

# BRFSS

# Behavioral Risk Factor Surveillance System



## 2010 Key Findings



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## Missouri Behavioral Risk Factor Surveillance System (BRFSS) 2010 Key Findings

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# INTRODUCTION

The Missouri Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey of adults age 18 and older that collects a range of information on health issues. BRFSS data are used to identify emerging health problems, establish health objectives and track their progress, and develop and evaluate public health policies and programs.

In 2010, 5,429 adults were interviewed January through December by the Health and Behavioral Risk Research Center at the University of Missouri-Columbia. Randomly selected household telephone numbers were called and an adult was randomly selected to participate in the survey. Data were aggregated and weighted by the U.S. Centers for Disease Control and Prevention to be representative of non-institutionalized adults in Missouri. This report summarizes key findings from the survey. Previous years of BRFSS data may be found in Annual Reports located on the Missouri Department of Health and Senior Services website at <http://www.health.mo.gov/data/brfss/data.php>.

The 2010 BRFSS revealed the following health concerns or risks among Missouri adults:

- 34.4 percent were overweight
- 31.4 percent were obese
- 27.3 did not always wear a seat belt
- 27.2 percent were physically inactive in the past 30 days
- 21.5 percent of males engaged in binge drinking of alcohol
- 21.1 percent smoked cigarettes, including 41.4 percent of those with annual household incomes of less than \$15,000
- 18.2 percent of adults age 18-64 did not have health care coverage, including 45.7 percent of those with annual household incomes of less than \$15,000
- 17.0 percent of adults age 45 and older had fallen one or more times in past three months
- 16.6 percent did not get enough rest or sleep on 21 or more of the past 30 days
- 13.3 percent did not see a doctor when needed in the past 12 months due to cost
- 9.4 percent had ever been told by a health professional they had diabetes
- 9.3 percent had ever been told by a health professional they had cancer
- 8.8 percent currently had asthma
- 4.5 percent had driven after drinking too much alcohol in the past 30 days
- 3.2 percent had nodded off or fallen asleep while driving in the past 30 days

In general, a consistent finding throughout the study is that adults that have the lowest annual household incomes compared to those with the highest incomes were less healthy, engaged in health risk behaviors to a greater extent, had less access to health care coverage, and were less likely to receive needed emotional support.

# KEY FINDINGS

## **Overall Health Measures**

Most Missouri adults (83.6 percent) had excellent, very good or good general health while 16.4 percent had fair or poor health. Significantly more adults with annual household incomes of \$35,000 or greater had very good health compared to those with incomes of less than \$25,000. Almost one-quarter of adults (23.3 percent) experienced poor physical health on three or more of the past 30 days. More than one-quarter (26.5 percent) had mental health that was not good on three or more of the past 30 days. Twenty-eight (28.1) percent were kept from doing their usual activities on three or more of the past 30 days due to poor physical or mental health.

## **Access to Health Care**

Among adults age 18 to 64, 18.2 percent had no health care coverage. Significantly more African-Americans (31.8 percent) than whites (16.1 percent) had no health care coverage. Significantly more adults with annual household incomes less than \$25,000 had no health care coverage compared to those with incomes of \$35,000 or greater. Among those with annual household incomes less than \$15,000, 45.7 percent had no health insurance. Forty percent (39.7) of those with annual household incomes between \$15,000 and \$24,999 had no health insurance.

Thirteen (13.3) percent of adults needed to see a doctor in the past 12 months but could not because of the cost. Significantly more African-Americans (24.0 percent) than whites (11.7 percent) could not see a doctor due to cost. Significantly more adults with annual household incomes of less than \$25,000 did not see a doctor due to cost compared to those with incomes of \$35,000 or greater. Twenty-two (21.5) percent of adults had not seen a doctor for a routine checkup in two or more years. Three (2.6) percent had never seen a doctor for a checkup.

## **Health Risk Behaviors**

### *Physical Inactivity*

Twenty-seven (27.2) percent of Missouri adults participated in no leisure time physical activity or exercise in the past month. Significantly more adults with annual household incomes less than \$15,000 (43.8 percent) and \$15,000 to \$24,999 (40.9 percent) were physically inactive compared to adults with incomes of 35,000 to \$49,999 (30.7 percent), \$50,000 to \$74,999 (20.3 percent) and \$75,000 or greater (12.9 percent).

### *Current Cigarette Smoking*

Twenty-one (21.1) percent of Missouri adults smoked cigarettes everyday or some days. Significantly more adults with annual household incomes less than \$15,000 (41.4 percent) smoked compared to those with annual household incomes of \$25,000 to \$34,999 (23.0 percent), \$35,000-\$49,999 (23.9 percent), \$50,000-\$74,999 (17.4 percent), and \$75,000 or more (11.5 percent). More than one-half (51.9 percent) of current smokers stopped smoking for one day or longer in the past 12 months because they were trying to quit.

