



Florida Behavioral Risk Factors

Florida Department of Health
Bureau of Epidemiology



Results From the 2000 to 2009 Florida
Behavioral Risk Factor Surveillance System (BRFSS)

Acknowledgments

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DOH would like to thank the residents of Florida who have participated in the Behavioral Risk Factor Surveillance System. For more details on this project or any of the survey results, please contact the Florida Behavioral Risk Factor Surveillance System Program Coordinator at Kimberly_Cohen@doh.state.fl.us.

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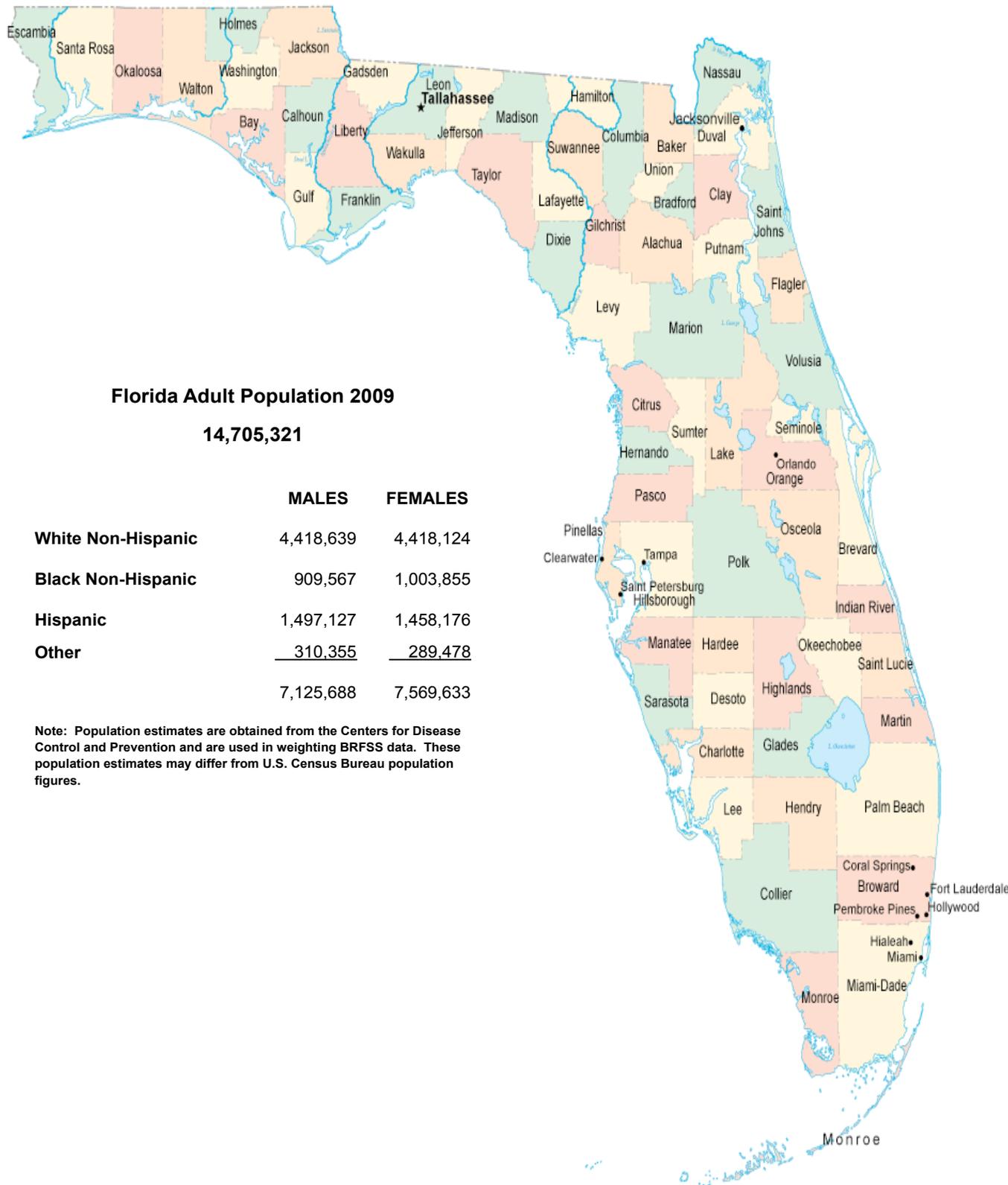
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Florida Adult Population 2009

14,705,321

	MALES	FEMALES
White Non-Hispanic	4,418,639	4,418,124
Black Non-Hispanic	909,567	1,003,855
Hispanic	1,497,127	1,458,176
Other	<u>310,355</u>	<u>289,478</u>
	7,125,688	7,569,633

Note: Population estimates are obtained from the Centers for Disease Control and Prevention and are used in weighting BRFSS data. These population estimates may differ from U.S. Census Bureau population figures.

INTRODUCTION

The Florida Behavioral Risk Factor Surveillance System (BRFSS) is a monthly telephone survey of randomly selected adult Floridians to collect data on lifestyle risk factors contributing to the leading causes of death and chronic disease. The Florida Department of Health (DOH) has annually conducted the BRFSS survey since 1986 as an ongoing program developed and partially funded by the Centers for Disease Control and Prevention (CDC). The BRFSS program has strived to build state support for the collection and utilization of BRFSS data, growing from a sample size of 1,162 completed surveys in 1986 to a projected sample size of more than 35,000 completed surveys in 2010.

As a primary source for comprehensive statewide data on preventive health practices and health risk behaviors, the BRFSS is an important tool for decision-making throughout Florida's public health community. Many of the behavioral risk factors surveyed through the BRFSS cannot be obtained from any other health data collection sources.

BRFSS data can be used for:

- assessing risk for chronic diseases
- identifying demographic differences
- measuring trends in health-related behaviors
- designing and monitoring health interventions/ services
- addressing emergent and critical health issues
- measuring progress toward achieving health objectives

As the fourth most populous state in the nation and six percent (6%) of the U.S. population (US Census estimated population of 18,537,969 in 2009), Florida needs the BRFSS as an important, timely, accurate, and often sole resource in measuring and monitoring the personal health behaviors and lifestyle conditions that are related to good or poor health outcomes or situations.

The BRFSS has three components: 1) CDC core questions, 2) CDC optional modules and 3) state added questions. DOH strives to meet the needs of public health stakeholders by creating a system where public and private partners can work with DOH to create and financially support state added questions to the BRFSS. Previous state added questions have focused on the H1N1 flu, perceptions on substance abuse, preconception health, and adolescent health. County health departments are also active partners in the BRFSS in developing local questions or in funding additional surveys to increase sampling sizes as the basis for local and state health policy planning.

Because 23.1 percent of Florida residents speak a language other than English at home, the BRFSS is offered in English and Spanish. There is also a concerted effort to oversample this population to increase the representation of Hispanic respondents comparable to the general population.

The standardized interview takes 20 to 30 minutes, depending on the number of questions being asked. For the 2009 BRFSS, which had 150 questions, interviews took, on average, 24 minutes.

Summarized data in this report are not inclusive of all data that may be provided by BRFSS. For this reason, the 2009 questionnaire appears in its entirety at http://www.doh.state.fl.us/disease_ctrl/epi/brfss/index.htm.

METHODOLOGY



Additional information regarding BRFSS methodology is available online at <http://www.cdc.gov/brfss>.

Sampling: Florida used disproportionate stratified sampling for its 2009 BRFSS. Interviews were conducted by telephone using computer-assisted telephone interviewing (CATI) software to record responses. Sample sizes vary by question. Some estimates may be based on responses from less than 50 respondents. Interpreting estimates that are based on a small number of respondents can mislead the reader into believing that a given finding is much more precise than it actually is. For this reason, all cells where less than 50 respondents were surveyed, were suppressed.

Weighting: The prevalence rates of various risk behaviors are presented in this report. The prevalence of behavior X is defined as the percentage of adults who reported behavior X among all adults at the time of the survey. The prevalence rates in this report are adjusted, or "weighted" to represent all Florida adults. Weighting is a procedure that adjusts for the chance of an adult being selected to complete the survey and for discrepancies between the adults who completed the survey and the overall population of Florida adults. The data were weighted to the respondent's probability of selection as well as age, race and sex based on 2009 population estimates.

Analysis: Florida used SAS® software for statistical testing and calculation of confidence limits. This software takes into account the complex sampling design methodology of BRFSS. SAS® software was also used for data manipulation and risk factor creation. All "don't know," "not sure," and "refused" responses have been excluded from the analysis.

Data Limitations: Errors in estimation are a result of BRFSS data being self-reported and certain behaviors possibly being underreported (Centers for Disease Control and Prevention, 2009). Another source of error is based on sampling. Each sample drawn will deviate somewhat from the population. Additional possible errors may occur due to the population from which the sample is drawn. Ideally, all adults aged 18 and older would be potential respondents for the survey. However, in order to be cost effective, the sample is limited to adults aged 18 and older who are non-institutionalized, live in a household with a non-cellular telephone and can communicate in English or Spanish. This excludes people in prisons and dormitories, those who exclusively speak a language other than English or Spanish, those without non-cellular telephones and others who cannot communicate by telephone. Telephone coverage varies by subpopulation. The Federal Communications Commission research suggests that minorities and the poor are less likely to have a telephone in the home than are non-minorities and the affluent (Federal Communications Commission, 2010). An estimated 97.9 percent of occupied households in Florida have telephone service (Federal Communications Commission, 2010). Data on telephone coverage in U.S. households are available at http://hraunfoss.fcc.gov/edocs_public/attachmatch/DOC-301823A1.pdf.

The statewide BRFSS cannot provide accurate and reliable data at the county level for public health planning and evaluation. Therefore, with support from county health departments and others, the Bureau of Epidemiology conducts a county level BRFSS, with a target of 500 completed interviews for each of Florida's 67 counties every three years. The next county level BRFSS survey was conducted during 2010 and the data is available online at www.floridachronicdisease.com.

SUMMARY RESULTS



Alcohol Consumption (page 6)

- Heavy drinking prevalence (adult men having more than two drinks per day and adult women having more than one drink per day) was 5.1 percent in 2009 and has not changed significantly since 2001.
- Binge drinking prevalence (males having five or more drinks on one occasion or females having four or more drinks) was 13.3 percent in 2009.
- Non-Hispanic Whites were most likely to engage in binge drinking.

Arthritis (page 10)

- In 2009, more than one-in-four Floridians had been told by a health professional that they had arthritis (27.0 percent).
- Arthritis prevalence was higher among females than males.

Asthma (page 12)

- The prevalence of Florida adults who had been told they had asthma at some point in their life was 11.7 percent. Of those, 6.9 percent currently have asthma.
- The prevalence of current asthma was highest among Non-Hispanic Blacks.
- There is a marked and significant drop off in the prevalence of asthma after age 65 years.

Cardiovascular Disease—Heart Attack (page 14)

- In 2009, 5.0 percent of Florida adults had been told by a health professional that they had a heart attack at some point in their life.
- The prevalence of heart attack is higher among those who are not high school graduates.

Cardiovascular Disease—Stroke (page 16)

- Adults 65 years of age and over were more likely to have had a stroke when compared with other age groups.
- Overall, 3.0 percent of Florida adults reported that they have been told by a health professional that they had a stroke at some point in their life.

SUMMARY RESULTS



Cholesterol Awareness (page 18)

- In the past 14 years, the prevalence of high cholesterol among Floridians has increased 28.1 percent (from 31.0 percent in 1995 to 40.2 percent in 2009).
- The prevalence of high cholesterol increased steadily with increasing age.

Diabetes (page 20)

- In the past decade, the prevalence of diabetes in Florida has increased 57.4 percent (from 6.8 percent in 1999 to 10.7 percent in 2009).
- Diabetes prevalence significantly higher among Floridians who had not graduated high school.

Exercise (page 22)

- Almost one-in-four Floridians engaged in no leisure time physical activity or exercise in 2009 (24.7 percent).
- The prevalence of no exercise decreased with increasing education level. College graduates exercised at higher rates compared with all other education groups.

Fruits and Vegetables (page 24)

- In 2009, approximately one-in-four Florida adults consumed 5 or more fruit and vegetable servings per day (24.4 percent).
- Females were more likely than males to consume 5 or more servings of fruits and vegetables per day.

Healthcare Access and Coverage (page 26)

- In 2009, almost one-in-five Florida adults did not have health insurance coverage (18.7 percent).
- Almost one-third of Hispanic adults did not have health insurance coverage (32.2 percent).
- The largest population group without insurance coverage was adults who have not graduated high school (36.8 percent).

SUMMARY RESULTS

Health Status (page 28)

- The prevalence of self reported fair or poor health among Floridians has risen only slightly from 15.5 percent in 1998 to 16.5 percent in 2009.
- The prevalence of fair or poor health is higher among those who did not graduate high school.

Hypertension Awareness (page 30)

- In 2009, almost one-third of Florida adults had been told by a health professional that they had high blood pressure (32.1 percent).
- High blood pressure prevalence significantly increases with increasing age.

Immunization (page 32)

- In 2009, 64.8 percent of Floridians ages 65 and older reported getting a flu shot in the past year.

Obesity (page 34)

- More than one-in-four Floridians (26.5 percent) were self-reported as obese (having a BMI greater than 30) .
- The prevalence of obesity has increased 64.6 percent in the past 12 years.

Overweight (page 36)

- More than one-in-three Florida adults (36.9 percent) were self-reported as overweight (having a BMI between 25.0 and 29.9).
- The prevalence of being overweight has remained consistent over the past decade.

Tobacco Use (page 40)

- In 2009, the prevalence of current smoking among Florida adults was 17.1 percent.
- The prevalence of Florida adults who smoke has decreased over the past decade from 23.6 percent to 17.1 percent.
- The prevalence of current smoking tended to decrease with increasing education. College graduates had lower rates of current smoking than any other age group.

SECTION 1: ALCOHOL CONSUMPTION - HEAVY DRINKING

2009 BRFSS Questions

During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?

During the past 30 days, on the days you drank, about how many drinks did you drink on the average?

BRFSS Maps

Year - 2009

Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)
Percentage of respondents reporting Yes

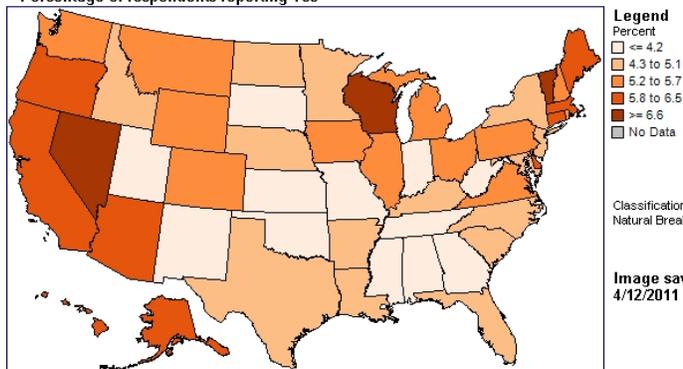
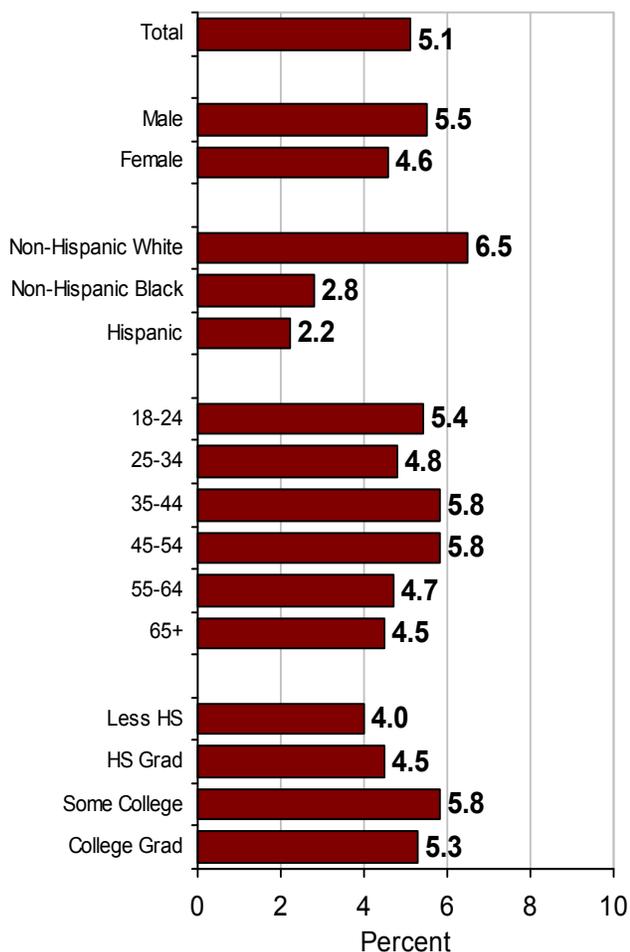


Figure 1.1: Prevalence of heavy drinking among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Heavy drinking is defined as having an average of two or more alcoholic beverages per day for men and one or more alcoholic beverages per day for women within the past 30 days. It is calculated as a combination of two BRFSS questions. The overall prevalence of heavy drinking was 5.1 percent. Prior to 2001, heavy drinking was defined as having more than 60 alcoholic drinks per month. Thus, earlier data is not reported due to the change in methodology and measure definition.

