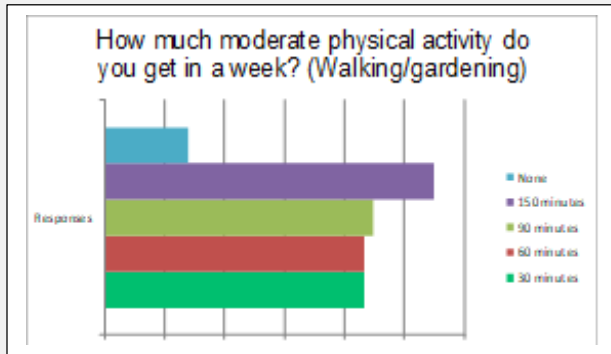




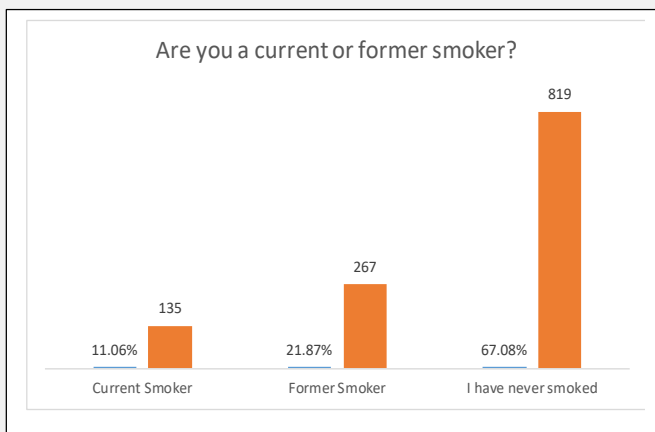
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# 2019 Community Health Assessment Preliminary Data

When asked about moderate physical activity (walking/gardening), 21.61% of respondents reported they get 30 minutes of moderate physical activity a week; 21.61% reported 60 minutes; 22.35% reported 90 minutes; 27.44% reported 150 minutes and 6.98% reported no physical activity.

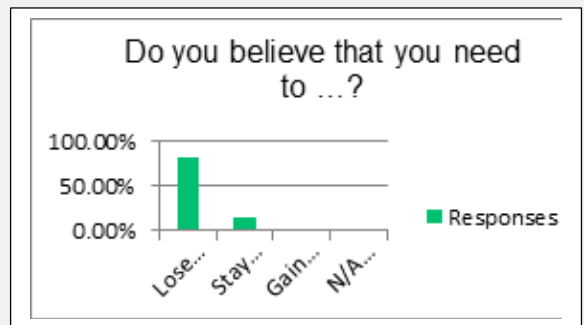


When asked about smoking, 67.08% responded that they have never smoked; 11.06% report that they are a current smoker; and 21.87% reported that they are a former smoker.

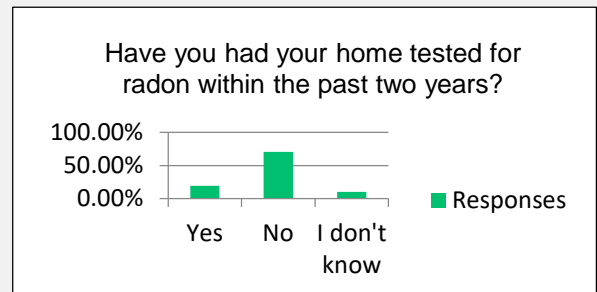


Of those who reported that they are a current smoker, 45.39% reported they have attempted to quit smoking in the past year.

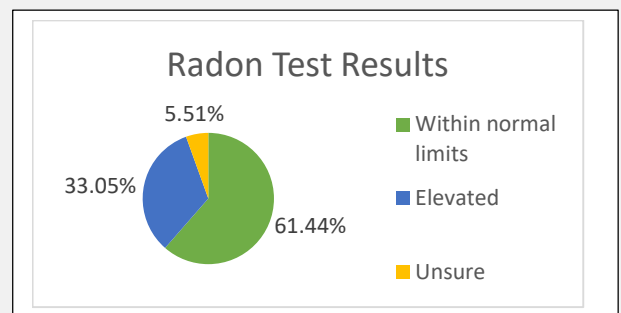
When asked about body weight, 81.70% felt that they needed to lose weight, 14.51% felt that they should stay at the same weight, and 1.57% felt that they should



Only 19.34% of the survey takers reported that they have had their home test for radon in the past two years.

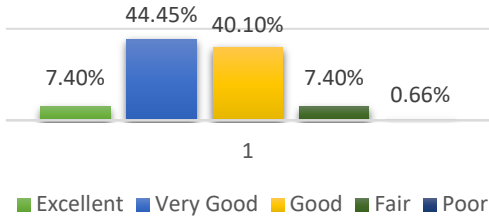


Of those who tested for radon, 61.44% reported results within normal limits, 33.05% reported elevated levels, and 5.51% were unsure of the results.



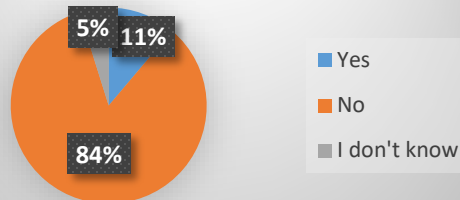
When asked about health in general, 7.40% reported their health to be excellent, 44.45% reported very good health, 40.10% reported good health, with 7.40% reporting fair and .66% reporting poor.

### Would you say that in general, your health is.....?



When asked “was your mental health not good on 14 or more days of the past 30 days”, 11% reported yes it was not good, 84% no, and 5% were unsure.

### Mental Health

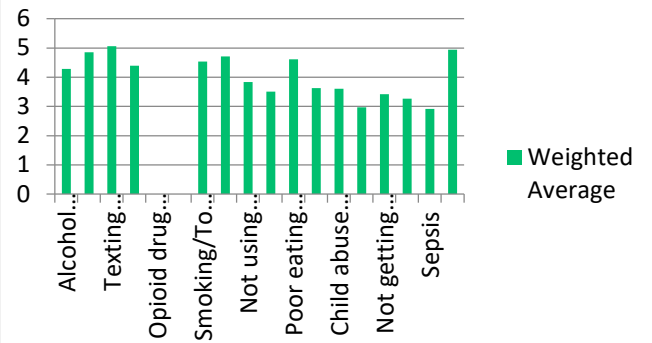


43.27% reported that they eat 1 serving of fruit in an average day; 28.49% report 2 servings, 13.46% report 3 servings, 2.55% report 4 servings; 1.72% report 5 servings; 1.15% report 6 or more servings and 9.36% reporting eating no fruit.

When asked how many servings of vegetables do you eat in an average day, 35% report they eat 1 serving; 34.18% report 2 servings; 15.28% reported 3 servings; 6.66% reported 4 servings; 2.71% reported 5 servings; 1.73% reported 6 or more services and 4.44% reported then eat none.

When asked what behaviors had the most impact on the overall health of your community, the top five responses were: Testing while driving – 28.01%; Overuse of cell phones and other electronic devices – 24.15%; talking on cell phone while driving – 22.31%; drug abuse – 18.94%; and smoking (including e-cigarettes) – 15.51%.

### What is the impact of the following behaviors on the overall health of your community? (1 = No impact; 7 = Major impact)



16.81% reported that mental health is the most serious health issue in the community followed by cancer at 15.31%; overweight and obesity at 12.23%; heart disease including high blood pressure and stroke) at 11.95% and suicide at 10.50% as the top five.

### How serious are the following health issues in your Community? (On a 7-point scale ranging from 1=Not serious at all to 7=Extremely serious)

