24.0)
	\$75,000+	87.4 (84.2-90.7)	12.6 (9.3-15.8)
Veteran	Yes	79.4 (74.7-84.1)	20.6 (15.9-25.3)
	No	75.2 (72.8-77.6)	24.8 (22.4-27.2)



**Table 27: Inadequate Sleep by Demographics and Region**

◇ During the past 30 days, about how many days have you felt you did not get enough sleep?

Demographic	Grouping	0	1-9	10+
Statewide	Nevada	25.6 (22.9-28.2)	34.7 (31.7-37.7)	39.7 (36.6-42.8)
Geography	Clark County	24.4 (20.9-28.0)	34.6 (30.5-38.6)	41.0 (36.8-45.2)
	Washoe County	28.3 (24.3-32.2)	37.7 (32.9-42.4)	34.1 (29.6-38.6)
	Balance of State	28.2 (24.2-32.3)	32.0 (27.7-36.3)	39.8 (35.2-44.3)
Age	18 - 24	26.7 (14.9-38.6)	29.0 (17.8-40.2)	44.2 (31.5-57.0)
	25 - 34	17.4 (10.0-24.7)	37.8 (28.8-46.8)	44.8 (35.6-54.0)
	35 - 44	17.0 (11.2-22.9)	38.1 (30.8-45.4)	44.9 (37.4-52.4)
	45 - 54	25.3 (19.2-31.4)	37.0 (30.8-43.3)	37.6 (31.5-43.8)
	55 - 64	26.9 (22.8-31.1)	32.0 (27.0-37.1)	41.0 (35.2-46.8)
	65+	44.2 (39.9-48.5)	30.8 (26.3-35.3)	25.0 (21.3-28.6)
Sex	Male	29.1 (24.9-33.3)	33.1 (28.6-37.6)	37.8 (33.1-42.5)
	Female	21.9 (18.6-25.1)	36.4 (32.4-40.4)	41.7 (37.7-45.8)
Race/Ethnicity	White	26.6 (23.7-29.5)	31.9 (28.9-34.9)	41.5 (38.1-44.9)
	Black	18.3 (8.6-28.1)	28.8 (18.2-39.4)	52.9 (40.9-64.9)
	Other Race	22.1 (13.2-31.0)	36.0 (24.6-47.5)	41.8 (30.0-53.7)
	Hispanic	27.3 (19.5-35.1)	46.1 (37.3-54.9)	26.6 (19.0-34.3)

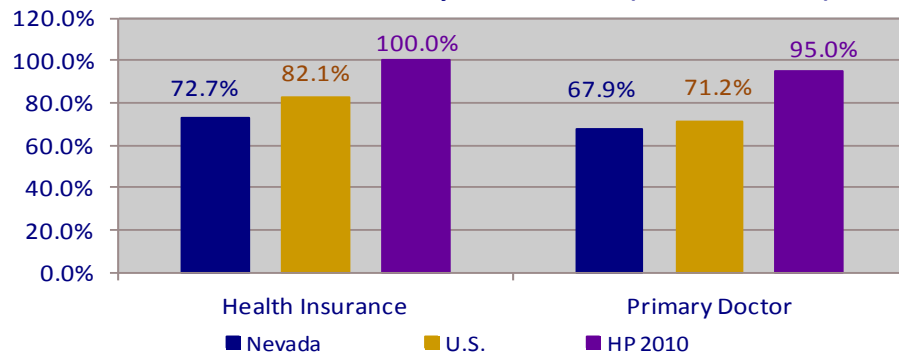
**Table 27 Continued: Inadequate Sleep by Demographics and Region Cont.**

◇ During the past 30 days, about how many days have you felt you did not get enough sleep?

Demographic	Grouping	0	1-9	10+
Education	Less than H.S.	24.8 (17.2-32.4)	39.9 (30.8-48.9)	35.3 (26.6-44.0)
	H.S. or G.E.D.	25.7 (21.0-30.5)	31.2 (25.5-36.8)	43.1 (37.1-49.0)
	Some Post H.S.	25.9 (21.1-30.7)	31.8 (27.0-36.7)	42.2 (36.9-47.5)
	College Graduate	24.5 (19.7-29.3)	40.6 (35.1-46.1)	34.9 (29.7-40.1)
Income	< 15,000	23.7 (16.0-31.4)	26.7 (16.7-36.7)	49.6 (38.6-60.7)
	\$15,000 to \$24,999	25.8 (18.4-33.1)	32.3 (24.3-40.2)	41.9 (33.6-50.2)
	\$25,000 to \$34,999	27.8 (19.2-36.4)	36.9 (27.2-46.7)	35.3 (25.8-44.7)
	\$35,000 to \$49,999	29.2 (21.0-37.4)	32.4 (24.5-40.4)	38.3 (30.1-46.6)
	\$50,000 to \$74,999	21.0 (14.8-27.3)	38.4 (30.7-46.1)	40.6 (32.6-48.6)
	\$75,000+	21.1 (16.7-25.5)	37.7 (31.9-43.4)	41.2 (35.3-47.2)
Veteran	Yes	40.3 (33.4-47.3)	24.2 (18.4-30.0)	35.4 (28.8-42.1)
	No	23.4 (20.5-26.3)	36.4 (33.1-39.8)	40.1 (36.7-43.6)

## Healthcare Access

**Chart 32: Percent of Nevada and U.S. Adults with Health Insurance and a Primary Care Provider (NV BRFSS, 2011)**



Access to quality care is important to eliminate health disparities and increase the quality and years of healthy life. People must have access to clinical preventive services that are effective in preventing disease (primary prevention) or detecting asymptomatic disease or risk factors at early treatable stages.<sup>1</sup>

The Healthy People 2020 target for individuals with health insurance is 100%. Uninsured people are less than half as likely as people with health insurance to have a primary care provider or to receive appropriate preventive care. Nationwide it is estimated that 82.1% of the adult population has health insurance; Nevada's adult population with health insurance is estimated at 72.7%.

A primary care doctor can provide individuals with a understanding of their health problems and direct them to appropriate health services. Evidence suggests that timely care provided by a regular primary care providers leads to less costly medical care.<sup>1</sup> The Healthy People 2020 Target for individuals with a regular primary care provider is 83.9%. Nationwide, it is estimated that 81.8% of the adult population have a regular primary care provider. 67.9% of Nevada's adult population are estimated to have a primary care provider.

**Table 28: Selected Health Access Indicators For Nevada and the United States (BRFSS, 2011)**

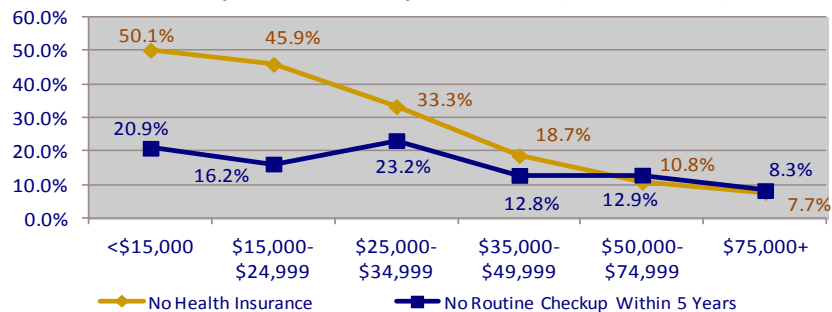
Health Indicator	Nevada	United States
1. Adult respondents with any kind of healthcare coverage, including health insurance, prepaid plans such as HMO's or government plans such as Medicare.	72.7%	82.1%
2. Adult respondents with a personal doctor or health care provider.	63.0%	81.8%
3. Adult respondents reporting a time in the past 12 months when they needed to see a doctor but could not because of cost.	20.9%	15.7%
4. Time since last visiting a doctor for a routine checkup		
Within the past two years (anytime less than 2 years ago)	75.5%	80.3%
Within the past 5 years (greater than 2 years but less than 5 years)	10.1%	9.0%
5 or more years ago	12.4%	9.0%
Never	1.9%	1.2%

### Healthcare Access

- ◇ "Do you have any healthcare coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?"
- ◇ "Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?"
- ◇ "Do you have one person you think of as your personal doctor or health care provider?"
- ◇ "About how long has it been since you last visited a doctor for a routine check-up?"

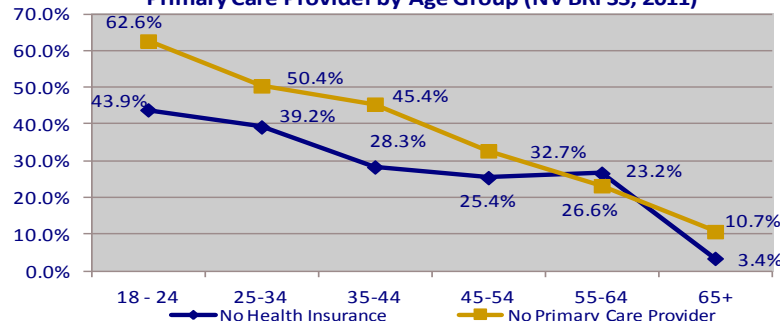
As would be expected, a higher percentage of respondents in lower income groups do not have health insurance than those in higher income brackets.

