

Kentucky Behavioral Risk Factor Surveillance System

2001 Report

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The Behavioral Risk Factor Surveillance System (BRFSS) is a collaborative effort of the Kentucky Department for Public Health and the Centers for Disease Control and Prevention (CDC). In Kentucky, this on-going surveillance was initiated in 1985. Administrative responsibility is within the Division of Epidemiology and Health Planning.

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Introduction

Kentucky BRFSS 2001 Report

What data are included in this report?

This report contains statewide prevalence estimates of risk factors and health behaviors from the 2001 Behavioral Risk Factor Surveillance System (BRFSS). Each topic is cross-tabulated by demographic group and Area Development District (ADD).

What is the BRFSS?

The BRFSS is a telephone health survey jointly sponsored by the Centers for Disease Control and Prevention (CDC) and the Kentucky Department for Public Health. The survey is randomly administered to non-institutionalized civilian adults who are living in a household with a telephone. Participation in the survey is strictly voluntary. Personal identifying information, such as name or address, is not collected. In Kentucky, the BRFSS has been conducted continuously since 1985.

How is the survey conducted?

Kentucky currently uses disproportionate stratified sampling to obtain a random sample of Kentucky telephone numbers. Once an interviewer reaches a household, a member of the household 18 years of age or older is randomly selected to be interviewed. Surveyors conduct interviews six days a week (Monday through Saturday). The number of completed interviews has increased each year, but the most dramatic increase occurred from approximately 3700 respondents in 1998 to 7500 respondents in 1999. There were approximately 7500 respondents in 2001.

What is a prevalence estimate?

The prevalence is the proportion of people in a population with a certain condition or health behavior. The data included in this report are statewide prevalence estimates of certain risk factors and health behaviors.

Data from all respondents interviewed are weighted to determine the prevalence estimate. Weighting adjusts for over sampling or under sampling of certain subgroups and allows the survey responses to be projected to a state estimate. Factors in weighting include the number of telephone numbers per household, the number of adults in a household, and the demographic distribution of the sample. Only crude estimates are included in this report. The data are not age adjusted.

How can this report be used?

Data from this report can be used in many of the following ways:

- To analyze health trends
- To develop policies and legislation
- To plan and to measure the progress of prevention initiatives
- To educate the public about risk behaviors and preventive health practices
- To monitor health goals, such as those stated in *Healthy Kentuckians 2010*, a document that provides the state's health agenda and guides health policy

The *Healthy Kentuckians 2010* goals that are related to the risk factors in this report are included in the appendices. This report also includes data for each ADD so the information can be used on a more local level.



Introduction (Continued)

Kentucky BRFSS 2001 Report

How were the data analyzed?

Data were analyzed using SAS 8.1 and SAS Callable SUDAAN 7.5.4A. A precalculated weighting variable provided by the CDC was used to weight the data. Data estimates for fewer than fifty respondents are considered unreliable by the CDC and were not included in this report.

What are the limitations to the data?

There are two main limitations to BRFSS data, non-coverage bias and self-report bias. These limitations should not hinder the use of BRFSS data, but should be considered.

Non-coverage bias

The BRFSS is a telephone survey. According to the 2001 Census Population Estimate, 6.5% of Kentuckians were without telephones. This population is not reached, and could have socio-economic differences from the survey population.

The BRFSS only surveys adults in households. No person would be surveyed who lived in any type of group setting, such as a nursing home, college dormitory, the military, or prison.

Self-report bias

The BRFSS survey relies on self report. That means that the prevalence estimates are strictly based on the respondents answers to the questions. The tendency to report a more healthy lifestyle may occur.

Race

In 2001, the BRFSS race question allowed reporting of more than one race. Therefore, data users should be extremely cautious when comparing 2001 race data to race data from previous years.

How is this report organized?

This report is organized into two sections: the main report and the appendices.

Main Report

This section contains a summary of all risk factors and health behaviors and two pages of information on each topic.

The first page describes each topic and lists prevalence estimates for 2001 by gender, race, age, education, and household income. The data presented excludes missing, refused and “don’t know” responses. Special information on each topic is included in bulleted comments. Confidence intervals are included with each estimate.

The confidence interval is the range of values where the actual prevalence should be. This report used a 95% confidence interval. This means that if the survey were conducted many times, the true value would fall in the range 95% of the time.

The second page of each topic includes data related to the ADDs. At the top of the page there is map of Kentucky which includes the prevalence for each ADD. At the bottom of the page there is a table containing the prevalence of the risk factor or health behavior by national median, Kentucky, and ADD.

Appendices

Certain risk factors have related *Healthy Kentuckians 2010* goals. These goals are included in the appendices as well as a comparison of Kentucky’s data to the nation and a comparison of the BRFSS sample to Kentucky’s population.



Summary of Risk Factors and Health Behaviors

Kentucky BRFSS 2001 Report

Listed below are important facts about each risk factor and health behavior. Respondents are age 18 and older unless stated differently. Definitions for each risk factor and health behavior are presented later in the report with each topic section.

Activity Limitation

- Activity limitations because of an impairment or health problem are prevalent in 22.5% of the Kentucky adult population. Among the age groups, those age 65 and older have the highest prevalence, 36.3%, while those age 18-24 have the lowest prevalence, 7.4%.

Alcohol Consumption Binge Drinking

- Approximately 9% of the adult population are binge drinkers. A higher percentage of males, 14.8%, are binge drinkers compared to females, 3.2%. Among the age groups, the highest prevalence is among those age 18-24, 18.8%, and the lowest prevalence, 1.6%, is among those age 65 and older.

Alcohol Consumption Heavy Drinking

- In Kentucky, 2.7% of the adult population are heavy drinkers. A higher percentage of males, 3.9%, are heavy drinkers compared to females, 1.6%.

Arthritis

- Arthritis prevalence is 41.3% among adult Kentuckians. Approximately two-thirds of Kentuckians age 65 and older have arthritis.

Asthma

- In Kentucky, 8.3% of the adult population have asthma. The prevalence is higher among females, 10.2%, compared to males, 6.3%. Among household income levels, those with an income of less than \$15,000 have the highest asthma prevalence at 17.5%, while those with an income of greater than \$50,000 have the lowest prevalence at 4.8%.

Cholesterol

Cholesterol Not Checked in Past Five Years

- Approximately 28% of the adult population have not had their blood cholesterol checked in the past five years. Fifty two percent of Kentuckians age 18-24 have not had their cholesterol checked in the past five years compared to only 10.7% of those age 65 and older.

Cholesterol

High Cholesterol Awareness

- In Kentucky, 23.3% of the adult population have been told by a doctor, nurse or other health professional that their cholesterol is high. Fewer African Americans, 12.2%, compared to Whites, 24.1% have been told that their cholesterol is high.

Colorectal Cancer Screening

No Blood Stool Test in the Past Two Years, Age 50 and Older

- In Kentucky, 70.8% of the adult population age 50 and older have not had a blood stool test in the past two years. Approximately 70% of Whites have not been recently tested compared to 74% of African Americans.

Colorectal Cancer Screening

Never had a Sigmoidoscopy or Colonoscopy, Age 50 and Older

- In Kentucky, 60.7% of the population age 50 and older have not had a sigmoidoscopy or colonoscopy. Approximately the same percentage of males, 59.6%, and females, 61.6%, have not had either of these tests.

Diabetes

- Of the adult Kentucky population, 6.7% have been told by a doctor that they have diabetes. In 2001, approximately the same percentage of males, 6.9%, as females, 6.4%, had ever been told by a doctor that they have diabetes. The prevalence is 10.4% among African Americans and 6.3% among Whites.



Summary of Risk Factors and Health Behaviors

Kentucky BRFSS 2001 Report

Listed below are important facts about each risk factor and health behavior. Respondents are age 18 and older unless stated differently. Definitions for each risk factor and health behavior are presented later in the report with each topic section.

Folic Acid

Not Taking Folic Acid Daily, Females Age 18 to 44

- Of Kentucky women age 18-44, 59.4% do not take a vitamin or supplement containing folic acid daily. The prevalence is the same, 58.6, between African American and White women. Among the age groups, the highest prevalence of not taking folic acid, 63.1%, is among the 35-44 age group.

Folic Acid

Not Aware that Folic Acid Prevents Birth Defects. Females Age 18 to 44

- Approximately 51% of Kentucky women age 18-44 are not aware that folic acid helps prevent birth defects. Approximately 57% of African American women compared to 50% of White women, are not aware that folic acid prevents birth defects.

Health Care Access

Lack of Health Care Coverage

- In Kentucky, 15.1% of the adult population do not have health care coverage. Over one fourth of Kentuckians age 18-24 are without health insurance. However, only about 2% of Kentuckians age 65 and older are without some form of health care coverage.

Health Status

General Health: Fair or Poor

- In Kentucky, 21.7% of the adult population consider their health status to be fair or poor. The prevalence of fair or poor health status increases with age. 39.2% of those Kentuckians age 65 and older have a health status of fair or poor.

Health Status

Frequent Physical Problems

- In Kentucky, 12.7% of the adult population have frequent physical health problems. Those Kentuckians with an income level of less than \$15,000 have the highest prevalence at 27.5%.

Health Status

Frequent Mental Distress

- Approximately 16% of the adult population have frequent mental distress. The prevalence of females with frequent mental distress, 18.4%, is higher than the prevalence among males, 12.5%. The prevalence among Whites is 16.2% compared to 9.1% among African Americans.

HIV

Recent HIV Testing, Age 18 to 65

- Approximately 15% of the population age 18 to 64 tested for HIV in 2000 or 2001. Among African Americans 18.2% have been tested recently compared to 14.1% of Whites. Among the age groups, those persons age 18 to 24 have the highest testing percentage, 25.4%, while those age 55 to 64 have the lowest testing percentage, 5.7%.

Hypertension

Hypertension Awareness

- Of adult Kentuckians, 30.1% have been told by a doctor or other health professional that they have high blood pressure. The prevalence is 36.4% among African Americans compared to 29.6% among Whites. Among those Kentuckians age 65 and older, 58.2% have been told by a health professional that they have high blood pressure.



Summary of Risk Factors and Health Behaviors

Kentucky BRFSS 2001 Report

Listed below are important facts about each risk factor and health behavior. Respondents are age 18 and older unless stated differently. Definitions for each risk factor and health behavior are presented later in the report with each topic section.

Hypertension

Currently Taking High Blood Pressure Medicine

- Approximately 23% of the adult population are taking medicine for high blood pressure. The prevalence of taking high blood pressure medicine is similar between males, 21.9% and females 23.0%. Approximately 53% of Kentuckians age 65 and older take blood pressure medicine.

Immunization

No Flu Shot in Past Year, Age 65 and Older

- In Kentucky, 39.1% of the population age 65 and older have not had a flu shot in the past year. Thirty-five percent of males have not had a flu shot in the past year compared to 41.8% of females.

Immunization

Never Had a Pneumonia Shot, Age 65 and Older

- The percentage of Kentuckians age 65 and older who have not had a pneumonia shot has declined from 74.7% in 1995 to 44.9% in 2001. Approximately 47% of females have never had a pneumonia shot compared to 42% of males.

Nutrition

Less than Five Fruits and Vegetables a Day

- Of the adult Kentucky population, 79.7% consume less than five fruits and vegetables a day. A higher percentage of males at 83.3% consume less than 5-a-day compared to females at 76.3%. Approximately 79% of Whites consume less than 5-a-day compared to approximately 85% of African Americans.

Physical Activity

Lack of Leisure Time Physical Activity

- In Kentucky, 33.4% of the adult population do not participate in leisure time physical activity. A higher percentage of females, 36.3%, are sedentary compared to males, 30.3%.

Physical Activity

Lack of Regular and Sustained Moderate Physical Activity

- Approximately 71% of the adult population do not meet the recommended guidelines for moderate physical activity. More females, 74.5% are insufficiently active compared to males, 67.4%.

Physical Activity

Lack of Regular and Sustained Vigorous Physical Activity

- In Kentucky, 89.1% of the adult population do not participate in regular and sustained vigorous physical activity. More females, 92.5%, than males, 85.3% do not participate in the recommended amount of vigorous activity.

Prostate Cancer, Males Age 40 and Older

- In Kentucky, 2.7% of the male population age 40 and older have been told by a health professional that they had prostate cancer. About the same percentage of Whites 2.7% and African Americans 1.3% have had prostate cancer. Approximately 7% of those Kentuckians age 65 and older have ever had prostate cancer.

Prostate Cancer Screening

Never Had a PSA Test, Males Age 40 and Older

- Approximately 42% of adult males age 40 and older have not had a PSA test. Among age groups, the percentage of males not having a PSA test decreased dramatically by age. While 72.7% of males age 40-44 have not had a PSA test, only 17.4% of males age 65 and older have not been tested.



Summary of Risk Factors and Health Behaviors

Kentucky BRFSS 2001 Report

Listed below are important facts about each risk factor and health behavior. Respondents are age 18 and older unless stated differently. Definitions for each risk factor and health behavior are presented later in the report with each topic section.

Prostate Cancer Screening Never Had a Digital Rectal Exam, Males Age 40 and Older

- In Kentucky, 40.7% of adult males age 40 and older have not had a digital rectal exam. Among males age 65 and older, 24.6% have not had a digital rectal exam, compared to 62.8% of Kentuckians age 40-44.

Tobacco Use Ever Smoked Cigarettes

- Approximately 55% of the Kentucky adult population have ever smoked cigarettes. The prevalence of ever smoking cigarettes is higher among males, 61.4%, compared to females, 48.3%.

Tobacco Use Current Cigarette Smoking

- Of the adult Kentucky population, 30.9% are current smokers. The prevalence of current smoking is similar between males, 31.9%, and females, 30.0%. The prevalence among African Americans is 36.3% compared to 30.4% among Whites.

Tobacco Use Current Smokeless Tobacco Use

- In Kentucky, 4.9% of the adult population are current smokeless tobacco users. The prevalence of smokeless tobacco use is much higher among males, 9.9%, compared to females, .3%. The prevalence among Whites 5.3% is higher than African Americans, 1.4%.

Weight Control Trying to Lose Weight

- In Kentucky, 37.4% of the adult population are trying to lose weight. Far more females, 45.2%, than males, 28.9% are trying to lose weight.

Weight Control Overweight

- In Kentucky, 62.1% of the adult population are overweight. Considerably fewer females, 54.5%, than males, 70.1%, are overweight. Among African Americans, 69.3% are overweight compared to 62.0% of Whites.

Weight Control Obesity

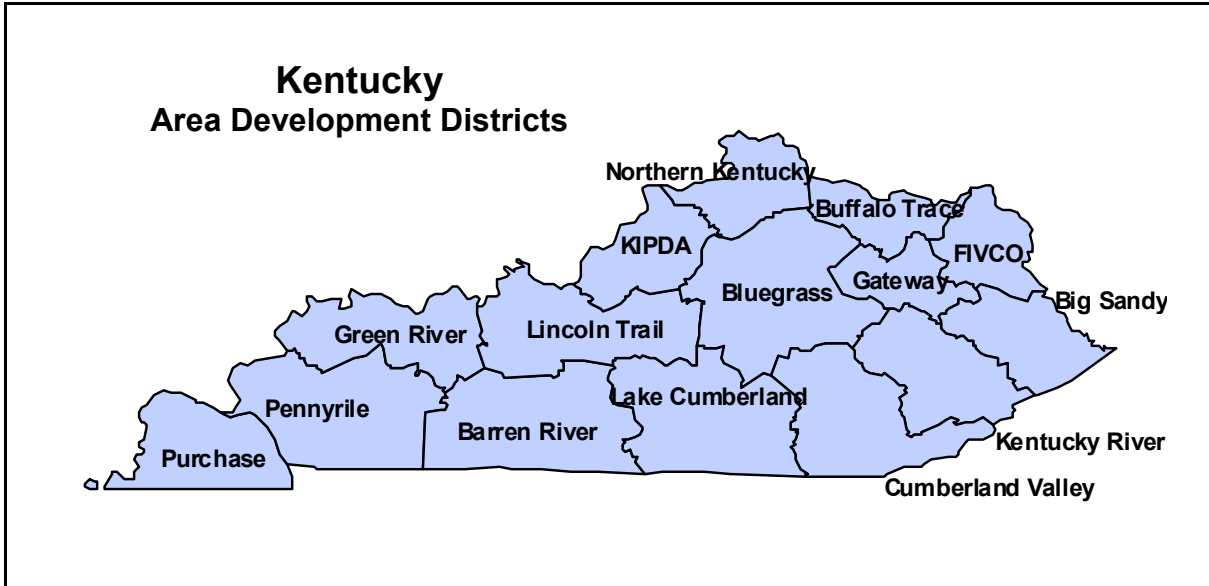
- The percentage of Kentuckians who are obese has increased from 16.9% in 1995 to 24.6% in 2001. A higher percentage of African Americans, 32.7% are obese compared to Whites, 24.3%.



Area Development Districts

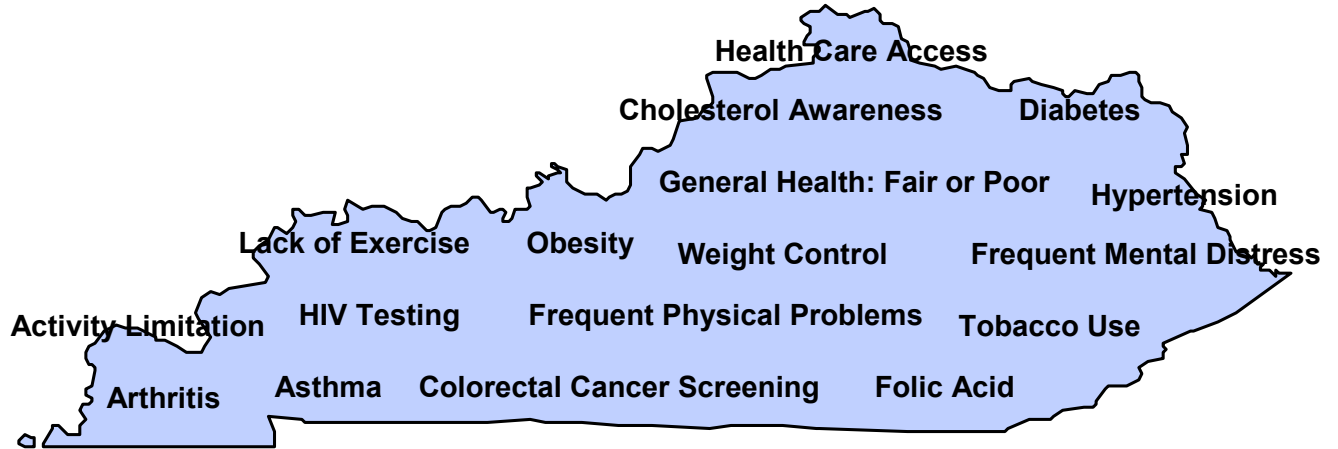
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Kentucky has 120 Counties that are divided into 15 Area Development Districts (ADDs) for the planning of a variety of programs. Data in this report are analyzed by ADDs rather than by county because for most counties the sample size was too small for reliable estimates.



Counties In Each Area Development District	
Barren River:	Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren
Big Sandy:	Floyd, Johnson, Magoffin, Martin, Pike
Bluegrass:	Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford
Buffalo Trace:	Bracken, Fleming, Lewis, Mason, Robertson
Cumberland Valley:	Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley
FIVCO:	Boyd, Carter, Elliott, Greenup, Lawrence
Gateway:	Bath, Menifee, Montgomery, Morgan, Rowan
Green River:	Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster
Kentucky River:	Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe
KIPDA:	Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble
Lake Cumberland:	Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne
Lincoln Trail:	Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington
Northern Kentucky:	Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton
Pennyrile:	Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, Trigg
Purchase:	Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, McCracken, Marshall

Risk Factors and Health Behaviors





Activity Limitation

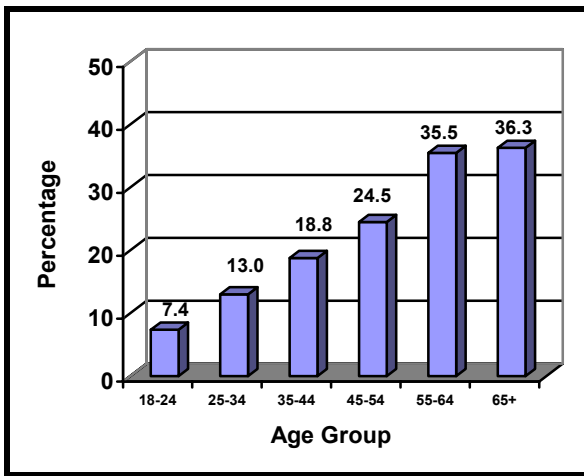
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who answered "Yes" to the following question, "Are you limited in any way in any activities because of physical, mental, or emotional problems?"

- In Kentucky, 22.5% of the adult population experience activity limitations because of an impairment or health problem.
- African Americans have a lower prevalence of activity limitation, 17.2%, compared to Whites, 22.7%.
- Among the age groups, those age 65 and older have the highest prevalence, 36.3%, while those age 18-24 have the lowest prevalence, 7.4%. See chart below.
- Eight percent of the adult population have a health problem that requires them to use special equipment such as a cane, a wheel chair, a special bed or a special telephone.

Activity Limitation by Age Group
2001 BRFSS, Kentucky Statewide Data



Activity Limitation by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	22.5	(21.3 - 23.8)
Gender		
Male	22.0	(20.1 - 23.9)
Female	23.0	(21.4 - 24.7)
Race		
White/NH	22.7	(21.4 - 24.1)
African American/NH	17.2	(12.9 - 22.5)
Age		
18-24	7.4	(5.1 - 10.7)
25-34	13.0	(10.7 - 15.7)
35-44	18.8	(16.4 - 21.5)
45-54	24.5	(21.7 - 27.5)
55-64	35.5	(31.6 - 39.6)
65+	36.3	(33.0 - 39.7)
Education		
Less than H.S.	40.4	(37.2 - 43.6)
H.S. or GED	21.6	(19.6 - 23.7)
Some Post H.S.	17.5	(15.3 - 20.0)
College Graduate	13.0	(10.8 - 15.7)
Household Income		
Less than \$15,000	48.8	(44.4 - 53.3)
\$15,000 - 24,999	30.1	(26.7 - 33.8)
\$25,000 - 34,999	21.9	(18.1 - 26.2)
\$35,000 - 49,999	13.8	(11.1 - 16.9)
\$50,000 +	9.9	(7.9 - 12.3)

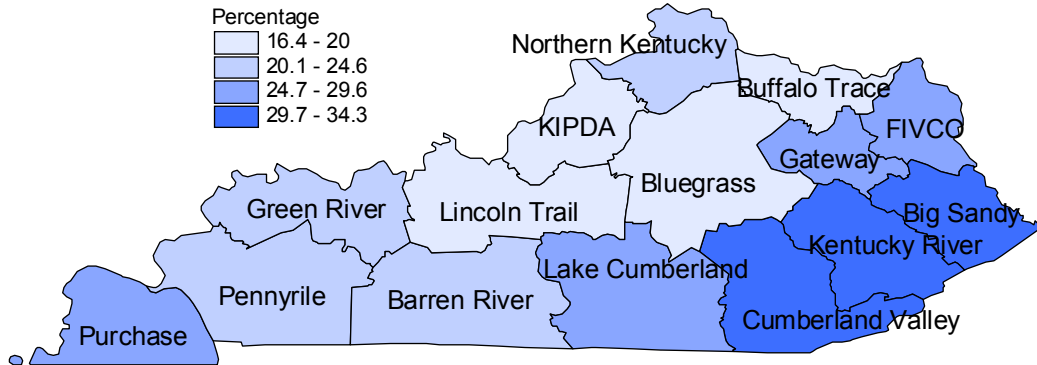
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Activity Limitation

Kentucky BRFSS 2001 Report

Activity Limitation 2001 BRFSS Data by Area Development District



Activity Limitation by Area Development District Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	16.3	
Total Kentucky	22.5	(21.3 - 23.8)
ADDs		
Barren River	23.4	(19.5 - 27.8)
Big Sandy	34.3	(29.5 - 39.4)
Bluegrass	19.3	(15.9 - 23.2)
Buffalo Trace	18.5	(13.8 - 24.3)
Cumberland Valley	33.6	(28.7 - 38.8)
FIVCO	29.6	(25.4 - 34.2)
Gateway	24.9	(20.5 - 29.8)
Green River	21.9	(18.0 - 26.4)
Kentucky River	31.6	(27.2 - 36.4)
KIPDA	16.4	(13.3 - 20.1)
Lake Cumberland	28.1	(23.7 - 33.0)
Lincoln Trail	20.0	(16.5 - 24.1)
Northern Kentucky	21.5	(17.9 - 25.7)
Pennyryle	24.6	(20.2 - 29.6)
Purchase	25.4	(21.5 - 29.7)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Guam, Puerto Rico and the U.S. Virgin Islands. The confidence interval is not available.