Results

Sex: While males may appear more likely than females to have been heavy drinkers, this difference was not significant.

Race/ethnicity: The prevalence of heavy drinking was higher among Non-Hispanic Whites than among Non-Hispanic Blacks and Hispanics.

Age group: There was no significant difference in the prevalence of heavy drinking by age group.

Education level: While the prevalence of heavy drinking appeared lowest among those with less than a high school education, there was no significant difference in the prevalence of heavy drinking based on education level.

Figure 1.2: Trends in prevalence of heavy drinking among adults in Florida and US, 2001-2009

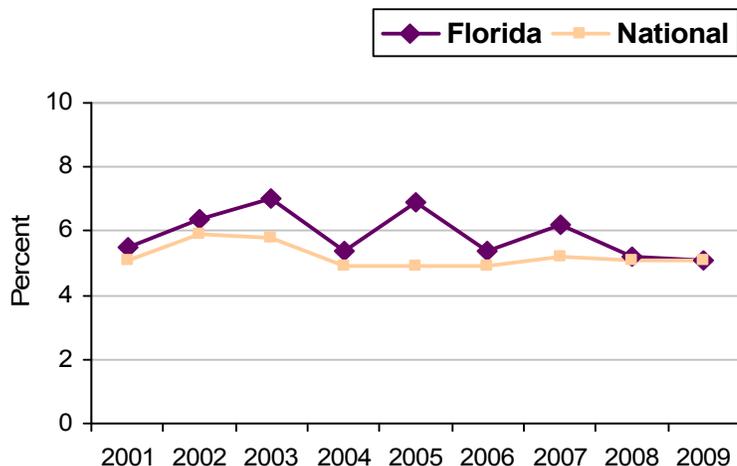


Table 1.1: Prevalence and 95% confidence intervals of heavy drinking among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	5.1	4.7-6.0	5.1
Male	5.5	4.9-7.1	5.8
Female	4.6	4.1-5.5	4.2
Non-Hisp White	6.5	5.6-7.3	5.4
Non-Hisp Black	2.8	1.3-3.9	2.9
Hispanic	2.2	1.5-5.5	3.9
18-24	5.4	0.5-7.3	6.5
25-34	4.8	2.5-7.0	5.8
35-44	5.8	3.7-7.9	5.0
45-54	5.8	4.4-7.2	5.5
55-64	4.7	3.5-5.8	4.6
65+	4.5	3.7-5.3	3.1
< High School	4.0	1.6-6.5	4.5
High School Grad	4.5	3.2-5.8	4.8
Some College	5.8	4.5-7.1	5.5
College Grad	5.3	4.0-6.6	4.9

Trends

The prevalence of heavy drinking showed some fluctuation in Florida from a high of 7.0 percent in 2003 to a low of 5.1 percent in 2009. However, this fluctuation may be due to sampling. National prevalence estimates for this indicator have remained fairly consistent over this same time period (from 5.1 percent in 2001 to 5.1 percent in 2009).

Florida Compared to the Nation

The prevalence of heavy drinking in Florida was the same as the national median for heavy drinking. There was no significant variance from the national median among subpopulation groups.



SECTION 1: ALCOHOL CONSUMPTION - BINGE DRINKING

2009 BRFSS Question

Considering all types of alcoholic beverages, how many times during the past 30 days did you have [Insert 5 for men, 4 for women] or more drinks on any one occasion?

BRFSS Maps

Year - 2009

Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

Percentage of respondents reporting Yes

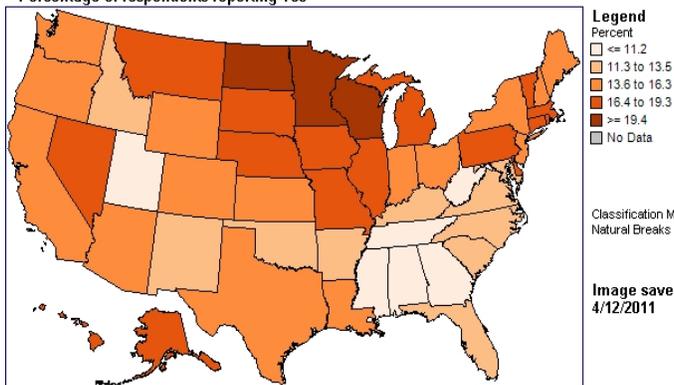
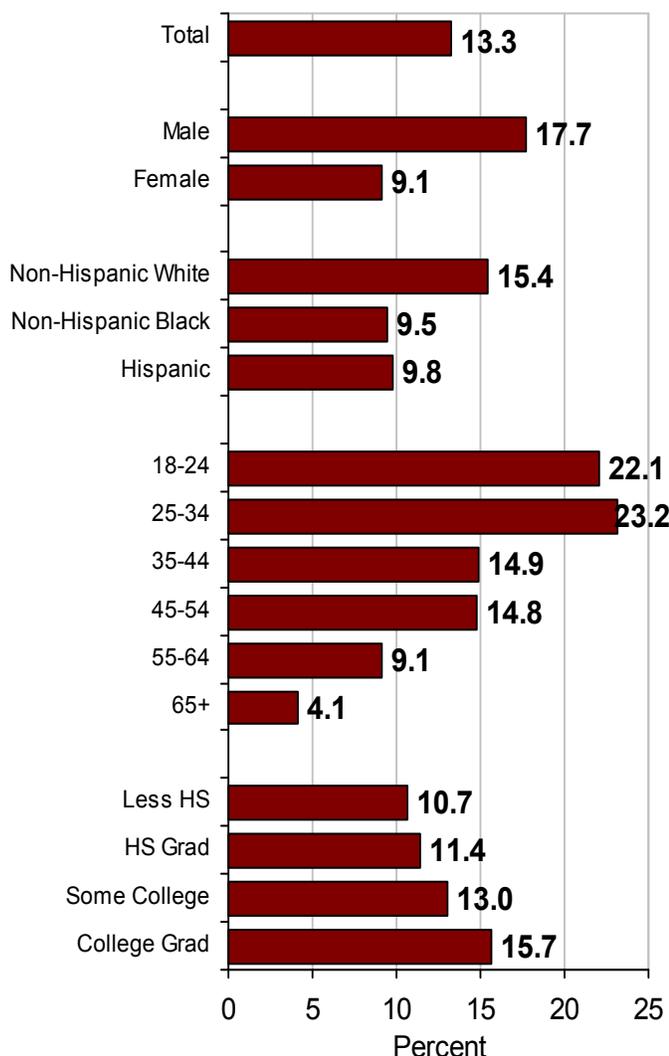


Figure 1.3: Prevalence of binge drinking among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Binge drinking is defined as having five or more alcoholic beverages for men and four or more alcoholic beverages for women on one occasion. The overall prevalence of binge drinking is 13.3 percent.

Results

Sex: The prevalence of binge drinking was higher among males than among females.

Race/ethnicity: Non-Hispanic Whites were most likely to engage in binge drinking.

Age group: The prevalence of binge drinking decreased with increasing age.

Education level: While the prevalence of binge drinking appeared to increase with increasing educational level, there was no significant difference in the prevalence of binge drinking based on education level.

Figure 1.4: Trends in prevalence of binge drinking among adults in Florida and US, 1997-2009

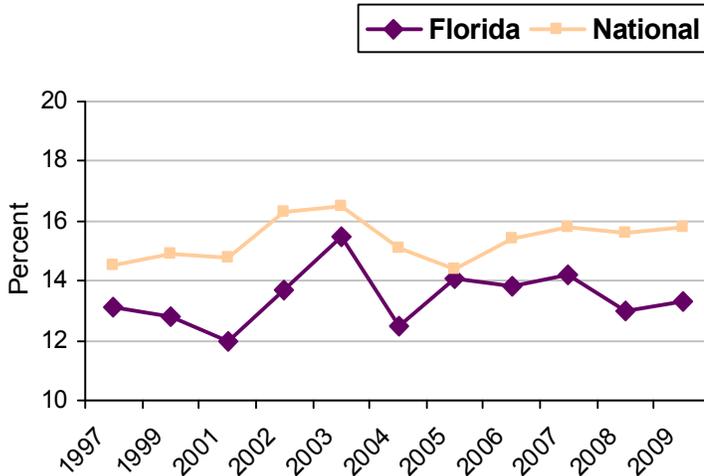


Table 1.2: Prevalence and 95% confidence intervals of binge drinking among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	13.3	12.0-14.6	15.8
Male	17.7	15.4-20.0	21.3
Female	9.1	7.8-10.3	10.6
Non-Hisp. White	15.4	13.9-17.0	16.1
Non-Hisp. Black	9.5	5.9-13.1	10.2
Hispanic	9.8	6.4-13.2	14.7
18-24	22.1	13.1-31.2	25.2
25-34	23.2	18.4-28.0	23.9
35-44	14.9	12.0-17.9	18.4
45-54	14.8	12.3-17.4	14.4
55-64	9.1	7.4-10.8	9.4
65+	4.1	3.2-4.9	3.5
< High School	10.7	5.7-15.7	11.6
High School Grad	11.4	9.1-13.7	15.5
Some College	13.0	10.7-15.2	16.3
College Grad	15.7	13.4-18.0	14.8

Trends

The prevalence of binge drinking showed some fluctuation in Florida from a high of 15.5 percent in 2003 to a low of 12.0 percent in 2001. There was no downward or upward trend. National prevalence estimates for this indicator have remained fairly consistent over this same time period (from 14.5 percent in 1997 to 15.8 percent in 2009).

Florida Compared to the Nation

The overall prevalence of binge drinking in Florida was lower than the national median from 1997 to 2009. Men and women reported lower prevalence rates of binge drinking than the national median. Adults that graduated high school or attended some college reported a lower prevalence of binge drinking than the national median.



SECTION 2: ARTHRITIS

2009 BRFSS Question

Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

BRFSS Maps

Year - 2009

Adults who have been told they have arthritis

Percentage of respondents reporting Yes

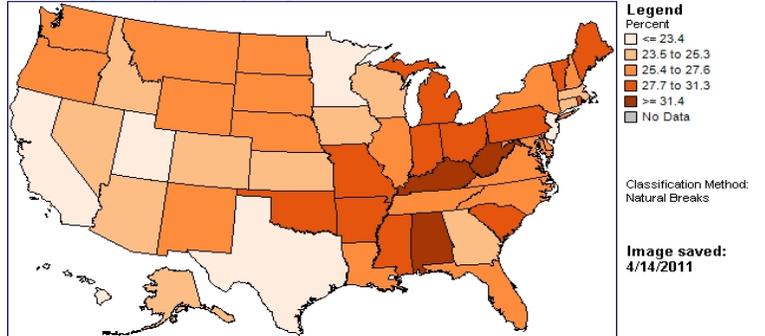
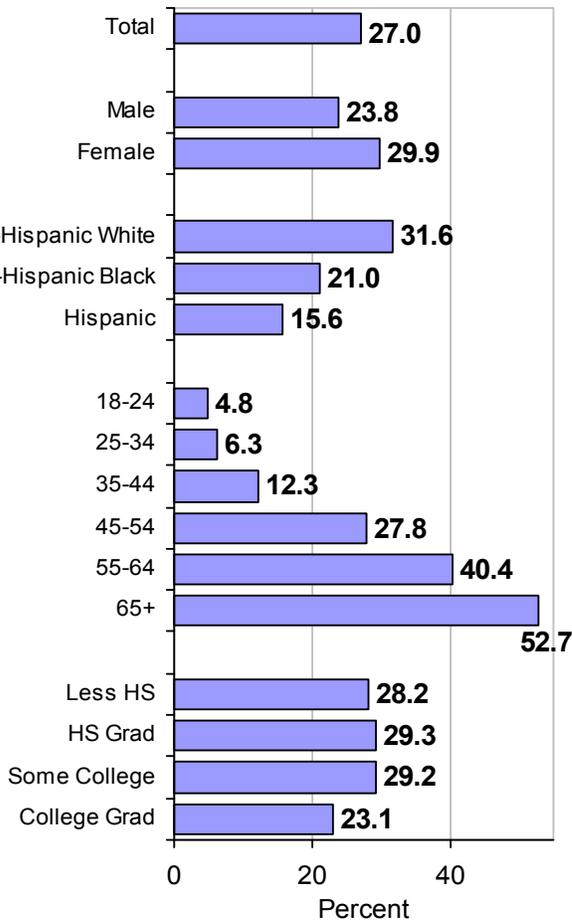


Figure 2.1: Prevalence of arthritis among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Respondents were asked whether they had been diagnosed with any form of arthritis. The overall prevalence of arthritis in Florida was 27.0 percent.

Results

Sex: Females were more likely than males to have been diagnosed with arthritis.

Race/ethnicity: Non-Hispanic Whites were more likely than Non-Hispanic Blacks and Hispanics to report having arthritis.

Age group: The prevalence of arthritis increased with increasing age. Age was the most significant factor associated with having arthritis.

Education level: The prevalence of arthritis was lower among adults who were college graduates than high school graduates or those who had some college education.

Figure 2.2: Trends in prevalence of arthritis among adults in Florida and US, 2001-2009

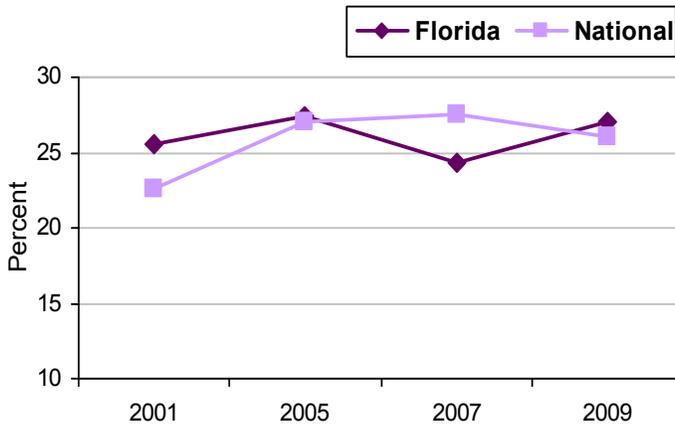


Table 2.1: Prevalence and 95% confidence intervals of adults reporting some form of arthritis in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	27.0	25.6-28.4	26.0
Male	23.8	21.6-26.0	22.6
Female	29.9	28.1-31.7	29.8
Non-Hisp White	31.6	30.0-33.2	27.8
Non-Hisp Black	21.0	17.1-24.9	25.0
Hispanic	15.6	12.1-19.1	14.1
18-24	4.6	0.3-9.9	4.1
25-34	6.3	4.1-8.5	8.4
35-44	12.3	9.6-15.0	15.3
45-54	27.8	24.9-30.7	28.4
55-64	40.4	37.3-43.6	42.1
65+	52.7	50.3-55.1	54.4
< High School	28.2	23.3-33.1	31.8
High School Grad	29.3	26.8-31.8	29.4
Some College	29.2	26.7-31.7	27.9
College Grad	23.1	20.9-25.3	22.5

Trends

The prevalence of arthritis was fairly constant in Florida from 2001 (25.5 percent) to 2009 (27.0 percent). National prevalence estimates for this indicator have risen slightly over the same period (from 22.6 percent in 2001 to 26.0 percent in 2009). The BRFSS collects this question during odd numbered years.