**Chart 33: Nevada Adults With No Health Insurance and No Routine Checkup Within 5 Years by Income Level (NV BRFSS, 2011)**



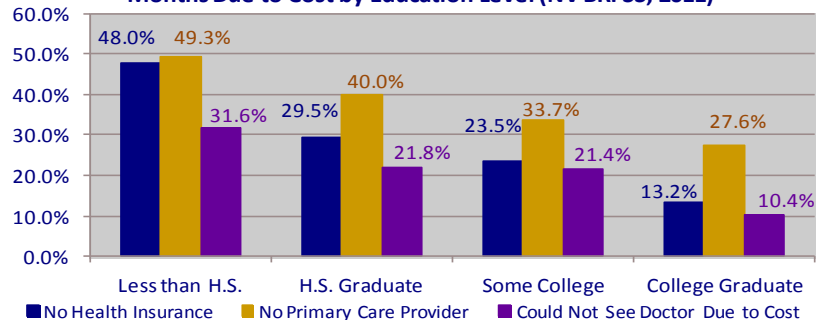
Individuals in younger age groups are more likely to be without health insurance or a primary care provider than those in older age groups.

**Chart 34: Nevada Adults With No Health Insurance and No Primary Care Provider by Age Group (NV BRFSS, 2011)**



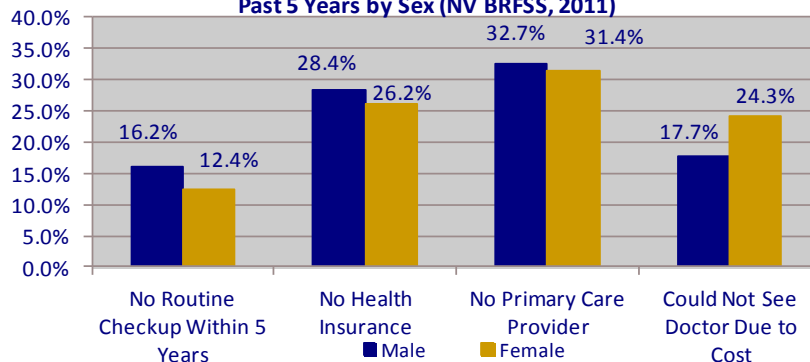
A higher percentage of individuals with a high school education or less do not have health insurance or a primary care provider than those with more education. Also, a higher percentage of individuals with a high school education or less did not see a doctor in the past 12 months due to cost.

**Chart 35: Nevada Adults With No Health Insurance, No Primary Care Provider, and Who Could Not See a Doctor in the Past 12 Months Due to Cost by Education Level (NV BRFSS, 2011)**



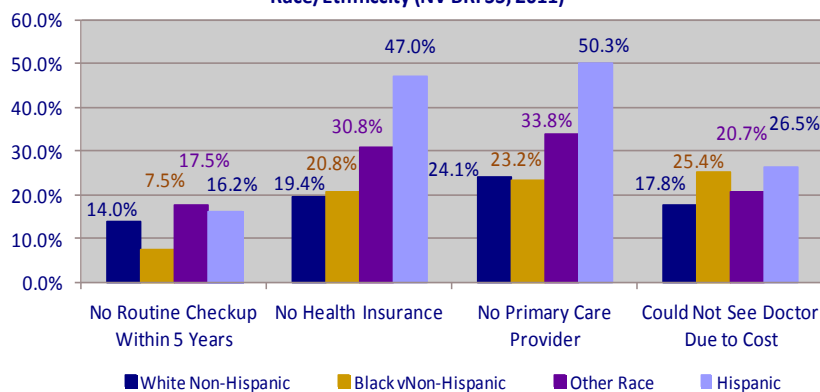
Evidence indicates that a higher percent of Females could not see a doctor because of cost in the past 12 months or had no routine checkup within the past 5 years than males.

**Chart 36: Nevada Adults With No Health Insurance, No Primary Care Provider, Who Could Not See a Doctor in the Past 12 Months Due to Cost, and Have Not Had a Routine Checkup in the Past 5 Years by Sex (NV BRFSS, 2011)**



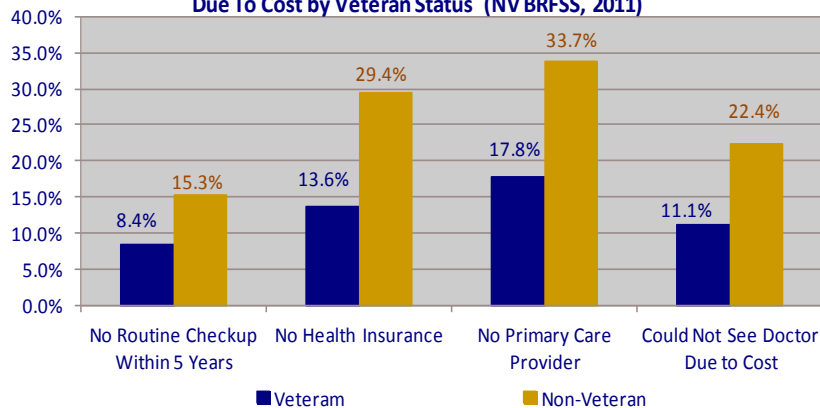
Nevada's Hispanic adults are more likely to be without health insurance or a primary care provider than Whites, Blacks, or Other racial/Ethnic groups.

**Chart 37: Nevada Adults With No Health Insurance, No Primary Care Provider, Who Could Not See a Doctor Within the Past 12 Months Due To Cost and Have Not Had a Routine Checkup in the Past 5 years by Race/Ethnicity (NV BRFSS, 2011)**



Data indicates that Nevada's veterans have greater healthcare access than non-veterans.

**Chart 38: Nevada Adults With No Health Insurance, No Primary Care Provider, and Who Could Not See a Doctor Within the Past 12 Months Due To Cost by Veteran Status (NV BRFSS, 2011)**



**Table 29: Nevada Adults With Health Insurance by Demographics and Region**  
◇ “Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, or governmental plans such as Medicare?”

Demographic	Grouping	Yes	No
Statewide	Nevada	72.7 (70.4-75.1)	27.3 (24.9-29.6)
Geography	Clark County	71.9 (68.8-74.9)	28.1 (25.1-31.2)
	Washoe County	74.7 (70.6-78.8)	25.3 (21.2-29.4)
	Balance of State	75.1 (71.2-79.0)	24.9 (21.0-28.8)
Age	18 - 24	56.7 (48.7-64.7)	43.3 (35.3-51.3)
	25 - 34	60.8 (54.6-67.0)	39.2 (33.0-45.4)
	35 - 44	71.7 (66.0-77.3)	28.3 (22.7-34.0)
	45 - 54	74.6 (69.5-79.7)	25.4 (20.3-30.5)
	55 - 64	73.4 (67.9-78.8)	26.6 (21.2-32.1)
	65+	96.6 (94.9-98.3)	3.4 (1.7-5.1)
Sex	Male	71.6 (68.2-75.0)	28.4 (25.0-31.8)
	Female	73.8 (70.6-77.0)	26.2 (23.0-29.4)
Race/Ethnicity	White	80.6 (78.2-83.0)	19.4 (17.0-21.8)
	Black	79.2 (71.9-86.6)	20.8 (13.4-28.1)
	Other Race	69.2 (61.5-77.0)	30.8 (23.0-38.5)
	Hispanic	53.0 (46.9-59.1)	47.0 (40.9-53.1)

**Table 29 Continued : Nevada Adults With Health Insurance by Demographics and Region**

◇ “Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, or governmental plans such as Medicare?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	52.0 (44.9-59.2)	48.0 (40.8-55.1)
	H.S. or G.E.D.	70.5 (66.3-74.8)	29.5 (25.2-33.7)
	Some Post H.S.	76.5 (72.8-80.1)	23.5 (19.9-27.2)
	College Graduate	86.8 (83.1-90.5)	13.2 (9.5-16.9)
Income	< 15,000	49.9 (41.8-57.9)	50.1 (42.1-58.2)
	\$15,000 to \$24,999	54.1 (48.0-60.2)	45.9 (39.8-52.0)
	\$25,000 to \$34,999	66.7 (59.1-74.4)	33.3 (25.6-40.9)
	\$35,000 to \$49,999	81.3 (76.3-86.3)	18.7 (13.7-23.7)
	\$50,000 to \$74,999	89.2 (84.4-94.0)	10.8 (6.0-15.6)
	\$75,000+	92.3 (89.6-95.1)	7.7 (4.9-10.4)
Veteran	Yes	86.4 (81.7-91.2)	13.6 (8.8-18.3)
	No	70.6 (68.1-73.2)	29.4 (26.8-31.9)

**Table 30: Nevada Adults With a Primary Care Provider by  
Demographics and Region**

◇ “Do you have one person you think of as your personal doctor or healthcare provider?”