### *Heavy and Binge Alcohol Drinking*

Six (5.5) percent of Missouri adults were considered heavy drinkers as defined by males having more than two drinks and females having more than one drink per day. Significantly more males (8.0 percent) than females (3.1 percent) engaged in heavy drinking. Significantly more males (21.5 percent) than females (10.1 percent) had engaged in binge drinking on an occasion during the past month. Binge drinking is defined as having five or more drinks on one occasion for males and four or more drinks for females.

### *Drinking and Driving*

Five (4.5) percent of adults had driven one or more times after having too much to drink in the past 30 days.

### *Seatbelt Use*

Seventy-three percent (72.7 percent) of adults always wore a seat belt, 15.1 percent nearly always wore a seat belt, 5.5 percent wore a seat belt sometimes, and 6.6 percent seldom or never wore a seat belt. Significantly more with annual household incomes of more than \$75,000 (79.6 percent) always wore a seat belt than those with household incomes of \$15,000-\$24,999 (65.3 percent) and less than \$15,000 (67.7 percent).

### *Inadequate Sleep*

Forty-two (41.5) percent of Missouri adults did not get enough rest or sleep on six or more of the past 30 days, including 16.6 percent that did not get enough sleep on 21 or more days. Ten (10.4) percent of adults averaged five or less hours of sleep in a 24-hour period. Over half (55.3 percent) reported snoring, with men (61.9 percent) reporting snoring significantly more than women (48.9 percent). Seven (7.1) percent had unintentionally fallen asleep during the day on more than seven of the past 30 days. Also in the past 30 days, 3.2 percent had nodded off or fallen asleep while driving.

### *Falls*

Among adults age 45 and older, 17.0 percent had fallen one or more times in the past three months. Thirty-three (33.0) percent had one or more of the falls result in an injury that caused the respondent to limit their regular activities for at least a day or to go see a doctor.

## **Chronic Conditions and Diseases**

The percent of Missouri adults that had the following chronic condition or disease:

- **Overweight – 34.4 percent**  
Significantly more males (42.2 percent) than females (26.9 percent) were overweight. Significantly more with annual household incomes of \$75,000 and greater (41.1 percent) were overweight than those with incomes of \$25,000-\$34,999 (29.7 percent), \$15,000-\$24,999 (30.6 percent) and less than \$15,000 (26.5 percent).
- **Obesity – 31.4 percent**  
Significantly more with annual household incomes of less than \$15,000 (40.1 percent) and \$15,000-\$24,999 (36.9 percent) were obese than those with household incomes of more than \$75,000 (26.0 percent).
- **Diabetes – 9.4 percent**  
Significantly more African-Americans (16.4 percent) than whites (8.4) had ever been told by a health professional they had diabetes. Significantly more with annual household incomes of less than \$25,000 had ever been told they had diabetes than those with household incomes of \$25,000 or greater.

- **Cancer – 9.3 percent**  
Of those that had ever been told by a health professional that they had cancer, 87.4 percent had one type of cancer, 9.7 percent had two, and 2.9 percent had three or more types of cancer. Ten (10.4) percent were currently being treated for cancer.
- **Asthma (Current) – 8.8 percent**  
Significantly more females (10.9 percent) than males (6.6 percent) currently had asthma. Significantly more that had an annual household income of less than \$15,000 had asthma than those with a household income of \$25,000 or greater.
- **Heart Attack – 4.6 percent**  
Significantly more males (6.5 percent) than females (2.8 percent) had ever been told by a health professional that they had had a heart attack.
- **Coronary Heart Disease – 4.6 percent**  
Significantly more males (5.8 percent) than females (3.4) had ever been told by a health professional that they had coronary heart disease.
- **Stroke – 3.9 percent**  
Almost 4 percent of Missouri adults had ever been told by a health professional that they had a stroke.

### **Childhood Asthma**

Included in the 2010 BRFSS interview were two questions concerning childhood asthma. Adults with children under the age of 18 were asked to answer questions about a randomly selected child in the household. Responses were weighted to be representative of all children in Missouri under the age of 18. As a result, it was found that 14.5 percent of children under the age of 18 in Missouri had been told by a doctor or other health professional that they had asthma. Among those that had been told they had asthma, 76.0 percent still had the condition.

### **Preventive Practices**

#### **Cancer Screening**

##### *Breast Cancer Screening*

Among females age 40 and older, 71.3 percent had a mammogram in the past two years. Significantly fewer women with less than \$15,000 annual household income (48.6 percent) had a mammogram in the past two years than women with household incomes of \$15,000-\$24,999 (64.7 percent), \$25,000-\$34,999 (66.5 percent), \$35,000-\$49,999 (73.1 percent), \$50,000-\$74,999 (79.1 percent) and \$75,000 or more (79.3 percent). Ninety-one (90.8) percent of females age 18 and older had ever had a clinical breast exam, and of which 78.6 percent had an exam within the past two years.