Alcohol Consumption: Binge Drinking

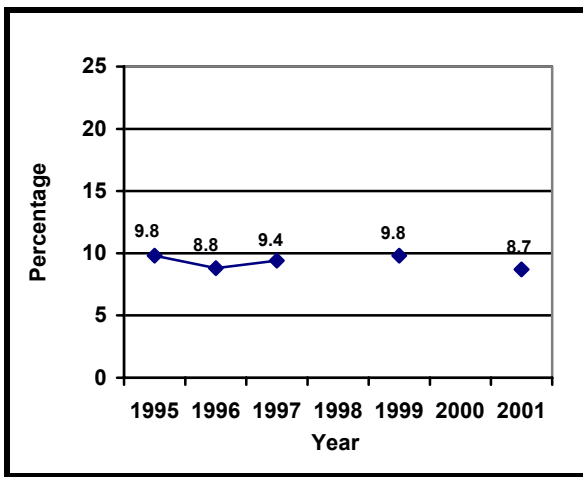
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who had five or more drinks on one or more occasions in the past month.

- In Kentucky, 8.7% of the adult population are binge drinkers.
- A higher percentage of males at 14.8% are binge drinkers compared to females at 3.2%.
- Among the age groups, the highest prevalence is among those age 18-24, 18.8%, and the lowest prevalence, 1.6%, is among those age 65 and older.
- Among income levels, the highest percentage of binge drinkers, 11.9%, have a household income greater than or equal to \$50,000.

Binge Drinking BRFSS, Kentucky Statewide Data



Alcohol consumption questions were not asked in 1998 or 2000.

Binge Drinking by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	8.7	(7.6 - 9.8)
Gender		
Male	14.8	(12.9 - 16.8)
Female	3.2	(2.3 - 4.4)
Race		
White/NH	8.5	(7.4 - 9.7)
African American/NH	9.0	(5.4 - 14.6)
Age		
18-24	18.8	(14.3 - 24.2)
25-34	12.0	(9.6 - 15.0)
35-44	11.1	(8.8 - 14.0)
45-54	6.3	(4.5 - 8.7)
55-64	2.9	(1.9 - 4.4)
65+	1.6	(.8 - 3.0)
Education		
Less than H.S.	5.2	(3.7 - 7.2)
H.S. or GED	8.7	(7.2 - 10.5)
Some Post H.S.	11.7	(9.0 - 15.0)
College Graduate	8.4	(6.4 - 11.0)
Household Income		
Less than \$15,000	3.8	(2.5 - 5.8)
\$15,000 - 24,999	9.1	(6.8 - 12.2)
\$25,000 - 34,999	8.5	(6.2 - 11.7)
\$35,000 - 49,999	10.2	(7.4 - 14.0)
\$50,000 +	11.9	(9.4 - 14.8)

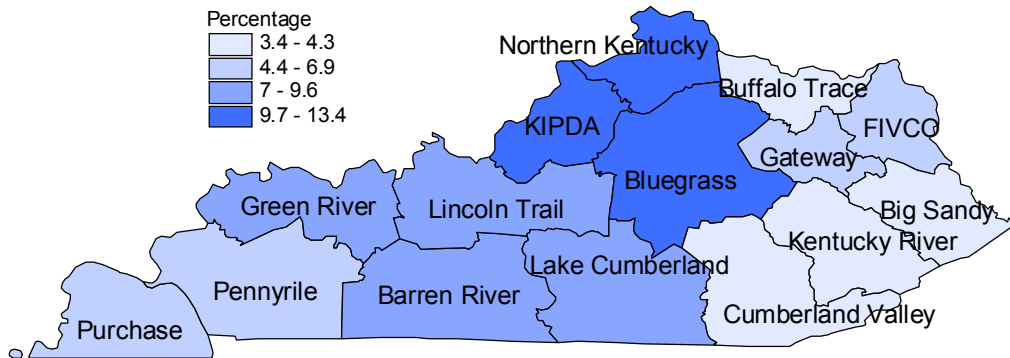
Missing, "Don't Know", and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Alcohol Consumption: Binge Drinking

Kentucky BRFSS 2001 Report

Binge Drinking 2001 BRFSS Data by Area Development District



Binge Drinking by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	14.7	
Total Kentucky	8.7	(7.6 - 9.8)
ADDs		
Barren River	7.6	(5.0 - 11.2)
Big Sandy	3.4	(1.7 - 6.5)
Bluegrass	10.7	(7.8 - 14.5)
Buffalo Trace	4.3	(2.6 - 7.1)
Cumberland Valley	4.1	(2.4 - 6.9)
FIVCO	4.7	(2.8 - 7.9)
Gateway	4.4	(2.9 - 6.6)
Green River	8.5	(5.5 - 13.0)
Kentucky River	3.7	(2.0 - 6.7)
KIPDA	10.7	(7.7 - 14.6)
Lake Cumberland	7.7	(4.7 - 12.3)
Lincoln Trail	9.6	(6.6 - 13.7)
Northern Kentucky	13.4	(10.1 - 17.5)
Pennyrile	5.6	(3.6 - 8.7)
Purchase	6.9	(4.7 - 10.1)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Alcohol Consumption: Heavy Drinking

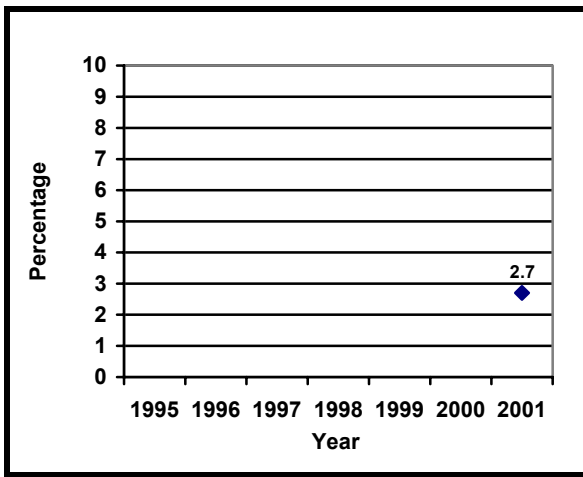
Kentucky BRFSS 2001 Report

Definition :

Males age 18 and older who had an average of more than two drinks per day, and females who had an average of more than one drink per day in the past month.

- In Kentucky, 2.7% of the adult population are heavy drinkers.
- A higher percentage of males, 3.9%, are heavy drinkers compared to females, 1.6%.
- Among African Americans, 3.5% are heavy drinkers compared to 2.7% of Whites.
- The highest percentage of heavy drinking among the age groups occurred among those age 18-24, 3.8%.

Heavy Drinking BRFSS, Kentucky Statewide Data



Heavy Drinking is a new classification for 2001.

Heavy Drinking by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	2.7	(2.2 - 3.3)
Gender		
Male	3.9	(3.0 - 5.0)
Female	1.6	(1.2 - 2.3)
Race		
White/NH	2.7	(2.2 - 3.3)
African American/NH	3.5	(1.5 - 8.0)
Age		
18-24	3.8	(2.1 - 6.6)
25-34	2.3	(1.4 - 3.7)
35-44	2.7	(1.8 - 4.1)
45-54	2.9	(1.9 - 4.6)
55-64	2.0	(1.1 - 3.6)
65+	2.5	(1.4 - 4.3)
Education		
Less than H.S.	1.6	(.9 - 2.7)
H.S. or GED	2.7	(1.9 - 3.7)
Some Post H.S.	3.0	(2.1 - 4.4)
College Graduate	3.3	(2.1 - 5.4)
Household Income		
Less than \$15,000	1.2	(0.7 - 2.2)
\$15,000 - 24,999	2.7	(1.7 - 4.5)
\$25,000 - 34,999	2.9	(1.6 - 5.1)
\$35,000 - 49,999	3.0	(1.7 - 5.3)
\$50,000 +	3.0	(2.0 - 4.6)

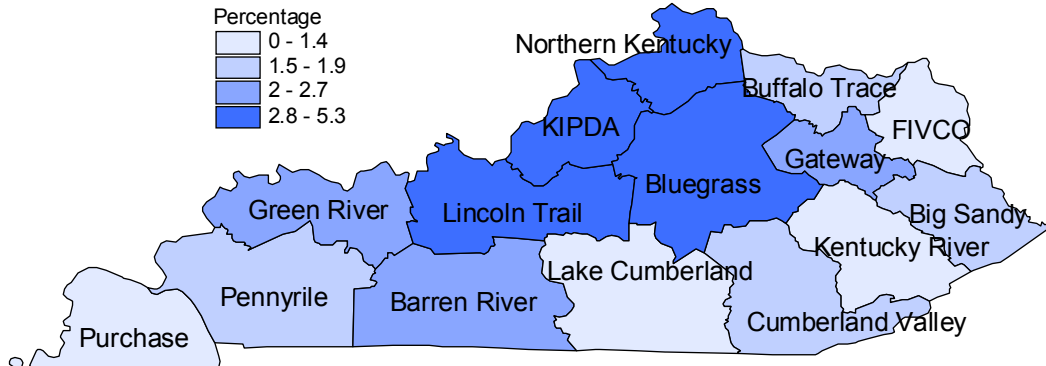
Missing, "Don't Know", and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Alcohol Consumption: Heavy Drinking

Kentucky BRFSS 2001 Report

Heavy Drinking 2001 BRFSS Data by Area Development District



Heavy Drinking by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	5.1	
Total Kentucky	2.7	(2.2 - 3.3)
ADDs		
Barren River	2.1	(1.1 - 4.3)
Big Sandy	1.9	(0.8 - 4.4)
Bluegrass	3.4	(2.1 - 5.7)
Buffalo Trace	1.7	(.8 - 3.4)
Cumberland Valley	1.6	(0.7 - 3.4)
FIVCO	1.4	(0.6 - 3.2)
Gateway	2.2	(1.3 - 3.7)
Green River	2.5	(1.2 - 4.8)
Kentucky River	.8	(.3 - 2.4)
KIPDA	2.8	(1.6 - 4.7)
Lake Cumberland	1.3	(0.6 - 2.9)
Lincoln Trail	2.8	(1.4 - 5.4)
Northern Kentucky	5.3	(3.2 - 8.4)
Pennyrile	1.6	(0.7 - 3.7)
Purchase	2.7	(1.4 - 4.9)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Arthritis

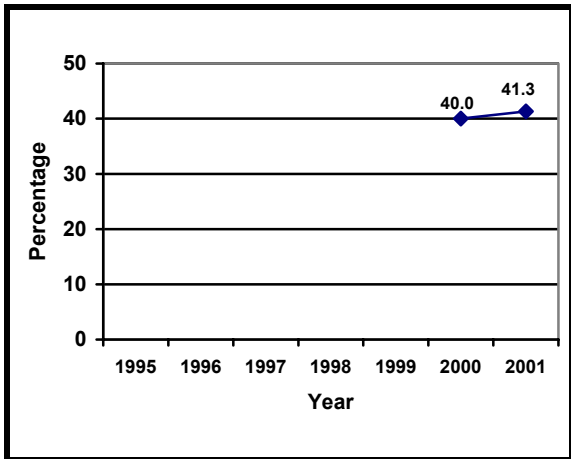
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who either have chronic joint symptoms or have been told by a doctor that they have arthritis

- In Kentucky, 41.3% of the adult population have arthritis.
- The prevalence of arthritis is 45.5% among females and 36.7% among males.
- Approximately 35% of African Americans have arthritis compared to 42% of Whites.
- Among the age groups, those age 65 and older have the highest prevalence, 66.5%, while those age 18-24 have the lowest prevalence, 12.8%.

Arthritis BRFSS, Kentucky Statewide Data



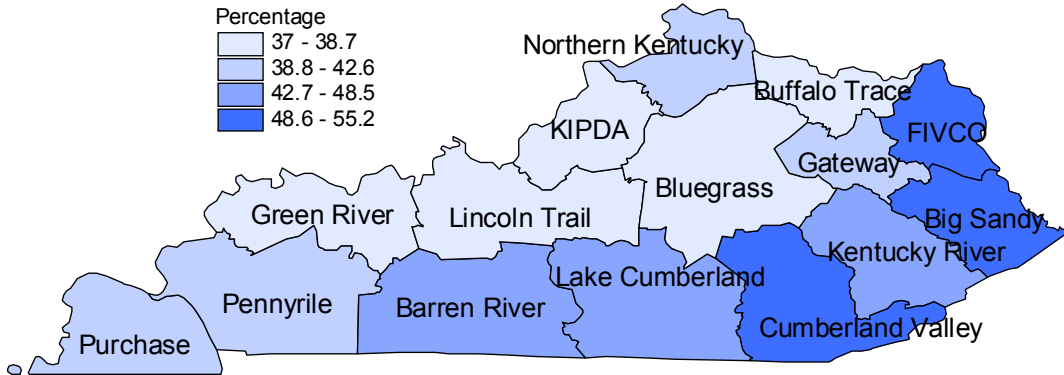
2000 was the first year that arthritis questions were asked in Kentucky.

Arthritis by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	41.3	(39.7 - 42.9)
Gender		
Male	36.7	(34.3 - 39.2)
Female	45.5	(43.5 - 47.6)
Race		
White/NH	42.1	(40.4 - 43.8)
African American/NH	34.5	(28.2 - 41.4)
Age		
18-24	12.8	(9.6 - 16.8)
25-34	25.4	(22.0 - 29.2)
35-44	35.6	(32.2 - 39.1)
45-54	47.8	(44.2 - 51.4)
55-64	57.2	(53.0 - 61.4)
65+	66.5	(63.1 - 69.6)
Education		
Less than H.S.	59.8	(56.5 - 63.1)
H.S. or GED	41.6	(38.9 - 44.3)
Some Post H.S.	36.3	(33.1 - 39.7)
College Graduate	28.4	(25.1 - 31.9)
Household Income		
Less than \$15,000	60.5	(55.6 - 65.2)
\$15,000 - 24,999	46.3	(42.3 - 50.3)
\$25,000 - 34,999	38.9	(34.4 - 43.6)
\$35,000 - 49,999	38.9	(34.4 - 43.6)
\$50,000 +	30.4	(27.0 - 34.1)

Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Arthritis
2001 BRFSS Data by Area Development District



Arthritis by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	33.0	
Total Kentucky	41.3	(39.7 - 42.9)
ADDs		
Barren River	43.0	(38.3 - 47.9)
Big Sandy	55.2	(49.6 - 60.6)
Bluegrass	38.7	(33.8 - 43.8)
Buffalo Trace	37.7	(29.4 - 46.8)
Cumberland Valley	53.2	(47.9 - 58.4)
FIVCO	48.8	(44.0 - 53.6)
Gateway	40.5	(35.3 - 46.0)
Green River	38.7	(33.4 - 44.2)
Kentucky River	48.5	(43.3 - 53.8)
KIPDA	37.0	(32.6 - 41.7)
Lake Cumberland	43.4	(38.4 - 48.5)
Lincoln Trail	38.7	(34.1 - 43.7)
Northern Kentucky	38.9	(34.4 - 43.5)
Pennyryle	41.8	(36.8 - 47.0)
Purchase	42.6	(38.0 - 47.2)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Asthma

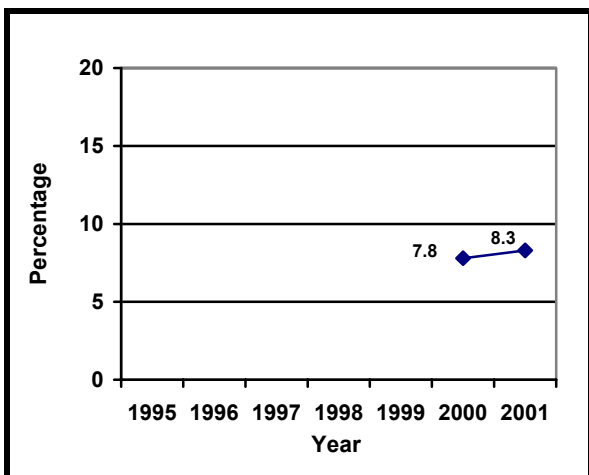
Kentucky BRFSS 2001 Report

Definition for 2001 :

Individuals age 18 and older who stated “Yes” to the following two questions, “Have you ever been told by a doctor, nurse or other health professional that you have asthma?” and “Do you still have asthma?”

- In Kentucky, 8.3% of the adult population have asthma.
- Asthma prevalence is higher among females, 10.2%, compared to males, 6.3%.
- The prevalence is 10.2% among African Americans compared to 8.1% among Whites.
- Among household income levels, those with an income of less than \$15,000 have the highest asthma prevalence at 17.5%, while those with an income of greater than \$50,000 have the lowest at 4.8%.

Asthma BRFSS, Kentucky Statewide Data



2000 was the first year that asthma questions were asked in Kentucky.

In 2000, one of the asthma questions was slightly different. Respondents were asked “Did a doctor ever tell you that you had asthma?” and “Do you still have asthma?”

Asthma by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	8.3	(7.5 - 9.2)
Gender		
Male	6.3	(5.3 - 7.6)
Female	10.2	(9.0 - 11.5)
Race		
White/NH	8.1	(7.3 - 9.0)
African American/NH	10.2	(6.7 - 15.2)
Age		
18-24	8.2	(5.4 - 12.2)
25-34	7.1	(5.6 - 9.1)
35-44	7.4	(6.0 - 9.3)
45-54	7.9	(6.3 - 10.0)
55-64	10.6	(8.2 - 13.5)
65+	9.6	(7.8 - 11.7)
Education		
Less than H.S.	12.0	(10.2 - 14.1)
H.S. or GED	8.5	(7.2 - 9.9)
Some Post H.S.	7.7	(5.8 - 10.1)
College Graduate	5.3	(3.9 - 7.1)
Household Income		
Less than \$15,000	17.5	(14.6 - 20.8)
\$15,000 - 24,999	9.0	(7.0 - 11.4)
\$25,000 - 34,999	8.2	(5.8 - 11.4)
\$35,000 - 49,999	5.4	(3.8 - 7.7)
\$50,000 +	4.8	(3.4 - 6.7)

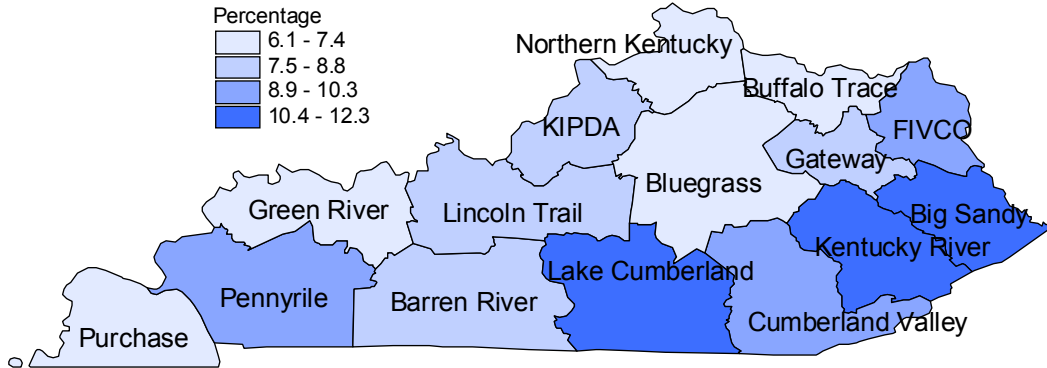
Missing, “Don’t Know” and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Asthma

Kentucky BRFSS 2001 Report

Asthma 2001 BRFSS Data by Area Development District



Asthma by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	7.3	
Total Kentucky	8.3	(7.5 - 9.2)
ADDs		
Barren River	8.8	(6.3 - 12.1)
Big Sandy	12.3	(9.3 - 16.0)
Bluegrass	6.8	(4.8 - 9.5)
Buffalo Trace	7.0	(4.6 - 10.5)
Cumberland Valley	10.3	(7.6 - 13.7)
FIVCO	9.5	(7.1 - 12.6)
Gateway	8.1	(5.6 - 11.7)
Green River	6.1	(4.2 - 8.8)
Kentucky River	12.0	(8.9 - 16.1)
KIPDA	8.1	(5.8 - 11.1)
Lake Cumberland	10.7	(8.0 - 14.2)
Lincoln Trail	8.4	(5.9 - 11.7)
Northern Kentucky	7.4	(5.4 - 10.0)
Pennyrile	9.3	(6.8 - 12.6)
Purchase	7.3	(5.3 - 10.1)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Cholesterol: Cholesterol Not Checked in Past Five Years

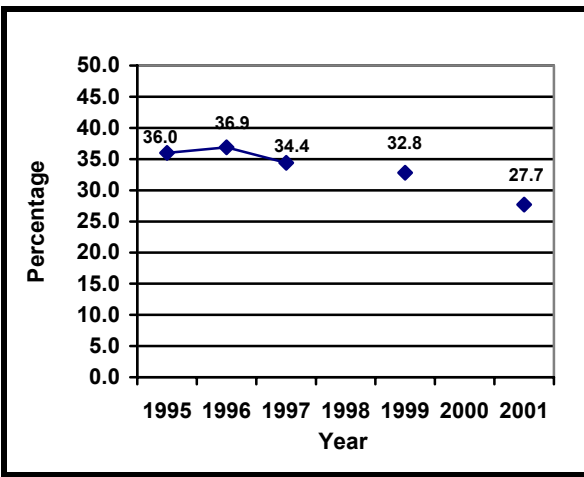
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who have not had their blood cholesterol checked in the past five years.

- In Kentucky, 27.7% of the adult population have not had their blood cholesterol checked in the past five years.
- The prevalence between Whites, 27.5, and African Americans, 30.4%, is similar.
- Fifty two percent of Kentuckians age 18-24 have not had their cholesterol checked in the past five years compared to only 10.7% of those age 65 and older.

Cholesterol Not Checked in Past Five Years BRFSS, Kentucky Statewide Data



Cholesterol questions were not asked in 1998 or 2000.

Cholesterol Not Checked in Past Five Years by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	27.7	(26.2 - 29.3)
Gender		
Male	29.3	(26.9 - 31.8)
Female	26.2	(24.3 - 28.2)
Race		
White/NH	27.5	(25.9 - 29.1)
African American/NH	30.4	(23.9 - 37.8)
Age		
18-24	52.0	(46.0 - 58.0)
25-34	42.3	(38.2 - 46.4)
35-44	30.7	(27.5 - 34.0)
45-54	20.8	(17.9 - 23.9)
55-64	12.2	(10.0 - 14.8)
65+	10.7	(8.8 - 12.9)
Education		
Less than H.S.	31.3	(28.1 - 34.7)
H.S. or GED	28.8	(26.4 - 31.3)
Some Post H.S.	28.3	(25.0 - 31.9)
College Graduate	21.4	(18.1 - 25.2)
Household Income		
Less than \$15,000	32.4	(27.8 - 37.4)
\$15,000 - 24,999	33.7	(29.7 - 38.0)
\$25,000 - 34,999	29.3	(25.1 - 33.8)
\$35,000 - 49,999	27.2	(23.4 - 31.5)
\$50,000 +	21.0	(18.0 - 24.4)

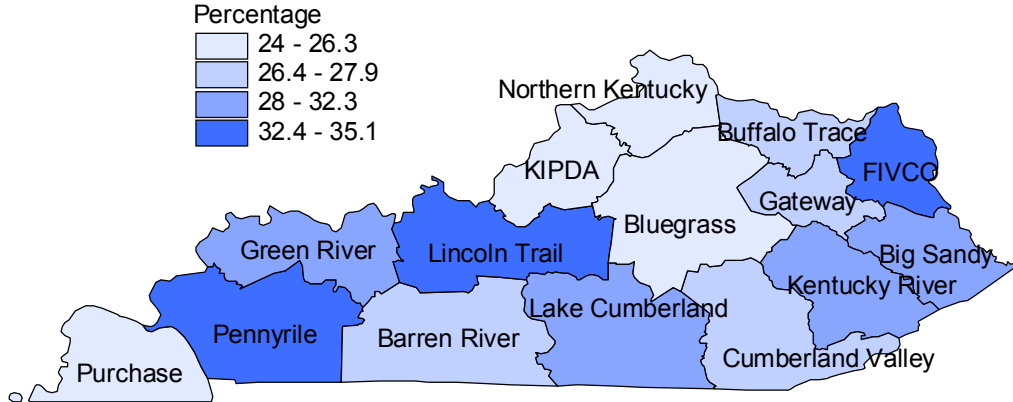
Missing, "Don't Know" and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Cholesterol: Cholesterol Not Checked in Past Five Years

Kentucky BRFSS 2001 Report

Cholesterol Not Checked in Past Five Years 2001 BRFSS Data by Area Development District



Cholesterol Not Checked in Past Five Years by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	27.5	
Total Kentucky	27.7	(26.2 - 29.3)
ADDs		
Barren River	26.4	(22.0 - 31.4)
Big Sandy	29.4	(24.4 - 34.9)
Bluegrass	25.3	(21.0 - 30.2)
Buffalo Trace	27.9	(21.0 - 36.1)
Cumberland Valley	26.5	(21.9 - 31.8)
FIVCO	35.1	(30.4 - 40.2)
Gateway	26.9	(22.4 - 32.0)
Green River	30.8	(25.6 - 36.5)
Kentucky River	32.3	(27.3 - 37.7)
KIPDA	26.3	(22.0 - 31.0)
Lake Cumberland	29.2	(24.4 - 34.6)
Lincoln Trail	33.3	(28.5 - 38.6)
Northern Kentucky	24.0	(20.2 - 28.2)
Pennyrile	33.5	(28.3 - 39.1)
Purchase	26.1	(21.9 - 30.9)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Cholesterol: High Cholesterol Awareness

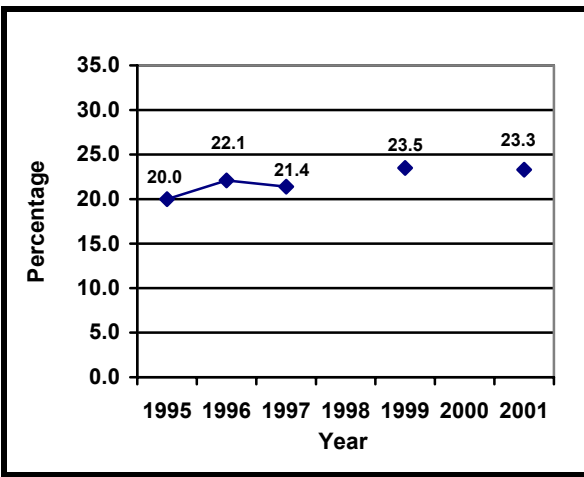
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who said “Yes”, to the following two questions: “Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?” and “Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?”

