

**Nevada Behavioral Risk Factor Surveillance System  
2010 Annual Report - Nevada  
(2010 Data)  
Version 1**



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

Brian Sandoval, Governor  
Michael J. Willden, Director  
Department of Health and Human Services

Richard Whitley, M.S., Administrator  
Tracey D. Green, M.D., State Health Officer  
Nevada Health Division  
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**Department of Health and Human Services  
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Bureau of Health Statistics, Planning, Epidemiology, and Response  
Office of Public Health Informatics and Epidemiology**

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2010 Annual Report - Nevada  
(2010 Data)**

Brad Towle, M.A., M.P.A., Health Program Specialist

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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 2010, 3,913 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 Questionnaire

The “core” questionnaire consists of standard questions designed and tested by the CDC and are administered by all states and territories. Health Division 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 Sex, 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 2010 set of core questions include:

- **Alcohol Use:** includes heavy drinking, and binge drinking, and drinking and driving.
- **Asthma:** includes individuals that have ever had asthma and those that currently have asthma.
- **Cardiovascular:** includes stroke, heart attack, and cardiovascular disease.
- **Colorectal Screening:** includes Sigmoidoscopy/colonoscopy and blood stool testing.
- **Diabetes:** includes diabetes, pre-diabetes, and A1C testing.



**BRFSS  
Questionnaire  
(Continued)**

- **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.
- **Prostate Screening:** includes men 40 years of age or older who have had a PSA test within the past 2 years and men 40 years of age or older who have had a digital rectal exam within the past 2 years.
- **Tobacco:** includes Cigarette and Smokeless Tobacco 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.
- **Women's Health:** indicators include PAP tests, Mammograms and Clinical Breast Exams.

**The BRFSS  
Process and  
Methodology**

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 State Health Division contracted Opinion Research to conduct the 2010 BRFSS phone survey according to protocols detailed in the BRFSS Operational and User's Guide which is available at the following website:

<ftp://ftp.cdc.gov/pub/Data/Brfss/userguide.pdf>

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 (high density stratum) and a set that contains a smaller proportion of target numbers (medium density stratum). Telephone numbers in the high density stratum are sampled at the highest rate.

**The BRFSS  
Process and  
Methodology  
(Continued)**

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 estimated prevalence to be used by states and BSB for analyses and publications.

**Healthy People  
Initiative**

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, *Health Promotion and Disease Prevention*, which was followed in 1980 by the report, *Promoting Health/Preventing Disease: Objectives For a Nation*, which detailed 226 health objectives to be reached by 1990. Subsequently the HP 2010 were developed that documented objectives to be reached by 2010. The goals of the HP Initiative are to increase quality and years of healthy life and eliminate health disparities. Whenever applicable, HP 2010 objectives are included in this report along with their corresponding health indicators. Information on the Healthy People Initiative can be obtained online at <http://www.healthypeople.gov/lhi/>.

**Highlights  
From the 2010  
BRFSS Survey**

**Alcohol Consumption**

- The estimated prevalence 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 17.2% compared to the national estimate of 15.1%.
- The 2010 estimate of Nevada adult males participating in binge drinking is nearly twice that of Nevada adult females (22.0% and 12.3% respectively).

**Asthma**

- 14.5% of Nevada adults reported that they have ever had asthma and 9.2% reported they currently have asthma.

**Cardiovascular**

- Consistent with national data, heart attacks among Nevada men are higher than Nevada females (5.3% and 4.6% 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.

**Highlights  
From the 2010  
BRFSS Survey  
(Continued)**

**Colorectal Cancer Screening**

- It is estimated that 61.5% of Nevadans 50 years of age or older have ever had a sigmoidoscopy or colonoscopy.
- Individuals 50 years of age or older ever having a sigmoidoscopy or colonoscopy is less prevalent among those in lower income brackets.

**Diabetes**

- The 2010 estimated prevalence for diabetes among Nevada adults is 8.3%.
- Diabetes prevalence among Nevada adults is highest among the Black population at 11.3%.

**Disability**

- The 2010 estimate for Nevada adults who are limited in any activities do to physical, mental, or emotional problems is 21.0%.
- The 2010 estimate of Nevada adults requiring special equipment, such as a cane, wheelchair, special bed, or telephone is 7.5%.

**Health Status**

- In 2010, 21.1% of Nevada adults perceived their health status to be excellent, 31.6% perceived their health status to be very good, 30.3% perceived their health status to be good, 11.4% perceived their health status to be fair, and only 5.6% perceived their health status to be poor.
- 18.2% 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.
- 23.0% of Nevada adults had not participated in any physical activity other than their regular job in the past 30 days.

**Healthcare Access**

- The 2010 estimate for Nevada Adults without health insurance is 19.7% and 29.1% do not have a personal doctor or healthcare provider.
- 12.4% of Nevadans have not had a routine checkup in the past five years.

**Immunizations**

- In 2010, 59.3% of Nevada adults 65 years of age or older received a flu vaccination within the past year.
- 66.6% of Nevada adults 65 years of age or older have ever received a pneumonia vaccination.

**Highlights  
From the 2010  
BRFSS Survey  
(Continued)**

**Prostate Screening**

- 54.7% of Nevada males 40 years of age or older have had a PSA test within the past two years.
- 60.7% of Nevada males 40 years of age or older have had a digital rectal exam within the past two years.

**Tobacco**

- 21.3% of Nevada adults are current smokers compared to the national value of 17.3%.
- The prevalence of smoking among Nevada adults is greater among individuals with less education and those in the lower income brackets.

**Weight Status**

- 37.1% of Nevada adults are designated as overweight (BMI 25.0 to 29.9) and 23.1% are designated as obese (BMI 30.0 or greater).

**Women's Health**

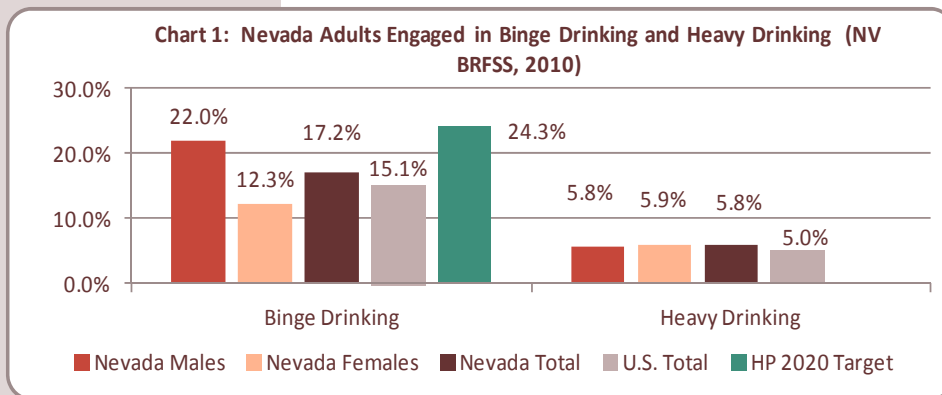
- It is estimated that 78.4% of women 18 years of age or old have had a pap test in the past 3 years.
- In 2010, 76.8% of women 18 years of age or older have had a clinical breast exam within the past two years.
- 67.2% of Nevada women 40 years of age or older have had a mammogram within the past 2 years compared to the national value of 75.2%.

**Table 1: BRFSS Respondent Demographics (NV BRFSS, 2010)**

- ◇ Distribution of respondents for the 2010 BRFSS by sex, age group, race, education, income, and region.
- ◇ There were 3,913 total surveys conducted in the 2010 survey.

Demographic	Grouping	Percent
<b>Region</b>	Clark County	71.4 (70.2-72.6)
	Washoe County	15.7 (14.8-16.5)
	Balance of State	12.9 (12.2-13.6)
<b>Age Group</b>	18 - 24	11.3 (8.9-13.6)
	25 - 34	19.3 (16.5-22.1)
	35 - 44	19.5 (17.3-21.6)
	45 - 54	18.6 (16.7-20.5)
	55 - 64	15.4 (13.9-16.9)
	65+	16.0 (14.7-17.3)
<b>Sex</b>	Male	50.6 (47.9-53.4)
	Female	49.4 (46.6-52.1)
<b>Race/Ethnicity</b>	White	66.7 (63.8-69.6)
	Black	5.7 (4.3-7.1)
	Other Race	10.6 (8.7-12.6)
	Hispanic	15.7 (13.1-18.2)
<b>Education</b>	Less than H.S.	6.2 (5.2-7.3)
	H.S. or G.E.D.	31.8 (29.1-34.4)
	Some Post H.S.	32.2 (29.7-34.8)
	College Graduate	29.5 (27.0-32.0)
<b>Income</b>	< \$15,000	5.9 (4.6-7.1)
	\$15,000 to \$24,999	14.7 (12.5-16.9)
	\$25,000 to \$34,999	8.4 (6.9-9.8)
	\$35,000 to \$49,999	12.4 (10.7-14.1)
	\$50,000 to \$74,999	16.4 (14.4-18.4)
	\$75,000+	28.6 (26.1-31.1)

## Alcohol



**Table 2: Selected Alcohol Use Indicators For Nevada and the United States (BRFSS, 2010)**

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	5.8%	5.5%
B. Percent of Women	5.9%	4.3%
C. Percent of Total Population	5.8%	5.0%
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	22.0%	20.3%
B. Percent of Women	12.3%	9.5%
C. Percent of Total Population	17.2%	15.1%
3. Respondents who have driven at least one time in the past 30 days when they have had too much to drink.		
A. Percent of Men	4.5%	4.8%
B. Percent of Women	2.6%	1.8%
C. Percent of Total Population	3.7%	3.4%

A substantial proportion of the population drinks alcohol. 17.2% of Nevada adults 18 years of age or older reported binge drinking on at least one occasion within past 30 days, and 5.8% were categorized as “Heavy Drinkers.” This translates to about 350,508 and 118,195 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>

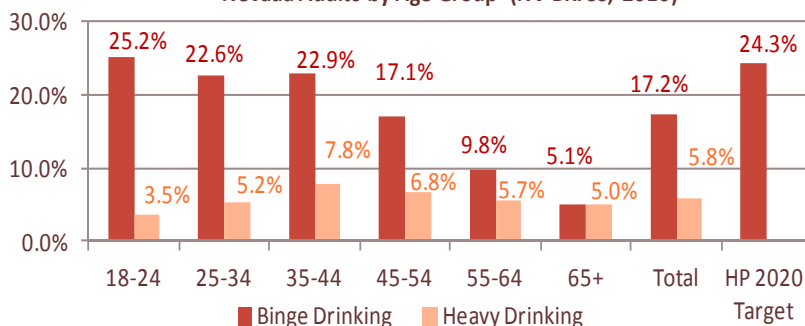
Alcohol has been linked with a substantial proportion of injuries and deaths from motor vehicle crashes, falls, fires, and drowning. In 2010 3.7% of Nevadans reported driving at least once in the past 30 days after having too much to drink, translating into about 74,381 individuals. The percent of Nevada 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.

### 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.

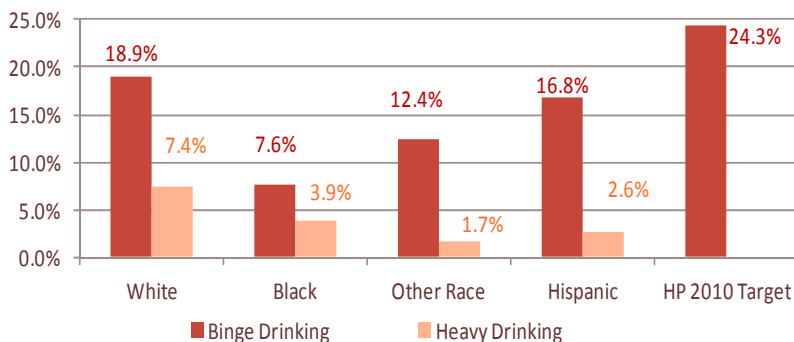
Nevada adults in the younger age groups have a higher prevalence rate for binge drinking than individuals in older age groups.

**Chart 2: Binge Drinking and Heavy Drinking Prevalence Among Nevada Adults by Age Group (NV BRFSS, 2010)**



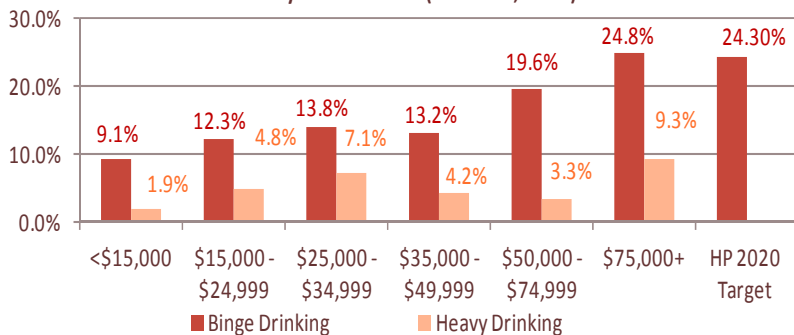
Evidence suggests that Nevada Blacks have the lowest prevalence rate for binge drinking and Whites have the highest.

**Chart 3: Binge Drinking and Heavy Drinking Prevalence Among Nevada Adults by Race/Ethnicity (NV BRFSS, 2010)**



Nevada adults making less than \$15,000 per year had the lowest prevalence rate for binge drinking and heavy drinking. Individuals in the higher income brackets had a higher prevalence of binge drinking.

**Chart 4: Binge Drinking and Heavy Drinking Prevalence Among Nevada Adults by Income Level (NV BRFSS, 2010)**



**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
Geography	Statewide	5.8 (4.7-6.9)	94.2 (93.1-95.3)
	Clark County	5.2 (3.8-6.6)	94.8 (93.4-96.2)
	Washoe County	7.6 (5.5-9.7)	92.4 (90.3-94.5)
	Balance of State	7.2 (5.1-9.2)	92.8 (90.8-94.9)
Age	18 - 24	3.5 (0.5-6.5)	96.5 (93.5-99.5)
	25 - 34	5.2 (2.5-7.8)	94.8 (92.2-97.5)
	35 - 44	7.8 (4.5-11.0)	92.2 (89.0-95.5)
	45 - 54	6.8 (4.0-9.5)	93.2 (90.5-96.0)
	55 - 64	5.7 (3.5-7.8)	94.3 (92.2-96.5)
	65+	5.0 (3.6-6.5)	95.0 (93.5-96.4)
Sex	Male	5.8 (4.2-7.4)	94.2 (92.6-95.8)
	Female	5.9 (4.4-7.4)	94.1 (92.6-95.6)
Race/Ethnicity	White	7.4 (5.9-8.9)	92.6 (91.1-94.1)
	Black	3.7 (0.0-8.4)	96.3 (91.6-100.0)
	Other Race	1.7 (0.0-3.6)	98.3 (96.4-100.0)
	Hispanic	2.6 (0.5-4.7)	97.4 (95.3-99.5)
Education	Less than H.S.	10.1 (3.7-16.4)	89.9 (83.6-96.3)
	H.S. or G.E.D.	6.5 (4.4-8.6)	93.5 (91.4-95.6)
	Some Post H.S.	5.5 (3.7-7.4)	94.5 (92.6-96.3)
	College Graduate	4.6 (2.9-6.3)	95.4 (93.7-97.1)
Income	< \$15,000	1.9 (0.8-3.0)	98.1 (97.0-99.2)
	\$15,000 to \$24,999	4.8 (2.2-7.3)	95.2 (92.7-97.8)
	\$25,000 to \$34,999	7.1 (2.9-11.3)	92.9 (88.7-97.1)
	\$35,000 to \$49,999	4.2 (1.8-6.5)	95.8 (93.5-98.2)
	\$50,000 to \$74,999	3.3 (1.8-4.9)	96.7 (95.1-98.2)
	\$75,000+	9.3 (6.6-12.1)	90.7 (87.9-93.4)



**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.

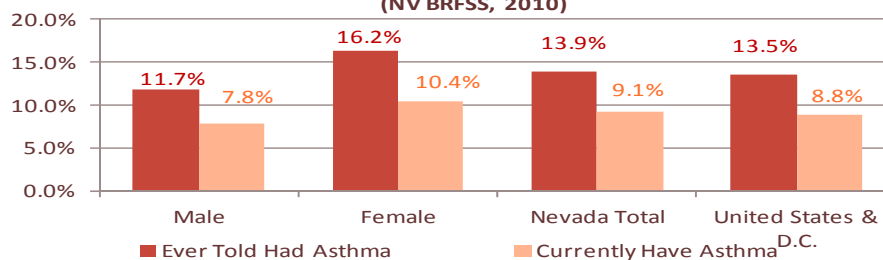
Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	17.2 (14.9-19.5)	82.8 (80.5-85.1)
	Clark County	17.5 (14.5-20.6)	82.5 (79.4-85.5)
	Washoe County	17.7 (14.5-20.8)	82.3 (79.2-85.5)
	Balance of State	14.8 (12.1-17.6)	85.2 (82.4-87.9)
<b>Age</b>	18 - 24	25.2 (15.0-35.4)	74.8 (64.6-85.0)
	25 - 34	22.6 (15.3-30.0)	77.4 (70.0-84.7)
	35 - 44	22.9 (17.7-28.1)	77.1 (71.9-82.3)
	45 - 54	17.1 (13.1-21.1)	82.9 (78.9-86.9)
	55 - 64	9.8 (7.0-12.6)	90.2 (87.4-93.0)
	65+	5.1 (3.5-6.7)	94.9 (93.3-96.5)
<b>Sex</b>	Male	22.0 (18.3-25.7)	78.0 (74.3-81.7)
	Female	12.3 (9.7-14.9)	87.7 (85.1-90.3)
<b>Race/Ethnicity</b>	White	18.9 (16.1-21.6)	81.1 (78.4-83.9)
	Black	7.6 (1.0-14.3)	92.4 (85.7-99.0)
	Other Race	12.4 (6.2-18.5)	87.6 (81.5-93.8)
	Hispanic	16.8 (10.0-23.6)	83.2 (76.4-90.0)
<b>Education</b>	Less than H.S.	20.3 (12.4-28.2)	79.7 (71.8-87.6)
	H.S. or G.E.D.	16.5 (12.6-20.3)	83.5 (79.7-87.4)
	Some Post H.S.	17.3 (13.0-21.7)	82.7 (78.3-87.0)
	College Graduate	17.2 (13.0-21.3)	82.8 (78.7-87.0)
<b>Income</b>	< \$15,000	9.1 (2.0-16.2)	90.9 (83.8-98.0)
	\$15,000 to \$24,999	12.3 (5.8-18.8)	87.7 (81.2-94.2)
	\$25,000 to \$34,999	13.8 (7.7-19.9)	86.2 (80.1-92.3)
	\$35,000 to \$49,999	13.2 (7.9-18.6)	86.8 (81.4-92.1)
	\$50,000 to \$74,999	19.6 (13.3-25.8)	80.4 (74.2-86.7)
	\$75,000+	24.8 (20.1-29.4)	75.2 (70.6-79.9)

**Table 5: Drinking and Driving by Demographics and Region**  
 Nevada adults who have driven at least once in the past 30 days when they have had perhaps too much to drink.

