

For more information about the Tribal Behavioral Risk Factor Survey, please contact us at (405) 652-9200 or visit our website at [www.spthb.org](http://www.spthb.org)

# Veterans

The Southern Plains Tribal Health Board Oklahoma Area Tribal Epidemiology Center conducted a Tribal Behavioral Risk Factor Surveillance System (TBRFSS) survey. Three hundred forty-six (346) surveys were completed by American Indian/Alaska Native (AI/AN) adults, 18 years of age or older, from November 2015 to March 2016. Results may not be representative of all AI/ANs residing in these states, but rather representative of who attended the events and completed a survey.

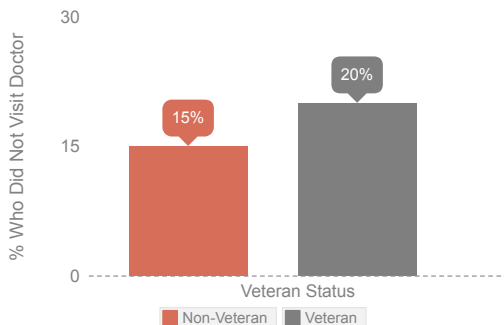
## General Health

Most (116) said their general health status was excellent. Forty-six percent (139) of American Indian non-veterans and 39% (14) of American Indian veterans believed their health was good.



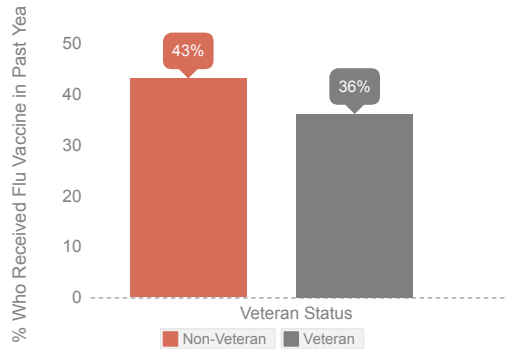
## Did Not Go to Doctor Due to Cost

In the previous twelve months, 20% (7) of American Indian veterans reported having to forego a visit to the doctor.



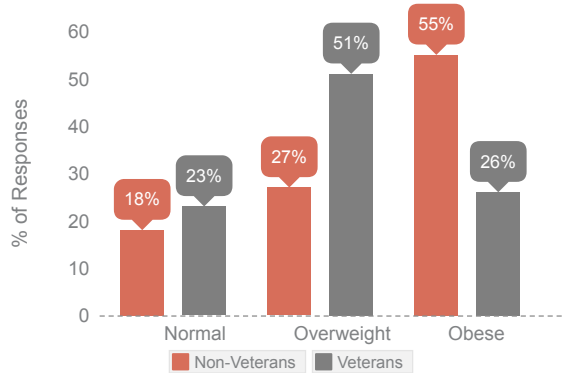
## Flu Vaccine

One hundred and forty-one (141) veterans and non-veterans received the flu vaccine, 36% (12) of which were veterans and 43% (129) of which were non-veterans.



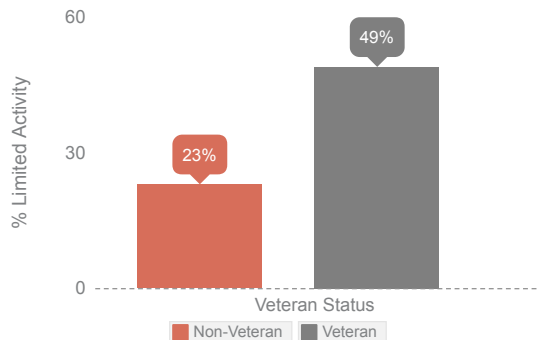
## Body Mass Index (BMI)

BMI, a measure calculated from height and weight, is a measurement of an individual's body fat. A BMI greater than or equal to 30 is categorized as obese. More American Indian veterans reported being overweight than AI/AN non-veterans.

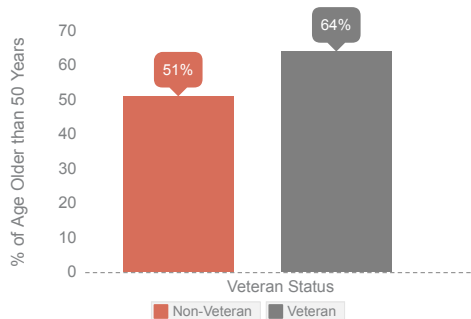
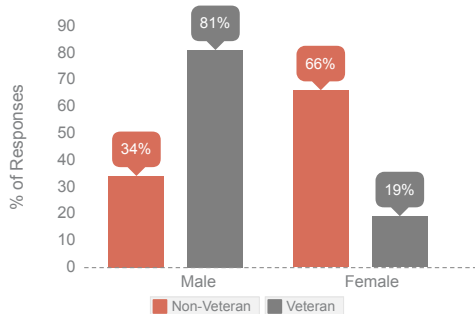


## Quality of Life

Quality of life here is defined as being limited in activity due to physical, mental, and/or emotional problems. Forty-nine percent (17) of veterans reported limitation and 23% (69) non-veterans reported limitation.



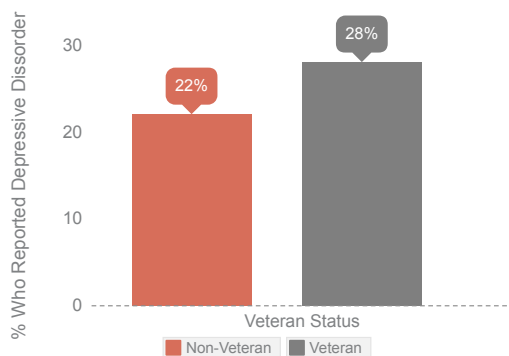
# Veteran Demographics



There are more male veterans and most veterans are older than 50 years old. Our non-veteran sample was comprised of 66% (198) women, while the veteran sample was comprised of 81% males (29). The graph on the right indicates that about 51% (151) of the non-veteran sample was made up of people greater than 50 years of age, and 64% (23) of the veteran sample was greater than 50 years old.

## Mental Health

Twenty-eight percent (10) of veterans and 22% (66) of non-veterans reported a professional diagnosis of depression.



## Cognitive Difficulties

Seventeen percent (6) of veterans and 11% (32) of non-veterans reported having serious difficulty concentrating, remembering, and/or making decisions.