- In Kentucky, 23.3% of the adult population have been told by a doctor, nurse or other health professional that their cholesterol is high.
- Fewer African Americans, 12.2%, compared to Whites, 24.1% have been told that their blood cholesterol is high.
- Only 4.8% of Kentuckians age 18-24 have been told by a health professional that their cholesterol is high compared to 37.4% of those age 65 and older.

High Cholesterol Awareness BRFSS, Kentucky Statewide Data



Cholesterol questions were not asked in 1998 or 2000.

High Cholesterol Awareness by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	23.3	(22.0 - 24.8)
Gender		
Male	22.8	(20.7 - 25.2)
Female	23.8	(22.1 - 25.5)
Race		
White/NH	24.1	(22.7 - 25.7)
African American/NH	12.2	(8.9 - 16.5)
Age		
18-24	4.8	(2.7 - 8.4)
25-34	8.4	(6.6 - 10.7)
35-44	19.6	(16.7 - 22.9)
45-54	29.2	(26.0 - 32.6)
55-64	40.6	(36.5 - 44.8)
65+	37.4	(33.9 - 41.1)
Education		
Less than H.S.	29.2	(26.3 - 32.3)
H.S. or GED	23.6	(21.3 - 26.0)
Some Post H.S.	19.3	(16.7 - 22.2)
College Graduate	22.2	(19.2 - 25.5)
Household Income		
Less than \$15,000	28.2	(24.5 - 32.2)
\$15,000 - 24,999	23.7	(20.6 - 27.1)
\$25,000 - 34,999	24.3	(20.3 - 28.8)
\$35,000 - 49,999	22.5	(18.5 - 27.1)
\$50,000 +	20.3	(17.4 - 23.6)

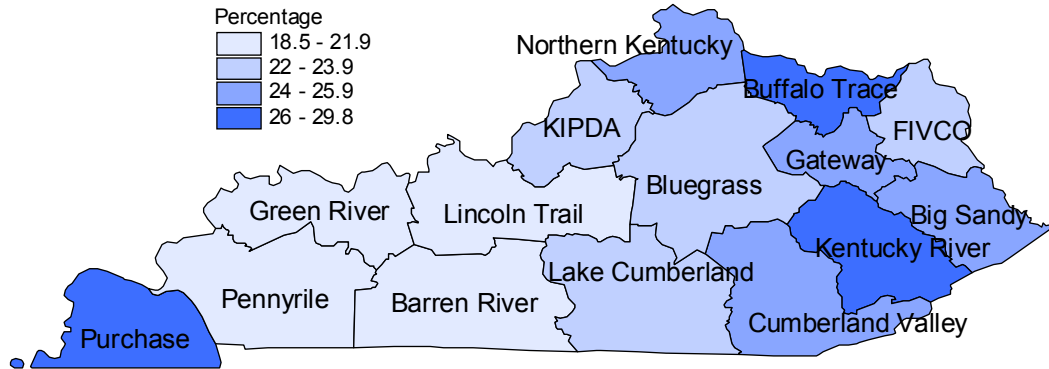
Missing, “Don’t Know” and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Cholesterol: High Cholesterol Awareness

Kentucky BRFSS 2001 Report

High Cholesterol Awareness 2001 BRFSS Data by Area Development District



High Cholesterol Awareness by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	23.4	
Total Kentucky	23.3	(22.0 - 24.8)
ADDs		
Barren River	20.5	(17.0 - 24.5)
Big Sandy	25.7	(21.4 - 30.5)
Bluegrass	23.9	(19.7 - 28.7)
Buffalo Trace	29.8	(18.2 - 44.7)
Cumberland Valley	25.9	(21.6 - 30.8)
FIVCO	22.1	(18.5 - 26.2)
Gateway	24.1	(20.2 - 28.6)
Green River	21.9	(18.0 - 26.5)
Kentucky River	26.7	(22.5 - 31.3)
KIPDA	22.6	(19.0 - 26.8)
Lake Cumberland	23.4	(19.5 - 27.9)
Lincoln Trail	18.5	(15.1 - 22.3)
Northern Kentucky	24.9	(20.9 - 29.3)
Pennyrile	20.2	(16.5 - 24.6)
Purchase	27.6	(23.7 - 31.9)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Colorectal Cancer Screening: No Blood Stool Test in Past Two Years, Age 50 and Older

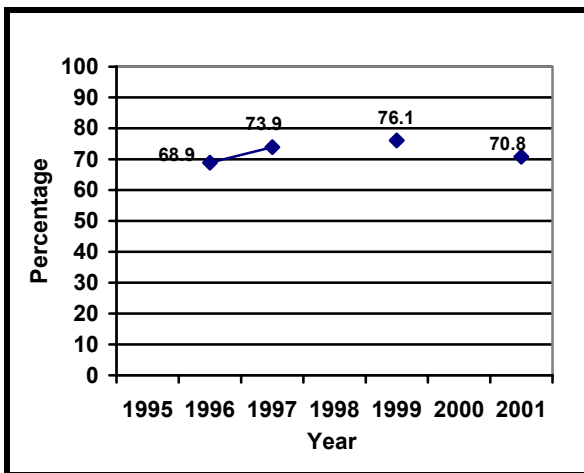
Kentucky BRFSS 2001 Report

Definition :

Individuals age 50 and older who have not had a blood stool test in the past two years.

- In Kentucky, 70.8% of the adult population age 50 and older have not had a blood stool test in the past two years.
- Approximately the same percentage of males and females, 71%, have not had a recent blood stool test.
- Approximately 70% of Whites have not been tested recently compared to 74% of African Americans.

No Blood Stool Test in Past Two Years, Age 50 and Older BRFSS, Kentucky Statewide Data



Questions on blood stool testing were not asked in 1995, 1998, or 2000.

No Blood Stool Test in Past Two Years Age 50 and Older by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	70.8	(68.5 - 73.0)
Gender		
Male	70.9	(67.2 - 74.4)
Female	70.7	(67.8 - 73.5)
Race		
White/NH	70.3	(67.9 - 72.6)
African American/NH	73.8	(62.3 - 82.7)
Age		
50-54	74.8	(70.0 - 79.1)
55-64	71.5	(67.5 - 75.3)
65+	68.1	(64.6 - 71.4)
Education		
Less than H.S.	74.6	(70.7 - 78.1)
H.S. or GED	73.0	(69.3 - 76.5)
Some Post H.S.	66.0	(60.2 - 71.3)
College Graduate	65.2	(58.7 - 71.1)
Household Income		
Less than \$15,000	71.1	(65.1 - 76.5)
\$15,000 - 24,999	72.9	(67.6 - 77.5)
\$25,000 - 34,999	66.4	(58.3 - 73.6)
\$35,000 - 49,999	75.0	(67.9 - 81.0)
\$50,000 +	67.2	(60.2 - 73.4)

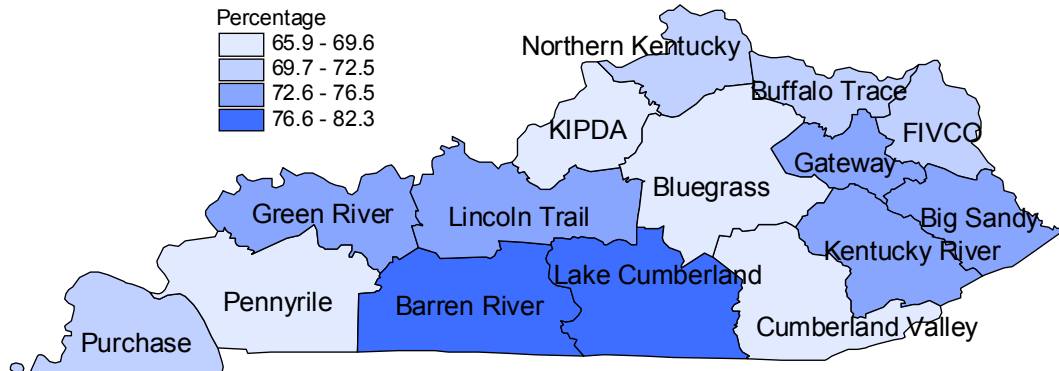
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Colorectal Cancer Screening: No Blood Stool Test in Past Two Years, Age 50 and Older

Kentucky BRFSS 2001 Report

No Blood Stool Test in Past Two Years, Age 50 and Older 2001 BRFSS Data by Area Development District



No Blood Stool Test in Past Two Years, Age 50 and Older by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	68.7	
Total Kentucky	70.8	(68.5 - 73.0)
ADDs		
Barren River	82.3	(76.5 - 86.9)
Big Sandy	76.5	(68.6 - 82.9)
Bluegrass	66.4	(58.9 - 73.2)
Buffalo Trace	72.5	(64.8 - 79.0)
Cumberland Valley	68.6	(60.8 - 75.5)
FIVCO	70.0	(63.6 - 75.6)
Gateway	73.3	(64.9 - 80.3)
Green River	73.5	(66.2 - 79.7)
Kentucky River	75.3	(68.2 - 81.3)
KIPDA	65.9	(58.9 - 72.3)
Lake Cumberland	77.3	(70.9 - 82.7)
Lincoln Trail	76.5	(69.2 - 82.5)
Northern Kentucky	70.1	(63.1 - 76.3)
Pennyrile	69.6	(62.2 - 76.2)
Purchase	71.9	(65.9 - 77.3)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Colorectal Cancer Screening: Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older

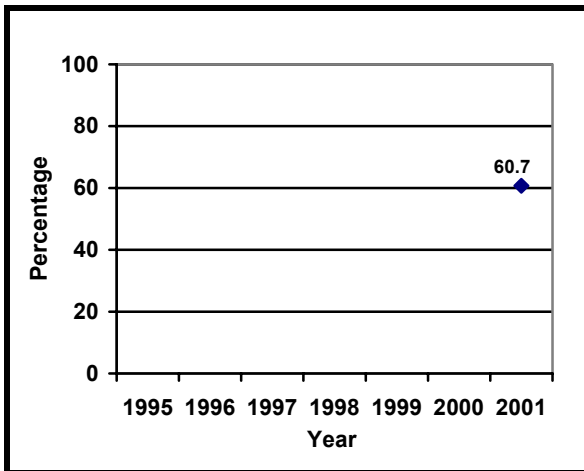
Kentucky BRFSS 2001 Report

Definition :

Individuals age 50 and older who said “No” to the following question, “Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?”

- In Kentucky, 60.7% of the population age 50 and older have not had a sigmoidoscopy or colonoscopy.
- Approximately the same percentage of males, 59.6%, and females, 61.6%, have not had either of these tests.

Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older BRFSS, Kentucky Statewide Data



The question on colonoscopy or sigmoidoscopy changed in 2001 and is not compared to data from previous years.

Never Had a Sigmoidoscopy or Colonoscopy Age 50 and Older by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	60.7	(58.2 - 63.1)
Gender		
Male	59.6	(55.5 - 63.7)
Female	61.6	(58.6 - 64.5)
Race		
White/NH	60.7	(58.1 - 63.2)
African American/NH	62.1	(49.8 - 73.1)
Age		
50-54	69.8	(64.5 - 74.6)
55-64	62.8	(58.6 - 66.9)
65+	54.4	(50.7 - 58.0)
Education		
Less than H.S.	66.9	(63.0 - 70.6)
H.S. or GED	60.5	(56.1 - 64.7)
Some Post H.S.	57.1	(51.3 - 62.7)
College Graduate	55.3	(48.8 - 61.5)
Household Income		
Less than \$15,000	65.0	(59.2 - 70.3)
\$15,000 - 24,999	62.4	(56.9 - 67.7)
\$25,000 - 34,999	62.5	(54.6 - 69.7)
\$35,000 - 49,999	58.6	(49.4 - 67.3)
\$50,000 +	55.7	(48.6 - 62.6)

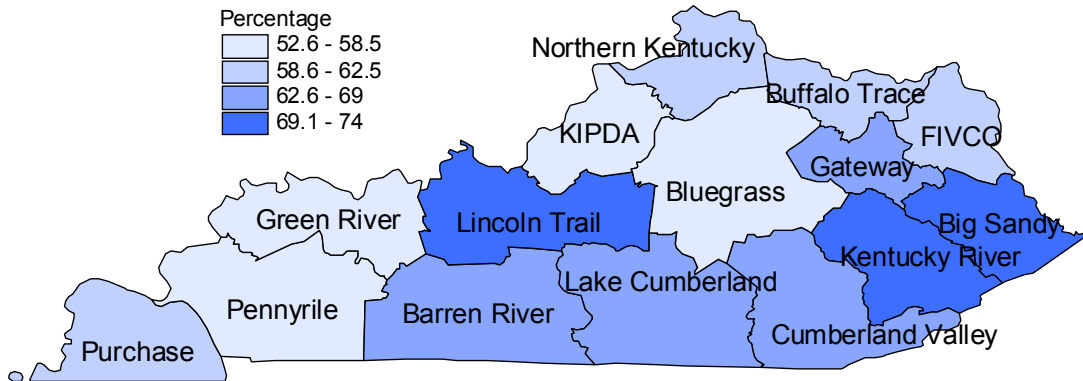
Missing, “Don’t Know”, and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Colorectal Cancer Screening: Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older

Kentucky BRFSS 2001 Report

Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older 2001 BRFSS Data by Area Development District



Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	53.7	
Total Kentucky	60.7	(58.2 - 63.1)
ADDs		
Barren River	66.7	(60.2 - 72.7)
Big Sandy	74.0	(66.1 - 80.6)
Bluegrass	52.6	(44.7 - 60.5)
Buffalo Trace	60.5	(52.6 - 67.9)
Cumberland Valley	69.0	(61.2 - 75.8)
FIVCO	59.8	(53.2 - 66.0)
Gateway	68.1	(59.2 - 75.9)
Green River	58.5	(50.8 - 65.8)
Kentucky River	70.0	(62.7 - 76.4)
KIPDA	54.3	(47.2 - 61.3)
Lake Cumberland	68.9	(61.9 - 75.2)
Lincoln Trail	72.2	(65.0 - 78.3)
Northern Kentucky	62.5	(55.2 - 69.3)
Pennyrile	58.5	(50.8 - 65.7)
Purchase	61.9	(55.7 - 67.7)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Diabetes

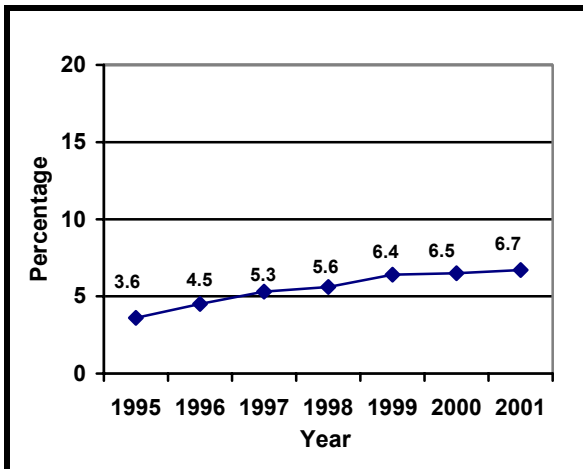
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who stated “Yes” to the following question, “Have you ever been told by a doctor that you have diabetes?” This does not include women who have been told that they have diabetes only during pregnancy.

- In Kentucky, 6.7% of the adult population have been told by a doctor that they have diabetes.
- In 2001, approximately the same percentage of males as females had ever been told by a doctor that they have diabetes.
- Diabetes is 10.4% among African Americans and 6.3% among Whites.
- Among age groups, 12.8% of those age 65 and older have been told by a doctor that they have diabetes compared to only .3% of those age 18-24.
- Diabetes has increased from 3.6% in 1995 to 6.7% in 2001.

Diabetes BRFSS, Kentucky Statewide Data

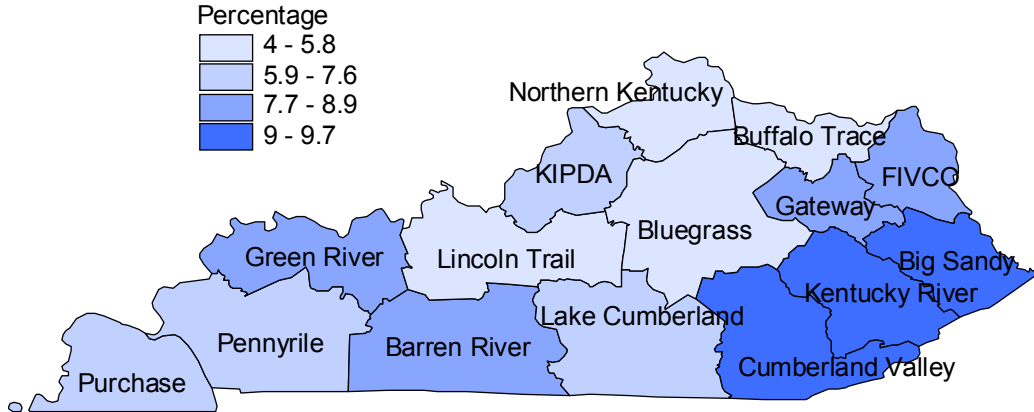


Diabetes by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	6.7	(6.0 - 7.4)
Gender		
Male	6.9	(5.9 - 8.2)
Female	6.4	(5.6 - 7.3)
Race		
White/NH	6.3	(5.7 - 7.1)
African American/NH	10.4	(7.1 - 15.0)
Age		
18-24	.3	(.1 - 1.1)
25-34	1.7	(1.0 - 2.9)
35-44	4.9	(3.5 - 6.8)
45-54	7.8	(6.2 - 9.8)
55-64	12.9	(10.6 - 15.7)
65+	12.8	(10.8 - 15.1)
Education		
Less than H.S.	11.0	(9.3 - 13.0)
H.S. or GED	6.2	(5.1 - 7.4)
Some Post H.S.	5.8	(4.6 - 7.5)
College Graduate	4.3	(3.1 - 6.0)
Household Income		
Less than \$15,000	12.5	(10.3 - 15.1)
\$15,000 - 24,999	8.0	(6.3 - 10.1)
\$25,000 - 34,999	5.5	(3.7 - 8.0)
\$35,000 - 49,999	5.4	(3.7 - 7.8)
\$50,000 +	3.9	(2.8 - 5.5)

Missing, “Don’t Know” and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Diabetes
2001 BRFSS Data by Area Development District



Diabetes by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	6.6	
Total Kentucky	6.7	(6.0 - 7.4)
ADDs		
Barren River	8.8	(6.5 - 11.7)
Big Sandy	9.2	(6.6 - 12.6)
Bluegrass	4.0	(2.6 - 6.1)
Buffalo Trace	5.2	(3.3 - 8.0)
Cumberland Valley	9.7	(7.1 - 13.1)
FIVCO	8.0	(6.1 - 10.5)
Gateway	8.9	(6.4 - 12.3)
Green River	8.0	(5.6 - 11.2)
Kentucky River	9.4	(7.0 - 12.5)
KIPDA	6.8	(4.9 - 9.3)
Lake Cumberland	7.6	(5.6 - 10.2)
Lincoln Trail	5.8	(4.0 - 8.5)
Northern Kentucky	4.8	(3.3 - 6.9)
Pennyrile	6.3	(4.2 - 9.4)
Purchase	7.1	(5.2 - 9.6)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Folic Acid: Not Taking Folic Acid Daily Females Age 18 to 44

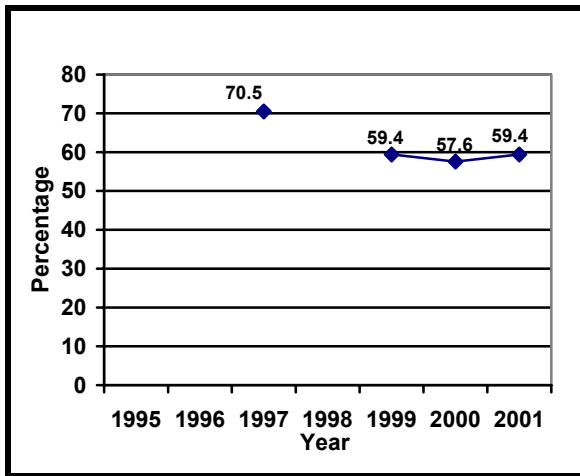
Kentucky BRFSS 2001 Report

Definition :

Females age 18-44 who do not take a vitamin or multivitamin containing folic acid daily

- In Kentucky 59.4% of females age 18-44 do not take a vitamin or supplement containing folic acid daily.
- The prevalence is the same between White and African American females, 58.6%.
- Among the age groups, the highest prevalence of not taking folic acid, 63.1%, is among the 35-44 age group.
- The prevalence of not taking a folic acid vitamin increased with decreasing levels of education and income. Of females with less than a high school education, 71.8% do not take folic acid. This compares to 49.3% of college graduates.

Not Taking Folic Acid Daily, Females Age 18-44 BRFSS, Kentucky Statewide Data



Questions on folic acid were not asked in 1995, 1996 or 1998.

Not Taking Folic Acid Daily, Females Age 18-44 by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	59.4	(56.1 - 62.7)
Race		
White/NH	58.6	(55.1 - 62.1)
African American/NH	58.6	(46.4 - 70.7)
Age		
18-24	54.2	(46.0 - 62.4)
25-34	58.8	(53.8 - 63.8)
35-44	63.1	(58.4 - 67.7)
Education		
Less than H.S.	71.8	(63.5 - 80.0)
H.S. or GED	67.6	(62.7 - 72.5)
Some Post H.S.	53.1	(46.6 - 59.6)
College Graduate	49.3	(42.6 - 55.9)
Household Income		
Less than \$15,000	67.1	(56.0 - 78.2)
\$15,000 - 24,999	60.5	(53.0 - 67.9)
\$25,000 - 34,999	61.7	(53.8 - 69.6)
\$35,000 - 49,999	61.1	(53.7 - 68.4)
\$50,000 +	56.1	(49.2 - 63.0)

Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic

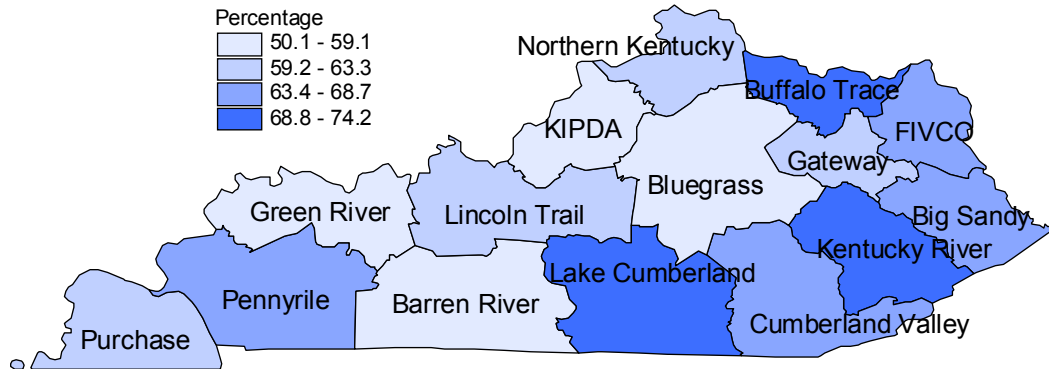


Folic Acid: Not Taking Folic Acid Daily

Females Age 18 to 44

Kentucky BRFSS 2001 Report

Not Taking Folic Acid Daily, Females Age 18-44 2001 BRFSS Data by Area Development District



Not Taking Folic Acid Daily, Females Age 18-44 by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	57.9	
Total Kentucky	59.4	(56.1 - 62.7)
ADDs		
Barren River	58.3	(49.0 - 67.6)
Big Sandy	68.7	(58.8 - 78.6)
Bluegrass	56.1	(46.8 - 65.3)
Buffalo Trace	70.5	(61.1 - 79.9)
Cumberland Valley	64.5	(54.6 - 74.4)
FIVCO	64.5	(55.3 - 73.7)
Gateway	63.3	(54.4 - 72.1)
Green River	59.1	(47.9 - 70.3)
Kentucky River	74.2	(65.1 - 83.2)
KIPDA	50.1	(40.0 - 60.1)
Lake Cumberland	71.9	(62.4 - 81.4)
Lincoln Trail	59.4	(50.5 - 68.3)
Northern Kentucky	60.7	(52.4 - 69.1)
Pennyrile	65.4	(53.4 - 77.4)
Purchase	63.1	(52.5 - 73.7)

*National Median is the middle value of the prevalence estimates from 13 states. The confidence interval is not available.



