## 2008 Florida Behavioral Risk Factor Surveillance System (BRFSS) Data Report



Florida Department of Health
Division of Disease Control
Bureau of Epidemiology
Chronic Disease Epidemiology Section

## 2008 Florida BRFSS Data Report

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\text { Completed Surveys: } \quad 10,874
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2008 State Adult Population: 14,707,048

The Florida Department of Health is pleased to release the 2008 Florida Behavioral Risk Factor Surveillance System (BRFSS) Data Report. This report focuses on examining state-level estimates. Each of the 68 indicators is presented by sex, race/ethnicity, age group, education level, income level, and marital status. In the data report, BRFSS survey data are adjusted, or weighted, so that the resulting estimates can be generalized to all Florida adults.

The 2008 state-level survey was developed in collaboration with state, university, and local representatives. This development method was used to better meet the needs of programs, researchers, and community planners throughout the state. In 2008, some of the newly added questions cover topics such as caregiver obligations, cancer prevalence, injury and disability, risk perception and attitudes towards alcohol, drugs, and tobacco. Florida is the first state to add cancer prevalence questions to the BRFSS.

In 2008, 10,874 adults completed the survey in Florida, which provides a rich data source to estimate the prevalence of personal health behaviors that contribute to morbidity and mortality among adults in Florida. This report presents survey data on a variety of issues related to health status, healthcare access, lifestyle, chronic illnesses, and disease prevention practices. These data can be used to: (1) determine priority health issues and identify populations at highest risk for illness, disability, and death; (2) plan and evaluate prevention programs; (3) educate the community and policy makers about disease prevention; and (4) support community policies that promote health and prevent disease.

Because BRFSS respondents are randomly selected, measures of prevalence and mean are subject to random sample errors. Each measure listed in the data tables includes the $95 \%$ confidence interval (CI). Measures of prevalence and mean are excluded from the tables for any subpopulation with a sample size less than 30, which would yield statistically unreliable estimates.

If any assistance is needed with interpretation of data or survey methods, please contact the Bureau of Epidemiology, Chronic Disease Epidemiology Section at (850) 245-4401.

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## Alcohol Consumption

Percentage of adults who engage in heavy or binge drinking

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 14.8 | 13.4-16.3 |
| SEX | Men | 19.7 | 17.2-22.4 |
|  | Women | 10.2 | 9.0-11.5 |
| RACE/ETHNICITY | Non-Hisp. White | 17.3 | 15.6-19.1 |
|  | Non-Hisp. Black | 7.0 | 4.6-10.6 |
|  | Hispanic | 12.4 | 8.9-17.1 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 21.9 | 18.9-25.1 |
|  | Non-Hisp. White Women | 13.2 | 11.6-15.0 |
|  | Non-Hisp. Black Men | 12.0 | 7.0-19.7 |
|  | Non-Hisp. Black Women | 3.5 | 1.8-6.5 |
|  | Hispanic Men | 18.5 | 12.3-26.8 |
|  | Hispanic Women | 5.7 | 3.3-9.6 |
| AGE GROUP | 18-44 | 19.8 | 17.1-22.8 |
|  | 45-64 | 13.1 | 11.5-14.9 |
|  | 65 \& Older | 6.9 | $5.7-8.3$ |
| EDUCATION LEVEL | <High School | 8.6 | 5.7-12.8 |
|  | H.S./GED | 12.5 | 10.3-15.0 |
|  | >High School | 16.8 | 14.9-18.8 |
| ANNUAL INCOME | <\$25,000 | 10.0 | 8.1-12.3 |
|  | \$25,000-\$49,999 | 14.5 | 11.7-17.9 |
|  | \$50,000 or More | 19.3 | 16.9-22.0 |
| MARITAL STATUS | Married/Couple | 14.0 | 12.4-15.9 |
|  | Not Married/Couple | 16.1 | 13.8-18.7 |
| Antibiotic Resistance |  |  |  |
| Percentage of adults who | have heard of antibioti |  |  |
|  |  | Measure | 95\% CI |
| ALL | Overall | 68.9 | 67.0-70.7 |
| SEX | Men | 69.1 | 66.1-72.0 |
|  | Women | 68.7 | 66.4-70.9 |
| RACE/ETHNICITY | Non-Hisp. White | 75.3 | 73.5-77.0 |
|  | Non-Hisp. Black | 55.0 | 48.6-61.2 |
|  | Hispanic | 58.2 | 52.1-64.1 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 75.1 | 72.3-77.8 |
|  | Non-Hisp. White Women | 75.4 | 73.2-77.6 |
|  | Non-Hisp. Black Men | 53.7 | 43.2-63.9 |
|  | Non-Hisp. Black Women | 55.9 | 48.1-63.5 |
|  | Hispanic Men | 60.4 | 50.7-69.4 |
|  | Hispanic Women | 55.6 | 48.6-62.4 |
| AGE GROUP | 18-44 | 66.3 | 62.8-69.7 |
|  | 45-64 | 75.1 | 72.6-77.5 |
|  | 65 \& Older | 65.1 | 62.5-67.6 |
| EDUCATION LEVEL | <High School | 39.2 | 32.0-46.8 |
|  | H.S./GED | 59.0 | 55.4-62.5 |
|  | >High School | 78.0 | 75.8-80.0 |
| ANNUAL INCOME | <\$25,000 | 56.3 | 52.5-60.0 |
|  | \$25,000-\$49,999 | 65.7 | 62.0-69.3 |
|  | \$50,000 or More | 79.6 | 76.8-82.2 |
| MARITAL STATUS | Married/Couple | 73.0 | 70.8-75.1 |
|  | Not Married/Couple | 61.6 | 58.2-64.9 |

Cl=Confidence Interval
$\wedge$ - The measures are unavailable, not appropriate for the table, or were suppressed due to low respondent counts.