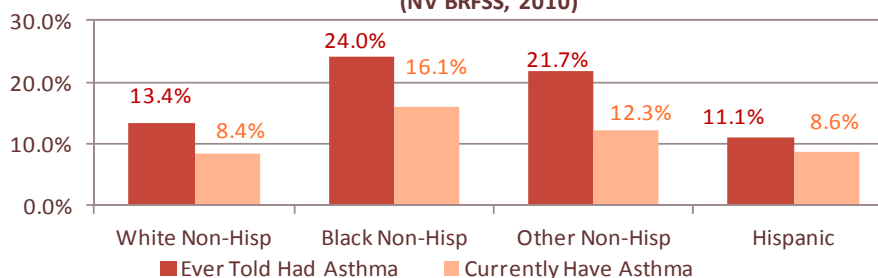
Demographic	Grouping	Yes	No
Geography	Statewide	2.0 (1.2-2.8)	98.0 (97.2-98.8)
	Clark County	2.2 (1.0-3.3)	97.8 (96.7-99.0)
	Washoe County	1.3 (0.7-2.0)	98.7 (98.0-99.3)
	Balance of State	2.0 (0.6-3.4)	98.0 (96.6-99.4)
Age	18 - 24	4.5 (0.0-9.1)	95.5 (90.9-100.0)
	25 - 34	1.8 (0.0-4.0)	98.2 (96.0-100.0)
	35 - 44	2.6 (0.5-4.7)	97.4 (95.3-99.5)
	45 - 54	1.3 (0.5-2.2)	98.7 (97.8-99.5)
	55 - 64	1.9 (0.6-3.1)	98.1 (96.9-99.4)
	65+	0.7 (0.1-1.4)	99.3 (98.6-99.9)
Sex	Male	2.8 (1.3-4.2)	97.2 (95.8-98.7)
	Female	1.3 (0.4-2.1)	98.7 (97.9-99.6)
Race/Ethnicity	White	2.6 (1.5-3.7)	97.4 (96.3-98.5)
	Black	0.6 (0.0-1.8)	99.4 (98.2-100.0)
	Other Race	0.2 (0.0-0.5)	99.8 (99.5-100.0)
	Hispanic	1.4 (0.0-3.8)	98.6 (96.2-100.0)
Education	Less than H.S.	1.6 (0.0-3.4)	98.4 (96.6-100.0)
	H.S. or G.E.D.	2.6 (0.6-4.5)	97.4 (95.5-99.4)
	Some Post H.S.	1.5 (0.2-2.7)	98.5 (97.3-99.8)
	College Graduate	2.1 (0.9-3.4)	97.9 (96.6-99.1)
Income	< \$15,000	2.2 (0.0-6.3)	97.8 (93.7-100.0)
	\$15,000 to \$24,999	1.7 (0.0-3.6)	98.3 (96.4-100.0)
	\$25,000 to \$34,999	2.6 (0.0-5.5)	97.4 (94.5-100.0)
	\$35,000 to \$49,999	2.6 (0.0-6.1)	97.4 (93.9-100.0)
	\$50,000 to \$74,999	1.6 (0.1-3.1)	98.4 (96.9-99.9)
	\$75,000+	2.2 (0.9-3.4)	97.8 (96.6-99.1)

## Asthma

**Chart 5: Nevada Adults Who Have Ever Been Told That They Had Asthma and Those That Currently Have Asthma by Sex (NV BRFSS, 2010)**



**Chart 6: Nevada Adults Who Have Ever Been Told That They Had Asthma and Those that Currently Have Asthma by Race/Ethnicity (NV BRFSS, 2010)**



It is estimated that about 25 million Americans had asthma in 2009. Asthma related medical expenses in the U.S. were estimated to be \$50.1 billion dollars in 2007.<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 rate in Nevada is similar to the national prevalence rates.<sup>17,18,19</sup>

**Table 6: Selected Asthma Indicators For Nevada and the United States (BRFSS, 2010)**

Health Indicator	Nevada	United States
1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?	14.5%	13.8%
2. Do you still have asthma?	9.2%	9.1%

**Table 7: 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?”

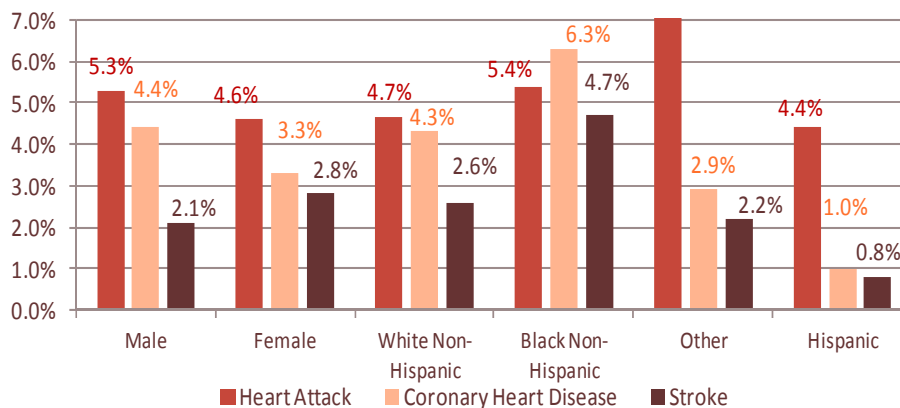
Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	14.5 (12.5-16.5)	85.5 (83.5-87.5)
	Clark County	14.4 (11.7-17.2)	85.6 (82.8-88.3)
	Washoe County	14.1 (11.5-16.7)	85.9 (83.3-88.5)
	Balance of State	15.3 (12.5-18.0)	84.7 (82.0-87.5)
<b>Age</b>	18 - 24	24.9 (14.4-35.4)	75.1 (64.6-85.6)
	25 - 34	15.0 (9.1-20.9)	85.0 (79.1-90.9)
	35 - 44	14.7 (10.5-18.9)	85.3 (81.1-89.5)
	45 - 54	11.3 (8.1-14.4)	88.7 (85.6-91.9)
	55 - 64	11.6 (8.8-14.4)	88.4 (85.6-91.2)
	65+	12.7 (10.1-15.4)	87.3 (84.6-89.9)
<b>Sex</b>	Male	12.8 (9.7-16.0)	87.2 (84.0-90.3)
	Female	16.2 (13.6-18.7)	83.8 (81.3-86.4)
<b>Race/Ethnicity</b>	White	13.4 (11.5-15.4)	86.6 (84.6-88.5)
	Black	24.0 (12.7-35.4)	76.0 (64.6-87.3)
	Other Race	21.7 (11.8-31.6)	78.3 (68.4-88.2)
	Hispanic	11.1 (5.5-16.7)	88.9 (83.3-94.5)
<b>Education</b>	Less than H.S.	25.5 (17.2-33.7)	74.5 (66.3-82.8)
	H.S. or G.E.D.	14.6 (10.4-18.8)	85.4 (81.2-89.6)
	Some Post H.S.	15.6 (11.9-19.3)	84.4 (80.7-88.1)
	College Graduate	11.0 (8.3-13.6)	89.0 (86.4-91.7)
<b>Income</b>	< \$15,000	21.7 (13.6-29.8)	78.3 (70.2-86.4)
	\$15,000 to \$24,999	15.0 (9.7-20.3)	85.0 (79.7-90.3)
	\$25,000 to \$34,999	11.7 (7.0-16.4)	88.3 (83.6-93.0)
	\$35,000 to \$49,999	12.4 (7.8-17.0)	87.6 (83.0-92.2)
	\$50,000 to \$74,999	13.2 (8.5-17.9)	86.8 (82.1-91.5)
	\$75,000+	12.5 (8.7-16.2)	87.5 (83.8-91.3)

**Table 8: Respondents who Currently Have Asthma by Demographics and Region**  
 ◇ “Do you currently have asthma?”

Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	9.2 (7.6-10.9)	90.8 (89.1-92.4)
	Clark County	9.3 (7.1-11.5)	90.7 (88.5-92.9)
	Washoe County	8.4 (6.2-10.7)	91.6 (89.3-93.8)
	Balance of State	9.9 (7.5-12.2)	90.1 (87.8-92.5)
<b>Age</b>	18 - 24	19.1 (9.3-28.9)	80.9 (71.1-90.7)
	25 - 34	8.2 (4.7-11.7)	91.8 (88.3-95.3)
	35 - 44	8.1 (4.9-11.3)	91.9 (88.7-95.1)
	45 - 54	7.1 (4.5-9.7)	92.9 (90.3-95.5)
	55 - 64	7.2 (4.9-9.6)	92.8 (90.4-95.1)
	65+	9.2 (6.9-11.6)	90.8 (88.4-93.1)
<b>Sex</b>	Male	6.6 (4.4-8.9)	93.4 (91.1-95.6)
	Female	11.9 (9.5-14.3)	88.1 (85.7-90.5)
<b>Race/Ethnicity</b>	White	8.4 (6.8-9.9)	91.6 (90.1-93.2)
	Black	16.1 (6.0-26.2)	83.9 (73.8-94.0)
	Other Race	12.3 (5.0-19.6)	87.7 (80.4-95.0)
	Hispanic	8.6 (3.5-13.8)	91.4 (86.2-96.5)
<b>Education</b>	Less than H.S.	21.6 (13.5-29.8)	78.4 (70.2-86.5)
	H.S. or G.E.D.	9.4 (6.1-12.6)	90.6 (87.4-93.9)
	Some Post H.S.	9.4 (6.2-12.5)	90.6 (87.5-93.8)
	College Graduate	6.5 (4.5-8.5)	93.5 (91.5-95.5)
<b>Income</b>	< \$15,000	14.2 (7.3-21.0)	85.8 (79.0-92.7)
	\$15,000 to \$24,999	8.8 (4.9-12.7)	91.2 (87.3-95.1)
	\$25,000 to \$34,999	8.3 (4.1-12.5)	91.7 (87.5-95.9)
	\$35,000 to \$49,999	8.7 (4.7-12.7)	91.3 (87.3-95.3)
	\$50,000 to \$74,999	7.4 (3.5-11.2)	92.6 (88.8-96.5)
	\$75,000+	9.1 (5.4-12.7)	90.9 (87.3-94.6)

## Cardiovascular

**Chart 7: Nevada Adults Who Have Been Told by a Doctor That They Had a Heart Attack, Stroke, or Have Coronary Heart Disease by Sex and Race/Ethnicity (NV BRFSS, 2010)**



**Table 9: Selected Cardiovascular Indicators For Nevada and the United States (BRFSS, 2010)**

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).	5.0%	4.2%
2. Nevada adults who have been told by a doctor, nurse, or other health professional that they have had angina or coronary heart disease.	4.0%	4.1%
3. Nevada adults who have been told by a doctor, nurse, or other health professional that they have had a stroke.	3.1%	2.7%

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>

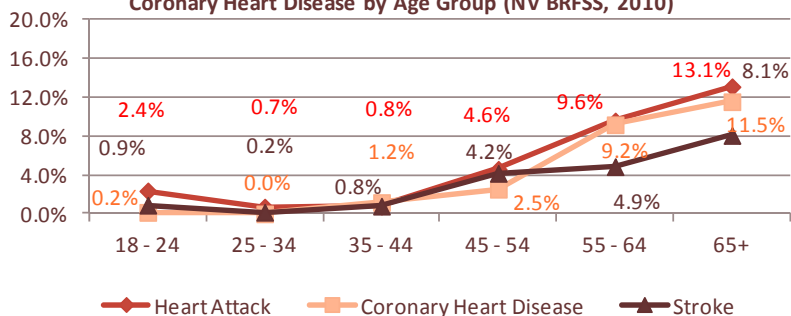
- Eat a healthy diet low in saturated fat and cholesterol and high in fiber.
- Maintain a healthy weight.
- Exercise regularly.
- Don't Smoke.
- Limit alcohol use.

### 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?”

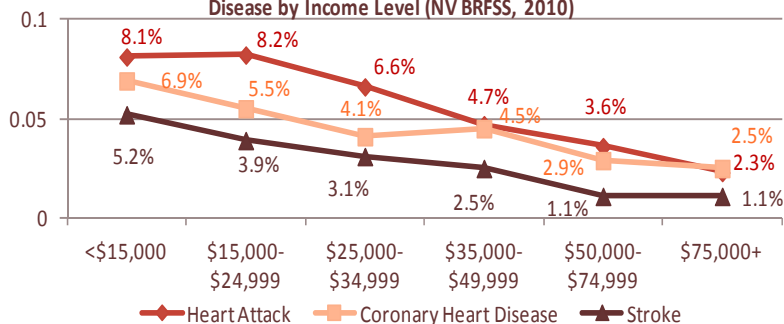
Consistent with national data, heart attack coronary heart disease, and stroke prevalence rates increase significantly in the older age groups. With the aging “Baby Boomer” generation, healthcare costs related to heart attack, coronary heart disease, and stroke will be significantly impacted.

**Chart 8: 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, 2010)**



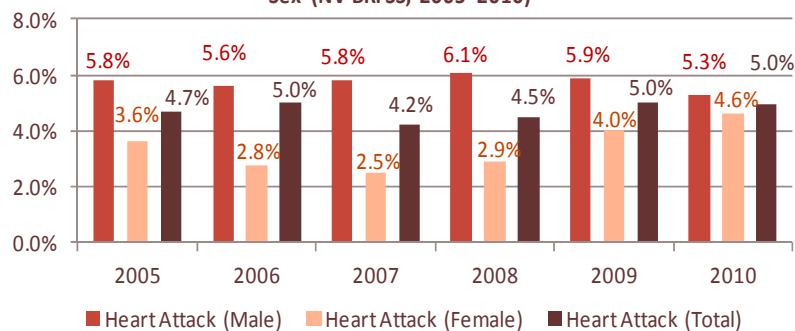
Evidence suggests that Nevadans in lower income brackets are at higher risk for heart attack, coronary heart disease, and stroke than those in higher income brackets.

**Chart 9: 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, 2010)**



Consistent with national data, heart attacks have been higher among Nevada Men than Nevada women. Literature indicates that this Sex difference is narrowing.

**Chart 10: Nevada Adults Who Have Been Told by a Doctor or Health Professional That They Had a Heart Attack by Year and Sex (NV BRFSS, 2005-2010)**



**Table 10: 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
<b>Geography</b>	Statewide	5.0 (4.0-5.9)	95.0 (94.1-96.0)
	Clark County	4.9 (3.6-6.2)	95.1 (93.8-96.4)
	Washoe County	4.1 (3.0-5.2)	95.9 (94.8-97.0)
	Balance of State	6.2 (4.9-7.6)	93.8 (92.4-95.1)
<b>Age Group</b>	18 - 24	2.4 (0.0-6.7)	97.6 (93.3-100.0)
	25 - 34	0.7 (0.0-1.8)	99.3 (98.2-100.0)
	35 - 44	0.8 (0.0-1.7)	99.2 (98.3-100.0)
	45 - 54	4.6 (2.7-6.5)	95.4 (93.5-97.3)
	55 - 64	9.6 (6.2-12.9)	90.4 (87.1-93.8)
	65+	13.1 (10.5-15.6)	86.9 (84.4-89.5)
<b>Sex</b>	Male	5.3 (4.0-6.6)	94.7 (93.4-96.0)
	Female	4.6 (3.2-6.0)	95.4 (94.0-96.8)
<b>Race/Ethnicity</b>	White	4.7 (3.7-5.6)	95.3 (94.4-96.3)
	Black	5.4 (1.7-9.1)	94.6 (90.9-98.3)
	Other Race	7.2 (3.1-11.3)	92.8 (88.7-96.9)
	Hispanic	4.4 (0.8-7.9)	95.6 (92.1-99.2)
<b>Education</b>	Less than H.S.	12.4 (7.0-17.8)	87.6 (82.2-93.0)
	H.S. or G.E.D.	4.8 (3.1-6.6)	95.2 (93.4-96.9)
	Some Post H.S.	5.6 (3.6-7.6)	94.4 (92.4-96.4)
	College Graduate	2.8 (1.8-3.9)	97.2 (96.1-98.2)
<b>Income</b>	< \$15,000	6.8 (3.6-10.0)	93.2 (90.0-96.4)
	\$15,000 to \$24,999	7.6 (5.0-10.2)	92.4 (89.8-95.0)
	\$25,000 to \$34,999	5.7 (3.2-8.2)	94.3 (91.8-96.8)
	\$35,000 to \$49,999	4.4 (2.2-6.6)	95.6 (93.4-97.8)
	\$50,000 to \$74,999	6.0 (2.1-9.9)	94.0 (90.1-97.9)
	\$75,000+	2.3 (1.2-3.4)	97.7 (96.6-98.8)



**Table 11: 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
<b>Geography</b>	Statewide	4.0 (3.2-4.7)	96.0 (95.3-96.8)
	Clark County	3.9 (2.8-5.0)	96.1 (95.0-97.2)
	Washoe County	3.5 (2.5-4.5)	96.5 (95.5-97.5)
	Balance of State	4.8 (3.6-5.9)	95.2 (94.1-96.4)
<b>Age Group</b>	18 - 24	0.2 (0.0-0.5)	99.8 (99.5-100.0)
	25 - 34	0.0 (0.0-0.0)	100.0 (100.0-100.0)
	35 - 44	1.2 (0.1-2.2)	98.8 (97.8-99.9)
	45 - 54	2.5 (1.0-4.1)	97.5 (95.9-99.0)
	55 - 64	9.2 (5.9-12.5)	90.8 (87.5-94.1)
	65+	11.5 (8.8-14.3)	88.5 (85.7-91.2)
<b>Sex</b>	Male	4.2 (3.0-5.4)	95.8 (94.6-97.0)
	Female	3.7 (2.7-4.7)	96.3 (95.3-97.3)
<b>Race/Ethnicity</b>	White	4.2 (3.3-5.2)	95.8 (94.8-96.7)
	Black	3.0 (0.5-5.5)	97.0 (94.5-99.5)
	Other Race	5.9 (2.2-9.6)	94.1 (90.4-97.8)
	Hispanic	2.0 (0.6-3.3)	98.0 (96.7-99.4)
<b>Education</b>	Less than H.S.	9.9 (4.5-15.3)	90.1 (84.7-95.5)
	H.S. or G.E.D.	3.0 (1.7-4.4)	97.0 (95.6-98.3)
	Some Post H.S.	3.9 (2.7-5.1)	96.1 (94.9-97.3)
	College Graduate	3.7 (2.3-5.2)	96.3 (94.8-97.7)
<b>Income</b>	< \$15,000	5.1 (2.5-7.6)	94.9 (92.4-97.5)
	\$15,000 to \$24,999	5.4 (3.2-7.6)	94.6 (92.4-96.8)
	\$25,000 to \$34,999	4.7 (2.3-7.1)	95.3 (92.9-97.7)
	\$35,000 to \$49,999	4.0 (1.8-6.3)	96.0 (93.7-98.2)
	\$50,000 to \$74,999	4.0 (1.3-6.6)	96.0 (93.4-98.7)
	\$75,000+	2.1 (1.0-3.2)	97.9 (96.8-99.0)

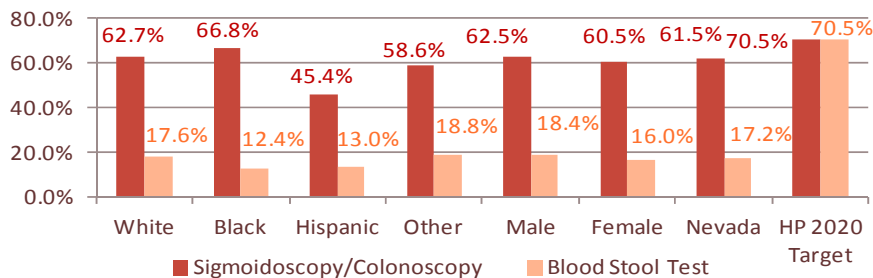
**Table 12: Stroke Prevalence by Demographics and Region**

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

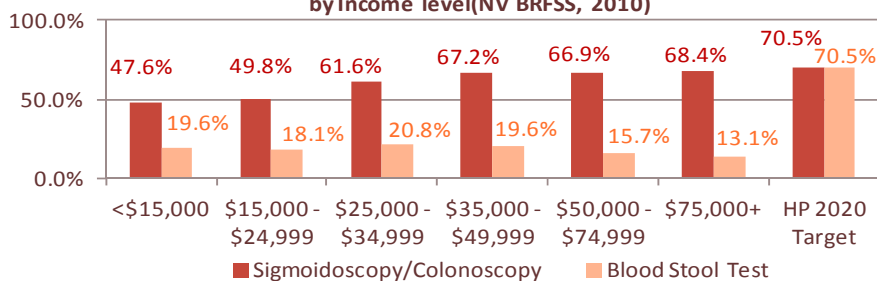
Demographic	Grouping	Yes	No
<b>Nevada</b>	Statewide	3.1 (2.4-3.8)	96.9 (96.2-97.6)
<b>Region</b>	Clark County	3.3 (2.3-4.2)	96.7 (95.8-97.7)
	Washoe County	2.1 (1.4-2.9)	97.9 (97.1-98.6)
	Balance of State	3.4 (2.5-4.2)	96.6 (95.8-97.5)
<b>Age Group</b>	18 - 24	0.9 (0.0-2.4)	99.1 (97.6-100.0)
	25 - 34	0.2 (0.0-0.4)	99.8 (99.6-100.0)
	35 - 44	0.8 (0.1-1.5)	99.2 (98.5-99.9)
	45 - 54	4.2 (1.8-6.5)	95.8 (93.5-98.2)
	55 - 64	4.9 (2.7-7.0)	95.1 (93.0-97.3)
	65+	8.1 (6.0-10.1)	91.9 (89.9-94.0)
<b>Gender</b>	Male	2.5 (1.5-3.5)	97.5 (96.5-98.5)
	Female	3.7 (2.7-4.6)	96.3 (95.4-97.3)
<b>Race</b>	White	3.3 (2.4-4.1)	96.7 (95.9-97.6)
	Black	3.5 (0.8-6.2)	96.5 (93.8-99.2)
	Other Race	3.8 (1.8-5.9)	96.2 (94.1-98.2)
	Hispanic	1.8 (0.0-3.5)	98.2 (96.5-100.0)
<b>Education</b>	Less than H.S.	6.0 (2.1-9.8)	94.0 (90.2-97.9)
	H.S. or G.E.D.	2.9 (1.8-3.9)	97.1 (96.1-98.2)
	Some Post H.S.	3.9 (2.4-5.4)	96.1 (94.6-97.6)
	College Graduate	1.9 (1.0-2.7)	98.1 (97.3-99.0)
<b>Income</b>	< \$15,000	3.7 (1.7-5.6)	96.3 (94.4-98.3)
	\$15,000 to \$24,999	5.2 (3.0-7.4)	94.8 (92.6-97.0)
	\$25,000 to \$34,999	4.8 (2.1-7.5)	95.2 (92.5-97.9)
	\$35,000 to \$49,999	2.0 (0.9-3.2)	98.0 (96.8-99.1)
	\$50,000 to \$74,999	1.8 (0.5-3.1)	98.2 (96.9-99.5)
	\$75,000+	2.1 (0.7-3.5)	97.9 (96.5-99.3)

## Colorectal Screening

**Chart 11: Nevada Adults 50+ Who Have Ever Had a Sigmoidoscopy or Colonoscopy or Have Had a Blood Stool Test Within the Past 2 Years by Race/Ethnicity and Sex (NV BRFSS, 2010)**



**Chart 12: Nevada Adults 50+ Who Have Ever Had a Sigmoidoscopy or Colonoscopy and Have Had a Blood Stool Test Within the Past 2 Years by Income Level (NV BRFSS, 2010)**



Colorectal cancer (CRC) is the second leading cause of cancer-related deaths in the United States. Risk factors for CRC may include age, personal and family history, inflammatory bowel disease, inherited syndromes, physical inactivity, obesity, alcohol use, and diet high in fat and low in fruits and vegetables.<sup>1</sup>

Colorectal cancer is more likely to occur as people get older, but can occur at any age. Most people that develop colorectal cancer are over age 50. Finding and removing polyps or other areas of abnormal cell growth may be one of the most effective ways to prevent colorectal cancer development. Colorectal cancer is generally more treatable when it is found early, before it has had a chance to spread.<sup>2</sup>

**Table 13: Selected Colorectal Cancer Screening Indicators For Nevada and the United States (BRFSS, 2010)**

	Nevada	United States & D.C.
1. Adults 50+ who have ever had a sigmoidoscopy or colonoscopy.	61.5%	65.2%
2. Adults 50+ who have had a blood stool test within the past two years.	17.2%	17.2%

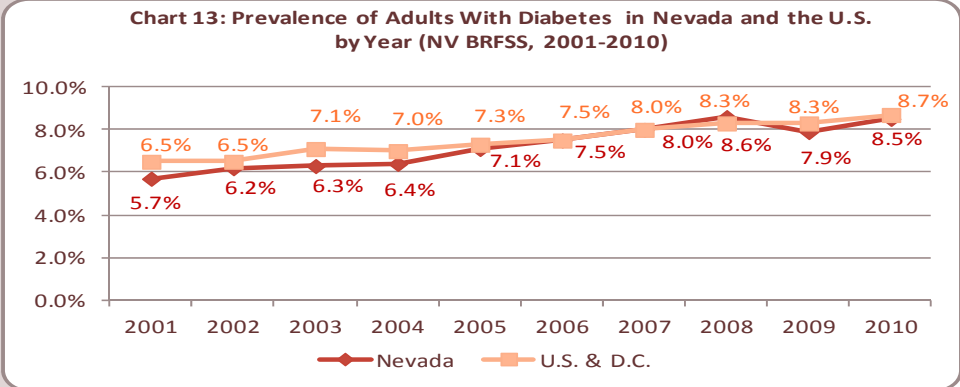
**Table 14: Sigmoidoscopy/Colonoscopy Screenings by Demographics and Region**  
“Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer and other problems. Have you ever had either of these exams (for respondents over 50+ years of age)?”

Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	61.5 (58.5-64.5)	38.5 (35.5-41.5)
	Clark County	60.7 (56.4-64.9)	39.3 (35.1-43.6)
	Washoe County	70.0 (66.1-73.8)	30.0 (26.2-33.9)
	Balance of State	55.5 (51.8-59.2)	44.5 (40.8-48.2)
<b>Sex</b>	Male	62.5 (57.9-67.0)	37.5 (33.0-42.1)
	Female	60.5 (56.7-64.4)	39.5 (35.6-43.3)
<b>Race/Ethnicity</b>	White	62.7 (59.5-65.9)	37.3 (34.1-40.5)
	Black	66.8 (51.7-81.8)	33.2 (18.2-48.3)
	Other Race	58.5 (46.0-71.1)	41.5 (28.9-54.0)
	Hispanic	45.4 (31.7-59.2)	54.6 (40.8-68.3)
<b>Education</b>	Less than H.S.	50.8 (38.9-62.6)	49.2 (37.4-61.1)
	H.S. or G.E.D.	51.7 (45.8-57.6)	48.3 (42.4-54.2)
	Some Post H.S.	64.5 (59.6-69.5)	35.5 (30.5-40.4)
	College Graduate	69.6 (64.7-74.6)	30.4 (25.4-35.3)
<b>Income</b>	< \$15,000	47.6 (36.6-58.5)	52.4 (41.5-63.4)
	\$15,000 to \$24,999	49.8 (42.3-57.3)	50.2 (42.7-57.7)
	\$25,000 to \$34,999	61.6 (52.4-70.7)	38.4 (29.3-47.6)
	\$35,000 to \$49,999	67.2 (60.3-74.2)	32.8 (25.8-39.7)
	\$50,000 to \$74,999	66.9 (59.3-74.5)	33.1 (25.5-40.7)
	\$75,000+	68.4 (62.2-74.5)	31.6 (25.5-37.8)

Table 15: Time Since Last Blood Stool Test by Demographics and Region for Respondents 50 Years of Age or Older

Demographic	Grouping	In The Past Year	In The Past 2 Years	In The Past 3 Years	In The Past 5 Years	Greater than 5 Years
Geography	Statewide	10.8 (8.9-12.6)	6.4 (5.1-7.8)	5.1 (3.9-6.3)	4.5 (3.3-5.7)	73.2 (70.6-75.8)
	Clark County	11.1 (8.5-13.7)	6.7 (4.8-8.6)	5.6 (3.9-7.3)	4.0 (2.3-5.7)	72.7 (69.0-76.4)
	Washoe County	7.4 (5.3-9.5)	6.4 (4.5-8.4)	4.4 (2.6-6.1)	6.0 (4.3-7.7)	75.8 (72.4-79.2)
	Balance of State	13.1 (10.5-15.7)	5.2 (3.7-6.8)	3.5 (2.2-4.8)	5.3 (3.7-6.9)	72.8 (69.6-76.1)
Sex	Male	12.7 (9.6-15.8)	5.7 (3.8-7.6)	4.1 (2.6-5.6)	5.3 (3.2-7.5)	72.2 (68.1-76.2)
	Female	8.9 (6.9-10.9)	7.1 (5.2-9.1)	6.0 (4.1-7.8)	3.7 (2.6-4.9)	74.3 (71.0-77.5)
Race/Ethnicity	White	10.9 (8.9-12.9)	6.7 (5.1-8.2)	5.2 (3.8-6.5)	4.4 (3.3-5.4)	72.9 (70.1-75.7)
	Black	9.4 (0.0-19.1)	2.9 (0.0-7.2)	9.9 (1.5-18.3)	3.6 (0.0-9.5)	74.1 (60.6-87.5)
	Other Race	12.2 (2.4-21.9)	6.6 (1.9-11.4)	2.5 (0.6-4.4)	8.0 (0.0-18.8)	70.7 (57.6-83.8)
	Hispanic	7.1 (1.0-13.3)	5.8 (0.0-12.2)	4.6 (0.0-9.3)	2.3 (0.0-4.9)	80.1 (70.0-90.1)
	Less than H.S.	14.2 (5.9-22.4)	3.7 (0.7-6.8)	2.3 (0.0-4.7)	2.5 (0.0-5.8)	77.3 (68.0-86.5)
Education	H.S. or G.E.D.	9.5 (6.6-12.4)	4.5 (2.6-6.4)	5.5 (3.3-7.8)	5.1 (2.0-8.2)	75.4 (70.6-80.1)
	Some Post H.S.	10.6 (7.2-14.0)	7.3 (4.6-9.9)	5.9 (3.6-8.2)	3.2 (1.8-4.5)	73.1 (68.5-77.7)
	College Graduate	11.4 (8.1-14.8)	7.8 (5.1-10.6)	4.3 (2.3-6.3)	6.0 (3.8-8.2)	70.5 (65.7-75.2)
Income	< \$15,000	16.0 (8.9-23.0)	3.6 (0.2-7.0)	3.2 (0.2-6.1)	4.3 (0.0-8.7)	73.0 (64.0-81.9)
	\$15,000 to \$24,999	12.2 (7.1-17.4)	5.8 (2.7-9.0)	5.3 (2.2-8.4)	3.5 (1.7-5.3)	73.1 (66.7-79.5)
	\$25,000 to \$34,999	12.7 (6.9-18.5)	8.1 (2.7-13.5)	12.0 (5.5-18.6)	4.4 (1.6-7.3)	62.7 (53.7-71.7)
	\$35,000 to \$49,999	11.7 (7.0-16.4)	7.9 (4.0-11.9)	4.7 (2.0-7.4)	3.3 (1.7-4.9)	72.4 (66.1-78.6)
	\$50,000 to \$74,999	9.9 (4.8-14.9)	5.8 (2.1-9.6)	3.8 (1.3-6.3)	6.7 (1.4-11.9)	73.9 (66.2-81.5)
	\$75,000+	7.9 (4.4-11.4)	5.2 (2.8-7.7)	3.8 (1.8-5.8)	5.6 (2.9-8.3)	77.5 (72.4-82.6)

# Diabetes



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, nontraumatic 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, 2010)**

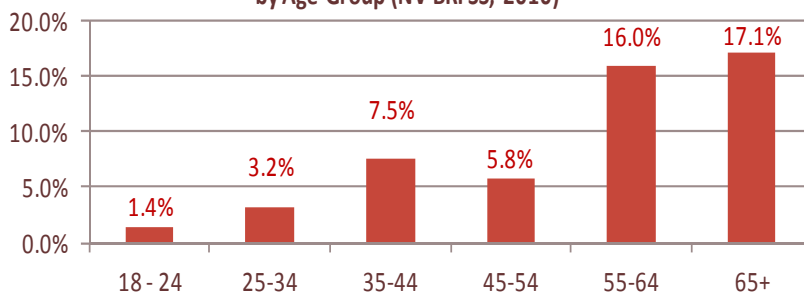
Health Indicator	Nevada	United States
Have you ever been told by a doctor that you have diabetes?		
Yes	8.5%	8.7%
Yes, but female told only during pregnancy	0.7%	0.8%
No	89.7%	89.0%
No, pre-diabetes or borderline diabetes	1.1%	1.2%

**Diabetes**

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

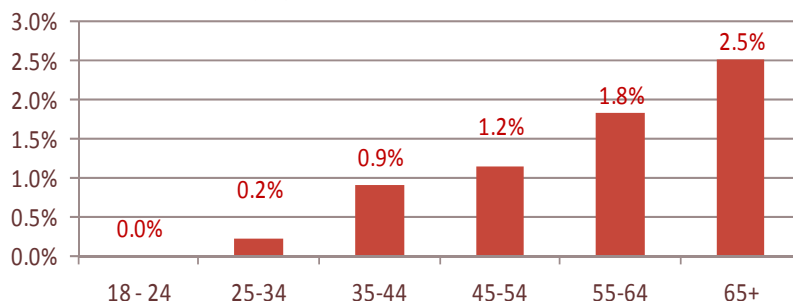
Diabetes is more prevalent in older age groups than younger age groups. The Healthy People 2010 goal was to reduce the overall rate of clinically diagnosed diabetes to 2.5 cases per 1,000 population.

**Chart 14: Diabetes Prevalence Among Nevada Adults by Age Group (NV BRFSS, 2010)**



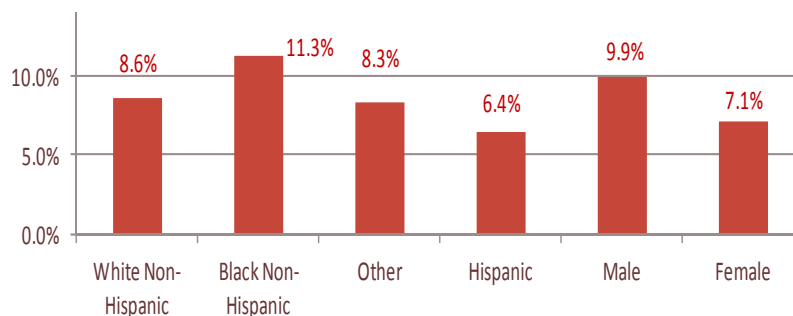
Pre-diabetes means that your blood sugar level is higher than normal, but it's not yet increased enough to be classified as type 2 diabetes.

**Chart 15: Nevada Adults With Pre-Diabetes by Age Group (NV BRFSS, 2010)**



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

**Chart 16: Diabetes Prevalence Among Nevada Adults by Race Ethnicity and Sex (NV, BRFSS 2010)**



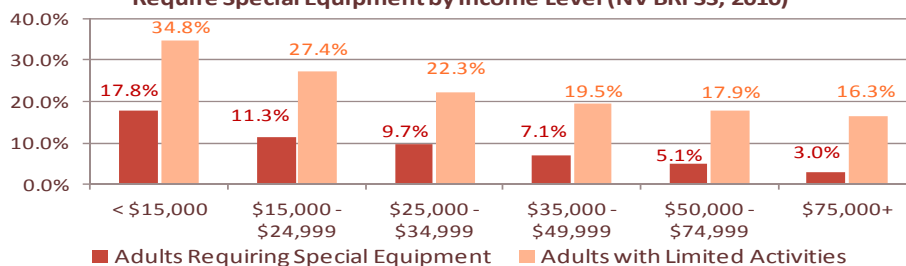
**Table 17: Diabetes Prevalence by Demographics and Region**  
◊ “Have you ever been told by a doctor that you have diabetes?”

Demographic	Grouping	Yes	Yes (Female During Pregnancy)	No	No (Pre-Diabetes)
Geography	Statewide	8.5 (7.2-9.8)	0.6 (0.3-1.0)	89.7 (88.3-91.1)	1.1 (0.7-1.5)
	Clark County	9.1 (7.3-10.9)	0.6 (0.2-1.1)	89.3 (87.4-91.2)	
	Washoe County	6.4 (4.9-7.9)	0.6 (0.1-1.0)	92.0 (90.4-93.7)	1.0 (0.4-1.5)
	Balance of State	7.7 (6.3-9.1)	0.8 (0.2-1.4)	89.3 (87.6-91.1)	1.0 (0.4-1.5)
Age Group	18 - 24	1.4 (0.0-3.6)	0.3 (0.0-0.8)	98.3 (96.0-100.0)	0.0 (0.00-0.00)
	25 - 34	3.2 (0.6-5.9)	1.2 (0.0-2.3)	95.4 (92.4-98.3)	0.2 (0.0-0.6)
	35 - 44	7.5 (4.1-11.0)	0.7 (0.0-1.5)	90.9 (87.2-94.6)	0.9 (0.0-2.1)
	45 - 54	5.8 (3.2-8.4)	0.7 (0.0-1.4)	92.3 (89.5-95.1)	1.2 (0.3-2.0)
	55 - 64	16.0 (12.1-19.8)	0.7 (0.0-1.5)	81.5 (77.5-85.5)	1.8 (0.5-3.1)
	65+	17.1 (14.1-20.1)	0.1 (0.0-0.2)	80.3 (77.1-83.5)	2.5 (1.3-3.7)
Sex	Male	9.9 (7.9-11.9)	N/A	88.8 (86.7-90.9)	1.3 (0.7-1.9)
	Female	7.1 (5.5-8.8)	1.3 (0.6-2.0)	90.7 (88.8-92.5)	0.9 (0.4-1.5)
Race/Ethnicity	White	8.6 (7.1-10.1)	0.7 (0.3-1.1)	89.5 (87.9-91.1)	1.2 (0.7-1.7)
	Black	11.2 (4.8-17.7)	0.0 (0.00-0.00)	88.5 (82.0-95.0)	0.3 (0.0-0.8)
	Other Race	8.3 (3.7-12.8)	0.8 (0.0-1.9)	90.0 (85.1-94.8)	0.9 (0.0-2.1)
	Hispanic	6.4 (2.9-9.9)	0.6 (0.0-1.4)	91.8 (88.0-95.6)	1.2 (0.1-2.3)
	Less than H.S.	12.6 (7.1-18.1)	1.8 (0.0-3.8)	84.8 (79.0-90.6)	
Education	H.S. or G.E.D.	8.8 (6.1-11.4)	0.3 (0.0-0.6)	90.0 (87.3-92.7)	0.9 (0.1-1.6)
	Some Post H.S.	7.9 (5.9-9.9)	0.7 (0.1-1.3)	89.7 (87.3-92.0)	1.0 (0.4-1.5)
	College Graduate	8.0 (5.7-10.3)	0.8 (0.1-1.4)	90.6 (88.2-93.0)	1.7 (0.7-2.8)
	< \$15,000	10.3 (4.8-15.7)	1.1 (0.0-2.6)	88.3 (82.7-93.9)	0.4 (0.0-0.7)
Income	\$15,000 to \$24,999	10.7 (7.2-14.2)	0.6 (0.0-1.5)	88.1 (84.4-91.7)	0.6 (0.2-1.1)
	\$25,000 to \$34,999	10.1 (5.5-14.6)	0.2 (0.0-0.5)	89.2 (84.6-93.9)	0.5 (0.0-1.0)
	\$35,000 to \$49,999	9.4 (5.4-13.3)	0.7 (0.0-1.6)	88.6 (84.3-92.8)	1.4 (0.1-2.7)
	\$50,000 to \$74,999	11.1 (7.0-15.2)	1.1 (0.0-2.2)	85.5 (81.0-90.1)	2.3 (0.5-4.1)
	\$75,000+	4.9 (3.1-6.7)	0.6 (0.0-1.2)	93.6 (91.6-95.6)	0.9 (0.4-1.4)

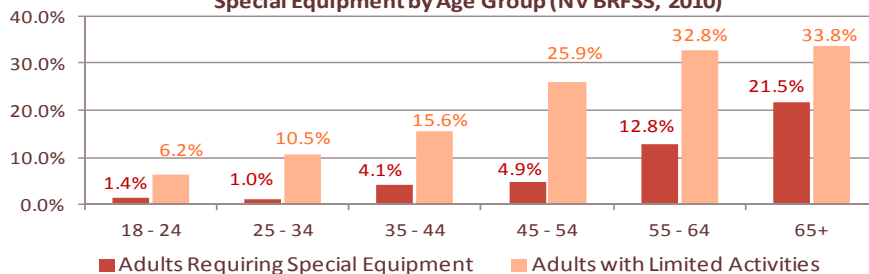


## Disability

**Chart 17: 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, 2010)**



**Chart 18: 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, 2010)**



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, 2010)**

Health Indicator	Nevada	United States
1. Adult respondents who are limited in any way in any activities because of physical, mental, or emotional problems.	21.0%	21.2%
2. Adult respondents with health problems that require the use special equipment, such as a cane, wheelchair, a special bed, or special telephone.	7.5%	7.6%

**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
<b>Geography</b>	Statewide	21.0 (19.1-22.9)	79.0 (77.1-80.9)
	Clark County	19.8 (17.2-22.3)	80.2 (77.7-82.8)
	Washoe County	22.1 (19.2-25.0)	77.9 (75.0-80.8)
	Balance of State	26.5 (23.5-29.4)	73.5 (70.6-76.5)
<b>Age</b>	18 - 24	6.2 (2.0-10.5)	93.8 (89.5-98.0)
	25 - 34	10.5 (6.4-14.5)	89.5 (85.5-93.6)
	35 - 44	15.6 (11.2-20.0)	84.4 (80.0-88.8)
	45 - 54	25.9 (21.2-30.6)	74.1 (69.4-78.8)
	55 - 64	32.8 (28.3-37.4)	67.2 (62.6-71.7)
	65+	33.8 (30.1-37.5)	66.2 (62.5-69.9)
<b>Sex</b>	Male	19.1 (16.3-22.0)	80.9 (78.0-83.7)
	Female	22.9 (20.4-25.5)	77.1 (74.5-79.6)
<b>Race/Ethnicity</b>	White	23.4 (21.2-25.7)	76.6 (74.3-78.8)
	Black	19.0 (9.8-28.2)	81.0 (71.8-90.2)
	Other Race	24.5 (17.1-31.9)	75.5 (68.1-82.9)
	Hispanic	8.6 (4.7-12.5)	91.4 (87.5-95.3)
<b>Education</b>	Less than H.S.	31.3 (23.0-39.5)	68.7 (60.5-77.0)
	H.S. or G.E.D.	22.4 (18.6-26.3)	77.6 (73.7-81.4)
	Some Post H.S.	23.1 (19.8-26.4)	76.9 (73.6-80.2)
	College Graduate	15.0 (12.1-17.9)	85.0 (82.1-87.9)
<b>Income</b>	< \$15,000	34.8 (25.8-43.8)	65.2 (56.2-74.2)
	\$15,000 to \$24,999	27.4 (21.2-33.7)	72.6 (66.3-78.8)
	\$25,000 to \$34,999	22.3 (15.3-29.4)	77.7 (70.6-84.7)
	\$35,000 to \$49,999	19.5 (15.1-23.9)	80.5 (76.1-84.9)
	\$50,000 to \$74,999	17.8 (13.3-22.4)	82.2 (77.6-86.7)
	\$75,000+	16.3 (12.9-19.7)	83.7 (80.3-87.1)

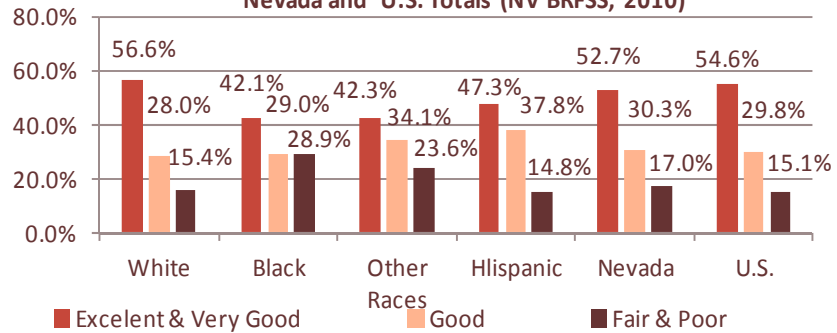
**Table 20: Nevada Adults Who Require Special Equipment by Demographics and Region**

“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 use in certain circumstances)

Demographic	Grouping	Yes	No
Geography	Statewide	7.4 (6.4-8.5)	92.6 (91.5-93.6)
	Clark County	6.7 (5.4-8.0)	93.3 (92.0-94.6)
	Washoe County	8.1 (6.6-9.7)	91.9 (90.3-93.4)
	Balance of State	10.6 (8.4-12.8)	89.4 (87.2-91.6)
Age	18 - 24	1.4 (0.0-3.0)	98.6 (97.0-100.0)
	25 - 34	1.0 (0.2-1.8)	99.0 (98.2-99.8)
	35 - 44	4.0 (1.9-6.2)	96.0 (93.8-98.1)
	45 - 54	4.9 (3.1-6.7)	95.1 (93.3-96.9)
	55 - 64	12.8 (9.5-16.0)	87.2 (84.0-90.5)
	65+	21.5 (18.2-24.9)	78.5 (75.1-81.8)
Sex	Male	6.2 (4.8-7.6)	93.8 (92.4-95.2)
	Female	8.7 (7.3-10.2)	91.3 (89.8-92.7)
Race/Ethnicity	White	8.7 (7.4-10.0)	91.3 (90.0-92.6)
	Black	7.1 (2.9-11.3)	92.9 (88.7-97.1)
	Other Race	7.7 (4.1-11.2)	92.3 (88.8-95.9)
	Hispanic	2.1 (0.8-3.4)	97.9 (96.6-99.2)
Education	Less than H.S.	15.0 (9.2-20.8)	85.0 (79.2-90.8)
	H.S. or G.E.D.	6.5 (5.0-7.9)	93.5 (92.1-95.0)
	Some Post H.S.	9.1 (7.1-11.1)	90.9 (88.9-92.9)
	College Graduate	5.0 (3.4-6.7)	95.0 (93.3-96.6)
Income	< \$15,000	17.8 (11.9-23.7)	82.2 (76.3-88.1)
	\$15,000 to \$24,999	11.3 (7.8-14.7)	88.7 (85.3-92.2)
	\$25,000 to \$34,999	9.7 (6.1-13.4)	90.3 (86.6-93.9)
	\$35,000 to \$49,999	7.1 (4.6-9.6)	92.9 (90.4-95.4)
	\$50,000 to \$74,999	5.1 (2.5-7.7)	94.9 (92.3-97.5)
	\$75,000+	3.0 (1.7-4.3)	97.0 (95.7-98.3)

## Health Status

**Chart 19: Health Status of Nevada Adults by Race/Ethnicity With Nevada and U.S. Totals (NV BRFSS, 2010)**



**Table 21: Selected Health Status Indicators For Nevada and the United States (BRFSS, 2010)**

Health Indicator	Nevada	United States
1. Adults indicating a health status of fair or poor (self-assessment).	17.0%	14.5%
2. Adults with poor physical health for 10 or more days out of the last 30 days (includes physical illness and injury).	14.5%	13.7%
3. Adults with poor mental health 10 or more days out of the last 30 days (includes stress, depression, and problems with emotions).	14.4%	14.0%
4. Adults kept from doing usual activities (work, recreation, etc.) over 10 of the last 30 days because of poor mental or physical health.	18.2%	17.7%
5. Adults not getting enough rest or sleep over 10 of the last 30 days.	34.0%	36.2%
6. Adults not participating in physical activities during the past month, other than their regular job (running, calisthenics, golf, etc.)	23.0%	23.9%

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 2010 BRFSS data indicate that 17% of Nevadans perceive their health to be fair or poor, slightly higher than the national estimate of 14.5%.