Florida Compared to the Nation

The overall prevalence of arthritis among Florida adults did not vary significantly from the national prevalence from 2001 to 2009. The prevalence of arthritis among Florida Non-Hispanic Whites was higher than the national median. The rate of arthritis was lower among Florida Non-Hispanic Blacks than the national median.



SECTION 3: ASTHMA

2009 BRFSS Questions

Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Do you still have asthma?

BRFSS Maps

Year - 2009

Adults who have been told they currently have asthma

Percentage of respondents reporting Yes

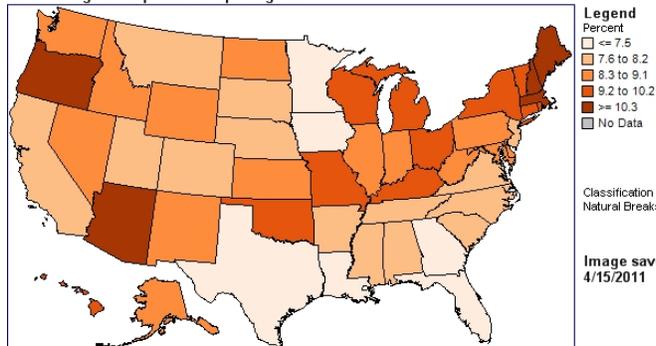
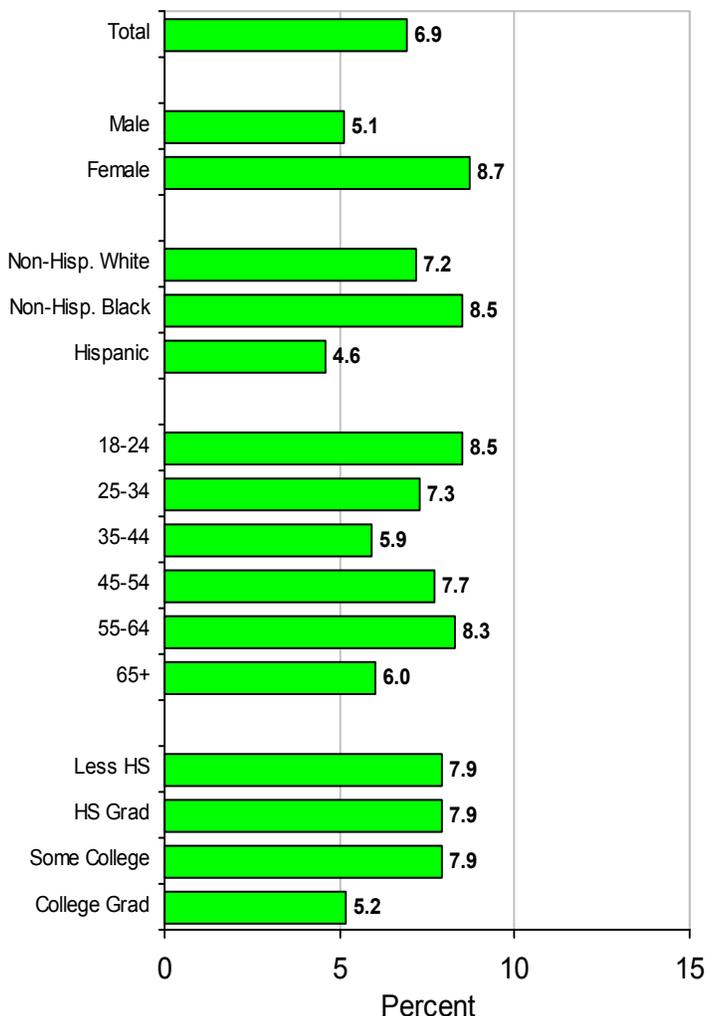


Figure 3.1: Prevalence of asthma among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Note: For each year of BRFSS data, there are two asthma prevalence measures. Lifetime asthma is defined as an affirmative response to the question "Have you ever been told by a doctor, nurse or other health professional, that you have asthma?" Current asthma is defined as an affirmative response to that question followed by an affirmative response to the subsequent question.

Figure 3.2: Trends in prevalence of current asthma among adults in Florida and US, 2000-2009

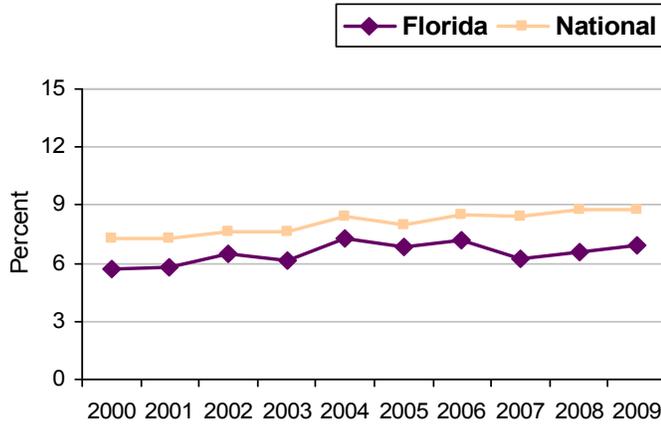


Table 3.1: Prevalence of adults who report currently having asthma in Florida and US median, 2009

	Currently Have Asthma Florida	95% CI	Currently Have Asthma National
Total	6.9	6.1-7.7	8.8
Male	5.1	3.7-6.5	6.6
Female	8.7	7.5-9.9	10.6
Non-Hisp White	7.2	6.4-8.0	8.5
Non-Hisp Black	8.5	5.8-11.2	10.2
Hispanic	4.5	2.1-7.1	7.3
18-24	8.5	4.2-12.8	10.9
25-34	7.3	4.0-10.6	8.6
35-44	5.9	3.9-7.9	8.0
45-54	7.7	6.1-9.3	8.3
55-64	8.3	6.5-10.1	8.5
65+	6.0	5.0-7.0	7.9
< High School	7.9	5.5-10.3	12.7
HS Graduate	7.9	5.9-9.9	8.8
Some College	7.9	6.3-9.5	9.5
College Grad	5.2	4.0-6.4	7.2

Summary

Adults were asked if they had ever been diagnosed with asthma and also if they currently had asthma. In 2009, 11.7 percent of Floridians been diagnosed with asthma at some point in their lives and 6.9 percent still currently had asthma.

Results

Sex: The prevalence of asthma was higher among females than males.

Race/ethnicity: There were no significant differences in prevalence rates.

Age group: There were no significant differences in prevalence rates.

Education level: There were no significant differences in prevalence rates.

Trends

The prevalence of Floridians who currently have asthma has risen slightly from 2000 (5.7 percent) to 2009 (6.9 percent). National prevalence estimates for this indicator have risen slightly over the same period (from 7.3 percent in 2000 to 8.8 percent in 2009).

Florida Compared to the Nation

The prevalence rate for Floridians who currently have asthma was lower than the national median from 2000 to 2009. Numerous Florida subpopulations had lower prevalence rates for current asthma than the nation median including: Non-Hispanic Whites, Hispanics, those aged 65+, college graduates, and those not graduating

SECTION 4: CARDIOVASCULAR DISEASE - HEART ATTACK

2009 BRFSS Question

Has a doctor, nurse, or other health professional EVER told you that you had a heart attack, also called a myocardial infarction?

BRFSS Maps

Year - 2009

Ever told you had a heart attack (myocardial infarction)?

Percentage of respondents reporting Yes

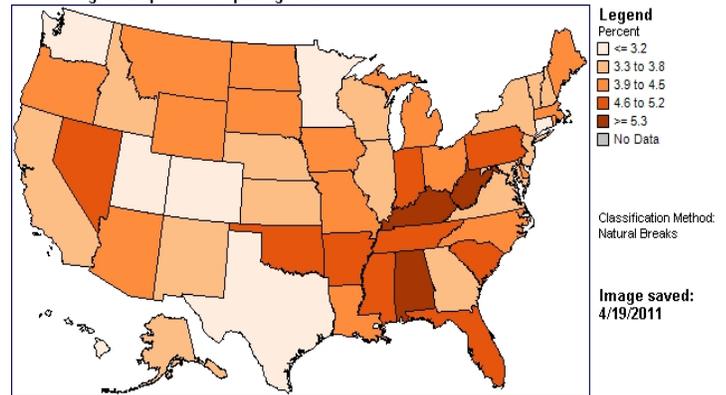
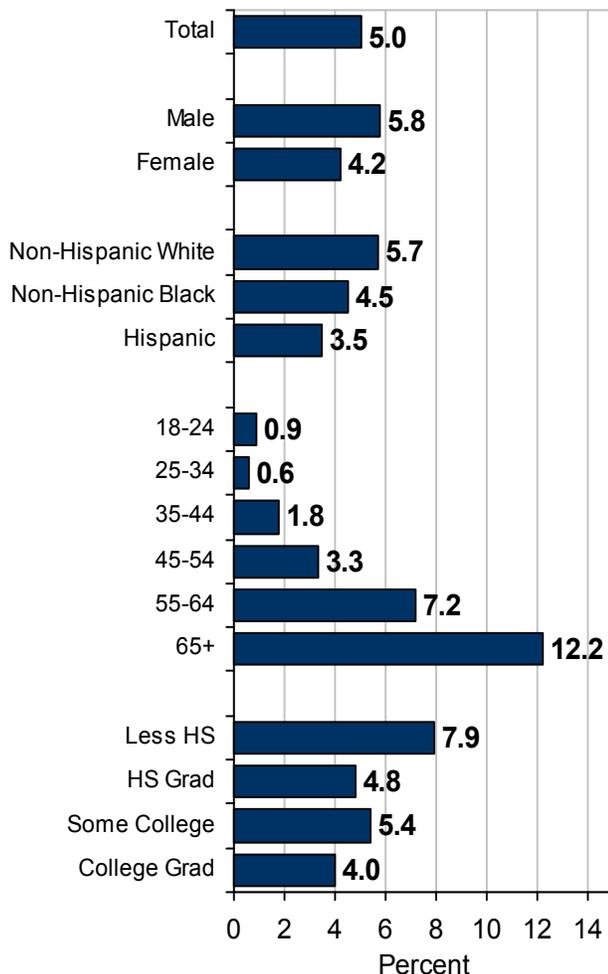


Figure 4.1: Prevalence of heart attack among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Overall, 5.0 percent of Florida adults reported that they have been told by a health professional that they have had a heart attack at some point.

Results

Sex: There were no significant differences in prevalence rates.

Race/ethnicity: There were no significant differences in prevalence rates.

Age group: The prevalence of heart attack significantly increased with increasing age.

Education level: Adults with less than a high school education were significantly more likely than college graduates to report having had a heart attack.

Figure 4.2: Trends in prevalence of heart attack among adults in Florida and US, 1999-2009

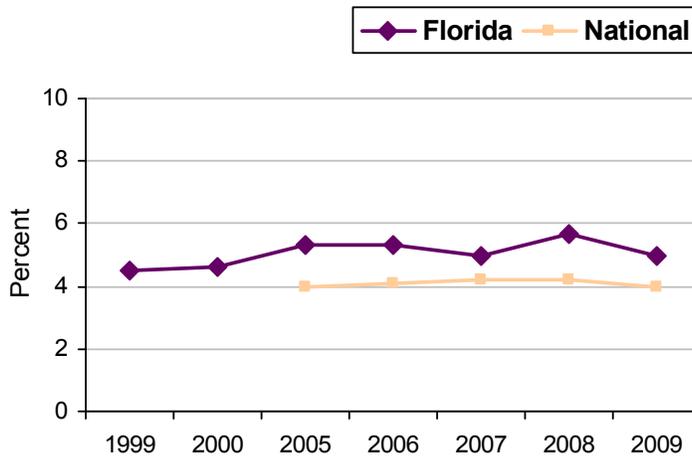


Table 4.1: Prevalence and 95% confidence intervals of heart attack among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	5.0	4.4-5.6	4.0
Male	5.8	4.8-6.8	5.2
Female	4.2	3.4-5.0	2.8
Non-Hisp White	5.7	5.1-6.3	4.1
Non-Hisp Black	4.5	2.7-6.3	3.5
Hispanic	3.5	1.5-5.5	2.8
18-24	0.9	0.0-2.5	0.4
25-34	0.6	0.0-1.2	0.6
35-44	1.8	0.4-3.2	1.1
45-54	3.3	2.1-4.5	2.7
55-64	7.2	5.4-9.0	5.8
65+	12.2	10.8-13.8	12.6
< High School	7.9	5.5-10.3	8.2
High School Grad	4.8	3.8-5.8	4.8
Some College	5.4	4.2-6.6	3.7
College Grad	4.0	2.8-5.2	2.6

Trends

The prevalence of Floridians reporting that they have ever been told by a health professional that they had a heart attack has not risen significantly from 1999 (4.5 percent) to 2009 (5.0 percent). National prevalence estimates for this indicator are only available from 2004 to 2009. During this period the prevalence of heart attack has remained constant at 4.0 percent.

Florida Compared to the Nation

Overall, the prevalence of Floridians reporting that they have been told by a health professional that they had a heart attack was higher than the national median from 2005 to 2009. Among those Floridians with some college or who graduated college, the rate of heart attack was higher than the national median. The heart attack rate for females was also above the national median.



SECTION 4: CARDIOVASCULAR DISEASE - STROKE

2009 BRFSS Question

Has a doctor, nurse, or other health professional EVER told you that you had a stroke?

BRFSS Maps

Year - 2009

Ever told you had a stroke?

Percentage of respondents reporting Yes

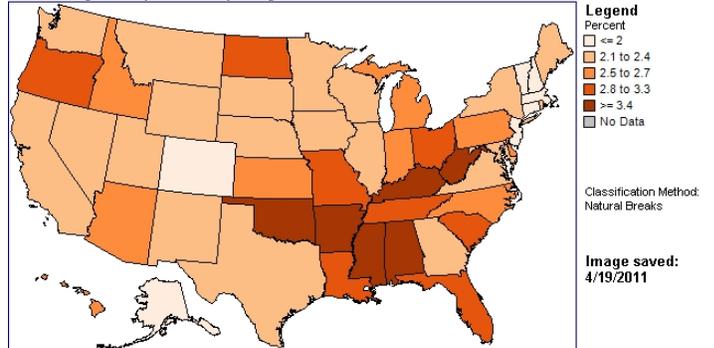
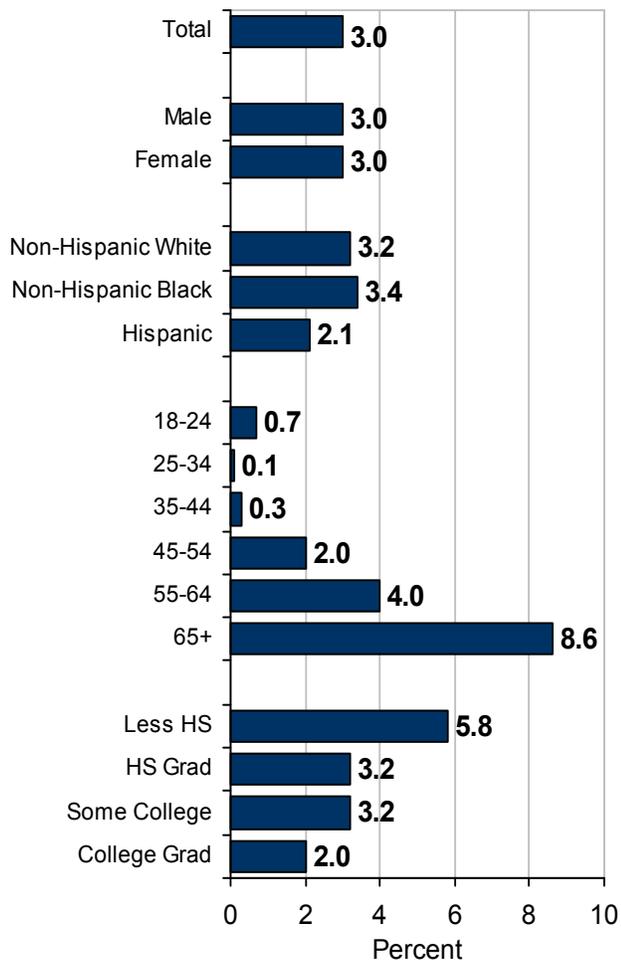


Figure 4.3: Prevalence of stroke among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Overall 3.0 percent of Florida adults reported that they have been told by a health professional that they had a stroke at some point.