Folic Acid: Not Aware that Folic Acid Prevents Birth Defects Females Age 18 to 44

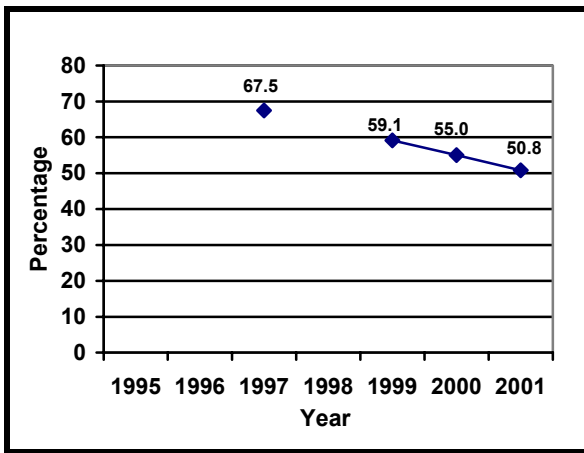
Kentucky BRFSS 2001 Report

Definition :

Females age 18-44 who are not aware that taking 400 mcg of folic acid daily helps prevent birth defects

- In Kentucky, 50.8% of females age 18-44 are not aware that folic acid helps prevent birth defects.
- Approximately 57% of African American females, compared to 50% of White females, are not aware that folic acid prevents birth defects.
- Among the age groups, the highest prevalence of not being aware that folic acid prevents birth defects is among those in the 18-24 age group, 57.9%.

**Females Age 18-44 Who are Not Aware that Folic Acid Prevents Birth Defects
BRFSS, Kentucky Statewide Data**



Questions on folic acid were not asked in 1995, 1996 or 1998.

**Females age 18-44 Who are Not Aware that Folic Acid Prevents Birth Defects
by Demographic Groups
Kentucky BRFSS 2001**

Demographic Groups	%	95% (CI)
Total	50.8	(47.5 - 54.1)
Race		
White/NH	50.2	(46.7 - 53.7)
African American/NH	57.1	(45.6 - 68.6)
Age		
18-24	57.9	(50.1 - 65.6)
25-34	41.4	(36.4 - 46.3)
35-44	54.4	(49.7 - 59.2)
Education		
Less than H.S.	72.9	(65.2 - 80.5)
H.S. or GED	60.0	(55.0 - 64.9)
Some Post H.S.	46.2	(39.7 - 52.7)
College Graduate	31.7	(25.4 - 38.1)
Household Income		
Less than \$15,000	63.9	(53.6 - 74.2)
\$15,000 - 24,999	58.5	(51.3 - 65.6)
\$25,000 - 34,999	46.5	(38.5 - 54.6)
\$35,000 - 49,999	46.0	(38.5 - 53.5)
\$50,000 +	40.2	(33.2 - 47.2)

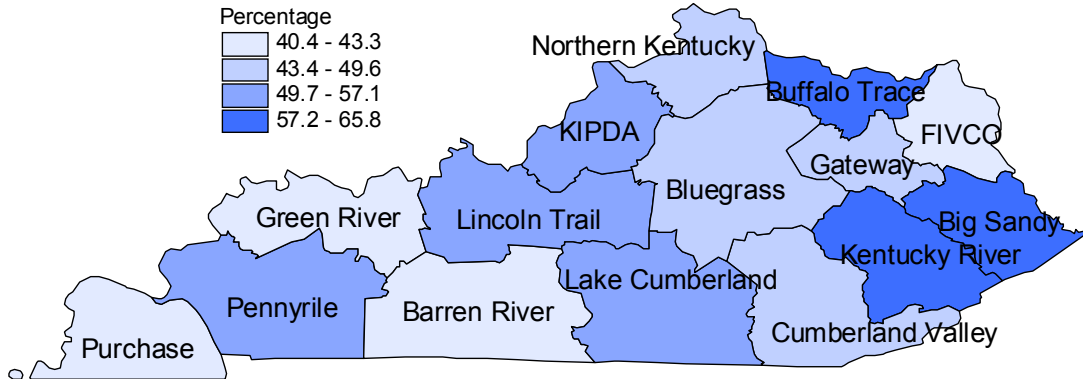
Missing, and Refused Responses are excluded.
 Respondents who answered "Don't Know " are included.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Folic Acid: Not Aware that Folic Acid Prevents Birth Defects Females Age 18 to 44

Kentucky BRFSS 2001 Report

Females Age 18-44 Who Are Not Aware that Folic Acid Prevents Birth Defects 2001 BRFSS Data by Area Development District



Females Age 18-44 Who Are Not Aware That Folic Acid Prevents Birth Defects by Area Development District Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	52.7	
Total Kentucky	50.8	(47.5 - 54.1)
ADDs		
Barren River	43.3	(33.9 - 52.6)
Big Sandy	60.3	(50.4 - 70.1)
Bluegrass	49.4	(40.2 - 58.6)
Buffalo Trace	65.8	(55.6 - 75.9)
Cumberland Valley	49.6	(39.6 - 59.6)
FIVCO	40.4	(31.0 - 49.9)
Gateway	44.4	(35.7 - 53.2)
Green River	41.9	(30.9 - 53.0)
Kentucky River	58.4	(47.9 - 68.9)
KIPDA	57.1	(47.4 - 66.8)
Lake Cumberland	56.1	(45.4 - 66.8)
Lincoln Trail	53.8	(44.7 - 63.0)
Northern Kentucky	45.5	(36.9 - 54.0)
Pennyryle	50.4	(38.5 - 62.2)
Purchase	40.5	(29.3 - 51.7)

*National Median is the middle value of the prevalence estimates from 13 states. The confidence interval is not available.



Health Care Access: Lack of Health Care Coverage

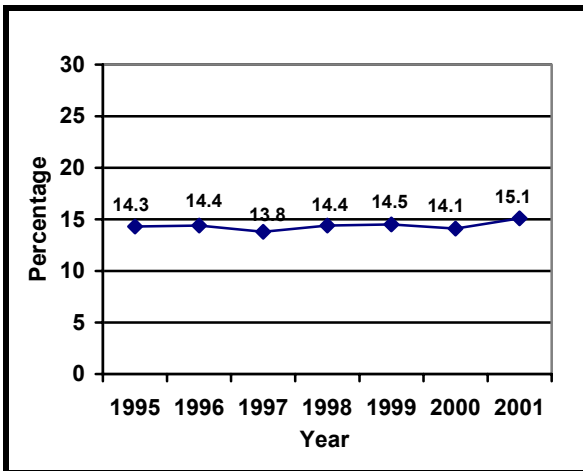
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who stated “No” to the following question, “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO’s, or government plans such as Medicare?”

- In Kentucky, 15.1% of the adult population do not have health care coverage.
- Lack of health care coverage is 15.2% among males and 15.0% among females.
- Among African Americans, 16.4% are without health care coverage compared to 15.1% of Whites.
- About one fourth of Kentuckians age 18-24 are without health insurance. However, only about 2% of Kentuckians age 65 and older are without some form of health care coverage.

**Lack of Health Care Coverage
BRFSS, Kentucky Statewide Data**



Lack of Health Care Coverage by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	15.1	(14.0 - 16.3)
Gender		
Male	15.2	(13.5 - 17.1)
Female	15.0	(13.6 - 16.6)
Race		
White/NH	15.1	(13.9 - 16.4)
African American/NH	16.4	(11.9 - 22.1)
Age		
18-24	26.4	(21.8 - 31.7)
25-34	21.7	(18.6 - 25.2)
35-44	16.9	(14.5 - 19.7)
45-54	12.6	(10.7 - 14.8)
55-64	13.3	(10.8 - 16.5)
65+	2.2	(1.5 - 3.1)
Education		
Less than H.S.	24.9	(22.0 - 28.1)
H.S or GED	16.1	(14.4 - 18.1)
Some Post – H.S.	13.0	(10.7 - 15.7)
College Graduate	6.0	(4.3 - 8.2)
Household Income		
Less than \$15,000	30.7	(26.5 - 35.1)
\$15,000 - 24,999	30.1	(26.4 - 34.0)
\$25,000 - 34,999	11.9	(9.4 - 15.0)
\$35,000 - 49,999	7.6	(5.4 - 10.5)
\$50,000 +	4.0	(2.8 - 5.7)

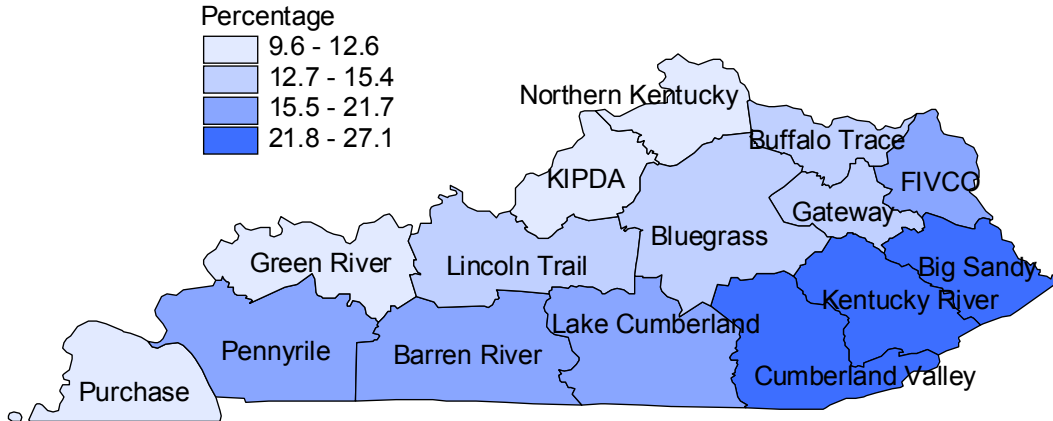
Missing, “Don’t Know”, and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Health Care Access: Lack of Health Care Coverage

Kentucky BRFSS 2001 Report

Lack of Health Care Coverage 2001 BRFSS Data by Area Development District



Lack of Health Care Coverage by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	13.3	
Total Kentucky	15.1	(14.0 - 16.3)
ADDs		
Barren River	15.7	(12.5 - 19.5)
Big Sandy	27.1	(22.2 - 32.7)
Bluegrass	15.4	(12.0 - 19.5)
Buffalo Trace	14.6	(10.8 - 19.6)
Cumberland Valley	26.3	(21.8 - 31.4)
FIVCO	21.7	(17.7 - 26.4)
Gateway	15.4	(11.9 - 19.5)
Green River	12.1	(8.9 - 16.2)
Kentucky River	22.6	(18.1 - 27.8)
KIPDA	10.1	(7.5 - 13.5)
Lake Cumberland	18.6	(14.6 - 23.3)
Lincoln Trail	14.4	(10.9 - 18.8)
Northern Kentucky	9.6	(7.1 - 12.9)
Pennyrile	18.0	(13.9 - 23.0)
Purchase	12.6	(9.5 - 16.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Health Status: General Health is Fair or Poor

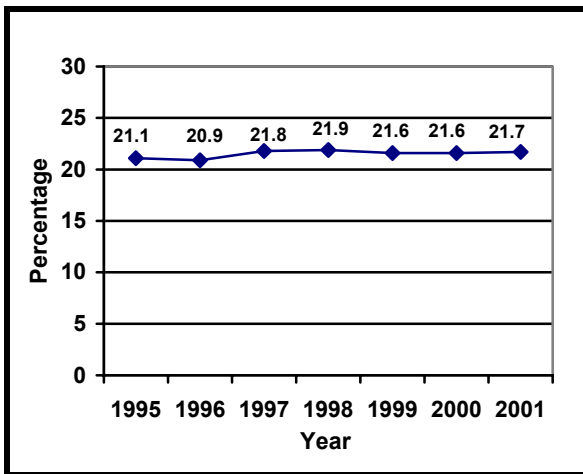
Kentucky BRFSS 2001 Report

Definition :

Individuals 18 and older who stated that their health was fair or poor when asked the question, "Would you say that in general your health is excellent, very good, good, fair or poor?"

- In Kentucky, 21.7% of the adult population consider their health status to be fair or poor.
- The prevalence of fair or poor health status increases with age. 39.2% of those Kentuckians age 65 and older have a health status of fair or poor.
- Those Kentuckians whose household income is less than \$15,000 have the highest percentage of fair or poor health status at 49.8%.

General Health: Fair or Poor BRFSS, Kentucky Statewide Data



General Health: Fair or Poor by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	21.7	(20.6 - 23.0)
Gender		
Male	21.8	(19.9 - 23.7)
Female	21.7	(20.2 - 23.3)
Race		
White/NH	22.0	(20.7 - 23.3)
African American/NH	16.7	(12.4 - 22.1)
Age		
18-24	6.2	(4.0 - 9.4)
25-34	10.5	(8.4 - 13.0)
35-44	15.5	(13.3 - 18.0)
45-54	24.5	(21.8 - 27.4)
55-64	35.8	(31.9 - 39.8)
65+	39.2	(35.9 - 42.6)
Education		
Less than H.S.	49.5	(46.2 - 52.8)
H.S. or GED	20.5	(18.6 - 22.6)
Some Post H.S.	13.5	(11.6 - 15.7)
College Graduate	7.1	(5.4 - 9.2)
Household Income		
Less than \$15,000	49.8	(45.3 - 54.4)
\$15,000 - 24,999	30.3	(26.9 - 34.0)
\$25,000 - 34,999	20.4	(16.8 - 24.5)
\$35,000 - 49,999	12.5	(9.9 - 15.6)
\$50,000 +	5.9	(4.6 - 7.7)

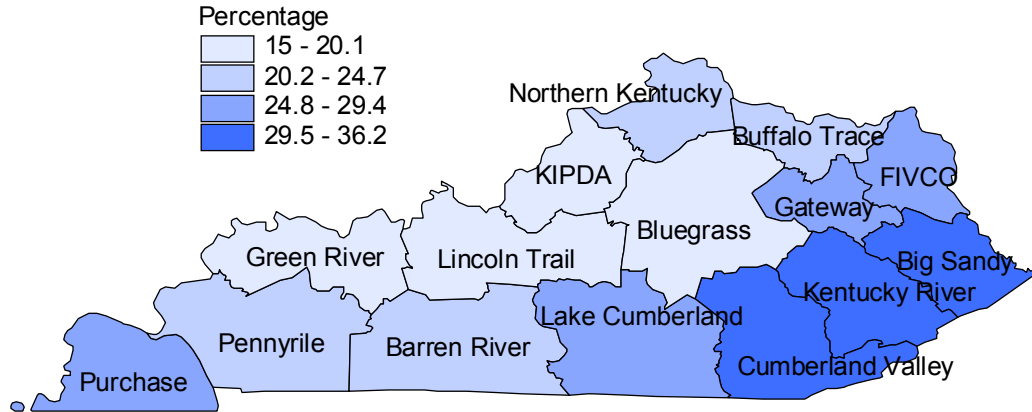
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Health Status: General Health is Fair or Poor

Kentucky BRFSS 2001 Report

General Health: Fair or Poor 2001 BRFSS Data by Area Development District



General Health: Fair or Poor by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	14.1	
Total Kentucky	21.7	(20.6 - 23.0)
ADDs		
Barren River	23.6	(19.8 - 27.9)
Big Sandy	36.2	(31.3 - 41.4)
Bluegrass	16.0	(12.9 - 19.7)
Buffalo Trace	23.5	(18.0 - 30.0)
Cumberland Valley	34.8	(30.0 - 39.9)
FIVCO	26.8	(23.0 - 31.1)
Gateway	27.0	(22.5 - 32.1)
Green River	17.9	(14.4 - 22.1)
Kentucky River	35.5	(30.8 - 40.5)
KIPDA	15.0	(12.1 - 18.4)
Lake Cumberland	29.4	(25.1 - 34.2)
Lincoln Trail	20.1	(16.6 - 24.3)
Northern Kentucky	21.2	(17.5 - 25.4)
Pennyrile	24.7	(20.3 - 29.7)
Purchase	25.0	(21.2 - 29.2)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Health Status: Frequent Physical Problems

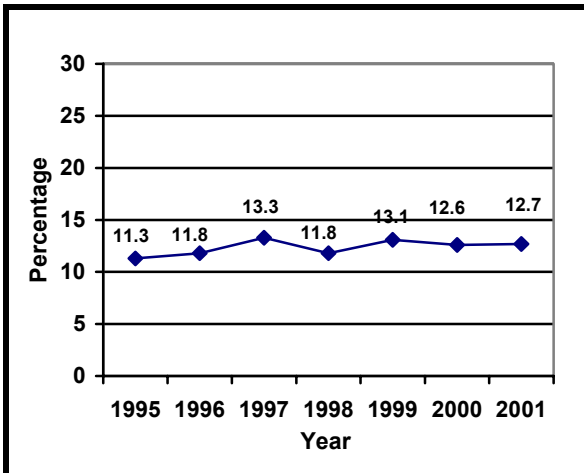
Kentucky BRFSS 2001 Report

Definition :

Individuals 18 and older who stated that they had 14 or more days of poor physical health when responding to the question, "Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?"

- In Kentucky, 12.7% of the adult population have frequent physical health problems.
- The prevalence of frequent physical health problems is similar between males and females.
- The prevalence of frequent physical health problems increases with age. Of those age 18-24, 2.7% have frequent physical problems compared to 19.8% of those age 65 and older.
- Those Kentuckians with an income level of less than \$15,000 have the highest prevalence of frequent physical problems at 27.5%.

Frequent Physical Problems BRFSS, Kentucky Statewide Data



Frequent Physical Problems by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	12.7	(11.7 - 13.7)
Gender		
Male	12.2	(10.7 - 13.8)
Female	13.1	(11.9 - 14.4)
Race		
White/NH	13.0	(12.0 - 14.1)
African American/NH	9.4	(6.1 - 14.1)
Age		
18-24	2.7	(1.6 - 4.4)
25-34	8.4	(6.4 - 11.0)
35-44	11.0	(9.0 - 13.4)
45-54	14.1	(12.1 - 16.5)
55-64	20.0	(16.8 - 23.6)
65+	19.8	(17.3 - 22.5)
Education		
Less than H.S.	24.2	(21.6 - 27.1)
H.S. or GED	12.7	(11.2 - 14.5)
Some Post H.S.	9.3	(7.7 - 11.2)
College Graduate	5.5	(4.1 - 7.4)
Household Income		
Less than \$15,000	27.5	(23.8 - 31.4)
\$15,000 - 24,999	18.2	(15.2 - 21.6)
\$25,000 - 34,999	10.1	(7.6 - 13.3)
\$35,000 - 49,999	9.2	(7.0 - 12.0)
\$50,000 +	6.0	(4.6 - 7.9)

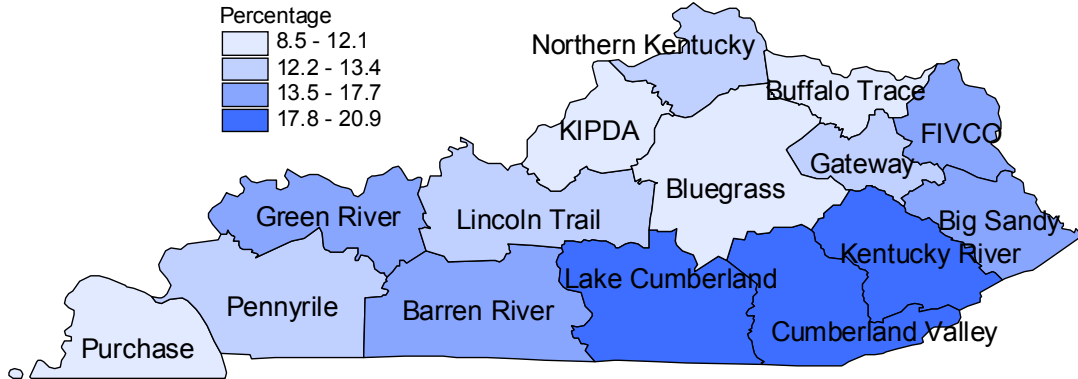
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Health Status: Frequent Physical Problems

Kentucky BRFSS 2001 Report

Frequent Physical Problems 2001 BRFSS Data by Area Development District



Frequent Physical Problems by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	10.0	
Total Kentucky	12.7	(11.7 - 13.7)
ADDs		
Barren River	14.1	(11.3 - 17.6)
Big Sandy	17.7	(14.1 - 22.0)
Bluegrass	10.7	(8.1 - 13.9)
Buffalo Trace	10.1	(7.1 - 14.2)
Cumberland Valley	18.5	(14.9 - 22.8)
FIVCO	17.2	(13.9 - 21.1)
Gateway	13.4	(10.2 - 17.5)
Green River	13.5	(10.4 - 17.4)
Kentucky River	20.9	(17.1 - 25.3)
KIPDA	8.5	(6.3 - 11.3)
Lake Cumberland	18.5	(15.0 - 22.6)
Lincoln Trail	12.3	(9.3 - 16.0)
Northern Kentucky	12.7	(9.5 - 16.6)
Pennyrile	12.7	(9.7 - 16.5)
Purchase	12.1	(9.6 - 15.2)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Health Status: Frequent Mental Distress

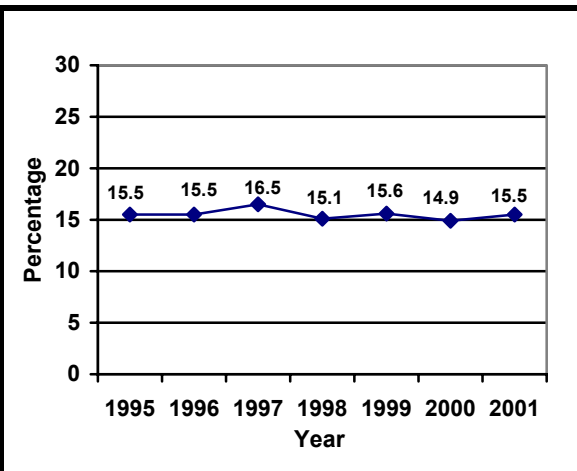
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who stated that they had 14 or more days of poor mental health when responding to the question, "Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?"

- In Kentucky, 15.5% of the adult population experience frequent mental distress.
- The prevalence of females with frequent mental distress, 18.4%, is higher than the prevalence among males, 12.5%.
- The prevalence among Whites, 16.2%, is higher than the prevalence among African Americans, 9.1%.
- Among age groups, the highest prevalence of frequent mental distress, 20.6%, is experienced by those Kentuckians in the 45 to 54 age group.
- In 2001, Kentucky's prevalence of frequent mental distress was the highest in the nation.