## Asthma

Percentage of adults who currently have asthma

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 6.6 | 5.8-7.5 |
| SEX | Men | 5.5 | 4.2-7.2 |
| RACE/ETHNICITY | Women | 7.6 | $6.7-8.7$ |
|  | Non-Hisp. White | 6.4 | 5.6-7.3 |
|  | Non-Hisp. Black | 6.5 | 4.4-9.6 |
|  | Hispanic | 8.0 | 5.3-11.9 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 4.4 | $3.4-5.7$ |
|  | Non-Hisp. White Women | 8.2 | 7.1-9.5 |
|  | Non-Hisp. Black Men | 4.3 | 1.8-10.0 |
|  | Non-Hisp. Black Women | 8.1 | 5.3-12.4 |
|  | Hispanic Men | 10.1 | 5.6-17.5 |
|  | Hispanic Women | 5.7 | $3.6-8.9$ |
| AGE GROUP | 18-44 | 6.5 | $5.1-8.4$ |
|  | 45-64 | 6.4 | $5.4-7.7$ |
|  | 65 \& Older | 7.1 | 5.9-8.6 |
| EDUCATION LEVEL | <High School | 8.6 | 5.3-13.8 |
|  | H.S./GED | 8.4 | 6.7-10.5 |
|  | >High School | 5.5 | 4.7-6.5 |
| ANNUAL INCOME | <\$25,000 | 10.7 | 8.5-13.3 |
|  | \$25,000-\$49,999 | 5.1 | 4.1-6.5 |
|  | \$50,000 or More | 4.9 | 3.9-6.3 |
| MARITAL STATUS | Married/Couple | 6.0 | 5.0-7.1 |
|  | Not Married/Couple | 7.8 | 6.4-9.5 |

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## Cancer Prevalence \& Screening

Percentage of women 40 years of age and older who received a mammogram in the past year


Percentage of women 18 years of age and older who had a clinical breast exam in the past year


2008 Florida BRFSS Data Report

## Cancer Prevalence \& Screening

Percentage of women 18 years of age and older who received a Pap test in the past year


Percentage of men 50 years of age and older who received a PSA test in the past two years


2008 Florida BRFSS Data Report

## Cancer Prevalence \& Screening

Percentage of men 50 years of age and older who received a digital rectal exam in the past year


2008 Florida BRFSS Data Report

## Cancer Prevalence \& Screening

Percentage of adults 50 years of age and older who received a sigmoidoscopy or colonoscopy in the past five years

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 56.2 | 54.2-58.2 |
| SEX | Men | 59.1 | 55.7-62.4 |
|  | Women | 53.8 | 51.3-56.2 |
| RACE/ETHNICITY | Non-Hisp. White | 58.8 | 56.8-60.8 |
|  | Non-Hisp. Black | 55.5 | 46.8-63.8 |
|  | Hispanic | 42.0 | 34.1-50.2 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 61.3 | 58.1-64.5 |
|  | Non-Hisp. White Women | 56.7 | 54.2-59.2 |
|  | Non-Hisp. Black Men | 64.8 | 48.7-78.0 |
|  | Non-Hisp. Black Women | 49.6 | 40.2-58.9 |
|  | Hispanic Men | 43.7 | 30.6-57.8 |
|  | Hispanic Women | 40.5 | 31.7-50.0 |
| AGE GROUP | 18-44 | $\wedge$ |  |
|  | 45-64 | 50.0 | 46.9-53.1 |
|  | 65 \& Older | 63.3 | 60.8-65.7 |
| EDUCATION LEVEL | <High School | 47.7 | 40.7-54.7 |
|  | H.S./GED | 52.2 | 48.7-55.8 |
|  | >High School | 59.4 | 56.8-62.0 |
| ANNUAL INCOME | <\$25,000 | 46.6 | 42.8-50.4 |
|  | \$25,000-\$49,999 | 56.7 | 52.8-60.6 |
|  | \$50,000 or More | 62.3 | 58.8-65.7 |
| MARITAL STATUS | Married/Couple | 59.0 | 56.3-61.6 |
|  | Not Married/Couple | 50.9 | 47.9-53.9 |
| Percentage of adults who | have ever had cancer |  |  |
|  |  | Measure | 95\% CI |
| ALL | Overall | 9.4 | 8.6-10.3 |
| SEX | Men | 8.4 | $7.3-9.7$ |
|  | Women | 10.3 | 9.3-11.5 |
| RACE/ETHNICITY | Non-Hisp. White | 12.2 | 11.2-13.2 |
|  | Non-Hisp. Black | 4.7 | 2.8-7.8 |
|  | Hispanic | 3.8 | $2.5-5.8$ |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 10.9 | 9.4-12.5 |
|  | Non-Hisp. White Women | 13.3 | 12.0-14.8 |
|  | Non-Hisp. Black Men | 4.3 | 1.4-12.4 |
|  | Non-Hisp. Black Women | 5.0 | $3.1-8.1$ |
|  | Hispanic Men | 3.3 | 1.6-6.5 |
|  | Hispanic Women | 4.4 | $2.6-7.3$ |
| AGE GROUP | 18-44 | 2.8 | $2.0-3.9$ |
|  | 45-64 | 9.8 | 8.5-11.3 |
|  | 65 \& Older | 23.0 | 21.0-25.1 |
| EDUCATION LEVEL | <High School | 6.6 | 4.9-9.0 |
|  | H.S./GED | 9.5 | 8.1-11.1 |
|  | >High School | 9.9 | 8.8-11.0 |
| ANNUAL INCOME | <\$25,000 | 10.7 | 9.1-12.6 |
|  | \$25,000-\$49,999 | 9.3 | 8.0-10.9 |
|  | \$50,000 or More | 8.4 | $7.1-9.8$ |
| MARITAL STATUS | Married/Couple | 9.2 | 8.2-10.3 |
|  | Not Married/Couple | 9.8 | 8.6-11.1 |

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## Cancer Prevalence \& Screening

Percentage of women who have been told they have breast cancer


Percentage of women 40 years of age and older who have been told they have breast cancer


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## Cancer Prevalence \& Screening

Percentage of men 45 years of age and older who have been told they have prostate cancer