Results

Sex: The prevalence of stroke was the same between males than females.

Race/ethnicity: There were no significant differences in prevalence rates.

Age group: The prevalence of stroke significantly increased with increasing age.

Education level: Adults with less than a high school education were significantly more likely than college graduates to report ever having a stroke.

Figure 4.4: Trends in prevalence of stroke among adults in Florida and US, 1999-2009

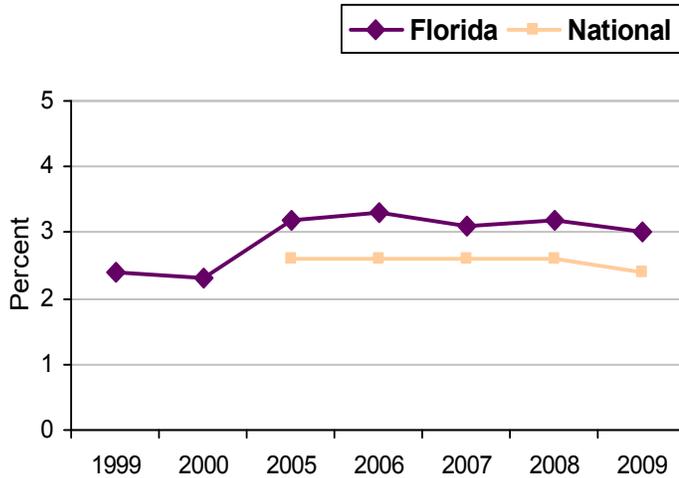


Table 4.2: Prevalence and 95% confidence intervals of stroke among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	3.0	2.9-3.4	2.4
Male	3.0	2.2-3.8	2.4
Female	3.0	2.4-3.6	2.5
Non-Hisp White	3.2	2.8-3.6	2.4
Non-Hisp Black	3.4	1.8-5.0	3.5
Hispanic	2.1	0.7-3.5	1.7
18-24	0.7	0.0-1.7	0.5
25-34	0.1	0.0-0.3	0.4
35-44	0.3	0.0-0.7	0.8
45-54	2.0	1.2-2.8	1.9
55-64	4.0	2.8-5.2	3.4
65+	8.6	7.0-10.2	7.8
< High School	5.8	3.6-8.0	5.1
High School Grad	3.2	2.4-4.0	3.1
Some College	3.2	2.4-4.0	2.3
College Grad	2.0	1.2-2.8	1.6

Trends

State and National trend data are not available for all years for the past decade. The prevalence of Floridians reporting that they have ever been told by a health professional that they had a stroke has not risen significantly from 1999 (2.4 percent) to 2009 (3.0 percent). National prevalence estimates for this indicator are only available from 2005 to 2009. During this period the prevalence of stroke has remained relatively constant from 2005 (2.6 percent) to 2009 (2.4 percent).

Florida Compared to the Nation

Overall, the prevalence of Floridians reporting that they have been told by a health professional that they had a stroke is slightly higher than the national median. Among those Floridians with some college education, the prevalence rate for stroke was higher than the national median.



SECTION 5: CHOLESTEROL AWARENESS

2009 BRFSS Question

Has a doctor, nurse, or other health professional EVER told you that your blood cholesterol is high?

BRFSS Maps

Year - 2009

Adults who have had their blood cholesterol checked and have been told it was high

Percentage of respondents reporting Yes

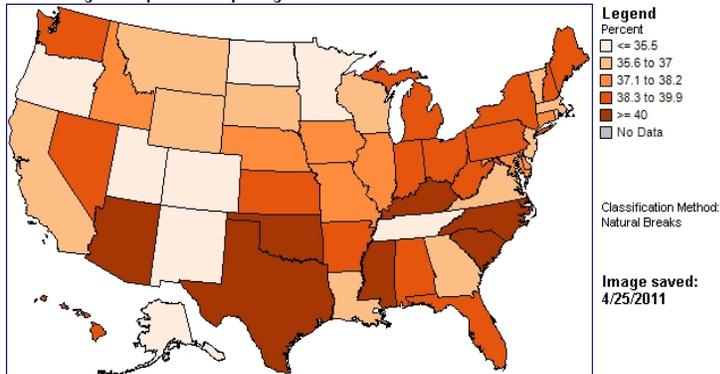
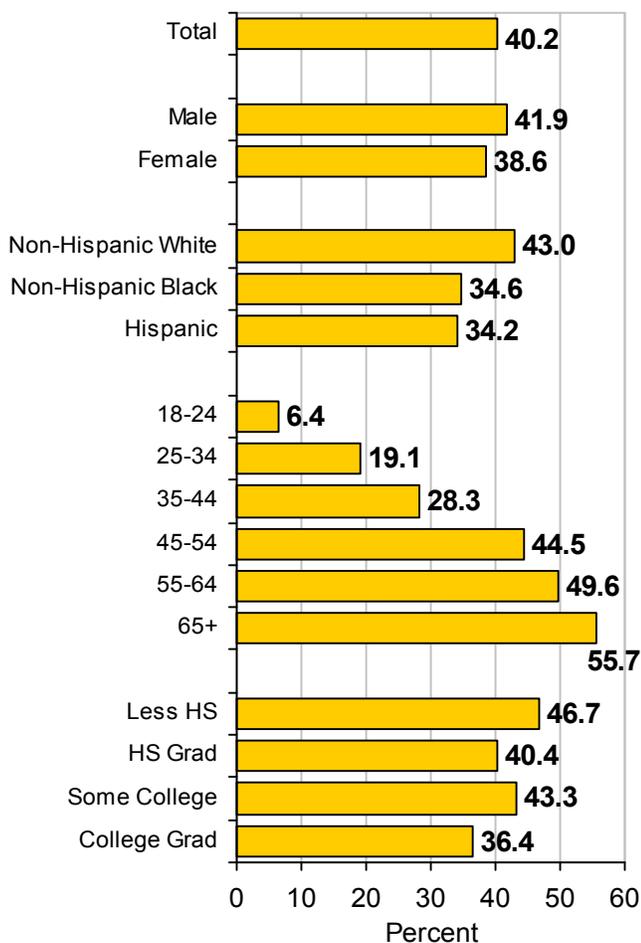


Figure 5.1: Prevalence of high cholesterol among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Overall 40.2 percent of Florida adults reported that they have ever been told by a health professional that they have high blood cholesterol.

Results

Sex: There were no significant differences in prevalence rates.

Race/ethnicity: The prevalence of high cholesterol was higher among Non-Hispanic Whites than Non-Hispanic Blacks or Hispanics.

Age group: The prevalence of high cholesterol significantly increased with increasing age.

Education level: Those Floridians with less than a high school education had a statistically higher prevalence rate of high cholesterol than college graduates.

Figure 5.2: Trends in prevalence of high cholesterol among adults in Florida and US, 1995-2009

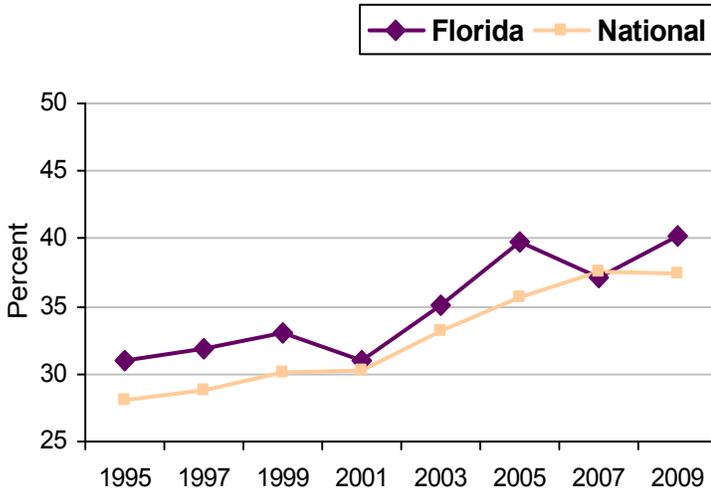


Table 51: Prevalence and 95% confidence intervals of high cholesterol among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	40.2	38.4-42.0	37.5
Male	41.9	38.8-45.0	39.7
Female	38.6	36.4-40.8	36.2
Non-Hisp White	43.0	41.2-44.8	38.5
Non-Hisp Black	34.6	28.7-40.5	34.5
Hispanic	34.2	28.1-40.3	34.1
18-24	6.4	0.1-12.7	9.1
25-34	19.1	13.8-24.4	19.0
35-44	28.3	23.5-33.0	27.7
45-54	44.5	40.8-48.2	39.0
55-64	49.6	46.1-53.1	50.8
65+	55.7	53.3-58.1	53.3
< High School	46.7	39.3-54.1	45.0
High School Grad	40.4	36.9-43.9	40.8
Some College	43.3	40.0-46.6	36.7
College Grad	36.4	33.5-39.2	34.4

Trends

The prevalence of high cholesterol increased in Florida from 1995 (31.0 percent) to 2009 (40.2 percent). This is a 28.1 percent increase. National prevalence estimates for this indicator have risen over the same period (from 28.1 percent in 1995 to 37.5 percent in 2009). This question is collected by the BRFSS during odd numbered years only.

Florida Compared to the Nation

The overall prevalence of high cholesterol among Florida adults was slightly higher from the national prevalence in 2009. Florida females and Non-Hispanic Whites had higher rates of high cholesterol than the national median. Other variations between subpopulations were not significant.

Worth Noting:

In the past 14 years, the prevalence of reported high cholesterol among adult Floridians has increased 28.1 percent.

SECTION 6: DIABETES

2009 BRFSS Question

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

BRFSS Maps

Year - 2009

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

Percentage of respondents reporting Yes

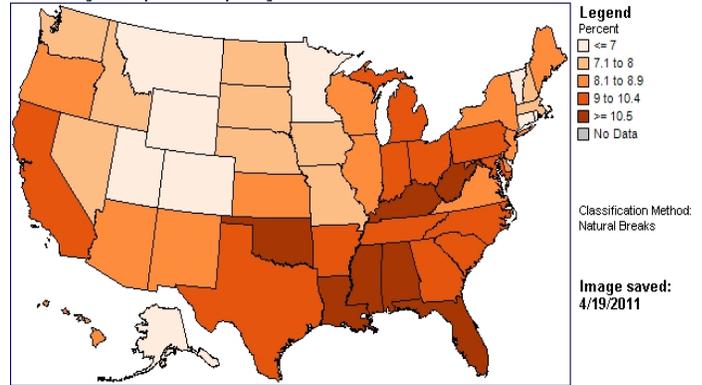
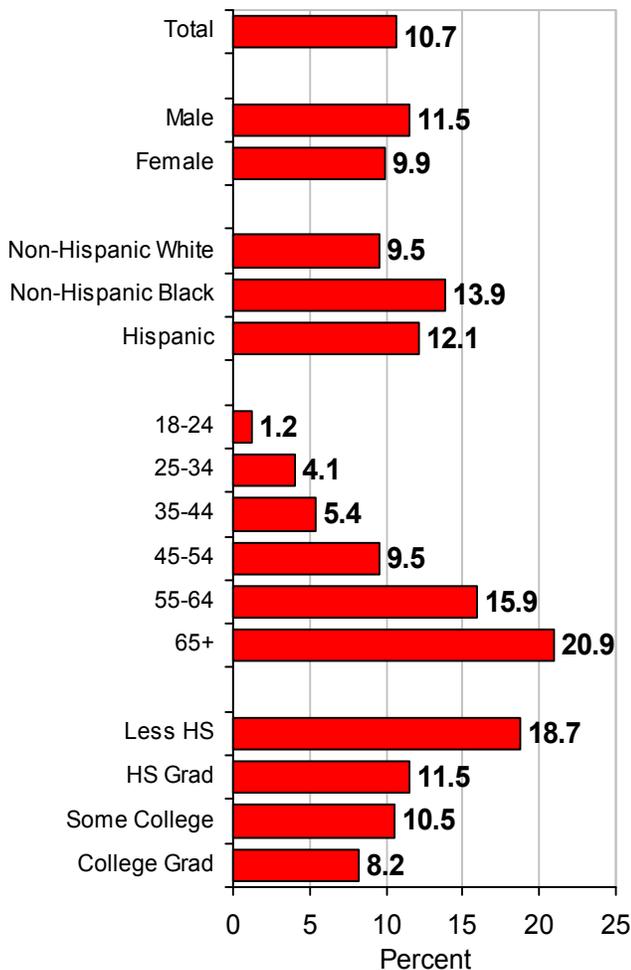


Figure 6.1: Prevalence of diabetes among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

For this study, adults who reported diabetes while pregnant or having borderline diabetes were considered not to have diabetes. The overall prevalence of diabetes among Florida adults was 10.7 percent.

Results

Sex: There were no significant differences in prevalence rates between men and women.

Race/ethnicity: The prevalence rate of diabetes was higher among Non-Hispanic Blacks than Non-Hispanic Whites.

Age group: The prevalence of diabetes significantly increased with increasing age.

Education level: The prevalence of diabetes was significantly higher among adults with less than a high school education than among college graduates.

Figure 6.2: Trends in prevalence of diabetes among adults in Florida and US, 1999-2009

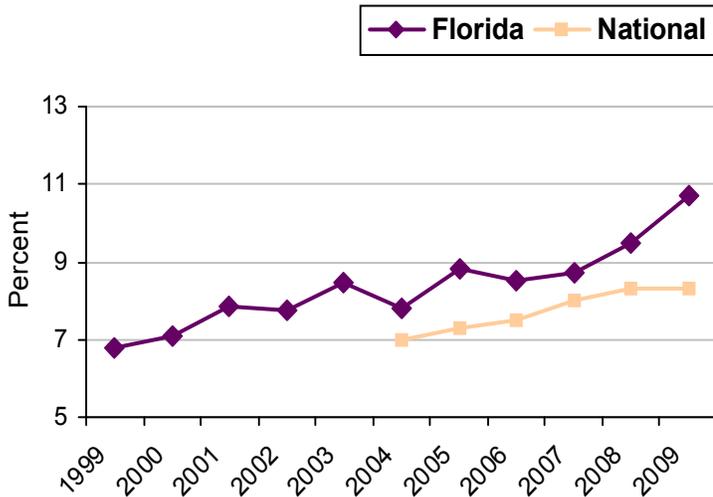


Table 6.1: Prevalence and 95% confidence intervals of diabetes among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	10.7	9.7-11.7	8.3
Male	11.5	9.7-13.3	8.8
Female	9.9	8.7-11.1	8.2
Non-Hisp White	9.5	8.7-10.3	7.8
Non-Hisp Black	13.9	10.8-17.0	13.1
Hispanic	12.1	8.2-16.0	7.3
18-24	1.2	0.0-3.0	1.1
25-34	4.1	0.8-7.4	2.0
35-44	5.4	3.2-7.6	4.1
45-54	9.5	7.3-11.7	8.3
55-64	15.9	13.5-18.3	14.3
65+	20.9	18.9-22.9	19.0
< High School	18.7	13.2-24.2	13.7
High School Grad	11.5	9.7-13.3	10.1
Some College	10.5	8.9-12.1	8.5
College Grad	8.2	6.4-10.0	5.8

Trends

The prevalence of Floridians with diabetes has risen 57.4% from 1999 (6.8 percent) to 2009 (10.7 percent). National prevalence estimates for this indicator are only available from 2004 to 2009. However, during this period the prevalence of diabetes has risen slightly (from 7.0 percent in 2004 to 8.3 percent in 2009).