Frequent Mental Distress BRFSS, Kentucky Statewide Data



Frequent Mental Distress by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	15.5	(14.4 - 16.7)
Gender		
Male	12.5	(10.9 - 14.2)
Female	18.4	(16.9 - 20.0)
Race		
White/NH	16.2	(15.0 - 17.4)
African American/NH	9.1	(6.1 - 13.3)
Age		
18-24	9.3	(6.7 - 12.7)
25-34	15.1	(12.5 - 18.1)
35-44	17.1	(14.5 - 20.1)
45-54	20.6	(17.9 - 23.6)
55-64	18.0	(15.1 - 21.4)
65+	12.1	(10.2 - 14.3)
Education		
Less than H.S.	23.7	(21.1 - 26.6)
H.S or GED	15.6	(13.7 - 17.7)
Some Post – H.S.	13.8	(11.7 - 16.1)
College Graduate	9.9	(8.0 - 12.1)
Household Income		
Less than \$15,000	30.2	(26.5 - 34.2)
\$15,000 - 24,999	20.2	(17.2 - 23.4)
\$25,000 - 34,999	15.9	(12.6 - 20.0)
\$35,000 - 49,999	11.1	(8.6 - 14.1)
\$50,000 +	11.6	(9.3 - 14.3)

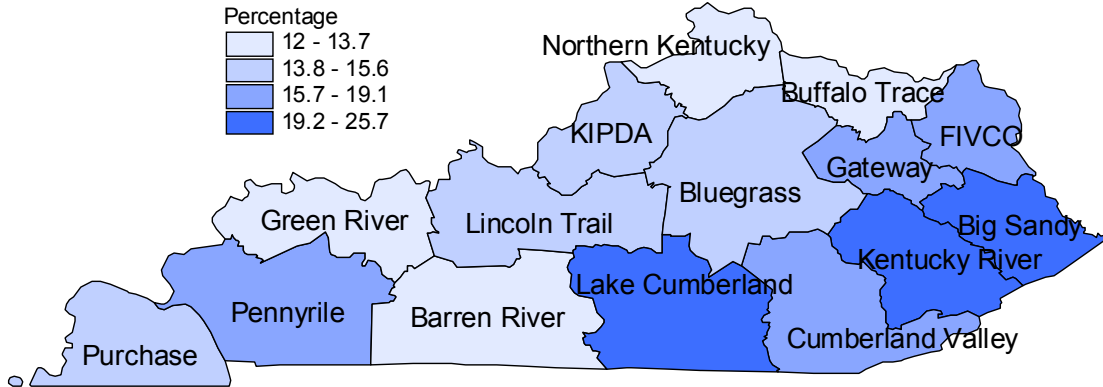
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Health Status: Frequent Mental Distress

Kentucky BRFSS 2001 Report

Frequent Mental Distress 2001 BRFSS Data by Area Development District



Frequent Mental Distress by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	10.0	
Total Kentucky	15.5	(14.4 - 16.7)
ADDs		
Barren River	12.9	(10.2 - 16.1)
Big Sandy	25.7	(21.3 - 30.6)
Bluegrass	13.8	(10.8 - 17.5)
Buffalo Trace	12.7	(9.2 - 17.2)
Cumberland Valley	19.1	(15.5 - 23.4)
FIVCO	18.9	(15.3 - 23.0)
Gateway	16.3	(12.9 - 20.3)
Green River	12.0	(9.0 - 15.8)
Kentucky River	24.5	(20.2 - 29.5)
KIPDA	14.0	(11.0 - 17.6)
Lake Cumberland	21.3	(17.4 - 25.8)
Lincoln Trail	14.1	(11.1 - 17.7)
Northern Kentucky	13.7	(10.8 - 17.1)
Pennyrile	16.6	(12.6 - 21.4)
Purchase	15.6	(12.6 - 19.1)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



HIV: Recent HIV Testing, Age 18 to 64

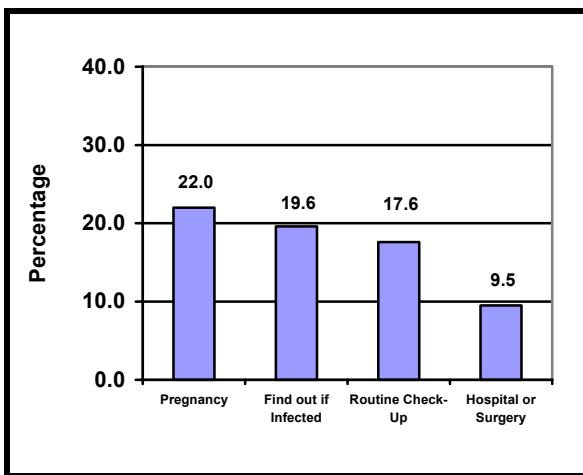
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 to 64 who were tested for Human Immunodeficiency Virus (HIV) in 2000 or 2001.

- Approximately 15% of the population age 18 to 64 tested for HIV in 2000 or 2001.
- Among African Americans, 18.2% have been tested recently compared to 14.1% of Whites.
- Among the age groups, those persons age 18 to 24 have the highest testing percentage, 25.4%, while those age 55 to 64 have the lowest testing percentage, 5.7%.
- Among those who have been recently tested, the highest percentage, 22.0%, were tested because of pregnancy. Approximately 20% were tested just to find out if they were infected. See chart below.

Reason for HIV Testing: Top Four Responses 2001 BRFSS, Kentucky Statewide Data



Recent HIV Testing Age 18 to 64 by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	14.9	(13.5 - 16.4)
Gender		
Male	14.0	(12.0 - 16.3)
Female	15.8	(13.9 - 17.9)
Race		
White/NH	14.1	(12.7 - 15.7)
African American/NH	18.2	(13.3 - 24.4)
Age		
18-24	25.4	(20.8 - 30.7)
25-34	22.1	(18.6 - 26.1)
35-44	13.5	(11.2 - 16.2)
45-54	7.9	(6.0 - 10.3)
55-64	5.7	(3.9 - 8.2)
Education		
Less than H.S.	15.5	(12.2 - 19.4)
H.S. or GED	14.7	(12.5 - 17.4)
Some Post H.S.	16.2	(13.4 - 19.5)
College Graduate	13.5	(10.9 - 16.6)
Household Income		
Less than \$15,000	19.1	(14.2 - 25.2)
\$15,000 - 24,999	18.6	(14.8 - 23.1)
\$25,000 - 34,999	16.2	(12.7 - 20.3)
\$35,000 - 49,999	14.6	(11.5 - 18.5)
\$50,000 +	13.1	(10.4 - 16.3)

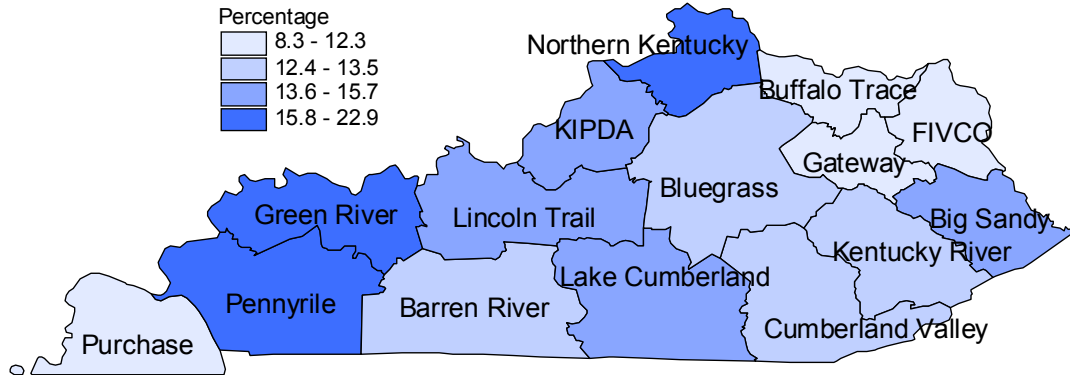
Missing, "Don't Know" and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



HIV: Recent HIV Testing, Age 18 to 64

Kentucky BRFSS 2001 Report

Recent HIV Testing, Age 18-64 2001 BRFSS Data by Area Development District



Recent HIV Testing, Age 18 to 64 by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	17.7	
Total Kentucky	14.9	(13.5 - 16.4)
ADDs		
Barren River	12.8	(9.5 - 17.0)
Big Sandy	15.5	(10.9 - 21.6)
Bluegrass	13.5	(10.0 - 18.0)
Buffalo Trace	8.3	(5.1 - 13.1)
Cumberland Valley	13.3	(9.3 - 18.6)
FIVCO	11.6	(7.9 - 16.7)
Gateway	11.8	(8.1 - 16.9)
Green River	17.5	(12.8 - 23.6)
Kentucky River	13.2	(9.1 - 18.8)
KIPDA	15.7	(11.8 - 20.5)
Lake Cumberland	15.2	(10.6 - 21.1)
Lincoln Trail	14.3	(10.7 - 18.8)
Northern Kentucky	17.0	(13.0 - 22.0)
Pennyrile	22.9	(17.2 - 29.7)
Purchase	12.3	(8.8 - 17.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Hypertension: Hypertension Awareness

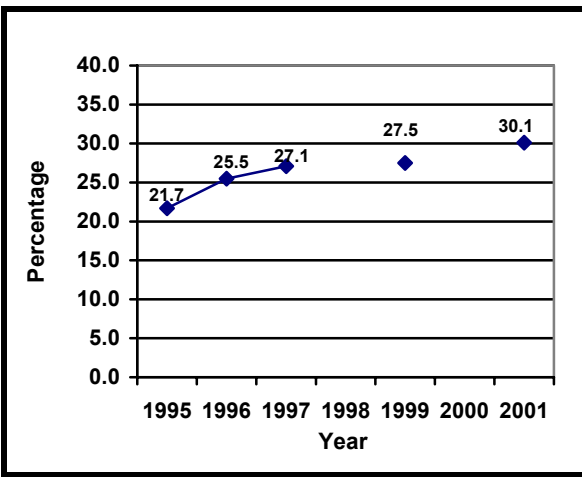
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who stated “Yes” to the following question, “Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure?”

- In Kentucky, 30.1% of the adult population have been told by a doctor or other health professional that they have high blood pressure.
- The prevalence of hypertension awareness is similar between females, 29.3%, and males, 31.0%.
- The prevalence is 36.4% among African Americans compared to 29.6% among Whites.
- Among those Kentuckians age 65 and older, 58.2% have been told by a doctor or other health professional that they have high blood pressure.

Hypertension Awareness BRFSS, Kentucky Statewide Data



Questions on hypertension awareness were not asked in 1998 or 2000.

Hypertension Awareness by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	30.1	(28.6 - 31.6)
Gender		
Male	31.0	(28.7 - 33.4)
Female	29.3	(27.5 - 31.1)
Race		
White/NH	29.6	(28.1 - 31.2)
African American/NH	36.4	(30.0 - 43.4)
Age		
18-24	7.8	(5.3 - 11.3)
25-34	12.9	(10.1 - 16.3)
35-44	22.4	(19.3 - 25.8)
45-54	33.3	(30.1 - 36.8)
55-64	46.1	(42.0 - 50.3)
65+	58.2	(54.6 - 61.7)
Education		
Less than H.S.	45.4	(42.2 - 48.7)
H.S. or GED	31.6	(29.2 - 34.2)
Some Post H.S.	22.3	(19.7 - 25.1)
College Graduate	21.4	(18.5 - 24.6)
Household Income		
Less than \$15,000	40.0	(35.7 - 44.4)
\$15,000 - 24,999	31.9	(28.4 - 35.6)
\$25,000 - 34,999	35.5	(31.0 - 40.2)
\$35,000 - 49,999	24.7	(21.2 - 28.6)
\$50,000 +	21.0	(18.2 - 24.2)

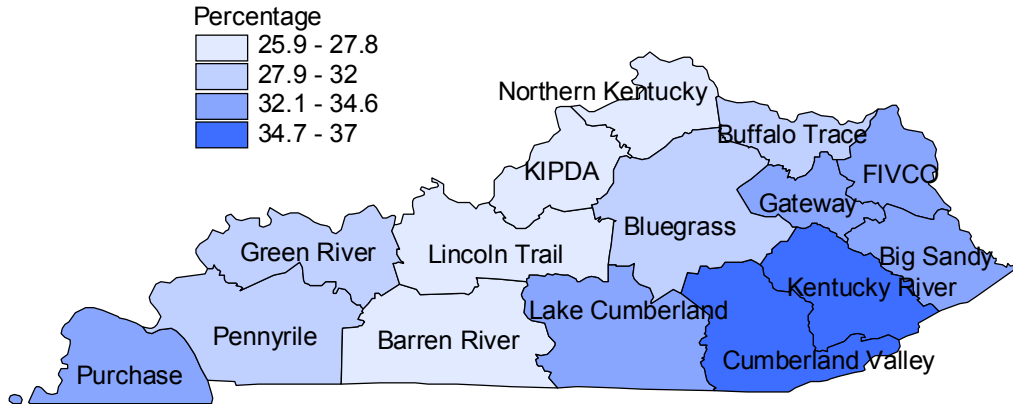
Missing, “Don’t Know” and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Hypertension: Hypertension Awareness

Kentucky BRFSS 2001 Report

Hypertension Awareness 2001 BRFSS Data by Area Development District



Hypertension Awareness by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	25.6	
Total Kentucky	30.1	(28.6 - 31.6)
ADDs		
Barren River	27.1	(23.2 - 31.3)
Big Sandy	34.6	(29.7 - 39.9)
Bluegrass	29.4	(24.9 - 34.3)
Buffalo Trace	28.9	(22.5 - 36.2)
Cumberland Valley	36.2	(31.4 - 41.2)
FIVCO	34.6	(30.3 - 39.1)
Gateway	32.8	(28.0 - 38.1)
Green River	30.1	(25.5 - 35.2)
Kentucky River	37.0	(32.3 - 42.1)
KIPDA	27.6	(23.7 - 31.9)
Lake Cumberland	34.2	(29.5 - 39.2)
Lincoln Trail	25.9	(22.0 - 30.3)
Northern Kentucky	27.8	(23.8 - 32.2)
Pennyrile	32.0	(27.4 - 37.0)
Purchase	32.6	(28.4 - 37.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Hypertension: Currently Taking Medicine for High Blood Pressure

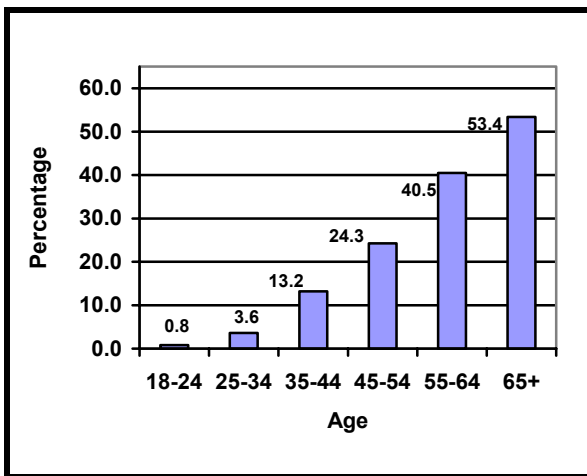
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who stated “Yes” to the following question, “Are you currently taking medicine for high blood pressure?”

- In Kentucky, 22.5% of the adult population are taking medicine for high blood pressure.
- The prevalence of taking high blood pressure medicine is similar between males, 21.9%, and females, 23.0%.
- Approximately 53% of Kentuckians age 65 and older take blood pressure medicine.

Taking Medicine for High Blood Pressure by Age
2001 BRFSS, Kentucky Statewide Data



Currently Taking Medicine for High Blood Pressure by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	22.5	(21.2 - 23.8)
Gender		
Male	21.9	(19.9 - 23.9)
Female	23.0	(21.5 - 24.7)
Race		
White/NH	22.2	(20.9 - 23.5)
African American/NH	27.3	(21.6 - 33.9)
Age		
18-24	.8	(.3 - 2.6)
25-34	3.6	(2.5 - 5.2)
35-44	13.2	(10.8 - 16.0)
45-54	24.3	(21.4 - 27.4)
55-64	40.5	(36.5 - 44.7)
65+	53.4	(49.9 - 57.0)
Education		
Less than H.S.	35.9	(32.9 - 39.0)
H.S. or GED	23.1	(21.0 - 25.4)
Some Post H.S.	16.2	(14.0 - 18.7)
College Graduate	15.7	(13.3 - 18.4)
Household Income		
Less than \$15,000	31.4	(27.6 - 35.5)
\$15,000 - 24,999	24.1	(21.1 - 27.5)
\$25,000 - 34,999	24.3	(20.5 - 28.5)
\$35,000 - 49,999	17.8	(14.8 - 21.2)
\$50,000 +	14.6	(12.2 - 17.3)

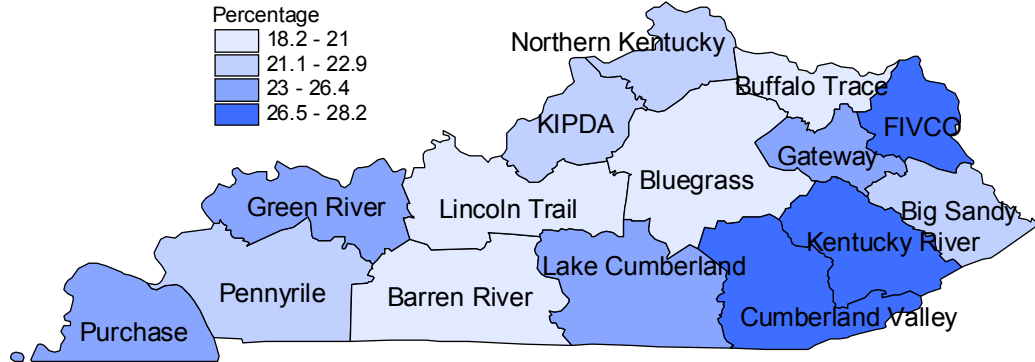
Missing, “Don’t Know” and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Hypertension: Currently Taking Medicine for High Blood Pressure

Kentucky BRFSS 2001 Report

Currently Taking Medicine for High Blood Pressure 2001 BRFSS Data by Area Development District



Currently Taking Medicine for High Blood Pressure by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	18.1	
Total Kentucky	22.5	(21.2 - 23.8)
ADDs		
Barren River	21.0	(17.6 - 24.9)
Big Sandy	22.5	(18.6 - 26.9)
Bluegrass	18.2	(14.8 - 22.1)
Buffalo Trace	20.1	(15.1 - 26.0)
Cumberland Valley	28.2	(23.9 - 32.9)
FIVCO	26.6	(22.8 - 30.8)
Gateway	23.7	(19.6 - 28.3)
Green River	24.1	(20.0 - 28.9)
Kentucky River	27.6	(23.4 - 32.3)
KIPDA	22.9	(19.4 - 26.9)
Lake Cumberland	26.4	(22.2 - 31.1)
Lincoln Trail	18.3	(15.1 - 22.1)
Northern Kentucky	22.5	(18.9 - 26.7)
Pennyryle	21.4	(17.6 - 25.7)
Purchase	26.3	(22.5 - 30.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Immunization: No Flu Shot in the Past Year, Age 65 and Older

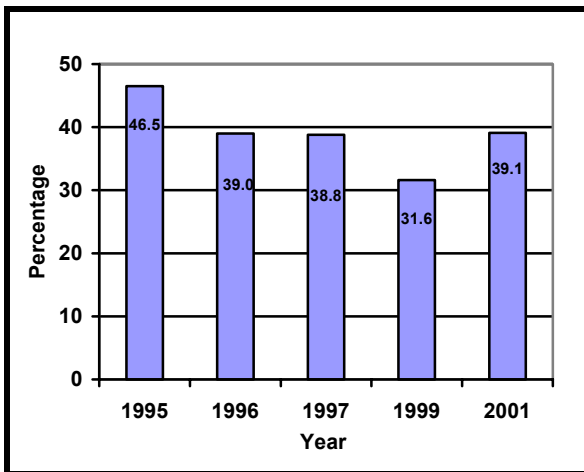
Kentucky BRFSS 2001

Definition :

Individuals 65 and older who responded “No” to the following question, “During the past 12 months, have you had a flu shot?”

- In Kentucky, 39.1% of the population age 65 and older have not had a flu shot in the past year.
- Thirty-five percent of males have not had a flu shot in the past year compared to 41.8% of females.
- Approximately 38% of Whites did not receive a flu shot in the past year. The percentage among African Americans is not presented due to small sample size.

No Flu Shot in the Past Year, Age 65 and Older BRFSS, Kentucky Statewide Data



Immunization questions were not asked in 1998 or 2000.

No Flu Shot in the Past Year, Age 65 and Older by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	39.1	(35.6 - 42.7)
Gender		
Male	35.0	(28.8 - 41.8)
Female	41.8	(37.9 - 45.9)
Race		
White/NH	38.2	(34.5 - 41.9)
African American/NH	NA	
Education		
Less than H.S.	44.3	(39.5 - 49.2)
H.S. or GED	41.9	(35.1 - 49.0)
Some Post H.S.	27.0	(20.1 - 35.1)
College Graduate	28.0	(19.4 - 38.5)
Household Income		
Less than \$15,000	39.4	(32.2 - 47.1)
\$15,000 - 24,999	40.3	(33.3 - 47.6)
\$25,000 - 34,999	42.3	(30.2 - 55.3)
\$35,000 - 49,999	38.0	(17.7 - 63.6)
\$50,000 +	40.9	(26.8 - 56.6)

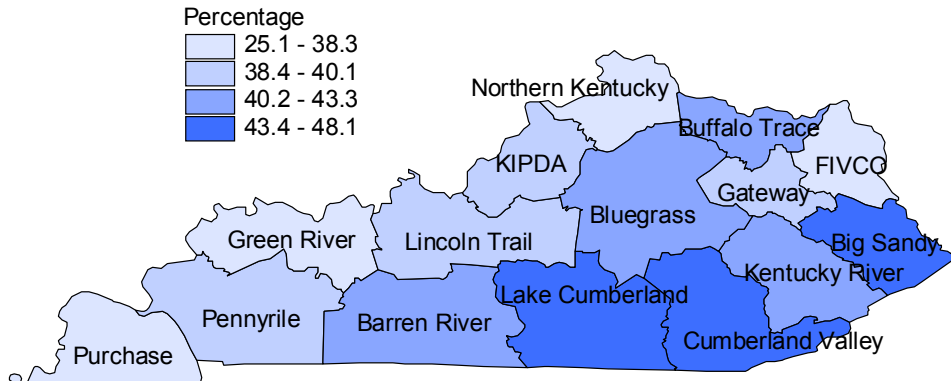
Missing, “Don’t Know”, and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic
NA = Not available due to small sample size

- The number of Kentuckians age 65 and older who have not had a flu shot in the past year declined in the late 1990’s. However, in 2001 the percentage increased to 39.1%.



Immunization:
No Flu Shot in the Past Year, Age 65 and Older
 Kentucky BRFSS 2001

No Flu Shot in the Past Year, Age 65 and Older
2001 BRFSS Data by Area Development District



No Flu Shot in the Past Year, Age 65 and Older by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	33.9	
Total Kentucky	39.1	(35.6 - 42.7)
ADDs		
Barren River	40.2	(31.4 - 49.6)
Big Sandy	45.6	(33.9 - 57.7)
Bluegrass	41.4	(29.0 - 55.0)
Buffalo Trace	43.3	(32.7 - 54.6)
Cumberland Valley	48.1	(37.0 - 59.5)
FIVCO	37.8	(29.3 - 47.2)
Gateway	40.1	(29.5 - 51.7)
Green River	38.3	(28.1 - 49.6)
Kentucky River	42.9	(32.1 - 54.4)
KIPDA	39.4	(30.1 - 49.5)
Lake Cumberland	45.1	(35.3 - 55.3)
Lincoln Trail	39.8	(28.8 - 52.0)
Northern Kentucky	31.3	(22.1 - 42.2)
Pennyrile	39.8	(30.2 - 50.3)
Purchase	25.1	(18.8 - 32.7)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Immunization: Never Had a Pneumonia Shot, Age 65 and Older

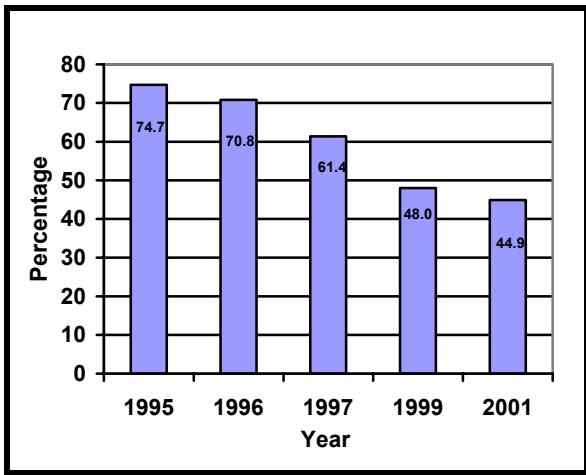
Kentucky BRFSS 2001

Definition for 2001 :

Individuals 65 and older who responded “No” to the following question, “Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person’s lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.”

- In Kentucky, 44.9% of the population age 65 and older have never had a pneumonia shot.
- Approximately 47% of females have never had a pneumonia shot compared to 42% of males.
- Among Whites, 44.9% have never had the pneumococcal vaccine. The percentage among African Americans is not presented due to small sample size.

Never Had a Pneumonia Shot, Age 65 and Older BRFSS, Kentucky Statewide Data



*Immunization questions were not asked in 1998 or 2000. The pneumonia immunization question was different during the years, 1995 through 1999. Respondents were only asked “Have you ever had a pneumonia vaccination?”

Never Had a Pneumonia Shot, Age 65 and Older by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	44.9	(41.4 - 48.5)
Gender		
Male	41.7	(35.4 - 48.3)
Female	47.1	(43.1 - 51.2)
Race		
White/NH	44.9	(41.2 - 48.6)
African American/NH	NA	
Education		
Less than H.S.	46.6	(41.8 - 51.5)
H.S. or GED	45.1	(38.4 - 52.0)
Some Post H.S.	37.2	(28.8 - 46.4)
College Graduate	48.4	(37.8 - 59.2)
Household Income		
Less than \$15,000	40.3	(33.1 - 48.0)
\$15,000 - 24,999	46.7	(39.5 - 54.1)
\$25,000 - 34,999	48.9	(36.7 - 61.2)
\$35,000 - 49,999	50.7	(30.0 - 71.2)
\$50,000 +	51.9	(36.6 - 66.9)

Missing, “Don’t Know”, and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic
NA = Not available due to small sample size

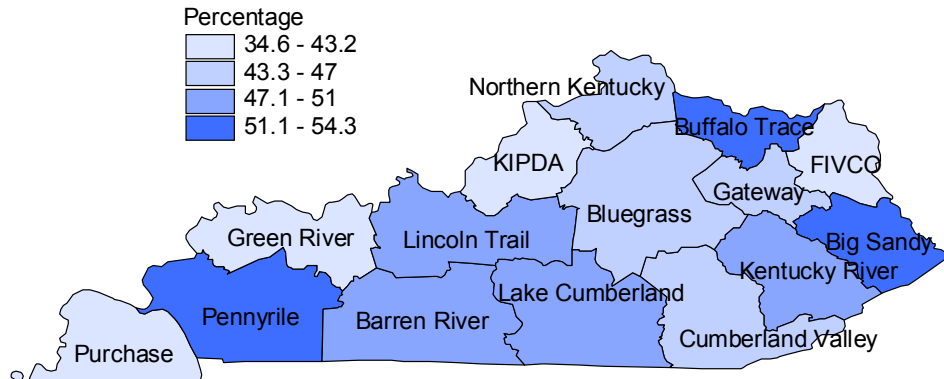
- The percentage of Kentuckians age 65 and older who have not had a pneumonia shot has declined from 74.7% in 1995 to 44.9% in 2001.