Demographic	Grouping	Yes	No
Statewide	Nevada	63.0 (60.7-65.4)	37.0 (34.6-39.3)
Geography	Clark County	61.9 (58.8-65.0)	38.1 (35.0-41.2)
	Washoe County	68.7 (64.6-72.7)	31.3 (27.3-35.4)
	Balance of State	62.6 (58.4-66.8)	37.4 (33.2-41.6)
Age	18 - 24	37.4 (30.0-44.9)	62.6 (55.1-70.0)
	25 - 34	49.6 (43.6-55.6)	50.4 (44.4-56.4)
	35 - 44	54.6 (48.7-60.5)	45.4 (39.5-51.3)
	45 - 54	67.3 (62.0-72.6)	32.7 (27.4-38.0)
	55 - 64	76.8 (72.1-81.5)	23.2 (18.5-27.9)
	65+	89.3 (86.9-91.8)	10.7 (8.2-13.1)
Sex	Male	57.4 (53.9-60.9)	42.6 (39.1-46.1)
	Female	68.8 (65.6-71.9)	31.2 (28.1-34.4)
Race/Ethnicity	White	68.1 (65.5-70.7)	31.9 (29.3-34.5)
	Black	60.7 (51.0-70.5)	39.3 (29.5-49.0)
	Other Race	59.8 (51.8-67.8)	40.2 (32.2-48.2)
	Hispanic	52.0 (45.9-58.1)	48.0 (41.9-54.1)



**Table 30 Continued: Nevada Adults With a Primary Care Provider by Demographics and Region**

◇ “Do you have one person you think of as your personal doctor or healthcare provider?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	50.7 (43.5-57.9)	49.3 (42.1-56.5)
	H.S. or G.E.D.	60.0 (55.7-64.3)	40.0 (35.7-44.3)
	Some Post H.S.	66.3 (62.3-70.2)	33.7 (29.8-37.7)
	College Graduate	72.4 (68.2-76.6)	27.6 (23.4-31.8)
Income	< 15,000	57.1 (49.0-65.2)	42.9 (34.8-51.0)
	\$15,000 to \$24,999	53.2 (47.2-59.3)	46.8 (40.7-52.8)
	\$25,000 to \$34,999	56.4 (48.9-63.8)	43.6 (36.2-51.1)
	\$35,000 to \$49,999	64.1 (58.0-70.3)	35.9 (29.7-42.0)
	\$50,000 to \$74,999	69.7 (63.4-76.1)	30.3 (23.9-36.6)
	\$75,000+	74.5 (70.3-78.8)	25.5 (21.2-29.7)
Veteran	Yes	76.9 (72.0-81.7)	23.1 (18.3-28.0)
	No	61.0 (58.4-63.6)	39.0 (36.4-41.6)

**Table 31: Nevada Adults That Could Not See a Doctor Because of Cost**  
◇ “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?”

Demographic	Grouping	Yes	No
Statewide	Nevada	20.9 (18.9-23.0)	79.1 (77.0-81.1)
Geography	Clark County	20.9 (18.3-23.6)	79.1 (76.4-81.7)
	Washoe County	19.9 (16.2-23.6)	80.1 (76.4-83.8)
	Balance of State	22.0 (18.5-25.5)	78.0 (74.5-81.5)
Age	18 - 24	23.7 (16.8-30.6)	76.3 (69.4-83.2)
	25 - 34	29.1 (23.3-34.8)	70.9 (65.2-76.7)
	35 - 44	19.5 (14.7-24.3)	80.5 (75.7-85.3)
	45 - 54	20.5 (16.4-24.6)	79.5 (75.4-83.6)
	55 - 64	24.9 (19.7-30.2)	75.1 (69.8-80.3)
	65+	7.5 (5.1-10.0)	92.5 (90.0-94.9)
Sex	Male	17.7 (14.8-20.6)	82.3 (79.4-85.2)
	Female	24.3 (21.4-27.1)	75.7 (72.9-78.6)
Race/Ethnicity	White	17.8 (15.6-20.1)	82.2 (79.9-84.4)
	Black	25.4 (17.1-33.7)	74.6 (66.3-82.9)
	Other Race	20.7 (14.2-27.2)	79.3 (72.8-85.8)
	Hispanic	26.5 (21.2-31.9)	73.5 (68.1-78.8)

**Table 31 Continued: Nevada Adults That Could Not See a Doctor Because of Cost**  
◇ “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	31.6 (24.9-38.2)	68.4 (61.8-75.1)
	H.S. or G.E.D.	21.8 (18.0-25.5)	78.2 (74.5-82.0)
	Some Post H.S.	21.4 (17.9-24.9)	78.6 (75.1-82.1)
	College Graduate	10.4 (7.5-13.2)	89.6 (86.8-92.5)
Income	< 15,000	41.9 (33.7-50.1)	58.1 (49.9-66.3)
	\$15,000 to \$24,999	34.6 (28.8-40.3)	65.4 (59.7-71.2)
	\$25,000 to \$34,999	28.5 (21.3-35.7)	71.5 (64.3-78.7)
	\$35,000 to \$49,999	14.8 (10.9-18.8)	85.2 (81.2-89.1)
	\$50,000 to \$74,999	9.1 (5.3-12.8)	90.9 (87.2-94.7)
	\$75,000+	4.4 (2.5-6.2)	95.6 (93.8-97.5)
Veteran	Yes	11.1 (7.0-15.1)	88.9 (84.9-93.0)
	No	22.4 (20.1-24.6)	77.6 (75.4-79.9)

**Table 32 : The Time Since Last Routine Checkup for Nevada Adults**  
◇ “About how long has it been since you last visited a doctor for a routine checkup?”

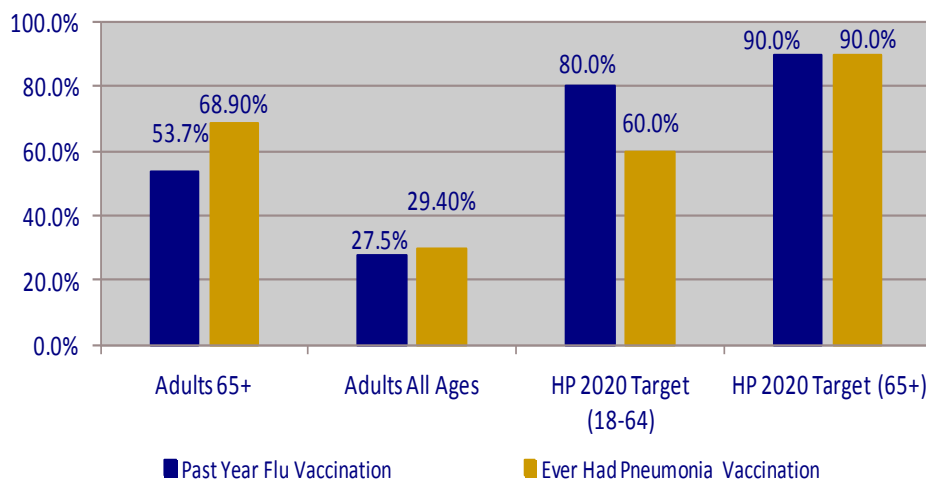
Demographic	Grouping	In the Past Year	On the Past 2 years	In the Past 5 years	5 Years or More	Never
Statewide	Nevada	61.3 (59.0-63.6)	14.2 (12.5-15.8)	10.1 (8.7-11.6)	12.4 (10.8-14.1)	1.9 (1.2-2.7)
Geography	Clark County	61.8 (58.7-64.8)	14.0 (11.9-16.2)	9.4 (7.6-11.2)	12.8 (10.6-15.0)	1.9 (1.0-2.9)
	Washoe County	60.1 (56.0-64.2)	17.2 (13.8-20.6)	11.5 (8.5-14.5)	10.1 (7.8-12.4)	1.1 (0.2-2.0)
	Balance of State	60.2 (56.3-64.1)	11.2 (9.0-13.4)	12.5 (9.5-15.6)	13.1 (10.4-15.9)	2.9 (1.4-4.4)
Age	18 - 24	43.3 (35.2-51.5)	19.6 (13.1-26.2)	18.0 (12.2-23.8)	14.1 (8.7-19.5)	4.9 (1.7-8.2)
	25 - 34	49.2 (43.2-55.2)	17.5 (12.7-22.2)	15.4 (11.2-19.6)	15.7 (11.3-20.1)	2.3 (0.3-4.3)
	35 - 44	53.5 (47.7-59.3)	16.4 (12.2-20.5)	10.9 (7.5-14.3)	17.3 (12.6-22.1)	1.9 (0.0-3.9)
	45 - 54	66.3 (61.3-71.3)	12.9 (9.6-16.2)	9.7 (6.4-13.0)	10.1 (7.0-13.1)	1.0 (0.0-2.4)
	55 - 64	69.4 (64.7-74.1)	12.7 (9.2-16.1)	5.8 (4.1-7.4)	10.7 (7.2-14.1)	1.5 (0.3-2.7)
	65+	84.3 (80.9-87.6)	6.8 (4.7-8.8)	2.1 (1.3-2.9)	6.0 (3.3-8.8)	0.8 (0.2-1.4)
Sex	Male	57.7 (54.3-61.2)	15.1 (12.6-17.6)	10.9 (8.8-13.0)	13.8 (11.3-16.4)	2.4 (1.1-3.7)
	Female	65.0 (61.9-68.0)	13.3 (11.1-15.4)	9.4 (7.5-11.2)	11.0 (8.9-13.1)	1.4 (0.7-2.1)
Race/Ethnicity	White	64.5 (61.9-67.1)	12.9 (11.1-14.7)	8.6 (7.2-10.0)	12.7 (10.7-14.6)	1.3 (0.8-1.9)
	Black	77.1 (70.2-84.0)	11.4 (6.1-16.7)	4.0 (1.3-6.7)	7.1 (3.2-11.0)	0.4 (0.0-1.3)
	Other Race	51.2 (43.2-59.2)	16.5 (10.7-22.3)	14.8 (9.0-20.6)	14.2 (8.4-20.1)	3.3 (0.0-6.9)
	Hispanic	53.1 (47.0-59.1)	16.6 (12.0-21.1)	14.1 (10.0-18.2)	13.1 (8.8-17.3)	3.1 (0.9-5.4)