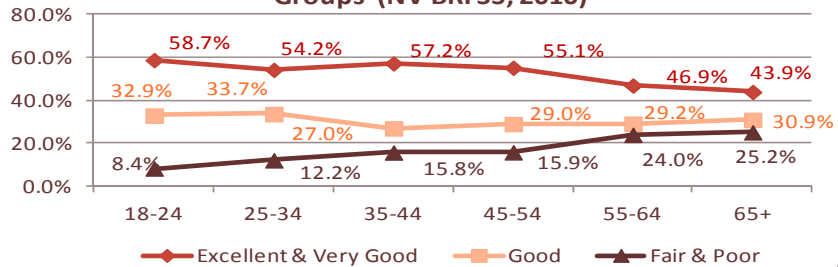
14.5% of Nevada adults claimed 10 or more days of poor physical health in the past 30 days, close to the national value of 13.7%. 14.4% of Nevadans claimed 10 or more days of poor mental health in the past 30 days, essentially the same as the national value of 14.0%. 68.0% of Nevada adults reported having no days of poor physical health in the past 30, and 65.7% reported having no days of poor mental health in the past 30 days. The 2010 national values for individuals having no days of poor physical and mental health in the past 30 are 65.8% and 67.0% respectively.

**Health Status**

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

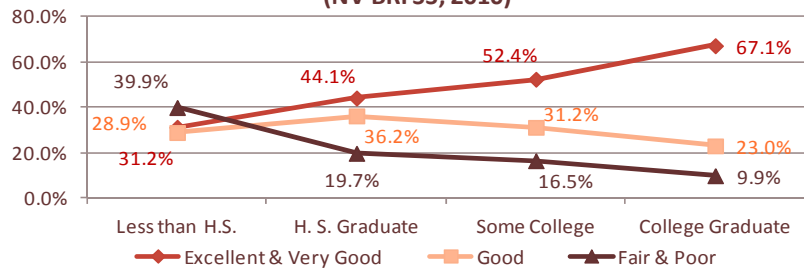
Respondents in younger age groups perceived their health to be "excellent or very good" more often than individuals in older age groups.

**Chart 20: Health Status of Nevada Adults by Age Groups (NV BRFSS, 2010)**



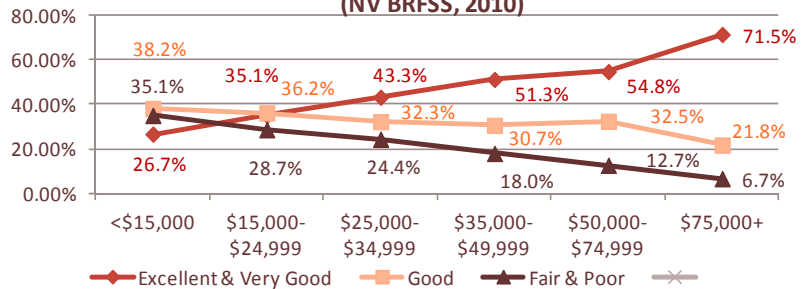
Respondents with more education perceived their health to be "excellent or very good" more often than individuals with less education.

**Chart 21: Health Status of Nevada Adults by Education (NV BRFSS, 2010)**



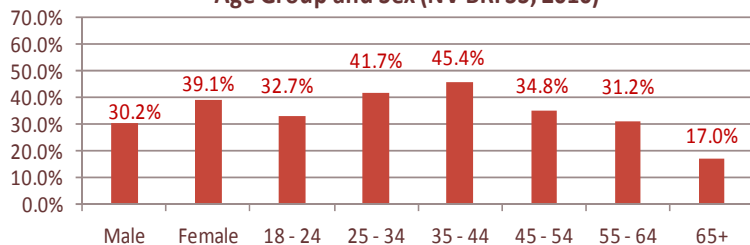
Respondents with higher incomes perceived their health to be "excellent or very good" more often than individuals with lower incomes.

**Chart 22: Health Status of Nevada Adults by Income Level (NV BRFSS, 2010)**



There is a higher prevalence rate of inadequate sleep 10 or more days during the past 30 days among Nevada females than Nevada males. Inadequate sleep was highest among Nevadans in the 35-44 age group.

**Chart 23: Nevada Adults Who Reported Not Getting Enough Sleep 10 or More Days During the Past 30 Days by Age Group and Sex (NV BRFSS, 2010)**

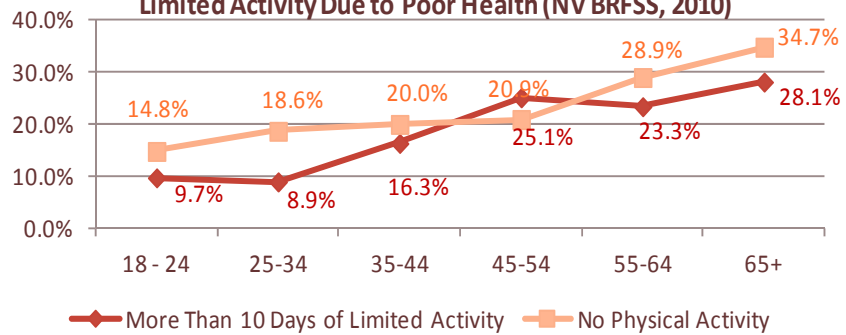


**Health Status**

- ◇ "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?"

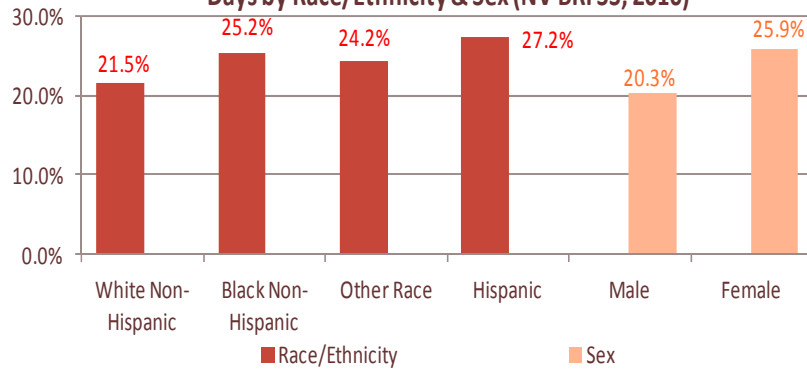
Respondents in younger age groups generally have fewer daily interferences from poor health and have a higher prevalence of physical activity.

**Chart 24: 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 (NV BRFSS, 2010)**



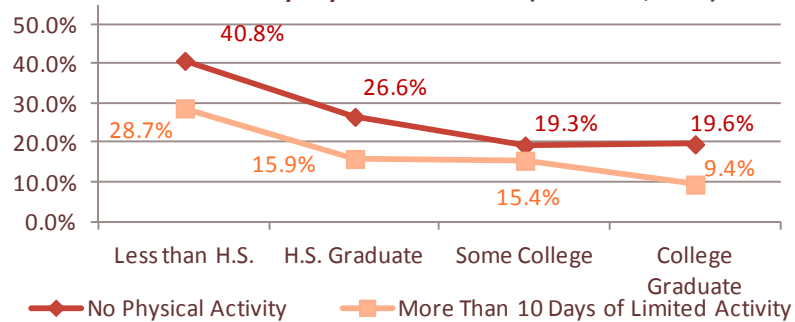
Whites had the lowest prevalence of no physical activity in the past 30 days at 21.5%. Females had a higher prevalence rate of inactivity than males, 25.9% and 20.3% respectively.

**Chart 25: Nevada Adults With No Physical Activity in the Past 30 Days by Race/Ethnicity & Sex (NV BRFSS, 2010)**



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 26: Nevada Adults With No Physical Activity in the Past 30 Days by Education Level (NV BRFSS, 2010)**



**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
Geography	Statewide	21.1 (18.9-23.3)	31.6 (29.1-34.1)	30.3 (27.6-33.0)	11.4 (9.7-13.1)	5.6 (4.5-6.8)
	Clark County	21.4 (18.4-24.4)	30.4 (27.1-33.8)	30.7 (27.1-34.3)	11.4 (9.2-13.7)	6.0 (4.5-7.6)
	Washoe County	20.8 (17.9-23.7)	36.0 (32.5-39.5)	27.6 (24.3-31.0)	10.8 (8.1-13.5)	4.7 (3.3-6.1)
	Balance of State	19.5 (16.7-22.3)	32.7 (29.2-36.2)	31.4 (28.0-34.7)	11.9 (9.7-14.1)	4.5 (3.4-5.7)
Age	18 - 24	13.7 (7.0-20.5)	45.0 (33.2-56.7)	32.9 (21.9-44.0)	6.3 (1.6-11.0)	2.1 (0.0-5.5)
	25 - 34	29.0 (21.5-36.4)	25.2 (18.6-31.8)	33.7 (25.1-42.3)	11.4 (5.6-17.2)	0.8 (0.0-1.6)
	35 - 44	27.5 (22.1-32.8)	29.7 (24.3-35.0)	27.0 (21.3-32.8)	10.9 (7.2-14.6)	4.9 (1.7-8.1)
	45 - 54	18.4 (14.3-22.4)	36.8 (31.5-42.1)	29.0 (23.9-34.1)	10.2 (7.1-13.3)	5.7 (3.0-8.4)
	55 - 64	19.0 (15.2-22.7)	27.9 (23.7-32.1)	29.2 (24.8-33.6)	12.8 (9.6-16.0)	11.2 (7.7-14.7)
	65+	14.1 (11.4-16.8)	29.8 (26.2-33.3)	30.9 (27.4-34.5)	15.7 (12.8-18.7)	9.4 (7.1-11.8)
Sex	Male	19.7 (16.4-23.1)	32.3 (28.3-36.3)	31.6 (27.3-35.8)	11.2 (8.5-13.9)	5.2 (3.6-6.8)
	Female	22.4 (19.5-25.4)	30.9 (27.8-34.0)	29.0 (25.8-32.3)	11.6 (9.6-13.6)	6.0 (4.5-7.6)
Race/Ethnicity	White	23.1 (20.5-25.7)	33.5 (30.8-36.2)	28.0 (25.3-30.6)	10.8 (8.8-12.8)	4.6 (3.6-5.7)
	Black	20.8 (9.9-31.8)	21.3 (10.0-32.5)	29.0 (16.9-41.0)	17.9 (9.4-26.3)	11.1 (2.2-20.0)
	Other Race	15.7 (9.2-22.1)	26.7 (17.6-35.7)	34.1 (24.0-44.2)	12.3 (7.4-17.2)	11.2 (5.8-16.7)
	Hispanic	17.5 (11.5-23.5)	29.8 (21.4-38.2)	37.8 (28.3-47.4)	11.2 (6.2-16.3)	3.6 (1.0-6.3)
	Less than H.S.	8.0 (3.7-12.2)	23.2 (15.4-31.0)	28.9 (21.4-36.4)	24.4 (16.8-32.1)	15.5 (8.8-22.1)
Education	H.S. or G.E.D.	12.0 (9.0-15.1)	32.0 (27.0-37.1)	36.2 (30.9-41.5)	12.4 (9.4-15.4)	7.3 (5.0-9.7)
	Some Post H.S.	20.4 (16.8-24.0)	31.9 (27.6-36.2)	31.2 (26.7-35.7)	11.8 (8.4-15.2)	4.7 (2.7-6.6)
	College Graduate	34.3 (29.4-39.3)	32.8 (28.4-37.2)	23.0 (18.2-27.8)	7.2 (4.8-9.6)	2.7 (1.4-3.9)
Income	< \$15,000	8.2 (4.1-12.2)	18.5 (9.2-27.9)	38.2 (26.8-49.6)	16.3 (10.2-22.4)	18.8 (10.2-27.5)
	\$15,000 to \$24,999	10.6 (6.1-15.1)	24.5 (17.9-31.1)	36.2 (27.4-45.1)	21.8 (14.6-29.1)	6.8 (4.1-9.6)
	\$25,000 to \$34,999	12.4 (7.4-17.5)	30.8 (22.1-39.6)	32.3 (23.2-41.5)	14.6 (9.2-20.1)	9.8 (4.1-15.5)
	\$35,000 to \$49,999	17.5 (11.9-23.2)	33.7 (26.9-40.6)	30.7 (24.2-37.2)	13.1 (8.6-17.7)	4.9 (1.6-8.2)
	\$50,000 to \$74,999	20.9 (15.5-26.3)	33.9 (27.9-39.8)	32.5 (25.8-39.1)	8.6 (5.0-12.1)	4.1 (1.5-6.8)
	\$75,000+	33.5 (28.6-38.4)	37.9 (32.8-43.0)	21.8 (17.8-25.9)	5.0 (3.1-6.9)	1.7 (0.6-2.8)

**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+
Geography	Statewide	68.0 (65.5-70.5)	17.5 (15.4-19.6)	14.5 (12.8-16.3)
	Clark County	68.4 (65.0-71.8)	17.1 (14.3-19.9)	14.5 (12.1-16.9)
	Washoe County	67.4 (63.9-70.9)	19.1 (16.1-22.1)	13.5 (11.0-15.9)
	Balance of State	66.3 (62.9-69.6)	17.8 (15.3-20.4)	15.9 (13.3-18.5)
Age	18 - 24	74.6 (64.4-84.8)	18.2 (8.9-27.5)	7.2 (1.6-12.7)
	25 - 34	72.3 (65.4-79.2)	18.8 (12.7-25.0)	8.8 (5.1-12.6)
	35 - 44	64.7 (58.7-70.8)	20.7 (15.7-25.7)	14.5 (9.7-19.3)
	45 - 54	69.5 (64.5-74.4)	16.2 (12.5-19.8)	14.4 (10.5-18.3)
	55 - 64	61.6 (56.8-66.4)	17.7 (14.1-21.2)	20.8 (16.5-25.0)
	65+	66.6 (63.0-70.2)	12.6 (10.2-15.0)	20.9 (17.7-24.0)
Sex	Male	71.4 (67.7-75.2)	16.3 (13.2-19.4)	12.3 (9.8-14.7)
	Female	64.4 (61.1-67.7)	18.7 (16.0-21.5)	16.9 (14.4-19.4)
Race/Ethnicity	White	65.3 (62.5-68.1)	19.6 (17.1-22.0)	15.1 (13.1-17.1)
	Black	67.6 (55.1-80.2)	13.0 (5.2-20.8)	19.3 (8.2-30.5)
	Other Race	71.6 (63.7-79.5)	9.0 (5.5-12.5)	19.3 (12.2-26.4)
	Hispanic	76.7 (69.2-84.1)	16.5 (9.6-23.4)	6.9 (3.2-10.6)
Education	Less than H.S.	52.1 (43.1-61.1)	19.2 (11.4-27.1)	28.7 (20.6-36.8)
	H.S. or G.E.D.	66.4 (61.5-71.4)	17.7 (13.5-21.9)	15.9 (12.5-19.3)
	Some Post H.S.	66.1 (61.7-70.6)	18.4 (14.8-22.1)	15.4 (12.2-18.7)
	College Graduate	74.7 (70.7-78.7)	15.9 (12.6-19.2)	9.4 (6.8-12.0)
Income	< \$15,000	54.6 (43.5-65.7)	11.0 (5.4-16.5)	34.4 (24.2-44.6)
	\$15,000 to \$24,999	70.3 (63.4-77.1)	11.8 (7.2-16.4)	17.9 (12.6-23.2)
	\$25,000 to \$34,999	56.7 (47.3-66.2)	23.2 (14.0-32.4)	20.1 (13.0-27.2)
	\$35,000 to \$49,999	67.3 (60.6-73.9)	17.1 (11.9-22.4)	15.6 (10.5-20.7)
	\$50,000 to \$74,999	68.4 (62.0-74.8)	22.5 (16.5-28.5)	9.1 (5.6-12.7)
	\$75,000+	74.6 (70.3-78.8)	16.4 (12.9-19.9)	9.0 (6.2-11.9)



**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+
Geography	Statewide	65.7 (63.0-68.4)	20.0 (17.5-22.4)	14.4 (12.5-16.2)
	Clark County	65.5 (61.8-69.2)	20.5 (17.1-23.9)	14.0 (11.6-16.4)
	Washoe County	65.2 (61.5-68.8)	19.9 (17.0-22.7)	15.0 (12.0-18.0)
	Balance of State	67.5 (63.9-71.1)	16.9 (14.0-19.7)	15.7 (12.8-18.5)
Age	18 - 24	56.2 (44.3-68.1)	29.2 (17.8-40.6)	14.6 (6.9-22.3)
	25 - 34	58.4 (49.9-67.0)	26.2 (17.8-34.5)	15.4 (10.3-20.5)
	35 - 44	63.9 (58.0-69.8)	20.4 (15.7-25.2)	15.7 (11.1-20.3)
	45 - 54	67.3 (62.3-72.3)	18.0 (14.1-21.9)	14.7 (10.9-18.5)
	55 - 64	70.2 (65.8-74.5)	14.6 (11.2-18.0)	15.2 (12.0-18.5)
	65+	76.9 (73.6-80.2)	13.0 (10.4-15.5)	10.1 (7.7-12.6)
Sex	Male	69.4 (65.1-73.7)	19.5 (15.4-23.6)	11.1 (8.6-13.6)
	Female	61.9 (58.5-65.3)	20.4 (17.6-23.3)	17.6 (15.0-20.3)
Race/Ethnicity	White	66.0 (63.1-68.8)	19.3 (16.8-21.8)	14.8 (12.7-16.8)
	Black	69.0 (57.4-80.5)	13.1 (6.2-20.0)	18.0 (7.7-28.2)
	Other Race	66.8 (58.4-75.2)	19.5 (12.2-26.7)	13.7 (8.2-19.3)
	Hispanic	62.6 (52.7-72.4)	26.0 (16.0-36.1)	11.4 (6.1-16.7)
Education	Less than H.S.	53.9 (45.3-62.5)	16.3 (9.3-23.4)	29.7 (21.6-37.9)
	H.S. or G.E.D.	64.4 (59.4-69.5)	20.0 (15.4-24.5)	15.6 (12.1-19.0)
	Some Post H.S.	64.6 (59.8-69.3)	21.3 (17.0-25.6)	14.1 (10.9-17.4)
	College Graduate	70.4 (65.3-75.5)	19.4 (14.5-24.2)	10.2 (7.3-13.1)
Income	< \$15,000	40.3 (29.4-51.2)	27.9 (16.3-39.5)	31.8 (21.9-41.8)
	\$15,000 to \$24,999	61.3 (52.3-70.3)	20.1 (10.8-29.3)	18.7 (13.1-24.2)
	\$25,000 to \$34,999	55.1 (45.5-64.7)	23.5 (13.6-33.5)	21.3 (13.6-29.1)
	\$35,000 to \$49,999	70.2 (63.5-77.0)	20.1 (13.9-26.2)	9.7 (5.7-13.8)
	\$50,000 to \$74,999	65.7 (59.2-72.2)	22.8 (16.7-28.8)	11.5 (7.6-15.4)
	\$75,000+	74.0 (69.7-78.4)	16.7 (13.0-20.4)	9.3 (6.4-12.1)