Florida Compared to the Nation

There is a greater prevalence of Floridians with diabetes than the national median from 2004 through 2009. Both Florida men and women reported higher rates of being diagnosed with diabetes than the national median. Those with some college education or who had graduated college also had higher rates of high cholesterol than the national median. Non-Hispanic Whites and Hispanics had higher rates of high cholesterol than the national median as well.

Worth Noting:

In the past decade, the prevalence of diabetes among adults in Florida has increased 57.4%.

SECTION 7: EXERCISE

2009 BRFSS Question

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

BRFSS Maps

Year - 2009

During the past month, did you participate in any physical activities?

Percentage of respondents reporting No

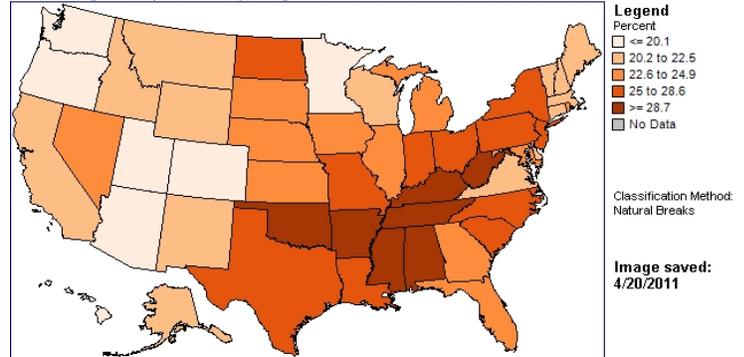
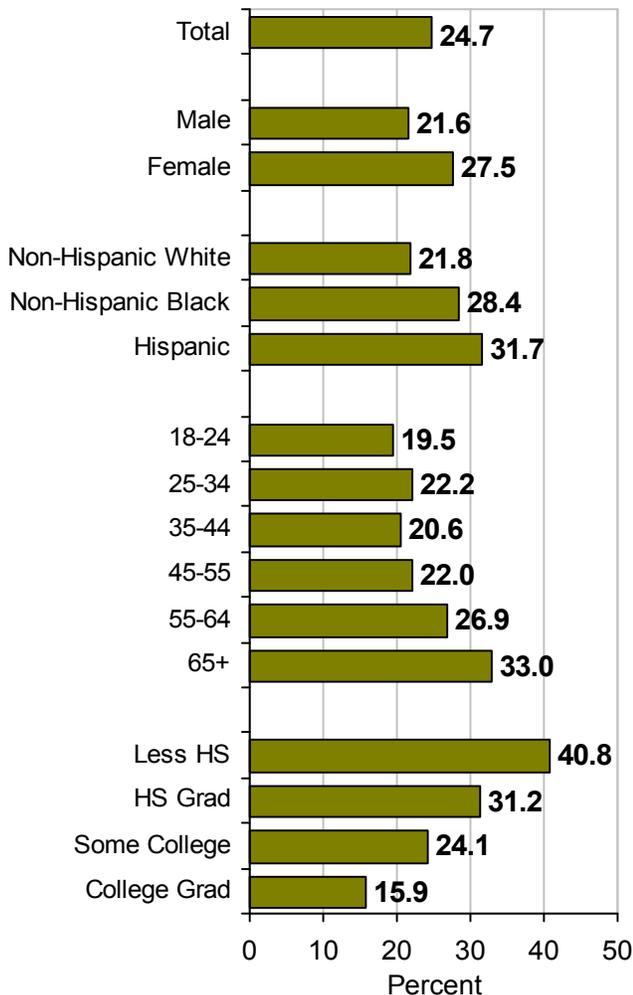


Figure 7.1: Prevalence of no leisure time physical activity among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Adults were asked if they participated in any physical activity outside of their regular jobs during the past month. This is defined as leisure time physical activity. Overall 24.7 percent did not participate in any leisure time physical activities.

Results

Sex: Females were more likely than males to report no leisure time physical activity.

Race/ethnicity: Hispanics were significantly more likely to report no leisure time physical activity than Non-Hispanic Whites.

Age group: The prevalence of no leisure time physical activity increases with increasing age.

Education level: College graduates significantly engaged in more leisure time physical activities than other education groups.

Figure 7.2: Trends in prevalence of no leisure time physical activity among adults in Florida and US, 1996-2009

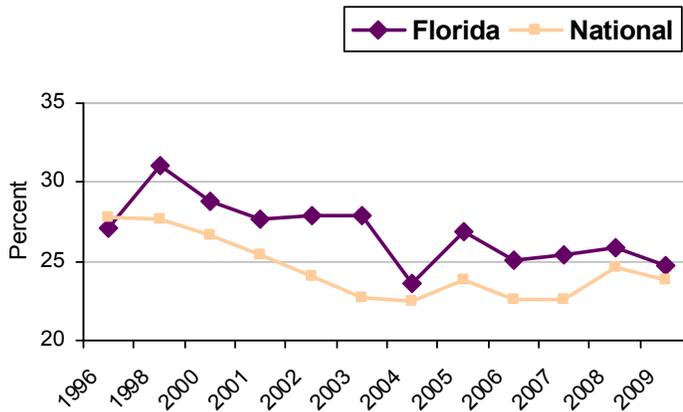


Table 7.1: Prevalence and 95% confidence intervals of no leisure time physical activity among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	24.7	23.1-26.3	23.8
Male	21.6	19.2-24.0	21.5
Female	27.5	25.7-29.3	25.6
Non-Hisp White	21.8	20.4-23.2	22.3
Non-Hisp Black	28.4	23.7-33.1	30.5
Hispanic	31.7	26.2-37.2	27.9
18-24	19.5	12.1-26.9	17.9
25-34	22.2	17.1-27.3	20.3
35-44	20.6	17.1-24.1	21.4
45-54	22.0	19.1-24.9	23.0
55-64	26.9	24.0-29.8	26.5
65+	33.0	30.6-35.4	33.0
< High School	40.8	24.5-47.1	40.9
High School Grad	31.2	28.1-34.3	31.6
Some College	24.1	21.4-26.8	23.0
College Grad	15.9	13.9-17.9	14.4

Trends

The prevalence of Floridians who engage in no leisure time physical activity has decreased from 1996 (27.1 percent) to 2009 (24.7 percent). The trend for the national prevalence rate for this indicator has also decreased from 1996 (27.8 percent) to 2009 (23.8 percent).

Florida Compared to the Nation

There was no significant difference in the prevalence rate of Floridians engaging in leisure time physical activity compared to the national median in 2009. Across all subpopulations, the rate of not engaging in leisure activity varied only slightly from the national median and was not significant.

Worth Noting:

Even though many seniors retire to Florida to maintain a more active lifestyle, there was no difference between the prevalence of no leisure activity of Floridians 65+ and the national median of 33.0%.

SECTION 8: FRUITS AND VEGETABLES

2009 BRFSS Questions

How many servings of vegetables do you eat per day?

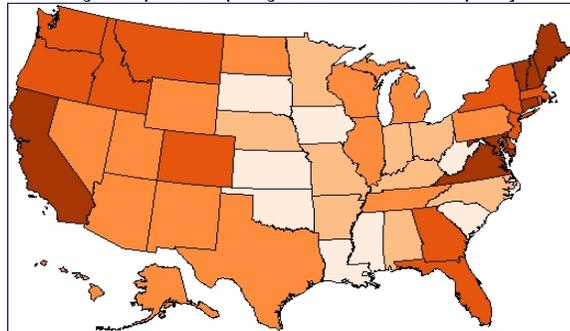
How many servings of fruit do you eat per day?

BRFSS Maps

Year - 2009

Adults who have consumed fruits and vegetables five or more times per day

Percentage of respondents reporting Consume 5 or more times per day



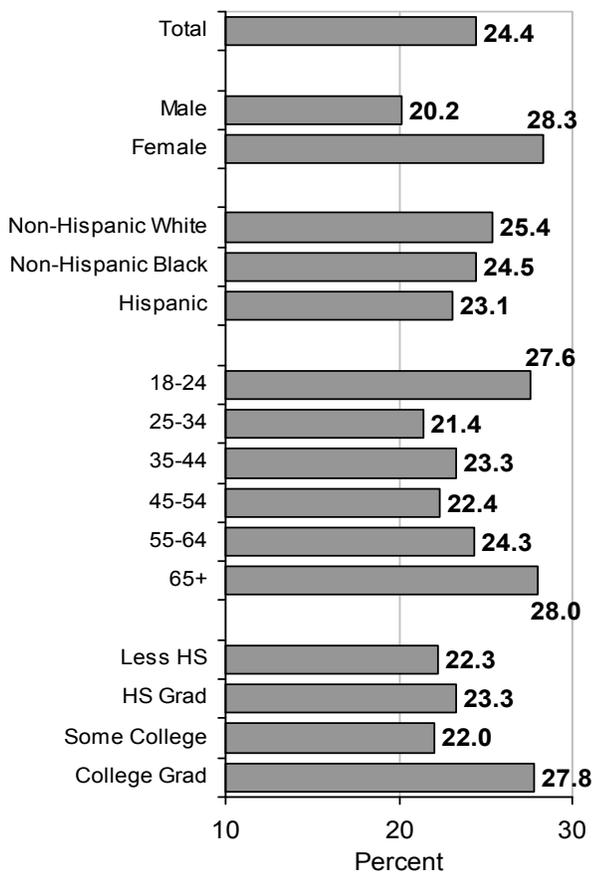
Legend
Percent
 <= 19.8
 19.9 to 21.9
 22 to 24.1
 24.2 to 26.8
 >= 26.9
 No Data

Classification Method:
Natural Breaks

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4/25/2011



Figure 8.1: Prevalence of consuming five or more fruit and vegetable servings per day among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Respondents were asked a series of questions regarding fruit and vegetable consumption. The questions are summarized into two final questions regarding the amount of fruits and also the amount of vegetables eaten per day. Almost one in four Florida adults (24.4 percent) report eating five or more servings of fruits and vegetables per day.

Results

Sex: Females reported eating five or more servings of fruits and vegetables per day more often than men.

Race/ethnicity: There were no significant differences in prevalence rates.

Age: There were no significant differences in prevalence rates.

Education level: College graduates were more likely to report eating five or more fruits and vegetable servings per day than those with only some college education.

Figure 8.2: Trends in prevalence of consuming 5 or more fruit and vegetable servings per day among adults in Florida and US, 1996-2009

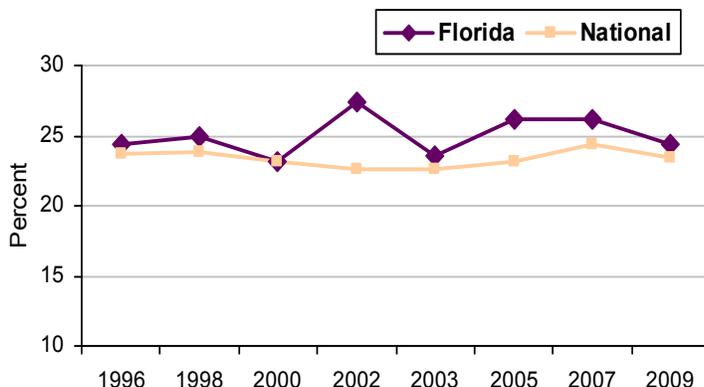


Table 8.1: Prevalence and 95% confidence intervals of consuming five or more fruit and vegetable servings per day among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	24.4	22.8-26.0	23.4
Male	20.2	17.8-22.6	19.2
Female	28.3	26.3-30.3	27.7
Non-Hisp White	25.4	23.8-27.0	24.1
Non-Hisp Black	24.5	19.6-29.4	21.3
Hispanic	23.1	16.9-25.9	21.5
18-24	27.6	18.0-37.2	20.3
25-34	21.4	16.7-26.1	22.5
35-44	23.3	19.6-27.0	21.5
45-54	22.4	19.7-25.1	22.6
55-64	24.3	21.6-27.0	24.4
65+	28.0	26.0-30.0	27.6
< High School	22.3	16.4-28.2	18.3
High School Grad	23.3	20.6-26.0	19.5
Some College	22.0	19.5-24.5	23.3
College Grad	27.8	25.3-30.3	28.4

Trends

The prevalence of Floridians who consume five or more servings of fruits and vegetables per day has shown a slight increase from 1996 (21.9 percent) to 2009 (24.4 percent). The trend for the national prevalence rate for this indicator has remained relatively consistent from 1996 (24.3 percent) to 2009 (24.7 percent). This question is only asked in odd numbered years within the BRFSS.

Florida Compared to the Nation

There is no significant difference in the prevalence of Floridians consuming five or more fruit or vegetable servings per day than the national median in 2009. There was no significant difference in any subpopulations compared to the national median.



SECTION 9: HEALTH CARE ACCESS AND COVERAGE

2009 BRFSS Question

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

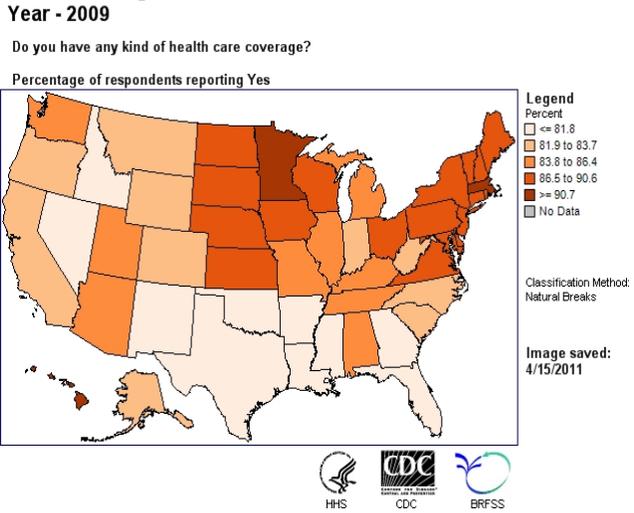
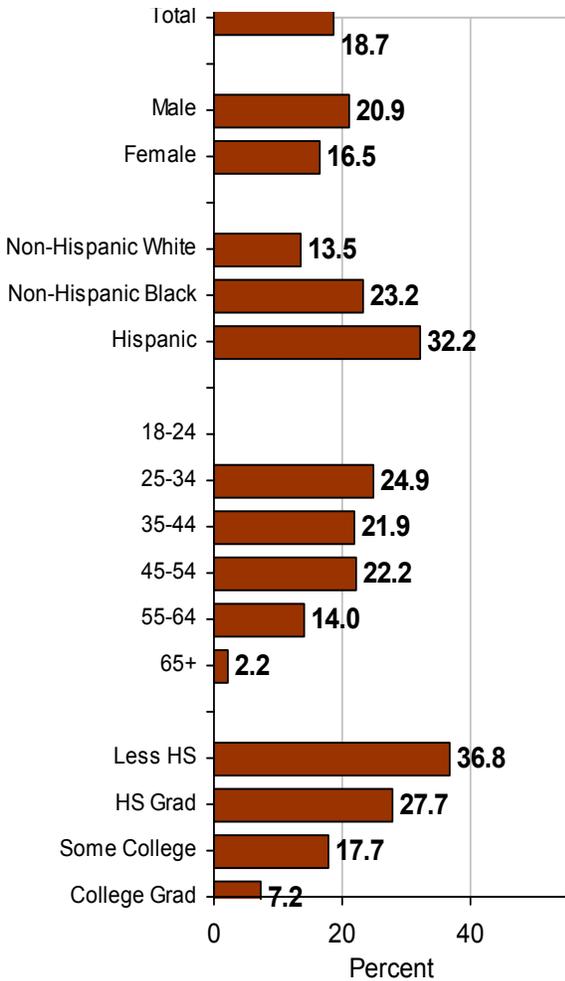


Figure 9.1: Prevalence of no health insurance among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Adults were asked if they had any kind of health care coverage. Overall, 18.7 percent of Florida adults did not have any kind of health insurance.