**Table 32 Continued: The Time Since Last Routine Checkup for Nevada Adults**  
◇ “About how long has it been since you last visited a doctor for a routine checkup?”

Demographic	Grouping	In the Past Year	On the Past 2 years	In the Past 5 years	5 Years or More	Never
Education	Less than H.S.	52.8 (45.7-59.9)	12.7 (7.7-17.7)	14.3 (9.3-19.3)	16.3 (10.7-21.8)	3.9 (0.6-7.2)
	H.S. or G.E.D.	62.7 (58.6-66.7)	12.3 (9.6-15.0)	10.3 (7.9-12.7)	12.4 (9.6-15.1)	2.4 (1.0-3.7)
	Some Post H.S.	61.5 (57.5-65.4)	15.7 (12.6-18.9)	8.8 (6.7-10.9)	12.8 (9.8-15.7)	1.2 (0.5-1.9)
	College Graduate	66.1 (62.1-70.2)	15.9 (12.8-18.9)	8.3 (5.8-10.8)	8.9 (6.4-11.5)	0.8 (0.1-1.5)
Income	< 15,000	56.7 (48.8-64.6)	12.6 (7.7-17.6)	9.8 (5.5-14.0)	17.1 (10.6-23.6)	3.8 (1.3-6.3)
	\$15,000 to \$24,999	55.5 (49.6-61.4)	16.1 (11.4-20.7)	12.2 (8.4-16.1)	13.6 (9.7-17.5)	2.6 (0.2-5.0)
	\$25,000 to \$34,999	50.6 (43.2-58.0)	12.1 (7.4-16.9)	14.0 (8.9-19.2)	21.3 (14.0-28.6)	1.9 (0.2-3.7)
	\$35,000 to \$49,999	61.5 (55.5-67.6)	13.8 (9.4-18.1)	11.9 (8.2-15.7)	9.9 (6.7-13.1)	2.9 (0.0-5.9)
	\$50,000 to \$74,999	66.6 (60.5-72.6)	12.5 (8.3-16.8)	8.0 (4.6-11.4)	12.5 (7.7-17.3)	0.4 (0.0-0.9)
	\$75,000+	66.3 (61.8-70.8)	17.8 (14.1-21.4)	7.1 (4.7-9.5)	7.9 (5.2-10.7)	0.9 (0.1-1.6)
Veteran	Yes	78.6 (74.0-83.1)	6.9 (4.2-9.5)	6.2 (3.5-8.9)	7.5 (4.5-10.4)	0.9 (0.0-2.1)
	No	58.5 (56.0-61.1)	15.4 (13.5-17.3)	10.8 (9.2-12.4)	13.2 (11.3-15.0)	2.1 (1.3-2.9)

## Immunization

**Chart 39: Nevada Adults Who Have Had a Flu Vaccination Within the Past 12 Months or Who Have Ever Had a Pneumonia Vaccination (NV BRFSS 2011)**



Vaccines are biological substances that interact with the person's immune system to produce an immune response identical to that produced by the natural infections. Vaccines can prevent the debilitating and, in some cases, fatal effects of infectious disease.

Vaccines protect more than the vaccinated individual. They also protect society. Those unable to be vaccinated are also protected because of group immunity (they live among vaccinated persons who may offer protection from exposure to disease).<sup>1,2</sup>

Nevada's flu and pneumonia vaccination rate for adults 65+ was estimated at 53.7% and 68.9% respectively, compared to the national estimates of 61.3% for flu vaccination and 70.0% for pneumonia vaccination in 2011. These values are well below the Healthy People 2020 target rate of 90%.

**Table 33: Selected Immunization Indicators For Nevada and the United States (BRFSS, 2011)**

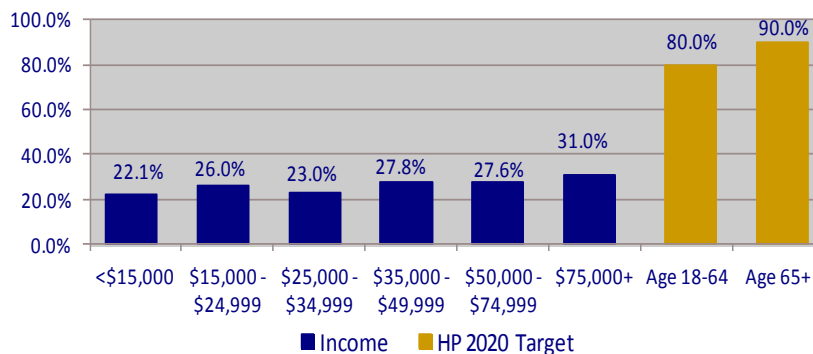
Health Indicator	Nevada	United States
Nevada adults 65 years of age or older who have had a flu vaccination within the past year.	53.7%	61.3%
Nevada adults 65 years of age or older who have ever had a pneumonia vaccination.	68.9%	70.0%

### Vaccinations

- ◇ “A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?”
- ◇ “A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

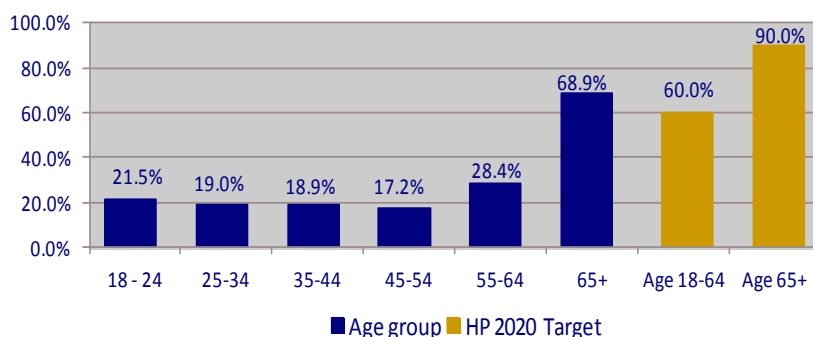
The prevalence of Nevada adults who received a flu vaccination in the past year are below the Healthy People 2020 target for all income levels.

**Chart 40: Nevada Adults Who Have Had a Flu Vaccination Within the Past 12 Months by Income (NV BRFSS 2011)**



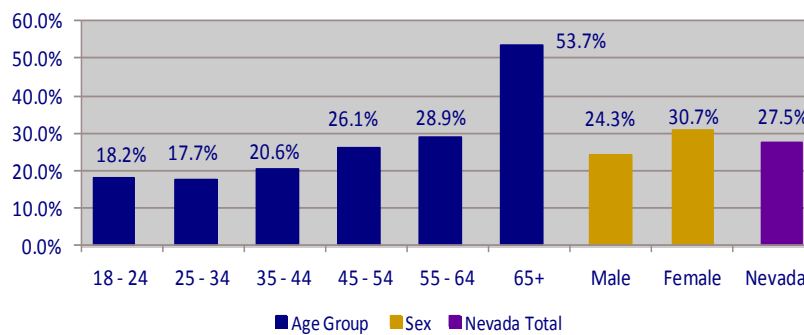
The prevalence of Nevada adults who have ever received a pneumonia vaccine are below the Healthy People 2020 target for all age groups.

**Chart 41: Nevada Adults Who Have Ever Had a Pneumonia Vaccination by Age Group (NV BRFSS 2011)**



The prevalence of Nevada adults who received a flu vaccination in the past year are below the Healthy People 2020 target for all age groups.