Immunization: Never Had a Pneumonia Shot, Age 65 and Older

Kentucky BRFSS 2001

Never Had a Pneumonia Shot, Age 65 and Older
2001 BRFSS Data by Area Development District



Never Had a Pneumonia Shot, Age 65 and Older by Kentucky and ADD BRFSS 2001		
	%	95% (CI)
National Median	38.8	
Total Kentucky	44.9	(41.4 - 48.5)
ADDs		
Barren River	50.0	(40.7 - 59.2)
Big Sandy	52.6	(40.5 - 64.5)
Bluegrass	45.0	(32.4 - 58.3)
Buffalo Trace	54.1	(42.8 - 65.0)
Cumberland Valley	47.0	(35.9 - 58.4)
FIVCO	36.3	(28.0 - 45.5)
Gateway	43.3	(32.3 - 55.1)
Green River	34.6	(24.7 - 45.9)
Kentucky River	51.0	(39.6 - 62.3)
KIPDA	43.2	(33.7 - 53.1)
Lake Cumberland	49.5	(39.5 - 59.6)
Lincoln Trail	50.1	(37.9 - 62.2)
Northern Kentucky	43.3	(32.6 - 54.6)
Pennyrile	54.3	(43.9 - 64.3)
Purchase	35.9	(28.6 - 44.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Nutrition: Less than Five Fruits and Vegetables a Day

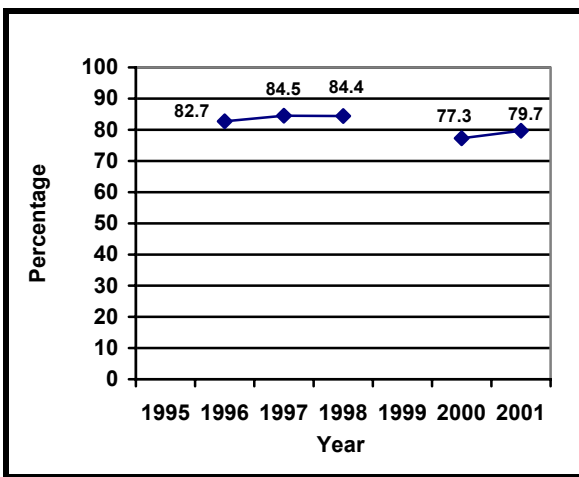
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who consume less than five fruits and vegetables a day.

- In Kentucky, 79.7% of the adult population consume less than five fruits and vegetables a day.
- A higher percentage of males at 83.3% consume less than 5-a-day compared to females at 76.3 %.
- Approximately 79% of Whites consume less than 5-a-day compared to approximately 85% of African Americans.

Less Than Five Fruits and Vegetables a Day BRFSS, Kentucky Statewide Data



Fruit and vegetable questions were not asked in 1995 or 1999.

Less than Five Fruits and Vegetables a Day by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	79.7	(78.4 - 80.9)
Gender		
Male	83.3	(81.5 - 85.1)
Female	76.3	(74.5 - 78.1)
Race		
White/NH	79.3	(77.9 - 80.6)
African American/NH	84.8	(79.6 - 89.9)
Age		
18-24	85.8	(82.4 - 89.3)
25-34	81.9	(78.9 - 85.0)
35-44	82.6	(79.8 - 85.3)
45-54	79.1	(76.2 - 81.9)
55-64	76.0	(72.3 - 79.7)
65+	72.9	(69.8 - 76.1)
Education		
Less than H.S.	83.3	(80.8 - 85.7)
H.S. or GED	83.1	(81.2 - 85.1)
Some Post H.S.	78.8	(76.1 - 81.5)
College Graduate	70.0	(66.4 - 73.5)
Household Income		
Less than \$15,000	85.8	(83.0 - 88.6)
\$15,000 - 24,999	81.0	(78.0 - 84.0)
\$25,000 - 34,999	79.0	(75.0 - 82.9)
\$35,000 - 49,999	79.8	(76.4 - 83.1)
\$50,000 +	74.7	(71.3 - 78.0)

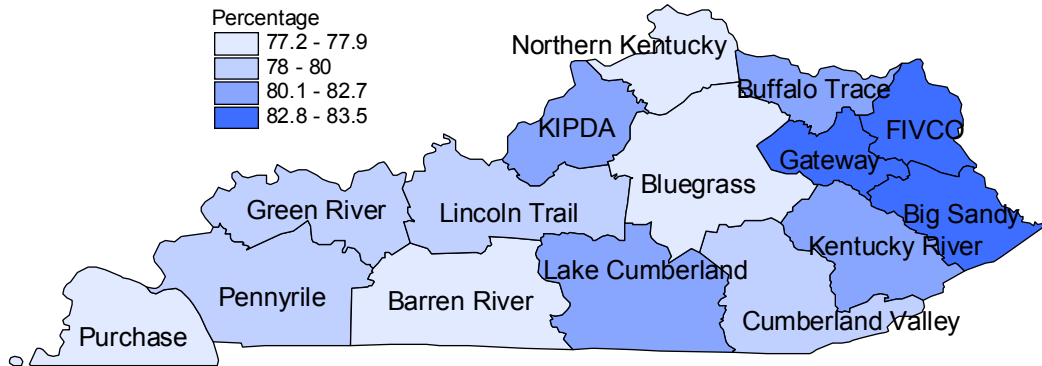
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Nutrition: Less than Five Fruits and Vegetables a Day

Kentucky BRFSS 2001 Report

Less than Five Fruits and Vegetables a Day 2001 BRFSS Data by Area Development District



Less than Five Fruits and Vegetables a Day by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	75.6	
Total Kentucky	79.7	(78.4 - 80.9)
ADDs		
Barren River	77.2	(73.1 - 81.2)
Big Sandy	83.5	(79.2 - 87.8)
Bluegrass	77.9	(74.0 - 81.7)
Buffalo Trace	82.7	(77.5 - 87.8)
Cumberland Valley	79.6	(75.5 - 83.8)
FIVCO	83.3	(79.9 - 86.7)
Gateway	82.8	(79.3 - 86.4)
Green River	79.3	(74.6 - 84.0)
Kentucky River	81.8	(77.8 - 85.9)
KIPDA	80.3	(76.6 - 84.0)
Lake Cumberland	82.1	(78.2 - 86.0)
Lincoln Trail	80.0	(76.1 - 84.0)
Northern Kentucky	77.9	(74.0 - 81.8)
Pennyrile	79.9	(75.9 - 83.9)
Purchase	77.8	(74.0 - 81.6)

*National Median is the middle value of the prevalence estimates from 10 states and one territory. The confidence interval is not available.



Physical Activity: Lack of Leisure Time Physical Activity

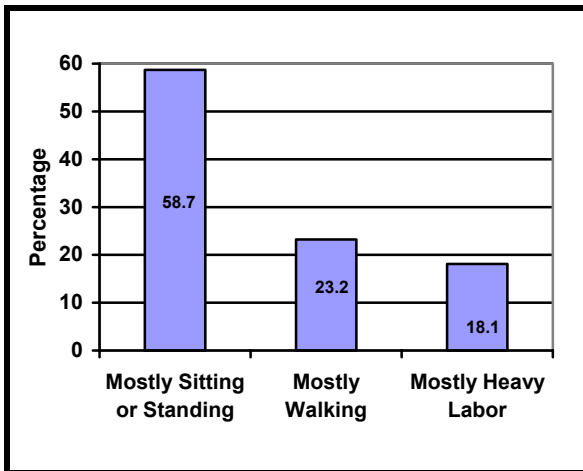
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who answered "No" to the following question, "During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise."

- In Kentucky, approximately one third of the adult population do not participate in any type of leisure time physical activity.
- A higher percentage of females, 36.3%, are sedentary compared to males, 30.3%.
- A similar percentage of Whites and African Americans are sedentary.
- Among those Kentuckians who are employed, 58.7% have a job which requires them to sit or stand most of the time. However, 23.2% mostly walk during their work hours, and 18.1% participate in heavy labor. See chart below.

Activity Level During a Workday
BRFSS 2001, Kentucky Statewide Data



Lack of Leisure Time Physical Activity by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	33.4	(31.9 - 34.9)
Gender		
Male	30.3	(28.1 - 32.5)
Female	36.3	(34.3 - 38.3)
Race		
White/NH	33.4	(31.9 - 35.0)
African American/NH	31.9	(25.9 - 38.5)
Age		
18-24	20.7	(16.8 - 25.2)
25-34	29.6	(26.1 - 33.3)
35-44	32.8	(29.6 - 36.1)
45-54	36.5	(33.1 - 40.0)
55-64	37.8	(33.9 - 41.9)
65+	41.6	(38.2 - 45.0)
Education		
Less than H.S.	54.4	(51.1 - 57.7)
H.S. or GED	35.9	(33.4 - 38.4)
Some Post H.S.	25.5	(22.7 - 28.6)
College Graduate	17.4	(14.7 - 20.3)
Household Income		
Less than \$15,000	50.9	(46.3 - 55.4)
\$15,000 - 24,999	41.8	(37.9 - 45.8)
\$25,000 - 34,999	32.2	(28.1 - 36.6)
\$35,000 - 49,999	25.8	(22.4 - 29.6)
\$50,000 +	19.6	(16.7 - 22.9)

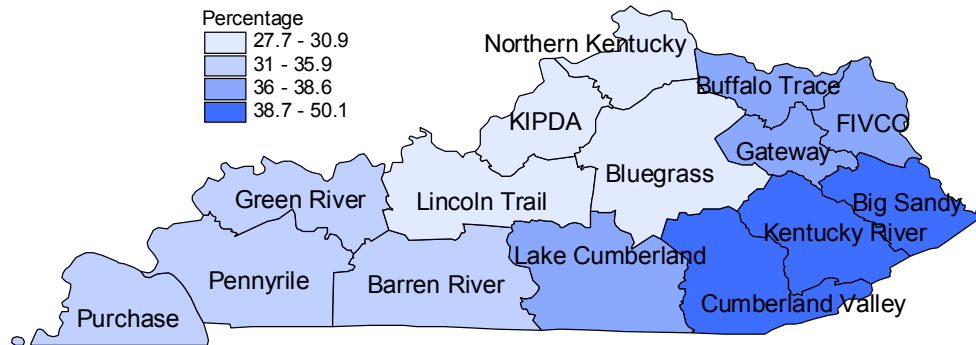
Missing, "Don't Know" and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Physical Activity: Lack of Leisure Time Physical Activity

Kentucky BRFSS 2001 Report

Lack of Leisure Time Physical Activity 2001 BRFSS Data by Area Development District



Lack of Leisure Time Physical Activity by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	25.7	
Total Kentucky	33.4	(31.9 - 34.9)
ADDs		
Barren River	35.9	(31.4 - 40.7)
Big Sandy	50.1	(44.6 - 55.5)
Bluegrass	29.1	(25.0 - 33.6)
Buffalo Trace	37.4	(29.5 - 46.1)
Cumberland Valley	46.1	(41.0 - 51.4)
FIVCO	38.2	(33.5 - 43.2)
Gateway	36.0	(31.0 - 41.4)
Green River	33.7	(28.9 - 39.0)
Kentucky River	46.2	(41.0 - 51.5)
KIPDA	27.7	(23.7 - 32.2)
Lake Cumberland	38.6	(33.8 - 43.6)
Lincoln Trail	30.9	(26.5 - 35.7)
Northern Kentucky	30.9	(26.8 - 35.4)
Pennyrile	33.1	(28.4 - 38.1)
Purchase	32.2	(28.1 - 36.6)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Physical Activity: Lack of Regular and Sustained Moderate Physical Activity

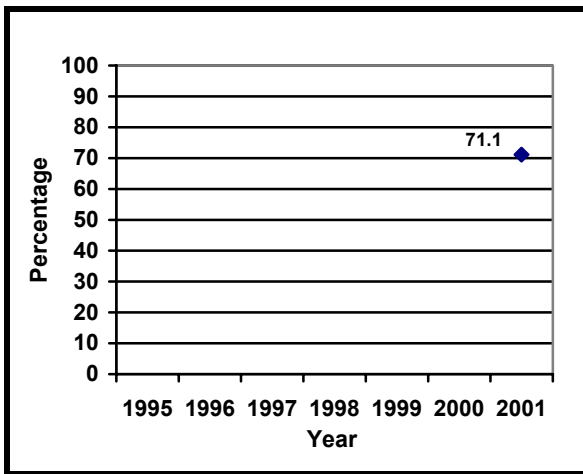
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who report no moderate physical activity or less than 30 minutes per day, or less than five days per week and no vigorous physical activity or less than 20 minutes per day, or less than three days per week

- In Kentucky, 71.1% of the adult population do not meet the recommended guidelines for moderate physical activity.
- More females, 74.5% are insufficiently active compared to males, 67.4%.
- Approximately 71% of Whites are insufficiently active compared to 74% of African Americans.
- The prevalence decreases with increasing education level and income level.

Lack of Regular and Sustained Moderate Physical Activity BRFSS, Kentucky Statewide Data



In 2001, the physical activity questions changed and can not be compared to data from previous years.

Lack of Regular and Sustained Moderate Physical Activity by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	71.1	(69.5 - 72.7)
Gender		
Male	67.4	(64.7 - 70.0)
Female	74.5	(72.5 - 76.3)
Race		
White/NH	70.9	(69.2 - 72.6)
African American/NH	74.0	(67.2 - 79.8)
Age		
18-24	62.3	(56.3 - 67.9)
25-34	69.0	(65.2 - 72.6)
35-44	71.8	(68.3 - 75.0)
45-54	72.9	(69.4 - 76.2)
55-64	73.4	(69.4 - 77.1)
65+	75.5	(71.6 - 79.0)
Education		
Less than H.S.	79.1	(75.9 - 82.1)
H.S. or GED	72.1	(69.4 - 74.6)
Some Post H.S.	69.1	(65.6 - 72.4)
College Graduate	64.2	(60.3 - 67.9)
Household Income		
Less than \$15,000	80.5	(76.4 - 84.0)
\$15,000 - 24,999	72.5	(68.5 - 76.1)
\$25,000 - 34,999	71.7	(67.1 - 75.9)
\$35,000 - 49,999	69.8	(65.1 - 74.1)
\$50,000 +	62.8	(58.9 - 66.5)

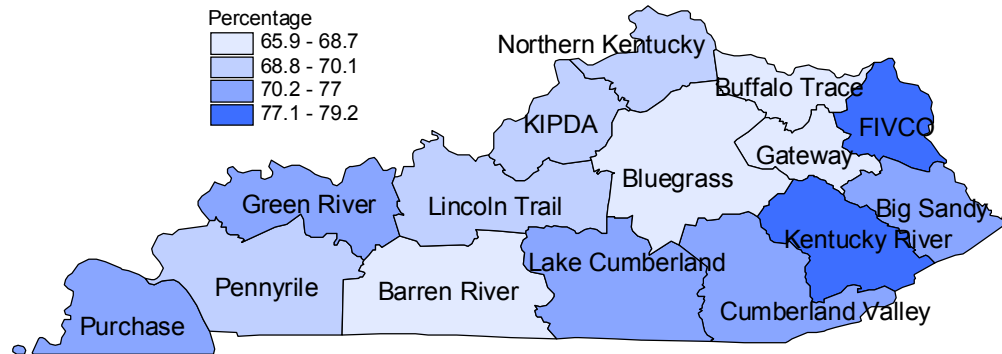
Missing, "Don't Know", and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Physical Activity: Lack of Regular and Sustained Moderate Physical Activity

Kentucky BRFSS 2001 Report

Lack of Regular and Sustained Moderate Physical Activity 2001 BRFSS Data by Area Development District



Lack of Regular and Sustained Moderate Physical Activity by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	54.0	
Total Kentucky	71.1	(69.5 - 72.7)
ADDs		
Barren River	67.8	(62.6 - 72.6)
Big Sandy	77.0	(71.4 - 81.8)
Bluegrass	68.7	(63.5 - 73.5)
Buffalo Trace	67.3	(52.2 - 79.4)
Cumberland Valley	77.0	(72.0 - 81.3)
FIVCO	77.7	(73.3 - 81.6)
Gateway	65.9	(58.9 - 72.3)
Green River	74.4	(68.5 - 79.5)
Kentucky River	79.2	(74.3 - 83.3)
KIPDA	70.1	(65.5 - 74.4)
Lake Cumberland	75.1	(69.8 - 79.6)
Lincoln Trail	69.0	(64.0 - 73.6)
Northern Kentucky	69.4	(64.6 - 73.8)
Pennyrile	70.0	(64.7 - 74.8)
Purchase	70.4	(65.5 - 74.9)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Physical Activity: Lack of Regular and Sustained Vigorous Physical Activity

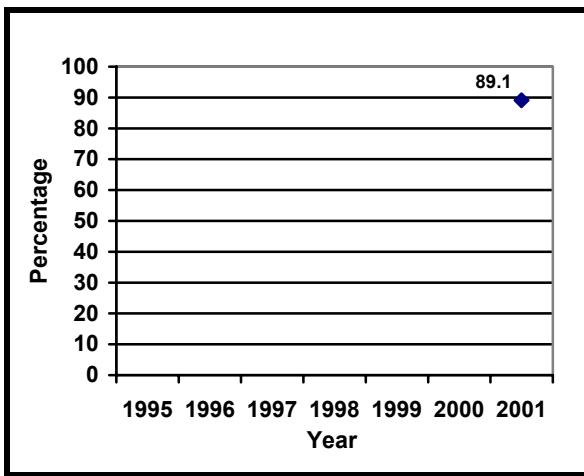
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who report no vigorous physical activity or less than 20 minutes per day, or less than three days per week.

- In Kentucky, 89.1% of the adult population do not participate in regular and sustained vigorous physical activity
- More females, 92.5%, do not participate in vigorous activity compared to males, 85.3%.
- Approximately 95% of Kentuckians whose income is less than \$15,000 do not participate in regular and sustained vigorous physical activity compared to 80.5% of Kentuckians with an income level of \$50,000 or greater.

Lack of Regular and Sustained Vigorous Physical Activity BRFSS, Kentucky Statewide Data



In 2001 the physical activity questions changed and can not be compared to data from previous years.

Lack of Regular and Sustained Vigorous Physical Activity by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	89.1	(87.9 - 90.1)
Gender		
Male	85.3	(83.3 - 87.1)
Female	92.5	(91.3 - 93.6)
Race		
White/NH	89.1	(87.9 - 90.2)
African American/NH	90.5	(85.1 - 94.0)
Age		
18-24	79.0	(74.0 - 83.3)
25-34	84.9	(82.0 - 87.5)
35-44	88.6	(86.0 - 90.8)
45-54	90.2	(87.7 - 92.3)
55-64	93.3	(90.3 - 95.4)
65+	97.1	(95.5 - 98.2)
Education		
Less than H.S.	96.3	(94.5 - 97.5)
H.S. or GED	90.8	(89.1 - 92.3)
Some Post H.S.	86.4	(83.5 - 88.8)
College Graduate	81.9	(78.7 - 84.8)
Household Income		
Less than \$15,000	95.4	(92.9 - 97.0)
\$15,000 - 24,999	92.2	(89.6 - 94.2)
\$25,000 - 34,999	88.7	(84.9 - 91.6)
\$35,000 - 49,999	87.8	(84.5 - 90.4)
\$50,000 +	80.5	(77.3 - 83.4)

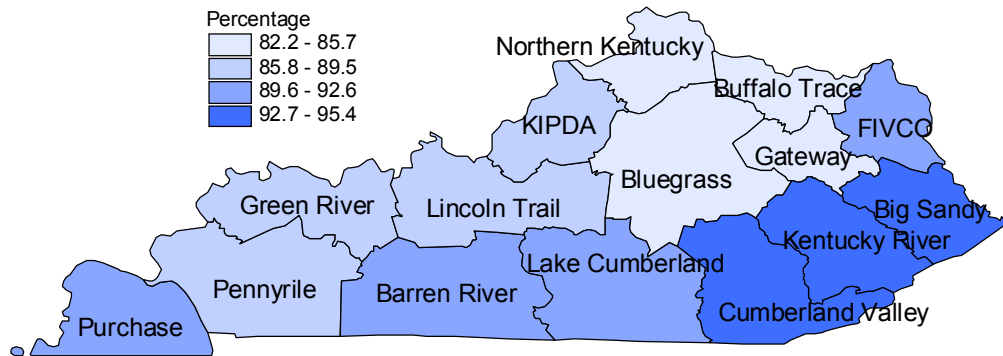
Missing, "Don't Know", and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Physical Activity: Lack of Regular and Sustained Vigorous Physical Activity

Kentucky BRFSS 2001 Report

Lack of Regular and Sustained Vigorous Physical Activity 2001 BRFSS Data by Area Development District



Lack of Regular and Sustained Vigorous Physical Activity by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	75.5	
Total Kentucky	89.1	(87.9 - 90.1)
ADDs		
Barren River	91.3	(87.6 - 94.0)
Big Sandy	94.4	(90.7 - 96.7)
Bluegrass	85.6	(81.7 - 88.8)
Buffalo Trace	82.2	(61.6 - 93.0)
Cumberland Valley	95.4	(92.8 - 97.1)
FIVCO	91.9	(88.5 - 94.4)
Gateway	83.4	(75.4 - 89.2)
Green River	89.1	(83.7 - 92.9)
Kentucky River	93.8	(90.1 - 96.1)
KIPDA	89.5	(86.4 - 92.0)
Lake Cumberland	92.6	(88.5 - 95.3)
Lincoln Trail	87.1	(83.2 - 90.1)
Northern Kentucky	85.7	(81.7 - 89.0)
Pennyrile	89.5	(85.8 - 92.3)
Purchase	89.6	(86.2 - 92.2)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Prostate Cancer, Males Age 40 and Older

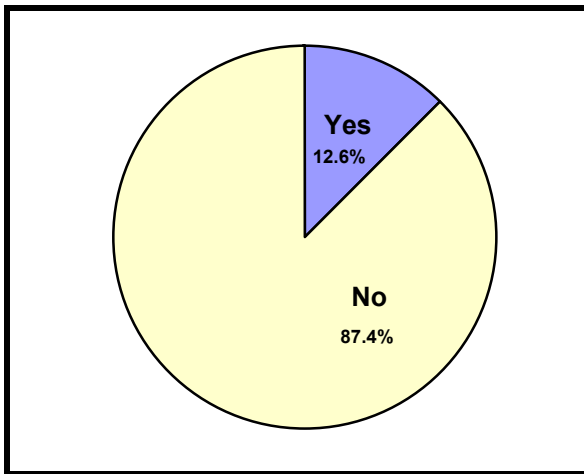
Kentucky BRFSS 2001 Report

Definition :

Males age 40 and older who answered "Yes" to the following question. "Have you ever been told by a doctor, nurse or other health professional that you had prostate cancer?"

- In Kentucky, 2.7% of the male population age 40 and older have been told by a health professional that they had prostate cancer.
- About the same percentage of Whites, 2.7%, and African Americans, 1.3%, have had prostate cancer.
- Approximately 7% of Kentuckians age 65 and older have ever had prostate cancer.
- Among males age 40 and older, 12.6% have had a son, brother, father or grandfather diagnosed with prostate cancer. See chart below.