Results

Sex: Males were more likely to report no health insurance than females.

Race/ethnicity: Hispanics and Non-Hispanic Blacks were significantly more likely to not have health insurance than Non-Hispanic Whites.

Age group: The prevalence of no health insurance decreased with increasing age. Data for Floridians 18-24 was not available due to a confidence interval greater than the CDC standard.

Education level: The prevalence of no health insurance decreased with increasing education level. Adults with less than a high school education were significantly less likely to have health insurance than those with some college education or those who had graduated college.

Figure 9.2: Trends in prevalence of no health insurance among adults in Florida and US, 1995-2009

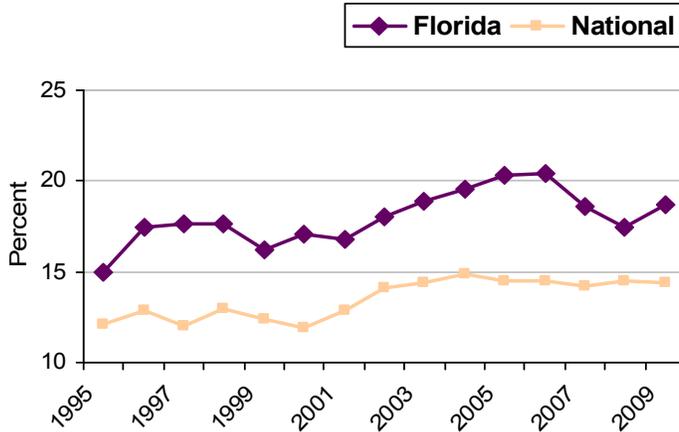


Table 9.1: Prevalence and 95% confidence intervals of adults with no health insurance in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	18.7	17.1-20.3	14.4
Male	20.9	18.2-23.6	16.5
Female	16.5	14.7-18.1	12.4
Non-Hisp White	13.5	12.1-14.9	11.2
Non-Hisp Black	23.2	18.1-28.3	21.0
Hispanic	32.2	26.5-37.9	15.9
18-24	*	*	25.9
25-34	24.9	20.2-29.6	20.9
35-44	21.9	18.2-25.6	14.8
45-54	22.2	19.3-25.1	12.9
55-64	14.0	11.6-16.4	10.3
65+	2.2	1.4-3.0	1.8
< High School	36.8	30.3-43.3	27.6
High School Grad	27.7	24.0-31.4	19.3
Some College	17.7	15.0-20.4	13.6
College Grad	7.2	5.4-9.0	5.5

* Rows with less than 50 observations or cells that contain a confidence interval with a half-width of greater than 10 have been suppressed.

Trends

The prevalence of Floridians who have no insurance has risen from 1995 (15.0 percent) to 2009 (18.7 percent). National prevalence estimates for this indicator have risen slightly over the same period (from 12.1 percent in 1995 to 14.4 percent in 2009).

Florida Compared to the Nation

There was a greater prevalence of Floridians with no insurance than the national median from 1995 to 2009. Across most subpopulations Floridians consistently had higher rates of having no insurance. Florida Hispanics were almost twice as likely to have no insurance coverage as the national median (32.2% of Florida Hispanics have no health insurance compared with only 15.9 percent as the national median).

Worth Noting:

Almost one in three Hispanics (32.2 percent) and one in four Non-Hispanic Blacks (23.2 percent) have no form of health insurance coverage.

SECTION 10: HEALTH STATUS

2009 BRFSS Question

Would you say that in generally your health is:

- Excellent
- Very Good
- Good
- Fair
- Poor

BRFSS Maps

Year - 2009

Health Status

Percentage of respondents reporting Fair or Poor Health

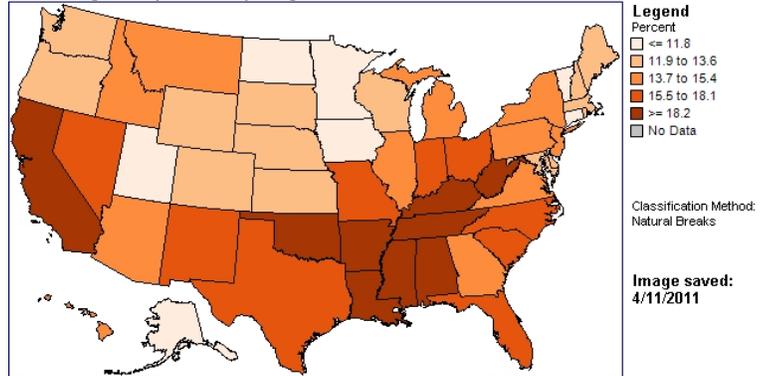
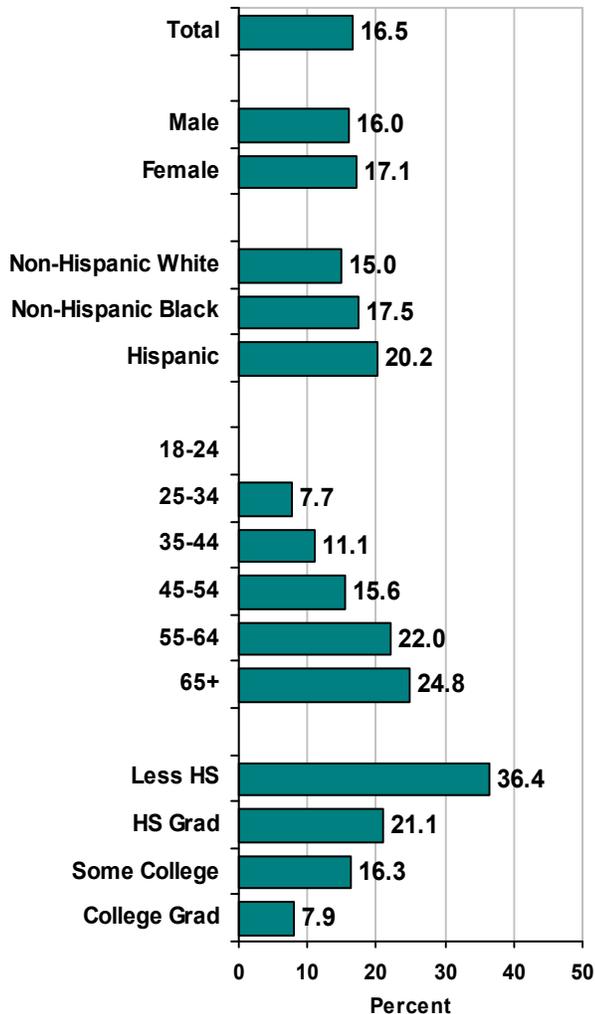


Figure 10.1: Prevalence of self-reported fair or poor health among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Respondents were asked how they would describe their health (excellent, very good, good, fair, or poor). The prevalence of adults who described their general health as fair or poor is reported here. The overall prevalence of self-reported fair or poor health among Florida adults was 16.5 percent.

Results

Gender: There were no significant differences in prevalence rates.

Race/ethnicity: There were no significant differences in prevalence rates.

Age: The prevalence of fair or poor health increased with increasing age.

Education level: The prevalence of fair or poor health significantly decreased with increasing education level. Over one third of adult Floridians who did not graduate high school reported fair or poor health.

Figure 10.2: Trends in prevalence of self-reported fair or poor health among adults in Florida and US, 1998-2009

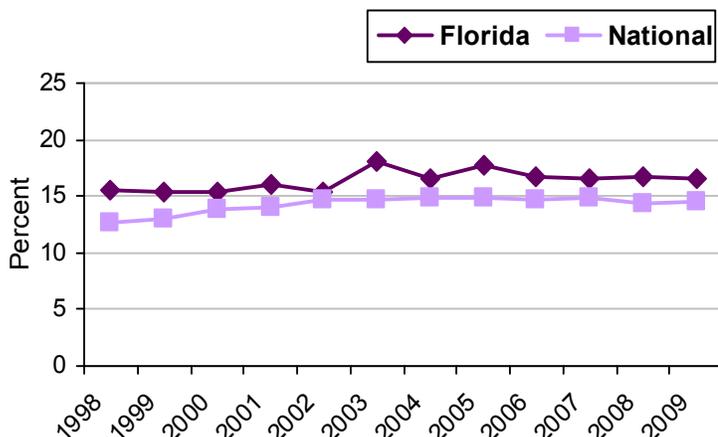


Table 10.1: Prevalence and 95% confidence intervals of self-reported fair or poor health among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	16.5	15.3-17.8	14.5
Male	16.0	13.9-18.1	13.4
Female	17.1	15.6-18.5	15.3
Non-Hisp White	15.0	13.9-16.1	12.4
Non-Hisp Black	17.5	14.0-20.9	20.1
Hispanic	20.2	15.4-25.0	20.2
18-24	*	*	8.3
25-34	7.7	5.2-10.2	9.2
35-44	11.1	8.5-13.8	9.6
45-54	15.6	13.3-18.0	14.5
55-64	22.0	19.4-24.6	18.5
65+	24.8	22.7-26.9	24.7
< High School	36.4	30.5-42.3	34.7
High School Grad	21.1	18.3-24.0	18.9
Some College	16.3	14.1-18.5	13.6
College Grad	7.9	6.4-9.4	6.6

* Rows with less than 50 observations or cells that contain a confidence interval with a half-width of greater than 10 have been suppressed.

Trends

The prevalence of self-reported fair or poor health remained fairly constant in Florida from 1998 (15.5 percent) to 2009 (16.5 percent). National prevalence estimates for this indicator have risen slightly compared to the same period (from 12.7 percent in 1998 to 14.5 percent in 2009).

Florida Compared to the Nation

The overall prevalence of self-reported fair or poor health among Florida adults did not vary significantly from the national prevalence in 2009. Floridians with some college or who were college graduates reported higher rates of being in fair or poor health more often than the national median. Both Florida adult males and females reported higher rates of reporting fair or poor health.



SECTION 11: HYPERTENSION AWARENESS

2009 BRFSS Question

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

BRFSS Maps

Year - 2009

Adults who have been told they have high blood pressure

Percentage of respondents reporting Yes

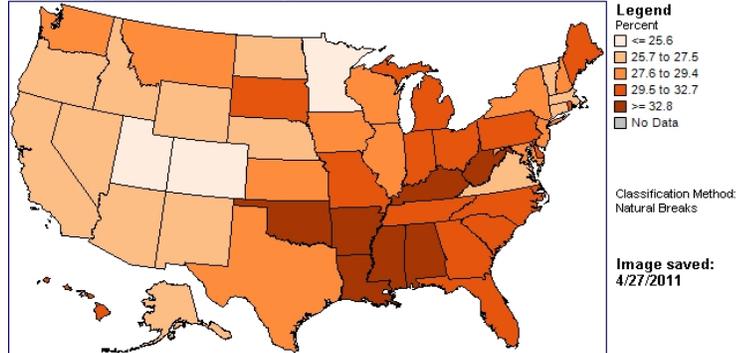
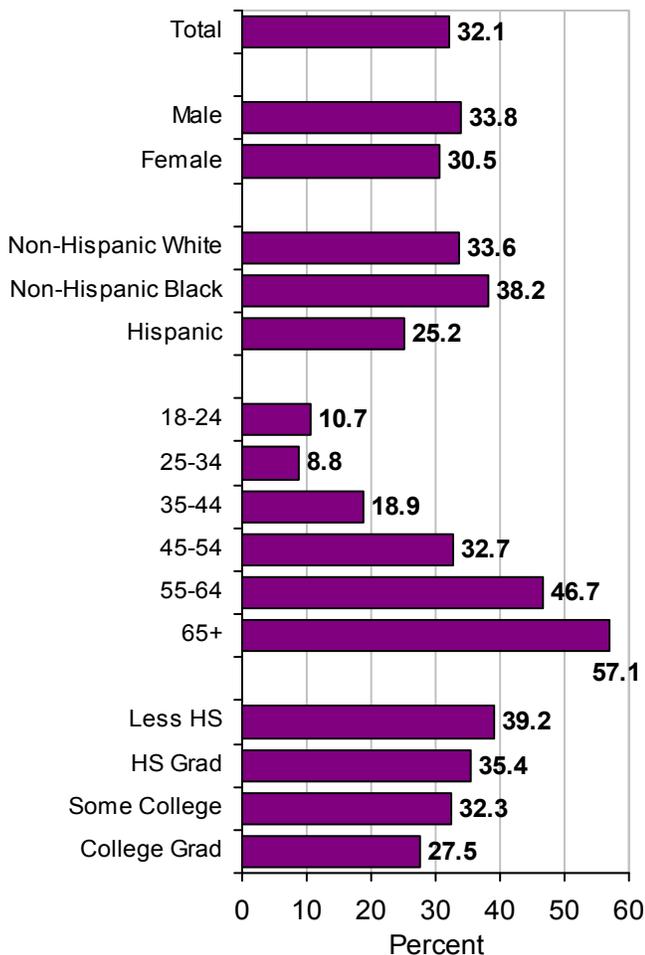


Figure 11.1: Prevalence of high blood pressure among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

In this report, self-reported high blood pressure does not include those reporting high blood pressure during pregnancy or borderline hypertension. The overall prevalence of high blood pressure was 32.1 percent.

Results

Sex: Males were more likely than females to report high blood pressure.

Race/ethnicity: Non-Hispanic Blacks and Non-Hispanic Whites were significantly more likely than Hispanics to report high blood pressure.

Age group: The prevalence of high blood pressure increased with increasing age and was highest among adults ages 65 and older.

Education level: The prevalence of high blood pressure decreased with increasing education level.

Figure 11.2: Trends in prevalence of high blood pressure among adults in Florida and US, 1995-2009

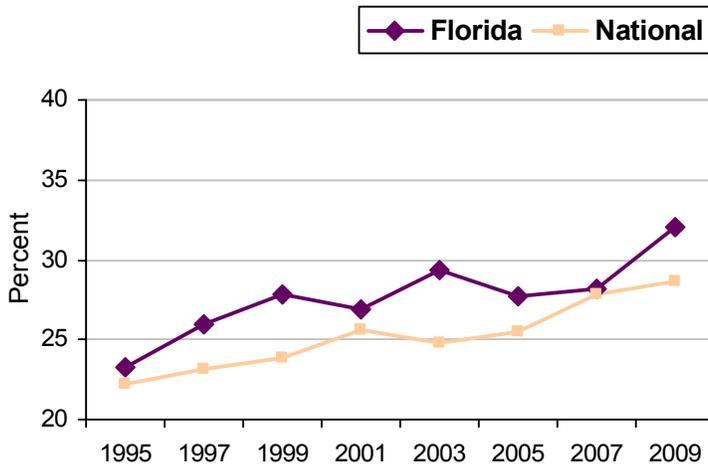


Table 11.1: Prevalence and 95% confidence intervals of high blood pressure among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	32.1	30.5-33.7	28.7
Male	33.8	31.1-36.5	29.8
Female	30.5	28.7-32.3	27.8
Non-Hisp White	33.6	32.0-35.2	29.2
Non-Hisp Black	38.2	32.9-43.5	38.3
Hispanic	25.2	19.7-30.7	18.4
18-24	10.7	3.3-18.1	7.4
25-34	8.8	5.9-11.7	11.8
35-44	18.9	14.8-23.0	17.9
45-54	32.7	29.4-36.0	29.6
55-64	46.7	43.4-50.0	44.4
65+	57.1	54.9-59.3	59.1
< High School	39.2	33.3-45.1	37.0
High School Grad	35.4	32.1-38.7	33.8
Some College	32.3	29.6-35.0	28.6
College Grad	27.5	25.0-30.0	24.5

Trends

The prevalence of high blood pressure in Florida rose 37.8 percent from 1995 (23.3 percent) to 2009 (32.1 percent). National prevalence estimates for this indicator have risen 29.3 percent over the same period (from 22.2 percent in 1995 to 28.7 percent in 2009).