**Chart 42: Nevada Adults Who Have Had a Flu Vaccination Within the Past 12 Months by Age Group and Sex (NV BRFSS 2011)**



**Table 34: Influenza Vaccination Prevalence by Demographics and Region**  
◇ “A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot (individuals who received a nasal flu spray are included)?”

Demographic	Grouping	Yes	No
Statewide	Nevada	27.5 (25.4-29.5)	72.5 (70.5-74.6)
Geography	Clark County	26.3 (23.6-29.0)	73.7 (71.0-76.4)
	Washoe County	31.1 (27.4-34.8)	68.9 (65.2-72.6)
	Balance of State	29.7 (25.9-33.4)	70.3 (66.6-74.1)
Age	18 - 24	18.2 (11.8-24.5)	81.8 (75.5-88.2)
	25 - 34	17.7 (13.0-22.4)	82.3 (77.6-87.0)
	35 - 44	20.6 (16.1-25.2)	79.4 (74.8-83.9)
	45 - 54	26.1 (21.1-31.1)	73.9 (68.9-78.9)
	55 - 64	28.9 (24.5-33.2)	71.1 (66.8-75.5)
	65+	53.7 (49.2-58.3)	46.3 (41.7-50.8)
Sex	Male	24.3 (21.5-27.0)	75.7 (73.0-78.5)
	Female	30.7 (27.7-33.8)	69.3 (66.2-72.3)
Race/Ethnicity	White	30.3 (27.9-32.7)	69.7 (67.3-72.1)
	Black	24.9 (16.6-33.1)	75.1 (66.9-83.4)
	Other Race	29.6 (22.0-37.3)	70.4 (62.7-78.0)
	Hispanic	20.5 (15.7-25.3)	79.5 (74.7-84.3)



**Table 34 Continued: Influenza Vaccination Prevalence by Demographics and Region**

◇ “A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot (individuals who received a nasal flu spray are included)?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	24.3 (18.2-30.3)	75.7 (69.7-81.8)
	H.S. or G.E.D.	25.9 (22.3-29.6)	74.1 (70.4-77.7)
	Some Post H.S.	27.2 (23.5-30.8)	72.8 (69.2-76.5)
	College Graduate	32.7 (28.8-36.7)	67.3 (63.3-71.2)
Income	< 15,000	22.1 (16.4-27.8)	77.9 (72.2-83.6)
	\$15,000 to \$24,999	26.0 (20.9-31.1)	74.0 (68.9-79.1)
	\$25,000 to \$34,999	23.0 (17.2-28.8)	77.0 (71.2-82.8)
	\$35,000 to \$49,999	27.8 (21.8-33.7)	72.2 (66.3-78.2)
	\$50,000 to \$74,999	27.6 (22.7-32.4)	72.4 (67.6-77.3)
	\$75,000+	31.0 (26.6-35.4)	69.0 (64.6-73.4)
Veteran	Yes	42.0 (36.2-47.8)	58.0 (52.2-63.8)
	No	25.1 (22.9-27.3)	74.9 (72.7-77.1)

**Table 35: Influenza Vaccination Data for Adults 65+ by Demographics and Region**

◇ “A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot (individuals who received a nasal flu spray are included)?”

Demographic	Grouping	Yes	No
Statewide	Nevada	53.7 (49.2-58.3)	46.3 (41.7-50.8)
Geography	Clark County	55.0 (48.5-61.4)	45.0 (38.6-51.5)
	Washoe County	53.9 (47.7-60.2)	46.1 (39.8-52.3)
	Balance of State	49.0 (42.7-55.3)	51.0 (44.7-57.3)
Sex	Male	53.2 (46.7-59.6)	46.8 (40.4-53.3)
	Female	54.2 (47.8-60.7)	45.8 (39.3-52.2)
Race/Ethnicity	White	55.0 (50.3-59.7)	45.0 (40.3-49.7)
	Black	~	~
	Other Race	62.0 (46.0-78.0)	38.0 (22.0-54.0)
	Hispanic	45.8 (23.0-68.6)	54.2 (31.4-77.0)
Education	Less than H.S.	48.6 (33.6-63.6)	51.4 (36.4-66.4)
	H.S. or G.E.D.	51.9 (44.2-59.7)	48.1 (40.3-55.8)
	Some Post H.S.	57.9 (50.7-65.0)	42.1 (35.0-49.3)
	College Graduate	54.4 (47.6-61.3)	45.6 (38.7-52.4)

**Table 35: Continued Influenza Vaccination Data for Adults 65+ by Demographics and Region**

◇ “A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot (individuals who received a nasal flu spray are included)?”

Demographic	Grouping	Yes	No
Income	< 15,000	48.6 (36.3-60.9)	51.4 (39.1-63.7)
	\$15,000 to \$24,999	52.0 (41.4-62.6)	48.0 (37.4-58.6)
	\$25,000 to \$34,999	53.6 (38.3-68.8)	46.4 (31.2-61.7)
	\$35,000 to \$49,999	58.8 (47.9-69.7)	41.2 (30.3-52.1)
	\$50,000 to \$74,999	57.0 (46.7-67.3)	43.0 (32.7-53.3)
	\$75,000+	47.5 (36.5-58.5)	52.5 (41.5-63.5)
Veteran	Yes	58.1 (50.8-65.4)	41.9 (34.6-49.2)
	No	51.9 (46.2-57.6)	48.1 (42.4-53.8)

**Table 36: Pneumonia Vaccination Data for Adults by Demographics and Region**

◇ “A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

Demographic	Grouping	Yes	No
Statewide	Nevada	29.4 (27.2-31.7)	70.6 (68.3-72.8)
Geography	Clark County	28.1 (25.0-31.1)	71.9 (68.9-75.0)
	Washoe County	31.0 (27.3-34.8)	69.0 (65.2-72.7)
	Balance of State	34.7 (30.8-38.6)	65.3 (61.4-69.2)
Age	18 - 24	21.5 (13.1-29.8)	78.5 (70.2-86.9)
	25 - 34	19.0 (13.6-24.3)	81.0 (75.7-86.4)
	35 - 44	18.9 (13.4-24.4)	81.1 (75.6-86.6)
	45 - 54	17.2 (12.6-21.8)	82.8 (78.2-87.4)
	55 - 64	28.4 (23.6-33.3)	71.6 (66.7-76.4)
	65+	68.9 (64.3-73.5)	31.1 (26.5-35.7)
Sex	Male	30.7 (27.3-34.1)	69.3 (65.9-72.7)
	Female	28.2 (25.2-31.3)	71.8 (68.7-74.8)
Race/Ethnicity	White	33.1 (30.4-35.8)	66.9 (64.2-69.6)
	Black	37.2 (27.5-47.0)	62.8 (53.0-72.5)
	Other Race	23.7 (16.2-31.2)	76.3 (68.8-83.8)
	Hispanic	19.2 (14.0-24.4)	80.8 (75.6-86.0)

**Table 36 Continued: Pneumonia Vaccination Data for Adults by Demographics and Region**

◇ “A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

Demographic	Grouping	Yes	No
Education	Less than H.S.	27.6 (20.5-34.6)	72.4 (65.4-79.5)
	H.S. or G.E.D.	29.4 (25.4-33.3)	70.6 (66.7-74.6)
	Some Post H.S.	31.7 (27.5-35.9)	68.3 (64.1-72.5)
	College Graduate	27.7 (24.0-31.4)	72.3 (68.6-76.0)
Income	< 15,000	33.2 (25.6-40.9)	66.8 (59.1-74.4)
	\$15,000 to \$24,999	31.7 (25.8-37.6)	68.3 (62.4-74.2)
	\$25,000 to \$34,999	26.7 (20.6-32.8)	73.3 (67.2-79.4)
	\$35,000 to \$49,999	33.8 (27.4-40.2)	66.2 (59.8-72.6)
	\$50,000 to \$74,999	30.3 (24.1-36.6)	69.7 (63.4-75.9)
	\$75,000+	22.1 (17.9-26.3)	77.9 (73.7-82.1)
Veteran	Yes	46.9 (40.7-53.1)	53.1 (46.9-59.3)
	No	26.6 (24.2-29.0)	73.4 (71.0-75.8)

**Table 37: Pneumonia Vaccination Data for Adults 65+ by Demographics and Region**

◇ “A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

Demographic	Grouping	Yes	No
Statewide	Nevada	68.9 (64.3-73.5)	31.1 (26.5-35.7)
Geography	Clark County	68.5 (61.8-75.1)	31.5 (24.9-38.2)
	Washoe County	74.1 (68.6-79.7)	25.9 (20.3-31.4)
	Balance of State	65.6 (59.4-71.7)	34.4 (28.3-40.6)
Sex	Male	69.2 (62.8-75.6)	30.8 (24.4-37.2)
	Female	68.6 (62.0-75.2)	31.4 (24.8-38.0)
Race/Ethnicity	White	70.8 (66.3-75.2)	29.2 (24.8-33.7)
	Black	~	~
	Other Race	72.1 (57.8-86.3)	27.9 (13.7-42.2)
	Hispanic	49.8 (26.8-72.8)	50.2 (27.2-73.2)
Education	Less than H.S.	63.9 (47.6-80.2)	36.1 (19.8-52.4)
	H.S. or G.E.D.	71.3 (64.3-78.2)	28.7 (21.8-35.7)
	Some Post H.S.	70.9 (64.1-77.7)	29.1 (22.3-35.9)
	College Graduate	70.0 (63.2-76.8)	30.0 (23.2-36.8)