##### *Cervical Cancer Screening*

Ninety-six (95.7) percent of females age 18 and older had ever had a pap test. Of those, 68.9 percent had the test within the past two years.

##### *Colorectal Cancer Screening*

Thirty-eight (38.0) percent of adults age 50 and older had ever had a home blood stool test. Among all adults age 50 and older, 13.5 percent had had a blood stool test within the past two years. Sixty-five (65.2) percent of adults age 50 and older had ever had a sigmoidoscopy or colonoscopy exam. Significantly more adults with household incomes of \$35,000 and greater had ever had a sigmoidoscopy or colonoscopy compared to adults with household incomes of less than \$25,000. Among those that had had one of the exams, 94.9 percent had a colonoscopy in their most recent exam.

### *Prostate Cancer Screening*

Over one-half (54.9 percent) of men age 40 and older had a Prostate-Specific Antigen (PSA) test in the past two years. Seventy-four (74.2) percent had ever had a digital rectal exam (DRE), of which 64.0 percent had a DRE within the past two years. Four (3.8) percent of men age 40 and older had ever been diagnosed with prostate cancer.

### **Immunizations**

Forty-one (40.8) percent of adults age 18 and older had a flu shot within the past year. Among adults age 65 and older, 67.1 percent had a flu shot within the past year. Also among adults age 65 and older, 71.2 percent had ever had a pneumonia vaccination. Forty-three (43.3) percent of children under the age of 18 had had a flu vaccination (shot or nasal spray) in the past year. (Note: The random child selection process used for determining childhood asthma prevalence was also use for child immunization.)

### **HIV Testing and Risk**

Thirty-three (33.4) percent of adults age 18-64 had ever been tested for HIV. Significantly more African-Americans (57.2 percent) than whites (29.9 percent) had been tested. Significantly more adults with annual household incomes of less than \$15,000 (49.6 percent) had been tested than adults with incomes of \$25,000 and greater. Four (4.3) percent of adults age 18-64 engaged in behaviors during the past year that put them at risk for HIV.

### **Oral Health**

Sixty-three percent (63.1 percent) of Missouri adults last visited a dentist within the past 12 months, 11.2 percent had seen a dentist between one and two years ago, 11.5 percent had done so between two and five years ago and 14.0 percent had last seen a dentist five or more years ago. Significantly fewer adults with annual household incomes of less than \$15,000 annually (29.3 percent) had seen a dentist within the past year compared to those with household incomes more than \$15,000. Over 60 percent (63.4 percent) had their teeth cleaned by a dentist or hygienist within the past year, 34.6 percent had their teeth cleaned one or more years ago, and 2.0 percent had never had their teeth cleaned. Forty-seven (46.7) percent had had one or more teeth removed due to decay, gum disease or infection, including 6.8 percent that had all their teeth removed.

### **Emotional and Mental Health**

#### *Emotional Support and Life Satisfaction*

Eighty-two (81.9) percent of adults always or usually got the social and emotional support needed. Significantly more adults with annual household incomes of \$75,000 and greater (54.2 percent) always received the support needed compared to those with incomes of less than \$15,000 (40.2 percent). Ninety-four (93.7) percent of adults were very satisfied or satisfied with their life. Significantly more with annual household incomes of \$75,000 or greater (54.7 percent) were very satisfied with their lives than those with incomes of less than \$25,000.

#### *Anxiety and Depression*

Fifteen (14.9) percent of adults had ever had a doctor or other health care provider tell them they had an anxiety disorder. Twenty-one (20.7) percent had ever been told by a doctor or other health care provider that they had a depressive disorder.

Adults that experienced the following on more than three days over the past two weeks:

- 16.2 percent had little interest or pleasure in doing things
- 12.7 percent felt down, depressed or hopeless
- 27.0 percent had trouble falling asleep or staying asleep or sleeping too much



- 37.8 percent felt tired or had little energy
- 23.2 percent had a poor appetite or had eaten too much
- 9.5 percent felt bad about themselves or that they were a failure or had let themselves or their family down
- 10.7 percent had trouble concentrating on things, such as reading the newspaper or watching TV  
6.3 percent moved or spoke so slowly that other people could have noticed, or the opposite, being so fidgety or restless that they were moving around a lot more than usual

### **Policy and Environmental Change**

#### *Secondhand Smoke Policy*

Seventy-two (72.4) percent of Missouri adults would support a local law that would make all indoor workplaces in their community smoke-free, including restaurants, bars and casinos. Sixty-four (63.7) percent would support a change in Missouri state law that would make all workplaces smoke-free by prohibiting smoking in all indoor workplaces state-wide, including restaurants, bars and casinos.

#### *Physical Activity Environment*

Over one-half (54.4 percent) of Missouri adults had sidewalks in their neighborhoods. Forty-one (40.5) percent described street lighting in their neighborhood as very good or good for walking at night. Only 21.3 percent live in communities in which roads and streets have shoulders or marked lanes for bicycling.