Florida Compared to the Nation

The overall prevalence of high blood pressure in Florida was higher than the national median in 2009. Only Florida adults ages 25-34 reported a lower prevalence of high blood pressure compared to the national median.

Worth Noting:

The prevalence of high blood pressure has risen 37.8 percent in the past 14 years.

SECTION 12: IMMUNIZATION - INFLUENZA

2009 BRFSS Question

(asked of all adults, reported for those ages 65+ years)

A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

BRFSS Maps

Year - 2009

Adults aged 65+ who have had a flu shot within the past year

Percentage of respondents reporting Yes

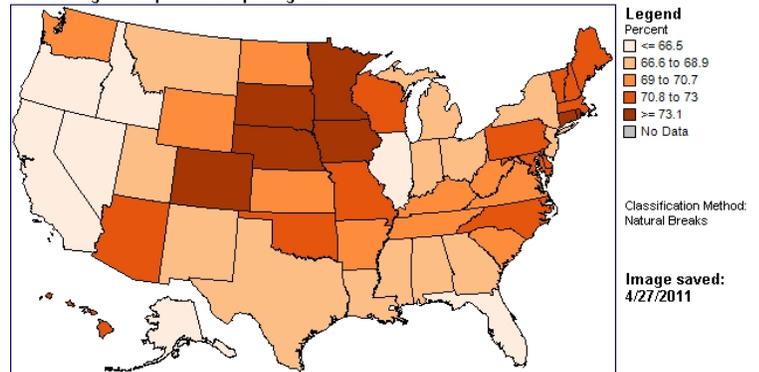
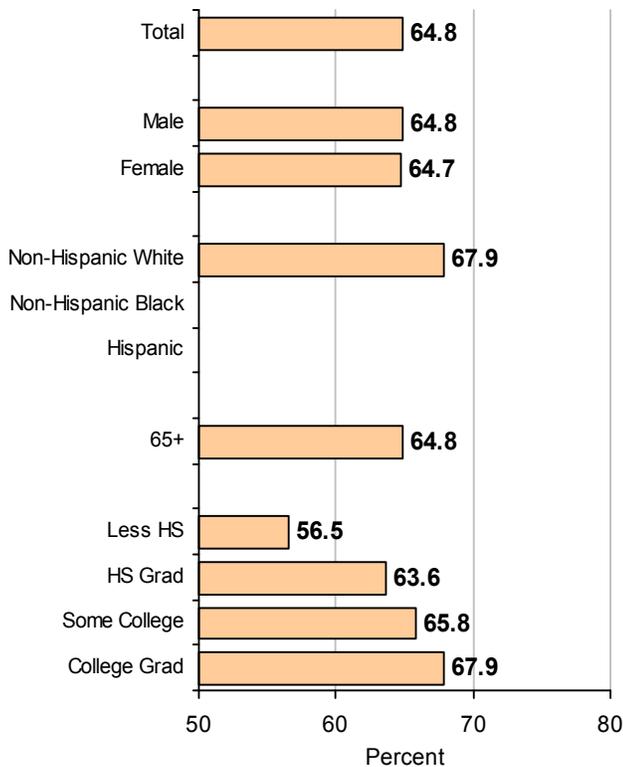


Figure 12.1: Prevalence of Florida adults 65+ years old getting a flu shot in the past year by sex, race/ethnicity, age group, and education level, 2009



Summary

Overall 64.8 percent of Florida adults 65+ years of age getting a flu shot in the past year. Although this question is asked of all adults within the BRFSS, this measure is tracked for Healthy People 2010 for adults over 65 years of age.

Results

Sex: The prevalence of flu immunization did not vary significantly by sex.

Race/ethnicity: Data was suppressed for Non-Hispanic Blacks and Hispanics because the confidence intervals were too wide or number of respondents too low.

Age group: All respondents were 65+ years of age.

Education level: The prevalence of flu immunization appeared to increase with increasing education level.

Figure 12.2: Trends in prevalence of flu immunization in the past year among adults 65+ years old in Florida

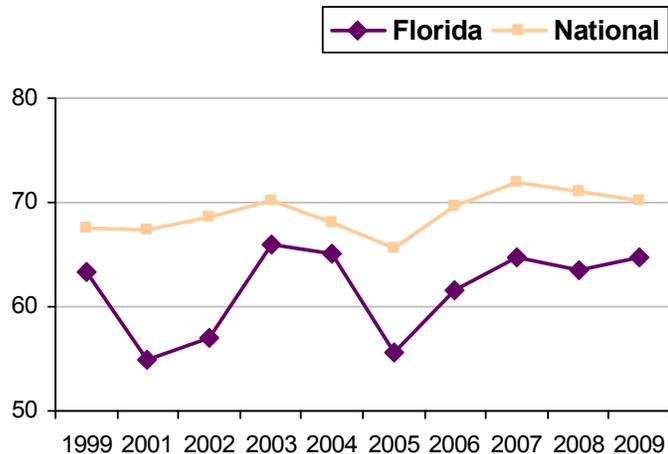


Table 12.1: Prevalence and 95% confidence intervals of flu immunization in the past year among adults 65+ years old in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	64.8	62.6-67.0	70.1
Male	64.8	61.1-68.5	70.4
Female	64.7	62.2-67.2	69.5
Non-Hisp White	67.9	65.9-69.9	72.1
Non-Hisp Black	*	*	57.5
Hispanic	*	*	65.3
65+	64.8	62.6-67.0	70.1
< High School	56.5	49.2-63.8	65.2
High School Grad	63.6	60.1-67.1	69.2
Some College	65.8	61.5-70.1	71.3
College Grad	67.9	63.6-72.2	74.8

* Rows with less than 50 observations or cells that contain a confidence interval with a half-width of greater than 10 have been suppressed.

Trends

The prevalence of adults 65+ years of age getting a flu shot in the past year rose slightly from 1999 (63.3 percent) to 2009 (64.8 percent). National prevalence estimates for this indicator have risen over the same period (from 67.6 percent in 1999 to 70.1 percent in 2009).

Florida Compared to the Nation

The overall prevalence of flu immunization among Florida adults 65+ years of age was lower than the national prevalence throughout the past decade. Across all subpopulations Florida adults 65+ years of age had lower rates of receiving a flu shot in the past year than the national median.



SECTION 13: OBESITY

2009 BRFSS Questions

To determine Body Mass Index (BMI), 2 questions are asked:

About how much do you weigh without shoes?

About how tall are you without shoes?

BRFSS Maps

Year - 2009

Weight classification by Body Mass Index (BMI)

Percentage of respondents reporting OBESE (bmi 30.0 - 99.8)

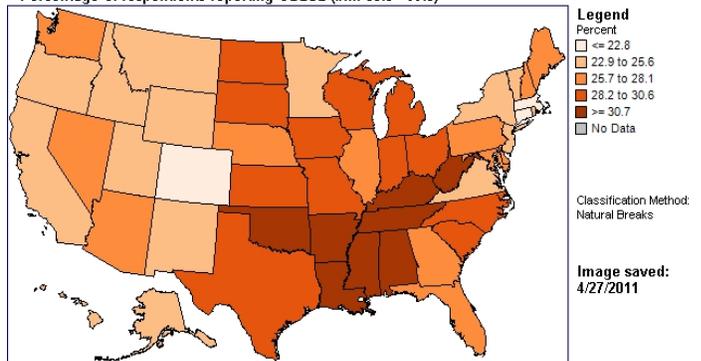
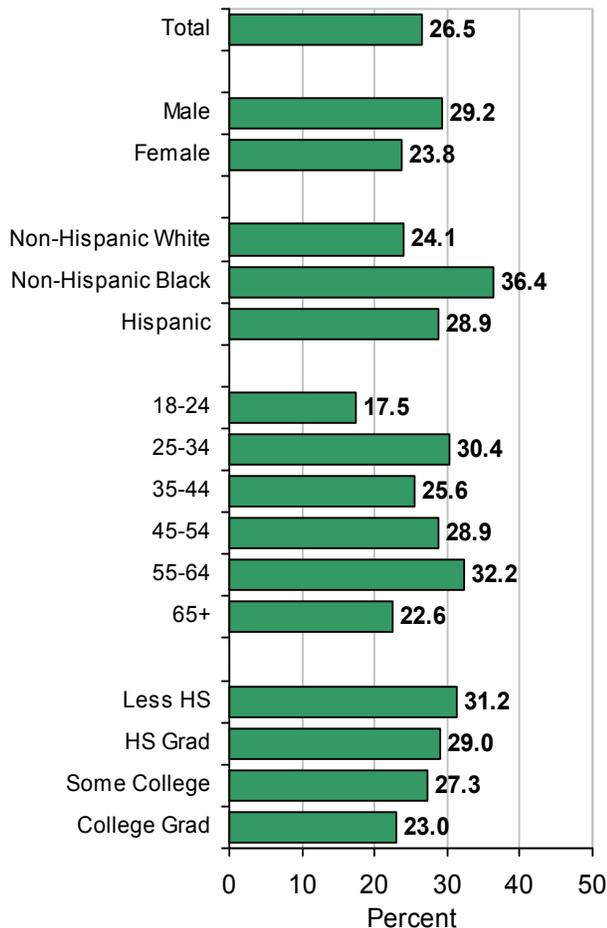


Figure 13.3: Prevalence of obesity among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Body Mass Index (BMI) is calculated using self-reported height and weight. Obesity is defined as having a BMI between 30.0 and 99.8. Overall 26.5 percent of Florida adults are obese.

Results

Sex: Males were more likely than females to be obese.

Race/Ethnicity: The prevalence of obesity was higher among Non-Hispanic Blacks than Non-Hispanic Whites.

Age group: The prevalence of obesity was significantly lower among adults in the 18 to 24 year old age group than among adults in older age groups.

Education level: The prevalence of obesity was lower among college graduates than high school graduates.

Figure 13.4: Trends in prevalence of obesity among adults in Florida and US, 1997-2009

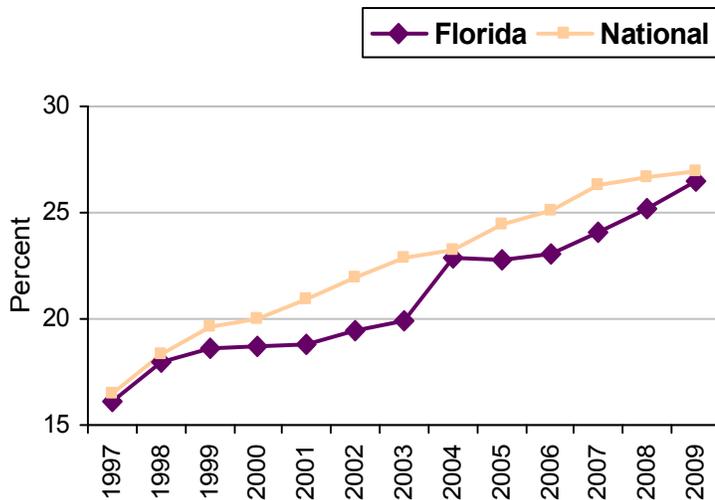


Table 13.2: Prevalence and 95% confidence intervals of obesity among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	26.5	24.9-28.1	26.9
Male	29.2	26.5-31.9	28.6
Female	23.8	22.0-25.6	26.0
Non-Hisp White	24.1	22.5-25.7	26.5
Non-Hisp Black	36.4	30.7-42.1	38.7
Hispanic	28.9	23.4-34.4	29.2
18-24	17.5	9.5-25.5	17.7
25-34	30.4	24.9-35.9	28.0
35-44	25.6	21.5-29.7	29.5
45-54	28.9	25.6-32.2	30.7
55-64	32.2	29.1-35.3	31.7
65+	22.6	20.4-24.8	24.1
< High School	31.2	24.9-37.5	31.7
High School Grad	29.0	25.7-32.3	30.4
Some College	27.3	24.4-30.2	29.4
College Grad	23.0	20.3-25.6	22.2

Trends

The prevalence of obesity among Florida adults rose significantly (64.6 percent) from 1997 (16.1 percent) to 2009 (26.5 percent). National prevalence estimates for this indicator have also risen significantly (63.0 percent) over the same period (from 16.5 percent in 1997 to 26.9 percent in 2009).

Florida Compared to the Nation

There was no significant difference between the prevalence of obesity among Florida adults compared to the National median and both are trending upward. There was no significant difference between subpopulation prevalence of obesity.

Worth Noting:

Obesity rates in Florida increased by 64.6% in the past 12 years.

SECTION 14: OVERWEIGHT

2009 BRFSS Questions

To determine Body Mass Index (BMI), 2 questions are asked:

About how much do you weigh without shoes?

About how tall are you without shoes?

BRFSS Maps

Year - 2009

Weight classification by Body Mass Index (BMI)

Percentage of respondents reporting OVERWEIGHT (bmi 25.0 - 29.9)

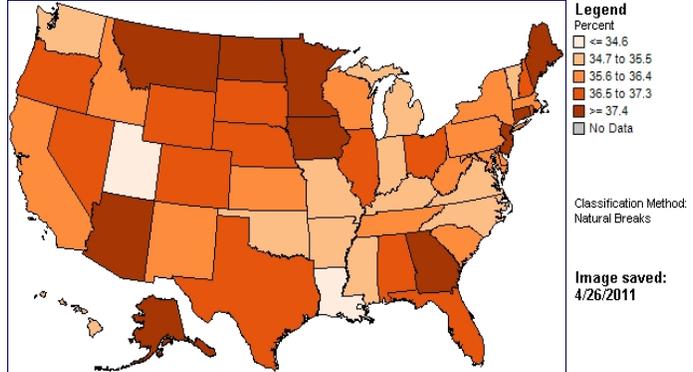
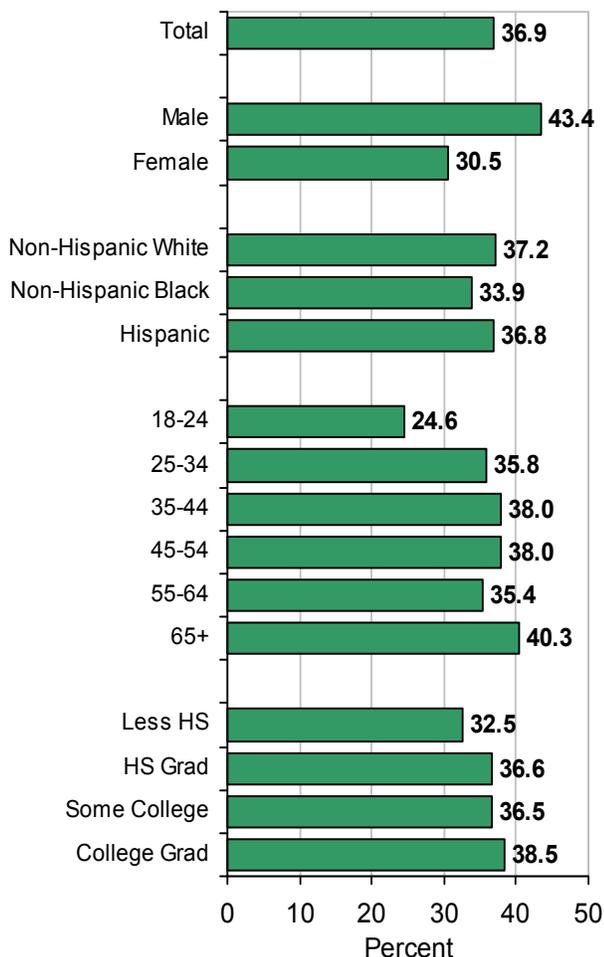


Figure 13.1: Prevalence of being overweight among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Body Mass Index (BMI) is calculated using self-reported height and weight. Overweight is defined as having a BMI between 25.0 and 29.9. Overall 36.9 percent of Florida adults are overweight.

Results

Sex: Males were more likely than females to be overweight.

Race/ethnicity: There were no significant differences in prevalence rates.

Age group: The prevalence of being overweight was significantly lower among adults in the 18 to 24 year old age group than among adults in the older age groups.