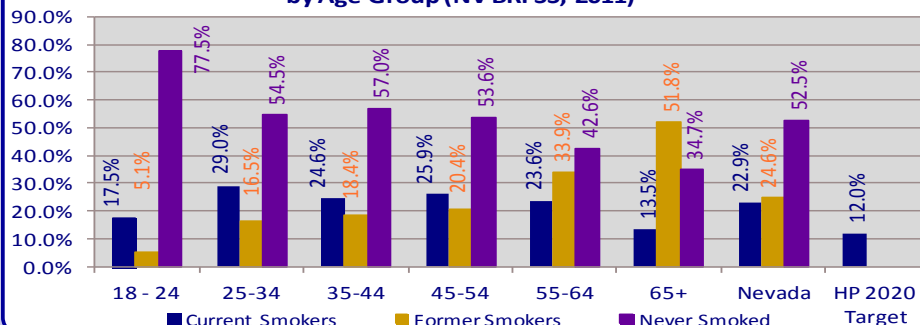
**Table 37 Continued: Pneumonia Vaccination Data for Adults 65+ by Demographics and Region**

◇ “A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

Demographic	Grouping	Yes	No
Income	< 15,000	69.0 (56.4-81.6)	31.0 (18.4-43.6)
	\$15,000 to \$24,999	75.5 (67.3-83.6)	24.5 (16.4-32.7)
	\$25,000 to \$34,999	54.5 (38.1-70.9)	45.5 (29.1-61.9)
	\$35,000 to \$49,999	75.0 (66.6-83.4)	25.0 (16.6-33.4)
	\$50,000 to \$74,999	72.7 (63.2-82.2)	27.3 (17.8-36.8)
	\$75,000+	69.1 (59.4-78.8)	30.9 (21.2-40.6)
Veteran	Yes	69.1 (61.8-76.5)	30.9 (23.5-38.2)
	No	68.8 (63.0-74.6)	31.2 (25.4-37.0)

## Tobacco

**Chart 43: Nevada Adults Who are Current Smokers, Former Smokers, and Who Have Never Smoked by Age Group (NV BRFSS, 2011)**



Although the smoking prevalence among Nevada adults has decreased over the past ten years, from 26.9% to 21.3%, it is still higher than the national value and nearly twice as high as the Healthy People 2020 target of 12.0%.

Smoking causes approximately 90% of all lung cancer deaths in men and 80% in women, as well as 90% of deaths from chronic obstructive lung disease.<sup>1</sup>

Smoking also causes coronary heart disease which is the leading cause of death in the United States. In addition, smoking causes emphysema, bronchitis, and chronic airway obstruction by damaging the airways and alveoli (i.e. small air sacs) of the lungs.<sup>2</sup>

The Surgeon General concluded that secondhand smoke causes disease and premature death in children and adults who do not smoke, and that children exposed to second hand smoke are at increased risk for Sudden Infant Death Syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. The Surgeon General also concluded there is no risk-free level of exposure to secondhand smoke.<sup>2</sup>

**Table 38: Selected Tobacco Indicators For Nevada and the United States (BRFSS, 2011)**

Health Indicator	Nevada	United States
1. Current Smokers	22.9%	21.2%
2. Four Smoking Levels		
A. Smoke Every Day	18.0%	15.4%
B. Smoke Some Days	4.9%	5.7%
C. Former Smoker	24.6%	25.1%
D. Never Smoked	52.5%	52.9%

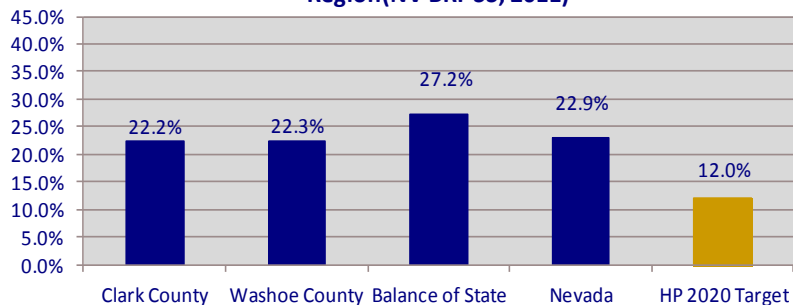


### Tobacco

- ◇ Adults who currently smoke are defined as having smoked at least 100 cigarettes in their lifetime and currently smoke.
- ◇ Non-smokers include respondents that reported not having smoked 100 cigarettes in their lifetime and respondents who smoked at least 100 cigarettes in their lifetime but do not currently smoke.

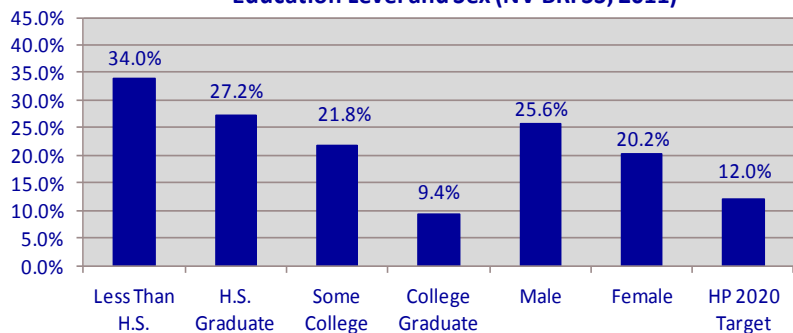
The prevalence of Nevadans who currently smoke is higher in the rural and frontier areas of Nevada than Clark or Washoe county.

**Chart 44: Prevalence of Smoking Among Nevada Adults by Region (NV BRFSS, 2011)**



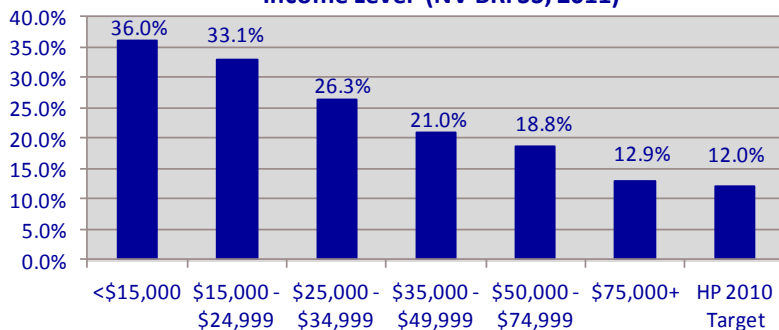
The lowest prevalence rate for current smoking was among Nevadans who were college graduates. Smoking prevalence among men was higher than women in 2011.

**Chart 45: Prevalence of Smoking Among Nevada Adults by Education Level and Sex (NV BRFSS, 2011)**



Smoking is more prevalent among Nevadans in the lower income groups than those with higher incomes.

**Chart 46: Nevada Adults Who Are Current Smokers by Income Level (NV BRFSS, 2011)**



**Table 39: Current Smoking Prevalence by Demographic and Region**

◇ Adults who currently smoke are defined as respondents reporting having smoked at least 100 cigarettes in their lifetime and currently smoke.

Demographic	Grouping	Yes	No
Statewide	Nevada	22.9 (20.9-24.9)	77.1 (75.1-79.1)
Geography	Clark County	22.2 (19.6-24.9)	77.8 (75.1-80.4)
	Washoe County	22.3 (18.8-25.9)	77.7 (74.1-81.2)
	Balance of State	27.2 (23.4-31.0)	72.8 (69.0-76.6)
Age	18 - 24	17.4 (11.5-23.4)	82.6 (76.6-88.5)
	25 - 34	29.0 (23.5-34.5)	71.0 (65.5-76.5)
	35 - 44	24.6 (19.3-29.9)	75.4 (70.1-80.7)
	45 - 54	25.9 (21.3-30.6)	74.1 (69.4-78.7)
	55 - 64	23.5 (19.3-27.8)	76.5 (72.2-80.7)
	65+	13.5 (10.8-16.3)	86.5 (83.7-89.2)
Sex	Male	25.6 (22.4-28.7)	74.4 (71.3-77.6)
	Female	20.2 (17.8-22.6)	79.8 (77.4-82.2)
Race/Ethnicity	White	25.6 (23.2-28.1)	74.4 (71.9-76.8)
	Black	30.0 (21.8-38.2)	70.0 (61.8-78.2)
	Other Race	21.1 (14.6-27.5)	78.9 (72.5-85.4)
	Hispanic	15.5 (11.2-19.9)	84.5 (80.1-88.8)

**Table 39 Continued: Current Smoking Prevalence by Demographic and Region**

◇ Adults who currently smoke are defined as respondents reporting having smoked at least 100 cigarettes in their lifetime and currently smoke.