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 5.2 | 4.2-6.4 |
| SEX | Men | 5.2 | 4.2-6.4 |
|  | Women | $\wedge$ |  |
| RACE/ETHNICITY | Non-Hisp. White | 6.1 | 4.9-7.6 |
|  | Non-Hisp. Black | 3.8 | 1.4-9.8 |
|  | Hispanic | 3.8 | 1.2-11.5 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 6.1 | 4.9-7.6 |
|  | Non-Hisp. White Women | $\wedge$ |  |
|  | Non-Hisp. Black Men | 3.8 | 1.4-9.8 |
|  | Non-Hisp. Black Women | $\wedge$ |  |
|  | Hispanic Men | 3.8 | $1.2-11.5$ |
|  | Hispanic Women | $\wedge$ |  |
| AGE GROUP | 18-44 | $\wedge$ |  |
|  | 45-64 | 1.7 | 1.0-2.9 |
|  | 65 \& Older | 11.0 | 8.7-13.8 |
| EDUCATION LEVEL | <High School | 4.6 | 1.9-10.7 |
|  | H.S./GED | 5.1 | $3.2-8.1$ |
|  | >High School | 5.3 | 4.1-6.8 |
| ANNUAL INCOME | <\$25,000 | 4.9 | $2.7-8.6$ |
|  | \$25,000-\$49,999 | 6.9 | 4.9-9.6 |
|  | \$50,000 or More | 4.3 | 3.0-6.2 |
| MARITAL STATUS | Married/Couple | 5.3 | 4.1-6.9 |
|  | Not Married/Couple | 4.9 | $3.5-6.9$ |
| Average number of years sin | since first cancer diag |  |  |
|  |  | Measure | 95\% Cl |
| ALL | Overall | 12.5 | 11.3-13.7 |
| SEX | Men | 12.2 | 10.0-14.4 |
|  | Women | 12.7 | 11.5-14.0 |
| RACE/ETHNICITY | Non-Hisp. White | 12.5 | 11.3-13.8 |
|  | Non-Hisp. Black | 13.1 | 9.2-17.0 |
|  | Hispanic | 10.9 | 3.5-18.3 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 11.8 | 9.5-14.1 |
|  | Non-Hisp. White Women | 13.1 | 11.7-14.5 |
|  | Non-Hisp. Black Men | $\wedge$ |  |
|  | Non-Hisp. Black Women | 12.0 | 7.8-16.1 |
|  | Hispanic Men | $\wedge$ |  |
|  | Hispanic Women | $\wedge$ |  |
| AGE GROUP | 18-44 | 8.1 | 6.0-10.3 |
|  | 45-64 | 11.3 | 9.6-13.0 |
|  | 65 \& Older | 14.6 | 12.7-16.4 |
| EDUCATION LEVEL | <High School | 20.4 | 10.9-29.8 |
|  | H.S./GED | 11.1 | 9.5-12.8 |
|  | >High School | 12.2 | 11.0-13.4 |
| ANNUAL INCOME | <\$25,000 | 12.1 | 9.7-14.6 |
|  | \$25,000-\$49,999 | 12.7 | 10.8-14.6 |
|  | \$50,000 or More | 11.9 | 9.9-14.0 |
| MARITAL STATUS | Married/Couple | 12.1 | 10.4-13.8 |
|  | Not Married/Couple | 13.2 | 11.7-14.8 |

2008 Florida BRFSS Data Report

## Cardiovascular Disease

Percentage of adults who have ever had a stroke


Percentage of adults who have ever had a heart attack, angina, or coronary heart disease
Measure $\quad 95 \% \mathrm{Cl}$


CI=Confidence Interval
$\wedge$ - The measures are unavailable, not appropriate for the table, or were suppressed due to low respondent counts.

2008 Florida BRFSS Data Report

## Diabetes

Percentage of adults with diagnosed diabetes

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 9.5 | 8.7-10.5 |
| SEX | Men | 10.4 | 9.0-12.0 |
|  | Women | 8.7 | 7.8-9.8 |
| RACE/ETHNICITY | Non-Hisp. White | 9.0 | 8.2-10.0 |
|  | Non-Hisp. Black | 14.6 | 11.1-19.0 |
|  | Hispanic | 7.9 | 5.8-10.7 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 11.0 | $9.6-12.7$ |
|  | Non-Hisp. White Women | 7.2 | 6.3-8.3 |
|  | Non-Hisp. Black Men | 14.3 | 8.4-23.3 |
|  | Non-Hisp. Black Women | 14.9 | 11.2-19.4 |
|  | Hispanic Men | 6.9 | $4.1-11.4$ |
|  | Hispanic Women | 9.0 | 6.3-12.7 |
| AGE GROUP | 18-44 | 2.1 | $1.4-3.1$ |
|  | 45-64 | 13.5 | 11.7-15.5 |
|  | 65 \& Older | 19.3 | 17.4-21.4 |
| EDUCATION LEVEL | <High School | 12.7 | 9.6-16.5 |
|  | H.S./GED | 11.9 | 10.2-13.7 |
|  | >High School | 7.9 | 6.9-9.1 |
| ANNUAL INCOME | <\$25,000 | 14.5 | 12.4-16.7 |
|  | \$25,000-\$49,999 | 10.5 | 8.5-12.7 |
|  | \$50,000 or More | 6.2 | 5.2-7.4 |
| MARITAL STATUS | Married/Couple | 9.2 | 8.1-10.4 |
|  | Not Married/Couple | 10.1 | 8.8-11.7 |
| Percentage of adults with | diabetes who self-mon | nce a da | on average |
|  |  | Measure | 95\% CI |
| ALL | Overall | 63.7 | 58.9-68.3 |
| SEX | Men | 58.0 | 50.5-65.1 |
|  | Women | 70.0 | 64.2-75.1 |
| RACE/ETHNICITY | Non-Hisp. White | 62.5 | 57.6-67.2 |
|  | Non-Hisp. Black | 68.8 | 51.5-82.1 |
|  | Hispanic | 65.7 | 49.6-78.9 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 59.5 | 52.4-66.1 |
|  | Non-Hisp. White Women | 66.7 | 59.9-72.9 |
|  | Non-Hisp. Black Men | 50.6 | 23.0-77.8 |
|  | Non-Hisp. Black Women | 79.5 | 67.6-87.8 |
|  | Hispanic Men | $\wedge$ |  |
|  | Hispanic Women | 69.4 | 49.1-84.2 |
| AGE GROUP | 18-44 | 75.1 | 58.7-86.5 |
|  | 45-64 | 59.7 | 51.6-67.3 |
|  | 65 \& Older | 65.4 | 59.5-70.8 |
| EDUCATION LEVEL | <High School | 78.3 | 67.3-86.3 |
|  | H.S./GED | 64.9 | 57.5-71.6 |
|  | >High School | 59.9 | 52.6-66.7 |
| ANNUAL INCOME | <\$25,000 | 75.4 | 68.9-80.9 |
|  | \$25,000-\$49,999 | 56.9 | 45.8-67.4 |
|  | \$50,000 or More | 53.5 | 44.7-62.1 |
| MARITAL STATUS | Married/Couple | 58.1 | 51.4-64.5 |
|  | Not Married/Couple | 72.4 | 66.5-77.6 |