Education level: There were no significant differences in the prevalence rates of being overweight between education groups.

Figure 13.2: Trends in prevalence of being overweight among adults in Florida and US, 1997-2009

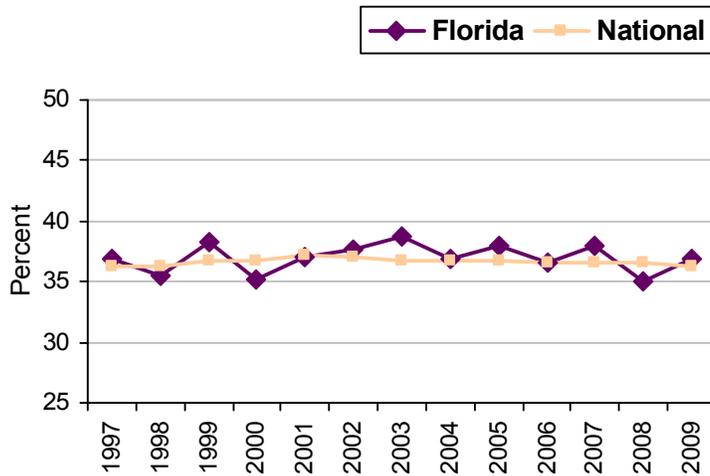


Table 14.1: Prevalence and 95% confidence intervals of being overweight among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	36.9	35.1-38.7	36.2
Male	43.4	40.5-46.3	42.6
Female	30.5	28.5-32.5	29.8
Non-Hisp White	37.2	35.4-39.0	36.3
Non-Hisp Black	33.9	30.9-42.7	33.4
Hispanic	36.8	30.9-42.7	36.9
18-24	24.6	15.0-34.2	25.3
25-34	35.8	30.3-41.3	34.3
35-44	38.0	33.5-42.5	36.9
45-54	38.0	34.5-41.5	38.5
55-64	35.4	32.3-38.5	39.3
65+	40.3	37.9-42.7	40.0
< High School	32.5	26.8-38.2	33.2
High School Grad	36.6	33.1-40.1	35.0
Some College	36.5	33.4-39.6	35.2
College Grad	38.5	35.6-41.4	37.9

Trends

The prevalence of Florida adults being overweight remained fairly constant from 1997 (36.9 percent) to 2009 (36.9 percent). National prevalence estimates for this indicator have also remained consistent over the same period (from 36.2 percent in 1997 to 36.2 percent in 2009).

Florida Compared to the Nation

The overall prevalence of being overweight among Florida adults did not vary significantly from the national prevalence for the past decade.



SECTION 15: PHYSICAL ACTIVITY

2009 BRFSS Questions

A series of questions is asked to obtain:

Do you participate in vigorous activity for 20 or more minutes on three (3) or more days a week?

BRFSS Maps

Year - 2009

Adults with 20+ minutes of vigorous physical activity three or more days per week

Percentage of respondents reporting No

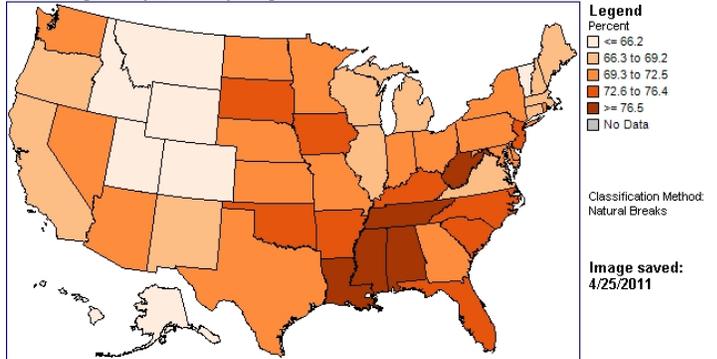
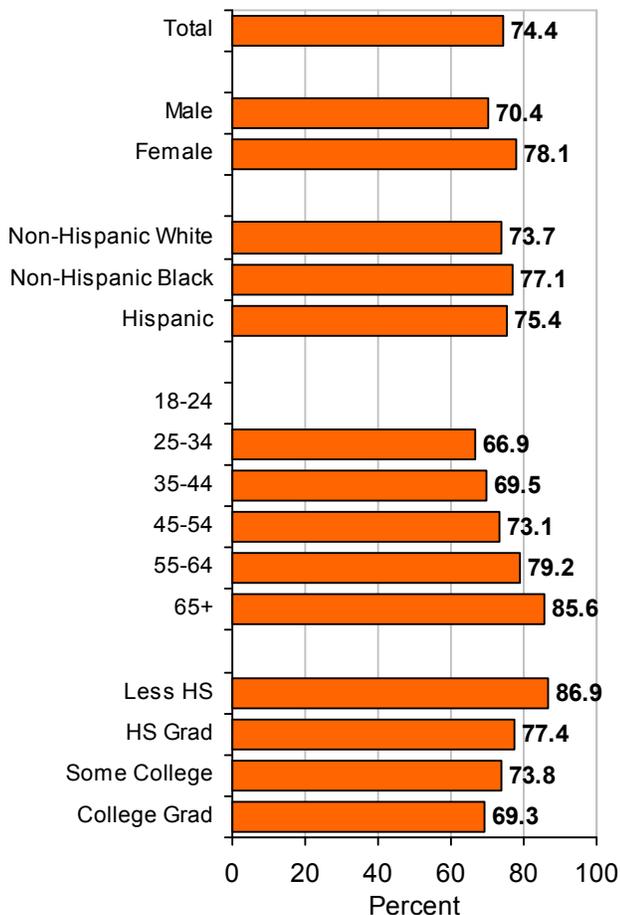


Figure 14.1: Prevalence of no vigorous physical activity for 20+ minutes, 3+ days per week among adults in Florida by sex, race/ethnicity, age group, and education level, 2009



Summary

Respondents were asked a series of questions to determine their weekly participation in vigorous physical activity. The national guideline for physical activity is defined as participating in vigorous physical activity for 20 or more minutes on 3 or more days per week. The prevalence of adults who did not meet this physical activity standard is reported here. The overall prevalence of Florida adults who do not meet physical activity guidelines was 74.4 percent.

Results

Gender: Women engaged in less physical activity meeting national guidelines than males.

Race/ethnicity: There were no significant differences in prevalence rates among race/ethnic groups.

Age: The prevalence of not engaging in physical activity meeting national guidelines significantly increased with increasing age.

Education level: The prevalence of not engaging in physical activity meeting the national guidelines tended to decrease with increasing education level.

Figure 14.2: Trends in prevalence of no vigorous physical activity meeting indicator standard among adults in Florida and US, 2001-2009

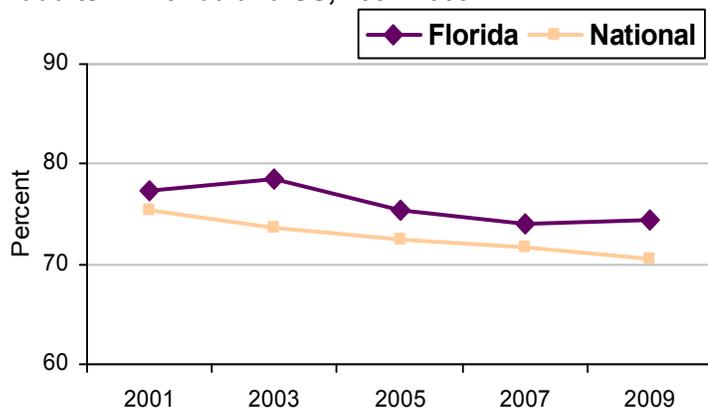


Table 14.1: Prevalence and 95% confidence intervals of no vigorous physical activity meeting indicator guidelines in Florida and US median, 2009

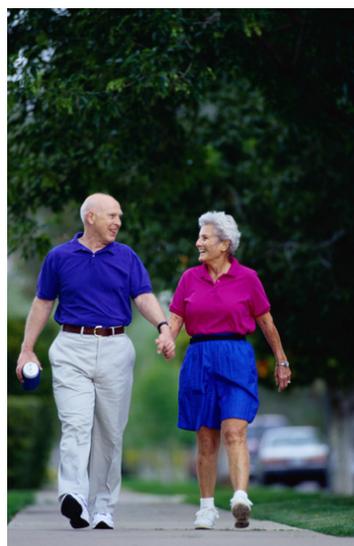
	2009 Florida	95% CI	2009 National
Total	74.4	72.6-76.2	70.6
Male	70.4	67.7-73.1	65.4
Female	78.1	76.1-80.1	75.0
Non-Hisp White	73.7	72.1-75.3	70.3
Non-Hisp Black	77.1	71.4-82.8	74.4
Hispanic	75.4	69.9-80.9	70.9
18-24	*	*	54.5
25-34	66.9	61.2-72.6	64.6
35-44	69.5	65.4-73.6	67.3
45-54	73.1	70.0-76.2	71.8
55-64	79.2	76.5-81.9	77.8
65+	85.6	84.0-87.2	84.3
< High School	86.9	82.6-91.2	79.6
High School Grad	77.4	74.1-80.7	75.3
Some College	73.8	70.7-76.9	70.9
College Grad	69.3	66.4-72.2	65.8

Trends

The prevalence of Floridians who do not engage in vigorous physical activity for more than 20 minutes on three (3) or more days per week decreased slightly from 2001 (77.4 percent) to 2009 (74.4 percent). The trend for the national prevalence rate for this indicator has declined slightly from 2001 (75.4 percent) to 2009 (70.6 percent). The BRFSS collects data on this measure during odd numbered years. Data prior to 2001 is not readily available.

Florida Compared to the Nation

There was a slightly greater prevalence of Floridians not engaging in vigorous physical activity that meets the national guidelines than the national median. Both Florida men and women were more likely to engage in vigorous physical activity on three (3) or more days per week than the national median.



SECTION 16: TOBACCO USE

2009 BRFSS Questions

Have you smoked at least 100 cigarettes in your entire life?

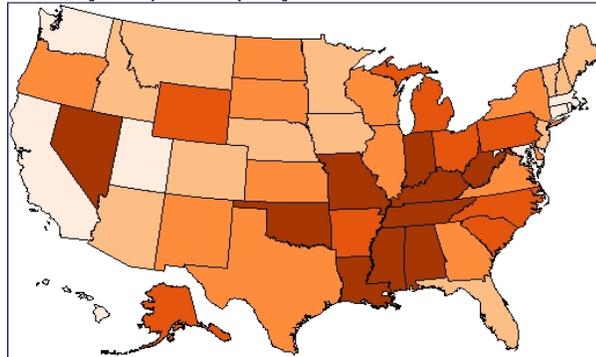
Do you now smoke cigarettes every day, some days, or not at all?

BRFSS Maps

Year - 2009

Adults who are current smokers

Percentage of respondents reporting Yes



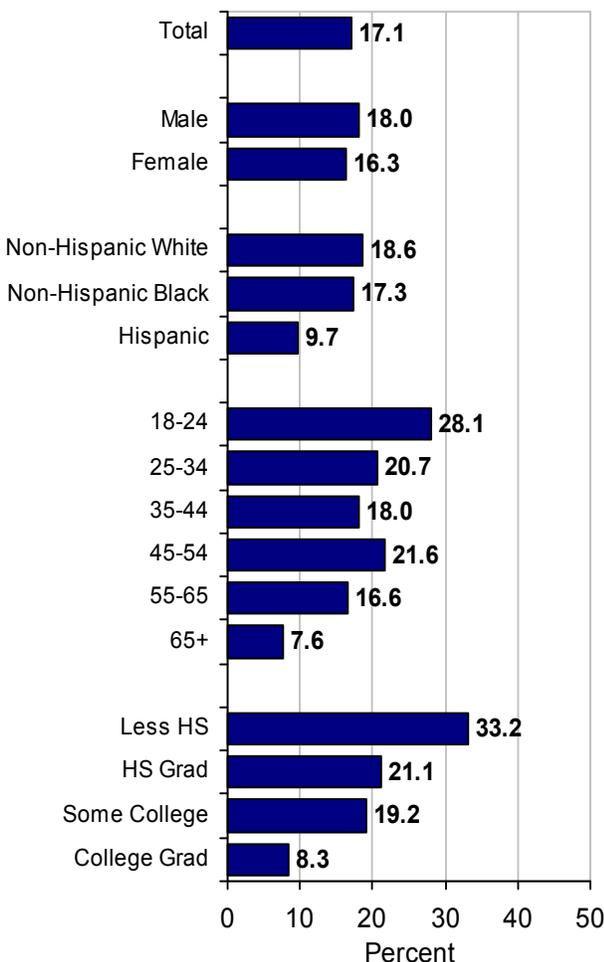
Legend
Percent
 ≤ 15.7
 15.8 to 17.3
 17.4 to 19
 19.1 to 21.5
 ≥ 21.6
 No Data

Classification Method:
Natural Breaks

Image saved:
4/26/2011



Figure 15.1: Prevalence of current smoking among Florida adults by sex, race/ethnicity, age group, and education level, 2009



Summary

Current smoking is defined as anyone who has smoked at least 100 cigarettes and currently smokes every day or some days. The prevalence of current smoking among Florida adults is 17.1 percent.

Results

Sex: While males appeared to report being smokers more often than females, this difference was not significant.

Race/ethnicity: The prevalence of current smoking was lowest among Florida Hispanics.

Age: The prevalence of current smoking was significantly lower among adults in the 65 and older age group than among the younger age groups.

Education level: The prevalence of current smoking tended to decrease with increasing education level.

Figure 15.2: Trends in prevalence of current smoking among adults in Florida and US, 1997-2009

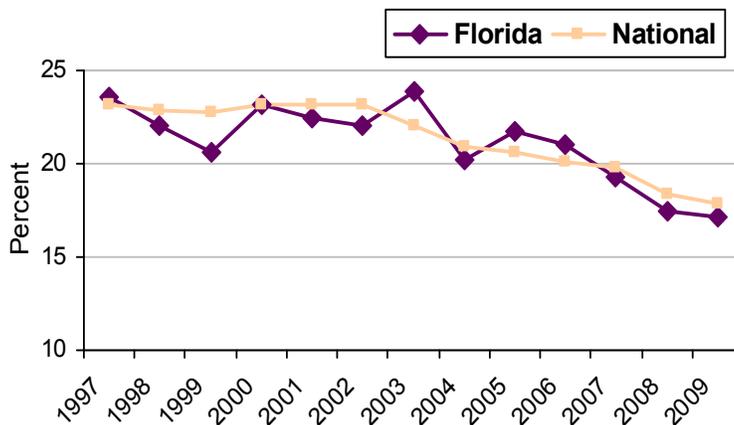


Table 16.1: Prevalence and 95% confidence intervals of current smoking among adults in Florida and US median, 2009

	2009 Florida	95% CI	2009 National
Total	17.1	15.7-18.5	17.9
Male	18.0	15.8-20.2	19.6
Female	16.3	14.7-17.9	16.7
Non-Hisp White	18.6	17.0-20.2	17.3
Non-Hisp Black	17.3	13.0-21.6	20.5
Hispanic	9.7	6.8-12.6	15.7
18-24	28.1	18.5-37.7	23.2
25-34	20.7	16.6-24.8	23.8
35-44	18.0	14.9-21.1	18.1
45-54	21.6	18.9-24.3	20.5
55-64	16.6	14.2-19.0	16.2
65+	7.6	6.4-8.8	8.2
< High School	33.2	26.9-39.5	31.5
High School Grad	21.1	18.6-23.6	24.9
Some College	19.2	16.7-21.7	19.6
College Grad	8.3	6.5-10.1	8.3

Trends

The prevalence of Floridians who currently smoke has declined from 1997 (23.6 percent) to 2009 (17.1 percent). National prevalence estimates for this indicator have also decreased over the same period (from 23.2 percent in 1997 to 17.9 percent in 2009).

Florida Compared to the Nation

There was no difference in the prevalence of current smoking among Florida adults than the national median. No subpopulation varied significantly from the national median.



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