Demographic	Grouping	Yes	No
Education	Less than H.S.	34.0 (27.2-40.8)	66.0 (59.2-72.8)
	H.S. or G.E.D.	27.2 (23.6-30.8)	72.8 (69.2-76.4)
	Some Post H.S.	21.8 (18.3-25.2)	78.2 (74.8-81.7)
	College Graduate	9.4 (7.3-11.6)	90.6 (88.4-92.7)
Income	< 15,000	36.0 (28.4-43.6)	64.0 (56.4-71.6)
	\$15,000 to \$24,999	33.1 (27.5-38.8)	66.9 (61.2-72.5)
	\$25,000 to \$34,999	26.3 (19.5-33.1)	73.7 (66.9-80.5)
	\$35,000 to \$49,999	21.0 (15.7-26.2)	79.0 (73.8-84.3)
	\$50,000 to \$74,999	18.8 (13.9-23.6)	81.2 (76.4-86.1)
	\$75,000+	12.9 (9.6-16.1)	87.1 (83.9-90.4)
Veteran	Yes	21.1 (16.7-25.6)	78.9 (74.4-83.3)
	No	23.2 (21.0-25.4)	76.8 (74.6-79.0)

**Table 40: Four Level Smoking Status by Demographic and Region**

◇ Four levels of smoking: every day, some days, former smoker, and never smoked.

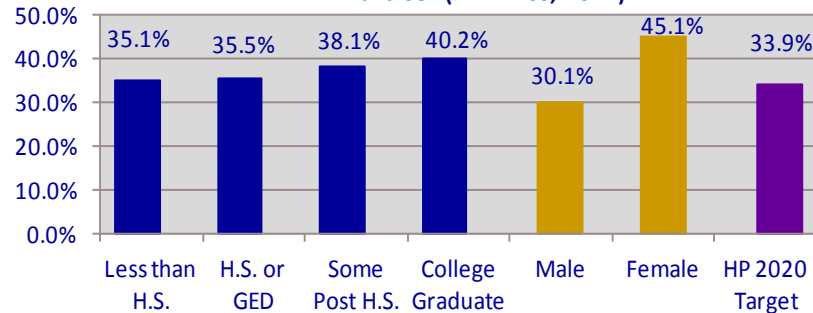
Demographic	Grouping	Every day	Some Days	Former Smoker	Never Smoked
Statewide	Nevada	18.0 (16.1-19.8)	4.9 (3.9-5.9)	24.6 (22.7-26.5)	52.5 (50.2-54.8)
Geography	Clark County	17.4 (15.1-19.8)	4.8 (3.5-6.1)	23.6 (21.1-26.1)	54.1 (51.1-57.2)
	Washoe County	16.1 (12.9-19.4)	6.2 (4.3-8.1)	26.5 (23.2-29.8)	51.2 (47.2-55.1)
	Balance of State	23.2 (19.5-27.0)	4.0 (2.8-5.2)	27.8 (24.6-30.9)	45.0 (40.9-49.1)
Age	18 - 24	12.5 (7.2-17.7)	5.0 (1.8-8.1)	5.1 (2.6-7.5)	77.5 (71.2-83.8)
	25 - 34	21.1 (16.3-25.9)	7.9 (4.4-11.3)	16.5 (12.2-20.9)	54.5 (48.5-60.5)
	35 - 44	20.3 (15.2-25.3)	4.3 (2.0-6.7)	18.4 (14.1-22.6)	57.0 (51.3-62.8)
	45 - 54	21.0 (16.7-25.4)	4.9 (2.8-7.0)	20.4 (16.3-24.6)	53.6 (48.3-59.0)
	55 - 64	19.4 (15.3-23.5)	4.2 (2.8-5.5)	33.9 (28.7-39.1)	42.6 (37.5-47.7)
	65+	10.7 (8.1-13.4)	2.8 (1.8-3.7)	51.8 (47.5-56.2)	34.7 (30.6-38.7)
Sex	Male	19.3 (16.5-22.2)	6.2 (4.4-8.0)	26.8 (23.8-29.7)	47.7 (44.2-51.1)
	Female	16.6 (14.3-18.9)	3.6 (2.7-4.4)	22.4 (20.0-24.8)	57.4 (54.3-60.5)
Race/Ethnicity	White	20.7 (18.4-23.1)	4.9 (3.7-6.1)	29.0 (26.8-31.2)	45.4 (42.8-47.9)
	Black	23.6 (16.0-31.2)	6.4 (2.3-10.5)	11.6 (6.4-16.7)	58.4 (49.4-67.4)
	Other Race	18.8 (12.4-25.2)	2.2 (1.1-3.4)	20.6 (14.0-27.1)	58.4 (50.5-66.2)
	Hispanic	9.7 (6.2-13.2)	5.8 (3.0-8.7)	19.6 (14.7-24.5)	64.8 (59.0-70.7)

**Table 40 Continued: Four Level Smoking Status by Demographic and Region**  
◇ Four levels of smoking: every day, some days, former smoker, and never smoked.

Demographic	Grouping	Every day	Some Days	Former Smoker	Never Smoked
Education	Less than H.S.	27.5 (21.0-33.9)	6.5 (3.3-9.7)	22.9 (17.4-28.3)	43.1 (35.8-50.5)
	H.S. or G.E.D.	21.9 (18.6-25.2)	5.3 (3.4-7.1)	24.8 (21.4-28.3)	48.0 (43.7-52.3)
	Some Post H.S.	16.2 (13.1-19.3)	5.5 (3.7-7.4)	26.9 (23.5-30.4)	51.3 (47.3-55.3)
	College Graduate	7.3 (5.3-9.4)	2.1 (1.3-2.9)	22.4 (19.0-25.7)	68.2 (64.5-71.9)
Income	< 15,000	26.4 (19.8-33.1)	9.6 (4.4-14.8)	21.6 (15.4-27.9)	42.3 (34.2-50.5)
	\$15,000 to \$24,999	25.8 (20.5-31.0)	7.4 (4.3-10.5)	24.8 (19.8-29.8)	42.1 (36.0-48.1)
	\$25,000 to \$34,999	22.2 (15.6-28.7)	4.1 (1.3-7.0)	23.1 (17.6-28.6)	50.6 (43.2-58.0)
	\$35,000 to \$49,999	15.4 (10.7-20.2)	5.5 (2.7-8.4)	26.3 (21.1-31.4)	52.8 (46.5-59.0)
	\$50,000 to \$74,999	15.3 (10.7-19.9)	3.5 (1.6-5.4)	26.1 (21.2-31.1)	55.1 (49.1-61.1)
	\$75,000+	10.6 (7.4-13.7)	2.3 (1.3-3.3)	26.5 (22.3-30.6)	60.6 (56.1-65.2)
Veteran	Yes	17.0 (12.9-21.1)	4.1 (2.0-6.3)	42.2 (36.5-47.9)	36.7 (31.3-42.1)
	No	18.1 (16.1-20.1)	5.1 (3.9-6.2)	22.0 (20.0-23.9)	54.9 (52.3-57.4)

## Weight Status

**Chart 47: Nevada Adults Who Are At a Healthy Weight by Education and Sex (NV BRFSS, 2011)\***



\*A healthy weight is defined as an individual with a body mass index (BMI) of greater

Nutritional, or dietary, factors contribute substantially to the burden of preventable illnesses and premature deaths in the United States. Dietary factors are associated with 4 out of the 10 leading causes of death: coronary heart disease (CHD), some types of cancer, stroke, and type 2 diabetes. These health condition are estimated to cost society over \$200 billion each year in medical expenses and lost productivity. The negative outcomes related to these diseases can often be improved through weight loss or, at a minimum, no further weight gain.

Unfortunately because of excesses and imbalances of some food components, there has been an increase in overweight and obese people.

Overweight and obesity are observed in all population groups, but obesity is particularly common among Hispanic, Black, Native American, and Pacific Islander women.