## Diabetes

Percentage of adults with diabetes who had two A1C tests in the past year

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 75.5 | 71.0-79.5 |
| SEX | Men | 77.0 | 70.1-82.7 |
|  | Women | 73.8 | 67.8-79.0 |
| RACE/ETHNICITY | Non-Hisp. White | 77.9 | 73.5-81.8 |
|  | Non-Hisp. Black | 82.6 | 67.9-91.4 |
|  | Hispanic | 53.3 | 36.7-69.3 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 79.9 | 73.9-84.8 |
|  | Non-Hisp. White Women | 75.3 | 68.4-81.1 |
|  | Non-Hisp. Black Men | 81.2 | 51.5-94.6 |
|  | Non-Hisp. Black Women | 83.8 | 68.9-92.4 |
|  | Hispanic Men | $\wedge$ |  |
|  | Hispanic Women | 51.7 | 32.6-70.3 |
| AGE GROUP | 18-44 | 69.1 | 49.2-83.8 |
|  | 45-64 | 75.2 | 68.1-81.2 |
|  | 65 \& Older | 77.3 | 71.3-82.4 |
| EDUCATION LEVEL | <High School | 78.3 | 63.9-88.0 |
|  | H.S./GED | 74.6 | 66.8-81.0 |
|  | >High School | 76.0 | 69.7-81.4 |
| ANNUAL INCOME | <\$25,000 | 73.4 | 64.7-80.6 |
|  | \$25,000-\$49,999 | 76.5 | 67.4-83.6 |
|  | \$50,000 or More | 79.1 | 71.2-85.3 |
| MARITAL STATUS | Married/Couple | 75.5 | 69.7-80.4 |
|  | Not Married/Couple | 75.6 | 67.8-82.0 |
| Percentage of adults with | diabetes who had an a |  |  |
|  |  | Measure | 95\% CI |
| ALL | Overall | 70.7 | 66.1-75.0 |
| SEX | Men | 71.1 | 63.8-77.4 |
|  | Women | 70.2 | 64.5-75.4 |
| RACE/ETHNICITY | Non-Hisp. White | 71.4 | 66.7-75.7 |
|  | Non-Hisp. Black | 86.1 | 75.4-92.6 |
|  | Hispanic | 52.7 | 36.8-68.0 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 72.9 | 66.2-78.7 |
|  | Non-Hisp. White Women | 69.3 | 62.6-75.2 |
|  | Non-Hisp. Black Men | 84.1 | 61.4-94.6 |
|  | Non-Hisp. Black Women | 87.6 | 76.2-94.0 |
|  | Hispanic Men | $\wedge$ |  |
|  | Hispanic Women | 53.1 | 34.8-70.5 |
| AGE GROUP | 18-44 | 41.2 | 25.5-59.0 |
|  | 45-64 | 77.6 | 71.3-82.8 |
|  | 65 \& Older | 70.4 | 64.6-75.6 |
| EDUCATION LEVEL | <High School | 66.3 | 49.4-79.8 |
|  | H.S./GED | 72.2 | 65.4-78.0 |
|  | >High School | 70.7 | 64.0-76.6 |
| ANNUAL INCOME | <\$25,000 | 72.4 | 64.5-79.2 |
|  | \$25,000-\$49,999 | 70.5 | 60.3-78.9 |
|  | \$50,000 or More | 71.1 | 62.6-78.3 |
| MARITAL STATUS | Married/Couple | 70.8 | 64.8-76.2 |
|  | Not Married/Couple | 70.5 | 62.8-77.2 |

## Diabetes

Percentage of adults with diabetes who had an annual eye exam

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 76.3 | 71.4-80.5 |
| SEX | Men | 75.1 | 67.2-81.6 |
|  | Women | 77.5 | 71.9-82.3 |
| RACE/ETHNICITY | Non-Hisp. White | 76.9 | 71.8-81.4 |
|  | Non-Hisp. Black | 72.1 | $55.9-84.1$ |
|  | Hispanic | 73.0 | 57.0-84.6 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 75.5 | 67.7-81.9 |
|  | Non-Hisp. White Women | 78.9 | 72.4-84.2 |
|  | Non-Hisp. Black Men | 66.3 | 34.5-88.0 |
|  | Non-Hisp. Black Women | 76.3 | 63.1-85.8 |
|  | Hispanic Men | $\wedge$ |  |
|  | Hispanic Women | 71.7 | 52.2-85.5 |
| AGE GROUP | 18-44 | 56.3 | 37.7-73.3 |
|  | 45-64 | 72.3 | 64.0-79.3 |
|  | 65 \& Older | 84.8 | 79.7-88.8 |
| EDUCATION LEVEL | <High School | 76.2 | 63.3-85.6 |
|  | H.S./GED | 76.1 | 68.9-82.0 |
|  | >High School | 76.4 | 68.6-82.8 |
| ANNUAL INCOME | <\$25,000 | 72.8 | 64.8-79.6 |
|  | \$25,000-\$49,999 | 76.9 | 64.9-85.6 |
|  | \$50,000 or More | 79.9 | 71.5-86.3 |
| MARITAL STATUS | Married/Couple | 76.1 | 69.2-81.8 |
|  | Not Married/Couple | 76.4 | 69.6-82.1 |
| Percentage of adults with | diabetes who ever had | education |  |
|  |  | Measure | 95\% CI |
| ALL | Overall | 52.1 | 47.3-56.9 |
| SEX | Men | 52.6 | 45.2-59.8 |
|  | Women | 51.6 | 45.7-57.6 |
| RACE/ETHNICITY | Non-Hisp. White | 53.1 | 48.1-58.1 |
|  | Non-Hisp. Black | 49.9 | 36.2-63.7 |
|  | Hispanic | 54.8 | 39.9-68.9 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 53.6 | 46.5-60.5 |
|  | Non-Hisp. White Women | 52.4 | 45.5-59.3 |
|  | Non-Hisp. Black Men | 39.4 | 18.6-64.9 |
|  | Non-Hisp. Black Women | 57.2 | 43.3-69.9 |
|  | Hispanic Men | $\wedge$ |  |
|  | Hispanic Women | 39.9 | 24.2-57.9 |
| AGE GROUP | 18-44 | 63.6 | 46.3-78.0 |
|  | 45-64 | 49.3 | 41.7-57.0 |
|  | 65 \& Older | 52.4 | 46.6-58.2 |
| EDUCATION LEVEL | <High School | 50.3 | 37.1-63.5 |
|  | H.S./GED | 48.2 | 40.8-55.7 |
|  | >High School | 56.0 | 48.9-62.8 |
| ANNUAL INCOME | <\$25,000 | 45.7 | 38.3-53.4 |
|  | \$25,000-\$49,999 | 53.7 | 43.1-64.0 |
|  | \$50,000 or More | 57.7 | 48.8-66.1 |
| MARITAL STATUS | Married/Couple | 48.6 | 42.4-54.9 |
|  | Not Married/Couple | 57.4 | 50.4-64.0 |

## Diabetes

Average age at which diabetes was diagnosed


2008 Florida BRFSS Data Report

## Disability

Percentage of adults who are limited in any way in any activities because of physical, mental, or emotional problems