**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 recreation?"

Demographic	Grouping	0	1-9	10+
<b>Geography</b>	Statewide	58.4 (54.4-62.3)	23.4 (19.9-26.9)	18.2 (15.5-21.0)
	Clark County	58.0 (52.7-63.3)	24.1 (19.4-28.8)	17.9 (14.2-21.6)
	Washoe County	60.0 (54.9-65.0)	22.9 (18.5-27.4)	17.1 (13.4-20.8)
	Balance of State	58.5 (53.5-63.6)	20.4 (16.4-24.3)	21.1 (16.9-25.3)
<b>Age</b>	18 - 24	66.6 (51.9-81.4)	23.6 (9.7-37.6)	9.7 (1.8-17.6)
	25 - 34	61.9 (50.3-73.5)	29.2 (18.0-40.4)	8.9 (3.9-14.0)
	35 - 44	57.7 (49.2-66.3)	26.0 (18.6-33.3)	16.3 (9.3-23.3)
	45 - 54	55.3 (47.7-62.9)	19.6 (14.1-25.2)	25.1 (18.3-31.8)
	55 - 64	53.5 (46.7-60.3)	23.2 (17.7-28.6)	23.3 (17.1-29.5)
	65+	55.6 (49.8-61.3)	16.4 (12.3-20.4)	28.0 (22.5-33.6)
<b>Sex</b>	Male	63.0 (56.7-69.3)	22.7 (16.9-28.5)	14.3 (10.4-18.2)
	Female	54.1 (49.4-58.8)	24.1 (20.0-28.2)	21.8 (18.0-25.6)
<b>Race/Ethnicity</b>	White	59.0 (55.0-63.0)	21.4 (18.1-24.7)	19.6 (16.4-22.8)
	Black	34.9 (17.9-51.9)	44.4 (24.7-64.1)	20.7 (4.0-37.4)
	Other Race	46.8 (33.4-60.2)	28.6 (13.1-44.0)	24.6 (13.8-35.4)
	Hispanic	70.9 (58.8-83.1)	22.6 (11.3-34.0)	6.4 (2.4-10.5)
<b>Education</b>	Less than H.S.	47.5 (35.8-59.3)	19.0 (9.2-28.9)	33.4 (22.8-44.0)
	H.S. or G.E.D.	57.8 (50.4-65.1)	24.2 (17.2-31.2)	18.1 (13.3-22.8)
	Some Post H.S.	57.9 (51.4-64.5)	22.5 (16.8-28.2)	19.6 (14.5-24.7)
	College Graduate	62.9 (55.5-70.3)	24.7 (18.4-31.0)	12.4 (7.8-17.0)
<b>Income</b>	< \$15,000	46.3 (32.8-59.9)	17.8 (6.9-28.7)	35.9 (23.8-47.9)
	\$15,000 to \$24,999	51.9 (39.5-64.4)	23.7 (14.0-33.4)	24.4 (15.7-33.0)
	\$25,000 to \$34,999	60.4 (48.2-72.6)	16.3 (8.1-24.5)	23.3 (13.1-33.5)
	\$35,000 to \$49,999	58.2 (48.1-68.3)	23.2 (14.9-31.5)	18.6 (10.6-26.6)
	\$50,000 to \$74,999	62.2 (52.8-71.5)	20.6 (13.1-28.1)	17.3 (10.0-24.5)
	\$75,000+	66.3 (59.3-73.3)	24.8 (18.5-31.1)	9.0 (4.7-13.2)

**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
Geography	Statewide	77.0 (74.6-79.3)	23.0 (20.7-25.4)
	Clark County	76.1 (72.9-79.2)	23.9 (20.8-27.1)
	Washoe County	82.2 (79.3-85.2)	17.8 (14.8-20.7)
	Balance of State	75.6 (72.5-78.6)	24.4 (21.4-27.5)
Age	18 - 24	85.2 (77.1-93.4)	14.8 (6.6-22.9)
	25 - 34	81.4 (73.9-88.8)	18.6 (11.2-26.1)
	35 - 44	80.0 (75.2-84.9)	20.0 (15.1-24.8)
	45 - 54	79.1 (74.4-83.8)	20.9 (16.2-25.6)
	55 - 64	71.1 (66.5-75.7)	28.9 (24.3-33.5)
	65+	65.3 (61.5-69.1)	34.7 (30.9-38.5)
Sex	Male	79.7 (76.1-83.4)	20.3 (16.6-23.9)
	Female	74.1 (71.2-77.1)	25.9 (22.9-28.8)
Race/Ethnicity	White	78.5 (76.2-80.7)	21.5 (19.3-23.8)
	Black	74.8 (65.0-84.6)	25.2 (15.4-35.0)
	Other Race	75.8 (68.5-83.1)	24.2 (16.9-31.5)
	Hispanic	72.8 (63.5-82.1)	27.2 (17.9-36.5)
Education	Less than H.S.	59.2 (50.6-67.9)	40.8 (32.1-49.4)
	H.S. or G.E.D.	73.4 (69.0-77.9)	26.6 (22.1-31.0)
	Some Post H.S.	80.7 (77.4-84.0)	19.3 (16.0-22.6)
	College Graduate	80.4 (75.6-85.3)	19.6 (14.7-24.4)
Income	< \$15,000	57.8 (46.9-68.8)	42.2 (31.2-53.1)
	\$15,000 to \$24,999	69.5 (60.9-78.2)	30.5 (21.8-39.1)
	\$25,000 to \$34,999	71.8 (64.1-79.6)	28.2 (20.4-35.9)
	\$35,000 to \$49,999	80.8 (76.2-85.5)	19.2 (14.5-23.8)
	\$50,000 to \$74,999	77.0 (71.7-82.2)	23.0 (17.8-28.3)
	\$75,000+	86.6 (83.0-90.2)	13.4 (9.8-17.0)

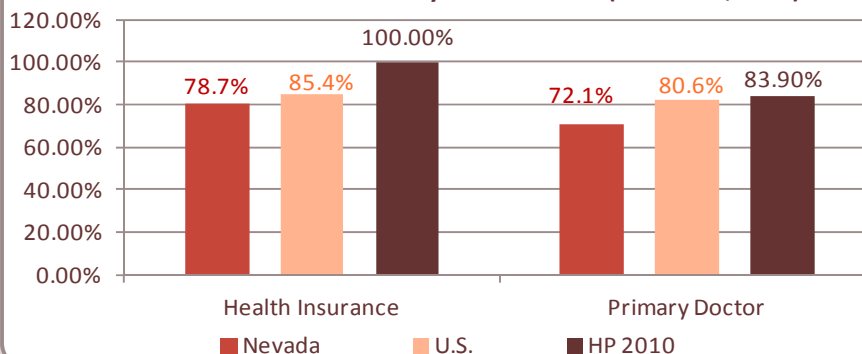
**Table 27: Inadequate Sleep by Demographics and Region**

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

Demographic	Grouping	0	1-9	10+
<b>Geography</b>	Statewide	33.9 (31.4-36.4)	31.6 (28.7-34.4)	34.5 (31.9-37.2)
	Clark County	34.0 (30.6-37.4)	31.6 (27.8-35.5)	34.4 (30.8-37.9)
	Washoe County	32.0 (28.6-35.4)	35.5 (31.8-39.2)	32.5 (29.0-36.0)
	Balance of State	35.6 (32.1-39.1)	26.2 (23.0-29.4)	38.2 (34.6-41.8)
<b>Age</b>	18 - 24	25.7 (15.7-35.7)	41.6 (29.3-53.9)	32.7 (21.8-43.6)
	25 - 34	22.5 (15.2-29.7)	35.9 (26.8-45.0)	41.7 (33.3-50.0)
	35 - 44	25.0 (19.7-30.4)	29.5 (23.9-35.1)	45.4 (39.3-51.6)
	45 - 54	31.4 (26.2-36.6)	33.8 (28.5-39.1)	34.8 (29.4-40.2)
	55 - 64	43.3 (38.4-48.2)	25.5 (21.5-29.5)	31.2 (26.5-35.9)
	65+	57.4 (53.5-61.3)	25.6 (22.1-29.1)	17.0 (14.1-19.9)
<b>sex</b>	Male	37.5 (33.5-41.5)	32.4 (27.8-36.9)	30.2 (26.3-34.1)
	Female	30.2 (27.1-33.2)	30.7 (27.4-34.0)	39.1 (35.7-42.6)
<b>Race/Ethnicity</b>	White	34.1 (31.3-36.8)	29.2 (26.5-31.9)	36.7 (33.7-39.7)
	Black	33.6 (21.6-45.5)	23.2 (11.0-35.5)	43.2 (29.4-56.9)
	Other Race	32.0 (23.1-40.9)	36.1 (25.4-46.9)	31.9 (22.9-40.8)
	Hispanic	33.4 (25.3-41.5)	42.4 (32.5-52.3)	24.2 (17.3-31.1)
<b>Education</b>	Less than H.S.	35.7 (27.7-43.8)	28.3 (20.5-36.1)	35.9 (26.8-45.1)
	H.S. or G.E.D.	32.0 (27.5-36.4)	34.8 (29.2-40.5)	33.2 (28.3-38.1)
	Some Post H.S.	35.4 (30.9-39.9)	28.9 (24.5-33.3)	35.7 (31.1-40.3)
	College Graduate	33.8 (29.0-38.5)	31.6 (26.6-36.7)	34.6 (29.7-39.5)
<b>Income</b>	< \$15,000	26.4 (17.4-35.4)	27.5 (16.0-39.0)	46.1 (34.8-57.5)
	\$15,000 to \$24,999	37.1 (29.1-45.1)	31.6 (22.4-40.8)	31.3 (24.0-38.5)
	\$25,000 to \$34,999	38.6 (30.0-47.2)	30.1 (20.2-40.1)	31.3 (23.4-39.2)
	\$35,000 to \$49,999	38.4 (31.7-45.0)	25.0 (19.3-30.6)	36.6 (29.3-44.0)
	\$50,000 to \$74,999	29.9 (23.8-36.1)	30.0 (23.7-36.3)	40.0 (33.4-46.7)
	\$75,000+	27.6 (23.2-32.1)	37.0 (31.7-42.2)	35.4 (30.4-40.4)

## Healthcare Access

**Chart 27: Percent of Nevada and U.S. Adults with Health Insurance and a Primary Care Provider (NV BRFSS, 2010)**



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 2010 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 85.6% of the adult population has health insurance; Nevada's adult population with health insurance is estimated at 80.5%.

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 2010 Target for individuals with a regular primary care provider is 85%. Nationwide, it is estimated that 81.8% of the adult population have a regular primary care provider. 70.4% 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, 2010)**

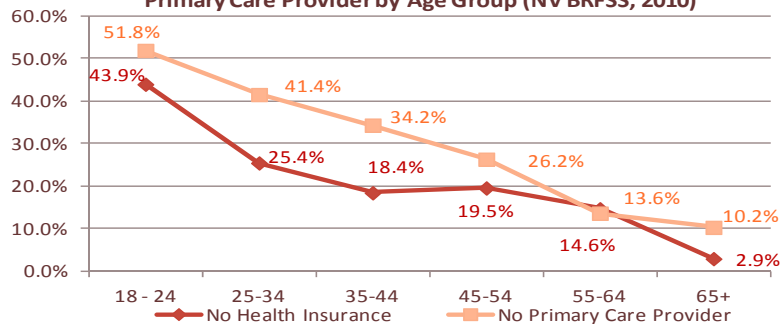
Health Indicator	Nevada	United States
1. Adult respondents with any kind of healthcare coverage, including health insurance, prepaid plans such as HMO's or government plans such as Medicare.	80.5%	85.6%
2. Adult respondents with a personal doctor or health care provider.	70.4%	81.8%
3. Adult respondents reporting a time in the past 12 months when they needed to see a doctor but could not because of cost.	17.3%	14.6%
4. Time since last visiting a doctor for a routine checkup		
Within the past two years (anytime less than 2 years ago)	78.6%	81.8%
Within the past 5 years (greater than 2 years but less than 5 years)	9.8%	8.9%
5 or more years ago	10.4%	8.1%
Never	1.2%	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?"

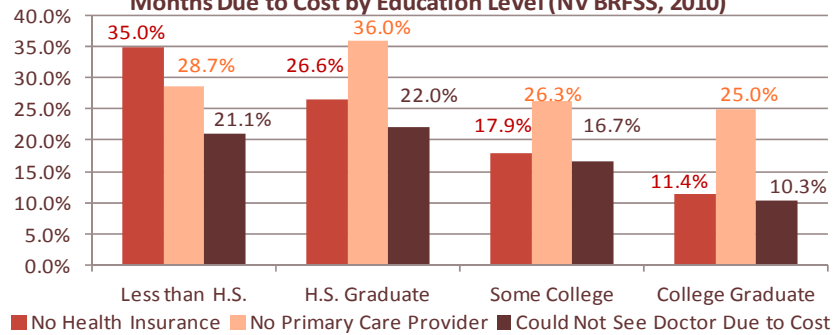
Individuals in younger age groups are more likely to be without health insurance or a primary care provider than those in older age groups.

**Chart 28: Nevada Adults With No Health Insurance and No Primary Care Provider by Age Group (NV BRFSS, 2010)**



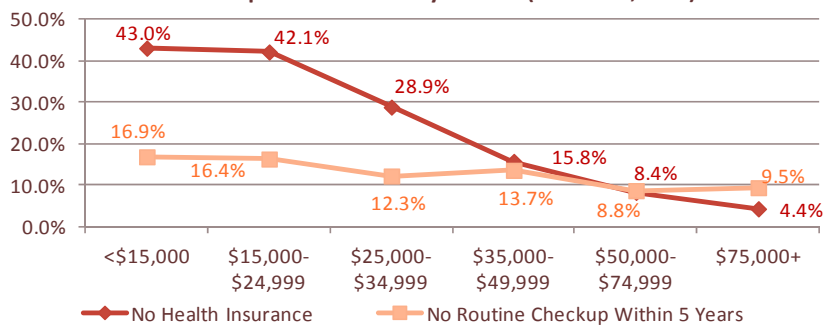
A higher percentage of individuals with a high school education or less do not have health insurance or a primary care provider than those with more education. Also, a higher percentage of individuals with a high school education or less did not see a doctor in the past 12 months due to cost.

**Chart 29: 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, 2010)**



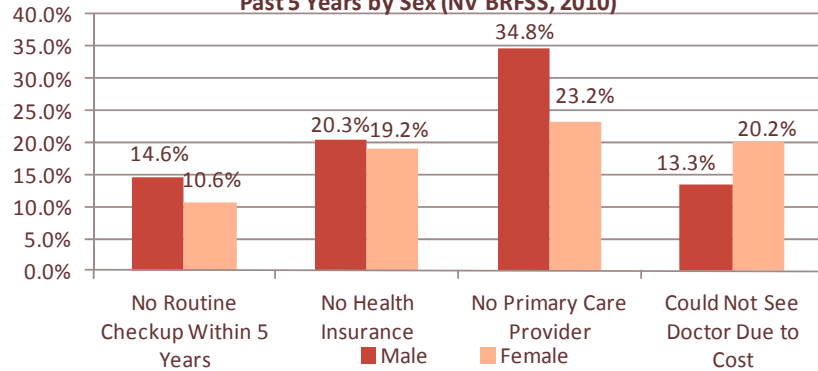
As would be expected, a higher percentage of respondents in lower income groups do not have health insurance than those in higher income brackets.

**Chart 30: Nevada Adults With No Health Insurance and No Routine Checkup Within 5 Years by Income (NV BRFSS, 2010)**



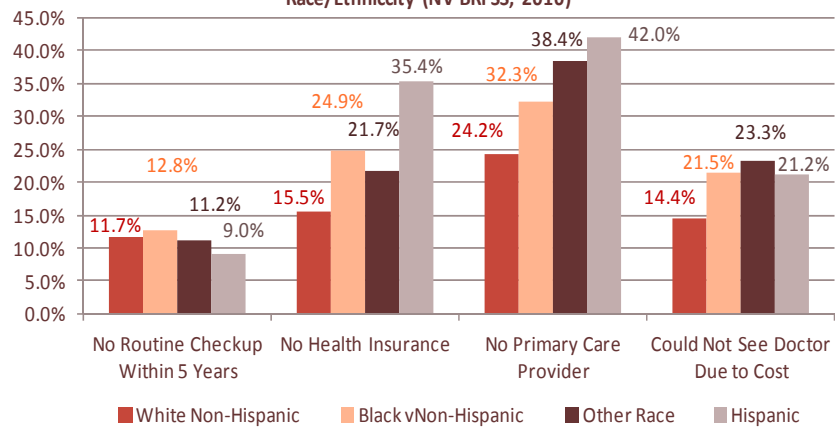
Evidence indicates that a higher percentage of males have no primary care provider than females. However, a higher percent of females could not see a doctor because of cost in the past 12 months.

**Chart 31: 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, 2010)**



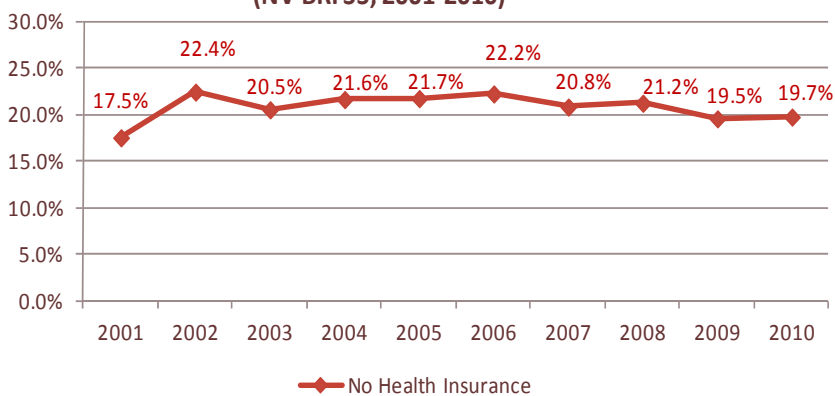
Nevada's Hispanic adults are more likely to be without health insurance or a primary care provider than Whites, Blacks, or Other racial/Ethnic groups.

**Chart 32: 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 Race/Ethnicity (NV BRFSS, 2010)**



Data indicates that Nevada's uninsured population has remained relatively consistent since 2003 with a range of 19.5% to 21.7%.

**Chart 33: Nevada Adults With No Health Insurance (NV BRFSS, 2001-2010)**



**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?”

<b>Demo-graphic</b>	<b>Grouping</b>	<b>Yes</b>	<b>No</b>
<b>Geography</b>	Statewide	80.3 ( 77.7- 82.9)	19.7 ( 17.1- 22.3)
	Clark County	80.0 (76.5-83.6)	20.0 (16.4-23.5)
	Washoe County	83.1 (80.0-86.2)	16.9 (13.8-20.0)
	Balance of State	78.2 (74.6-81.8)	21.8 (18.2-25.4)
<b>Age</b>	18 - 24	56.1 (44.8-67.5)	43.9 (32.5-55.2)
	25 - 34	74.6 (66.1-83.2)	25.4 (16.8-33.9)
	35 - 44	81.7 (76.8-86.5)	18.3 (13.5-23.2)
	45 - 54	80.5 (76.1-84.9)	19.5 (15.1-23.9)
	55 - 64	85.4 (82.1-88.8)	14.6 (11.2-17.9)
	65+	97.1 (95.8-98.5)	2.9 (1.5-4.2)
<b>Sex</b>	Male	79.7 (75.5-83.9)	20.3 (16.1-24.5)
	Female	80.9 (77.8-83.9)	19.1 (16.1-22.2)
<b>Race/ Ethnicity</b>	White	84.6 (82.0-87.1)	15.4 (12.9-18.0)
	Black	75.2 (62.9-87.4)	24.8 (12.6-37.1)
	Other Race	78.3 (69.4-87.2)	21.7 (12.8-30.6)
	Hispanic	64.6 (55.2-74.0)	35.4 (26.0-44.8)
<b>Education</b>	Less than H.S.	65.0 (56.3-73.7)	35.0 (26.3-43.7)
	H.S. or G.E.D.	73.5 (68.3-78.7)	26.5 (21.3-31.7)
	Some Post H.S.	82.1 (78.0-86.3)	17.9 (13.7-22.0)
	College Graduate	88.6 (83.9-93.3)	11.4 (6.7-16.1)
<b>Income</b>	< \$15,000	57.0 (46.1-67.8)	43.0 (32.2-53.9)
	\$15,000 to \$24,999	57.9 (48.9-66.9)	42.1 (33.1-51.1)
	\$25,000 to \$34,999	71.1 (62.1-80.1)	28.9 (19.9-37.9)
	\$35,000 to \$49,999	84.2 (78.5-89.8)	15.8 (10.2-21.5)
	\$50,000 to \$74,999	91.6 (86.8-96.4)	8.4 (3.6-13.2)
	\$75,000+	95.6 (93.5-97.7)	4.4 (2.3-6.5)



**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
<b>Geography</b>	Statewide	70.9 (68.1-73.8)	29.1 (26.2-31.9)
	Clark County	69.8 (66.1-73.6)	30.2 (26.4-33.9)
	Washoe County	77.2 (73.6-80.7)	22.8 (19.3-26.4)
	Balance of State	69.4 (65.5-73.2)	30.6 (26.8-34.5)
<b>Age</b>	18 - 24	48.2 (36.6-59.8)	51.8 (40.2-63.4)
	25 - 34	58.6 (49.8-67.3)	41.4 (32.7-50.2)
	35 - 44	65.8 (59.8-71.7)	34.2 (28.3-40.2)
	45 - 54	73.8 (68.8-78.7)	26.2 (21.3-31.2)
	55 - 64	86.4 (83.2-89.7)	13.6 (10.3-16.8)
	65+	89.8 (87.4-92.2)	10.2 (7.8-12.6)
<b>Sex</b>	Male	65.2 (60.7-69.8)	34.8 (30.2-39.3)
	Female	76.8 (73.6-79.9)	23.2 (20.1-26.4)
<b>Race/Ethnicity</b>	White	75.8 (72.9-78.7)	24.2 (21.3-27.1)
	Black	67.7 (54.1-81.2)	32.3 (18.8-45.9)
	Other Race	61.6 (51.6-71.5)	38.4 (28.5-48.4)
	Hispanic	58.0 (48.6-67.4)	42.0 (32.6-51.4)
<b>Education</b>	Less than H.S.	71.3 (63.8-78.8)	28.7 (21.2-36.2)
	H.S. or G.E.D.	64.0 (58.6-69.4)	36.0 (30.6-41.4)
	Some Post H.S.	73.7 (68.9-78.5)	26.3 (21.5-31.1)
	College Graduate	75.0 (69.8-80.3)	25.0 (19.7-30.2)
<b>Income</b>	< \$15,000	60.1 (48.9-71.2)	39.9 (28.8-51.1)
	\$15,000 to \$24,999	59.7 (50.6-68.8)	40.3 (31.2-49.4)
	\$25,000 to \$34,999	65.8 (56.5-75.1)	34.2 (24.9-43.5)
	\$35,000 to \$49,999	74.8 (67.5-82.0)	25.2 (18.0-32.5)
	\$50,000 to \$74,999	70.5 (63.7-77.3)	29.5 (22.7-36.3)
	\$75,000+	80.2 (76.0-84.3)	19.8 (15.7-24.0)