Family History of Prostate Cancer 2001 BRFSS, Kentucky Statewide Data



Prostate Cancer, Males Age 40 and Older by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	2.7	(2.0 - 3.8)
Race		
White/NH	2.7	(1.9 - 3.8)
African American/NH	1.3	(.3 - 6.5)
Age		
40-44	0	
45-54	.8	(.2 - 2.6)
55-64	2.8	(1.3 - 5.9)
65+	7.2	(5.0 - 10.2)
Education		
Less than H.S.	4.3	(2.8 - 6.7)
H.S. or GED	2.4	(1.4 - 4.2)
Some Post H.S.	2.3	(1.0 - 5.1)
College Graduate	2.0	(.7 - 5.9)
Household Income		
Less than \$15,000	4.5	(1.9 - 10.6)
\$15,000 - 24,999	3.3	(1.7 - 6.1)
\$25,000 - 34,999	6.7	(3.2 - 13.6)
\$35,000 - 49,999	1.0	(.3 - 2.8)
\$50,000 +	1.3	(.5 - 3.3)

Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Prostate Cancer, Males Age 40 and Older

Kentucky BRFSS 2001 Report

Prostate Cancer, Males Age 40 and Older 2000 BRFSS Data by Area Development District



Prostate Cancer, Males Age 40 and Older by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	3.5	
Total Kentucky	2.7	(2.0 - 3.8)
ADDs		
Barren River	.9	(0.1 - 5.9)
Big Sandy	2.8	(0.7 - 10.7)
Bluegrass	3.4	(1.2 - 9.2)
Buffalo Trace	0	
Cumberland Valley	1.2	(.2 - 7.7)
FIVCO	7.0	(3.7 - 12.8)
Gateway	0	
Green River	5.5	(2.3 - 12.6)
Kentucky River	4.1	(1.7 - 9.8)
KIPDA	1.7	(.5 - 5.1)
Lake Cumberland	2.4	(.8 - 7.2)
Lincoln Trail	2.1	(.6 - 6.7)
Northern Kentucky	2.0	(.7 - 5.2)
Pennyrile	3.1	(1.0 - 9.1)
Purchase	5.9	(3.1 - 11.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Prostate Cancer Screening: Never had a PSA Test, Males Age 40 and Older

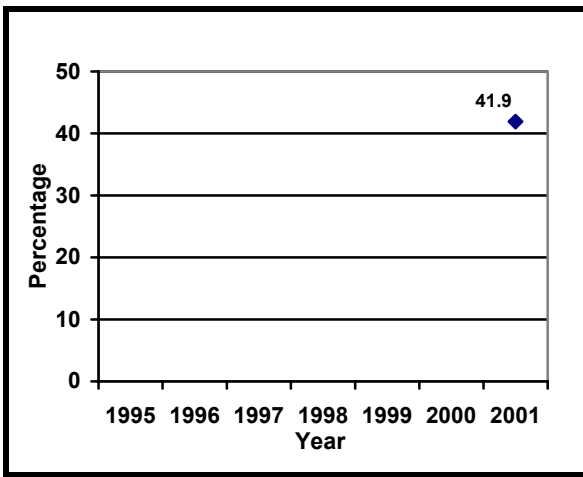
Kentucky BRFSS 2001 Report

Definition :

Males age 40 and older who answered "No" to the following question. "A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?"

- In Kentucky, 41.9% of adult males age 40 and older have not had a PSA test.
- Approximately 36% of African Americans have not had a PSA test compared to 42% of Whites.
- Among age groups, the percentage of males not having a PSA test decreased dramatically by age. While 72.7% of males age 40-44 have not had a PSA test, only 17.4% of males age 65 and older have not been tested.

Never Had a PSA Test, Males Age 40 and Older BRFSS, Kentucky Statewide Data



2001 was the first year that questions on PSA testing were asked in Kentucky.

Never had a PSA Test, Males Age 40 and Older by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	41.9	(38.7 - 45.2)
Race		
White/NH	42.1	(38.8 - 45.6)
African American/NH	35.8	(22.9 - 51.1)
Age		
40-44	72.7	(64.9 - 79.3)
45-54	53.4	(47.7 - 59.1)
55-64	28.1	(22.9 - 33.9)
65+	17.4	(13.4 - 22.4)
Education		
Less than H.S.	49.4	(43.5 - 55.3)
H.S. or GED	41.5	(36.1 - 47.0)
Some Post H.S.	40.3	(32.7 - 48.3)
College Graduate	36.7	(29.9 - 44.1)
Household Income		
Less than \$15,000	51.5	(42.2 - 60.6)
\$15,000 - 24,999	45.5	(37.9 - 53.4)
\$25,000 - 34,999	39.9	(31.0 - 49.6)
\$35,000 - 49,999	38.4	(29.9 - 47.6)
\$50,000 +	37.9	(31.3 - 45.1)

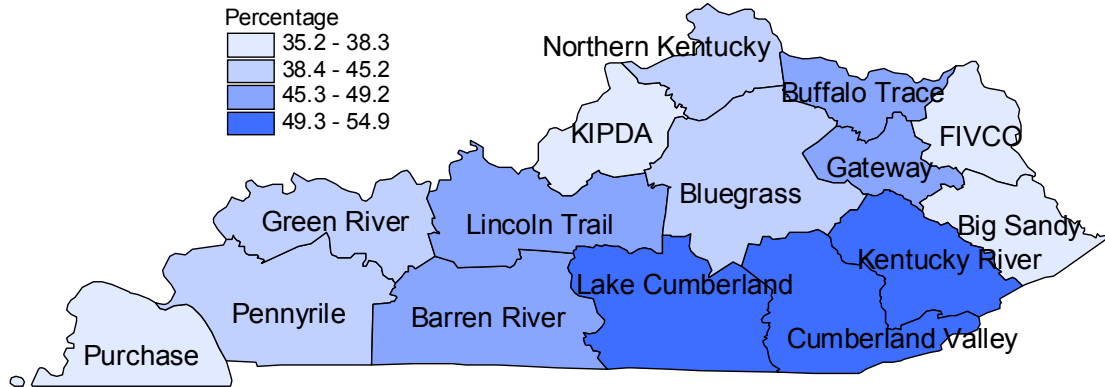
Missing, "Don't Know", and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Prostate Cancer Screening: Never Had a PSA Test, Males Age 40 and Older

Kentucky BRFSS 2001 Report

Never Had a PSA Test, Males Age 40 and Older 2001 BRFSS Data by Area Development District



Never had a PSA Test, Males Age 40 and Older by Nation, Kentucky and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	40.0	
Total Kentucky	41.9	(38.7 - 45.2)
ADDs		
Barren River	48.5	(39.3 - 57.8)
Big Sandy	38.3	(28.3 - 49.4)
Bluegrass	42.5	(31.9 - 54.0)
Buffalo Trace	49.2	(35.6 - 62.9)
Cumberland Valley	50.2	(39.6 - 60.8)
FIVCO	37.2	(29.2 - 46.0)
Gateway	46.1	(32.8 - 60.1)
Green River	45.2	(35.4 - 55.5)
Kentucky River	54.9	(44.0 - 65.4)
KIPDA	35.5	(27.0 - 45.0)
Lake Cumberland	50.3	(40.4 - 60.2)
Lincoln Trail	47.7	(38.2 - 57.4)
Northern Kentucky	39.6	(30.7 - 49.1)
Pennyrile	38.5	(28.9 - 49.1)
Purchase	35.2	(27.2 - 44.2)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Prostate Cancer Screening: Never Had a Digital Rectal Exam, Males Age 40 and Older

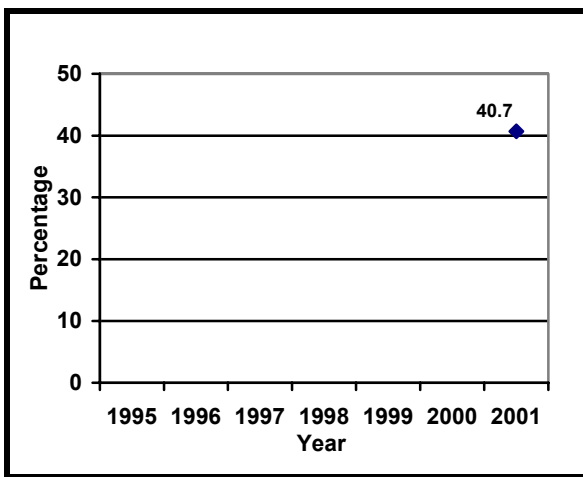
Kentucky BRFSS 2001 Report

Definition :

Males age 40 and older who answered “No” to the following question. “A digital rectal exam is an exam in which a doctor, nurse or other health professional places a gloved finger in the rectum to feel the size, shape and hardness of the prostate gland. Have you ever had a digital rectal exam?”

- In Kentucky, 40.7% of adult males age 40 and older have not had a digital rectal exam.
- Approximately 37% of African Americans have not had this exam compared to 41% of Whites.
- Among males age 65 and older, 24.6% have not had a digital rectal exam, compared to 62.8% of Kentuckians age 40-44.

Never Had a Digital Rectal Exam, Males Age 40 and Older BRFSS, Kentucky Statewide Data



Digital Rectal Exam questions were asked in 1995 and 1996; however, the questions were different from 2001.

Never had a Digital Rectal Exam, Males Age 40 and Older by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	40.7	(37.6 - 43.9)
Race		
White/NH	41.1	(37.8 - 44.5)
African American/NH	36.8	(24.1 - 51.6)
Age		
40-44	62.8	(54.7 - 70.2)
45-54	47.6	(42.0 - 53.2)
55-64	30.4	(25.1 - 36.3)
65+	24.6	(19.8 - 30.2)
Education		
Less than H.S.	49.6	(43.7 - 55.5)
H.S. or GED	42.4	(37.1 - 47.9)
Some Post H.S.	40.6	(33.2 - 48.5)
College Graduate	28.6	(22.6 - 35.6)
Household Income		
Less than \$15,000	43.3	(34.7 - 52.2)
\$15,000 - 24,999	46.0	(38.4 - 53.7)
\$25,000 - 34,999	42.0	(33.1 - 51.4)
\$35,000 - 49,999	38.1	(29.7 - 47.4)
\$50,000 +	37.3	(30.7 - 44.4)

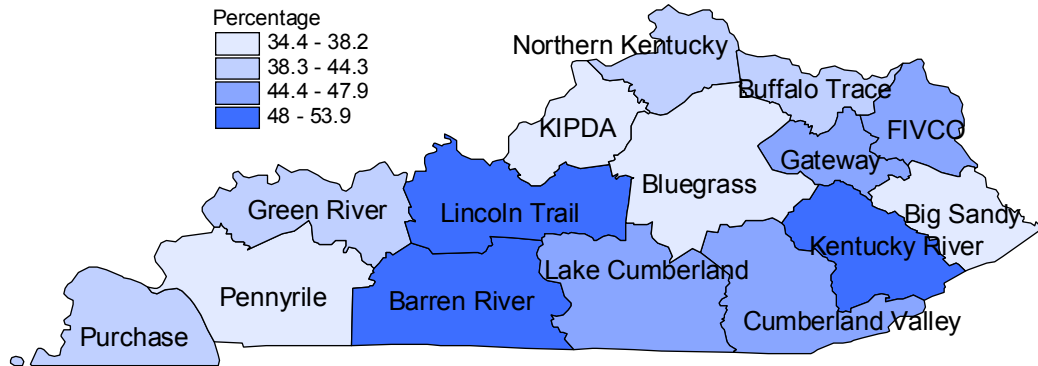
Missing, “Don’t Know”, and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Prostate Cancer Screening: Never Had a Digital Rectal Exam, Males Age 40 and Older

Kentucky BRFSS 2001 Report

Never Had a Digital Rectal Exam, Males Age 40 and Older 2001 BRFSS Data by Area Development District



Never Had a Digital Rectal Exam, Males Age 40 and Older by Nation, Kentucky and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	22.3	
Total Kentucky	40.7	(37.6 - 43.9)
ADDs		
Barren River	49.2	(40.2 - 58.3)
Big Sandy	37.9	(28.2 - 48.7)
Bluegrass	35.2	(25.5 - 46.3)
Buffalo Trace	44.3	(31.7 - 57.7)
Cumberland Valley	47.9	(37.5 - 58.5)
FIVCO	47.7	(39.3 - 56.2)
Gateway	46.8	(33.2 - 60.9)
Green River	40.7	(31.1 - 51.0)
Kentucky River	53.9	(42.9 - 64.5)
KIPDA	34.4	(26.2 - 43.7)
Lake Cumberland	47.4	(37.7 - 57.4)
Lincoln Trail	50.2	(40.6 - 59.9)
Northern Kentucky	40.0	(31.3 - 49.5)
Pennyrile	38.2	(28.7 - 48.6)
Purchase	39.2	(31.0 - 48.1)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Tobacco Use: Ever Smoked Cigarettes

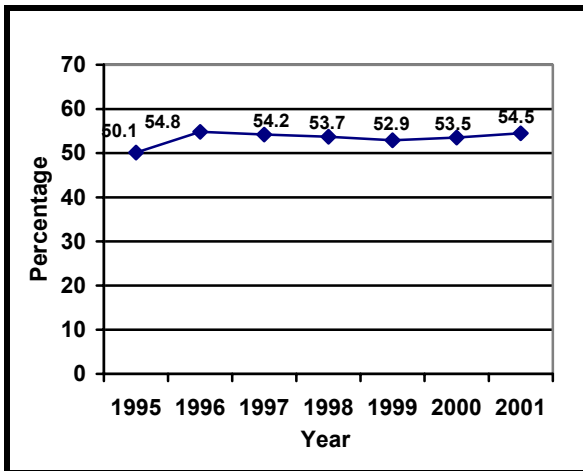
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who stated "Yes" to the following question, "Have you smoked at least 100 cigarettes in your entire life?"

- In Kentucky, 54.5% of the adult population have ever smoked cigarettes.
- The prevalence of ever smoking cigarettes is higher among males, 61.4%, compared to females, 48.3%.
- Among Whites, 54.5% have ever smoked compared to 56.8% of African Americans.
- The prevalence of ever smoking decreases with increased education level.

**Ever Smoked Cigarettes
BRFSS, Kentucky Statewide Data**



Ever Smoked Cigarettes by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	54.5	(52.9 - 56.2)
Gender		
Male	61.4	(58.7 - 63.9)
Female	48.3	(46.2 - 50.4)
Race		
White/NH	54.5	(52.7 - 56.2)
African American/NH	56.8	(49.8 - 63.6)
Age		
18-24	47.2	(41.4 - 53.0)
25-34	46.2	(42.2 - 50.3)
35-44	56.2	(52.6 - 59.8)
45-54	59.4	(55.7 - 62.9)
55-64	65.8	(61.8 - 69.6)
65+	53.3	(49.7 - 56.8)
Education		
Less than H.S.	64.3	(61.1 - 67.4)
H.S. or GED	58.5	(55.8 - 61.1)
Some Post H.S.	51.6	(48.0 - 55.2)
College Graduate	40.3	(36.5 - 44.2)
Household Income		
Less than \$15,000	57.9	(53.1 - 62.5)
\$15,000 - 24,999	62.2	(58.2 - 66.2)
\$25,000 - 34,999	58.4	(53.7 - 63.0)
\$35,000 - 49,999	54.1	(49.6 - 58.6)
\$50,000 +	48.9	(45.1 - 52.8)

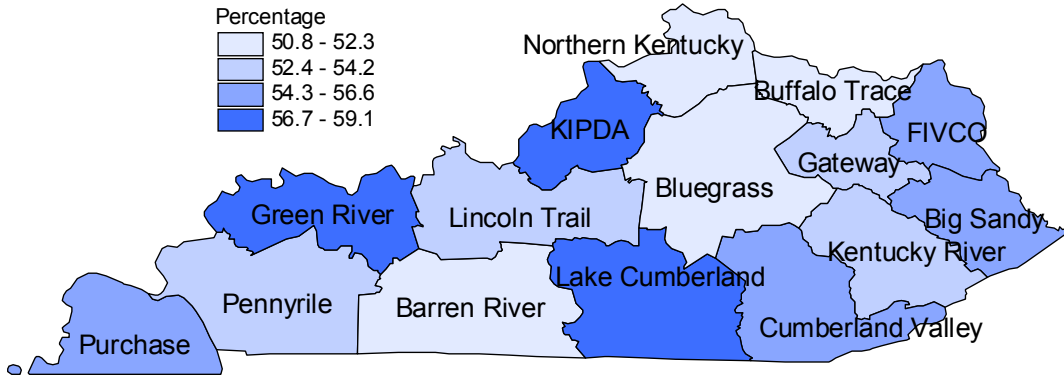
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Tobacco Use: Ever Smoked Cigarettes

Kentucky BRFSS 2001 Report

Ever Smoked Cigarettes 2001 BRFSS Data by Area Development District



Ever Smoked Cigarettes by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	48.2	
Total Kentucky	54.5	(52.9 - 56.2)
ADDs		
Barren River	50.8	(46.0 - 55.7)
Big Sandy	55.2	(49.7 - 60.6)
Bluegrass	52.3	(47.2 - 57.4)
Buffalo Trace	52.1	(41.4 - 62.5)
Cumberland Valley	56.3	(51.0 - 61.5)
FIVCO	56.6	(51.8 - 61.4)
Gateway	53.1	(47.4 - 58.8)
Green River	59.1	(53.4 - 64.6)
Kentucky River	54.2	(48.9 - 59.5)
KIPDA	57.2	(52.5 - 61.9)
Lake Cumberland	56.9	(51.7 - 61.9)
Lincoln Trail	53.9	(48.9 - 58.9)
Northern Kentucky	51.0	(46.3 - 55.7)
Pennyrile	53.0	(47.6 - 58.3)
Purchase	54.9	(50.1 - 59.6)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Tobacco Use: Current Cigarette Smoking

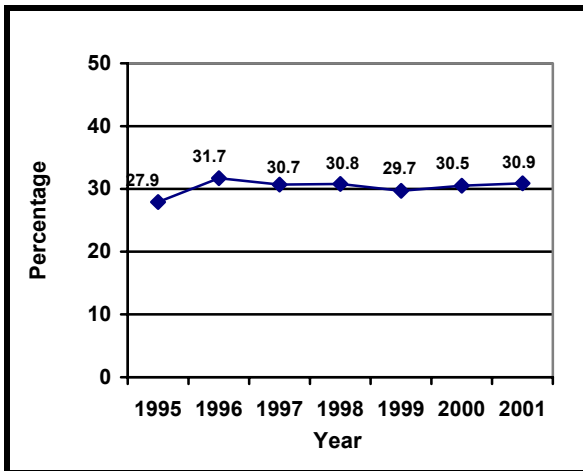
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who have smoked at least 100 cigarettes in their entire life and now smoke everyday or some days.

- In Kentucky, 30.9% of the adult population are current smokers.
- The prevalence of current smoking is similar between males, 31.9%, and females, 30.0%.
- Approximately 30% of Whites are current cigarette smokers compared to approximately 36% of African Americans.
- Among age groups, the highest prevalence at 38.6% is among those age 35 to 44 while the lowest prevalence at 15.0% is among those age 65 and older.
- In 2001, Kentucky had the highest prevalence of current smoking among the 50 states.

Current Cigarette Smoking BRFSS, Kentucky Statewide Data



Current Cigarette Smoking by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	30.9	(29.4 - 32.5)
Gender		
Male	31.9	(29.5 - 34.4)
Female	30.0	(28.0 - 32.0)
Race		
White/NH	30.4	(28.8 - 32.0)
African American/NH	36.3	(29.7 - 43.6)
Age		
18-24	38.5	(33.0 - 44.3)
25-34	34.1	(30.6 - 37.9)
35-44	38.6	(35.2 - 42.2)
45-54	30.6	(27.4 - 33.9)
55-64	28.6	(24.8 - 32.6)
65+	15.0	(12.2 - 18.3)
Education		
Less than H.S.	37.9	(34.7 - 41.2)
H.S. or GED	35.4	(32.8 - 38.1)
Some Post H.S.	31.0	(27.7 - 34.5)
College Graduate	14.7	(12.2 - 17.5)
Household Income		
Less than \$15,000	37.6	(33.3 - 42.0)
\$15,000 - 24,999	40.6	(36.7 - 44.6)
\$25,000 - 34,999	35.5	(31.0 - 40.2)
\$35,000 - 49,999	32.1	(27.7 - 36.9)
\$50,000 +	22.5	(19.5 - 25.8)

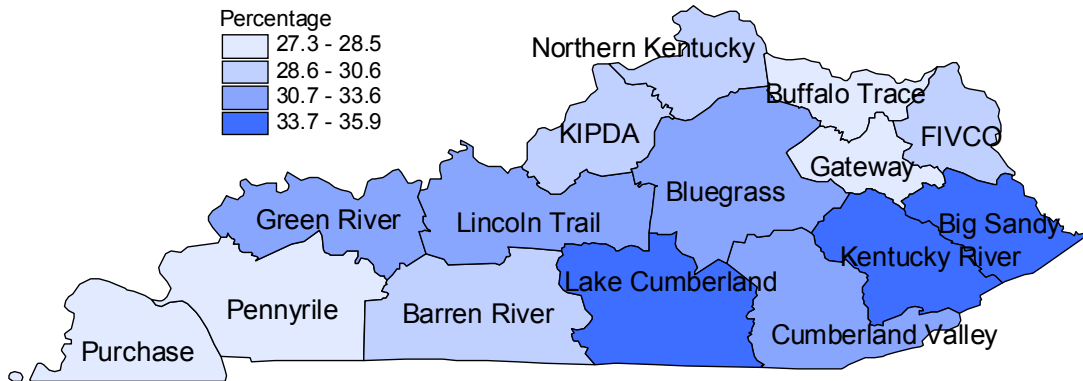
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Tobacco Use: Current Cigarette Smoking

Kentucky BRFSS 2001 Report

Current Cigarette Smoking 2001 BRFSS Data by Area Development District



Current Cigarette Smoking by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	22.9	
Total Kentucky	30.9	(29.4 - 32.5)
ADDs		
Barren River	29.2	(24.9 - 34.0)
Big Sandy	35.9	(30.8 - 41.4)
Bluegrass	31.2	(26.6 - 36.2)
Buffalo Trace	27.3	(21.2 - 34.4)
Cumberland Valley	33.6	(28.8 - 38.8)
FIVCO	30.6	(26.2 - 35.4)
Gateway	27.6	(23.3 - 32.4)
Green River	32.7	(27.4 - 38.5)
Kentucky River	35.0	(30.0 - 40.5)
KIPDA	29.5	(25.3 - 34.2)
Lake Cumberland	34.8	(29.8 - 40.2)
Lincoln Trail	32.7	(28.1 - 37.6)
Northern Kentucky	29.9	(25.8 - 34.4)
Pennyrile	28.5	(24.1 - 33.4)
Purchase	27.5	(23.4 - 31.9)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Tobacco Use: Current Smokeless Tobacco Use

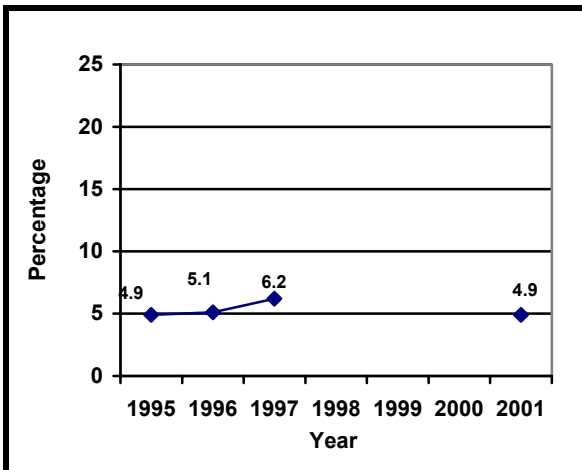
Kentucky BRFSS 2001 Report

Definition :

Individuals 18 and older who have ever used or tried smokeless tobacco products and now use them every day or some days.

- In Kentucky, 4.9% of the adult population are current smokeless tobacco users.
- The prevalence of smokeless tobacco use is much higher among males, 9.9%, compared to females, .3%.
- The prevalence among Whites 5.3% is higher than African Americans, 1.4%.
- The age groups, 18 to 24 and 25 to 34 have the highest prevalence at 6.7%, while those age 65+ have the lowest prevalence at 2.6%.

Current Smokeless Tobacco Use BRFSS, Kentucky Statewide Data



Questions on smokeless tobacco use were not asked in 1998, 1999 or 2000.

Current Smokeless Tobacco Use by Demographic Groups Kentucky BRFSS 2001

Demographic Groups	%	95% (CI)
Total	4.9	(4.2 - 5.6)
Gender		
Male	9.9	(8.6 - 11.4)
Female	.3	(.2 - .5)
Race		
White/NH	5.3	(4.6 - 6.1)
African American/NH	1.4	(.6 - 2.9)
Age		
18-24	6.7	(4.5 - 9.9)
25-34	6.7	(5.2 - 8.8)
35-44	4.8	(3.4 - 6.7)
45-54	5.0	(3.4 - 7.2)
55-64	3.6	(2.5 - 5.1)
65+	2.6	(1.9 - 3.6)
Education		
Less than H.S.	7.5	(5.8 - 9.6)
H.S. or GED	5.7	(4.5 - 7.0)
Some Post H.S.	3.4	(2.4 - 4.7)
College Graduate	2.6	(1.6 - 4.2)
Household Income		
Less than \$15,000	4.6	(3.2 - 6.5)
\$15,000 - 24,999	6.0	(4.4 - 8.2)
\$25,000 - 34,999	5.4	(3.6 - 8.2)
\$35,000 - 49,999	5.4	(3.7 - 7.9)
\$50,000 +	4.9	(3.4 - 7.0)

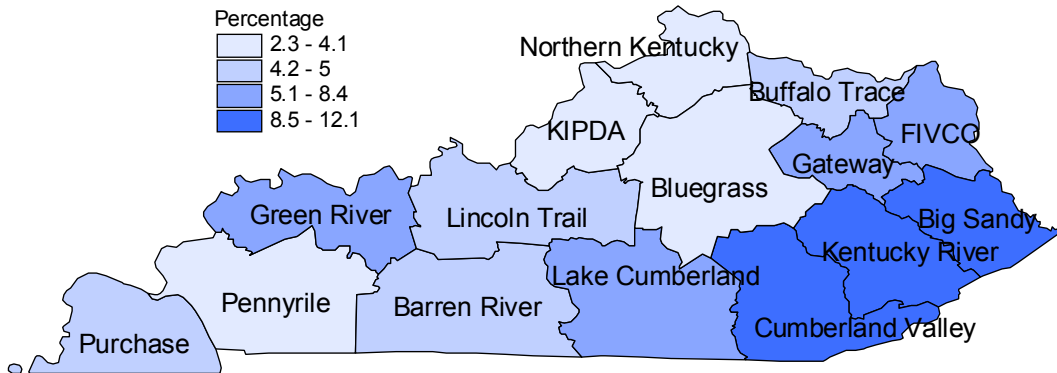
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Tobacco Use: Current Smokeless Tobacco Use

Kentucky BRFSS 2001 Report

Current Smokeless Tobacco Use 2001 BRFSS Data by Area Development District



Current Smokeless Tobacco Use by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	4.9	
Total Kentucky	4.9	(4.2 - 5.6)
ADDs		
Barren River	4.6	(2.9 - 7.1)
Big Sandy	12.1	(8.5 - 16.9)
Bluegrass	4.1	(2.5 - 6.8)
Buffalo Trace	4.3	(2.4 - 7.8)
Cumberland Valley	9.1	(6.2 - 13.4)
FIVCO	6.8	(4.3 - 10.5)
Gateway	7.4	(5.2 - 10.5)
Green River	6.0	(3.6 - 9.9)
Kentucky River	9.1	(5.9 - 13.7)
KIPDA	2.3	(1.1 - 4.7)
Lake Cumberland	8.4	(5.8 - 12.1)
Lincoln Trail	4.5	(2.8 - 7.3)
Northern Kentucky	3.1	(1.8 - 5.3)
Pennyrile	3.4	(1.9 - 6.0)
Purchase	5.0	(3.2 - 7.9)

*National Median is the middle value of the prevalence estimates from 15 states. The confidence interval is not available.