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 19.2 | 18.0-20.5 |
| SEX | Men | 17.5 | 15.6-19.6 |
|  | Women | 20.8 | 19.3-22.5 |
| RACE/ETHNICITY | Non-Hisp. White | 21.9 | 20.4-23.4 |
|  | Non-Hisp. Black | 18.9 | 14.9-23.6 |
|  | Hispanic | 11.6 | 8.8-15.1 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 20.5 | 18.3-22.9 |
|  | Non-Hisp. White Women | 23.1 | 21.3-25.0 |
|  | Non-Hisp. Black Men | 20.5 | 13.6-29.7 |
|  | Non-Hisp. Black Women | 17.6 | 13.5-22.7 |
|  | Hispanic Men | 9.5 | 5.8-15.2 |
|  | Hispanic Women | 13.8 | 10.2-18.5 |
| AGE GROUP | 18-44 | 10.9 | 9.2-13.0 |
|  | 45-64 | 25.3 | 23.1-27.6 |
|  | 65 \& Older | 27.6 | 25.5-29.8 |
| EDUCATION LEVEL | <High School | 20.2 | 16.2-24.7 |
|  | H.S./GED | 22.7 | 20.2-25.4 |
|  | >High School | 17.5 | 16.0-19.1 |
| ANNUAL INCOME | <\$25,000 | 30.3 | 27.4-33.5 |
|  | \$25,000-\$49,999 | 20.0 | 17.5-22.8 |
|  | \$50,000 or More | 12.4 | 10.8-14.2 |
| MARITAL STATUS | Married/Couple | 17.4 | 15.8-19.0 |
|  | Not Married/Couple | 22.2 | 20.2-24.4 |
| Percentage of adults who | use special equipment |  |  |
|  |  | Measure | 95\% CI |
| ALL | Overall | 7.8 | $7.1-8.7$ |
| SEX | Men | 7.8 | 6.6-9.2 |
|  | Women | 7.9 | $7.0-8.8$ |
| RACE/ETHNICITY | Non-Hisp. White | 8.2 | 7.4-9.0 |
|  | Non-Hisp. Black | 8.3 | 5.7-11.9 |
|  | Hispanic | 5.9 | 4.0-8.7 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 8.3 | $7.1-9.7$ |
|  | Non-Hisp. White Women | 8.0 | $7.1-9.1$ |
|  | Non-Hisp. Black Men | 8.8 | 4.4-16.8 |
|  | Non-Hisp. Black Women | 8.0 | 5.5-11.5 |
|  | Hispanic Men | 6.0 | 3.3-10.9 |
|  | Hispanic Women | 5.8 | $3.6-9.2$ |
| AGE GROUP | 18-44 | 2.3 | $1.6-3.2$ |
|  | 45-64 | 9.9 | 8.3-11.7 |
|  | 65 \& Older | 16.4 | 14.7-18.3 |
| EDUCATION LEVEL | <High School | 11.2 | 8.4-14.7 |
|  | H.S./GED | 11.0 | 9.3-13.0 |
|  | >High School | 5.9 | $5.1-6.8$ |
| ANNUAL INCOME | <\$25,000 | 15.0 | 13.0-17.3 |
|  | \$25,000-\$49,999 | 7.7 | 6.2-9.6 |
|  | \$50,000 or More | 3.3 | 2.5-4.3 |
| MARITAL STATUS | Married/Couple | 6.3 | 5.4-7.4 |
|  | Not Married/Couple | 10.5 | 9.2-12.0 |

2008 Florida BRFSS Data Report

## Disability

Percentage of adults who provided care or assistance to a family member or friend who has a long-term illness or disability


CI=Confidence Interval
$\wedge$ - The measures are unavailable, not appropriate for the table, or were suppressed due to low respondent counts.

2008 Florida BRFSS Data Report
Health Care Access \& Coverage
Percentage of adults with any type of healthcare insurance coverage


2008 Florida BRFSS Data Report

## Health Care Access \& Coverage

Percentage of adults who could not see a doctor at least once in the past year due to cost


2008 Florida BRFSS Data Report

## Health Status \& Quality of Life

Percentage of adults with good to excellent overall health

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 84.3 | 83.1-85.5 |
| SEX | Men | 86.1 | 84.3-87.8 |
|  | Women | 82.7 | 81.0-84.2 |
| RACE/ETHNICITY | Non-Hisp. White | 85.4 | 84.1-86.5 |
|  | Non-Hisp. Black | 84.0 | 80.0-87.3 |
|  | Hispanic | 81.0 | 76.6-84.6 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 85.6 | 83.7-87.4 |
|  | Non-Hisp. White Women | 85.1 | 83.5-86.6 |
|  | Non-Hisp. Black Men | 86.0 | 78.7-91.1 |
|  | Non-Hisp. Black Women | 82.5 | 77.5-86.6 |
|  | Hispanic Men | 88.0 | 81.7-92.4 |
|  | Hispanic Women | 73.2 | 67.1-78.5 |
| AGE GROUP | 18-44 | 90.8 | 88.8-92.4 |
|  | 45-64 | 81.2 | 79.1-83.2 |
|  | 65 \& Older | 75.5 | 73.3-77.6 |
| EDUCATION LEVEL | <High School | 67.1 | 61.0-72.7 |
|  | H.S./GED | 77.3 | 74.6-79.9 |
|  | >High School | 90.3 | 89.2-91.3 |
| ANNUAL INCOME | <\$25,000 | 68.2 | 64.9-71.3 |
|  | \$25,000-\$49,999 | 86.1 | 83.9-88.1 |
|  | \$50,000 or More | 93.9 | 92.6-95.0 |
| MARITAL STATUS | Married/Couple | 86.3 | 84.8-87.7 |
|  | Not Married/Couple | 80.8 | 78.6-82.8 |
| Percentage of adults who | are "very satisfied" or |  |  |
|  |  | Measure | 95\% CI |
| ALL | Overall | 94.7 | 93.8-95.4 |
| SEX | Men | 95.2 | 93.7-96.3 |
|  | Women | 94.3 | 93.2-95.1 |
| RACE/ETHNICITY | Non-Hisp. White | 94.7 | 93.8-95.5 |
|  | Non-Hisp. Black | 93.3 | 90.3-95.5 |
|  | Hispanic | 95.3 | 91.9-97.3 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 94.9 | 93.3-96.1 |
|  | Non-Hisp. White Women | 94.6 | 93.5-95.5 |
|  | Non-Hisp. Black Men | 97.0 | 93.3-98.7 |
|  | Non-Hisp. Black Women | 90.7 | 85.9-94.0 |
|  | Hispanic Men | 95.1 | 88.0-98.1 |
|  | Hispanic Women | 95.5 | 92.6-97.3 |
| AGE GROUP | 18-44 | 94.8 | 93.2-96.0 |
|  | 45-64 | 93.2 | 91.6-94.4 |
|  | 65 \& Older | 96.8 | 95.8-97.6 |
| EDUCATION LEVEL | <High School | 90.8 | 85.5-94.2 |
|  | H.S./GED | 92.7 | 90.9-94.3 |
|  | >High School | 96.2 | 95.4-96.9 |
| ANNUAL INCOME | <\$25,000 | 87.8 | 85.1-90.0 |
|  | \$25,000-\$49,999 | 96.1 | 94.6-97.1 |
|  | \$50,000 or More | 97.9 | 96.8-98.6 |
| MARITAL STATUS | Married/Couple | 96.5 | 95.4-97.4 |
|  | Not Married/Couple | 91.5 | 90.0-92.8 |