**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?”

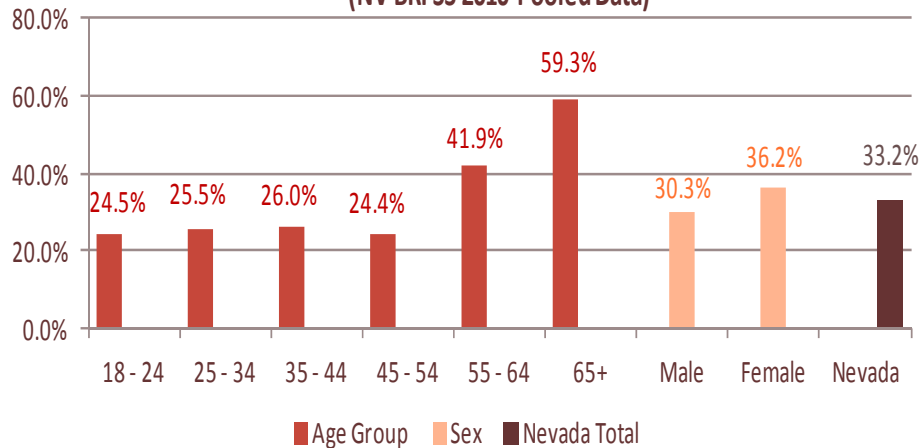
Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	16.7 (14.5-19.0)	83.3 (81.0-85.5)
	Clark County	17.6 (14.5-20.7)	82.4 (79.3-85.5)
	Washoe County	14.8 (12.2-17.4)	85.2 (82.6-87.8)
	Balance of State	14.3 (11.5-17.1)	85.7 (82.9-88.5)
<b>Age</b>	18 - 24	26.4 (16.1-36.7)	73.6 (63.3-83.9)
	25 - 34	21.4 (14.4-28.5)	78.6 (71.5-85.6)
	35 - 44	17.8 (12.7-22.8)	82.2 (77.2-87.3)
	45 - 54	16.9 (13.0-20.9)	83.1 (79.1-87.0)
	55 - 64	14.9 (11.1-18.6)	85.1 (81.4-88.9)
	65+	4.5 (2.8-6.2)	95.5 (93.8-97.2)
<b>Sex</b>	Male	13.3 (9.9-16.6)	86.7 (83.4-90.1)
	Female	20.2 (17.2-23.3)	79.8 (76.7-82.8)
<b>Race/Ethnicity</b>	White	14.4 (12.1-16.6)	85.6 (83.4-87.9)
	Black	21.5 (10.6-32.4)	78.5 (67.6-89.4)
	Other Race	23.3 (13.5-33.1)	76.7 (66.9-86.5)
	Hispanic	21.2 (14.1-28.3)	78.8 (71.7-85.9)
<b>Education</b>	Less than H.S.	21.0 (14.4-27.7)	79.0 (72.3-85.6)
	H.S. or G.E.D.	22.0 (17.1-26.9)	78.0 (73.1-82.9)
	Some Post H.S.	16.7 (12.9-20.6)	83.3 (79.4-87.1)
	College Graduate	10.2 (7.1-13.4)	89.8 (86.6-92.9)
<b>Income</b>	< \$15,000	35.7 (24.8-46.5)	64.3 (53.5-75.2)
	\$15,000 to \$24,999	29.5 (22.2-36.7)	70.5 (63.3-77.8)
	\$25,000 to \$34,999	25.4 (17.1-33.7)	74.6 (66.3-82.9)
	\$35,000 to \$49,999	18.8 (12.0-25.5)	81.2 (74.5-88.0)
	\$50,000 to \$74,999	14.4 (8.8-20.1)	85.6 (79.9-91.2)
	\$75,000+	5.9 (3.5-8.3)	94.1 (91.7-96.5)

Table 32: The Time Since Last Routine Checkup for Nevada Adults

Demographic	Grouping	In the Past Year	In the Past 2 Years	In the Past 5 Years	5 Years or More	Never
Geography	Statewide	62.2 (59.4-64.9)	14.5 (12.5-16.6)	10.9 (9.1-12.7)	11.2 (9.4-13.1)	1.2 (0.5-1.9)
	Clark County	62.1 (58.4-65.9)	14.7 (11.9-17.5)	11.1 (8.7-13.5)	10.9 (8.4-13.4)	1.1 (0.2-2.1)
	Washoe County	64.1 (60.4-67.7)	13.2 (10.9-15.6)	10.7 (7.9-13.4)	11.3 (8.9-13.7)	0.7 (0.2-1.3)
	Balance of State	60.0 (56.3-63.7)	15.3 (12.4-18.2)	9.9 (7.4-12.4)	12.9 (10.3-15.5)	2.0 (0.8-3.1)
Age	18 - 24	55.8 (44.2-67.5)	11.1 (4.7-17.6)	23.7 (13.6-33.9)	9.3 (2.6-16.0)	0.0
	25 - 34	50.1 (41.5-58.7)	19.8 (12.8-26.9)	8.4 (5.0-11.9)	17.4 (11.1-23.7)	0.0 (0.0-0.0)
	35 - 44	53.1 (47.0-59.3)	17.8 (13.0-22.5)	16.1 (11.1-21.2)	12.6 (8.4-16.7)	4.2 (0.7-7.7)
	45 - 54	62.0 (56.7-67.4)	16.8 (12.6-20.9)	8.8 (6.0-11.6)	11.9 (8.2-15.6)	0.4 (0.0-0.8)
	55 - 64	72.9 (68.5-77.2)	10.5 (7.7-13.3)	6.6 (4.3-8.9)	9.2 (5.9-12.4)	0.6 (0.0-1.2)
	65+	81.8 (78.8-84.9)	7.9 (5.6-10.2)	5.3 (3.5-7.1)	4.7 (3.1-6.2)	0.9 (0.0-1.7)
Sex	Male	60.0 (55.6-64.3)	15.4 (12.1-18.6)	10.5 (7.8-13.3)	12.9 (9.8-16.0)	1.3 (0.1-2.4)
	Female	64.5 (61.1-67.8)	13.7 (11.2-16.1)	11.3 (9.0-13.6)	9.5 (7.4-11.5)	1.1 (0.4-1.9)
Race/Ethnicity	White	63.0 (60.0-66.0)	14.1 (11.9-16.2)	9.5 (7.7-11.4)	11.7 (9.5-13.8)	0.0
	Black	69.2 (56.2-82.2)	10.8 (2.1-19.5)	8.9 (2.2-15.6)	11.1 (0.5-21.7)	1.7 (0.7-2.8)
	Other Race	59.1 (49.0-69.1)	16.9 (7.9-25.9)	12.7 (6.4-19.1)	11.2 (5.1-17.3)	0.0 (0.0-0.0)
	Hispanic	57.9 (48.7-67.0)	16.9 (10.8-23.0)	16.2 (9.1-23.3)	8.9 (3.9-13.8)	0.1 (0.0-0.4)
	Less than H.S.	62.2 (53.8-70.6)	16.8 (9.8-23.8)	8.4 (3.7-13.0)	11.6 (6.7-16.5)	1.1 (0.0-2.8)
	H.S. or G.E.D.	58.0 (52.7-63.4)	15.6 (11.4-19.8)	12.3 (8.5-16.0)	12.4 (8.9-15.9)	1.7 (0.2-3.3)
Education	Some Post H.S.	63.1 (58.4-67.9)	12.1 (9.1-15.1)	12.2 (9.0-15.4)	11.0 (7.4-14.6)	1.5 (0.0-3.0)
	College Graduate	65.5 (60.7-70.4)	15.4 (11.6-19.2)	8.6 (5.7-11.4)	10.2 (7.2-13.2)	0.3 (0.0-0.6)
	<\$15,000	59.0 (48.2-69.9)	14.3 (5.9-22.8)	9.7 (4.3-15.1)	16.8 (8.6-25.0)	0.1 (0.0-0.3)
Income	\$15,000 to \$24,999	55.7 (47.2-64.1)	13.9 (8.9-18.9)	14.0 (8.4-19.7)	15.0 (8.4-21.6)	1.4 (0.0-3.1)
	\$25,000 to \$34,999	55.2 (46.2-64.2)	15.5 (9.1-21.8)	17.0 (9.3-24.7)	11.1 (5.1-17.1)	1.2 (0.0-2.7)
	\$35,000 to \$49,999	63.5 (56.0-71.0)	12.1 (6.9-17.4)	10.7 (5.2-16.1)	11.4 (6.2-16.7)	2.2 (0.0-5.6)
	\$50,000 to \$74,999	62.8 (56.2-69.5)	16.6 (11.3-21.8)	11.8 (6.9-16.7)	8.2 (4.5-11.8)	0.6 (0.0-1.4)
	\$75,000+	67.0 (62.2-71.9)	15.0 (11.2-18.7)	8.5 (5.7-11.2)	9.2 (6.3-12.1)	0.3 (0.0-0.5)

## Immunization

**Chart 34: Nevada Adults Who Have Had a Flu Vaccination Within the Past 12 Months by Age Group and Sex (NV BRFSS 2010 Pooled Data)**



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 59.3% and 66.6% respectively, compared to the national estimates of 67.5% for flu vaccination and 68.8% for pneumonia vaccination in 2009. These values are well below the Healthy People 2010 target rate of 90%.

**Table 33: Selected Immunization Indicators For Nevada and the United States (BRFSS, 2010)**

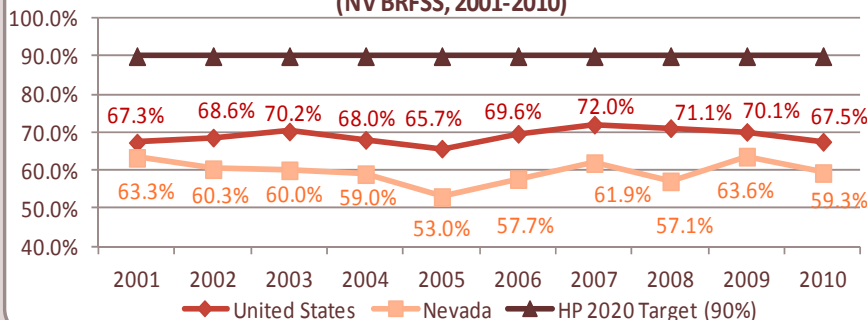
Health Indicator	Nevada	United States
Nevada adults 65 years of age or older who have had a flu vaccination within the past year.	59.3%	67.5%
Nevada adults 65 years of age or older who have ever had a pneumonia vaccination.	66.6%	68.8%

**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?”

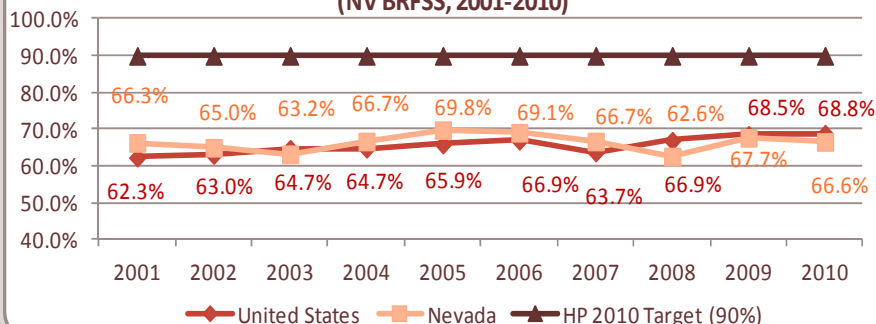
The flu vaccination rate for Nevada adults has historically been lower than the national rate. Both the national rate and Nevada’s rate of flu vaccinations are significantly lower than the Healthy People 2010 target value of 90%.

**Chart 35: Nevada and U.S. Adults 65 Years of Age or Older Receiving a Flu Vaccination Within the Past Year (NV BRFSS, 2001-2010)**



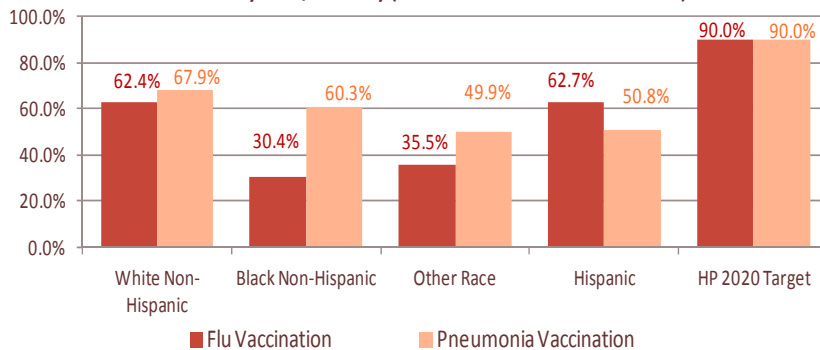
The pneumonia vaccination rates of Nevada adults historically has mimicked the national vaccination rates. Both Nevada and national rates are significantly lower than the Healthy People 2010 target value of 90%.

**Chart 36: Nevada and U.S. Adults 65 Years of Age or Older Who Have Ever Received a Pneumonia Vaccination by Year (NV BRFSS, 2001-2010)**



2007-2009 pooled BRFSS data indicates that Nevada Whites and Hispanics have higher flu vaccination rates than the Black and Other Race/Ethnicity groups.

**Chart 37: Nevada Adults 65 Years of Age or Older Who Have Had a Flu Vaccination Within the Past 12 Months or Have Ever Had a Pneumonia Vaccination by Race/Ethnicity (NV BRFSS 2008-2010 Pooled Data)**



**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
<b>Geography</b>	Statewide	33.2 (30.7-35.7)	66.8 (64.3-69.3)
	Clark County	31.7 (28.4-35.1)	68.3 (64.9-71.6)
	Washoe County	38.1 (34.6-41.7)	61.9 (58.3-65.4)
	Balance of State	35.5 (32.3-38.7)	64.5 (61.3-67.7)
<b>Age</b>	18 - 24	24.5 (13.5-35.4)	75.5 (64.6-86.5)
	25 - 34	25.5 (18.2-32.7)	74.5 (67.3-81.8)
	35 - 44	26.0 (20.7-31.3)	74.0 (68.7-79.3)
	45 - 54	24.4 (20.1-28.6)	75.6 (71.4-79.9)
	55 - 64	41.9 (37.2-46.7)	58.1 (53.3-62.8)
	65+	59.3 (55.4-63.2)	40.7 (36.8-44.6)
<b>Sex</b>	Male	30.3 (26.4-34.2)	69.7 (65.8-73.6)
	Female	36.2 (33.0-39.3)	63.8 (60.7-67.0)
<b>Race/Ethnicity</b>	White	36.4 (33.7-39.2)	63.6 (60.8-66.3)
	Black	33.2 (20.5-45.9)	66.8 (54.1-79.5)
	Other Race	27.7 (19.1-36.4)	72.3 (63.6-80.9)
	Hispanic	24.5 (16.9-32.1)	75.5 (67.9-83.1)
<b>Education</b>	Less than H.S.	35.9 (27.1-44.7)	64.1 (55.3-72.9)
	H.S. or G.E.D.	29.8 (25.0-34.7)	70.2 (65.3-75.0)
	Some Post H.S.	31.5 (27.4-35.6)	68.5 (64.4-72.6)
	College Graduate	38.3 (33.6-43.0)	61.7 (57.0-66.4)
<b>Income</b>	< \$15,000	21.6 (15.2-28.1)	78.4 (71.9-84.8)
	\$15,000 to \$24,999	27.2 (20.8-33.6)	72.8 (66.4-79.2)
	\$25,000 to \$34,999	37.1 (27.6-46.6)	62.9 (53.4-72.4)
	\$35,000 to \$49,999	36.6 (30.1-43.2)	63.4 (56.8-69.9)
	\$50,000 to \$74,999	30.1 (24.4-35.8)	69.9 (64.2-75.6)
	\$75,000+	36.5 (31.5-41.5)	63.5 (58.5-68.5)

**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
<b>Geography</b>	Statewide	59.3 (55.4-63.2)	40.7 (36.8-44.6)
	Clark County	59.3 (53.7-64.9)	40.7 (35.1-46.3)
	Washoe County	60.9 (55.5-66.4)	39.1 (33.6-44.5)
	Balance of State	57.7 (52.7-62.7)	42.3 (37.3-47.3)
<b>Sex</b>	Male	60.5 (54.7-66.4)	39.5 (33.6-45.3)
	Female	58.2 (53.0-63.4)	41.8 (36.6-47.0)
<b>Race/Ethnicity</b>	White	62.4 (58.3-66.6)	37.6 (33.4-41.7)
	Black	30.3 (9.6-51.1)	69.7 (48.9-90.4)
	Other Race	35.5 (22.0-49.0)	64.5 (51.0-78.0)
	Hispanic	62.6 (41.5-83.8)	37.4 (16.2-58.5)
<b>Education</b>	Less than H.S.	60.9 (47.7-74.0)	39.1 (26.0-52.3)
	H.S. or G.E.D.	60.1 (53.6-66.6)	39.9 (33.4-46.4)
	Some Post H.S.	56.0 (48.9-63.1)	44.0 (36.9-51.1)
	College Graduate	62.2 (54.3-70.0)	37.8 (30.0-45.7)
<b>Income</b>	< \$15,000	49.9 (38.0-61.8)	50.1 (38.2-62.0)
	\$15,000 to \$24,999	48.5 (39.3-57.7)	51.5 (42.3-60.7)
	\$25,000 to \$34,999	60.0 (48.8-71.3)	40.0 (28.7-51.2)
	\$35,000 to \$49,999	64.3 (55.2-73.5)	35.7 (26.5-44.8)
	\$50,000 to \$74,999	64.1 (50.4-77.7)	35.9 (22.3-49.6)
	\$75,000+	69.3 (59.8-78.8)	30.7 (21.2-40.2)

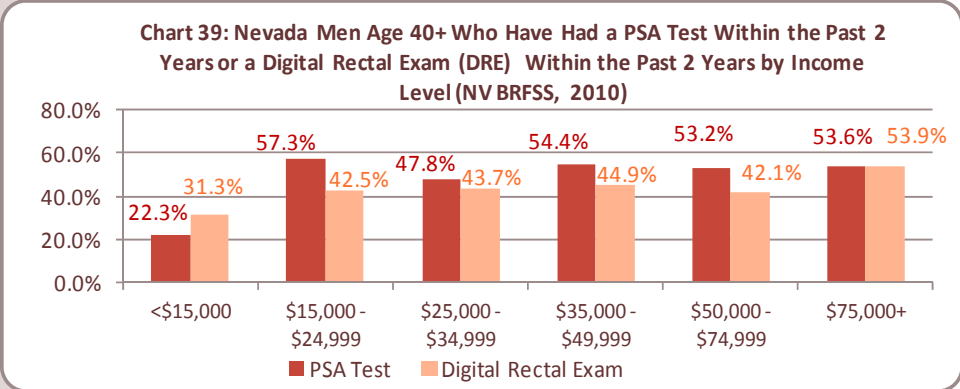
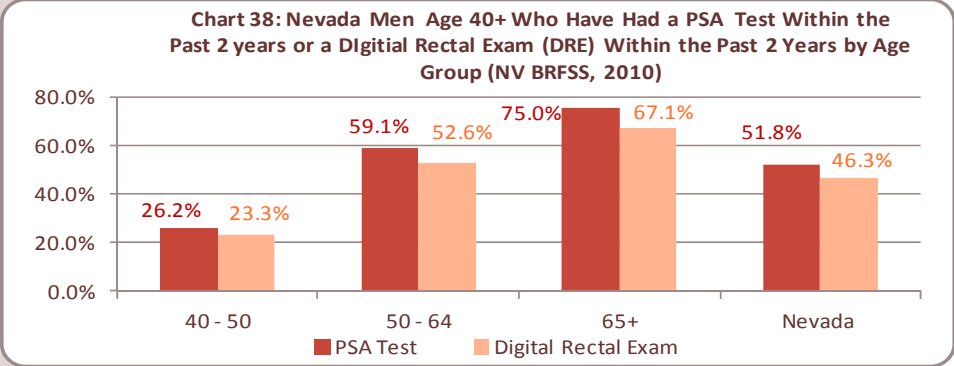
**Table 36: Pneumonia Vaccination Data for Adults 65+ by Demographics and Region**

◇ “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
<b>Geography</b>	Statewide	66.6 (62.6-70.5)	33.4 (29.5-37.4)
	Clark County	64.6 (59.0-70.3)	35.4 (29.7-41.0)
	Washoe County	72.9 (67.7-78.0)	27.1 (22.0-32.3)
	Balance of State	68.0 (63.1-72.8)	32.0 (27.2-36.9)
<b>Sex</b>	Male	66.2 (60.3-72.2)	33.8 (27.8-39.7)
	Female	66.8 (61.5-72.1)	33.2 (27.9-38.5)
<b>Race/Ethnicity</b>	White	68.6 (64.4-72.9)	31.4 (27.1-35.6)
	Black	52.1 (28.2-75.9)	47.9 (24.1-71.8)
	Other Race	60.0 (43.4-76.6)	40.0 (23.4-56.6)
	Hispanic	43.7 (20.9-66.5)	56.3 (33.5-79.1)
<b>Education</b>	Less than H.S.	54.3 (39.3-69.3)	45.7 (30.7-60.7)
	H.S. or G.E.D.	66.5 (59.7-73.3)	33.5 (26.7-40.3)
	Some Post H.S.	71.0 (64.2-77.8)	29.0 (22.2-35.8)
	College Graduate	64.2 (56.2-72.1)	35.8 (27.9-43.8)
<b>Income</b>	< \$15,000	76.1 (66.2-86.1)	23.9 (13.9-33.8)
	\$15,000 to \$24,999	56.8 (47.5-66.2)	43.2 (33.8-52.5)
	\$25,000 to \$34,999	74.6 (64.9-84.2)	25.4 (15.8-35.1)
	\$35,000 to \$49,999	70.2 (61.3-79.2)	29.8 (20.8-38.7)
	\$50,000 to \$74,999	59.7 (45.8-73.7)	40.3 (26.3-54.2)
	\$75,000+	68.8 (58.8-78.9)	31.2 (21.1-41.2)



## Prostate Screening



Prostate cancer is the second most commonly diagnosed form of cancer (skin cancer being the first) in males and the second leading cause of cancer death among males in the United States.