In 2011, the percent of Nevada adults who were at a healthy weight was 37.2% compared to the National value of 34.5%. both are above the HP 2020 target value of 33.9%.<sup>1,2</sup>

**Table 41: Selected Weight Status Indicators For Nevada and the United States (BRFSS, 2011)**

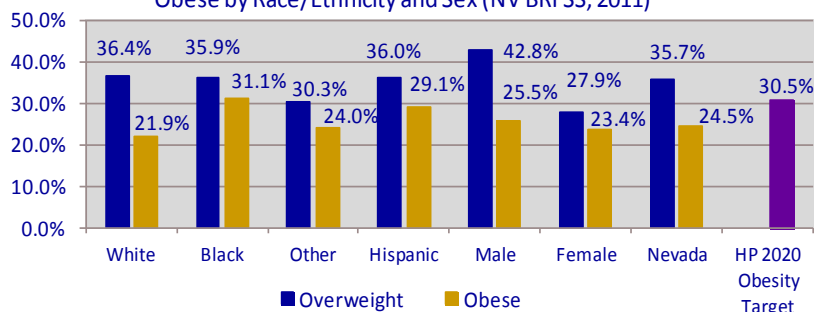
Indicator	Nevada	United States
1. Weight Classification of Nevada Adults by Body Mass Index (BMI).		
A. Healthy Weight	37.2%	34.5%
B. Overweight (BMI 25.0 to 29.9)	35.7%	35.8%
C. Obese (BMI 30.0 to 99.8)	24.5%	27.9%
D. Under Weight (BMI < 18.5)	2.6%	1.8%

### Weight

- ◇ Underweight = Body Mass Index less than 18.5.
- ◇ Overweight = Body Mass Index (BMI) of 25.0 to 29.9.
- ◇ Obese = Body Mass Index (BMI) of 30.0 or greater.
- ◇ Not overweight = Body Mass Index (BMI) of equal to or greater than 18.5 and less than 25.

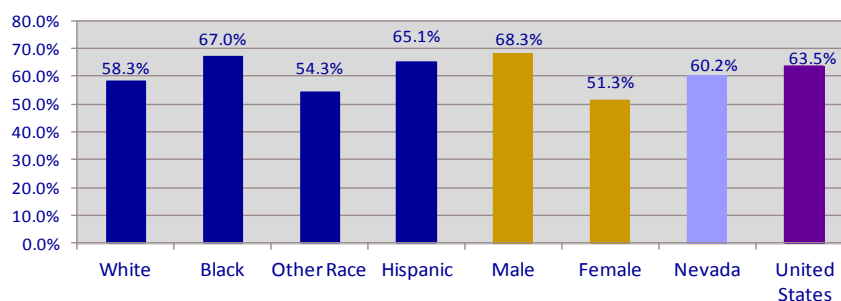
The prevalence of obesity among Nevada adults is near or below the HP 2020 target of 30.5% for all race/ethnicity groups. The prevalence of individuals who are overweight is nearly 15% higher among Nevada Males than Females.

Chart 48: Nevada Adults Who Are Categorized as Overweight and Obese by Race/Ethnicity and Sex (NV BRFSS, 2011)



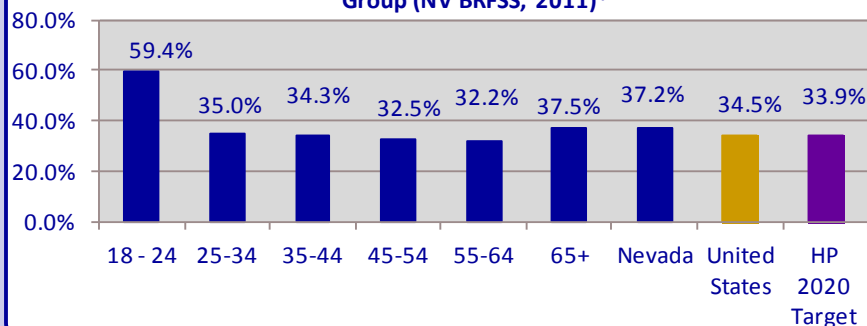
The prevalence of Nevada adults who are either overweight or obese is highest among blacks and Hispanics.

Chart 49: Nevada Adults Who Are Categorized as Overweight or Obese Collectively by Race/Ethnicity and Sex (NV BRFSS, 2011)



Nevada adults in the age group 18-24 have the highest prevalence of healthy weight among age groups.

Chart 50: Nevada Adults Who Are At a Healthy Weight by Age Group (NV BRFSS, 2011)\*



\*A healthy weight is defined as an individual with a body mass index (BMI) of greater than or equal to 18.5 and less than 25.

**Table 42: Body Mass Index (BMI) Weight Categories by Demographics and Region**

◇ Underweight = BMI less than 18.5; Healthy weight = BMI greater than or equal to 18.5 and less than 25.0; Overweight = BMI greater than or equal to 25.0 and less than 30.0; Obese = BMI greater than

Demographic	Grouping	Underweight	Healthy Weight	Overweight	Obese
Statewide	Nevada	2.6 (1.8-3.4)	37.2 (34.9-39.6)	35.7 (33.4-38.0)	24.5 (22.4-26.5)
Geography	Clark County	2.8 (1.7-3.9)	37.7 (34.6-40.7)	35.5 (32.5-38.5)	24.0 (21.3-26.7)
	Washoe County	2.1 (1.0-3.2)	38.2 (34.3-42.1)	36.5 (32.5-40.4)	23.2 (19.9-26.6)
	Balance of State	2.0 (0.6-3.4)	33.7 (29.6-37.7)	35.7 (31.9-39.5)	28.6 (25.1-32.2)
Age	18 - 24	4.9 (0.9-8.8)	59.4 (51.4-67.4)	21.7 (15.6-27.9)	14.0 (8.0-20.0)
	25 - 34	2.8 (0.5-5.0)	35.0 (29.5-40.5)	34.2 (28.3-40.2)	28.0 (22.1-33.9)
	35 - 44	1.9 (0.7-3.1)	34.3 (28.6-40.0)	36.4 (30.7-42.2)	27.4 (22.2-32.6)
	45 - 54	2.3 (0.1-4.5)	32.5 (27.0-37.9)	37.7 (32.4-43.0)	27.5 (23.0-32.1)
	55 - 64	1.9 (0.8-3.0)	32.2 (27.0-37.3)	38.2 (32.9-43.5)	27.8 (22.9-32.6)
	65+	2.7 (1.3-4.1)	37.5 (33.3-41.7)	41.7 (37.4-46.1)	18.1 (14.7-21.5)
Sex	Male	1.6 (0.5-2.7)	30.1 (27.0-33.3)	42.8 (39.3-46.2)	25.5 (22.4-28.5)
	Female	3.7 (2.5-5.0)	45.1 (41.7-48.4)	27.9 (25.1-30.7)	23.4 (20.6-26.1)
Race/Ethnicity	White	2.6 (1.7-3.5)	39.0 (36.4-41.7)	36.4 (33.8-38.9)	21.9 (19.9-24.0)
	Black	3.9 (0.0-9.0)	29.1 (20.1-38.0)	35.9 (26.4-45.4)	31.1 (22.9-39.4)
	Other Race	4.5 (1.5-7.4)	41.2 (33.1-49.3)	30.3 (23.0-37.6)	24.0 (16.6-31.4)
	Hispanic	1.4 (0.0-3.2)	33.5 (27.5-39.6)	36.0 (30.0-42.0)	29.1 (23.1-35.0)



**Table 42 Continued: Body Mass Index (BMI) Weight Categories by Demographics and Region**

◇ Underweight = BMI less than 18.5; Healthy weight = BMI greater than or equal to 18.5 and less than 25.0; Overweight = BMI greater than or equal to 25.0 and less than 30.0; Obese = BMI greater than

Demographic	Grouping	Underweight	Healthy Weight	Overweight	Obese
Education	Less than H.S.	2.8 (0.1-5.5)	35.1 (27.6-42.6)	34.5 (27.7-41.3)	27.6 (20.6-34.6)
	H.S. or G.E.D.	2.7 (1.3-4.1)	35.5 (31.4-39.6)	38.7 (34.5-43.0)	23.1 (19.6-26.6)
	Some Post H.S.	2.9 (1.4-4.5)	38.1 (34.1-42.2)	31.6 (27.8-35.3)	27.4 (23.8-31.0)
	College Graduate	1.8 (1.0-2.7)	40.2 (36.0-44.3)	38.7 (34.4-42.9)	19.4 (16.1-22.6)
Income	< 15,000	1.4 (0.4-2.3)	36.2 (28.5-44.0)	37.8 (29.8-45.8)	24.6 (18.2-31.0)
	\$15,000 to \$24,999	2.0 (0.8-3.2)	35.7 (29.8-41.7)	38.1 (32.0-44.2)	24.2 (19.0-29.5)
	\$25,000 to \$34,999	5.0 (0.8-9.1)	37.5 (30.3-44.8)	32.1 (25.0-39.2)	25.4 (19.0-31.8)
	\$35,000 to \$49,999	3.2 (0.4-6.0)	35.8 (29.5-42.0)	37.1 (31.0-43.1)	24.0 (18.5-29.6)
	\$50,000 to \$74,999	1.9 (0.3-3.5)	32.8 (27.1-38.5)	35.6 (29.8-41.3)	29.7 (24.0-35.4)
	\$75,000+	2.0 (0.2-3.9)	37.0 (32.5-41.5)	38.6 (34.2-43.1)	22.3 (18.4-26.3)
Veteran	Yes	0.8 (0.2-1.4)	28.7 (23.5-33.8)	42.8 (37.2-48.5)	27.7 (22.6-32.9)
	No	2.9 (2.0-3.9)	38.6 (36.1-41.2)	34.4 (31.9-36.9)	24.0 (21.7-26.3)

## Appendix A: Selected References

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