2008 Florida BRFSS Data Report

## Health Status \& Quality of Life

Percentage of adults who always or usually receive the social and emotional support they need


2008 Florida BRFSS Data Report

## Health Status \& Quality of Life

Percentage of adults with good mental health


Average number of days where poor mental or physical health interfered with activities of daily living in the past 30 days


2008 Florida BRFSS Data Report

## Health Status \& Quality of Life

Average number of physically unhealthy days in the past $\mathbf{3 0}$ days

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 3.7 | $3.4-4.0$ |
| SEX | Men | 3.4 | $3.0-3.9$ |
|  | Women | 3.9 | 3.6-4.3 |
| RACE/ETHNICITY | Non-Hisp. White | 3.6 | $3.3-3.9$ |
|  | Non-Hisp. Black | 4.3 | 3.3-5.3 |
|  | Hispanic | 3.7 | 2.9-4.6 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 3.4 | 2.9-3.9 |
|  | Non-Hisp. White Women | 3.8 | 3.4-4.1 |
|  | Non-Hisp. Black Men | 4.5 | 2.6-6.4 |
|  | Non-Hisp. Black Women | 4.1 | $3.1-5.1$ |
|  | Hispanic Men | 3.1 | 1.8-4.3 |
|  | Hispanic Women | 4.4 | 3.3-5.5 |
| AGE GROUP | 18-44 | 2.3 | $1.9-2.7$ |
|  | 45-64 | 4.9 | 4.3-5.4 |
|  | 65 \& Older | 4.8 | 4.3-5.4 |
| EDUCATION LEVEL | <High School | 5.9 | 4.8-7.1 |
|  | H.S./GED | 4.9 | 4.2-5.5 |
|  | >High School | 2.8 | 2.5-3.1 |
| ANNUAL INCOME | <\$25,000 | 6.8 | 6.1-7.5 |
|  | \$25,000-\$49,999 | 3.5 | 2.9-4.2 |
|  | \$50,000 or More | 2.0 | $1.7-2.3$ |
| MARITAL STATUS | Married/Couple | 3.2 | 2.9-3.6 |
|  | Not Married/Couple | 4.5 | 4.1-4.9 |
| Average number of mental | lly unhealthy days in th |  |  |
|  |  | Measure | 95\% Cl |
| ALL | Overall | 3.7 | 3.4-4.0 |
| SEX | Men | 3.1 | $2.7-3.6$ |
|  | Women | 4.2 | 3.8-4.6 |
| RACE/ETHNICITY | Non-Hisp. White | 3.6 | $3.3-3.9$ |
|  | Non-Hisp. Black | 4.3 | 3.3-5.4 |
|  | Hispanic | 3.8 | $3.0-4.7$ |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 3.2 | $2.7-3.7$ |
|  | Non-Hisp. White Women | 3.9 | 3.5-4.3 |
|  | Non-Hisp. Black Men | 3.3 | 1.6-5.0 |
|  | Non-Hisp. Black Women | 5.0 | 3.7-6.4 |
|  | Hispanic Men | 3.2 | 2.1-4.4 |
|  | Hispanic Women | 4.5 | $3.3-5.8$ |
| AGE GROUP | 18-44 | 4.2 | $3.7-4.7$ |
|  | 45-64 | 3.9 | 3.4-4.4 |
|  | 65 \& Older | 2.3 | 1.9-2.7 |
| EDUCATION LEVEL | <High School | 5.6 | 4.4-6.8 |
|  | H.S./GED | 4.2 | 3.6-4.9 |
|  | >High School | 3.1 | 2.8-3.4 |
| ANNUAL INCOME | <\$25,000 | 6.2 | 5.5-7.0 |
|  | \$25,000-\$49,999 | 3.2 | $2.7-3.8$ |
|  | \$50,000 or More | 2.6 | $2.2-3.0$ |
| MARITAL STATUS | Married/Couple | 3.1 | 2.8-3.5 |
|  | Not Married/Couple | 4.6 | 4.1-5.1 |

Percentage of adults less than 65 years of age who have ever been tested for HIV

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 49.5 | 47.1-51.9 |
| SEX | Men | 46.8 | 43.0-50.7 |
|  | Women | 52.1 | 49.2-55.0 |
| RACE/ETHNICITY | Non-Hisp. White | 44.0 | 41.5-46.6 |
|  | Non-Hisp. Black | 67.6 | 61.0-73.6 |
|  | Hispanic | 51.4 | 44.6-58.2 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 42.8 | 38.8-46.9 |
|  | Non-Hisp. White Women | 45.2 | 42.1-48.3 |
|  | Non-Hisp. Black Men | 60.0 | 49.0-70.1 |
|  | Non-Hisp. Black Women | 73.5 | 65.5-80.1 |
|  | Hispanic Men | 48.9 | 38.3-59.5 |
|  | Hispanic Women | 54.5 | 46.7-62.1 |
| AGE GROUP | 18-44 | 58.6 | 54.9-62.1 |
|  | 45-64 | 36.8 | 34.2-39.5 |
|  | 65 \& Older | $\wedge$ |  |
| EDUCATION LEVEL | <High School | 47.5 | 38.5-56.7 |
|  | H.S./GED | 47.0 | 42.5-51.6 |
|  | >High School | 50.8 | 47.9-53.7 |
| ANNUAL INCOME | <\$25,000 | 54.6 | 49.7-59.4 |
|  | \$25,000-\$49,999 | 51.7 | 47.0-56.4 |
|  | \$50,000 or More | 48.2 | $44.7-51.7$ |
| MARITAL STATUS | Married/Couple | 47.6 | 44.7-50.5 |
|  | Not Married/Couple | 52.8 | 48.5-57.0 |