Prostate cancer is most common in men 65 years of age or older, who account for approximately 80% of all prostate cancer cases.

Screening tests can help find cancer at an early stage, before symptoms appear. When abnormal tissue of cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown or spread. This can make cancer harder to treat or cure.<sup>1</sup>

**Table 37: Selected Prostate Screening Indicators For Nevada and the United States (BRFSS, 2010)**

Health Indicator	Nevada	United States & D.C.
1. Individuals who have been told by a doctor, nurse, or other health professional that they had prostate cancer.	4.2%	4.0%
2. Men 40+ who have had a PSA test within the past two years.	51.78%	54.7%
3. Men 40+ who have had a digital rectal exam within the past two years.	46.31%	71.5%

**Table 38: Nevada Men Having a PSA Within the Past Two Years by Demographics and Region**

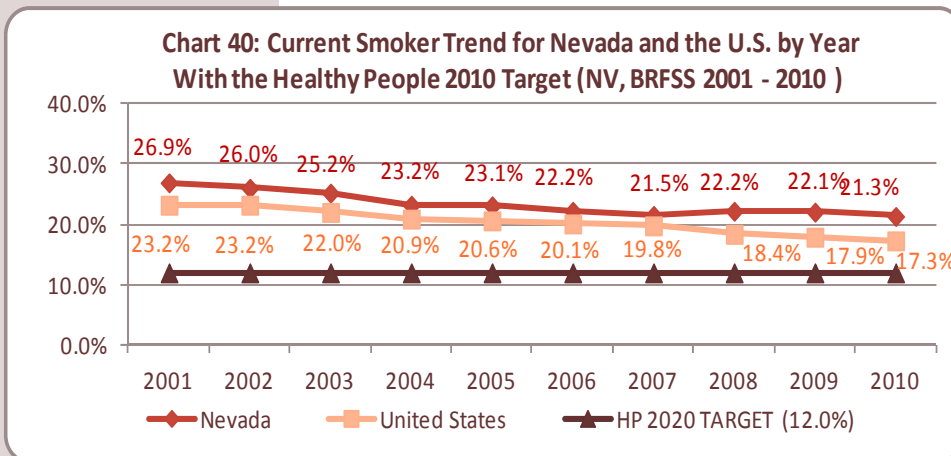
◇ Nevada men 40+ who had a PSA test within the past 2 years.

Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	51.8 (47.3-56.3)	48.2 (43.7-52.7)
	Clark County	50.9 (44.7-57.2)	49.1 (42.8-55.3)
	Washoe County	51.0 (45.4-56.7)	49.0 (43.3-54.6)
	Balance of State	56.8 (51.4-62.2)	43.2 (37.8-48.6)
<b>Age</b>	40-50	26.2 (18.1-34.3)	73.8 (65.7-81.9)
	50-64	59.1 (52.3-66.0)	40.9 (34.0-47.7)
	65+	75.0 (69.7-80.3)	25.0 (19.7-30.3)
<b>Race/Ethnicity</b>	White	55.1 (50.3-59.9)	44.9 (40.1-49.7)
	Black	51.3 (24.8-77.8)	48.7 (22.2-75.2)
	Other Race	45.2 (27.6-62.8)	54.8 (37.2-72.4)
	Hispanic	30.6 (16.1-45.2)	69.4 (54.8-83.9)
<b>Education</b>	Less than H.S.	35.4 (20.2-50.7)	64.6 (49.3-79.8)
	H.S. or G.E.D.	40.0 (31.0-49.0)	60.0 (51.0-69.0)
	Some Post H.S.	59.4 (51.5-67.2)	40.6 (32.8-48.5)
	College Graduate	57.7 (50.4-65.1)	42.3 (34.9-49.6)
<b>Income</b>	< \$15,000	22.3 (8.1-36.5)	77.7 (63.5-91.9)
	\$15,000 to \$24,999	57.3 (44.3-70.3)	42.7 (29.7-55.7)
	\$25,000 to \$34,999	47.7 (33.6-61.9)	52.3 (38.1-66.4)
	\$35,000 to \$49,999	54.4 (41.9-66.8)	45.6 (33.2-58.1)
	\$50,000 to \$74,999	53.2 (42.7-63.6)	46.8 (36.4-57.3)
	\$75,000+	53.5 (45.4-61.7)	46.5 (38.3-54.6)

**Table 39: Nevada Men Having a Digital Rectal Exam Within The Past Two Years by Demographics and Region**

Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	46.3 (41.7-51.0)	53.7 (49.0-58.3)
	Clark County	43.2 (36.9-49.5)	56.8 (50.5-63.1)
	Washoe County	57.2 (51.0-63.4)	42.8 (36.6-49.0)
	Balance of State	49.5 (43.7-55.3)	50.5 (44.7-56.3)
<b>Age</b>	40-50	23.3 (15.1-31.5)	76.7 (68.5-84.9)
	50-64	52.6 (45.4-59.7)	47.4 (40.3-54.6)
	65+	67.1 (60.9-73.3)	32.9 (26.7-39.1)
<b>Race/Ethnicity</b>	White	51.3 (46.3-56.3)	48.7 (43.7-53.7)
	Black	55.2 (23.7-86.8)	44.8 (13.2-76.3)
	Other Race	25.0 (13.5-36.5)	75.0 (63.5-86.5)
	Hispanic	25.1 (11.7-38.6)	74.9 (61.4-88.3)
<b>Education</b>	Less than H.S.	29.0 (13.7-44.3)	71.0 (55.7-86.3)
	H.S. or G.E.D.	32.8 (24.9-40.6)	67.2 (59.4-75.1)
	Some Post H.S.	52.3 (44.1-60.5)	47.7 (39.5-55.9)
	College Graduate	55.5 (47.5-63.5)	44.5 (36.5-52.5)
<b>Income</b>	< \$15,000	31.3 (14.3-48.3)	68.7 (51.7-85.7)
	\$15,000 to \$24,999	42.3 (29.7-54.8)	57.7 (45.2-70.3)
	\$25,000 to \$34,999	43.7 (28.6-58.8)	56.3 (41.2-71.4)
	\$35,000 to \$49,999	44.9 (32.3-57.6)	55.1 (42.4-67.7)
	\$50,000 to \$74,999	42.1 (31.5-52.7)	57.9 (47.3-68.5)
	\$75,000+	53.9 (45.2-62.5)	46.1 (37.5-54.8)

## Tobacco



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 2010 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. Smoking also causes emphysema, bronchitis, and chronic airway obstruction by damaging the airways and alveoli (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 40: Selected Tobacco Indicators For Nevada and the United States (BRFSS, 2010)**

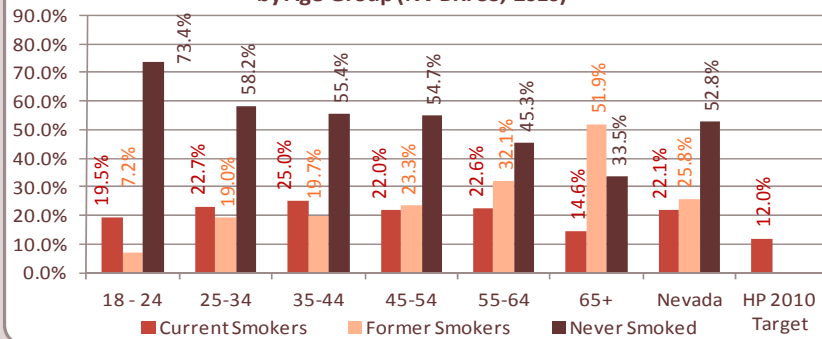
Health Indicator	Nevada	United States
1. Current Smokers	21.3%	17.3%
2. Four Smoking Levels		
A. Smoke Every Day	15.8%	12.4%
B. Smoke Some Days	6.3%	4.8%
C. Former Smoker	26.6%	25.1%
D. Never Smoked	51.4%	47.31%

### Tobacco

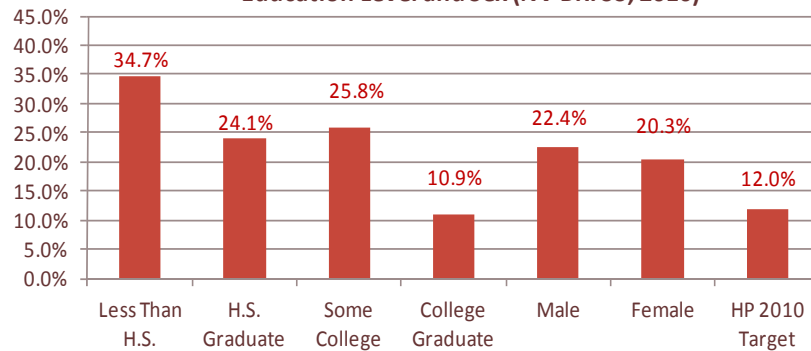
- ◇ Adults who currently smoke are defined as having smoked at least 100 cigarettes in their lifetime and currently smoke.
- ◇ Non-smokers include respondents that reported not having smoked 100 cigarettes in their lifetime and respondents who smoked at least 100 cigarettes in their lifetime but do not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

The prevalence of Nevadans who currently smoke ranges from 14.6% to 25.0% across age groups, with the lowest prevalence rate among individuals 65 years of age or older. Former smoker data also indicates that as individuals grow older they are more likely to quit smoking.

**Chart 41: Nevada Adults Who are Current Smokers, Former Smokers, and Who Have Never Smoked by Age Group (NV BRFSS, 2010)**

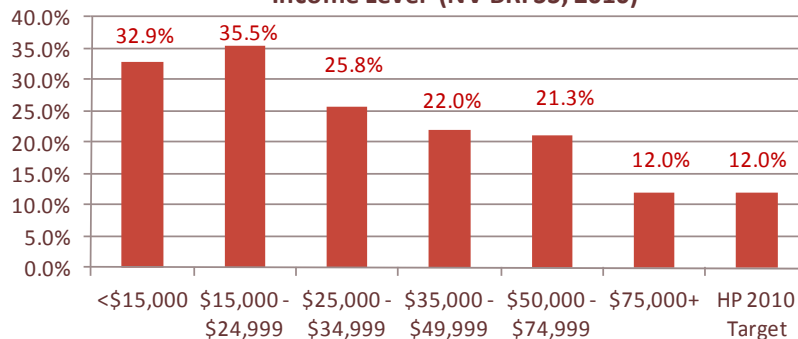


**Chart 42: Prevalence of Smoking Among Nevada Adults by Education Level and Sex (NV BRFSS, 2010)**



The lowest prevalence rate for current smoking was among Nevadans who were college graduates. Smoking prevalence among men was slightly higher than women in 2010.

**Chart 43: Nevada Adults Who Are Current Smokers by Income Level (NV BRFSS, 2010)**



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

**Table 41: 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.

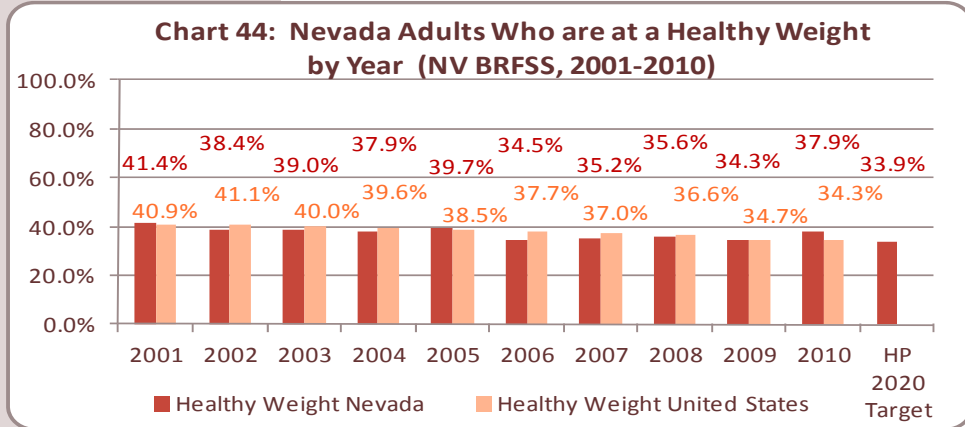
Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	21.3 (19.1-23.6)	78.7 (76.4-80.9)
	Clark County	22.1 (19.1-25.2)	77.9 (74.8-80.9)
	Washoe County	17.6 (14.7-20.4)	82.4 (79.6-85.3)
	Balance of State	21.6 (18.4-24.8)	78.4 (75.2-81.6)
<b>Age</b>	18 - 24	19.4 (10.7-28.2)	80.6 (71.8-89.3)
	25 - 34	22.7 (15.7-29.8)	77.3 (70.2-84.3)
	35 - 44	25.0 (19.6-30.4)	75.0 (69.6-80.4)
	45 - 54	22.0 (17.6-26.5)	78.0 (73.5-82.4)
	55 - 64	22.6 (18.3-26.9)	77.4 (73.1-81.7)
	65+	14.6 (11.9-17.3)	85.4 (82.7-88.1)
<b>Sex</b>	Male	22.4 (18.8-26.0)	77.6 (74.0-81.2)
	Female	20.2 (17.5-23.0)	79.8 (77.0-82.5)
<b>Race/Ethnicity</b>	White	22.3 (19.6-24.9)	77.7 (75.1-80.4)
	Black	22.4 (11.2-33.6)	77.6 (66.4-88.8)
	Other Race	24.9 (16.7-33.0)	75.1 (67.0-83.3)
	Hispanic	15.1 (9.3-20.9)	84.9 (79.1-90.7)
<b>Education</b>	Less than H.S.	34.7 (26.3-43.0)	65.3 (57.0-73.7)
	H.S. or G.E.D.	24.0 (19.8-28.3)	76.0 (71.7-80.2)
	Some Post H.S.	25.8 (21.3-30.3)	74.2 (69.7-78.7)
	College Graduate	10.9 (7.9-13.8)	89.1 (86.2-92.1)
<b>Income</b>	< \$15,000	32.9 (23.0-42.7)	67.1 (57.3-77.0)
	\$15,000 to \$24,999	35.5 (27.3-43.7)	64.5 (56.3-72.7)
	\$25,000 to \$34,999	25.8 (17.8-33.7)	74.2 (66.3-82.2)
	\$35,000 to \$49,999	22.0 (16.0-28.0)	78.0 (72.0-84.0)
	\$50,000 to \$74,999	21.3 (15.5-27.0)	78.7 (73.0-84.5)
	\$75,000+	12.0 (8.9-15.0)	88.0 (85.0-91.1)

**Table 42: 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
Geography	Statewide	16.5 (14.4-18.5)	4.9 (3.6-6.1)	25.8 (23.5-28.2)	52.8 (50.1-55.6)
	Clark County	17.0 (14.3-19.8)	5.1 (3.4-6.8)	25.1 (22.0-28.2)	52.8 (49.1-56.5)
	Washoe County	12.6 (10.1-15.1)	5.0 (3.4-6.6)	25.1 (22.3-27.9)	57.3 (53.7-60.9)
	Balance of State	18.1 (15.0-21.2)	3.5 (2.4-4.6)	30.8 (27.7-33.9)	47.6 (44.0-51.3)
Age	18 - 24	10.5 (4.9-16.1)	9.0 (1.9-16.0)	7.2 (1.4-12.9)	73.4 (63.5-83.3)
	25 - 34	16.9 (10.6-23.3)	5.8 (2.0-9.6)	19.0 (11.1-26.9)	58.2 (49.5-66.9)
	35 - 44	21.9 (16.6-27.2)	3.0 (1.5-4.6)	19.7 (15.0-24.3)	55.4 (49.3-61.4)
	45 - 54	17.5 (13.3-21.8)	4.5 (2.8-6.2)	23.3 (18.9-27.6)	54.7 (49.3-60.1)
	55 - 64	16.7 (12.8-20.7)	5.8 (3.5-8.1)	32.1 (27.7-36.5)	45.3 (40.5-50.2)
	65+	12.0 (9.6-14.5)	2.6 (1.3-3.8)	51.9 (48.0-55.7)	33.5 (29.9-37.2)
Sex	Male	17.4 (14.2-20.7)	5.0 (3.0-7.0)	27.2 (23.5-31.0)	50.4 (46.0-54.7)
	Female	15.5 (13.1-18.0)	4.7 (3.2-6.2)	24.4 (21.7-27.1)	55.3 (52.0-58.7)
Race/Ethnicity	White	17.6 (15.1-20.0)	4.7 (3.4-6.1)	28.1 (25.6-30.5)	49.6 (46.7-52.6)
	Black	19.8 (8.8-30.8)	2.6 (0.0-5.1)	12.1 (6.5-17.7)	65.5 (53.4-77.6)
	Other Race	18.6 (11.5-25.7)	6.2 (1.4-11.1)	18.5 (12.4-24.5)	56.7 (47.2-66.2)
	Hispanic	9.5 (5.0-14.0)	5.6 (1.5-9.7)	25.6 (16.6-34.7)	59.2 (49.9-68.6)
	Less than H.S.	26.5 (18.7-34.3)	8.2 (3.6-12.7)	27.8 (20.4-35.3)	37.5 (28.7-46.2)
	H.S. or G.E.D.	20.1 (16.2-24.0)	4.0 (1.9-6.0)	22.9 (19.1-26.7)	53.0 (47.8-58.2)
Education	Some Post H.S.	19.4 (15.3-23.6)	6.4 (3.8-9.0)	28.6 (24.8-32.5)	45.6 (40.9-50.3)
	College Graduate	7.4 (5.1-9.7)	3.5 (1.5-5.4)	25.3 (20.4-30.3)	63.8 (58.7-68.9)
	< \$15,000	28.1 (18.5-37.7)	4.8 (2.4-7.2)	19.2 (12.7-25.7)	47.9 (36.7-59.2)
	\$15,000 to \$24,999	26.8 (19.3-34.4)	8.7 (3.6-13.8)	24.8 (16.6-33.0)	39.7 (31.7-47.7)
Income	\$25,000 to \$34,999	22.3 (14.5-30.1)	3.5 (1.2-5.8)	28.5 (21.2-35.8)	45.7 (36.2-55.2)
	\$35,000 to \$49,999	18.8 (13.0-24.7)	3.1 (1.4-4.8)	28.8 (23.3-34.4)	49.2 (42.0-56.4)
	\$50,000 to \$74,999	13.3 (9.1-17.5)	7.9 (3.3-12.6)	29.7 (23.7-35.7)	49.0 (42.3-55.7)
	\$75,000+	9.4 (6.6-12.1)	2.6 (1.2-4.0)	23.4 (19.2-27.7)	64.6 (59.8-69.4)

## Weight Status



\*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.

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 conditions 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 2010, the percent of Nevada adults who were at a healthy weight was 37.9% compared to the National value of 34.3%. Both are well below the HP 2010 target value of 60%.<sup>1,2</sup>

**Table 43: Selected Weight Status Indicators For Nevada and the United States (BRFSS, 2010)**

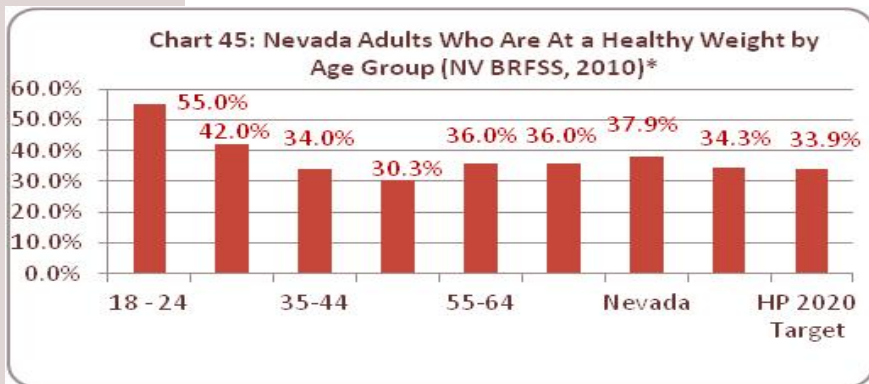
Indicator	Nevada	United States
1. Weight Classification of Nevada Adults by Body Mass Index (BMI).		
A. Healthy Weight	37.9%	34.3%
B. Overweight (BMI 25.0 to 29.9)	37.1%	36.2%
C. Obese (BMI 30.0 to 99.8)	23.1%	27.8%
D. Under Weight (BMI < 18.5)	1.9%	1.7%



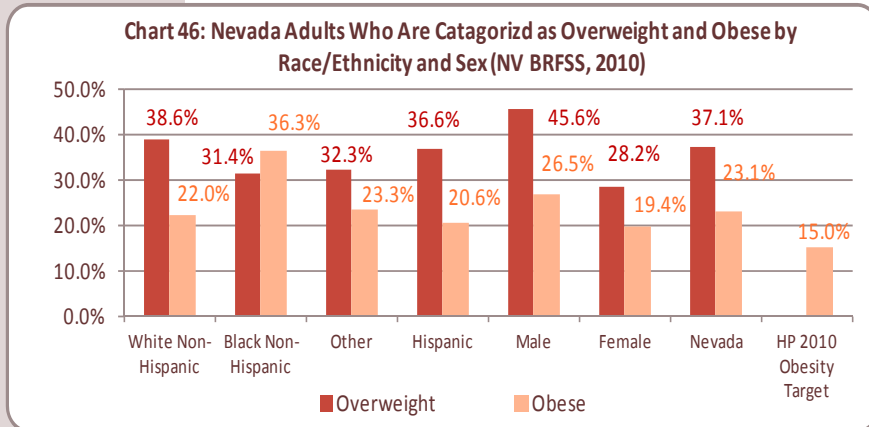
### Weight

- ◇ 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.