Weight Control: Trying to Lose Weight

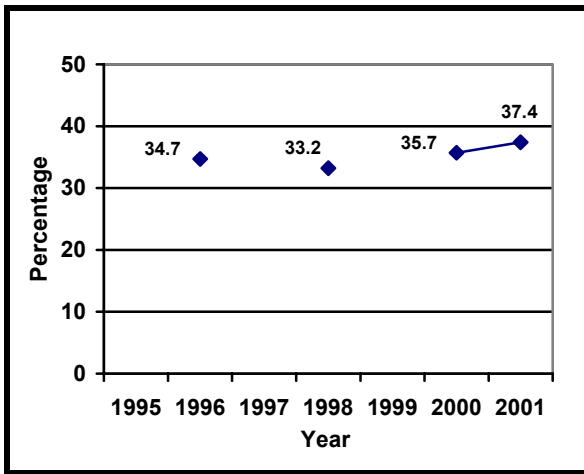
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who responded "Yes" to the following question, "Are you now trying to lose weight?"

- In Kentucky, 37.4% of the adult population are trying to lose weight.
- Far more women, 45.2%, than men, 28.9%, are trying to lose weight.
- The age group with the highest prevalence of trying to lose weight is age 45 to 54 at 46.1%.
- The prevalence of trying to lose weight increases with higher education level.

Trying to Lose Weight
BRFSS, Kentucky Statewide Data



Questions on weight loss were not asked in 1995, 1997, or 1999.

Trying to Lose Weight by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	37.4	(35.8 - 39.0)
Gender		
Male	28.9	(26.6 - 31.2)
Female	45.2	(43.0 - 47.3)
Race		
White/NH	38.2	(36.5 - 39.9)
African American/NH	34.3	(27.9 - 41.3)
Age		
18-24	30.4	(25.4 - 36.0)
25-34	38.5	(34.7 - 42.4)
35-44	42.0	(38.4 - 45.6)
45-54	46.1	(42.4 - 49.8)
55-64	40.9	(36.7 - 45.2)
65+	24.7	(21.8 - 27.8)
Education		
Less than H.S.	30.1	(27.1 - 33.2)
H.S. or GED	35.3	(32.8 - 37.9)
Some Post H.S.	40.8	(37.3 - 44.4)
College Graduate	44.6	(40.7 - 48.6)
Household Income		
Less than \$15,000	36.7	(32.5 - 41.2)
\$15,000 - 24,999	36.2	(32.5 - 40.0)
\$25,000 - 34,999	40.3	(35.7 - 45.0)
\$35,000 - 49,999	37.3	(33.1 - 41.6)
\$50,000 +	45.1	(41.3 - 49.0)

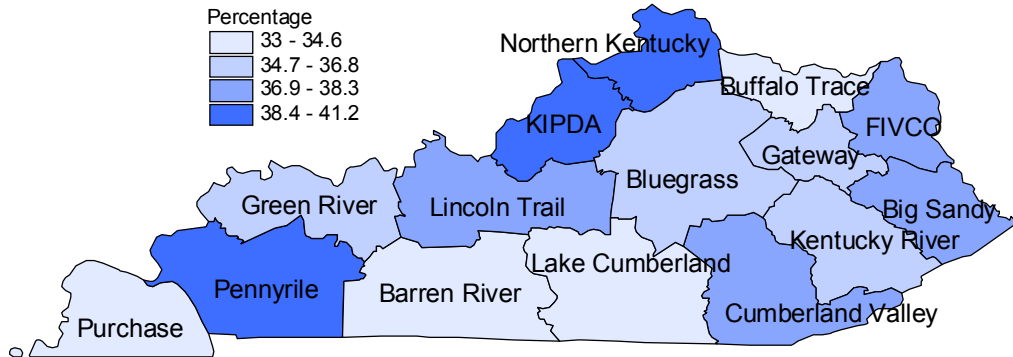
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Weight Control: Trying to Lose Weight

Kentucky BRFSS 2001 Report

Trying to Lose Weight 2001 BRFSS Data by Area Development District



Trying to Lose Weight by Nation, Kentucky, and ADD BRFSS 2001		
	%	95% (CI)
National Median*	39.6	
Total Kentucky	37.4	(35.8 - 39.0)
ADDs		
Barren River	33.0	(28.6 - 37.6)
Big Sandy	36.9	(31.8 - 42.3)
Bluegrass	35.3	(30.7 - 40.2)
Buffalo Trace	34.6	(26.7 - 43.4)
Cumberland Valley	38.3	(33.2 - 43.6)
FIVCO	38.2	(33.6 - 43.0)
Gateway	36.8	(30.7 - 43.3)
Green River	34.8	(29.7 - 40.4)
Kentucky River	36.2	(31.3 - 41.4)
KIPDA	40.6	(36.0 - 45.5)
Lake Cumberland	33.5	(28.8 - 38.6)
Lincoln Trail	37.0	(32.3 - 41.9)
Northern Kentucky	40.5	(35.9 - 45.3)
Pennyrile	41.2	(36.0 - 46.7)
Purchase	34.0	(29.5 - 38.8)

*National Median is the middle value of the prevalence estimates from seven states. The confidence interval is not available.



Weight Control: Overweight

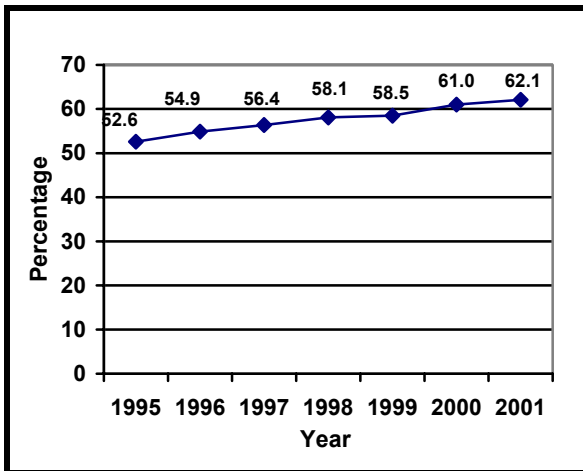
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who have a body mass index (BMI) of greater than or equal to 25 kg/m².

- In Kentucky, 62.1% of the adult population are overweight.
- Considerably fewer women, 54.5%, than men, 70.1%, are overweight.
- A higher percentage of African Americans, 69.3%, are overweight compared to Whites, 62.0%.
- Among age groups, those Kentuckians age 45-54 have the highest prevalence of overweight, 69.9%.

Overweight BRFSS, Kentucky Statewide Data



Overweight by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	62.1	(60.5 - 63.8)
Gender		
Male	70.1	(67.7 - 72.4)
Female	54.5	(52.3 - 56.6)
Race		
White/NH	62.0	(60.3 - 63.7)
African American/NH	69.3	(62.2 - 75.7)
Age		
18-24	43.6	(37.9 - 49.6)
25-34	60.7	(56.7 - 64.6)
35-44	64.8	(61.3 - 68.3)
45-54	69.9	(66.4 - 73.1)
55-64	68.4	(64.2 - 72.3)
65+	61.5	(58.0 - 64.9)
Education		
Less than H.S.	60.9	(57.5 - 64.2)
H.S. or GED	64.4	(61.7 - 67.0)
Some Post H.S.	61.7	(58.0 - 65.3)
College Graduate	59.2	(55.2 - 63.0)
Household Income		
Less than \$15,000	58.5	(53.6 - 63.2)
\$15,000 - 24,999	63.6	(59.7 - 67.2)
\$25,000 - 34,999	67.5	(63.0 - 71.8)
\$35,000 - 49,999	64.7	(60.2 - 68.9)
\$50,000 +	64.0	(60.1 - 67.7)

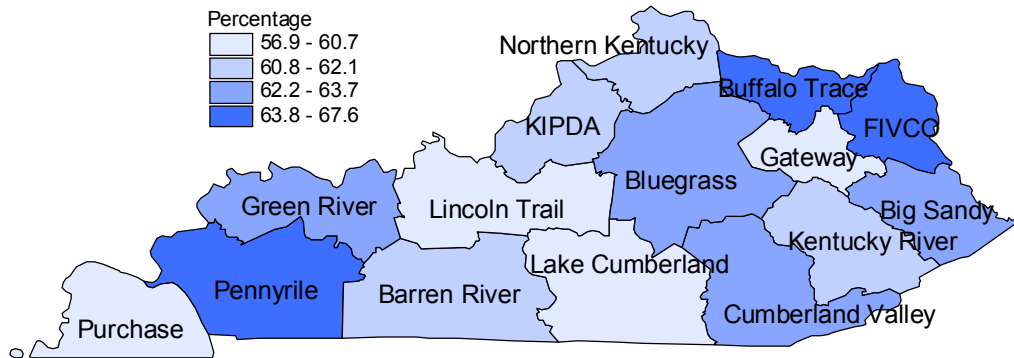
Missing, "Don't Know", and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Weight Control: Overweight

Kentucky BRFSS 2001 Report

Overweight 2001 BRFSS Data by Area Development District



Overweight by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	59.1	
Total Kentucky	62.1	(60.5 - 63.8)
ADDs		
Barren River	61.7	(56.8 - 66.5)
Big Sandy	63.7	(58.0 - 69.0)
Bluegrass	62.7	(57.6 - 67.5)
Buffalo Trace	66.6	(58.2 - 74.0)
Cumberland Valley	63.5	(58.4 - 68.4)
FIVCO	64.7	(59.8 - 69.4)
Gateway	57.8	(51.3 - 64.0)
Green River	62.5	(56.8 - 68.0)
Kentucky River	61.1	(57.2 - 66.4)
KIPDA	62.1	(57.2 - 66.8)
Lake Cumberland	60.7	(55.3 - 65.9)
Lincoln Trail	59.6	(54.4 - 64.5)
Northern Kentucky	61.3	(56.4 - 66.0)
Pennyrile	67.6	(62.3 - 72.4)
Purchase	56.9	(52.1 - 61.7)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



Weight Control: Obesity

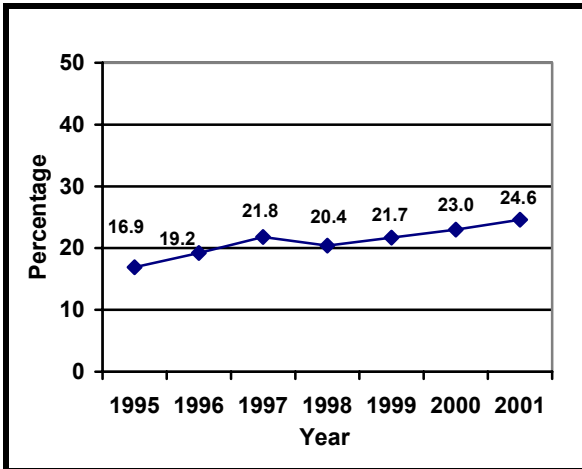
Kentucky BRFSS 2001 Report

Definition :

Individuals age 18 and older who have a body mass index (BMI) of greater than or equal to 30 kg/m².

- In Kentucky, 24.6% of the adult population are obese.
- Approximately the same percentage of males and females are obese.
- A higher percentage of African Americans, 32.7%, are obese compared to Whites, 24.3%.
- The percentage of adult Kentuckians who are obese has increased from 16.9% in 1995 to 24.6% in 2001.

**Obesity
BRFSS, Kentucky Statewide Data**



Obesity by Demographic Groups Kentucky BRFSS 2001		
Demographic Groups	%	95% (CI)
Total	24.6	(23.2 - 26.2)
Gender		
Male	25.7	(23.5 - 28.2)
Female	23.6	(21.8 - 25.5)
Race		
White/NH	24.3	(22.7 - 25.9)
African American/NH	32.7	(26.4 - 39.8)
Age		
18-24	17.8	(13.5 - 23.0)
25-34	24.8	(21.2 - 28.9)
35-44	27.5	(24.3 - 31.0)
45-54	28.7	(25.4 - 32.2)
55-64	27.1	(23.5 - 31.0)
65+	20.3	(17.7 - 23.3)
Education		
Less than H.S.	28.6	(25.6 - 31.8)
H.S. or GED	26.8	(24.2 - 29.5)
Some Post H.S.	22.3	(19.6 - 25.3)
College Graduate	19.4	(16.5 - 22.8)
Household Income		
Less than \$15,000	28.7	(25.0 - 32.7)
\$15,000 - 24,999	28.7	(25.1 - 32.6)
\$25,000 - 34,999	28.4	(24.2 - 33.0)
\$35,000 - 49,999	26.2	(22.4 - 30.4)
\$50,000 +	21.9	(18.7 - 25.5)

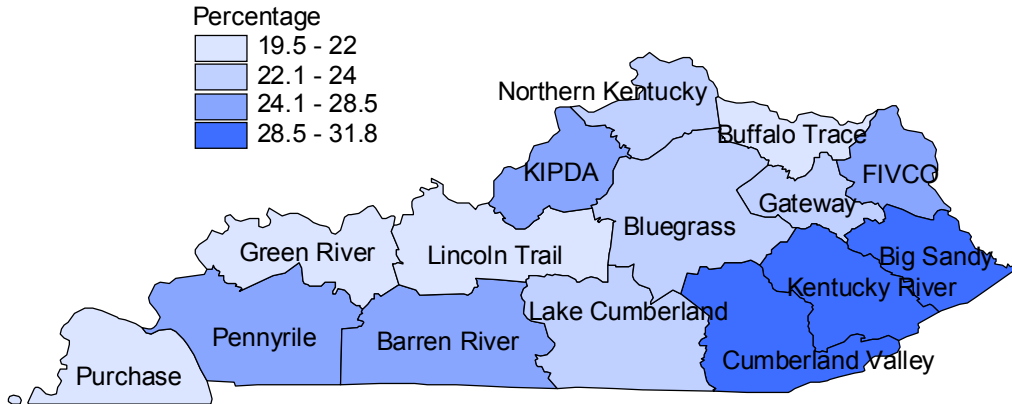
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Weight Control: Obesity

Kentucky BRFSS 2001 Report

Obesity 2001 BRFSS Data by Area Development District



Obesity by Nation, Kentucky, and ADD Kentucky BRFSS 2001		
	%	95% (CI)
National Median*	21.1	
Total Kentucky	24.6	(23.2 - 26.2)
ADDs		
Barren River	26.7	(22.6 - 31.3)
Big Sandy	30.5	(25.6 - 35.9)
Bluegrass	22.5	(18.2 - 27.5)
Buffalo Trace	19.5	(14.5 - 25.7)
Cumberland Valley	31.8	(26.8 - 37.1)
FIVCO	26.4	(22.0 - 31.3)
Gateway	22.4	(18.5 - 26.7)
Green River	21.4	(17.3 - 26.2)
Kentucky River	30.4	(25.7 - 35.6)
KIPDA	24.4	(20.4 - 29.0)
Lake Cumberland	22.9	(19.0 - 27.4)
Lincoln Trail	22.0	(18.1 - 26.5)
Northern Kentucky	24.0	(20.0 - 28.4)
Pennyrile	28.5	(23.7 - 34.0)
Purchase	20.8	(17.2 - 25.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.

APPENDICES



Related Objectives from *Healthy Kentuckians 2010*



<u>HK 2010 Objectives</u>	<u>Target</u>	<u>Kentucky BRFSS 2001</u>	<u>Objective Met?</u>
Overweight - 2010 Objective 1.1			
Reduce the prevalence of overweight.	25.0%	62.1%	No
Fruit and Vegetable Consumption - 2010 Objective 2.5			
Increase the proportion of people age 2 and older who meet the Dietary Guidelines minimum average daily goal of at least five servings of fruits and vegetables a day	40.0%	20.4%	No
Current Smoking - 2010 Objective 3.1			
Reduce the proportion of adults 18 and older who use cigarettes.	25.0%	30.9%	No
Smokeless Tobacco Use - 2010 Objective 3.1			
Reduce the proportion of adults 18 and older who use smokeless tobacco.	2.0%	4.9%	No
Lack of Health Insurance - 2010 Objective 10.1			
Reduce to zero the proportion of children and adults without health care coverage.	0%	15.1%	No
Colorectal Cancer Screening - 2010 Objective 17.8			
Increase the proportion of people age 50 and older who have received fecal occult blood testing within the preceding one to two years	35.0%	29.2%	No
Colorectal Cancer Screening - 2010 Objective 17.8			
Increase the proportion of people age 50 and older who have ever received proctosigmoidoscopy	40.0%	39.3%	No



Related Objectives from *Healthy Kentuckians 2010*



<u>HK 2010 Objectives</u>	<u>Target</u>	<u>Kentucky BRFSS 2001</u>	<u>Objective Met?</u>
Diabetes - 2010 Objective 18.2			
Decrease the rate at which the prevalence of diagnosed diabetes is climbing so that it reaches no more than 6% of the population age 18 and older.	6.0%	6.7%	No
Hypertension - 2010 Objective 20.3			
To decrease the proportion of adult Kentuckians with high blood pressure	20.0%	30.1%	No
Cholesterol Awareness - 2010 Objective 20.4			
To increase the proportion of adults who have had their blood cholesterol checked within the preceding five years.	85.0%	72.3%	No
Influenza Immunization - 2010 Objective 22.12			
Increase the rate of influenza immunization coverage among noninstitutionalized adults 65 years of age and older.	75.0%	60.9%	No
Pneumonia Immunization - 2010 Objective 22.12			
Increase the rate of pneumococcal vaccine coverage among noninstitutionalized adults 65 years of age and older.	70.0%	55.1%	No
Binge Drinking - 2010 Objective 26.1 (Developmental)			
Reduce by one fourth the proportion of Kentuckians of all ages who report binge drinking in the past month.		8.7%	May Use 2001 Data as Baseline

Comparison of Kentucky to the Nation

Ranked Highest to Lowest by Prevalence of Risk Factor or Health Behavior

Kentucky BRFSS 2001



Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median ¹ (%)	National Range (%)	Kentucky's Rank in Nation ²
Activity Limitation, Age 18+	22.5	16.3	9.5 - 24.0	2
Alcohol Consumption Binge Drinking, Age 18+	8.7	14.7	6.8 - 25.7	53
Alcohol Consumption Heavy Drinking, Age 18+	2.7	5.1	2.5 - 8.7	53
Arthritis, Age 18+	41.3	33.0	17.8 - 42.8	2
Asthma, Age 18+	8.3	7.3	3.5 - 9.5	9
Cholesterol Cholesterol Not Checked in Five Years, Age 18+	27.7	27.5	18.6 - 34.6	24
Cholesterol High Cholesterol Awareness, Age 18+	23.3	23.4	17.9 - 29.9	29
Colorectal Cancer Screening No Blood Stool Test in Past Two Years, Age 50+	70.8	68.7	56.8 - 99.9	21
Colorectal Cancer Screening Never Had a Sigmoidoscopy or Colonoscopy, Age 50+	60.7	53.7	38.0 - 69.5	7
Diabetes, Age 18+	6.7	6.6	4.0 - 9.8	24
Folic Acid Not Taking A Supplement Containing Folic Acid Daily, Females Age 18-44	59.4	57.9	53.1 - 85.6	4 of 13 ³
Folic Acid Not Aware That Folic Acid Prevents Birth Defects, Females Age 18-44	50.8	52.7	47.0 - 61.3	10 of 13 ³

¹Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands.

²For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

³Only 13 states included questions pertaining to folic acid.

Comparison of Kentucky to the Nation

Ranked Highest to Lowest by Prevalence of Risk Factor or Health Behavior

Kentucky BRFSS 2001



Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median ¹ (%)	National Range (%)	Kentucky's Rank in Nation ²
Health Care Access Lack of Health Care Coverage, Age 18+	15.1	13.3	5.5 - 28.3	19
Health Status Fair or Poor, Age 18+	21.7	14.1	9.4 - 34.5	4
Health Status Frequent Physical Problems, Age 18+	12.7	10.0	6.1 - 16.6	7
Health Status Frequent Mental Distress, Age 18+	15.5	10.0	4.3 - 15.5	1
HIV Recent HIV Testing, Age 18-64	14.9	17.7	11.2 - 37.6	43
Hypertension Hypertension Awareness, Age 18+	30.1	25.6	20.0 - 32.5	4
Hypertension Currently Taking High Blood Pressure Medicine, Age 18+	22.5	18.1	12.7- 24.3	4
Immunization No Flu Shot in Past Year, Age 65+	39.1	33.9	21.0 - 63.2	8
Immunization, Never Had a Pneumonia Shot, Age 65+	44.9	38.8	29.1 - 75.9	6
Nutrition Less than Five Fruits and Vegetables a Day, Age 18+	79.7	75.6	62.9 - 79.7	1 of 11 ³
Physical Activity Lack of Leisure Time Physical Activity, Age 18+	33.4	25.7	16.5 - 49.2	4

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³Only 10 states and one territory included questions pertaining to nutrition.

Comparison of Kentucky to the Nation

Ranked Highest to Lowest by Prevalence of Risk Factor or Health Behavior

Kentucky BRFSS 2001



Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median ¹ (%)	National Range (%)	Kentucky's Rank in Nation ²
Physical Activity Less Than Moderate Physical Activity, Age 18 +	71.1	54.0	43.1 - 71.1	1
Physical Activity Less Than Vigorous Physical Activity, Age 18+	89.1	75.5	66.2 - 89.1	1
Prostate Cancer, Males Age 40+	2.7	3.5	1.2 - 6.2	42
Prostate Cancer Screening Never Had a PSA Test, Males Age 40+	41.9	40.0	29.8 - 62.3	20
Prostate Cancer Screening Never Had a Digital Rectal Exam, Males Age 40+	40.7	22.3	14.1 - 51.3	3
Tobacco Use Ever Smoked Cigarettes, Age 18+	54.5	48.2	22.2 - 55.8	2
Tobacco Use Current Cigarette Smoking, Age 18+	30.9	22.9	9.6 - 31.2	2 ³
Tobacco Use Current Smokeless Tobacco Use, Age 18+	4.9	4.9	.7 - 8.2	8 of 15 ⁴
Weight Control Trying to Lose Weight, Age 18+	37.4	39.6	36.2 - 46.5	6 of 7 ⁵
Weight Control Overweight (BMI ≥ 25 kg/m ²), Age 18+	62.1	59.1	51.4 - 63.8	5
Weight Control Obesity (BMI ≥ 30 kg/m ²), age 18+	24.6	21.1	14.9 - 26.5	5

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²For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

³Kentucky ranked number one among the 50 states. The only territory ranking higher than Kentucky was Guam.

⁴Only 15 states included questions on smokeless tobacco use.

⁵Only seven states included questions on trying to lose weight.

**Comparison of 2001 BRFSS Sample
to 2001 Kentucky Population
Age 18 and Older**

Demographic Characteristics	Unweighted BRFSS Sample Size	Unweighted BRFSS Percentage	Weighted BRFSS Percentage	2001 Population Estimate Percentage
GENDER				
Male	2926	38.9	47.7	48.1
Female	4606	61.2	52.3	51.9
RACE				
White	6957	92.4	90.0	91.0
African-American	374	5.0	6.7	6.8
Other	121	1.6	2.1	2.2
Missing	80	1.1	1.2	0.0
AGE				
18-24 Years	568	7.5	13.2	13.3
25-34 Years	1244	16.5	17.5	18.1
35-44 Years	1488	19.8	20.0	20.8
45-54 Years	1444	19.2	18.5	18.8
55-64 Years	1148	15.2	12.6	12.5
65+ Years	1608	21.4	17.7	16.5
Missing	32	0.4	0.6	0.0