2008 Florida BRFSS Data Report

## Immunization

Percentage of adults in high-risk groups who received a flu shot in the past year


Percentage of adults in high-risk groups who have ever received a pneumonia vaccination


2008 Florida BRFSS Data Report

## Immunization

Percentage of adults who received a flu shot in the past year


2008 Florida BRFSS Data Report

## Immunization

Percentage of adults who have ever received a pneumonia vaccination


Percentage of adults aged 65 and older who have ever received a pneumonia vaccination


2008 Florida BRFSS Data Report

## Injury Prevention

Percentage of adults who, in the past 30 days, drove a vehicle after consuming too many alcoholic beverages


Percentage of adults 45 years of age and older who had a fall-related injury in the past $\mathbf{3}$ months


## Injury Prevention

Percentage of adults who "always" or "nearly always" used seat belts when driving or riding in a car

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 92.9 | 91.8-93.9 |
| SEX | Men | 90.7 | 88.7-92.4 |
|  | Women | 95.0 | 94.0-95.9 |
| RACE/ETHNICITY | Non-Hisp. White | 93.3 | 92.1-94.4 |
|  | Non-Hisp. Black | 88.7 | 84.5-91.9 |
|  | Hispanic | 94.4 | 91.4-96.4 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 90.8 | 88.5-92.7 |
|  | Non-Hisp. White Women | 95.6 | 94.5-96.5 |
|  | Non-Hisp. Black Men | 86.2 | 77.9-91.8 |
|  | Non-Hisp. Black Women | 90.4 | 85.7-93.7 |
|  | Hispanic Men | 92.8 | 87.3-96.0 |
|  | Hispanic Women | 96.2 | 93.2-98.0 |
| AGE GROUP | 18-44 | 90.2 | 87.9-92.1 |
|  | 45-64 | 94.7 | 93.5-95.7 |
|  | 65 \& Older | 95.9 | 94.6-96.9 |
| EDUCATION LEVEL | <High School | 88.3 | 82.5-92.3 |
|  | H.S./GED | 90.3 | 88.1-92.2 |
|  | >High School | 94.9 | 93.6-95.9 |
| ANNUAL INCOME | <\$25,000 | 90.8 | 88.7-92.6 |
|  | \$25,000-\$49,999 | 91.1 | 88.6-93.1 |
| MARITAL STATUS | \$50,000 or More | 95.4 | 93.7-96.6 |
|  | Married/Couple | 95.2 | 94.2-96.1 |
|  | Not Married/Couple | 88.9 | 86.4-91.0 |

## Oral Health

Percentage of adults who visited a dentist or a dental clinic in the past year


Percentage of adults who had a permanent tooth removed because of tooth decay or gum disease


## Oral Health

Percentage of adults who had their teeth cleaned in the past year

|  |  | Measure | 95\% CI |
| :---: | :---: | :---: | :---: |
| ALL | Overall | 62.7 | 60.9-64.5 |
| SEX | Men | 61.7 | 58.7-64.7 |
|  | Women | 63.7 | 61.5-65.8 |
| RACE/ETHNICITY | Non-Hisp. White | 65.8 | 63.9-67.7 |
|  | Non-Hisp. Black | 49.3 | 43.2-55.3 |
|  | Hispanic | 60.8 | 55.1-66.3 |
| SEX BY RACE/ETHNICITY | Non-Hisp. White Men | 64.0 | 60.7-67.1 |
|  | Non-Hisp. White Women | 67.5 | 65.3-69.7 |
|  | Non-Hisp. Black Men | 53.9 | 44.1-63.5 |
|  | Non-Hisp. Black Women | 45.8 | 38.5-53.3 |
|  | Hispanic Men | 60.1 | 50.8-68.8 |
|  | Hispanic Women | 61.6 | 55.1-67.8 |
| AGE GROUP | 18-44 | 59.8 | 56.3-63.2 |
|  | 45-64 | 65.7 | 63.2-68.2 |
|  | 65 \& Older | 64.1 | 61.7-66.5 |
| EDUCATION LEVEL | <High School | 41.6 | 34.7-48.8 |
|  | H.S./GED | 56.4 | 53.0-59.8 |
|  | >High School | 68.9 | 66.5-71.1 |
| ANNUAL INCOME | <\$25,000 | 41.6 | 38.0-45.3 |
|  | \$25,000-\$49,999 | 59.6 | 55.9-63.2 |
|  | \$50,000 or More | 77.0 | 74.0-79.7 |
| MARITAL STATUS | Married/Couple | 67.1 | 64.9-69.3 |
|  | Not Married/Couple | 55.3 | 52.1-58.4 |

2008 Florida BRFSS Data Report

## Overweight \& Obesity

Percentage of adults who are overweight


2008 Florida BRFSS Data Report

## Overweight \& Obesity

Percentage of adults who are overweight or obese


Percentage of adults whose body weight increased by five pounds or more in the past year


2008 Florida BRFSS Data Report

## Overweight \& Obesity

Percentage of adults whose body weight decreased by five pounds or more in the past year


CI=Confidence Interval
$\wedge$ - The measures are unavailable, not appropriate for the table, or were suppressed due to low respondent counts.

2008 Florida BRFSS Data Report

## Tobacco Use \& Exposure

Percentage of adults who are current smokers


2008 Florida BRFSS Data Report

## Tobacco Use \& Exposure

Percentage of adults who have never smoked


Percentage of non-smoking adults who were exposed to secondhand smoke at home in the past seven days


2008 Florida BRFSS Data Report

## Tobacco Use \& Exposure

Percentage of adult current smokers who tried to quit smoking at least once in the past year


Percentage of adults who had ever used any smokeless tobacco products such as chewing tobacco, snuff, or snus


2008 Florida BRFSS Data Report

## Tobacco Use \& Exposure

Percentage of adults who currenly use chewing tobacco, snuff, or snus


Percentage of adults who currently use cigars, pipes, bidis, kreteks or other tobacco products


## Tobacco Use \& Exposure

Average age that adults started smoking cigarettes fairly regularly among current smokers