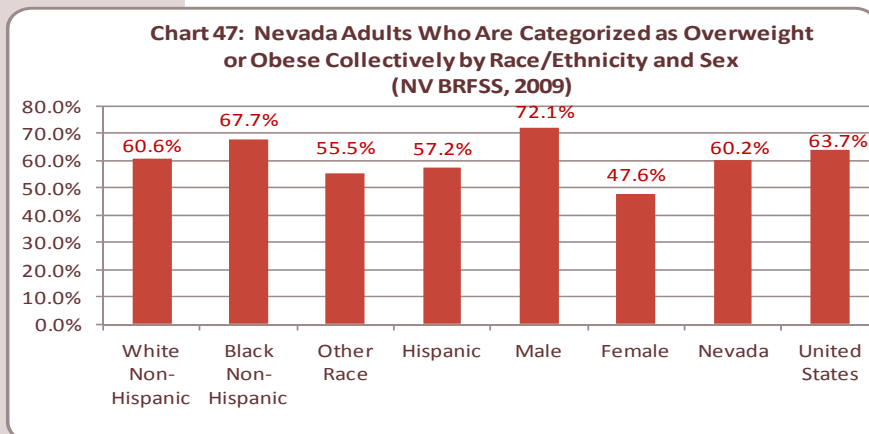
Nevada adults in the age group 18-24 have the highest prevalence of healthy weight among age groups.



The prevalence of obesity in Nevada is higher than the Healthy People 2010 target value of 15%. Overweight and obesity are higher among Nevada males than Nevada females.



The HP 2010 target for individuals with healthy weight (BMI greater than or equal to 18.5 and less than 25) is 60%, meaning only 40% of the population would be overweight or obese. Both the Nevada and national values are over 20% higher than this value at 60.26% and 63.7% respectively.



\*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.

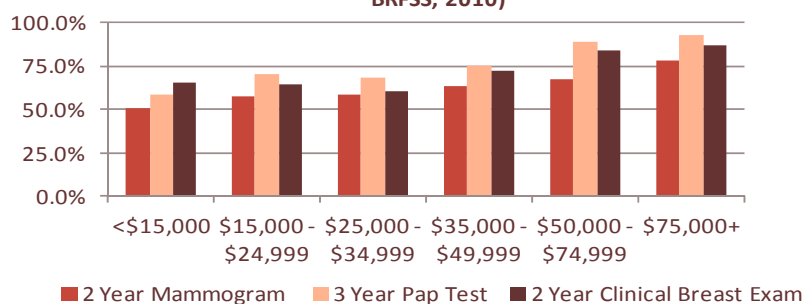
**Table 44: Body Mass Index (BMI) Weight Categories by Demographics and Region**

◇ 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 or equal to 30.0.

Demographic	Grouping	Underweight	Healthy Weight	Overweight	Obese
Geography	Statewide	1.9 (1.1-2.7)	37.9 (35.2-40.6)	37.1 (34.4-39.9)	23.1 (20.7-25.4)
	Clark County	1.9 (0.9-3.0)	37.8 (34.1-41.4)	37.5 (33.7-41.2)	22.8 (19.7-26.0)
	Washoe County	1.9 (1.0-2.8)	42.0 (38.1-45.9)	35.2 (31.7-38.7)	21.0 (18.1-23.9)
Age	Balance of State	1.9 (0.3-3.5)	33.5 (29.9-37.0)	37.7 (34.1-41.3)	26.9 (23.7-30.1)
	18 - 24	4.8 (0.0-9.8)	55.0 (43.3-66.7)	25.0 (14.7-35.3)	15.2 (6.5-23.9)
	25 - 34	0.2 (0.0-0.5)	41.9 (33.6-50.3)	39.0 (30.2-47.8)	18.8 (12.0-25.7)
	35 - 44	2.5 (0.4-4.5)	34.0 (28.3-39.8)	36.6 (30.6-42.6)	26.9 (21.2-32.6)
	45 - 54	1.4 (0.2-2.6)	30.3 (25.5-35.2)	40.8 (35.2-46.3)	27.5 (22.6-32.4)
	55 - 64	1.6 (0.0-3.3)	36.0 (31.1-40.8)	37.1 (32.4-41.9)	25.4 (21.2-29.5)
Sex	65+	2.1 (1.1-3.1)	36.0 (32.3-39.8)	40.1 (36.2-43.9)	21.8 (18.3-25.2)
	Male	1.1 (0.3-1.8)	26.8 (22.9-30.7)	45.6 (41.2-50.0)	26.5 (22.7-30.4)
Race/Ethnicity	Female	2.8 (1.4-4.2)	49.6 (46.0-53.1)	28.2 (25.0-31.3)	19.4 (16.8-22.0)
	White	1.8 (0.8-2.8)	37.6 (34.6-40.5)	38.6 (35.7-41.5)	22.0 (19.7-24.3)
	Black	1.7 (0.0-4.7)	30.6 (17.8-43.4)	31.4 (19.3-43.6)	36.3 (23.4-49.1)
	Other Race	3.2 (0.2-6.1)	41.3 (31.5-51.1)	32.3 (23.4-41.1)	23.3 (13.0-33.5)
	Hispanic	1.7 (0.1-3.4)	41.0 (32.0-50.1)	36.6 (27.1-46.2)	20.6 (13.6-27.7)
	Less than H.S.	3.2 (0.0-6.3)	40.1 (31.1-49.1)	29.0 (20.6-37.5)	27.7 (19.9-35.6)
Education	H.S. or G.E.D.	2.0 (0.2-3.9)	37.2 (32.1-42.4)	34.7 (29.6-39.8)	26.0 (21.0-31.0)
	Some Post H.S.	2.1 (0.9-3.4)	36.1 (31.4-40.9)	38.4 (33.8-43.0)	23.3 (19.5-27.1)
	College Graduate	1.3 (0.3-2.2)	40.0 (35.1-45.0)	40.0 (34.7-45.3)	18.7 (15.0-22.4)
Income	< \$15,000	3.1 (0.0-6.8)	37.6 (26.6-48.7)	34.2 (23.0-45.3)	25.1 (15.3-34.9)
	\$15,000 to \$24,999	1.8 (0.0-3.6)	43.8 (35.2-52.4)	33.9 (25.0-42.8)	20.5 (15.0-26.1)
	\$25,000 to \$34,999	2.4 (0.0-5.5)	39.6 (30.5-48.7)	31.9 (23.6-40.2)	26.1 (17.1-35.0)
	\$35,000 to \$49,999	2.8 (0.7-4.9)	26.3 (20.3-32.3)	41.3 (34.0-48.6)	29.6 (23.0-36.2)
	\$50,000 to \$74,999	1.9 (0.0-5.0)	40.5 (33.7-47.3)	34.8 (28.4-41.2)	22.8 (17.8-27.7)
	\$75,000+	0.6 (0.0-1.3)	35.9 (31.1-40.7)	42.8 (37.6-48.0)	20.7 (16.3-25.0)

## Women's Health

**Chart 48: Nevada Women 18+ Who Have Had a Pap Test Within The Past 3 Years, a Clinical Breast Exam Within the Past 2 years, and a Mammogram Within The Past 2 Years by Income (Nevada BRFSS, 2010)**



Breast cancer is the most common cancer among women in the United States. In 2009, 1,613 women were diagnosed with breast cancer and 331 women died from breast cancer in Nevada.\* Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women.<sup>1</sup> Death from breast cancer can be reduced substantially if the tumor is discovered at an early stage. The 2010 BRFSS data indicates that 67.2% of Nevada women of age 40+ had a mammogram within the past two years. This is very close to the Healthy People 2010 target of 70.0%.

Cervical cancer used to be the leading cause of death for women in the United States. These numbers have decreased significantly in the last 40 years as the result of many women getting Pap tests, which can find pre-cancerous cervical cells before they turn into cancer. Six out of ten cervical cancers occur in women who have never had a Pap test or have not had one within 5 years.<sup>4</sup> 2010 BRFSS data shows that about 78% of Nevada women 18+ had a Pap test within three years. The Healthy People 2010 Target is 97%.<sup>2</sup>

\* Nevada Cancer Registry and Nevada Death Registry

**Table 45: Selected Women's Health Status Indicators For Nevada and the United States (BRFSS, 2010)**

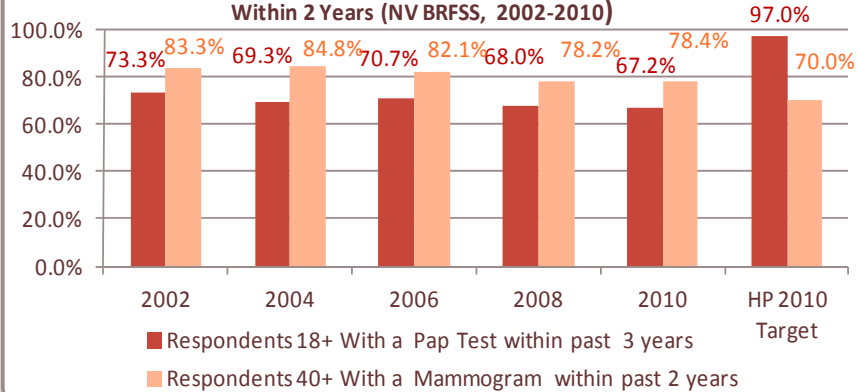
Indicator	Nevada	United States
1. Women age 18+ who have had a pap test within the past three years.	78.4%	81.3%
2. Women aged 40+ who have had a mammogram within the past two years.	67.2%	75.2%
3. Women who have ever had a clinical breast exam.	87.52%	90.1%
4. Women who have had a clinical breast exam within the past two years.	76.8%	75.9%

**Women's Health**

- ◇ Women 18+ who have had a Pap test within the past three years.
- ◇ Women 40+ who have had a mammogram within the past two years.

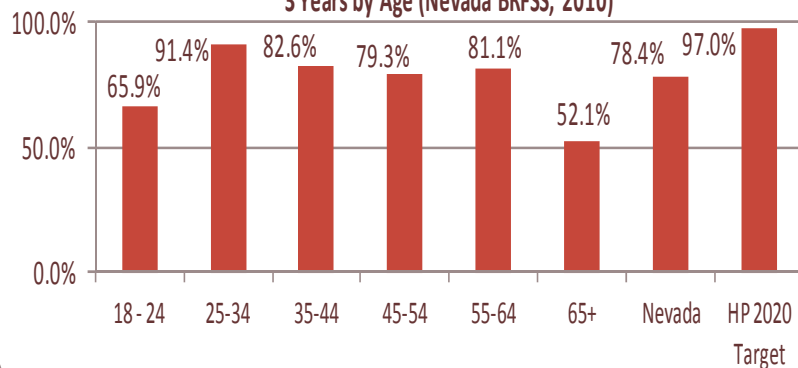
The prevalence of Nevada Women ages 18+ that have had a Pap test within three years has been historically higher than the Healthy People 2010 objective of 70.0%, averaging 79.5% over the past 5 years.

**Chart 49: Nevada Women 18+ Who Have Had a Pap Test Within 3 Years and Nevada Women 40+ Who Have Had a Mammogram Within 2 Years (NV BRFSS, 2002-2010)**



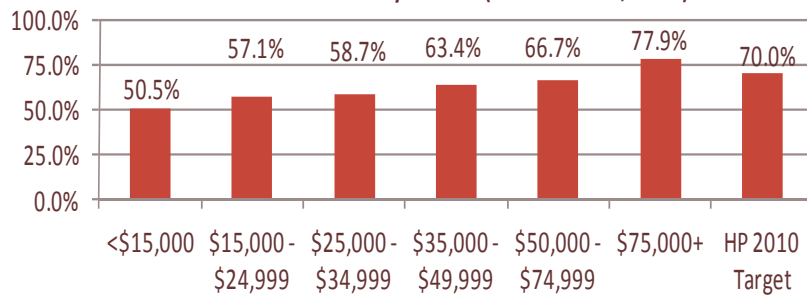
The prevalence of Nevada Women ages 18+ who have had a Pap test within the past 3 years is lower in the youngest and oldest age groups.

**Chart 50: Nevada Women 18+ Who Have Had a Pap Test Within The Past 3 Years by Age (Nevada BRFSS, 2010)**



The prevalence of Nevada Women ages 40+ who have had a mammogram within the past 2 years is highest among individuals in higher income brackets.

**Chart 51: Nevada women 40+ Who Have Had a Mammogram Within The Past Two Years by Income (Nevada BRFSS, 2010)**



**Table 46: Women 40+ Who Have Had a Mammogram Within the Past 2 Years by Demographics and Region**

◇ Women ages 40+ who have had a mammogram within the past two years.

Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	67.2 (63.8-70.6)	32.8 (29.4-36.2)
	Clark County	66.6 (61.9-71.4)	33.4 (28.6-38.1)
	Washoe County	70.6 (66.2-75.1)	29.4 (24.9-33.8)
	Balance of State	66.0 (61.7-70.3)	34.0 (29.7-38.3)
<b>Race/Ethnicity</b>	White	68.4 (64.7-72.1)	31.6 (27.9-35.3)
	Black	68.7 (50.3-87.0)	31.3 (13.0-49.7)
	Other Race	57.8 (44.8-70.8)	42.2 (29.2-55.2)
	Hispanic	63.8 (47.8-79.7)	36.2 (20.3-52.2)
<b>Education</b>	Less than H.S.	60.8 (46.4-75.1)	39.2 (24.9-53.6)
	H.S. or G.E.D.	59.6 (53.0-66.2)	40.4 (33.8-47.0)
	Some Post H.S.	65.4 (59.5-71.3)	34.6 (28.7-40.5)
	College Graduate	78.2 (72.7-83.6)	21.8 (16.4-27.3)
<b>Income</b>	< \$15,000	50.5 (38.4-62.7)	49.5 (37.3-61.6)
	\$15,000 to \$24,999	57.1 (48.0-66.2)	42.9 (33.8-52.0)
	\$25,000 to \$34,999	58.7 (46.5-70.9)	41.3 (29.1-53.5)
	\$35,000 to \$49,999	63.4 (53.7-73.2)	36.6 (26.8-46.3)
	\$50,000 to \$74,999	66.7 (57.0-76.5)	33.3 (23.5-43.0)
	\$75,000+	77.9 (71.6-84.1)	22.1 (15.9-28.4)

**Table 47: Women 18+ Who Have Had a Pap Test Within the past 3 Years by Demographics and Region**

◇ Women ages 18+ who have had a Pap test within the past three years

Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	78.4 (74.8-82.0)	21.6 (18.0-25.2)
	Clark County	78.4 (73.7-83.1)	21.6 (16.9-26.3)
	Washoe County	82.8 (77.2-88.5)	17.2 (11.5-22.8)
	Balance of State	72.1 (67.0-77.1)	27.9 (22.9-33.0)
<b>Age</b>	18 - 24	65.9 (49.1-82.7)	34.1 (17.3-50.9)
	25 - 34	91.4 (86.0-96.7)	8.6 (3.3-14.0)
	35 - 44	82.6 (75.5-89.8)	17.4 (10.2-24.5)
	45 - 54	79.0 (72.5-85.5)	21.0 (14.5-27.5)
	55 - 64	81.4 (75.0-87.8)	18.6 (12.2-25.0)
	65+	52.1 (43.6-60.6)	47.9 (39.4-56.4)
<b>Race/Ethnicity</b>	White	78.7 (74.9-82.5)	21.3 (17.5-25.1)
	Black	78.5 (61.2-95.7)	21.5 (4.3-38.8)
	Other Race	78.5 (67.6-89.4)	21.5 (10.6-32.4)
	Hispanic	77.7 (66.5-88.8)	22.3 (11.2-33.5)
<b>Education</b>	Less than H.S.	81.8 (73.5-90.1)	18.2 (9.9-26.5)
	H.S. or G.E.D.	74.1 (67.2-81.0)	25.9 (19.0-32.8)
	Some Post H.S.	72.1 (64.8-79.3)	27.9 (20.7-35.2)
	College Graduate	88.3 (84.0-92.6)	11.7 (7.4-16.0)
<b>Income</b>	< \$15,000	58.7 (41.2-76.3)	41.3 (23.7-58.8)
	\$15,000 to \$24,999	69.9 (58.3-81.5)	30.1 (18.5-41.7)
	\$25,000 to \$34,999	68.3 (54.6-81.9)	31.7 (18.1-45.4)
	\$35,000 to \$49,999	74.6 (64.5-84.6)	25.4 (15.4-35.5)
	\$50,000 to \$74,999	88.6 (82.9-94.3)	11.4 (5.7-17.1)
	\$75,000+	92.5 (88.8-96.2)	7.5 (3.8-11.2)

**Table 48: Women 18+ Who Have Had a Clinical Breast Exam Within the Past 2 Years by Demographics and Region**

◇ Women ages 18+ who have had a clinical breast exam within the past two years.

Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	76.8 (73.8-79.8)	23.2 (20.2-26.2)
	Clark County	76.5 (72.3-80.6)	23.5 (19.4-27.7)
	Washoe County	79.3 (75.3-83.4)	20.7 (16.6-24.7)
	Balance of State	75.1 (71.4-78.9)	24.9 (21.1-28.6)
<b>Age</b>	18 - 24	78.3 (59.3-97.2)	21.7 (2.8-40.7)
	25 - 34	88.3 (81.5-95.0)	11.7 (5.0-18.5)
	35 - 44	78.2 (71.1-85.3)	21.8 (14.7-28.9)
	45 - 54	70.5 (64.1-76.9)	29.5 (23.1-35.9)
	55 - 64	76.8 (71.2-82.4)	23.2 (17.6-28.8)
	65+	67.8 (62.1-73.5)	32.2 (26.5-37.9)
<b>Race/Ethnicity</b>	White	75.4 (72.1-78.7)	24.6 (21.3-27.9)
	Black	73.8 (57.4-90.3)	26.2 (9.7-42.6)
	Other Race	80.0 (70.8-89.3)	20.0 (10.7-29.2)
	Hispanic	83.7 (73.4-94.0)	16.3 (6.0-26.6)
<b>Education</b>	Less than H.S.	75.6 (64.2-87.0)	24.4 (13.0-35.8)
	H.S. or G.E.D.	72.4 (66.0-78.8)	27.6 (21.2-34.0)
	Some Post H.S.	72.1 (66.6-77.6)	27.9 (22.4-33.4)
	College Graduate	86.3 (82.6-90.0)	13.7 (10.0-17.4)
<b>Income</b>	< \$15,000	65.6 (51.0-80.2)	34.4 (19.8-49.0)
	\$15,000 to \$24,999	64.5 (54.1-74.8)	35.5 (25.2-45.9)
	\$25,000 to \$34,999	60.8 (49.5-72.1)	39.2 (27.9-50.5)
	\$35,000 to \$49,999	72.1 (63.4-80.7)	27.9 (19.3-36.6)
	\$50,000 to \$74,999	83.8 (77.4-90.3)	16.2 (9.7-22.6)
	\$75,000+	86.7 (82.5-90.9)	13.3 (9.1-17.5)

**Table 49: Women 18+ Who Have Ever Had a Clinical Breast Exam by Demographics and Region**

◇ Women respondents who have ever had a breast exam.

Demographic	Grouping	Yes	No
<b>Geography</b>	Statewide	87.5 (84.8-90.3)	12.5 (9.7-15.2)
	Clark County	86.6 (82.9-90.2)	13.4 (9.8-17.1)
	Washoe County	92.0 (87.4-96.7)	8.0 (3.3-12.6)
	Balance of State	87.2 (83.8-90.7)	12.8 (9.3-16.2)
<b>Age</b>	18 - 24	61.4 (44.2-78.6)	38.6 (21.4-55.8)
	25 - 34	92.3 (87.7-96.9)	7.7 (3.1-12.3)
	35 - 44	91.1 (86.1-96.2)	8.9 (3.8-13.9)
	45 - 54	90.1 (85.2-95.1)	9.9 (4.9-14.8)
	55 - 64	94.7 (91.4-98.0)	5.3 (2.0-8.6)
	65+	84.6 (80.7-88.6)	15.4 (11.4-19.3)
<b>Race/Ethnicity</b>	White	91.9 (89.6-94.2)	8.1 (5.8-10.4)
	Black	91.4 (81.9-100.0)	8.6 (0.0-18.1)
	Other Race	77.4 (67.3-87.6)	22.6 (12.4-32.7)
	Hispanic	73.0 (61.8-84.3)	27.0 (15.7-38.2)
<b>Education</b>	Less than H.S.	79.9 (70.2-89.7)	20.1 (10.3-29.8)
	H.S. or G.E.D.	81.8 (75.8-87.8)	18.2 (12.2-24.2)
	Some Post H.S.	89.4 (84.8-93.9)	10.6 (6.1-15.2)
	College Graduate	93.1 (89.2-96.9)	6.9 (3.1-10.8)
<b>Income</b>	< \$15,000	76.4 (63.8-88.9)	23.6 (11.1-36.2)
	\$15,000 to \$24,999	77.0 (66.6-87.5)	23.0 (12.5-33.4)
	\$25,000 to \$34,999	83.1 (73.7-92.5)	16.9 (7.5-26.3)
	\$35,000 to \$49,999	87.4 (80.5-94.4)	12.6 (5.6-19.5)
	\$50,000 to \$74,999	94.9 (91.0-98.8)	5.1 (1.2-9.0)
	\$75,000+	98.3 (96.7-99.8)	1.7 (0.2-3.3)



## Appendix A: Selected References

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