## GLOSSARY

| A1C Test | A blood test used as an indicator of an individual's average blood glucose level over the past three months. |
| :---: | :---: |
| Activities of Daily Living | Usual activities, such as self-care, work, and recreation. |
| Binge Drinking | Consuming four or more alcoholic drinks for women and five or more alcoholic drinks for men on one occasion. |
| Blood Pressure Control Measures | Taking prescribed medication, altering diet, exercising, and reducing body weight to control blood pressure. |
| Blood Stool Test | A test that may use a special kit at home to determine whether the stool contains blood. |
| Body Mass Index (BMI) | A measure used to estimate the amount of excess body weight. BMI is calculated using self-reported height and weight. |
| Chronic Joint Symptoms | Experiencing pain, aching, or stiffness in or around a joint that first began more than three months ago. |
| Current Smokers | Adults who have ever smoked at least 100 cigarettes and who smoked on some or all days in the previous 30 days. |
| Digital Rectal Exam | An exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum of a man to feel the size, shape, and hardness of the prostate gland. |
| Former Smokers | Adults who have ever smoked at least 100 cigarettes, but did not smoke on any of the previous 30 days. |
| Health Insurance Coverage | Includes health insurance, prepaid plans such as HMOs, and government plans such as Medicare. |
| Healthy Weight | Having a Body Mass Index (BMI) between 18.5 and 24.9. BMI is calculated using self-reported height and weight. |
| Heavy Drinking (also called chronic drinking) | In the previous 30 days, women consuming an average of one or more alcoholic drinks per day or men consuming an average of two or more alcoholic drinks per day. |
| High-Risk Hepatitis B Groups | Those who have hemophilia and have received clotting factor concentrate, had sex with a man who has had sex with other men, used intravenous street drugs, traded sex for money or drugs, tested positive for HIV, had two or more sex partners in the past year, or who had sex with anyone who would be categorized in any of these groups listed. |
| High-Risk Influenza Groups | Healthcare workers who routinely have direct contact with patients or adults who currently have health problems such as asthma, lung problems, heart problems, diabetes, kidney problems, weakened immune systems (caused by a chronic illness, such as cancer or HIVIAIDS, or medicines, such as steroids), or sickle cell anemia or other anemia. |
| Joint Symptoms | Experiencing pain, aching, or stiffness in or around a joint. |
| Leisure-Time Physical Activity or Exercise | Engaging in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise, other than participation in these activities or exercise as part of a regular job. |
| Medical Checkup | A general physical exam, not an exam for a specific injury, illness, or condition. |
| Moderate Physical Activity | Engaging in activities such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate for at least 30 minutes per day on five or more days per week. |
| Obese | Having a Body Mass Index (BMI) that is greater than or equal to 30.0. BMI is calculated using self-reported height and weight. |

## GLOSSARY

| Overweight | Having a Body Mass Index (BMI) ranging from 25.0 to 29.9. BMI is <br> calculated using self-reported height and weight. |
| :--- | :--- |
| Overweight or Obese | Having a Body Mass Index (BMI) that is greater than or equal to 25.0. |
| Pap Test | A cervical cancer screening test in which surface cells from the cervix <br> are examined for cancer or pre-cancer characteristics. |
| Poor Mental Health | Adults who report that their mental health, which includes stress, <br> depression, and problems with emotions, was not good on 14 or more of <br> the previous 30 days. |
| Poor Physical Health | Adults who report that their physical health, which includes physical <br> illness and injury, was not good on 14 or more of the previous 30 days. |
| PSA Test | A Prostate-Specific Antigen test, also called a PSA test, is a blood test <br> used to detect prostate cancer. |
| Secondhand Smoke | Being exposed to someone else's tobacco smoke in a room (at work or <br> home) during the past seven days. <br> Engaging in no leisure-time physical activity. |
| Sedentary | Exams in which a tube is inserted in the rectum to view the colon for <br> signs of cancer or other health problems. |
| Sigmoidoscopy/Colonoscopy | Engaging in vigorous activities, such as running, aerobics, heavy yard <br> work, or anything else that causes large increases in breathing or heart <br> rate for at least 20 minutes per day on three or more days per week. |
| Vigorous Physical Activity |  |

## Alcohol Consumption

26-11. Reduce the proportion of persons engaging in binge drinking of alcoholic beverages.
26-12. Reduce the average annual alcohol consumption.
26-13. Reduce the proportion of adults who exceed guidelines for low-risk drinking.

## Arthritis

2-2. Reduce the proportion of adults with chronic joint symptoms who experience a limitation in activity due to arthritis.

## Cancer Screening

3-11. Increase the proportion of women who receive a Pap test.
3-12. Increase the proportion of adults who receive a colorectal cancer screening examination.
3-13. Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years.

## Cholesterol Awareness

12-14. Reduce the proportion of adults with high total blood cholesterol levels.
12-15. Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years.

## Diabetes

5-1. Increase the proportion of persons with diabetes who receive formal diabetes education.
$5-3$. Reduce the overall rate of diabetes that is clinically diagnosed.
5-13. Increase the proportion of adults with diabetes who have an annual dilated eye examination.
5-14. Increase the proportion of adults with diabetes who have at least an annual foot examination.
5-17. Increase the proportion of adults with diabetes who perform self-blood-glucose-monitoring at least once daily.

## Health Care Access \& Coverage

1-1. Increase the proportion of persons with health insurance.
1-5. Increase the proportion of persons with a usual primary care provider.

## Hypertension Awareness \& Control

12-9. Reduce the proportion of adults with high blood pressure.
12-10. Increase the proportion of adults with high blood pressure whose blood pressure is under control.
12-11. Increase the proportion of adults with high blood pressure who are taking action (for example, losing weight, increasing physical activity, or reducing sodium intake) to help control their blood pressure.

12-12. Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high.

## Healthy People 2010 Objectives

## Immunization

14-28. Increase hepatitis B vaccine coverage among high-risk groups.
14-29. Increase the proportion of adults who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease.

## Oral Health

21-3. Increase the proportion of adults who have never had a permanent tooth extracted because of dental caries or periodontal disease.

21-4. Reduce the proportion of older adults who have had all their natural teeth extracted.
21-10. Increase the proportion of children and adults who use the oral health care system each year.

## Overweight \& Obesity

19-1. Increase the proportion of adults who are at a healthy weight.
19-2. Reduce the proportion of adults who are obese.

## Physical Activity \& Nutrition

19-5. Increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit.

19-6. Increase the proportion of persons aged 2 years and older who consume at least three daily servings of vegetables, with at least one-third being dark green or orange vegetables.

22-1. Reduce the proportion of adults who engage in no leisure-time physical activity.
22-2. Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.

22-3. Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

## Sexual Violence

15-35. Reduce the annual rate of rape or attempted rape.
15-36. Reduce sexual assault other than rape.

## Tobacco Use \& Exposure

27-1d. Reduce other tobacco products use by adults.
$27-4 \mathrm{~b}$. Increase the average age of first use of tobacco products by young adults.
27-5. Increase smoking cessation attempts by adult smokers.
27-10. Reduce the proportion of non-smokers exposed to environmental tobacco smoke.
The Healthy People 2010 objectives listed in this appendix are directly or indirectly related to the data presented in this report.


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